



Information sheet: Reiki

What is Reiki?

Reiki, meaning 'universal life energy', works on the principle that energy or 'chi' flows through every living thing, including the human body. When this energy is free flowing, the body is believed to be in harmony and good health. Where energy has become interrupted or blocked, reiki is said to help restore balance to the body by reinforcing its natural ability to self-heal. This process is facilitated by the reiki practitioner, who channels universal energy through their hands to help rebalance each of the body's energy centres, known as chakras.

What does the therapy do?

Reiki, also referred to as reiki healing, is often described as a very relaxing and peaceful treatment, which helps to restore a sense of balance and wellbeing within the mind, body, emotions and spirit. Due to the very gentle nature of this treatment, it is often used to support those receiving conventional medical care in hospitals, hospices or at home.

What are the training standards?

Reiki sits on the Regulated Qualifications Framework (RQF) in England as a Level 3 Diploma and on the Welsh framework (CQFW) as a Level 5 Diploma. This is minimum requirement to reach practitioner level.

Is Reiki regulated?

Reiki practitioners are not regulated by statute. However, they can volunteer to be listed on an Accredited Register that has been independently approved by the Professional Standards Authority for Health and Social Care ([PSA](#)), as part of a government-backed programme, if they meet relevant criteria.

How do I find a Reiki practitioner?

It is important to find a reiki practitioner who is appropriately qualified and insured, and who belongs to a respected professional association, so that you can be confident that they meet industry standards and abide by a strict code of conduct.

The Federation of Holistic Therapists ([FHT](#)) is the UK's largest professional association for complementary therapists in the UK. You can find a reiki practitioner on FHT's Accredited Register (see above).

Are there any safety concerns?

No. It is an incredibly gentle, non-invasive therapy that involves the practitioner gently placing their hands on or just above the body. It is considered to be safe for all age groups.

Is there an evidence base?

Research into the health benefits of reiki is not as readily available as it is for more conventional medical treatments. However, there are a growing number of studies and clinical trials that suggest reiki can help to reduce stress and anxiety, and improve mood and quality of life.

For research abstracts, visit:

<https://www.ncbi.nlm.nih.gov/pubmed/>