

## What can SEFF offer you?

One course of 5 sessions of therapy over the 2015/2016 financial year. All therapies will take place within SEFF's Complementary Therapies room (located within SEFF Offices, Manderwood Park), with the exception of Physiotherapy which will take place in the therapist's practice.

The Therapies are provided by experienced practitioners who have each worked with clients with trauma-related illnesses and/or other physical or psychological injury. Users of the service receive a consultation session prior to any treatment commencing to ensure that;

- A) The treatment is most appropriate for the physical or psychological needs of the client.
- B) That there is no health condition/concern which would debar someone from availing of a particular therapy.

**COST** - recommended donation of £40 for 5 sessions of treatment. *(A minimum of £20 must be paid prior to treatments commencing with the balance requiring paying in advance of session 4).*



## Recognition of Funding

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## SOUTH EAST FERMANAGH FOUNDATION

OFFICE OPENING HOURS  
MONDAY - FRIDAY (9AM - 5PM)

1 Manderwood Park, 1 Nutfield Road,  
Lisnaskea, Co. Fermanagh, BT92 OFS.

**Tel:** 028 6772 3884 • 028 6772 2242

**E-Mail:** [info@seff.org.uk](mailto:info@seff.org.uk)  
and **Facebook** Pages 

Seff Victims and Seff Lisnaskea

**Website:** [www.seff.org.uk](http://www.seff.org.uk)

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## SUFFERING PHYSICAL OR EMOTIONAL PAIN OR STRESS?

then complementary therapy  
could be just what your  
health ordered



*Supporting Victims and Survivors,  
Strengthening Communities*

**SEFF'S  
COMPLEMENTARY  
THERAPIES SERVICE**





## Complementary Therapies The Explanation

**AROMATHERAPY** is the systematic use of plant oils known as essential oils for the treatment or prevention of disease. It is a form of complementary therapy designed to treat the whole person and not just the symptom or disease by assisting the body's natural ability to balance, regulate, heal and maintain itself. **THERAPIST:** Gordon Hayhurst.

**REFLEXOLOGY** is a complementary therapy that involves the application of pressure to specific points, known as reflexes, on the feet and hands to encourage the body to heal from within. The therapy is based on the principle that the feet and hands contain 'mini-maps' of the whole body and that by applying pressure using the fingers or thumbs a reflexologist can

have a positive effect on the corresponding parts of the body. **THERAPIST:** Gillian Johnston.

**INDIAN HEAD MASSAGE** is based on the ayurvedic system of healing which has been practiced in India for over a thousand years. The client, fully clothed, sits in a massage chair for the treatment. The therapist uses a range of different movements including application of deep kneading and compression movements over the neck, shoulder and scalp areas. In addition, the therapist will also gently stimulate and stroke pressure points on the face. **THERAPIST:** Sandra Johnston.

Massage has been used for centuries as an instinctive way to relieve muscle tension and to relax the body and mind. **SWEDISH MASSAGE** uses a variety of stroking, kneading, pressure and flowing movements over the body

to treat and prevent a huge variety of complaints, or can simply be used for deep relaxation. Massage is a holistic approach that can be used alongside or as an alternative to conventional medicines. **THERAPIST:** Sandra Johnston.

**PHYSIOTHERAPY** helps restore movement and function when someone is affected by injury, illness or disability. It takes a holistic approach that involves the patient directly in their own care.

### Approaches include:

1. Movement and exercise - taking into account a person's current level of health and their specific requirements.
2. Manual therapy techniques - where the physiotherapist helps recovery by using their hands to relieve muscle pain and stiffness, and encourage blood flow to an injured part of the body.

**THERAPIST:** Nicola McCullagh-Daley.