

The Staff Counselling & Welfare Service
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www.le.ac.uk/staffwellbeing

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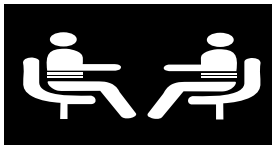
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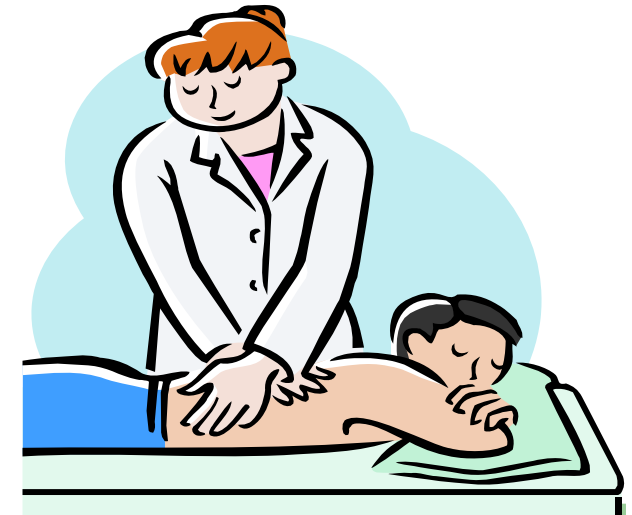
If you would like to see a counsellor or welfare officer, please contact the service beforehand to make an appointment. The Service is available on Mondays, Tuesdays, Wednesdays and Fridays between 9am and 5pm and on Thursdays between 12 noon and 7pm.

This leaflet can be made available in large print, Braille or audio - cassette. Let us know if you require a different format. Please call 0116 223 x1702 to discuss your requirements.



June 2007

The Staff Counselling & Welfare Service



Complementary Therapies

What is Reflexology?

Reflexology is a form of 'alternative' or 'complementary' medicine which involves a method of treatment using massage to reflex areas found in the feet and the hands. Most commonly, the feet are used as the areas to be treated.

In the feet, there are reflex areas corresponding to all the parts of the body and these areas are arranged in such a way as to form a map of the body in the feet with the right foot corresponding to the right side of the body and the left foot corresponding to the left side of the body. By having the whole body represented in the feet, the method offers a means of treating the whole body and of treating the body as a whole. This latter point is an important factor of a natural therapy and allows not only symptoms to be treated but also the causes of symptoms

Reflexology has been shown to be effective for:

- * Back Pain
- * Migraine
- * Infertility
- * Arthritis
- * Sleep disorders
- * Hormonal imbalances
- * Sports injuries
- * Digestive disorders
- * Stress-related conditions

Other information leaflets produced by the Staff Counselling & Welfare Service:

- **Be Assertive!**
- **Bereavement**
- **Coping with Panic Attacks**
- **Depression**
- **Dignity at Work**
- **Effective Communication**
- **Hatha Yoga**
- **Planning for Retirement**
- **Relaxation Therapy Groups**
- **Talking to your G.P. about Mental Health Concerns.**

Please visit our website at:

www.le.ac.uk/staffwellbeing/selfhelpresources to view the leaflets. If you wish to receive multiple copies please email: staffcounsel&welfare@le.ac.uk

How much will the therapies cost?

The reflexology, massage and Reiki sessions cost *£10 for 20 minutes and *£19 for a double 40 minute session.

A session of SCENAR costs *£12.50 for 20 minutes. Due to the nature of the therapy it is only available as a single 20 minute treatment.

Where do the complementary therapies take place?

All sessions are held in House K, Freeman's Common

When are the sessions held?

Sessions are held on Friday lunchtimes between 12.00 noon and 2.00pm and on Thursday evenings between 4.30 and 6.00pm.

Please check our website:

www.le.ac.uk/staffwellbeing/complementarytherapies for the up to date schedule of treatments

How do I book a session?

By emailing staffcounsel&welfare@le.ac.uk or by telephoning 0116 223 1702.

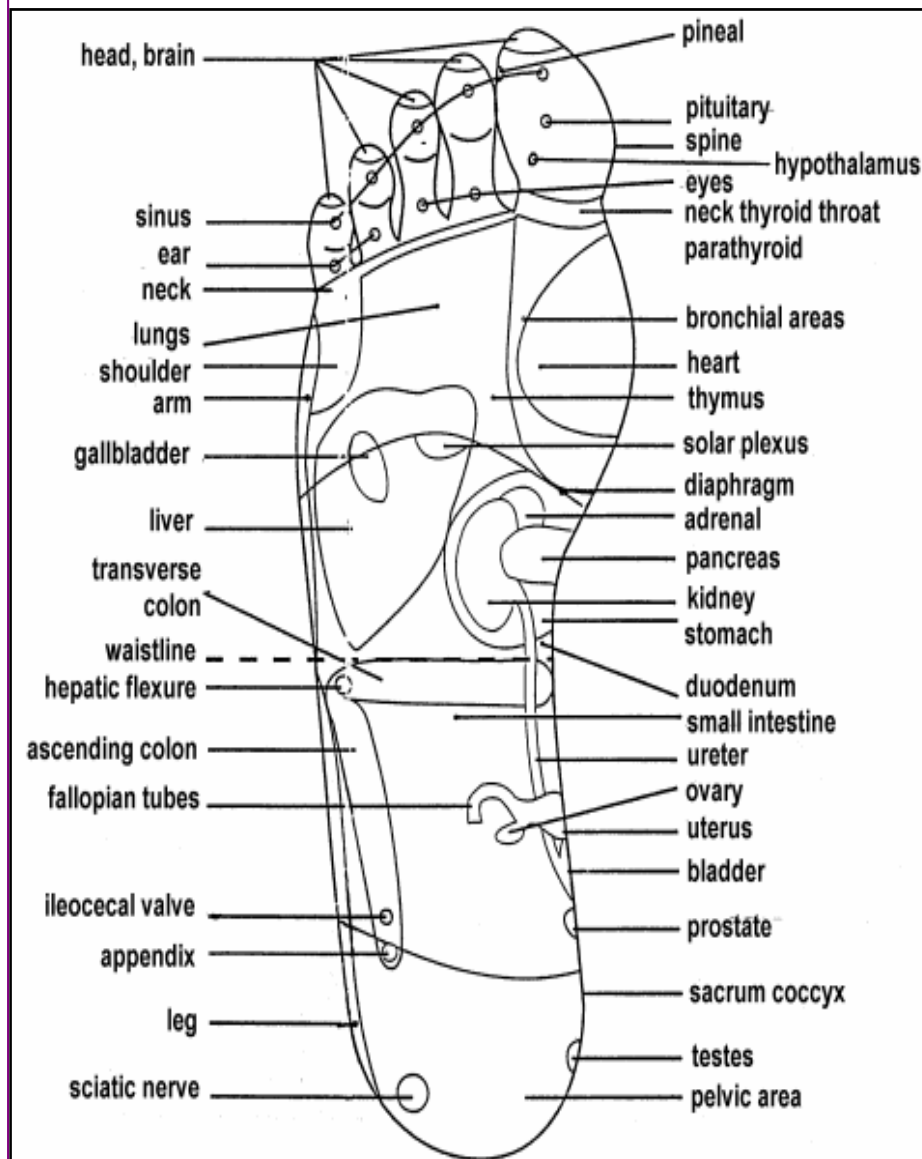
Please note the 20 minute sessions are not intended to be full treatments, but intended to encourage a sense of wellbeing and relaxation and the relief of some stress symptoms. However, if you book a double session of 40 minutes, this allows the practitioners to spend enough time to give a complete treatment.

All of the complementary therapies we offer are generally safe for most people, but if you have any particular health concerns, it is advisable to consult your G.P. before attending.

You will be asked to complete a short confidential medical form before you attend your first therapy session.

*All prices are correct at the time of producing the leaflet, but are subject to change.

Diagram showing reflex areas in the foot



Neck and Shoulder Massage

For many people, the neck and shoulders are common areas of soreness and tension. The causes of headaches and tension are due to tightness of the muscles that surround the skull.

Tension, or muscular headaches occur when you strain the muscles of your head and neck, often without even realising you have done it. Bad posture, working at a desk or a computer all day without proper breaks, and stress all help to create such problems.

Massage involves using the hands to perform movements on the skin to promote relaxation, healing and well-being. Massage relaxes tense muscles, eases stress, relieves pain and can help increase blood circulation and help you sleep better.



So, if you're feeling tense or stressed, why not book yourself a session?

Please see page 10 for details on how to book a

neck and Shoulder Massage.

REIKI 靈 氣

Reiki (pronounced Ray-key) is a Japanese word meaning Universal Life Energy.

What is Reiki?

Receiving Reiki is a very simple process. The session begins by lying down on a treatment couch, fully clothed, closing your eyes and relaxing. Then the Reiki practitioner will gently rest their hands upon you, non-intrusively, in a series of positions from the crown of the head to the feet.

Each hand position is held for a few minutes, and during this time healing energy will flow into you, balancing your energy system, releasing stress, soothing pain, and promoting your body's natural ability to heal itself. As the energy flows, some people will feel warmth, or heat, or tingling from the Practitioner's hands. It is usually a very relaxing experience: some people fall asleep. Other sensations may include seeing coloured lights or feeling as if you are floating.

Which conditions can Reiki help?

- Stress, tension, anxiety and related symptoms
- Sleeplessness
- Feeling unable to cope
- Low spirits, depression
- Sports injuries
- Long term pain, e.g. back pain
- Rheumatism, arthritis, sciatica, scoliosis
- Low energy levels
- * M.E.

Please refer to page 10 for details on how to book a session of Reiki

Hatha Yoga

If you set aside just 90 minutes a week to pamper yourself with a slow sensible stretch routine, you will start to feel the benefit immediately.

The teacher has taught yoga for 26 years and will devise an individual programme for you. This way you can progress with the exercises and deep breathing at your own pace. You will be happy to learn that each lesson concludes with an extended relaxation!

Classes take place on Wednesday and Thursday evenings between 6.00—7.30pm in the Charles Wilson building. Fees are *£24 for a six week course, payable to the tutor at the first class. For further details, please email:

staffcounsel&welfare@le.ac.uk or phone 0116 223 1702.



Indian Head Massage

How does an Indian Head Massage work?



The treatment involves massage, shiatsu and acupressure techniques on the neck, scalp and face using aromatic massage oils.

This treatment relaxes tense areas and creates a feeling of well-being.

Which conditions can an Indian Head Massage help?

Indian head Massage can bring about

- * General feeling of wellbeing, calmness and relaxation
- * Relaxation in tense knotted muscles
- * Stimulation and improvement of circulatory and lymphatic systems

It may also help or alleviate:

- * Tension headaches
- * Insomnia
- * Sinusitis and congestion
- * Scalp tension
- * Mental Tiredness
- * Anxiety/stress

Please refer to page 10 for details on how to book an Indian Head Massage

Please note that as oil is used on the scalp in this treatment , your hair will also absorb oil during the session.

SCENAR

What is SCENAR?

SCENAR is an acronym for Self Controlled Energo- Neuro Adaptive Regulator. It is a reflex biofeedback device which when used by a qualified practitioner, can help to alleviate acute and chronic pain. It is licensed in the UK for pain relief but experience has shown that it is helpful in a wide variety of conditions.

What does SCENAR Therapy feel like?

During a SCENAR session, the recipient feels only a gentle tingle and /or stroking sensation, as the therapist moves the machine over the spine, abdomen, or other relevant areas of bare skin. It is recommended that the client doesn't bathe or shower for 2 hours before or after treatment.

The SCENAR's signals, in contrast to other electrical therapies, change in response to body changes, thus preventing adaptation or habituation. This enables the body to gradually heal itself by stimulating the production of regulatory peptides for the body to use where necessary. Normally a course of treatment would be required especially in cases of chronic conditions.

Please note that SCENAR treatment is unsuitable for people with heart pacemakers or those requiring work on areas with metal pins or plates.

SCENAR treatment has proved effective for most types of pain relief, including:

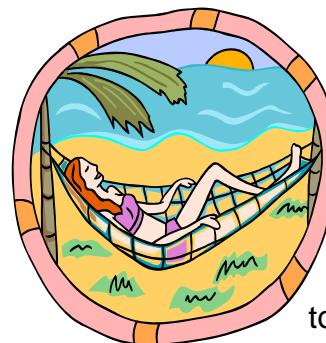
Sports injuries; Acute pain and Chronic pain

For further information please visit:

<http://www.scenar.info/index.html>

Please refer to page 10 for details on how to book a session of SCENAR treatment.

Relaxation Therapy Groups



The relaxation therapy group leader will use a variety of relaxation techniques, which include controlled breathing, progressive muscle tension and relaxation exercise, guided imagery, visualisation techniques to help you learn to relax.

You will also learn some highly relaxing Reiki and Reflexology techniques that you can then use at any time.

Once you have been shown how to use the various relaxation techniques, with practice you will be able to use these techniques on your own whenever you choose.

In addition the group will consider how to cope with stress and anxiety, and learn techniques to deal with insomnia and panic attacks.

Classes take place on Monday evenings 6.00 — 7.15pm in the Charles Wilson building. Fees are *£24 for a six week course, payable to the tutor at the first class. For further details, or to book a place, please email:

staffcounsel&welfare@le.ac.uk or phone 0116 223 1702.