



*Alison Lock*  
*at The Close*

# COUNSELLING AND WELL-BEING AT THE CLOSE

Alison Lock is our new counsellor and well-being practitioner. She has twenty years experience as a holistic therapist and twelve years as a counsellor. Alison graduated from the Metanoia Institute in London after completing a Diploma in Person Centred Counselling, a humanistic model. Over the years she has added many tools to her box and is happy to use CBT, EFT, Guided Imagery and Bach Flower Remedies when appropriate.

We believe the well-being of the families of our residents and staff is as important as the well-being of our residents. When our staff are well supported this has a positive impact on our residents. Our experience tells us that when a family is not coping with the stress of a loved one being unwell and having to live away from the family this could also reflect on the resident's well-being. This is why we are pleased to offer counselling with our highly qualified therapist, Alison Lock.

Have you experienced our therapies in the Lily Room?

Before turning her attention to counselling, Alison trained as a holistic therapist and is happy to offer:

**REFLEXOLOGY:** This is a relaxing treatment. The aim is to help restore homeostasis to the whole body. Reflexology involves working with the feet and lower legs to affect all systems of the body. It can be given whilst a patient is in bed or in a wheelchair. Systems of the body can become sluggish when we are unable to move around and Reflexology is one way of helping to address this balance.

**INDIAN HEAD MASSAGE:** A wonderful relaxing treatment. The therapy involves gentle massage to the upper back, shoulders, neck, head and face. It can be given through cloths. The patient remains seated throughout.

**REIKE:** This gentle ancient healing tool can be very relaxing and rejuvenating. Alison is a Reiki Master and as with all her treatments she will only go ahead with the permission of the patient or the family.

We hope you will take advantage of this discrete service which is free of charge.

You may book an appointment at reception or call Alison direct on 01491 839229 for a chat.

You can also e-mail her on [alisonjlock@btinternet.com](mailto:alisonjlock@btinternet.com) or visit her web-site: [www.holistictherapyoxfordshire.co.uk](http://www.holistictherapyoxfordshire.co.uk)

