

Complementary Energy Therapy

Soothing, relaxing, effective. No need to say or do anything; just sit back and enjoy.

Introduction

Complementary energy therapy is a gentle and non-invasive therapy, which is effective in promoting relaxation, reducing stress, and restoring physical and emotional balance, thus improving general wellbeing. We are aiming to offer this calming and soothing therapy to all our patients within the renal department.

These sessions are available in the renal department and across all of our dialysis units, irrespective of whether you are on dialysis or not, and are provided in addition to the regular medical treatment you already receive within the NHS service.

Principles of complementary energy therapy

Everything is made up of energy, and every living thing has an energy field. Energy therapists are trained and qualified to channel positive energy to the recipient in order to help the person's system balance itself, increase the person's ability to cope and provide a sense of relaxation and wellbeing.

Energy therapy is not hypnosis, nor it is related to any religious principle. You remain fully clothed and fully conscious throughout the session.

What happens during a complementary energy session?

- Each session lasts between 20 to 30 minutes.
- After gaining your consent to treatment, the therapist will make you as comfortable as possible either in a chair or a bed, whichever is available. There is no need to undress.
- You do not need to say or do anything during the session itself, just sit back and relax.
- You do not need to provide any background details or describe your problems or symptoms to the therapist unless you wish to.
- The therapist holds their hands lightly on or just above your body and focuses on channelling positive energy to effect positive results.

Situations when you might find energy therapy useful

- **Invasive procedures** - Some people can feel stressed about having to stay awake while an invasive procedure is underway, even though they know that their clinician will monitor

what pain relief is needed throughout the process. Energy therapy will not alter your planned procedure, but it is an additional therapy offered at the start of the process, which can promote a feeling of calm and relaxation.

- **About to go on dialysis** - If sitting in the waiting room for dialysis fills you with worry, then you may welcome this calming, relaxing therapy to soothe your tension.
- **Clinic appointments** - If you are feeling tense or can't concentrate before or after your renal clinic appointment (whatever the reason), and you don't want to talk about these feelings to staff, this gentle relaxing therapy may quickly restore your sense of calm and ease.
- **Inpatient on Ward 6B** - If you are an inpatient on the renal ward and are feeling worried, anxious, frightened or tense (for any reason), a 20 minute energy therapy session may help to restore peace of mind.

Booking an appointment

You can self-refer and make your own appointment for an energy therapy session:

- ⇒ Telephone the **Renal Multi-Professional Team** on **01438 284957** and ask to book an **Energy Therapy Session**.
- ⇒ Email: **enh-tr.renalenergytherapy@nhs.net** and put **Energy Therapy Appointment** in the email subject line.
- ⇒ Or you can ask the nurse at your renal appointment to contact the Renal Multi-Professional Team to arrange an appointment for you. You will need to give your consent to be contacted.

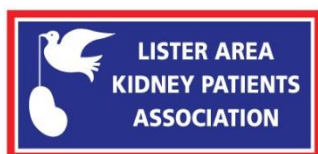
Frequently asked questions

- **If I don't like the therapy, will I be able to stop it straightaway?** Yes, because you remain fully conscious, you will be able to speak and move as you wish. Once you tell the therapist you don't wish to continue, they will stop the therapy immediately.
- **What happens if I drop off to sleep?** People rarely fall asleep receiving this therapy (especially during invasive procedures), instead people tend to find themselves entering a deeply relaxed state.
- **Can I have more than one session?** Usually, people benefit from having one session, it is not expected that you will need to have regular sessions.

Further information

If you have any questions or need further information, please contact the Renal Multi-Professional Team at the Lister Hospital.

In addition to complementary energy therapy, the Renal Support Team and Renal Psychological Therapies Service offer a variety of psychological, social, peer support and benefit services to renal patients, their immediate family members, and carers.



Supporting kidney patients

Registered Charity No: 1008961

LAKPA also supports kidney patients, their carers and families, and work closely with the Renal Support and Renal Psychological Service. **For more information or to join LAKPA visit www.lakpa.org**

The Complementary Energy Therapy Service is funded by LAKPA.

If you would like to make a donation to LAKPA following your therapy, please scan the QR code:



Useful contact details

East and North Hertfordshire NHS Trust:

- Website www.enherts-tr.nhs.uk
- Telephone 01438 314333

Renal Multi-Professional Team, Lister Hospital:

- Telephone 01438 284957
- Email - rps.enh-tr@nhs.net

Leaflet information

You can request this information in a different format or another language; please speak to your doctor or nurse.

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