

# At a Glance

## Healing Touch

## and Reiki

### Comparison

Healing Touch and Reiki are energy medicine modalities in which trained practitioners use their hands and heart-centered intention to transfer universal energy to facilitate healing and overall well-being in others. Both practices are:

- Biofield therapies that work with the human energy system (biofield, chakras, meridians).
- Complementary therapies recognized by the National Institutes of Health.
- Used internationally in integrative health care, private practices, and homes.
- Shown to effectively relieve pain.
- Researched and evidence-based with no known contraindications.
- Open to anyone interested in learning.

## Healing Touch

### Practice Theory

- ✓ Over 30 energy healing techniques based on the work of Janet Mentgen, RN and other recognized energy healing pioneers.
- ✓ Everyone has the ability to transfer universal healing energy.

### Treatment Session

- ✓ Practitioners are trained to use a 10-step sequence based on nursing practice with a case management focus.
- ✓ Healing Touch techniques are chosen based on the client's intention for healing and assessment of their energy system.

### Training Program

- ✓ Healing Touch Program (HTP) standardized curriculum developed in the 1980s by Janet Mentgen.
- ✓ HTP is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.
- ✓ Five sequential class levels provide 108 hours of training. All classes are taught by Healing Touch Certified Instructors.

### Professional Practice

- ✓ Board-certified Healing Touch Certified Practitioner credential is obtained by portfolio review and an exam.
- ✓ Practitioners and students agree to abide by a professional Code of Ethics.
- ✓ A professional Standards of Practice defines student and practitioner roles.

## Reiki

### Practice Theory

- ✓ Energy healing method discovered by Mikao Usui in Japan in the 1920s.
- ✓ Attunement by a Reiki Master is required to open energetic pathways for practicing Reiki.

### Treatment Session

- ✓ Practitioner use different sacred Reiki symbols.
- ✓ Reiki healing energy is directed to the client.
- ✓ Practitioner's hands are placed on or near the client's body in specific positions.

### Training Program

- ✓ There are many different Reiki lineages, each with its own unique teaching and practices and for this reason Reiki training is not standardized.
- ✓ Classes vary in length depending on the teaching and the lineage. Classes are typically one or two days in length.
- ✓ There are typically three levels of training: Level 1, Level 2, and Master Level, but this can vary based on the lineage.

### Professional Practice

- ✓ There are multiple Reiki certification organizations.
- ✓ Different Reiki organizations and lineages provide practitioner guidelines.