

What is Reiki? (Usui System of Natural Healing)

Reiki (pronounces Ray-Key) is a Japanese holistic, energy-based modality. "Rei" means higher wisdom and "ki" means life force. It is believed that through a series of hand positions either directly on or just above the body, the practitioner can allow a flow of energy through their body. The client's body then draws off an amount of energy that is required to re-establishes a normal energy flow. This in turn, can enhance and accelerate the body's own healing ability.

It was created by a Buddhist Monk Dr. Mikao Usui in 1922. He had studied medicine, psychology, religion, spiritual development and practiced a form of moving meditation. Reiki came to the United States in 1938. As a result of its beneficial effects, increasing numbers of health care professionals have become interested in Reiki. The simplicity of a Reiki session may raise some skepticism, however, after experiencing it, many clients keep coming back for more of those relaxing feelings.

Reiki education consists of 3 levels ranging from novice to Master. The courses focus on self healing, helping others, distance healing, meditation and other advance techniques.

What are the effects?

Reiki is an effective complement to traditional health care and has proven to be beneficial for all health challenges. Clients have reported feeling reduced stress, increased relaxation, improved sleeping and appetite, decreased pain and a sense of security and well-being. Reiki may reduce the side effects of medications and health care procedures and decrease the need for medications, including pain medications.

What is a session like?

Reiki sessions can be given lying down or sitting up and can last from ten minutes to more than an hour as necessary. Clients are comfortably clothed during treatments. The practitioner's hands remain in a stationary position, gently on or slightly above the body through several positions from head to toe. During the treatment, recipients may notice warmth/ coolness, tingling, and most often a deep sense of relaxation and/or fall asleep.

PRINCIPLES OF REIKI

JUST FOR TODAY, I
WILL NOT ANGER

JUST FOR TODAY, I
WILL NOT WORRY

JUST FOR TODAY, I
WILL BE GRATEFUL

JUST FOR TODAY, I
WILL WORK HARD ON
MYSELF

JUST FOR TODAY, I
WILL BE KIND TO
OTHERS

What is Therapeutic Touch?

Therapeutic Touch (TT) has been called a modern interpretation of ancient healing practices. It was developed in the early 1970's by Dr. Dolores Krieger, Professor Emerita of Nursing Science from New York University, and her colleague, Dora Kunz. Therapeutic Touch is currently being taught in more than 75 countries internationally and in hundreds of health care facilities, universities and colleges to laypersons and health care professionals.

It is believed that TT supports the body's own healing processes. It uses the intention of the practitioner and light touch or no-touch of the hand to assess and treat personal energy field imbalances. Therapeutic Touch is useful in relieving symptoms, promoting health and easing the dying process.

What are the effects?

Following a treatment, recipients may experience an increased feeling of calm, inner strength, and a sense of peace. Research and experience have shown its potential effectiveness in promoting relaxation, reducing anxiety & pain and helping the body's own ability to heal itself. Side effects of medications and procedures may also be improved with Therapeutic Touch. As a complement to conventional healthcare, Therapeutic Touch can be used in a variety of situations to promote wellness.



What is a session like?

In a Therapeutic Touch session, the recipient receives the treatment lying down or sitting and is fully clothed. Treatment length may range from a few minutes to an hour. During the session, the practitioner works in a calm and peaceful state while focusing on the recipient. By moving their hands a few inches over the body of the recipient, the practitioner assesses the energy field for imbalances. Next, the practitioner smoothes the energy field and directs energy to the energy field as needed. This is all done by using their hands on or just above the body along with their intention.

Recipients may notice sensations such as warm, coolness, and/or tingling during the treatment. At the end of the treatment, the practitioner rechecks the energy field and then holds the recipient's feet to secure energy in their physical body, called grounding.

For more information: <http://www.bctherapeutictouch.com>

What is Healing Touch?



Healing Touch (HT) is an energy based approach to health and healing. It uses touch to influence the body's energy system: using non-invasive hand movements, the practitioner works to clear, energize and balance the body's energy field. In so doing, the practitioner can affect physical, emotional, mental, and spiritual health and healing.

It is based on a caring relationship between the practitioner and the client aimed at facilitating health and healing. The goal is HT is to restore harmony and balance in the client's energy system and promote self healing. Healing Touch complements conventional health care and is used in collaboration with other approaches to health and healing.

Healing Touch is a multi-level program in energy-based therapy developed by American nurse, Janet Mentgen. Each level in the HT Program includes both instruction and experiential learning in which participants practice and share experiences using energy-based healing techniques. In addition, the practitioner enhances their skills and knowledge through recommended readings and practice sessions. The Healing Touch certificate program is taught worldwide. Courses have been offered in Canada since 1990.

How is it useful?

Scientific research continues to suggest that HT is helpful in promoting relaxation, reducing pain and managing stress. It can also be effective in speeding tissue and bone healing and strengthening the immune system. Many people describe an increased sense of well-being after treatment. Healing Touch is used for surgery, pregnancy & labour, headaches, back and neck pain, bone fractures, cancer, grief, arthritis, depression, PMS, viral infections, high blood pressure, fibromyalgia, and many other situations. It is useful in combination with traditional medicine as part of an effective health care program.

What Happens during a session?

After talking with the client for a few minutes, the Healing Touch practitioner will have the fully clothed client lie down or sit comfortably to receive the treatment. The practitioner will move his or her hands in a gentle motion around the client's body. Light touch may also be used. Client's are welcome to ask questions or rest during the treatment. Recipients may notice tingling, temperature changes and/or muscle twitching. Often recipients feel extremely relaxed and/or fall asleep during treatments. A session can last 30 minutes to an hour, or less depending on your needs.

from www.healingtouchcanada.net



What is Integrative Energy Healing?

Integrative Energy Healing is a three year energy-based therapy certification program offered at Langara College in Vancouver, British Columbia. It is a healing approach that combines eastern and western energy-based therapies that have been supported by scientific discoveries.

Integrative Energy Healing is based on the belief that individuals consist of body, mind and spirit. It is also understood that they are complex beings of energy that exists both inside and outside of the physical body. Individual energy fields are affected by everyday life. Integrative Energy Healing Practitioners may use a combination of energy-based techniques, including Therapeutic Touch and Healing Touch, and dialogue to balance the energy field and to help the body's natural healing process.

What are the effects?

The effects of Integrative Energy Healing vary for each individual. However, decreased stress and symptoms, such as pain and nausea are common. Increased relaxation, coping, and energy have also been reported. Recipients of Integrative Energy Healing often experience a greater sense of connectedness and spirituality, as well as improved health and wellness.

What is a session like?

Once the client's needs or goals are determined, a session begins with the recipient sitting or lying down. Recipients are comfortably clothed. During the session, which can last up to an hour, practitioners move their hands on and/or above the client's body to scan the energy field, detect areas of disturbance and balance the energy field. The practitioner may also talk to the recipient to help deepen the healing process. Some recipients may notice a variety of sensations, including temperature changes, a slight vibration, and/or muscles relaxing. Recipients usually feel relaxed and may fall asleep.

For more information: <http://www.langara.bc.ca/cs/programs/HELE.html>

What is the ArtCare Program ?

B.C. Artists in Healthcare Society is the first non-profit, volunteer-based organization in BC. This innovative ArtCare programs provides training and creative experiences in healthcare settings like Hospice and cancer care facilities.



The Community ArtCare Programs works collectively on creative projects that benefit the health and well-being of our communities as well as positively impact participants during times of illness, grief and stress. The ArtCare program brings art projects to the bedside of patients, so that they can participate. These programs provide a moment of respite and are very popular among our residents and their families.

What is involved?

ArtCare volunteers visit with patients in their rooms or at the Dining Table. The volunteer bring with them small carts that are supplied with crayons, beads, card making kits, artboxes, handmade photo albums, watercolors and many other supplies that may interest patients and their families.

Patients and families are invited to create things to help celebrate special occasions like Birthdays, Christmas, and Anniversaries. Volunteers are happy to help with the creative projects. The ArtCare volunteers are also happy to spend time making art with the young children while the adults are visiting their family members.

**BC ARTISTS IN HEALTHCARE
is art without agenda.
Whatever the patient wants to create,
the ArtCare volunteers
are willing to help!**

For more information, speak with a nurse, ArtCare Volunteer or visit: www.artcare.ca

What is Pet Therapy?

It has been documented, that pet therapy has a positive effect on an individual's physical, emotional and mental well-being. It reduces stress, encourages interaction with other people and provides lasting memories of a happy experience.



Pet therapy is the successful program of pets visiting people. Patients of all types of medical conditions have enjoyed benefits from the company of a cuddly animal. Pet visitation gives pet owners an opportunity to share the love their animal offers to comfort others. A simple visit from a loveable animal can go a long way in uplifting one's spirit.

People who have had direct experience with pet therapy have seen improvements in a patient's overall health. The love and tenderness given by the animal brightens a person's disposition. This provides patients with the extra energy needed to heal faster. The benefits of pet visitation may also include:

- Increased physical and social activity
- Relief of depression and disorientation
- Lower blood pressure
- Reduced stress and anxiety

Most importantly, animals can help spark conversation. For some people expressing feelings to animals is a comforting experience. The physical touch between people and animals prompts memories and emotions. And often, the security and comfort that the pet brings to their environment leads to increased communication with others.

For more information, speak with a nurse, or Hospice Volunteer.