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Title: The Impact of Psychotherapeutic Reiki on Anxiety

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Abstract: Reiki healing is one of several complementary and integrative therapies becoming increasingly prevalent in mental health counseling. It has been identified in the medical field for its usefulness in treating anxiety, depression, and pain but has rarely been studied for its counseling impact on client wellness. The existing literature on the use of Reiki with psychotherapy is largely conceptual in nature. This single-case experimental research found anxiety symptom reduction in three out of four participants through the implementation of an in-session psychotherapeutic Reiki (PR) intervention. The results suggest potential therapeutic benefits for integrating PR with traditional counseling. Included in the discussion of study results are clinical implications and importance, suggestions for future research, and limitations.

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