If you’re curious about the benefits of energy therapies such as reiki, healing touch (HT), or therapeutic touch (TT), this session will give you a firsthand look. Nurses certified in these practices will lead a demonstration of how HT, TT, and/or reiki work. Whether you’re participating or simply watching, you’ll learn about the scientific principles behind energy therapies, as well as what research indicates about the potential benefits, risks, and outcomes of integration into clinical practice.

Content Area: Clinical Practice

Content Level: Intermediate

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Nothing to Disclose

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Nothing to Disclose

Objectives:
At the end of this session, participants will be able to:
1. Explain the theoretical and scientific principles of energy therapies (reiki, healing touch, and therapeutic touch) and critique related research.
2. Evaluate the potential benefits, risks, and integration of energy therapies into clinical settings for (a) patients with cancer during treatment and cancer survivors and (b) professional self-care and personal development.
3. Compare the different educational programs on energy therapies, identifying professional organizations and the certification/credentialing process.

Content Outline:
I. What is energy therapy and why do nurses practice this CAM modality?
   A. Historical basis
   B. Scientific/theoretical perspectives
II. Potential benefits, risks, and outcomes for patients and caregivers
III. Preparation to become an energy therapy practitioner
   A. Educational/training programs
   B. Professional organizations
   C. Certification and credentialing
IV. Use of energy therapies in clinical oncology practice
   A. What’s acceptable/what’s not?
   B. Where are these therapies practiced?
   C. How and where have energy therapies been integrated into patient care?
V. Research in energy therapy: What is the state of the science?
VI. Controversies in energy therapy: Role of NCCAM and OCCAM
VII. Healthcare institutions and energy therapy within a complementary and integrative therapy clinic
   A. How programs get started, evolve, and are staffed
   B. Program examples/integrative medicine and hospital-wide
   C. Role of nursing
VIII. Clinical guidelines and position statement: Energy therapy in nursing practice
   A. Nurse Practice Acts
   B. American Nurses Association
   C. American Holistic Nurses Association
   D. Society for Integrative Oncology
   E. National Cancer Institute
IX. Experiential practice session of energy therapies discussed

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Learning Objectives

1. Discuss historical, theoretical and scientific principles of energy therapies: Healing Touch, Reiki and Therapeutic Touch.
2. Describe potential benefits, risks and integration of energy therapies into clinical oncology practice.
3. Explain different educational programs, professional organizations and the certification/credentialing process for energy therapies.
4. Critique research on energy therapies in relationship to nursing care of oncology patients.

Understanding Energy Therapies

- An approach to working with the body’s system of energies for promoting health.
- The Energy body is a subtle part of the physical body.
  - Meridians are energy pathways
  - Chakras are energy centers in the body

Energy Healing as defined by the NIH

- “Energy healing therapy involves the channeling of healing energy through the hands of a practitioner into the client’s body to restore a normal energy balance and, therefore, health. Energy healing therapy has been used to treat a wide variety of ailments and health problems, and is often used in conjunction with other alternative and conventional medical treatments.”

http://nccam.nih.gov/health/providers/camterms.htm

Biofield - Aura

Biofield/aura - information in the electromagnetic field (wavelengths of light emissions) close to the body. “Each successive layer contains less dense information.” (Kramer, 2002)

Based on physics - energy = information

Biophotons - photons/second = intensity level of human emission of electromagnetic radiation. Human tissue radiates in ultraviolet region of the light spectrum.

Chakras & Meridians

Chakras: Sanskrit word for wheel, vortex of light
“...chakras appear to be energy stations, receiving input from the unlimited supply of energy found in nature and releasing excessive Qi when there is an overload.” (Kramer, 2002, p.46)
Qi, Chi, Ki -> life force energy

Chakras: transformers, semiconductors that process energy flow; 7 major and many minor.

Meridians: energy pathways connected to the chakras.

Structure of the biofield is dynamic; changes with thoughts and emotions. Changes in the field precede verbal and nonverbal communication.

[Hover-Kramer, 2002, Hunt, 1985]

Multiple layers – represent different aspects of energy and information (our stories).
- Vital layer: (etheric field) closest to physical body; 2-12 inches from skin.
- Emotional layer: energy of feelings, affection.
- Mental layer: thoughts, thinking and visual imagery.
- Intuitive layer: spiritual dimension (Karo & Popov, 1985)

Other theories indicate up to 7 layers corresponding to the 7 Chakras.
Energy Grids, Divine Matrix
Universal Consciousness

- The human body is viewed as a complex interwoven system of energy that is interconnected with the larger, all encompassing Divine matrix by which energy and information is shared.

- Situated on the universal energy grid, also thought of as universal consciousness...a concept presented by Carl Jung, and other scientists to explain phenomenon such as distant healing, effects of prayer, intuition etc.

Energy Healing Systems

Energy Systems
- Healing Touch
- Therapeutic touch
- Reiki
- Acupuncture
- Acupressure
- Qigong
- Tai Chi/yoga
- Reflexology
- Pranic healing
- Many others

Energetic Effects
- Open the chakras
- Balance energy flow within & around the physical body.
- Smooth energy fields.
- Open energy blockages at meridian points & elsewhere.
- Moving & still meditation effects.

Pain Management & Healing Touch

Purpose: Identify outcomes of HT for chronic and acute pain in non-hospitalized clients.

Research questions
- What percentage of patients seek HT for pain management?
- Is there a significant difference in self-reported pain intensity pre- and post-HT?

Results: HT for Pain Relief

- 72% (247 clients) complained of pain
- 64% of HT treatments (541) for pain management

Pain Intensity Scores
Pre-treatment: Mean 4.68, SD 2.41
Post-treatment: Mean 1.81, SD 1.94

GEE Model Analysis
- Significant pain improvement following HT

Therapeutic Touch®: TTIA

- Established in 1977 by Dolores Krieger, PhD, RN and Dora Van Gelder Kunz.
- Mission: to lead, inspire and advance TT® as a healing practice and pathway.
- TTIA believes healing is an innate human potential.
- TTIA is the membership arm of NHPAI, Inc.
- Nurse Healers Professional Associates International

- www.therapeutic-touch.org

5 Dynamic & Interactive Phases to the TT® Process

1. Centering: quiet state of consciousness to body, mind and emotion.
3. Intervention: aiding the symmetrical flow of energy field
4. Balancing: restoring order to energy field
5. Evaluation/Closure: completing TT® session.
TT® Education and Certification

Basic TT® program: 12 hours of study:
- Theory and Practice fundamental techniques
- Understand the physiological effects of TT®
- Learn the different uses of TT®
- Taught by a NH-PAI TT Teacher or QTTP (Qualified TT® Practitioner)
- Renew every 4 years for level attained

Intermediate TT®: 14 hours of study
- deepens the students understanding of TT®
- 6 months after completing Basic TT® Program
- Taught by a NH-PAI QTTT or QTTP

QTTP/QTTT: 36 hours mentorship over a year with a QTTT or QTTP with 5 years experience
- Adhere to the guidelines of Standard Scope of Practice for TT® Policy and Procedure for Health Professionals
- Completion of required workshops and references for QTTP/QTTT

Healing Touch International

Core Values:
- Integrity,
- Heart-centeredness,
- Respect of self and others,
- Self-care, Service,
- Community
- Unconditional Love

HTI: Education & Certification

5 Levels of Workshops: $325 - 600 each

Level 1: 18 CNE’s
- Develop concepts, skills & understanding of energy therapy & energy system.
- Discuss energy principles basic to HT & healing.
- Use of HT in personal and professional practice.
- Ethical conduct & standards of practice with HT.

Level 2: 17.5 CE’s
- Develop healing sequences
- Learn additional assessment skills & techniques
- Documentation of clinical sessions

Level 3: 17.6 CE’s
- Learn advanced healing sequences & techniques
- Demonstrate a full healing sequence
- Ethical conduct & adherence to HTI’s Standards of Practice

Level 4: 25.3 CE’s
- Prepare to become a Healing Touch Practitioner
- Professional development as a HTP
- Principles of apprentice & mentor relationship
- Develop skills for advanced meditation
- Professional profile notebook
- Apply HTI’s standards of Practice in HT practice

HTI: Education & Certification
HTI: Education & Certification

Level 5: 25 CE’s
- Mentorship, community & networking activities
- Professional development of a healing practice
- Practice issues in the role as a HT Practitioner
- Discuss HTI research and implications for practice
- HTI’s Standards of Practice and Code of Ethics within a HT practice.

Healing Touch Program

- Mission:
  - Emphasizes compassionate, heart-centered care with the HT practitioner and client being equal partners in facilitating wholeness using an energy based approach.
  - HT restores harmony, energy and balance within the human energy system and supports the self-healing process of becoming whole emotionally, spiritually, mentally and physically.

HTP: Education & Certification

5 Levels of workshops: $340 - $444 each

HT Level 1: 16 hours of class; 16 CNEs
- Students learn:
  - Twelve energy techniques
  - How to use their hands and heart to foster healing
  - Energy Anatomy & it’s body, mind, spirit connection
  - How to unblock negative energies in self & others
  - How to open your heart and spirit
  - The Scope of Practice and Code of Ethics of the HTP

HT Level 2: 16-18 hr. class: 16-18 CNE’s
- Deeper HT work to open energy fields
- Understanding the concepts of sacred space
- How to conduct a Trauma Interview
- Order of the 5 steps for the back and neck healing
- Seal energetic leaks in the body
- Professionally document HT sessions

HT Level 3: 16-18 hours class: 16-18 CNE’s
- Advanced growth of HT practices
- Learn new energetic points and importance within the physical body
- Discuss/practice connecting with universal energy, guidance and Intuitive skills
- Lymphatic Drain technique

HT Level 4: 30 hours class: 30 CNE’s
- Deeper understanding of being a HT Practitioner
- How to manage a case and professional issues
- Understand the “Full Body Connection”
- A profound meditation process for the HTP
- Choose a mentor
HTP: Education & Certification

- **HT Level 5**: 30 hours class: 30 CNE’s
  - Healing Touch Practitioner status (HTP)
  - Continue self-development as a HTP
  - In depth discussion of professional and clinical issues
  - HT Research, standards of care, code of ethics and scope of Practice issues for a HTP

Healing Touch Certification: Requirements

- Completion of all 5 workshops in the HTI or HTP education curriculum.
- Documentation of required practice sessions.
- Professional recommendations.
- Case study reports. Required readings.
- Evaluation of additional healing practices.
- 5-year renewal
- Credentials differ by organization:
  - CHTP (HTI)
  - HTPC (HTP)

Reiki

- The word Reiki comes from two words:
  - Rei: “God’s Wisdom or the Higher Power”
  - Ki: “life force energy”.
- Reiki is "spiritually guided life force energy."
- Based on teachings of Dr. Usui in Japan: 1800’s
- Brought to West in 1930’s by Mrs. Takata
- Reiki promotes relaxation and reduces stress which enhances healing

Reiki Training and Certification

- **Reiki Level 1**:
  - Heals on a physical level: 6 hour class: $100
  - “Reiki You First”
  - Once attuned to Reiki there is no obligation to receive further training
  - Once attuned to Reiki, you have it for life
  - Reiki level 1 begins a 21 day cycle of self-care and healing.

Reiki

- Reiki is given through the hands and is based on the idea that an unseen “life force energy” flows through us.
- It is pure unconditional divine love and healing energy & flows by intention
- www.reiki.org
  - International Center for Reiki Training
  - Website offers free Reiki information and newsletter.
  - A Reiki Practitioner does not need to belong to an organization for training

Reiki Training and Certification

- **Reiki Level 2**
  - Mental and emotional level of energy healing
  - Attuned to three sacred Reiki symbols
  - Profound spiritual experience which begins a 21 day cycle of emotional healing
  - Learn how to use Reiki for distant healing sessions which bridges the gap between space and time
  - 6-7 hour class: $150-$200
Reiki Training and Certification

- **Reiki Level 3: Advanced Reiki Training**
  - Strengthens all the other Reiki symbols
  - Attuned to Reiki Master Symbol
  - Advanced Reiki techniques to enhance energy healing
  - Begins a 21-day cycle of spiritual healing
  - Class 1-2 days: $250 - $300

- **Reiki Master Teacher**
  - Learn how to teach all three levels of Reiki and the process of attunements
  - Taught by a Reiki Master Teacher
  - Cost varies from $700 - $1,000 and takes place over a period of time
  - RMT mentors the individual & prepares them for teaching Reiki

Reiki Research

Reiki in Hospitals Program

“Overall, based on the summaries of those studies that were rated as Very Good or Excellent by at least one reviewer and were not rated as weak by any reviewer, 83% show moderate to strong evidence in support of Reiki as a therapeutic modality in conditions relating to pain, stress, anxiety and mood.”

http://www.centerforreikiresearch.org/RRConclusion.aspx

Dana-Farber Cancer Institute

Zakim Center for Integrated Therapies: Boston, MA

- Dedicated to integrating the practice of complementary therapies into traditional cancer treatment
- Reiki offered: no cost mentioned on website
- Other Integrative therapies offered: Massage therapy, Qigong, meditation, creative arts, acupuncture

Integrative Medicine Service

Memorial Sloan-Kettering: New York, NY

- Offers a variety of integrative medicine services that complement mainstream cancer care.
- Touch Therapies: Reiki: $110-$120
- Other Integrative services: Acupuncture ($125), Massage therapy ($110), Meditation & hypnotherapy ($110)
- Session passports available for therapies

Cleveland Clinic Foundation: “Healing Hearts Services”

- Mission: to enhance patient’s experience through a comprehensive approach to care
- The Touch Therapies Program includes Reiki and Healing Touch™
- Reiki and HT™ are provided by specially trained practitioners who are part of the Healing Services team and are supervised by a RN.
Guidelines for Energy Therapies in Oncology Nursing Practice

- What is not acceptable is any therapy that is not credentialed in their specific field/
- Training in the specific Energy Therapy by trained professionals
- **ROLE OF NURSING:**
  - Educating, evaluating & referring patients for Energy Therapy
  - Training and credentialing in specific Energy Therapy

Position Statements

- **NURSE PRACTICE ACTS: (SBON)**
  - Due to the increasing public interest in CAM Therapies, it is motivating Nurse educators to consider including the topic in nursing curriculum
  - It is the responsibility of each SBON to identify what is within the scope of nursing practice in each state for CAM therapies
  - Dominant theme: RN’s to have documented knowledge, skills and competency in application of the therapy

Nurse Practice Acts

- California
  - “The competency of an RN to perform the skills of complementary and alternative therapies begins with nursing education and ends with the safe nursing practice of those skills in such a way “that ensures the safety, comfort, personal hygiene, and protection of patients; and the performance of disease prevention and restorative measures” (B&P § 2725). A RN is deemed competent in complementary and alternative therapies when she/he consistently demonstrates the knowledge of complementary and alternative therapies, and performs these tasks safely.”

American Holistic Nurses Association

- Expected that the nurse will utilize principles and techniques of both conventional and CAM therapies, and that these would be within the scope of nursing practice.
- AHNA supports the integration of CAM into conventional health care to enable the client to benefit from the best of all treatments available.

AHNA

- AHNA views nurses as being in a unique position in the implementation of CAM throughout the health care system
- A nurse practicing as a therapist of a specific conventional or CAM therapy must have the education, skills, and credentials recognized for that therapy.
- The nurse also must operate within the legal scope of practice of the nurse’s licensure and jurisdiction.

Healing Touch Research

Effect of Healing Touch on Radiation Induced Fatigue in Women receiving radiation therapy for gynecological or breast cancer. (Guerrero et al. 2002) N=62

- significant changes in improved quality of life and consistent reductions in fatigue in the HT group than the control group.
- HT group demonstrated improvements in depression, anxiety and anger compared to the control group.
**Society for Integrative Oncology**

- **Mission**: to advance evidence-based, comprehensive, integrative healthcare to improve the lives of people affected by cancer. Founded in 2003.

- **Multi-disciplinary**: Includes physicians, nurses, researchers, CAM educators, practitioners and others involved in oncology practice.

- Developed *Integrative Oncology Practice Guidelines* for use of CAM therapies as a complement to conventional cancer care. Research evidence was evaluated using a grading system; available at [www.integrativeonc.org](http://www.integrativeonc.org).

**SIO Guidelines: Energy Therapies**

**Recommendation 8**

- Therapies based on a philosophy of bioenergy fields are safe and may provide some benefit for reducing stress and enhancing QoL.

- There is limited evidence as to their efficacy for symptom management, including reducing pain and fatigue.

- Grade of recommendation: 1B for reducing anxiety; 1C for pain, fatigue, and other symptom management.

(Deng et al., 2009, Recommendation 8)

**SIO: Research & Energy Therapies**

- “The relationship with the energy therapist may alleviate stress, enhance relaxation, and enable a sense of protection or feeling safe. Some limited clinical trials show that these interventions can improve symptoms, QoL, and a sense of control and hope”.

- “The most common effects are relaxation and calming”.

- “Touch therapies may have a modest effect in pain relief. More studies on Healing Touch and Reiki in relieving pain are needed.” (Deng et al., 2009; So et al., 2008)

**Office of Cancer Complementary and Alternative Medicine OCCAM**

- Due to the interest in CAM within the NCI OCCAM was created in 1998.

- The goal of OCCAM is to coordinate and research activities at NCI as it relates to prevention, diagnosis and treatment of cancer and cancer related symptoms and side effects of cancer treatments.

**National Center for Complementary and Alternative Medicine NCCAM**

**Strategic Goals 2011-2015**

- Advance the science and practice of symptom management

- Develop effective, practical, personalized strategies to promote health and well-being

- Enable better evidence-based decision making regarding CAM use and its integration into health care and health promotion