

TRAUMA-INFORMED REIKI

INTEGRATING ANCIENT WISDOM WITH MODERN TRAUMA CARE

PRACTITIONERS, THERAPISTS, AND COACHES

WHAT IS TRAUMA-INFORMED REIKI?

Trauma-informed Reiki is an approach to energy healing that acknowledges the impact of trauma on the body, mind, and spirit. It integrates traditional Reiki principles with trauma-sensitive practices, emphasizing client safety, choice, and empowerment.

WHY IT MATTERS?

Clients with trauma histories often carry unresolved stress in their nervous systems. Standard Reiki sessions can unintentionally activate trauma responses if the practitioner is unaware.

Trauma-informed Reiki ensures that clients feel emotionally and physically safe, promoting deep healing without re-triggering past wounds. It fosters resilience, safety, and deeper healing—honoring the whole person and their unique healing journey.

KEY PRINCIPLES OF TRAUMA-INFORMED REIKI

- **Safety First:** Create an environment of emotional and physical safety. Always explain what to expect and obtain clear consent before beginning.
- **Empowerment:** Encourage client autonomy. Reinforce that they are in control of their experience and can pause or stop the session at any time.
- **Choice and Collaboration:** Offer choices regarding hand positions, distance Reiki, or modified techniques. Work collaboratively to meet the client where they are.
- **Grounding and Regulation:** Support nervous system regulation. Incorporate grounding techniques like breathwork, visualization, or gentle touch.
- **Non-judgment and Presence:** Cultivate a space of compassion and non-judgment. Trust your intuition but prioritize the client's cues and boundaries.



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HOW TRAUMA-INFORMED REIKI COMPLEMENTS THERAPY AND COACHING

- **Reiki supports nervous system regulation**, helping clients move from fight/flight into rest and repair.
- **It can ease somatic symptoms** like anxiety, tension, and fatigue, which often accompany trauma.
- **Reiki offers a non-verbal pathway to healing**, helpful for clients who struggle to articulate their experiences.
- **When integrated into therapy or coaching**, Reiki can deepen emotional processing and foster a sense of safety.

TIPS FOR IMPLEMENTING TRAUMA-INFORMED REIKI

- **Begin every session with a grounding exercise** for both you and the client.
- **Ask open-ended questions** like, "How can I help you feel comfortable today?"
- **Use light touch or work in the energy field** if physical touch feels overwhelming for the client.
- **Practice** ongoing self-reflection and education on trauma and nervous system regulation.
- **Build a referral network** with mental health professionals for clients needing additional support.

COMBINING REIKI WITH A TRAUMA-INFORMED LENS EMPOWERS BOTH PRACTITIONERS AND CLIENTS.

For more information, resources, and training on
Trauma-Informed Reiki,
visit: www.mariposasholistic.com

