



## Reiki for Depression

According to the World Health Organization, depression affects approximately 400 million people around the world. When it isn't properly treated, this condition reduces quality of life for sufferers and can lead to a number of serious consequences. Many different treatments exist for depression.

However, regardless of the treatment methods chosen, patients dealing with the symptoms of depression may experience benefit from participating in Reiki sessions in conjunction with their professional treatment programs and methods.

### **The Dangers of Depression**

Depression is a common condition that causes affected individuals to experience feelings of sadness, guilt, loss of interest in enjoyable activities, appetite disturbances, low self-esteem and sleep issues. It can affect people regardless of age, gender, ethnicity, occupation or any other characteristic. Although depression may occur after someone experiences a trauma, such as a death in the family, loss of a job or a serious illness, it can also appear to occur without an apparent cause.

If left untreated, depression can affect the sufferer's quality of life, as well as his or her personal relationships. Depression can also affect the individual's professional life by impairing his or her ability to function while at work. In the worst cases, depression may even result in total disability or death by suicide.

Because it can be so serious, finding effective treatment for depression is essential. So, seeking a qualified professional skilled in therapy, treatment programs, and talking with your physician is the first course of action. Then, in conjunction with working with a professional team and or program, Reiki can help as an adjunct therapy.

## Benefits of Reiki for Depressed Clients

Reiki can be beneficial to clients with depression in multiple ways. Some of the benefits of Reiki sessions for depressed clients include:

- **Better sense of mental and physical balance.** – Reiki may help restore a person's overall sense of balance, both in the mind and the body. This may help to improve the person's mood and help him or her





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## Implications for Patients

Based on the research studies detailed above, as well as reports from patients who have experienced benefits from Reiki sessions, it seems that Reiki may be a valuable addition to treatment regimens for patients suffering from depression. However, although Reiki may help to alleviate some of the symptoms of depression, it will be more effective when used in conjunction with traditional therapies. Other treatments that may be beneficial to people who are suffering from depression include cognitive behavioral therapy, psychotherapy and certain medications. Patients with depression may also experience a reduction in symptoms with regular physical activity.

For best results, people experiencing depression should participate in multiple Reiki treatments over an extended period of time. A single treatment may be helpful, but multiple treatments are more likely to result in long-term symptom improvement. If you are experiencing depression be sure to also see a qualified counselor, therapist and/or medical professional to assist with your road to recovery. Reiki can also help on this road.

## Finding a Practitioner

If you are suffering from depression, you may benefit from Reiki sessions. If you are interested in beginning Reiki treatments, you can [search for a practitioner in your area right here on our website](#).

For Therapy Professionals and Counselors please see our article on [Therapeutic Reiki](#) here. Reiki may prove to be a useful tool for your practice.

\*\*This article appeared in The Reiki Times, the official magazine of the International Association of Reiki Professionals.

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