



## **Integrated Therapies Training Unit**

A world renowned ITTU offering courses and diplomas for Integrative Therapists, Allied Health Professionals, Nurses and Researchers.

### **Course Brochure 2026**

**Massage | Reflexology | Aromatherapy**  
**Mindfulness | Relaxation | End of Life Approaches**

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# Welcome

Welcome to The Integrative Therapies Training Unit.

As a world renowned ITTU unit we are delighted to offer a range of educational events for Integrative Therapists, Allied Health Professionals and Researchers. The content of some of our courses are also suited to Nurses and Medical Staff.

We have been proudly supporting all our students for more than 20 years, providing them with well researched, informative and evidence based educational events. Our team of both internal and external fully qualified facilitators are all passionate about producing and delivering an extensive programme of events, which we are sure you will love.

Our events are delivered either virtually, classroom or blended (classroom & virtual. All the classroom events are delivered at The Christie NHS Foundation Trust here in Manchester.

Have a look through our brochure to discover the range of courses and diplomas we offer. If you have any queries or require further information please don't hesitate to contact us at **[the-christie.ittu@nhs.net](mailto:the-christie.ittu@nhs.net)**

We hope to welcome you on one of our events in the very near future!

## Socials

Follow us in LinkedIn , Facebook and Bluesky : The Christie Institute for Cancer Education Manchester

## Mailing List

If you would like to receive the latest updates about our educational events direct to your inbox, then sign up to our mailing list and specify 'integrative therapies' as your area of interest.

[The Christie Institute for Cancer Education](#)

## We would like your input

Please could you spare a couple of minutes to complete the following survey to indicate which courses you would like to see delivered "virtual" and help us to finalise our programme moving forward.

<https://www.surveymonkey.com/r/SoOITTUVirtual>



## Reflexology Lymph Drainage (RLD)

**Course Title:** Reflexology Lymph Drainage (RLD)

**Description:** 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 and for clients with other (non-cancer related) 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.

**Dates/Time:** Saturday 31st January 2026 (0930-1630) and Sunday 1st February 2026 (0930 -1630)

**Course tutor:** Sally Kay

**Delivery:** Classroom

**Venue:** Education Centre, The Christie NHS Foundation Trust

550 Wilmslow Road Withington Manchester M20 4BX

Fee: £295

[To find our more click here](#)



**Course title:** Understanding Cancer: For Integrative Therapists & Health Care Professional

**Overview:** This course is suitable for anyone who would like a better understanding of cancer and it's treatment.

**Dates:** Wednesday 11th, 18th, 25th February 2026 (0930-1230)

**Description:** If you are a therapist/health care professional working or wanting to work in a cancer care setting then this course will be invaluable to you to help you gain the understanding & knowledge you need. The learnings gained during this course will help you to feel more confident amongst other work colleagues & around patients/carers especially when they feel the need to share with you their diagnosis, treatment & how they feel.

**Course tutors:** Vicky Phelan

**Pre-requisite:** Suitable for Complementary Therapists and Health Care Professionals working with end-of-life patients.

**Delivery:** Virtual live stream

[To find our more click here](#)

**Fee:** £155



**Course title:** Developing Guided Imagery & Progressive Muscle Relaxation

**Dates/Times:** Thursday 5th and 12th March (0930 – 1230) – virtual live stream and Saturday 21st March 2026 (0930 – 1630) – classroom

**Course tutors:** Dr Peter Mackereth and Ann Carter.

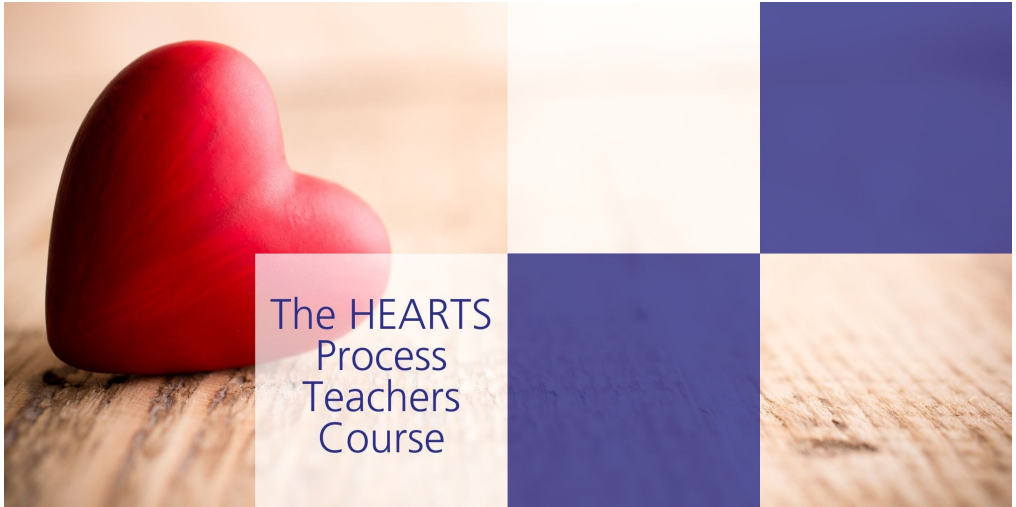
**Course description:** This course focuses on creative approaches to guided imagery and progressive muscle relaxation. The methods promote calm, reduce anxiety and enhance wellbeing. The evidence-based content is patient centred and can be integrated into your practice for a variety of situations, including 1:1, online platforms or relaxation groups. The course has been specially designed for those who wish to further explore and gain confidence in using their voice as part of a therapeutic intervention.

**Prerequisite:** Suitable for complementary therapists and health care professionals.

**Delivery:** Blended (virtual and classroom)

**Price:** £195

[To find our more click here](#)



**Course Title:** The HEARTS Process Teachers Course

**Description:** This two-day course aims to equip HEARTS Practitioners with the confidence and skills to teach HEARTS to colleagues in the workplace. By the end of the course, participants will have learned more about making presentations to managers, considered the relevance of adult learning styles, explored the pros and cons of various teaching methods, and developed skills in planning short courses and individual sessions.

**Dates/Time:** Saturday 7th (0930-1630) and 8th March 2026 (0930-1630)

**Prerequisite:** Participants must have completed a two-day HEARTS course (or its equivalent) and have completed the HEARTS Practitioner Certificate. If you need to complete the Practitioner Certificate, please contact [the-christie.ittu@nhs.net](mailto:the-christie.ittu@nhs.net)

**Course tutors:** Ann Carter and Dr Peter Mackereth

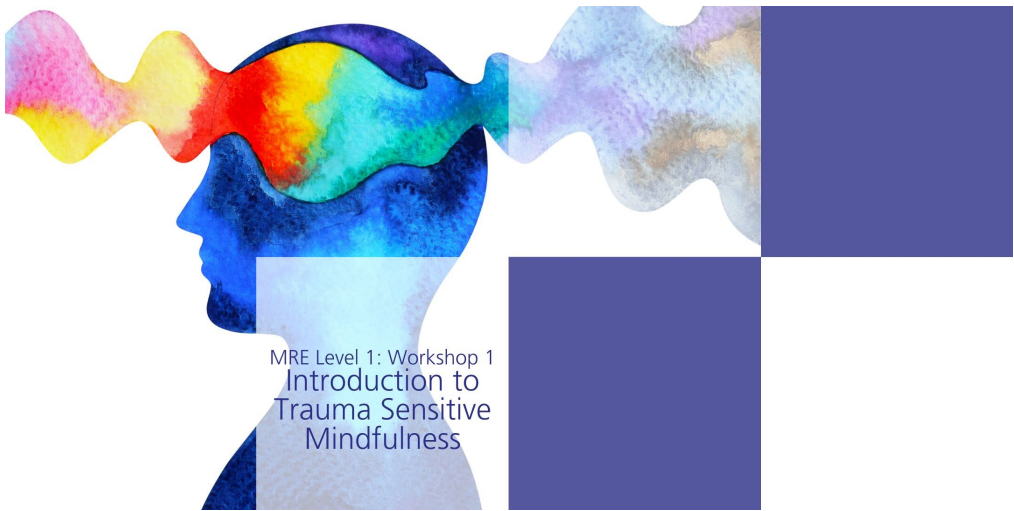
**Delivery:** Classroom

**Venue:** The Education Centre, The Christie NHS Foundation Trust

[To find our more click here](#)

**Fee:** £215





MRE Level 1: Workshop 1  
Introduction to  
Trauma Sensitive  
Mindfulness

**Course title:** MRE Level 1, Workshop 1: Introduction to Trauma Sensitive Mindfulness

**Dates/Times:** Wednesday – April 29th, May 6th, 13th, 20th, June 3rd and 10th 2026 (6.30PM-9.00PM)

**Course tutors:** Tim Duerden

**Course description:** This 6-week online training course offers an experiential introduction to Mindful Resilience Enhancement (MRE) and taking a trauma sensitive approach to safely and easily teach mindfulness to most individuals and groups. It is the first workshop in the MRE teacher-training that leads to a competency certificate in teaching mindfulness in professional practice.

**Suitable for:** : This course is ideal for any students, trainees, professionals and practitioners working in health, educational, social and complementary settings.

**Delivery:** Virtual via zoom

**Price:** £265 (£230 if booked together with MRE Level 1, Workshop 2)

[To find our more please click here](#)



**Course title:** MRE Level 1, Workshop 2: Teaching Mindfulness to Individuals

**Dates/Times:** Wednesday – October 7th, 14th, 21st, November 4th, 11th, 18th (6.30PM-9.00PM)

**Course tutors:** Tim Duerden

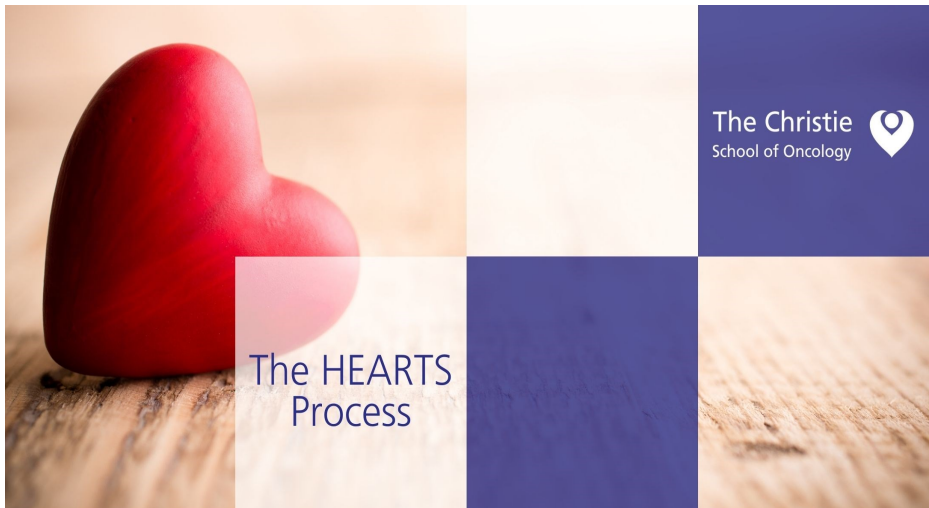
**Course description:** Course description: This online training course provides an experiential training in teaching mindfulness to clients in a 1-2-1 context. Together with MRE Workshop 1, it offers a very flexible way of teaching mindfulness that works with the specific needs of clients. The course is suitable for any students, trainees, professionals and practitioners working in health, educational, social and integrative therapy contexts.

**Prerequisite:** Attendance on MRE Level 1, Workshop 1: Introduction to Trauma Sensitive Mindfulness

**Delivery:** Virtual via zoom

**Price:** £265 (£230 if booked together with MRE Level 1, Workshop 1)

[To find our more click here](#)



**Course title:** The HEARTS Process

**Dates:** Saturday 8th November (1030 - 1730) & Sunday 9th November (0930-1630)

**Course tutors:** Anta Mehrez and Sarah Wilkins

**Course description:** : Description: HEARTS is a mnemonic for Hands-on, Empathy, Aromas, Relaxation, Textures and Sound. You will learn how to combine these therapeutic components to help patients and carers achieve a state of relaxation and calm in many situations. Students can complete additional case study work in support of a HEARTS Process Practitioner Certificate.

**Suitability:** This course is ideal for integrative therapists and health care professionals working in supportive and palliative care.

**Delivery:** Classroom

**Price:** £215

[To find our more please click here](#)



**Course Title:** Precision Reflexology for Cancer and Supportive Care (FROME)

As a qualified reflexologist, this intensive 2-day course will help you to expand your reflexology skills to work safely and confidently in the areas of hospice and cancer care. During this course we will overview theory but focus more on the practical aspects of adapting a variety of reflexology techniques that can be used safely for the benefit of patients when a more traditional approach to reflexology may not be suitable or may be contraindicated.

**Course Dates:** Saturday 6th and Sunday 7th June 2026 (0930-1630)

**Course tutors:** Susie Ray and Kaman Cheung

**Delivery:** Classroom

**Venue:** The Moxon Suite, Frome Community Hospital, Enos Way, Frome, Somerset, BA11 2FH

**Price:** £245

[To find our more please click here](#)

## Diplomas

Here at the Integrative Therapy Training Unit we offer a number of diplomas for qualified therapists, who are working in a cancer care or supportive care setting, to help further their personal development. The diplomas enable therapists to complete a number of our CPD courses, following one of the three specifically designed pathways, to gain a diploma.

The three pathways are:

### **Adapting Integrative Therapies for Cancer and Supportive Care**

### **Adapting Reflexology for Cancer and Supportive Care**

### **Therapeutic Approaches to Relaxation in Supportive Care**

Each pathway is a combination of mandatory core modules combined with option modules (see page 22) that allows you to personalise your learning experience with us. You must complete the 6 modules within a two year period and you can start any time.

There are also 3 written assignments to be completed within an allotted timeframe, in order to gain the award. You have one year from the date of the last study day to complete your written assignments.

During the diploma pathway you will need access to clients for developing a case study and for reflective practice assignments. A diploma handbook will be provided which will include supporting information about written assignments, reflective practice models and referencing. You will also receive support from the Diploma Programme Lead.

**Cost:** £1,180 which can be paid in full or in instalments as a £250 deposit followed by 8 x £116.25 monthly standing order payments.

Please get in touch at [the-christie.ittu@nhs.net](mailto:the-christie.ittu@nhs.net) for all diploma

## Post-Qualification Cancer Care Certificate

If you decide to follow the programme pathway for one of our diplomas, but do not complete the assignments, then in this instance you will receive a certificate instead of a diploma.

## Adapting Integrative Therapies for Cancer & Supportive Care

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

**Prerequisite:** You must already be qualified to minimum level 3, and be practising and insured in all of your chosen option therapies with at least one year's therapeutic practice.

**Note:** For this diploma your option modules **MUST** include at least one 'Adapting' module for the touch therapies that you are qualified in (see page 22).

## Adapting Reflexology for Cancer & Supportive Care

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:** Qualified to minimum level 3, and be practising and insured with at least one year's therapeutic practice.

## Therapeutic Approaches to Relaxation in Supportive Care

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:** Integrative therapist or health care practitioner working in a supportive health care setting with at least one year's therapeutic practice.

Pathway Module Options	Adapting Integrative Therapies for Cancer and Supportive Care (3 core, 3 options)	Adapting Reflexology for Cancer & Supportive Care (3 core, 3 options)	Therapeutic Approaches to Relaxation in Supportive Care (4 core, 2 options)
Massage for Cancer & Supportive Care*	Option	Option	Option
Developing Guided Imagery & Progressive Muscle Relaxation	Option	Option	Core
Evaluation, Audit & Research for Therapists & Health Care Professionals	Option	Option	Option
Introduction to Mindfulness (MRE 1, Workshop 1)	Option	Option	Core
Mindfulness: Teaching clients 1-2-1 (MRE 1, Workshop 2)	Option	Option	Option
Therapeutic & Practical Approaches to End of Life Symptoms/Concerns	Option	Option	Option
Precision Reflexology**	Option	Core	Option
Reflexology for Cancer & Supportive Care**	Option	Core	Option
The HEARTS Process	Core	Option	Core
Therapeutic Uses of Aromasticks and Aromapots***	Option	Option	Option
Resolving Anxiety and Panic States	Core	Option	Core
Understanding Cancer: For Integrative Therapists & Health Care Professionals	Core	Core	Option

\* Only open to qualified massage therapists

\*\* Only open to qualified reflexologists

\*\*\* Only open to qualified aromatherapist



## Enrolling on the Post-Qualification Cancer Care Diploma/Certificate

To enrol on one of the diploma/certificate pathways, we ask for a 1 page CV-style application giving us an indication of your background, current professional position and your interest in/intended outcomes from attending the programme.

You can start the courses at any time. If you've already attended any of our courses, you may upgrade to one of the diploma packages so long as all modules will be completed within the specified 2 year timeframe. Additional option modules may be added to your diploma programme at a discounted rate of 20% on the normal course price.

Please email [the-christie.ittu@nhs.net](mailto:the-christie.ittu@nhs.net) to express your interest.

## Clinical Days

Clinical days are an extra optional day we offer for our diploma students so that they can gain some insight into what it is like to work in a cancer care setting. During the clinical day you will be placed with a member/s of the team who will take you to different locations within The Christie, where you will be able to observe how the various integrative therapy techniques are used in a clinical setting. The placement will cover a range of therapies, however if you have a particular therapy that you would like to observe, please let us know and we will do our best to accommodate.

Participants will be requested to wear a white tunic and black/blue trousers or similar uniform and complete a declaration of confidentiality.

A certificate of participation will be awarded.

Dates are agreed on arrangement.

**Prerequisite:** Diploma students only. You must have completed your 12 study days to attend a clinical placement day.

**Price:** £95 per day per person

If you are interested in attending please email

[the-christie.ittu@nhs.net](mailto:the-christie.ittu@nhs.net)

## Course Bookings and Payment

### **Paying by credit or debit card**

All our courses can be booked by credit or debit card via our Eventbrite webpage. <https://www.eventbrite.co.uk/o/integrative-therapies-training-13943859517>

### **Paying by invoice**

Please book through Eventbrite and select the option to pay by invoice and email the ITTU with your details: name, address, email, telephone number, course title and date and the details of the person/organisation that is paying, if different.

### **Funded by NHS or other organisation**

If you are being funded by an NHS trust or other organisation, please provide a purchase order (PO) number. If no PO is required then send a confirmation email from your manager/accounts department that they will be paying for your attendance on the course and that no PO no. is required.

### **Organisations paying by BACS**

If you are an organisation and would like to make a group booking and pay by BACS transfer please email [the-christie.ittu@nhs.net](mailto:the-christie.ittu@nhs.net) with details.

### **Paying in instalments**

Only diplomas can be paid in instalments. A payment plan will be agreed at the time of booking and must be paid by standing order. Failure to pay an instalment once agreed will automatically void the agreement and the outstanding balance will become due immediately.

## Cancellation Policy

### **Cancelled by the Integrative Therapies Training Unit**

In the event we have to cancel a course, we will inform you with a minimum of 14 days' notice. You may request a full refund or transfer your place to another course.

**Note:** We reserve the right to alter the tutors and the location of the delivery of the course if the need arises. In this event we will endeavour to always provide you with at least 14 days' notice, and you will have the right to cancel the course and receive a full refund if you are unhappy with the changes.

**Please note:** Pre-booked travel and personal expenses cannot be reimbursed.

### **Cancelled by you with at least 14 days' notice**

If you have booked and paid via Eventbrite, you can request a refund or transfer to another course free of charge if you give at least 14 days' notice before the start date of the course. If you would like to transfer to another course, you will need to request a refund and then book onto the alternative course of your choice and pay via Eventbrite.

If you have booked and are paying via an invoice, you can either:

- Transfer onto another course of the same value, free of charge.
- Transfer to another course of higher value but you will need to pay the difference along with a £10 admin fee.

[Contact the ITTU](#) to request a refund.

### **Cancelled by you with less than 14 days' notice**

No refunds will be given or fees transferred for cancellations with less than 14 days notice.

## Student Learning and Support

- 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 on the courses.
- We will provide tutorial support but cannot provide counselling or personal therapy. The purpose of any practical work is purely to develop your skills and cannot be construed or utilised as any form of personal therapy.
- We do our best to enable participation, however, if you have health concerns that may impact on or interfere with your participation, please seek advice from our tutorial team *before* confirming a place or attending an event.
- Where a prerequisite is stipulated for attendance on a course, you may be required to provide proof of qualifications upon booking.

## Delivering Educational Events Externally

All our classroom events are available to be delivered externally at a location of your choice. This is ideal for healthcare organisations where it would be more cost effective for us to deliver the course to a group on or near your organisation, rather than sending a group of attendees to The Christie. We offer this in groups of 8 - 20 delegates on dates that are mutually agreeable with both parties. Please contact [the-christie.ittu@nhs.net](mailto:the-christie.ittu@nhs.net) for more details.

## COVID-19 Safe Protocol

If you are attending a classroom event and have flu-like symptoms, please perform a COVID-19 PCR test. If the test proves positive please do not attend the event.

**Note:** We are unable to refund you for your place on the course if you are unable to attend.

## Privacy and Confidentiality

The Christie Integrated Therapies Training Unit respects your right to privacy and maintaining confidentiality of the personal information that you provide us with. Our Privacy Policy sets out details of the information that we may collect from you and how we may use that information; this forms part of our responsibilities in terms of the General Data Processing Regulations (UK GDPR). More information about how we collect, use, store and share your information can be found here [Christie Education](#)

## Complaints procedure

We are committed to providing all our students with the best service possible, however If at any point you find that you have cause to raise a complaint or concern please email **[the-christie.ittu@nhs.net](mailto:the-christie.ittu@nhs.net)** advising us that you would like to make a formal complaint, include the date/s, who was involved, your reason for dissatisfaction, any evidence.

We will endeavour to get back to you within 14 days with an acknowledgment of receipt of your complaint and an estimated time for us to investigate and provide you with a resolution.

## **Clinical Research and Education Lead**

Jacqui Stringer

## **Diploma Programme**

Jenny Charlton, Diploma Programme Lead

Martin Speakman, Diploma Programme Moderator

## **Education Programme Advisors**

Ann Carter and Peter Mackereth

## **Course Coordinator**

Aidilla Jehareygilluley

## **Get in touch**

**Email:** [the-christie.ittu@nhs.net](mailto:the-christie.ittu@nhs.net)

**Website:** <https://www.christie.nhs.uk/ittu>

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The full range of all of The Christie Institute For Cancer Education  
educational events can be found here:

[The Christie Institute for Cancer Education Manchester](#)