



Energy Services

Intended Audience

For all members, including people living with cancer, family members and significant caregivers.

Program Description

Sometimes just one hour of relaxation and care is key to finding and re-balancing personal energy. Wellspring Calgary members are invited to sign up for a single-session of one or all three of our energy-based modalities, including: Healing Touch, Reiki, and Therapeutic Touch. The goal of these one-on-one sample sessions is relaxation, restoration and renewal. Sessions are provided by certified professionals who volunteer their time and expertise to Wellspring on a booking basis. While each practice is distinct, all are considered holistic in that they encompass mind, body and spirit; and complementary in that they are offered as a supplement to health care and other treatment choices.

Benefits and Impact

Research, along with a substantial collection of anecdotal evidence indicates that energy practices such as Reiki, Healing Touch and Therapeutic Touch are effective, non-invasive, non-touch techniques that contribute to the 'whole health' model of wellness. Participants who engage in these practices report a marked reduction in anxiety, tension and stress, and some note a change in their perception of pain. Other reported impacts include prevention of illness, correction of energy imbalances, and enhancement of spiritual purpose.

What to Expect at a Session

Energy sessions must be booked online, in person or by phone, and are delivered in a calm private space at Wellspring Calgary. In all sessions participants are fully clothed and the session proceeds without the use of touch, or with only light touch applied with permission. Sessions last from 45 minutes to an hour and are accompanied by soft lighting and soothing music. Most members find the experience pleasant and deeply relaxing.

Participant Comments

"I wasn't expecting to enjoy the Reiki session as much as I did. It really seemed to relax and ground me."

"I liked the Healing Touch so well, I have continued seeking these treatments outside of Wellspring."

What the Research Says:

At the University of Pennsylvania's Abramson Cancer Center, Reiki sessions are offered at no cost to cancer patients, their caregivers, and staff. Sessions are delivered by certified Reiki Masters or by students enrolled in a Reiki Level 3 or Master Training program. Program coordinators were interested in analyzing the impact of this program and invited participants to fill-out a pre- and post-test survey with a section for written feedback immediately before and after a Reiki session. Surveys were collected from 213 first-time Reiki participants. Survey participants were composed of chemotherapy and radiation oncology patients, their caregivers, and staff members. The data in the surveys showed a statistically significant decrease in distress, anxiety, depression, pain, and fatigue. In the written feedback section, commonly reported benefits were improved well-being, relaxation, a sense of connection, and experiencing positive thoughts about their body's ability to heal (Fleisher KA, Mackenzie ER, Frankel ES, Seluzicki C, Casarett D, Mao JJ. 2014. Integrative Reiki for Cancer Patients: A Program Evaluation. *Integrative Cancer Therapies*. 13(1):62-67).

Program Frequency:

Ongoing booking available; three sample sessions per member

Related Programs:

Visualization and Relaxation
iRest Yoga Nidra

