
INFORMATION FOR PATIENTS

Welcome Treatment Centre: Reiki

This leaflet aims to explain what Reiki is and how it works.

Reiki

Reiki is a Japanese word. “Re” means universal and “Ki” means life-force energy. This energy is believed to be all around us in everyday living. Reiki involves the therapists channelling this energy through their hands into your body to restore balances in mind, body and spirit. Reiki is not a religion, belief or cult. You just need an openness to receive energy.

Reiki is given alongside, but never in place of, your current medical treatment.

Reiki can be undertaken while you lie on a couch or sit on a comfortable chair. You remain fully clothed. Therapists will place their hands on or above parts of the body. You may feel a warmth, coolness or tingling sensation in that area.

Reiki cannot be undertaken if you have:

- Any fractures to any bones
- A pacemaker.

Reiki can help to:

- Make you feel less stressed and more able to cope
- Promote physical mental and spiritual feeling of wellbeing
- Achieve a better sleep pattern.

Care advice

Avoid a heavy meal before treatment.

Following treatment

- If you feel a little light-headed, we advise you rest for five to ten minutes.
- It is essential you drink plenty of the drinks provided.
- You may feel the need to pass urine more often.
- You may experience emotions such as tearful sadness or elation. If so, tell your therapist who will offer appropriate support
- Listen to your own body. Rest if tired. Have a gentle walk if you feel energised.

All patients who attend the Welcome Treatment Centre can be referred by their medical team or specialist nurse. You will be offered a minimum of four treatments, subject to the availability of fully qualified therapists. The treatments are free and can be suitably adapted for your individual needs.

During your first consultation, your therapist will undertake a holistic assessment, gain consent and discuss the most appropriate treatment. The first consultation is approximately one-and-a-half hours. Follow-up consultations last approximately an hour.

Appointments for complementary therapies are limited. If you are unable to keep your appointment, please contact:

The Welcome Treatment Centre
Tel: 01623 622515, extension 3079.

If you wish to have further treatments please refer to further sources of information at the end of this leaflet.

Contact details

- Welcome Treatment Centre
King's Mill Hospital
01623 622515 extension 3079

Other useful contacts

- Federation of Holistic Therapies
18 Shakespeare Business Centre
Hatherway Close, Eastleigh
Hampshire SO50 4SR
Telephone: 0844 8875 2022
Website: www.fht.org.uk
- Healing Hands
Mansfield Holistic Healing Group
Mansfield Community Voluntary Service
Community House, 36 Wood Street
Mansfield, Nottinghamshire
01623 651177
Meets every Tuesday 2pm till 4pm
- UK Reiki Federation
Website www.reikifed.co.uk

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital Tel: 01623 672222

Newark Hospital Tel: 01636 685692

Email: PET@sfh-tr.nhs.uk

If you need this information in a different language or format, please contact the PET (as above).

Whilst every effort has been made to ensure the accuracy of the information contained in this publication, Sherwood Forest Hospitals NHS Foundation Trust cannot accept liability for errors and omissions. The information should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. Stating a web address does not imply we endorse a particular site. Neither does not stating a web address imply lack of endorsement.

If you require a full list of references for this leaflet, please email patient.information@sfh-tr.nhs.uk or telephone 01623 622515 ext 2715.

All of our hospitals are smoke free and as such you will not be able to smoke anywhere on site including the car parks, pathways and grounds. Please speak to a member of staff if you would like to stop smoking. We can offer advice and refer you to services that support smokers who want to cut down or stop completely

To be completed by the Communications office
Leaflet code: PIL3168(R1)
Created: Jan 2016 / Review Date: Jan 2018