

*A literature review investigating the effectiveness of Reiki and
Complementary and Alternative Therapies on depression.*

by

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ABSTRACT

This paper presents a literature review on the effectiveness of complementary and alternative therapies (CAT's) on depression with specific reference to Reiki and depression. The concept of complementary and alternative medicine (CAM) is explained. The use of complementary and alternative medicine is widespread and it is noted that those with psychiatric disorders are more likely to use CAM than those with other diseases. The discussion then focuses on Reiki, providing some background information to orientate the reader. The studies, reports and claims regarding the use and efficacy of Reiki are enumerated and evaluated with the aim of trying to establish whether Reiki has been used and therefore could be used to treat depression in women.

The second half of this review concentrates on depression and the treatment thereof using alternative medicine. Depression is a common mental health problem, with higher prevalence rates in women than men. Depression seems to be among the most common conditions for which patients seek alternatives to conventional medicine and therapies. Depression is then discussed, focusing specifically on how it has been treated from a CAM perspective and what the literature reveals about the treatment of depression using Reiki. This investigation has brought to light that some CAM methods are indeed successful. This therefore lends support to the contention that if certain CAM methods have been shown to be successful in treating depression, then certainly Reiki as one of these methods could be usefully employed in this regard as well.

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