An article in the Marin Independent Journal follows Motz's work at the Marin General Hospital in Marin County, California, just north of San Francisco.(10) There Motz has used subtle energy healing techniques with patients in the operating room. She makes a point of communicating caring feelings and positive thoughts to the patients, and has been given grants to work with mastectomy patients in particular.

Dr. David Guillion, an oncologist at Marin General, has stated "I feel we need to do whatever is in our power to help the patient. We provide state of the art medicine in our office, but healing is a multidimensional process. . . . I endorse the idea that there is a potential healing that can take place utilizing energy."

Reiki at Portsmouth Regional Hospital

Patricia Alandydy is an RN and a Reiki Master. She is the Assistant Director of Surgical Services at Portsmouth Regional Hospital in Portsmouth, New Hampshire. With the support of her Director Jocclyn King and CEO William Schuler, she has made Reiki services available to patients within the Surgical Services Department. This is one of the largest departments in the hospital and includes the operating room, Central Supply, the Post Anesthesia Care Unit, the Ambulatory Care Unit and the Fourth Floor where patients are admitted after surgery. During telephone interviews with pre-op patients, Reiki is offered along with many other services. If patients request it, Reiki is then incorporated into their admission the morning of surgery, and an additional 15-20 minute session is given prior to their transport to the operating room. Some Reiki has also been done in the operating room at Portsmouth Regional.

The Reiki sessions are given by 20 members of the hospital staff whom Patricia has trained in Reiki. These include RN's, physical therapists, technicians and medical records and support staff. Reiki services began in April 1997, and as of 2008 have given 8000 Reiki sessions.

"It has been an extremely rewarding experience," Alandydy says, "to see Reiki embraced by such a diverse group of people and spread so far and wide by word of mouth, in a positive light. Patients many times request a Reiki [session] based on the positive experience of one of their friends. It has also been very revealing to see how open-minded the older patient population is to try Reiki. In the hospital setting Reiki is presented as a technique which reduces stress and promotes relaxation, thereby enhancing the body's natural ability to heal itself."

The Reiki practitioners do not add psychic readings or other new-age techniques to the Reiki sessions, but just do straight Reiki. Because of these boundaries, and the positive results that have been demonstrated, Reiki has gained credibility with the physicians and other staff members. It is now being requested from other care areas of the hospital to treat anxiety, chronic pain, cancer and other conditions.

Alandydy, with her partner Greda Cocco, also manage a hospital-supported Reiki clinic through their business called Seacoast Complementary Care, Inc. The clinic is open two days a week and staffed by 50 trained Reiki volunteers, half of whom come from the hospital staff and the rest from the local Reiki community. They usually have 13-17 Reiki tables in use at the clinic with 1-2 Reiki volunteers per table. The clinic treats a wide range of conditions including HIV, pain, and side-effects from chemotherapy and radiation. Some patients are referred by hospital physicians and some come by word of mouth from the local community. They are charged a nominal fee of $10.00 per session. The clinic is full each night and often has a waiting list.

The California Pacific Medical Center's Reiki Program

The California Pacific Medical Center is one of the largest hospitals in northern California. Its Health and Healing Clinic, a branch of the Institute for Health and Healing, provides care for both acute and chronic illness using a wide range of complementary care including Reiki, Chinese medicine, hypnosis, biofeedback, acupuncture, homeopathy, herbal therapy, nutritional therapy and aromatherapy. The clinic has six treatment rooms and is currently staffed by two physicians, Dr. Mike Cantwell and Dr. Amy Saltzman. Cantwell, a pediatrician specializing in infectious diseases, is also a Reiki Master with training in nutritional therapy. Saltzman specializes in internal medicine and also has training in mindfulness meditation, acupuncture and nutritional therapy. Other professionals are waiting to join the staff, including several physicians.

The doctors at the clinic work with the patients and their referring physicians to determine what complementary modalities will be appropriate for the patient. A detailed questionnaire designed to provide a holistic overview of the patient's condition is used to help decide the course of treatment. The questionnaire involves a broad range of subjects including personal satisfaction with relationships, friends and family, with body image, and with job, career, and spirituality. The clinic is very popular and currently has a waiting list of more than 100 patients.