

Integrative Healthcare

What is Integrative Healthcare?

In the integrative model different models of healthcare are brought together. This is based on the dual assumption that different symptoms and different patients need a variety of approaches and that sometimes the best results are achieved through a combined approach.

What is Complementary Healthcare?

This name was initially coined to represent the therapies that could work side by side or add to GP care/conventional medicine. It is now taken to mean a broad range of therapies.

What therapies are included in Complementary Health Care?

Acupuncture, Homeopathy, Cranio-Sacral Therapy, Amatsu, Shiatsu, Nutritional Therapy, Kinesiology, Massage and Reflexology etc.

What do all of these therapies have in common?

The common thread between these therapies is their belief in looking at the whole person as opposed to just the symptoms. A detailed case history is usually the starting point in the first appointment.

Why do people attend a complementary health clinic?

In any one day there are a variety of reasons people attend the clinic. The acupuncturist may be supporting someone with fertility or with Osteo-arthritis. Similarly we get a lot of clients with recurring infections who want an alternative to antibiotics. Other chronic conditions like asthma, psoriasis, respond very well to homeopathy. A little baby with sleep difficulty may be having cranio-sacral while someone with chronic pain may be having shiatsu.

How do people choose which therapy is best for them?

Sometimes people do not know where to begin but when they discuss their needs and hear details of the treatments a starting place is usually found.

Is there research to prove the efficacy of these complementary methods?

There is a growing body of research into complementary methods and there are many published studies showing very good results. See website for details of research findings.

Is psychotherapy / counselling considered to be part of Complementary health?

More and more GPs view counselling/therapy as a support for people in times of mental / emotional stress or distress.

Rosemary Fitzgerald, psychotherapist, is a founder of The Novara Centre.
To find out more contact: 01 2761745. e:info@thenovaracentre.ie
w: www.thenovaracentre.ie