

Center for Reiki Research Study Summary

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Nurses' Lived Experience of Reiki for Self Care

Reference

Vitale, A.T. Nurses' Lived Experience of Reiki for Self Care. *Holistic Nursing Practice*, 23(3): 129-145, 2009

Purpose of Study

To explore the lived experiences of nurses who practice Reiki for self-care.

Objective/goals/hypotheses

To examine the validity of existing literature that practicing Reiki on self by nurses can lead to reduction of stress and improve feelings toward others.

Methods

This was a phenomenological, descriptive study performed by conducting interviews with 11 female Caucasian nurses in the North Atlantic, on their daily practice of Reiki on themselves to enable them to cope with daily stressors of their jobs. Several thematic categories were deduced based on the open-ended questions asked of these nurses. Data were analyzed based on Colaizzi method in which significant statements were extracted from the interviews and were clustered in thematic categories to help demonstrate the effect of Reiki self-practice on the nurses' daily lives. The study methodology was scientifically well designed.

Results

Thematic categories emerged around the topics of daily stress management, self-healing, spirituality, and interconnectedness of self, others, and beyond.

Strengths

This study is important for future research because it provides new tools to measure the effects of Reiki in terms of assessing its 'energetic' and 'spiritual' dimensions. The paper is well written and the methodology is scientifically rigorous.

Weaknesses

The only weakness is that the small homogeneous sample makes it difficult to generalize the results.

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