

# The Lived Experience of Registered Nurse (RN) Reiki Practitioners: A Phenomenologic Study Using Computer-Mediated Communication.

Wendy J. Waldspurger-Robb DNSc, RN, CNE

Follow this and additional works at: <https://scholarlyworks.lvhn.org/patient-care-services-nursing>



Part of the [Nursing Commons](#)

---

## Published In/Presented At

Waldspurger Robb, W. J. (2008, October). *The Lived Experience of Registered Nurse (RN) Reiki Practitioners: A Phenomenologic Study Using Computer-Mediated Communication*. Presentation Presented at: Lehigh Valley Health Network, Allentown, PA.

This Presentation is brought to you for free and open access by LVHN Scholarly Works. It has been accepted for inclusion in LVHN Scholarly Works by an authorized administrator. For more information, please contact [LibraryServices@lvhn.org](mailto:LibraryServices@lvhn.org).

**THE LIVED EXPERIENCE OF REGISTERED  
NURSE (RN) REIKI PRACTITIONERS:  
A PHENOMENOLOGIC STUDY USING  
COMPUTER-MEDIATED COMMUNICATION**

Wendy J. Waldspurger Robb, DNSc, RN, CNE  
Cedar Crest College, Allentown, PA

# Background & Significance

- ▣ Increased use of complementary and alternative modalities (CAM)
- ▣ Health care consumers spend billions of dollars on CAM therapies (Heer, 2003).
- ▣ Reiki is an energy-based CAM therapy derived from practices of Tibetan monks (Sullivan, 1998).
- ▣ Proponents of Reiki believe unblocking or redistributing body's natural energy facilitates self-healing (Sullivan, 1998).

# Purpose

- ▣ To describe the lived experience of RNs who administer Reiki treatments to themselves and/or others

# Research Question

- ▣ What is the lived experience of a registered nurse Reiki practitioner?

# Design

- ▣ Qualitative phenomenologic design based on philosophy of Hans Gadamer (2004)
- ▣ Data collection - Computer mediated communication
- ▣ Interviews conducted via email
- ▣ Purposive sample of 19 participants from 15 states

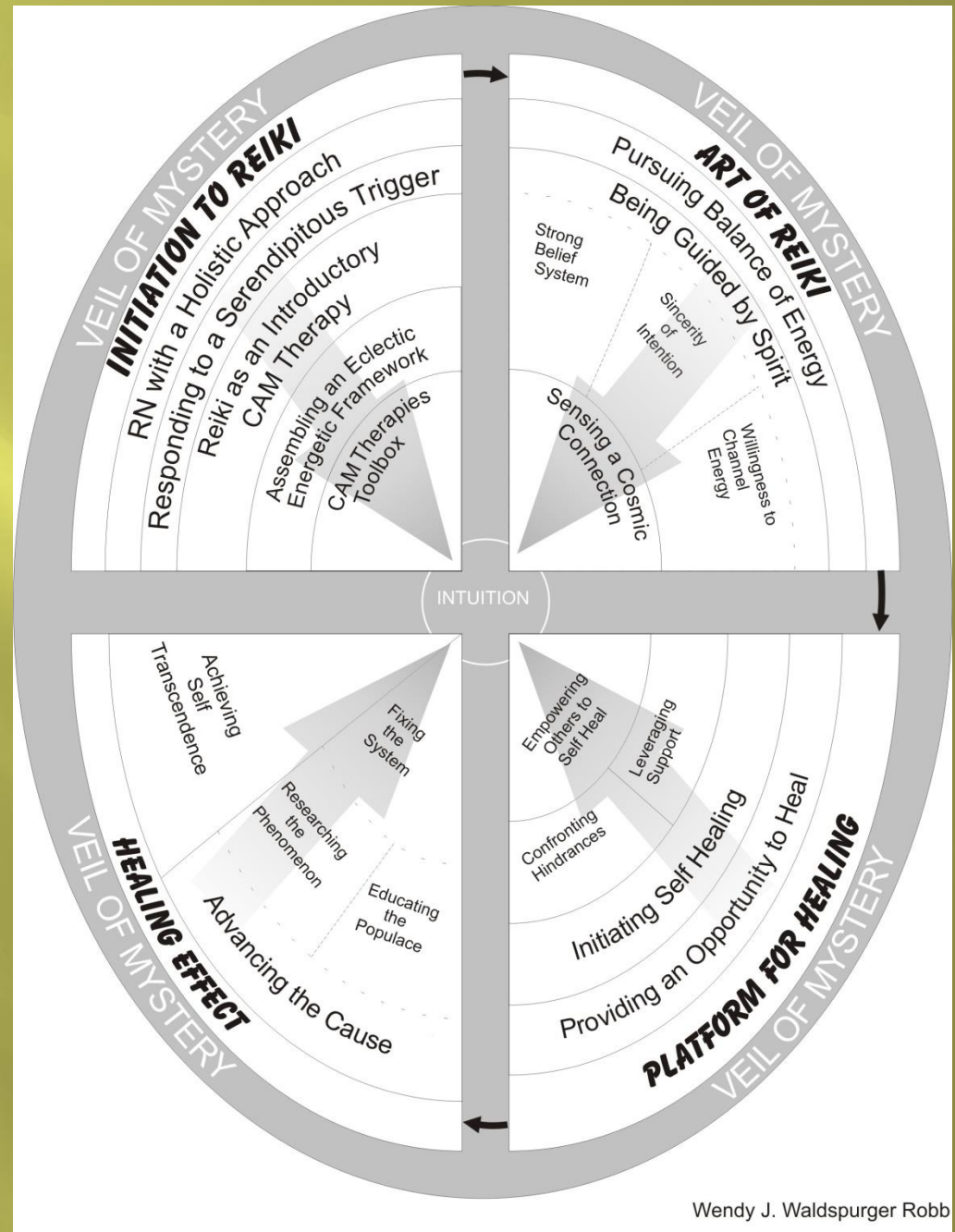
# Analysis

- ▣ Paul Ricoeur's Interpretation Theory (1976)
  - Identification of preunderstandings
  - The naïve read
  - Open coding of the transcripts
  - Construction of structural meaning units
  - Development of themes and sub themes
- ▣ A preliminary model emerged.

# Results

- ▣ Initiation to Reiki
  - ▣ The Art of Reiki
  - ▣ Platform for Healing
  - ▣ Healing Effect
- 
- ▣ Multidimensional, mystical context
  - ▣ Circular fashion → nonlinear progression
  - ▣ Overarching sphere “Veil of Mystery”
  - ▣ Intuition = central core

# Robb's Reiki Experience Model©





# Relevance to Nursing

## ▣ Nursing Practice

- Develop standards of practice and legislation for Reiki practice and energetic healing
- Potential theoretical applications
  - ▣ Jean Watson's Theory of Human Caring & the Clinical Caritas (1988, 2006)
  - ▣ Conti-O'Hare's concept of Nurse as Wounded Healer (2002)

## ▣ Nursing Research

- Preliminary model contributes to the body of nursing knowledge
- Validation of computer mediated communication as effective method in collection of qualitative data

## ▣ Nursing Education

- Inadequate efforts related to Reiki and CAM
- RN Reiki practitioners reported
  - ▣ Social and professional disapproval
  - ▣ Perceptions of voodoo
  - ▣ Stigma of unorthodox nursing care
- 3-pronged approach to educational directives
  - ▣ Public education
  - ▣ Healthcare provider education
  - ▣ CAM provider competency

# Significance to Society

- ▣ Healthcare consumers are attracted to CAM
  - Less expensive
  - Non-narcotic
  - More accessible
  
- ▣ Barriers to holistic nursing approaches
  - Fear and skepticism
  - Unknowledgeable healthcare providers
  - Unskilled CAM providers

*"The most beautiful thing we can experience is the mysterious. It is the source of all true art & science. He to whom this emotion is a stranger, who can no longer pause to wonder & stand rapt in awe, is as good as dead: his eyes are closed."*

***Albert Einstein***

# References

- ▣ Conti-O'Hare (2002). *The nurse as wounded healer: From trauma to transcendence*. Sudbury, MA: Jones and Bartlett Publishers.
- ▣ Gadamer, H. G. (2004). *Truth and method* (J. Weinsheimer & D.G. Marshall, Trans.)(2 ed.). New York: Continuum. (Original work published 1975)
- ▣ Heer, E. (2003). Alternative medicine research: Developing comprehensive therapies. *Community Health Forum*, 4(1), 41-2.
- ▣ Ricoeur, P. (1976). *Interpretation theory: Discourse and the surplus of meaning*. Fort Worth, TX: Texas Christian University Press.

- ▣ Sullivan, K. H. (1998). *The healing power of touch*. Lincolnwood, IL: Publications International, Ltd.
- ▣ Waldspurger Robb, W. J. (2006). *The lived experience of registered nurse Reiki practitioners: A phenomenologic study using computer mediated communication* (Doctoral Dissertation, Widener University, 2006). Proquest Dissertation & Theses, (No. AAT3244768).
- ▣ Watson, J. (1988). *Nursing: Human science and human care, a theory of nursing*. New York, NY: National League for Nursing.
- ▣ Watson, J. (2006). *Theory evolution*. Retrieved July 23, 2006, from University of Colorado Health Sciences Center Web Site: <http://www2.uchsc.edu/son/caring/content/evolution.asp>