



**Annual Conference and
Awards Ceremony
26th October 2019**



We are delighted to be able to invite you to our fourth annual CHP conference, which also marks the 25th Anniversary of our professional association, as we were originally named AAPA and launched in 1994. As in previous years it is fully catered with a lovely buffet. This year's speakers will once again be covering a wide range of subjects, 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. The tickets are £55 to anyone else who would like to attend. This year we have a theme around a case study that each speaker will address in their talk/workshop from their therapy perspective. You will also get a goody bag with some freebies!

9.30 Registration and breakfast (Hot beverages and brownies, or fruit)

10.00 CHP Welcome and Update of the past 12 month plus news on National Complementary Therapy Week that we are sponsoring in March 2020

10.10 Do-In exercise for energy and invigoration!

10.10 Nick Singer from AromaStick



Nick will be speaking about his company's aromatherapy inhaler, which are made in Switzerland and are 100% natural and organic. These products are very handy for you and your clients to use on the go and can easily be popped into your pocket or handbag for instant mood enhancement. This is ideal as part of a client's self-help in between treatments. Learn more about them and of course sample them at the conference. Which one will he suggest for the case study?

Nick Singer currently works for AromaStick, where he is heavily involved in the scientific side of essential oils and their use in therapy. His role has led to him work closely with researchers who have been investigating intranasal scent delivery and its effects on various biomarkers and he continues to be actively engaged in the clinical aromatherapy community, writing for the various professional trade magazines, publishing a number of scientific papers and giving lectures on the topic of intranasal scent delivery. To learn more about his work, visit www.aromastick.net

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

11.15 Emma Lane ND - Owner, Integrative Health Education, Naturopathic Nutritionist, Functional Medicine Practitioner



Some of you may remember Emma from the 2017 conference where she discussed tales of the diseased body. As she is the expert in digestive health, we have invited her back again to discuss her approach to the case study we have created for the event from a naturopathic and nutritionists point of view.

Emma Lane is the founder and director of the Lane Wellness Group which includes the training organisation Integrative Health Education and her practice Energize Mind Body. She is recognised as one of the UK's leading holistic health and lifestyle experts and has trained extensively in Europe and America. Her expertise in gastrointestinal health and pathogens led Emma to be chosen as the European distributor for the Parasitology Centre Inc., the most renowned, respected and accurate parasitology lab in the world. For further information please visit www.integrativehealth.co.uk

12.15 Lorraine Davis, Principal of Lorraine Davis Holistic Healthcare and Education Centre



Lorraine's talk will take you on a journey into the subtle world of vibrational healing - the quietly powerful world of Flower Essences. Here you will discover the interface between the subtle and the physical aspects of 'being'; how essences came to be used, how they work, and of course discuss how she would approach our themed case study from her perspective, with this very gentle but powerful form of energy therapy.

Lorraine is a skilled and multi-talented therapist and educator and has worked in our industry for over 30 years. She runs her own school in Herefordshire, which is now accredited by Complementary Health Professionals. Find out more at www.lorrainedavistraining.com.

13.00 CHP Annual Awards Ceremony

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

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

14.10 - Workshops - choose from 3 - we will email you for your selection when you have booked:

a) Introduction to Crystal Healing Therapy

b) Foot Reading for Reflexologists

c) Jing Massage Workshop

Details of workshops:

Choice a) Introduction to Crystal Healing Therapy with Carole Preen FCHP FANM HonMIFA



This workshop (in the Bedouin tent!) will introduce you to the concept of how crystals can influence the subtle bodies and help restore health and harmony. You will get the opportunity to learn how to sense the aura and use quartz crystal to change energy vibrations by working in pairs. Carole will have lots of quartz available at the workshop and you get to keep the piece you work with on the day!

As part of the workshop, Carole will discuss how she would treat the themed case study using crystal therapy and what crystals might be suitable and why.

Carole is one of the CHP Director's and has been working and teaching in the field of Complementary Medicine since the early 1990's. She also runs her own school "Natural Therapeutics" that has a range of expert diploma courses and quality online CPD opportunities. See www.naturaltherapeutics.co.uk for more information.

Choice b) Foot Reading for Reflexologists with Julie Quinn FCHP MIFR



Perfect CPD for qualified reflexologists, this workshop will give you an introduction in how the feet can tell us so much more than just from the reflex points. You can discover information from colouration on the foot and pinpoint some character traits from the shape of the foot and texture of the skin.

Julie will also discuss how reflexology in general would help the themed case study for the conference and what one might expect to find on the foot and how to treat.

Julie is the other CHP Director and has also been working and teaching for over 25 years. In that time, she has won the Centre of Excellence Award for Reflexology teaching in 2011. Julie runs her own school in Carshalton, Surrey and you can find out more details about the diploma courses and CPD opportunities she has at www.juliequinn.co.uk.

Choice c) - Jing Massage Workshop with Rachel Fairweather - Advanced Massage and Myofascial Release Techniques to Combat stress relating to Digestive issues



Many of you will be familiar with Jing and we are delighted that they chose us to be their accrediting body in 2018 and joined our therapy family. Jing is a dynamic company offering high quality massage qualifications at BTEC level 6 and a wide range of massage CPD opportunities.

Rachel is the internationally respected Co-Director and Founder of Jing Advanced Massage Training, a company providing degree level, hands-on and online training for all who are passionate about massage. Rachel has 25 years experience in the industry working as an advanced therapist and trainer, in New York, Europe and throughout the UK. Rachel is co-author of the book "Massage Fusion: The Jing Method for the treatment of chronic pain" which has reached the number one best sellers spot in the Physiotherapy category of Amazon UK. She writes regularly for several professional trade magazines. She has twice received the CAM Expo award for outstanding

achievement in her field. Rachel has trained extensively in Eastern and Western bodywork including medical massage, craniosacral, myofascial, structural integration (KMI) trigger point therapy, Thai massage, Amma therapy, Sports massage, visceral manipulation, and neuromuscular techniques. Rachel also holds a degree in Psychology, a Postgraduate Diploma in Social Work and an Associates degree in Massage Therapy.

Jing Massage is based in Brighton and for more information on what they have to offer, visit www.jingmassage.com.

15.10 - afternoon comfort break (water bottles only will be available)

15.20 - Song Therapy with Nigel Neill from Moorvale Creative CIC



Song therapy is a complementary therapy that uses music to promote well being and good health. It can be used in groups to help people who may be struggling with, for example, speech problems after a stroke, general self-confidence, and mental health issues. In this talk, Nigel will talk about how song therapy can help with the physiological effects of anxiety and how music can help us relax and reduce the negative effects that some forms of stress can have on our bodies. He will also touch on the science behind current interest in sonic resonance and why gong baths and other forms of sound bathing can have such an impact on our physical and mental health.

Nigel has a post grad certificate in Music and Health and is an experienced musician and writer. He runs community projects and four choirs in the South West and works with students with learning disabilities, Parkinson's Disease and Mental Health Charities using song and music. Nigel has an online course for teachers and community singers and musicians who want to take Song Therapy into their local community or workplace to help others in similar circumstances. For more information visit www.moorvalecreativecic.org.uk/songtherapy.htm

16.10 Mindfulness Meditation for Improved Digestion and Stress Reduction

16.30 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.



Venue Details:

St Ethelburga's Centre for Reconciliation and Peace

78 Bishopsgate, London EC2N 4AG

*5 minutes walk from Liverpool St Station
(see map below)*

