
Integrative Therapies Training Unit

Courses for Complementary Therapists, Allied Health Care Professionals & Researchers 2017

Further information

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Version: March 2017

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GENERAL INFORMATION

Here at The Christie we offer a combination of courses, diplomas and conferences for complementary therapists and allied health care professionals. The course brochure has been split into sections: Conferences, Diplomas, Complementary Therapy Courses and CPD/Study Days.

For further information please contact Sarah Wilkins.

PROGRAMME LEADERS

Jacqui Stringer

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CONTACT DETAILS

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BOOKING INFORMATION

- All courses should now be booked through Eventbrite www.eventbrite.com. The cost of all of the courses includes the booking fee.
- We advise early booking as courses must have sufficient numbers to run. This will be reviewed 4 weeks before the event. In the case of insufficient numbers, the course will be cancelled or rescheduled.
- All courses are held either in the Education Centre or Rehabilitation Unit at The Christie.
- Due to limited parking we advise you to allow plenty of time to park. The Christie accepts no responsibility for loss or damage to vehicles or belongings whilst parking within or around the grounds.
- Tea and coffee is provided in the Rehab Unit throughout the day. There is a coffee shop onsite where you can buy drinks, sandwiches, baked potatoes etc. There are also vending machines where you can get drinks and snacks. Lunch is not included.
- A list of local accommodation, maps and directions can be obtained from the website or by contacting Sarah Wilkins.
- NB: Accommodations and travel/car parking may be found through the websites: <http://www.christie.nhs.uk/patients-and-visitors/visiting-the-christie/directions-and-transport/>
- Our course brochure can be downloaded at <http://www.christie.nhs.uk/services/a-to-h/complementary-therapy/>
- For further information, please contact Sarah Wilkins by email sarah.wilkins@christie.nhs.uk

CANCELLATION POLICY

Please note our cancellation policy below:

- Over 4 weeks' cancellation notice: Full refund
- 2-4 weeks cancellation notice: 50% refund
- Less than 14 days cancellation notice: No refund unless in exceptional circumstances, for which a medical certificate may be requested.
- We may consider transferring fees to another course or reimbursed, subject to written application but this will incur a £10 admin fee.
- If course numbers are insufficient we may have to cancel courses with a minimum of 30 days' notice.
- Please note pre-booked travel and personal expenses cannot be reimbursed.

CONFERENCES, POST GRADUATE CERTIFIED COURSE & DIPLOMAS

POST GRADUATE CERTIFICATED COURSES – CANCER CARE CERTIFICATE

A 'Cancer Care Certificate' can be applied for upon completion of a 12- day package of workshops

Price: £800

This certificate enables therapists who want to partake on a number of our courses to gain an "Adapting Complementary Therapies for Cancer Care Certificate". You can attend any courses you wish as long as it adds up to 12 study days. There is no course work involved. We need to view evidence of your qualifications before registration for a certificate programme can be confirmed.

All courses can be booked via Eventbrite up to the value of £750 and then please contact us so we can book you on to the last weekend at a discounted price. Alternatively the fee can be paid in instalments by paying £100 deposit and 7 monthly instalments of £100.

Note: If you have already attended a number of our courses and would like to now apply for the Cancer Care Certificate then please contact us to discuss further. Any previous payments will be subtracted from the total owed.

INTEGRATIVE HYPNOTHERAPY DIPLOMA FOR 2017-2018

The Integrative Hypnotherapy Diploma was developed for complementary therapists, counsellors, psychotherapists and medical personnel who wish to integrate hypnotherapy into their therapeutic skill set. The course acknowledges the wide overlap that exists between therapies and their capacity to induce what appears to be 'altered states'.

The course focuses on the equal development of your philosophy of practice combined with core practical skills. This requires a high degree of commitment and openness to practising and sharing your learning experiences. You will be taught approaches that are respectful, effective and suitable for a wide range of issues both for individuals and groups. Panic, anxiety, performance issues, phobias, smoking cessation, and pain control are specifically addressed on key weekends but they are used to illustrate appropriate therapeutic interventions rather than to encourage a rigid, scripted protocol to 'symptoms'.

The training will provide you with an excellent practical and academic foundation to begin your clinical/private practice. Your tutors have selected hypnotherapy applications with a strong evidence base and will offer their own vivid real-life examples and case study vignettes from experience 'on the frontline' dealing with a wide range of conditions. On successful completion of the course, observation of highly experienced practitioners in their clinical work may be negotiable and supervision will always be available to provide on-going support.

The course is delivered one weekend per month for ten months starting in the October of each year. Classroom/personal tuition exceeds 140 hours but this does not include the

time needed for your written assignments, reading and research, practice and supervision, which we estimate to total 550 hrs.

Principal Lecturer: Lynne Tomlinson, Senior Clinical Hypnotherapist; D. Hyp BSCH (Assoc) 8424, Bsc (Hons), MBACP Dip Counselling, PG Dip in Cognitive Behavioural Psychotherapy.

Dates: 14/15 Oct; 11/12 Nov; 09/10 Dec 2017; 13/14 Jan; 10/11 Feb; 10/11 Mar; 07/08 Apr; 12/13 May; 09/10 Jun; 07/08 Jul 2018.

The first 3 weekends must not be missed as they form an important basis to the whole diploma.

Fees; £1,000 for early bird booking before July; £1,250 if booking after July. Fees can be paid in instalments with an initial deposit payment of £250 followed by payment plan as individually agreed at time of booking.

Please contact the ITTU for further information. Application by CV.

Eventbrite link: <http://integrative-hypnotherapy-diploma.eventbrite.co.uk>

DIPLOMA IN NEURO LINGUISTIC PROGRAMMING

NLP stands for Neuro Linguistic Programming and is the study of human excellence. We take in information through our senses and all our thinking, feeling and behaving is organised by our brain. NLP gives you the tools to understand at a practical level how you create your experience and communicate and interact with others.

NLP is a tool used in all sorts of communication from coaching, counselling, therapy and hypnosis to sales, marketing and business communication. NLP is about increasing personal choices. All the new skills you gain in this diploma course can be immediately applied to improve your personal and work life.

Some of the major benefits of NLP are:

- Quick rapport building by matching of language and behaviour
- Greater awareness of relationships, interaction of people and your own role in this
- Personal development regarding self-awareness, confidence and self-esteem
- Awareness and elicitation of Value and Belief systems and using these to identify barriers and obstacles in personal and career development
- There are numerous ways of using NLP. Examples are eye accessing cues, chunking, reframing, anchoring, meta-programmes and behavioural flexibilities.

Anybody, who deals with people in any sort of relationship, can benefit from learning about NLP and its usage.

The NLP Diploma offered is accredited by INLPTA (International NLP Trainers Association) and takes 2 weekends to complete. Your tutor, Tineke Bosma, is a fully trained NLP Master Practitioner and Trainer.

Dates: 13th & 14th May and 3rd & 4th June 2017 (Sold Out); 2018 tbc

Fees: £340

Eventbrite link: <https://diploma-nlp.eventbrite.co.uk>

A-Z of STUDY DAYS

AROMATHERAPY COURSES

AROMATHERAPY 1: AROMATHERAPY FOR USE IN CLINICAL SETTINGS

Date: 1st & 2nd July 2017

Facilitators: Paula Maycock

Price: £150

Details: This 2 day foundation module will cover issues which are of concern to aromatherapists e.g. oestrogen sensitive cancers, using essential oils when patients are having radiotherapy/ chemotherapy, drug essential oils interaction, dosage and choice of oils. Case histories will be explored to illustrate optimum therapeutic practice. Consideration will also be given to the use of commercial products and their constituents.

Eventbrite link: <https://aromatherapy-use-in-clinical-settings-2017.eventbrite.co.uk>

AROMATHERAPY 2: USING AROMATHERAPY FOR CHALLENGING SYMPTOMS AND CONDITIONS

Date: 16th & 17th September 2017

Facilitators: Dr Jacqui Stringer and Paula Maycock

Price: £150

Details: During this workshop you will have the opportunity to explore essential oils for maximum effect in a clinical setting. Day 1 will focus on using essential oils in acute cancer care, including patients with haematological malignancies (incorporates wounds, infections and other side-effects of cancer treatments). It guides you in the safe use of essential oils for vulnerable patients and links with the latest research. During day 2 we shall look at difficult to treat conditions, such as fatigue, pain, sleeping difficulties and itchy skin.

Eventbrite link: <https://aromatherapy2.eventbrite.co.uk>

MASSAGE AND TOUCH THERAPY COURSES

ADAPTING CHAIR MASSAGE FOR HOSPICE & CANCER CARE

Dates: 2018 date tbc

Facilitators: Gwynneth Campbell & Anita Mehrez

Price: £150

Details: This practical 2 day course is for therapists who are already qualified in body massage. The content will enable you to become familiar with the use of the chair and will provide a menu of massage techniques for use with patients and carers in palliative and supportive care settings.

Eventbrite link:

ADVANCED CHAIR MASSAGE

Dates: 21st & 22nd October 2017

Facilitators: Gwynneth Campbell & Anita Mehrez

Price: £150

Details: For those of you who have already taken the Adapting Chair Massage course and wishing to advance their menu of techniques using the chair, this is the course for you. Introducing exciting approaches to chair massage. Plenty of 'hands on' work so come in comfortable clothing.

Eventbrite link: <https://advanced-chair-massage-2017.eventbrite.co.uk>

ADAPTING HEAD MASSAGE FOR HOSPICE & CANCER CARE

Date: 2018 date tbc

Facilitators: Gwynneth Campbell

Price: £150

Details: If you want to develop your skills in head massage and you are a qualified massage therapist or aromatherapist, then this course will help you learn ways of adapting existing techniques and learning new ones. The content examines the safe and beneficial approaches to working with patients in a variety of healthcare settings, including palliative care. The techniques have their origins in Indian, Chinese and energetic head massage, thus offering a wide range of approaches to develop your practice.

Eventbrite link:

ADAPTING MASSAGE FOR HOSPICE AND CANCER CARE

Dates: 2018 date tbc

Facilitators: Anita Mehrez & Gwynneth Campbell

Price: £150

Details: This 2 day course is designed for massage therapists who want to expand their repertoire/ approaches to massage and bodywork with people with cancer/ complex conditions. The content explores safe and creative ways of adapting massage. Come prepared to work with and without oil, on a mat, chair, couch and even the hospital bed. Wear loose comfortable clothing. Our course will take zero strain approaches to massage.

Eventbrite link: <https://creativeapproachesmassage.eventbrite.co.uk>

HEARTS PROCESS

Dates: 6th & 7th May 2017 (Sold Out); Further 2017 dates tbc

Facilitators: Paula Maycock & Peter Mackereth or Bernadette Dyer

Price: £150

Details: HEARTS is a mnemonic for Hands on, Empathy, Aromatherapy, Relaxation, Textures and Sound. You will learn how to combine these components, focusing on skilful touch and the sound of the human voice to achieve profound relaxation in any situation. This course is open to complementary therapists and health care professionals

Note: You do not have to be an aromatherapist to attend this course

Eventbrite link: <http://hearts2017.eventbrite.co.uk>

HEARTS TEACHER TRAINING

Dates: 2018 date tbc

Facilitator: Ann Carter

Price: £150

Details: If you love using HEARTS and would like to take your skills to a new level, then you may like to run HEARTS courses/how to sessions so others can learn from your experience. You must have done a two day HEARTS course with Ann Carter (see above), either at the Christie or another venue. Content will include setting a course up for success, teaching methods, styles of teaching, handling sticky situations, and micro teaching where you will teach the group for 20 minutes.(Ann will help you to set this up).

Please email sarah.wilkins@christie.nhs.uk **for details of the next date.**

MIND THERAPY COURSES

ADAPTING RELAXATION & CREATIVE IMAGERY FOR INDIVIDUAL & GROUPS

Dates: Sat 22nd & 23rd July 2017

Facilitators: Lynne Tomlinson

Price: £150

Creative visualisation is the cognitive process of purposefully generating visual mental imagery, with the intent of creating a relaxed mental state which then transposes into a relaxed body state. During this 2 day workshop, you will develop your understanding of the relaxation process, increase your confidence and develop your repertoire of approaches to use. You will be able to try out the techniques in a one to one situation, and learn about the pleasures and pitfalls of working with groups.

Eventbrite link: <http://creative-visualisation-2017.eventbrite.co.uk>

ANXIETY STATES: fast calming interventions

PANIC & PHOBIA: in-situ skills to interrupt & overcome

Dates: Sat 15th & Sun 16th July 2017

Facilitators: Lynne Tomlinson

Price: £150

Details: This 2 day event is designed for complementary therapists or health care workers who want to learn about approaches and techniques for managing anxiety, phobias and panic in a variety of situations.

On the 1st day we will examine the psychological and physical responses to anxiety. We shall demonstrate different therapeutic approaches which are body based and involve touch, and how to use displacement objects.

The 2nd day we shall cover approaches and techniques to respond to panic responses particularly to distressing medical situations (e.g. cannulation, anticipatory nausea and other procedural/ treatment related anxieties). You will develop your skills in the use of the power and potential of language, anchoring techniques and cues, individualised imagery and techniques for pattern interrupt.

Eventbrite link: <http://anxietyandphobia.eventbrite.co.uk>

BREATHLESSNESS: minimise the distress & maximise the breath

Date: Sat 28th & Sun 29th October 2017

Facilitators: Paula Maycock

Price: £150

Details: This 2-day course for therapists and health professionals will help you develop your therapeutic skills in assisting patients with breathlessness, cough and associated fatigue. The physiological and psychological causes of breathlessness will be examined – with the focus on a range of physiotherapy, occupational therapy and complementary therapy techniques and approaches to help adapt and maximise the breath and minimise the distress of the symptom.

Eventbrite link: <https://breathlessness-minimise-distress.eventbrite.co.uk>

INTRODUCTION TO MINDFULNESS (MRE Workshop 1)

Date: 17th & 18th June 2017

Facilitator: Tim Duerden & Annette Dunn

Price: £165

Details: This workshop provides an experiential introduction to mindfulness and its application in clinical settings. It is the first workshop in the Mindful Resilience Enhancement (MRE) teacher-training pathway that leads to a competency certificate in teaching mindfulness in professional practice. The workshop is suitable for students and practitioners working in health, social and complementary practice. Access to an extensive online resource of handouts, teaching aids and audio tracks is available to all participants.

Eventbrite link Jun 2017: <https://mindfulness-mre1-june2017.eventbrite.co.uk>

MINDFULNESS (MRE Workshop 2) - Teaching MRE to clients in 1-2-1 sessions.

Date: Sat 20th & Sun 21st May 2017; Sat 7th & Sun 8th October 2017

Facilitator: Tim Duerden & Annette Dunn

Price: £165 (2017)

Details: This workshop provides an experiential training in teaching mindfulness to clients in a 1-2-1 context. Together with MRE Workshop 2 it offers a very flexible way of teaching mindfulness that works with the specific needs of clients. This workshop is open to professionals and practitioners who are members of a professional body with a code of practice; those without such professional membership need to contact Sarah Wilkins prior to booking to determine if you are eligible to attend.

Eventbrite link May 2017: <http://mindfulness-mre2-may2017.eventbrite.co.uk>

Eventbrite link Oct 2017: coming soon

MINDFULNESS: Teaching The Body Scan Practice Skilfully (MRE Level 2)

Date: Sat 11th & 12th March 2017

Price: £165

Facilitators: Tim Duerden & Annette Dunn

Details: Whether you are new to teaching a body scan or very familiar with the standard formats, this workshop offers training in a unique approach that opens the Body Scan to those who struggle with this practice. There are many people who experience their first Body Scan as a torment to be endured, potentially creating such aversion that they might leave the course or need to overcome an understandably distorted view of body based mindfulness practice.

The workshop provides a theoretical and practical framework that makes adaptation of the Body Scan to specific needs much easier and more strategic. This framework also makes it so much easier to teach both standard and innovative forms of the Body Scan.

This workshop is open to anyone who has either completed a recognised mindfulness teacher training programme (e.g. MBSR, MBCT, Breathworks, .bF) or who has attended all 3 Level 1 MRE workshops.

Eventbrite link: <http://mindfulness-body-scan.eventbrite.co.uk>

Further information and requirements for attending the workshops and the MRE teacher-training pathway can be found on website www.mre.re

REFLEXOLOGY COURSES

ADAPTING REFLEXOLOGY FOR HOSPICE & CANCER CARE

Dates: 23rd & 24th September 2017

Facilitators: Fiona James & Julie Sexton

Price: £150

Details: As a qualified reflexologist, this 2 day course will help you examine the myths and benefits of reflexology for patients and carers in the area of hospice and cancer care. The focus will be on adapting and utilising a range of techniques that can be used safely for the benefit of patients and yourself.

Eventbrite link: <https://adapting-reflexology-2017.eventbrite.co.uk>

HAND REFLEXOLOGY

Facilitators: Alison Morewood

Date Sat 2nd & Sun 3rd December 2017

Price: £150

Details: As a qualified reflexologist this course will provide you with information about when it is appropriate to work with the hands, related anatomy and physiology, hand techniques and relaxers, positioning and a complete treatment schedule.

Eventbrite link: <https://hand-reflexology-2017.eventbrite.co.uk>

ADDITIONAL CLINICAL COURSES AND CLINICAL PLACEMENT DAYS

CLINICAL ISSUES IN CANCER CARE

Dates: 2017 date tbc

Facilitator: Janet Fielding

Price: £90

Details: This 1 day course has been designed for therapists and health professionals working in cancer care. As an introduction to key concepts, you will learn about common types of cancer, treatments and terms used on the cancer journey. We will also explore practical worries, concerns and resources available to patients and their families.

If taken on the same weekend as “Practical Issues in Cancer Care” then the price is £150 for the whole weekend.

Eventbrite link: <http://clinicalissues2017.eventbrite.co.uk>

COORDINATING & DEVELOPING COMPLEMENTARY THERAPY SERVICES

Dates: Sat 18th & Sun 19th November 2017

Facilitators: Helen Murphy (St Ann’s Hospice)

Price: £150

Details: As a coordinator, team leader or service manager you will examine the elements of an effective service, including policy and standard operating procedures, recruitment, retention, supervision and appraisal of staff, managing challenging situations, financial issues and promoting your service.

Eventbrite link: <https://coordinating-and-developing-ct-services.eventbrite.co.uk>

END OF LIFE: APPROACHES TO COMPLEMENTARY THERAPIES

Date: Sat 25th & Sun 26th November 2017

Facilitators: Kevin Dunn, Lydia Nightingale & Paula Maycock

Price: £150

Details: This 2- day course explores issues related to providing complementary therapies in the last few days of life. The focus will be on complex symptoms, consent issues, involvement of carers, consideration of spiritual issues, challenging conversations and end of life care.

Eventbrite link: <https://end-of-life-approaches-to-cts.eventbrite.co.uk>

EVALUATION, EVIDENCE & RESEARCH FOR COMPLEMENTARY THERAPISTS & COORDINATORS

Dates: Sat 24th June 2017

Facilitators: Graeme Donald and Joy Bardy

Price: £100

Details: You will be introduced to the various research methodologies, gain an understanding of the terminology used and learn the difference between audit and research. In addition, you will learn how to critique evidence, explore and appreciate ethical issues. Examples of undertaking research in the real world, drawn from the speakers own experience will be used to highlight many of the key issues and avoidable pitfalls. The workshop will help you to appreciate quality evidence, identify areas for further research and demystify the processes involved.

Eventbrite link: <http://evidence-and-research.eventbrite.co.uk>

PRACTICAL ISSUES IN CANCER CARE

Dates: 2017 date tbc

Facilitator: Janet Fielding

Price: £90

Details: This 1 day course is designed especially for therapists and health professionals working in cancer care. You will explore principles of treatment and management of side-effects in relation to chemotherapy and radiotherapy. We will also consider best practice and advances in treatment, national guidelines and patient and carer involvement.

If taken on the same weekend as “Clinical Issues in Cancer Care” then the price is £150 for the whole weekend.

Note: The course ‘Clinical Issues in Cancer Care’ must be taken before this course.

Eventbrite link: <http://practicalissues2017.eventbrite.co.uk>

COMPLEMENTARY THERAPY CLINICAL PLACEMENT DAYS

These clinical placement days are only available for therapists doing a clinical package ‘Cancer Care Certificate’ and are by application only.

Dates: We normally offer days on Monday 9.30am – 4.00pm or Thursday 11.00am – 7.00pm. Please enquire about other days.

Price: £80

Attendance is only possible if you are doing the Cancer Care Certificate and have attended at least 2 events of the package. When you arrive, you will be allocated a mentor whose role is to look after you during your time with us. A certificate of participation will be provided covering each day of attendance. The maximum number of clinical placement days you can spend with us is 4. Participants are expected to wear a uniform or white tunic and black /blue trousers and complete a declaration of confidentiality. Please note the placement may cover a range of therapies – if you have a particular therapy interest please let us know and we will do our best to accommodate.

BOOK/CHAPTERS

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ARTICLES

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- Mackereth P Sexton J (2016) *End of Life and Reflexology: creating a loving cocoon*. *Reflexions* March 13-14
- Bardy J Finnegan-John J Molassiotis A Mackereth P (2015) *Providing acupuncture in a breast cancer and fatigue trial: the therapists' experience*. *Complementary Therapies in Clinical Practice*.21:217-222
- Stringer J Mackereth P Knowles R Finchett C Mannan J Slevin N (2015) *Health advisor facilitated mouth care regime for patients with head and neck cancers undergoing intensity modulated radiotherapy*. *Journal of Radiotherapy in Practice*. 14:353-361.
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