

PSYCHOLOGY & REIKI HEALING



Lorrena's approach to wellbeing is an eclectic one; combining her training in Clinical psychology and Reiki philosophy. Certified in Psychological First Aid, Basic Schema Therapy and Usui Reiki; Lorrena is passionate about helping others on their journey through life. Her particular interest is in compassion-based approaches to mental health and personal development.

She is well-educated in Cognitive Behavioral Therapy (CBT), Grief therapy, Dialectical Behavior Therapy among other modalities. She has worked as a research assistant, mental health charity volunteer and clinic intern. She has experience working with children, vulnerable adults, elderly and underrepresented populations. Her work is guided by compassion, professionalism, integrity, wisdom and peace.

LORRENA

QUALIFICATIONS

BSc Psychology (UK)

MSc Clinical Psychology (UK)

Usui Ryoho Reiki Healing

Level I, II & Masters Level III

Training endorsed by IPHM, International Practitioners of Holistic Medicine.



HOLISTIC WELLBEING

REIKI HEALING

Reiki healing is a Japanese holistic therapy, re-discovered, as we say, by Dr. Mikao Usui. Practitioners use a technique called palm healing. Reiki can offer you compassion, peace and balance. It is a form of energy healing that seeks to re-align the body's energy centers; promote a sense of deep relaxation and enhance vitality.

Traditional Reiki

In-person healing session, in which all 7 chakras are assessed and re-balanced using Reiki crystals and palm healing. In this consultation, specific chakras or problem areas can be focused on, if requested.

Rapid Reiki

An in- person 15min session, done with client seated on a chair. It is suitable for those with stressful jobs or anyone who needs a quick de-stress or re- set ritual.

Distant Reiki

Reiki session done remotely (i.e. across time zones or distances). Client sets date and time where they will be resting or stationary. Healing is done at that time.

Reiki Attunement

Group session of attunement to the universal life force energy or 'Reiki'; inspiring reflection, connection and spirituality.

WORKSHOPS

Workshops cover a variety of topics such as, wellbeing, psychological research, self-care and gratitude.

PSYCHOLOGY

COUNSELING | SUPPORT

Guidance on psychological wellbeing; emotional intelligence, emotion regulation and compassion. Working with limiting core beliefs, adjustment difficulties and work-life balance. Management of stress, acute anxiety and low mood. Support groups offered as well.

SERVICES

Monday, Wednesday, Friday 10AM-4PM
Saturday 10AM-2PM

CONTACT



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REIKI TESTIMONIALS

‘Lorrena presents a very calm atmosphere, instantly I felt relaxed. Her soothing voice and reassurances set up a very peaceful and healing reiki session. I felt tired after the session but the next day I felt as though a weight had been lifted off my chest and I could see a lot of my doubts in clearer lighting’.

— Anah

‘Being a first time mom finding time to take care of yourself is often something that takes a back seat. But one session with Lorrena I can confidently say that I feel so much better, in myself, in my body and in my wellbeing.

Lorrena is an outstanding Reiki master whose energy healing has changed the way I take care of myself. She is my number one practitioner, the trust I have in her is 10 fold and I cannot wait for my next visit. Thank you!’.

— Cassandra

‘I felt extremely relaxed and rejuvenated after my reiki session with Lorrena. She is very professional and calming I would highly recommend’.

— Olsi

‘I had an incredibly transformative experience during my recent Reiki session with Lorrena. Her calming presence and skilled touch created a soothing atmosphere that allowed me to deeply relax and let go. The energy flow I felt during the session was truly remarkable, leaving me with a profound sense of balance and rejuvenation. What stood out even more was the thoughtful gesture of a card that Lorrena gave me at the end of the session, which personalized the experience and made it even more special.

I was also impressed by her use of crystals during the session, enhancing the energy and adding another layer of healing. I highly recommend Lorrena for anyone seeking a wonderful and healing Reiki session’.

— Mariana