



Complementary Therapy Courses for Midwives

**EXCITING NEW OPTIONS
FOR 2024!**

www.expectancy.co.uk / info@expectancy.co.uk

What are you going to do for yourself in 2024?

We've been offering a unique range of complementary therapy courses for midwives for 20 years. In 2024, we're pleased to offer some exciting new courses to enhance your professional practice, including **shortened Certificate programmes in Midwifery Hypnosis, Aromatherapy or Reflexology** and a **3-month online programme on Implementing Complementary Therapies in Midwifery**.

We're also concerned about YOU. Never before have midwives and birth workers experienced so much stress and such difficulty in achieving a manageable work-life balance. **Join our fabulous new online Wellbeing course** to help you care for yourself, including relaxation and self-hypnosis sessions.

Many of our courses are **delivered fully or partly online**, giving you the option of studying in the comfort of your own home without the need to travel to London.

Our team is led by **Dr Denise Tiran HonDUniv FRCM**, a freelance midwifery educator and internationally renowned authority on maternity complementary therapies (CTs). Having previously pioneered a degree in CTs at the University of Greenwich, London, Denise set up Expectancy in 2004. She is a prolific author, has undertaken several research studies and now works in the UK and overseas teaching midwives, therapists and birth workers on the benefits of CTs in pregnancy and birth.

Laura Wallbank RM has a particular interest in midwifery professional standards, frequently chairing professional conduct hearings for the Nursing and Midwifery Council and acting as an Expert Witness. Laura is the Programme Leader for Expectancy's Certificate in Midwifery Clinical Hypnosis and has a special interest in the mental wellbeing of all those working in maternity care.

Amanda Redford BSc (Hons) RM LicAc previously worked as an NHS senior research midwife. She is qualified in acupuncture, reflexology and aromatherapy and has a thriving private practice offering CTs for fertility, preconception, pregnancy and early parenthood.

Professor Ursula James

Ursula is the UK's only Professor of Clinical Hypnosis and has worked with Expectancy for many years. Ursula and her team from our partners, Learning Curve Studio, teach our Clinical Hypnosis and Working Therapeutically Online courses.

NEW for 2024!

- **Wellbeing and self-care course**
- **Implementing Complementary Therapies in Midwifery Practice**
- **Online Certificate in Maternity Complementary Therapies**
- **Working Therapeutically Online**
- **Certificate in Midwifery Aromatherapy (shortened)**
- **Certificate in Midwifery Clinical Hypnosis (shortened)**
- **Certificate in Midwifery Reflex Zone Therapy (shortened)**

- **Booking a course**

NEW! Wellbeing and self-help course (online)

This two-day online course aims to help YOU to manage your own stress and learn relaxation techniques to avoid burnout. It includes stress management, self-hypnosis and an introduction to the wider field of clinical hypnosis. The course is available for midwives and students, doctors, maternity support workers, doulas and health visitors, in the NHS, private practice or overseas. Participants can progress to our full Clinical Hypnosis in Childbirth course, with two further weekends in London.

Dates: Saturday 20th and Sunday 21st April 2024 (0915 – 1615 hours, online)

Optional additional Clinical Hypnosis module 18th / 19th May and 15th / 16th June 2024, London

Fees: £240 inclusive of VAT (self-funded); £270 plus VAT (employer / NHS funded)

10% supplement for payment from overseas bank accounts

NEW! Implementing Complementary Therapies in Midwifery course (online)

A five-day introduction to complementary therapies and how to introduce it into midwifery practice. We explore the most popular therapies used by expectant and birthing parents and their safe use by midwives. Suitable for midwives in the UK and overseas; student midwives also welcome. UK midwives wishing to work in private practice have the option to “top up” to one of our longer programmes so that you can obtain indemnity insurance cover.

Dates:

- Introduction to aromatherapy in pregnancy and birth 14th / 15th May 2024
- Acupressure for postdates pregnancy 16th May 2024
- Moxibustion for breech presentation 5th June 2024
- Implementing complementary therapies in midwifery practice 10th July 2024

Fees: £360 including VAT (self-funded); £480 + VAT (NHS / employer funded)

10% supplement for payment from overseas bank accounts

NEW! Online Certificate in Maternity Complementary Therapies

This seven-month programme of ten study days is suitable for midwives, student midwives, maternity support workers, doulas, antenatal educators, obstetricians, GPs and health visitors. The course provides a basic theoretical overview to the main complementary therapies commonly used by expectant, birthing and new parents. Please note, this course does *not* prepare you to practise the therapies but aims to provide you with sufficient information to advise parents on the safe use of complementary therapies and natural remedies.

Delivered completely online, teaching is shared with midwives on other academic programmes, offering an opportunity for inter-professional learning and networking. Study days are delivered live from 0915-1615 hours, UK time, to encourage discussion and participation. You are also welcome to attend any of our optional webinars on various subjects, our self-hypnosis sessions for personal relaxation and you will also have access to our members' online resource site of articles. The fees include a small set of aromatherapy oils for use on the aromatherapy study days. NB There is no formal assignment for this programme, but the Working Therapeutically Online module requires you to write up case studies from your online practice of "mind massage" relaxation sessions. There is no practical work involved and it is not possible to obtain indemnity insurance cover for private practice in the UK.

Dates for 2024:

- Wednesday 3rd January introductory day
- Thursday 25th January introduction to clinical hypnosis
- Tuesday 6th and Wednesday 7th February introduction to aromatherapy
- Monday 26th February and Monday 11th March Working Therapeutically Online (see page 6)
- Tuesday 30th April safety of natural remedies in pregnancy
- Wednesday 5th June moxibustion for breech presentation
- **Plus** – choose two option days from: postdates pregnancy (8th February OR 16th May), nausea and vomiting (22nd May), homeopathy (28th May), implementing CTs in midwifery (10th July, midwives only) OR two practical days in London – advanced aromatherapy (6th and 7th May) or pregnancy massage (23rd and 24th November OR 7th and 8th December, dates TBC).

Fees: £400 including VAT (self-funded, payment from UK bank account); £480 + VAT NHS / employer funded; £540 + VAT overseas participants; 10% surcharge for payment from non-UK bank account.

Working Therapeutically Online

Learn how to teach “mind massage” relaxation online for expectant and postnatal parents. There is a 2-hour introductory session with Professor Ursula James to set the scene for working online, and a 2-hour session two weeks later. In between, you arrange online practice sessions with your fellow students, friends, family or colleagues, to conduct “mind massage” sessions. You will submit written reflections on your “mind massage” sessions.

Dates: dates of live sessions (2 hours) to be confirmed, February and March 2024, 1000 – 1200 hours.

Fees: £290 incl VAT (self-funded) £320 + VAT (NHS / employer funded)

10% supplement for payment from overseas bank account

Certificate in Midwifery Aromatherapy shortened programme

Complete our full aromatherapy programme in eight months between January and August 2024 (usually one year). Suitable for UK NHS midwives and midwives wishing to use aromatherapy for pregnancy, birth and postnatally in private practice (indemnity insurance available). The programme is part online and part face-to-face in London. Assignments: 6 reflective case studies and essay.

Dates:

- Introductory day (online)
- Introduction to aromatherapy (online)
- Postdates pregnancy (online)
- Advanced aromatherapy (face-to-face in London)
- 4 option days from a selection (online or in London, includes massage and other aspects)

Fees: £1800 including VAT (self-funded) - £300 non-returnable deposit and eight monthly instalments of £187.50 pcm. From January to August 2024.

Certificate in Midwifery Clinical Hypnosis shortened programme

Complete our full Clinical hypnosis programme in eight months between January and August 2024 (usually one year). Suitable for UK NHS midwives and midwives wishing to use clinical hypnosis for birth preparation and phobias (fear of labour, needles etc) in private practice (indemnity insurance available). The programme is part online and part face-to-face in London. Assignments: 6 reflective case studies and essay. NB This is not a “hypnobirthing” course.

Dates:

- Introductory day (online) 3rd January 2024
- Introduction to hypnosis (online) 25th January 2024
- Working Therapeutically online (online) 12th and 26th February 2024
- Wellbeing course (online) 20th and 21st April 2024
- Clinical hypnosis 18th and 19th May AND 15th and 16th June 2024 (face-to-face, London)

Fees: £1800 including VAT (self-funded) - £300 non-returnable deposit and eight monthly instalments of £187.50 pcm from January to August 2024.

Certificate in Midwifery Reflex Zone Therapy shortened programme

Complete our full reflex zone therapy (clinical reflexology) programme in eight months between January and August 2024 (usually one year). Suitable for UK NHS midwives and midwives wishing to use reflexology for pregnancy, birth and postnatally in private practice (indemnity insurance available). The programme is part online and part face-to-face in London. Assignments: 6 reflective case studies and essay.

Dates:

- Introductory day (online) 3rd January 2024
- Reflex zone therapy 13th / 14th January; 10th / 11th February; 9th / 10th March (London)
- Introduction to aromatherapy (compulsory, online) 14th May
- 2 option days from a selection (online or in London)

Fees: £1800 including VAT (self-funded) - £300 non-returnable deposit and eight monthly instalments of £187.50 pcm from January to August 2024.

Booking a course

Please contact info@expectancy.co.uk for more information and a booking form.

Once you have returned your form, we invoice you for immediate payment of the £300 non-returnable deposit to secure your place on one of the programmes, or for payment in full for a short course.

Midwives being funded by their employer (NHS and others) MUST secure funding and a **purchase order number** from their finance department for full payment in advance (no instalments). This MUST be included on the booking form.

All booking / application forms should be returned as an attachment in Word format by email to info@expectancy.co.uk

