



CORK COUNSELLING CLINIC  
PSYCHOTHERAPY · MEDIATION · COACHING



# REIKI

Stress & anxiety reduction, relaxation and healing



## Reiki

Reiki, an ancient form of healing that traces its roots back to Japanese origin, is one of the holistic treatments offered at our clinic. Recognizing the intertwining of physical health with spiritual well-being, up to 70% of our clients express a desire to integrate a spiritual dimension into their overall health regimen. Reiki, which literally means “universal life energy,” aligns with this holistic approach by promoting balance and health as one practice of mindfulness of the individual—which can be physical, mental, emotional, and spiritual.

## What is Reiki?

Reiki is a subtle and effective form of energy work. The practice was developed in Japan in the early 20th century and has since gained worldwide acclaim for its ability to promote healing and relaxation. During a Reiki session, the practitioner places their hands lightly on or just above the client’s body, directing energy to the recipient in a manner that can facilitate healing and restoration.

## Benefits of Reiki

Clients who undergo Reiki sessions often report a wide range of benefits, which include but are not limited to:

- **Deep relaxation:** Reiki can have a profoundly calming effect, which helps reduce stress and promote a state of peace.
- **Enhanced healing:** By improving the flow of energy throughout the body, Reiki can enhance overall well-being and positive well being can speed up the body’s natural healing processes.
- **Emotional release:** Sessions can lead to emotional release, helping to reveal symptoms which a client is experiencing, for example, feelings of anxiety and depression.
- **Pain reduction:** Many recipients note a significant reduction in physical pain following Reiki treatments.
- **Improved sleep:** The relaxation effects of Reiki can help improve sleep patterns.
- **Spiritual growth:** Reiki can foster an enhanced sense of spiritual connection, personal insight and mindfulness.



## The Reiki Session Experience

A typical Reiki session at our clinic lasts up to one hour. During this time, clients often experience a deep sense of calm which fosters a space for greater physical and mental self-awareness. This safe environment is conducive to the subtle energy that Reiki employs, making it an ideal setting in the therapeutic environment.

## Integration with Psychotherapy

While Reiki is a standalone treatment, it is not uncommon for personal issues to surface during sessions that may necessitate further intervention from a psychotherapist, counsellor, or other medical professional. The advantage of having a Reiki therapist working within a psychotherapy clinic like ours is the seamless integration and referral process. This multidisciplinary approach ensures that clients receive comprehensive care tailored to their unique needs which may be beyond the scope of Reiki.

In the event that deeper psychological issues arise during a Reiki session, our practitioners are in an excellent position to facilitate a quick and seamless referral to in-house psychotherapists or counsellor. This integration enhances safety and support for the client, providing an ethical and professional framework that upholds the highest standards of care.

## Reiki as an Adjunct to Psychotherapy

For clients already engaged in psychotherapy, Reiki can at times be an invaluable adjunct therapy. The dual approach not only addresses mental and emotional health but also incorporates a spiritual dimension that can enhance therapeutic outcomes. Clients undergoing psychotherapy who participate in Reiki sessions often find that the additional support can accelerate personal growth and healing.

The integration of Reiki into a client's therapeutic journey provides a holistic approach that respects and nurtures all aspects of the individual. The combined modalities can deepen the healing process, promoting recovery on multiple levels and facilitating a greater sense of balance and peace.



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At our clinic, Reiki is more than just a treatment; it is a pathway to holistic health that complements our comprehensive psychotherapy and counselling care model. By addressing the spiritual aspects of well-being, Reiki works harmoniously with psychotherapy and counselling to provide a rounded approach to health that caters to the mind, body, and spirit for our clients who wish a more holistic approach.

Our Reiki practitioners are committed to supporting each client's journey towards greater wellness with compassion, respect, and professionalism. Whether as a stand-alone therapy, which many clients attend for, or as part of a broader therapeutic approach, Reiki remains an integral part of our holistic treatment offerings at the clinic.

We encourage anyone interested in exploring the benefits of Reiki to consider how it might enhance their path of greater well-being and contact us for an appointment.

**You can contact us by phone 089 600 9460 / 021 439 7552 or  
through our website [www.corkcounsellingclinic.ie](http://www.corkcounsellingclinic.ie)**

We will be happy to take your call and look forward to working  
with you in creating a harmonious and strong relationship.

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