CSPH 5535 (1 Credit)

REIKI HEALING

In Person | Instructor: Deborah Ringdahl

COURSE DESCRIPTION

Students will learn the history, principles, education, and practical application of Reiki energy healing. Alternative energy healing modalities and current research findings will be discussed. Following activation of the Reiki energy, participants will learn the hand positions used to perform a self, seated, and full session. A portion of each class meeting will be used to perform Reiki sessions and to discuss experiences.

COURSE OBJECTIVES

Upon successful completion of this course, students should be able to:

• Describe the history and principles of Reiki practice
• Examine the education, qualifications, and capabilities of the Reiki practitioner
• Discuss the use of Reiki as a stress reduction and relaxation technique and management of a variety of health related problems
• Demonstrate the techniques used for performing a self, seated, and full Reiki session
• Analyze research findings on the use, outcome measures, and efficacy of Reiki

Visit z.umn.edu/CSPH5535 or contact us at csh-academics@umn.edu for more information.