What Changes When Energy Healing Enters the Therapy Room? With Janelle Carrington Transcript

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Introduction to Soul Power and the Guest

Hey friends, welcome to Stepping Into Soul Power. I'm your host, Dr. Elizabeth Semando, the intuitive psychiatrist. And today we are stepping into a space where we're looking at science and bringing together soul, a place where therapy, energy, healing, all become one.

My guest is, she's a licensed clinical social worker, a reiki master. She helps bridge those two worlds and really is wonderful at helping people navigate grief, pain, and reconnect with the truth of who they are.

Janelle Carrington, welcome to the show. Hi, Dr. Elizabeth. Thank you so much for having me on. Yeah, I am just excited for like, for the world. Right?

Because I think that, you know, a meet a lot of people who are in the psychotherapy space, but you have a unique blend and as of color, like it's so, it just like oh my gosh, your a unicorn.

Thank you. Yeah. So it's refreshing to have you here on the show because I think therapy can be incredibly, incredibly helpful, but there's this language of energy and you bring that into your work and love to get a sense from you, like how did this come to be?

How'd you get to the point where you're like, hey, I'm going to bring Reiki and energy healing together with traditional therapy?

Reiki in Clinical Settings

Yeah, no, I love that question. And I know a lot of times energy work can feel like woo-woo, like it's separate. It's not science. But to be honest, my first experience with energy-work was in a hospital.

That was the first place I saw energywork. it was a traumatic pediatrics brain injury unit, and they had energy healers that would come in and work on the children.

If that was happening in such a clinical environment, then I thought, well, why isn't it relevant in other environments as well? Yes, yes. Can you tell us a little bit about how did they integrate that?

Give us specifics about- Sure, sure. So on the unit, the children had different types of therapy, so OT, PT, of course, to help with their recovery. And another option that parents could opt in for their children was energy work.

their therapies for the day. Energy workers could come in and provide energy healing to the children. So it allowed them to kind of look at their biofield, their different chakra systems.

It was seen as like a complementary modality that could be used in addition to other therapies that were provided in the hospital. Okay. And for those of us that aren't familiar with that, like what's the use of looking into biofield or like, what do we get out?

What are the benefits of having that complimentary service? Sure. The bio field, all living things have a biofield. And it is believed that from research that when there is a biofield, sometimes disease starts in the biofield and comes in.

Of course, with physical trauma, there can be a hit that happens to the body, and then that kind of echoes throughout the biolfield. So providing energy healing, what it does is allow spaces for faster repair, essentially.

It's not saying that, okay, we want to do energy-healing by itself. I will not say that. But you can also use it as a modality to kind of help with the therapies that maybe you're already receiving to help provide some of that emotional peace that happens too, to health with healing.

I see. And so that was, you witnessed that in a TBI unit. For your practice, how are you weaving together Reiki and therapy, like how does that work in a practical sense?

Yeah. And I'll be honest, when I first brought Reikki into my practice, it was something I was planning on keeping separate. It was not something that I thought I would kind of integrate psychotherapy and Reike with.

Integrating Reiki with Therapy

We can always get into the conversations around that and how you're seen in the professional community and wanting to respect your board and wanted to know all the restrictions around However, as I just continued to grow as a clinician and also as Reiki practitioner, I felt like they belonged together, like, they complemented each other well.

So with bringing Reikki into my practice now, what I'm focusing on is allowing space for Reike where, yes, there is a regular talk therapy session, but also Reiko is part of that where I can channel Reiki to a client and then also ask them, well, what are you feeling?

What are experiencing? Has there been any memories that kind of come up as I am sending Reikki to you? And what Reike can help with is some of the past experience, thoughts or habits that have been really distressing, it can create that space or window to feel a little bit more comfortable and safe to open up and talk about it to further facilitate healing.

This is really interesting because like, while they're getting the session, you're, You know, your, Your doing the psychotherapy and then they are relating like their sensations, thoughts, feelings.

That's really, and I, I guess in a sense, like intuitively it makes sense because as someone that's gotten reiki before, do you feel like there's a lot going on?

Yes. Yep. There is a lock going. I was wondering if there is. specific people where you feel like this would work really well. Yeah, so I think that obviously consent and information is a very important part of this process from the beginning before any reiki is done or if we're even deciding if that's something that needs to be part.

Of treatment, there's definitely a conversation around, you know, what reki is what they understand it to do the limitations things that come up understanding that, In healing, it's not always good feeling.

Sometimes some distressing feelings come up as well when we're tapping into old memories that maybe have been forgotten or memories, that just don't feel the greatest honestly.

So I think for people who benefit from Reiki and psychotherapeutic, I guess, assisted Reikii, It would be clients who have an understanding of Reikei also.

have an understanding of how to connect with their body. So you're able to tell the clinician kind of what's going on and how they're feeling, because that's a big part of it.

Feeling comfortable enough to have the autonomy as well to kind to say if, you know, they are feeling uncomfortable or they need to stop, and you need take a break.

Those are kind the foundation things I'm looking for. However, it can help clients who have experienced past trauma, life transitions, stress, lifestyle changes, things like that as Okay.

Okay, so having an understanding of Reiki and something really important that you highlighted is that connection,

that body connection and being able to vocalize what's going on and their needs.

For people who are feeling disconnected from their body and want to move towards that, are there specific exercises, things that you recommend that can help them make that transition?

Who Benefits from Reiki-Assisted Therapy

Yeah, I think one of the most important, or I'll say one, of things that I kind of help clients who are trying to get to that space with connecting with their body is starting maybe a body scan, which is a meditation where it just kind helps you tap into different parts of your body and just feel what's going on there.

Also, just maybe journaling. It can be a great way to just even acknowledging, like, how am I feeling in the day to day? A lot of people go through their day and maybe never stop to pause to say, you know, well, how am I feeling about what's going on in my feeling of stress?

Am I feel overwhelmed? A lotta times we can get so used to just performing in life that we're not really feeling how life is impacting us at the same time.

That is really important. I think, especially now, many of us are so busy, like, doing, that taking the space to reflect is sometimes, sometimes we feel like it's a luxury.

Yeah. Yeah, I think rest is often seen as a luxury or it's something we earn. It's on a reward system. I only earn rest after I've worked so many hours or maybe after i've gotten burnt out or overwhelmed or frustrated.

Then that's when I'm allowed to rest but rest should be something. We're integrating into our daily lives. it doesn't always have to be luxurious but it can also be Something that is just routine where okay at the end of the day I take 10-15 minutes just to maybe sit outside and enjoy the breeze or the sun.

I go for a walk at the end of the week. Maybe I'll take the long way home, the Long Drive home and just kind of get a different scenery. Like rest can exist in so many different ways.

Love it. Love, it love, love it, yeah, that's enough. It is in many ways, sometimes I just totally agree. And I think that rest can be really sometimes what's indicated and can even seen as something that is really productive.

Mm-hmm, mm-hm. Yeah, I think it's the understanding that rest kind of takes away from productivity. Like if I am resting, that means I'm not working. If I've not been working, then that mean I not making progress, where a lot of times taking that moment to pause or even take a break from the day to day helps you to more fully show up in your responsibilities in life.

Yes. I love it. Important things for all of us to know and explore. Within the world of psychiatry, there are so many different types of therapy. And I'm wondering with this blend, are there specific types therapy that kind of lend itself to like infusing.

Yeah. With my study of reiki and also how psychotherapy can work with reki, there is a lot of talk around how somatic therapy works really well with Reiki because it does call for you to be in tune with your body.

Parts therapy is also another one that has been discussed that works well really with Reki. So there are a few. I don't know them all. Those are the few that I do know that do work well with Reiki, but there are others that work.

Yeah. Cause we're in the mental health worlds and we hear these words and you're like, yes, somatic.

Body Awareness and Everyday Rest

But like what can you speak a little bit about just define like hey, this is sometic therapy. This is parts therapy and this how they work and what you might expect.

with them. Yeah. So somatic therapy focuses on kind of like the vagus nervous system. And what it does is it helps with learning how to calm the nervous systems so that if we're calming the system, it allows space for healing.

certain triggers, how they show up in the body, where am I maybe feeling certain emotions in my body. Maybe where I'm holding certain memories also in body as well.

So it works well with Reiki because as a practitioner is sending Reikki to a client and they're able to tune into, okay, yeah, I am feeling a lot of anger and I feel that in heart center.

Then it's like, okay, well, let's try to channel Ricky here and then let see, you know, what comes up for you. How does that feel when I'm sending energy to that space?

And for parts therapy, it kind of, and I am not certified in parts there, but I do know about parts, therapy. And what it does look at is, is if we're separating different parts of ourselves.

So a part of us that maybe is anger or part us, that may be sad and kind giving space to all of them to have a voice. which kind of allows a practitioner to understand like, okay, well, this version of yourself feels a little bit upset.

So let's try to send some Reiki to where they feel some distress or where you feel discomfort as well. It's all the things. I know it is such exciting work.

And I feel like the field is definitely moving in that direction. When I first got into energy work, probably over 10, years ago, which seems so long now.

It was still kind of hush-hush. I feel like now, today, it's a little bit more conversation around it. People are, you know, embracing mental health, taking care of their mental, health mindfulness activities and other holistic things like sound bath.

as well. So it creates opportunities for these conversations to have to say like, well, let's look at, that's, look, at our energy. We always say, like good vibes only, or I only want to experience, you know, positive energy, things like that.

But energy is a very real thing, even though we can't see it, we've all felt it. we have all been in a room and said, something's not right here, I'm feeling something.

so we're now tapping into like well that is, a real, thing and how can we find out more about energy? Yes. So much truth. You are right that it's a real thing.

We all experience it. And we talk about picking up energy for practitioners as you're working with clients. They feel boundaries are really, really important.

Can you speak your worldview on boundaries and energy? How do you maintain your own energetic boundaries while holding space for other people? Yeah, and that's such a good question.

Somatic and Parts Therapy Connections

I think what has been very important for me as being sensitive, as a very empathic person also, is just making sure that I'm honoring my own needs first to understand what I need to make sure my cup is full before I go and create an energetic container for somebody else, that i'm already in a space where I am full and I take care of myself before i go I don't know why I want to say the word involve myself in somebody else's energy.

I wanna make sure that I'm taking care of myself as well. So having those own energetic boundaries in my own relationships and how I've taken care myself definitely matters so that, I am showing up with my clients in the best way.

Yes. Can you give us more, what does that mean for you to just say that i'm full and i am taking of yourself? What are the practical things that you are like?

I find that going outside and going for a walk really does help me to clear my mind the most. It allows me kind of let go the stress of the day, it allows to breathe some fresh air, allows you to receive the sun.

That's a great place for me go and just, okay, I can let this go. Making sure that I'm eating enough. The basics, making sure I am getting enough sleep, that's so important.

Making sure I'm eating foods that are nourishing, that I am drinking water. That also I involved in other things that's not just about work. And in fulfilling relationships, I have my own outlets as well.

Like I really enjoy writing personally. So taking time to kind of feed those passions as allows me to set boundaries where I not always in a caretaker role.

I think that is so important. As a healer, as a therapist, it's easy to fall into that role of let me just always assess and make sure everybody else is okay, instead of making sure I'm okay too.

I love it. Because what you're speaking to is taking care of yourself as whole person. We're more than our jobs, very much so. So feeding those other parts of you that are really important.

As you have gone through your training and interacted with different clients, had there been any instances, any experiences where you've really seen the power of infusing Reiki and therapy together?

I have seen clients come to a deeper insight about a situation. Maybe they felt like they were only looking at it from one point of view. And after Reiki, it really allowed them to open up in a way where they are able to release control.

That release of control allowed to see the situation from a different point-of-view, which allowed so much peace to kind of step back. Because before it felt like, okay, I have to get involved.

I can't take my hand off of this.

Energy, Boundaries, and Self-Care

And it created the space for their own autonomy to say that person has to live with maybe their experiences and I had to with mine. So I could still maybe be there for them, but I don't have control how they experience life. I can actually allow them that space and be in my own space too.

So those are some of the more powerful things I have seen where maybe we're focused on the problem has to be fixed one way and actually it's like, oh no, actually, it doesn't have to fixed that way.

What comes to mind is like the power of letting go. And allowing things to beat. Yeah, cause it can feel like maybe a failure or an abandonment when we do that.

And sometimes we may not realize that it's not abandoning the other person, but more of an abandoned moon that we have within ourselves as being projected onto this person.

and that's what's making it so hard to let go. Cause it feels like if I do, that that, That version of myself that needed someone that I'm letting go of helping me essentially.

Powerful, powerful, yeah. So helping people to, it sounds like, come to profound realizations of the different ways in which their thoughts, their beliefs interact with other people.

And the other thing that comes to mind is in mental health, We often deal with people who have trouble regulating their emotions. A big part of our job is helping people ride the waves and regulate their emotion.

Are there specific techniques that you found to be helpful in your practice with helping People manage their their Emotions? I think one of the first things that come to mind is with regulating emotions is a lot of people don't pay attention to their emotions until it's hit the extreme.

And then it feels very uncomfortable to figure out how to soothe it. Part of regulating, emotions will be paying attention. To yourself in the day to day prior to a big emotional outburst or release or a situation that happens.

A lot of times we feel it in the beginning, but it's so subtle that we don't feel. So maybe our coworker said something to us and I didn't really like that, But I'm going to keep pushing.

Okay. And then I'll driving home from work and somebody cuts me off and now I am frustrated about this. Then I get home and then i'm getting bombarded by everybody.

That's the moment where, okay, now everything releases. So taking time to slow down throughout the day, giving yourself those checkpoints. It could be, you know, at the beginning of the, during lunchtime, how am I feeling?

Have I eaten today? Did I drink some water? Are my needs met? That helps out tremendously with emotional regulation.

Emotional Regulation and Future of Energy Healing

And people think like the two don't go together, but just kind of taking care of our basic needs gives us the space to proactively regulate our emotions so that when something does come up, that we're in a space where we have more bandwidth.

to handle it. Nice, nice, so those are specific techniques you can use just transitioning. I want to ask because you're using these modalities in interesting ways and the word that comes to mind for me when I think of you is visionary and or pioneer.

Where do you see therapy, energy healing? Where might this go as we go through this new era and next phase? Yeah. If I'm thinking about the future, I see Reiki not being, or any type of energy-healing, because it's more than just Reikki.

that is an energy healing modality, that it's not seen as magic or woo-woo or foreign, That it is seen, as this is what makes up being a human. This is, what is part of life on earth.

Like it, it not just something that, is abstract. It is something, which is felt and experienced. And usually when it comes to the human experience, It proceeds technology and for it to be understood that Just because we don't have maybe the, all of the technology and all the research that as more conversations are happening, that it will kind of trigger that ripple response to say like, well, let's start investing more research and focus on these different types of modalities to kind to help further healing.

This could move forward further our healing techniques and modality that this is seen as something that can be a great complimentary part of this. Yes, that's awesome.

And there are a lot of practitioners who are up and coming or who may be new to this. Like how might they prepare as this trend takes place? Yeah, I think the biggest thing is community.

It is still very much a niche community. So searching for those spaces, places that kind of talk about energy work and being a healer. Facebook actually has been a great resource for me.

There have been lot of Facebook groups that brings together, you know, therapists in different states and countries that talk energy healing and also how to balance being clinician.

Right. All right. in the United States, right, that there's a push to really look at the whole person, because those are

great things for therapists, other things, for clients, resources that they can look, just so they could inform themselves.

Yeah. I think there is a website, I'll have to get it to you afterwards. There's an organization that kind of discusses what Reiki is. Also, obviously the internet is just a great resource.

Social media is such a good resource in general. So you can just type in Reikii or energy healing. And that's a really good place to start, just kind of with understanding what it is, how people use it, maybe what are the different environments that it's used, even though I use in the therapy room.

Also, it has been used in surgery rooms as well. It's been in hospitals aswell. And understanding that can also help people to understand what the certain questions they can ask and also see that that is not something that just It's not magic.

I know it can feel magical, but it's, it' not so that we're kind of embracing it in a, in different way.

Soul Power and Closing Remarks

You, you are motivating. Like I said, i's inspiring. It' like a different tool in your toolbox, a new way to think about things, and new ways to assist in helping people help themselves.

And, as we move towards the end of our segment, what does stepping into soul power mean? Mm, personally. The first word that comes to mind is authenticity.

I think there's so much power in being your authentic self. It's not something that someone else can give you or that can be replicated. Is something, it's your own unique signature that your soul brings that you're energy have.

And there is a lot of power. in that space because nobody can do what you do. So when I think of soul power, I thing of full alignment, body, mind, spirit with who you are and embracing that fully.

Love it. I love it, love. Yes, yes. And I know that our audience is going to want to connect with you. Can you tell us, you know, how do we do that? Well, the easiest place to find me is on Instagram, Alchemy Therapy LLC.

Alchemie is spelled A-L-C-H-E-I. Well Janelle Carrington, it has been a pleasure to have you on. I appreciate that. Thank you. It's been fun. Me too. Take care.

If you haven't heard it yet today, I appreciate you. The soul in me honors the soul and you." If you'd like to see more episodes like this, please subscribe or click here.

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