**Reiki - Clinical Studies**

Pilot Crossover Trial of Reiki Versus Rest for Treating Cancer-Related Fatigue

In 2007, a Canadian pilot study (Tsang, K. L., et al.) examined the effects of Reiki on fatigue, pain, anxiety and overall quality of life, with 16 patients diagnosed with a variety of cancers. Some participants received Reiki treatments, whilst others were asked to rest. The participants who received Reiki treatments reported a consistent decrease in fatigue, and in addition, they experienced significant improvements in quality of life, and significant decreases in tiredness, pain and anxiety, than those resting.

<http://ict.sagepub.com/content/6/1/25.abstract>

Patient Care Report - Solaris Centre, Perth

In a 2003 Patient Care Report results of patients seen at Sir Charles Gairdner Hospital (SCGH) Brownes Cancer Support Centre (WA) over a 17-month period between August 2002 and January 2004 were documented. 420 participants were recorded as having cancer or being treated for cancer, 55% having breast cancer. Patients were offered 6 complimentary therapy treatments over the period. Reiki was the therapy most accessed (292), followed by Aromatherapy (202) and Pranic Healing (140). Results showed significant improvement in symptom distress including: pain, fatigue, nausea and breathing. The improvement in fatigue was seen to be particularly beneficial, as this is often difficult to treat. In addition, significant improvements in overall and individual quality of life were observed, which was seen as highly beneficial in helping patients to cope with their illness. 67% of responders indicated they were interested in attending a workshop on complimentary therapies.

<http://www.reikiaustralia.com.au/files/research/brownes-cancer-support-centre-report.pdf>

The benefits of Reiki treatment in drug and alcohol rehabilitation programs

A 1995 conference paper (G. Milton and E. Chapman), presented at Canberra’s Royal College of Nursing, detailed the outcomes of giving Reiki to assist clients in a Melbourne/Pakenham based residential drug and alcohol rehabilitation program, over a period of 2 years.

The overall findings indicate remarkable health outcomes for those receiving Reiki, particularly during the first few weeks of withdrawal. Reiki was seen to induce a profound relaxation response within a short space of time, and usually reduced client anxiety, tension and aggression.

Staff reported clients being more ‘centred’ post treatment and it was often noted Reiki seemed to help reduce the aches and pains associated with withdrawal. Recipients of Reiki also reported increased feelings of ‘peace’ and ‘wellbeing’ with a greater ability to sleep after treatment. The latter seen as highly beneficial as difficulty sleeping during the early stages of withdrawal, is a common problem.

Staff reported Reiki being: good for those needing specialised time and attention, calming and settling for those with tremors, beneficial for ‘speed’ users as Reiki has a calming effect, inducing peace, and great for those feeling good who want to feel better. Because of it’s calming effect, Reiki was seen to help clients stay in the program, or if they left, staff felt they ‘did so with more clarity’.

Other significant outcomes include evidence to suggest Reiki aids the detoxification process, with many reporting feeling ‘energised’ after treatment. In addition, many reported having visions or images during the Reiki treatment, which may aid counselling processes and seem to have significant meaning for the client, often leading to personal insights about their current or early life.

After the initial 2-3 week detoxification program, residents moved to a therapeutic community in Country Victoria. Whilst there, 27 residents undertook the first level Reiki course, which enabled them to treat themselves with Reiki, and to give Reiki treatment to others. Reports indicate those who learnt Reiki have coped better with (potentially confronting) group therapy sessions and have coped with bouts of depression once they returned to the wider community.

Furthermore, due to the perceived beneficial effects of Reiki on residents, and personal experience with Reiki, staff involved in the program expressed a strong desire to learn Reiki. Plans are now in place to run the first level Reiki course for staff. This paper argues the clinical observations consistently show Reiki benefits drug and alcohol rehabilitation clients and strongly advocates Reiki be available in programs that support those trying to come to terms with their drug abuse.

The cost of the Windana program was – clients paid $126 pw for the program, which left them with $30pw from benefits. For operating costs, Windana received 35% from client contributions and fundraising, and 65% received by State and Federal Government Grants (Health & Community Services).

<http://www.reikiaustralia.com.au/files/research/healing-life-through-comtherap-gm.pdf>

Reiki As An Intervention In Drug And Alcohol Withdrawal And Rehabilitation - Almost A Decade Of Experience

At a conference in 2002, G. Milton and E. Chapman, presented a follow-up to their 1992 paper on ‘The benefits of Reiki treatment in drug and alcohol rehabilitation programs’.

The Reiki Clinic at Windana is a professional run, fully supervised clinic, with ongoing documentation of client outcomes. In nearly a decade of operation, Reiki appears to have been effective in alleviating the physical symptoms and psychosocial stress associated with withdrawal and recovery. The Reiki Clinic is an integral part of the Drug Withdrawal House (DWH) program.

Over nine years of client records consistently indicate the following main themes regarding the effects of Reiki. These are improvements in: behaviour, mood, sleep pattern, relaxation, thought clarity, insight into past experiences and current situation, imagery and pain relief.

A survey of DWH staff corroborated their perceived effectiveness of Reiki Treatments on clients. These included: ‘directly after a session, many residents appear deeply relaxed’; after Reiki residents are ‘less angry, more relaxed’; residents ‘often report better sleep’; ‘residents appear less caught up in racy, muddled thoughts’; ‘in such a group of people who often consider themselves and hopeless and helpless, Reiki seems to nurture, relax, calm, and restore some measure of belief and relief from anxiety’.

A Clinical Psychologist who visited the Reiki Clinic said ‘Reiki appears to permit a profound shift in in awareness to occur, which allows clients to connect with aspects of self (mind and body) normally not freely accessible, and in doing so, offers the potential for meaningful self-understanding to emerge. Integrally associated are relaxation, comfort and ease’. (Alexander in Chapman, 1996).

Pain relief is commonly experienced by clients who received Reiki, and therefore is a contributing factor in enabling them to stay in the detox program, and make positive choices for their future.

Due to it’s deep relaxation effect, Reiki is seen to have enormous therapeutic benefit, both physically and psychologically. Both practitioner and recipient appear to enter a meditative state during the treatment, and the health benefits of meditation are well known. Many clients report, with relief, a great reduction in ‘mind chatter’ after receiving Reiki.

Other clients reported feelings of protection, reassurance and displayed ideas of greater self-perception. Regardless of whether these are illusions, they are real to the client and can form the basis for making positive change in their lives.

Reiki frequently produces results for clients, which can be described as spiritual. Many report experiencing a degree of upliftment or obtaining knowledge helpful to their recovery from a higher source, which one might equate with a spiritual experience.

The conclusion is that Reiki Treatments induce a relaxing and meditative state and therefore should be offered to those undergoing drug withdrawal and recovery, as it helps residents to cope with difficult withdrawal symptoms and stay in rehab programs.

Clinic Structure – conducted with professional guidelines, overseen by a paid supervisor, who coordinates a team of volunteers. Treatment records are kept and after each session, a debriefing is held and handover made to staff at the Drug Withdrawal House. Also, housed a Reiki Practitioner Development Course and strict Code of Ethics and Practice to ensure professionalism in Reiki Clinic. Originally it operated informally, with clients from the general community.

<http://www.reikiaustralia.com.au/files/research/reiki-as-intervention.pdf>