

# Alternative Healing “Tools” For Caregivers

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*The Reiki Wind School & Healing Center*

## Introduction

We created the "Healing Hands for Caregivers" training program to provide easy to learn and use pain relief tools for Clinicians, Staff, Caregivers, and Volunteers in Palliative Care and Hospice programs, and in direct home care settings.

These "Healing Hands" techniques are based upon techniques we have used with Reiki, Healing Touch, and Comfort Hand Massage. Our experience has shown that they can decrease depression, reduce pain and anxiety, and increase relaxation and well-being for clients as they face physical, emotional or mental challenges. Our long term goal is for the techniques to be taught to all in-home Caregivers to provide 7/24 support for their loved ones and themselves.

## Program Development

This Healing Hands for Caregivers program grew out of our direct, hands-on experience with hospital and hospice patients, staff, volunteers, and caregivers. Reiki Master Teachers (RMTs), Bob Bowen and Kathy Cueva, are volunteer instructors and mentors for the Reiki component of The Integrative Healing program at Sharp Memorial Hospital, San Diego, California. There are currently 30 Reiki Volunteers at Sharp. They are there seven days a week and see 350-400 patients per month. As mentors in this program, Bob and Kathy teach incoming volunteers as well as family members many of these Healing Hands techniques.

### Resting Hands

Use this to connect with your client energetically and physically. And, to visualize your intention for healing.

### Energy Drain

This technique uses gravity and visualization to draw out excess energy that causes pain, swelling, discomfort, or negative emotions.

Healing Hands  
for



Caregivers

### Moving Hands

Excellent for removing pain or discomfort anywhere in the body, by "sweeping" the area.

### Comfort Hand Massage

An effective technique to connect with your client and, at the same time, release pain and stress.

### Hand Holding and Visualization

If your client is difficult to access physically, you can provide comfort simply by holding their hand and moving energy throughout their body.



## Program Results

Out of a total of 65 students who participated in our "Healing Hands for Caregivers" course we surveyed our most recent 20 participants. The survey asked two questions:

1. Have you used the techniques you learned in class?
2. Have you taught any or all of the techniques to other caregivers or family members?

Fifty-five percent (11 students) of those surveyed responded. All respondents (100%) indicated they were using the techniques they were taught. Nine of the eleven (82%) reported teaching some or all of the techniques to other caregivers or family members. The two (18%) respondents who had not taught techniques reported they had not done so due to family lack of interest or apprehension with performing the techniques properly.

## Reiki Wind LLC

We created Reiki Wind to train and mentor Reiki practitioners and caregivers to provide healing treatments to those in need. And, to provide healing programs and program support services to organizations that wish to develop their own integrative healing programs.

Contact us for additional information:

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