



Annual Conference and Awards Ceremony

16th October 2021

We are delighted to be able to invite you to our 2021 Annual Conference. As in previous years it is fully catered with a lovely buffet. This year's speakers will once again be covering a range of therapies supporting your professional development and giving you new ideas to pursue in the coming year. You will receive 6 CPD points for attendance and the event is free to our premier members and current students. Everyone needs to book a ticket so we can cater for the right number of people and have the correct number of resources for the workshops and goody bags for you to take away. The tickets are £60 to anyone else who would like to attend. Due to the positive feedback we had at the last conference, we have a theme around a case study that each speaker will address in their talk/workshop from their therapy perspective and this year the subject will focus on mental health, which is very topical following lockdown.

AGENDA

9.30 Registration - Hot beverages will be available

10.00 CHP Welcome, News and General Update

10.15 Discussion and read through of the case study the speakers will be focussing their talks and workshops on.

10.25 Carole Preen FCHP HonMIFA – Essential oils for Mental Health

Carole has been a qualified aromatherapist since 1994 and will cover a range of essential oils that are useful for the case study being presented for mental health and methods of administration of the blends. Carole will also discuss use of essential oils for mental health use in your practice as well as how you can use essential oils to help yourself and your family. Carole offers training in essential oil therapy and CPD for aromatherapists in specialist areas and today launches the level 5 upgrade diploma for existing aromatherapists - www.naturaltherapeutics.co.uk

11.20 Coffee Break (hot tea and coffee and bottled water will be available)

11.30 Workshops – delegates will have pre-chosen from 3 (these are repeated in the afternoon)

Workshop A – Dan Stephens FCHP on using CBD oil in Massage Therapy/Aromatherapy for Mental Health

We will be looking at how CBD works in the body, we will go over several studies on the use of CBD in mental health, and then look at how CBD can work in synergy with aromatherapy. To finish we will make a massage oil (50ml) using CBD and essential oils to take home. Dan was the first person in the

UK to offer an accredited course on the use of CBD in therapies and you can access the course at www.naturalbalanceholistics.co.uk

Workshop B – Sarah Yow MCHP on Reflexology for Mental Health & Emotional Resilience

In this workshop Sarah will address the case study and see how we can frame our intentions as we apply Reflexology as a benefit to someone with mental health fatigue. We will look at how we can improve emotional resilience and our emotional immunity through certain points on the feet along with that all important dialogue with the client. We can share our experiences as we look at the case study through the eyes of a reflexologist. Sarah offers CHP accredited courses in Cambridge – see www.routestohealing.com

Workshop C - Dave Green MCHP – Hypnotherapy and Mental Health

During this workshop Dave will explore tools that can be applied to your clients regardless of your current training and introduce a number of simple skills from Hypnotherapy, NLP, Life Coaching and Mindfulness techniques that you can build into your current treatments. We will explore the mind body connection and look at breaking the biofeedback loops that often perpetuate problems, which can then manifest as physical symptoms. We will also discuss effective communication techniques to help respect clients' boundaries but also help them to establish their own limiting beliefs. Dave runs Natural Self in Birmingham offering a wide range of diploma and CPD courses – see www.naturalself.co.uk

12.45 Lunch Break - this event is fully catered with a buffet and hot drinks (and water)

13.45 CHP Annual Awards Ceremony

Awards will be given for the two categories: Student Practitioner of the Year, Practitioner of the Year

14.00 Meghan Mari MCHP from Jing Advanced Massage Training – Massage Therapy for Mental Health

Meg is one of the founders of the CHP accredited school Jing Advanced Massage that offers a wide range of top-quality massage courses and CPD for massage therapists. She will explain how Massage Therapy can support mental health with specific focus on the case study presented. For more information on courses, please visit www.jingmassage.com

14.45 - Afternoon comfort break (water bottles only will be available)

15.00 - Workshops (repeated from the morning session)

16.05 – Panel Q&A

By popular request, all the speakers will be available on a panel at the end of the day to answer your questions and for you to voice your ideas. We are open to having progressive discussions that can be taken forward as part of the work CHP does for its members on the various Councils it sits on.

16.45 End of conference

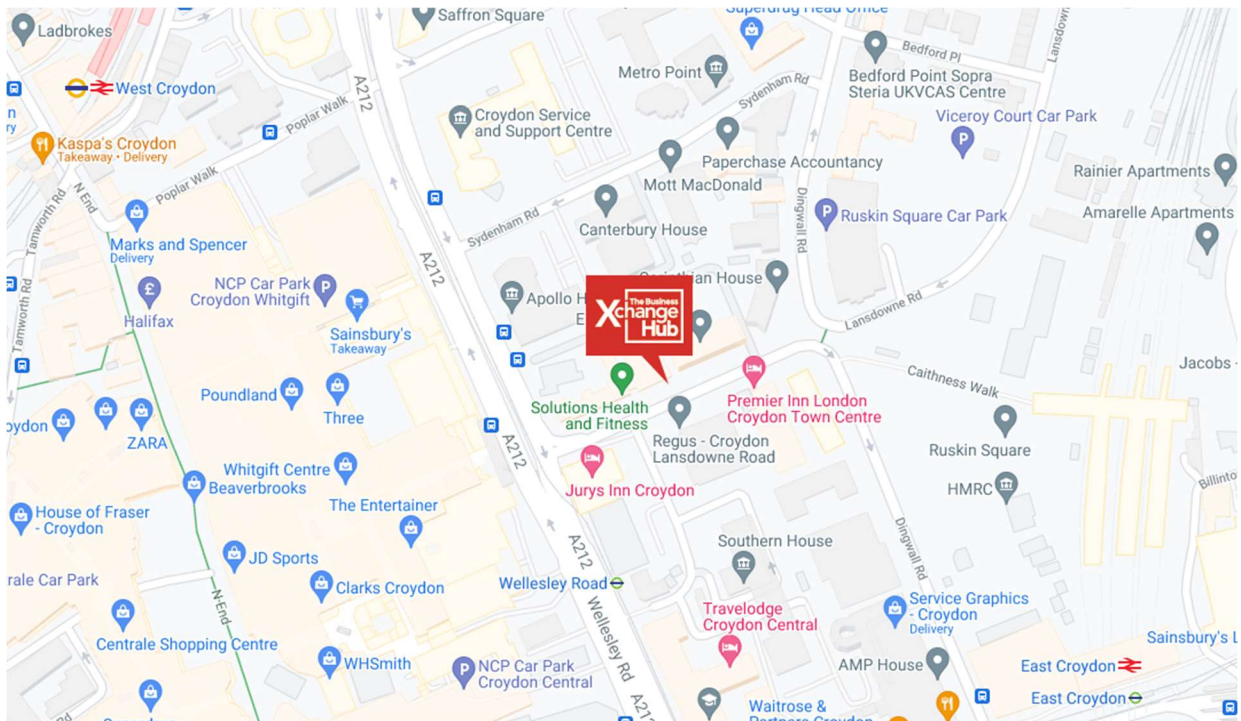
Please note that CPD certificates will be emailed out in the weeks following the conference for those confirmed attendees. You achieve 6 CPD points for attendance.

Please complete your feedback form before leaving - thank you!

Venue Details:

The Business Xchange Hub

Marco Polo House
3-5 Lansdowne Road,
Croydon, Surrey, CR0 2BX



NEW VENUE!!

Short 5 minute walk from East Croydon Station (served by National Rail (Thameslink -St Pancras Int., London Bridge on the Brighton to Bedford line and London Victoria and Southeastern via Charing Cross), Tramlink and London Buses (Travelcard Zone 5)).

Short 10 minute walk from West Croydon Station (It is served by National Rail (London Victoria and London Bridge), London Overground, Tramlink and London Buses services and is in Travelcard Zone 5).