

# Policy Statement for Reiki Treatments

## Pentad

### Background and Training

I have practiced Usui Reiki and personal development since the year 2002. I trained in Usui with a Reiki Master/teacher in Norway, am a registered Usui Reiki Master/Teacher with the International Association of Reiki Professionals, and a registered Karuna Reiki® Master/Teacher with the International Center for Reiki Training. I am a Registered Nurse in Norway, and am currently working on my Master of Science in Holistic Nutrition. I specialize in working with people of all ages who wish to utilize Reiki for general wellness, various illnesses/syndromes, stress/pain reduction, as well as grief/bereavement issues. Children can benefit from Reiki if they are experiencing various difficult situations in their lives, for example, divorce. Extremely positive results are reported regarding the treatment of Reiki on children and pets. I have also extensive experience in helping patients with cancer and their families.

### Who Can Benefit

Reiki can be used for general wellness as well as for specific issues. Reiki works by assisting to reduce stress, which in turn may create an environment within your body where healing may more easily be facilitated. Reiki may help with problems related to excess tension build-up and chronic pain. I have had great results with clients in working with emotional issues and releasing them, which again helps that which often underlies health issues. Reiki has a powerful and positive effect on the personal development in the lives of clients. This is especially beneficial in working with issues of inner-security and self-esteem.

Reiki is sometimes used as an adjunct to certain medical conditions on the recommendation of a physician or other health care provider, (e.g., high blood pressure, anxiety or stress).

### Client/Practitioner Expectations

The first session begins with a brief interview and client intake form. You are asked a series of questions so that I may plan the most beneficial session/series of sessions pertaining to your needs. Please keep in mind that privacy and confidentiality are maintained. I subscribe to the IARP Code of Ethics as posted in my treatment room. If you have ordered a Reiki session, it is performed on a massage table. You, the client, are always fully clothed.

A Reiki session is usually performed with the client lying face up and resting comfortably. Soft background music is added to benefit the client's relaxation. If you indicate in the interview or at the beginning of the session that you wish for me to pay attention to a particular injury or issue, I will also concentrate on that area during the session. For a regular stress-reduction session, the head and torso are worked on first, continuing down to the feet. Reiki is not a massage therapy,

During the session, clients are encouraged to relax and inform me if anything makes them uncomfortable, either physically or psychologically. Please feel free to talk with me regarding feedback during the session. I usually talk with you before and/or after, however not during, as I want you to fully relax throughout your session. If something feels uncomfortable, please speak up immediately; I want to know as soon as possible.

- I reserve the right to refrain from working on a person who is under the influence of alcohol or drugs.
- Sexual harassment is not tolerated. If the practitioner's safety feels compromised, the session is stopped immediately.

### Appointment Policies

- Each session is either 60 or 90 minutes according to the length of the appointment you have ordered.
- The first appointment, which includes a history and an assessment, lasts approximately 2 hours, however sometimes longer. This provides ample opportunity for discussion, both before and after your first session.
- If a client is late for a treatment session, the session still falls within the allotted time slot. This means that your treatment is reduced in minutes.
- If I am late, the session lasts the full 60 or 90 minutes or the treatment rate is discounted.
- If you wish to cancel an appointment, you must do so 24 hours in advance, or you are charged for the full amount of the session unless the appointment can be filled. I personally answer the telephone from 8 a.m. until 6 p.m., Monday-Friday; and, 10 a.m.-3 p.m. on Saturdays. If I do not answer, please leave a message (including the date and time of the call), as I may be in-appointment with another client. I will get back to you as soon as possible. You may also order and cancel appointments by e-mail. My e-mail address is posted on Pentad's website.

- If I need to cancel an appointment, I do so within 24 hours whenever possible. If I cannot do so, your next session is at no charge.
- I see clients Monday through Friday from 9 a.m. to 4 p.m.
- I return calls within 24 hours unless I am out of town.
- When ordering a Reiki course a \$50 non-refundable fee is due at the time of sign-up. Your place in the course will be confirmed at that time, by e-mail. This is due to the fact that the ordering of your course material begins at the time of sign-up. Payment of this deposit can be made on Pentad's website, or by sending a money order/check in the mail.

## **Fees**

- If during my assessment I determine with reasonable certainty that my work won't help you, we end the session at that time and you aren't charged for the initial appointment.
- All session prices are listed on Pentad's website.
- If you would like a 2 hour (2 x 60 minutes) session, the charge is the basis hourly price x 2. This pertains to all types of treatment and/or consultations offered by Pentad.
- Payment is due at the time of service unless other arrangements have been made prior to treatment. I accept cash and checks. I do not bill clients, nor do I provide direct billing for insurance.
- Individuals who have financial constraints are welcome to discuss this with me. A payment plan can be considered.

## **Professionalism**

- Our profession ascribes to a code of ethical behavior, which is available upon request and posted in my treatment room. I follow all of the statements in this ethical code and have strong beliefs that practitioners and their clients should not engage in intimate social relationships.
- Personal and professional boundaries are respected at all times.
- I perform services for which I am qualified (professionally, physically and emotionally) and able to do, and refer clients to their health specialists when work is not within my scope of practice or not in the client's best interest.
- I customize my treatment to meet the client's needs.
- I respect all clients regardless of their age, gender, race, national origin, sexual orientation, religion, socioeconomic status, body type, political affiliation, state of health, and personal habits.

## **Recourse Policy**

- If you are dissatisfied with your session, you receive a full refund for that session or a complimentary treatment.