

expectancy®

Natural therapies for natural births

COMPLEMENTARY THERAPIES IN MIDWIFERY PRACTICE

ACADEMIC PROGRAMMES,
SHORT COURSES
AND STUDY DAYS

2020–2021 Academic year



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Full academic programmes of study:

- Diploma in Midwifery Complementary Therapies
- Certificate in Midwifery Acupuncture
- Certificate in Midwifery Aromatherapy
- Certificate in Midwifery Clinical Hypnosis
- Certificate in Midwifery Reflex Zone Therapy (reflexology)

Licensed Consultancy scheme for midwives wanting to start their own business

Short course and study days: (dates at end of prospectus)

- Introduction to Aromatherapy in midwifery 2-days
- Aromatherapy and acupressure for post-dates pregnancy 3-days
- Clinical hypnosis for pregnancy course 4-days
- Moxibustion for breech presentation study day
- Introduction to Reflex zone therapy (reflexology) in midwifery 4-days
- Introduction to natural remedies in pregnancy study day
- Introduction to natural remedies in pregnancy – herbs and homeopathy 2-days
- Advanced acupuncture 2-days
- Advanced aromatherapy 2-days
- Advanced hypnosis 2-days
- Advanced reflex zone therapy 2-days

Short courses delivered in your own maternity unit or university:

- Introduction to Aromatherapy in midwifery 2-days
- Aromatherapy and acupuncture for post-dates pregnancy 2-days or 3-days
- Moxibustion for breech presentation study day
- Introduction to complementary therapies in midwifery study day for universities
- Foundation Certificate in Midwifery Complementary Therapies 5-days
- Bespoke courses available in the UK and overseas

Expectancy's unique range of accredited courses for midwives

Expectancy's courses aim to equip you with the knowledge and skills to provide safe, effective and cost-effective options to relieve stress, ease pregnancy discomforts and aid physiological birth. We offer a unique range of innovative, trail-blazing courses on complementary therapies to reduce interventions such as induction of labour, epidural anaesthesia and Caesarean section. We focus on safety and professional accountability and set the use of complementary therapies in the context of your Nursing and Midwifery Council (NMC) registration. All our RCM-accredited courses can be used towards NMC re-validation and for professional development. Our long programmes are also accredited by FEDANT to enable those wishing to work privately to obtain indemnity insurance cover.

All our scheduled courses are held in London at weekends, from 0900 to 1630 hours. We can also provide some courses in your own maternity unit or university, in the UK or overseas. Please see the relevant section later in this prospectus or enquire for further details.

Academic and professional quality assurance

All our courses are directly applied to midwifery practice and comply with Nursing and Midwifery Council requirements for safe practice. They are taught and assessed at academic level 6 and are professionally accredited. Expectancy appoints an external examiner, a university lecturer who acts as our Academic Conduct Officer, to guarantee high standards, robust assessment processes and equity for all students. Expectancy's philosophy focuses on safe, accountable, evidence-based practice to ensure appropriate, contemporary care for mothers and protection for midwives' registration.

Our Lecturers

Introducing Denise Tiran FRCM, Chief Executive Officer and Education Director

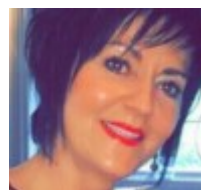
Denise Tiran is an internationally renowned authority on midwifery complementary therapies and Fellow of the Royal College of Midwives. Previously, at the University of Greenwich, London, Denise developed one of the UK's first complementary medicine degrees and set up an NHS antenatal complementary therapies clinic, which was highly commended in the 2001 Prince of Wales' Awards for Healthcare in London. Denise has undertaken several research studies, written numerous books and is well-known to students for *Bailliere's Midwives' Dictionary*. Recent books include

Aromatherapy in Midwifery Practice (2016), *Complementary Therapies for Pregnancy and Birth* (2018) and *The Business of Midwifery* (2019). She regularly teaches overseas and is a frequent international conference speaker. Denise Tiran provides much of the teaching in London and for on-site courses and all overseas education provision.



Amanda Redford BSc (Hons) RM LicAc Senior Tutor

Amanda is an experienced research midwife. She is qualified in several complementary therapies and has a thriving private practice. Amanda is responsible for Expectancy's Certificate in Midwifery Acupuncture and also teaches our massage courses.



Laura Wallbank RM Associate Tutor



Laura is a senior midwife with a particular interest in professional standards, frequently

chairing disciplinary conduct hearings for the Nursing and Midwifery Council and acting as an Expert Witness. Laura is a qualified aromatherapist and maternity acupuncturist and teaches our Advanced Aromatherapy and Post-dates Pregnancy courses.

Professor Ursula James Visiting Lecturer, Clinical Hypnosis

Ursula is the only Professor of Clinical Hypnosis in the UK and is responsible for curriculum development of Expectancy's Clinical Hypnosis courses. She Chair of the Medical School Hypnosis Association and is driving research into the medical applications of clinical hypnosis. Ursula is author of the *Clinical*

Hypnosis Textbook and also presented her own TV series for Channel 5 entitled, 'Sex, Lies and Hypnosis.'



Lorraine Flaherty Visiting Lecturer, Clinical Hypnosis

Lorraine is a hypnotherapist and transformational therapist. Lorraine works with Professor Ursula James at Thames Medical Lectures and teaches Expectancy's Clinical Hypnosis courses. She also teaches hypnosis to medical students and dentists at several universities in the UK. Lorraine spends

much of her time working in the USA and in her busy clinical practices in London.



Dr Harry Chummun FSB PhD BSc (Hons) NT RN Academic Conduct Officer



Harry is a Fellow of the prestigious British Biological Society and Senior Lecturer in physiology at the University of Greenwich, London and an associate lecturer for the Open

University. He has a specific academic discipline in genetics and genomics and helped formulate national genetics competencies for nurses and midwives. He also has a keen interest in the physiological basis of complementary therapies and has worked with Denise on several research studies. Harry has written extensively in international professional journals.

Full academic programmes of study

Our unique Diploma and Certificate programmes

Our signature Diploma / Certificate in Midwifery Complementary Therapies have been running for eleven years; the Certificate in Midwifery Acupuncture is now in its seventh year. Due to overwhelming demand, the 2020-2021 academic year will see a radical overhaul of our professional programmes to enable more midwives to specialise in a therapy of their choice.

The Diploma programme comprises 20 study days taken over one or two academic years; it is open to qualified midwives and student midwives from year 2 of training. Certificate programmes comprise 10 study days taken over one academic year and are open to qualified midwives (students may attend any *one* Certificate programme *except* the Certificate in Midwifery Acupuncture). All our programmes equip midwives for NHS practice or for private practice via our Licensed Consultancy scheme.

Diploma in Midwifery Complementary Therapies programme

Structure of the programme:

A 20-day programme with six compulsory days, three 4-day modules and two top-up days from the Options module, enabling you to design a bespoke programme tailored to your own interests.

Compulsory study days	2020 - 2021
Introduction to programme; introduction to complementary medicine Professional accountability issues ; Implementation of CTs in midwifery	19 th and 20 th September 2020
Introduction to aromatherapy in midwifery practice 2 days (assessed)	17 th and 18 th October 2020
Scientific basis of Complementary Therapies	6 th December 2020
Integration of Complementary Therapies in maternity care	18 th July 2021

Modules – choose THREE 4-day modules plus two top-up days from Options module

See entries for each module in this prospectus – your personal programme dates are confirmed at interview

<p>OPTION 1 Introduction to reflex zone therapy (reflexology) (4 days, assessed)</p>	<p>OPTION 2 Clinical hypnosis for childbirth (4 days, assessed) See end of prospectus for dates</p>
<p>OPTION 3 Advanced manual techniques (choose 4 days, assessed)</p> <ul style="list-style-type: none"> • Introduction to massage 2 days and / or • Advanced aromatherapy 2 days and / or • Advanced reflex zone therapy 2 days <p>If you wish to take all 6 days, the remaining 2 days can be taken as 2 top-up days from the Options module *</p>	<p>OPTION 4 Options module - 4 days (assessed) Plus two top-up days to complete programme</p> <ul style="list-style-type: none"> • Moxibustion for breech (1) • CTs for post-dates pregnancy (1) • Introduction to natural remedies (1 or 2) • Introduction to massage (2) * • Advanced hypnosis (2) • Advanced reflex zone therapy (2) * • Advanced aromatherapy (2) * • Advanced acupuncture (2 days, for graduates of Cert Midwifery Acupuncture)

Certificate in Midwifery Acupuncture Programme

Structure of programme:

Ten study days, taken as five 2-day blocks over five months. It is intended primarily for midwives wanting to establish acupuncture services in private practice or in the NHS. Optional advanced courses are available to those who successfully complete the Certificate programme. Assessments: practical examination, scenario-based essay and reflective diary.

Study days	2020-2021
Introduction to Expectancy, fellow students, your study programme; Introduction to complementary medicine, Professional accountability	19 th and 20 th September 2020
Acupuncture for pregnancy and labour – Forbidden points in pregnancy, pre-birth preparation, induction and acceleration of labour; pain relief in labour; retained placenta	10 th and 11 th October 2020
Acupuncture for musculoskeletal problems in pregnancy – backache, sciatica, pelvic girdle pain, carpal tunnel syndrome, oedema	7 th and 8 th November 2020
Moxibustion for breech presentation Scientific basis of complementary therapies	5 th and 6 th December 2020
Acupuncture for gastrointestinal problems in pregnancy - nausea and vomiting, constipation, haemorrhoids Review of all points; Practical examination; evaluation	9 th and 10 th January 2021

Testimonial

The Certificate in Midwifery Acupuncture is exciting, challenging and thoroughly enjoyable. The teachers are experts in their field and have given me great confidence to bring acupuncture to my NHS work and my future private practice. I would encourage any midwife with an interest to go for it!
Carol Mc Girr, Ballygawley / Co.Tyrone

Advanced courses: you can progress your study of acupuncture with advanced courses on postnatal issues - and we are developing a course on acupuncture for fertility issues.



Certificate in Midwifery Aromatherapy

This programme focuses on aromatherapy and massage applied to midwifery. You'll learn 16 essential oils and full body massage and how to use massage to treat specific discomforts. You'll later explore additional oils, other methods of administering them and consider the evidence-base for aromatherapy. Assessments: essay on aromatherapy safety; portfolio of case reports; reflective diary.

Structure of programme:

Study days	2020-2021
Introduction to Expectancy, fellow students, your study programme; Introduction to complementary medicine, Professional accountability	19 th and 20 th September 2020
Introduction to aromatherapy and massage in midwifery practice	17 th and 18 th October 2020 AND 21 st and 22 nd November 2020
Scientific basis of complementary therapies	6 th December 2020
Advanced aromatherapy	20 th and 21 st March 2021
Plus choose one top-up day: <ul style="list-style-type: none">• Moxibustion for breech presentation 5th December 2020• Introduction to safety of natural remedies in pregnancy 23rd January 2021• Complementary therapies for post-dates pregnancy 27th June 2021	



Certificate in Midwifery Clinical Hypnosis

Learn the principles of clinical hypnosis for pregnancy and labour, including individualised hypnosis treatments in preparation for birth, treatments for anxiety, needle phobia and tokophobia, as well as smoking cessation in pregnancy. This is not “hypnobirthing” but a specific therapeutic clinical technique. Assessments: hypnosis case reports and script; literature review; reflective diary.

Structure of programme:

Study days	2020-2021
Introduction to Expectancy, fellow students, your study programme; Introduction to complementary medicine, Professional accountability	19 th and 20 th September 2020
Introduction to aromatherapy (compulsory introduction to complementary therapies in midwifery)	17 th October 2020
Scientific basis of complementary therapies	6 th December 2020
Clinical hypnosis for pregnancy and birth	10 th and 11 th April 2021 AND 15 th and 16 th May 2021
Advanced hypnosis	19 th and 20 th June 2021



Certificate in Midwifery Reflex Zone Therapy (reflexology)

Reflex zone therapy (RZT) is a specific clinical style of reflexology, developed in Germany by a midwife, Hanne Marquardt, and is used by many midwives in northern Europe. You will learn reflexology basics to perform a general relaxation treatment and specialist techniques for backache, sciatica, carpal tunnel syndrome, constipation, post-dates pregnancy, pain relief in labour, retained placenta, lactation issues and more. Assessments: reflexology case reports; literature review; reflective diary.

Structure of programme:

Study days	2020-2021
Introduction to Expectancy, fellow students, your study programme; Introduction to complementary medicine, Professional accountability	19 th and 20 th September 2020
Introduction to aromatherapy (compulsory introduction to complementary therapies in midwifery)	17 th October 2020
Scientific basis of complementary therapies	6 th December 2020
Introduction to reflexology in midwifery practice	20 th and 21 st February 2021 AND 13 th and 14 th March 2021 OR 17 th and 18 th April 2021 AND 22 nd and 23 rd May 2021
Advanced reflex zone therapy	12 th and 13 th June 2021

Licensed Consultancy for midwives wanting to work in private practice

Join Expectancy's growing team of midwives offering private maternity complementary therapies:

- we provide training on complementary therapies and how to establish and grow your business
- you'll be your own boss, able to plan when and how you work, in a way that suits you
- once you start your business, we provide ongoing business and clinical support
- you'll belong to a supportive network of midwives in private practice

What's included in the Licensed Consultancy scheme?

- your chosen academic and professional programme of study - Diploma or Certificate (s)
- full business training – four online webinars and a 2-day business planning workshop
- “starter pack” of clinical documentation, information leaflets for mothers, posters etc
- entry on the “If you're pregnant” page of Expectancy's website and a link to your own website
- use of the “Endorsed by Expectancy” logo exclusively for our Licensed Consultants
- ongoing online clinical advice and business support
- monthly online “LC Live” problem-solving forum
- closed Facebook page specifically for Expectancy's Licensed Consultants
- annual networking day to meet other Licensed Consultants
- optional clinical supervision relating to your private practice clients
- special discounted rates for accountancy services with one of our partner companies
- 20% discount on any further courses with Expectancy

For more detailed information on this exciting opportunity, please see our specific brochure, available on our website at www.expectancy.co.uk

Diploma / Certificate fees – 2020-2021 academic year:

- Diploma in Midwifery Complementary Therapies £3000 (£2500+ £500 VAT)
- Certificate in Midwifery Acupuncture £1950 (£1625 + £325 VAT)
- Certificate in Midwifery Aromatherapy £1950 (£1625 + £325 VAT)
- Certificate in Midwifery Clinical Hypnosis £1950 (£1625 + £325 VAT)
- Certificate in Midwifery Reflex Zone Therapy (reflexology) £1950 (£1625 + £325 VAT)

Register for any two Certificate programmes in the same academic year: £3000 (£2500 + £500 VAT)

Combine any two Certificate programmes for the same fee as the Diploma in Midwifery Complementary Therapies, a saving of £900. You must register for both programmes at the same time and pay a £600 non-returnable deposit to secure your place for each programme. You attend the compulsory introductory days and the science study days in your first Certificate, so these will be replaced in your second programme with two option days plus the final Diploma day.

Licensed Consultancy fees (including Diploma / Certificate):

- Registration fee – Diploma (or two Certificate programmes): £4500 (£3750 + VAT)
- Registration fee – one Certificate programme: £3750 (£3125 + VAT)

Once you complete your initial academic and business training programme, there is a monthly £30 administration fee (£25 plus VAT), with a minimum registration period of two years

Payments:

For all long programmes (Diploma / Certificate) and the Licensed Consultancy, a £500 + VAT (£600) non-returnable deposit is required to secure your place, payable immediately after interview, plus monthly instalments from the start of your studies.

Short courses and study days

Introduction to Aromatherapy in Midwifery two-day course

- Suitable for midwives and student midwives
- Not suitable for private practice unless taken as part of one of our longer programmes
- *This course is not, under any circumstances, appropriate for cascade training to colleagues*
- The course can also be delivered in your own maternity unit or university

Learning outcomes: by the end of this course you will be able to:

- Apply knowledge and skills of aromatherapy safely and appropriately to help women cope with physiological and psycho-emotional discomforts in pregnancy, labour and puerperium
- Evaluate the risks, complications and side-effects of inappropriate use of aromatherapy, and rationalise aromatherapy treatment of pregnant, childbearing and postpartum mothers.
- Justify the use of aromatherapy in maternity care in light of contemporary research evidence and authoritative discourse on the subject, in order to act as the mother's advocate
- Work within parameters of safe clinical practice, through an understanding of the professional, legal and health and safety issues relating to aromatherapy in midwifery

Content:

- Principles, practice and safety of aromatherapy in pregnancy and birth
- Basic massage techniques for aromatherapy practice
- Other methods of administering essential oils
- Implementation of aromatherapy in midwifery practice
- Professional, ethico-legal, health and safety issues

A two-day **Advanced Aromatherapy course** is also available to midwives who successfully complete the introductory course and who have gained experience of using aromatherapy in midwifery practice. If you have studied aromatherapy elsewhere, you will first need to complete Expectancy's 2-day Introduction to Aromatherapy course including the assessment before attending this course.

Aromatherapy and acupressure for post-dates pregnancy 3-day course

- Suitable for midwives and student midwives from year 2 of training
- Assessment: The aromatherapy days are assessed. Certificate awarded after all three days
- This course is not suitable for private practice unless taken as part of a longer programme
- *It is not, under any circumstances, appropriate for cascade training to colleagues*
- This course can be delivered in your own maternity unit or university and condensed to a two-day course for those specifically intending to set up a post-dates pregnancy clinic

Learning outcomes: by the end of this course you will be able to:

- Apply knowledge and skills of aromatherapy safely and appropriately in pregnancy and use aromatherapy and acupressure for women with post-dates pregnancy
- Rationalise the use of, and evaluate the risks, complications and side-effects of inappropriate use of aromatherapy, acupressure and other complementary therapies and natural remedies for post-dates pregnancy
- Work within parameters of safe practice, through an understanding of the professional, legal and health and safety issues relating to aromatherapy and acupressure in midwifery

Content:

- Principles, practice and safety of aromatherapy in pregnancy and birth
- Basic massage techniques for aromatherapy practice
- Aromatherapy and acupressure for post-dates pregnancy
- Setting up a post-dates pregnancy clinic
- Professional, ethico-legal, health and safety issues

Clinical hypnosis for pregnancy four-day course

- Suitable for midwives, student midwives and doulas
- NB This is not a “hypnobirthing” course but focuses on specific hypnotherapeutic techniques. It is not suitable for private practice unless part of our longer programmes
- *The course is not, under any circumstances, appropriate for cascade training to colleagues*

HEALTH ISSUES: The course involves considerable practical hypnosis work in which you are expected to participate. It may not be appropriate to undergo clinical hypnosis if you have any serious mental health issues or have suffered major emotional upheaval eg bereavement, in the past year. If you are unsure if you should attend at this time, please request a confidential discussion with the course tutor.

Learning outcomes: by the end of this course you will be able to:

- Apply appropriate hypnosis protocols (treatments) safely and effectively, rationalising the benefits and possible problems associated with the use of clinical hypnosis for expectant, labouring or newly birthed mothers, within the context of your specific clinical setting
- Justify your use of clinical hypnosis for childbearing women, based on currently available research evidence and authoritative texts, where necessary applying general principles to the specific issues pertinent to maternity care
- Demonstrate an ability to work within the parameters of safe clinical practice, through an understanding of the professional, legal, ethical and health and safety issues pertaining to the use of clinical hypnosis within maternity care

Content:

- Indications, precautions, contraindications to hypnosis
- Teaching self-administration of hypnosis relaxation techniques
- Using clinical hypnotherapy techniques for birth
- Professional, practical, legal, ethical and health and safety issues
- Evidence-base for clinical hypnotherapy techniques in general & maternity care in particular

A two-day **Advanced Hypnosis course** is also available to midwives who have successfully completed the introductory course, covering hypnosis for needle phobia, tocophobia and smoking cessation. If you have studied hypnosis / “hypnobirthing” elsewhere, you will need to complete Expectancy’s Clinical Hypnosis course first before attending the advanced course.

Introduction to Massage in Pregnancy two-day course

- Suitable for midwives, student midwives, maternity support workers, doulas
- Not suitable for private practice unless taken as part of one of our longer programmes
- The course can also be delivered in your own maternity unit or university

Learning outcomes: by the end of this course you will be able to:

- Apply knowledge and skills of massage safely and appropriately to help women cope with physiological and psycho-emotional discomforts in pregnancy, labour and puerperium
- Evaluate the risks, complications and side-effects of inappropriate use of massage, and rationalise the use of massage for pregnant, childbearing and postpartum mothers.
- Work within parameters of safe clinical practice, through an understanding of the professional, legal and health and safety issues relating to massage in maternity care

Content:

- Principles and practice of massage
- Indications, contraindications and precautions to massage in pregnancy
- Full body massage
- Using massage techniques for specific conditions eg oedema, backache, labour pain, carpal tunnel syndrome, anxiety and stress – theory and practice
- Professional, ethico-legal, health and safety issues

Introduction to reflex zone therapy (reflexology) in midwifery 4-day course

- Suitable for midwives and student midwives from year 3 of training
- Not suitable for private practice unless taken as part of one of our longer programmes
- *This course is not, under any circumstances, appropriate for cascade training to colleagues*
- The course can also be delivered in your own maternity unit or university

Learning outcomes: by the end of this course you will be able to:

- Apply your knowledge and skills of reflexology safely and appropriately to offer women a complete reflexology relaxation treatment during pregnancy, labour or the puerperium
- Evaluate possible risks, complications and side-effects of inappropriate use of reflexology in pregnancy, birth or postnatally
- Work within the parameters of safe practice, through an understanding of the professional, legal, ethical and health and safety issues relating to use of reflexology in maternity care

Content:

- Introduction to reflexology / reflex zone therapy
- Indications, contraindications and precautions
- Reflex zone point location and practice
- Reflexology relaxation treatment
- Introduction to the application to pregnancy and childbirth
- Professional, legal and ethical considerations

A two-day **Advanced reflex zone therapy course** is also available to midwives who successfully complete the introductory course, and who have gained experience of using reflex zone therapy in midwifery practice. If you have studied generic reflexology elsewhere, you will need to complete Expectancy's 4-day Introduction to Reflexology course including the assessment before attending the advanced course.

Moxibustion for breech presentation study day

- Suitable for midwives and student midwives, doulas and antenatal teachers
- Assessment: There is no assessment for this day unless you are completing it as part of a module on one of our long programmes of study. A certificate of attendance is awarded
- *It is not, under any circumstances, appropriate for cascade training to colleagues*
- Indemnity insurance for private practice: only when taken as part of Diploma / Certificate; midwives may *advise / teach* parents how to self-administer moxibustion. Indemnity insurance to *perform* moxibustion is only available to fully qualified acupuncturists.
- This course can also be delivered in your own maternity unit or university

Learning outcomes: by the end of this study day you will be able to:

- Educate and advise women on the suitability and practicalities of using moxibustion
- Rationalise the safe and appropriate use of moxibustion in light of available evidence
- Advise women on other possible means of converting a breech to cephalic presentation
- Consider the professional issues when incorporating moxibustion into midwifery care

Content:

- Mechanism of action, contraindications and precautions
- Evidence-base for moxibustion
- Implementation in midwifery practice
- Introduction to other complementary therapies for breech presentation

Introduction to natural remedies in pregnancy study day

- Suitable for midwives, student midwives, doulas
- A certificate of attendance is awarded.
- This study day is not suitable for private practice unless part of our longer programmes
- *It is not, under any circumstances, appropriate for cascade training to colleagues*

Learning outcomes: by the end of this course you will be able to:

- rationalise the advice you give to women through an understanding of the different mechanisms of action, the indications, precautions, contraindications and potential adverse effects of popularly used herbal and homeopathic remedies
- review critically the available contemporary research evidence on the safety and effectiveness of natural remedies in order to advise women appropriately
- act in accordance with the professional, legal, ethical and safety issues related to offering advice to pregnant, labouring and newly-birther mothers on the use of natural remedies
- advise women on safe use of herbal, homeopathic and Bach flower remedies for self-administration (you will not be legally qualified to prescribe and dispense the remedies)

Content:

- Introduction to herbs, homeopathy, Bach flower remedies
- Mechanisms of action, indications, contraindications and precautions, adverse reactions
- Popular remedies used by women in pregnancy and birth eg raspberry leaf, arnica, ginger
- Homeopathy in pregnancy and childbirth (day 2)

An additional day on **Homeopathy in Pregnancy** is available immediately following the introductory day, with more in-depth coverage of homeopathic principles and uses in pregnancy.

Courses delivered in your own maternity unit or university

Expectancy can provide a variety of courses on your own premises, in the UK or overseas, including:

- Introduction to aromatherapy in midwifery practice (2 days)
- Aromatherapy and acupuncture for post-dates pregnancy (2 or 3 days)
- Moxibustion for breech presentation (1 day)
- Introduction to complementary therapies in midwifery study day for universities
- Foundation Certificate in Midwifery Complementary Therapies (5 days)
- Bespoke courses to meet your specific needs

For more information, please see our specific brochure, available on our website at

www.expectancy.co.uk

Applying for our long programmes, short courses, study days

We are now taking applications for the 2020-2021 academic year. Please contact info@expectancy.co.uk for more information and an application form.

If you are applying for one of the long programmes or for the Licensed Consultancy, there is a selection interview by Zoom – places are allocated to midwives who can demonstrate that they will be able to cope with the rigours of a professional and academic (level 6) programme alongside existing clinical and personal commitments. Once you have been accepted, we require immediate payment of the non-returnable deposit to secure your place. The balance of fees is payable in instalments, usually commencing at the start of your programme.

If you are applying for a short course or single study day, there is no selection process. Places are allocated subject to availability. You will be invoiced for immediate payment in full. Should you decide to progress to one of our long programmes of study in the next academic year, you may carry forward a maximum of four days, subject to relevance to your chosen specialism and successful completion of any required assignments.

Dates and Fees for Short courses and Study days

Fees for all short courses and study days are payable in full on application

Course / study day	Dates 2020-2021
Introduction to aromatherapy in midwifery FEES: £132 incl VAT (special discounted price)	<ul style="list-style-type: none"> • 17th and 18th October 2020 OR • 16th and 17th January 2021 OR • 5th and 6th June 2021
Aromatherapy and acupuncture for post-dates pregnancy course (3 days, assessed) FEES: £324 incl VAT	<ul style="list-style-type: none"> • 17th and 18th October 2020 and 30th January 2021 • 16th and 17th January & 30th January OR 27th June 2021 • 5th and 6th June and 27th June 2021
Introduction to massage in pregnancy (2 days) FEES: £384 incl VAT	<ul style="list-style-type: none"> • 21st and 22nd November 2020 OR • 6th and 7th March 2021
Advanced aromatherapy (2 days) FEES: £384 incl VAT	<ul style="list-style-type: none"> • 20th and 21st March 2021
Introduction to reflex zone therapy (reflexology) in midwifery (4 days, assessed) FEES: £768 incl VAT	<ul style="list-style-type: none"> • 20th and 21st February and 13th and 14th March 2021 • OR 17th and 18th April and 22nd and 23rd May 2021
Advanced reflex zone therapy (2 days) FEES: £384 incl VAT	<ul style="list-style-type: none"> • 12th and 13th June 2021
Clinical hypnosis for pregnancy (4 days, assessed) FEES: £768 incl VAT	<ul style="list-style-type: none"> • 10th and 11th April and 15th and 16th May 2021
Advanced hypnosis (2 days) FEES: £384 incl VAT	<ul style="list-style-type: none"> • 19th and 20th June 2021
Moxibustion for breech presentation day FEES: £192 incl VAT	<ul style="list-style-type: none"> • 5th December 2020 OR • 26th June 2021
Introduction to natural remedies (1 day) FEES: £192 incl VAT	<ul style="list-style-type: none"> • 23rd January 2021
Introduction to natural remedies with homeopathy (2 days) FEES: £384 incl VAT	<ul style="list-style-type: none"> • 23rd and 24th January 2021

Frequently asked questions on studying with Expectancy

Do I have to be a currently practising midwife to attend the courses? Our Diploma and Certificate programmes are for midwives and student midwives only and you must be a qualified midwife for our acupuncture programme.

How do I apply for a course? Email info@expectancy.co.uk. Our academic year runs from September to July. We process applications for our long programmes from January to commence in September. You can apply at any time for a short course or single study day.

How do I pay for a course? You must pay in full for your application for single study days and short courses. For our long programmes we require a £600 non-returnable deposit, the balance is payable in instalments. All payments must be made by bank transfer.

Where are the courses held and what time do the study days start and finish? Our courses are held at 170 Pitfield Street, Shoreditch, London N1 6JH, near Old Street tube station. There is limited parking in the area (payable). All scheduled study days are held at weekends, starting at 0900 to 1630 hours.

Can I use the study days towards NMC revalidation and continuing professional development? Yes. All our courses can be used for NMC revalidation and are accredited by the RCM and/or Federation of Antenatal Educators for professional development.

Will I be able to “cascade train” my colleagues after completing the course? No. Our courses focus on helping you to use selected aspects of different therapies in the clinical setting of maternity care and the parameters set by the NMC Code (2018). You will not be fully qualified in the therapy, and certainly not approved - nor insured - by the therapy’s regulatory body to teach the subject.

Can I get indemnity insurance cover for private practice after the course? Midwives who complete the Diploma in Midwifery Complementary Therapies or one of our Certificate programmes can obtain professional indemnity insurance for private practice from the Federation of Antenatal Educators (FEDANT). It is not possible for those who complete a short course to obtain insurance from FEDANT.

**Book your place now:
contact us on info@expectancy.co.uk**

www.expectancy.co.uk / 08452 301 323 / info@expectancy.co.uk

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Natural therapies for natural births

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