

Reiki

Patient Information

Complementary Therapy

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What is Reiki?

Reiki is a non-intrusive therapy technique that can give a feeling of well-being in mind, body and spirit. It is a complementary therapy that works alongside the patients' medical needs. It will be given by a qualified Reiki practitioner, free of charge.

How will it help me?

It is said that Reiki can:

- Help to relax people
- Help people to cope with difficulties
- Help to relieve people's stress and tension
- Helps to improve your overall wellbeing

How do I receive Reiki?

You will lie on a bed, or sit on a chair (if you are unable to lie down) in a comfortable position, fully clothed. This will take place in a curtained area (when available), soft music will be played.

Reiki will be discussed with you before it starts and will last for about half an hour. You can stop the session at any time.

Are there any side effects?

Most practitioners will advise you to rest and to drink plenty of water after the session. There have been no reports of harmful side effects from Reiki. Any concerns can be discussed with the therapist before the session.

How do I book a session?

If you would like to book a session with our Reiki practitioner please ask the member of staff treating you and then you can make an appointment with the reception staff. This is subject to availability as the diary does get booked up fairly quickly.

Further information

If you need any further information you can visit the following website:

www.cancerresearchuk.org

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

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Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Personal Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your personal information” leaflet which can be found on the Trust website: www.wwl.nhs.uk/patient_information/Leaflets/default.aspx

This leaflet is also available in audio, large print, braille and other languages upon request. For more information please ask in department/ward.

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