

Reiki

Complementary therapy



One + all | we care

Reiki complementary therapy at The Cove

Reiki is offered within the Centre as an aid to relaxation, not as an alternative to conventional cancer treatments such as chemotherapy or radiotherapy.

What Is Reiki?

Reiki is an energy healing technique for stress reduction and relaxation. It can be described as the facilitating of a flow of natural energy by the therapist to the recipient. This has the intention of restoring balance and promoting a sense of calm, relaxation and wellbeing.

What are the benefits?

Some of the benefits you may experience include:

- improved feeling of wellbeing
- relaxation
- reduction in stress and muscle tension
- alleviation of anxiety and low mood
- possible reduction of pain and other symptoms
- improved sleep pattern.

Before your treatment session

Before your session begins, the therapist will carry out a consultation with you. They will ask you questions about why you have come for Reiki and what benefits you hope to gain from the treatment. You can also ask any questions you may have, and your permission to begin treatment will be obtained. At future appointments it is important that you advise the therapist, prior to treatment, of any change in your health.

All records of treatment are kept confidential and held securely in accordance with information governance guidelines.

What happens during treatment?

You will be invited to lie on a treatment couch, fully clothed. You can remove your shoes if you wish. You may sit on a chair if this is more comfortable for you. The therapist will work around you gradually, either placing their hands

lightly on you or holding their hands a little distance away from you, or a combination of these. You may feel sensations including heat, coolness or tingling, which is simply a flow of energy – or indeed nothing at all. Some people fall asleep and usually it is very relaxing.

What if I am an inpatient?

Ward visits can be organised for those who are hospital inpatients and so are unable to visit the Centre.

What can I expect afterwards?

Following the reiki session, you may feel:

- very relaxed – consider allowing extra time to rest, particularly if you are driving yourself to and from the appointment
- energised – but don't overdo it.

If you have any concerns arising from your therapy, please do not hesitate to contact the Centre.

How many treatment sessions can I have?

Patients and carers are offered a course of up to six sessions delivered weekly, but treatments will be tailored to individual need. If you are unable to attend your appointment, please telephone the Centre as soon as possible, so that we can offer your appointment to another patient on the waiting list.

Can I have Reiki whilst receiving other clinical treatment?

There are no known adverse effects (or 'contra-indications'). Reiki is considered a safe complementary therapy for people with cancer when used alongside usual treatments and practised by a trained therapist.

Please let your therapist know if you are receiving any of the following: radiotherapy, chemotherapy, bone scans or any other nuclear medicine scan.

Also advise the therapist about any other conditions such as thrombosis, low blood count, raised temperature, heart problems etc. Treatment will be tailored to your individual needs.

Is there a cost for Reiki?

All Reiki complementary therapy sessions are free of charge. If you would like to make a donation to The Cove, Macmillan or The Sam Buxton Sunflower Healing Trust, please let the therapist know.

Where is Reiki available?

Reiki complementary therapy is available Fridays 9.30am – 4.30pm at:

The Cove Macmillan Support Centre
Royal Cornwall Hospital
Treliske
Truro TR1 3LJ

Contact us

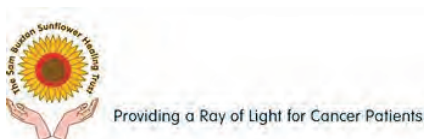
For further information and details on how to obtain treatment, please contact the Centre on:

Tel: 01872 256363

Email: thecove@nhs.net

www.macmillan.org.uk

Reiki therapists practising within The Cove Macmillan Support Centre possess relevant Reiki qualifications, agreed as appropriate by The Sam Buxton Sunflower Healing Trust and Royal Cornwall Hospitals NHS Trust. While clients can make arrangements with the Reiki therapist privately, this is outside the remit of Royal Cornwall Hospitals NHS Trust.



If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690

