
Integrative Therapies Training Unit

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

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

PROGRAMME LEAD

Jacqui Stringer

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

EDUCATION LEAD & MODERATOR

Jenny Charlton, Education Lead

Martin Speakman, Moderator

PROGRAMME ADVISORS

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CONTACT DETAILS

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BOOKING INFORMATION

- 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 contact Sarah Wilkins to express your interest in booking a course) [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. This will be reviewed 4 weeks before the event. In the case of insufficient numbers, the 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.
- All courses are held in either the Rehabilitation Unit (Dept. 3) or Education Centre (Dept. 17) at The Christie.
- Participants are requested to be punctual. All courses begin promptly at 9.30 am. Please allow time to find the venue and to meet other course members (tea & coffee is available from 9am onwards).
- We ask that you respect your fellow students by turning off mobile phones during classes and return promptly from breaks.
- Lunch times 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 coffee shop onsite where you can buy drinks, sandwiches, baked potatoes etc. There are also vending machines where you can get drinks and snacks.
- Course 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.
- 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.
- 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/>
- For further information, queries or concerns please contact Sarah Wilkins sarah.wilkins@christie.nhs.uk

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.

POST GRADUATE CERTIFIED COURSE & DIPLOMAS

POST GRADUATE CANCER CARE CERTIFICATES

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

This certificate enables therapists who want to partake of a number of our courses to gain an "Adapting Complementary Therapies for Cancer Care" Certificate.

You will be eligible to receive the certificate on completion of any 12 study days within a two year period. There is no course work involved. We will require scanned evidence of your relevant qualifications before registration for the certificate programme can be confirmed.

All courses can be booked via Eventbrite. There is no additional charge for receiving the certificate.

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 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 and 12 x £ 65 credit card payments (paid via Eventbrite)

ADAPTING COMPLEMENTARY THERAPIES FOR CANCER CARE DIPLOMA

This programme is designed for Complementary Therapists wanting to develop their practice in 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.

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)	Aromatherapy: Using Essential Oils in Acute Cancer Care (1 day)
	Aromatherapy: Challenging Symptoms & Conditions (1 day)
	Creative Imagery for Individuals & Groups (2 days)
	NLP Diploma (4 days)
	Complementary Therapies during End of Life Care (2 days)
	BREATHLESSNESS: minimise the distress & maximise the breath (2 days)
	Evaluating Evidence & Research (1 day)

AROMATHERAPY AND CANCER CARE DIPLOMA

This programme is designed for qualified Aromatherapists wanting to develop their practice in supportive and palliative care.

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)	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 CARE DIPLOMA

This programme is designed for qualified reflexologists wanting to develop their practice in 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
Adapting Reflexology for hospice and cancer care (2 days)	Hand Reflexology (2 days)
Practical Issues in Cancer Care (1 day)	Resolving Anxiety States, Panic and Phobia (2 days)
Clinical Issues in Cancer Care (1 day)	Complementary Therapies during End of Life Care (2 days)
HEARTS Process (2 days)	BREATHLESSNESS: minimise the distress & maximise the breath (2 days)
	Evaluating Evidence & Research (1 day)

CREATIVE AND THERAPEUTIC APPROACHES TO RELAXATION 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. 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 with

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: £1,000 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.

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

Eventbrite link: link coming soon, please contact Sarah to express your interest

NLP DIPLOMA & PRACTITIONER PROGRAMME

NLP DIPLOMA

Dates: 28th & 29th October and 18th & 19th November 2017

Facilitator: Tineke Bosma, NLP Master Practitioner and Trainer.

Price: £390

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 and the Practitioner Programme offered are accredited by INLPTA (International NLP Trainers Association).

Eventbrite link: https://nlp_diploma.eventbrite.co.uk

NLP PRACTITIONER PROGRAMME

Dates: 27/28 Jan; 24/25 Feb; 24/25 Mar; 28/29 Apr; 19/20 May; 16/17 Jun 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. You must have done an accredited NLP Diploma course to attend the Practitioner modules.

Eventbrite link: https://nlp_practitioner.eventbrite.co.uk

A-Z of STUDY DAYS, COURSES & WEEKEND WORKSHOPS

AROMATHERAPY COURSES

AROMATHERAPY 1: AROMATHERAPY FOR USE IN CLINICAL SETTINGS

Date: Sat 30th June & Sun 1st July 2018

Facilitator: Paula Maycock

Price: £195

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>

AROMATHERAPY 2: CHALLENGING SYMPTOMS AND CONDITIONS

Date: tbc 2018

Facilitators: Dr Jacqui Stringer and Paula Maycock

Price: £195

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: link coming soon, please contact Sarah to express your interest

MASSAGE AND TOUCH THERAPY COURSES

ADAPTING CHAIR MASSAGE FOR HOSPICE & CANCER CARE

Dates: Sat 3rd & Sun 4th February 2018

Facilitators: Gwynneth Campbell, Anita Mehrez & Sarah Wilkins

Price: £195

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: Sat 21st & Sun 22nd October 2017

Facilitators: Gwynneth Campbell, Anita Mehrez

Price: £150

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

ADAPTING HEAD MASSAGE FOR HOSPICE & CANCER CARE

Date: tbc 2018

Facilitators: Gwynneth Campbell

Price: £195

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: link coming soon, please contact Sarah to express your interest

ADAPTING MASSAGE FOR HOSPICE AND CANCER CARE

Dates: Sat 3rd & Sun 4th March 2018

Facilitators: Anita Mehrez, Gwynneth Campbell & Sarah Wilkins

Price: £195

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>

HEARTS PROCESS

Dates: Sat 12th & Sun 13th May 2018

Facilitators: Paula Maycock

Price: £195

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>

HEARTS TEACHER TRAINING

Dates: Sat 20th & Sun 21st January 2018

Facilitator: Ann Carter

Price: £195

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 with Ann Carter, 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: link coming soon, please contact Sarah to express your interest

MIND THERAPY COURSES

CREATIVE IMAGERY for individuals and groups

Dates: Sat 7th & Sun 8th July 2018

Facilitators: Lynne Tomlinson

Price: £195

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>

ANXIETY STATES: fast calming interventions

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

Dates: Sat 9th & Sun 10th June 2018

Facilitators: Lynne Tomlinson

Price: £195

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: link coming soon, please contact Sarah to express your interest

INTRODUCTION TO MINDFULNESS (MRE Level 1, Workshop 1)

Date: Sat 17th & Sun 18th March 2018

Facilitator: Tim Duerden & Annette Dunn

Price: £195

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

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

Date: Sat 23rd & Sun 24th June 2018

Facilitator: Tim Duerden & Annette Dunn

Price: £195

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>

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

Date: 2018 dates tbc

Price: £195

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: link coming soon, please contact Sarah to express your interest

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 (FULLY BOOKED), 2018 dates tbc

Facilitators: Fiona James & Julie Sexton & Sarah Wilkins

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

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://breathlessness2017.eventbrite.co.uk>

CLINICAL ISSUES IN CANCER CARE

Dates: 2018 tbc

Facilitator: Janet Fielding

Price: £95

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: link coming soon, please contact Sarah to express your interest

PRACTICAL ISSUES IN CANCER CARE

Dates: 2018 date tbc

Facilitator: Janet Fielding

Price: £95

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: link coming soon, please contact Sarah to express your interest

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>

COMPLEMENTARY THERAPIES DURING END OF LIFE CARE

Date: Sat 25th & Sun 26th November 2017

Facilitators: Kevin Dunn, 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: 2018 tbc

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: link coming soon, please contact Sarah to express your interest

COMPLEMENTARY THERAPY CLINICAL PLACEMENT DAYS

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

Dates: Monday 9.30am – 4.00pm or Thursday 11.00am – 7.00pm.

Price: £95 per day

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.

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 2nd 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
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- 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) 2nd 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.
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- 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.
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- 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.
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- Mackereth P Tomlinson L (2014) *Procedure-related anxiety and needle phobia: rapid techniques to calm*. *Nursing in Practice*. 80:55-57.

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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 26th-28th 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 11-13th April.