

Complementary Therapy Service

Ayrshire Cancer Support in partnership with NHS Ayrshire and Arran are providing a complementary therapy service for patients in the oncology unit 5A/3A. If you are interested in any of the therapies in this leaflet please ask one of the nursing staff to make a referral for you.

Following an initial assessment you will be offered four free sessions of your chosen therapy. You may require more or less depending on individual needs.

All the therapists are highly trained, with an understanding of the specific requirements of individuals affected by cancer. Client confidentiality is highly regarded and respected by all our therapists.

Therapies offered include:

- Reflexology
- Hypnotherapy
- Reiki

Hypnotherapy

Hypnotherapy is a technique used to guide someone willingly into relaxation and it has nothing to do with sleep in fact, people in hypnosis are incredibly aware of everything that is going on. This relaxation is a very natural, calm state in which positive, beneficial suggestions are accepted more readily by the unconscious mind.

Hypnotherapy incorporates techniques such as self hypnosis, relaxation and visualisation. There is evidence to suggest that these techniques can help people affected by cancer to better manage aspects of their condition.

Hypnotherapy can be beneficial for many things including pain control, confidence building, stress relief, phobias as well as alleviating the side effects of cancer treatments.

Relaxation CDs are available from the therapists

Reflexology

Reflexology involves giving massage in a certain manner to areas of the hands and feet, which correspond with organs of the body. Reflexology can be given to restore and maintain the body's natural balance and encourage healing.

There is some evidence to suggest that reflexology can help alleviate anxiety, constipation, poor sleep patterns and general aches and pains. Reflexology also provides an overall feeling of well being and relaxation.

Reiki

Reiki is a Japanese term which means "universal life energy", a natural method of healing which can be used alone or in combination with other therapies.

It is a gentle but powerful hands on technique which restores the natural balance of the body. It provides deep relaxation and restores natural balance to the body.

Some comments from those who
have found complementary
therapies helpful....

How to get in touch with us....

Ayrshire Cancer Support

www.ayrshirecs.org

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Hospital Complementary Therapy Service

In partnership with
NHS Ayrshire and Arran



AYRSHIRE
**cancer
Support**

Supporting Cancer Patients Throughout Ayrshire