

further information

We have a range of free information leaflets and packs for survivors, their supporters and agencies. Please call us on **0131 556 9437** to request copies and we will send them out to you in an unmarked envelope.

Information leaflets and packs available:

- Information about our support service
- Information and support pack
- Information for family, friends and partners
- Information about rape and sexual assault
- Information about group support
- Information for survivors of childhood sexual abuse
- Information for survivors of ritual abuse
- Information about self-harm
- Information about panic attacks
- Information about flashbacks
- Legal information booklet: reporting to the police and going to court
- Information booklet for workers about ritual abuse

All our leaflets are available in larger print. If you would like copies please contact us on 0131 556 9437.



**edinburgh women's rape
and sexual abuse centre**
support, advice and advocacy for women and girls

FREE
**complementary therapy
treatments**

**administration, outreach
& training: 0131 557 6737**

minicom: 0131 557 6757

fax: 0131 558 1612

**support@ewrasac.org.uk
info@ewrasac.org.uk**

**c/o P.O. Box 120
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What complementary therapies are available?

Reiki

Reiki is a form of healing which works on the body's energy system, without pressure or manipulation – it can be done without you even being touched at all. The therapist places her hands on or above various places on the body (again – only areas you are comfortable with), and you usually feel warmth and a sense of relaxation.

Indian Head Massage

Indian Head Massage works over the head, face, neck, shoulders and arms (although it can be adapted if any of these areas are uncomfortable for you), without removing any clothes or using oils. This treatment aims to relax the muscles, calm the mind, and allow the release of tension.

Massage

Massage takes place with you seated, and can work with or without oils, on whichever part or parts of the body are most comfortable for you – hands, feet, neck, shoulders or back. You do not have to remove any clothes unless you wish oil to be used on your back, in which case you would have a towel wrapped around you.

Pressure is applied to the area being worked on, either gentle or deep according to your preference, and the therapist works over the skin with her hands, fingers and thumbs to relieve tension, ease out knots and help relaxation.

Bach Flower Remedies

Bach Flower Remedies can help with negative emotional states like fear, worry and lack of confidence, among many other things. In consultation with the therapist, you will choose remedies to help you with your personal emotional state. You will also be taught about the remedies and how to use them for yourself, so that you can continue to use them after your sessions. The remedies are taken as drops on the tongue or in a drink, and are very gentle.

Emotional Freedom Technique

Emotional Freedom Technique works like acupuncture WITHOUT needles. Whilst focusing on a problem, the therapist taps points on your face, torso and hands, aiming to allow the emotion to be released. You will be taught how to use the technique for yourself so that you can use it at any time. The technique is really simple, and can work really well for some women. It helps to reduce anxiety and fear, and can be used on a wide variety of problems.

How do I make an appointment for a therapy?

If you would like to try our free complementary therapy service, please contact us via our helpline **0131 556 9437**, or speak with your support worker.

Before you come for your sessions, you will have an initial half hour appointment with our therapist, who is a woman. You can ask her any questions you may have, and she will discuss with you the therapies you would like to try. She will also check whether there are any parts of the therapies which might feel uncomfortable for you, to ensure that this can be avoided.

Following this appointment, you will have the option of booking 3 sessions of either 25 or 50 minutes. These will usually be over 3 weeks, apart from the Bach Flower Remedies, where sessions will be 3 weeks apart. You have the option to choose a different therapy for each session.

Your sessions should start the following week after your initial appointment. Please note, that there may be at times a waiting list between the initial appointment and further sessions in the case of a high demand for the service.

What if I need to cancel an appointment?

We understand that you may need to miss a session from time to time. We require at least 24 hours notice when cancelling. We understand that in exceptional circumstances you may not be able to give this much notice. However, if you cancel twice with less than 24 hours notice, we may not be able to offer you any further sessions at that time.