

Center for Reiki Research Study Summary

www.centerforreikiresearch.org

A pilot study: Reiki for self-care of nurses and healthcare providers

Reference

Brathovde, A. A pilot study: Reiki for self-care of nurses and healthcare providers. *Holistic Nursing*, 20(2): 95-101, 2006.

Purpose of Study

To determine if Reiki level I training for self care would change caring perceptions in healthcare providers.

Objective/goals/hypotheses

The goal was to demonstrate whether practicing Reiki for self care on a regular basis, would promote healing of the practitioner within, and at the same time would enhance the ability of the practitioner to care for others.

Methods

The study was designed as a qualitative triangulation descriptive method. The population consisted of 10 white and Asian female healthcare professionals, ranging in age from 18-60. Semi-structured interviews were conducted. The participants were trained in Reiki, and after 3 months were interviewed again to discover the effects of self-treatment on them and their practice. The interview questions were scored and pre and post interview scores were tabulated as a percent change.

Results

Participants expressed changes in their own perception, as well as increased caring in their practice with patients as judged by increased scores on questions pertaining to a semi-quantitative caring efficacy scale.

Strengths

Procedures and description of data collection were clearly defined.

Weaknesses

The training process of the practitioners was not fully described, and the sample size was too small.

Additional comments

The study was not strong enough to provide any conclusions of utility.

Copyright Information

The material on this web site is the copyrighted property of Center for Reiki Research. The information is provided free of charge to those who have become members and membership is also free. You have permission to read it and print it as well as share the printed material with others. You do not have permission to edit the information, copy and paste from it or place it on your web site. If you'd like to share this material with your friends, please ask them to sign up and log on to www.centerforreikiresearch.org

© Copyright 2009 Center for Reiki Research