

# Reiki

## What is Reiki?

Reiki (Ray-Key) is a Japanese complementary therapy founded by Mikao Usui in the early part of the 20<sup>th</sup> century.

Reiki is described as a form of energy healing and has become a very popular non-invasive complementary therapy, commonly used within the NHS, private practice and other medical settings.

At St George's Hospital Reiki has been used for several years in different areas of the hospital including major trauma, haematology, oncology and paediatrics.

Within the major trauma setting patients often have multiple injuries therefore patients are unlikely to be able to receive other complementary therapies such as reflexology or massage, as pressure will be applied to certain areas of the body. Reiki involves a light or non-touch technique where the practitioner will place their hands over certain areas of the body.

## What happens during a reiki treatment?

Our reiki service is provided by the charity 'Full Circle' which has been established in the hospital for many years.

Your reiki practitioner will come to your bed space at a time that works around your care i.e therapy sessions, xrays, blood tests.

The recipient is clothed either laying down on the bed or sitting comfortably in a chair. You can have the curtains around your bedspace open or closed, depending on what makes you feel most comfortable.

The practitioner will place their hands gently on or over the body, no manipulation or massage is involved.

Reiki may be experienced as a mild tingling sensation, warmth, coolness, relaxation, emotional response or some may not feel sensations at all. Relaxation is the most common.

The length of Reiki sessions may vary on the ward but can last for 15-30minutes per treatment.

The practitioner will have received a referral from the major trauma team which will include relevant details of your injuries. The practitioner will ask you prior to starting the treatment if you have any specific areas of concern, for example pain. You may be asked to rate the intensity of these symptoms prior to the treatment and after.

Please ask any of the staff on the ward or major trauma nurse practitioners for more information if you are interested.

## **How can reiki help major trauma patients?**

Reiki is easily adaptable, and the practitioner can be flexible towards your needs. Patients report the benefits of reiki include deep relaxation, promoting a sense of calm and improvement in symptoms such as pain, sleep, stress and anxiety.

Reiki can safely be used for all patients as there are no known contraindications, as this is a non-invasive treatment.

## **When can I have a reiki session?**

Any healthcare professional involved in your care can refer you, so please let us know if you are interested.

Our reiki practitioner visits the ward every Tuesday afternoon from 1-4pm.

## **Can I have more than one reiki session?**

Yes – if you are a long-term inpatient, you are very welcome to have regular treatments, recipients quite often notice more of a benefit if receiving treatments regularly.

Please be aware the practitioner does receive new referrals each week, therefore they will prioritise new referrals first and then see regular patients after but will aim to see as many patients as possible within the allocated time.

## **Patients' experiences**

*'I was first introduced to Reiki whilst I was in the major trauma ward following a road traffic accident. I cannot speak more highly about it. For me, during the time I was having reiki, I just felt an enormous sense of calm & relaxation. It blocked out all the noise around me and I felt that it allowed me to heal. Afterwards I felt a wonderful golden warmth that lasted way beyond the session, I wrapped myself up in my blanket & I just slept so well. I would highly recommend it.'*

*'a comfortable time away from pain'*

*'Eases pain so I can rest'*

*'I really enjoyed my Reiki sessions whilst I was a patient on Major Trauma ward last year. It was great to see the NHS incorporating alternative therapies into the hospital setting, and I found the sessions both relaxing and helpful for my pain management. It was a calming experience at a time when things felt quite overwhelming.'*

This service is funded by charity donations.

If you would like to donate to the major trauma fund via St George's Charity, please follow the link below and add to comments 'Major Trauma Fund':

<https://stgeorghospitalcharity.org.uk/support-us/donate>

## Useful sources of information

<https://www.reikicouncil.org.uk>

<https://reikifed.co.uk>

## Contact us

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453

**Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

## NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

## AccessAble

You can download accessibility guides for all of our services by searching

'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)).

The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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