

In regards to House Bill #2493
Title: Relating to alternative well-being care; declaring an emergency
House Committee on Behavioral Health

Dear Committee Members,

I am writing to ask you to please reconsider the HouseBill #2493, Title: Relating to alternative well-being care; declaring an emergency. As currently drafted it does not accomplish what is needed, which is protection for consumers while allowing consumers their choice of alternative and complementary providers.

Instead I would recommend adopting Safe Harbor Exemption legislation. There are eleven states who have adopted language in their bills based on the principles therein, which are simple, clear and accomplishes both stated goals.(See link below: <https://nationalhealthfreedomaction.org/resource-center/safe-harbor-practitioner-exemption-laws/>)

For the record, I am retired from a 43 year career as a speech-language pathologist working in adult neurological rehabilitation. In my mid-forties I trained in a practice of self-healing called Reiki, and within one week back pain I had experienced for 10 years left. Reiki got my attention.

I went on to study Reiki to the highest level, Master Teacher. I brought this practice into my personal and family life and beyond to my professional life. I was a founding member of the GW Center for Integrative Medicine (GWCIM) in 1998, at the George Washington University Medical Center in Washington, D.C. While there for 21 years I taught all levels of Reiki to lay people, medical students and medical residents. I also saw clients referred by our medical staff with all types of diagnoses to assist them with anxiety and stress reduction, and overall well-being. I taught most clients and students to use Reiki for their own self-care.

As part of my work with GWCIM, I worked 10 years with a breast care surgeon to aid women in recovery from their surgeries, and during and after chemotherapy treatments. I demonstrated Reiki's value to the cardiac catheterization lab for six months, and as a result of those outcomes the GW Hospital granted me permission to bring Reiki into every department of the hospital, where I directed a program of Reiki Volunteers providing more than 15,000 Reiki visits during 15 years. I also brought Reiki into a local women's homeless shelter and provided trained volunteers for six years, to enhance the well-being of women trying to recover their lives. When I later became trained in HeartMath Biofeedback I used it as a tool to demonstrate the efficacy of Reiki to our medical community, and as an additional self-care tool for our clients/patients.

In 2019, I retired and with my family moved to Astoria, Oregon to be near our children. Here I was accepted at the CMH-OHSU Knight Cancer Collaborative as a Reiki volunteer until the COVID pandemic closed down all volunteering in March, 2020.

Thank you for considering my opinion. I hope you agree that my background provides a valuable perspective on this issue, and informs my suggestion for a different approach to this legislation.

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