

# INNOVATIVE THERAPIES

FOR PATIENTS, FAMILIES, AND CAREGIVERS



## HOLISTIC HEALTH IMPROVEMENT AT THE **WELLNESS AND SUPPORT CENTER**

### **Aromatherapy**

This treatment makes use of pleasant-smelling essential oils to improve psychological and physical well-being and promotes relaxation.

### **Art Therapy Journaling**

This creative and self-expressive form of therapy can help patients connect with their feelings and address challenging emotional issues including grief, trauma, and loss.

### **Healing Touch**

Our certified Healing Touch therapist uses gentle hand placements to restore one the body's senses of harmony and balance. Treatments may include light touch and/or placing hands just off above or around the body. It has been shown to reduce pain, anxiety and nausea.

Other services include **Massage**, **Acupuncture**, and **Yoga**.



+410-427-2598



[Integrative Health for Cancer Patients |  
UM St. Joseph Medical Center \(umms.org\)](#)



7501 Osler Drive, 3rd Floor, Towson, MD 21204.

## **EQUINE THERAPY**

Equine-Assisted Psychotherapy is an interactive process in which a licensed mental health professional working with a credentialed equine professional addresses mental health and behavioral health goals through interacting with horses.

[Services | Maryland Therapeutic Riding |  
Crownsville, Maryland \(horsesthatheal.org\)](#)

## **ARTFUL GRIEF**

Artful Grief hosts workshops that provide educational resources for those who have experienced traumatic loss. Facilitators will share examples of their healing journey through art, and then guide visitors through their own art-making process. No previous experience required.



410-667-9384



[WORKSHOPS \(ARTFULGRIEF.COM\)](#)



010709 POT SPRING ROAD  
COCKEYSVILLE, MARYLAND 21030