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# **Integrative Therapies Training Unit**

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**Courses for Complementary Therapists,  
Allied Health Care Professionals &  
Researchers  
2018**

Further information

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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: [sarah.wilkins@christie.nhs.uk](mailto:sarah.wilkins@christie.nhs.uk)

### PROGRAMME LEAD

Jacqui Stringer

Clinical & Education Lead Complementary Health & Wellbeing Services, The Christie

### EDUCATION LEAD & MODERATOR

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### PROGRAMME ADVISORS

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## BOOKING

- Our current course brochure can be downloaded by clicking the link on The Christie Complementary Therapies web page: <http://www.christie.nhs.uk/services/a-to-h/complementary-therapy/>
- All courses are bookable through the Eventbrite booking pages. Please click on the links for each individual course or copy and paste the link into your browser. (Where no link is provided please email Sarah Wilkins to express your interest): [Integrative Therapies Training Eventbrite page](#)
- All booking fees are included in the price of the course.
- We advise early booking as courses must have sufficient numbers to run. In the case of insufficient numbers a course will be cancelled or rescheduled with a minimum of 14 days' notice. In the event of cancellation pre-booked travel and personal expenses cannot be reimbursed.

## PAYMENT INFORMATION

- Courses can be paid for with either credit or debit card via Eventbrite or by invoice on request.
- For some certificate and diploma programmes payments can be made in instalments as indicated.
- In order to process any request for an invoice, our finance department require confirmation of a purchase order number by email. Please email [sarah.wilkins@christie.nhs.uk](mailto:sarah.wilkins@christie.nhs.uk) responding to the following question:  
Do you or your organisation require a purchase order number?  
If yes please provide purchase order number; if no please write 'no purchase order number required'.  
If you are being funded by an organisation we will require this confirmation from your finance/accounts payable department.

## CANCELLATION & REFUND POLICY

Please note our Cancellation & Refunds Policy below:

- Over 4 weeks' cancellation notice: Full refund
- 2-4 weeks' cancellation notice: 50% refund
- Less than 14 days' cancellation notice: Fees may be transferred for some courses. Refunds may be given in exceptional circumstances (in the case of illness a medical certificate may be requested).
- Less than 7 days' cancellation notice: Fees may be transferred for some courses. No refunds will be given.

## OTHER INFORMATION

- Certificates will be provided to participants who have completed the hours required for the study day.
- Trainers may vary from those advertised in the brochure; we have a large team of trainers and substitutions may sometimes be made.
- The centre will be open from 09:00 for tea/coffee and registration with all courses beginning promptly at 09.30.
- We ask that you respect your fellow students by turning off mobile phones during classes and return promptly from breaks. Lunch times vary and are usually between 45-60 minutes.

- Lunch is not included. Teas, coffee and light snacks (biscuits & fruit) are provided in the Rehab Unit throughout the day. There is a cafeteria, coffee shops and several vending machines onsite where you can buy a variety of hot & cold foods, drinks and snacks.
- 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.
- Travel directions & car parking information can be found on The Christie website: <http://www.christie.nhs.uk/patients-and-visitors/visiting-the-christie/directions-and-transport/>
- A list of local accommodation can be provided on request. Accommodations listed are neither recommended nor vetted by The Christie.
- For further information, queries or concerns please contact Sarah Wilkins [sarah.wilkins@christie.nhs.uk](mailto:sarah.wilkins@christie.nhs.uk). (Please note my working days are Wednesday and Friday).

## POST GRADUATE CERTIFIED COURSE & DIPLOMAS

### POST GRADUATE CANCER CARE CERTIFICATE

**Awarded by:** *The Christie School of Oncology Integrative Therapies Training Unit (ITTU)*

This enables therapists who have partaken of a number of our courses to gain an “Adapting Complementary Therapies for Cancer and Supportive Care” certificate. You will be eligible to receive the certificate on completion of 12 agreed study days, all taken within a two year period. There is no course work involved.

**Price:** £1,020

**Payment options:**

1. £220 deposit and 8 x £100 monthly standing order payments (invoiced)
2. £240 deposit (invoiced) and 12 x £ 65 credit card payments (paid via Eventbrite)

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### POST GRADUATE CANCER CARE DIPLOMAS

**Awarded by:** *The Christie School of Oncology Integrative Therapies Training Unit (ITTU)*

Our diplomas are made up of a combination of 12 study days and 3 written assignments which must all be completed within the allotted timeframe in order to gain the award. The 12 study days are made up of a combination of core modules and option days which must all be completed within 2 years. All core modules *must* be attended for each of the diploma pathways. You may then choose option days from the list to make up the 12 days required (see Section 3 for individual workshop dates). You will then have one year from the date of the last study day to complete your written assignments.

We will require scanned evidence of your qualifications and insurance on application. During your course you will need to access clients in developing a case study and for reflective practice assignments. A handbook for the diploma will be provided via email which will include information about writing the assignments and referencing.

Participants will be treated as adult learners and you will be responsible at all times for ensuring personal, physical and psychological fitness and safety to attend and participate in the courses. We will provide tutorial support but cannot provide counselling or personal therapy. The purpose of any practical work is to develop your skills; practical work cannot be construed or utilised as personal therapy. If you have health concerns that may interfere with your participation please seek advice from our tutorial team before confirming a place or attending an event.

If you have already attended any of our one day or weekend courses, you may upgrade to a Diploma package so long as all the agreed study days/courses will have been taken within the specified 2 year time frame.

**Price:** £1,020

**Payment options:**

1. £220 deposit and 8 x £100 monthly standing order payments (invoiced)
2. £240 deposit (invoiced) and 12 x £ 65 credit card payments (paid via Eventbrite)

## ADAPTING COMPLEMENTARY THERAPIES FOR CANCER & SUPPORTIVE CARE DIPLOMA

This programme is designed for Complementary Therapists wanting to develop their skills, knowledge and practical application of complementary therapies in cancer, supportive and palliative care.

**Prerequisite:** Qualified, practising and insured in all of your chosen options therapies.

**Package:** 6 days of core modules and 6 option days.

**Additionally:** Your option days must include an 'Adapting' module for all touch therapies that you are qualified in.

Core	Option Days
HEARTS Process (2 days)	Adapting Reflexology for hospice and cancer care (2 days)
Practical Issues in Cancer Care (1 day)	Adapting Massage for hospice & cancer care (2 days)
Clinical Issues in Cancer Care (1 day)	Adapting Chair Massage for hospice & cancer care (2 days)
Resolving Anxiety States & Panic and Phobia (2 days)	Adapting Aromatherapy: For Use in Clinical Settings (2 days)
	Creative Imagery for Individuals & Groups (2 days)
	Complementary Therapies during End of Life Care (2 days)
	BREATHLESSNESS: minimise the distress & maximise the breath (2 days)
	Evaluating Evidence & Research (1 day)

## USING AROMATHERAPY FOR CANCER & SUPPORTIVE CARE DIPLOMA

This programme is designed for qualified Aromatherapists wanting to develop their knowledge and understanding of using aromatherapy in practice in cancer, supportive and palliative care settings.

**Prerequisite:** You must be a qualified, practising and insured Aromatherapist to register for this diploma.

**Package:** 8 days of core modules and 4 option days.

Core	Option Days
Adapting Aromatherapy: For Use in Clinical Settings (2 days)	The HEARTS Process (2 days)
Aromatherapy: Using Essential Oils in Acute Cancer Care (1 day)	Resolving Anxiety States, Panic and Phobia (2 days)
Aromatherapy: Challenging Symptoms & Conditions (1 day)	Adapting Chair Massage for hospice & cancer care (2 days)
Practical Issues in Cancer Care (1 day)	Adapting Head Massage for hospice & cancer care (2 days)
Clinical Issues in Cancer Care (1 day)	Complementary Therapies during End of Life Care (2 days)
Adapting Massage for hospice and cancer care (2 days)	BREATHLESSNESS: minimise the distress & maximise the breath (2 days)
	Evaluating Evidence & Research (1 day)



## ADAPTING REFLEXOLOGY FOR CANCER & SUPPORTIVE CARE DIPLOMA

This programme is designed for qualified reflexologists wanting to deepen their understanding and develop their skills and practice using Reflexology in the context of cancer, supportive and palliative care.

**Prerequisite:** You must be a qualified, practising and insured Reflexologist to register for this diploma.

**Package:** 6 days of core modules and 6 option days.

Core	Option Days
Clinical Reflexology Masterclass (2 days)	Hand Reflexology (2 day)
Adapting Reflexology for Cancer & Supportive Care (2 days)	Reflexology Lymph Drainage (2 days) (+£65 surcharge)
Practical Issues in Cancer Care (1 day)	Precision Reflexology (2 days)
Clinical Issues in Cancer Care (1 day)	AcuReflex © (1 day)
	HypnoReflex © (1 day)
	The HEARTS Process © (2 days)
	Resolving Anxiety States, Panic and Phobia (2 days)
	Evaluating Evidence & Research (1 day)

## CREATIVE AND THERAPEUTIC APPROACHES TO RELAXATION IN SUPPORTIVE CARE DIPLOMA

This package consists of a variety of workshops, which focus on the principles which underpin the therapeutic use of relaxation techniques, creative imagery and mindfulness. The programme has been designed to offer skills development that will increase your flexibility when working with relaxation in practice in supportive care. If you want to develop your expertise so you can practice in a variety of healthcare settings, this diploma is the ideal way for you to 'step up' your knowledge and confidence.

**Prerequisite:** Complementary therapist or health care practitioner working in a supported health care setting

**Package:** 8 days of core modules and 4 option days.

Core	Option Days
Creative Imagery for Individuals & Groups (2 days)	Mindfulness: Teaching clients 1-2-1 (MRE Workshop 2) (2 days)
Introduction to Mindfulness (MRE Workshop 1) (2 days)	NLP Diploma (4 days)
Resolving Anxiety States, Panic and Phobia (2 days)	Complementary Therapies during End of Life Care (2 days)
HEARTS Process (2 days)	BREATHLESSNESS: minimise the distress & maximise the breath (2 days)
	Practical Issues in Cancer Care (1 day)
	Clinical Issues in Cancer Care (1 day)
	Evaluating Evidence & Research (1 day)

## INTEGRATIVE HYPNOTHERAPY DIPLOMA

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.

### Accreditation

Without statutory registration or regulation for hypnotherapy as a profession we make it our explicit policy to have meaningful and verifiable **external** assessment. This is provided by Tim Duerden, a registered Hypnotherapist, Counsellor, Lecturer at Salford University and trainer in Mindfulness. Tim Duerden oversees the course content, marking of assignments and meets with each diploma cohort to ensure that we deliver a high standard of teaching. The course exceeds the current National

Occupational Standards (NOS) for the provision of hypnotherapy training (<https://tools.skillsforhealth.org.uk/>).

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

**Dates:** tbc 2018

**Fees:** £1,020 for early bird booking then £1,250. Fees can be paid in instalments with an initial deposit payment of £250 followed by payment plan as individually agreed at time of booking.

**Prerequisite:** None

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

**Eventbrite link:** please email your interest

## NLP DIPLOMA & PRACTITIONER PROGRAMME

### NLP DIPLOMA

**Dates:** Sat 19<sup>th</sup> June & Sun 20<sup>th</sup> May and Sat 16<sup>th</sup> & Sun 17<sup>th</sup> June 2018

**Facilitator:** Tineke Bosma, NLP Master Practitioner and Trainer.

**Price:** £390

**Prerequisite:** None

**Details:** 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). Please note that to qualify as an NLP Practitioner you must complete the Practitioner Programme below.

**Eventbrite link:** [https://nlp\\_diploma.eventbrite.co.uk](https://nlp_diploma.eventbrite.co.uk)

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### NLP PRACTITIONER PROGRAMME

**Dates:** tbc 2018

**Facilitator:** Tineke Bosma, NLP Master Practitioner and Trainer.

**Fees:** £1,170

**Details:** The Practitioner Programme takes an additional 12 days (6 modules/weekends) to complete.

**Prerequisite:** You must have done an accredited NLP Diploma course to attend the Practitioner modules.

The NLP Practitioner Programme offered is accredited by INLPTA (International NLP Trainers Association).

**Eventbrite link:** please email your interest

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## A-Z of STUDY DAYS, COURSES & WEEKEND WORKSHOPS

### AROMATHERAPY COURSES

#### AROMATHERAPY 1: AROMATHERAPY FOR USE IN CLINICAL SETTINGS

**Date:** Sat 30<sup>th</sup> June & Sun 1<sup>st</sup> July 2018

**Facilitator:** Paula Maycock

**Price:** £195

**Prerequisite:** You must be a qualified and insured Aromatherapist to attend this course

**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://aroma1-2018.eventbrite.co.uk>

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#### AROMATHERAPY 2: CHALLENGING SYMPTOMS AND CONDITIONS

**Date:** tbc 2018

**Facilitators:** Dr Jacqui Stringer and Paula Maycock

**Price:** £195

**Prerequisite:** You must be a qualified and insured Aromatherapist to attend this course and have previously attended "Aromatherapy1: Aromatherapy for Use in Clinical Settings"

**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:** please email your interest

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### MASSAGE AND TOUCH THERAPY COURSES

#### ADAPTING CHAIR MASSAGE FOR HOSPICE & CANCER CARE

**Dates:** Sat 8<sup>th</sup> & Sun 9<sup>th</sup> September 2018

**Facilitators:** Gwynneth Campbell, Anita Mehrez, Sarah Wilkins

**Price:** £195

**Prerequisite:** You must be a qualified and insured Massage Therapist to attend this course.

**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:** <https://adapting-chair-massage-2018.eventbrite.co.uk>

## ADVANCED CHAIR MASSAGE

**Dates:** tbc 2018

**Facilitators:** Gwynneth Campbell, Anita Mehrez, Sarah Wilkins

**Price:** £195

**Prerequisite:** You must be a qualified and insured Massage Therapist to attend this course and have previously attended our "Adapting Chair Massage for hospice & cancer care" course

**Details:** For those of you who have already attended the Adapting Chair Massage course and wish to advance their skills and menu of techniques using the chair. Introducing exciting approaches to chair massage with a strong focus on flow and zero strain work. There will be plenty of 'hands on' work, including oiled work, so come in comfortable clothing.

**Eventbrite link:** please email your interest

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## ADAPTING HEAD MASSAGE FOR HOSPICE & CANCER CARE

**Date:** tbc 2018

**Facilitators:** Gwynneth Campbell

**Price:** £195

**Prerequisite:** You must be a qualified and insured Massage Therapist to attend this course

**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:** please email your interest

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## ADAPTING MASSAGE FOR HOSPICE AND CANCER CARE

**Dates:** Sat 3<sup>rd</sup> & Sun 4<sup>th</sup> March 2018

**Facilitators:** Anita Mehrez, Gwynneth Campbell, Sarah Wilkins

**Price:** £195

**Prerequisite:** You must be a qualified and insured Massage Therapist to attend this course

**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://adapting-massage-2018.eventbrite.co.uk>

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## THE HEARTS PROCESS ©

**Dates:** Sat 12<sup>th</sup> & Sun 13<sup>th</sup> May 2018 or Sat 3<sup>rd</sup> & Sun 4<sup>th</sup> November 2018

**Facilitators:** Paula Maycock, Peter Mackereth/Anita Mehrez, Sarah Wilkins

**Price:** £195

**Prerequisite:** None

**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 ideal for Complementary Therapists, health care professionals such as ward based HCAs, alongside professional Carers and family member carers.

**Eventbrite link:** <https://hearts-may18.eventbrite.co.uk>

**Eventbrite link:** <https://heartsnov18.eventbrite.co.uk>

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## THE HEARTS PROCESS © TEACHER TRAINING

**Dates:** tbc 2018

**Facilitator:** Ann Carter

**Price:** £195

**Prerequisite:** The HEARTS Process © practitioner certificate and minimum of one year's experience working with HEARTS.

**Details:** If you love using HEARTS and would like to take your skills to a new level, then you might like to run your own HEARTS courses so others can learn from your experience. You must have done a two day HEARTS Process course, either at the Christie or another venue, and have a demonstrable minimum 1 year of practice. 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.

**Eventbrite link:** please email your interest

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## MIND THERAPY COURSES

### MASTERING CREATIVE IMAGERY for work individuals and groups

**Dates:** Sat 7<sup>th</sup> & Sun 8<sup>th</sup> July 2018

**Facilitators:** Lynne Tomlinson

**Price:** £195

**Prerequisite:** None

**Details:** 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:** <https://creativeimagery.eventbrite.co.uk>

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## **RESOLVING ANXIETY STATES & PANIC & PHOBIA: fast calming interventions & in-situ skills to interrupt & overcome**

**Dates:** Sat 9<sup>th</sup> & Sun 10<sup>th</sup> June 2018

**Facilitators:** Lynne Tomlinson

**Price:** £195

**Prerequisite:** None

**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:** <https://anxietyandpanic.eventbrite.co.uk>

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## **INTRODUCTION TO MINDFULNESS (MRE Level 1, Workshop 1)**

**Date:** Sat 17<sup>th</sup> & Sun 18<sup>th</sup> March 2018

**Facilitator:** Tim Duerden & Annette Dunn

**Price:** £195

**Prerequisite:** None

**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:** [https://introducing\\_mindfulness2018.eventbrite.co.uk](https://introducing_mindfulness2018.eventbrite.co.uk)

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## **MINDFULNESS: Teaching clients in 1-2-1 (MRE Level 1, Workshop 2)**

**Date:** Sat 23<sup>rd</sup> & Sun 24<sup>th</sup> June 2018

**Facilitator:** Tim Duerden & Annette Dunn

**Price:** £195

**Prerequisite:** Prior attendance at MRE Level 1, Workshop 1: Introduction to Mindfulness

**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:** <https://mreteaching1-2-1.eventbrite.co.uk>

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## **MINDFULNESS: A Master Class in Teaching Longer Practices (MRE Level 2)**

**Date:** 2018 dates tbc

**Facilitators:** Tim Duerden & Annette Dunn

**Price:** £195

**Prerequisite:** Completion of all 3 MRE Level 1 workshops or equivalent recognised mindfulness teacher training programme (e.g. MBSR, MBCT, Breathworks)

**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 their 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.

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

**Eventbrite link:** please email your interest

*Further information and requirements for attending the workshops and the MRE teacher-training pathway can be found on website: [www.mre.re](http://www.mre.re)*

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## **REFLEXOLOGY COURSES**

### **ACUREFLEX © FOR CANCER AND SUPPORTIVE CARE**

**Date** Sun 14<sup>th</sup> October 2018

**Facilitators:** Paula Maycock, Peter Mackereth

**Price:** £100

**Prerequisite:** You must be a qualified and insured Reflexologist to attend this course

**Details:** This one-day course introduces a unique way of combining reflexology techniques and acupressure points with a focus on adapting for specific symptoms and concerns faced by patients during and after treatment for cancer; e.g. fatigue, hot flushes, pain, insomnia, anxiety, low mood and peripheral neuropathy.

**Eventbrite link:** please email your interest

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### **ADAPTING REFLEXOLOGY FOR HOSPICE & CANCER CARE**

**Dates:** Sat 14<sup>th</sup> & Sun 15<sup>th</sup> July 2018

**Facilitators:** Fiona James, Julie Sexton, Sarah Wilkins

**Price:** £195

**Prerequisite:** You must be a qualified and insured Reflexologist to attend this course

**Details:** As a qualified reflexologist, this 2 day course will help you examine the myths and benefits of reflexology for patients in the areas of hospice, cancer and supportive 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://adaptingreflex.eventbrite.co.uk>

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## CLINICAL REFLEXOLOGY MASTERCLASS

**Dates:** Sat 14<sup>th</sup> & Sun 15<sup>th</sup> July 2018

**Facilitators:** Alison Morewood

**Price:** £195

**Prerequisite:** You must be a qualified and insured Reflexologist to attend this course

**Details:** tba

**Eventbrite link:** please email your interest

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## HAND REFLEXOLOGY MASTERCLASS

**Date** tbc 2018

**Facilitators:** Alison Morewood (Centre for Clinical Reflexology /Clinical Association of Reflexologists )

**Price:** £195

**Prerequisite:** You must be a qualified and insured Reflexologist to attend this course

**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:** please email your interest

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## HYPNOREFLEX © FOR CANCER AND SUPPORTIVE CARE

**Date** Sat 13<sup>th</sup> October 2018

**Facilitators:** Paula Maycock, Peter Mackereth

**Price:** £100

**Prerequisite:** You must be a qualified and insured Reflexologist to attend this course

**Details:** This one-day course introduces a unique way of combining hypnotherapy and creative imagery approaches with reflexology to promote deep relaxation and assist with many of the complex symptoms and concerns faced by patients during and after treatment for cancer; e.g. anxiety, procedure related phobias and panic, low mood, smoking cessation, constipation and nausea.

**Eventbrite link:** please email your interest

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## PRECISION REFLEXOLOGY: A PALLIATIVE CARE APPROACH

**Dates:** tbc 2018

**Facilitators:** Jan Williamson

**Price:** £195

**Prerequisite:** You must be a qualified and insured Reflexologist to attend this course

**Details:** The School of Precision Reflexology now has a course specifically for palliative care practitioners. This two day course covers the principles and rationale essential for all precision work; this focuses on the subtle energy of each client and uses a "linking" technique to connect to this system via the feet. In this way, power and precision is added to a reflexology treatment without the need for strong physical pressure. This course will concentrate on the techniques that are particularly relevant to caring for people at a time when they need support and care, and that may be physical, emotional or spiritual. Jan Williamson, the tutor, will also

demonstrate a foot massage sequence and show how the relevant “links” can be incorporated into this procedure. The result is a holistic treatment which is appropriate for people when they feel vulnerable and in need of care and attention.

**Eventbrite link:** please email your interest

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## **REFLEXOLOGY LYMPH DRAINAGE (RLD)**

**Dates:** tbc 2018

**Facilitators:** Sally Kay

**Price:** £260

**Prerequisite:** You must be a qualified and insured Reflexologist to attend this course

**Details:** Reflexology Lymph Drainage (RLD) is a ground breaking and multi-award winning technique, which can be used to help reduce lymphoedema after treatment for breast cancer. RLD is also useful for clients with other (non-cancer related) more common conditions.

The aim is to stimulate the function of the lymphatic system and drain excess lymph from the damaged area, using a unique sequence. The course teaches specific reflexology techniques for lymphatic drainage via the feet. Day 1 focuses primarily on reducing secondary lymphoedema, a swelling in the arm following treatment for breast cancer. You will learn how to measure the fluid volume of the arm before and after draining of the excess lymph via reflexology. Day 2 is about using RLD with other inflammatory conditions, auto-immune disorders and lymphoedema in the lower limbs.

This is an evidence based course that includes the results from the existing research. You will learn how to conduct a case study or series, using arm volume measurements as the primary outcome measure and a method of collecting and analysing additional subjective data.

**Eventbrite link:** please email your interest

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## **ADDITIONAL CLINICAL COURSES AND CLINICAL PLACEMENT DAYS**

### **BREATHLESSNESS: minimise the distress & maximise the breath**

**Date:** Sat 28<sup>th</sup> & Sun 29<sup>th</sup> October 2017

**Facilitators:** Paula Maycock

**Price:** £195

**Prerequisite:** None, suitable for anyone working in a health care setting

**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://breathlessness2017.eventbrite.co.uk>

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## CLINICAL ISSUES IN CANCER CARE

**Dates:** 2018 tbc

**Facilitator:** Janet Fielding

**Price:** £100

**Prerequisite:** None, suitable for anyone working in a health care setting

**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 £195 for the whole weekend.

**Eventbrite link:** please email your interest

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## PRACTICAL ISSUES IN CANCER CARE

**Dates:** 2018 date tbc

**Facilitator:** Janet Fielding

**Price:** £100

**Prerequisite:** None, suitable for anyone working in a health care setting

**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 £195 for the whole weekend.

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

**Eventbrite link:** please email your interest

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## COORDINATING & DEVELOPING COMPLEMENTARY THERAPY SERVICES

**Dates:** tbc 2018

**Facilitators:** Helen Murphy (St Ann’s Hospice)

**Price:** £195

**Prerequisite:** None

**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:** please email your interest

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## COMPLEMENTARY THERAPIES DURING END OF LIFE CARE

**Date:** Sat 24<sup>th</sup> & Sun 25<sup>th</sup> November 2018

**Facilitators:** Kevin Dunn, Paula Maycock

**Price:** £195

**Prerequisite:** None, suitable for anyone working in a health care setting

**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. Please note this is not a 'hands-on' course.

Eventbrite link: <https://endoflifecare18.eventbrite.co.uk>

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## EVALUATION, EVIDENCE & RESEARCH FOR COMPLEMENTARY THERAPISTS & COORDINATORS

**Dates:** 2018 tbc

**Facilitators:** Graeme Donald and Joy Bardy

**Price:** £100

**Prerequisite:** None, suitable for anyone working in a health care setting

**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:** Please email your interest

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## COMPLEMENTARY THERAPY CLINICAL PLACEMENT DAYS

**These are only available for therapists doing a diploma package and are strictly by application only.**

**Dates:** By arrangement

**Price:** £95 per day

**Prerequisite:** Completion of 12 study days as agreed for your diploma programme.

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. Participants are expected to wear a white tunic and black /blue trousers or similar uniform and complete a declaration of confidentiality. 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.

**Eventbrite link:** please email your interest

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## BESPOKE TRAINING FOR HEALTH CARE ORGANISATIONS

### 5+ CORE CALM ©, Compassionate Care in High-Tech Places

**Dates:** By arrangement

**Facilitators:** Lynne Tomlinson

**Price:** tba

**Details:** 'This course has been intentionally designed to teach rapid relaxation strategies for health care specialists working under pressure in modern high-tech health care settings. They are simple, effective and easy to integrate into any daily procedural routine.

Each approach has been developed and tested 'in the field' and are supported by evidence from neuroscience and cognitive behavioural therapies. Their aim is to intercept anxiety, minimise the risk of trauma and enhance collaborative relationships with patients. They are particularly suited for patients challenged by:

- Panic & anxiety
- Claustrophobia
- Pain & discomfort
- Shortness of breath
- Difficulties with cannulation or needles

**Eventbrite link:** Please email your interest

## TEAM PUBLICATIONS

- Carter A Mackereth P (2016) *Aromatherapy, Massage & Relaxation in Cancer Care*. Singing Dragon Publications.
- Mackereth P Carter A Stringer J (2014) *Complementary therapy approaches to pain*. (Ed. H van Griensven) *Pain – a Textbook for Clinicians* Elsevier Science
- Tiran D Mackereth P (Eds) (2010) *Clinical Reflexology: a guide for integrated practice 2<sup>nd</sup> Edition*. Elsevier Science.
- Cawthorn A Mackereth P (Eds) (2010) *Integrated hypnotherapy: a complementary approach to clinical practice*. Elsevier Science.
- Mackereth P Carter A (2008) *Complementary Therapies*. In: Payne S, Seymour J & Ingleton C (Eds). *Palliative Care Nursing: Principles and Evidence for Practice*. 2nd edition McGraw-Hill Press: Maidenhead
- Mackereth P O'Hara (2007) *Reflexology*. In: *Enhancing cancer care: complementary therapy and support* (Ed. J Barraclough) Oxford University Press. Oxford
- Mackereth P Stringer J (2007) *Massage*. In: *Enhancing cancer care: complementary therapy and support* (Ed. J Barraclough) Oxford University Press. Oxford
- Stringer J (2007) *Aromatherapy*. In: *Enhancing cancer care: complementary therapy and support* (Ed. J Barraclough) Oxford University Press. Oxford
- Mackereth P Carter A (Eds). (2006) *Massage & Bodywork: adapting therapies for cancer care*. Churchill Livingstone, London
- Cawthorn A Mackereth P (2006) *Complementary and Alternative Therapies in Rheumatology*. In: *Rheumatology Nursing* (Ed.Hill, J) 2<sup>nd</sup> Ed Whurr Pub; London.
- Molassiotis A Cawthorn A Mackereth P (2005) *Complementary and Alternative Therapies in Cancer Care*. (Eds Kearney & Richardson) *Nursing Patients with Cancer* Elsevier Science. London.
- Mackereth P Campbell G (2003) *Research and Chair Massage* In: Pyves G Woodhouse D (Eds) *NOHANDS Chair Massage*. Shizen Publications. Halifax.
- Mackereth P Tiran D (Eds). (2002) *Clinical Reflexology: a guide for health professionals*. Churchill Livingstone, London

## ARTICLES

- Heyworth B Ralph S Gilliver A Mackereth P et al (in press) *Prostate Cancer Awareness Survey to Proud Postcards*. *Journal of Sexual and Relationship Therapy*
- Ellis J Warden J P Molassiotis A Mackereth P Lloyd-Williams M Bailey C Burns K Yorke J (in press) *Participation in a randomised controlled feasibility study of a complex intervention for the management of the Respiratory Symptom Distress Cluster in lung cancer: patient, carer and research staff views"* *European Journal of Cancer Care*.
- Mackereth P Maycock P (2016) *My Practice*. In *Essence*. 15(1):28-30.
- Mackereth P (2016) *The Curious Researcher*. *Reflexions*. June Edition 7-8
- Mackereth P Tomlinson L (2016) *Considering the relationship between the needle, patient and cannulators*. *British Journal of Nursing*. 25 (2) 2-3.
- 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.
- Donald G Lawrence M Lorimer K Stringer J Flowers P (2015) *The meaning and perceived value of mind-body practices for people living with HIV: a qualitative synthesis*. *Journal of the Association of nurses in AIDS care*. 26(5): 660-672.
- Mackereth P Ferguson A (2015) *Gloves off*. *Internationalist Therapist*. 113: 22-24.
- Mackereth P Hackman E Knowles R Mehrez A (2015) *The value of stress relieving techniques*. *Cancer Nursing Practice*. 14(4): 14-21.
- Mackereth P (2015) *Plain packs and more: towards a smoke-free future*. *British Journal of Nursing* 24(5):134.
- Mehrez A Maycock P Stringer J Mackereth P (2015) *Managing hospital malodours with essential oils*. In *Essence*. 13(4):14-16.
- Mackereth P (2015) *Being curious: the touch therapy researcher*. *The Art of Healing*. 1(50): 28-31.
- Bardy J Finnegan-John J Mackereth Molassiotis A (2015) *Training in and performing self-needling as part of a clinical trial: the practitioner and patient experience*. *Acupuncture in Medicine*. 33: 210-216.
- Mackereth P Bardy J Finnegan-John J Farrell C Molassiotis A (2015) *Legitimising Fatigue After Breast Cancer Treatment: The 'Coping with Fatigue' Booklet* *British Journal of Nursing*. 24(4): S4-12.
- Mehrez A Orrett L Tomlinson L Manifold J Mackereth P (2015) *Meet CALM and carry on*. *The International Therapist*. 111:29-31.
- Mackereth P Maycock P Orrett L (2015) *Smoke Free Site and service awareness amongst hospital staff: a survey in an acute cancer centre*. *Journal of Hospital Administration*. 4(2): 43-47.
- Tomlinson L Mackereth P (2014) *Smoking cessation dialogue and the complementary therapist: Reluctance to engage*. *Complementary Therapies in Clinical Practice*. 20: 181-187.
- Mackereth P Tomlinson L (2014) *Procedure-related anxiety and needle phobia: rapid techniques to calm*. *Nursing in Practice*. 80:55-57.

- Stringer J Donald G Knowles R Warn P (2014) The Symptom Management of Fungating Malignant Wounds Using a Novel Essential Oil Cream. *Wounds UK* 10(3):30-38.
- Mackereth P Maycock P (2014) Aromatherapy and the SYMPTOM model. *In Essence* 13(3):9-12.
- Mackereth Bardy J Finnegan-John J Molassiotis A (2014) Receiving or not receiving acupuncture in a trial: the experience of participants recovering from breast cancer treatment *Complementary Therapies in Clinical Practice*. 20(4): 291-296.
- Mackereth P Hackman E Knowles R Mehrez A (2014) The value of complementary therapies for carers witnessing patients' medical procedures. *Cancer Nursing Practice*. 13(9):32-38.
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- Mackereth P (2014) Focus on smoking cessation: Calm the craving in cancer care. *Practice Management*. Sept Issue, 12-13.
- Maycock P Mackereth P Mehrez A Tomlinson L Stringer J (2014) Self-soothing in a tube. *International Therapist*. 109: 21-23
- Roberts D Wilson C Todd C Long Af Mackereth P Stringer J Carter A Parkin S Caress a-L (2013) Complementary therapies in cancer: Patients' views on their purposes and value pre and post receipt of complementary therapy—A multi-centre case study. *European Journal of Integrative Medicine*. 5: 443-449.
- Mackereth P Chaudhry S (2013) On reflection. *International Therapist*. October Edition 106: 20-22
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- Nightingale L Stringer J (2013) Carers complementary therapy project on a haematology and transplant unit. *Complementary Therapies in Clinical Practice* . 19(3): 119-127.
- Hackman E Mak T Mackereth P Tomlinson L Mehrez A (2013) Reducing "Bert's" distress: a CALM model of dementia care in oncology . *British Journal of Nursing*. 22(4) S20-24.
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- Mackereth P (2012) Pandiculation: releasing anxiety during procedures. *Anxiety Times*. 83:14.
- Mackereth P Parekh J Donald G (2012) Providing therapies to the opposite sex: views of complementary therapists working in clinical and private practice settings. *Complementary Therapies in Clinical Practice*. 18:154-158.
- Mackereth P Tomlinson L Orrett L Manifold J Hackman E (2012) Needle with Ease: rapid stress management techniques. *British Journal of Nursing*. 21(14): S18-22.
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- Carter A Tomlinson L Maycock P Mackereth P Hackman E (2011) Anchoring aromasticks using sensory language. *In Essence*. 10(3): 24-26.
- Carter A Maycock P Mackereth P (2011). Aromasticks in clinical practice. *In Essence*. 10(2): 16-19.
- Donald G Tobin I Stringer J (2011) An evaluation of acupuncture in the management of chemotherapy induced peripheral neuropathy. *BMJ Acupuncture in Medicine*. 29(3):230-233.
- Mackereth P Mehrez A Maycock P (2011) At the cutting edge: the role of reflexology pre-& post-surgery. *International Therapist*. 96: 10-12.
- Charlton J Tiran D Mackereth P Donald G (2011) Take me to a clinical reflexologist: an exploratory survey. *Complementary Therapies in Clinical Practice*. 2: 102-6
- Stringer J Donald G (2011) Aromasticks in Cancer Care: An innovation not to be Sniffed at. *Complementary Therapies in Clinical Practice*. 116-21
- Carter A Mackereth P Stringer J (2010) Aromatherapy in Cancer Care: do aromatherapists in cancer care need specific training to do this work? *In Essence*. 9: 20-22.
- Mackereth P Maycock P (2010) Clinical reflexology and cancer: are you contraindicated? *Reflexions: Journal of the Association of Reflexologists*. Sept Edition, 14-15
- Mehrez A Mackereth P (2010) Saying 'no' to nocebo. *The Therapist*. 9: 10-12.
- Maycock P Mackereth P (2010) Going smoke-free: can aromatherapy help? *In Essence* 8(4):9-12.
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- Donald G Mackereth P Tobin I (2010) Medical students and acupuncture: a short, sharp treatment experience! *Acupuncture in Medicine - BMJ* 28: 12-15.

- Carter A Mackereth P Tavares M Donald G (2009) Take me to a Clinical Aromatherapist. *International Journal of Clinical Aromatherapy*. 6 (1): 3-8.
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- Mackereth P Booth K Hillier V Caress A (2009) What do people talk about during reflexology? Analysis of worries and concerns expressed during sessions for patients with multiple sclerosis. *Complementary Therapies in Clinical Practice*. 15: 85-90
- Maycock P Mackereth P (2009) Helping smokers to stop. *The International Therapist*. 86: 18-19.
- Mackereth P Booth K Hillier V Caress A (2009) Reflexology and relaxation training for people with MS: a controlled trial. *Complementary Therapies in Clinical Practice*. 15: 14-21.
- Mackereth P Marland L (2009) Clive O'Hara (1948-2008) – pioneer of reflexology. *Complementary Therapies in Clinical Practice*. 15:52.
- Mackereth P Campbell G Maycock P Hennings J Breckons M (2008) Chair massage for patients and carers: a pilot service in an outpatient setting of a cancer care hospital. *Complementary Therapies in Clinical Practice*. 14:136-142.
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- Mackereth P Carter A (2006) Nurturing Resilience: touch therapies in palliative care. *Journal of Holistic Healthcare*. 3 (1), 24-28.
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- Mackereth P Stringer J Lynch B (2004) Award winning 'completing the circle' project at Christie Hospital *Complementary Therapies in Nursing & Midwifery*. 10:127-132.

#### **Conference Posters**

- Pankhania D Coote J Burt P Mackereth P Finchett C Orrett L Hodgson C Bayman N Blackhall F Califano R Chan C Faivre-Finn Harris M Lee L Pemberton L Sheikh Summers Y Taylor P Smoking habits in lung cancer patients and their carers and audit of smoking advice given 14th Annual British Thoracic Oncology Group BTOG Conference Dublin. January 2016
- Finchett C Mackereth P Thomson D Knowles R Stringer J Slevin N (2014) Our Impact on Health. MAHSC Conference. Manchester Academic Health Science Centre. 15th December
- Mackereth P Maycock P Orrett L Finchett C (2014) Smoke Free Cancer Care – On site and Beyond. URBAN Health Conference International Conference University of Manchester
- Kohler B, Simoes B, Clarke RB, Stringer J, Keevil B and Howell S (April 2012) Assessment of the estrogenicity of three essential oils contained in a cocoa butter pessary to treat vulvovaginal atrophy after breast cancer therapy. IABCR / Breakthrough Breast Cancer Conference, Manchester (Poster)
- Hackman E Tobin I Stringer J (2012) A burning desire to treat peripheral neuropathy using acupuncture. International conference of cancer survivorship Bari Italy 26<sup>th</sup>-28<sup>th</sup> April.
- Mackereth P Donald G Lip Wai L (2011) Interventions for patients with head and neck cancers experiencing panic during mould making, planning procedures and treatment. UKRO University of Manchester 11-13<sup>th</sup> April.