



Expectant Parents' Complementary Therapies Consultancy

Pregnancy and Childbirth

Continuing Professional Development Courses & Study Days

for complementary therapy practitioners, antenatal teachers, doulas, maternity
support workers and those considering midwifery training

Academic Year 2011-2012

www.expectancy.co.uk / 08452 301 323



100029 ACCREDITED

Expectancy is the leading provider of accredited professional education on complementary therapies in pregnancy and childbirth and 2010 winner of the “outstanding contribution” category in the Complementary and Alternative Medicine awards.

Safety, professional accountability and evidence-based practice are fundamental to our philosophy. Our innovative and trail-blazing courses are professionally and academically accredited and have contributed to an increased awareness of safety issues when using complementary therapies and natural remedies in maternity care. Our aim is to see a more equitable provision of complementary therapy services within conventional maternity care.

We provide courses and study days for those who support women through pregnancy and birth, and we are keen to offer possible career pathway options for complementary therapists, independent doulas, antenatal educators, NHS maternity support workers and those wishing to become midwives. We offer courses on pregnancy and birth as continuing professional development for complementary therapy practitioners, and can provide in-house education for complementary therapy colleges and universities, to comply with core curricula requirements.

We have worked with numerous NHS trusts in the UK, providing in-house training for midwives wishing to incorporate aromatherapy, reflexology, moxibustion, hypnosis and other therapies into their practice. This has facilitated increased normality in pregnancy and birth, with reduced intervention such as induction of labour or Caesarean section, and enhanced the care and satisfaction of mothers during pregnancy, birth and postnatally.

Our scheduled courses are held in London, Manchester and Slough and we can provide bespoke in-house courses in the UK and overseas by negotiation. Many of our courses are accredited by the Federation of Holistic Therapists and/or the University of Greenwich, and all are approved by the Federation of Antenatal Educators for indemnity insurance purposes.

Our Educational Director, Denise Tiran, is an internationally-renowned authority on the safety of complementary therapies in pregnancy and childbirth and Visiting Lecturer at the University of Greenwich, London. All members of our teaching team are either experienced senior midwifery lecturers who use complementary therapies in their current clinical practice, or healthcare professionals with expertise in a range of complementary therapies, together with related subjects such as physiology, pharmacology, psychology, research and genetics. All lecturers hold post-graduate qualifications (Masters or PhD) in their specialist subjects and are qualified to teach adult learners. Please see our website for full biographies of our lecturers.

Professional Courses and Study Days

for complementary therapists, doulas, antenatal teachers, maternity support workers and those considering midwifery training

Full programmes of study

- *Diploma in Clinical Reflex Zone Therapy for Pregnancy and Childbirth*
- *Certificate in Reflex zone therapy for pregnancy and childbirth*
- *Certificate in Maternity Complementary Therapies*
- *Maternity support therapist (doula) programme*
- *Become an Expectancy-registered Practitioner*

Accredited short courses

- *Aromatherapy in maternity care*
- *Bach flower remedies Levels 1, 2 and 3 (to full practitioner level)*
- *Caring for pregnant clients*
- *Clinical hypnosis for childbirth Parts 1 and 2*
- *Herbs and homeopathy in pregnancy*
- *Homeopathy part 2*
- *Natural remedies in pregnancy*
- *Reflexology, advanced structural approach*
- *Stress and Relaxation Techniques in Pregnancy and Childbirth*

Study days

- *Breastfeeding: supporting mothers with complementary therapies*
- *Complementary therapies to facilitate normal birth, including post-dates pregnancy*
- *Infertility and preconception care*
- *Introduction to complementary therapies in maternity care*
- *Moxibustion and other alternatives for breech presentation*
- *Nutrition in pregnancy*
- *Postnatal depression*
- *Reiki in pregnancy*
- *Stress in pregnancy*

Home study packs for continuing professional development

- *Breech presentation – coming soon!*
- *Caring for Pregnant Clients*
- *Women's Health – coming soon!*

Diploma in Clinical Reflex Zone Therapy for Pregnancy and Childbirth Programme for reflexologists only

Professional accreditation by Federation of Holistic Therapists applied for; module 1 accredited by FHT for continuing professional development; accredited by the Federation of Antenatal Educators for maternity indemnity insurance; academically accredited by University of Greenwich, London

The Diploma in Clinical Reflex Zone Therapy for Pregnancy and Childbirth is aimed at reflexologists wishing to specialise in maternity work, using reflex zone therapy techniques to treat specific discomforts in pregnancy, support women in childbirth and help them to adapt to motherhood. The 20 day modular programme focuses on applying an in-depth understanding of anatomy, physiology and the conventional maternity services to the care of clients, both in private practice and in collaboration with the NHS, and particularly emphasises safety and accountability. The programme is taught by internationally-renowned expert in maternity-CAM, Denise Tiran, author of *Reflexology in Pregnancy and Childbirth* (2010) and co-editor of *Clinical Reflexology* (2nd edition 2010), and by Maggie Evans, co-author of the Oxford Handbook of Midwifery. The Diploma in Clinical RZT is *distinctly different* from other maternity reflexology courses available elsewhere: its no-nonsense approach focuses on working 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 and 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.

Introduction (2 days): Welcome; introduction to the Diploma and to studying with Expectancy;
The induction day is followed by a study day on **infertility and preconception care**

Module 1 – Caring for Pregnant Clients (2 days) Pregnancy and childbirth anatomy, physiology and care; role and responsibilities of those caring for pregnant, labouring or newly-born mothers; Complementary Therapies (CT's) in maternity care – safety and effectiveness; contraindications and precautions in pregnancy, childbirth and postnatally. **Assessment** – workbook activities and exercises

Module 2 – Birth Support (5 days) Physiology of labour; traditional pain relief (epidural, pethidine/morphine); nutrition and hydration in labour; reflexology and other complementary therapies for pain relief; Role of Birth Supporter; Physical care in labour; use of birthing balls etc; Application of TENS; Emotional and spiritual issues; birthplans; communication and listening skills;. Intervention in childbirth; obstetric emergencies; Safety and professional issues; working in an NHS environment; home birth; limitations of own practice; caring for oneself; insurance; CRB checks. **Assessment** - examination, debate, personal portfolio

Module 3 Postnatal Support (5 days) Physiology of postnatal period; Complementary therapies for postnatal care; Infant feeding – breast and formula feeding; physiology of breastfeeding; facilitating successful breastfeeding; Complementary therapies to assist with infant feeding; Complications of the postnatal period; Adjustment to parenthood; Contraception and family spacing; Complementary therapies for relaxation and postnatal problems; Postnatal depression; baby blues; Puerperal Psychosis; Limitations of practice; Liaising with mother, family and health care professionals **Assessment** - examination, debate, personal portfolio

Module 4 – Clinical reflex zone therapy in practice (5 days) Clinical reflex zone therapy – variation in reflex zone point locations; Assessment of clients for RZT in pregnancy; contraindications and precautions; maintaining records; reactions to RZT in pregnancy; Visual examination of the feet in relation to pregnancy; Clinical RZT for discomforts and disorders in pregnancy: causes and predisposing factors of each condition; complications and referral to midwife / doctor; specific RZT techniques for treatment of each condition; Clinical reflex zone therapy for labour and the early postnatal period **Assessment** – practical assessment; final project of choice

Final study day Group discussion; Future practice and continuing professional career development

Diploma in Clinical Reflex Zone Therapy for Pregnancy and Childbirth for reflexologists only

Induction day 8th October 2011
Infertility and preconception care 9th October
Module 1 - Caring for Pregnant Clients 12th and 13th November
Module 2 - Birth Support 7th and 8th January 2012, 11th and 12th February and 31st March
Module 3 - Postnatal Support 1st April, 12th and 13th May and 9th and 10th June
Module 4 - Clinical reflex zone therapy 10th and 11th December 2011, 10th and 11th March 2012 and 7th July 2012
Final study day 8th July

London venue Full fee £1999
EARLY BIRD DISCOUNT £1250 if paid in full by 31st March 2011
Optional extras:
Advanced structural reflexology £270
Students may add any other study days from the prospectus for only £50 per day, subject to availability
Submission of assignments for academic credit from University of Greenwich £200 per 15 credits (optional)

Certificate in Reflex Zone Therapy for Pregnancy and Childbirth for reflexologists only

Module 1 accredited by Federation of Holistic Therapists and University of Greenwich, London; accredited by the Federation of Antenatal Educators for indemnity insurance

This 10-day programme is taught by Expectancy's Educational Director, Denise Tiran, author of *Reflexology for Pregnancy and Childbirth (2010)* and *Clinical Reflexology, advancing practice (2nd ed 2010)*. Denise shares her 27 years' experience of treating almost 6000 expectant mothers, to provide a fascinating insight into reflexology in maternity care. This course is an intensive theoretical and practical course with a strong academic and professional bias, taught by a senior midwifery lecturer in current clinical practice who has practised, researched and written extensively on the subject. The course focuses on safety, accountability and evidence-based practice and takes a *reflex zone therapy* approach. It will challenge previously-held ideas and aims to provoke discussion about reflexology in general, as well as deepening knowledge and understanding of maternity care and adding to the repertoire of clinical skills of attendees. **Assessments** – completion of exercises in workbook; practical clinical reflex zone therapy assessment; final project of your choice. **Reflexologists requiring a more indepth programme**, exploring conventional aspects of maternity care in greater detail and how to incorporate aspects of additional complementary therapies into their care of pregnant mothers, should consider Expectancy's full Diploma in Clinical Reflex Zone Therapy for Pregnancy (see above).

Certificate in Reflex Zone Therapy for Pregnancy and Childbirth 2011-2012

Induction day 8th October 2011
Infertility and preconception care 9th October
Caring for Pregnant Clients 12th and 13th November
Clinical reflex zone therapy 10th and 11th December, 10th and 11th March 2012, 7th July
Final study day 8th July

Full fee £999; may be paid in three instalments of £333
EARLY BIRD DISCOUNT £850 if paid in full by 31st March 2011

Certificate in Maternity Complementary Therapies

Certain modules are professionally accredited by Federation of Holistic Therapists & academically accredited by Greenwich University; approved by Federation of Antenatal Educators for insurance

This programme is open to anyone wishing to develop a career pathway working with pregnant, childbearing or postnatal mothers, with a focus on the safe use of complementary therapies and natural remedies. As with all our courses, the Certificate emphasises safety, accountability and evidence-based practice. The programme aims to facilitate students to achieve their own learning needs through a *totally flexible, tailor-made programme of study* normally completed within one academic year. **An introductory day** enables students to meet the course tutors and network with other students, and to confirm their individual programmes of learning and assessment. Each student will devise a **bespoke programme of study** equivalent to 12 taught days or 100 hours (plus home study), normally a combination of courses or study days from Expectancy's current prospectus. **A final tutorial day** enables the original group to meet together, to give a sense of closure to the programme.

Certificate in Maternity Complementary Therapies 2011-2012

Introductory day 8th October 2011, London

Final tutorial day 8th July 2012

plus 12 study days of your choice from the Prospectus negotiated with the Programme leader during the induction day, relevant to your professional needs, interests and experience to date

Fees £1400

Discounted to £1000 if paid in full with application

EARLY BIRD DISCOUNT £900 if paid in full by 31st March 2011

Optional extra study days:

Students may add extra study days for only £50 per day, subject to availability

Maternity Support Therapist (doula) Programme

for complementary therapy practitioners wishing to specialise in maternity work, those considering midwifery training and those who wish to practise as a doula

Academically credit rated by Greenwich University; approved by Federation of Antenatal Educators for insurance; module 1 is accredited by Federation of Holistic Therapists; FHT accreditation of full programme applied for

This 14 day modular programme, over an academic year, aims to prepare students to accompany women during pregnancy, childbirth and the early days of motherhood, using complementary therapies safely and appropriately to support conventional maternity care. The full programme consists of an induction day, three modules (12 study days) plus guided home study, finishing with a final study day for debate. All students complete module 1, the Caring for Pregnant Clients course. You may then opt to complete *either* module 2, the Birth Support module to prepare you to work with women immediately before and during childbirth, *or* module 3, the Postnatal Support module to prepare you to work with newly-born mothers, *or both* modules 2 and 3, qualifying you to provide the full range of support.

Module 1 - Caring for Pregnant Clients: All students must complete this module as a 2-day taught course. *Content:* Pregnancy and childbirth anatomy, physiology and care; role and responsibilities of those caring for

pregnant, labouring or newly-born mothers; Introduction to Complementary Therapies (CT's) in maternity care – safety and effectiveness of CT's and cautions with use in pregnancy, childbirth and postnatally. NB Qualified doulas, antenatal educators and maternity support workers *may be exempt*, on presentation of *written evidence of prior learning* related to conventional maternity physiology and care, or on completion of the module assessment, however, those with no previous knowledge of complementary therapies should attend the *Introduction to complementary therapies in pregnancy study day*.

Module 2 - Birth support therapist module: This 5-day module aims to equip students with the knowledge and skills to support women during labour and birth. Content: Physiology and midwifery care in labour; supporting women during birth; Pain relief – conventional methods and complementary therapies; onset and progress of labour, induction and acceleration; Complications– emergency childbirth, Caesarean section, etc.

Module 3 - Postnatal support therapist module: This 5-day module aims to equip students to support newly-born mothers, aiding adaptation to motherhood, facilitating breastfeeding and reducing the impact of postnatal depression. Content: Postnatal physiology and care, recovery from birth, adaptation to parenthood; breastfeeding and artificial infant feeding; Emotional aspects of early parenthood – postnatal “blues”, depression etc; Using complementary therapies safely and appropriately when working with newly-born mothers.

Maternity Support Therapist Programme 2011-2012	
<p>London venue Induction: 8th October 2011 Module 1: Caring for Pregnant Clients (taught course) 12th and 13th November Module 2: Birth Support - 7th and 8th January 2012, 11th and 12th February and 31st March Module 3: Postnatal Support- 1st April, 12th and 13th May and 9th and 10th June Final study day 8th July</p>	<p>FEES - full Maternity Support Therapist programme, modules 1,2 & 3: £1400; discounted to £1000 if paid in full with application EARLY BIRD DISCOUNT £900 if paid in full by 31st March 2011 Reduction for exemption from CPC, module 1 £100 Birth support only - modules 1 (CPC) and 2 (Birth) £750 eight days, includes induction & final study day Postnatal support only - modules 1 (CPC) and 3 (Postnatal) £750 eight days, includes induction & final study day Optional add-ons - £50 each Introduction to complementary therapies study day £50 – compulsory if exempt from module 1, but no previous knowledge of complementary therapies Infertility and preconception care</p>

Expectancy-registered Practitioners

Expectancy is establishing a network of professionals offering complementary therapies to pregnant, labouring and newly-born mothers, with the aim of expanding the provision of maternity complementary therapy services which focus on safety, as well as the benefits. Complementary therapists, doulas, antenatal educators and maternity support workers *who have undertaken one of Expectancy's year-long academic programmes*, have the option to register as Expectancy Practitioners; we also have a network of Expectancy-registered Consultants, practising midwives who have trained in various complementary therapies with Expectancy. Women wishing to find a professional supporter or therapist for pregnancy, labour or after birth can refer to Expectancy's website, where the profiles and contact details of Expectancy-registered Practitioners and Consultants are available. It is hoped that the inclusion of reputable, well-trained practitioners who focus on safety, accountability and evidence-based practice, will enhance credibility and enable women to feel secure in their choice of practitioner. Expectancy-registered Practitioners work autonomously and independently in their own practice, yet with the

support and goodwill of the Expectancy name. It is expected that this arrangement will appeal, in the main, to those who specialise in treating pregnant and newly-born mothers or in supporting them during labour, but is open also to those who are developing an interest in this specialist clinical field.

Registration entitles Expectancy-registered Practitioners to:

- *online mentoring* with Expectancy's clinical team in respect of any maternity clients requiring complementary therapy treatment, about which the Practitioner has uncertainty or requires clarification regarding the precise treatment to be given, requests information on the specific condition of the mother, or needs guidance and support when liaising with conventional maternity care professionals within the NHS
- *use of the Expectancy logo* and the words "Expectancy-registered Practitioner", should you wish to use them, on your own business cards, website and advertising flyers
- *your profile on the Expectancy website* under the "Find an Expectancy-registered Midwife, Therapist or Doula" section, and a link to your own website if you have one
- *10% off any future study days* with Expectancy

The registration fee does *not* include indemnity insurance cover, CRB check, annual updating or registration with any relevant external organisations: these are compulsory in order to remain registered with Expectancy, but are the responsibility of the individual registered Practitioner

In order to become an Expectancy-registered Practitioner, applicants must:

- be registered on, or have undertaken Expectancy's Certificate in Maternity Complementary Therapies **OR** the Diploma in Clinical Reflex Zone Therapy programme **OR** the Maternity Support Therapist programme (birth and/or postnatal)
- produce evidence of appropriate personal **professional indemnity insurance cover** which is *specific to maternity complementary therapies* (Federation of Antenatal Educators preferred)
- produce evidence of **current Criminal Records Bureau clearance** to work with vulnerable people (can be done through Expectancy for a fee)
- agree to attend an **annual networking study day** with Expectancy (included in fees) **and** agree to submit to Expectancy **an annual written report** of your maternity complementary therapy practice, as a form of audit and for professional reflection

Expectancy-registered Practitioners
FEES £125 per year Registration is renewable by mutual agreement that the arrangement should be continued

Courses, Study Days and Home Study Packs

Aromatherapy in Maternity Care

Professionally accredited by Federation of Antenatal Educators for insurance purposes

This 3-day course aims to prepare students to develop the relevant knowledge and skills to use selected essential oils and basic massage skills safely and appropriately for pregnant and labouring women. It also covers the process of implementation of aromatherapy within the maternity services, including relevant professional, legal and ethical issues. Students will develop a working knowledge of the safety and benefits of using aromatherapy for pregnant and childbearing mothers, but eligibility to practise will be dependent on the specific role and responsibilities of the individual. Aromatherapists must complete the Caring for Pregnant Clients course prior to starting this course; prospective students who are not aromatherapists must be registered on, or have previously completed, Expectancy's Diploma in Clinical Reflex Zone Therapy, the Certificate in Maternity Complementary Therapies programme or the Maternity Support Therapist programme.

Aromatherapy in Maternity Care 2011-2012; course is shared with midwives FEES £485

London 18th September and 15th and 16th October 2011

Manchester 22nd and 23rd October 2011 and 26th November

Bach flower remedies for pregnancy, birth and postnatal care

Accredited by Federation of Antenatal Educators; approved by Dr Edward Bach Foundation

Level 1 course: Bach flower remedies are simple plant-based remedies which are thought to influence emotional health and wellbeing. This two day course provides an overview of all 38 Bach flower remedies and equates to level 1 training approved by the Dr Edward Bach Foundation.

Level 2 course: This two day Bach flower remedy course enables students to acquire a more in-depth knowledge of the remedies in relation to maternity care, and to enhance their understanding of the subtle nuances of using the remedies for themselves and for clients in clinical practice.

Level 3 course: Two day course following on from level 2, which completes the full BFR practitioner training programme and explores in further depth the clinical aspects of using BFRs for pregnant, labouring and newly-birthed mothers.

Bach flower remedies (level 1) FEES £270

London 16th & 17th June 2012

Manchester 25th & 26th February 2012

Bach flower remedies (level 2) FEES £270	London February 4 th and 5 th 2012 London dates TBC, October 2012
Bach flower remedies (level 3) FEES £270	London dates TBC
Book levels 1 and 2 together for £450; Book levels 1, 2 and 3 (full practitioner training) for £600	

Breastfeeding: supporting mothers with complementary therapies

This study day, which is part of the Postnatal Support course, aims to provide an overview of lactation physiology, breastfeeding principles and an awareness of how complementary therapies may be used to facilitate good milk supply and successful breastfeeding. Whilst antenatal teachers and doulas are welcome to attend, please note that the morning of this day covers contemporary aspects of breastfeeding, including anatomy and physiology, and may therefore be suitable only for revision purposes.

Breastfeeding: supporting mothers with complementary therapies	TBC	£75
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Caring for pregnant clients

Taught course is professionally accredited by Federation of Holistic Therapists; academically credit rated by Greenwich University; accredited by Federation of Antenatal Educators for insurance

This course aims to provide an overview of pregnancy anatomy and physiology and conventional maternity care in order that those working with pregnant women understand the basic principles and can apply them to their own area of practice. *The course is a pre-requisite for complementary therapists wishing to attend any of Expectancy's other courses.*

The course can be taken as a **two-day taught course (FHT accredited)**. This has the advantage of enabling students to explore issues within a group setting and to gain from the experience of the lecturer, who uses examples from her own clinical practice to illustrate different aspects. It is included as module 1 in the Diploma in Clinical Reflex Zone Therapy for Pregnancy and Childbirth and the Maternity Support Therapist programme. It is also available as a **distance-learning course** (not FHT accredited), studied over a three month period. Students are sent learning materials and complete the course work at home, returning it for marking, feedback and a certificate at the end of the course. Students undertaking the distance-learning version have the option of access to an online tutor to clarify any concepts which are difficult to grasp, and for assistance with preparation of the required course assignments (£100 supplement).

Caring for pregnant clients (taught course)	12 th and 13 th November 2011 (2 days)	£185pp EARLY BIRD DISCOUNT £95 pp if paid in full by 31st March 2011-01-10 Group rates: groups of 3 - £125 per person; groups of 5 or more - £95 per person. <i>Applications must be received together and payment must be made in a single transaction to take advantage of the reduced rates</i>
Caring for pregnant clients (distance learning)	May be started at any time	£185 with online tutorial support, feedback and CPD certificate £85 course materials, feedback, CPD certificate £45 course materials only for CPD, no certificate

Clinical Hypnosis for Childbirth

Professionally accredited by Federation of Antenatal Educators for insurance purposes

This 4-day course is run in association with Thames Medical Lectures (TML); students who successfully complete the course are awarded a certificate from TML and are eligible for associate membership of the Medical School Hypnosis Association. *Part 1 (2 days)* focuses on preparation for birth and use of hypnosis in labour. Students will be adequately equipped, at the end of Part 1, to use self-hypnosis and to teach self-hypnosis to pregnant women in preparation for labour. *Part 2 (2 days)* expands on the concepts covered in Part 1 in relation to birth, and explores the use of clinical hypnosis during pregnancy and the postnatal period. Those who successfully complete the course are eligible to register as an associate member with the Medical Hypnosis Association.

Pre-requisites: Prospective students who are not midwives or doctors must complete the Caring for Pregnant Clients (CPC) course prior to commencing this course. Students currently registered on the Certificate in Maternity Complementary Therapies programme should aim to complete the CPC course first; those who have completed the Maternity Support Therapist programme or the Diploma in Clinical Reflex Zone Therapy for Pregnancy and Childbirth programme within the previous two years are also eligible to attend.

NB This course is *distinctly different* from other pregnancy “hypnosis” courses available in the UK; it prepares students to make individualised justifiable judgements about appropriate, safe hypnotherapy protocols, rather than using a formulaic approach as taught in some courses. No restrictions are placed on how you work, fees charged to private clients or scripts used for individual clients.

Part 1 (2 days) focuses on preparation for birth and use of hypnosis in labour. Students will be adequately equipped, at the end of Part 1, to use self-hypnosis and to teach self-hypnosis to pregnant women in preparation for labour. This is included in the 5 day Stress and Relaxation Techniques in Pregnancy course.	London 18 th and 19 th February
Part 2 (2 days) expands on concepts covered in Part 1 in relation to birth, and explores the use of clinical hypnosis during pregnancy & postnatally. Those who successfully complete are eligible to become an associate member of the Medical School Hypnosis Association.	London 9 th and 10 th May TBC

Clinical Hypnosis for Childbirth	£595
Clinical Hypnosis for Childbirth + pre-requisite Caring for Pregnant Clients taught course	£650
Clinical Hypnosis + pre-requisite Caring for Pregnant Clients distance learning course	£650

Herbs and Homeopathy in Pregnancy

This two day course constitutes Part 1 of the Natural Remedies in Pregnancy course, and explores the safety, mechanisms of action, indications, contraindications and precautions to the use of these remedies in pregnancy, labour and postnatally. Particular remedies discussed include herbal raspberry leaf, ginger, echinacea, St John's wort, and homeopathic arnica and other remedies for a conditions encountered in maternity care.

Herbs and homeopathy in pregnancy (both days)	London	19 th and 20 th May 2012	£270
			£135
Day 1 Herbal remedies in pregnancy only			£135
Day 2 Homeopathic remedies in pregnancy only	London	19 th May 2012	
	London	20 th May 2012	

Homeopathic remedies in Pregnancy and Childbirth

This two day course follows on from the Natural Remedies course and explores a range of specific homeopathic remedies for specific conditions in pregnancy, labour or the puerperium. The course complies with the professional requirements of the Nursing and Midwifery Council and enables midwives to advise on and to prescribe a limited selection of homeopathic remedies, subject to managerial permission; Supervisors of Midwives should be made aware that you are adequately and appropriately trained to do so. Participants must have attended the Herbs and Homeopathy 2 day course prior to commencing this course.

Homeopathic remedies in pregnancy and childbirth	London only 3 rd and 4 th March 2012	£270
Homeopathic remedies in pregnancy and childbirth plus day 2 of Natural Remedies course	London 20 th May 2012; 3 rd and 4 th March 2012	£299

Infertility and preconception care

This distance learning study pack explores the causes, predisposing factors, physical, emotional and social effects of infertility. Conventional medical treatments are considered and the ways in which a variety of complementary therapies may be of use in relaxing couples and aiding conception. This learning resource is suitable for those wishing to work with couples undergoing specialist infertility treatments such as IVF, or to acquire a working

Moxibustion and other alternatives for breech presentation
for doulas and antenatal teachers only, shared with midwives

Moxibustion is a Chinese medicine technique in which sticks of dried mugwort are used as a heat source at an acupuncture point on the feet to turn a breech-presenting fetus to head-first. It has become increasingly popular amongst women who wish to avoid an external cephalic version or Caesarean section, and midwives and doctors now need to have an understanding of the benefits and risks of this procedure. The day also provides an overview of other complementary therapies which may be effective for turning a breech presentation, including homeopathy, chiropractic and others.

All participants will be able to provide accurate, comprehensive and evidence-based information to women about the safety and effectiveness of a range of alternatives in the event of a breech presentation. Doulas and antenatal educators must be registered on the Certificate in Maternity Complementary Therapies programme or the Maternity Support Therapist programme, **or** have completed the learning package on conventional approaches to management of women with breech presentation. The study day will equip participants to *advise* on moxibustion but *not* to perform this technique on pregnant women, and the Certificate of Attendance will state this clearly.

Moxibustion and other alternatives for women with breech presentation; study day is shared with midwives	Manchester 27 th November 2011 London 14 th July 2012
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Natural Remedies in Pregnancy

Academically accredited by University of Greenwich; accredited by Federation of Antenatal Educators for insurance purposes

This 4-day course provides an introduction to herbal, homeopathic and Bach flower remedies, their safety, contraindications, precautions, application and benefits during pregnancy, labour and the postnatal period. Students will acquire a working knowledge to assist them in advising women about the safe use of natural remedies, within the parameters of their personal professional role. Prospective participants not wishing to undertake the full four days may attend either the 2 days on Herbs and Homeopathy or the 2 day Bach flower remedies (BFR) component, which constitutes Part 1 of the BFR practitioner certificate.

Natural remedies in pregnancy	London 19 th and 20 th May and 16 th and 17 th June 2012 Manchester 21 st and 22 nd January and 25 th and 26 th February 2012	£495
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Nutrition in Pregnancy

This study day explores the concept of nutrition as a specific complementary therapy, in relation to conception, pregnancy, birth and the puerperium. 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. Please note that this study day provides an overview of the subject, therefore it is not suitable for those who are fully qualified nutritional therapists.

Nutrition in Pregnancy	London only 18 th March 2012	£75
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Postnatal depression

This study day provides an overview of postnatal psychological adaptations to motherhood and explores causes, symptoms and treatment of postnatal “blues” and depression, including conventional medical care and complementary therapies. The day is particularly useful for those who support women following the birth of their babies, and who wish to provide holistic care, taking account of the mother’s physical, emotional and spiritual wellbeing; it constitutes part of the Postnatal Support Therapist programme.

Postnatal depression	TBC	£75
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Reflexology, advanced structural approach

for qualified reflexologists who have completed the Diploma in Clinical Reflex Zone Therapy for Pregnancy and Childbirth programme only

Accredited by the Federation of Antenatal Educators for insurance purposes

This 2-day course follows on from the Diploma in Clinical ReflexZone Therapy in Pregnancy and Childbirth and aims to explore further the concept of reflex zone therapy and deepen students’ knowledge, understanding and skill in using specific techniques for particular conditions in pregnancy, labour and the puerperium. The course also introduces in greater depth the adapted system of structural reflex zone therapy, in which the reflex zones on the feet are used as a medium for application of osteopathic principles, for greater effectiveness when treating pregnant and childbearing women. It is expected that participants will have gained some experience in using reflex zone therapy specifically with pregnant and childbearing mothers since completing the initial course.

Reflexology, advanced structural approach	Slough only 1 st and 2 nd October 2011	£270
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Stress and Relaxation in Pregnancy and Childbirth

Academically credit rated by the University of Greenwich; accredited by Federation of Antenatal Educators

This 5-day intensive academic course explores the physiology of stress in pregnancy and childbirth, the neurobiology related to relaxation therapies such as massage, aromatherapy, reflexology and hypnosis and stress management strategies and relaxation techniques which can be incorporated into clinical practice.

Stress and Relaxation in pregnancy

London only 14th and 15th January, 18th and 19th February and 17th March 2012

FEE £595