

World Summit on

# STRESS, MINDFULNESS AND PHILOSOPHY

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# STRESS, MENTAL HEALTH AND DEMENTIA

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## The role of Reiki in the medical setting to reduce stress and relieve anxiety

Reiki is an ancient healing art recognized by the National Institute of Health as a form of alternative medicine. Reiki has been integrated into the hospital setting with the American Hospital Association reporting in 2007 that more than 800 hospitals offer it nationwide. Hospitals offering it include the Cleveland Clinic, the Mayo Clinic, Johns Hopkins, Dana Farber Cancer Institute, Spaulding Rehabilitation Hospital and The Children's Hospital in Boston. Reiki is commonly given in the emergency room, pre-op, in the operating room, post-op, and in oncology, cardiology, orthopedics and internal medicine. A Reiki session can help ease tension and stress and support the body to facilitate healing. Reiki complements all types of medical and therapeutic treatments and increases the efficacy of these treatments. It is not a substitute for medical treatment. The Brigham and Women's Hospital in Boston has one of the largest Reiki volunteer programs in the country. I am part of their program and work in pre-op. The following is a quote from their website:

"Our data, based on feedback from patients, family members, and staff members who received Reiki sessions, as well as outside research show that Reiki promotes relaxation, relieves stress and anxiety, reduces pain and fatigue, and improves the overall quality of life." Reiki treatment benefits noted by the Mayo Clinic and the Cleveland Clinic include:

- Reduces anxiety
- Initiates the feeling of security, peace, and wellness
- Brings a peaceful, deep relaxation
- Helps to relieve pain
- Supports the well-being of the client who is receiving medical treatments

The largest ongoing study of Reiki in the clinical setting continues to be conducted at Columbia/HCA Portsmouth Regional Hospital, Portsmouth, NH, where more than 8,000 surgical patients have been given pre- and post-surgery Reiki treatments. Treatments are given by trained RNs, physical therapists, technicians and support staff. Research results continue to be consistent. All the patients in this study who received Reiki had the need for less anesthesia, had less bleeding during surgery, used fewer pain medications, had shorter lengths of stay in the hospital, and indicated greater satisfaction with their hospital experience than other patients. There is an abundance of anecdotal evidence of the effectiveness of Reiki for reducing stress and anxiety. However, there is a lack of well-designed research studies. As a Reiki practitioner, I have given hundreds of Reiki sessions over the years. The number one reason for a client visit is stress and anxiety. There is a new movement in the country for Reiki research to potentially justify the need for health insurance companies to provide coverage for Reiki treatments. Medical Reiki Works is the lead organization, and Sheldon Feldman, MD, lead researcher is Chief, Division of Breast Surgery and Breast Cancer Oncology, Montefiore Medical Center, and immediate Past President of the American Society of Breast Surgeons.

## Biography

Rita Glassman has more than 20 years experience in the field of energy medicine. She is a Reiki Master / Teacher who holds five Master's Certifications, three teaching certifications and is a member of the International Association of Reiki Professionals. She is certified in Medical Reiki and a Board member of Medical Reiki Works, a national nonprofit organization dedicated to raising funds in support of scientific, evidence-based research designed to evaluate the efficacy of Reiki when administered to patients who are undergoing medical procedures. Previously she was Co-Founder of the National Youth Sports Safety Foundation, a national nonprofit organization dedicated to the prevention of athletic injuries in youth. She has presented at national medical and sports medicine conferences and has been interviewed by national media. She has worked with the United States Olympic Committee and the American Red Cross to develop a national sports safety training program. She is a past member of the Joint Commission on Sports Medicine and Science.

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