



Complementary Therapies at Evergreen

Evergreen offers many complementary therapies that are available at no cost to our clients. These therapies can help in an array of ways, from relieving anxiety and stress, to helping manage pain and discomfort.

These services are made available through our trained volunteers and are offered at The Living Room Program, and also on a one-on-one basis.

Complementary therapies offered by Evergreen include:

<p>Reiki</p>	<p>Reiki is an ancient form of hands-on healing which originated in Japan. In Reiki, positive energy is transferred from the practitioner to the patient and works on the three levels: the mind, the body, and the spirit.</p>
<p>Therapeutic Touch</p>	<p>Therapeutic Touch is considered to be an energy field modality and is a contemporary interpretation of several ancient hearing practices. A consciously directed process during which the practitioner uses his/her hands as a focus for facilitating the healing process.</p>
<p>Massage</p>	<p>Massage is the manipulation of superficial and deeper layers of muscles and connective tissues. It can be used to improve function, aid in healing, and promote relaxation.</p>
<p>Reflexology</p>	<p>Reflexology is the practice of applying pressure to the feet, hand and ears with specific thumb, finger, and hand techniques.</p>