Complementary Alternative Medicine

Therapeutic Touch
Reiki
Reflexology
Guided Imagery
Falmouth Hospital has made Complementary Therapy interventions available as support for the body’s natural healing processes and to educate patients about becoming pro-active participants in their wellness since 2000.

The Complementary Therapy modalities offered at Falmouth Hospital are gentle, holistic, non-invasive treatments. They provide relaxation, comfort, and are safe, effective non-pharmacological assistance for managing anxiety, stress and pain. They are used in combination with the best standards of western medical and surgical care to introduce a dimension of mind/body medicine to support body mind and spirit during treatment and recovery.

**GUIDED IMAGERY**
Guided Imagery is an ancient form of meditation that uses the imagination for promoting wellness. Guided by a practitioner, images and sensory perceptions may be used to connect to their inner resources (or body wisdom) to promote relaxation and healing.

**REFLEXOLOGY**
Reflexology is based on the theory that reflex points in the feet correspond to all organs and parts of the body. Stimulation of these reflexes can improve the normal flow of blood to cells, organs and muscles regaining normal circulation and functioning of body areas.

**BENEFITS OF THERAPIES**
- Promote relaxation
- Reduce stress
- Diminish pain
- Provide an increased sense of well-being
- Boost the immune system
- Soothe mind, body, and spirit

**HOW TO REQUEST CAM SERVICES**
These services are available to all patients, pre-operatively as well as during hospitalization and are provided without charge. To arrange an appointment or for more information please call: Integrative Health Services at 508-457-3760

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**THERAPEUTIC TOUCH (TT)**
Therapeutic Touch is a scientific adaptation of the ancient technique known as “laying of hands” brought into modern use by Dolores Krieger, PhD, RN, a professor of Nursing at New York University and Dora Kunz, a noted Healer. TT is safe, non-invasive and is known to promote a rapid and profound relaxation response.

**REIKI**
Reiki is an ancient Tibetan healing practice. The word Reiki is made of two Japanese word-Rei meaning “higher Power” and Ki which is “life force energy”. The trained practitioner serves as a conduit using specific hand placements to create a flow of life force energy through energy pathways in the body thus promoting relaxation and healing.