

I am currently employed as a Primary Charge Nurse on the Progressive Care Unit at Legacy Good Samaritan Medical Center in Portland, Oregon. I became a certified Reiki practitioner through the Legacy Health System to incorporate a relaxation technique into my practice as a nurse. This course is offered to all employees at no cost. I began to see the benefits immediately in myself; reducing stress, decreasing anxiety, reducing pain and nausea, and improving my sleep. Incorporating my Reiki practice into my work at the hospital has helped my patients, fellow nurses, managers and Certified Nurses Assistants to experience the same benefits. I chose to continue to develop my Reiki practice and become a Reiki Master to be able to teach this method for individuals seeking relief from various symptoms. I am in opposition of this bill because this non invasive simple method of relaxation should remain accessible for all to provide and practice as they choose.