



## Energy Healing

### **What is energy healing?**

Energy healing is derived from a variety of ancient healing techniques. The energy practitioner uses non-invasive techniques, utilizing the hands to clear and energize the human energy system. The human energy system is comprised of electromagnetic fields radiating from the body. Scientists are developing instruments to detect these energy fields related to our bodies and to measure their frequencies. For example, electrical currents from the heart are measured by an ECG machine or electrical currents from the brain are measured by an EEG machine. Magnetic resonance imaging (MRI) is based on the absorption and emission of energy in the radio frequency range of the electromagnetic spectrum.

The energy practitioner works with the client's electromagnetic field which may produce a relaxation response, restoring harmony and balance in the energy system. This can facilitate physical, emotional, mental and spiritual health maximizing a person's healing potential and enhancing a sense of well being.

### **What are the benefits from energy healing?**

*Research studies indicate that energetic modalities can induce the relaxation response therefore:*

- ❖ Reduce stress
- ❖ Decrease anxiety
- ❖ Increase circulation
- ❖ Lower blood pressure & heart rate
- ❖ Strengthen the immune system
- ❖ Assist with pain management by releasing tension in muscles
- ❖ Increase mental clarity & focus
- ❖ Create a sense of well being

### **Who can benefit from energy healing?**

*Students who need assistance with:*

- ❖ Stress management
- ❖ Anxiety
- ❖ Depression
- ❖ Tension or migraine headaches
- ❖ Hypertension
- ❖ Chronic pain or illness



## Who can do energy healing?

Energy healing can be done by any health care provider such as doctors, nurses, massage therapists or counselors without a doctor's order. All energy healing providers should have advanced training in energetic modalities through courses in continuing education which may lead to certification.

Three energy healing programs developed out of the nursing profession are Healing Touch, Transform Your Life through Energy Medicine and the Therapeutic Touch program. All three programs adhere to a Standards of Practice, Code of Ethics and have a Scope of Practice. They offer training as a practitioner with certification available in Healing Touch and the Energy Medicine program.

## Referrals

Energy healing practitioners work in collaboration with University Health Center physicians, nurse practitioners and psychologists. Referrals are made by the primary health care provider. Students who self refer with any health care issues are referred to a primary care provider to be evaluated.

## Insurance Coverage

Some insurance companies reimburse for energy healing. There is a charge for the hour long energy healing session.

## Comments from students:

*"The energy healing sessions have been very helpful for me in establishing and maintaining a sense of happiness and comfort. Each and every session had a strong impact on my emotional as well as my physical well-being. I became more relaxed about my daily responsibilities and more confident in successfully encountering and accomplishing them. Any signs of physical pain disappeared."*

*"I strongly believe that energetic healing is incredibly useful for anyone who is searching for harmony in mind, body and spirit."*

*"The treatments have helped me tremendously with the stress in my life. I have also noticed a positive change in problem areas where I have experienced chronic pain in the past."*

*"I feel very fortunate that the University of Oregon Student Health Center deems energy healing important enough to offer students this treatment at such an affordable rate. It's an excellent service."*

*"Overall I felt more relaxed and at peace, less tense and anxious after energy healing."*

*"I developed chronic bilateral wrist tendonitis.....after a combination of taking yoga and meditation class plus energy healing sessions my wrists were visibly less tense (my hands/ fingers more uncurled) and pain lessened or disappeared."*

