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

- **Threat/Protection Focused**
  - Anger, Anxiety, Disgust
  - (Cortisol)

- **Incentive-Resource Focused**
  - Drive, Wanting, Consuming
  - (Dopamine)

- **Soothing-Contentment Focused**
  - Contentment, Safe, Peaceful
  - (Oxytocin)

* Images adapted from *The Compassionate Mind* by Dr. Paul Gilbert
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

- Promotes Deep Relaxation
- Relief of Stress and Anxiety
- Strengthens Immune System
- Energizes and balances the whole body
- Increases Rate of Recovery from Injury
- Promotes Pain Relief
- Eases Muscle Tension
- Peace of Mind and Body
In Conclusion

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

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