

## Integrative Therapy

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Complementary therapy, more recently called integrative therapy, includes a range of healing options and therapies. Integrative therapies can be used along with traditional medical treatment to treat disease, reduce stress and to prevent or reduce side effects and symptoms. Integrative therapies include but are not limited to acupuncture, reiki, therapeutic touch, chiropractic, homeopathy, music therapy, massage, guided imagery, yoga, and the use of herbal remedies.

### Special Instructions

- Anyone who practices complementary or integrative medicine should be licensed or certified.
- You should always talk to your healthcare provider about any integrative therapies you are interested in trying.
- Unlike traditional treatments for cancer, integrative therapies are often not covered by insurance companies. If seeking services for therapies outside of Dana-Farber/Boston Children's, patients should check with their insurance provider to find out about coverage for these services.

### For Patients at Dana-Farber/Boston Children's

- The Zakim center for Integrative Therapies at Dana-Farber can also help guide you to services such as acupuncture, massage, Reiki and yoga. There may be funding for free sessions at the Zakim Center for pediatric patients. For more information or to schedule an appointment, call 617-632-3322 or email [zakim\\_center@dfci.harvard.edu](mailto:zakim_center@dfci.harvard.edu)
- When inpatient at Boston Children's Hospital, please have your clinical staff contact 617-355-7684 with a referral. Services available for our patients at no cost include: Massage Therapy, Acupuncture, Reiki, Yoga, Meditation, and Aromatherapy.
- Music therapy is available in both the Jimmy Fund Clinic and at Boston Children's. Ask resource room staff or your child life specialist for more information.
- Your child may be able to receive free mini sessions of massage therapy while in the Jimmy Fund Clinic. Check with your healthcare provider in clinic for more information about this opportunity.

### For Caregivers at Dana-Farber/Boston Children's

- The One Mission Resource Room provides Yoga, Reiki and Chair Massage for inpatient caregivers. See schedule in the resource room for details. Additional caregiver relaxation programs can be found in the 9NW Resource Room 617-355-7684 and in the Hale Center for Families in lobby of BCH, 617-355-6279
- The Blum Pediatric Resource Room located in the Jimmy Fund Clinic or the One Mission Resource Room on the 6<sup>th</sup> floor at Boston Children's Hospital has books and other information available about integrative therapies.

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## Contact Us

**For patient care assistance, please call the following phone numbers:**

- Jimmy Fund Clinic (617) 632-3270  
Business Hours 8 a.m. to 5 p.m., Monday through Friday
- Page Operator (617) 632-3352  
Off hours: weekdays after 5 p.m., holidays, and weekends  
Page pediatric hematology/oncology fellow on call
- Life Threatening Emergencies dial 911