### 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

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**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.