

Combining Reiki with Traditional Therapy

BY ALLISON BATTY-CAPPS, MA, MFT



Childhood Experiences Study (ACE Study), which is a research study conducted by the American health maintenance organization Kaiser Permanente and the Centers for Disease Control and Prevention.¹

Participants were recruited to the study between 1995 and 1997 and have been in long-term follow-up appointments for health outcomes which showed the correlation between adverse childhood experiences—such as physical abuse, sexual abuse, neglect, having a parent with addiction, having parents who divorced, witnessing domestic violence—and mental health and physical health issues.

The study has demonstrated an association of adverse childhood experiences (ACEs, also known as childhood trauma) with health and social problems across the lifespan showing that the more ACE's an individual has, the more likely they are to experience mental health challenges and physical ailments such as chronic pain. I draw attention to this study because most of the clients I work with have experienced some form of adverse life challenges and I have seen the powerful results that Reiki has on helping my clients release the pain of these experiences.

I have been pleased to see that my clients who engage in Intuitive Therapy experience what they describe as a “quickening” in the resolution of their blocked memories and emotions—there appears to be a more rapid, accelerated pace of restoring them to more vigorous life. This speed led them to experience less chronic pain and more joy and connection to Source. They state that their ability to manage the stresses of daily life has increased and that they have greater satisfaction in their lives. Lastly, they indicate that the past no longer haunts their present. Many of these clients go on to study Reiki for use in their everyday life.

Here is how I conduct an Intuitive Therapy session. A session begins as a traditional therapy session with the client sharing what is troubling them. I then ask them to connect to the various parts of themselves to look for unresolved conflicts, since parts of our sense of self when we are children can remain with us into adulthood. They are to see if there

I AM A MARRIAGE AND FAMILY THERAPIST and a Reiki practitioner. In my practice, I have integrated the two modalities to create something I call *Intuitive Therapy*. After experiencing how Reiki can assist in releasing clients' energetic bumps and bruises encountered through life experiences, I can see the future of healing including such integrative approaches. I want to describe how combining traditional therapy with Reiki produces a “quickening” in the resolution and healing of trauma.

When my clients first come in for treatment, they are experiencing chronic pain, anxiety, depression, and various other mental and physical health challenges, often with no conscious understanding of what is troubling them. Many have blocked out the memories of their traumatic experiences. Their problems reflect the findings of the *Adverse*

is something they feel called to release and if there is something which they feel invited to bring into their life. After they share what feels relevant, I ask them to lie on the Reiki table. I proceed to facilitate Reiki for 25-30 minutes. While clients are on the Reiki table, I invite them to share what they are experiencing. Many connect to their innate intuition, seeing images of where the blocks are and repressed memories.

Using Reiki, I guide them deeper into the unconscious layers of their stored emotions. The use of Reiki results in them connecting to their intuition, bringing conscious awareness of what needs to release to connect with their authentic self and letting go of the wounding they have experienced. Using the images and metaphors they present I guide my clients in understanding the relevance of their experiences to their physical and mental challenges. I also offer them guided visualizations that work with the flow of Reiki to help them release the blocks they are sensing.

On one occasion, a woman saw ropes tied around her heart and had the memory of being hurt by a family member as a young child. I had her visualize a white burning flame inside the center of her heart, burning the ropes. As she envisioned this, her body began to shake and then relax, she wept, sighed, and then smiled, stating she felt a calm come over her. As you can see, during these cherished moments, I have witnessed clients experience cathartic release.

After the Reiki portion of the session, I have my clients journal about their experience and discuss the relevance to the initial challenges with which they came to the session. Most clients report that they sense a deeper connection between what they had experienced earlier in life and their current struggles and that they felt a release of the hold the memories had on their body, mind, and spirit. Some report that

they can see their full potential and authentic self, sharing that they feel a unification with Source, and all of creation as well, as a sense of peace.

Traditional medical practices often don't look at the energetic or spiritual aspects of the client. They focus on the mind and body separately and often pathologize clients, which leads clients to feel disempowered and often hopeless to change the outcome of their lives. In my work, I am open and curious about the light within every individual. I see their beauty, and I guide them to discover it for themselves. I focus on healing the mind, body, energy, and spirit of an individual simultaneously. I feel honored to hold space for my clients, to witness them discovering not only whom they are meant to be, but who they have always been at their core.

I cannot help but be curious if the future of healing is this type of integrative approach. I hope to continue to work in this manner and eventually would love to count myself among those who are shifting the language of healing. ✨



Allison is a marriage and family therapist and Reiki Master Practitioner. She received her Master of Arts in Counseling Psychology, specializing in Marriage and Family Therapy, from Pacifica Graduate Institute, and her Usui/Holy Fire® III Reiki Master certification with The International Center for Reiki Training. You may contact Allison by email at allison@blossomingheartcounseling.com, through her website at www.battycappscounseling.com or by phone at (971) 249-2157.

Endnote

¹ "Adverse Childhood Experiences Study." Wikipedia. February 17, 2019. https://en.wikipedia.org/wiki/Adverse_Childhood_Experiences_Study.