

Core Requirements for Accredited Reiki Practitioner (ARP) Application - July 2026

Applicants for Accredited Reiki Practitioner (ARP) membership must provide evidence of the following:

- A **current First Aid Certificate**. St John Ambulance **OR** Red Cross NZ. Note: Red Cross offers Reiki NZ members a 10% discount for their First Aids courses. Please see Reiki NZ website – Members Only - Discount codes.
- A **current Professional Liability Insurance Certificate**. Reiki NZ Members receive a discount with BizCover. Please see Reiki NZ website. Click on Members Only tab / Reiki Practitioner Insurance tab, follow instruction to apply using the discount code.
- A **signed and dated copy of the current Reiki NZ Code of Ethics and Rules of Practice**, available on the Reiki NZ website.
- A **certificate demonstrating basic Anatomy and Physiology knowledge** - for example, A&P training completed through other recognised modalities. Examples include:
 1. Alison.com
Introduction – Diploma in Human Anatomy & Physiology. Approx 10 to 15 hours.
<https://alison.com/course/diploma-in-human-anatomy-and-physiology-revised>
 2. The Udemy – Ease Anatomy & Physiology (Platinum addition). Approx. 8 to 9 hours.
[Easy Anatomy and Physiology \(Platinum Edition\)](#)

Written Submissions

- A **short reflective essay** (250–500 words) outlining:
 - How Reiki has influenced your life,
 - Your personal Reiki practice, and
 - Your motivation for practicing Reiki professionally
 - Why you would like to be an ARP member.
- A **professional practice essay** (300 to 1,000 words) outlining your approach to client/practitioner etiquette and protocols. This should include how you manage:

- Confidentiality.
- Referrals.
- Client note-taking and record-keeping.
- Appropriateness of recommendations.
- Client safety.
- Compliance with Reiki NZ Inc. terms and national advertising standards.
- A professional and ethical approach to charging for services; including how you take payment / invoice / receipts payments and how you manage your accounting systems.
- Clear boundaries when incorporating other healing modalities (e.g. massage).
- Where you practice from? Eg: clinic at home; rent a room (with other practitioners); only does distance healing; or travels to see clients etc.

References

- **Two written references**, including:
 - One personal character reference, and
 - One professional reference from either your Reiki Master or a current member of Reiki NZ.

Case Studies

- **The eight cases, must comprise of:**
 - Three case studies from clients who have received a minimum of **three Reiki sessions**;
 - Three case studies from clients who have received a minimum of **two Reiki sessions**;
 - Two case studies from clients who have received **one Reiki session**.
- **Each case should** be 100–500 words, demonstrating practical client experience. Distance healing may be included, though a maximum of two cases only, the rest should be in person treatments. Each case study should include:

- Client's approximate age range (e.g., 30s, child, older adult).
- Reason for seeking Reiki (e.g., stress, grief, physical discomfort, emotional support, or any other significant personal characteristics, such as suffering a recent significant loss).
- Brief description of the session(s) approach (including hand positions used and any variations). Also include clients progression through multiple treatments.
- Client feedback **(optional)** — including physical, emotional, or energetic responses.
- Practitioner reflection — what you learned, how you adapted, and any professional insights.
- Duration of session
- Whether the session was in-person or distance Reiki
- How client consent was obtained
- Any contraindications or professional boundaries considered

Confidentiality must be maintained at all times. No identifying personal information should be included.