ENERGY HEALING AT THE END OF LIFE:

PERSONAL AND PROFESSIONAL PRACTICES

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3/12/2018
INTRODUCTIONS

- A bit about you...

- A bit about me...
  - Note the presentation today is not about reviewing all the scientific studies of subtle energy medicines, nor about “proving” that these techniques work.
  - For further academic studies and review of data concerning Reiki in particular, refer to http://www.centerforreikiresearch.org/
DEFINITIONS

- Energy Medicine
  - Reiki
  - Qi Gong
  - Healing Touch
  - Acupuncture
DEFINITIONS

- REIKI
  - Japanese system of healing “given” to and developed by Mikao Usui, 1865-1926.
  - Can be used as a complementary therapy for healing mental, emotional, and physical ailments
  - Brought to the US by Mrs. Hawaya Takata (1900-1980) in 1938
REIKI continued

- Channel for energy
- Humility, no ego, no “intervention”
Energy Exercises

- *Drink the Good Wine First* 😊
- Exercises
APPLIED PRACTICE

- Hospice SW, Bereavement
  - Hands-on, hands-off
  - With the patient and/or loved ones
  - Boundaries
  - Wellness teams/complementary practices?
  - Collaboration with team
CASE STUDY – MR. B on hospice in CLC (Community Living Center) at VA Hospital

- Personal style
- Asking permission
- Anecdotal observations
- Boundaries and working with the team
- Documentation
SELF-CARE

- Connecting to something greater than yourself
- Feet on ground, connected to “heaven”/the light above
- Eyes, throat, “headache” cure
SOME RESOURCES AND REFERENCES

- Oxford Textbook of Palliative Social Work
- International Assoc. of Reiki Practitioners (iarp.org)
- The Reiki Alliance (reikialliance.com)
- Reiki in hospitals list (handouts)
- http://www.centerforreikiresearch.org/
- Integrative Oncology: Incorporating Complementary Medicine into Conventional Cancer Care, eds. Lorenzo & Markman
CONTACT INFORMATION

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