



In-Facility Reiki Clinics by Deborah Strafuss Reiki Master and Teacher, CDP; Crystal Reiki

*Creating a calm and soothing atmosphere of gentleness, peacefulness and safety, Reiki Clinics offer short sessions of deeply relaxing, connective Reiki for those with Alzheimer's and Dementia, as well as supporting and refreshing the caregivers who work with them. Mid and later stage residents are calmer, more alert, may sleep better and can be easier to care for. * Reiki is beneficial for all residents and care-givers.*

Give your residents the Gift of Reiki

**Offer your residents alternative therapy for relaxation and stress relief.
Build your offerings and distinguish your facilities' care and compassion
in 2017**

*Fully insured: member of the Alternative Therapy Association
Member: IARP – International Association of Reiki Professionals*



Call or email Deborah to find out how you can bring Reiki to your facility:

508.353.5136

email:

HealingHands@CrystalReikiEnergy.com

Deborah is also available for informative Reiki Workshops for your staff and for resident's family members, giving them an opportunity to learn about Reiki as a caregiving tool. As a Master Teacher, Deborah can train individuals and staff members interested in learning Reiki. Ask about CEU's for your staff!

Deborah Strafuss, Reiki Master Teacher, CDP, Usui Reiki Ryoho

Trained under both Libby Barnett, MSW co-author of Reiki Energy Medicine: Bringing Healing Touch into Home, Hospital and Hospice and Frans Stiene, founder of the International House of Reiki, Deborah brought Reiki to her mother throughout her end-stage Alzheimer's journey and continues to give Reiki to memory impaired individuals in both private and facility settings. A Certified Dementia Practitioner through the NCCDP she has provided Reiki at Metro West Alzheimer's Partnership events and has been a welcome part of Create a Better Day Café associated with Pleasantries Adult Day and Consulting Services in Marlboro. She was a featured panelist on the Reiki Reaches Out Panel at the Celebration of Reiki Conference in 2015, speaking on the benefits of Reiki for Alzheimer's and Caregivers. A team leader of The Longest Day's Alzheimer's fundraiser, Team Reiki for Alzheimer's and Caregivers, she has coordinated efforts and raised and donated funds to help #ENDALZ since 2014. Her book, *On Angels' Wings, A Journey Through Alzheimer's With My Mother* will be published in 2017. Deborah is a continuing advocate for Reiki for Alzheimer's and Caregivers. Follow her @DLBegin on Twitter.

** " Reiki has been shown to help with sundowning, aid with mild cognitive impairment and reduce caregiver stress and burnout. It also helps with the depression that affects both those with Alzheimer's and those who are caring for them."*

APA Reference Bier, D. (2012). Reiki's Use in Dementia Patients and For Their Caregivers. Psych Central. Retrieved on April 3, 2014, from <http://psychcentral.com/lib/reikis-use-in-dementia-patients-and-for-their-caregivers/00013108>