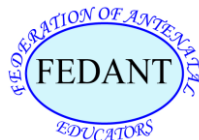


## Complementary Therapies in Pregnancy and Childbirth

# Accredited Professional Courses and Study Days for Midwives

**Academic Year 2011-2012**

[www.expectancy.co.uk](http://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. All our innovative and trail-blazing courses for midwives comply with the professional requirements of the Nursing and Midwifery Council and are accredited by the Royal College of Midwives for continuing professional development; many are also academically accredited by the University of Greenwich, London. Indemnity insurance cover can be obtained through the Federation of Antenatal Educators, with which our courses and programmes of study are also accredited.

We have worked with numerous NHS trusts in the UK, and with maternity services overseas, providing in-house training for midwives and obstetricians 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, in line with *the High Impact Actions for Nursing and Midwifery 2009*. Our educational approach has contributed to an increased awareness of safety issues when using complementary therapies and natural remedies, and our aim is to see a more equitable provision of complementary therapy services incorporated into conventional maternity care.

We also provide courses and study days for those who support women through pregnancy and birth, including NHS maternity support workers, independent doulas, antenatal educators, complementary therapists and those wishing to become midwives.

Our scheduled courses are held in Slough, near Heathrow, and Manchester and we can provide bespoke in-house courses in the UK and overseas by negotiation.

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 lecturers in other healthcare professions, specialising in 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.

# Educational Programmes, Courses and Study Days

## Full programmes of study

- *Diploma in Integrated Therapies for Childbirth, option 1, London*
- *Diploma in Integrated Therapies for Childbirth, option 2, Manchester*
- *Diploma in Antenatal Stress Management*
- *Certificate in Maternity Complementary Therapies*
- *Expectancy-registered Consultancy training and Affiliate Membership*

## Short courses

- *Aromatherapy in maternity care*
- *Bach flower remedies Levels 1, 2 and 3 (to full practitioner level)*
- *Clinical hypnosis for childbirth Parts 1 and 2*
- *Facilitating antenatal classes, with a focus on complementary therapies*
- *Herbs and homeopathy in pregnancy*
- *Homeopathy in midwifery*
- *Introduction to complementary therapies in maternity care **STUDENT DISCOUNTS***
- *Natural remedies in pregnancy*
- *Reflexology techniques for pregnancy and childbirth*
- *Reflexology, advanced structural approach*
- *Reiki in pregnancy*
- *Stress and Relaxation Techniques in Pregnancy and Childbirth*

## Study days

- *Business training – setting up a private maternity complementary therapies service*
- *Complementary Therapies in Midwifery Practice: Issues for Supervisors of midwives, Consultant midwives and midwifery educators and managers **FREE MASTERCLASS***
- *Complementary therapies to facilitate normal birth, including post-dates pregnancy*
- *Moxibustion and other alternatives for breech presentation **STUDENT DISCOUNTS***
- *Nutrition in pregnancy*
- *Revision days – aromatherapy and reflexology*
- *Stress in pregnancy*

## In-house courses and consultancy services for maternity units

## Diploma in Integrated Therapies for Childbirth Programme

This unique Diploma aims to prepare midwives to acquire the knowledge and skills to use a range of complementary therapies and natural remedies safely and appropriately for expectant, labouring and newly-birthed mothers. The programme runs one weekend per month over an academic year. The content of the programme includes: aromatherapy, reflexology, stress management, clinical hypnosis, homeopathy, herbal medicines, Bach flower remedies, moxibustion for breech presentation, nutrition, facilitating normal birth, post-dates pregnancy, implementing complementary therapies in midwifery, professional accountability, evidence-based practice. Midwives wishing to progress to a degree can register for the BSc(Hons) Professional Practice (Integrated Therapies for Childbirth) with the University of Greenwich, London (final modules available by distance learning), or may use the academic credit as accreditation of prior learning (APL) towards a degree at another university.

**There are two options** of the Diploma in Integrated Therapies for Childbirth. Both options are professionally-accredited by the Royal College of Midwives for continuing professional development.

**Option 1 in Slough** is a 22-day programme and *all modules are academically-accredited* by the University of Greenwich. **Option 2 in Manchester** is a 20-day programme; modules 1, 3 and 4 are university-accredited; *module 2* is not academically-accredited, but provides students with the option to focus on in-depth reflexology and on the teaching of complementary therapies in antenatal education. Midwives requiring full academic credit for APL (60 credits, level 6) should be prepared to undertake module 2 in London. **If you require further clarification, or wish to discuss your personal career plans and learning needs with our Educational Director, please contact Expectancy on 08452 301323.**

Option 1, Slough	Option 2, Manchester
<p><b>Introductory day (1 day)</b> 17<sup>th</sup> September 2011  <b>Tutorial day</b> 15<sup>th</sup> April 2012</p>	<p><b>Introductory day (1 day)</b> 24<sup>th</sup> September 2011            Students may also attend the <b>optional tutorial day</b> in London on 15<sup>th</sup> April 2012</p>
<p><b>Module 1 - Aromatherapy and Reflexology (7 days)</b> 18<sup>th</sup> September; 15<sup>th</sup>, 16<sup>th</sup> October (aromatherapy) and 19<sup>th</sup>, 20<sup>th</sup> November and 17<sup>th</sup>, 18<sup>th</sup> December 2011 (reflexology)  <b>Assignment</b> – 2000 word aromatherapy case study; reflexology practical assessment  <b>Optional add-on</b> – Advanced reflexology (2 days)</p>	<p><b>Module 1 - Aromatherapy and Reflexology (7 days)</b> 25<sup>th</sup> September and 22<sup>nd</sup> and 23<sup>rd</sup> October 2011 (aromatherapy) and 24<sup>th</sup> &amp; 25<sup>th</sup> March; 21<sup>st</sup> &amp; 22<sup>nd</sup> April 2012 (reflexology)  <b>Assignment</b> – 2000 word aromatherapy case study; reflexology practical assessment</p>
<p><b>Module 2 - Stress and Relaxation in Pregnancy and Childbirth (5 days)</b> - 14<sup>th</sup>, 15<sup>th</sup> January; 18<sup>th</sup>, 19<sup>th</sup> February; 17<sup>th</sup> March 2012  <b>Assignment</b> – physiology examination, 1 hour; 2000 word stress management care plan  <b>Optional add-on</b>-Clinical hypnosis, part 2 (2 days)</p>	<p><b>Module 2A - Facilitating antenatal classes (2 days)</b> 26<sup>th</sup> &amp; 27<sup>th</sup> May 2012  <b>Module 2B - Advanced structural reflexology (2 days)</b> 23<sup>rd</sup> and 24<sup>th</sup> June 2012  <b>Assignment</b> – case scenarios, case study portfolio  <b>Optional add-ons</b> – (London)</p>

	Stress in pregnancy (1 day) Clinical hypnosis, parts 1 and 2 (4 days)
<p><b>Module 3 - Natural remedies in pregnancy (4 days)</b> 19<sup>th</sup>, 20<sup>th</sup> May and 16<sup>th</sup>, 17<sup>th</sup> June 2012</p> <p><b>Assignment</b> – 2500 word literature review</p> <p><b>Optional add-ons</b> – Bach flower remedies, levels 2 and 3 (2 days each); Homeopathy in Midwifery (2 days)</p>	<p><b>Module 3 - Natural remedies in pregnancy (4 days)</b> 21<sup>st</sup> and 22<sup>nd</sup> January and 25<sup>th</sup> and 26<sup>th</sup> February 2012</p> <p><b>Assignment</b> – 2500 word literature review</p> <p><b>Optional add-ons</b> – (London) Bach flower remedies, levels 2 and 3 (2 days each); Homeopathy in Midwifery (2 days)</p>
<p><b>Module 4 - Integration in midwifery (4 days)</b></p> <ul style="list-style-type: none"> <li>• nutrition as therapy 18<sup>th</sup> March 2012</li> <li>• facilitating normal birth, including post-dates 14<sup>th</sup> April 2012</li> <li>• moxibustion for breech 14<sup>th</sup> July 2012</li> <li>• integrated approach 15<sup>th</sup> July 2012</li> </ul> <p><b>Assignment</b> – 2500 word essay - integrated approach to a particular condition</p> <p><b>Optional add-on</b> – Setting up your own practice (1 day)</p>	<p><b>Module 4 - Integration in midwifery (4 days)</b></p> <ul style="list-style-type: none"> <li>• facilitating normal birth, including post-dates 26<sup>th</sup> November 2011</li> <li>• moxibustion for breech 27<sup>th</sup> Nov 2011</li> <li>• setting up a private maternity CTs practice 21<sup>st</sup> July 2012</li> <li>• integrated approach 22<sup>nd</sup> July 2012</li> </ul> <p><b>Assignment</b> – 2500 word essay - integrated approach to a particular condition</p> <p><b>Optional add-on</b> – Nutrition in pregnancy (1 day, London)</p>
<p><b>Diplomates from either option may proceed to:</b> Expectancy-registered Consultancy (licensed practitioner); Affiliate membership</p>	

### Diploma in Integrated Therapies for Childbirth – 2011-2012

**FEES – Slough intake (22 days) £2840**      *Discounted to £2500 if paid in full with application*

**FEES – Manchester intake (20 days) £2500**      *Discounted to £2200 if paid in full with application*

**Optional extras (2 day courses): £270 each; £500 for 2 courses; £600 for 3 courses**

- Reflexology, advanced      \* Facilitating antenatal classes      \* Part 2 Bach flower remedies
- Part 3 Bach flower remedies      \* Part 1 Clinical Hypnosis      \* Part 2 Clinical Hypnosis

**Optional extras (single days):** £135 per day / £270 for any two single days (counts as 1x 2-day course)

- Setting up your own business      \* Stress in Pregnancy      \* Nutrition in Pregnancy

**Optional submission of assignments for academic credit** from University of Greenwich £200 per 15 credits, or £750 for full 60 credits



**Module 4 - Choice of 4 study days from the selection below, plus the final study day**

**Assignment** – 2500 word essay - integrated approach to a particular stress-related condition

post-dates pregnancy	14 <sup>th</sup> April 2012	26 <sup>th</sup> November 2011
moxibustion for breech	14 <sup>th</sup> July 2012	27 <sup>th</sup> November 2011
nutrition in pregnancy	18 <sup>th</sup> March 2012, Slough only	
herbal medicines in pregnancy	19 <sup>th</sup> May 2012	21 <sup>st</sup> January 2012
homeopathic remedies in pregnancy	20 <sup>th</sup> May 2012	22 <sup>nd</sup> January 2012
setting up your own business	<b>TBC, after July 2012</b>	21 <sup>st</sup> July 2012
<b>OR</b> guided home study on subject of choice eg infertility; postnatal depression, equivalent to 1 day		
<b>Final study day</b> on integration of CTs in midwifery, shared with midwives on other programmes	15 <sup>th</sup> July 2012	22 <sup>nd</sup> July 2012

**Diploma in Antenatal Stress Management – 2011-2012**

**FEES** - £2840

Discounted to £2500 if paid in full with application

**Optional submission of assignments for academic credit** £200 per 15 credits

**Optional add-ons** – two day courses £270

- Bach flower remedies level 2
- Herbs and homeopathy

- \* Bach flower remedies level 3, to practitioner level
- \* Reflexology techniques (counts as 2 courses)

**Book two optional extra courses** for £500

**Book three optional extra courses** for £600

**Diplomates from either option may proceed to:**

Expectancy-registered Consultancy (licensed practitioner); Affiliate membership

**Certificate in Maternity Complementary Therapies**

for midwives, requiring a more flexible learning programme

This 14-day programme aims to facilitate midwives to achieve their own learning needs through a *totally flexible, tailor-made programme of study* normally completed within one academic year. It may suit those not wishing to undertake a full Diploma programme, either because they already have some complementary therapy qualifications, or for financial or logistical reasons.

**An introductory day** enables midwives to meet the course tutors, network with midwives on other programmes and confirm their individual programmes of learning and assessment. Each midwife will devise a **bespoke programme of study** equivalent to 12 taught days, normally a combination of courses and study days from the current prospectus. For the **final study day**, students join with midwives on other programmes, enabling them to explore an integrated approach to care. Study days may be accessed in Slough or Manchester, according to availability, but the induction and final study days should be at the same venue.

**Assignments** – the flexible nature of the programme mean that precise assignments for each student may vary. Full programmes of study at academic level 6 carry an assessment load equivalent to 10,000 words. All students complete a final assignment on the integration of complementary therapies in midwifery module (2500 word essay). Students are also expected to complete the assignments from any specific modules they may choose eg Aromatherapy and Reflexology. Where students choose a selection of single study days or non-assessed short courses, they undertake a final project equivalent to the required number of words, so that their final assessment load equates to 10,000 words. Students requiring academic credit towards a degree will need to choose university-accredited modules as part of their 12 negotiated study days. **Please contact Expectancy for further clarification, or to discuss your personal learning needs, on 08452 301323.**

### **Certificate in Maternity Complementary Therapies - 2011-2012**

**Introductory day** 17<sup>th</sup> September 2011, Slough **OR** 24<sup>th</sup> September, Manchester  
**Final tutorial day** 15<sup>th</sup> July 2012, Slough **OR** 22<sup>nd</sup> July, Manchester  
 + 12 study days of your choice negotiated with Programme leader on induction day, relevant to your professional needs, interests and experience to date

**FEES** £1400  
 Discounted to  
 £1000 if paid in  
 full with  
 application

**Midwives who successfully complete the Certificate in Maternity Complementary Therapies may proceed to:** Expectancy-registered Consultancy (licensed practitioner); Affiliate membership

### **Expectancy-registered Consultant training and Expectancy Affiliate Membership**

Expectancy is inviting applications from midwives who would like to train as Expectancy registered Consultants or become Affiliate members. On successful completion of the Expectancy training, midwives will be eligible to establish their own practice, working autonomously and independently, yet with the support and goodwill of the Expectancy name. Several midwives, who have undertaken complementary therapy courses with Expectancy, are already working part-time in private practice, with the guidance and support of Expectancy, whilst maintaining their conventional NHS midwifery practice. Most midwives who become registered Consultants or Affiliate members will offer complementary therapies for relaxation in pregnancy and the postnatal period, but may wish to offer complementary treatments for specific issues (eg moxibustion for breech, post-dates pregnancy,

physiological disorders, etc). In addition, some may offer elements of conventional midwifery practice, including antenatal classes and breastfeeding support, for which NHS availability may be limited.

Midwives must successfully complete all the assignments of the Diploma in Integrated Therapies for Practice OR the Diploma in Antenatal Stress Management OR the Certificate in Maternity Complementary Therapies. There will then be an informal interview process to ensure that you appreciate Expectancy's exacting safety standards and are prepared to work in line with our philosophy of *safety, accountability and evidence-based practice*. The specific Consultant training consists of three taught days and independent home study, with an assessment. The first day is on business, financial, legal, ethical and professional issues related to working in independent practice; the remainder of the course focuses on Expectancy's systems of working, and on helping women with nausea and vomiting in pregnancy, including Expectancy's approved system of treatment, appropriate complementary therapies and a review of aspects of other complementary therapies.

**Affiliate membership** is available for midwives not wishing to become fully registered Expectancy Consultants. Affiliate members undertake the Business training day *only* and receive clinical mentoring when they have set up their own business. The table below gives a summary of the differences between the full Expectancy registered Consultant status and Affiliate Membership

<b>Registration includes</b>	<b>Registered Consultant</b>	<b>Affiliate member</b>
Business study day	✓	✓
Registration for 3 years	✓	✓
Ongoing online mentoring regarding treatment of specific clients	✓	✓
Use of Expectancy logo on advertising flyers, treatment record cards, headed letter paper, own website	✓	✓
Your profile on Expectancy website	✓	✓
Link to your own website if you have one	✓	✓
10% off future study days with Expectancy	✓	✓
Expectancy car sticker	✓	✓
Attendance at annual networking / updating event	✓	Fee payable
"Morning sickness" training	✓	x
Supply of Expectancy business cards (200)	✓	x
Expectancy name badge	✓	x
CD ROM of downloadable client record cards, history sheets, draft protocols, draft business plan, leaflets for mothers and other resources	✓	x
Supply of 10 CD ROMs on Coping with Sickness in Pregnancy	✓	x
Ongoing business support	✓	x
Use of Expectancy's printing services (fee payable)	✓	x
Access for clients to pay by credit / debit card (fee payable)	✓	x

## Expectancy-registered Consultant training - 2011-2012

### Dates 2011-2012

#### Setting up your own business study day

Manchester 21<sup>st</sup> July 2012

London **TBC**

#### 2 day registered Consultancy training **TBC**

### Registered Consultancy Fees payable on completion

of **Diploma or Certificate programme - £4500** - 3 year registration; **£500 discount** for full payment when applying for Diploma or Certificate

**Affiliate membership fees £1850** - business training, 3 year registration; **£350 discount** for full payment when applying for Diploma or Certificate

## Courses and Study Days for Midwives

COURSE DETAILS / FEES	DATES / VENUE		
<p><b>Aromatherapy in Maternity Care</b> - 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. Midwives working in the NHS will be appropriately equipped to implement aromatherapy within their professional practice, subject to managerial approval and development of local guidelines.</p> <p><b>FEES - £485</b>      <b>Book with Reflexology course</b> for £850 (normally £1070)  <b>Book with Reflexology course &amp; moxibustion day</b> for £950 (normally £1205)                      Please check availability on the reflexology course before applying</p>	<p><b>Slough</b> 18<sup>th</sup> September and 15<sup>th</sup> and 16<sup>th</sup> October 2011</p> <p><b>Manchester</b> 22<sup>nd</sup> and 23<sup>rd</sup> October 2011 and 26<sup>th</sup> November</p>		
<p><b>Bach flower remedies for pregnancy and childbirth</b></p> <p>Bach flower remedies are simple plant-based remedies which are thought to influence emotion health and wellbeing. Courses at all three levels are approved by the Dr Edward Bach Foundation – those who attend each course will be awarded a certificate from the Bach Centre. Completion of all three levels constitutes full the BFR practitioner qualification.</p> <p><b>FEES - £270 per level</b>    <b>Book levels 1 &amp; 2 together for £450; Book levels 1,2 &amp; 3 together for £600</b></p>			
<p><b>Level 1:</b> This two-day course provides an overview of all 38 Bach remedies and is a pre-requisite for those wishing to proceed to full practitioner training.</p>	<table border="1"> <tr> <td style="text-align: center;"><b>Slough</b> 16<sup>th</sup> &amp; 17<sup>th</sup> June 2012</td> <td style="text-align: center;"><b>Manchester</b> 25<sup>th</sup> &amp; 26<sup>th</sup> February 2012</td> </tr> </table>	<b>Slough</b> 16 <sup>th</sup> & 17 <sup>th</sup> June 2012	<b>Manchester</b> 25 <sup>th</sup> & 26 <sup>th</sup> February 2012
<b>Slough</b> 16 <sup>th</sup> & 17 <sup>th</sup> June 2012	<b>Manchester</b> 25 <sup>th</sup> & 26 <sup>th</sup> February 2012		
<p><b>Level 2:</b> This two day 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 clients in clinical practice.</p>	<p><b>Slough</b> February 4<sup>th</sup> and 5<sup>th</sup> 2012  <b>Slough dates TBC, October 2012</b></p>		

<p><b>Level 3:</b> This two day course completes the full <i>BFR practitioner training</i> programme and explores in further depth the clinical aspects of using BFRs for pregnant, labouring and newly-born mothers.</p>	<p>Slough dates TBC</p>
<p><b>Business training – setting up a private maternity complementary therapies service</b> - This study day is intended for midwives who would like to establish their own 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 included in the Expectancy-registered Consultant training package and Affiliate Membership system, but may appeal to other midwives considering working in a freelance capacity. Midwives following the Certificate in Maternity Complementary Therapies programme may use this as one of their chosen study days. The fee is tax deductible for those who proceed to establish their own private practice.</p> <p style="text-align: right;"><b>FEES - £135</b></p>	<p>Manchester 21<sup>st</sup> July 2012</p> <p>London TBC, late 2012</p>
<p><b>Clinical Hypnosis for Childbirth</b> - 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. NB This course is <i>distinctly different</i> from other pregnancy “hypnosis” courses available in the UK; it prepares students to make <i>individualised justifiable judgements</i> about appropriate, safe hypnotherapy protocols, rather than using a formulaic approach.</p> <p><b>FEES - Clinical Hypnosis for Childbirth Parts 1 and 2 (4 days) £595</b></p> <p><b>Clinical Hypnosis for Childbirth Part 2 only</b> for those registered on programmes which include part 1. <i>Not available</i> as a free-standing course <b>£270</b></p>	
<p><b>Part 1 (2 days)</b> 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.</p>	<p>Slough 18<sup>th</sup> and 19<sup>th</sup> February</p>
<p><b>Part 2 (2 days)</b> expands on concepts covered in Part 1 in relation to birth, and explores the use of clinical hypnosis during pregnancy &amp; postnatally. Those who successfully complete are eligible to become an associate member of the Medical School Hypnosis Association.</p>	<p>Slough 9<sup>th</sup> and 10<sup>th</sup> May TBC</p>
<p><b>Complementary Therapies in Midwifery Practice: Issues for Supervisors of midwives, Consultant midwives, Midwifery Managers and Educators</b> - This study day aims to provide an overview of complementary therapies (CTs) in maternity care, and to</p>	<p>Slough TBC</p>

<p>focus on issues of safety, accountability and evidence which impact on midwifery practice. Whilst CTs can be usefully employed to facilitate normal birth, reduce intervention rates and enhance satisfaction, it is of concern that many midwives attempt to advise women on aspects of CTs or natural remedies without adequate knowledge or the ability to apply therapy theory to midwifery practice, particularly in an institutional setting. <b>FREE MASTERCLASS</b> - This study day is considered to be of such fundamental importance to midwifery supervisors, managers, consultants and lecturers, that it is offered free of charge, in order to encourage as many as possible to attend</p>	<b>Bradford TBC</b>	
	<b>Sheffield TBC</b>	
<p><b>Complementary therapies to facilitate normal birth, including dealing with post-dates pregnancy</b> - 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. Midwives will be able to incorporate these techniques into their practice, subject to permission of the employing authority and development of relevant guidelines. <b>FEES £135</b></p>	<p><b>Slough</b> 14<sup>th</sup> April 2012</p>	<p><b>Manchester</b> 26<sup>th</sup> November 2011</p>
<p><b>Facilitating antenatal classes, with a focus on complementary therapies</b> - This 2 day course enables midwives to consider how to facilitate antenatal classes and groups, with a particular focus on introducing complementary therapies. Participants consider how to apply complementary therapy knowledge to antenatal classes safely and appropriately, and explore ways of providing interactive sessions to aid parental learning <b>FEES £270</b></p>	<p><b>Slough</b> 5<sup>th</sup> and 6<sup>th</sup> Nov. 2011</p>	<p><b>Manchester</b> 26<sup>th</sup> and 27<sup>th</sup> May 2012</p>
<p><b>Herbs and Homeopathy in Pregnancy</b> – This 2 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 conditions encountered in maternity care. The course complies with the professional requirements of the Nursing and Midwifery Council and enables midwives to advise on, but not to prescribe, herbal and homeopathic remedies in their normal midwifery practice, subject to managerial permission. <b>FEES £270</b></p>	<p><b>Slough</b> 19<sup>th</sup> and 20<sup>th</sup> May 2012</p>	<p><b>Manchester</b> 21<sup>st</sup> and 22<sup>nd</sup> January 2012</p>
<p><b>Homeopathic remedies in Pregnancy and Childbirth</b> - This two day course explores specific homeopathic remedies for various conditions in pregnancy, labour and the puerperium and enables midwives to advise on and to prescribe a limited selection of homeopathic remedies, subject to managerial permission. Participants must have attended the Herbs and Homeopathy 2 day component of the Natural Remedies module prior to commencing this course. <b>FEES £270; Book with Herbs &amp; Homeopathy course for £500 total</b></p>	<p><b>Slough only</b> 3<sup>rd</sup> and 4<sup>th</sup> March 2012</p>	

**Introduction to Complementary Therapies in Maternity Care**

- This 2 day course provides an overview of the main complementary therapies in use in the UK today, particularly those used by pregnant and childbearing mothers. **Day 1** enables participants to consider both the benefits and risks of complementary therapies and natural remedies in pregnancy, labour and the puerperium, and explores issues of safety, professional accountability and evidence-based practice. **Day 2** focuses on the process of implementation of one or more complementary therapies into the maternity unit; qualified midwives who choose to attend day 2 only are expected to have a basic understanding of the issues covered in day 1. **FEES £175 /£95 per day**

**Student midwife discounts:**

**day 1 only** - £65 pp; groups of 3: £50 pp; groups of 5 or more: £40 pp  
**days 1 & 2** - £99 pp; groups of 3: £85 pp; groups of 5 or more: £75 pp  
*Evidence of student status required; application forms and payment must be received in a **single** transaction for group rates; no credit cards*

London only

**Day 1 - Introduction to CTs in Maternity Care**

10<sup>th</sup> September 2011

**Day 2 - Implementing CTs in Midwifery Practice**

11<sup>th</sup> September 2011

**Introduction to Reiki in Pregnancy** - Reiki is a method of facilitating universal energy to aid relaxation and healing. This two-day course constitutes levels 1 and 2 of approved Reiki training and is included in the Diploma in Antenatal Stress Management. Although this 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, subject to managerial permission. Students may wish to progress to Reiki level 3 (Master practitioner level, available through Expectancy). **FEES £295**

*Group size restricted to 8; full payment must be made at the time of booking; NO refund for cancellations within one month of commencement of course, but substitutions may be made*

Slough only

3<sup>rd</sup> and 4<sup>th</sup> December 2011

**Moxibustion and other alternatives for breech presentation**

- Moxibustion is an increasingly popular 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. As with all our courses, the study day focuses on safety, accountability and evidence-based practice and complies with NMC criteria to equip midwives to implement moxibustion into their practice, subject to managerial approval and the development of local policies. The day also provides an overview of other complementary therapies which may be effective for turning a breech presentation, including homeopathy, chiropractic and others. **FEES £135**

**Student midwife discounts:** £65 pp; groups of 3: £50 pp; groups of 5 or more: £40 pp. *Evidence of student status required; application forms and payment must be received in a single transaction to take advantage of group rates; no credit cards*

Slough

14<sup>th</sup> July 2012

Manchester

27<sup>th</sup> November 2011

*Attend this day and the Facilitating normality / post-dates day on 26<sup>th</sup> November for £200*

<p><b>Natural Remedies in Pregnancy</b> - This 4-day course provides an introduction to herbal, homeopathic and Bach flower remedies, safety, contraindications, precautions, application and benefits during pregnancy, labour and postnatally. Students will acquire a working knowledge to assist them in advising women about 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.</p> <p style="text-align: right;"><b>FEES £495</b></p>	<p><b>Slough</b> 19<sup>th</sup> and 20<sup>th</sup> May and 16<sup>th</sup> and 17<sup>th</sup> June 2012</p>	<p><b>Manchester</b> 21<sup>st</sup> and 22<sup>nd</sup> January and 25<sup>th</sup> and 26<sup>th</sup> February 2012</p>
<p><b>Nutrition in Pregnancy</b> - 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.</p> <p style="text-align: right;"><b>FEES £135</b></p>	<p><b>Slough only</b> 18<sup>th</sup> March 2012</p>	
<p><b>Reflexology Techniques for Pregnancy and Childbirth</b> - This <i>very intensive</i> 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 <i>reflex zone therapy</i> approach enabling participants to learn specific techniques for clinical practice based on understanding of, and application to, reproductive physiology. Midwives will consider reflex zone therapy for physiological symptoms in pregnancy, eg backache, carpal tunnel syndrome etc, normalising birth, aiding pain relief and progress in labour eg induction where appropriate, retained placenta etc, helping women to recover from birth and adapt to motherhood eg retention of urine, lactation issues etc. Midwives intending to attend this course may wish to consider combining it with the Aromatherapy in Maternity Care course, which also covers the process of implementation within NHS practice. Those who complete this course are eligible to progress to the reflexology advanced course, which incorporates advanced techniques and structural reflex zone therapy.</p> <p style="text-align: right;"><b>FEES £585</b></p> <p><b>Book Reflexology &amp; Aromatherapy courses for £850</b> (normally £1070)  <b>Book Reflexology Techniques &amp; Advanced Reflexology courses for £800</b> (normally £855)  <b>Book Reflexology Techniques, Aromatherapy and Advanced Reflexology courses for £999</b> (normally £1340)</p>	<p><b>Slough</b> 19<sup>th</sup> and 20<sup>th</sup> Nov. and 17<sup>th</sup> and 18<sup>th</sup> Dec 2011</p>	<p><b>Manchester</b> 24<sup>th</sup> and 25<sup>th</sup> March and 21<sup>st</sup> and 22<sup>nd</sup> April 2012</p>
<p><b>Reflexology, advanced structural approach</b> - This 2-day course follows the Reflexology Techniques in Pregnancy and Childbirth course; it 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 puerperium. It 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</p>	<p><b>Slough only</b> 1<sup>st</sup> and 2<sup>nd</sup> October 2011</p>	

<p>treating pregnant and childbearing women. It is a pre-requisite that midwives have successfully completed the Reflexology Techniques for Pregnancy and Childbirth course with Expectancy; it is expected that participants will have gained some experience in using reflex zone therapy with pregnant and childbearing mothers since completing the initial course.</p> <p style="text-align: right;"><b>FEES £270</b></p>	
<p><b>Revision day – Aromatherapy</b> – This study day is for midwives who have previously attended Expectancy’s 3-day course on Aromatherapy in Midwifery, but who feel they would benefit from an update, particularly if they have not been in a position to use aromatherapy in their midwifery practice.</p> <p style="text-align: right;"><b>FEES £135</b></p>	<p><b>Slough only</b> 3<sup>rd</sup> September 2011</p>
<p><b>Revision day – Reflexology</b> - This study day is for midwives who have previously attended Expectancy’s 3 or 4-day course on Reflexology Techniques for Pregnancy and Childbirth, but who feel they would benefit from an update, particularly if they have not been in a position to use reflexology in their midwifery practice.</p> <p style="text-align: right;"><b>FEES £135</b></p>	<p><b>Slough only</b> 4<sup>th</sup> September 2011</p>
<p><b>Stress and Relaxation in Pregnancy and Childbirth</b> - This 5-day course explores the physiology of stress in pregnancy and childbirth, the neurobiology related to relaxation therapies such as massage, aromatherapy, reflexology and hypnosis, stress management strategies and relaxation techniques which can be incorporated into clinical practice.</p> <p><i>Day 1</i> – Stress physiology, impact on fertility, pregnancy, birth; relaxation  <i>Day 2</i> – Neurobiology / application to mechanisms of action of stress-relieving therapies, eg touch, olfaction, Schumann resonance, the brain  <i>Day 3 and 4</i> – Clinical Hypnosis - these days are run in association with Thames Medical Lectures and constitute part 1 of the Clinical Hypnosis for Childbirth course. Part 2 is offered as an optional extra.  <i>Day 5</i> – Devising a Stress management policy for individuals and institutions; legal and ethical issues related to personal, institutional and occupational stress</p> <p style="text-align: right;"><b>FEES £610</b></p> <p><b>Add Clinical Hypnosis for Childbirth, part 2 for £270, or £250 if paid with application for Stress and Relaxation course</b></p>	<p><b>Slough only</b> 14<sup>th</sup> and 15<sup>th</sup> January, 18<sup>th</sup> and 19<sup>th</sup> February and 17<sup>th</sup> March 2012</p>
<p><b>Stress in Pregnancy</b> – This day constitutes day 1 of the accredited 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 exercises in antenatal education.</p> <p style="text-align: right;"><b>FEES £135</b></p>	<p><b>Slough only</b> 14<sup>th</sup> January 2012</p>

## In-house courses and consultancy services 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* NHS Institute for Innovation & Improvement 2009). Research has shown that complementary therapies 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 in turn reduces the need for analgesia and augmentation of contractions and avoids the cascade of intervention which can lead to operative delivery, longer postnatal in-patient stay and admissions to the neonatal unit. Incorporating complementary therapies into professional practice equips midwives with additional 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.**

Implementing complementary therapies within midwifery practice can contribute to:

- normalising birth and reducing Caesarean section and induction rates
- reducing the use of pharmacological / regional analgesia and oxytocics
- improving mothers' satisfaction with their childbearing experience
- providing midwives with new tools to enable them to be "with woman"
- saving money and meeting performance indicators for maternity services

Our Consultancy team can provide some or all of the following services, according to your needs:

- In-house aromatherapy, reflexology, moxibustion and hypnosis courses for your midwives
- In-house delivery of our fully-accredited Diploma in Integrated Therapies for Childbirth
- Development of a midwifery complementary therapies clinic for post-dates pregnancy
- Establishment of a midwifery moxibustion service for women with breech presentation
- Introductory information sessions for all staff as appropriate
- Assessment of midwives involved in the service to ensure Fitness to Practise
- Development of clinical guidelines, written in your Trust's "house-style"
- Defence of the clinical guidelines at your Approvals Committee, if required
- Development of patient information leaflets and midwifery complementary therapy records
- Clinical supervision of midwives when starting to use complementary therapies
- Assistance with audit and collation of statistics relating to complementary therapies
- Follow-up on-site 6 months after the service has commenced
- Ongoing mentoring and advice for the duration of the contract
- Annual review and updating of staff once the service is established
- Review of any existing complementary therapy provision
- Additional services by arrangement

All of our education provision complies with Nursing and Midwifery Council criteria, is professionally accredited by the Royal College of Midwives and focuses on safety, accountability and evidence-based practice.

**If your maternity unit would like to host a course** for Expectancy, please contact us. We ask you to provide the venue and permit us to advertise the course to fee-paying midwives in other units and, in return, we offer you a number of free and/or reduced-price places for midwives in your unit.

Below are some comments from senior midwives in units where we have conducted several complementary therapy courses, including Wexham Park Hospital in Slough, where we have had a long-standing arrangement to use their Parent Education room at weekends to run our courses. This has been a mutually beneficial arrangement in which a large number of midwives at Wexham Park and its sister hospital, Heatherwood in Ascot, have been able to complete complementary therapy courses free of charge.

### **Testimonials**

*Sarah Coxon – Practice Development Midwife, Maternity Department at Heatherwood and Wexham Park Hospital NHS Foundation Trust* - Expectancy has been teaching complementary therapy courses for our midwives since 2006. Many midwives have been trained to use aromatherapy, which has now been incorporated into our care of women in the Birth Centre, as well as reflexology, moxibustion, homeopathy and Bach flower remedies. It is a pleasure to work with Denise year after year; she is enthusiastic and passionate when teaching. It's fantastic to have a midwife who has expert knowledge in complementary therapies and who can facilitate colleagues to implement it exclusively in midwifery practice.

*Alison Brown, Consultant Midwife, Bradford Hospitals NHS Trust* - Expectancy's courses, on Implementing Aromatherapy in Midwifery Practice and on Reflexology Techniques for Pregnancy and Childbirth, have helped our midwives to develop a service for the women in Bradford which we would otherwise not have had. It has been invaluable for us, as we have worked to set up the complementary therapy service in conjunction with our midwife-led birth centre. In addition, we are now able to give good advice to women wanting to use a range of natural remedies during their pregnancy and birth journeys. The service has also prompted us to make good links with complementary therapists practising in the local area, whose services are accessed by local women. All in all, we have benefitted very much from the experience and are now able to offer women an enhanced service.

*Tracy Palmer - Matron (In-patients) and Lyndsay Durkin - Clinical Lead for Normality/Delivery suite Co-ordinator, Royal Wolverhampton NHS Trust* - Our midwives wanted to offer mothers the choice of non-medicalised intrapartum pain management, including massage and aromatherapy. As this was a new development, it was important that the service was endorsed by credible experts in the field. Denise Tiran was invited to provide training in maternity aromatherapy for a core team of midwives, which allayed their anxieties about developing a complementary therapy service. The unit now readily offers aromatherapy during pregnancy and throughout labour and birth, and anecdotal evidence has provided positive feedback. The use of massage and aromatherapy is one of a range of new services which have contributed to a significant reduction in the use of both opiates and epidurals. Developing and supporting choice for pain management and the focus on promoting normality has been an influential factor in reducing Caesarean section rates and improving positive birth experiences for women and their partners.

**Contact Expectancy on:** [www.expectancy.co.uk](http://www.expectancy.co.uk) / [info@expectancy.co.uk](mailto:info@expectancy.co.uk) / 08452 301323