



Complementary Therapies in Pregnancy and Childbirth

Accredited Professional Courses and Study Days

Prospectus - Academic Year 2012-2013



www.expectancy.co.uk / 08452 301 323

Expectancy is the leading provider of a unique range of accredited professional courses and study days on complementary therapies in pregnancy and childbirth, and the definitive source of information and advice for parents and professionals.

Safety, professional accountability and evidence-based practice are fundamental to our philosophy. Our innovative, trail-blazing courses are professionally and academically accredited and have contributed to increased awareness of safety issues when using complementary therapies and natural remedies in maternity care.

For midwives, all our courses comply with Nursing and Midwifery Council requirements for safe practice. They are accredited by the Royal College of Midwives and Federation of Antenatal Educators (FEDANT). Some courses are also academically credit-rated by the University of Greenwich, London.

For those intending to become midwives, our unique *Preparation for Midwifery* programme is now in its second year. Many of our courses are also suitable for **maternity support workers, antenatal educators and doulas**.

For complementary therapists, courses on preconception, fertility, pregnancy, birth and postnatal care offer possible career pathway options for those wishing to focus on working with this client group. We can tailor-make programmes of study to suit individual needs.

Our scheduled courses are held in various venues around the UK and we can provide bespoke in-house courses in the UK and overseas by negotiation.

Expectancy provides in-house education for maternity units incorporating complementary therapies into midwifery care, and for universities wishing to include the subject in pre-registration midwifery, as well as study days on maternity issues for complementary therapy schools.

Our Educational Director, Denise Tiran, a midwifery lecturer, complementary practitioner and respected author, is an international expert on the safety of complementary therapies in pregnancy. Our tutors are experienced midwifery lecturers who use complementary therapies in their clinical practice, or university lecturers from other health professions, specialising in related subjects such as physiology, pharmacology, psychology and research. All lecturers hold post-graduate qualifications (Bachelors, Masters or PhD) in their specialist subjects and are qualified to teach adult learners.

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AROMATHERAPY, REFLEXOLOGY AND MASSAGE

Diploma in Midwifery Complementary Therapies (Bodywork)

This 20 day programme offers midwives the opportunity to develop the knowledge and skills of aromatherapy, massage and reflexology, specifically applied to midwifery practice. It incorporates an exploration of the process of implementing complementary therapies into midwifery and focuses on safety, accountability and evidence-based practice. It is accredited by the Royal College of Midwives and the Federation of Antenatal Educators. The programme is taught and assessed at academic level 6, and can be used as Accreditation of Prior Experiential Learning (APEL) towards a degree you may be undertaking. There are several core (compulsory) study days and designated route-specific study days plus some option study days, with 4 assessments to be completed. Midwives may take up to two years to complete their studies. The programme is open to midwives only – student midwives may register from their second year of training but may not undertake the reflexology module until they are in their third year of training.

Core (compulsory) study days (5)		
Induction	22 nd September 2012	SLOUGH
Aromatherapy day 1	23 rd September 2012	SLOUGH
Stress day 1	17 th November 2012	SLOUGH
Nutrition	9 th December 2012	SLOUGH
Final integration day	21 st July 2013 if all other study days completed	SLOUGH
Route specific study days (compulsory) (9)		
Aromatherapy days 2 and 3	27 th and 28 th October 2012	SLOUGH
Reflexology	12 th & 13 th January and 16 th & 17 th February 2013	SLOUGH
Advanced RZT	8 th and 9 th June 2013	SLOUGH
Massage	10 th November 2012 OR 11 th May 2013	LONDON LONDON
Option study days – choose 6		
Bach flower remedies Level 1 (2 days)	April 20 th and 21 st 2013	SLOUGH
Bach flower remedies Level 2 (2 days)	May 18 th and 19 th 2013	SLOUGH

Clinical hypnosis for childbirth (4 days)	March 16 th and 17 th and April 27 th and 28 th	LONDON
Herbs and homeopathy in pregnancy (2 days)	March 9 th and 10 th 2013	SLOUGH
Homeopathy in maternity care part 2 (2 days)	June 15 th and 16 th 2013	SLOUGH
Reiki for pregnancy and childbirth (2 days)	June 1 st and 2 nd 2013	SLOUGH
Business training day for midwives (1 day)	February 2 nd 2013 OR July 20 th 2013	SLOUGH SLOUGH
Moxibustion for breech presentation	November 11 th 2012 OR March 24 th 2013	LONDON MAIDSTONE
Nausea and vomiting in pregnancy	June 23 rd 2013	LONDON
Post-dates pregnancy	February 3 rd 2013	SLOUGH
Stress days 2 and 3	November 18 th and December 8 th 2013	SLOUGH

<p>FULL FEES - Payment by debit or credit card; invoiced payments, NHS trust payments £2667</p> <p>Payment by installments - £100 non-returnable deposit with application; one payment of £365 prior to commencement, then six payments of £367 from 1st October 2012 to 1st March 2013</p>	<p>DISCOUNTS - Payment in full with application by bank transfer only (please use your surname as the reference when paying). If we do not receive your payment within 3 working days of your application form full fees will be payable and you will be invoiced for the outstanding amount. £1999</p> <p>Group of three or more, bookings received together with payment in single transaction £1799 per person</p> <p>Student midwives (proof of student status required) £1500</p>
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Diploma in Midwifery Reflex Zone Therapy (reflexology)

Reflex zone therapy (RZT) is based on similar principles to reflexology but takes a more clinical, scientific and academic approach, the foot charts and techniques used differing from general reflexology. The programme is open to all midwives, whether or not you have any previous knowledge of reflexology. Midwives with a qualification in reflexology may find that the course challenges their previously-held ideas. The main focus of the programme is to facilitate midwives to apply basic reflex zone therapy principles safely to their care of pregnant, labouring and newly-born mothers and emphasises professional accountability and the process of implementing the therapy into midwifery. The reflex zone therapy part of this programme is taught by Expectancy's Educational Director, Denise Tiran, an internationally-renowned expert in midwifery

complementary medicine, a reflex zone therapist with 24 years' experience, author of *Reflexology in Pregnancy and Childbirth* (2010) and co-editor of *Clinical Reflexology* (2nd edition 2010). She is assisted by Noush Lucas Howells, an experienced reflexologist and bodywork therapist and by Charlotte Kenyon, a midwifery lecturer and reflex zone therapist.

The programme consists of ten taught study days, plus on-going case study work and home study equivalent to a further 75 hours (10 days), taken over one or two academic years. Individual modules are accredited by the Royal College of Midwives for continuing professional development purposes. The programme is taught and assessed at academic level 6, and may be used as Accreditation of Prior Experiential Learning (APEL) towards a degree you may be undertaking. The 2-day induction period, shared with midwives on other programmes, introduces the use of complementary therapies in pregnancy and some of the common questions asked by mothers. We explore touch and massage in midwifery, including an introduction to foot massage (NB this is day 1 of the *Aromatherapy in Maternity Care* course). Students then undertake the 4 day *Reflexology Techniques for Midwifery Practice* basic course followed by the *Advanced Reflexology* course. Students also choose two option study days.

The basic reflex zone therapy (RZT) module enables midwives to develop skills in using specific techniques for clinical practice, including treatment of physiological symptoms in pregnancy, eg backache, carpal tunnel syndrome, nausea and vomiting; normalising birth, aiding pain relief and progress in labour eg induction / acceleration when appropriate, retained placenta; helping women to recover from birth and adapt to motherhood eg retention of urine, lactation issues, etc. The advanced module further explores RZT to deepen midwives' knowledge, understanding and skill in using specific techniques for particular conditions in pregnancy, labour and the puerperium. It also introduces the concept of structural RZT, in which the foot reflex zones are used as a medium to apply osteopathic principles, for greater effectiveness when treating pregnant and childbearing women.

Core (compulsory) study days (8)		
Induction	22 nd September 2012	SLOUGH
Aromatherapy day 1	23 rd September 2012	SLOUGH
Reflexology techniques	12 th and 13 th January and 16 th and 17 th February 2013	SLOUGH
Reflex zone therapy, advanced	8 th and 9 th June 2013	SLOUGH
Plus self-directed time for practice and case studies equivalent to 75 hours (ten study days)		

Option study days – choose 2		
Aromatherapy days 2 and 3	October and 28 th 2012 OR February 24 th and March 23 rd 2013	SLOUGH MAIDSTONE
Business training day	February 2 nd 2013 OR July 20 th 2013	SLOUGH SLOUGH

Herbs & homeopathy (2 days)	March 9 th and 10 th 2013	SLOUGH
Massage in pregnancy	November 10 th 2012 OR May 11 th 2013	LONDON LONDON
Moxibustion for breech presentation	November 11 th 2012 OR March 24 th 2013	LONDON MAIDSTONE
Nausea and vomiting in pregnancy	June 23 rd 2013	LONDON
Post-dates pregnancy	February 3 rd 2013	SLOUGH
Stress day 1	November 17 th 2012	SLOUGH

<p>FULL FEES - Payment by debit or credit card; invoiced payments, NHS trust payments £1850</p> <p>Payment by installments - £100 non-returnable deposit with application; one payment of £550 prior to commencement, then six payments of £200 from 1st October 2012 to 1st March 2013</p>	<p>DISCOUNTS - Payment in full with application by bank transfer only (please use your surname as the reference when paying). If we do not receive your payment within 3 working days of your application form full fees will be payable and you will be invoiced for the outstanding amount. £1400</p>
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Diploma in Clinical Reflexology in Pregnancy and Childbirth for reflexologists

This programme is for reflexologists wishing to focus on working with women during pregnancy, in labour and postnatally. The 15-day part-time programme takes a *reflex zone therapy* (RZT) approach, focusing on applying in-depth understanding of anatomy, physiology and the conventional maternity services to care of clients, both in private practice and in collaboration with the NHS. The programme is taught by Denise Tiran, a midwife, reflex zone therapist, author of *Reflexology in Pregnancy and Childbirth* (2010) and co-editor of *Clinical Reflexology* (2nd edition 2010), and by Maggie Evans, also a midwife, reflexologist and co-author of the *Oxford Handbook of Midwifery* (2008). The *Diploma in Clinical Reflexology for Pregnancy* is *distinctly different* from other maternity reflexology courses you may have considered. Its no-nonsense, academic and scientific approach focuses on working clinically with women booked for NHS births, emphasises safety and professional accountability and explores the scientific elements of reflexology, including the evidence-base to support practice. It may challenge some of your previous ideas and knowledge about reflexology in general and specifically in relation to pregnant clients. It is designed to prepare you to defend reflexology in a scientific manner to midwives, doctors and other professionals who may be sceptical about the therapy.

Following an *induction day* and a day on fertility, conception and infertility, you attend the two day theoretical *Caring for Pregnant Clients: issues for complementary therapists* module, shared with students on other programmes. This module, which is accredited by the Federation of Holistic Therapists for continuing professional development, provides the underpinning knowledge required to work in this specialist clinical field. It includes anatomy, physiology and care during pregnancy and an understanding of the roles and responsibilities of midwives and other maternity professionals and of therapists working with this client group. Two further two-day modules on *Accompanying Women in Childbirth* and *Supporting Mothers with New*

Babies complete the maternity-specific elements of the programme. The five day *Reflex Zone Therapy module*, which is intertwined with the maternity-specific modules, enables you to explore in-depth the ways in which RZT techniques can be used in clinical practice to treat various conditions in pregnancy and childbirth. Students may also choose one option study day from a designated list. A *final study day*, shared with students on other programmes, includes project presentations and evaluation of the programme

Core (compulsory) study days (5)		Venue - LONDON
Induction; Fertility, conception and infertility	13 th and 14 th October 2012	
Caring for Pregnant Clients: issues for complementary therapists	1 st and 2 nd December 2012	
Accompanying Women during Childbirth (2 days)	19 th and 20 th January 2013	
Supporting Mothers with New Babies (2 days)	2 nd and 3 rd March 2013	
Clinical reflex zone therapy (5 days)	9 th and 10 th February 2013; 13 th and 14 th April 2013; 13 th July 2013	
Final study day	14 th July 2013	

Option study days – choose 2		
Nausea and vomiting in pregnancy	June 23 rd 2013	LONDON
Post-dates pregnancy	February 3 rd 2013	SLOUGH
Stress in pregnancy	November 17 th 2012	SLOUGH
Nutrition in pregnancy	December 9 th 2012	SLOUGH
Massage in pregnancy	November 10 th 2012	LONDON
Moxibustion for breech	November 11 th 2012	LONDON
EXTRA DAYS FROM THIS LIST £50 EACH		

<p>FULL FEES - Payment by debit or credit card; invoiced payments, NHS trust payments £1500</p> <p>Payment by installments - £100 non-returnable deposit with application; one payment of £200 prior to commencement, then six payments of £200 from 1st October 2012 to 1st March 2013</p>	<p>DISCOUNTS - Payment in full with application by bank transfer only (please use your surname as the reference when paying). If we do not receive your payment within 3 working days of your application form full fees will be payable and you will be invoiced for the outstanding amount. £1100</p>
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Certificate in Midwifery Complementary Therapies

This 10 day programme is a combination of some of our most popular courses, offering midwives a more cost effective option than booking each course separately. It is accredited by the Royal College of Midwives and the Federation of Antenatal Educators. The programme is taught and assessed at academic level 6, and can be used as Accreditation of Prior Experiential Learning (APEL) towards a degree you may be undertaking. There are two assessments to be completed and the programme is usually completed within one academic year. The programme is open to midwives only – student midwives may register from their second year of training. Midwives also have the option to upgrade to the full Diploma in Midwifery Complementary Therapies but may not commence the reflexology module until their third year of training.

Core (compulsory) study days (8)		
Induction	22 nd September 2012	SLOUGH
Aromatherapy in maternity care	23 rd September and 27 th and 28 th October 2012 OR 23 rd and 24 th February and 23 rd March 2013	SLOUGH MAIDSTONE
Reflexology techniques for midwifery practice	12 th and 13 th January and 16 th and 17 th February 2013	SLOUGH

Option study days – choose 2		
Herbs and homeopathy (2 days)	March 9 th and 10 th 2013	SLOUGH
Massage for pregnancy	10 th November 2012 OR 11 th May 2013	LONDON LONDON
Moxibustion and other alternatives for breech presentation	November 11 th 2012 OR March 24 th 2013	LONDON MAIDSTONE
Nausea and vomiting in pregnancy	June 23 rd 2013	LONDON
Nutrition in pregnancy	December 9 th 2012	SLOUGH
Post-dates pregnancy	February 3 rd 2013	SLOUGH

<p>FULL FEES - Payment by debit or credit card; invoiced payments, NHS trust payments £1337</p> <p>Payment by installments - £147 non-returnable deposit with application; one payment of £170 prior to commencement, then six payments of £170 from 1st October 2012 to 1st March 2013</p>	<p>DISCOUNTS - Payment in full with application by bank transfer only (please use your surname as the reference when paying). If we do not receive your payment within 3 working days of your application form full fees will be payable and you will be invoiced for the outstanding amount. £1100</p> <p>Student midwives (proof of student status required) £999</p>
<p>“TOP UP” TO DIPLOMA IN MIDWIFERY COMPLEMENTARY THERAPIES (Bodywork) £1700</p>	

Aromatherapy and Massage short courses

Aromatherapy in Maternity Care course

This three day course aims to prepare participants to develop the relevant knowledge and skills to use selected essential oils and basic massage skills safely and appropriately for pregnant, labouring and newly-born women. It also covers the process of implementing aromatherapy within the maternity services, including relevant professional, legal and ethical issues. The course is accredited by the Royal College of Midwives and the Federation of Antenatal Educators. Midwives requiring academic credit towards a degree may be able to use the course as accreditation of prior experiential learning (APEL) towards a degree they may be studying. The course can also be delivered in-house for midwives wishing to implement aromatherapy into the maternity unit. This course is suitable for: Midwives; student midwives; antenatal educators, maternity support workers, doulas; aromatherapists who have completed the *Caring for Pregnant Clients* course; students undertaking the *Certificate in Maternity Complementary Therapies*, *Diploma in Clinical Reflexology for Pregnancy* or *Maternity Support* programmes. Midwives with a particular interest in aromatherapy and massage may wish to consider the Diploma in Midwifery Complementary Therapies (Bodywork).

Massage Techniques for Pregnancy study day

This practical study day is primarily for midwives and student midwives who have completed Expectancy's *Aromatherapy in Maternity Care* course but who wish to develop their massage skills further, including full body massage in pregnancy. It may also suit those wishing to use massage and touch more formally in their work with pregnant and labouring mothers, including maternity support workers, doulas and antenatal teachers. Students who are undertaking Expectancy's *Certificate in Maternity Complementary Therapies*, *Diploma in Clinical Reflexology for Pregnancy* or *Maternity Support* programmes may also attend this day, which is accredited by the Royal College of Midwives and the Federation of Antenatal Educators. NB it is not suitable for qualified massage therapists, who are directed to Expectancy's *Caring for Pregnant Clients: issues for complementary therapists* course

Aromatherapy in Maternity Care course	September 23 rd and October 27 th and 28 th 2012	SLOUGH
Aromatherapy in Maternity Care course	February 23 rd and 24 th and March 23 rd 2013	MAIDSTONE
Massage techniques for Pregnancy study day	November 10 th 2012	LONDON
Massage techniques for Pregnancy study day	May 11 th 2013	LONDON

Aromatherapy in maternity care course

FULL FEES - Payment by debit or credit card; invoiced payments, NHS trust payments **£660**
Payment by installments: NO

DISCOUNTS - Payment in full with application by bank transfer only (please use your surname as the reference when paying). If we do not receive your payment within 3 working days of your application form full fees will be payable and you will be invoiced for the outstanding amount. **£495**

Massage techniques for pregnancy study day £165
Discounted fees for payment in full with application £145

Payment by installments: NO

Book both the Aromatherapy course and Massage study day together, and pay in full with application by direct bank transfer or cheque only **£575**

Reflexology short courses for midwives

Reflexology Techniques for Midwives

This *very intensive* 4-day course aims to prepare midwives to develop the relevant knowledge and skills to use selected reflexology techniques safely and appropriately during pregnancy, birth and postnatally. The course takes a *reflex zone therapy* (RZT) approach enabling midwives to learn specific techniques for clinical practice based on an understanding of, and application to, reproductive physiology. Midwives will consider RZT for physiological symptoms in pregnancy, eg backache, carpal tunnel syndrome, normalising birth, aiding pain relief and progress in labour eg induction, retained placenta, helping recovery from birth and adaptation to motherhood eg retention of urine, lactation issues. The course is accredited by the Royal College of Midwives and the Federation of Antenatal Educators. Midwives requiring academic credit towards a degree may be able to use the course as accreditation of prior experiential learning (APEL) towards a degree they may be studying. The course can also be delivered in-house for midwives wishing to implement reflexology (reflex zone therapy) into the maternity unit. This course is suitable for: Midwives and third year student midwives only. On completion, midwives may progress to the advanced reflexology course; those with a particular interest in this fascinating therapy may wish to consider the *Diploma in Midwifery Reflex Zone Therapy (reflexology)*.

January 12th and 13th and February 16th and 17th 2013

SLOUGH

FULL FEES - Payment by debit or credit card; invoiced payments, NHS trust payments **£750**

Payment by installments: £100 non-returnable deposit with application; one payment of £250 prior to commencement; balance of £400 payable before study second block

DISCOUNTS - Payment in full with application by bank transfer only (please use your surname as the reference when paying). If we do not receive your payment within 3 working days of your application form full fees will be payable and you will be invoiced for the outstanding amount. **£562**

Group of three or more, bookings received together with payment in single transaction **£506 per person**

For in-house courses contact 08452 301 323 / info@expectancy.co.uk

HERBS, HOMEOPATHY AND BACH FLOWER REMEDIES

Diploma in Midwifery Complementary Therapies (Natural Remedies)

This 20 day programme offers midwives the opportunity to develop a working knowledge and the relevant skills to advise women on herbal medicine, homeopathy and Bach flower remedies, specifically applied to pregnancy and childbirth. It incorporates an exploration of the process of implementing complementary therapies into midwifery and focuses on safety, accountability and evidence-based practice. The programme is accredited by the Royal College of Midwives and the Federation of Antenatal Educators. It is taught and assessed at academic level 6, and can be used as Accreditation of Prior Experiential Learning (APEL) towards a degree you may be undertaking. There are several core (compulsory) study days and designated route-specific study days plus some option study days, with 4 assessments to be completed. Midwives may take up to two years to complete their studies. The programme is open to midwives only – student midwives may register from their second year of training.

Core (compulsory) study days (5)		
Induction	22 nd September 2012	SLOUGH
Aromatherapy day 1	23 rd September 2012 OR February 23 rd 2013	SLOUGH MAIDSTONE
Stress day 1	17 th November 2012	SLOUGH
Nutrition	9 th December 2012	SLOUGH
Final integration day	21 st July 2013 if all other study days completed	SLOUGH

Route specific study days (compulsory) (8)		
Bach flower remedies Level 1 and Level 2	April 20 th and 21 st 2013 AND May 18 th and 19 th 2013	SLOUGH
Herbs and homeopathy in pregnancy	March 9 th and 10 th 2013	SLOUGH
Homeopathy part 2	15 th and 16 th June 2013	SLOUGH
Option study days – choose 7		
Aromatherapy days 2 and 3 (2 days)	October 27 th and 28 th 2012 OR February 24 th and March 23 rd 2013	SLOUGH MAIDSTONE
Clinical hypnosis (4 days)	March 16 th & 17 th and April 27 th & 28 th 2013	LONDON

Reflexology techniques for midwives (4 days)	January 12 th and 13 th and February 16 th and 17 th 2013	SLOUGH
Reiki (2 days)	June 1 st and 2 nd 2013	LONDON
Stress days 2 & 3	November 18 th and December 8 th 2012	SLOUGH
Business day for midwives	February 2 nd 2013 OR July 20 th 2013	SLOUGH SLOUGH
Massage in pregnancy	November 10 th 2012 OR May 11 th 2013	LONDON LONDON
Moxibustion for breech presentation	November 11 th 2012 OR March 24 th 2013	LONDON MAIDSTONE
Nausea and vomiting in pregnancy	June 23 rd 2013	LONDON
Post-dates pregnancy	February 3 rd 2013	SLOUGH

<p>FULL FEES - Payment by debit or credit card; invoiced payments, NHS trust payments £2667</p> <p>Payment by installments - £100 non-returnable deposit with application; one payment of £365 prior to commencement, then six payments of £367 from 1st October 2012 to 1st March 2013</p>	<p>DISCOUNTS - Payment in full with application by bank transfer only (please use your surname as the reference when paying). If we do not receive your payment within 3 working days of your application form full fees will be payable and you will be invoiced for the outstanding amount. £1999</p> <p>Group of three or more, bookings received together with payment in single transaction £1799 per person</p> <p>Student midwives (proof of student status required) £1500</p>
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Bach flower remedies short courses

Bach flower remedies are plant-based remedies thought to influence emotional health and wellbeing. These courses are suitable for: Midwives; student midwives; antenatal educators, maternity support workers; doulas; complementary therapists. They are not appropriate for qualified Bach flower practitioners wishing to explore maternity care in more details – you may wish to consider the *Caring for Pregnant Clients* course. The courses are accredited by the Royal College of Midwives, Federation of Antenatal Educators and the Bach Centre.

Bach Flower remedies in Pregnancy and Childbirth level 1

This two-day course provides an overview of all 38 Bach remedies and is the first module in the full BFR practitioner training. It explores the principles of Bach flower remedies and considers how the remedies can be used as a self-help method to restore emotional balance in everyday life.

Herbs and Homeopathy in Pregnancy short courses

Herbal medicines and homeopathic remedies are popular with pregnant women who see them as safer than pharmaceutical preparations. However, not all natural remedies are safe for pregnant mothers. These courses focus specifically on safety as well as the possible applications to maternity care. The courses are suitable for: Midwives; student midwives; antenatal educators, maternity support workers; doulas; complementary therapists. They are not appropriate for qualified herbal medicine practitioners or homeopaths wishing to explore maternity care in more details – you may wish to consider the *Caring for Pregnant Clients* course. All courses are accredited by the Royal College of Midwives and Federation of Antenatal Educators.

Introduction to Herbal and Homeopathic remedies in Pregnancy

This 2 day course and explores the safety, mechanisms of action, indications, contraindications and precautions to the use of herbal and homeopathic remedies in pregnancy, labour and postnatally. Particular remedies discussed include herbal raspberry leaf, ginger, echinacea, St John's wort, homeopathic arnica and other remedies for use in maternity care. The course enables participants to advise on, but not to prescribe, herbal and homeopathic remedies in their normal clinical practice.

Homeopathic remedies in maternity care, part 2

This two day course explores specific homeopathic remedies for various conditions in pregnancy, labour and the puerperium. Participants must have attended the *Herbs and Homeopathy in Pregnancy* course prior to commencing this course. Completion of both courses equips participants with knowledge and understanding to prescribe a selection of homeopathic remedies for use during pregnancy, labour and the postnatal period

<p>Introduction to Herbal & Homeopathic remedies in Pregnancy and Childbirth</p>	<p>9th and 10th March 2013 SLOUGH</p>	<p>FULL FEES - Payment by debit or credit card; invoiced payments, NHS trust payments £325 Payment by installments: no</p> <p>DISCOUNTS - Payment in full with application by bank transfer only (please use your surname as the reference when paying). If we do not receive your payment within 3 working days of your application form full fees will be payable and you will be invoiced for the outstanding amount. £290</p>
<p>Homeopathic remedies in maternity care, part 2</p>	<p>15th and 16th June 2013 SLOUGH</p>	<p>FULL FEES - Payment by debit or credit card; invoiced payments, NHS trust payments £325 Payment by installments: no</p> <p>DISCOUNTS - Payment in full with application by bank transfer only (please use your surname as the reference when paying). If we do not receive your payment within 3 working days of your application form full fees will be payable and you will be invoiced for the outstanding amount. £290</p>

STRESS MANAGEMENT AND RELAXATION THERAPIES

Diploma in Midwifery Complementary Therapies (Stress Management)

This 20 day programme offers midwives the opportunity to develop a working knowledge and the relevant skills related to stress management and relaxation techniques including clinical hypnosis for childbirth and reiki, specifically applied to midwifery practice. It incorporates an exploration of the process of implementing complementary therapies into midwifery and focuses on safety, accountability and evidence-based practice. It is accredited by the Royal College of Midwives and the Federation of Antenatal Educators. The programme is taught and assessed at academic level 6, and can be used as Accreditation of Prior Experiential Learning (APEL) towards a degree you may be undertaking. There are several core (compulsory) study days and designated route-specific study days plus some option study days, with 4 assessments to be completed. Midwives may take up to two years to complete their studies. The programme is open to midwives only – student midwives may register from their second year of training.

Core (compulsory) study days (5)		
Induction	22 nd September 2012	SLOUGH
Aromatherapy day 1	23 rd September 2012 OR February 23 rd 2013	SLOUGH MAIDSTONE
Stress day 1	17 th November 2012	SLOUGH
Nutrition	9 th December 2012	SLOUGH
Final integration day	21 st July 2013 if all other study days completed	SLOUGH

Route specific study days (compulsory) (8)		
Stress days 2 & 3	18 th November and 8 th December 2012	SLOUGH
Clinical hypnosis 4	16 th and 17 th March and 27 th and 28 th April 2013	LONDON
Reiki 2	1 st and 2 nd June 2013	LONDON
Option study days – choose any 7		
Aromatherapy days 2 and 3	October 27 th and 28 th 2012 OR February 24 th and March 23 rd 2013	SLOUGH MAIDSTONE
Bach flower remedies in pregnancy Level 1	April 20 th and 21 st 2013	SLOUGH
Bach flower remedies Level 2	May 18 th and 19 th 2013	SLOUGH

Herbs and homeopathy in pregnancy (2 days)	March 9 th and 10 th 2013	SLOUGH
Homeopathy in maternity care part 2	June 15 th and 16 th 2013	SLOUGH
Reflexology techniques for midwives (4 days)	January 12 th and 13 th and February 16 th and 17 th 2013	SLOUGH
Business training day	February 2 nd 2013 OR July 20 th 2013	SLOUGH SLOUGH
Massage in pregnancy	November 10 th 2012 OR May 11 th 2013	LONDON LONDON
Moxibustion for breech	November 11 th 2012 OR March 24 th 2013	LONDON MAIDSTONE
Nausea and vomiting in pregnancy	June 23 rd 2013	LONDON
Post-dates pregnancy (1 day)	February 3 rd 2013	SLOUGH

<p>FULL FEES - Payment by debit or credit card; invoiced payments, NHS trust payments £2667</p> <p>Payment by installments - £100 non-returnable deposit with application; one payment of £365 prior to commencement, then six payments of £367 from 1st October 2012 to 1st March 2013</p>	<p>DISCOUNTS - Payment in full with application by bank transfer only (please use your surname as the reference when paying). If we do not receive your payment within 3 working days of your application form full fees will be payable and you will be invoiced for the outstanding amount. £1999</p> <p>Group of three or more, bookings received together with payment in single transaction £1799 per person</p> <p>Student midwives (proof of student status required) £1500</p>
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Clinical Hypnosis for Childbirth Course

This four day course, run in conjunction with Thames Medical Lectures, explores clinical hypnosis to help expectant parents prepare for birth, easing anxiety and empowering women to cope with labour, thus altering their perception of pain. This course differs from other courses which prepare practitioners to offer various styles of hypnosis and deep relaxation, including trade-marked courses which offer formulaic methods of preparation for birth. Expectancy's course aims to equip students with skills and knowledge to offer *individualised clinical hypnosis* in preparation for birth. **Part 1** (2 days) introduces the concept of clinical hypnosis for childbirth, including its mechanism of action and contemporary research and facilitates participants to perform self-hypnosis. **Part 2** (2 days) explores the practical skills required to teach parents self-hypnosis for childbirth, including indications, contraindications, precautions, reactions and practicalities. You must complete part 1 prior to commencing part 2. It is possible to progress to full hypnotherapy training with Thames Medical Lectures on completion of this course. Assessment is a practical examination. The course is accredited by the Royal College of Midwives and the Federation of Antenatal Educators. Midwives requiring academic credit towards a degree may be able to use the course as accreditation of prior experiential learning (APEL) towards a degree they may be studying. This course is suitable for: midwives, student midwives from

the second year of training, qualified hypnotherapists, psychotherapists, maternity support workers, doulas, antenatal teachers, complementary practitioners, anyone considering becoming a midwife. Midwives with a particular interest in relaxation techniques for pregnancy may wish to consider the Diploma in Midwifery Complementary Therapies (Stress Management).

September 23 rd and October 27 th and 28 th 2012	SLOUGH
February 23 rd and 24 th and March 23 rd 2013	MAIDSTONE

<p>FULL FEES - Payment by debit or credit card; invoiced payments, NHS trust payments £750</p> <p>Payment by installments: £100 non-returnable deposit with application; one payment of £250 prior to commencement; balance of £400 payable before second study block</p>	<p>DISCOUNTS - Payment in full with application by bank transfer only (please use your surname as the reference when paying). If we do not receive your payment within 3 working days of your application form full fees will be payable and you will be invoiced for the outstanding amount. £565</p> <p>Group of three or more, bookings received together with payment in single transaction £508 per person</p>
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Reiki in Maternity Care Course

Reiki is a method of facilitating universal energy to aid relaxation and healing. This two-day course constitutes levels 1 of approved Reiki training. Although the course takes a generic approach suitable for practitioners working with any client group, those who support women during pregnancy and childbirth will be able to use reiki in conjunction with conventional maternity care practice. Students may wish to progress to Reiki levels 2 and 3 (Master practitioner level, available through Expectancy, subject to demand). The course is accredited by the Royal College of Midwives and the Federation of Antenatal Educators. It is suitable for midwives, student midwives, health visitors, maternity support workers, doulas, antenatal teachers, complementary therapists, anyone considering becoming a midwife. It is not suitable for those who are already qualified in reiki. Midwives with a particular interest in relaxation techniques for pregnancy may wish to consider the Diploma in Midwifery Complementary Therapies (Stress Management).

June 1 st and 2 nd 2013	Central London
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<p>FULL FEES - Payment by debit or credit card; invoiced payments, NHS trust payments £410</p> <p>No payment by installments</p>	<p>DISCOUNTS - Payment in full with application by bank transfer only (please use your surname as the reference when paying). If we do not receive your payment within 3 working days of your application form full fees will be payable and you will be invoiced for the outstanding amount. £310</p>
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Please note: places for this course are limited to eight. Once payment has been received no cancellation is possible, but substitutions are permissible, subject to receipt of the relevant paperwork.

Stress and relaxation short courses

Stress and Relaxation Techniques in Pregnancy course

This 3-day course explores stress physiology in general and specifically in pregnancy and childbirth, and the neurobiology and mechanisms of action related to relaxation therapies including massage, aromatherapy, reflexology, hypnosis and reiki. It also introduces a range of stress management strategies and relaxation techniques which can be incorporated into clinical practice. The course is accredited by the Royal College of Midwives and Federation of Antenatal Educators and is suitable for midwives, student midwives, health visitors, maternity support workers, doulas, antenatal teachers, complementary therapists. Midwives with a particular interest in stress and relaxation may wish to consider the full Diploma in Midwifery Complementary Therapies (Stress Management).

Stress in Pregnancy study day

This theoretical day constitutes day 1 of the *Stress and Relaxation Techniques in Pregnancy and Childbirth* course, but is also available as a stand-alone study day. It covers stress physiology in general and specifically in relation to conception, pregnancy and childbirth. It also enables participants to consider issues pertaining to the use of relaxation strategies for mothers, including advising on a wide range of complementary and alternative options. It is suitable for midwives, student midwives, health visitors, maternity support workers, doulas, antenatal teachers, complementary therapists, anyone considering becoming a midwife.

Stress and Relaxation Techniques in Pregnancy and Childbirth 27 th and 28 th November and 8 th December 2012, SLOUGH	FULL FEES - Payment by debit or credit card; invoiced payments, NHS trust payments £399 Payment by installments: no DISCOUNTS - Payment in full with application by bank transfer only (please use your surname as the reference when paying). If we do not receive your payment within 3 working days of your application form full fees will be payable and you will be invoiced for the outstanding amount. £299
Stress in Pregnancy single study day 27 th November 2012, SLOUGH £165 payable in full with application	

PREPARATION FOR MIDWIFERY PRACTICE

Preparation for Midwifery Programme for aspiring midwives

This programme is designed to prepare participants for midwifery and for student life by focusing on the key skills required for graduate level study. These include *Academic skills* – accessing, evaluating and utilising information; *Communication skills* – written, verbal and non-verbal skills; *Working with others* – negotiation, networking and leadership skills; *Managing own learning* – action planning, independent learning, reflection. These key skills are taught through a variety of sessions which introduce students to the complexities of the midwifery profession. The programme can be taken alongside an Access to Higher Education course and may also suit those who possess the requisite UCAS points but who would like to explore specific midwifery aspects. The programme consists of four taught weekends, equivalent to 60 hours of face-to-face teaching, plus guided home study equivalent to 30 hours (total 90 hours), taken over a six-month period. The taught days provide a fun introduction to learning, enabling students to explore aspects of midwifery in a group environment. Students also undertake various self-directed activities, completing a work book, presenting a group project and writing a reflective account to evidence achievement of the key skills.

A home study course is available for those unable to attend the taught course, with a range of exercises and activities to be completed and returned, normally within a three month period, equivalent to 30 hours of study. The home study course can be commenced at any time. It assesses academic skills and written communication skills, as well as the skill of managing your own learning, but obviously it is not possible to assess verbal and non-verbal skills or the key skill of working with others. See also the *Caring for Pregnant Clients: issues for complementary therapists* course.

PROGRAMME FOR TAUGHT PROGRAMME (Venue – SLOUGH)		
WEEKEND 1 DAY 1	6 th and 7 th October 2012	Introduction, welcome, getting to know each other; introduction to the programme and to study with Expectancy The role and responsibilities of the midwife; History of midwifery and contemporary developments
WEEKEND 1 DAY 2		Anatomical & physiological changes before and during pregnancy What makes a healthy pregnancy? Preconception care and fertility The maternity services and antenatal care
WEEKEND 2 DAY 3	3 rd and 4 th November 2012	Review and reflection on applications for midwifery; Personal statements, preparation for interviews Stress in midwifery practice
WEEKEND 2 DAY 4		Physiology and care during labour and birth; Pain relief in labour Communication skills in midwifery - written, verbal, non-verbal, including record keeping, language of midwifery, touch

WEEKEND 3 DAY 5	6 th and 7 th April 2013	Postnatal physiology and care Infant feeding – breast and artificial feeding Psycho-social issues in pregnancy, birth and early motherhood
WEEKEND 3 DAY 6		Research in midwifery Accessing resources for professionals and parents, including research papers, voluntary support groups Introduction to genetics and genomics
WEEKEND 4 DAY 7	6 th and 7 th July 2013	Introduction to complementary therapies in pregnancy & childbirth: common questions asked by women Project preparation time
WEEKEND 4 DAY 8		Final group project presentations Final questions and discussion; Evaluation of the programme

Accreditations: This programme contributes towards “evidence of maternity-related experience” for your curriculum vitae / application for midwifery. We suggest that you include the following in your Personal Statement when applying:

“I am currently completing / I have completed the Preparation for Midwifery programme with Expectancy, run by Denise Tiran, an experienced midwifery lecturer and an international expert on midwifery complementary therapies. The 90 hour programmes focuses on key skills required for graduate level study: academic skills; communication skills; working with others; managing my own learning”.

You could also add a sentence about whether you enjoyed the programme and what you feel you have gained from it which will help your application for midwifery.

FULL FEES - Payment by debit or credit card; invoiced payments, NHS trust-funded payments **£599**

Payment by installments £599 - £99 non-returnable deposit with application; one payment of £125 prior to commencement, then five payments of £75 from 1st November 2012 to 1st March 2013

DISCOUNTS - Payment in full with application by bank transfer only (use your surname as reference when paying). If we do not receive your payment within 3 working days of receiving your application, full fees are payable and you will be invoiced for the outstanding amount **£499**

Groups of three or more, applications received in a single transaction **£450 per person**

Home study pack £125 payable in full with application

In-house complementary therapies courses for maternity units

Maternity service policy has recently focused on the need to normalise birth in order to reduce rates of intervention such as Caesarean section and labour induction (*High Impact Actions for Nursing and Midwifery* 2009). Research has shown that complementary therapies (CTs) such as aromatherapy, reflexology and hypnosis, used before and during birth, contribute to spontaneous onset, progress and outcome of labour through the lowering of stress hormones, which facilitates oxytocin release to enable mothers to labour normally. This reduces the need for analgesia and augmentation of contractions and avoids the cascade of intervention which can lead to operative delivery, longer in-patient stay and neonatal unit admissions. Incorporating CTs into professional practice equips midwives with new tools to offer women more choice for pain relief and aiding progress in labour.

Expectancy offers NHS Trusts a bespoke consultancy service, to assist with the implementation of complementary therapies in midwifery. We can provide in-house training for your midwives, or a complete on-site implementation service – we do the work for you. For further information please contact Expectancy’s Educational Director, Denise Tiran – info@expectancy.co.uk or 08452 301323.

In-house complementary therapies courses for pre-registration midwifery

The NMC’s *Standards for Pre-registration Midwifery Education* essential skills cluster for medicines management requires students to appreciate commonly-used natural remedies, and highlights the dangers of giving incorrect advice. Surveys suggest that over 80% of childbearing women now use complementary therapies (CTs), yet little time is allocated in the curriculum to preparing midwives to advise on safety. Conversely, the *High Impact Actions for Nursing and Midwifery* advocates use of CTs to reduce interventions in labour; studies have shown that therapies such as massage, aromatherapy and hypnosis offer safe, effective, cost-effective options for normalising birth. The NMC permits adequately and appropriately trained midwives to use CTs; the introduction of basic therapy skills could equip them with new tools to support women and to facilitate normal birth. The subject of “complementary therapies and natural remedies” should no longer be seen merely as an option for a few interested practitioners: *all* midwives must be competent and confident to provide advice in the best interests of mothers’ and babies’ safety.

Expectancy provides on-site education on “complementary therapies” for universities wishing to include this as a subject in the pre-registration curriculum. We offer an innovative cost-effective approach which prepares future midwives to advise on the safety of natural remedies and to develop skills and knowledge in a range of complementary therapy strategies relevant to maternity care. For further information please contact Expectancy’s Educational Director, Denise Tiran – info@expectancy.co.uk or 08452 301323

Business training study day for midwives

This study day is intended for qualified midwives who would like to establish their own independent practice, providing maternity complementary therapies and enhanced midwifery services. The day covers professional, financial, legal, ethical and practical aspects of running your own business. It is a pre-requisite for those wishing to become Expectancy Affiliate Members, but may also appeal to other midwives considering working in a freelance capacity. Midwives following the full Diploma or Certificate programmes may select this as one of their option study days.

2 nd February 2013	Slough
20 th July 2013	Slough

<p>FULL FEES - Payment by debit or credit card; invoiced payments, NHS trust payments £165</p> <p>No payment by installments</p>	<p>DISCOUNTS - Payment in full with application by bank transfer only (please use your surname as the reference when paying). If we do not receive your payment within 3 working days of your application form full fees will be payable and you will be invoiced for the outstanding amount. £145</p>
<p>Fee for midwives registered on Diploma or Certificate programmes who wish to take this as an extra day £50</p>	

Follow-on services for Expectancy alumni: Affiliate Membership

Midwives, maternity supporters and complementary therapists who successfully complete Expectancy’s Diploma or Certificate programmes are eligible for Expectancy Affiliate membership. Women wishing to find a professional supporter, midwife offering complementary therapies (CTs) or therapist specialising in pregnancy, labour and postnatal can refer to Expectancy’s website, where the profiles and contact details of our Affiliate Members are listed. Expectancy believes that the inclusion of reputable, well-trained practitioners who focus on safety, accountability and evidence-based practice enhances credibility and enables women to feel secure in their choice of practitioner.

Midwives may wish to establish their own maternity CTs practice, working autonomously and independently but with on-going support from Expectancy. Most of our Affiliate Members work part-time in private practice, visiting women in their own homes, in addition to their NHS midwifery. They offer therapies for ante- and postnatal relaxation and/or treatment for specific issues such as moxibustion, post-dates pregnancy and aspects of conventional midwifery, including antenatal classes and breastfeeding support. You must complete the Business Training day on business, financial, legal, ethical, health and safety and professional issues related to working in independent practice. **Complementary therapists, maternity supporters, doulas and antenatal teachers** are also eligible for Affiliate Membership. It is expected that Affiliate Membership will appeal, in the main, to therapists who focus on working with pregnant and newly-birther mothers or to doulas and therapists who support mothers in labour.. The registration fee does *not* include indemnity insurance cover, CRB check, annual updating / registration with relevant external organisations.

Affiliate membership includes

- online mentoring regarding clients requiring maternity CTs; advice on midwifery implementation of CTs; information on specific conditions; guidance for therapists on liaison with NHS staff.
- use of the Expectancy logo and the words “Expectancy Affiliate member” on your business cards, website and advertising flyers; your profile on Expectancy’s website under the “Find an Expectancy Practitioner” section; a link to your own website if you have one
- one networking study day per year, which counts towards your continuing professional development needs , plus 10% off any future study days or courses with Expectancy

COMPLEMENTARY THERAPIES IN MATERNITY CARE

Moxibustion & other alternatives for breech presentation study day

Moxibustion is an increasingly popular Chinese medicine technique in which sticks of dried herbs are used as a heat source at an acupuncture point on the feet to turn a breech-presenting fetus to head-first. The day covers the mechanism of action of moxibustion, contraindications, precautions, procedure, complications and contemporary research. As with all our courses, this study day focuses on safety, accountability and evidence-based practice and complies with NMC criteria to equip midwives to implement moxibustion in their practice, subject to managerial approval and the development of local policies. It is accredited by the Royal College of Midwives for continuing professional development. Those who are not midwives will not be able to perform the techniques but will be able to advise clients and refer them to the appropriate professional for treatment. The day also provides an overview of other therapies which may be effective for turning a breech presentation, including homeopathy, chiropractic etc.

The day is suitable for midwives, student midwives, maternity support workers, doulas, antenatal teachers, students who are undertaking Expectancy's *Certificate in Maternity Complementary Therapies*, *Diploma in Clinical Reflexology for Pregnancy* or *Maternity Support* programmes. However, this day does not cover conventional management of breech presentation; it is expected that participants will have a working knowledge of the causes, management and complications of breech presentation from a conventional perspective prior to attending this study day.

November 11 th 2012	Central London
March 24 th 2013	Maidstone
FEES £165 Discount for payment in full with application, by direct bank transfer or cheque, £145	

Nausea and vomiting in pregnancy study day

This study day explores both conventional and complementary aspects of care and management for women with nausea, vomiting and related symptoms such as heartburn and hyper-salivation. We explore the causes, predisposing factors and issues which exacerbate symptoms, including some new theories and contemporary research findings. Complementary therapy treatment takes an integrated approach, in which a range of strategies are used in combination to ease symptoms and aid maternal coping. We also consider the ways in which professionals working with women suffering nausea and vomiting can assess them and identify the most appropriate individual treatment. Whilst some attendees may not be able to administer some of the treatments discussed, this will increase their knowledge and enable them to refer women to sources of treatment and advice. Midwives undertaking any of the long programmes offered by Expectancy will be able to treat women, also using the therapies they have learned in other modules. The day is taught by Expectancy's Director, Denise Tiran, author of *Nausea and Vomiting: an integrated approach to care* (2004) and is accredited by the Royal College of Midwives and Federation of Antenatal Educators. It is suitable for midwives, student midwives, doctors, health visitors, antenatal teachers, doulas and other birth supporters, complementary therapists

23 rd June 2013	Central London
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FEES £165 Discounted fee for payment in full with application by direct bank transfer or cheque £145
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Nutrition in pregnancy study day

This study day explores the concept of nutrition as a specific complementary therapy, in relation to conception, pregnancy, birth and the puerperium, and the ways in which nutrition can be used as a therapeutic intervention. On completion, practitioners will be able to advise pregnant women on the appropriate use of diet and nutritional supplements to aid wellbeing in pregnancy and to treat specific complaints, and will know where to obtain further information as required. The day is accredited by the Royal College of Midwives and Federation of Antenatal Educators and is suitable for midwives, student midwives, maternity support workers, doulas, antenatal teachers, complementary therapists, anyone considering becoming a midwife. It is not suitable for nutritional therapists, who should consider the *Caring for Pregnant Clients* course.

9 th December 2012	Slough
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FEES £165 Discounted fee for payment in full with application, by direct bank transfer or cheque, £145
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Post-dates pregnancy study day

This study day explores a range of complementary options to facilitate normal birth, focusing on post-dates pregnancy, for those who wish to avoid medical induction of labour. We explore the safety of the numerous self-help strategies used by women, and introduce aspects of complementary therapies which may initiate or accelerate labour. Midwives and doctors will be able to incorporate these techniques into their practice, subject to permission of their employing authority and development of relevant guidelines. Other participants will be equipped with sufficient information in order to inform mothers, but will only be able to use the specific techniques if adequately insured. The day is accredited by the Royal College of Midwives and Federation of Antenatal Educators and is suitable for midwives, student midwives from the second year of training, maternity support workers, doulas, antenatal teachers, students who are undertaking Expectancy's *Certificate in Maternity Complementary Therapies*, *Diploma in Clinical Reflexology for Pregnancy* or *Maternity Support* programmes.

February 3 rd 2013	Slough
FEES £165 Discounted fees for payment in full with application, by direct bank transfer or cheque, £145	

Introduction to Complementary Therapies in Maternity Care Course

This 2 day course provides an overview of the main complementary therapies (CTs) in the UK today, particularly those used by pregnant and childbearing women. We consider the benefits and risks of CTs and natural remedies in pregnancy, labour and the puerperium, and explore issues of safety, professional accountability and evidence-based practice. We debate common questions asked by women about complementary therapies and natural remedies, in order that participants can advise women safely and appropriately. We also explore the use of massage and touch as an aid to supporting women in childbirth. The course is accredited by the Royal College of Midwives and the Federation of Antenatal Educators. Midwives requiring academic credit towards a degree may be able to use the course as accreditation of prior experiential learning (APEL) towards a degree they may be studying. The course can also be delivered in-house for midwives interested in complementary therapies within midwifery practice. The course is suitable for: Midwives; student midwives; antenatal educators, maternity support workers, doulas.

Dates and venue 15th and 16th September 2012 in central London

Fees	£373 – credit / debit card payments; invoiced payments; no installments	Discounted fees for payment in full with application by direct bank transfer or cheque only £290
Student midwives £175		
Student midwife groups of three or more £99 per person – applications must be received together and payment made in a <i>single transaction</i> by direct bank transfer or cheque only – please use a surname from the group as the reference for online payment		

PREGNANCY AND CHILDBIRTH COURSES FOR THERAPISTS

Caring for Pregnant Clients: issues for complementary therapists

This theoretical course provides an overview of pregnancy, labour and postnatal anatomy, physiology and care and the roles and responsibilities of midwives and other maternity professionals, enabling therapists working with pregnant and childbearing women to apply basic principles to their clinical practice. We explore various issues, including liaising with the NHS, legal, ethical, health and safety aspects and research evidence to support use of complementary therapies in maternity care. We also examine common questions women ask about therapies and natural remedies, so that you can advise expectant mothers appropriately. The course constitutes module 1 of the *Diploma in Clinical Reflexology for Pregnancy*, *Certificate in Maternity Complementary Therapies* and *Maternity Support* programmes.

The course can be taken as a **two day taught course**, enabling students to gain from studying in a group setting and from hearing about the lecturers' experiences, using examples from their own clinical midwifery and complementary therapy practice to illustrate different aspects. There is also an **optional extra study day** on *Fertility, conception and infertility* (supplement payable). The course is also available as a **home study pack** which can be started at any time; we recommend that the course work is completed within three months.

The course is accredited by the Federation of Holistic Therapists and is suitable for: complementary practitioners; antenatal educators, maternity support workers, doulas. Anyone with a particular interest in pregnancy and childbirth may wish to consider the *Certificate in Maternity Complementary Therapies* or the *Maternity Support* programme. It may also suit anyone interested in becoming a midwife but who is unable to attend our full *Preparation for Midwifery* programme.

The course can also be delivered in-house for colleges and schools of complementary therapies requiring input on pregnancy, childbirth and maternity care.

December 1 st and 2 nd 2012	Central London
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Caring for Pregnant Clients: issues for comp. therapists – 2 day taught	FULL FEES £275 for payment by credit or debit card, payment by installments or invoiced payment Installments £125 non-returnable deposit with application; one payment of £150 prior to course	Discounted fee for payment in full with application, by direct bank transfer or cheque £199
Optional extra study day on conception, fertility and infertility	£50 - only if paid with application for Caring for Pregnant Clients course	
Caring for Pregnant Clients: issues for complementary therapists HOME STUDY PACK – including marking, feedback, CPD certificate	£125 No discounts available; full fees with application by direct bank transfer or cheque only	

Conception, fertility and infertility study day

This study day provides an introduction to conception and pre-conception care, physiology of the menstrual cycle and the changes which occur during and following conception. We also explore the reasons why some couples experience sub-fertility and the conventional and complementary treatments which may help with conception. The study day is available as a stand-alone day; it is included in the induction period for the *Certificate in Maternity Complementary Therapies*, *Diploma in Clinical Reflexology for Pregnancy* and the *Maternity Support* programmes. It may also be taken as an optional extra by therapists undertaking the *Caring for Pregnant Clients: issues for complementary therapists* course.

This study day can also be delivered in-house for colleges and schools of complementary therapies requiring input on pregnancy, childbirth and maternity care.

October 14 th 2012	Central London
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FEES £95 if taken as a stand-alone study day
£50 if taken as an optional extra with the *Caring for Pregnant Clients: issues for complementary therapists* course. Payment in full with application.

For fees for in-house courses for complementary therapy colleges on Caring for Pregnant Clients or Conception, fertility and infertility, please contact 08452 301 323 or email Expectancy's Educational Director, Denise Tiran on info@expectancy.co.uk

Maternity Support Programme

This ten day part-time programme aims to prepare those who wish to support women during pregnancy, childbirth and after delivery, particularly *complementary therapists* who focus on working with pregnant clients and who may be invited to accompany clients during labour. *Maternity support workers* may appreciate learning more about ways to work with women in the antenatal and postnatal wards and in the delivery suite or birth centre. *Doulas* may benefit from an in-depth understanding of reproductive physiology and an introduction to complementary therapies in maternity care. The programme aims to provide students with an appreciation of their roles and responsibilities when caring for maternity clients, and the roles and responsibilities of midwives and other professionals involved in maternity care. The programme emphasises the application of a working knowledge of pregnancy, labour and postnatal physiology and psychology to supporting expectant and newly-birthed mothers, and includes debate on liaising and communicating with NHS midwives and doctors. An induction day and a day on fertility and infertility is followed by three two-day modules on pregnancy, labour and postnatal care, plus one option study day and a final study day.

Core (compulsory) study days (9)	Main venue - LONDON
Induction; Fertility, conception and infertility	13 th and 14 th October 2012
Caring for Pregnant Clients: issues for complementary therapists	1 st and 2 nd December 2012
Accompanying Women during Childbirth	19 th and 20 th January 2013
Supporting Mothers with New Babies	2 nd and 3 rd March 2013
Final study day	14 th July 2013

Option study days – choose 1		
Nausea and vomiting in pregnancy	June 23 rd 2013	LONDON
Post-dates pregnancy	February 3 rd 2013	SLOUGH
Stress in pregnancy	November 17 th 2012	SLOUGH
Nutrition in pregnancy	December 9 th 2012	SLOUGH
Massage in pregnancy	November 10 th 2012	LONDON
Moxibustion for breech	November 11 th 2012	LONDON
EXTRA DAYS FROM THIS LIST £50 EACH		

<p>FULL FEES - Payment by debit or credit card; invoiced payments, NHS trust payments £1337</p> <p>Payment by installments - £100 non-returnable deposit with application; one payment of £235 prior to commencement, then six payments of £167 from 1st October</p>	<p>DISCOUNTS - Payment in full with application by bank transfer only (please use your surname as the reference when paying). If we do not receive your payment within 3 working days of your application form full fees will be payable and you will be invoiced for the outstanding amount. £999</p> <p>Group of three or more, bookings received together with payment in single transaction £799 per person</p>
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Certificate in Maternity Complementary Therapies

This part-time ten-day programme, offers flexibility and choice for those who wish to support women during pregnancy, birth and postnatally, by enabling you to tailor-make your programme according to your own interests and professional learning needs. There is one core module, varying according to your professional background. **Complementary therapists** complete either the 2-day taught course or the home study pack on *Caring for Pregnant Clients: issues for complementary therapists* followed by six study days of your choice. **Antenatal teachers, doulas, maternity support workers and anyone considering midwifery as a career** complete *EITHER* the two day taught *Introduction to complementary therapies in maternity care* course, *OR* days 1 and 2 of the *Aromatherapy in Maternity Care* course, followed by six study days of your choice from a selection. One final day for all students brings the programme to a close. Many option days are shared with midwives, enabling you to network and to appreciate further the role and responsibilities of professionals in the conventional maternity services. Venues for study days vary. The programme is accredited by the Federation of Antenatal Educators; individual modules are accredited by the Federation of Holistic Therapists or the Royal College of Midwives.

Core (compulsory) study days (4)		Main venue - London
Induction		13 th October 2012
Complementary therapists - Caring for Pregnant Clients course		1 st and 2 nd December 2012
Antenatal teachers, doulas, maternity supporters and anyone considering midwifery as a career- Introduction to complementary therapies in maternity care course OR Aromatherapy in Maternity Care course days 1 and 2	Introduction to CTs - September 15 th and 16 th 2012 London OR Aromatherapy days 1 and 2 - September 23 rd and October 27 th 2012 Slough OR February 24 th and March 23 rd 2013 Maidstone	
Final day	14 th July 2013 if all other study days completed - London	
Option study days – choose 6		
Accompanying women in childbirth (2 days)	January 19 th and 20 th 2013	LONDON
Aromatherapy in maternity care day 3	October 28 th 2012 OR March 24 th 2013	SLOUGH MAIDSTONE
Bach flower remedies in pregnancy Level 1 (2 days)	April 20 th and 21 st 2013	SLOUGH
Bach flower remedies in pregnancy Level 2 (2 days)	May 18 th and 19 th 2013	SLOUGH
Clinical hypnosis for childbirth (4 days)	March 16 th and 17 th and April 27 th and 28 th	LONDON
Fertility, conception and infertility	October 14 th 2012	LONDON

Herbs and homeopathy in pregnancy (2 days)	March 9 th and 10 th 2013	SLOUGH
Homeopathy in maternity care part 2 (2 days)	June 15 th and 16 th 2013	SLOUGH
Massage for pregnancy	November 10 th 2012 OR May 11 th 2013	LONDON LONDON
Moxibustion for breech presentation	November 11 th 2012 OR March 24 th 2013	LONDON MAIDSTONE
Nausea and vomiting in pregnancy	June 23 rd 2013	LONDON
Nutrition in pregnancy	December 9 th 2012	SLOUGH
Post-dates pregnancy	February 3 rd 2013	SLOUGH
Reiki for pregnancy and childbirth (2 days)	June 1 st and 2 nd 2013	SLOUGH
Reflexology in pregnancy and childbirth (qualified reflexologists only) 5 days	January 12 th and 13 th and February 16 th and 17 th 2013 and July 13 th 2013	LONDON
Supporting mothers with new babies (2 days)	March 2 nd and 3 rd 2013	LONDON
Stress in pregnancy	November 17 th 2012	SLOUGH

<p>FULL FEES - Payment by debit or credit card; invoiced payments, NHS trust payments £1337</p> <p>Payment by installments - £100 non-returnable deposit with application; one payment of £235 prior to commencement, then six payments of £167 from 1st October</p>	<p>DISCOUNTS - Payment in full with application by bank transfer only (please use your surname as the reference when paying). If we do not receive your payment within 3 working days of your application form full fees will be payable and you will be invoiced for the outstanding amount. £999</p> <p>Group of three or more, bookings received together with payment in single transaction £799 per person</p>
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