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## What Is Reiki?

Reiki (“RAY-kee”) is a Japanese word meaning “spiritually guided life force energy.” It is an energetic healing technique that has been found to enhance the body's ability to heal itself. Reiki can be used alone or in conjunction with any form of medical, psychological, or therapeutic treatment. This technique can be learned by anyone and can be used on yourself, others, animals, and plants.

Reiki Is Gaining Ground

The National Institute of Health and the World Health Organization now recognize the remarkable effects of Reiki as a viable means of energy medicine practice. This means that Reiki Practitioners are exploring new opportunities to practice in the more traditional and conventional areas of medicine. For example, Reiki is being offered through hospices, cancer centers, and hospitals, such as Walter-Reed National Military Medical Center and Johns Hopkins Hospital.

Additionally, nurses, massage therapists, athletic trainers, mental health counselors, and professionals in many other fields can now receive continuing education credit for Reiki courses. Interestingly, the National Institute of Health and the

Mayo Clinic both indicate that 85% of all disease in the body occurs due to emotional unbalance of our energies within.

Larry Dossey, M.D., author of *The Extraordinary Healing Power of Ordinary Things*, says, “Reiki is increasingly being incorporated into modern medicine because of one compelling reason...it works.”

## What Reiki is Not

Although I am a Licensed Clinical Social Worker, I am not a Licensed Physician, and Reiki does not require licensing by the State of North Carolina. Reiki and other forms of energy healing are meant to be a complement to traditional Western medicine provided by doctors, nurses, mental health clinicians and other licensed medical professionals.

## **Premise of Treatment**

Stress, trauma and illness restrict the natural flow of ki (chi) or “life force energy” through the body. By restoring the flow of energy through the body, Reiki rejuvenates the body’s ability to ability to heal itself.

Although one session may be adequate, long-term imbalances in the body sometimes require multiple treatments in order to bring the system back into balance. Improvement often requires commitment on the client’s part such as willingness to make lifestyle changes, in order to fully benefit from Reiki treatment(s).

## **Nature of the Services Provided**

During a Reiki a session, you will be asked to lie down for best practice. However, you may decide to sit up, the choice is yours for your utmost comfort. You will remain fully clothed during the treatment session and please understand Reiki is in no way a massage or a medical examination. For the majority of the session, my hands will remain about 2-3 inches or more above your body. If guided to do so, I will ask permission to place my hands on your body but only in a manner acceptable to you and within the legal and ethical limits of my practice as a Reiki Practitioner. Once the session begins, the life force energy flows through my hands, which may be experienced by you as heat, coolness, vibrating, tingling, a light pressure, a slight pulling sensation, or nothing at all. Also, other hands-off techniques, such as sweeping the body of unneeded energy may be used. If you are comfortable, crystals may also be placed on or near your body to enhance the process. Additionally, the use of sound and/or vibrational instruments such as a rattle or a singing medicine bowl may be implemented to assist in breaking up unwanted energy blocks. However, crystals, vibration and sound are not necessary for effective Reiki treatment.

Keep in mind, I am simply a conduit of the life force energy. It is believed that the energy is guided by God/Source/Spirit/ Universe for the physical, mental, emotional, and/or spiritual well-being. Therefore, a specific outcome cannot be guaranteed by the myself, the Reiki Practitioner.

## **Stefanie Summers’s Qualifications**

I am a Licensed Clinical Social Worker and a certified Reiki Level II practitioner. I’m also certified as an Archangelic Light Practitioner and have a completed a short course series on use of Crystals. I began practicing non-clinical social work upon graduating from the University of Alaska at Fairbanks in 1997, with a Bachelors Degree in Social Work. Then in 2001, I graduated with my Master’s Degree in Social Work from the University of Denver, in Colorado. I became a Licensed Clinical Social Worker in 2008 and since then, I have worked in the field of social work practicing psychotherapy. You may find my complete resume on Linked In at: [linked.com/in/stefanie-summers-813a2217](https://www.linkedin.com/in/stefanie-summers-813a2217).

## Acknowledge & Consent to Receive Services

- In order to use my services, please acknowledge receipt of the information provided within this form by signing it. You will be provided with a copy for signature at your first visit, if you request one. I will keep the original in her records for three (3) years.
- I have read and understand the above guidelines and disclosure about the treatments and techniques offered by Stefanie Summers, LCSW, as well as her training and education.
- I have discussed with Stefanie any concerns I have about the nature of the treatment that she will be providing.
- If I experience any discomfort during the session(s), I agree to immediately inform Stefanie.
- I understand that Stefanie is not a Licensed Physician and that the alternative services that she will be providing to me are not licensed by the State of North Carolina.
- I understand that it is my responsibility to maintain a relationship for myself and/or my child with a medical doctor.
- I understand that Reiki is not a substitute for psychotherapy, medical treatment or medications. I am aware that Stefanie does not diagnose illness or disease nor does she prescribe medications or recommend supplements. I understand that any suggestions that are provided to me should not be taken as a diagnosis or recommendation against the advice of a Licensed Physician or your own mental health counselor.
- I understand that Stefanie is also a Licensed Clinical Social Worker and that she provides psychotherapy services that are conducted SEPARATELY from the Reiki treatments she offers.
- I understand that if I am a client of Stefanie's psychotherapy practice, that Reiki treatments may be used to enhance the therapeutic counseling services I receive from her and that Reiki is not as a substitute for counseling.
- I have consented to use the services offered by Stefanie Summers, LCSW and I agree to be personally responsible for her fees in connection with the services provided.
- If requested, I may receive a copy of this signed document.

### Client Acknowledgment

I have read and understand the above disclosure regarding the Reiki treatment(s) I will be receiving from Stefanie Summers, LCSW.

Name of Client: \_\_\_\_\_

Name of Person Signing (if different) Relationship to Client: \_\_\_\_\_

Signature Date: \_\_\_\_\_