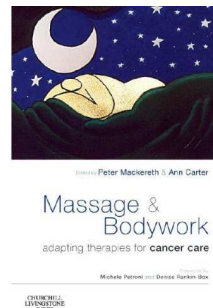
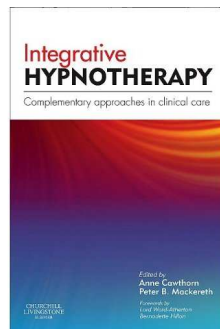




2011- 2013
Integrative Therapies Training Unit
Courses for
Complementary Therapists,
Allied Health Care Professionals & Researchers



**PROFESSIONAL DISCOUNTS ON ALL EVENTS
AVAILABLE – please enquire**
~IFPA Approved Aromatherapy Courses~

AWARDS

- The Prince of Wales Foundation for Integrated Health 2003 “Best Practice” Award
 - 2004 The Christies Award Winner for “Making a Difference to Patients”
 - 2005 Greater Manchester and Regional NHS National Health and Social Care Award Winner and National Finalist for “Long Term Conditions”
 - 2005 Peter Mackereth The Guardian “Public Servant of the Year” Award
 - 2010 CALM Service The Christie “Making a Difference through Innovation” Award
- Aaron Kenneth Ward-Atherton
Lord of Witley Worcestershire
Patron of the Integrative Therapies Unit The Christie Manchester



**Your course fee helps to fund the Complementary
Therapy Service at The Christie**

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. Please note 2012 dates are to be confirmed – please check details on the website before booking

PRICES – Please note we provide discounts to participants who belong to professional organisations e.g. CAR, BHMA, IFPA, IHA, FHT, CThA, AoR - Please enquire.

If you belong to a professional organisation, not listed above, why not ask if they would carry free information about our courses in their journal/newsletter. We would then be pleased to extend the discount to members. Please ask the journal/newsletter editor to contact us and agree the discount.

PROGRAMME LEADERS

Dr. Peter Mackereth

Clinical & Education Lead Supportive Care & Smoking Cessation Services, The Christie

Ann Carter

Education Co-Lead, The Christie

CONTACT DETAILS

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WEBSITES

www.christie.nhs.uk/patients/rehab/comp/default.aspx

www.christie.nhs.uk/pro/cs/comp/training.aspx

BOOKING INFORMATION

- **We advise early booking as courses must have sufficient numbers to run. If numbers are low than there is a risk the course will be cancelled or rescheduled. If booking less than one month please telephone to confirm dates of the course and availability of places.**
- All courses are held either in the Education Centre or Rehabilitation Unit at The Christie, Withington, Manchester
- 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.
- A list of local accommodation, maps and directions can be obtained from the website or by contacting our Events Officer Joanne Barber on 0161 466 8236. NB: Accommodations listed are not vetted by The Christie.
- **Discounts available: e.g. CAR, BHMA, IFPA, IHA, FHT, CThA, AoR - Please enquire.**
- To book any of our courses or packages please complete the booking form at the back of this pack.
- For further information, please contact Peter Mackereth or Joanne Barber on 0161 446 8236 or email Peter.Mackereth@christie.nhs.uk or Joanne.Barber@christie.nhs.uk

POST GRADUATE DIPLOMA COURSES ~ PLEASE READ BEFORE BOOKING

The diplomas are made up of a combination of the individual study days. You must complete the necessary study days and assignments to gain the award. If you attend any of the stand alone events and then wish to upgrade to a package, then this is allowable within a 2 year time frame. (All study days in a diploma package **must** be completed within a 2 year time frame). Assignments must then be completed within 1 year of the last study day. The diploma is awarded by the Integrated Therapy Training Unit (ITTU).

Study day contact time is 12 hours over 2 days and 6 hours on a 1day course. 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). Lunch times are usually between 45-60 minutes. The times for day 1 of a course are fixed. Course times for day 2 may be negotiated to permit an early finish with a shorter lunch. Please turn off mobiles during classes and return promptly from breaks. Course certificates will be provided to participants who have completed the hours required for the study day.

We need to view evidence of your qualifications before registration for a diploma programme can be confirmed. 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** – this includes information about the assignments and referencing. If you have not received your handbook by the time you attend your first course, please ask your course tutor.

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.

CANCELLATION POLICY

- If numbers are insufficient we receive the right to cancel courses with a minimum of 2 weeks notice. Fees can be transferred to another course or reimbursed, subject to written application. Please note pre-booked travel and personal expenses cannot be reimbursed.
- If you cancel with notice of 7 or more days your deposit will be taken as an administrative fee.
- If you cancel with notice of 7 days or less or you do not attend the course **you will incur the full cost of the course.**

N.B. We are unable to take responsibility for expenses (train fares, accommodation etc) if we have to cancel a course due to low attendance.

SECTION 1: CONFERENCES

14th Annual Clinical Reflexology Conference

Saturday 24th March 2012

Theme: Working in challenging areas of practice

Full price: £120

Discount Price: £90 for CAR, BHMA, IFPA, IHA, FHT, CThA, AoR, CPMaSTT NACTHPC members & students (£30 non returnable deposit).

Early bird: £85 if booking and £30 deposit received by 1st December 2011. Closing Date 20th March 2012

Coordinating Complementary Therapy Services

Theme: funding, sustainability & quality... perchance to dream

Full price: £120

Discounted Price: £90 for CAR, BHMA, IFPA, IHA, FHT, CThA, AoR, CPMaSTT NACTHPC members & students (£30 non returnable deposit).

Venue: St Christopher's Hospice, London

Date: 4th July 2012

2nd Complementary Therapies & Cancer Care Conference

Saturday 23rd March 2013

Theme: Maximising resilience: services & research work

A packed day for therapists, researchers and coordinators of services exploring how we can help patients and carers create meaning, develop resources and promote resilience during and beyond cancer treatment

SECTION 2: DIPLOMA PACKAGES

AROMATHERAPY AND CANCER CARE DIPLOMA

This programme is designed for aromatherapists wanting to develop their practice in supportive and palliative care. **Note:** You must be a qualified, practising and insured aromatherapist to register for the diploma.

Lecturers: Ann Carter, Paula Maycock & Dr Jacqui Stringer

Package: 8 core modules and 5 option days. You can complete these 3 courses as a package with a stand alone certificate.

Fees for the full 12-day diploma: £800- £200 deposit + 6 x £100 monthly standing order payments. **Discount price £750.**

CORE	OPTION DAYS
Adapting Aromatherapy : For Use in Clinical Settings (2 days)	Managing Anxiety and Panic (2 days)
Aromatherapy : Using Essential Oils in Acute Cancer Care (1 day)	Evaluating Evidence & Research (1day)
Aromatherapy: Challenging Symptoms & Conditions (1 day)	HEARTS (2 days)
Practical Issues (1 day)	Introduction to Cognitive Behavioural Therapy (CBT) (1 day)
Clinical Issues (1 day)	Transactional Analysis (1 day)
Please also choose option days from the list opposite to make up the 12 days required - see Section 3 for dates of workshops.	

CLINICAL REFLEXOLOGY DIPLOMA

The diploma is open to qualified reflexologists wishing to develop their practice in Clinical Reflexology. There are 12 study days consisting of 3 core courses (making a total of 5 days) plus 7 option days selected from the table below.

Prerequisite: You must be a qualified, practising and insured reflexologist. This module is particularly suited to those wanting to work in, or develop their reflexology practice, in healthcare settings.

Full Fees: £800- £200 deposit + 6 x £100 monthly standing order payments. **Discount price £750.**

Note: Once Module 2 has been completed you can apply for registration/certification as a clinical reflexologist with CAR.

CORE COURSES	OPTION DAYS
Clinical Reflexology 1: Expanding your skills (2 days)	Adapting Reflexology for Hospice & Cancer Care (2 days)
Clinical Reflexology: Master class (2 days- including maternity care day)	Hand Reflexology (2 day)
Evaluating Evidence & Research (1 day)	Practical Issues (1 day)
Please also choose option days from the list opposite to make up the 12 days required - see Section 3 for dates of workshops.	Clinical Issues (1 day)
	Therapeutic Approaches e.g. Introduction to CBT or TA (1 day)
	Palliative Care with Precision Reflexology (2 day)
	Adapted Reflexotherapy for Spinal Pain & Whiplash (2 days)
	Reflexology Complementary Therapy Conference (1/2 days)

RELAXATION & CREATIVE IMAGERY INTERVENTIONS DIPLOMA

This package consists of a variety of relaxation and creative imagery workshops, which focus on the principles which underpin relaxation and creative imagery. The workshops offer skills development in a several different approaches, all of which are designed to develop your confidence and flexibility in practice. If you want to develop your expertise so you can practice in a variety of healthcare settings, this Diploma would be ideal for you to 'step up' your practice.

Principal Lecturers: Dr Peter Mackereth and Ann Carter.

Package: 3 core modules and related options (12 study days in total).

Prerequisite: Complementary therapist or health care practitioner.

Fees: £800- £200 deposit + 6 x £100 monthly standing order payments. **Discount price £750.**

CORE	OPTION DAYS
Adapting Relaxation & Creative Imagery for Individual & Group Work (2 days)	NLP for Therapists (2 day)
Therapeutic Approaches - .1. Transactional Analysis (1 day) 2. Introduction to Cognitive Behavioural Therapy (CBT) (1 day)	1. Anxiety States (1-day) 2. Panic and Phobia (1-day)
Practical Issues (1 day)	HEARTS (2 days)
Clinical Issues (1 day)	Enhancing Relaxation and Creative Imagery (2)
Please also choose study days from the list opposite to make a total of 12 days - see Section 3 for dates of workshops	Mindfulness in Practice (2 days)
	Breathlessness (2 days)

ADAPTING COMPLEMENTARY THERAPIES FOR CANCER CARE DIPLOMA

Please note you can also combine various courses to complete a diploma designed for therapists working/ volunteering in cancer/ supportive and palliative care settings.

Package: 3 core modules and related options (12 study days in total).

Principal Lecturers: Dr Peter Mackereth and Ann Carter.

Prerequisite: Complementary therapist with insurable training in the option selected (i.e. aromatherapy, reflexology and/or massage).

Fees: £800- £200 deposit + 6 x £100 monthly standing order payments. **Discount price £750.**

CORE	OPTION DAYS
Introduction to Cognitive Behavioural Therapy (CBT) (1 day)	HEARTS (2 days)
Transactional Analysis (1 day)	Therapeutic Approaches: Breathlessness (2 days)
Practical Issues (1 day)	Aromatherapy 1: Making the Most of the Oils (2 days)
Clinical Issues (1 day)	Conference Event (1 day)
Please also choose study days from the list opposite to make a total of 12 days - see Section 3 for dates of workshops.	Adapting Reflexology for Hospice & Cancer Care (2 days)
	Adapting Chair Massage for Hospice and Cancer Care (2 days)
	Adapting Relaxation & Creative Visualisation for Individual & Group Work (2 days)
	Adapting Head Massage for Cancer Care (2 days)

INTEGRATIVE HYPNOTHERAPY DIPLOMA

The diploma is a course that will be of particular value to therapists and clinicians wanting to work in healthcare settings and who wish to develop their therapeutic skills. Students will be expected to contribute to the group by offering adaptations, observations and approaches from the perspective of their own skills base and prior training.

Principal Lecturer: Lynne Tomlinson D.Hyp, BSCH(Assoc)

(The course takes place on Saturdays and Sundays).

Intake Sept 2012 dates to be confirmed

Fee: £800 - £200 deposit + 6 x £100 monthly standing order payments. Discount price £750 for early booking (July 2012) and members of professional organisations

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

HYPNOTHERAPY – BEST PRACTICE AND CONTINUOUS PROFESSIONAL DEVELOPMENT

Two exciting and popular courses are now being offered at The Christie:

NEW COURSE – EMOTIONAL EATING & ETHICAL HYPNOBANDING (virtual gastric band)

Dates: Sat 4th February 2012 and Sun 5th February 2012.

Fee: £150 discounted price £140

Facilitators: Julie Sexton & Lynne Tomlinson

This 2 day experiential workshop is designed to teach qualified hypnotherapists powerful (and proven) techniques to address emotional/disordered eating patterns and safely install a virtual gastric band. Prepare for the post-New Year 'diet dependency' with the February 2012 course dates.

NEW COURSE – CONFIDENCE WITH RAPID INDUCTIONS

Date: Sat 28th April 2012

Fee: £100 discounted price £90

Facilitators: Julie Sexton & Lynne Tomlinson

Ethically and appropriately used, rapid inductions enable clients to attain profound states of relaxation quickly and easily. Hypnotherapists require confidence in their abilities as well as professional skill and good timing. On this one day workshop, you will receive training, tips and encouragement from course facilitators who use rapid inductions as a matter of course in their clinical practice. Our aim is to ensure that you leave confidently using five different induction styles.

PRECISION REFLEXOLOGY EVENTS

***NEW*- PRECISION REFLEXOLOGY – PALLIATIVE CARE APPROACH**

Dates: 29th & 30th Sept 2012

Facilitator: Jan Williamson

Fee: £150 or Discount Price £140

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.

ADVANCED PRECISION REFLEXOLOGY

Date: 27 & 28th Oct 2012

Facilitator: Jan Williamson

Fee: £150 (deposit £50) discounted price £140

All qualified Precision reflexologists (those who have completed Parts 1 and 2 of the basic course) are eligible to attend this two day course which focuses on the "unseen" treatment using foot massage and "linking" techniques connected to the Chakra system. Unseen work also involves a variety of modalities that can be used to enhance the actual treatment. This approach offers the opportunity to apply the wider aspects of complementary care to

the reflexology consultation so that clients/patients can be involved in their own health care. Each student can use their own expertise to develop treatment plans, based on the findings of the consultation.

SECTION 3: A-Z of STUDY DAYS

***NEW*- ACUPRESSURE FOR COMPLEMENTARY THERAPISTS**

Date: 19th May 2012

Facilitator: Rosie Hoyle

Fee: £100 **Discount Price £90; for both days Fee:** £150 **Discount Price £140**

This 1 day course will equip you with gentle techniques combining with your current skills. Participants are required to be complementary therapists ideally already working in a caring environment.

***NEW*- ACUPUNCTURE APPROACHES FOR ACUPUNCTURISTS WORKING IN HOSPICE ENVIRONMENT**

Date: 20th May 2012

Facilitator: Rosie Hoyle

Fee: £100 **Discount Price £90**

This 1 day course had been designed for registered and insured acupuncturists working with patients living with/ recovering from cancer and its treatments. The day will include reviewing indications and contraindications and safety aspects to ensure comfort and therapeutic benefits. Come prepared to receive and give. Bring your own needles, sharps boxed are provided. A copy of current insurance document and registration certificate is required with booking form.

ADAPTING CHAIR MASSAGE FOR HOSPICE & CANCER CARE

Dates: 18th & 19th February 2012

Facilitators: Gwynneth Campbell, Joanne Barber & Julie Sexton.

Fee: £150 **Discount Price £140**

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.

ADAPTING RELAXATION & CREATIVE IMAGERY FOR INDIVIDUAL & GROUPS

Dates: 19th & 20th May 2012 or 27th & 28th October 2012

Facilitators: Ann Carter & Dr Peter Mackereth

Fee: £150 **Discount Price £140**

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.

ADAPTING HEAD MASSAGE FOR HOSPICE & CANCER CARE

Date: Sat 12th & Sun 13th May 2012

Facilitators: Gwynneth Campbell, Joanne Barber & Julie Sexton.

Fee: £150 **Discount Price £140**

If you are a qualified massage therapist or aromatherapist, and you want to develop your skills in head massage, 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.

ADAPTING MASSAGE & BODYWORK IN HEALTHCARE SETTINGS

Date: 8th & 9th December 2012

Facilitators: Gwynneth Campbell, Peter Mackereth & Anita Mehrez

Fee: £150 **Discount Price £140**

This 2- day course is specifically for qualified massage therapists who want to expand their repertoire/approaches to massage and bodywork. The content explores safe and innovative ways of adapting the work in healthcare settings. Come prepared to work with and without oil, on a mat, chair, couch and even the hospital bed. Wear loose comfortable clothing.

ADAPTING REFLEXOLOGY FOR HOSPICE & CANCER CARE

Dates: Sat 3rd & Sun 4th March 2012 or 17th & 18th November 2012

Facilitators: Dr Peter Mackereth, Anita Mehrez, Fiona James & Julie Sexton

Fee: £150 **Discount Price £140**

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.

AROMATHERAPY: FOR USE IN CLINICAL SETTINGS

Date: 16th & 17th February 2013

Facilitators: Paula Maycock & Ann Carter

Fee: £150 **Discount Price for IFPA, CThA, FHT members £140**

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.

AROMATHERAPY: USING ESSENTIAL OILS IN ACUTE CANCER CARE

Date: Friday 5th July 2013

Facilitator: Dr. Jacqui Stringer

Fee: £95 **Discount for IFPA, CThA, FHT members £85** (Aromatherapy courses on 6 & 7th July may be taken at the weekend course price of £150 or discounted price for IFPA, CThA, FHT members of £140)

This module will focus on adaptations of aromatherapy for acute cancer care, with a focus on patients with haematological illness (includes wounds, infections and other side-effects of cancer treatments). It guides you in the safe use of essential oils for patients and examines the latest research.

AROMATHERAPY: CHALLENGING SYMPTOMS & CONDITIONS

Dates: Saturday 6th July 2013

Fee: £95 **Discount for IFPA, CThA, FHT members £85**

Facilitator: Paula Maycock & Dr Peter Mackereth

You will have the opportunity to explore essential oils for maximum effect. The course will include examination of difficult to treat conditions, such as fatigue, pain, sleeping difficulties and itch.

CLINICAL ISSUES IN CANCER CARE

Dates: Friday 7th Sept 2012

Facilitator: Janet Fielding or Dr Peter Mackereth

Fee: £100 **Discount Price £90**

This 1 day course is designed specially 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.

CLINICAL REFLEXOLOGY 1 - EXPANDING YOUR SKILLS

Dates: 18th & 19th February 2012 or 13th & 14th October 2012

Facilitators: Alison Morewood, Charlotte Derbyshire (Podiatrist) Peter Mackereth & Liz Tipping

Fee: £150 **Discount Price £140**

As a qualified reflexologist this 2 day course will help you to expand your 'clinical' practice and prepare you to work in healthcare settings. The focus will be on: assessment, diagnosis issues, indications and contraindications, foot disorders and podiatry, pregnancy, fertility and safe clinical treatments. Please note the Saturday will finish at 5pm.

CLINICAL REFLEXOLOGY 2 - MASTER CLASS

Dates: 16th & 17th February 2013

Facilitators: Alison Morewood, Charlotte Derbyshire (Podiatrist), Liz Tipping, & Dr. Peter Mackereth

Fee: £150 **Discount Price £140**

This 2 day course will provide you opportunities to participate in master class clinics and learn clinical reflexology techniques and foot care. You will explore legal, professional and ethical issues and there will be full day examining maternity issues and exploring working with babies and parents. Please note the Saturday will finish at 5pm.

Note: Participants **MUST** have completed Clinical Reflexology: expanding your skills

COORDINATING & DEVELOPING COMPLEMENTARY THERAPY SERVICES

Dates: Fri 9th & Sat 10th November 2012

Facilitators: Ann Carter & Peter Mackereth

Fee: £150 **or Discount Price £140 (or £190 to include Evaluation, Evidence & Research Day)**

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.

***NEW*- END OF LIFE APPROACHES TO COMPLEMENTARY THERAPIES**

Date: 24th November 2012

Facilitators: Anne Carter, Peter Mackereth.

Fee: £100 **or Discount Price £90**

This one day course explores issues related to providing complementary therapies in the last few days of life. The focus will be on consent issues, involvement of carers, consideration of spiritual issues, challenging conversations and the Liverpool pathway.

***NEW*- ENHANCING RELAXATION TECHNIQUES**

Dates: 13th & 14th October 2012

Fee: £150 **or Discount Price £140**

This practical 2-day course is for therapists who want to extend their therapeutic practice in physical relaxation techniques and creative imagery. The content will include a variety of adapted physical relaxation techniques; imagery sessions will focus on of the structure of experience, building confidence, staying resourceful, magic dials, and controlling pain. Your attendance at the **Adapting Relaxation and Creative Imagery** course is a prerequisite; it is also a useful addition to **The HEARTS Process**.

EVALUATION, EVIDENCE & RESEARCH FOR COMPLEMENTARY THERAPISTS & COORDINATORS

Dates: Sun 11th November 2012

Facilitators: Dr. Peter Mackereth, Dr. Jacqui Stringer & Eileen Hackman

Fee: £100 **or Discount Price £90**

You will learn how to critique evidence, explore methodologies and appreciate ethical issues. This workshop will help you to value quality evidence, identify areas for further research and demystify the processes involved.

HAND REFLEXOLOGY

Facilitators: Marian Foster & Alison Morewood

Date 1st & 2nd December 2012

Fee: £150 **or Discount Price £140**

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.

HEARTS PROCESS

Facilitator: Ann Carter

Date: 10th & 11th March 2012

Fee: £150 or **Discount Price £140**

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

NB You do not have to be an aromatherapist to come on this course

INTRODUCTION TO MINDFULNESS

Date: 7th & 8th July 2012

Facilitator: Tim Duerden

Fee: £150 or **Discount Price £140**

This course provides an introduction to the concept of mindfulness. Mindfulness-based approaches are being used in an ever increasing range of fields particularly after NICE recommended their use for preventing relapse in people with recurrent depression. The workshop is suitable for students and practitioners working in health, social and complementary practice. Aside from exploring the origins and philosophy of mindfulness there will be opportunities to engage in mindfulness practice sessions and explore how mindfulness-based approaches can be integrated in professional practice. Included in the weekend will be an overview of research work, educational developments and guidance for further development. CDs and guidance materials are included that will support those interested in continuing a personal mindfulness practice after the workshop. It is recommended that you attend this workshop prior to booking for the Professor Chris Johns course ~ **BEING MINDFUL IN PRACTICE**

NEURO LINGUISTIC PROGRAMMING (NLP)

Date: 24th & 25th November 2012

Fee: £100 **Discount Price £90**

Facilitator: Anne Ferguson

Content: This one-day course teaches therapists useful NLP techniques and awareness, which can be used when working in a caring environment. Participants will be able to explore the principles on which NLP is based and learn some useful approaches to use with patients.

Who will benefit? Any therapists with an interest in knowing more about this fascinating approach to making a difference and taking a different view when working with patients.

PRACTICAL ISSUES IN CANCER CARE

Dates: Sat 8th Sept 2012

Facilitator: Janet Fielding or Dr Peter Mackereth

Fee: £100 or **Discount Price £90** 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.

CPD & 1 DAY EVENTS: THERAPEUTIC APPROACHES:

These one day courses have been specifically developed to expand and enhance skills of therapists and healthcare workers. They are also designed as individual CPD events for hypnotherapists, counsellors and psychotherapists

ANXIETY STATES: fast calming interventions

Date: 8th July 2012 or 1st December 2012

Facilitators: Lynne Tomlinson, Peter Mackereth

Fee: £100 **Discount Price £90 or £140** for both Anxiety & Panic States.

The course is designed for you if you are a complementary therapist or health care worker and want to learn about approaches and techniques for managing anxiety in a variety of situations. The psychological and physical responses will be examined and therapeutic approaches demonstrated. These will include breathing techniques, calming interventions which are body based and involve touch, and how to use displacement objects.

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

Date: 9th July 2012 or 2nd December 2012

Facilitators: Peter Mackereth, Lynne Tomlinson

Fee: £100 **or Discount £90 or £140** for both Anxiety & Panic States.

The course is designed for you if you are complementary therapist, health care worker or clinical hypnotherapists and want to learn about approaches and techniques for and panic responses to distressing medical situations (e.g. cannulation, anticipatory nausea and other procedural/ treatment related anxieties). Included will be developing skills in the use, power and potential of language, anchoring techniques and cues, individualised imagery and techniques to pattern interrupt.

BREATHLESSNESS minimise the distress & maximise the breath (NOW A 2-DAY COURSE)

Date: 20th & 21st October 2012

Facilitators: Peter Mackereth, Rachel Ellis, Tracy Eckersley

Fee: £150 **or Discount Price £140**

This 2-day course for therapists and health professionals will help you develop your therapeutic skills in assisting patients with breathlessness. 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.

TRANSACTIONAL ANALYSIS: an introduction to develop your skills

Dates: Fri 2nd March 2012 or Sat 17th Nov 2012

Facilitators: Bernie Shepherd & Peter Mackereth

Fee: £100 **or Discount Price £90**

This 1 day course for therapists and health professionals will help you develop your therapeutic skills. You will examine models of therapeutic relationships, boundaries of practice and developing a working contract with patients. The focus of the day will be Transactional Analysis (TA) – a psychological theory for understanding ourselves and how we communicate with others.

COGNITIVE BEHAVIOURAL THERAPY: uses & potential for supportive care

Dates: Sat 3rd Mar 2012 or Sun 18th Nov 2012

Facilitators: Bernie Shepherd

Fee: £100 **or Discount Price £90**

This 1 day course provides an introduction to cognitive behavioural therapy (CBT) and supervision issues and arrangements for safe and effective practice. The clinical focus for this course is supportive and palliative care.

COMPLEMENTARY THERAPY CLINICAL PLACEMENT DAYS

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

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

Fee: Administrative charge of £95 per day. **Discount Price £80**

Attendance is only possible if you are doing one of the clinical courses 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.

For more information about any of the courses or packages please contact Peter Mackereth or Joanne Barber on 0161 446 8236 or email Peter.Mackereth@christie.nhs.uk or Joanne.Barber@christie.nhs.uk

BOOKING FORM

Information about local bed and breakfast accommodation, a map and programme details will be sent on receipt of a booking form. Attendance certificates will be given for all courses/events attended.

Title of Course/Event.....

Date of Course/Event.....

If you want to register for one of the packages please list on the next page the title of the individual study days you would like to attend and the dates.

Name (BLOCK CAPITALS FOR CERTIFICATE).....

Address.....

.....

Tel. no..... Email.....

Job title.....

Place of work (if not private practice).....

CAR, BHMA, IFR, IHA, FHT, CThA, AoR , CPMaSTT, NACTHPC No (if applicable):
.....

If you would prefer us to invoice either yourself or your organisation, please specify the name and address of the person/dept. to send the invoice to: **(NB invoices to NHS depts. Require NHS official order number)**

Name.....

Address.....

.....

Cheque enclosed

I am a complementary therapist/ health care professional (please indicate by circling).

I am enclosing copies of my relevant professional certificates

I am aware that cancellation will incur a £40 administrative charge and that no reimbursement of fees is possible if I cancel less than 7 days prior to the event or do not attend.

I accept that my contact details will be held on file and passed to the course tutors/ finance department and course administration to maintain communications between these parties only. We do not pass on your details to any third party.

Signature:

Date:

Please email your completed booking form to Joanne Barber email address: Joanne.Barber@christie.nhs.uk

**IF YOU WANT TO SEE NEW COURSES/EVENTS ON OUR CURRICULUM IN 2012, DO TELL US.
WE ARE OPEN TO SUGGESTIONS.**
Please write your ideas/suggestions below

Many thanks

RECENT PUBLICATIONS BY THE TEAM

BOOK/CHAPTERS

- 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
- 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) 2nd Ed Whurr Pub; London.
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- 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

RECENT ARTICLES

- Mackereth P Tomlinson L Maycock P Donald G Carter A Mehrez Lawrence Stanton T (available on-line) *Calming panic states in the Mould Room and beyond: a pilot complementary therapy head and neck service*. *Journal of Radiotherapy in Practice*.
- Mackereth P Mehrez A (2012) *Super-vision: helping to develop and support your practice*. *International Therapist* 99: 30-32.
- 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 placebo*. *The Therapist*. 9: 10-12.
- Maycock P Mackereth P (2010) *Going smoke-free: can aromatherapy help?* In *Essence* 8(4):9-12.
- Mackereth P A Parkin S Donald G Antcliffe N (2010) *Clinical supervision and complementary therapists: an exploration of the rewards and challenges of cancer care*. *Complementary Therapies in Clinical Practice*. 16:143-148.
- Donald G Mackereth P Tobin I (2010) *Medical students and acupuncture: a short, sharp treatment experience!* *Acupuncture in Medicine - BMJ* 28: 12-15.
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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.
- Stringer J Swindell R Dennis M (2008) *Massage in patients undergoing intensive chemotherapy reduces serum cortisol and prolactin*. *Psycho-Oncology*. 17: 1024-1031.
- Mackereth P (2007) *Touch Therapies: the curious researcher* *Journal of Holistic Healthcare* 4(4) 32- 36.
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- Mackereth P Carter A (2006) *Clinical leadership: developing the role of complementary therapy coordinators*. *Complementary Therapies in Clinical Practice*. 12, 80-82.
- Mackereth P Carter A (2006) *Nurturing Resilience: touch therapies in palliative care*. *Journal of Holistic Healthcare*. 3 (1), 24-28.
- Mackereth P Sylt P Weinberg A Campbell G (2005) *Chair Massage for Carers* *European Journal of Oncology Nursing*. 9, 167-17.
- Mackereth P Cawthorn A White K Lynch B (2005) *Improving stressful working lives: complementary therapies for staff*. *European Journal of Oncology Nursing* 9, 147-154.

Mackereth P Stringer J (2005) CAM and cancer care: champions for integration. *Complementary Therapies in Clinical Practice*. 11, 45-47.
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