

Valerie King – Reiki Policies

BACKGROUND AND TRAINING

I love Reiki! It is gentle, powerful, and provides guidance in all areas of life. The recipient of Reiki does not have to believe in it to get benefit from a Reiki session. They only have to grant permission for the session to take place. Reiki will not defy Free Will. This makes it a great compliment to all faith structures, daily plans, and general wellness programs. One of my goals is to demystify Reiki and bring scientific data into Reiki conversations. I have known about Reiki for decades. My grandfather was a Reiki Master who shared in group sessions with cancer patients in Sault Ste. Marie in the late 1980's.

I hold a double major degree in Comparative World Religions and Theatre Arts. That taught me a lot about world spirituality; how we are all deeply interconnected as humans; and that Universal Life Energy flows through everything. I also hold a College Certificate in Office Administration – Executive (Accelerated), which has given me excellent organizational and business skills.

I worked for the United Church of Canada for several years before embarking on, what I like to call, my great Spiritual Awakening. (That's a really fun and fancy way of saying I had to live a little and fail a lot before I learned who I am.) I currently work for Algoma Family Services as well as running my Reiki business as well as selling self-published books.

During the summer of 2017 I met my Reiki Mentor, Anne-Marie Caicco, and embarked on a Reiki journey that compliments my religion, my lifestyle, and my medical needs seamlessly. I obtained my Level 1 and Level 2 in the Fall of 2017. I obtained my Reiki Master level in April of 2018. I obtained my Crystal Reiki Master/Teacher designation in August 2018. I have also taken an introduction to Healing Touch course and an Energetic Cord Cutting course. I participate in Reiki Shares on a regular basis, practice self-Reiki every day, and have begun personal studies in the fields of Subtle Healing and Chakras. I am a member in good standing of the International Reiki Organization (I.R.O.). I specialize in working with people of all ages who wish to accept Reiki for general wellness, stress reduction, specific tension or pain problems, anxiety, depression and other mental health conditions.

Reiki is not a replacement for conventional medical treatment. Consult your health care team and let them know if you add Reiki to your care plan. Reiki has enhanced my body's ability to manage pain; provided me a deep sense of peace and relaxation; and has guided my daily routine in positive and productive ways. I look forward to sharing the Love of Reiki with you.

WHO CAN BENEFIT

Reiki can be used for general wellness and relaxation as well as for specific issues. Reiki works by assisting to reduce stress, which in turn may create an environment within the body where healing may more easily be facilitated. In addition to working with physical and mental conditions, Reiki may be effective with people who suffer from chronic headaches, insomnia and problems of fatigue. It may also be effective in helping people work through chronic life problems and issues, as the relaxation of Reiki allows the mind to process at a higher level.

Reiki is sometimes used as an adjunct to certain medical conditions on the recommendation of a physician or other health care provider, (e.g., stress, chronic pain, fatigue, depression, anxiety, mental health conditions, caregiver burnout, and high blood pressure). This practice has positive results with clients working through problems related to excess tension build up, chronic pain, and anxiety or depression.

Crystal Reiki uses stones and crystals to augment and enhance Reiki energy. Think of it like the geological make up of stones can focus Reiki energy like a magnifying glass.

CLIENT/PRACTITIONER EXPECTATIONS

The first session begins with a brief interview and client intake form. This may be conducted via email or at a downtown location during a meeting prior to the first session. The client is asked a series of questions so the practitioner may plan the most beneficial session/series of sessions for the client's needs. Please keep in mind that privacy and confidentiality are maintained at all times. This practice subscribes to the IRO Code of Ethics as posted in the treatment room. A Reiki session is performed on a massage table and the client is always fully clothed. Please wear comfortable clothing without restrictions. You may be asked if you wish to remove any restrictive or distracting jewelry prior to the session. Please also take off your shoes and silence and set aside any cell phones.

A Reiki session may start with the client lying face up resting comfortably. The practitioner will complete the standard Reiki hand positions. If the client indicates in the interview or at the beginning of the session that they wish attention paid to a particular injury or issue, the practitioner will also concentrate on that area during the session. For a regular stress-reduction session, the head and torso are worked on first, followed by the legs and feet, and then the back. Clients can ask for different parts of the body to be worked on, or not worked on, and are encouraged to discuss this at the beginning of the session.

During the session, clients are encouraged to relax and inform the practitioner if anything makes them uncomfortable, either physically or psychologically. Discussion is often had before and after the session as the client is encouraged to relax fully during the session. If something feels uncomfortable during the session, however, please feel free to speak immediately; the client's complete comfort is important during a Reiki session.

- The practitioner reserves 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 safety of the practitioner feels compromised, the session is stopped immediately.

APPOINTMENT POLICIES

- Each session is 60 minutes long.
- The first appointment may be preceded by a 15-30 minute interview arranged prior to the first session at a location mutually agreeable to the practitioner and client.
- If a client is late for a treatment session, the session still falls within the 60-minute allotted time slot.
- If the practitioner is late, the session lasts 60 minutes or the treatment rate is discounted.
- If you wish to cancel an appointment, you must do so within 24 hours in advance, or you are charged for the full amount of the session unless the appointment can be filled. Someone

answers the phone from 8am until 8pm, but if you get an answering machine, please leave a message, including the date and time of the call. Emergency cancellations aren't charged for at the practitioner's discretion. If the practitioner needs to cancel an appointment, we will do so within 24 hours whenever possible. If we can't do so, your next session is at no charge.

- All of the appointments occur inside Fit Bodies. Fit Minds. at 491 Queen Street East.
- House calls are only done in rare circumstances.
- Clients are seen Monday through Saturday. Check the website calendar for availability.
- Calls are returned within 24 hours unless vacation has been scheduled.

FEES

- If, during the assessment, it is determined with reasonable certainty that Reiki won't help the client, the session is ended at that time and the client is not charged for the initial appointment.
- **Reiki sessions are \$60.** Duration is typically one hour, but may be discussed and lengthened or shortened as required. Charge changes follow time changes. (\$1/minute)
- **Crystal Reiki sessions are \$80.** Duration may vary but typically 1.5 hours.
- **Reiki Parties are \$20/person.**
- **Distance Reiki sessions are \$40.**
- Payment is due at the time of service unless other arrangements have been made prior to treatment. Accepted methods of payment include cash, e-transfers, and checks. Clients are not billed, and direct billing is not currently available for insurance submission. It is highly recommended that clients submit receipts to insurance. At this time, Reiki is not covered by most insurance companies; however, there was a time when acupuncture and massage were not covered, so submit until you get a yes! Reiki may be covered if you have a "Wellness" fund with your Insurance Company. Check it out!
- Individuals who have financial constraints are welcome to discuss options, such as a sliding fee scale, or referral to a practitioner with a more affordable fee rate.

PROFESSIONALISM

- Our profession ascribes to a code of ethical behavior, which is available upon request and posted in the treatment room. All statements in the Code of Ethics are strictly adhered to in this practice.
- Personal and professional boundaries are respected at all times.
- The Practitioner provides ONLY services for which they are qualified (professionally, physically and emotionally) and able to do, and refer to appropriate specialists when work is not within the scope of practice or not in the client's best interest.
- Customized treatments are established to meet individual client needs.
- Accurate records are kept and reviewed for changes before each session.
- All clients are respected 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 a client is dissatisfied with a Reiki session, they receive a full refund for that session or receive a complimentary treatment.