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book profiles

Reiki in Clinical Practice: A Science-Based Guide, by Ann Baldwin



What's your book about?

Reiki is a Japanese technique for stress reduction that promotes healing. This book is a scientifically based, well-referenced text which explains and introduces Reiki to healthcare professionals. Its aim is to provide clinical therapists and practitioners with the evidence and information they need to encourage them to make Reiki more accessible to their patients and clients.

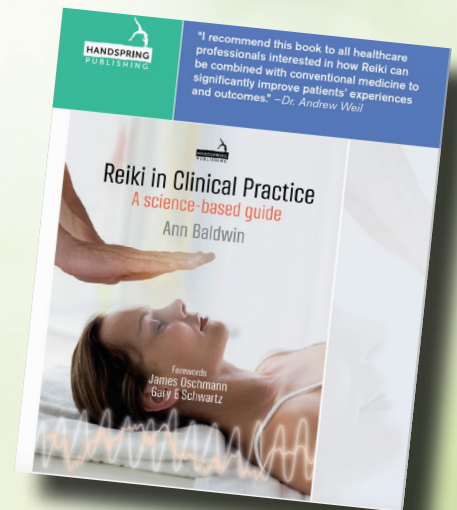
A systematic evaluation of existing scientific data that tests Reiki's efficiency at alleviating a wide range of diseases and disorders is provided, as well as a detailed guide on the practicalities of establishing and administering Reiki programs in hospitals and clinics. This book is for people who are looking for a non-invasive, inexpensive and effective modality to use on themselves and/or their patients to reduce stress and pain and to improve well-being.

Why did you write this book?

Reiki is mainly offered on a private basis and is not often available in clinical settings, even though it is clearly effective at relieving emotional stress. It is now time for Reiki to be routinely offered in hospitals, prescribed by physicians and reimbursed by medical insurance. For this to happen, we need to prove that it works. Currently none of the published books on Reiki are written to appeal to people with a scientific background and they do not include scientific evidence supporting or refuting the use of Reiki for various clinical conditions. This book fills that gap.

What was your mission with the book?

My mission was to show healthcare professionals how Reiki can be combined with conventional medicine to significantly improve clients' and patients' experiences and outcomes, and so make Reiki more accessible.



Tell us a little about yourself.

Ann Linda Baldwin, Ph.D. is Director of Mind-Body-Science and a professor of physiology recently retired from the University of Arizona. She is also a Reiki Master and has practiced Reiki on people and animals for the last 20 years. She holds a B.S. in Physics, M.S. in Radiation Physics and Ph.D. in Physiology.

For more information, call 520-991-9458, email ABaldwin@Mind-Body-Science.com or visit Mind-Body-Science.com. To purchase, visit HandspringPublishing.com/product/using-reiki-in-clinical-practice. See ad, page 45.