

Christine Soza
Certified Reiki Practitioner &
Death Doula



***True North
Awakening***



Christine Soza
How Reiki
Aides & Supports Our
Senior Population



***True North
Awakening***



Today we will discuss:

What is Reiki?

*Why our seniors
need Reiki?*

*Benefits from
Reiki?*





Life is a journey, not
a destination.

Ralph Waldo Emerson

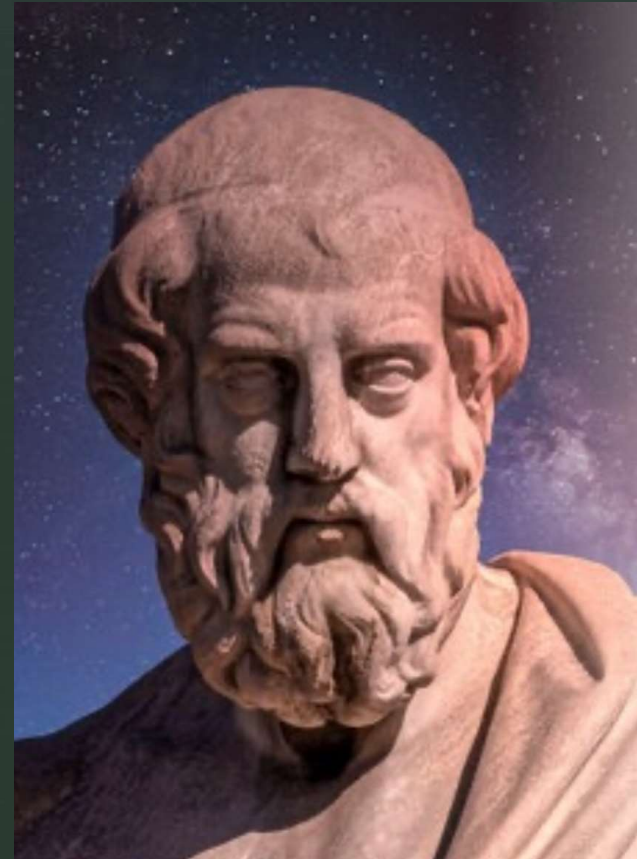


➤ “The cure of the part should not be attempted without treatment of the whole.

No attempt should be made to cure the body without the soul.

Let no one persuade you to cure the head until he has first given you his soul to be cured.

For this is the great error of our day, that physicians first separate the soul from the body.”



Plato



What is “Reiki”?

Reiki is a complementary or Integrative therapy that aids in stress reduction and promotes deep relaxation.



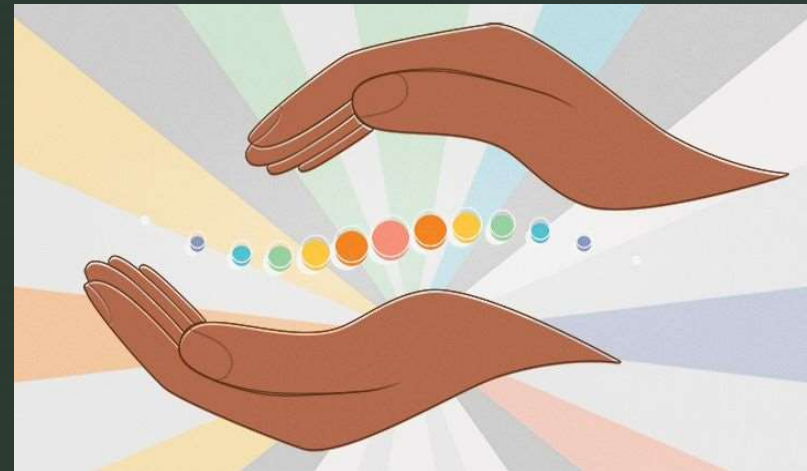
Why our Seniors Need Reiki

- *Changes in health*
- *Loss/grief*
- *Financial concerns*
- *Social isolation*
- *Caregiving responsibilities*
- *Relocation Stress Syndrome*
- *Solo Agers*



Reiki Mechanism of Action

- ⑩ Thought to act on the autonomic nervous system to lower blood pressure and heart rate.
- ⑩ Activates the relaxation response, which encourages healing and overall sense of well-being.
- ⑩ Creating balance in body, mind and spirit, relieving stress and anxiety



***Invites seniors to participate
in their own healing process***



Reiki Practitioners are also trained to support seniors in:

- *operating rooms*
- *procedure rooms*
- *chemotherapy suites*
- *dental offices*
- *their homes*
- *infusion clinics*
- *Residential care facilities*
- *hospice care*
- *VA centers*
- *....and more*



Benefits of Reiki for the senior population



Benefits of Reiki for our senior population

- *Extra layer of support*
- *Reports of reduced anxiety and pain (less medication)*
- *Improved sleep*
- *Improved mood*
- *Companionship*
- *Supports the caregivers and medical staff as an extra set of eyes and ears*
- *Improved overall sense of well-being*

Standards of Care for our Seniors

The Joint Commission revised pain management standards:

- To reduce opioid use, required to use at least one non-pharmacological pain treatment modality.
- Ensure that patient preferences for pain management are considered



Joint Commission. (2023). Pain Assessment and Management – Understanding the Requirements.



Why do our seniors need Reiki?

“The focus of offering Reiki in our hospital is to bring compassion and humanity back into the patient’s experience.

Additionally, at a time when patients can feel passive in their care, Reiki offers a sense of empowerment.

By choosing to receive Reiki, patients can actively participate in their healing process.”

Patricia Alandydy, BSN, RN
Founded Portsmouth Reiki Program
in 1995



Reasons to offer Reiki to our senior population:

- Consumer demand for caring and healing models of care
- Senior empowerment; mindful presence
- Cost effective; safe, non-invasive
- Appropriate for all medical conditions, no contraindications
- Reiki research demonstrates positive outcomes

Everyone benefits

- **Seniors**
- **Family**
- **Caregivers**



Reiki Programs in Hospitals across the US

- Mayo Clinic
- Cleveland Clinic, OH
- Johns Hopkins, MD
- UCLA Health
- NY Presbyterian
- NYU Langone Health
- Memorial Sloan Kettering Cancer Center, NY & NJ
- Hackensack Meridian Health, NJ
- Jefferson Health, PA
- MD Anderson Cancer Center – Pediatric Integrative Medicine, TX
- Yale New Haven Health, CT
- Portsmouth Hospital, NH
- Sharp Hospital, CA
- Abramson Cancer Center – University of Pennsylvania
- Hartford Healthcare, CT
- George Washington Center for Integrative Medicine, Washington, DC
- Portsmouth Regional Hospital, NH



NIH viewpoint on Reiki

Reiki is a complementary health approach in which practitioners place their hands lightly on or just above a person, with the goal of directing energy to help facilitate the person's own healing response.

It's based on an Eastern belief in an energy that supports the body's innate or natural healing abilities.



Reiki hasn't been shown to have any harmful effects.

National Institutes of Health (2018). Reiki

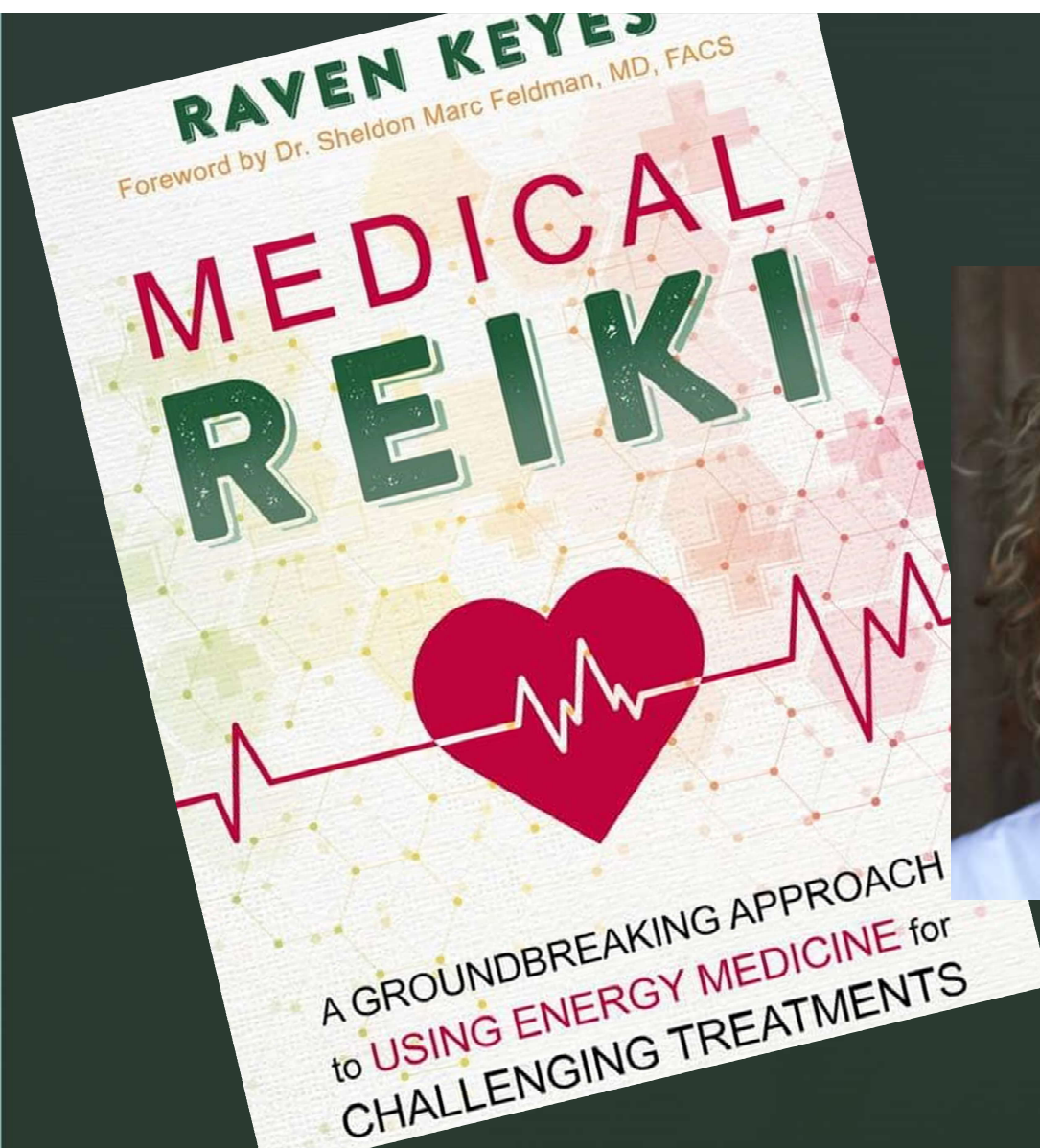


Little Bird in cage

Story and reflection as
we draw near the end of
our lives...

What kind of support
would you want or need
as the time draws near?





What can YOU do to support our seniors with Reiki in our community?

- Referral to a Reiki practitioner
- Experience Reiki yourself
- Consider offering Reiki to seniors in your community
- Recognizing that medications are beneficial and important tools for care, but by offering supportive care to our seniors in a more holistic way, may be the extra layer of support that is needed. Oftentimes presence is the best medicine.
- Anticipate needs before seniors appear stressed by offering support with complementary therapies available. (Reiki, message, acupuncture, music therapy, pet therapy, etc.)



▸ It all starts with the Heart



From my heart to yours



Thank you!

For additional information or questions

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