

May 9, 2021

Dear Behavioral Health Committee,

As a Certified Spiritual Director, Board Certified Chaplain and Certified Reiki Master I help Oregonians who are in need. Much of my work is focused on grief, loss and life transitions—especially appropriate during this time of the pandemic. This is my livelihood. With jobs so scarce I can't afford to lose the income that HB2493 threatens.

I have a Masters of Arts Degree in Christian Education. I received my chaplaincy training at the VA Portland Health Care System (residency and fellowship) and am board certified through the Association of Professional Chaplains. I am a member of Spiritual Directors' International and had my Reiki training through a qualified and highly regarded program.

I worked as a hospice chaplain for just under eight years. I have additional training in trauma, and experience working with veterans and have a speciality certification in palliative care. Folks come to me because of my background. And because I understand the importance of sacred space and confidentiality.

HB2493 would not serve my profession/practice or that of other alternative practitioners. The people I see come to me because:

- They are in deep grief and want to explore spiritual aspects of loss.
- They have a life limiting illness and are exploring the spiritual aspects of that on their significant relationships and their own beliefs about death and dying.
- They have heard how Reiki can be heal from a distance and are curious (it has been a great resource during the pandemic...distance Reiki) or have received Reiki in the past and find it relaxing and supportive.
- They have family members who have dementia and are navigating those waters (families and those diagnosed with dementia often encounter anticipatory grief and ambiguous loss.)
- They need someone who has the training to listen deep into their story, to weave the threads and not offer an answer or a diagnosis. Someone who is comfortable with not “fixing.” Someone who is comfortable with silence.

Thank you for your consideration of my thoughts. I hope you will consider the harm caused if this bill becomes law and limits access to alternative practitioners.

In gratitude,

Anne Richardson, MA, BCC
Usui/Holy Fire® III Reiki Master
Founder, Nurture Your Journey, LLC