



The UK Reiki Federation Research Programme

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The UK has the largest membership of Reiki practitioners in UK with over 1700 members. It has a research group that has developed an ambitious strategic program for research into Reiki. The aim of the program is to support and undertake research that is robust, statistically sound, of high quality and stands up to scrutiny. The Federation has developed its own ethical review process for research projects.

The first objective is to develop well designed research protocols with control groups for comparisons, predetermined sample sizes in each group, appropriate statistical tests, robust data collection and analysis with the intention of publishing research results. We are developing two projects currently. One in younger people with stress and one in rescue dogs looking at changes in behaviour. Both are randomised, controlled comparisons of Reiki, sham Reiki and a no Reiki control. Three of the group's previous projects have been presented at conferences.

Other objectives are to acquire funding from external sources to support projects and to encourage collaboration with universities, hospitals and other Reiki organisations e.g. the Center for Reiki Research and the European Reiki Group.

In addition, we plan to ensure that Reiki practitioners who wish to do research are equipped with research skills by providing training in protocol design and methodologies, scientific ethics, guidelines for working in clinical settings, statistics, analysis and scientific writing. This will be an online course with a test on completion of all modules, which will support the practitioners' continuous professional development.