



Reflexology

An ancient therapeutic practice of applying pressure and gentle stimulation to sensor reflexes on the feet and/or hands. There are more than 7,000 sensory nerve endings in each foot that correspond to organs, glands and vital systems of the body. Reflexology induces a natural state of relaxation that helps to improve the flow of energy and promote the healing process. Reflexology is available on patient units and at the Center.



Massage Therapy

For in-patients, gentle, nurturing touch reduces stress, promotes relaxation, quiets and calms the mind and body. For the community, therapeutic massage at the Center may include Swedish, Deep Tissue or Hot Stone Therapy. Massage is known to improve circulation, support the immune system, and promote healing.

Frequently Asked Questions

- How can CHI services be accessed? Call 860-889-8331, ext. 2483 to make an appointment. Family members, patients, or healthcare providers may call for in-patient services. All services are open to the community. No referral is required.
- Is there a fee for services? Some in-patient services are provided at no cost to the patient. Community service fees are paid directly to the therapist.
- Can I give CHI services as a gift? Yes, gift certificates are available in the Hospital gift shop and from the Center. Gift Certificates are ideal for hospitalized patients, new mothers, and friends as a gift for wellness.



For more information or to schedule an appointment call:
Amy Dunion, R.N., L.M.T.
Coordinator, **The William W. Backus
Hospital Center for Healthcare
Integration**

860-889-8331, ext. 2483
The Center is located at
115 Lafayette Street,
across from the Hospital.
www.backushospital.org



Chi

**Center for Healthcare
Integration (CHI)**

*Dedicated to the integration of
mind, body, spirit and emotions
for health and healing.*



Prepare for Surgery-Heal Faster (Guided Imagery and Relaxation)

Guided imagery is the practice of visualizing positive outcomes to an event (e.g. surgery, chemotherapy) to lessen anxiety, provide relaxation, and promote pain relief. This process can enhance the body's immune system and promote healing. Weekly classes are open to the community, and registration is required. Ideally, the class is taken 1-2 weeks prior to surgery. There is a \$25.00 fee (for book and cassette); or \$32.00 (for book and CD).



Therapeutic Pet Program

Interaction with pets promotes many positive and beneficial health effects. The pet visits promote calmness, provide a welcome distraction from discomfort and isolation, and may lower blood pressure and heart rate. Certified Therapeutic Pet Teams visit on designated in-patient units.



Energy Therapy (Reiki, Healing Touch and Therapeutic Touch)

Energy work is based on a fundamental understanding that everything in the universe is made up of energy. It is the life force of our cells, organs, glands, and systems of our body. Energy therapies work to enhance the body's own ability to bring its energy to balance, restoring a sense of ease and well-being. Available on in-patient units and at the Center.



Acupuncture

Based on rebalancing the body's vital energy (chi), acupuncture is used to treat pain, disease and a wide range of conditions; both chronic and acute; physical and emotional. Blocked, excess or deficient chi is encouraged to realign, with insertion of fine sterile needles into specific acupoints or meridians/channels that hold this energy.