

# Center for Reiki Research Study Summary

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## Reiki therapy: the benefits to a nurse/Reiki practitioner

### Reference

Whelan KM, Wishnia GS. Reiki therapy: the benefits to a nurse/Reiki practitioner. *Holist Nurs Pract*, 17(4):209-217, 2003.

### Purpose of Study

The study's purpose was to enhance the understanding and credibility of nurse/Reiki practitioners.

### Objective/goals/hypotheses

The objective was to evaluate how nurses who gave Reiki therapy perceived the benefit of this therapy on their clients and on themselves concurrently as providers of the therapy.

### Methods

This was a qualitative study that examined the lived experiences of 8 Caucasian female nurse/Reiki Masters through the collection of narrative interviewing data in their workplace. Researchers developed a questionnaire designed to elicit both open-ended and yes/no responses during face-to-face, taped interviews that lasted approximately 45 minutes each. One researcher was the sole collector of data and used both observation and interview responses as data. The researchers used different perspectives to interpret the data sets regarding spiritual, biological (physical), and electromagnetic (auric) energy. The researchers used inductive reasoning and synthesis with the data collector to analyze the data. The researcher who collected the data returned to research participants, when necessary, for clarification.

### Results

Personal reward/gratification. Increased ability to reduce patient stress and pain and to help the healing process. Increased sensory perception. Ability to see aura/chakras and importance to successful treatment with Reiki. Increased satisfaction as nurse/Reiki practitioner compared to present or previous nursing work. Advantages to being a nurse when practicing Reiki. Disadvantages to being a nurse when practicing Reiki.

The results indicate a need for further research into how Reiki helps the healing process; how it supports or relates to nursing theory; and how it can be an additional tool that can be applied synergistically with conventional treatments to enhance patient care while also benefitting the provider.

### Strengths

A single researcher conducted the interviews using a pre-determined questionnaire to ensure all participants had the same opportunity to address identical questions.

### Weaknesses

A very small sample size precludes extrapolating data for broader implications.

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