



**Reiki Federation Ireland**  
*many paths, one voice*

**Continuous Professional Development Log Card**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_

CPD Year: \_\_\_\_\_

Membership no: \_\_\_\_\_

Date joined: \_\_\_\_\_

Date of Practitioner Cert: \_\_\_\_\_ or

Date of RFI Grand Parenting Declaration: \_\_\_\_\_

Note: 20 POINTS FROM A REIKI ACTIVITY ARE REQUIRED EACH YEAR AS PART OF THE ANNUAL 100 POINTS

Date	Event/ Description	No of Hours	Points	Name of Course Provider

<p><u>How points can be obtained:</u></p> <ul style="list-style-type: none"> <li>• Attend courses (see reverse for details)</li> <li>• Attend Reiki related events</li> <li>• Attend Committee meetings</li> <li>• Assist at Health Fairs</li> <li>• Reiki talks &amp; lectures</li> </ul> <p style="text-align: center;">Please see CPD guidelines for full listing</p>	<p>For CPD Enquires Contact          "Education &amp; Development Officer" by email  <a href="mailto:education@reikifederationireland.com">education@reikifederationireland.com</a>          Please also see RFI website <a href="http://www.reikifederationireland.com">www.reikifederationireland.com</a>          On renewal please send a completed membership form along          with a copy of this CPD form to: Reiki Federation Ireland, PO          Box 11625, Dublin 6W. Phone: 087 981 9366</p>
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## Courses

Courses that are awarded CPD are specifically related to your development as a Reiki Practitioner/Teacher or the running of your Complementary Therapy Business.

NB: CPD points are not awarded to Complementary Therapy Teachers for the teaching of Reiki Courses / workshops as these are seen to be part of their profession and teachers in turn need to be obtaining CPD points in other areas to maintain their already high standards of practice.

### Attend Courses and Workshops

- o 1-3 Hours - **15** points
- o 4 hours (½ day) - **25** points
- o 5-6 hours - **30** points
- o 7-8 hours (1 full day) - **40** points
- o 11-12 hours (1.5 days) - **50** points
- o 14-16 hours (2 full days) - **80** points

N.B. These courses must have both theoretical and practical content. We ask that you do keep your own record of course certificates but do not send these into the office when renewing your membership.

Course hours are Contact Hours and do not include breaks, e.g.; A course that runs from 10.30 - 4.00 with one hour for lunch and two 15 minute breaks has four hours contact time and is a half day course.

A day that runs from 9.00 - 5.30 and has the same breaks of up to one and half hours has seven hours contact time and does qualify for a full day course.

Here is a list of Courses that can fall into this category. It is not exhaustive:

A&P Courses, Angel Healing, Bach Flower Remedies, Business Courses Counseling, Cranio Sacral Therapy, Crystal Healing, Emotional Freedom Technique Energy Healing, Energy related course, Homeopathy, Indian Head Massage Integrated Energy Therapy, Introduction to Aromatherapy, Kinesiology Foundation Course, La Stone Therapy, Life Skills Consultancy Lymphatic Drainage, Marketing Courses, Massage Courses, Meditation Courses	Metamorphosis, Neural Linguistic Programming Courses Nutrition Courses, Pathology Courses, Psychotherapy Courses Quantum Touch Reflexology Courses Reiki (Master Level 3 & Reiki Master Teacher Level) Reiki Review/Repeat. Refresh. Relaxation Courses, Sakara Seichem Courses Shamanism, Spiritual Development, Spiritual Healing Courses, Stress Management, Yoga Foundation Course ITEC, FETAC relevant courses
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You may attend other courses that are not on this list. Call the RFI Education & Development Officer to check if your course will be credited with CPD points.

## Diplomas & Longer Courses

More detailed Training Courses that are run over a year or more and offer you a Diploma such as Aromatherapy Training, Hypnotherapy Training, Kinesiology Training, Reflexology, Teaching Adults Certificates, etc. which have continuous assessment, exams, will work differently. For each year you are studying you have obtained your **80** points and you automatically carry 80 points over for the next two years after qualification.

You must still obtain 20 points from attending a Reiki related event as stated above.

### EXCEPTIONS:

Below courses regardless of duration will receive **50** points:

First Aid Course, Health & Safety in the work place, IT Course to help run your business, Business Courses/ Certificates

You can also gain CPD points other ways such as:

### Meetings

- Serving on RFI Committee (must attend 90% of meetings) **80** points per full year serving on RFI Committee.
- RFI Working Groups **20** points per meeting
- Attend RFI committee meeting: **10** points per meeting
- Attend RFI AGM/ EGM: **50** points per meeting
- Attend AGM's of other Complementary Therapy Associations (If you are a member) **25** points

### Health Fairs, Voluntary Reiki work & Voluntary Complementary & Alternative medicine (CAM) work

- Organising Health Fair Workshops and Lectures **30** points
  - Offering Taster Treatments at Open Days of Health Fares -
    - o ½day - **25** points
    - o 1 day - **40** points
- Voluntary Reiki work & Voluntary CAM work
  - o ½ day - **25** points,
  - o 1 day - **40** points

### Reiki Shares/Gatherings

- Setting up a Reiki Share/Gathering **30** points (once off)
- Organising each Reiki Share/Gathering **15** points (extra)
- Attending a Reiki Share/Gathering **15** points

### RFI Reiki MeetUp

- Giving a Talk at a RFI Reiki MeetUp **40** points
  - Attending a RFI Reiki MeetUp **15** Points
- NB: Attendance Lists will be taken at all RFI Reiki MeetUp Meetings

### Talks/Lectures

#### Reiki Talks/ Lectures (to interested groups to bring about Reiki awareness)

- Setting up and hosting such talks/ lectures or being a guest speaker on Reiki at Shows, Radio, TV and Podcasts.
  - o Half Hour-**10** points
  - o 1-3 Hours - **15** points
  - o Half day -**30** points
  - o Full day - **50** points

### Other Talks/Lectures/ Meetups

- Health Topics related to Complementary & Alternative Medicine (CAM)
  - o 1-3 Hour-**15** points
  - o Half day- **25** points
  - o Full day- **40** points