

Reiki 1 - \$250

Join Hilary Rudenauer, Reiki Master Teacher, to learn the history, theory, and applications of Reiki, a Japanese healing technique. In this special one-day training, we will explore energetic shielding and clearing techniques, energetic anatomy, self-healing practices, intuitive methods, and hand placements. In addition to these foundational topics, we will discuss how Reiki can be used to prevent burnout and support the therapeutic process. Students will be attuned to Reiki energy, and have the opportunity to practice giving Reiki to themselves and others. Upon completion of this training, participants will be certified Reiki 1 practitioners.

Objectives:

1. Discover what Reiki is and how it works
2. Identify Reiki's benefits and applications
3. Describe the origin and development of the Usui Reiki system
4. Explain various aspects of energetic anatomy, such as the aura and chakra system, and how they relate to the practice of Reiki and psychology
5. Complete the Reiki 1 placement/attunement
6. Discover the benefits of energetic protection and clearing as a Reiki practitioner and mental health professional
7. Explore the benefits and applications of Reiki as it relates to mental health work
8. Demonstrate the step-by-step process for conducting a Reiki session
9. Conduct a practice Reiki session with another class member
10. Perform a self-Reiki session for personal healing, relaxation, and burnout prevention

Appropriateness to Social Work: This training will cover a variety of beneficial topics for individuals working in the Social Work profession. Participants will learn about the chakras and other aspects of energetic anatomy. This knowledge supports increased awareness of the way we interact with others and the many aspects influencing the human condition. This information can be used by social workers to take a more holistic view of their clients and act as another framework in which to explore mental health and wellness. In addition, participants will learn energetic protection, a powerful technique that can be used to decrease burnout. Upon completion of this training, participants will be able to practice Reiki on themselves whenever and wherever they need it. Reiki has been found to be beneficial for stress reduction, anxiety, depression, insomnia, pain, and more. This will serve as a valuable tool that social workers can use for the purposes of self-care and burn-out prevention. Ideally, when self-care tools are abundant and utilized regularly, helping professionals can increase the longevity of their careers. Finally, this training will touch upon the potential benefits of integrating Reiki into the therapeutic process.

Reiki 2 \$300

In this Level 2 training, participants will expand upon the skills they learned in Reiki 1 and acquire new ways to work with Reiki energy. We will explore distance and emotional healing techniques, Reiki for animals, using Reiki to manifest goals, scanning methods that can be used to determine where Reiki is needed, and more. Students will receive another attunement, learn Reiki symbols, and have the opportunity to practice giving Reiki to others using their new symbols and techniques. Throughout the training we will discuss how the content applies to the mental health profession. In addition, guest speakers who work within different mental health settings will share their experiences integrating Reiki into their work. Upon completion of this course, participants will be certified Reiki 2 practitioners.

Objectives:

1. Demonstrate the Japanese Reiki techniques of Byosen Scanning, Koki-ho, Kenyoku, Gyoshi-ho, and Jacki-Kiri Joka-ho, as well as the practice of Beaming
2. Describe the benefits of Reiki for animals
3. Recognize the subtle anatomy of dogs, cats, and horses
4. Identify the Reiki 2 symbols and their uses
5. Complete the Reiki 2 placement/attunement
6. Recall the step-by-step process for distance or absentee healing
7. Recognize the benefits, ethics, boundaries, and applications of Reiki as it relates to mental health work
8. Conduct a practice Reiki session with another class member utilizing Level 2 symbols and techniques
9. Perform a distance healing session

Appropriateness to Social Work: This training will cover a variety of beneficial topics for individuals working in the Social Work profession. Participants will expand their knowledge of Reiki and increase the number of tools and techniques they can utilize to support themselves and their clients. Reiki 2 focuses primarily on emotional healing and distant healing. The emotional healing techniques can be used for any mental or emotional distress and addictions. Distant healing techniques can be used to support clients from anywhere, which is particularly helpful given the current popularity of telehealth services. In addition, distant healing techniques can be used to share Reiki with clients in the same room, but with a hands-off approach, making the practice more trauma-informed and more applicable to acute mental health settings. We will also touch upon Reiki for animals, which is particularly helpful for Social Workers who also work with therapy dogs or horses, as is done in Equine Therapy.