

Our Ref: 487/2022  
JANUARY 2022

## **Re: Your request made under the Freedom of Information Act 2000**

I write to request the following information of both Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust and Dorset County Hospital NHS Foundation Trust:

1. What is your policy on reiki energy healing? Please provide a copy of your policy, if you have one.

The Trust does not have a reiki policy

2. In the last five years, have you engaged a reiki practitioner / energy healer for the provision of reiki/energy healing to patients?

**The Reiki has only been provided to people who were for the trust.**

3. Do you currently have a contract in place with any provider for the provision of reiki/energy healing services?

- a. Please provide a copy of the contract

**The current contract is attached**

4. Which external organisations, charities or companies (eg the Sam Buxton Sunflower Healing Trust) have you contracted or engaged with over the provision of reiki / energy healing in the last three years?

**See attached contract**

- a. Please include copies of any promotional materials, advertising materials or other documentation provided by the external organisation as part of this engagement.

# Learn about Reiki



<https://www.cancerresearchuk.org/about-cancer/cancer-in->

## Reiki -what is it?

Reiki is a type of complementary therapy with the main aim of the practitioner relaxing you, without touching you. The word means 'universal energy' and the aim is to move and balance the 'energy' within and around your body. And to get rid of any energy blocks to encourage healing and strengthen your energy.



## What happens?

A reiki practitioner will always discuss the treatment with you beforehand. Treatment usually consists of soothing music being played whilst you lie still. The practitioner



Mindbodygreen.com

move their hands across your body, usually starting at your head and working down to your feet, but may focus on particular areas of the body.



Gaia.com

## What are the benefits? It may-

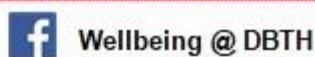
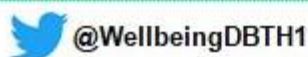
- help you to feel deeply relaxed
- help you cope with difficult situations
- relieve emotional stress and tension help to improve overall wellbeing

Netdoctor.co.uk



## Reiki at DBTH

We will inform staff as soon as our reiki practitioner is ready to return.





# Reiki



## What Our People Say

We have received fantastic feedback from members of Team DBTH regarding our amazing Reiki Offer.

"I was very low in mood... had little confidence in myself, and at times felt overwhelmed and stressed at work and at home...after Reiki, I benefited greatly with my personal development...my confidence began to build up, my mood lifted and I began to see a positive impact in my work and personal life"

"I feel at ease when I attend the sessions. Darren is very professional, listens attentively and individualises my treatment accordingly"

"I recommend Darren's service to others. I believe it is an excellent alternative form of therapy and has a place in health and wellbeing of people"

"Reiki has helped me tackle my problems, and I feel more at peace and grounded"

"I had never tried Reiki before so I decided to try it & I felt relaxed with Darren & he was very informative of what to expect from a session. I found after a session I was more relaxed and it helped me to clear my mind and put things in order. I would definitely recommend this to anyone"

Reiki is now available across all 3 sites. Tuesdays– DRI.  
Wednesdays– Mexborough. Fridays– Bassetlaw.

To book a session please email:  
dbth.reiki@nhs.net



from the Trust intranet.