

### How do we work?

At Clover House, we combine three natural treatments during an integrated session:

**Creative Imagery, Nutritional Therapy and Aromatherapy Massage.**

#### Creative Imagery:

Supporting children's emotional needs is an integral part of the Clover House approach. Creative Imagery harnesses the power of the imagination, enabling your child to develop strategies they can use to overcome their problems, fears or anxieties. Through the use of toys, games and stories, our therapist provides a safe and supportive environment for each child to explore how they perceive their world.

#### Aromatherapy Massage:

Physical touch is healing, and the simple act of massaging your child can release tension, strengthen their immune system and help them feel relaxed and secure. We teach you simple massage techniques to use with your child, to help them release physical or emotional stress and to encourage restful sleep.

#### Nutrition:

A good diet is essential to every child's health and wellbeing. Our aim is to encourage lifestyle changes and eating habits that support a healthy mind and body. Our nutritionist will design a nutritional programme specifically for your child, respecting their preferences and lifestyle. She may also suggest certain supplements to support or alleviate specific health problems.

#### Is it successful?

Yes! In the past year 87% of parents said we treated their child successfully after just three visits to our practice.

### Who can benefit from Clover House?

Our treatments are available to every child or young person between two and 22 years of age. As a registered charity, our fundraising activities allow us to offer affordable treatment to all families. A bursary fund is available to those on low incomes – please ask for details.

#### How do I find out more?

To find out more about how we could help you and your child, call our Practice Manager Jill Gill, for an informal consultation, or visit our website.

#### What other services do we provide?

**DVD and Booklet:** Our DVD lets you follow our treatments at home and can be supported by telephone consultations if required. You can order a copy from our website [www.cloverhouse.org](http://www.cloverhouse.org).

**Fact Sheets:** You can download fact sheets on a range of common child health problems from the Resources section of our website.

**Open Mornings:** We hold open mornings on the first Wednesday of every month for parents, teachers, healthcare workers, alternative therapists and journalists who would like to learn more about Clover House and our holistic approach to child health. Please contact Practice Manager Jill Gill to reserve a place at our next open morning.



#### Contact Us:

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### Complementary Therapy Centre for Children and Young People

Clover House is a charity providing effective and affordable treatment for any physical, emotional or behavioural problem in children and young people

## What is Clover House

Clover House is a charity providing affordable complementary therapy for children and young people suffering from any physical, behavioural or emotional problem.

Our unique integrated approach can successfully treat specific conditions such as Asthma, Eczema, Dyslexia, ADHD and Autistic Spectrum Disorders, as well as emotional and behavioural problems associated with low self-esteem, bereavement, anxiety, parental separation, bullying, anger, eating disorders, exam stress or lack of confidence.

Your child does not have to be ill or suffering from a diagnosed condition to benefit from treatment at Clover House. You are welcome to get in touch if you are concerned about any aspect of your child's physical or emotional health, their diet, their behaviour or just their general wellbeing.

Whether your child is having problems at home, at school, within the family or with friends, our qualified practitioners are here to help.

## What do we do?

At Clover House, we don't judge or label. We listen. We listen to you, and most importantly, we listen to your child. Our holistic therapy uses a combination of creative imagery, massage and nutrition that focuses on treating the whole child, not just the problem. We find that most conditions or situations can be successfully resolved after just three visits to our family-friendly clinic.

## The result?

What every parent wants – a happy, healthy child who has all the resources they need to enjoy their life and reach their full potential.

## Case Study



### Lara Waxman, aged 8

Mum Sarah brought Lara to Clover House in May 2009. She felt that Lara would benefit from some counseling support following her separation from Lara's father. Sarah also had concerns about Lara's diet – she has a dairy intolerance and Sarah wanted more guidance on dairy free alternatives.

*"I'd driven past Clover House and looked it up on the Internet. I liked the fact they offered alternative therapy and that they didn't have a long waiting list. It was good to be involved in the Creative Imagery sessions with Lara – I was able to listen to her talk about what was troubling her and get ideas to help her deal with problems and anxieties.*

*The nutritionist was very helpful – she had lots of ideas and suggestions and didn't expect us to make changes immediately or buy lots of expensive foods. She encouraged Lara to make small changes gradually, and explained how the foods she ate could affect her mood. Lara responds well to adults explaining things to her, so this approach worked well and helped her to feel involved in the changes. Lara also loved the aromatherapy massage – in fact she dozed off in one session! We still use massage techniques at home to help Lara get to sleep at night.*

*All the staff at Clover House were very supportive to me as a parent and I like the fact we can go back for top-up sessions if we need them. I've recommended Clover House to other parents who are concerned about their child's health, and also to my GP and Health Visitor".*

## Who do we treat?

We treat children and young people from the age of two to 22, who are suffering from any kind of physical, emotional or behavioural problem. Our service is open to all and you do not need a referral from your GP or a healthcare practitioner.

As a registered charity (established in 1996) our aim is to work with children and their families to help them overcome problems, to improve their health and well being and to support them in developing self-esteem, self-reliance and coping strategies for day to day life.

## Some of the many conditions we have treated:

- Agression
- Asperger's Syndrome
- Bedwetting
- Bereavement
- Confidence
- Digestive Problems
- Food
- OCD
- Parental Separation/ Divorce
- School problems
- Sibling Rivalry
- Anger
- Anxiety
- Behaviour
- Bullying
- Constipation
- Eczema
- Moods
- Panic Attacks
- Phobia
- Self Esteem
- Sleep problems

*"You listened to me. I didn't feel judged or criticized. Thank you for being so kind and gentle with Ella"*

Parent of Ella, aged 4