

THE LINK

— NEWSLETTER —



Issue 36

Winter 2013



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from the editor

Welcome to the Winter edition of The Link.

Well, we are certainly having a winter edition of the weather – what more can be said? No matter what the weather does we have to carry on with our daily chores. No matter what we do the weather has to do what is needed – I think! Enough of the weather and let's consider whether we are doing what is needed in our "neck of the woods."

Sadly the patient (Joan Norman) who wrote so eloquently of her experiences with cancer, passed away quite quickly and peacefully on 14th of January. It's nice to think that she shared her story with us in time. On a lighter note it was great to see that complementary therapy is being noticed in a positive way. I'm referring to the award given to Mary Rose from Northern Ireland (see the regional group report). We certainly want more of that kind of recognition. That's enough to warm our hearts a little in these cold times. Keep smiling; spring is on the way!

Vedant Wood

New address for NACTHPC

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

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Copy deadline for the next Newsletter is: 20th of April 2013

Next issue will be published beginning of May 2013

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

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www.nacthpc.org.uk



We are now on Facebook!

Sign up at:

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

As I was sitting to write the usual update, I received the sad news of the death of Pam Colley. Kate Cadwell has put together a very fine tribute to Pam, with the help of some of her other friends and colleagues, and this is published in this edition of The Link.

I would like to invite you now to sit for a minute or two in silent reflection and memory of Pam. For those of you who never met her and think that you don't know her – you do. She is the kind, calm, knowledgeable and reassuring presence that you would want near by if you were sick.

In my reflection the following thought came to my mind: “Do what you love and love what you do.”

Blessings to you all,

Chris West, Chair

Regional Group News

The South East (SERG) regional Group NACTHPC

SERG Study Day at The Pilgrims Hospice, Canterbury
– 7th. December 2012

The recent SERG study day held on 7th December, 2012 was a resounding success, with the Plender Centre training room at the hospice filled to capacity. The 20 plus delegates were made up of therapists and health care professionals either working or with an interest in hospice and palliative care. The group gelled well listening attentively to presentations, actively questioning to further explore topics and fully participating in discussions and networking sessions.

One area covered, “Body Image and Sexuality in Palliative Care”, was sensitively presented outlining both the professionals’ experience of how it is currently tackled, as well as, and most importantly, the views and experiences of patients’ journeys through their treatment and aftercare. This session identified an area for specific training that would increase service providers’ awareness of the individual needs of the patients, in relation to their perception of their own body image and sexuality. It is anticipated that SERG will be able to facilitate this worthwhile training in the not too distant future.

Whether to pamper patients or not was a question that received a unanimous YES and led to a healthy exchange of ideas and practices already in place across the South East Region. For example the Sarah Lee Centre organise regular spa days in woodlands, where patients have the opportunity to connect with nature whilst receiving nurturing treatments; whilst The Pilgrims Hospice and others, arrange more traditional pamper days where patients with their loved one and/or carer, have beauty

and complementary therapy treats in a relaxing environment. Suggestions how to enhance the pamper day experience and further empower the patients included, (camouflage) make-up and wig styling sessions, most of which could be sourced by SERG members.

The final session, hosted by Meadows Aromatherapy explored “The Science of Fragrancing” with specific reference to fungating wounds, infestations, the mortuary and viewing room. Whilst those of us aromatherapists are quite in tune with fragrancing it was interesting to explore “essential oils Vs synthetics”. Specific reference was made to synthetics from natural origins. The delivery of the fragrance was also looked at. Unfortunately time was short as it always is on these study days and like the first item on the agenda it was felt by the group that we would benefit from looking at “Fragrancing” in more depth on another day.

The atmosphere at the close of the study day was positive, with ideas already buzzing about how to action what had been covered and the content for future meetings.

Beth Atkins

The Northern Ireland Regional Group NACTHPC

Medallist of the Order of the British Empire

Congratulations!

to our very own

Mary Rose Scott

who was recognised in the New Year’s Honours List for her services to healthcare in Northern Ireland.

Well done Mary Rose!

NACTHPC honours you for your services to healthcare but also for your irrepressible sense of fun and your joyous energy!

Dedicating twenty one years to Northern Ireland Hospice, Mary Rose has worked for the charity with sheer compassion and care. After spending seventeen years working as an Auxiliary Nurse in the Hospice’s In Patient Unit, Mary Rose then became qualified as a Complementary Therapist.

For the past four years, Mary Rose has provided carers of terminally ill patients with tailored therapy sessions to match their individual needs. Her approachable manner and caring ways have helped to relieve stress in what can be an extremely emotional and stressful time.

Described by her patients as ‘wonderful, friendly and kindly’ Mary Rose provides a vital service in the core element of what is Hospice care. Taking the time to listen to her patients is what makes Mary Rose’s complementary therapy sessions so unique.

Regional Group News

Never assuming and always ready to offer a helping hand, Mary Rose goes above and beyond her role to ensure an improved quality of life for those caring for a terminally ill patient. Humbled to be receiving recognition for her role within NI Hospice, Mary Rose said,

“ I am truly honoured to receive such a prestigious accolade. What makes my job special is the people that I meet, the stories that I hear, and the strength that I witness every single day. Knowing that I can help aid some of the anxiety and stress that carers face, even if it is only temporary, makes my job and my commitment to Hospice care so exceptional. ”

It is a great honour that Mary Rose's contribution to Hospice has been recognised on the 2013 New Year's Honour list. Congratulations from all your colleagues, and a heartfelt 'thank you' from all your patients.

The West & South Yorks Regional Group NACTHPC

In memory of Pam Colley, friend, colleague and former chair of the Yorkshire support group

It is with great sadness that I write to advise members of the sudden death of Pam Colley on Friday 4th January 2013.

I have collated some information, thoughts and memories from some of her many friends and colleagues.

Pam started at Wheatfields Hospice in Leeds in 1979 as a staff nurse, the year after we opened. She worked in various roles including Ward Sister, Bereavement Coordinator, Aromatherapist and Complementary Therapy Coordinator. Pam championed the benefits of complementary therapies and was committed

Change of address for membership renewals

Please be reminded that the membership renewals will now be done directly by NACTHPC and not through Help the Hospices. (Many thanks to Anne Garley for all her help with this in the past).

Current members will be sent a renewal form at the beginning of March as usual; this form has all the details on it, however, for your information renewals will now be sent to:

By post: NACTHPC, PO BOX C6829, BEWDLEY, DY12 9AW

By email: nacthpcevents@hotmail.co.uk
(please put 'Membership Renewal' in the subject line)

to developing and expanding our service. Her calm approach continued professional development and vast wealth of experience benefited many 1000's of patients and carers. Pam's expertise and personality enabled her to enlist the support of a dedicated team of volunteer therapists and develop a community outreach programme. She also recognised the importance of staff support to enable us to continue to care with compassion. To mark Pam's service and dedication to Wheatfields hospice, she was recently presented with a surprise bouquet of flowers. Pam was thrilled and commented,

“ I've had five different roles here over the last thirty years. It's been a wonderful experience. The service has developed and grown so much and it's been a privilege to be a part of that. ”

Pam embodied the hospice values and philosophy and likewise it has been a privilege for us to have her as part of Wheatfields.

I have only known Pam a relatively short time, but I feel like I have known her my whole life.

Pam made work a pleasure. She always greeted me with a hug every day I arrived for work. She was a special person. So gentle and peaceful, and yet able get things done so effectively and efficiently.

Pam had an extraordinary zest for life, always doing interesting and inspirational things. She also took a real interest and concern in everybody else's life, and had a calming, reassuring way of talking through both personal things and work related issues.

I cannot begin to put into words how much I miss her, and hope to be able to carry on the work she felt so passionately about at Wheatfields.

I met Pam about 6 years ago when she welcomed me with open arms to be a volunteer at Sue Ryder Care, Wheatfields hospice and found her to be a great mentor. She was inclusive of all her volunteers and encouraged me to further develop myself and helped me apply for courses gave me articles and recommended books. As a person I found her to be gentle, kind and generous, she listened well and then could say something so simple that was just so apt. We shared nearly the same birthday, hers the 2nd March and mine the 1st and we were both spotters of the Eddie Stobart lorries, and would put 20p in a pot per spot. She collected for David's whiskey and us for days out. It is because of Pam and her encouragement that I find myself working and being paid for something I only ever meant to be a hobby.

I met Pam some years ago through the regional group meetings of the National Association Of Complementary Therapists in Hospice and Palliative Care where we discovered much common ground. More recently we set up clinical support for each other where we met twice a year to share work dilemmas, new ideas,

Regional Group News

sometimes personal issues and a nice lunch! Pam's warmth, understanding and calming attitude towards everyone she met stood out. I can only imagine the complete feeling of security her patients must have felt following one of her treatments. A truly gentle person who will be sadly missed.

I just wanted to share my most vivid memory of Pam, the thing I remember about her most was when we both attended a course at The Christie together – a few years ago now. Pam and I paired up to practice the reflexology techniques we had been shown. Pam gave me such a lovely reflexology treatment and I have often thought since how much comfort the patients must have received from her treatments and her calm, quiet manner.

My memories of Pam, as shared by many others are of a warm, generous woman whose calm consideration touched our lives and the many others that were lucky enough to have known her. She was an inspiration to many of us and we will remember her kind spirit for many years to come.

RIP lovely lady.

With thanks to Helen Ankrett, Julia Moore, Judith Lebof, Trish Hughes, Sarah Wright, Louise Booth for their contributions.

Kate Cadwell

Central South of England Regional Group Meeting

The meeting was held on Monday 5th November 2012

We were so delighted to welcome 39 therapists, from nine different organisations, to St Wilfrid's Hospice, Chichester for our study day. With such a varied mix of skills and experiences, it was a wonderful opportunity for sharing and learning together.

Ann Beazer, a regular and very popular presenter in the Education Department at St Wilfrid's Hospice, led our morning session on *Creative Journaling – Caterpillars to Butterflies*. Ann, who is qualified in the "Creative Journal and Expressive Arts" and "Visioning" methods pioneered by Dr. Lucia Capacchione in the USA, facilitated an inspiring and thought-provoking practical session with coloured pens and journals. We all agreed that Creative Journaling could be an invaluable resource for maintaining a sense of perspective about life's many challenges.

After a break for a delicious vegetarian salad lunch and plenty of laughter and discussion with fellow therapists, we came back together as a group for the afternoon session. Liz Clarke, a qualified yoga teacher and a mindfulness practitioner, brought a sense of peace and stillness to the room with her talk on *Calming an Anxious Mind – an Introduction to Mindfulness Practice*. Liz explained about her involvement with mindfulness and showed us some simple and effective practices to include in our daily lives. We were all fascinated to learn how she uses mindfulness practice

within her weekly yoga session for patients at St Wilfrid's Day Hospice and also for sessions with patients and their carers. Many thanks to everyone who attended and made the day such an enlightening experience on a personal and professional level.

Bridget Purser, Anne Bennett, Mary Atkinson

South West Regional Group Meeting NACTHPC

Meeting held in St Margaret's Hospice, Yeovil, Friday 4th November 2011

Amy introduced herself as Chair of the meeting and gave housekeeping and health and safety issues. Ann Lee, director of nursing and patient services, welcomed everyone to the meeting. An overview of the history of the organisation and current set up was given.

Growing hospice at home team

Change of emphasis from a primarily hospice based service now aiming to at least double their community care capacity, in line with delivering choice strategy. Advice line with one point of referral – rapid response team seven days a week.

Bereavement services

Complementary Therapy being integral for all aspects of the service and much valued by the organisation.

Warm up

We were all invited to participate in a gentle Tai Chi/Chi Kung taster session with Sarah Massey throughout which Sarah discussed how she had trained, how the therapy evolved and how it's used in the hospice – examples given of how it had benefited individuals.

- There are both similarities and differences between Tai Chi and Chi Kung. Chi Kung (working with energy/ movement in meditation) being perhaps slower, more adaptable and health focused
- Being aware of physical issues but working only up to 70% of ones ability
- Can be done sitting
- Can enhance feelings of control and empowerment
- Pacing and discipline being helpful for people with breathlessness and has been shown to have a range of physiological benefits. Can help those that are unable to participate physically as it has aspects of visualisation and intent.
- Training variable Andy Wright in the Devizes area
- CD used *"Introducing Reiki"* by Christopher Wilson ISBN 1-84660-345-5

From the mind body and soul series. Sarah also recommends Jonathon Goldman recordings.

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Questions followed – Asked c/o peripheral neuropathy – may promote increased awareness of the body and help with balance.

Introductions were given. It was generally found that hospices varied on the range of services and how these were funded. Welcomed Julie Caruso as new co-ordinator of Prospect hospice. Tina Roberts enjoying new job. Some of the issues that members raised were:

- Pamper days as fundraising events
- Foot care – access for courses and services such as: podiatry, chiropody.
- Nail care and hairdressing / beauty treatments are offered by some members.

NACTHPC issues

- Need to keep our area of website up to date with notice of meetings, etc.
- Jean has given notice of stepping down from her current post. Thanked for her commitment and hard work. Some discussion about who will be taking over this role. It was questioned that renewal of NACTHPC membership is always given– need to clarify if the organisation notified members if their membership renewal was due.
- From the co coordinators meeting it was suggested that a small working party be formed to consider generic templates such as: policy and procedures, job descriptions, etc. for members to utilise – Janet Le Sueur from Dorothy House Hospice (Winsley) would welcome any contributions from this group.

September 2011 Annual NACTHPC conference

AGM was held

There was an alteration to the speakers – Felicity Warner being unwell.

Capacitor workshop

Caroline McAfee spoke about practical spirituality and asked the audience to participate in a “loss exercise” which was challenging.

Jenny Grainger life coach discussed her 5 simple practices for spiritual well being:

1. mindfulness meditation, especially breathing!
2. living in the now, “this too will pass”
3. gratitude, keeping a journal
4. time for yourself, positively selfish
5. acceptance (3 levels: grudging, peaceful, grateful)
notice where you are resisting.

Joe Hoare “quantum laughter”

Questionnaire filled in to give some idea about CT provision across the South West – how many hospices have full-time co-ordinators, can provide home visits, number of paid therapists and volunteers, etc.

Attendees were given a tour of the Hospice after the meeting.

Date and Venue of Next Meeting

Friday 16th March – Dorothy House Hospice.

Chair: Janet Lesueur.

AOB

Janet LeSueur – big thank you to Janet LeSueur for taking the minutes.



A Holistic Model – Emotional Freedom Technique (EFT)

Emotional Freedom Technique (EFT) is an emotional healing technique first created by US psychologist Roger Callahan. Callahan discovered that the stimulation of acupuncture/energy points could provide psychological relief for anxious patients.

Gary Craig, who studied with Callahan, identified a set of ‘all purpose’ points which could be applied to treat any emotional problems. He called this the Emotional Freedom Technique and achieved very positive results with a wide range of problems.

Essentially EFT contends that the cause of all negative emotions is a disruption of the body’s energy system. When the body and mind are in perfect balance our Chi or energy flows largely uninterrupted around our body via our energy meridians, chakra system and through all the major organs. We generally feel calm and good in ourselves.

When we experience anxiety, fear, compulsion or a phobic attack, the body responds in a negative way to the situation or event and the nervous system begins to over react. Such responses as hyperventilation, sweating, and tachycardia (unusually rapid heart beat) are experienced (panic attack). As a result the Chi or energy flow is interrupted between the acupuncture points. The brain registers this response and stores it away in the memory of the subconscious. The body, then seemingly returns to its normal energy flow. When this attack or a similar attack occurs again, the brain remembers the first sensitising response and reintroduces the memory, thereby compounding the negative response and interrupting the energy flow again. If this experience is repeated the negative or irrational response is even more compounded and quite often it can develop into a phobia.

During the application of EFT, the memory of the negative response is briefly encouraged by asking the respondent to imagine what it would feel like to be experiencing the issue at this moment. This is usually quite easy to imagine but in some cases further assistance will be needed from an experienced practitioner. The energy system then becomes blocked and the body experiences negative response. Because of the strength of the response due to the repeated reinforcement of the negative reaction the conscious mind finds it extremely difficult, and at times impossible, to control the body’s responses. By introducing a positive affirmation (usually chosen by the recipient under the guidance of the practitioner), tapping the various acupuncture points, and mildly disorientating and refocusing the conscious mind, the negative emotional charge is released and replaced by the positive statement. Although the memory of the initial event remains, it is generally devoid of the negative response and the energy flows freely again. In some cases the result is immediate, whereas in others it is gradual and the process has to be repeated.

Whilst EFT is not a therapy in itself, it is an excellent asset for any therapist to utilise. It has been successfully applied to treat a wide range of emotional problems and issues such as anxiety,

fears, phobias, trauma, Post Traumatic Stress Disorder, grief, anger, grief, guilt, etc. In relationships, EFT can help by reducing emotional upsets which often have their origins in the past. It can also be applied to enhance sports performance by neutralising negative beliefs.

One of the difficulties that may be encountered when applying the technique to another person is that some people may well have a resistance to the apparent invasion of the tapping on the acupuncture points, some of which are positioned in more vulnerable areas of the body such as the face, chest and armpit area. However, if a clear and accurate explanation of the procedure is given before commencing, most recipients manage to overcome this and welcome the process.

One of the advantages of EFT is that it is relatively easy to learn the approach, enabling people to help themselves with more simple problems. However some issues require persistence over a period of time. A lack of progress often indicates that the issue is more complex and requires the intervention of a skilled, trained therapist. It is most important to be as specific as possible when trying to ascertain the actual cause of the problem. For example, most people would like to have a better “self image” but don’t realise that the cause of low self image could be due to a number of specific issues (e.g. memories of abuse, rejection, failure and fears of various kinds).

Adverse effects are extremely rare and if any emotional intensity or abreaction occurs in treatment it is often the manifestation of a previous or underlying problem. Whilst this technique has achieved some excellent results it should not be seen as a substitute for appropriate medical care.

It must be understood however, that EFT is not a panacea for all things and does not suit everyone. Like most therapies it is “person specific” and it is not accepted by all people. Some problems reappear and this is usually caused by different aspects of the original problem showing up at a later time. An experienced practitioner will recognise this and reapply the technique to address the new aspect.

As with all problems however, the best treatment is to avoid the psychological build up of negative responses by releasing the energy block as it occurs. This can be done by sharing, expressing physically, responding rationally or if possible avoiding the cause of the response.

As a complementary therapist I have used it successfully to help with pain memory, fear of needles (during acupuncture, cannulisation and injections), phobias, public speaking, traumatic shock, grief, self esteem and confidence and many other minor applications.

Vedant Wood

Poetry and Prose

(Let's have a laugh at ourselves. We could be in the same boat some time)

These are actual sentences typed by medical secretaries:-

The patient has no previous history of suicides

The patient has been depressed since she began seeing me in 1993

The patient is numb from the toes down

The skin was moist and dry

Examination of the genitalia revealed that he is circus sized

The lab test indicated abnormal lover function

Between you and me we ought to be able to get this lady pregnant

Occasional, constant, infrequent headaches

Patient was alert but unresponsive

She has no shaking chills but her husband states she was very hot in bed last night

On the second day the knee was better and on the third day it disappeared

THE GUEST HOUSE

This being human is a guest house
Every morning a new arrival
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they are a crowd of sorrows
who violently sweep your house
empty of its furniture,
still, treat each guest honourably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing and invite them in
Be grateful for whatever comes
because each has been sent
as a guide from beyond.

*Jelaluddin Rumi,
translation by Coleman Barks*

Treat people as if they were what they ought to be and You will help them become what they are capable of becoming.
Goethe

Mentally put yourself in the position of others and with the utmost Kindness, you will be able to understand and help them.
There is no greater joy.
Yogananda





STAND ALONE STUDY DAYS	DATES
Acupuncture Courses	
New – Acupressure for Complementary Therapists	18th May 2013
New – Acupuncture Approaches for Acupuncturists Working in Hospice Environment	19th May 2013
Aromatherapy Courses	
Aromatherapy : Using Essential Oils in Acute Cancer Care	Friday 5th July 2013
Aromatherapy : Challenging Symptoms and Conditions	6th July 2013
Massage and Touch Therapies	
Adapting Head Massage for Hospice and Cancer Care	Sat 11th & Sun 12th May 2013
Hearts Process	Sat 9th & Sun 10th March 2013
Chair Master Class	Sat 28th Sept 2013
Mind Therapy Courses	
Adapting Relaxation and Creative Imagery for Individual and Groups	18th & 19th May 2013
Anxiety States	6th July 2013
Breathlessness : Minimise the distress and maximise the breath	19th & 20th October 2013
New – Hypnotherapy-Confidence with Rapid Inductions	TBA
Cognitive Behavioural Therapy : uses and potential for supportive care	Sun 17th November 2013
New – Emotional Eating and Ethical Approach that goes beyond Hypnotherapy	TBA
New – Enhancing Relaxation Techniques	12 & 13th October 2013
Introduction to Mindfulness	Sat 6th & Sun 7th July 2013
Neuro Linguistic Programming (NLP)	23rd & 24th November 2013
Panic and Phobia	7th July 2013
Transactional Analysis : an introduction to develop your skills	Sat 16th November 2013
Reflexology Courses	
Adapting Reflexology for Hospice and Cancer Care	2nd & 3rd March 2013
Clinical Reflexology I – Expanding Your Skills	12th & 13th October 2013
Clinical Reflexology II – Master Class	16th & 17th February 2013
Exploring Hand Reflexology	30th November & 1st December 2013
Additional Clinical Courses	
Clinical Issues in Cancer Care	Friday 6th Sept 2013
Coordinating and Developing Complementary Therapy Services	8th & 9th November 2013
Evaluation, Evidence and Research for Complementary Therapist and Coordinators	Sun 10th November 2013
New – End of Life Approaches to Complementary Therapies	23rd November 2013
Practical Issues in Cancer Care	Sat 7th Sept 2013
CONFERENCES	
2nd Complementary Therapies & Cancer Care Conference. Theme: Maximising resilience: services & research work	Saturday 23rd March 2013
Aroma sticks Master class Theme: Your nose knows best	Sunday 24th March 2013
PACKAGES, DIPLOMAS AND CONFERENCES	
Aromatherapy and Cancer Care Diploma	Hypnotherapy Diploma in Healthcare (dates available on request)
Aromatherapy Five-Day Post Graduate Certificate	Note : Start dates for diplomas occur at any time throughout the year apart from the Hypnotherapy Diploma
Clinical Reflexology Diploma	
Adapting Complementary Therapies for Cancer Care Diploma	2nd Complementary Therapies & Cancer Care Conference. Theme: Maximising resilience: services & research work Saturday 23rd March 2013
Relaxation and Creative Imagery Interventions Diploma	

To book please contact: Joanne Barber or Peter Mackereth

Complementary Therapy Department, The Christie, Wilmslow Road, Withington, Manchester, M20 4BX
joanne.barber@christie.nhs.net • 0161 446 8328 • Alternative booking: www.christie.nhs.uk/pro/cs/comp/training

Education Section

Seven Wellbeing Centre Ltd

Daoyin Tao – Saturday 16th February, Saturday 16th March

A unique blend of Chinese acupressure and western massage techniques. It is an advanced energy massage of the shoulders, neck, ears, scalp and face. It works to release stress and tension and helps to relieve neck and shoulder pain, inducing deep relaxation. A treatment lasts approximately 30 minutes and does not require the removal of clothing, ideal for busy working clients who may wish to have a treatment during their lunch break. Applicants will have a qualification in anatomy and physiology and some form of body work (ie. Aromatherapy, reflexology). **Cost £340.**

Aromatherapy for Children – Thursday 21st February, 7th March, 21st March

A three day course for qualified aromatherapists who wish to extend their knowledge and skills to work confidently with children. The course will promote awareness of the benefits and limitations of the use of aromatherapy with children; it will include common childhood illnesses as well as more serious conditions such as cancers. **Cost £240.**

Reiki Level 1 Course – Saturday 23rd February

Reiki has many different beneficial properties and is commonly used within the healing process. Extremely relaxing, and useful for use with self, friends and family. **Cost £80.**

Nia Dance Workshop – Sunday 24th February

Blends dance with yoga and martial art movements to create an invigorating and energizing workout. **Cost £35.**

Nutrition with Caroline Innes – Thursday 28th February

This workshop aims to help participants gain a deeper understanding of how our diet affects our health and how our relationship with food affects our wellbeing. **Cost £55.**

Emotional Freedom Technique (EFT) with Andy Hunt – Saturday 9th March

EFT is a simple, yet very effective way of using you body's own built in stress relief system. By tapping with fingertips on the end of acupuncture meridians you can reduce or eliminate negative emotions. This can help with fears, phobias, pain and cravings. **Cost £70.**

5 Elements Workshop – Saturday 6th April

This 1 day work shop is suitable for any therapist, but especially relevant to Dao-yin Tao graduates or students. Participants will learn different ways of developing treatment plans for their clients, giving them a more person centred approach, which shows that the health of the spirit is essential to a person's wellbeing, helping you to treat the "whole". **Cost £80.**

Palliative Care Course for Complementary Therapists – Monday 8th April, 13th May, 10th June, 8th July

4 Day Course provides a solid foundation for all complementary therapists wanting to work in the specialist fields of cancer and palliative care. **Cost £340.**

Introduction to Herbal Medicine with Davina Hopkinson – Wednesday 17th April

Discover plant material freely available that can be used to treat day to day ailments and discover how to turn them into simple remedies. **Cost £65.**

Lymphoedema Reflexology workshop with Sally Kaye – Friday 14th June

Techniques used to reduce lymphoedema after treatment for breast cancer and for other common chronic conditions. For Reflexologists only. **Cost £110.**

Diploma Level 3 courses in Aromatherapy; Reflexology; Massage commencing September. Further information on request

**For more information on any of the above courses please contact:
Gwyn Featonby/Deb Bell at Seven Wellbeing Centre Ltd on: 01642 662785
or email: gwynfeatonby@butterwick.org.uk**

THE 'M' TECHNIQUE®

The 'M' Technique Practitioners Course

*Are you interested in touching
the critically ill or very fragile?*

**If you are, then this course will give you the skills to use
gentle touch in difficult and sensitive situations.**

Venue: Cotswold Care Hospice, Stroud, Gloucestershire.

Dates: This is a two day course, and will be held on Saturday
13th April and Sunday 14th April 2013.

Course fees: £200.

We offer a 50% discount for hospice workers.

For further information and booking please contact :-

Philippa Hunter (01453) 756 143, or pharoma01@sky.com
or www.mtechnique.co.uk

NACTHPC Conference and AGM

18th and 19th September 2013
University of Warwick, Coventry

**"Are you looking at me?"
"What do you see?"**

"Looking in the mirror and not seeing me" – what happens to the self when illness changes the way you see yourself and the way society sees you?

This conference will look at the concept of self-hood and coping with the challenges and changes imposed by illness on all aspects of a person's self-image.

Main conference: Thursday 19th September

Keynote Speaker:

Dr Max Watson, Consultant and Lecturer in Palliative Care

Networking, workshop and dinner:

Wednesday 18th September from 3pm

Save the date!

Programme and registration form to be published soon

Call for poster presentations: Please submit a short abstract to the conference committee (nacthpcevents@hotmail.co.uk) by 15th July 2013. Posters may be on any subject.

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

Date: Saturday 18th May 2013 • **Venue:** Birmingham Children's Hospital
www.cctn.co.uk/wp/cctn-conferences/6th-cctn-conference

The 6th CCTN conference will bring together a range of professionals interested in learning about and advancing the field of complementary therapies and integrated medicine for 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.

Presentations:

- Family centred care in the neonatal unit (Sarah Fullwood)
- Complementary Therapies in the Neonatal Unit and Beyond (Liz Tipping)
- Integrating complementary therapies within a Forensic Child and Adolescent Mental Health Service (Jessica Charles)
- Reflexology as a regular timetabled therapy for children with autism within the education system (Lorraine Senior)

Workshops:

- Bowen Technique for asthma and other respiratory conditions (Alastair Rattray)
- Stable Relationships – a horse based programme for traumatised children and their carers (Debbie Woolfe, Caroline Morgan and Mike Khan)
- Rhythmic Movement Training – a complementary approach to learning, emotional and behavioural challenges that use movements (Irene Lock)
- BAST method of sound therapy to reduce stress and enhance emotional wellbeing (Lyz Cooper)
- Exploring the spiritual needs and care of sick children and young people using principles of participation and reflective activities (Rev. Paul Nash and Rev. Kathryn Darby)

The Children's Complementary Therapy Network (CCTN) (www.cctn.co.uk) has an international membership of over 450 people. It 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 based at Freshwinds Institute of Integrated Medicine (FIIM) (www.fiim.co.uk).

Freshwinds, Prospect Hall, 12 College Walk, Selly Oak, Birmingham, B29 6LE

T: 0121 415 6670 • F: 0121 415 6699 • W: www.freshwinds.org.uk • E: cctn@Freshwinds.org.uk

Freshwinds is a registered charity, number: 1079968 and is also a registered company, number: 3936089

Special Interests

BEING AWARE OF YOUR IMPORTANCE.

Hi there, I'm the research and education officer for NACTHPC and since taking on this role, as well as being a practicing complementary therapist, it has highlighted to me our importance in the care of patients in the palliative care setting.

It is helpful for us to look at ourselves as part of the holistic package for someone with a life limiting illness and we hear now how grateful our clients are for the benefits it gives to themselves and their partners.

We can enhance this important role by monitoring our work. For instance there are quite a few therapists who use a multi-discipline approach to their therapies so they may, for instance, use a Bach Flower remedy together with a physical therapy. The physical therapy may be a soft and gentle massage to soothe the patient in the present and then a flower remedy recommended for an emotional aspect like grief, anger, resentment, fear which are some of the responses we find not only in the person with a life threatening illness, but their partners and families as well.

Our CT manager likes us to note every therapy we use, and this is then documented, thereby telling the establishment what sort of service we are providing. It is also very beneficial to have the opportunity to work and share with other therapists which can enhance their practice and your own.

I was informed recently of flower essences that are good for space clearing rooms, I have to admit that at present I know little on this subject but am aware of the benefit to the client, and those therapies need to be monitored to show what is being used regularly and why.

For instance we combine EFT (Emotional Freedom Techniques) with our Qi Gong/Tai Chi practice. It is interesting to note that Gi Gong/Tai Chi practice, which has been around for thousands of years, can work in conjunction with a fairly modern practice and both provide benefits for physical and emotional health.

We have also started sound therapy in single and group work settings. Again this seems to work on the emotional and physical levels of our clients.

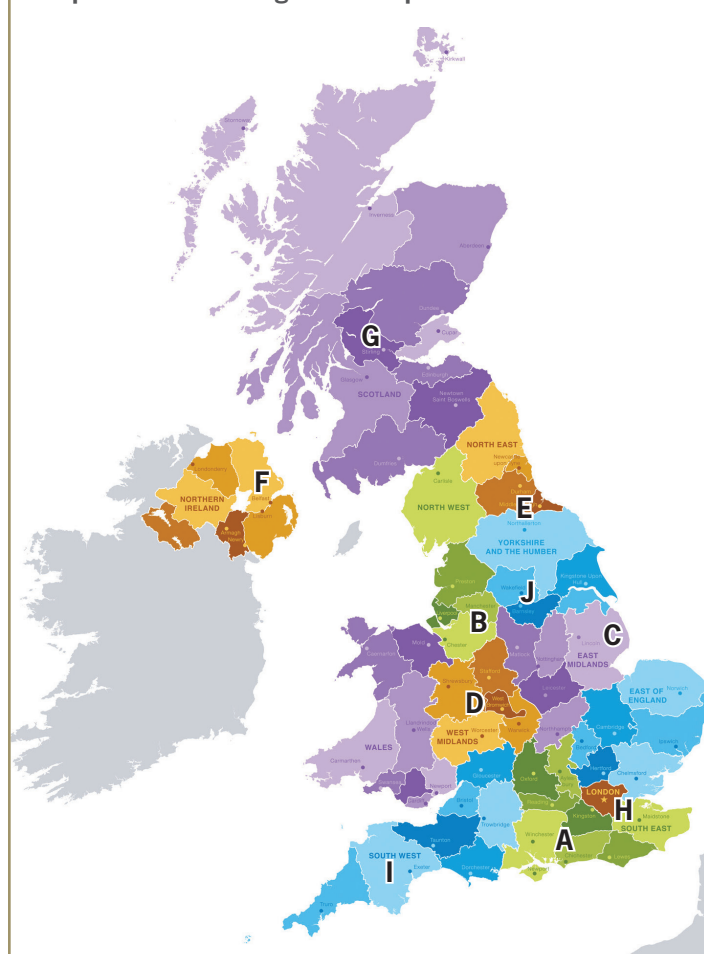
I feel that it would be advantageous to us all if we could share our practices. For example, recording what essential oils are used and why, and if you're a reflexologist, why you work on various reflex points and what benefits are achieved.

My message is "Record and share" and help us, as therapists, to improve our techniques and be more widely noticed for it.

Gerry Crossman



Map of NACTHPC Regional Groups



NACTHPC Executive Committee

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NACTHPC Regional Groups

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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
Saturday 18th May 2013	6th Children's Complementary Therapy Network (CCTN) conference (See page 8 for full details)	www.cctn.co.uk/wp/cctn-conferences/6th-cctn-conference
18th to 19th September 2013	NACTHPC Annual Conference & 13th AGM Warwick University	www.nacthpc.org.uk



“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 20th April 2013. Next edition published beginning of May 2013.