



HEALING TOUCH

A ROSWELL PARK SUPPORTIVE CARE PROGRAM

A Non-invasive Complementary Energy Therapy, Promoting Health and Well-being



RoswellPark.org

INTRODUCTION

Roswell Park's Survivorship & Supportive Care Center offers complementary Healing Touch (HT) sessions in its 3rd floor, Scott Bieler Clinical Sciences Center location. An off-site evening program is also offered twice a month in partnership with the Mary & Ralph C. Wilson, Jr. Support Center.

WHAT IS HT?

Recognized by the National Center for Complementary and Integrative Health as a biofield therapy, HT is a non-invasive approach to balancing the energy field and energy centers of the body. The practice is also recognized by the American Holistic Nurses Association and has been developed as a five-tiered nursing continuing education curriculum.

WHO MAY REQUEST AN HT SESSION?

Patients who are currently in active treatment, as well as those who have completed their care, along with our patients' caregivers are welcome to enjoy complementary HT sessions.

ABOUT HT

- HT was developed by Janet Mentgen, RN, BSN, in the 1980s, and is currently practiced in hospitals across the country.
- Incorporating several hand techniques either in motion, or still, HT aims to balance the human energy field and centers.
- Due to its safe and non-invasive nature, HT complements traditional care.
- Peer-reviewed studies have shown the following benefits of HT:
 - o Decreased stress, anxiety, pain, and depression.
 - o Increased relaxation and sense of well-being.

GROWING HT

HT at Roswell Park was initially introduced in 2013 as a pilot program for pediatric outpatients and their parents. Since then, the program has been established as a Quality of Life Program available to all of our patients and their family members at the Mary & Ralph C. Wilson, Jr. Support Center and now here at Roswell Park.

WHO ARE ROSWELL PARK'S HT PRACTITIONERS?

HT volunteers are Roswell Park volunteers who have received specialized training in several basic HT techniques. HT volunteers use a compassionate, heart-centered approach to restoring balance on a physical, emotional, mental, and spiritual level.



WHAT TO EXPECT

- HT sessions take place in a quiet, nurturing environment.
- Lights will be softened and music will be playing in the background.
- Wear comfortable clothing. You may take off your shoes if you wish.
- A trained HT volunteer will perform one to three techniques during your 30-minute session.
- During the session, you will be seated in a chair.
- You will be asked if you would prefer light touch or above-the-body work.
- Your comfort is of the highest importance. If at any point you would like a blanket, pillow, or glass of water, please let your HT volunteer know.

Note: HT is not a form of massage; there is no manipulation of tissue. This is an above-the-body or hands-still approach, working with the energy field or centers. No diagnosis of any kind is involved. This is not Reiki, which is another energy medicine modality. HT is not intended to be used as a substitute for conventional, allopathic care.

HEALING TOUCH SESSIONS

30-minute chair sessions are available on
Tuesdays and Thursdays from 11 a.m. - 2 p.m.

We hope to expand our hours as we continue to grow our program.

SIGN UP

A sign-up sheet will be available outside the HT room on Tuesdays and Thursdays for walk-in appointments. Time slots will be available based on the number of HT volunteers available.



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