



Finding a private complementary therapist

Information Leaflet



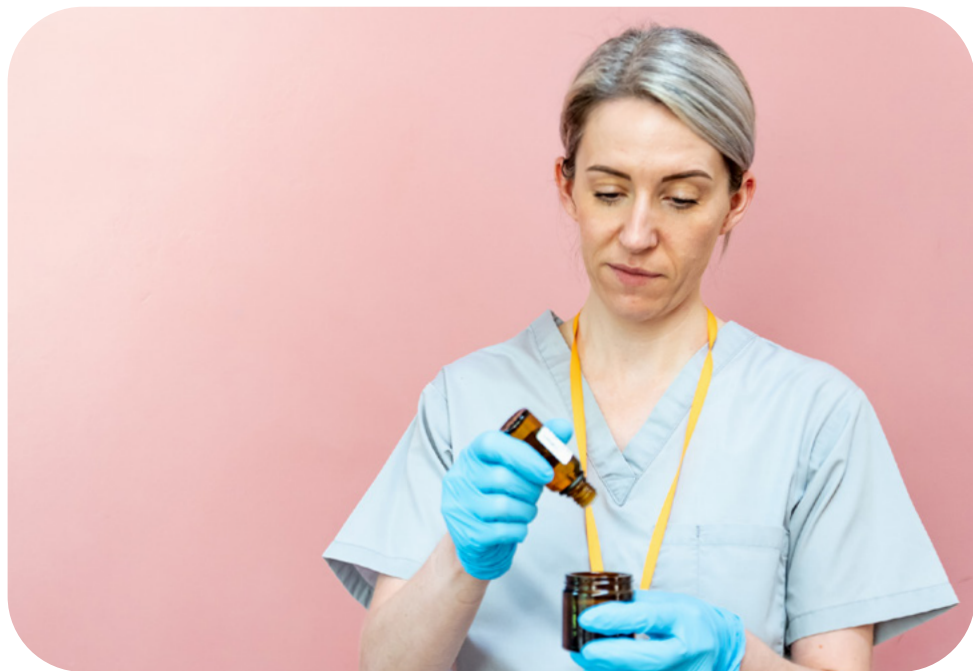
Finding a Private Complementary Therapist

Finding a complementary therapist can be difficult. It is important, when looking for a private therapist to know they are properly qualified, insured and fit to practice.

This leaflet has been produced to try to help individuals and their carers who would like to seek out private treatment. On the following pages you will find a list of professional organisations that register and insure therapists. If you call them, they will be happy to tell you who your nearest therapist is.

The list is not definitive, there are other organisations not mentioned in this leaflet only because we are not familiar with them. If you feel that we have made an omission, please let us know.

There are also many therapies not mentioned in this leaflet, which may be beneficial to some. We have mentioned only the most requested ones. Saint Francis Hospice cannot take any responsibility for treatment by private therapists.



Questions to ask a therapist

The best way to find a private complementary therapist is through being recommended by a friend. Some therapists may not have experience in helping people with certain conditions or symptoms, although this does not necessarily mean they are unsuitable to treat you.

Below is a suggested list of questions to ask or things you might like to consider before committing to treatment:

- ♥ Where and when did you train? *
- ♥ How long was your course? *
- ♥ With which professional organisation are you registered?
- ♥ What professional indemnity insurance cover do you have? *
- ♥ What courses and other training have you taken since qualifying? *
- ♥ Have you ever treated someone with this diagnosis before?
- ♥ How can your treatment be combined with the conventional treatment I am receiving from my doctor?
- ♥ Where do you work?
- ♥ Do you do home visits or visits to hospital?
- ♥ What do you charge?
- ♥ Are discounts available for people with lower incomes?
- ♥ How many treatments am I likely to need?
- ♥ Will you be informing my Doctor about the treatment you are giving me?

* This can be checked with the relevant professional body.

Complementary Therapy

Complementary and Natural Healthcare Council (CNHC)

PO Box 428
Bristol, BS9 0FB
0203 327 2720
info@cnhc.org.uk

British Complementary Medicine Association

27 Old Gloucester Street
London, WC1N 3AX
0345 345 5977
office@bcma.co.uk
bcma.co.uk

British Holistic Medical Association

West Barn
Chewton Keynsham
Bristol, BS31 2SR
0117 986 7121
admin@bhma.org
bhma.org

Acupuncture

British Acupuncture Council

63 Jeddo Road
London, W12 9HQ
0208 735 0400
info@acupuncture.org.uk
acupuncture.org.uk

British Medical Acupuncture Society (BMAS)

BMAS Northwich

BMAS House
3 Winnington Court, Northwich
Cheshire, CW8 1AQ
01606 786782
admin@thebmas.com

BMAS London

Royal London Hospital for Integrated Medicine
60 Great Ormond Street
London, WC1N 3HR
0207 713 9437
london@thebmas.com

Aromatherapy

International Federation of Professional Aromatherapists (IFPA)

82 Ashby Road
Hinkley
Leicestershire, LE10 1SN
01455 637987
ifparoma.org

International Federation of Aromatherapists (IFA)

IFA Head Office
146 South Ealing Road
Ealing
London, W5 4QJ
0208 567 2243
office@ifaroma.org
ifaroma.org

Massage

General Council for Massage Therapies

5 Blacksmiths Common
Chalton
Bedfordshire, LU4 9UN
0333 772 2393
gcmt.org.uk

Federation of Holistic Therapists

Aspire House
10 Annealing Close
Eastleigh, SO50 9PX
0238 062 4350
info@fht.org.uk
fht.org.uk

Mindfulness

Headspace

headspace.com

Reflexology

Association of Reflexologists (AOR)

Victoria House
Victoria Street
Taunton
Somerset, TA1 3FA
0182 335 1010
aor.org.uk

International Federation of Reflexologists

8-9 Talbot Court
London, EC3V 0BP
0870 879 3562
intfedreflexologists.org

Reiki

UK Reiki Federation

9 Barnfield Close
Coulsdon, CR5 1QR
0203 745 9746

If you wish to speak to a member of the complementary therapy team at Saint Francis Hospice please contact us on **01708 753319** ext. **2224**.

Additional telephone numbers for you to record

Complementary Therapist	Contact Information

About Saint Francis Hospice

Saint Francis Hospice, rated outstanding by the CQC, is an expert in providing care for people in our community with palliative and end of life care needs.

We provide support and care for any person from any faith or cultural background diagnosed with a serious life-limiting illness and living in Havering, Barking and Dagenham, Redbridge, Brentwood or parts of West Essex. Saint Francis Hospice has been offering expert, compassionate advice and support for over 40 years.

Confidentiality

At Saint Francis Hospice we are committed to upholding your rights to confidentiality and protecting your privacy. We will treat your information with respect. Keep it secure and comply with the requirements of the Data Protection Act 2018 including GDPR. Our privacy notice is available on request or by visiting our website www.sfh.org.uk

The Hall
Havering-atte-Bower
Romford
Essex RM4 1QH

Call: 01708 753319

Email: mail@sfh.org.uk

Visit: www.sfh.org.uk

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