

THE LINK

— NEWSLETTER —



Issue 33

Spring 2012



- Regional Group News •
- Courses and Conferences •
- An Holistic Model • Dates for your Diary •

from the editor

Welcome to the Winter edition of The Link.

This may be the season of spring but the last thing I've been feeling like doing is "springing into action". The weather we're having can really get one down. Rain, wind, snow and now drought. There is a saying "summer comes but once a year" but as far as this year is concerned I'm beginning to doubt it.

As ever, I am appealing for more reports, articles, comments and ideas for your newsletter. Where are the budding columnists amongst our esteemed members? Get your pen and paper in front of you; let your mind open for ideas and you will be surprised how easy it is to write down what you feel like expressing. If anything appears that you feel will be of interest to us then send it to me. I don't mind criticism as long as it's constructive and of course I do enjoy a little praise from time to time to feed my narcissistic tendencies and keep me going. Take care and don't forget your umbrella when you venture out. It can also be used as a sunshade in case something strange and unexpected happens.

Vedant Wood

New address for NACTHPC

National Association of Complementary Therapists in Hospice and Palliative Care
PO BOX C 6829, Bewdley, DY12 9AW

Contact the Editor: Vedant Wood

tel: 020 8863 0261 – e-mail: vedantwood@aol.com

51 Roxborough Road, Harrow, Middlesex, HA1 1NS

Copy deadline for the next Newsletter is: 25th of July 2012

Next issue will be published beginning of August 2012

YOUR LINK NEEDS YOU!

The Link is YOUR newsletter and I need YOUR contributions!

If you can provide an insight into your therapy; or would like to write an article on your religion's perspective on spirituality and complementary therapy; or report on events that have happened in your region; an experience you would like to share or send in some poetry then I need to hear from you.

Please send all contributions to me either by post
or by e-mail to vedantwood@aol.com

THANK YOU – Vedant

Inside this issue :

Letter from the Chair	1
Regional Group News	2
A Holistic Model	4
Education Section	7
Courses and Conferences	8
Poetry & Prose	12
Executive Committee	13
Regional Groups	13
Dates for your Diary	14

The views expressed in THE LINK are not necessarily the views of the Editor or NACTHPC, nor do the Editor or NACTHPC accept responsibility for claims made by authors or advertisers. The acceptance of advertisements does not mean that NACTHPC recommend any product or service.

www.nacthpc.org.uk



We are now on Facebook!

Sign up at:

[compttherapy@groups.facebook.com](https://www.facebook.com/compttherapy@groups.facebook.com)

This is a private group. You will have to be approved by the moderator.

The posts can only be viewed by members of the group.

Letter from the Chair

Here is the spring edition of *The Link*, although it seems that spring is coming only in fits and starts at the moment and we are nearly half way through the year already. The projects that were outlined at the last conference are progressing likewise but I am sure that we will get there in the end. It takes time to make a necklace, a jewel, a knot, another jewel, another knot ...

We had a successful meeting of the Unit Leads in London in March. We talked about the production of a new edition of the National Guidelines and it was generally agreed that this is a worthwhile project and some people expressed an interest in being involved. We talked again about the problems that some people still have regarding the guidance from the local cancer networks in response to the Safeguarding Practice Measures. It was agreed that it was a good idea to map the problem areas via the regional groups so that people with common problems could work together for local change with the support of the association. A bottom up rather than top down approach.

There was some discussion about supervision and Peter Mackereth, who has written extensively on this topic, was kind enough to give us a very comprehensive overview of different models of supervision. It occurred to me that it would be really interesting to hear how you manage supervision at your place of work; I invite you to describe your model/s and how it works for you and write a little article for *The Link*.

In the afternoon Peter gave a wonderful talk on evaluation and research which was too detailed to summarize here but hopefully each Unit Lead will have taken some new learning back to share with their team. Again it would be great to hear if anyone changed their practice in any way as a result of something they took away from the meeting. It doesn't matter how small an effect; if it excited you then maybe someone else would be interested too.

It is always lovely to get together and have a chance to exchange ideas and catch up. Being a national association, location for meetings is always a problem. That is why the regional groups are so important. Even though some groups have a wide catchment area it is a bit more reasonable to travel for a meeting within your region than to the other side of the country. We are mindful to make the national meetings in locations that make travel easiest for the largest number of people but the cost of travel is prohibitively expensive these days.

We are hosting a Laughter Therapy workshop at Hospice House in London in June. We have received funding to support a series of one day laughter therapy workshops and have invited the regional groups to think about hosting one in their area. We have already had interest from the Manchester and Midlands groups so if you think that you would like to have a laugh at your next regional group meeting, get in touch with your regional group coordinator and see what you can do.

Similarly, there is a Soul Midwives workshop at Hospice House this month. Many people expressed an interest in attending but the cost of travel may have deterred a few people. If this is the case and you would like a repeat of this workshop in your area then the association may be able support your regional group to do that.

This year we put the annual conference on hold in order to bring a different experience to members by holding such workshops in the regions and we look forward to seeing how this works out. Many members have said, however, that they miss not having a national meeting and so we have arranged the next annual conference for 18th and 19th September 2013 at the University of Warwick. Conference will start on the afternoon of Wednesday 18th followed by dinner; the main conference will be on Thursday 19th. The theme has yet to be decided so if you have any burning ideas please send them to the executive committee as soon as possible.

Wishing you a sunny summer.

Chris West, Chair



Regional Group News

The South East Regional Group NACTHPC

Study Day Canterbury College 22 March 2012

It hardly seems a few months ago that we were here in Canterbury at Canterbury College for our first study day at this venue during which Katrina showed us a few metal girders that were going to be the framework for the college's new several million pound Hair, Beauty and Complementary Therapy wing of the college. Now we were back 18 months or more later to have – as promised – a study day in the brand new wing. The day started with a tour of the facilities by some of the students – and what a wonderful job they have done on this building.

We then gathered in one of the therapy work rooms where Martyn gave us an update on NACTHPC news and the current situation as far as the registration with a regulatory body goes. We then turned our attention to the large TV to have a skype video conference with John French, the Chief Executive of the FHT – Federation of Holistic Therapists. One of the main points of discussion was about regulation and where the FHT stood on which body their members should be registered with. We were also able to ask him his views and where the federation stood on a number of other points – the main one being why should complementary therapy volunteers in hospitals and hospices, etc. have to pay the regulatory body for the privilege of giving a few hours of their time each week. His answers were interesting – and evasive to a degree. It was an interesting and worthwhile experience.

We then had a session on Jin Shin Jyutsu – the Art of releasing tensions which are the causes for various symptoms in the body. Katrina took us through this fascinating world of self-help which is Japanese in origin and older than Buddha, Moses and the Kojiki (Record of Ancient Things – Japan, A.D. 712). Jin Shin Jyutsu is an innate part of man's wisdom – simplifying the complexities of existence – and is truly an Art of Living. I would thoroughly recommend that you Google it and read about it – you might just take it up and make your life so much better.

A lovely lunch and chance to talk to colleagues was followed by a bit of what we all need – a spa session! 45 minutes to sample the sauna, steam room and jacuzzi was followed by an individual therapy – hot stone massage, full body massage, etc. delivered by some of the college's therapy students – and they were really good at what they did – I will be going back for more!

What a lovely way to end our study day. Thank you Katrina and your students.

Amy Wheeler

The South West Regional Group NACTHPC

Friday 16th March 2012 Dorothy House Hospice.

18 complementary therapy co-ordinators and volunteer therapists were greeted with a very warm welcome at Dorothy House Hospice. Our first ever regional group meeting was held here in October 2009 so it was a welcome return – we change venues each meeting and always have great attendance from all across the various counties that are included in our South-West regional group.

We were welcomed first by Janet LeSueur, co-ordinator at Dorothy House, who chaired the meeting, followed by Sarah Whitfield – Chief Executive who discussed her vision for an accessible complementary therapy service for the local community via out-reach centres.

Our speaker for the day was Vicki Pitman – author, lecturer and therapist – who stimulated our A&P knowledge and got us thinking about the physiological effects of our therapies and refreshed our knowledge on how our therapies can affect the negative feedback loop associated with long-term stress. This was an interactive session with members of the group sharing case studies, tips for empowering patients with self-help techniques, current research in the area and details on A&P dissection courses!! We discussed some recommended reading and decided it would be useful to compile a list of our favourite books which will be circulated amongst the group and may eventually make an appearance on the “members only” section of the website!! We thanked Vicki for her time spent reviewing material and explaining how advances in knowledge and research have implications for our practise.

After lunch we finalised some regional group admin – ensuring everyone is on our database to promote cohesive communication – we drew attention to the SIGs advertised in the Link and discussed the importance of such groups.

We briefly reviewed the speaker from our last meeting, Felicity Warner, Soul Midwife, who held an educational day for NACTHPC on Tuesday 15th May at Hospice House. Felicity promotes the use of Fragonia oil for its ability to work at a deep level, releasing emotional blockages and bringing harmony, peace and balance. Since the last meeting, many therapists have since introduced this into their toolkit.

Janet kindly presented a detailed summary of the CT co-ordinators day at Hospice House on March 8th as many of us couldn't attend. Chaired by Christine West, updates were given to the group before Peter MacKereth delivered an inspiring talk on research. The emphasis was on everyone contributing towards research projects or initiating new ones to demonstrate why we do what we do to secure the future of CT within palliative care.

Regional Group News

Each hospice updated the group on developments within their department and summarised educational courses they had undertaken. Popular was training in the M technique – one hospice even funding the training for volunteer therapists. Other issues that were raised included inductions for volunteers and the screening process and whether the recruitment criteria vary across hospices. Also discussed were organisational leaflets for patients with learning difficulties, the use of aromastix and the delivery of out-patient services – particularly meeting the needs of those with non-cancer diagnosis. We were excited to hear that St Davids will soon be opening its new premises with two dedicated complementary therapy rooms!

We look forward to meeting in the summer to catch up on the progress within our group, the formulation of our book / resource list and another exciting speaker!

Minutes of the meeting are available from Amy – amy.wheeler@st-margarets-hospice.org.uk

The West & South Yorkshire Regional Group NACTHPC

Following a difficult and hectic start to the year, as proposed at our meeting last year I managed to get together with Pam Colley to take over as Chairperson of our group for the next 12 months. We had previously decided when agreeing our Terms of Reference that the chair should rotate, alphabetically on an annual basis... and it seems it was my turn!

On behalf of our group, I would like to express our gratitude to Pam for doing such a good job over the last few years... THANK YOU.

We had to postpone our last regional meeting due to problems with the date and obtaining a guest speaker. I am pleased to say that our next meeting will now take place on Thursday 21st June at Overgate Hospice in Elland. Please arrive at 10am for a 10.30am start. I do hope that group members old and new will be able to make the new date.

Kate Cadwell

HOW CAN I CREATE A HELPING RELATIONSHIP?

Just thought I'd put the following in the LINK as I feel it is quite applicable to the work we do as therapists – Ed.

Can I be perceived by the other person as trustworthy, dependable or consistent in some deep sense?

Can I be expressive enough as a person so that what I am will be communicated unambiguously?

Can I let myself experience positive attitudes towards another person – attitude of warmth, caring, interest, liking and respect?

Can I be strong as a person to be separate from the other?

Am I secure enough within myself to permit the other person to be separate?

Can I let myself enter into the other person's world of feeling and personal meaning and see these as he/she does?

Can I receive the other person as they are?

Can I communicate this attitude?

Can I act with sufficient sensitivity in the relationship so that my behaviour is unlikely to be received as a threat?

Can I free the other person from the threat of external evaluation?

Can I meet another individual as a person who is in the process of becoming, or will I be bound by his/her past or my past?

Adapted from: Rogers, C.R (1967) On Becoming a Person. London: Constable Psychology Matters 2003



A Holistic Model

Flowing water never stagnates
and the hinges of an active door never rust
This is due to movement
The same principle applies to essence and energy
If the body doesn't move, essence does not flow
When essence does not flow
Energy stagnates

Anon

ENERGY – HOW WE USE AND ABUSE IT

How often do we hear people say “I’m worn out” “I’m drained” “I’ve got nothing left” “That person drains me” “I need to recharge my batteries”. What are they referring to? Undoubtedly it has something to do with their personal ENERGY. As humans we need it every day to live our lives effectively but we often use it, confuse it and abuse it. As practising complementary therapists we are aware of energy and its uses in our everyday work. It is the essence of what we do and of what we are trying to achieve. Every therapy is dependent on the energetic reaction between therapist and patient.

WHAT IS ENERGY?

There is nothing that is not composed of energy, therefore it can be said that energy is everything. It is universal and indestructible and is the basis for all phenomena in the universe as we know it, and also the basis for all the universe’s infinite manifestations of life, whether they be animate or inanimate, incarnate or discarnate.

Energy is a word with different meanings to different people and sometimes to the same people at different times. In a scientific context energy is a property of matter or a system that enables it to do work.

Energy actively engaged in work is said to be KINETIC.
Stored energy is said to be POTENTIAL.

We all are aware of some of the many forms in which energy exists e.g. HEAT, LIGHT, CHEMICAL, RADIATION, etc

In the living body energy is derived from the combustion of proteins, fats and carbohydrates and commonly expressed in calories.

Theoretical science apart, personal energy is more often termed as:-

Vitality, enthusiasm, the urge to be up and doing: a quality that cannot be expressed in figures.

In the medical field the lack of energy that many patients report to their doctors has nothing to do with calories but rather a symptom of imbalanced health, including not only physical illness from infection, injury etc. but also fatigue, boredom, worrying and ageing as well as the over expression of certain emotions such as anger, fear, frustration in a negative fashion.

In complementary and alternative medicine “energy” is a kind of **vital force** said to circulate in the body by invisible channels or meridians and subject to blockages that can instigate imbalance and eventual disease. Other terms are life force, Qi, prana, essence. It is an accepted fact that if this energy can be rebalanced or recharged then there can be a marked improvement in the well being of the patient and their ability to challenge and confront the disease and catalyse the body into self healing.

The “chakras” of the body are energy centres which receive and give out energy. These can get blocked in various ways and can seriously affect the energy of the body.

We can appreciate that energy does not appear only in the physical body. As holistic therapists we treat the whole being – mind, body and spirit, which incorporates what we think, what we feel, how we are physically and our spiritual awareness,

Energy can manifest in many different levels and frequencies of vibration. Matter as we know it, is simply energy transformed at various levels of frequency, concentration and density within the range of human consciousness.

Energy in its manifestation as matter is the basis of all life and form. Within the human form we can consider two basic types of energy.

- The energy we inherit from the joining of our parents at conception. This is the energy which determines a person’s basic constitutional make-up, strength and vitality. It is what makes a person unique and generally it cannot be changed, although it can be affected either negatively or positively.
- The energy that we create from food, drink and air. This can be affected by the way we live, the food we eat and the fluid we drink. This is where the expression “you are what you eat” comes into play. As food, drink and how we take in air is closely related to how we think then the expression “how you think so you will be” can be seen to also be true and opens up the consideration of the psychological aspects of our being.

From physics we know that all matter is a whirling mass of movement. It is a continuously dancing, vibratory motion whose rhythmic patterns are determined by molecular, atomic and nuclear

A Holistic Model

structures. As atomic structures we exist in this world and are an integral part of it. Each atom is a field of energy possessing positive, negative and neutral charges which produce electric and magnetic forces. The human aura is comprised of these forces, formed from the ever changing dance of our complex atomic existence.

Energy can be transformed changed, transported, it exits, enters, rises, descends and disperses and is in a constant state of transformation and transmutation within the psyche.

As we are comprised of millions of cells, each having its own molecular, atomic and nuclear structure, we need to look at the basic needs of a cell to enable it to functioning in an effective way to maintain balance and harmony within the body. These needs are in simplistic terms.

Oxygenation – this obviously involves correct and effective breathing

Absorption of nutrients – this involves effective relaxation (especially during and after a meal)

Hydration- ensuring an adequate intake of fluids

Transformation – movement and activity to encourage cellular growth



If these basic conditions are provided consistently then the balance of the electro magnetic structures are maintained and the function of the cell is effective, thereby avoiding imbalance and subsequent disharmony.

HOW WE ABUSE IT

It can be seen from the above how easy it seems to maintain the cells and yet how often the energy systems are abused and misused, creating a subsequent loss in energy. This leads to a weakening in your auric field. The stronger your electro magnetic field, the more effective your energy system is and the less chance of disease.

The following are just some of the factors which contribute to energy loss

Stress – major factor

Over eating

Poor quality nutrition

Polluted environments

Unsupportive relationships

No “self time”

Lack of exercise

Under eating

Over indulgence in alcohol, sex, drugs

Over work

Irrational emotions

Briefly we need to take care of ourselves.

HOW WE USE IT

The aim of energy is to maintain homeostatic balance in the body. Moderation is the key.

From a complementary medicine viewpoint, the application of the various therapies maintains this balance by encouraging intake of oxygen, relaxation, fluid intake, and exercise. With positive intent the therapist increases the energy field within around the patient and themselves thus enabling the transfer of additional energy to take place.

SELF CARE

As practising complementary therapists it is wise to have a comprehensive and aware system of self care. We especially need to use it wisely. Too often therapists end up suffering from “burnout” in that they have depleted their own energy resources. This can happen in a number of ways. Those factors mentioned previously on energy abuse are areas which most therapists are aware of.

However, energy is like water, constantly flowing and finding its level. Between people who are linked together energy can easily flow from one to the other. Those who have less energy can draw it from those with lots, mostly with unawareness from both sides. If you are picking up a lot of negative “vibes “(or worse)

A Holistic Model

on a regular basis take a good look at your diet, lifestyle and way of working. It is likely that your aura needs to be strengthened.

Everyone can benefit from using some level of psychic protection in their lives, but if you work a lot with people, particularly with the vulnerable, or as a psychic or healer, then you should build psychic protection into your daily routine.

Stay grounded. Visualise roots growing deep down into the Earth from the soles of your feet. Being 'well grounded' offers a great deal of protection. Practice your grounding visualisation every morning and whenever you feel 'spacey'.

At its most basic, 'psychic protection' is about keeping healthy. People with a robust constitution are much less likely to pick up negativity. If the aura is kept strong and resilient any negativity will bounce off and it will be much harder to 'get at you'. All the usual health advice such as regular exercise, a healthy diet, enough rest and relaxation, no smoking or drugs and very moderate or no drinking will help to keep you well at every level.

Limit the time you spend in close proximity to electromagnetic fields. Sit further from the television and don't leave electrical equipment on in the bedroom, even on 'standby' – these energies are harmful and can weaken your energy field over time.

Keep your thinking positive – negative thinkers are less healthy generally and can't repel challenges to their systems as effectively – whether it's a cold bug or a negative thought form.

Get outside! Some places are particularly cleansing and recharging. A walk by the sea invigorates mind, body and spirit. Alternatively any other stretch of clean running water is cleansing. Hilltops are usually healthy places to go. Aim for somewhere with clean air, where the breeze can blow through your aura and refresh you. Even in a City it is good to get away from the streets and into a park. Natural energies, particularly from trees can really perk up your aura. If the sun shines take the opportunity to sit or stand in it for a while-you can feel the rays topping your batteries up!

SIGNS AND SYMPTOMS

- Feeling down or angry with no real cause- especially if this is out of character for you.
- Feeling really drained or tired for no reason
- Having odd thoughts that just doesn't sound like you
- You have feelings of being out of control
- Bad dreams

**ENERGY IS THE FOOD OF LIFE
– USE IT BUT DON'T ABUSE IT**

Vedant Wood

6th Children's Complementary Therapy Network (CCTN) conference

**Saturday 18th May 2013
at Birmingham Children's Hospital**

This conference will bring together a wide range of professionals interested in learning about and advancing the field of complementary therapies and integrated medicine in children. Presentations on paediatric CAM will be complemented with interactive workshops to enhance delegates' skills and knowledge. Delegates will include complementary therapists, doctors, nurses, physiotherapists, OTs, researchers, teachers, service developers, etc.

Call for abstracts/posters

Here is your opportunity to showcase your work to a wide range of professionals.

Call for abstracts – Presentations (deadline – 30th June 2012) – If you would like to present a talk at the conference.

Call for abstracts – Workshops (deadline – 30th June 2012) – If you would like to run a workshop at the conference.

Call for Posters (deadline - 31st January 2013) – If you would like to display a poster presentation at the conference.

If you have any problems with the links and would like me to e-mail the submission forms, please feel free to e-mail me at: cctn@freshwinds.org.uk

The Children's Complementary Therapy Network (CCTN): www.freshwinds.org.uk/cctn is a UK based national network (with over 400 members internationally) that provides a common platform for conventional and complementary therapy professionals to share training, education and clinical practice in the use of complementary therapies for children. Membership of the CCTN is free. The CCTN is a project within Freshwinds charity: www.freshwinds.org.uk

Education Section

COMPLEMENTARY THERAPY COURSES AT THE CHRISTIE – Research and Education School of Oncology

STAND ALONE STUDY DAYS	DATES
Adapting Creative Imagery for Individual and Groups	17th - 18th November 2012
Adapting Reflexology for Hospice and Cancer Care	17th - 18th November 2012
Anxiety States	7th July 2012 or 1st December 2012
Aromatherapy 2: Clinical Applications and Developmentss	9th-10th June 2012
Aromatherapy 3: Using Essential Oils in Acute Cancer Care	14th September 2012
Breathlessness; Minimise distress and maximise the Breath	20th - 21st October 2012
Clinical Issues in Cancer Care	7th September 2012
Aromatherapy 1 : Making the most of the Oils	18th-19th February 2012
Aromatherapy 2: Clinical Applications and Developments	9th-10th June 2012
Aromatherapy 3: Using Essential Oils in Acute Cancer Care	14th September 2012
Breathlessness; Minimise distress and maximise the Breath	20th-21st October 2012
Clinical Issues in Cancer Care	7th April 2012 or 7th September 2012
Clinical Reflexology 1 – Expanding your skills	13th-14th October 2012
Cognitive Behavioural Therapy: Uses and Potential for Supportive Care	18th November 2012
Coordinating and Developing Complementary Therapy Services	9th-10th November 2012
End of Life approaches to complementary therapies	24th November 2012
Enhancing Relaxation Techniques	13th-14th October 2012
Evaluation, Evidence and Research for Complementary Therapy Coordinators	11th November 2012
Exploring Hand Reflexology	1st-2nd December 2012
Healing Modalities	24th-25th November 2012
Hearts Process	7th-8th July 2012
Hypnotherapy – Confidence with Rapid Inductions	24th March 2012
Introduction to Mindfulness	7th-8th July 2012
Panic and Phobia	8th July 2012 or 2nd December 2012
Practical Issues in Cancer Care	6th April 2012 or 8th September 2012
Precision Reflexology – Palliative Care approach	29th-30th September 2012
Transactional Analysis: An Introduction to develop your skills	2nd March 2012 or 17th November 2012
PACKAGES AND DIPLOMAS	
Aromatherapy and Cancer Care Diploma	Note: Start dates for diplomas occur at any time throughout the year
Aromatherapy Five-Day Post Graduate Certificate	
Clinical Reflexology Diploma	
Adapting Complementary Therapies for Cancer Care Diploma	
Relaxation and Creative Imagery Interventions Diploma	

To book please contact: Joanne Barber or Peter Mackereth – joanne.barber@christie.nhs.net – 0161 446 8328
Alternative booking: www.christie.nhs.uk/pro/cs/comp/training



The Seven Wellbeing Centre

Certificate in Palliative Care for Complementary Therapists



**Butterwick Hospice Stockton
Commencing Monday
18th September 2012**

in support of



B

Butterwick
Hospice Care

Certificate in Palliative Care for Complementary Therapists

This course provides a solid foundation for complementary therapists from all disciplines who would like to work in the specialist fields of cancer and palliative care.

The course comprises four study days plus two sessions in clinical practice working alongside a Butterwick Hospice Complementary Therapist. Lectures and workshops are facilitated by a number of clinical specialists currently working within health care settings

Lectures are supported by a work book and resource book which may (optional) be submitted to Teesside University. Students who reach the required standard will be awarded a University Certificate of Continuing Development and 20 level 4 credits which can be used towards higher education awards.

The course also attracts 20 CThA CPD credits.

To attain the certificate all four study days and two practical days must be attended, but for those who are interested in certain topics only, a certificate of attendance will be provided.

This course is suitable for complementary therapists who have post registration experience in their chosen therapy. Previous experience or knowledge of issues related to cancer and palliative care is not required.

Courses and Conferences

Course Structure

Day One

Tuesday 18th September, 9.15-4.30

An overall introduction to palliative care and induction to Teesside University. The day will focus on the holistic management of the dying patient, including the importance of multi professional care.

Day Two

Tuesday 23rd October, 9.15-4.30

Day 2 focuses purely on cancer. What is cancer? How is cancer treated and what are the physical and psychological impacts on the patient? Radiotherapy and chemotherapy will be covered along with how complementary therapies can be adapted to work with the patient.

Day Three

Tuesday 20th November, 9.15-4.30

Clinical governance, legal aspects of patient care, self care, research and development in CAM, reflection and supervision are explored in order to examine how complementary therapies can be safely integrated into practice.

Day Four

Tuesday 20th December, 9.15-4.30

Symptom management, pain management, nausea, vomiting, bowel dysfunction, Lymphoedema, fatigue and nutrition are all covered to give the learner a clear picture of how patients may be managed effectively with a range of orthodox and complementary therapies.

Certificate in Palliative Care for Complementary Therapists

I wish to book a place on the above course

Name:.....

Address:.....

.....

Post code:.....

Tel:.....

Email:.....

The cost of tuition for this course is £320 paid in full on booking or as a deposit of £80 and the balance by 3 instalments.

Payment method:

I would like to pay £80 as deposit

I would like to pay £320 in full payment

I enclose a cheque for the specified amount

(Cheques should be made payable to:
Seven Wellbeing Centre Ltd.)

Or Please debit my Visa/MasterCard/Maestro/CAF
Charity Card with the specified amount
Card Number

— — — — —

Issue No: (Switch/Maestro) _ _

Start date: _ _ / _ _ Expiry date: _ _ / _ _

3 digit security number: _ _ _

Signature:.....

Date:

A light lunch is provided.

Dietary requirements? Yes / No

.....

Do you require disabled access? Yes / No

Please forward this booking form to the address
overleaf.

NATIONAL ASSOCIATION of COMPLEMENTARY THERAPISTS
in HOSPICE and PALLIATIVE CARE

Laughter therapy & NLS: Natural Laughter Skills

A one-day workshop with Joe Hoare

These stress-busting and optimism-building techniques boost your resilience, adaptability and ability to bounce back. They are an invaluable addition to your personal resources, and provide robust techniques to use with those you work with.

“Vedant has really taken what you said on board and now everyone at our hospice is doing their 15 second smiles morning and evening. The patients respond really well to such a simple device - it is lovely to see the effect it has.”

Friday 22nd June 2012

10.30 am - 4.00 pm

Hospice House,
34-44 Britannia Street, London WC1X 9JG



Joe Hoare started running stress management courses for health professionals in 1996. He has used laughter therapy since 1998, and in the health & wellbeing field has worked with doctors, nurses, charities, hospices, social workers and many fields of complementary therapy specialists. He initiated and co-runs the Laughter Network's Laughter Facilitation Skills course, and trains people in NLS: Natural Laughter Skills.

He is an occasional Visiting Lecturer at the University of the West of England.

He has written for magazines like Nursing Standard, Professional Social Worker and Addiction Today. His work was part of Dr Alice Roberts' 'Don't Die Young' BBC2 series in 2008.

The cost of this event in London is £20 which includes sandwich lunch

Please note that NACTHPC intends to host repeats of this **Laughter Therapy & NLS: Natural Laughter Skills** workshop by Joe Hoare in regional locations in conjunction with regional groups. Details to follow as soon as venues secured.

Please complete the booking form opposite to attend this event

Laughter therapy & NLS: Natural Laughter Skills

A one-day workshop with Joe Hoare

Friday 22nd June 2012

10.30 am - 4.00 pm

Hospice House,
34-44 Britannia Street, London WC1X 9JG

BOOKING FORM

Name	
Unit/Organisation	
Delegate e-mail address <i>Correspondence will be by e-mail</i>	
Address	
Contact telephone number	
Any special dietary requirements	

Your e-mail address will appear on the delegate list. Please tick if you DO NOT want this

Cost per person to include lunch and refreshments is £20

I enclose my cheque for £20 Please make cheques payable to "NACTHPC"

I wish to pay by BACS Please e-mail an invoice to:

E:

Please scan and return this form to: nacthpcevents@hotmail.co.uk

Or post to: NACTHPC, PO BOX 6829, BEWDLEY, DY12 9AW

Telephone: 07810 713 555

Your payment will be acknowledged by e-mail

Poetry and Prose

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have never been in Doubt. That is a sad place to go, and I try not to visit there.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favourite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

And more and more I think of the Hereafter. Several times a day, in fact, I enter a room and think "What am I here after?"



Committee Vacancies

Nominations are invited for the following vacancies on the committee. You can nominate yourself or someone else (with their permission, of course). Please contact Chris West to discuss your interest.

You do not need to have previous experience or knowledge as you will be supported in learning and developing the role.

You will need to be able to commit to attending committee meetings four times per year which last a day and may require you to travel. You will also need to be able to devote some additional time to the fulfilment of the role.

Vice Chair

Support Chair with designated tasks and stand in for Chair in their absence

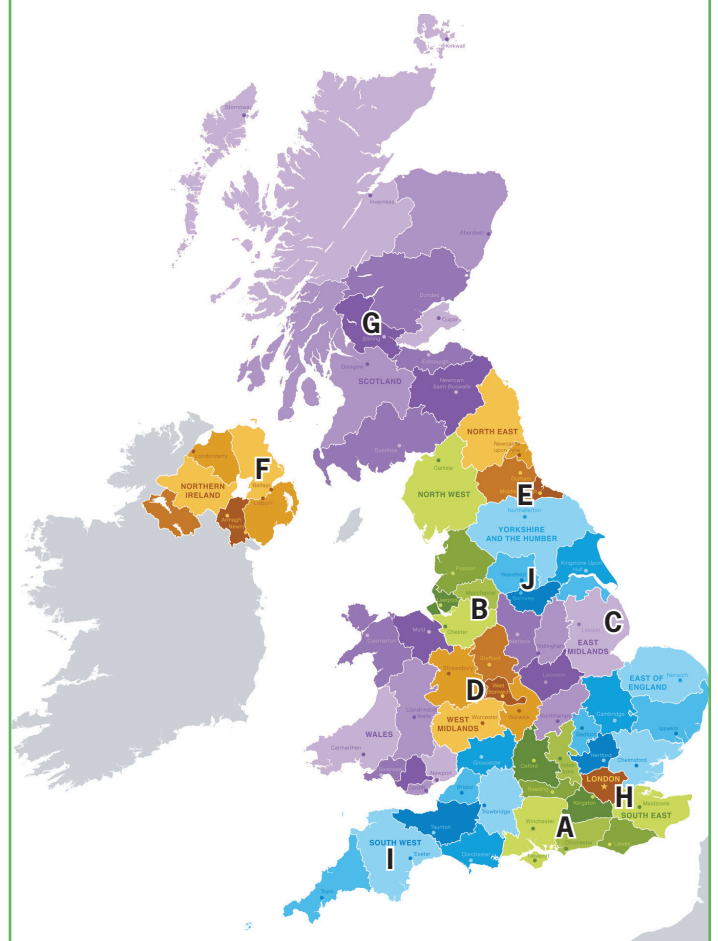
Website Liaison

Manage, develop and maintain website

Press and Public Relations Officer

Liaise with the Press
Promote association with external agencies

Map of NACTHPC Regional Groups



NACTHPC Executive Committee

Name	Committee Role(s)	Contact Details
Gerry Crossman	Education and Research Lead	Gerxman@aol.com Mobile: 07543 540 416
Ruth Davies	CT Unit Leads Liaison Special Interest Group Link	NeDv357@aol.com Mobile: 0776 624 1890
Michele Gordon	Project Link, Minutes Secretary	michele.gordon@nihospicecare.com Work: 02890 781 836 ext 3079
Islay Grieve	Treasurer Conference Organiser	isgrieve@talktalk.net
Sue Holland	Secretary	nacthpc@hotmail.com Mobile: 0773 773 4496
Sarah Holmes	New member	sarah.holmes@stbarnabashospice.co.uk
Christine West	Chair Website Liaison	nacthpcchair@hotmail.co.uk
Vedant Wood	Editor, The Link Regional Group Liaison	vedantwood@aol.com Mobile: 07939 144 174

NACTHPC Regional Groups

Group	Contact	Email & Telephone	Address
A Central Southern England	Anne Bennett	anne.bennett@stwh.co.uk 01243 755 833	St Wilfred's Hospice Grosvenor Road Chichester PO19 8PF
B Greater Manchester	Anita Mehrez	kameld5@aol.com 0161 432 7381	Rehabilitation Unit, Christie Hospital NHS Foundation Trust Manchester M20 4BX
C Lincolnshire and North Lincolnshire	Sarah Holmes	sarah.holmes@stbarnabashospice.co.uk 01522 518 209	St Barnabas Hospice Lincoln LN12 1RE
D Midlands	Ruth Davies	NeDv357@aol.com	Mary Stevens Hospice StourbridgeDY8 2JR
E North East	Glynis Finnigan	glynisfinnigan@butterwick.org.uk 01642 607 742	Butterwick Hospice Care Stockton on Tees TS19 8XN
F Northern Ireland	Michele Gordon	michele.gordon@nihospicecare.com 02890 781 836	Northern Ireland Hospice Belfast BT36 6WB
G Scottish	Jen Wood	jenwood2@gmail.com 0773 935 0322	St Columba's Hospice Edinburgh
H South Eastern	Martyn Yates	martynathome46@yahoo.co.uk	
I South West	Amy Wheeler	amywheeler@st-margarets-hospice.org.uk	St Margaret's Hospice, Yeovil, Somerset
J West and South Yorkshire	Kate Cadwell	k.cadwell@nhs.net (work) katecadwell@blueyonder.co.uk (home)	Barnsley Hospital NHS Foundation Trust

Dates for your Diary

Details of more events, education and training at www.nacthpc.org.uk

Date	Event/Venue	Contact
20th June 2012	Midlands Regional Group Meeting St Richard's Hospice, Worcester	Therapies@strichards.org.uk 01905 351 911
21st June 2012	West and South Yorkshire Regional Group Meeting Overgate Hospice Elland	k.cadwell@nhs.net (work) katecadwell@blueyonder.co.uk (home)
18th September 2012 Commencing	Certificate on Palliative Care for Complementary Therapists	see Education section
18th to 19th September 2013	NACTHPC 12th Annual Conference	www.nacthpc.org.uk



Join clinical aromatherapists from around the world for 3 days of conference and trade show

7-9th September 2012 – Trinity College Dublin

Save the date!

Hosted by Rhiannon Harris

International Journal of Clinical Aromatherapy

Register your interest and reserve your place now at www.ijca.net/botanica2012.php

“THE LINK” NOTICE BOARD

Please note that while the Association is pleased to include details of courses, forums and events in The Link newsletter it is unable to accept responsibility for the quality or the content of these courses. The charges below only apply to courses and events etc. that are profit making. Any courses, events etc. which are free and of benefit to members will be advertised with no charge.

To place an advert on the Notice Board in an edition of 'The Link' send details of your forthcoming event to the editor:

Vedant Wood, 51 Roxborough Road, Harrow, Middlesex HA1 1NS.

Tel: 0208 863 0261 e-mail: vedantwood@aol.com

Rates: ¼ Page: £10 (per issue) ½ Page: £18 (per issue) Full page £35 (per issue)

Cheques should be made payable to NACTHPC and reach Vedant together with the course/event details no later than 25th July 2012. Next edition published beginning of August 2012.