



Association for the Therapeutic
Practice of Reiki
www.reiki.swiss



Oncological support through Reiki therapy

International Reiki Congress 7–8 March 2026

Christine Robin



SwissReiki in a nutshell

- Non-profit association founded in 2010
- Brings together practitioners of the Reiki method in Switzerland.
- Brings together professionals and volunteers
- Active in the three national languages.

THE COMMITTEE





Integrative medicine

PROJECT HISTORY

- Large-scale pilot project conducted over 12 months
- Conducted in partnership with Dr Mathieu Chevallier, oncologist at CGB. Genève
- Project based on his conviction of the positive impact of Reiki therapy on patients with cancer.



PROJECT OBJECTIVES

To offer cancer patients comprehensive support programme covering physical, psychological and emotional levels through Reiki therapy.

Goals: To help alleviate the side effects of conventional treatments and enhance their quality of treatment throughout their care journey.

Treatment is free of charge (SwissReiki).



ASSOCIATION OBJECTIVES

- Implement and test a replicable integrative medicine model that includes Reiki therapy
- Create synergies between oncologists and therapists to exchange and establish communication on patient follow-up
- Highlight and communicate the benefits experienced by patients based on factual data
- Encourage healthcare systems to broaden their vision of care in order to support patients in their transition towards "well-being" during complex periods of their lives
- Demystify Reiki therapy for the general public



PROJECT IMPLEMENTATION

Group composition

Steering committee

Christine Robin

Practitioner representative,
Head of Medical Communications
Receipt and validation of data of
reports.

Francis Vendrell:

Head of Logistics, Reiki Care Protocols.

Care Team

13 volunteer Reiki practitioners selected
from among the association's members
who volunteered for the project.



TRAINING FOR VOLUNTEER PRACTITIONERS

4 face-to-face sessions

- Enable practitioners to feel comfortable providing care to people with cancer
- Facilitate effective multidisciplinary collaboration to ensure patient follow-up and well-being
- Areas covered during the training: Basic knowledge of oncology patients (pathology and treatment) and hygiene measures
- Standardised care protocols focused on oncology patients
- Legal concepts and review of the law, particularly with regard to file management and medical confidentiality
- Basic information on writing session reports and patient follow-up



EXCHANGE EVENINGS AND FEEDBACK SESSIONS

- Organisation of several evenings for discussion and sharing experiences throughout the project.
- Implementation of group support to promote solidarity and cohesion.
- Reinforcement through individual support provided by the advisor according to the needs of practitioners .



PATIENT SELECTION & ORGANISATION FOLLOW-UP

- **Eligibility criteria**

Patients capable of mobilising themselves
Exclusion of imminent end of life

- **Selection process**

Approved after interview with Dr. Chevallier
In collaboration with the Geneva network
of oncologists

- **Organisation of follow-up**

Individualised follow-up by the same
practitioner for each patient.



PATIENT PROFILE



- One man for every 10 women, average age approximately 59.
- Breast cancer: approximately 80%. Other cancers: rectum, lungs, colon, stomach, pancreas.
- Physical symptoms, including side effects of medical treatments: fatigue, sleep disturbances, hot flushes, joint pain, lower back pain, various types of pain depending on the type of cancer, digestive and bowel problems, nausea, loss of appetite, loss of taste, tingling in the extremities, painful scars, axillary cords limiting upper limb mobility, lymphoedema, pruritic reactions, allergies, skin toxicity, burns often related to radiotherapy and laser treatment, shortness of breath, breathing difficulties, tachycardia, migraines.
- Psycho-emotional symptoms: anxiety, stress, fears, low morale, mood swings, sadness, lack of motivation and energy, rebellion, despair, loss of zest for life, fear of death, non-acceptance of changes in body image (alopecia, mourning the loss of an organ, prosthesis).

HEALTHCARE ORGANISATIONS



- Network centred around Dr Chevallier, including Drs Laure Thouvenin (CGB), Sara Fertani (La Tour) and Berenice Deletang (Grangettes).
- Dr Mathieu Chevallier refers oncology patients to SwissReiki for a cycle of four sessions. File and medical history must be available.
- Care organisation by Christine Robin (diary, liaison with the medical profession, practitioners)
- The practitioner writes a report after each session and a summary at the end of the cycle, which is sent to Dr Chevallier.
- The possibility of a second cycle or even a third cycle is assessed on a case-by-case basis. Many patients have received two cycles.

SOME FIGURES

- Project duration: 12 months
from 16 January 2024 to 16 January 2025
- 50 patients treated by 13 volunteers
- 291 sessions provided
- 1 to 16 sessions received for each patient and 64 cycles of 4 sessions completed
- 74 treatment reports sent to oncologists
- 930 hours invested in total



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RESULTS



- Reduction in side effects associated with chemotherapy treatments: nausea, vomiting, loss of taste, fatigue, tingling



- Reduction in side effects associated with radiotherapy: burns, fatigue



- Reduction in side effects associated with hormone therapy: e.g. hot flushes



- Reduction in physical pain: breast pain, lymphoedema, hot flushes

RESULTS



- Reduction in sleep disorders
- Reduction in fatigue, improved energy levels, revitalisation



- Improvement in digestive and nutritional problems, restoration and stabilisation of bowel function



- Reduction in joint pain: back, neck, hands, feet

RESULTS



Psychological and emotional **support**, comfort and advice



Help in **accepting** the illness and grieving the loss of an organ (examples include mastectomy and gastrectomy)



Reduction of **anxiety** in all patients



Help in **letting go** for a large number of patients.



Physical **relaxation** and energy rebalancing of tensions



Release of emotional blockages



Feeling of **well-being**, harmony and serenity for all patients



Improved **daily** life: more motivation, less sadness, more strength to "fight"

REIKI & ONCOLOGY



- The results of the treatment showed us that Reiki can be a valuable tool for managing pain, improving sleep, increasing vitality, harmonising emotions, providing a sense of well-being, releasing emotional blockages, reducing physical and psychological pain, reducing anxiety and stress, promoting a state of relaxation and acting on a number of factors and symptoms related to cancer.

TESTIMONIALS



- As a cancer patient, I was undergoing chemotherapy combined with radiotherapy with enormous reluctance. I had anxiety attacks every time before my appointments. I admit that I had negative preconceptions about Reiki, but my oncologist convinced me to try a session during my hospitalisation. The therapist presented Reiki to me in a different way than I had imagined, and I felt confident. After the Reiki sessions, I no longer felt oppressed during my chemotherapy sessions; I even became calm, much to the surprise of the nurses. Reiki helped me to better accept my cancer and tolerate my treatment. At the end of my Reiki sessions, I felt really good, relaxed, my whole body was relaxed; during the first session, I even fell asleep, and it did me good! I was also amazed that the therapist detected tensions, pains and old tensions that were bothering me, even though I hadn't told her about them. I would like to thank SwissReiki for these voluntary treatments, because I admit that with my basic insurance and all the costs involved, I would not have been able to afford it financially. I think Reiki should be reimbursed in the same way as physiotherapy. Thank you again. R. (female), 25.06.2024

TESTIMONIALS



I had the pleasure of receiving several Reiki sessions with Ms. Incredibly passionate and dedicated. Each session left me feeling deeply relaxed, calm and grounded. Her positive energy is palpable, and her strong empathy, combined with her techniques, made this process very beneficial for me. I felt a real sense of calm and a deep inner connection after each session. I highly recommend her sessions to anyone seeking to restore balance and recharge their batteries.

TESTIMONIALS



A big thank to you for this free treatment provided by wonderful people. It helped me with my emotional and physical fatigue, which is constant due to the hormone and immune treatments I have to undergo for the rest of my life. I need to be able to continue regularly, so I will try to have sessions from time to time. M. (female), 28.08.2024.

CONCLUSIONS & OUTLOOK



- Reiki has proven to be a valuable asset in the care of oncology patients.
- The integrative medicine model tested is efficient and reproducible, opening up prospects for deployment (SwissReiki 2026-2027).
- Encourage healthcare systems to broaden their vision of care towards patient wellbeing.
- Contribute to demystifying Reiki therapy among the general public.

ACKNOWLEDGEMENTS



Our sincere thanks to Dr. Mathieu Chevallier for making this project possible.
We would also like to thank his oncology network for their commitment and collaboration.
A big thank you to the patients for their trust and participation.



ACKNOWLEDGEMENTS



Thank you to all of you volunteer practitioners for being by our side during this wonderful adventure.

Once again, I would like to highlight your commitment, your skills, your generosity and your contribution to making oncology more humane.

Your involvement has been exceptional, with more than 930 hours invested!

We have been able to demonstrate what Reiki care can offer in oncology. Let us be proud of this! Without you, this project would not have seen the light of day.

This pilot project illustrates that integrative medicine relies above all on the commitment of the women and men who support it.

THANK YOU FOR YOUR ATTENTION

*When medicine treats illness and support cares for people,
Then a path of hope becomes possible...*

