



HOSPICE
of the VALLEY



Your not-for-profit hospice since 1977

Integrative Therapies

Enhancing the Quality of Life for Patients at Hospice of the Valley

Integrative Therapies

When a patient and family are faced with terminal illness, it has always been Hospice of the Valley's philosophy to address not only physical symptoms, but social, intellectual, spiritual and emotional aspects, as well. Our Integrative Therapies program, which includes massage, music and art, helps in each of these areas and broadens the scope of assistance and support we are able to give.

The primary goal of our integrative therapies is to enhance the quality of life for our terminally ill hospice patients, families and staff. These therapies often touch our patients in ways that traditional medicine cannot.

All of Hospice of the Valley's integrative therapies are offered by trained and certified professionals. These services are supported through fees, grants and private donations.

For more information, please call 602.530.6900.

Massage Therapy

Although massage therapy is applied directly to the body, it may also have a profound effect on the mind and spirit.

In the world of high-tech medical care, where touch can often be neglected, massage therapy can be extremely helpful. It is holistic in that it recognizes that a person is made up of body, mind and spirit. It offers physical, mental and emotional benefits.

The massage therapist uses massage as an avenue to align and balance the energy of the body. Once a level of balance is achieved, the individual is able to relax and use their energy in a healing way.

Whether it is to soothe an anxious or uncomfortable patient, or to alleviate the stress experienced by family members, comments heard from clients continue to support our belief that massage is a valuable part of hospice care.

Music Therapy

Music is a universal language. It calms the heart and awakens the soul.

Many patients and their families benefit from music therapy at Hospice of the Valley. All types of music are used, from listening to relaxing live flute, harp, or guitar at bedside, to interactive music with family members participating by playing instruments, singing, or writing songs together.

Research shows that music has a positive effect on the body, mind and emotions. It can lower blood pressure, basal metabolism and respiration rates, and it increases production of endorphins, which reduce pain and control heart rate. Music can be used to aid digestion and to reduce stress.

One of the highlights of our program is the use of live harp music at the bedside to offer solace and comfort to the dying and their families.

Art Therapy

Awakening expression, visually pleasing, creating a product and healing through the process.

Art therapy is used to facilitate the expression of feelings resulting from loss. A non-verbal medium, art translates emotions into visual and tangible communication of the heart.

Scientific studies tell us that art can heal by changing a person's physiology and attitude from one of fear to one of creativity and inspiration. Art moves a person into a different brain wave pattern, affecting the autonomic nervous system, hormonal balance and neurotransmitters.