



# CHECKLIST:

## Reiki Group



Below is a helpful checklist when setting up a Reiki practice group:

### **GROUP LOGISTICS**

- ☐ Reiki practitioners and support staff
- ☐ Payment
- ☐ Insurance
- ☐ Room for group meetings
- ☐ Facilities and accessibility for members
- ☐ Timeframe
- ☐ Tools and Materials
- ☐ Group structure

### **GROUP POLICIES**

- ☐ Discrimination
- ☐ Accessibility
- ☐ Cultural considerations
- ☐ Member conduct

### **INDIVIDUAL MEMBER FACTORS**

- ☐ Age
- ☐ Disabilities
- ☐ Illness
- ☐ Special needs
- ☐ Accommodating carers
- ☐ Social skill level

### **GROUP GOALS**

- ☐ Education
- ☐ Exploration
- ☐ Personal transformation
- ☐ Social support
- ☐ Social interactions

### **GROUP BOUNDARIES AND RULES**

- ☐ Respect for all members
- ☐ Personal interruptions (toilet, breaks, eating)
- ☐ Confidentiality
- ☐ Participation
- ☐ Attendance and absences
- ☐ Consideration for individual factors in the group

### **GROUP STRUCTURE**

- ☐ Fixed term group
- ☐ Ongoing group
- ☐ Adding new members
- ☐ Members leaving the group

### **ROLE OF REIKI PRACTITIONER**

- ☐ Number of practitioners and support staff
- ☐ Participation of practitioners in group activities
- ☐ Facilitating discussion

### **GROUP SESSION FORMAT**

- ☐ Starting the session
- ☐ Reiki practice
- ☐ Group discussion
- ☐ Ending the session

### **RECORDING GROUP ACTIVITIES**

- ☐ Group notes
- ☐ Storage of individual and group information
- ☐ Documenting group work

### **GROUP EVALUATION**

- ☐ Feedback through questionnaires and surveys