



## The extensionist activity in the teaching of Reiki at UNIRIO

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### 1 INTRODUCTION

The Integrative and Complementary Practices are part of the health care in the Unified Health System being characterized by health actions capable of assisting an individual in a comprehensive way. According to the Ministry of Health, Reiki is a "Therapeutic practice that uses the imposition of hands to channel vital energy in order to promote energy balance, necessary for physical and mental well-being. Reiki is a natural system of energy repair, vibrational therapy, maintains and restores health, acts on the whole body, balances your emotions. Reiki is recommended for people with: depression, anxiety, physical problems (muscular pains...), stress, apathy. The practice of Reiki responds to the new paradigms of health care, which include dimensions of consciousness, body and emotions. The main benefits of Reiki and its applications in daily life: It considerably reduces and relieves stress, giving the body a deep sense of peace, relaxation, comfort, and tranquility. The objective of this study is: to disseminate the activities developed in the extension project: The performance and teaching of REIKI as integrative and complementary practices: a holistic vision for nursing.

### 2 METHODOLOGY

Methodology: Experience report of the extension project being developed by students from the Alfredo Pinto School of Nursing EEAP/UNIRIO, between 2020 and 2022.



### 3 CONCLUSION

Results: Four introductory courses on Reiki were held with the participation of 25 people, among them undergraduate students and faculty members. Participation in six scientific events publicizing the extension project. Presentation of a study entitled: An analysis of the popular experience with the application of Reiki in a pandemic context. Dissemination of the project on social networks: @reiki.unirio (23 posts). Production of handouts for level 1 and 2 Reiki courses. 33 people tuned into Reiki Usui at levels 1, 10 people and level 2, 23 people. Organization of new level 3 and 3B courses. Conclusion: Thus we have a great potential for the development of scientific research, using Reiki in various situations of energetic imbalance and health.



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