



## National Unit specification: general information

**Unit title:** Reiki1

**Unit code:** FR0N 12

**Superclass:** HK

**Publication date:** July 2011

**Source:** Scottish Qualifications Authority

**Version:** 01

### Summary

This Unit has been designed as an optional Unit in the National Certificate Group in Wellness Therapies at SCQF level 6.

Candidates will learn about the history of Reiki the seven major chakras, and develop initial practical skills in Reiki 1. This would involve self-healing and also the use of these techniques on family and friends, plants and animals. The techniques in Reiki will involve relaxation, breathing and grounding methods.

**Reiki 1 must be taught and assessed by a Reiki master/teacher, as during this Unit candidates must receive one attunement to understand the practise of Reiki.**

### Outcomes

- 1 Research the history and benefits of Reiki and the seven major chakras.
- 2 Complete and evaluate a 21-day self-healing treatment.
- 3 Consult with peer/family/friend and develop a treatment plan.
- 4 Perform Reiki 1 treatment with peer/family/friend.

### Recommended entry

Access to this Unit is at the discretion of the centre. It would be beneficial if the candidate had an appropriate level of Communication, ICT and Numeracy skills.

## **National Unit specification: general information (cont)**

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### **Credit points and level**

1 National Unit credit(s) at SCQF level 6: (6 SCQF credit points at SCQF level 6\*)

*\*SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

### **Core Skills**

Opportunities to develop aspects of Core Skills are highlighted in the support notes of this Unit specification.

There is no automatic certification of Core Skills or Core Skill component in this Unit.

## **National Unit specification: statement of standards**

**Unit title:** Reiki1

Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

### **Outcome 1**

Research the history and benefits of Reiki and the seven major chakras.

#### **Performance Criteria**

- (a) Research the history of Reiki including the seven major chakras.
- (b) Describe the beneficial uses of Reiki 1.

### **Outcome 2**

Complete and evaluate a 21-day self-healing treatment.

#### **Performance Criteria**

- (a) Carry out self-healing treatment for 21 consecutive days.
- (b) Record evidence and evaluation of self-healing treatment.

### **Outcome 3**

Consult with peer/family/friend and develop a treatment plan.

#### **Performance Criteria**

- (a) Carry out consultation to determine peer/family/friend requirements.
- (b) Prepare the treatment area appropriately.

### **Outcome 4**

Perform Reiki 1 treatment with peer/family/friend.

#### **Performance Criteria**

- (a) Perform Reiki 1 treatment with peer/family/friend.
- (b) Discuss and record effects of treatment.
- (c) Give relevant aftercare and homecare.

## **National Unit specification: statement of standards (cont)**

**Unit title:** Reiki1

### **Evidence Requirements for this Unit**

Performance evidence and written/oral evidence which covers the outcome and Performance Criteria is required for this Unit.

#### **Outcome 1**

Prepare a project documenting the following:

- ◆ the history of Reiki
- ◆ the seven major chakras
- ◆ the benefits of Reiki

#### **Outcome 2**

Candidate should:

- ◆ carry out 21 day self healing treatment
- ◆ record and evaluate the self healing treatment

#### **Outcome 3**

Candidates will be required to demonstrate by practical activity on a minimum of two occasions that they will be able to:

- ◆ carry out consultation to determine peer/family/friend
- ◆ prepare the treatment area appropriately

#### **Outcome 4**

Candidates will be required to demonstrate on two occasions that they will be able to:

- ◆ carry out Reiki 1 treatment to help the peer/family/friend improve their lifestyle by aiding relaxation and balancing chakras
- ◆ give relevant homecare and aftercare
- ◆ record aftercare and homecare advice on record card

Candidate will need to provide evidence of homecare and aftercare on record cards.

Performance evidence by use of assessor observation checklist for Outcome 3 and 4 must be assessed on the same occasions.

**Reiki 1 must be taught and assessed by a Reiki master/teacher, as during this Unit candidates must receive one attunement to understand the practise of Reiki.**

## National Unit specification: support notes

**Unit title:** Reiki1

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

### Guidance on the content and context for this Unit

Candidates will learn about the history of Reiki the seven major chakras and develop initial practical skills in Reiki 1. This would involve self-healing and also the use of these techniques on family and friends plants and animals as at this level they would not carry out treatments on clients. The techniques in Reiki will involve relaxation, breathing and grounding methods.

Candidates will learn about and develop practical skills in Reiki 1.

**Reiki 1 must be taught and assessed by a Reiki master/teacher, as during this Unit candidates must receive one attunement to understand the practise of Reiki.**

Practical treatments must be carried out on peers/family and friends.

Client confidentiality must also be adhered to peers/family and friends, name, address, etc should not appear anywhere on the case study. Clients may be referenced by number and date.

Candidates will learn how to prepare for Reiki 1 treatment using varying techniques to help aid relaxation.

Key areas of knowledge are:

- ◆ preparation of self prior to treatment
- ◆ effective communication
- ◆ how to carry out Reiki 1 techniques
- ◆ how to devise a treatment plan to meet peer's requirements
- ◆ beneficial effects of Reiki 1
- ◆ hygiene procedures
- ◆ working safely in the environment
- ◆ prevention of infection
- ◆ conditions of work, eg personal conduct
- ◆ knowledge of and importance of adhering to the requirements of appropriate current legislation and where to find further information on:
  - Health and Safety at Work Act
  - Data Protection Act

## **National Unit specification: support notes (cont)**

**Unit title:** Reiki1

### **Guidance on learning and teaching approaches for this Unit**

There should be an introduction to the Unit which allows the candidates to understand fully what is required and the approaches which will be adopted.

The main approach to learning in this Unit should be experiential, practical and candidate-centred. Candidates should have the opportunity to learn and develop practical skills needed for self healing and hand positions for Reiki 1.

The evidence for Outcome 1 should be assessed when a candidate has completed research and the underpinning knowledge has been covered.

Due to the practical nature of this Unit, each part of learning and teaching should incorporate both theory and practical, to facilitate learning. Candidates will therefore understand the relevance of the knowledge and understanding more easily as they experience the practical application. The learning and teaching should arise naturally throughout the practical activities.

Candidates should be shown and allowed to practice breathing, grounding and relaxation methods, associated with self healing and preparation for Reiki treatment.

Practical demonstration initially with peers will enable candidates to practice and gain confidence before progressing to work on family and friends .Formative work throughout will enhance performance.

### **Guidance on approaches to assessment for this Unit**

The evidence requirements are fully expressed in the mandatory section of this Unit specification.

Evidence should be gathered at appropriate points throughout the Unit. The evidence for Outcome 1 should be gathered when the underpinning knowledge has been covered, .this will be evidenced by:

- ◆ a project documenting the following:
  - the history of Reiki
  - the seven major chakras
  - the benefits of Reiki

Outcome 2 will be evidenced by candidate written evaluation of the 21 day self healing.

Outcome 3 and 4 will be evidenced by assessor observation checklist to show preparation and practical performance two occasions on two different peer/family/ friends.

There are good opportunities for formative assessment in this Unit, including self and peer assessment and for collecting feedback from tutor.

## **National Unit specification: support notes (cont)**

**Unit title:** Reiki1

### **Opportunities for the use of e-assessment**

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or e-checklists. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

### **Opportunities for developing Core Skills**

In the Unit candidates will interact with each other and clients. These are good opportunities for developing aspects of the Core Skill of Communication and also interpersonal skills.

Candidates will use oral and written communication during the consultation process, discussing peer/family/friends requirements, and completion of record cards.

### **Disabled candidates and/or those with additional support needs**

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website [www.sqa.org.uk/assessmentarrangements](http://www.sqa.org.uk/assessmentarrangements)

## History of changes to Unit

Version	Description of change	Date

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