

# Reiki, Level I

Co-sponsored by  
*Mountain Zendo and Healing Center and Baystate Continuing Education*



Baystate  Health

**Dates:**       **2010: August 4, 11, 18**  
                      **October 6, 13, 20**  
                      **2011: January 5, 12, 19**  
                      **March 2, 9, 16,**

## **Target Audience**

This program is designed for adult learners in the health professions and others who wish to expand their knowledge of complementary therapies.

## **Statement of Need**

The changing demographics of both ethnicity and culture of people in Western Massachusetts lends itself to the exploration of alternative therapies to promote healing, foster relaxation and reduce/manage stress. Many folks prefer non-pharmacological approaches to pain and stress.

## **Course Description**

Reiki, Level I, consists of three 3-hour classes held one week apart over three consecutive weeks followed by an individually scheduled one and one-half hour practicum.

## **Goal**

The goal of this program is to provide an introduction to Reiki and beginning proficiency in the practice of Reiki for self and limited others.

## **Learner Objectives**

By participating in this program, you should be able to.....

## **Class I**

1. Explain the practice of Reiki as a healing modality from its inception in the early 20th century.
2. Describe the rationale and applications of Reiki.
3. Describe energy flow from an individual perspective.
4. Explain the ability of the post attunement period to serve as a catalyst to let go of undesired behaviors.
5. Demonstrate hand positions and appropriate hand pressure for self Reiki treatment.

## **Class II**

1. Describe a wide range of responses to Reiki attunement and self-practice.
2. Explain the relevance of the chakra locations to the practice of Reiki
3. Differentiate the components of Reiki self practice and practice on others.
4. Debrief a partner following a 25-minute Reiki session.

## **Class III**

1. Explain how to prepare and debrief a patient
2. Describe a wide range of responses to attunement and Reiki sessions (including self-practice).
3. Compare an individual perception of energy flow to effects of 1st attunement.
4. Debrief partner after providing a 25-minute Reiki session.
5. Discuss strategies to stay in practice and become more proficient with Reiki

## **Schedule and Program**

### **Class I**

5:30 pm	Introduction
6:15 pm	The Nuts and Bolts of Reiki
7:05 pm	Attunements
7:35pm	Attunement Response
8:00 pm	Hand Positioning
8:30 pm	Adjourn

### **Class II**

5:30 pm	Post- Attunement Experiences and Practice
6:00 pm	Utilizing the Chakra System
6:35 pm	Expanding Reiki Practice to Others
7:20 pm	Practice on Others with Debriefing
8:30 pm	Adjourn

### **Class III**

5:30 pm	Post-attunement and Practice Experiences
6:35 pm	Second attunement
7:20 pm	Practice on Others with Debriefing
8:15 pm	Ways to Keep Developing Your Reiki Skills
8:30 pm	Adjourn

### **Practicum**

1 ½ hour by appointment

## **LOCATION**

Mountain Zendo and Healing Center  
186D Northampton Street  
Easthampton, MA 01027  
413 531-6677

## **FACULTY**

**Susan Downing, PhD**

[skdowning@yahoo.com](mailto:skdowning@yahoo.com)

[http://www.mountainzendoandhealingcenter.com/reiki\\_classes](http://www.mountainzendoandhealingcenter.com/reiki_classes)

## **Credits**

### **Nurses**

Baystate Health is an approved provider of continuing nursing education by the Massachusetts Association of Registered Nurses, Inc., an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This activity carries 10.5 contact hours

### **Others**

Baystate Health will award 10.5 Instructional hours to others who complete this course.

### **Tuition and Registration**

On-line	Mail
\$200	\$210

### **You can Register two ways:**

On-line: at [baystatehealth.org/learn](http://baystatehealth.org/learn)

**Returning Users:** Click the login link, enter your CE ID number and follow the registration process.

**New Users:** Select your course, complete the user profile, and complete the registration process. Your CE ID number and course confirmation will be e-mailed to the address you entered during registration.

**By Mail:** Complete the registration form below and mail it along with a check for the full course fee to Baystate Health Continuing Education, 361 Whitney Avenue, Holyoke, MA, 01040. If you must cancel, telephone Baystate Health Continuing Education at 413-322-4242 and follow your call with a **written refund request** or FAX your cancellation request to 413-322-4259. All cancellations will incur a \$25 fee. We cannot refund cancellations received less than two weeks (10 business days) before the initial class program date. For additional information, call Baystate Health Continuing Education at 413-322-4242 or e-mail [joanna.donahue@baystatehealth.org](mailto:joanna.donahue@baystatehealth.org)

# Registration

PLEASE PRINT CLEARLY

If you are a Baystate Health employee, insert EN #

Last Name:	First Name	EN #
Profession	Credentials	
Home Address:		
Zip Code:	City:	State:
Home Phone:	Work:	Ext:
Fax:	E-Mail:	
Institutional Affiliation:		

## REIKI, Level I

- Aug 4, 11, 18, 2010
- October 6, 13, 20, 2010
- January 5, 12, 19, 2011
- March 2, 9, 16, 2011

Mail to:  
Baystate Health  
Continuing Education  
361 Whitney Avenue  
Holyoke, MA 01040

<b>NON-employees</b>	Create your unique ID using instructions below
A. First letter of first name	
B. Birthday month and day, not year (2 digits each - May 7 = 0507; Nov 20 = 1120)	
C. Last 4 digits of your Social security number	

  
**A**

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**B**

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**C**