



*Encouraging and promoting an
experience of relaxation and wellbeing*

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Art Therapy

Kate

Art therapy is a form of Psychotherapy where clients are supported to use art materials as another form of expression and communication. Art is used to address emotional issues which may be confusing and distressing. This makes it particularly useful for those effected by cancer. Clients may be recovering from the illness, living with it, supporting a family member or friend, or are recently bereaved.

No Artistic skills are needed to benefit from Art Therapy

People engaging in Art therapy often find it assists them in the following ways:

- **Calming**
- **Enables people to share how they are feeling without the fear of upsetting someone close to them.**
- **Helps them to understand and work through difficult issues, relationships, situations, anxieties etc.**
- **Enjoyable**
- **Because it is a safe and supportive environment, clients are able to express emotions they have previously been supressing.**
- **Helps people feel less isolated**
- **Helps people realise that what they are feeling is normal**
- **Assists clients to feel more in control of their lives**
- **Enables clients to feel heard**

Please note:

Everything that is discussed or created is treated as confidential and only spoken about with the Art therapists clinical supervisor (who also adheres to confidentiality guidelines). In the unlikely event of there being safeguarding issues, the client would if at all possible, be consulted before the Art therapist passed on information to a relevant professional.

Kate has been a qualified Art therapist for over 22 years, with experience working in NHS adult mental health, child and adolescent mental health, residential care homes for young people and secondary education. She currently runs a private practice in Stamford.

Kate possesses an enhanced D.B.S. certificate, is registered with the British association of Art Therapists (B.A.A.T.) and the Health and Care Professions Council (H.C.P.C.)

Please come and have a chat at the Hollyhocks group if you have any questions or feel Art therapy might be something you would like to try.

Spiritual Healing

Barbara

Spiritual healing comes from Latin root 'spiritus' meaning breath of life and is not affiliated with any form of religion.

Healers act as a channel for healing energy which passes to a client and which can help to regain balance of mind, body and emotions.

Healing benefits can include a feeling of calm and relaxation while respecting and not intruding on client's personal space. Privacy is guaranteed between client and healer.

Healing is not a replacement for conventional medicine and is not a cure for any medical problem.

Aftercare Recommendations / Possible Side Effects:

Can be feeling too relaxed and not being grounded, and client must drink plenty of water for few hours, but healing will usually bring a sense of wellbeing.

NFSH Trained

Holistic Energy Association Registered

Member of the UK Healers

Reiki

Ros

The word Reiki means "universal energy". Eastern medicine has always recognised and worked with this energy which flows through all living things and is vital to well-being. It is known as "ki" in Japan, "chi" in China and "prana" in India. Free flow of this energy is believed to be the basis of well-being.

What is Reiki?

Reiki is a powerful but gentle, simple and natural non-invasive, non-diagnostic and non-manipulative method of tapping in to, or connecting with, this unlimited Universal Energy working to harmonise and balance the body, mind, emotions and spirit. As with other forms of energy therapy such as acupuncture, Reiki is believed to work by stimulating clearance of energy blocks and allowing the free flow of this energy in a person so that natural healing can take place.

What happens during a Reiki treatment?

The treatment is given with the recipient lying down or sitting with no need to remove any clothing. Practitioners place their hands gently on or over the body acting as a channel for the Reiki energy and the recipient automatically draws in as much energy as is needed, using it in whatever way is most appropriate. Reiki may be experienced as a flow of energy, mild tingling, warmth, coolness, other sensations, or nothing at all.

What are the benefits of Reiki?

Reiki can help us cope in times of stress, such as illness, by encouraging relaxation and bringing balance to both mind and emotions. The benefits reported by patients include deep relaxation promoting a calm peaceful sense of well-being on all levels and so enhancing everyday living.

Aftercare Recommendations / Possible Side Effects:

It is a good idea to drink plenty of water and to listen to your body and rest if required, allowing the energy to continue its work as the beneficial effects may be felt for several days after a treatment. Reiki's gentle energy is easily adapted to most medical conditions and may be used safely by all ages, including the new-born, the frail and elderly and surgical patients in any situation. There are no known medical contra-indications of a Reiki treatment. It can be used alongside other holistic therapies and orthodox healthcare. Reiki is not, however, an alternative to conventional medicine and you should always consult your doctor if you have any concerns.

Massage and Aromatherapy

Wendy

Oncology Massage:

Oncology Massage has an immediate physiological effect on the local area of the body being worked on as well as on the whole body and mind. It promotes relaxation of the muscles and nerves, relaxed breathing, stress relief, improved feelings of wellbeing and comfort. It is not a deep tissue massage but consists of smooth effleurage strokes.

Oncology Aromatherapy:

Essential oils, specifically selected for safe use on you and in consultation with you may be used during the massage. They will be blended into a massage carrier oil. In its most simple form, blended oils smell beautiful and induce feelings of relaxation. Think lavender, geranium, rose, sandalwood and mandarin amongst others.

Treatment Options:

In the time available to us I am able to offer one the following

Back, neck and shoulders

Neck and shoulders

Arms and hands

Legs and feet

Aftercare Recommendations:

Following treatment, ensure that you drink plenty of fluids and rest.

Possible Side Effects:

Thirst, sleepiness, need to urinate and possible tearfulness.

B.ED – Former School Headmistress

ITEC DIPLOMA: Swedish Massage Therapy

ITEC DIPLOMA: Aromatherapy

POST GRADUATE DIPLOMA: Oncology Massage

POST GRADUATE DIPLOMA: Oncology Aromatherapy

FHT, CNHC, IFPA, Ctha

Neuro Muscular Transmission and Reiki

Lorraine

Neuromuscular Transmission:

NMT uses subtle touch to access the body's internal communication systems to aid healing. The brain registers the contact of the therapist through the nervous system (touch). Sensory nerves relay information to the brain and neuro transmitters respond. A process of reprogramming is initiated, pleasantly releasing tensions and restrictions on both physical and / or emotional levels.

Reiki:

Reiki is a gentle hands on energy that helps relax and let go of stresses, strains and tensions from the body, allowing discreet realignment to take place. This promotes calmness and more freedom to deal with life's upheavals. It is safe, relaxing and healing with no side effects and no after care required.

Aftercare Recommendations / Possible Side Effects:

Neuro Muscular Transmission and Reiki will keep working for a few days after the actual treatment before you benefit fully.

You may feel light headed or slightly disoriented for a while straight after the treatment, but the therapist will help with this by grounding your energy whilst you gather your thoughts.

Memories and/or Emotions/Sensations may come to the forefront for a while, these are significant to the treatment and will pass.

You may feel tired for a day or even really full of energy. Go with what your body is asking for, if full of energy, aim to save some for your recovery rather than catching up with unfinished activities. i.e. Relax and enjoy.