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## COMMENTARY

### Professional Behavior and the Energy Practitioner

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How does one define a professional when looking at an energy healing practitioner? Is it their behavior? Is it that their work-space is appropriate? Is it that they hold themselves to the highest levels of integrity? Do they dress appropriately? Do they maintain proper and healthy boundaries? Has the practitioner done the necessary work to receive a business license? Has the practitioners work-space been reviewed for fire and safety? What about their credentials as a practitioner? And what credentials does the practitioner have and exactly what do the credentials that they have mean?

Given the data which we have at this time, within the energy practitioner community we have a hodge podge of awareness of appropriate behavior, understanding of the local legal situations, understanding of things like referrals, phone messages, and boundary conditions. The level of overall professionalism within our community is actually very low. At the same time the level of practitioner demand of the public for recognition that our industry is professional, ethical and producing quality results, is high. Let's get to specifics so that we can clean up our mess and behave at the level of professional respect we expect we wish to be given by the public.

Webster's dictionary states a professional is:

1. "Conforming to the technical or ethical standards of a profession.
2. Relating to or characteristic of a profession
3. Exhibiting courteous, conscientious and generally businesslike manner in the workplace."

Given that definition, a definition of what an energy professional is or is not needs clarification. The practitioner must "conform to the technical or ethical standards of a profession." In the energy practitioner community who sets those standards? If you have had a

natural opening, it would be your own sense of ethics, however, those personal standards must also meet the standards across the profession. Have you taken the time to check and see what the ethics standards are across the profession? There are several very fine books on energy healing ethics and ethics in parapsychological skills available at the time of this writing. Just check in a browser, library or with a friend. They will have books you may wish to review. What if you studied in a small training program and it did not include ethics? For example, of the over 200 kinds of Reiki practiced in this country only 5 have published public ethical standards and most of the Reiki training programs do not even teach an ethics module. While the Reiki precepts are valuable, they are not complete ethical standards. Something to consider if/when you are selecting a training program. What if your training program did have an ethics module and you did not agree with the stated ethics? Expand your knowledge. Check your skills. Read ethics books, take a class in ethics, or watch video's that discuss ethical issues in health care. There is also an online exam in ethics which you can take on the NCCOEP.org web site to confirm your skills in that area.

What about technical skills? Are you as a practitioner competent to work with every type of client who comes to you? Do you have areas where you wish to increase your skills? Have you continued to study energy skills of different types to be able to better meet the needs of your clients? To become a healing practitioner is to make a life-time commitment to learning. Each person you work on or with is a unique work of art.

By what method are you deciding that you have technical mastery? Did you take an empirical test to determine your skill level? Have you been researched so that you know your claims of competence in a particular area are "evidence based?" There are researchers in every state in this country. It is fun. Try it! Even better, the NAOEP.org has a "how to do research" training program, which is free on their web site. Learn how to do research and do your own case study.

And what action do you take when those two areas combine? Here is a sample scenario: You have technical skills. And you have an ethics situation where if you use those technical skills, you can get someone to do what you want. Is it ethical? This is a trick question because you have not checked to see if the person involved wants to have you do an intervention. Prior to doing any work you must verbally ask for permission. You do not ask their "higher self." If you cannot ask the person verbally for their permission, you do not do the work. If you ask and they say no, you do not do the work. Simple.

The next part of the definition says "relating to or characteristic of a profession." What are the characteristics of an energy healing practitioner? Here are a possible top 5:

1. Kind and compassionate
2. Thoughtful
3. Accurate
4. Appropriate and Clear boundaries
5. Factual and truthful

When you are with a client, do you demonstrate the lived experience of these characteristics? When you are working with a client in a session, is your behavior truthful, ethical, kind? Do you maintain appropriate boundaries? What do you do when you cannot do so? The best solution is to go into therapy. Work on your issues until you can work with your clients appropriately. And if you cannot, find another area that provides the boundaries that work more successfully for where you are in your personal evolution. Not everyone is meant to do clinical work day- in and day-out. Clinical work is very challenging when you are up to your elbows in another persons' history and traumas.

And the final part of the definition, being courteous and business like. In collecting names of schools and practitioners from around the country, it seems that there has been misinformation given to members of the healing community. For example:

1. If you do healings in your home, you do not need a business license.  
False.  
If you are being paid, you must meet all local, state and federal laws.
2. If you are working from your home, you do not need a fire inspection.  
False.  
You must have a fire inspection, and in most cases, you must also have an inspection from your local health department.
3. If you are NCCA accredited you will never need to get any kind of license to practice.  
False.  
NCCA accreditation of your energy healing training program is like a bachelor's degree. 24 states as of 2023 have laws where you must have a massage license to do energy healing work. You still have to get the license. The exception would be if you are licensed in another health care profession and in that state energy healing is listed as part of your scope of practice. Or you were grandfathered as the new laws were being implemented.
4. I do Qigong in the park and I do not need to get a massage license.  
True.  
In most states, a Qigong practitioner, unless they are working in a clinical healthcare setting, will not need to get more advanced licensing. However, laws change. Be sure to stay on top of your local situation and get advice from a competent attorney or practice management specialist.
5. I can call myself a master practitioner if I want to!  
False  
There are laws in every state that require truth in advertising. My grandmother used to say that "no one can call themselves a master practitioner until they can walk in the air, walk on water, walk through a wall, talk to every kind of being on earth and hear them back, hear the symphonies that sun rise and sun set make each day, fuse consciousness

with a variety of beings, be able to teleport, know an objects history and be able to call an object to you from across the room, stand in surrender and love God.” I do not know about any other humans but I have only encountered 5 humans in my life that could do all of these things. Consider some truth in your advertising!

Let us move forward as a community and seek integrity in our profession and in our professional behavior. Then we can both ask for respect and be able to appropriately demand it.

#### References:

Retrieved from [www.merrian-webster.com](http://www.merrian-webster.com) on June 1, 2024.

The opinion expressed here are those of the author and do not represent ijhc.org.

#### Bio:

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