

Community Work and Learning

Fall 2021 Symposium



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AMP Research Assistant, *Describing Client Experiences of Virtual Energy Healing* with Carol Geisler, PhD, RN

While the research I am assisting Carol Geisler with is ongoing, our work's possible impacts are evident. Describing client experiences of virtual energy healing is impactful beyond the value it brings regarding our understanding of the success level of providing energy healing virtually. Throughout this research, it has been fascinating to examine the benefits and impact of energy healing itself and the success of providing this service and others like it in a virtual setting. Our final outcome and conclusion are still unknown as we continue our work, but it is apparent that virtual energy healing positively impacts those who participate in the sessions. The energy healing method used in this research typically involves hands-on touch therapy. Conducting these sessions virtually does not provide the ability for touch but nevertheless is successful in helping clients reduce their stress and pain levels. Now more than ever, providing access to this and similar services virtually is critical for many people who cannot attend in-person sessions. As we continue collecting and analyzing data on this subject, our findings will undoubtedly positively impact many different groups, individuals, and the holistic health department.

The impact of my work with Carol through the AMP Program extends far beyond an academic setting. Through this opportunity, I have experienced such personal growth that it is hard to put it into adequate words to describe it. Halfway into our work, I experienced a very traumatic loss of a close friend. I was completely caught off guard and temporarily derailed due to the intense grief. Carol has been the unwavering lighthouse amid this horrendous storm that has guided me when I couldn't see my way. The impact she has had on me as a mentor is indescribable. Carol showed me that I am stronger and more resilient than I could have possibly fathomed. She has supported me as I work through my grief as well as our research. This work has opened my eyes to a world of possibilities within myself and the future that lies before me. I have learned that my deep passion and desire to use my knowledge to help others is one of my greatest motivators. It is an endless well of inspiration that only deepens as I progress along my journey. It has also helped me identify my strengths and build upon them. It has also shown me the areas that need more work and attention. Being a research assistant in the AMP Program has, without a doubt, forever changed not only how I see myself but who I am. I am more confident in myself and my place in the academic world. I know I have the power and the ability to achieve anything I set my mind to.

My participation in this program has been beneficial not only to my personal and academic life but also to my professional life. As I continue to pursue a career in Public Policy focusing on education inequality, specifically for deaf children, drawing from the well of information, skill, and knowledge I have gained through this experience will be invaluable. Having first-hand experience in collecting, analyzing, and interpreting data has given me an understanding of research that I would not find in a book or classroom. I have learned how to use several tools that will be incredibly beneficial throughout my professional and academic career throughout the process. One of the most important skills I have learned during my time in AMP is the power of

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and how to collaborate. Knowing how to find the best approach to work with others that creates an inclusive, safe, and inspiring environment is priceless. Carol is the best example of how to do just that. I am so grateful to be able to learn from her while also working with her. I greatly look forward to the work still ahead of us and my continued personal, professional, and academic growth.