

Energy Healing Ideologies Used to Influence Structural Change to Reduce Burn-Out

By: Celeste Quesada

Background

Burnout rates in community mental health workers and nurses have exponentially increased in the United States. Workplace pressures of fulfilling quotas under limited resources, in combination with a personal need of fulfilling one's purpose and passion, increase risk factors of burnout. Current work atmosphere of the U.S. healthcare system lacks the room and support for health workers to incorporate human emotions like compassion, sympathy and empathy in the work they do with their patients, and in taking care of themselves. These pressures, and policy restrictions hinder healthcare quality from reaching its full potential, health care providers from creating strong relationships with their patients and taking care of their own mental and physical health.

Methods and Materials

Review of Nurses and Mental Health Professional Answers to Questionnaires

- Multiple articles are reviewed regarding studies that address burnout within mental health workers and nurses. The three risk factors used to measure burnout **depersonalization, exhaustion, and self fulfillment**.
- Similar work environment pressures, atmospheres, and management situations were analyzed through the healthcare professionals personal reflections of how they feel at their jobs.

The Structure and Ideologies from which the Healthcare System is Built From

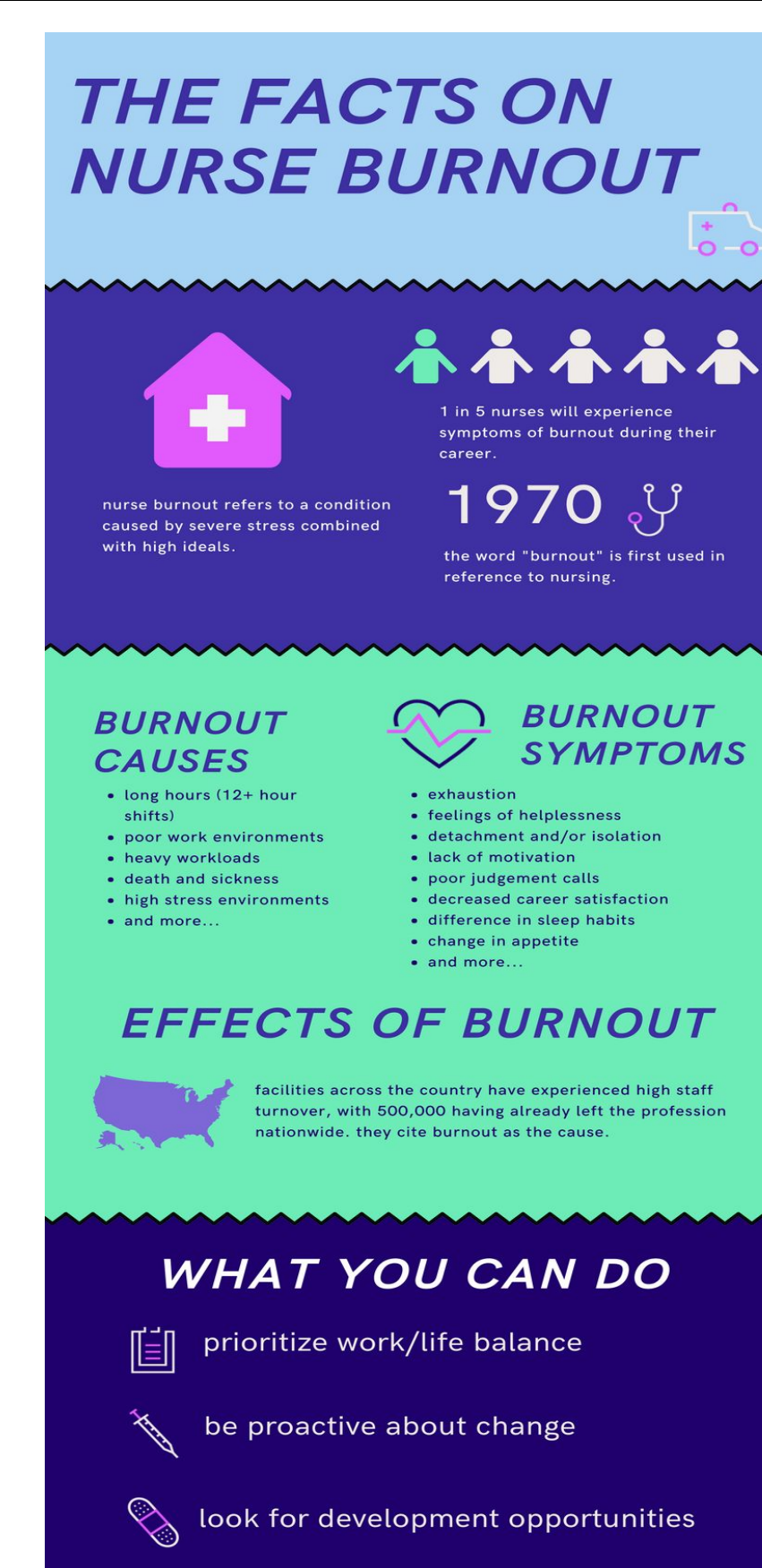
- The U.S. healthcare system follows the **private market approach**, making health care an economic good, and a privilege rather than a right.
- Viewing health care as an economic good influences health policies and expectations of hospitals. It affects every level of workers in the health institutions, especially frontline health workers

Research on Energy Healing Ideologies and Effectiveness

- Energies of the atmosphere and other people, and one's own emotion influence one's health.
- Numerous biotherapy practices, which include energy healing ideologies, are used as alternative therapies and show positive results.
- Implementing the belief of **harmonizing one's mind, body and soul** through self compassion, has the potential of changing workplace dynamic.

Results

Review of Nurses and Mental Health Professional Answers to Questionnaires



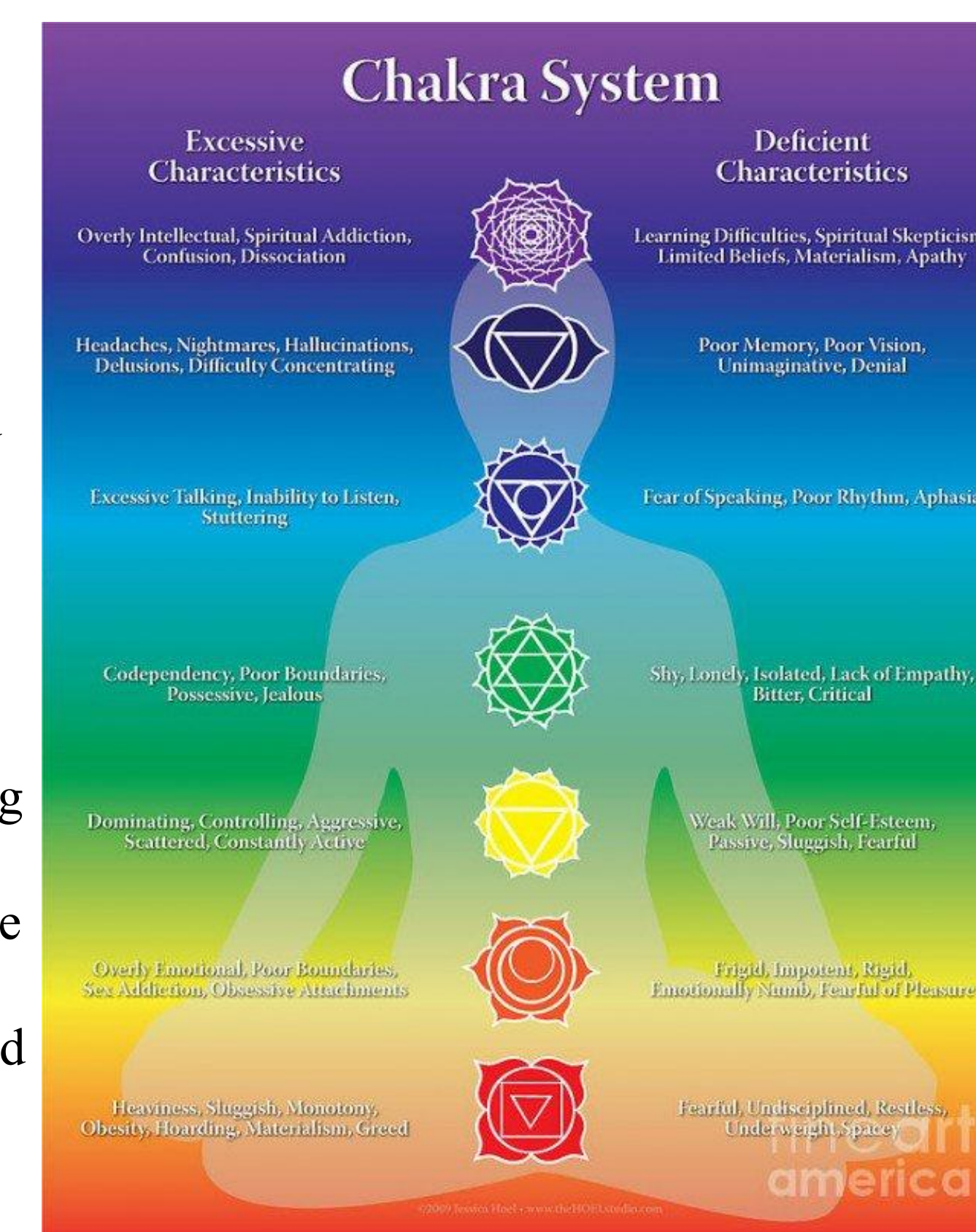
Power, Molly. "The Facts of Nurse Burnout." relode.com. April 19, 2020. May 10, 2020. <https://www.relode.com/blog/avoid-nurse-burnout/>

The Structure and Ideologies from which the Healthcare System is Built From

- Health institutions' priorities of making money result from private market ideologies. These ideologies influence health care policies and the workplace atmosphere.
- Restraints on guidelines and increased pressure on producing work that is effective and efficient, lack of room for providers to personalize their treatment for each patient. This increases depersonalization and self fulfillment for the healthcare worker. .
- Lack of managerial and coworker patience and compassion, influenced by individualistic culture, increases exhaustion.

Research on Energy healing Ideologies and Effectiveness

- Implementing space, time and support for people to process themselves and harmonize their mind, body, and soul, show positive effects on dealing with stress and exhaustion long-term.
- Energy Healing ideologies shows potential of influencing structural and individual changes of shedding light on the importance of including human compassion, patience and empathy in the workplace between colleagues and with their patients.



Myo Massage "Chakra System." Myomassage.massagetherapy.com. 2020. May 10, 2020. <http://myomassage.massagetherapy.com/chakra-balancing#.Xr6d5NKjBI>

Conclusions

Energy healing ideologies show potential in reducing the impact of private market pressures, and increasing the importance of creating positive human connection between hospital staff, and their patients in work places. Giving time and space to harmonize one's mind, body and soul, and feed their internal needs, has the power to be compassionate to one's self, and be more aware of how their actions affect others. These individual and environmental changes show a high potential of increasing the quality of healthcare in the United States on an individual and organisational level, and reducing burnout risk factors.



Buckley, Paul. "The Power of Empathy In the Workplace." Custom. July 30, 2019. May 10, 2020. <https://dcustom.com/blog/our-culture/2019/07/the-power-of-empathy-in-the-workplace/>

References

- "Burnout in Mental Health Services: A Review of the Problem and Its Remediation." n.d. <https://doi.org/10.1007/s10488-011-0352-1>.
- <https://doi.org/10.1007/s10488-014-0599-4>. <https://doi.org/10.1089/acm.2014.0017>
- Aldrich, Rebecca M., and Debbie Laliberte Rudman. 2020. "Occupational Therapists as Street-Level Bureaucrats: Leveraging the Political Nature of Everyday Practice." *Canadian Journal of Occupational Therapy* 87 (2): 137–43. <https://doi.org/10.1177/0008417419892712>.
- Cuneo, Charlotte L., Maureen R. Curtis Cooper, Carolyn S. Drew, Christine Naoum-Heffernan, Tricia Sherman, Kathleen Walz, and Janice Weinberg. 2011. "The Effect of Reiki on Work-Related Stress of the Registered Nurse." *Journal of Holistic Nursing* 29 (1): 33–43. <https://doi.org/10.1177/0898010110377294>.
- Fazzino, Dolores L., Mary T. Quinn Griffin, Sister Rita McNulty, and Joyce J. Fitzpatrick. 2010. "Energy Healing and Pain: A Review of the Literature." *Holistic Nursing Practice* 24 (2): 79–88. <https://doi.org/10.1097/HNP.0b013e3181d39718>.
- Hammerschlag, Richard, Benjamin L Marx, and Mikel Aickin. 2014. "Nontouch Biofield Therapy: A Systematic Review of Human Randomized Controlled Trials Reporting Use of Only Nonphysical Contact Treatment." *The Journal of Alternative and Complementary Medicine* 20 (12): 881–92. <https://doi.org/10.1089/acm.2014.0017>.
- Yang, Mari, and Louis. W. Fry. 2018. "The Role of Spiritual Leadership in Reducing Healthcare Worker Burnout." *Journal of Management, Spirituality & Religion* 15 (4): 305–24. <https://doi.org/10.1080/14766086.2018.1482562>.
- Power, Molly. "The Facts of Nurse Burnout." relode.com. April 19, 2020. May 10, 2020. <https://www.relode.com/blog/avoid-nurse-burnout/>