

# Reiki: The Gentle Healing Art

*Available at our Integrative Counseling and Wellness Center*

## WHAT IS REIKI?

Reiki is a Japanese word meaning “universal life energy.” It is a gentle method of hands-on healing that taps into the energy referred to as “ki” in Japan, “chi” in China and “prana” in India.

To receive Reiki, you’ll lie on a table. The practitioner will place their hands on or above your head, shoulders, back, chest, stomach and limbs. Practitioners routinely follow a series of hand positions but can place their hands anywhere you would like them to, such as over an injury.

## Reiki may help:

- Address both chronic and acute conditions
- Promote balance among all of the body systems and the regenerative processes of the body and mind
- Create deep relaxation during the sessions
- Lead to a sense of calm, well-being and restful sleep

*Reiki is not massage, hypnosis or a tool for diagnosing illness.*

## REIKI IN HEALTH CARE AND CURRENT RESEARCH

Used by a rapidly growing number of hospitals, cancer centers, outpatient clinics and integrative counseling and wellness centers worldwide, Reiki complements medical treatment, psychological counseling and massage therapy. Reiki is appropriate for patients in any state of health.

Studies of people who have received Reiki show a statistically significant reduction of pain and anxiety following treatment. Patients also report increased feelings of relaxation and a sense of well-being.<sup>1</sup>

Interested in adding Reiki to your hearing loss treatment plan? Ask your medical provider at Heuser Hearing Institute or another office to refer you to Heuser Hearing Institute’s Integrative Counseling & Wellness Center today.

**Call 502-584-3573 to make an appointment. For questions,  
email [bmartin@thehearinginstitute.org](mailto:bmartin@thehearinginstitute.org).**

## ABOUT THE INTEGRATIVE COUNSELING AND WELLNESS CENTER

Heuser Hearing Institute’s Integrative Counseling & Wellness Center provides patient-centered assessment, diagnosis, counseling and integrative healing therapy approaches for individuals, families, caregivers and groups to cope with the stress and practical challenges of life, hearing loss and issues related to hearing and ear health.

Therapies include modern Western counseling and traditional Eastern methods, such as Havening Techniques®, Reiki, Mindfulness, Tai Chi, animal therapy (including emotional support animal evaluation and certification) and other evidence-based approaches.

<sup>1</sup> Thrane, S., & Cohen, S. (2014, December). Effect of reiki therapy on pain and anxiety in adults: An in-depth literature review of randomized trials with effect size calculations. Pain Management Nursing. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4147026/>

