

Reiki for Addiction and Recovery



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What is Reiki?



Reiki Program at the Turning Point Center



“I feel calm, peaceful, more centered & less stressed.”

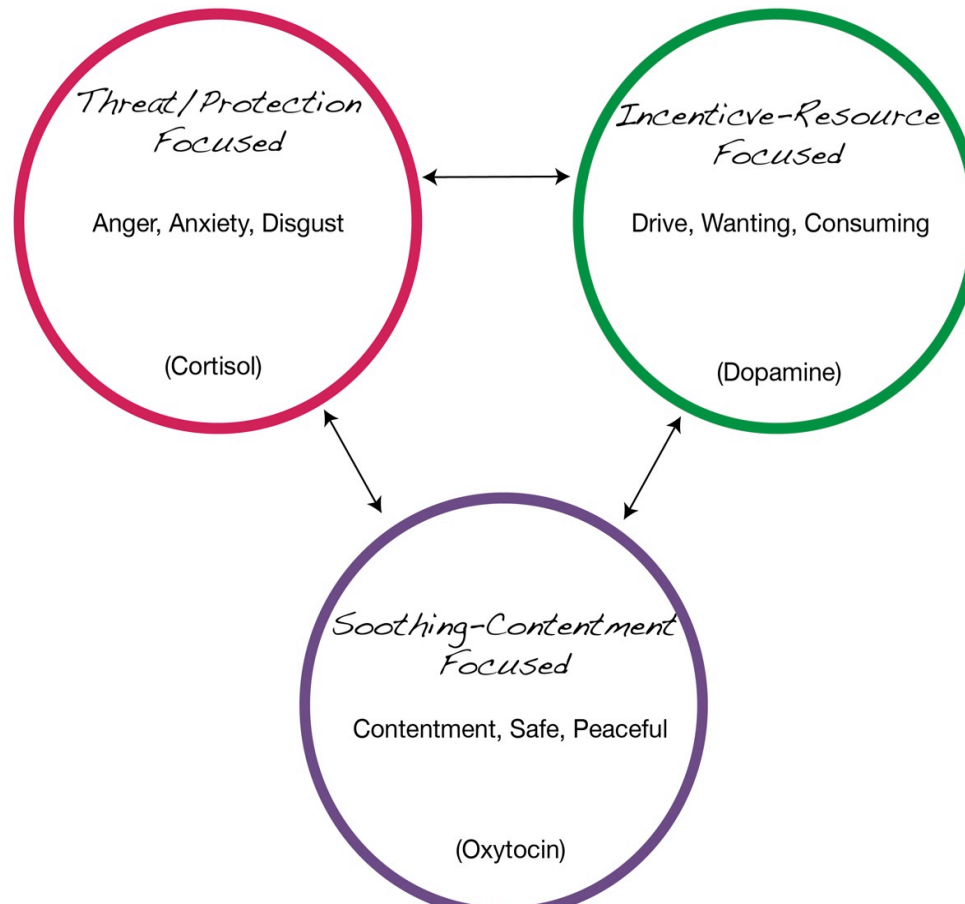
“I’m in less pain & my back feels better.”

“This feels so neat!”

“This is better than Xanax.”



Three Broad Affect Systems in the Brain



Withdrawal Symptoms



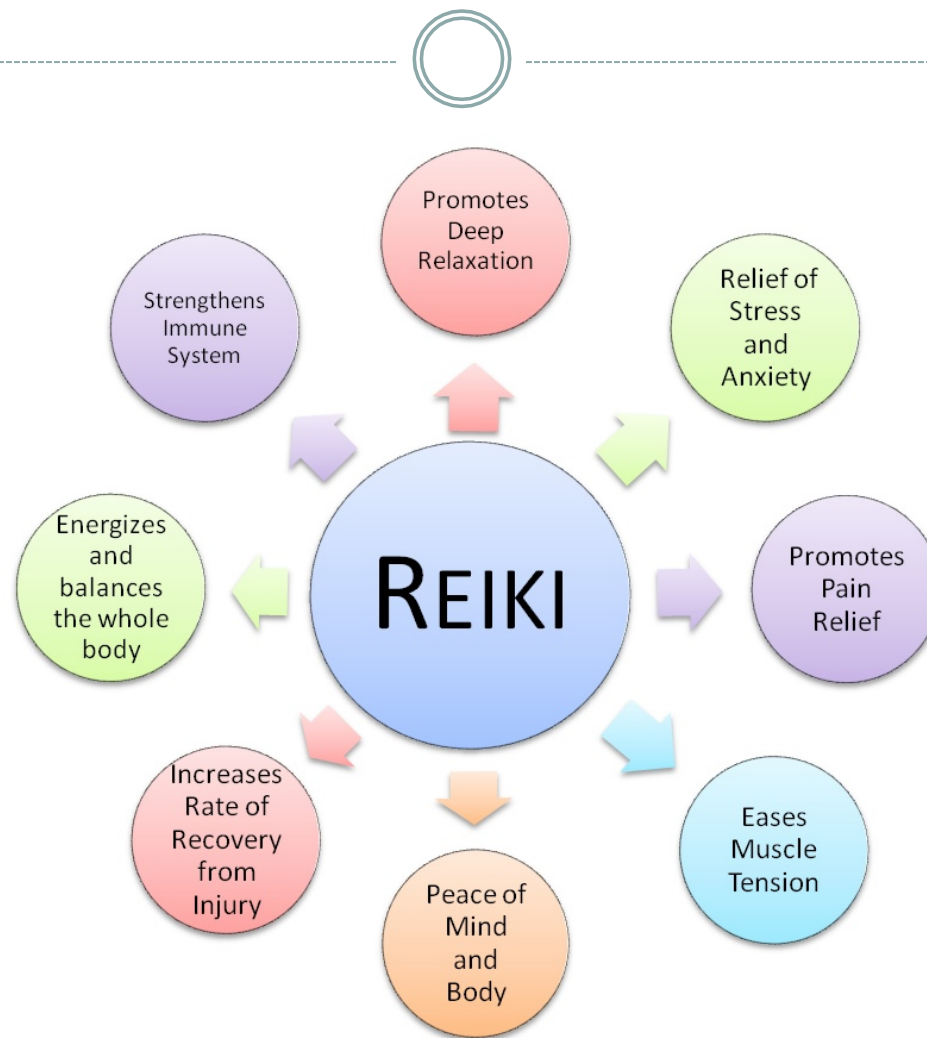
Psychological

- Anxiety
- Restlessness
- Irritability
- Insomnia
- Headaches
- Poor concentration
- Depression
- Social isolation

Physical

- Sweating
- Heart Palpitations
- Muscle tension
- Tightness in the chest
- Difficulty breathing
- Tremors
- Nausea
- Vomiting, or diarrhea

Benefits of Reiki



In Conclusion



“I can’t tell you, but I can show you,” Mrs. Takata



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