
CLIENT CARE

What Is Client Care?

Even when you're offering Reiki to those close to you, good client care is about creating a safe, respectful, and compassionate experience for the person you're working with.

Basic Guidelines for Reiki Practice with Others

1. Always Get Permission
2. Never offer Reiki without asking first. Respect the person's right to say no.
3. Create a Calm Environment
4. Choose a quiet space, reduce distractions, and consider soft lighting or music.
5. Ask About Comfort
6. Check if they prefer hands-on or hands-off Reiki. Some people may not be comfortable with touch.
7. Short and Gentle Sessions
8. For friends or family, keep sessions to 15–30 minutes unless otherwise agreed.
9. Invite Feedback
10. Ask how they're feeling before and after the session. Hold space for their experience without judgment.
11. Stay Grounded and Present
12. Your calm presence is just as healing as the energy you're channelling.
13. Keep It Private
14. Respect the confidentiality of anything shared during or after a session.

Practice Tip:

Complete a session record sheet after a treatment including what you did, any observations and any comments from the client. This will help you to recognise feelings that come up, patterns for the client etc.