

Integrative Therapy Fact Sheet: Reiki

What is Reiki?

Reiki is a Japanese word that loosely translates to “universal life force”, sometimes referred to as chi or qi. It is an integrative approach in which practitioners place their hands lightly on or just above the body with the goal of supporting and facilitating the person’s own healing response.

How Can Reiki Help Me?

Reiki is a non-invasive integrative modality that helps to facilitate a deep state of relaxation, using the body’s innate healing ability to restore balance and cultivate well-being. It can help manage stress, promote relaxation and comfort.

The use of Reiki as an integrative therapy in hospitals is increasing. Research and clinical experience show that it may help with treatment symptoms such as pain, anxiety and depression, fatigue, insomnia, and nausea. It can be used before, during and after cancer treatment.

Reiki should not be used to replace medical care or to postpone seeing a healthcare provider about a health problem. You are encouraged to tell your healthcare provider about any and all therapies you are using outside of your conventional care.

Reiki at the Zakim Center

The Reiki practitioners at the Zakim Center are state licensed and Nationally board-certified massage therapists, who specialize in working with people with cancer. Reiki sessions are 45 minutes long and include a check-in with your therapist. Your first visit may require a bit more time to allow you and your practitioner to discuss:

- your medical history, treatment, laboratory results, and any pertinent information that will help your therapist provide you with a safe and effective session;
- any adjustments that may be needed to make you comfortable during your session;
- benefits of Reiki for your condition and symptoms;
- what your goals are for this session and/or ongoing sessions; and
- any questions that you might have before starting the Reiki session.

The Reiki session is generally done with hands on the body over one’s clothing but can also be done with hands above the body. When using Reiki with other touch modalities (such as massage), you can choose to receive it on exposed skin; although you will always be covered by a sheet. Whether seated in a chair or receiving Reiki on a table, your comfort and safety is our first concern, and you are encouraged to discuss your comfort needs with the Reiki practitioner.

At the end of the Reiki session, you will be encouraged to get up slowly, and your practitioner will give you privacy if you need to dress. Afterwards, your Reiki practitioner will check in with you and see how you are doing, and will discuss:

- any questions you may have;
- observations, expectations, and recommendations; and
- resources that are available and may be appropriate for you.

To Schedule a Reiki Appointment at the Zakim Center

To schedule a Reiki appointment, please call **617-632-3322**. Reiki services are available to Dana-Farber patients only.

Cost of Reiki

We do not accept insurance for Reiki appointments. However, you may request a detailed receipt to submit to your insurance company for reimbursement if Reiki is a covered service. Patients pay \$65 for each Reiki appointment.

Thanks to the generosity of donors, financial assistance is available to those who qualify. For more information, please contact the Zakim Center office at **617-632-3322** or Zakim_Center@dfci.harvard.edu.

Additional Information

National Center for Complementary and Integrative Health's "Reiki" Page
<https://nccih.nih.gov/health/reiki/introduction.htm>

Reiki for Mind, Body, and Spirit Support of Cancer Patients
<http://advancesjournal.com/pdfarticles/miles.pdf>

To learn more about the Zakim Center's programs and services, please visit our website at dana-farber.org/zakim, email Zakim_Center@dfci.harvard.edu, or call **617-632-3322**.

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