Biofield therapies form a subcategory of energy therapies, defined by the National Center for Complementary and Alternative Medicine (NCCAM). This subcategory includes Therapeutic Touch (TT), Polarity Therapy (PT), Reiki, and Qigong. This article will identify core concepts in biofield therapies, review controlled trials of the use of biofield therapies with patients with cancer, describe the process of biofield therapies implementation in one cancer center, and suggest research to benefit not only patients with cancer but also family members and oncology professionals.

Biofield therapies form a subcategory of the domain of energy therapies, as defined by the NCCAM. Specific biofield therapies addressed in this article include TT, Polarity Therapy, Reiki, and Qigong. This article will identify core concepts in biofield therapies, review controlled trials of the use of biofield therapies with patients with cancer, describe the process of biofield therapies implementation in one cancer center, and suggest research to benefit not only patients with cancer but also family members and oncology professionals.

**At a Glance**

- Biofield therapies used in the North American healthcare system have developed from a number of different sources yet share many core concepts.
- Nurses who want to implement a biofield therapies service can address skepticism with patience; published research; data on patient demand, response, and satisfaction; and physician support.
- Controlled trials of biofield therapies have pointed to improved mood and quality of life and decreased pain and fatigue. Additional well-designed studies should be undertaken to address the needs of patients with cancer, as well as the stresses affecting their families and oncology professionals.

- The normal self-healing capacity of the human body is supported by the free and balanced flow of energy through its subtle energy system.
- Disease or disorder can be detected in the energy system (perhaps before it manifests in the physical body) and can be affected therapeutically by the action of energy practitioners, in support of the self-healing capacity of the body.
- Conscious healing intent and compassion are considered essential to the effectiveness of biofield therapies.
- Practitioners’ hands may or may not touch the physical body (see Figure 3). Practitioners also may carry out healing work.