

KATHERINE A. GALLAGHER

Integrative Therapies Program



*The part can never be well
unless the whole is well*

—PLATO



MASSACHUSETTS
GENERAL HOSPITAL

CANCER CENTER



About the Integrative Therapies Program

When complementary therapies (such as acupuncture) are combined with traditional medical care (such as radiation), it is called integrative therapies. Medical experts worldwide have come to view integrative therapies as an effective complement to conventional cancer care.

When someone has cancer, it is important to take care of the whole person. The **Katherine A. Gallagher Integrative Therapies Program** focuses on the restorative functions of the human body, and services are designed to work individually with your unique body, mind, and spirit. Integrative therapies are a whole-person, patient-centered, evidence-based model of care that uses a multi-disciplinary approach and is designed to create the best path to health for each individual.

Our Mission

Provide clinical interventions that recognize the whole person by increasing patient self-awareness and self-care to enhance well-being. By giving patients tools to access the innate power of the body to heal, they can begin to participate more fully in their medical care plan.

Our Vision

In order to provide unique and innovative approaches to health and wellness, we practice evidence-based healing traditions, acknowledge the wisdom of the body, and focus on the interconnection of mind, body, and spirit.

Our Values

A healing environment encourages positivity and respect. By upholding professional standards, we pledge to optimize each patient's clinical experience.

MINDFULNESS

We are intentional and thoughtful in our interactions and in our choices. We listen deeply, choose our words with care, and take actions that support patients' individuality.

INTEGRITY

We ground our actions and words in honesty, compassion, and dignity. We aspire to excellence and accountability in all we do.

INQUISITIVENESS

We are committed to lifelong learning. We examine our positions and assumptions to discover new perspectives and ways of being. We strive to be open and to respond effectively to feedback. As such, we maintain the highest levels of training and certifications in our respective fields.



Mindfulness

Inquisitiveness

Integrity

Our Defining Principles

Patient and practitioner are partners in the healing process.

A patient is more than the sum of their parts and can ultimately only be understood and explained as a whole person. Patients and providers work together to create a care plan that evolves in response to changing patient needs.

All factors that influence health, wellness, and disease are taken into consideration, including mind, spirit, and body.

Working from this orientation, practitioners take into consideration the entirety of a person (body-mind-spirit). Providers make decisions and take action within the context of the patient as a whole.

Appropriate use of both conventional and integrative methods facilitates the body's innate healing response.

Diversity underlies the health of everyone. Recognition of diverse models of health, the value of different healing modalities, and the uniqueness of each person provides a foundation in which the body can restore a natural balance.

A care plan tailored to fit each patient's needs in order to honor the personal healing process. Patients are given empowerment and responsibility in order to attain optimal health.

Principled in evidence-based practice, the patient is treated as a whole person and respected as an individual. They are empowered to be a player in their own health.

Services Offered

Acupuncture and Acupressure

What is it? Acupuncture is the insertion of sterile hair-thin needles into specific points in the body. Research indicates these points may be helpful with alleviating some of the side effects associated with cancer treatment.

Acupressure involves applying gentle pressure to these same points with the hands. Acupuncturists at the Mass General Cancer Center are licensed by the Board of Medicine and have received specialized training to work with cancer patients.

Benefits: These services can help relieve the physical side effects of treatment, such as nausea, fatigue, nerve and joint pain, hot flashes, dry mouth, headache, and other symptoms. They can also help manage the stress and depression that is commonly associated with treatment by relieving anxiety and promoting a sense of well-being.

Art Therapy

What is it? Art therapy uses visual arts, digital media and the creative process to help people express themselves, integrate experiences and promote communication.

About the Katherine A. Gallagher Integrative Therapies Program

These services are designed to enhance quality of life and help manage a broad range of physical and emotional symptoms. Our experienced team of providers works with your care team to find the right combination of therapies for you. Services are open to anyone receiving cancer treatment at the Mass General Cancer Center. Friends and family are invited to join us in classes and educational programs. Our service providers receive specialized training to ensure your care is safe and clinically appropriate.

This program is possible due to a generous gift from Katherine A. Gallagher to endow the Katherine A. Gallagher Integrative Therapies Program at the Mass General Cancer Center. Kathy recognizes the importance of these services – the importance of caring for the whole person. The endowment established by Kathy provides a solid foundation for the program, and will allow the program to grow and expand services to more patients. This gift helps ensure this vital program will remain available to our patients and families in perpetuity. To learn more about making a gift, call 617-643-0411.

It is based on research that shows that art-making is a health-enhancing practice that positively impacts the quality of life.

Benefits: Art therapy is proving itself to be an effective intervention in stress reduction, enhancing perceptions of wellness, and may be helpful for people who feel uncomfortable with touch or talk therapies. Art therapy can be particularly beneficial during long treatment sessions and when diagnoses and treatment plans feel overwhelming.

Music Therapy

What is it? Music therapy is an established health profession that supports the overall health and well-being of patients through shared music experiences with a credentialed music therapist. Sessions can be anything from learning to play musical instruments, listening to music, or writing songs and recording them to share with loved ones. No musical experience is necessary!

Benefits: Evidence shows that music therapy can improve mood, reduce anxiety and stress, and help to alleviate chemotherapy side effects such as nausea and pain.

Massage Therapy

What is it? Massage therapy is the hands-on manipulation of soft body tissues with the intention of reducing tension and pain and creating a sense of ease and comfort in the body.

Benefits: Massage therapy promotes overall health and wellness by reducing pain, relaxing muscles, and improving mobility. Massage has also been shown to relieve symptoms like anxiety, depression,

fatigue, and many treatment-related side effects such as nausea and neuropathy.

Qigong

What is it? Qigong is a practice of aligning body, breath, and mind. It involves moving meditation, coordinating slow flowing movement, deep rhythmic breathing, a calm meditative state of mind.

Benefits: Clinical studies have found that qigong positively affects psychological and emotional symptoms including anxiety, mood, depression and quality of life. Qigong also help decrease physical symptoms such as pain, numbness, dizziness, fatigue, and inflammation.

Tai Chi

What is it? This group exercise employs slow intentional movements, coordinated with breathing and imagery, to strengthen and relax the physical body and mind, and improve health.

Benefits: These easily repeatable movements have been shown to improve balance, strength and flexibility, immune function, cardio-respiratory function, emotional well-being, quality of life and self-efficacy, and sleep and pain management.

Yoga

What is it? This group exercise uses mild stretching and healthy breathing. Breathing and posture exercises are performed in soft, comfortable and stretchable clothing. The exercises can be modified according to an individual's needs and the feedback of one's own body.

Benefits: Yoga has positive effects on sleep quality, mood, well-being, as well as reduced fatigue and inflammation.

To obtain a referral for any of these services, speak to your oncologist or another member of your care team. For more information, call 617-726-4178 or email gallagherprogram@partners.org.

**Katherine A. Gallagher Integrative
Therapies Program**

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*For more information on when and where services are offered,
please view our online calendar.*