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HOLISTIC WELLBEING AND MINDFULNESS THERAPY FOR ALZHEIMER AND DEMENTIA

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This presentation reveals how holistic therapy can assist in the treatment of patients with Alzheimer's and dementia irrespective of religious belief, focussed on the placebo effect. Each unique treatment that is an amalgamation of Reiki, massage, music, chat, mindfulness and eye contact, using the healing power of touch, focusses on their individual feelings and emotions to provide a bespoke treatment. I believe that medicine aids in the physical balance and wellbeing of an individual and continued research is required in the fields of Alzheimer and dementia, however, the feelings and emotions that are linked to memories still exist and I have found, using my methods, that an inner calm is reached creating a feeling that stimulates a positive, calming effect on my clients who live with a wide range of dementias and other life changing illnesses. As a result of my work, I have documented evidence which proves that my treatments are safe and effective with no reported negative effects. Used in conjunction with other 'alternative' therapies including massage and music therapy, my treatments are well received and effective, resulting in the majority of clients becoming calm, relaxed, more approachable and generally happier. I have found that this benefits not only the client but the families and carers who report finding "inner peace" and the ability to continue their own schedule knowing that their loved one feels safe and less anxious. When providing a group treatment within an EMI unit, not all the clients may receive a one to one treatment however others react positively from the ambiance created; sometimes instantly, sometimes many hours later.

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