



Dreamstone Holistics

Therapies & Training



**REIKI COURSES & WORKSHOPS
INFORMATION PACK
2018-2019**

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ABOUT DREAMSTONE HOLISTICS - THERAPIES & TRAINING

Dreamstone Holistics - Therapies & Training (DHTT) provides high quality, accredited training for Crystal Therapists at Foundation, Certificate & Diploma level in SE Wales.

Dreamstone Holistics - Therapies & Training is currently:

- A member school of the Affiliation of Crystal Healing Organisation (ACHO)¹
- An Accredited College with Complementary Health Professionals



ABOUT HELEN JANE MEYRICK BSC. (HONS), PGCE, GRAD. (ICGT), MFHT

Helen Jane Meyrick is the Principal of Dreamstone Holistics - Therapies & Training and is an experienced tutor, therapist and Reiki Master Teacher. Helen was a tutor for Coleg Gwent in the field of IT from 2005 to 2015 and became qualified, gaining her PGCE in 2008. Helen initially gained a VTCT in Crystal Therapy at Tamworth College and then went on to further her learning by training for her ICGT Certificate and Diploma.

Helen transferred her teaching knowledge, experience and skills to the field of holistic therapies in 2011 when she started teaching Reiki Levels 1 and 2 for the first time, taking the innovative step of teaching it as a continuous series of evening classes as opposed to the more common approach of one or two-day weekend workshops. This was done because Helen believed that it ensured the students received continuous support on their Reiki journey from both herself and the other students and that it would hopefully foster a lasting bond of friendship between the students.

It is this same approach which Helen is now adopting for the Foundation & Certificate levels in Crystal Therapy offered by Dreamstone Holistics - Therapies & Training in providing the option of either learning through a monthly one-day workshop or weekly evening/daytime classes.

Helen is a member of the Federation of Holistic Therapists (FHT), the on the practitioner register of the General Regulatory Council for Complementary Therapies (GRCCT) and a qualified Meditation Teacher with the British School of Meditation. Helen was the Treasurer of ACHO 2013-2016 and is currently the Administrator of ACHO's Practitioner Register.

¹ Membership of ACHO expires in Feb 2019

WORKSHOPS & COURSES 2018-2019

WORKSHOPS

Dreamstone Holistics One-day Workshops are non-accredited tutor-led days which can be used for personal development and/or CPD. They are suitable for those seeking an introduction to a topic or for existing therapists & holistic practitioners wishing to enhance their knowledge.

- The number of attendees is kept to a maximum of 6 (although in some cases, where the venue and subject matter permit, this may be increased).
- Workshops vary in length and may be half-day or full day.
- Generally one-day workshops commence between 9.30am and 10am and finish between 4pm and 4.30pm and will include breaks for refreshment.
- The duration of half-day workshops is 3-4 hours depending on the content and may either run in a morning, afternoon or evening.
- Light refreshments are included (e.g. drinks and light snacks), however attendees are expected to provide their own luncheon².
- All workshops must be booked in advance and a small deposit paid in order to secure a place with the remaining payment being made at the start of the workshop.
- Any known health issues may be discussed in confidence prior to the workshop in case of any conditions which may be contra-indicated (e.g. pregnancy, epilepsy etc.)
- Prices shown for courses and workshops are dependent on the venue.

² Applies to workshops run at Vincent House only. Arrangements at other venues may vary.

ENHANCE YOUR REIKI WITH CRYSTALS



DESCRIPTION

I have been asked why I feel the need to use crystals in a Reiki treatment. I have discovered that whilst Reiki provides much-needed energy to support a person when they are 'healing', the crystals can provide a trigger to facilitating changes, which may be required to bring about a sense of balance and harmony.

This workshop is a day of discovering how the vibrational energy of crystals can be used to enhance a Reiki treatment and how the differing energies of Reiki & crystals can work together.

PREREQUISITE

Attendees must be at least Reiki Level 1 attuned.

COST

From £40 (includes handouts & certificate of attendance)

DURATION

One-day workshop



DESCRIPTION

This one-day workshop includes meditation & practical activities exploring the Reiki Precepts and how to incorporate them into your daily life.

*"The secret method of inviting blessings, the spiritual medicine of many illnesses
(Shôfuku no hihô, Manbyo no rei yaku)*

Just for today (Kyo dake wa):

Don't get angry (Okoru na)

Don't worry (Shinpai su na)

Be grateful (Kansha shite)

Work hard (Gyo wo hage me)

Be kind to others (Hito ni shinsetsu ni)

*Mornings and evenings sit in the gassho position and repeat these words out loud and in
your
heart*

(Asa you gassho shite kokoro ni neji kuchi ni tonaeyo)

For the improvement of mind and body (Shin shin kaizen)

Usui Spiritual Healing Method (Usui Reiki Ryoho)

The founder, Mikao Usui (Chossô, Usui Mikao)"

This workshop is suitable for all levels of Reiki, from Level 1 to Master Teacher.

COST

From £40 (includes handouts & certificate of attendance)

DURATION

One-day workshop



DESCRIPTION

A Reiki-filled day of self-treatment, guided visualisation, meditating, stilling the mind & listening to the Reiki, allowing it to guide you.

It provides an opportunity for

- those whose Reiki practice has fallen by the wayside, to reconnect
- practitioners who are always treating others to 'treat' themselves

Includes:

- Reiju Empowerment to strengthen your connection to Reiki
- Hasurei Ho
- Reiji Ho

A mini Reiki retreat!

This workshop is suitable for all levels of Reiki from level 1 to Master Teacher.

COST

From £25

DURATION

Half-day workshop

COURSES**REIKI****WHAT DO THE DIFFERENT LEVELS OF REIKI MEAN?**

If you want to learn Reiki for personal use and for treating family & friends, but do not wish to be an insured practitioner, charging for treatments or volunteering in hospices etc. then Reiki Level I is just right for you and you need go no further.

If you want to-

- Learn how to do distance healing
- Gain insurance
- Charge for treatments

Then Reiki Level II is the way forward, having gained Reiki Level I first.

If you feel that, having achieved Reiki Levels I & II that you want to further your practice but do not want to become a Reiki Teacher, then Reiki Level III (ART) is the natural progression.

For those who want, like me, to share what they have learned and spread Reiki further then Reiki Level III (Teacher) is the final stage.

If you require a formal, accredited qualification in Reiki which is compliant with National Occupation Standards and adheres to the Core Curriculum of the Reiki Council then the Reiki for Therapists course is the one for you.

COURSE STRUCTURE

The general method of teaching Reiki Levels is usually delivered via one- or two-day workshops, which means that there is a lot of information passed on by the teacher and, often, little time for the practice of giving & receiving Reiki. This was how I was taught Reiki. I prefer to teach Reiki in a more drawn out way i.e. as a series of evening classes or half-day workshops spread over a number of weeks. I feel that this method of delivery provides better opportunities for students to:

- Have time to assimilate the Reiki energy
- Ask questions to allay any doubts & worries
- Receive feedback
- Form supportive bonds with fellow students & myself
- Gain plenty of practice giving Reiki
- Receive Reiki to help them with their own development

REIKI LEVEL I (SHODEN) – TREATING THE SELF

Reiki Level One is the starting point for a person's Reiki Journey and is focused on self-healing and self-development, although the treating of family & friends is also included.

The 5 sessions cover:

- History of Reiki
- Reiki Lineage
- Energy Exercises & developing your sensitivity
- Introduction to chakras & aura
- All about Attunements & Empowerments
- Level 1 Attunement
- Self -treatment
- 21-day cleansing
- Treating others
- Byosen Reikan Ho & Reiji Ho
- Mawashi
- Power Symbol & its uses

**DURATION**

The course comprises five 3-hour (half-day) tutor-led workshops which are run either as once-a-week evening classes or over five consecutive weekends.

COST

The full cost of the course is £100. Cost includes Reiki Level I Manual and Certificate. Fees can be paid on a session-by-session basis (i.e. £20 per session) – all sessions must be attended.

REIKI LEVEL II (OKUDEN) – TREATING THE PUBLIC & SETTING UP A PRACTICE

A series of 3 hour sessions spread over 5 weeks covering Reiki Level 2 designed to provide ongoing support and continual development.

The sessions cover:

- Hasurei Ho
- Keteuki Kokan
- Level 2 Attunement
- The Harmony Symbol & its uses
- The Distance Symbol & its uses
- Distance & Absent Healing
- More on the Chakras
- Setting Up a Reiki Practice
 - Health & Safety
 - Client Management
 - Premises, Equipment etc.
 - Recording Information & Treatment Notes
 - Data Protection
- Other Useful Techniques



PREREQUISITES

- Have received an in-person attunement to Reiki Level One³
- Provide evidence of attunement & lineage
- Been practising Reiki for a minimum of three months.

DURATION

The course comprises five 3-hour (half-day) tutor-led workshops which are run either as once-a-week evening classes or over five consecutive weekends.

COST

The full cost of the course is £100. Cost includes Reiki Level II Manual and Certificate. Fees can be paid on a session-by-session basis (i.e. £20 per session) – all sessions must be attended.

³ Attunements received as Distance Attunements will not be accepted

REIKI LEVEL III – ADVANCED REIKI TRAINING

This course is for those who wish have been practising at Reiki Level II and wish to further their knowledge and Reiki Training.

This course covers more advanced techniques including:

- Level 3 Attunement
- Revision of Levels 1 & 2
- The Master symbol & its uses
- The Kotodama
- Introduction to Meridians & Five Element Theory
- Aura Clearing technique
- Further Development on Running A Practice
- Reiki & Meditation
- Using the Antakharana
- Manifesting Goals
- Creating & working with symbols

**PREREQUISITES**

- Have received in-person 5 attunements to Reiki Levels One & Two⁴
- Provide evidence of attunements & lineage
- Been practising Reiki Level Two for a minimum of six months.

DURATION

The course comprises five 3-hour (half-day) tutor-led workshops which are run either as once-a-week evening classes or over five consecutive weekends.

COST

The full cost of the course is £150. Cost includes Reiki Level II I Manual and Certificate. Fees can be paid on a session-by-session basis (i.e. £30 per session) – all sessions must be attended.

⁴ Attunements received as Distance Attunements will not be accepted

REIKI LEVEL III – TEACHER TRAINING

This form of teaching may be offered on a one-to-one basis and will comprise a two-day workshop and will include opportunities for the student to observe and participate in other classes to practice their teaching skills i.e. act as a Teaching Assistant.

The student will also be expected to develop their own Reiki Manuals under my guidance.

This course includes the following topics:

- Giving attunements for each level
- Giving Reiju empowerments
- Giving a healing attunement
- Planning lessons
- Creating resources
- Advertising workshops & courses
- The responsibilities of being a teacher

**PREREQUISITES**

- Have received in-person attunements to Reiki Levels One, Two & Three (ART)⁵
- Provide evidence of attunements & lineage
- Been practising Reiki Level Three (ART) for a minimum of twelve months.
- Evidence of teaching experience (PGCE, DTTL, PTTL, CTTL etc.)

DURATION

The length of the course is dependent on the opportunities for attending lower level classes to gain experience of teaching.

COST

The full cost of the course is £350, which includes a £50 non-refundable administration fee which is paid when booking. Cost includes Reiki Level III Teacher Manual and Certificate, attendance at other level Reiki Classes for teaching experience.

⁵ Attunements received as Distance Attunements will not be accepted

REIKI FOR THERAPISTS – ACCREDITED COURSE

This course is a more formal approach to Reiki with a view to providing an accredited qualification which adheres to National Occupation Standards for those wishing to offer Reiki in NHS or hospices etc. or who require an accredited qualification

STAGE 1

This stage comprises five weekly 3-hour sessions or two 1-day workshops covering:

- History/Background/Definition of Reiki
- Reiki Precepts
- Self-treatment
- Byosen Reikan Ho & Reiji-Ho
- Level 1 Japanese techniques & Meditations
- Level 1 attunement
- 21-day Cleansing
- Personal Healing Response

Fee for Stage 1 £120

STAGE 2

This comprises five weekly 3-hour or two 1-day workshops sessions covering:

- Level 2 attunement
- Level 2 Symbols CKR, SHK & HSZSN
- Grounding & Centring
- Seated treatment
- Couch treatment
- Contraindications & Contra-actions
- Seven main Chakras & associations
- Layers of Aura
- Genetsu Ho, Gedoku Chiryō Ho, Sei He Ki Chiryō Ho & Keteuki Kokan
- Distance/Absent Healing
- Data Protection
- Record-Keeping
- Healing Response
- Treating paying clients
- Treating chronically/terminally ill clients
- Volunteering

Fee for Stage 2 £120

STAGE 3

This comprises three individual one-day sessions covering:

- Difference between attunement (initiation) & empowerment
- Level 3 Attunement
- Level 3 Symbol DKM
- Hasurei-Ho & Reiki Shower Technique
- The Kotodama
- Chanting the Kotodama
- Aura Clearing Technique
- Working with the Chinese Five Elements
- Working with the Meridian System
- Reiki Healing Attunement
- Health & Safety
- Risk Assessment
- Fire Safety & Evacuation Procedures
- Insurance & Professional Bodies
- Code of Conduct

In addition to 100% attendance other requirements include:

- Completion of written assessment exercises
- Case studies
- Evidence of self-treatment in the form of a journal
- Practical assessment with an external verifier (may incur additional cost)
- Evidence of studying a basic level of Anatomy & Physiology

Fee for Stage 3 £80 per workshop - £240 in full

The certificate will not be awarded until all three stages and additional requirements have been completed.)

The course is accredited by CHP & will adhere to the Reiki Council Core Curriculum

FURTHER INFORMATION

Details of dates & venues for all workshops & courses can be found on the Vincent House Wellbeing Centre Diary page website – <https://www.vincenthousewellbeing.org.uk/diary.html>

To book a place on any of the workshops & courses covered in this booklet or request further information please contact Helen:

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