

**Effectiveness of Reiki and Existential Therapy in Managing Body
Pain Intensity and Insomnia Among Women**

Thesis submitted in partial fulfillment for the Degree of
Doctor of Philosophy in Counselling Psychology

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80_RECOMMENDATION

- Other psychological issues can be included for future studies.
- Future work should test the protocol with men and evaluate long term maintenance effects
- The future researcher may focus on the need for the development of programmes and healing techniques in order to ensure better management of pain and insomnia among women.
- Health care providers can take into account about the issues of pain and insomnia by intensifying health education in order to improve the quality of life of the women.

Overall the findings demonstrate that integrated mind-body interventions hold meaningful promise for improving women's pain and sleep outcomes.