



Choosing Complementary Healers

Interviewing potential healers can be useful in becoming more comfortable with a particular type of treatment. You might begin your interviews by briefly describing your diagnosis and treatment plan. Describe your interest in their particular therapy and goals in working with that modality. You may also wish to ask them for feedback on your goals and if they have any concerns in working with you.

The following questions can help you discern if a healer seems right for you. It is helpful to pay attention to not only the answers given to you, but also the feelings they evoke.

- What does your type of treatment offer a person (physically, emotionally, and spiritually)?
- Can you describe to me how this treatment works?
- What is your training and experience? *(Some healers practice other modalities you may be interested in.)* What led you into your profession?
- Have you had experience with cancer patients? Would you be willing to provide me with references from your clients?
- What can I expect to feel from the treatments? (Both during and after; emotionally and physically) How do you expect my cancer or medical treatment to impact this process or outcome? Would interruption of treatment due to medical complications (hospitalizations or treatment or disease side effects) cause a problem in our work together?
- Would you be able to come to me if I was ill?
- What is your feeling towards conventional cancer treatment?
- Can you give me a feel for what to expect in terms of time commitment? Is there an average length of duration; that is, number of sessions and length of each session? *(I found this useful to ask when I was in the middle of conventional therapy, as my time and energy were overshadowed by treatment schedule demands and the effects of treatment.)*
- What are your treatment costs? Are there additional costs for such things as supplements, herbs, or additional therapies? Do you work with any insurance plans?