

At a Glance Healing Touch and Reiki Comparison

Healing Touch and Reiki are energy medicine modalities in which trained practitioners use their hands with heart-centered intention to facilitate their client's self-healing. Both practices are:

- Research based
 - Used widely in private practices and integrative healthcare
 - Open to anyone who wants to take training
 - Believe that universal healing energy is transferred through the practitioner to the client
 - Treats the human energy system of the biofield, chakras and meridians
 - Client receives the amount of life force energy they need
- All healing is self healing

Healing Touch

Practice Theory

- ✓ A collection of energy healing techniques based on the work of Janet Mentgen and other well-known energy healing pioneers
- ✓ Everyone has the ability to transfer universal healing energy by using intention
- ✓ Practitioners assess the client's energy system and use standardized techniques to clear, balance and energize the client's energy system

Treatment Session

- ✓ Treatment sessions are documented and follow a standard 10 step sequence based on nursing practice with a case management focus
- ✓ Energetic assessment is conducted before and after treatment
- ✓ Practitioners hands can be placed above the body, lightly on the body or in combination

Training Program/Practitioner Certification

- ✓ Healing Touch Program standardized curriculum developed in the 1980s by Janet Mentgen, RN
- ✓ Five sequential training levels consisting of 108 classroom hours
- ✓ Over 30 healing techniques and sequences are taught
- ✓ Practitioner certification includes a portfolio review and board-certified exam
- ✓ Practitioner ongoing development is supported by the Healing Touch Professional Association

Professional Practice

- ✓ Curriculum is accredited by the American Nurses Credential Center
- ✓ Healing Touch Program is endorsed by the American Holistic Nurses Association
- ✓ Students and practitioners abide by a Code of Ethics and Standards of Practice, and carry liability insurance

Reiki

Practice Theory

- ✓ Japanese healing technique administered by a trained practitioner
- ✓ Practitioners need to receive an attunement by a Reiki Master in order to treat others
- ✓ Practitioners use sacred symbols in their healing work

Treatment Session

- ✓ Practitioner chooses Reiki symbols
- ✓ Assessment of the client's energy system may or may not be performed
- ✓ Series of hand positions placed above or on the client's body from head to foot

Training Program

- ✓ There are numerous Reiki systems with the most common ones based on the form documented by Mikao Usui in 1922
- ✓ Training is typically taught in four levels but varies and is not standardized, Reiki Master determines content
- ✓ Originally taught in an oral tradition only and training is traced through the lineage of Reiki Masters with no standardized curriculum
- ✓ No practitioner certification

Professional Practice

- ✓ No standardized Code of Ethics or Standards of Practice for practitioners
- ✓ Approval to practice is not standardized, governed or monitored