



# menu of therapies at clan



**clan**  
cancer support

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# Core Complementary Therapies offered by Clan

Clan are excited to welcome back complementary therapies across all of our centres throughout the North East of Scotland and Islands. Our complementary therapies have been reviewed throughout the pandemic and aligned with the credible therapies provided by the NHS to ensure a continuation of care in the community, for those with a cancer diagnosis undergoing conventional treatment and anyone else who has been affected by a cancer diagnosis. Complementary therapies are designed to support and alleviate some of the physical and emotional side effects that comes with a client's cancer journey.

Some complementary therapies may vary slightly across all our centres, therefore to find out which therapies are on offer in your local community please contact them directly on:

- Aberdeen - 01224 647000
- Banchory - 01330 538 967
- Inverurie - 01467 624687
- Elgin - 01343 544132
- Crimond - 01779 487176
- Kirkwall - 01856 873393
- Lerwick - 01595 697275

Or you can email [enquiries@clancancersupport.org](mailto:enquiries@clancancersupport.org) to find out more.



# Massage Therapy (general)

Massage is a technique that applies pressure to parts of the body by stroking, kneading, tapping or pressing. It aims to relax you mentally and physically. Massage may concentrate on the muscles, the soft tissues, or on the acupuncture points. Massage techniques can range from being soft and gentle to vigorous and brisk. Therapists may treat your whole body or concentrate on a specific part, such as your head, neck, shoulders, arms or hands

## Who can benefit

- A person with a cancer diagnosis
- Someone without a cancer diagnosis but who is affected by cancer

## How it can help

One of the main reasons people use massage is because it helps them feel good and is a way of helping themselves. Generally, massage therapy can help lift your mood, improve your sleep and enhance your wellbeing. Massage for people with cancer and affected by cancer, is promoted as a natural way to help you relax and cope with:

- Stress
- Anxiety
- Headaches
- Pain

## What to expect at Clan

Your therapy plan will be agreed following a Client Consultation to ensure Clan have the relevant information to ensure the therapy is safe and will benefit your individual needs within an agreed number of sessions. On the day of your therapy you will be asked some questions to ensure any changes to your health and well being are accounted for prior to the therapy commencing. This will ensure any necessary adjustments are made to keep you safe.

The treatment will take place in a dedicated therapy room designed to create a relaxing atmosphere. Your therapist will be dressed in a therapy uniform and will be easily identifiable to you. Your therapist will discuss your preferences around the use of soft music, lighting and use of scents in the therapy room, recognising individuals may have certain sensory sensitivities.

## Therapy Duration

All initial therapy sessions consist of the therapist undertaking a consultation with you followed by a shorter 'taster' session of the therapy to ensure the therapy is right for you. The regular sessions will last for 45 minutes however shorter sessions can be accommodated. Please discuss this with your therapist.



# Indian Head Massage

A head massage actually includes the head, neck and shoulders, and the far-reaching benefits can be felt in every system in the body. Massaging the scalp has the added benefit of promoting healthy hair growth, as well as being incredibly soothing.

## Who can benefit

- Someone without a cancer diagnosis but who is affected by cancer

## How it can help

Therapeutic effects include:

- Improved circulation
- Improved joint mobility,
- Relief from stress /tension
- Fatigue
- Eyestrain
- Sinusitis
- Insomnia

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# Manual Lymphatic Drainage

Lymphoedema is a common result of some cancer treatments and surgeries where nodes are removed. The reduction in the number of nodes in the body (nodes are the exit points for the lymph to drain through), puts the lymphatic system under pressure to drain the same amount of fluid through less nodes. This is why excess lymph (fluid) accumulates just under the skin, not in the muscles, and causes local swelling in the limbs and around the body.

## Who can benefit

- A person with a cancer diagnosis

## How it can help

A gentle touch is used to encourage the drainage and reduce congestion. By moving the lymph to its nearest exit (nodes) and enhancing the natural flow within the lymphatic system, pain relief and range of movement can be improved. Regular treatments help to improve overall health and wellbeing.

This treatment requires skin to skin contact lying face up on the table. Before trying to move the lymph, the nodes must first be emptied using a gentle, light press and release technique. Next, applying a light pressure to the skin and using circular motions with the hands and fingers will move and push the excess lymph under the skin along the limb to the nodes. This is not painful and can be quite relaxing. The treatment is applied to the whole body starting at the head and neck, progressing to the arms and then the legs and feet. Deep breathing techniques are used to enhance the treatment. Clients can often see quite an obvious reduction in the size of the swelling / limb after their treatment. Keeping well hydrated is an important part of managing lymphoedema.

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# Oncology Massage

Specialist oncology massage training enables the therapist to make the adaptations required to help the client feel better whatever stage of their cancer journey. Each session will be tailored to suit the needs on the day. For example, sometimes you may only want a hand or foot massage, other times you may prefer a neck and shoulders massage. By using approved, specific and non-invasive massage therapies, the bespoke massage will improve overall feelings of wellbeing, by reducing the negative symptoms of treatments and medications.

## Who can benefit

- A person with a cancer diagnosis

## How it can help

One of the greatest benefits is the reduction in:

- Stress
- Anxiety
- Tension around the body
- Deeper sleep
- Better digestion
- Improved overall recovery and potentially less time in hospital

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# Scar Tissue Massage

A scar is fibrous tissue made of collagen that replaces injured skin as part of the healing process. Scar Tissue Massage is most commonly used for breast cancer patients, where surgery or radiotherapy has caused scar tissue to form. Scar tissue can cause its own side effects:

- Nerve pain or numbness if scar tissue forms around nerves
- A lump of scar tissue can form in the hole left after breast tissue is removed. If scar tissue forms around a stitch from surgery, it's called a suture granuloma and also feels like a lump
- Changes in breast appearance. Scar tissue and fluid retention can make breast tissue appear a little firmer or rounder than before surgery and/or radiation

The therapy involves direct contact with the scar and the surrounding skin and tissues, using very gentle but effective techniques to achieve results in the management and impact of the scar as it continues to heal.

## Who can benefit

- A person with a cancer diagnosis

## How it can help

Amongst others, the aim of each session will look to:

- Release tightness and adhesions. These are caused by layers of tissues sticking together post-surgery and are all part of the natural course of healing
- It can improve skin and muscle mobility as well as their overall feeling and movement in and around the wound site
- Over-sensitive and painful areas may also benefit from the calming effect of the therapy and promote healing, well-being and overall recovery during your tailored programme
- At the end of the session, a moisturiser may be applied to assist in re-hydrating and soothing your scar

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# Aromatherapy

Aromatherapy is the use of essential oils to improve health and wellbeing. The theory behind aromatherapy is that each essential oil has properties that give health benefits and can:

- Boost wellbeing
- Relieve stress
- Help to refresh your body

## Who can benefit

- A person with a cancer diagnosis (using tailored essential oils)
- Someone without a cancer diagnosis but who is affected by cancer

## How it can help

Some essential oils are thought to:

- Have an anti-inflammatory effect which may help with arthritis and muscular pain
- Help to fight off infection
- Help with sleeping problems
- Help lessen anxiety
- Change your heart or breathing rate
- Make you feel calm or energised

People with cancer use aromatherapy because it makes them feel good. Many say that it can help lift their mood and improve their wellbeing. It helps them feel like they are helping themselves. There is some evidence that aromatherapy massage can help with the effects of treatment. These include:

- Anxiety
- Pain
- Depression/Low mood
- Stress
- Tiredness

Aromatherapists believe that inhaling certain essential oils can help with nausea and vomiting. Nausea and vomiting are often side effects of chemotherapy and radiotherapy. But these claims are not supported by research.

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# Reflexology

Reflexology is a technique that applies gentle pressure to your feet or hands to bring about a state of relaxation and help the body's own healing process. It works in a similar way to acupressure and acupuncture. It is thought that there are certain points on the feet and hands that correspond to the organs and glands in the body, so by pressing and massaging these points it can stimulate energy pathways in the body. Some consider this type of therapy as less invasive than massage.

## Who can benefit

- A person with a cancer diagnosis
- Someone without a cancer diagnosis but who is affected by cancer

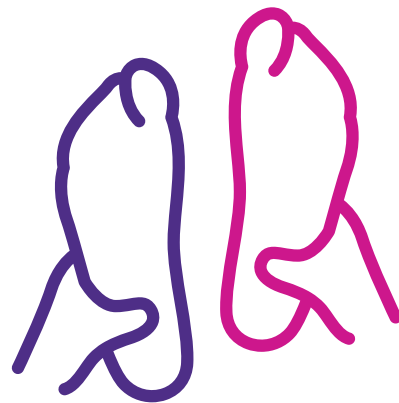
## How it can help

Reflexology is one of the most popular types of complementary therapy in the UK among people with cancer. There is some evidence that reflexology can help you:

- Relax and cope with stress and anxiety
- Relieve pain
- Lift your mood and give a feeling of well being

Some people think that reflexology can help:

- Boost the immune system
- Fight off colds and bacterial infections
- Reduce sinus problems
- Reduce back problems
- Change hormonal imbalances
- Overcome infertility
- Reduce digestion problems
- Reduce arthritic pain
- Reduce nerve tingling and numbness from cancer drugs (peripheral neuropathy)



## What to expect at Clan

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## Therapy Duration

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# Reiki

The Japanese word reiki means universal energy. Eastern medicine systems work with this energy, which they believe flows through all living things and is vital to wellbeing. The energy is known as 'Ki' in Japan, 'Chi' in China and 'prana' in India. Reiki isn't part of any type of religion or belief system. A reiki practitioner aims to change and balance the 'energy fields' in and around your body to help on a physical, psychological, emotional and spiritual level. The practitioner puts their hands on, or a few inches above, your body – you can choose if you wish for touch or non touch therapy. They move their hands across your body, usually starting at your head and working down to your feet, but may focus on particular areas of the body. The aim is to move and balance the 'energy' within and around your body. And to get rid of any energy blocks to encourage healing and strengthen your energy. You might feel a tingling sensation, a deep relaxation, or warmth or coolness throughout your body, or you might not feel anything at all. This doesn't mean the treatment isn't working.

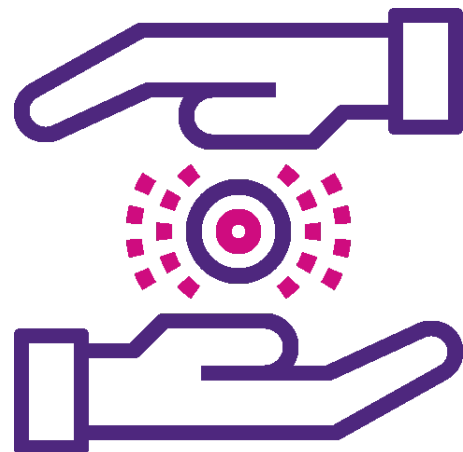
## Who can benefit

- A person with a cancer diagnosis
- Someone without a cancer diagnosis but who is affected by cancer

## How it can help

Reiki can:

- Help you to feel deeply relaxed
- Help you cope with difficult situations
- Relieve emotional stress and tension
- Help to improve overall wellbeing
- Provide the benefits of some touch therapies through non-touch if that's preferred



Some patients have said that reiki helped to control the side effects of their cancer treatments, such as pain, anxiety and sickness. They also say that it helps them cope better with their cancer and its treatment. Reiki is sometimes used in palliative care, especially in hospices.

## What to expect at Clan

Your therapy plan will be agreed following a Client Consultation to ensure Clan have the relevant information to ensure the therapy is safe and will benefit your individual needs within an agreed number of sessions. On the day of your therapy you will be asked some questions to ensure any changes to your health and well being are accounted for prior to the therapy commencing. This will ensure any necessary adjustments are made to keep you safe.

The treatment will take place in a dedicated therapy room designed to create a relaxing atmosphere. Your therapist will be dressed in a therapy uniform and will be easily identifiable to you. Your therapist will discuss your preferences around the use of soft music, lighting and use of scents in the therapy room, recognising individuals may have certain sensory sensitivities. You don't need to get undressed for treatment. You usually take your shoes and coat off, and can have Reiki sitting or lying down. You can have your eyes open or closed.

## Therapy Duration

All initial therapy sessions consist of the therapist undertaking a consultation with you followed by a shorter 'taster' session of the therapy to ensure the therapy is right for you. The regular sessions will last for 45 minutes however shorter sessions can be accommodated. Please discuss this with your therapist.

# Hypnotherapy

Hypnotherapy focusses on an emotional and psychological form of talking therapy that helps you go into a deeply relaxed state. We all go into such states of mind naturally in daily life. For example, when we daydream or concentrate deeply on something. A hypnotherapist can use various methods to help you into this state. They may speak to you slowly and soothingly. Or they may ask you to look at a fixed object in front of you or at the edge of your field of vision. You might feel heavy or light, but will remain relaxed and in control at all times. Your hypnotherapist will focus on why you want to have hypnotherapy.

## Who can benefit

- A person with a cancer diagnosis
- Someone without a cancer diagnosis but who is affected by cancer

## How it can help

People with cancer most often use hypnotherapy for sickness or pain. There is some evidence that hypnotherapy helps with these symptoms, including studies of children with cancer, which found that hypnosis appeared to help reduce pain and distress from cancer or from medical procedures. It can also help with :

- Depression
- Anxiety
- Stress
- Can help people feel more in control of their situation
- Help give up smoking
- Help rationalise fears and phobias for example needles, hospitals, traveling by plane



## What to expect at Clan

Your therapy plan will be agreed following a Client Consultation to ensure Clan have the relevant information to ensure the therapy is safe and will benefit your individual needs within an agreed number of sessions. On the day of your therapy you will be asked some questions to ensure any changes to your health and well being are accounted for prior to the therapy commencing. This will ensure any necessary adjustments are made to keep you safe.

The treatment will take place in a dedicated therapy room designed to create a relaxing atmosphere or you may have chosen to undertake your Hypnotherapy online, in which case you should be in a relaxed space with no interruptions. You can sit in a comfortable chair or lie down and, when you are ready, your hypnotherapist will begin. They may give suggestions on relaxation or help you to imagine being in a comfortable place. They might count down from 10 to 1. When you are relaxed, the therapist will give positive suggestions about changing your behaviour or managing symptoms. During the session you'll be aware of your surroundings. You can come out of the hypnotic state very quickly if you want to. Many people worry that they will lose control under hypnosis and do or say things that they don't want to. Even if you are hypnotised, you don't have to take on the therapist's suggestions. No one can hypnotise you if you don't want them to.

## Therapy Duration

Timing can vary - Please discuss this with your therapist or upon enquiry.

# Mindfulness

Living with cancer and/or caring for a loved one with a cancer diagnosis adds to the fears, worries, feelings of isolation and other stresses in our lives. Mindfulness is a way of helping reduce the high levels of stress related symptoms associated with cancer in addition to other life stressors.

In a gentle and gradual step by step process, with kindness and compassion, a Mindfulness Practitioner teaches you techniques to help you refocus your attention into the present moment, reduce the constant rumination and regret of the past, and worrying anxiously about the future. This helps you settle the busy frantic mind, bringing relaxation and calm to a stressed body.

## Who can benefit

- People diagnosed with cancer
- Someone without a cancer diagnosis but who is affected by cancer

## How it can help

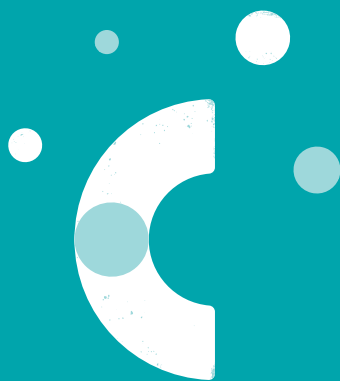
- Reduces stress and anxiety
- Reduces rumination and overthinking
- Helps address emotional reactivity
- Helps address self-criticism and judgement
- Can promote concentration and improve memory
- Promotes cognitive flexibility
- Creates happier, healthier relationships
- Improves Sleep patterns
- Can help relieve pain
- Reduces feelings of loneliness
- Can help strengthen the immune system

## What to expect at Clan

Clan's Mindfulness groups take place in a dedicated room designed to create a comfortable and relaxing atmosphere. When choosing the online mindfulness group, you should be in a relaxed space with no interruptions. You can sit in a comfortable chair or lie down and when the group is ready, the group leader will begin the session with some gentle breathing exercises and guided meditation to help focus your attention onto your body and mind. Throughout the session, you will learn specific techniques that are key to developing a mindful state of being. Afterwards, you will take away lessons which you can use between sessions that supports your emotional and physical wellbeing.

## Therapy Duration

Mindfulness Sessions are undertaken once a week in a group setting and last an hour.



**clan**  
cancer support

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 ClanCancerSupport

 ClanNow

 ClanCancerSupport

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