Reiki Therapy

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What is Reiki?

• Originated in Tibet 3,000 years ago.

• Rediscovered in Japan in the 1800’s by a monk-Usui

• Universal Life Force Energy: Energy flows within and around human beings, plants, and animals: Ki, Chi, Prana

• NCCAM* – Biofield Therapy*

*Biofield: electromagnetic fields that have been hypothesized to regulate the “homeodynamics” of an organism. Rubik, B. (2002)

*NCCAM* – Biofield Therapy*

*NIH-National Center for Complementary & Alternative Medicine
How does Reiki work?

• Illness results from blockages in the energy field

• Reiki balances the human biofield to unblock the energy

• Reiki strengthens the body’s ability to heal itself

• Therapist **facilitates** the transfer of energy—does not direct it

• Energy naturally goes to the areas of the body that need it
What does the Reiki Therapist do?

• 12 distinct hand positions from head to feet

• Each position held for 3-5 minutes

• May also focus on one specific area to balance the biofield

• Light touch or slightly above the body. Recipient is fully clothed

• Full treatment takes about 30-45 minutes
Is Reiki connected to a specific religion?

• Reiki is open for all to use

• There are no religious ties to the practice

• Rule: the receiver must give permission

• Without permission, no healing can take place.
What training is required for Reiki?

• Teaching is passed through “attunements” or initiations

• Without “attunements” one cannot practice Reiki

• Three levels of training (attunements) with a Reiki Master

• No formal certification
Are nurses using complementary therapies in practice?

University of Minnesota study, 2005

Correlational design – Random sample

2000 nurses drawn from AACN database

Majority (N = 726) using complementary therapies in their practice

Tracy, M. & Lindquist, R., 2005
The Evidence for Reiki
The Current State of the Evidence

Meta-analysis

• Anecdotal evidence

• Few well-designed randomized controlled studies

• Small sample sizes

• Funding is difficult to find

• High-quality randomized controlled trials are needed

vanderVaart & Gijsen (2009)
DiNucci (2005)
Dr. Ignaz Semmelweis
1818 - 1865

Dr. Louis Pasteur
1822 - 1895
“Some discoveries are made before their time, and simply cannot be integrated into contemporary thought”.

Oschman, J.L., 2002
Recent Studies

• Significant improvement in pain, lower diastolic pressure, decreased heart rate
  Olson, Hanson & Michaud (2003)

• Relief of pain and swelling following 1-2 Reiki treatment per week over 5 months
  Bullock (1997)

• Improved pain and anxiety post hysterectomy
  Vitalie & O’Connor (2006)
Recent Studies-Continued

• Reduction in state anxiety, decrease in systolic blood pressure and increase in salivary immune globulin A levels suggesting immune enhancing effects
  
  Wardell & Engebretson (2001)

• Improvement in pain, mobility and quality of life for diabetics

  Gillespie, Gillespie & Stephens (2007)
Pilot Study

**Purpose:** To examine the effects of Reiki Therapy on post-operative pain following foot and ankle surgery

**Design:** Experimental, randomized, pre-test-post test

**Setting:** Day surgery, private practice podiatric office

**IRB Approval:** Texas Woman’s University IRB

**N:** 25
Experimental group: 3 minute focused Reiki Therapy treatment within two hours before and after surgery

Control group: Simulated treatment at the same intervals

Pain Assessment: Baseline & five days after surgery using McGill-Melzack Pain Questionnaire©

Results: No significant changes in pain scores for experimental group $\alpha = .05$

*Control group: lower mean pain scores

Funding Source: Dean’s Grant, Texas Woman’s University, 2010
Future Study
Research Questions

• Is Reiki Therapy more effective than usual care in relieving post-operative pain?

• Is Reiki Therapy more effective than mimic Reiki in relieving post-operative pain?

• Does mimic Reiki Therapy produce a placebo effect in relieving post-operative pain?
Future Study

**Hypothesis:** Patients receiving a full body Reiki treatment before and after total knee replacement will demonstrate a significant improvement in pain scores when compared to patients receiving mimic Reiki or patients receiving usual care.

- **N= 300** (based on a moderate effect size of $f=0.25$ with a power of 0.95)

- Larger sample and three group design responds to concerns identified in previous meta-analysis.
References


Rubik, B. (2002). The biofield hypothesis: Its biophysical basis and role in medicine. *Journal of Complementary Medicine, 8*, 703-717


Questions