

Further Information

For further information, please e-mail Shuna Watkinson,
Complementary Therapy Co-ordinator at the Lister Hospital:

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or telephone ☎ **0779 681 8289**

Alternatively, you can contact the Respiratory Nurse team at the
Lister Hospital:

☎ **01438 285621**

Monday to Friday, 9am - 5pm

Acknowledgement: The Sam Buxton Sunflower Healing Trust



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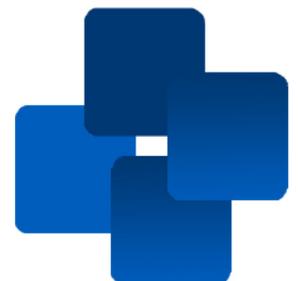
www.enherts-tr.nhs.uk

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Patient Information

Complementary Therapy

Respiratory Department



Introduction

Complementary therapy has been shown to work well alongside, and in support of, conventional medicine and can offer support and comfort to those who receive it.



Energy Therapy

We offer 'energy therapy' sessions at both the Lister and New QEII Hospitals. These are free of charge and provided within the NHS service you receive.

Energy therapy is a gentle and non-invasive therapy, which is effective in promoting relaxation, restoring physical and emotional balance thus improving general wellbeing.

With the patient's consent, a typical session lasts about 20 minutes. The therapist will help make you as comfortable as possible, whether on a couch, in a chair or in a hospital bed. It is not necessary to undress.

The therapist holds their hands lightly on or just above your body and focuses on channelling energy to effect positive results.

Most recipients experience feelings of warmth, reassurance and deep relaxation, which can help to relieve stress, anxiety, breathing difficulties and other symptoms.

Other Therapies

Many people also find other therapies like massage, reflexology and aromatherapy to be helpful and enjoyable.

Although these are not available at our hospitals, they can be accessed through other organisations.



Additional Information

Below are some of the websites that give more information on the range of therapies available and details of the qualified therapists that offer these:

- Complementary & National Healthcare Council
www.cnhc.org.uk
- Complementary Therapists' Association
www.ctha.com
- Federation of Holistic Therapists
www.fht.org.uk
- British Complementary Medicine Association
www.bcma.co.uk