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## ***Your attention is drawn to the following:***

Practitioners who appear in this publication and on its associated website have been required to complete a detailed questionnaire providing information on their training, professional qualifications, insurance status, experience, membership of the professional statutory and voluntary organizations to which they belong and other relevant information as an indication of their suitability and commitment to working with the NHS and treating NHS patients.

Information relating to the various therapists, schools, organizations and businesses listed in this publication, or on its associated website, is as supplied to us by those people and organizations. To be listed here is not proof of professionalism nor that the persons or organizations are qualified and competent.

Their appearance in this publication is not an endorsement by the NHS, the NHSTA, the Department of Health, the Editor, Publisher nor any contributor to the publication whatsoever. Nor does it indicate that treatment by any practitioner who appears in it or on its associated website will be funded by the National Health Service. Patients seeking complementary and alternative medicine (CAM) on the National Health Service must first approach their NHS GP. It is then for the GP to decide to prescribe a CAM therapy and to refer the patient to a particular therapist. Whilst every effort has been made to ensure that the information contained in this Directory and on its associated website is accurate, it remains the responsibility of whosoever shall engage the services of any practitioner contained herein, including the patient themselves, to ensure that the practitioner is properly insured and qualified and that the therapy is suitable for the patient concerned.

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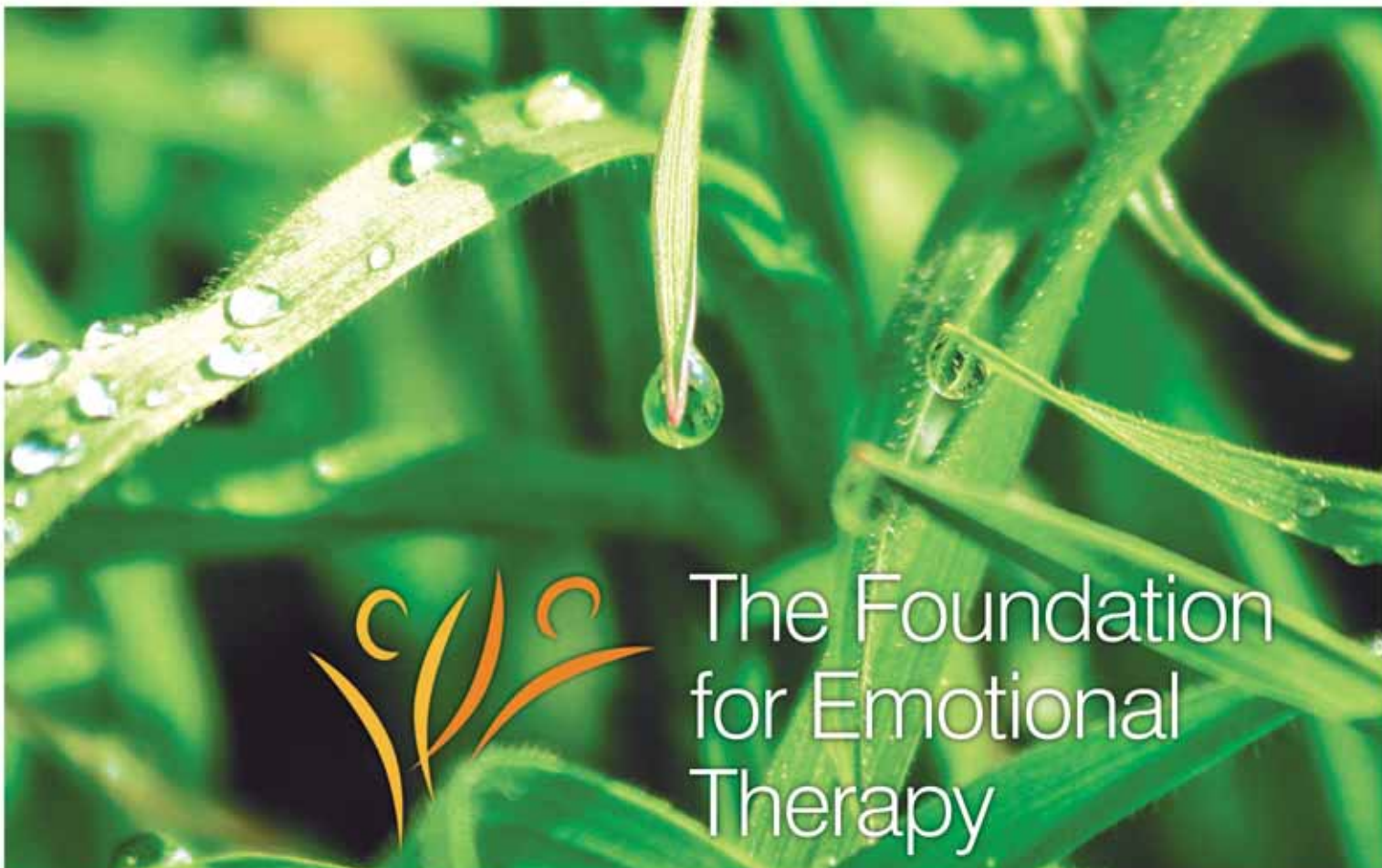
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Whilst every care has been taken to ensure that the information in this printed edition is accurate and up to date at the time of going to press, it should be borne in mind that the directory is changing on a daily basis and therefore we cannot guarantee that the information contained herein is up to date at any particular time.

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The Foundation for Emotional Therapy is a registered charity (no.1022341)



It gives me great pleasure to contribute the Foreword to this updated and extended printed edition of the NHSTA's Directory of Complementary and Alternative Practitioners. Within this publication we have included information which will be of interest to GPs, members of the public

and complementary therapists themselves, including advice for the public to follow when they wish to consult a Complementary and Alternative Medicine (CAM) therapist privately. We feel that GPs may well wish to draw this information to the attention of those patients of theirs who are considering consulting a CAM therapist privately.

Before acceptance all practitioners who appear in the Directory have completed and signed a thorough questionnaire regarding their experience, confirmation of qualifications, training, treatment offered and commitment to working with the NHS. At the time of their acceptance, we verify that all applicants are members in good standing of one or more of the recognised statutory and voluntary organisations representing the therapy they practise. The NHSTA also independently verifies their insurance status. The Directory is principally an online resource. The website, [www.nhsdirectory.org](http://www.nhsdirectory.org) is updated every 24 hours.

The philosophy underlying the Directory was informed by the findings of the House of Lords Scientific and Technical Committee's 6th Report on Complementary and Alternative Medicine, published in 2000. Two key findings were that organisations that were not solely CAM based should also play a role in helping regulate and participate in how CAM is made available in the UK. In particular, the Government has pointed out that the best way for CAM to be made widely available in the UK is via the Primary Care route, i.e. the GP.

In producing the Directory, the NHSTA took an initiative signalled by the House of Lords and the Government, creating a means by which GPs could access suitable CAM practitioners, thereby enabling NHS patients to access CAM. The Directory was recognised by the Royal Society of Medicine in their

publication Health Information On The Internet (HIOTI) as a leading medical website. Since its launch, the NHSTA has accepted over 6,000 CAM practitioners into membership.

Although, according to The Prince of Wales Foundation for Integrated Medicine (FIM), some 50% of GP practices now offer complementary therapy of one sort or another, we believe that it will take some time before CAM therapies achieve mainstream status as part of NHS healthcare. This was one of the reasons we produced the Directory.

Some GP practices and CAM practitioners have expressed frustration at an apparent lack of a cohesive delivery programme for CAM in the NHS. The NHSTA lobbied on this subject for some time and is pleased to say that the APMS route (Alternative Provider Medical Services), announced by the Government in May 2004, appears to be the most efficient way for CAM to be delivered via the NHS.

The NHSTA asked our legal corporate members, Messrs Weightmans, Solicitors, to draft a suitable contract for use when commissioning complementary therapy via the NHS using the APMS route. This new contract is now available to all Primary Care Trusts (PCTs) and practices who wish to offer complementary therapy. (Please contact Weightmans on [www.weightmans.com](http://www.weightmans.com) or the NHSTA on [www.nhsta.org.uk](http://www.nhsta.org.uk).)

While we have taken every care in ensuring the bona fides and repute of those therapists who appear in this publication, it still remains the responsibility of all GPs and patients who wish to use a CAM therapist to ensure that the therapy is suitable for the patient concerned and to satisfy themselves as to the competence of any therapist they may wish to use. Should anyone using the services of a therapist who appears in this publication have cause to complain, they are most welcome to contact us and we will take the matter up on their behalf.

**Dr David Tod, OBE, MBChB(Ed), FRCGP,  
DipCrim(Lon)  
Editor and Chief Executive, NHSTA**

We express grateful acknowledgement to the following organisations. The Department of Health, the Aromatherapy Organisation Council (AOC), the British Acupuncture Council (BACc), the General Chiropractic Council (GCC), the British Chiropractic Association, the McTimoney Chiropractic Association, the General Osteopathic Council (GOSc), the International Society of Practising Aromatherapists (ISPA), the Association of Reflexologists (AOR), the International Federation of Professional Aromatherapists (IFPA), the Register of Chinese Herbal Medicine (RCHM), the British Association of Nutritional Therapists (BANT), the General Hypnotherapy Standards Council, the National Register of Hypnotherapists & Psychotherapists, the Bowen Therapists' European Register, the Association of Traditional Chinese Medicine, the UK Reiki Federation, the Crystal and Healing Federation, the Massage Therapy Institute of Great Britain, the Prince of Wales Foundation for Integrated Medicine (FIM), the British Osteopathic Association (BOA), the National Federation of Spiritual Healers (NFSH), the LCSP Register of Remedial Masseurs and Manipulative Therapists, the British Osteopathic Association (BOA), the Alliance of Registered Homeopaths and the Yoga Biomedical Trust, amongst many others.

# The British Society of Clinical and Academic Hypnosis (BSCAH)



Incorporating the British Society of Medical & Dental Hypnosis (BSMDH) founded 1952 and the British Society of Experimental & Clinical Hypnosis (BSECH) founded 1977

Supporting the scientific study and the clinical, medical and dental applications of hypnosis by Registered Health Professionals

Hypnosis is recognised as a treatment by almost every national medical authority. Major professional societies for practitioners include the British Society of Clinical and Academic Hypnosis, International Society of Hypnosis, European Society of Hypnosis, American Society of Clinical Hypnosis, and dozens of other national medical and research societies worldwide. (see Barabasz & Watkins, 2005 for a complete listing).

Basic hypnotic interventions can be used safely by suitably trained primary health care workers, nurses, dentists, psychologists, doctors, counsellors and other allied health professionals. Anyone can quickly learn how to induce hypnosis but it is of primary importance that health professionals only treat with hypnosis those conditions that they are qualified to treat without hypnosis.

BSCAH provides training of health professionals by health professionals in the clinical uses of hypnosis and is a resource for both health professionals and members of the public who are seeking information about hypnosis.

Like all good medical care, the protocol for using basic clinical hypnosis is clear. It starts with building rapport and taking a good history together with formulating the goals of the therapeutic interventions. All clients can be taught self hypnosis as an integral part of their treatment so that they have a useful tool for self help and so that they are encouraged to become an active participant in their own care

Entering hypnosis is anxiolytic and is therefore very useful as a tool for anxious and stressed clients. However its most useful applications are in facilitating communication and as a powerful reinforcement of many therapeutic processes. We all enter day dream or trance like states spontaneously and the therapist is merely teaching the client to do so deliberately for specific therapeutic outcomes. Using imagery facilitates communication at an

emotional as well as a cognitive level. (Thomas, 2005, Siegelman, 1990, Levi-Agreasti and Sperry, 1968)

Hypnosis appears to allow the client to access their inner strengths and abilities more powerfully and rapidly, giving shorter treatment times in many cases. (Kirsch, 1996a) It can be used alongside other therapies e.g. CBT, where it seems to enhance the outcomes. (Kirsch et al., 1995, Schoenberger N E, 1997, Schoenberger, 2000)

Clinical hypnosis can be a cost-effective facilitator of treatment both in acute and chronic conditions. It should become part of the required basic training for every primary health care worker, nurse, doctor, psychologist, counsellor or dentist. (BMA, 1955)

Because hypnotic techniques need, in the main, to be tailored to the patient (Barabasz and Barabasz, 2006, Barabasz and Watkins, 2005) and 'standardised' treatment is often impossible, much of the evidence for hypnosis lies in outcome audit and case studies. But there are now many experimentally controlled published studies on hypnosis in major medical journals, as well as over 55 years of research published in the International Journal of Clinical and Experimental Hypnosis (Lynn et al., 2000). (<http://www.hypnosis-research.org/hypnosis/index.html>).

## What is hypnosis?

Functional brain scanning suggests that in hypnosis the brain behaves differently to its behaviour outside the hypnotic context. There is still much debate as to what hypnosis actually is: but factors such as expectation and belief are important and some consider it to be an 'altered state of consciousness'.

Hypnosis is not relaxation, but relaxation techniques may induce the hypnotic state. Hypnosis involves a change in the focus of attention. There is a shift of awareness from mainly

external to mainly internal that also occurs in many other trance states induced by such methods as meditation, prayer, reiki, massage, running, driving and day dreaming, to name but a few.

A hypnotic induction formalises and facilitates this shift into inner awareness and absorption in an inner world. Once in hypnosis there is greater access to unconscious processing and to thoughts and images not readily available to everyday consciousness. Whilst in this state suggestions given for relaxation and other desired outcomes seem to be more effective than those given in the ordinary waking state. (BPS, 2001)

### Can anyone be hypnotised?

Everybody is hypnotizable to some extent but some people find it easier than others to enter hypnosis. Hypnotic susceptibility scales to assess a person's hypnotic skills are useful for research and experimental work but are less useful clinically. About 90% of people are 'medium' or 'high' responders - so the majority can experience many of the benefits of hypnotic interventions.

### What conditions can be treated with hypnosis?

#### *Anxiety and phobias:*

A primary use of hypnosis is to treat fear and anxiety. This may be a generalised anxiety state or panic disorder, or more specific conditions such as procedural or preoperative anxiety (Saadat H, 2006, Fern, 2008, Schnur JB, 2008, Vickers A, 1999). Phobias including needle and dental phobias are often quickly treated with hypnosis. Performance anxiety, poor self esteem and low levels of self confidence are often treated with hypnosis. (Schoenberger N E, 1997)

#### *Depression:*

Hypnotherapy has been shown to help depression and improves treatment outcomes when used with cognitive behavioural approaches. (Alladin and Alibhai, 2007)

#### *Pain:*

Hypnosis has been used successfully as the sole anaesthetic for surgery (Faymonville and al, 1999). Accident & Emergency staff and anaesthetists can use hypnotic techniques and language patterns both to reduce pain and distress in the acute situation but also to reduce the amount of anaesthetic agents needed in theatre and to improve post operative morbidity (Thomson, 2005, Peebles-Kleiger, 2000, B R Wright, 2000, Lebovits et al., 1999, Montgomery G H, 2002, Lang et al., 2000, Ginandes et al., 2003, Williams A R, 1994, Wright and Drummond, 2000). Patients with chronic pain also respond well to hypnotic techniques, treating the accompanying anxieties or depression and helping to modify the pain itself. Even if the pain is not resolved it frequently becomes less bothersome (Jensen and Patterson, 2006).

#### *Cancer care:*

Hypnosis may be used to alleviate distressing side effects of treatment such as nausea. By using hypnotic imagery patients

may be able to help maximize their fight against the cancer. Whilst hypnosis is not "a cure" it is a way for a person to facilitate the natural healing ability of their own body. (Zeltzer and LeBaron, 1982, Spiegel and Bloom, 1983, Walker, 1998, Richardson et al., 2006)

#### *Psychosomatic conditions:*

Hypnotherapy is now recommended by NICE for the treatment of Irritable Bowel Syndrome (Gonsalkorale et al., 2002, Calvert et al., 2002). Other conditions with psychosomatic elements (e.g. asthma, migraine and dermatological conditions such as eczema and psoriasis) have been shown to be helped by hypnosis (Hammond, 2007, Shenefelt, 2000, Maher-Loughnan, 1970).

Hypnosis has been used with benefit in many auto-immune diseases such as multiple sclerosis, rheumatoid arthritis, Crohn's disease and ulcerative colitis (Abela, 2000, Schafer, 1997). Many patients with chronic fatigue syndrome appear to improve with hypnotherapy (Leventhal, 1999). These techniques stem from the premise that we have mind/body links that we can activate to help ourselves.

#### *Post Traumatic Stress Disorder:*

Hypnosis can often give very rapid resolution, especially where the PTSD occurs free of other psychological morbidity (Bryant and Harvey, 1996, Brom et al., 1989, Forbes et al., 2003, Muss, 1991).

When treatment involves a person re-experiencing the traumatic event, he or she might be re-traumatised. As a Society we promote the use of hypnotherapeutic techniques utilising dissociation where the event is reviewed from a distance as an observer and thus enables resolution without the patient having to feel the full emotional charge of the event.

#### *Addictions:*

Hypnosis may be very successfully combined with behavioural approaches to help addictions, for smoking cessation and with weight problems (Torem, 1992, Kirsch, 1996b, Elkins and Rajab, 2004).

#### *About the Society:*

BSCAH is a national organisation of doctors, dentists, psychologists and other health professionals who are interested in hypnosis and its use as a therapeutic tool.

The British Society of Clinical & Academic Hypnosis (BSCAH) was formed in 2007 by the merger of the two professional societies of hypnosis in the UK: the British Society of Medical & Dental Hypnosis (BSMDH) and the British Society of Experimental and Clinical Hypnosis (BSECH). It is a non profit making registered charity. As a constituent society of both the European and International Societies of Hypnosis we aim to promote the safe and responsible use of hypnosis in medicine, dentistry and psychology and to educate both our professional colleagues and the public about hypnosis and its uses.

#### *Ethics*

We believe that those practising hypnotherapy should be health professionals (or bona fide academics or researchers). They

should be in a position to accept clinical responsibility for their actions, have indemnity cover and should only use hypnosis within the professional field in which they have expertise. Training in hypnosis is offered only to qualified Doctors and Dentists (including final year undergraduates), Psychologists and other health professionals as approved by the Society. Basic Courses are run up and down the country each year by the various Branches who also organise advanced courses and workshops from time to time.

## Accreditation and referrals

BSCAH has a peer reviewed system of Accreditation for members that involves further training, written case studies and an oral examination. Accredited members are required to maintain a level of continuing education and to have access to some form of peer supervision. Only Accredited members, or those who hold a university diploma in clinical hypnosis from Universities whose courses are approved by BSCAH, are allowed to put their names forward to the Referral list. Because many of our members do not undertake private work the list is small, but many of our members use hypnosis in their work within the NHS.

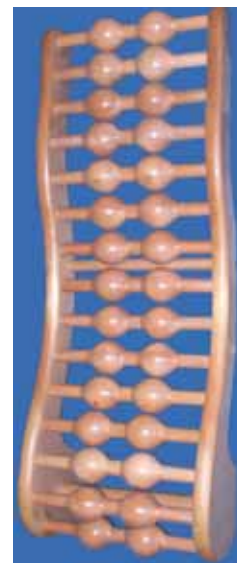
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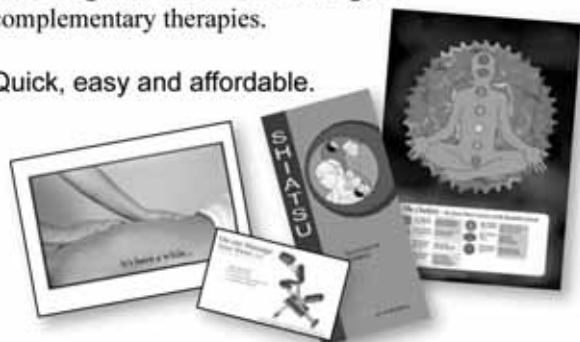
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# GUIDANCE NOTES

## FOR MEMBERS OF THE PUBLIC

According to the Prince of Wales foundation, half the GP practices in England now provide access to complementary therapies.

Many changes are taking place within the health service which should make it easier for the public to access Complementary and Alternative Medicine (CAM) via the NHS.

Changes such as the introduction of the Alternative Provider Medical Services (APMS) mechanism announced by the Government in 2004, as well as the new practice based commissioning budgets giving GPs greater freedom to commission and pay for treatments such as complementary therapy, should make it easier for the public to access CAM via the NHS.

Leading the way in helping to bring complementary therapy into the NHS arena is the NHS Trusts Association (NHSTA), which produces the NHSTA's Directory of Complementary and Alternative Practitioners. All the practitioners who appear in it have completed a very thorough questionnaire providing details about their qualifications, experience, their insurance, status, the professional organisations they belong to, the types of treatment they provide and, in the case of Chiropractors and Osteopaths, confirmation that they belong to the two relevant statutory bodies which are, in the case of Chiropractors, the General Chiropractic Council (GCC), and in the case of Osteopaths, the General Osteopathic Council (GOsC).

This does not mean that a member of the public will automatically have their treatment funded by the NHS if they approach a practitioner directly. Like any other referral to a consultant or specialist in the National Health Service, to receive complementary treatment on the NHS you must first be referred by your GP.

On the NHSTA website, you will find a letter which can be shown to your GP that gives more details about how the Directory works. If you are encountering difficulty in obtaining complementary therapy from your GP, you should write to the Patient Advice Liaison Service (PALS) at your local Primary Care Trust (PCT), the address of which can be obtained from your GP. On the website, you will find an example of a suitable letter. You might also consider writing to your MP. (If you want to consult a practitioner privately, there are some important issues to be borne in mind. We will go into these in greater detail later on.)

When seeking treatment via the NHS, having selected a practitioner who you would like your GP to

refer you to, you should ask the practitioner to give you a brief written summary of their diagnosis, and a summary of the treatment programme they are recommending in your case, which should include an estimate of the number of treatments and the costs involved. It should also show what the therapist's normal costs for private treatment are and, if the therapist is prepared to reduce their rates for NHS patients, the NHS rate.

You should then show this to your GP and give the GP the website address the Directory, [www.nhsdirectory.org](http://www.nhsdirectory.org), so that the GP can confirm the practitioner you wish to be referred to is listed in the Directory.

This does not necessarily mean that the GP will be agreeable that you should receive complementary treatment or, if they are, that they will necessarily wish to refer you to that particular practitioner. However, if you have already received treatment from a particular practitioner, have established a practitioner/ patient relationship and gained benefit or improvement from the treatment you have received from this practitioner, you should explain this to your GP and ask the GP to refer you to the practitioner you prefer.

### Some frequently asked questions

*Q Should I go straight to the CAM practitioner or should I see my doctor first?*

**A** Before you approach a complementary practitioner, it is advisable to consult your doctor first. This will enable your GP to rule out any underlying conditions that may require conventional or "orthodox" treatment. Don't forget when talking to your complementary therapist you should give them a full background "history" of any drugs or medicines you are taking and whether or not you are receiving any other forms of complementary treatment.

*Q I have seen an advertisement for a treatment which claims to be able to cure my problem, should I believe it?*

**A** Practitioners of CAM should talk about "treating" rather than making claims to "cure" specific diseases or conditions. The sort of things that can be said in advertisements are overseen by the Advertising Standards Authority (ASA). The ASA are generally not in agreement with advertisements that make claims to "cure".



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**Q** *What should happen at the initial consultation with a CAM practitioner?*

**A** If you are consulting the practitioner privately, the first thing the practitioner should do is to take a very detailed background from you. This is known as a "history". It is for this reason that the initial consultation is sometimes more expensive than subsequent treatments, as the practitioner has to include the extra time required for taking your history. In addition to questions about the specific condition you are seeking treatment for, when taking your history, a good practitioner will include general questions about your health, any other conditions you have, any medications you are taking, your family's medical history, if you are a woman they may ask about any possible pregnancy, if you have been on holiday to any tropical destinations, whether you have any allergies, etc.

A history will normally take ten or fifteen minutes. If the practitioner doesn't ask for this information, you may wish to reconsider allowing them to treat you. You should certainly make sure that you volunteer it to them.

**Q** *How will I know how much the treatment is going to cost?*

**A** Before the treatment starts, you should ask the therapist to give you details of their fees and an estimate of how many treatments they think you are likely to require.

**Q** *I have private medical insurance. Will this pay for my treatment?*

**A** Some of the private schemes will cover complementary therapies, so it might be worthwhile contacting your insurance company first to check this and, if so, to ask them which particular therapies they are prepared to pay for, in case they do not cover all of them.

**Q** *How do I know what organisations the practitioner belongs to and how well regulated their therapy is?*

**A** There is no reason why you should not ask any practitioner for details of their qualifications. You can then check with the body concerned to make sure that the practitioner is a member in good standing of their organisation. All practitioners listed in the NHS Directory of Complementary and Alternative Practitioners have undergone a vetting procedure, including verification of their insurance status, whether or not they are members in good standing of the relevant regulatory body/bodies, their

qualifications their experience, their training, etc.

There is no reason why you should not ask the practitioner what process they had to undergo before they were registered with the relevant organisations they belong to. Qualified practitioners should display their qualification certificates in the consulting room or in their waiting room, or they should be quite willing to show you their certificates if you ask them.

**Q** *What do you mean by "insurance status"?*

**A** All complementary therapists should have public liability insurance. This provides compensation if something goes wrong as a result of the treatment or if you suffer an accident while you are on the premises of the practitioner. They should display their insurance certificate or show it to you if asked. All practitioners listed in the Directory have their insurance status verified before they are accepted.

**Q** *Supposing I want to complain?*

**A** If you have a reason to complain about any treatment received by somebody who appears in the Directory, please write or email us at [admin@nhsta.org.uk](mailto:admin@nhsta.org.uk) and we will look into this for you. You can also complain separately to the Prevention of Professional Abuse Network (POPAN) and to the Professional Representative Body of which the practitioner is a member. All of these organisations have complaints procedures.

If you are being treated via the NHS, that is if you have been referred by your GP to a complementary practitioner for treatment under the NHS and have cause to complain, you would be covered in the same way as any other NHS patient. You may wish initially to take your complaint up with the local Patient Advice Liaison Service representative at your NHS Primary Care Trust. These are known as PALS in England, the Complaints Manager in Wales, The Health Board Patient Liaison or Complaints Officer in Scotland, or The Local Health and Social Services Board in Northern Ireland. The relevant PALS or similar representative will be able to give you advice and explain how to go about making a complaint.

If you wish to make a formal complaint about private treatment, each organisation has its complaints procedure. Assuming the practitioner appears in the Directory, you can also complain to the NHSTA. If your complaint is upheld, the practitioner may be removed from the Directory.

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# Anna's ROOM



Anna, who is 28 years old, has been a patient in the Wessex Neurological Centre, at Southampton General Hospital since August 2005 suffering from encephalitis. This is her third episode, cause unknown!

The hard work of everyone in Intensive Care (ITU), the High Dependency Unit (HDU), Stanley Graveson Ward and now Victoria House, the acute rehabilitation unit attached to Wessex, has been unbelievable.

The expertise and care she has been given together with the help and support we have been shown has never wavered for a moment. It is on-going and we do not know the outcome, but we need to say 'thank you' in some way.

Our initial aim is to provide portable sensory equipment for all of the above, including the Paediatric Neurological Unit. The equipment stimulates our sense of touch, sight, sound and smell and can be taken to the bedside or a day room with the object of helping brain injured adults and

children to recover. It also promotes relaxation and calm for the agitated and stressed. It is certainly something that Anna would have found beneficial.

The Wessex Neurological Centre cares for patients whether it be as a result of a road traffic accident, encephalitis, meningitis, epilepsy, Guillaume Barré Syndrome, Parkinson's Disease, MS etc. Whilst based in Southampton, it serves a wider area covering Hampshire, Dorset, Wiltshire, West Sussex, Isle of Wight and the Channel Islands.

Ultimately, when funds and space become available we aim to equip and maintain a sensory room to be used by anyone in the unit.

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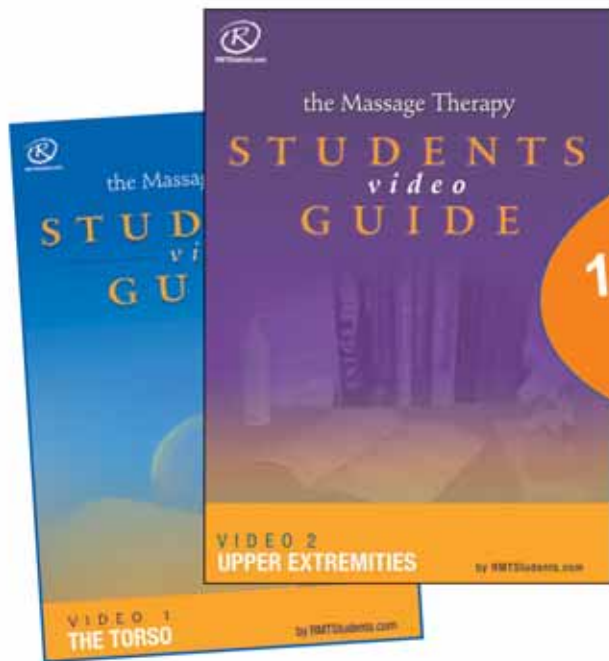
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# Complementary therapies for back pain

Back pain is very common. Four out of every five of us will have one or more bouts of back pain at some time in our lives. It affects men and women equally and it occurs at all ages. The NHS spends more than £1 billion each year on back pain and a further £565 million is spent in the private health care sector.

But while it is very common, it is also very difficult to define. It is a symptom, not a disease. Although pain is the most common symptom in healthcare, it is surprisingly poorly understood. Part of the reason for this is that it cannot be measured directly. X-rays and scans show injury or wear and tear to tissues, but do not show the pain itself.

Most back pain is 'simple mechanical back pain', due to muscle spasm, caused by muscle fatigue and strain. Pain can also be due to 'wear and tear', a disc prolapse (also called a 'slipped disc') or nerve compression though these are much less common.

Though a sudden ('acute') attack of back pain can be agonisingly painful, it is not, generally, in itself serious and does not usually need medical treatment. In fact, in most cases the best treatment for an acute attack is to keep moving around as much as possible. Some initial rest is advisable, but lying in bed for days on end makes the muscles seize up and start to waste away ('muscle atrophy') and it will take much longer to recover from the pain.

**BackCare** (registered as the **National Back Pain Association**, charity no. 256751) is a national charity that helps people manage and prevent back pain by providing information and support, promoting self help, encouraging debate and funding research into better back care. The charity represents people with back pain, a broad range of health professionals treating back pain, researchers and employers.

Most instances of acute back pain do resolve themselves in time without intervention, but people understandably want to do all they can to speed up the process and to feel that they are helping themselves recover as quickly as possible. So many people decide to consult an alternative or complementary therapist.

BackCare publishes an evidence-based guide to complementary and alternative therapies for back pain that won an award from the Association of Medical Research Charities (AMRC).

The guide looks at some of the treatment routes commonly taken for back pain including movement and exercise, hands-on therapies, and herbal therapies.

It considers the scientific evidence base for each therapy, giving the reader the opportunity to compare one to another.

In 2005, BackCare carried out a survey amongst members and visitors to its website. Most of the 2,240 who took part had suffered from back pain for over a year. They were asked which of a long list of alternative and complementary therapies they had used and how helpful they found them. The complete results of the survey are published in BackCare's booklet but some of them are as follows:

The two movement based therapies Yoga and Pilates were the most successful, giving help that lasted more than six months to more than four in ten people. The least effective for back pain were homeopathy and faith healing. Author of the book and long-term back pain sufferer Christine Gratus said, "

The most important aspect of the booklet is that it is evidence-based, it contains the scientific evidence base for each therapy and states which therapies have been scientifically tested and which haven't. It also gives information about regulation, professional bodies for different therapies and the type of training one might expect a practitioner to have."

When choosing an alternative or complementary therapy, it is important to know what your back problem is. Some complementary and alternative practitioners (particularly osteopaths, chiropractors and medical acupuncturists) are highly trained in diagnosis. Some others are not, and it is advisable to consult your G.P. before being treated by someone without the training to diagnose the cause of your back problem.

For more information, a library of factsheets and articles and to buy our publications online, see our website [www.backcare.org.uk](http://www.backcare.org.uk). For information and support call our telephone helpline on **0845 130 2704**.

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www.sleepcouncil.com

The Sleep Council, High Corn Mill,  
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The Sleep Council

# UK debt crisis

The UK economy may have enjoyed unprecedented growth over the last few years, but it has come at great human cost. We have seen massive numbers of bankruptcies, house repossessions, relationship and emotional breakdowns, as well as a huge increase in stress related illness, absenteeism from work and even suicide due to the mounting burden of personal debt.

So what is the answer? The only way to deal with debt is to tackle the problem head on and as quickly as possible, however most people when faced with the situation, have no idea how to go about it or where to seek help. The issue of debt is often shrouded in mystery as it is one of the taboo subjects for most people and they are not trained in how to cope with it or what to do.

There is help available in the form of IVA's (Individual Voluntary Arrangements), Trust Deeds, debt management plans, mortgages, loans etc. but where do people turn? Anyone seeking help should try to find a reputable debt consultant who has knowledge of the full range of products and services available, be aware that some companies only offer IVA's. They will have a "One size fits all" approach and this solution may not be right for everyone.

All advice given should be free of charge and there should be no up-front fees. Any ongoing fees or costs must be realistic and affordable. In order to determine this, you should be offered a face to face meeting with a debt counsellor which is free of charge and without obligation. Ensure that the budget they set allows you to live to a comfortable level while repaying your creditors. Unrealistic payment levels will either cause the arrangement to fail, or cause unnecessary hardship for you, or both.

Beware of wild claims about getting all interest and charges stopped immediately. This is normally only possible after a negotiated arrangement. If anything you are told sounds too good to be true, it probably is. Try to check the company out and find out how long they have been trading. Do they have genuine examples of how they have helped others in the past?

Never rely purely on electronic media such as a website or an email, always try to speak to someone and determine what the company "Feels" like. Are they caring and understanding? Do they put you at ease and explain things fully? Do they give you enough information? Do they sound trustworthy and helpful? If you feel at ease and reassured, then the best thing to do is arrange to meet an adviser or counsellor, to get an understanding of the company and what they can do for you.

Do they carry out all the work for you? A lot of companies will offer to help, but then expect you to do

most of the work. Any company that you are considering employing to help you should take over the full function of managing the debts. Ask what happens if a creditor fails to accept an arrangement? How do they represent your best interests?

If applicable (normally only for debt management plans) do they operate a system of negotiating full and final settlement payments with your creditors. This is a way of paying a lump sum to your creditors (whether individually or all at once) in order to settle the debts. In many cases, if you are able to do this, the creditors will reduce the debt balance substantially. Make sure you ask how this is done?

Debt can be very scary and the pressure it causes can have devastating effects if not dealt with properly. If your debts are unsecured i.e. not finance for the purchase of a home, vehicle or other goods, the very worst your creditors can do in most cases is to file for bankruptcy, which is not a nice prospect but can easily be overcome.

The creditors do not want to file for bankruptcy (although they may threaten to) as they will gain virtually nothing. For them and for you, a properly planned and negotiated payment plan which is realistic and sustainable is the preferred choice. This is much more of a "Win, win" situation and therefore is likely to succeed.

Always beware of trying to "Borrow your way out of debt." A loan whether secured or not, will always add to your overall debt level and may extend the term of repayment quite dramatically. Before considering a loan take a calculator and type in the monthly repayment then multiply it by the number of payments. The answer may well shock you!

If you are offered either an IVA (England, Wales and Northern Ireland) or a Trust Deed (Scotland) find out what guarantees the company offers? Will they protect you from your creditors until the IVA or Trust Deed is approved? How do they help you should it be rejected? Do they explain in clear and simple terms how the IVA or Trust Deed process works? If you contact a company who can do all the above, you will be in safe hands. If they cannot answer any of the questions to your satisfaction, you should seek help elsewhere.

By following these guidelines you should find yourself in safe, capable hands and that your finances are back on track within a reasonable time frame. Unfortunately nobody, no matter how good they are can make the problems disappear overnight, but with the right help and guidance, can make things more bearable until they do.

**Mick Courcier, [bestdebtolution.co.uk](http://bestdebtolution.co.uk)**

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British Acupuncture Council, Scottish Yoga Teachers  
Association, International Federation of Aromatherapists

*I qualified in Acupuncture in 1998 after 3 years training  
with the College of Traditional Acupuncture,  
Leamington Spa and Glasgow.*

*I find Acupuncture a very effective therapy which treats  
a wide range of ailments whether physical aches and  
pains or emotional problems like anxiety or depression.*

*Acupuncture is suitable for most conditions and in  
most cases it gives the person a sense of well being  
and generally more energy.*

*I use Acupuncture on pregnant women, mainly for  
morning sickness and also in childbirth for nausea,  
encouraging labour and pain relief all with great  
success.*

*There is Acupuncture detox treatment which is used for  
drug abuse, I use this treatment for helping people stop  
smoking. It is very effective treatment in that it also  
helps a person to relax. This treatment can also be  
used to help people come off or reduce current  
medication.*

*I qualified as an Aromatherapist in 1992 and find  
Aromatherapy also treats physical and emotional  
problems. Using these therapies together is extremely  
beneficial to the patient.*

*I am a yoga tutor and occasionally run classes, people  
often feel an amazing sense of relaxation after a  
session.*

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*I am a member of The British Acupuncture Council (MBACC) meaning I have undergone intensive training in acupuncture (at least 3 years, and use the theories of Chinese medicine within my practice, as well as being bound to strict codes of safe practice & professional conduct.*

*I trained at Salford University on the BSc (Hons) Traditional Chinese Medicine (Acupuncture) course, which I enjoyed immensely. I then further trained in China at the Tiajin University Teaching Hospital, where I saw acupuncture being used to its full advantage, and the extra ideas I was given have been beneficial to my practice since.*

*I am also trained in facial rejuvenation acupuncture, which is more a beauty treatment, and it is becoming increasingly popular over here after success in America. Acupuncture can help a diverse number of problems like - digestive, skin disorders, pain (e.g. shoulder/elbow/back/knee etc), womens problems, and bells palsy, stress and stopping smoking.*

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*The Aesculus Clinic specialises in electro acupuncture & Bioresonance Screening & Therapy (Mora Therapy, Eav, Imedis).*

*We treat a wide variety of acute & chronic complaints using acupuncture without needles, Homoeopathy, Laser (Low Level) & Russian Scenar Therapy for pain relief.*

*Full training courses are also offered for professional practitioners.*

*Mr Anthony Scott-Morley is widely regarded as a leading international expert in Bioresonance Therapy & Diagnosis.*

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Qualified Nurse (RGN) trained in Southampton in 1989, Clinical Acupuncture training in Chang Chung China in 1990, 3 year Acupuncture training in London Qualified 1993, Clinical Ecology training and Kinesiology 1993-95, plus Reiki and neuro linguistic master practitioner and Emotional freedom therapist.

I worked treating NHS patients for 10 years in Poole for the Poole PCT Musculo Skeletal Development Team working on improving availability and equality of care.

I also run a private clinic in Pool and New Milton. I specialize in back pain, pain in general and scar therapy on the NHS and privately in general health problems, anti viral treatment, ME, and all structural conditions with good results.

I am also the director of Key Health Training a health company that offers professional development training. We specialize in intensive day courses on a range of subjects from Acupuncture the basics, scar & ear therapy, kinesiology, reiki, Emotional Freedom & a gentle non force back technique which is amazingly affective. For more information now contact key health training on the clinic number.

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L.C.S.P, M.B.I.C.Ac. - Member of the British Institute of Clinical, Acupuncture

In recent years acupuncture has attracted a great deal of attention, particularly by the scientific community. This has led to many discoveries about the mechanisms and application of acupuncture and indeed many health care professionals recommend acupuncture or even train in the methods of acupuncture treatment.

The study of scientific acupuncture includes detailed knowledge of anatomy and physiology, many medical conditions and their clinical pictures and an array of clinical diagnostic tests.

Acupuncture is particularly useful in cases where pain is part of the picture, especially from musculoskeletal origin, also any stress related illness responds very well to acupuncture. This is probably due to the high levels of endorphin release which can be achieved during treatment.

Training in acupuncture takes three years of study. Students who pass the final examinations are then invited to join the British Institute for Clinical Acupuncture (formally the Western Acupuncture Association). All members have with a Code of Ethics, have an indemnity insurance and participate in ongoing professional development.

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Traditional Chinese Medicine at the Body Shop  
Remember being well

Acupuncture can be used to treat:

Stress related problems like anxiety, insomnia  
restlessness and tension

Pain including injury, headaches, gastric pain, chil  
blains and sciatica

Chronic disease

Emotional problems and depression

Menstrual disorders such as bloating pain, dizziness,  
breast tenderness, headaches, depression and  
emotional sensitivity,

Pregnancy and childbirth

Infertility and miscarriage

Gynecological problems

Claire Taylor is a fully qualified Acupuncturist with BSc  
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### Justine Dennett Me I

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British Acupuncture Council

MeI is centrally located, close to Brighton station and bus routes. It is a Centre with a fresh, modern and professional approach to complementary therapy. We have 6 therapy rooms all equipped with top of the range couches, including an electric couch for those less able (however currently there is no wheelchair access to the toilets). All the therapists at MeI are fully qualified, experienced and adhere to current health and safety guidelines. MeI offers over 20 different therapies including: Acupuncture, Osteopathy, Aromatherapy, Medical Herbalism, Reflexology, Shiatsu, Spiritual Healing and Sports Massage/Rehabilitation. Also on offer is a range of stress-reducing therapies and detox packages. Clients may book a FREE 15-minute Acupuncture consultation (for which we need advance notice). The reception includes an area where clients may relax and take refreshments. We sell organic hot and cold beverages. MeI also offers clients ranges of organic skin and beauty products together with books and crystals. www.me-brighton.com.

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For the last year and a half years I have been working at Brighton Body Positive, a charity based centre for the support of those suffering from Hepatitis, HIV and Aids. The Charity also offers complementary therapies to support their families, friends and more recently carers. This enables me to support many different people for both symptom control and emotional needs.

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*I hold my private practice at The Heeler Centre where I routinely treat people indeterminate aches and pains, arthritis and sports injuries, often working closely and successfully alongside the osteopaths at the centre. I have also noticed marked improvements in areas such as back pain, stress, depression, anxiety, migraine and menstrual problems.*

*I have recently noticed a marked increase in the number of ladies coming to me looking for conception and fertility support, particularly IVF patients. It seems acupuncture provides emotional support as well as symptom controls during this stressful and emotionally charged time. These ladies often choose to continue their treatment during the pregnancy too. I regularly attend postgraduate seminars and courses on the areas covered above.*

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Association of Traditional Chinese Medicine, Register of Chinese Herbal Medicine  
*I am a Chinese Medicine Practitioner and run a private practice in Redland, treating a wide range of problems. I use the two main components of Traditional Chinese Medicine (TCM) – Herbal Medicine and Acupuncture. I am also currently studying Western Medicine, and will graduate with my MBChB in June 2009.*  
*I trained in TCM in Taiwan, where I lived for 7 years, first studying Chinese, and then completing a 5 year apprenticeship at a famous TCM clinic in Taipei. I returned to the UK in 2003 to study Western Medicine and open my own TCM practice.*  
*After finishing my Western Medicine training I plan to work in general practice offering both Chinese and Western Medicine, giving impartial advice to patients so they have a choice in the treatments they receive. Patients would be encouraged to play an acute role in their own wellbeing.*  
*I am interested in the role of TCM in Fertility Issues (both men's and women's), and complementary treatment for cancer patients undergoing chemo and radiotherapy. I have carried out two in-depth research projects on these subjects as part of my MBChB.*

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*A peaceful clinic close to central London with good  
 transport links to East and West Croydon and Selhurst  
 stations and on several bus routes.*

*Victor Regis BSc Acupuncture LCTA. Certificate Chinese  
 Herbal Patents. Dip Counselling*

*I treat a wide range of conditions with acupuncture,  
 especially musculoskeletal problems and emotional  
 issues. I have a flexible and effective approach to  
 clients' needs and constantly update my skills through  
 training, research and development.*

*I have over 12 years experience in the addiction field,  
 mostly with chaotic drug users, and have utilised the  
 skills I have developed during this time into my  
 practice. Memberships: BACC, FDAP,*

*Ann Regis MA Counselling and Psychotherapy*

*Diploma Humanistic, Integrative Counselling*  
*I work with both long and short term clients with a wide  
 range of issues. As well as private practice I also  
 worked for over two years with Croydon Alcohol  
 Counselling Service and have particular experience in  
 addiction issues.*

*I gained my MA with a study into the origins of eating  
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 work in an integrative way as this recognises the  
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*Fully qualified Medical Doctor in both Western and Chinese medicines from Shanghai Medical University: Six year study in Western medicine and two-year study in Chinese medicine.*  
*Over 30 year clinical experience in China and UK.*  
*Senior Physician in Chinese hospitals.*  
*Practice in UK since 1989*  
*Member of BACC (since 1989) fully insured.*  
*Accurate diagnosis using both Western and Chinese medicine theories.*  
*Individually tailored acupuncture and herb treatments in response to different body conditions*  
*Advice and consultation based on both Western and Chinese medical experiences*  
*Complementary/supportive treatments for patients undergoing western medical treatments (such as pre and post operation, medication, radio/chemo therapies etc)*  
*Treatments covering wide spectrum of illness and disorder, such as back pain and sciatica, eczema, migraines, womens menopause, heart condition, digestive system problems, bronchitis and respiration problems, post surgical pain and various function disorders etc.*  
*Patients coming from all sectors, including medical professional, university staff, company and overseas visitors.*  
*Lecture provision on the comparison of Western and Chinese medicines. disposable needles. Highly medical standard practice in Coventry (NHS Centre) 35 Park Road (Phoenix Family Care), CV21 2LE.*  
*Solihull: 49 Reservoir Road, B92 8BA*  
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*Our Philosophy*  
*Stratford Acupuncture and Holistic Health Centre offers natural therapies which aim to stimulate the mind and bodys own healing reponse and thereby start the process of cure. We are consulted by people with specific symptoms such as pain, anxiety, arthritis, eczema, sports injuries, hayfever, asthma, migraines, menstrual disorders, post viral symptoms, back pain or intestinal problems. While the methods available are effective in helping people with many such conditions, we aim to do more than simply relieve symptoms.*  
*Our philosophy is to treat the whole person and restore the balance between their physical, emotional and spiritual aspects, there by improving their general health and wellbeing.*  
*Since a deterioration in the balance of energy precedes the appearance of symptoms, complementary medicine can be used as a preventative treatment aimed at maintaining health on all levels.*  
*Since medicine began it has been recognised that there is a capacity for self-healing within the human organism. In acute illnesses such as colds, chicken pox etc, the body naturally resists infection and in time gets better through mobilising its own defences. In longer lasting chronic illnesses, the bodys vitality is often depleted to do without assistance.*

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*Our Philosophy*  
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*we aim to do more than simply relieve symptoms.*  
*Our philosophy is to treat the whole person and restore the balance between their physical, emotional and spiritual aspects, there by improving their general health and wellbeing.*  
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## British Acupuncture Council

Dr. Xiujie Luan BSc. (Med), Master, PhD

Dr. Luan is a member of BAcC and she is currently practising at Derbyshire Traditional Chinese Medicine Centre at Derbyshire. Xiujie studied Chinese Medicine from 1976 to 1978 and studied Western and Chinese Medicine from 1978 to 1986, and obtained Bachelor of Medicine and Master of Medicine respectively. Then she practised both Western Medicine and Chinese Medicine as a physician and later on as a registrar of Respiratory Medicine at one of the top university hospitals in China since 1986. Xiujie started to practice Acupuncture and Chinese Herbal Medicine in the UK since 1997 while she read for her PhD in asthma at the university of Derby.

Xiujie now has completed her PhD and has been working in the department of General Practice, University of Leicester as a research Associate on a project of coronary heart disease on a part-time basis. Xiujie is specialised at the following conditions: asthma, hay fever, bronchitis, cold, flu, rhinitis, sinusitis, migraine, gastritis, indigestion, constipation, palpitations, arthritis, back pain, frozen shoulder, lumbago, sports injuries, tennis elbow, stress, depression, anxiety, fatigue, insomnia, headache, acne, eczema, dermatitis, herpes, psoriasis, urticaria, hair loss, hot flushes, premenstrual syndrome, menopause, infertility, smoking, alcohol etc.

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International Federation of Reflexologists, International College Natural Health Sciences London, The Open International University for Complementary, Medicines, British Complementary Medicine Association, The Association of Traditional Chinese Medicine

After many years training in Romania and at The Chinese Academy of Sciences (affiliated to the Open International University Approved by United Nations) and The Open International University (ALMA ATA 1962) - International College of Acupuncture in Colombo, Sri Lanka, I gained doctorates in Acupuncture and other therapies.

In 1995 I married and moved to England where I continued my practice in Complementary and Alternative Medicine - member of BCMA Affiliate Alliance as: Acupuncture, Aromatherapy, Crystal Healing, Herbal Medicine, Homeopathy, Reflexology also member of International Federation of Reflexologists (IFR), here in the UK.

Over the last nine years I have completed many course, all in my own time and funded by myself comprising diplomas in many aspects of Complementary and Alternative Medicine including Aromatherapy, Homeopathy, Reflexology, Herbal Medicine, and other therapies.

Among other qualifications, I have a followed Register of The Royal Complementary Practitioners (The Open International University for Complementary Medicine). Also, I have completed the course (two years) at Sheffield Hallam University and I have been awarded the Diploma of Higher Health Education having followed an approved programmer in Applied Health Promotion at Doncaster West NHS Primary Care Trust.

I have established practices in Doncaster, South Yorkshire where I have endeavored to create a very relaxing atmosphere. Many patients come to me for various treatments from all over the UK.

My role involves working in the community with patients who have different stages and kinds of illnesses. I provide different therapies, support and information for the patients recovery.

My role is that of a service practitioners in Complementary and Alternative Medicine, as therapist developer and facilitator, and where it is accepted that these do overlap each other each aspect requires a separate professional focus.

This role is continually changing and developing providing many challengers and achievements along the way and I intend to demonstrate my abilities in the field of Health Promotion.

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Council, Member of Beijing Experts Consultative

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United Kingdom Central Council, British Acupuncture Council, Royal College of Midwives

I have worked in the NHS since 1968, firstly nursing, then from 1979 as a midwife.

I then decided to extend my skills by taking a three year full time university degree in Acupuncture and Traditional Chinese Medicine qualifying in 1999.

I became an acupuncturist because I wanted to extend my skills, choosing acupuncture because of its breadth of treatment.

On graduating I worked as a clinic assistant at Westminster university student clinic, after which I worked for the Antenatal acupuncture service at University College Hospital London.

One of my strengths as an acupuncturist has come from my background in the NHS as I can identify with both systems of medicine. My main work is as an acupuncturist but I continue to work part time as a midwife.

I have a lovely room at the rear of the pharmacy, which is situated on the main local shopping street, this offers easy access from local transport and parking is close by.

I enjoy all aspects of acupuncture; what I also like about acupuncture is that cure is not the only marker of success. Easing the way through life of a specific situation is just as important.

## Sarah Lewis Acupuncture

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British Acupuncture Council

Prior to training as an acupuncturist I gained a degree in Psychology. The course examined the physiological basis of mental illness and the effect of culture upon the way certain illnesses are expressed. This has been very useful when treating patients with depression and eating disorders in my private practice: which is a gym, at the Barbican, London.

After completing my training in Acupuncture at L.C.T.A I did a further course of study at the Zhejiang College of Medicine, Hangzhou, China. It was a great experience to see Acupuncture being used in a clinical setting, in its original context.

I now practice at the Fountain Centre, part of St Lukes Oncology department at the Royal Surrey County Hospital. Here I treat patients for the side effects of their conventional cancer care programme. This includes treatment for pain relief, vomiting and hot flushes. I specialise in the treatment of breast cancer patients who are taking tamoxifen. The treatment provides permanent relief from debilitating flushes that Tamoxifen can cause. It is very rewarding to assist patients recovery during this difficult time.

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Acupuncture is a component of traditional Chinese Medicine that uses specific points on the body to affect its physiological processes. It has evolved over more than 5000 years into comprehensive system of healing that restores and maintains health on many levels.

Acupuncture is rapidly gaining popularity in the west as an increasing number of scientific studies are showing evidence of the effectiveness of this treatment in a variety of conditions.

Acupuncture is effective for the majority of human ailments and not only for the management of painful syndromes. Acupuncture has been surprisingly successful in treating hormonal imbalances, skin diseases, digestive disorders and stress related conditions.

Acupressure or laser therapy, which works on the same principles but without the use of needles, is a safe and effective way to treat children and babies in conditions such as teething, sleeplessness, bedwetting, learning problems etc.

Charmaine Shepherd studied and practiced acupuncture in Asia at the Chinese Nature-Cure Institute with extended clinical training at the Shanghai Research Institute of Acupuncture in China.

Charmaine's expertise lies in women's health, paediatrics, endocrine disorders and weight management. Charmaine is a member of the British Acupuncture Council and is governed by its standards.

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Ming Chen has worked in Britain for the last 8 years as an acupuncturist and herbalist. In China, she trained in Western Medicine and Chinese Medicine, working with both Western and Chinese methods. She has 23 years of working experience dealing with a wide range of medical problems. She owns very busy clinics in Edinburgh, Glasgow and Inverness, where she employs Chinese Doctors who trained and qualified in China. We can help with....

Acne, Eczema, Skin Ulcer, Headache and Migraine, Common Cold, Flu, Diabetes.

Sports injuries, stiff neck, back pain, Sciatica, Frozen shoulder, Golf elbow, Tennis elbow.

Arthritis, Facial palsy, Muscular tension, Migraine/Headaches, Neuralgia, Sciatica, Cystitis, Endometriosis, Heavy periods, irregular periods, Low libido, Menopause, period pain, pre-menstrual syndrome, Indigestion, Flu, Hayfever, Sinusitis, Tonsillitis, Mouth Ulcers, Asthma, Bronchitis, Depression, Insomnia, Stress and anxiety, Hair Loss, Weight loss, Stop smoking, Stroke rehabilitation and recovery, ME (Chronic fatigue syndrome), Alcohol addiction, High or Low blood pressure.

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Patricia Pang BSc (Hons) TCM, BM (Beijing), Dip. Tuina, MATCM

Patricia graduated from the 5-year full-time Traditional Chinese Medicine (TCM) degree at Middlesex University and is fully qualified to provide the full range of TCM treatments including Acupuncture and Chinese Herbal Medicine. As part of her degree, Patricia completed her 5-month full-time clinical training at 2 of the largest hospitals in Beijing and was awarded a Bachelor of Medicine qualification by the Beijing University of Chinese Medicine. Patricia also completed her clinical training in various UK establishments including the Asante Academy of Chinese Medicine, Haverstock Hill Clinic, Whittington Hospital Pain Clinic and the Chinese National Healthy Living Centre / NHS Walk-in Centre (Soho). Despite the heavy workload in her final year at

university, Patricia also gained her diploma in Tuina outside her university studies. In recognition of her achievements in the study and practice of TCM, Patricia was awarded the Prize for Excellence in TCM Practice 2005 by the Association of Traditional Chinese Medicine (ATCM).

Patricia is a member of the ATCM, the largest professional body for TCM in the UK, which is actively involved in the current process of statutory regulation of TCM in the UK.

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Dr. Guo is highly qualified and experienced. She has had a solid and in depth training at Tianjin University of Traditional Chinese Medicine. Her career as a Traditional Chinese Medicine Doctor has spanned over 23 years. She is a member of The Association of Traditional Chinese Medicine of UK.

Dr. Guo is a specialist in Natural Pain Relief, such as: Headache, neck & back pain, frozen shoulder & arms, whiplash, trapped nerves, leg pains, Sciatica, Arthritis, sport injury, period pains etc. She also has obvious curative effects on treating: Mental problems – Depression, Stress, Anxiety, Fatigue and Insomnia; Hormone problems – Fibroids, Infertility, Menopause, Irregular Periods, Weight loss, Water retention and some other diseases.

Dr. Guo is proficient at using Acupuncture, Herbal Medicine, Chinese Massage, Cupping and other nature treatment methods. Different methods are often combined to complement each other to perform the best results: her holistic approach treats the underlying cause of the problem, not just the symptoms.

Dr. Guo gives free consultations and examinations; offers a variety of help, advice and remedies for numerous ailments. She also teaches her patients some Chinese exercises to keep them healthy as Chinese traditional view places great importance on preventing disease before it occurred.

**Jidong Wu  
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Dr Jidong Wu qualified as a practitioner of Acupuncture and Chinese medicine in China in 1979. He has been practising Chinese medicine since 1979 and worked at a general hospital as a physician for 8 years in China. In 1993, he moved to the UK and since then he has been practising acupuncture here. He is also lecturing on Chinese medicine in the UKs universities. Specialises in pain relief with acupuncture, such as migraine, headache, neck pain, back pain or sciatica. Dr Wu is also interested in treating gastrol-intestinal disorders with alternative approaches, such as irritable bowel syndrome, ulcerative colitis and colitis treated by combination of acupuncture and chinese medicine.

The Central Practice is a Chinese Medicine clinic which has been approved by the local county council for the practice of acupuncture and chinese medicine. The clinic provides with acupuncture, Chinese Herbal Medicine and Therapeutic Massage services. Clinic also has disabled access and free parking facilities.

**Di Juan Liu**

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I am a member of The British Acupuncture Council (MBACC) meaning I have undergone intensive training in acupuncture (at least 3 years, and use the theories of Chinese medicine within my practice, as well as being bound to strict codes of safe practice & professional conduct.

I trained at Salford University on the BSc (Hons) Traditional Chinese Medicine (Acupuncture) course, which I enjoyed immensely. I then further trained in China at the Tianjin University Teaching Hospital, where I saw acupuncture being used to its full advantage, and the extra ideas I was given have been beneficial to my practice since.

I am also trained in facial rejuvenation acupuncture, which is more a beauty treatment, and it is becoming increasingly popular over here after success in America.

Acupuncture can help a diverse number of problems like - digestive, skin disorders, pain (e.g. shoulder/elbow/back/knee etc), womens problems, and bells palsy, stress and stopping smoking.

I only use very fine, disposable single use needles, and insertion doesnt hurt - you only feel a small pin-prick and the area can then feel a tingly, dull, heavy feeling. Most people find the treatments very relaxing and some even fall asleep!

**Ming-Chen Robertson**

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British Acupuncture Council

Ming Chen has worked in Britain for the last 8 years as an acupuncturist and herbalist. In China, she trained in Western Medicine and Chinese Medicine, working with both Western and Chinese methods. She has 23 years of working experience dealing with a wide range of medical problems. She owns very busy clinics in Edinburgh, Glasgow and Inverness, where she employs Chinese Doctors who trained and qualified in China. We can help with....

Acne, Eczema, Skin Ulcer, Headache and Migraine, Common Cold, Flu, Diabetes.

Sports injuries, stiff neck, back pain, Sciatica, Frozen shoulder, Golf elbow, Tennis elbow.

Arthritis, Facial palsy, Muscular tension, Migraine/Headaches, Neuralgia, Sciatica, Cystitis, Endometriosis, Heavy periods, iregular periods, Low libido, Menopause, period pain, pre-menstrual syndrome, Indigestion, Flu, Hayfever, Sinusitis, Tonsillitis, Mouth Ulcers, Asthma, Bronchitis, Depression, Insomnia, Stress and anxiety, Hair Loss, Weight loss, Stop smoking, Stroke rehabilitation and recovery, ME (Chronic fatigue syndrome), Alcohol addiction, High or Low blood pressure.

**Wei-Xiong Chen  
Hui Chun Clinic**

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**G4 9HS**

T: 0141 357 1313  
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BAcC, ATCM, RCHM

Wei-Xiong Chen was qualified as a doctor of Traditional Chinese Medicine in 1985 after having completed a five-year degree course in China. Through his successes of treating recurring medical problems, he

has built up a reputation as a caring efficient competent practitioner. Because of his skill and success, he has become one of the leading TCM practitioners in Scotland. He has featured in various media such as Daily Record, The Evening Times, the Sunday Mail, The Sunday Post, the Herald, BBC Radio, STV and BBC1.

In the past 16 years we have managed to achieve good results with Eczema, Acne, Psoriasis, Rosacea, Warts, Back pain, Sciatica, Spondylitis, Arthritis, Frozen Shoulder, Tennis Elbow, Bells Palsy, Colitis, Infertility, Stop Smoking etc.

**Rhona Fraser**  
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British Acupuncture Council, RCHM

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British Acupuncture Council

Ming Chen has worked in Britain for the last 8 years as an acupuncturist and herbalist. In China, she trained in Western Medicine and Chinese Medicine, working with both Western and Chinese methods. She has 23 years of working experience dealing with a wide range of medical problems. She owns very busy clinics in Edinburgh, Glasgow and Inverness, where she employs Chinese Doctors who trained and qualified in China. We can help with....

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British Acupuncture Council, Register of Chinese Medicine

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British Acupuncture Council

Prior to training as an acupuncturist I gained a degree in Psychology. The course examined the physiological basis of mental illness and the effect of culture upon the way certain illnesses are expressed. This has been very useful when treating patients with depression and eating disorders in my private practice; which is a gym, at the Barbican, London.

After completing my training in Acupuncture at L.C.T.A I did a further course of study at the Zhejiang College of Medicine, Hangzhou, China. It was a great experience to see Acupuncture being used in a clinical setting, in its original context.

I now practice at the Fountain Centre, part of St Lukes Oncology department at the Royal Surrey County Hospital. Here I treat patients for the side effects of their conventional cancer care programme. This includes treatment for pain relief, vomiting and hot flushes. I specialise in the treatment of breast cancer patients who are taking tamoxifen. The treatment provides permanent relief from debilitating flushes that Tamoxifen can cause. It is very rewarding to assist patients recovery during this difficult time.

**Erwen Zhou**

**High View Chinese Medical Clinic**

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British Acupuncture Council, Register of Chinese Herbal Medicine, China Association of Zhenjiu (Acupuncture)

We are a traditional Chinese Medicine (TCM) clinic. Acupuncture is part of our therapy of TCM. We offer a wide range of treatable ailments list ( please visit our website www.highviewclinic.co.uk).

We have built up a reputation for a friendly atmosphere also caring attitude of the practitioner and its high rate of success in treating patients.

For most of patients illness, we concentrate on finding out and treating the cause of the problems and improving their general health, rather than just relieving the symptoms temporarily. We are successful in treating ME, IBS, Migraine etc.

Our practitioner Erwen Zhou studied TCM for 8 years in a top university in China and holds a master degree and has been practising TCM for almost 20 years in China and in the UK. She is a doctor and Vice Professor of TCM (China). She is especially experienced in the treatment of skin problems (Eczema, Psoriasis Acne etc), womens problems (PMS, Menopause morning sickness etc), mental-emotional problems (Stress, depression etc), problems with digestive system and nervous system, pain syndromes (back pain, shoulder pains, sports injury etc) and helping to stop smoking.improving their general health, rather than just relieving the symptoms temporarily. We are successful in treating ME, IBS, Migraine etc.

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*For more information and an appointment*

*Call Janice Leonard M.S.A.Ac. BCMA*  
*Tel: 020 8502 0771*  
*Mobile: 07947 651 937*  
*Email holistichealing7@aol.com*  
*Janice is a Reiki Master Practitioner / Teacher, a Thai Foot Massage and Hopi Ear Candle therapist. She is registered with the British Complementary Medical Association, the Society of Auricular Acupuncturists and is a member of the College of Psychic Studies London.*

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British Acupuncture Council

**Tony Greenhalgh**  
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**Patricia Woodward**  
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British Acupuncture Council

*I bring to my practice more than 20 years experience in conventional medicine diagnosis.*

*I have 12 years experience of lecturing anatomy, physiology and pathology at undergraduate and post-graduate level within the NHS.*

*I have 2 years experience of lecturing in Oriental medicine at a British Acupuncture Accreditation Board approved college, from which graduate students qualify for membership of the BAcC.*

*I have undertaken a short post-graduate internship at Hangzhou Hospital, Peoples Republic of China, where I concentrated on and undertook treatment for stroke rehabilitation and benign prostatic hypertrophy in addition to routine pain relief techniques.*

*I take pride in developing a caring, professional relationship with each of my clients.*

*I have both experience and success in treating the following with traditional Chinese acupuncture:*  
*Arthritis, Anxiety, Bladder Dysfunction, Chronic fatigue Syndrome, Constant common cold, Constipation, Diarrhoea, Deficient wound healing, Depression, Dysmenorrhoea, Fibromyalgia, Headache, Hypertension, Irritable bowel syndrome, Incontinence following stroke, Insomnia, Lack of energy, Localised poor blood/ lymph circulation, Migraine, Muscle spasm, Pain, Paralysis following stroke and spinal cord injury, Peripheral neuropathy, Psoriasis, Repetitive strain injury, Reynauds syndrome, Sciatica, Sports/occupational injuries, Stress, sinusitis, acute and chronic, Tinnitus, Trigeminal Neuralgia, Vertigo, withdrawal, antidepressants, alcohol, tobacco.*

**Dorothy Baker-Purnell**  
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*I was an Osteopath for 30 years and did 5 years + 2 years postgraduate A/P Course. I have a Multidisciplinary practice with an Osteopath, Homeopathy another acupuncturist & aromatherapist/reflexologist*

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*Ming Chen has worked in Britain for the last 8 years as an acupuncturist and herbalist. In China, she trained in Western Medicine and Chinese Medicine, working with both Western and Chinese methods. She has 23 years of working experience dealing with a wide range of medical problems. She owns very busy clinics in Edinburgh, Glasgow and Inverness, where she employs Chinese Doctors who trained and qualified in China. We can help with....*

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*Sports injuries, stiff neck, back pain, Sciatica, Frozen shoulder, Golf elbow, Tennis elbow.*

*Arthritis, Facial palsy, Muscular tension, Migraine/Headaches, Neuralgia, Sciatica, Cystitis, Endometriosis, Heavy periods, irregular periods, Low libido, Menopause, period pain, pre-menstrual syndrome, Indigestion, Flu, Hayfever, Sinusitis, Tonsillitis, Mouth Ulcers, Asthma, Bronchitis, Depression, Insomnia, Stress and anxiety, Hair Loss, Weight loss, Stop smoking, Stroke rehabilitation and recovery, ME (Chronic fatigue syndrome), Alcohol addiction, High or Low blood pressure.*

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Nurses and Midwife Council, Royal College of Nursing,  
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*Registered general nurse with extensive clinical managerial experience in all health care settings. Within my acupuncture practice I treat a wide range of problems and have a particular interest in womens health and stress related illnesses. I also provide "Smoking Cessation" sessions ( am trained adviser for both smoking and stress). I also am a lecturer at the College of Traditional Acupuncture teaching human health and disease and at a local college of further education teaching a wide range of health related subjects.*

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*I work at the Charnwood Leisure Centre on Monday 1pm - 9pm, Tuesday 1pm-9pm, Wednesday 10am-7pm, Saturday 9am-3pm. Home visits can be arranged for the disabled & infirm within the Loughborough area.*

*Acupuncture treatments are available for the symptoms of stress, menstrual problems, menopause, I.B.S. chronic pain, work and sports related injuries.*

*Remedial massage or Bowen Therapy may be given as an integral part of the treatment, where appropriate, depending on the condition and assessment of the patient. Appointments are by proir arrangement.I can be contacted on 07909 691437*

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*Besides providing Traditional Chinese acupuncture, this clinic also does colonic irrigation and is registered with Colonic Irrigation Association and rega testing which is alternative way of doing allergy and medical testing and also practices complex homeopathy.*

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Mrs Jian Suen is a qualified acupuncturist. She was  
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*She has had her acupuncture practice in Shanghai  
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*I am a member if The British Acupuncture Council  
(MBAcC) meaning I have undergone intensive training in  
acupuncture (at least 3 years, and use the theories of  
Chinese medicine within my practice, as well as being  
bound to strict codes of safe practice & professional  
conduct.*

*I trained at Salford University on the BSc (Hons)  
Traditional Chinese Medicine (Acupuncture) course,  
which I enjoyed immensely. I then further trained in  
China at the Tiajin University Teaching Hospital, where I  
saw acupuncture being used to its full advantage, and  
the extra ideas I was given have been beneficial to my  
practice since.*

*I am also trained in facial rejuvenation acupuncture,  
which is more a beauty treatment, and it is becoming  
increasingly popular over here after success in America.*

*Acupuncture can help a diverse number of problems  
like - digestive, skin disorders, pain (e.g.  
shoulder/elbow/back/knee etc), womens problems, and  
bells palsy, stress and stopping smoking.*

*I only use very fine, disposable single use needles, and  
insertion doesnt hurt - you only feel a small pin-prick  
and the area can then feel a tingly, dull, heavy feeling.  
Most people find the treatments very relaxing and some  
even fall asleep!*

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Register of Chinese Herbal Medicine

*My name is Zhi-Hua, also known as Katherine. I  
graduated from Nanjing University of Traditional  
Chinese Medicine (one of the top 5 Universities in this  
field in the world) with a Bachelor degree of both  
Western and Chinese Medicine in 1994. Since then I  
have been practicing in China and the UK as a TCM-  
Doctor. I use my knowledge of both modern and  
traditional medical systems to diagnose and treat  
different illness by offering individual consultation,  
acupuncture and herbal medicine. I believe the fact that  
I am fluent in English and have gained a thorough  
knowledge of many different cultures as well as my  
medical knowledge it improves my understanding of  
patients needs.*

*I am not promising to deliver miracle cures, but I will  
promise to try my best to reduce the illness and  
improve your well-being. As the Vice-President of  
Register of Chinese Herbal Medicine, I strictly follow the  
regulation in the UK during practice and determined to  
improve TCM education standard and the quality of  
TCM treatment.*

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*I have been practicing acupuncture and Chinese herbal medicine in UK and China for last 20 years. I have dual qualifications of Medicine Bachelor in conventional medicine and advanced study in Traditional Chinese Medicine. My practicing is fully regulated by BAcC and TCM (UK).*

*The most common problems are treated in my clinic are shoulder, back-leg pain, low energy, ME, tiredness, stress and depress, menopause, infertility, arthritis, irregular bowel syndrome, hay fever, asthma, heart problem, hypertension, high cholesterol, over weight, skin problem, stop smoking and alcohol addiction.*

*A wide range of herbal medicine in different forms, herbal liquid extract, concentrated herbal powder and herbal tablets are prescribed at Suiyun Acupuncture & Herbs to suit individual needs and convenience of use.*

*Telephone consultation and mail order of herbal medicine are available. Visitors are strictly by appointment only.*

**Shantha Godagama**

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*We provide a first class general Physiotherapy service incorporating an active Sports Injury Clinic.*

*We also use acupuncture for pain relief for simple back ache whip-lash and work related (RSI) symptoms.*

*The Chiropractic/Podiatry department provides Bio-Mechanical Assessments, Video Gait Analysis, Sports Podiatry, as well as general Chiropractic care for corns, hard skin, verrucae, in-growing toe nails & bunions.*

*We also provide an active Sports Massage service, Aromatherapy & Reflexology.*

*On your first visit we ask a lot of questions about how & when the problems first started, where you feel your symptoms, what makes them better & what makes them worse. By listening to what you have to say we can then ASSESS the problem more accurately & efficiently.*

*THE INITIAL EXAMINATION is in some ways the most important part of the session. Then we can discuss how we suggest TREATING the problem, what techniques we might use, how long it might be expected to take to get better and what you can do at home to treat yourself. The first session will involve actually treating the problem as well.*

*If you need more sessions we will book those with you as we go...our aim is to get you better as fast as we can so you will leave impressed & tell others about us.*

*Please visit our website www.greathealthco.com and look at the section called WHAT WE TREAT and you can find the answers to many of your questions.*

*To make an appointment simply telephone reception on 0207 226 6406. We are open MWF 8-7; T/Th 8-9; Sat 8-2.. Tube - Highbury & Islington. Silver Link Metro - Canonbury. Bus - 30 & 277. Pay display parking.*

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*Healthwise is a well-established complementary clinic practicing acupuncture and Traditional Chinese Medicine. We provide an experienced professional service, which has proved to be particularly effective in helping patients suffering from the following conditions:- Acne, Arthritis, Back Pain, Bronchitis, Colitis/IBS, Cystitis, Depression, Eczema, Eating Disorders, Hay Fever, Infertility, Insomnia, Migraine, Panic Attacks, Psoriasis, Stop Smoking, Sinusitis, Stress, Sports Injuries, Sciatica, Weight Loss, Male Problems (Impotence, Premature Ejaculations and Prostatitis), Female Problems (Premenstrual Tension, Menopause, Irregular Menstruation, Polycystic Ovary Syndrome and Fibrosis Uteri)*  
*All our practitioners are medically qualified and trained in China; they have at least ten years clinical experience and are registered with the Association of Traditional Chinese Medicine.*

*The main practitioner, Dr Xu Shu, is qualified in both western medicine and Chinese medicine. She was awarded a scholarship first to Genoa University and later to Rome University, Italy. She then worked in St Bartholomews Hospital, London, and also in the Royal Free Hospital, Islington, London. Dr Shu was invited to lecture general practitioners on a training course by the Guildford & Chertsey GP Vocational Training Scheme. We also offer allergy tests and advice regarding medicinal diets.*

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*My main objective with Chinese Medicine is to stimulate the body's own healing forces so that I can encourage the patient to gain control over his/her own health. Since I try to achieve this for the individual at physical, emotional and spiritual levels I use a variety of treatments leading to overall life style management. During the treatments I use acupuncture needles supplemented with moxa, cupping and/or Chinese herbs to encourage "a smooth flow of energy". Occasionally I stimulate acupuncture points using lasers or electro-acupuncture. I also prepare extensive nutrition regime and advise on exercise and life style changes necessary for the patient's overall well being.*

*I have been practising Chinese Medicine for seven years. During this time I have been helping a large number of individuals with gynaecological problems including conditions such as PMS, menopausal signs and symptoms, muscle pain, back ache, stress/tension, anxiety states, migraine, various addiction problems or skin conditions.*

*I have also been working alongside conventional medicine when treating both acute and chronic conditions.*

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*The Herbal Medic Group of Acupuncture and Chinese Herbal Medicine clinics has been established for over 25 years. The first clinic opened in Manchester in 1978. We know have clinics in Bishops Stortford, Edgware and Finchley London.*

*We offer professional and effective treatment for all painful conditions such as: Back pain - Sciatica, Neck pain - Whiplash, Shoulder & Arm pain, Headaches - Migraine, Joint & Muscle Stains, Sports Injuries.*

*We also specialise in treating persistent and chronic conditions such as: Allergies - Hayfever, Asthma - Eczema, Stress - Depression, Insomnia - Fatigue, Smoking & Alcohol Addiction, Irritable Bowel - Indigestion, Womens Problems.*

*Our chief practitioner is Jenny C.Y. Liu, B.Med(TCM), MBACC, RCHM.*

*Jenny works at our clinic in Edgware. She graduated from Xiamen University, China, in 1994 gaining a*

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*bachelors degree in Acupuncture and Traditional Chinese Medicine and has practised extensively in China and the UK. She is experienced in treating a wide range of ailments including sports injuries (she previously worked with David Roberts, former physio to the England cricket team), arthritis, migraine, dermatological conditions such as eczema and psoriasis and gynaecological disorders. She is also successful in helping those wishing to give up smoking or suffering from stress, anxiety or insomnia.*  
Jenny and all our practitioners are fully qualified and registered.

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*Jo George is a multi disciplined practitioner specialising in Chinese Medicine and gynaecology.*  
*Jo George was inspired to pursue her chosen career by an 87 year old grandmother who taught her traditional Thai Massage in Thailand in 1994.*

*Since then she has obtained professional qualifications in Swedish Remedial Massage, Aromatherapy, Reflexology, and trained for a further 3 years on a full time BSc (Hons) Acupuncture Course, and further completed an advanced clinical Acupuncture course in Hangzhou, China. On her return studied for two years in Chinese Herbal Medicine gaining a distinction. During this she also spent one months clinical training in Australia with two specialists in Chinese Gynaecology and infertility.*

*She has conducted research which asked British women what treatments they perceived to be effective for PMS symptoms. She wrote articles on her findings for positive Health, National Association of Premenstrual Syndrome (NAPS), and the womens resource centre.*  
*Currently she is studying oral and written Chinese language at SOAS, UCL London.*

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*The treatment aim is to mobilise the bodys self healing mechanisms, or to help the body to self help itself. Acupuncture is used as the main therapy, backed up by Chinese herbal and homeopathic remedies as well as nutritional counselling and Reiki style healing according to an individually tailored treatment plan. All treatments last for a full hour which allows time for talking and reflection.*

*I also work at The Body Conditioning Studio, 3a Ladbroke Road, London W11 3PA. 020 72212479*

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*I worked as an Enrolled Nurse in the NHS and private sector for ten years. After seeing the success of Acupuncture on myself ( a back injury and premenstrual syndrome). I deeply felt I wanted to help other people be well to in body, mind and spirit. Therefore I trained in Acupuncture at the college of Traditional Acupuncture UK in Leamington Spa, there gaining my Licentiate in Acupuncture 1995.*  
*I started my practice in Southwell, Nottinghamshire in the same year and take great joy in helping people using Acupuncture. Seeing them become well, happy and raised in spirits! I am undergoing further studies to enrich my knowledge of Acupuncture and related areas, and to meet the requirements set out by the British Acupuncture Council.*

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E: sarahjam14@hotmail.com  
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British Acupuncture Council  
*I work normally in Kettering, Wellingborough and surrounding areas. I treat a wide range of conditions from pain relief to depression. I have a particular interest in the treatment and recovery of stroke victims having had additional training at a stroke recovery unit in Hargzhou China. In the longer term I would like to treat more children and be more involved in the pre and post natal care of pregnancy.*  
*I incorporate dietary advice from a Traditional Chinese Medicine view point and any relevant lifestyle advice. I like to work in conjunction with other practitioners ie. Osteopaths and with the advice of the patients doctor.*

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Chinese Medical Institute & Register, British Holistic Medical Association  
*Willow Farm Clinic is a multi-disciplinary practice set in*



the quiet Norfolk countryside.

The centre is one of the most advanced complementary and alternative healthcare clinics in the UK. We specialise in offering the highest quality service using advanced computerised health screening equipment and providing alternative and natural therapy treatments. We are therefore proud to be an authorised clinic offering this specialist service utilising the technology of Electro Dermal Screening (MSAS). We routinely screen for food intolerances, vitamin, mineral and hormonal imbalances. The Clinic's toxicity assessment involves taking three separate readings using the MSAS system. These are: Toxic Load, Reaction Index and Organ Fatigue. The readings will be plotted on a graph to form a triangle, the shape and size of which graphically reflects your toxicity status.

The current treatments we offer include; Traditional Chinese Medicine and acupuncture (only single use disposable needles are used), electrotherapy, remedial laser treatment, body composition analysis, manipulation and cupping therapy, herbal medicine and homeopathy (complex and homotoxicology only). Some of the conditions that are treated include; sports injuries, wound management, arthritic and musculoskeletal problems, digestive complaints and pain and weight management. The clinic also offers functional and biochemical testing through diagnostic services laboratories.

#### Nicola Smith TCM - Acupuncture

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Chenthooran graduated at the University of Westminster with a certificate of Higher Education in Biochemistry and Physiology and a degree in BSc. Biological sciences. While pursuing his university studies he developed a keen interest in the system of medicines practised in the East.

Hence he went on to study Acupuncture and Western Medical sciences for 3 years at the School of Five Element Acupuncture in London from which he gained the qualification of Licentiate in Acupuncture. The final year was intensively focused on developing clinical skills during which he treated numerous patients under strict supervision from his clinic tutors. He shadowed many acupuncturists in order to enhance his understanding of acupuncture.

He is a member of the British Acupuncture Council (BacC) and abides by a code of safe practise set out by the BacC: Codes of Ethics and Disciplinary Procedures bind members.

Acupuncture may treat many physical and emotional conditions. Although treating many other conditions, he thrives to specialise in the following areas: Postnatal recovery, Depression, Irregular periods, Sports injuries. The health and well being of the patients are his prime concerns and he always seeks the opinion and guidance from other professional practitioners when necessary.

#### George Lewith DM FRCP MRCP. The Centre for the Study of Complementary Medicine

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Acupuncture Association of Chartered Physiotherapists, Chartered Society of Physiotherapy, Health Professions Council

We provide a first class general Physiotherapy service incorporating an active Sports Injury Clinic.

We also use acupuncture for pain relief for simple back ache whip-lash and work related (RSI) symptoms.

The Chiropody/Podiatry department provides Bio-Mechanical Assessments, Video Gait Analysis, Sports Podiatry, as well as general Chiropody care for corns, hard skin, verrucae, in-growing toe nails & bunions.

We also provide an active Sports Massage service, Aromatherapy & Reflexology.

On your first visit we ask a lot of questions about how & when the problems first started, where you feel your symptoms, what makes them better & what makes them worse. By listening to what you have to say we can then ASSESS the problem more accurately & efficiently.

THE INITIAL EXAMINATION is in some ways the most important part of the session.

Then we can discuss how we suggest TREATING the problem, what techniques we might use, how long it might be expected to take to get better and what you can do at home to treat yourself. The first session will involve actually treating the problem as well.

If you need more sessions we will book those with you as we go...our aim is to get you better as fast as we can so you will leave impressed & tell others about us.

Please visit our website [www.greathealthco.com](http://www.greathealthco.com) and look at the section called WHAT WE TREAT and you can find the answers to many of your questions.

To make an appointment simply telephone reception on 0207 226 6406

We are open MWF 8-7; T/Th 8-9; Sat 8-2.

Tube - Highbury & Islington  
Silver Link Metro - Canonbury  
Bus - 30 & 277  
Pay display parking outside.

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British Acupuncture Council, Register of Chinese Herbal Medicine (RCHM)

I run a busy complementary health clinic in North London with three other therapists. I am therefore used

to working in a multidisciplinary way and welcome referrals from other health professionals. I use acupuncture in combination with massage and/or Chinese Herbs. (I am registered with the RCHM-Register of Chinese Herbal Medicine). My specialisations include:

Skin orders, particularly acne and eczema; pain relief, particularly head, neck, back, shoulder pain and sciatica; gynaecological issues, particularly menstrual irregularities; women with chronic UTI

I am also currently seeing a number of women with fertility problems.

#### Amanda Cox Bodymatters

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**Cao Musen**  
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The Association of Traditional Chinese Medicine (UK)  
*Twenty years practice in Chinese Hospitals and Clinics and in private practice in England.*

*Using Acupuncture, massage, acupressure and joint manipulation to great effect on many physical and emotional problems. Particularly effective for slipped discs, trapped nerves, other neck and back problems, frozen shoulder, arthritis, tennis elbow, sprains and dislocations, depression, impotence, digestive problems.*

*Prescribing and teaching remedial exercises, dietary changes, Tai Chi and Qi Gong Therapy.*

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Register of Chinese Herbal Medicine, British Acupuncture Council  
*Services Include: Tuina (Chinese therapeutic massage), Chinese Herbal Medicine, Acupuncture (Electro and traditional) Cupping therapy, Moxibustion therapy and Tai Chi (Instructor of 14 years)*  
*Fully trained in England and China, Specialising in: Back, Sciatic, Migraine, Pain Relief and Sports Injury. Treatments are tailored for your individual lifestyle, all professional, labourer, arts and domestic. High standards with a wide range of experience and depth of knowledge, clientele include World, British and English sporting Champions.*  
*Initial consultation is free and only 20 mins of your time. Will not waste your time or money. Practical and honest advice given.*  
*Treatments available from private practices in Living Well Health and Fitness club and Peterborough city centre. Free Parking. Corporate in-house rates available for all services. Details of Tai Chi classes and private lessons available upon request.*

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British Acupuncture Council, Other

*I have diplomas in both Acupuncture and traditional Chinese Medicine after having finished five years study and training in Xia Men University, China. I have belonged to the BACC (British Acupuncture Council) since 1998 and obtained a Bachelor's degree in 2003.*

*I've been running a private acupuncture in King's Lynn since 1998 with a high success rate. My special interests are treating: Trapped nerves, Back pain, Neck and shoulder syndrome, Knee problems, Headaches, Migraines, Tennis elbow, Carpal tunnel syndrome, Trigeminal neuralgia, Stress and anxiety, Insomnia, Premenstrual syndrome, Irregular menstruation, Menopausal symptoms, Managing fertility problems, Morning sickness, IBS, Sinusitis, Low energy, Addictions Etc.*

*I offer a high standard of practise and friendly treatment to every patient. A good reputation has been established in local areas. Many of my patients have been referred to me by their local doctor, GP, physiotherapist, chiropractic and/or other complementary therapists.*

*I am very grateful for the support and trust from my patients and other health therapists. I look forward to helping other patients benefit from my treatment.*

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Shiatsu International, The Shiatsu Society

*My interest in Taoist forms of healing began in 1970, when I was introduced to Macrobiotics, and later to Do-In self-Massage, I studied Macrobiotics to level 3 at the Kushi Institutes in London and Holland, and worked as a cook and referral agency cook at the Kushi Institutes in London and Italy in the 1980s.*

*I also obtained an ITEC Certificate in Massage and qualified as a Shiatsu Practitioner at the Shiatsu College in 1989. I then obtained RSA Basic and Advanced Certificates in Exercise to Music. I moved to Ireland, where I continue to practise and teach Shiatsu and Exercise. I studied in Dublin and China with the Acupuncture Foundation of Ireland and the TCM University of Nanjing, and qualified as an acupuncturist in 2004. I have also studied Patent Herbs, Ear Acupuncture, Cosmetic Acupuncture and Acupuncture for Sports Injuries. I now practise Acupuncture and Shiatsu in Cornwall.*

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British Acupuncture Council, Register of Chinese Herbal Medicine, China Association of Zhenjui (Acupuncture)  
*We are a traditional Chinese Medicine (TCM) clinic. Acupuncture is part of our therapy of TCM. We offer a wide range of treatable ailments list ( please visit our website www.highviewclinic.co.uk).*

*We have built up a reputation for a friendly atmosphere also caring attitude of the practitioner and its high rate of success in treating patients.*

*For most of patients illness, we concentrate on finding out and treating the cause of the problems and improving their general health, rather than just relieving the symptoms temporarily. We are successful in treating ME, IBS, Migraine etc.*

*Our practitioner Erwen Zhou studied TCM for 8 years in a top university in China and holds a master degree and has been practising TCM for almost 20 years in China and in the UK. She is a doctor and Vice Professor of TCM (China).*

*She is especially experienced in the treatment of skin problems (Eczema, Psoriasis Acne etc), womens problems (PMS, Menopause morning sickness etc), mental-emotional problems (Stress, depression etc), problems with digestive system and nervous system, pain syndromes (back pain, shoulder pains, sports injury etc) and helping to stop smoking.improving their general health, rather than just relieving the symptoms temporarily. We are successful in treating ME, IBS, Migraine etc.*

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General Osteopathic Council, British Osteopathic Association, British Medical Acupuncture Society, Federation of Small Businesses, Traditional Chinese Medical Association for Scientists

**Stubbington Natural Health Clinic**

*Established since the early eighties the Stubbington Natural Health Clinic has grown into the highly successful treatment centre for many types of medical conditions. Our main strengths include an empathy for our patients and an eagerness to help in a professional manner. All practitioners have undergone post-graduate education and are involved in continuing professional development.*

*Proprietor Caroline Herbert, D.O., Registered Osteopath, B.Sc., (Hons), L.C.S.P. (Phys), A.M.Cr.O.A, Dip.T.C.M.Ac., B.M.A.S (assoc), has built up a popular and busy practice catering for the needs not only of a loyal local cliental but also patients who travel many miles to benefit from the high standard of treatments available.*

*Now employing nearly 40 staff the therapies available include:- Osteopathy (including cranial and visceral), Acupuncture and Traditional Chinese Herbal Medicine, Remedial, Sports, Indian Head and Aromatherapy Massage, Allergy and Bone Density Testing, Nutritional Therapy, Chiroprody, Homeopathy, Medical Herbal Medicine, Psychotherapy (including Counselling and Hypnotherapy), Alexander Technique, Pilates, Biomechanical Assessments, Reiki and Reflexology. Domiciliary visits are also available.*

*Our friendly and efficient staff will deal with all enquiries in utmost confidence.*

**Julie Dakin Acupuncture**

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*Dr. Zhijin Tang graduated from Beijing University of TCM as a Bachelor of Medicine. His degree covered both Modern Medical sciences (e.g. Anatomy, Pathology, Orthopaedics etc) and Traditional Chinese Medicine (e.g. Herbal Medicine, Acupuncture and Tuina etc).*

*Dr Tang has practised traditional acupuncture and herbal medicine in hospitals in China many years before coming to the UK. His specialist areas include acupuncture for pain management, allergy relief and soft tissue injury; Chinese herbal medicine treatment for cancer-drug side effect relief and gynaecological disorders.*

*Dr Tang has been practising in the UK since 2001. He also works closely with various academic organisations in the UK, and he was invited to become committee member of ATCM Academic Council. He currently is a senior lecturer and clinical supervisor in Shulan College of Chinese Medicine, and a guest lecturer in the School of Medicine, University of Leeds. Dr Tang regularly contributes to professional journals and acts as a senior editor of the Journal of ATCM.*

**Valerie Young**

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British Acupuncture Council  
*Valerie Young specialises in female healthcare using*

*acupuncture in the treatment of infertility, menopausal difficulties and menstrual irregularities. She studied acupuncture at Westminster University for 3 years from 1999-2002. Since obtaining her degree Valerie has attended seminars in the treatment of infertility with acupuncture, and the combination of IVF with acupuncture, held by Jane Lyttleton a leading fertility specialist.*

*Valerie has worked in London for the past three years carrying out home visits helping clients with a wide variety of ailments from depression to tennis elbow. She has also practiced at the Replingham Clinic in London supporting female fertility, pregnancy and birth induction. She has had a clinic in Bognor Regis since January 2005.*

*Valerie is a member of the British Acupuncture Council and continues to attend courses at Westminster University and the London School of Traditional Acupuncture.*

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British Register for Complementary Practitioners, Association of Traditional Chinese Medicine

**Anna Krypczyk  
The Source**

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*Formally, I worked as a biomedical scientist within NHS pathology departments throughout the country. In 1986 I became the technical manager of the Cellular Pathology Department at Victoria Hospital, Blackpool.*

*In 1996 I studied Traditional Chinese Medicine at the Northern College of Acupuncture, York. After seven years of intensive study, I graduated in Acupuncture (2000) and Chinese Herbal Medicine (2003).*

*I am a locum supervisor in the acupuncture clinic at the Northern College of Acupuncture and I also supervise students at Salford University acupuncture clinic. I lecture on Acupuncture & Chinese Herbal Medicine to the BSc (Hons) Nursing/RN students as part of the ADB332 Therapeutic Interventions (2) module at St Martin's College, Lancaster.*

*I am a member of the British Acupuncture Council and the Register of Chinese Herbal Medicine, following the rules, codes and ethics, governed by these bodies.*

*I am committed to Continuous Professional Development, regularly attending post graduate studies within the United Kingdom, and recently completed Clinical Practice at the International Training Centre - Nanjing University -China.*

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*Formally, I worked as a biomedical scientist within NHS*

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pathology departments throughout the country. In 1986 I became the technical manager of the Cellular Pathology Department at Victoria Hospital, Blackpool. In 1996 I studied Traditional Chinese Medicine at the Northern College of Acupuncture, York. After seven years of intensive study, I graduated in Acupuncture (2000) and Chinese Herbal Medicine (2003). I am a locum supervisor in the acupuncture clinic at the Northern College of Acupuncture and I also supervise students at Salford University acupuncture clinic. I lecture on Acupuncture & Chinese Herbal Medicine to the BSc (Hons) Nursing/RN students as part of the ADB332 Therapeutic Interventions (2) module at St Martin's College, Lancaster. I am a member of the British Acupuncture Council and the Register of Chinese Herbal Medicine, following the rules, codes and ethics, governed by these bodies. I am committed to Continuous Professional Development, regularly attending post graduate studies within the United Kingdom, and recently completed Clinical Practice at the International Training Centre – Nanjing University –China.

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The British Acupuncture Council

I am a member of The British Acupuncture Council (MBAcC) meaning I have undergone intensive training in acupuncture (at least 3 years, and use the theories of Chinese medicine within my practice, as well as being bound to strict codes of safe practice & professional conduct. I trained at Salford University on the BSc (Hons) Traditional Chinese Medicine (Acupuncture) course, which I enjoyed immensely. I then further trained in China at the Tiajin University Teaching Hospital, where I saw acupuncture being used to its full advantage, and the extra ideas I was given have been beneficial to my practice since. I am also trained in facial rejuvenation acupuncture, which is more a beauty treatment, and it is becoming increasingly popular over here after success in America. Acupuncture can help a diverse number of problems like - digestive, skin disorders, pain (e.g. shoulder/elbow/back/knee etc), womens problems, and bells palsy, stress and stopping smoking. I only use very fine, disposable single use needles, and insertion doesnt hurt - you only feel a small pin-prick and the area can then feel a tingly, dull, heavy feeling. Most people find the treatments very relaxing and some even fall asleep!

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British Acupuncture Council  
I run clinics at the University of Reading and at Wellington College, Crowthorne and Thornhill Pharmacy, Mortimer. Acupuncture can be of benefit in a variety of conditions from pain relief for arthritis, back pain and injuries to mental emotional problems such as panic attacks, depression, anxiety, insomnia; also for hormonal problems like PMT, painful periods, menopausal problems and pregnancy and for digestive problems like IBS and allergic problems like asthma and eczema. I am particularly interested in mental health problems and gynaecology but my practice at present is very general. I have carried out postgraduate studies in musculoskeletal problems, sports medicine, gynaecology and NADA. I am a qualified scientist with a PhD in biochemistry and 15 years experience of lab based research. I am very interested in giving talks about acupuncture to members of the medical profession and public and in setting up research projects to prove the efficacy of acupuncture. I am also very interested in working within a GP practice whether NHS or private.

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I have in excess of 10 years clinical experience having qualified from the International College of Oriental Medicine (ICOM) in 1994. ICOM is accredited by the British Acupuncture Council (BACc). I currently work in a multi-disciplinary practice and specialise in hormone imbalances, fertility and pregnancy. My other interests are in pain control, digestive disorders and palliative care. I also hold qualifications in Chinese Herbalism and Massage Therapy. I am keen to work within the NHS or adopt a referral process from PCGs to my private practice.

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Trained in both TCM & 5 Element acupuncture. Work from home Mondays/Tuesdays- some Saturdays Work from Rainbow Natural Health Centre Wednesdays Experience in: pain relief, Asthma, back pain, muscular skeletal disorders, digestive complaints, PMT, Endometrioses, No Smoking, Irritable Bowel Syndrome, Headaches, Menopausal symptoms, Urinary disorders, tiredness, panic attacks, stress, post natal fatigue, chemotherapy side effects, constitutional weaknesses. Give advice on healthy eating according to chinese food energetica, often advise patients to see nutritional therapists, kinesiologist to detect candida, parasites and viral infections and nutritional imbalance. Advise patients to have medical tests e.g. blood tests, scans, endoscopies, to monitor progress/ diagnosis from western medical viewpoint.

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*I have been a practising acupuncturist for 15 years, my training is in the 5-element approach and also T.C.M (Traditional Chinese Medicine). I also use patent Chinese Herbal remedies in my practice. My specialist interest is in Womens health issues and muscular-skeletal problems/pain relief. I offer packages for anti smoking treatments. I am also trained in Therapeutic body massage and seated on-site massage for stress management. As an extension to my practice of Acupuncture. I am a fully trained Feng Shui consultant with a special interest in clearing Geopathic stress. I am able to offer disabled access. I also run introduction to Feng Shui workshops regularly. See website www.4fengshuisolutions.co.uk email for details pdfengshui@aol.com*

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 International Council of Holistic Therapists, Federation of Holistic Therapists, British Acupuncture Council  
**TRAINING:** Northern College of Acupuncture, York 1999. (4 years) Traditional Chinese Acupuncture. Technical College, Huddersfield 1997. Sports Therapy. St Helens College 2003. Diploma Holistic Therapies London 2005. Medical Hypnotherapy.  
**MEMBERSHIP:** British Acupuncture Council. Federation of Holistic Therapists. American Association of Medical Hypnotherapists. I AM AVAILABLE TO WORK THROUGHOUT CARMARTHENSHIRE/GLAMORGANSHIRE  
 An experienced Acupuncturist and Complementary Therapist I regularly see individuals who are referred by their GP, other health professionals, friends, family and employers for Acupuncture; Aromatherapy; Reflexology, Sports/Remedial Massage and Hypnotherapy.  
 I provide Acupuncture only, or combine it with any of the other therapies as required ensuring an effective approach for general health issues.

*The main health issues presenting have been those relating to Pain/Mobility, Arthritis, RSI, Headaches (including Migraine), Back/Neck/Shoulder/Hip Problems, General Aches and Pains, Tinnitus, Depression, Anxiety, Stress, Sleeplessness, General Lassitude, Skin Problems, Night Sweats, Digestive Problems, IBS, Urinary Problems, M.E. (Post Viral Fatigue), Menstrual and Menopausal Problems, Smoking and other Addictions.*

*I have a long-standing professional relationship with the Aids Trust Cymru offering a range of therapies to individuals who are HIV positive.*

*I have had considerable experience in the field of Substance Misuse and with both the victims and perpetrators of Sexual Abuse.*

*Jo Rosney Lee MBACc. MHFS. MICHt. MAAMH*

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*Renzo Tat is an Acupuncturist, Shiatsu Practitioner and Masseur.*

*Renzo holds a Bsc (Hons) degree form the University of Westminster, in TCM Acupuncture, and is a Member of the British Acupuncture Council, (M.B.Ac.C).*

*He also holds a certificate in Shiatsu (Japanese Bodywork) from the British School of Shiatsu Do DipBSS-Do and is a Member of the Register of the Shiatsu Society (MRSS). He also holds an ITEC massage qualification, and has studied TuiNa (Chinese Massage) at Hebei Medical University China.*

*Renzo has dedicated himself to the study of oriental health and physical systems, and is qualified to teach Wing Chun Kung Fu, Lam Style Tai Chi and Zhan Zhuang (standing meditation) Qi Gong.*

*Renzo incorporates his knowledge of oriental health care and exercise systems, providing a service for people of all ages to keep fit and healthy via Chinese exercise training; as well as treating conditions, using primarily Acupuncture, as well as Bodywork.*

*Renzo has treated people with Allergies, Muscular skeletal problems, Headaches, Back pain, Insomnia, Respiratory conditions, Circulatory problems, Sciatica, Depression, Stress, PMS, Sports Injuries, Nausea and Dizziness.*

*Renzo has had extensive experience treating the over 65's, working in the South East London Area.*

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*I obtained a Licentiate in Acupuncture having trained for 3-years at the School of Five Element Acupuncture (SOFEA) Camden, as well as completing 1-year of non-five element degree course, so have a broad foundation in acupuncture as well as choosing to specialise in the five-elements. At present I treat privately throughout London (including SOFEA), at Neal's Yard Remedies, Covent Garden, and voluntary for The Stress Project, Holloway a mental health charity where I have experienced some great improvements with treatments given.*  
*Five-element acupuncture is an ancient form of Chinese medicine whose philosophy is based upon the elements of nature i.e. Wood, Fire, Earth, Metal and Water and their interactions with each other and how this same universal energy is manifested within ourselves. Moreover, by inserting shallowly, and removing fine needles at specific locations this influences the flow of energy to promote harmony and wellbeing as energy goes to wherever it is required to bring about the desired change, working on the levels of body-mind-spirit.*  
*In addition, I also have a BSc (Hons) Nutrition & Sports Science degree and obtained a National Examination in Occupational Safety & Health (NEBOSH) and Full-First Aid at Work qualification.*

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*Mr Zengfu Peng spent 11 years at two of Chinas universities of Traditional Chinese Medicine, where he studied for Bachelor, Master and Doctoral degree in Chinese Medicine and Acupuncture. His three year full time PhD study specialised in Acupuncture. He has now practised Chinese Medicine, including herbal remedies, acupuncture and Tui Na, for more than 10 years.*  
*Mr Zengfu Peng provides professional and quality*

*services which have been widely acknowledged by local people. Mr Peng is good at treating a wide range of health problems, and especially excels at various skin conditions, back pain and joint pains, stress, depression and anxiety, womens and mens problems. He has long been committed to offer health services at substantially lowered prices for elderly people, children and students, and one or more free sessions of treatment for each course of treatment. By arrangement, home services are also available from Mr Peng. In the clinic Mr Peng works from Monday to Saturday 9am to 6pm. No appointment is necessary for seeing him at his clinic in Stockport Cheshire of Greater Manchester.*

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*My three year degree course in Traditional Chinese Medicine included the requisite biomedical sciences appropriate to the practice of acupuncture. A requirement of British Acupuncture Council (BACC) membership included four hundred hours of clinical practice, continual assessment and observational visits at North Manchester General Hospitals Acupuncture Clinic.*

*After graduating from Salford University I became eligible for membership of the BACC and have been running my private practice in Poynton for almost two years. Also I am registered with Stockport Environmental Health and Trading Standards. Formed in June 1995 the BACC maintains standards of education, ethics, practice and discipline to ensure the health and safety of the public at all times. It is also committed to promoting research and enhancing the role that traditional acupuncture can play in the health and well-being of the nation.*

*As an Acupuncturist my aim is to:*  
*Fix - Acute or relapsing conditions.*  
*Maintain - Working with chronic conditions.*  
*Contain - Support with frequent attenders.*  
*Specialist Treatments: Auricular acupuncture protocols for the treatment of addictions. Musculoskeletal problems.*

*My personal mission statement: To deliver the highest standard of professional care and treatment within a relaxed, safe and sterile environment.*  
*I also guarantee patient/practitioner confidentiality.*

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*Toni Tucker is a registered midwife, registered nurse, and practitioner of Chinese Medicine Acupuncture. Throughout her professional career as a traditional acupuncturist, she specialises in infertility and conception, and in the last few years, she has focused on the management of disorders of the urinary system, ranging from stress incontinence, bacterial cystitis, and interstitial cystitis known as IC, a chronic non-bacterial haemorrhagic disorder of the bladder.*  
*In this area, Toni has pioneered a successful treatment with traditional acupuncture. Around 400,000 people suffer from IC, but only a handful seek help. The research and the study that she has carried out in her clinic for the patients suffering from IC is exciting and positive, and presents a simple but effective new treatment through the medium of Traditional Chinese Medicine.*

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*Mr. T. Zhan Doctor of Chinese Medicine, graduated from Chinese Union Medical University in Beijing, China 1970. He is a specialist in Neurology, Osteopathy and Cardiology and Internal medicine.*  
*From 1989-1996 he was Director of Austrian Institute of Traditional Chinese Medicine in Vienna. Since 1997 he has been practising Chinese Acupuncture and Herbal Medicine in UK. He is a member of BACC, ATCM,*

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*Dr Li received master degree for Acupuncture in 1987 and has now over 20 years of working experience. In China Dr Li worked as a consultant in the pain department before moving to England in 1995. Since his arrival Dr Li, consultant for acupuncture and dermatology, has treated over 20,000 patients. Dr Li achieved very good success using acupuncture, massage and chinese herbs to treat back pain, sciatica, arthritis, tennis elbow, frozen shoulder, spondylitis, headache, infertility, hot flushes, menopause, PMS, IBS, impotence, MS and different skin problems.*

*Dr Li wrote a book about acupuncture, (e.g. "Skin Problems Treated with Acupuncture") and articles for the International Acupuncture magazine (USA). He was a member of the committee of The Acupuncture Research Association in China.*

*Please look at our website www.herblee.co.uk for further information.*

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*What can Acupuncture Help?*

*An acupuncturist may be consulted by people with specific symptoms or conditions, such as pain, anxiety, eczema, sports injuries, hayfever, asthma, migraine, high blood pressure, menstrual disorders, intestinal problems or pregnancy management and delivery.*

*While extensive practice and research has shown that acupuncture is effective in helping people with such conditions as well as with many others, it does more than simply relieve symptoms. The aim of acupuncture is to treat the whole patient and restore the balance between the physical, emotional and spiritual aspects of the individual.*

*In traditional acupuncture, since all illness is considered the result of an imbalance of energy, treatment can benefit almost any ill person as long as the degenerative process in the tissues of the body is not too extensive.*

*Many people also have acupuncture as a preventative treatment or because they feel unwell themselves but are not ill in the Western sense.*

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*Emma specialises in integrating other holistic practices with acupuncture. Having worked in the field of Complementary medicine since the early 90s Emma Cannon is an experienced practitioner. Emma has worked extensively with the medical profession both in the private sector and the NHS. She specialises in womens health, particularly post and pre natally.*

*She has experience in treating children. Her clients include NHS, Boots the chemist, Granada Wellbeing channel.*

*She has acted as a complementary medicine consultant to these companies.*

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*Deborah Catterall has been practising massage for over  
20 years. She has studied Swedish Massage, shiatsu,  
aromatherapy, cranio-sacral therapy, tui-na, and in  
1997 after qualifying in acupuncture spent a month in  
Shanghai, working in a hospital and attending seminars  
at the Shanghai University. She uses traditional Chinese  
medicine as her main diagnostic tool.*

*After an initial consultation to ascertain the condition of  
the patient, and the pattern of imbalance. A treatment  
plan can be made, taking into consideration the  
patients preference and lifestyle, to rebalance the body  
into a state of health, using the most appropriate  
techniques for the individual condition.*

*Deborah works from a clinic in Pimlico, London SW1,  
and also visits patients at their homes in South West,  
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*I specialise in treating musculo-skeletal problems,  
tennis elbow, shoulder/neck pain, low back pain,  
sciatica etc, providing relief through use of deep tissue  
massage, release of trigger points, cupping, electro-  
acupuncture and general acupuncture to treat any  
underlying conditions according to the Traditional  
Chinese Medical (TCM) diagnosis.*

*I also successfully treat many other general complaints  
that acupuncture can address (Gynecological problems,  
weight, addictions, migraine, arthritis, anxiety etc).*

*I believe that each person is responsible for their  
health, which comes from finding a good balance in all  
areas of ones life. Where appropriate I will help patients  
to understand and address any external reasons (diet,  
exercise, environmental factors, lifestyle issues) that may  
be contributing to their condition.*

*Combined with my training in TCM I have also been  
training in the Chinese health arts of breath therapy,  
yoga, and tai chi chuan for over 11 years, which I teach  
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*Holistic approach to preventative healthcare employing:*

- Structural and Cranial Osteopathy

- Visceral Osteopathy

- Acupuncture

- Diet and exercise prescription

*For safe, gentle and effective treatment of:*

- pregnancy, neonates, and childhood problems such  
as behavioural and learning difficulties, cerebral palsy,  
ear infections, crying babies, etc.

- back, neck and joint pain

- headache and migraine

- digestive disorders

- period pain and irregularity

- sinusitis

- asthma

- stress, depression and fatigue.

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Chenthooran graduated at the University of Westminster with a certificate of Higher Education in Biochemistry and Physiology and a degree in BSc. Biological sciences. While pursuing his university studies he developed a keen interest in the system of medicines practised in the East.

Hence he went on to study Acupuncture and Western Medical sciences for 3 years at the School of Five Element Acupuncture in London from which he gained the qualification of Licentiate in Acupuncture. The final year was intensively focused on developing clinical skills during which he treated numerous patients under strict supervision from his clinic tutors. He shadowed many acupuncturists in order to enhance his understanding of acupuncture.

He is a member of the British Acupuncture Council (BACC) and abides by a code of safe practise set out by the BACC: Codes of Ethics and Disciplinary Procedures bind members.

Acupuncture may treat many physical and emotional conditions. Although treating many other conditions, he thrives to specialise in the following areas: Postnatal recovery, Depression, Irregular periods, Sports injuries. The health and well being of the patients are his prime concerns and he always seeks the opinion and guidance from other professional practitioners when necessary.

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**Jani White**  
**The Birth Company:**  
**Fertility/Pregnancy/Paediatrics**  
137 Harley Street  
**W1G 6BG**  
T: 020 7725 0528  
T2: 07932 00 00 25  
F: 020 7725 0529  
E: acu.jani@ntlworld.com  
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British Acupuncture Council, Faculty The College of Traditional Acupuncture/ Brookes, University, Executive Committee The Speedwell and Wellbeing Trust, The Acupuncture Childbirth Team Oxfordshire

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British Acupuncture Council, Neuro Linguistic Programming Psychotherapy Counselling, Association, General Osteopathy Council

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Royal College of Midwives, Full member of the British Acupuncture Council, Member of the Traditional Acupuncture Society  
*Zita West is a practising midwife and acupuncturist. Her clinic offers fertility, pre-conception, pregnancy and post natal programmes.*  
*Zita works with a team of midwives, acupuncturists, nutritionists and fertility nurses to help couples plan. She is the author of Acupuncture in Pregnancy and Birth and a self help book called Natural Pregnancy.*

**Pingping Zhao**  
**Dr Ping Ping Zhao Chinese Acupuncture & Herbal Medicine Clinic**  
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The Association of Traditional Chinese Medicine (UK)

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Acupuncture Association of Chartered Physiotherapists, Chartered Society of Physiotherapy

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**Yogini Rawal**  
**Soho Centre For Health & Care Acupuncture Clinic**  
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**W1V 5DH**  
T: 0793 188 4682  
T2: 020 89617072  
E: yog@acupun.fsnet.co.uk  
British Acupuncture Council

*Available Thursdays and Saturdays*  
*Disabled Access*  
*Treatment for adults and children using Chinese and Japanese acupuncture*  
*Treating digestive, menstrual, respiratory & circulatory disorders. For musculoskeletal, dental pain relief, stress and stress related problems.*  
*Keen to improve the use of acupuncture in children with learning disabilities and developmental problems.*  
*About myself: I am a dentist, further qualified in Dental Public Health. I work part-time in community dental service with special focus in the field of learning disabilities and HIV. Rest of my working time I do acupuncture. I have been working with NHS since 1992. I briefly practised Homoeopathy before launching on to acupuncture. In 1998, after finishing my studies in acupuncture in London, I went on a study tour of Vietnam and North India. I use traditional Chinese and Japanese methods of acupuncture treatments. Japanese techniques are often useful for treating children and sensitive patients. I am now working at Soho Centre for Health and Care, which provides multiagency services including GP, Dental, Day care for older people, mental health and also has a walk-in centre.*

**Bryony Rance**  
**Qitherapy**  
The Montagu Clinic  
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**W1V EDB**  
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E: BRYONY@QITHERAPY.NET  
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British Acupuncture Council, Register of chinese Herbal Medicine

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British Acupuncture Council

*I am a practitioner of Traditional Chinese Medicine and Acupuncture holding the recognized qualification of Diploma in Acupuncture (Dip.Ac). I am also a member of the British Acupuncture Council (MBAcC). I treat a variety of complaints with Acupuncture, Acupressure Massage and where appropriate Herbal Patents. Due to personal interest and patient demand a large part of my practice time is devoted to treating patients with fertility and conception problems. This also includes using Acupuncture as a complementary therapy for those undergoing ART and IVF protocols.*

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British Acupuncture Council, Member of Zero Balancing Association UK

**Xing Chang Si Tu**  
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British Acupuncture Council, The Register of Chinese Herbal Medicine

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British Acupuncture Council, British Acupuncture Council, Medical Association UK

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**Paul Johnson**  
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British Acupuncture Council

*I practice both from a dedicated room at my private address (Hertsme licensed practitioner number 63), and the Integrated Health Clinic at The Oasis in Endell Street, Covent Garden. I have trained in England and China. I am employed as an assistant teacher at the London College of Traditional Acupuncture on a part time basis.*

*I have experience in treating a wide range of ailments, including musculoskeletal ( frozen shoulder), tennis elbow, lower back pain, sciatica, arthritis, sports injuries, digestive (IBS, diarrhoea,constipation) problems. I also treat difficulties associated with pregnancy such as anxiety, urinary difficulties and morning sickness, which respond excellently.*  
*Acupuncture can be particularly effective in conditions where stress or emotional upset are a factor in an ailment which is not responding to allopathic treatment. It is also particularly useful where the patient does not wish to or cannot take drug therapy.*

**Jacqueline Clelland**  
**The Health Chambers**  
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**WF10 3JN**  
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RCHM Register of Chinese Herbal Medicine, British Acupuncture Council, UKCC

**David O'Kell  
Surgery**

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Acupuncture Association of Chartered Physiotherapists,  
Chartered Society of Physiotherapy

**Sarah Byfield****The Acupuncture Clinic**

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British Acupuncture Council

**Trevor Wing****The Women's Natural Health Practice**

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**WIG 7HP**

T: 020 8515 0820  
T2: 020 8940 8533

E: enquiries@naturalgynae.com  
W: www.naturalgynae.com

Register of Chinese Herbal Medicine, British  
Acupuncture Council, British Register of Complementary  
Practitioners (MBRCP)

*I specialise in Acupuncture and Chinese Herbal  
medicine treatment for reproductive, gynaecological,  
obstetric and general healthcare for females from  
adolescence to post menopause using both  
acupuncture and Chinese Herbal Medicine. We offer a  
comprehensive services delivered in a sympathetic,  
caring, interactive manner.*

*Our Services include: Reproductive health, Infertility  
Gynaecology, Pre-conception programs, Pregnancy  
well-being, Natural labour induction, Post-partum  
programs, Menopausal, General female health*

*Mr Trevor A.Wing MBRCP MRCHM, MBACc LicAc FCIM*

*I graduated at the London College of Oriental Medicine  
and Traditional Acupuncture where I am now a member  
of the teaching faculty. Qualifying in oriental medicine  
in the UK requires comprehensive study and  
qualification in orthodox medical science,  
pharmacology in addition to traditional Chinese  
medicine. I also completed postgraduate studies in  
reproductive medicine in the UK and clinical practice in  
gynaecology at Nanjing Medical University Hospital,  
China.*

*I am currently working on a PhD research thesis using  
acupuncture and Chinese herbal medicine to improve  
IUI, IVF, and ICSI success rates. I am bound by a strict  
code of ethics and practice to uphold the highest  
professional standards of treatment and clinical  
practice.*

**James Hayllar****Priest Lane Acupuncture Clinic**

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Pershore, Worcestershire  
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British Acupuncture Council

**David Burness**

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**WR12 7HA**

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F: 01386-442505

E: dburness@supanet.com

British Acupuncture Council, Health Professions Council

*Very familiar with working with the general public,  
having worked within the NHS for over 16 years,  
treating people of all ages. Working alongside Doctors  
and nurses everyday.*

*Being aware of medical problems, illness, trauma,  
disease and subsequent treatments within the NHS  
system.*

*I have been a State Registered Paramedic for 10 years,  
staying post traumatic stress syndrome, amongst other  
things within that time.*

*Graduating from college of Traditional Acupuncture in  
February 2001, doing post graduate courses in Tui-Na  
massage, and Qi-Gong therapy.*

*Since then I have worked for the Look ahead Charity for  
the homeless treating them for drink and drug  
addictions.*

*I have a good record treating Muscular-skeletal pains,  
infertility, offering Auricular treatment as well for such  
things as weight loss etc.*

*Willing to include treatment sessions at group practices,  
am flexible with my time and would consider house or  
hospital visits.*

*Palliative and prophylactic treatments also available.*

*Willing to meet with Doctors and practice managers to  
discuss the best way forward for the treatment of  
patients.*

*Even without extra government funding, potential costs  
can be subsidized, by the savings on pharmaceutical  
bills. In particular drugs for analgesia.*

**Yuetmul Chung**

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St Johns, Worcester

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T2: 07811 518563

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British Acupuncture Council

**Jacqueline Turner****Acupuncture & Chinese Herbal Medicine Clinic**

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T: 01386 793121

British Acupuncture Council, Register of Chinese Herbal  
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**Jacqueline Turner****Droitwich Spa Private Hospital**

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**Andy Kenyon****Salters Medical Practice**

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British Acupuncture Council, General Medical Council,  
Royal College of Practitioners

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British Acupuncture Council

**Annabelle Armitage****Rydale Clinic for Physical Therapists**

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T2: 01439 771111

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**Harriet Lansdown****Acupuncture Clinic**

111 Bishopthorpe Road  
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**YO23 1N7**

T: 01904 651884

E: harriettlansdown@themail.co.uk  
British Acupuncture Council

*Experienced acupuncture practitioner. Treats all  
conditions and specialises in musculo-skeletal  
problems. Involved in research, audit and continuing  
professional development*

*Course leader for BSc (Hons) Traditional Chinese  
Medicine (Acupuncture) at the University in Salford  
Executive committee member of British Acupuncture  
Council. Practises and teaches massage, acupressure,  
breathing and relaxation techniques, lifestyle advice  
and support and positive thinking*

**Rebecca Pickering****The Brook Street Clinic**

Brook Street  
Drifffield

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**YO25 6QP**

T: 01377 272791

British Acupuncture Council

**Deborah Priestley****Oasis Health**

Fitness First Healthclub

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North Yorkshire

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E: debbie@moddys.demon.co.uk

W: www.oasisconcepts.co.uk

British Acupuncture Council

*I have sound knowledge of western medicine gained  
from my training and practice as an Operating  
Department Practitioner in the NHS.*

*I qualified with a Postgraduate Diploma in Acupuncture  
after a four year course at the Northern College of  
Acupuncture in York.*

*Since qualifying as an acupuncturist I have become  
experienced in the treatment of a wide range of  
conditions, but I have developed specialist interest and  
expertise in acute and chronic pain, and gynaecological  
(especially menstrual) problems. I also have developed  
particular expertise in musculoskeletal disorders, an  
interest I have been able to expand further since  
commencing practice within a health club.*

*I am available for home visits if patients are unable to  
travel to my clinic.*

*I offer discounted rates for senior citizens and for  
patients requiring an extended course of treatment.*

**Beverley Lawton**

11 Broadsone Way

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British Acupuncture Council

*Formerly an intensive care nurse in the NHS, I studied  
at the Northern College of Acupuncture in York, where I  
gained my diploma in Acupuncture. I also went on to  
gain a distinction for my master of Science degree in  
acupuncture, (University of Wales) where I looked at the  
patient-perceived changes that took place during a  
course of Traditional Chinese Acupuncture for postnatal  
depression (PND).*

*I am an active member of the British Acupuncture  
Council and have my own busy private practice, treating  
many patients with a variety of conditions.*

*My special areas of interest are:  
research, obstetrics, gynaecology and ,specifically  
depression.*

**Nicholas Lutyens-Humfrey****Chinese Acupuncture clinic**

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North Yorkshire

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British Acupuncture Council

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British Acupuncture Council

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**Alexander Technique**

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20 Kensington Place  
Brighton  
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The Society of Teachers of the Alexander Technique

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Society of Teachers of The Alexander Technique

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**Aromatherapy**

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M.C. Aromatics**  
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International Society of Professional Aromatherapists

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"LSA North"**  
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Aberdeen  
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Registered Principal Teacher - London School of Aromatherapy, International Federation of Aromatherapists

**D. Rao Mughan  
Holistic Aromacare**  
137 Kings Road  
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**AL2 1ER**  
T: 01727 825971  
Association of Reflexologists, Aromatherapy Organisations Council, International Society of Professional Aromatherapists, Independent Professional Therapists International

*Fees:*  
*£35 per session Aromatherapy Treatment.*  
*£25 - Indian Head Massage.*  
*£35 - Manual Lymphatic Drainage.*  
*£30 - Deep fascia - Neuro Muscular Treatment.*  
*£30 Reflexology Treatment.*  
*£25 - Reiki Treatment.*  
*Training: Diploma in Holistic Aromatherapy. ITEC Diploma in Manual Lymphatic Drainage. Certificate in Reflexology. Aromatic Indian Head Massage. USHI/SEICHEM Reiki Master.*  
*Description of therapies offered: Aromatherapy full body treatment., Aromatic Indian Head Massage. Manual Lymphatic Drainage. Reflexology. Neuro Muscular Massage. Reiki Treatment.*  
*Areas of special interest: Aromatherapy for people with learning difficulties. Mental health problems, autism. Elderly care.*

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International Federation of Aromatherapists, Auricular Candle Therapy Association, Aromatherapy Organisations Council

**Shona Louise Grinyer  
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**Marle Fattorini  
Midlands Stress Management Services**  
7 Farquhar Road East  
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Birmingham  
**B15 3RD**  
T: 07966 142740  
E: tom@fattorini.com  
International Federation of Aromatherapists, Complementary Medicine Association, British Holistic Medical Association

*Fees:*  
*Stress Management programme: varies according to individual.*  
*Aromatherapy (Michelin Arcier style) £35 for a full body (1 1/2 hours).*  
*Indian Head Massage £22.*  
*Reflexology £30.*  
*Training:*  
*IFA Aromatherapy Diploma.*  
*ITEC Reflexology and Indian Head Massage*  
*B.Sc Psychology*  
*M.Sc Complementary therapies.*  
*Description of therapies offered:*  
*Indian head massage - clears and focuses the mind whilst relaxing the body.*  
*Reflexology - precise foot massage style that has benefits for whole body.*  
*Areas of special interest:*  
*Spiritual healing. Energy balancing. Occupational stress management.*

**Hilary Leach  
Renaissance Holistic Therapy Centre**  
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International Society of Professional Aromatherapists -, Member, Aromatherapy Organisations Council, ITEC Professionals - Member, Association of Reflexologists

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**Pat Wilkes**  
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International Federation of Aromatherapists

**Janet Boneham  
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Association of Reflexologists, Association of Curative Hypnotherapists  
*I specialise in three therapies; Aromatherapy Massage, Hypnotherapy and Reflexology.*  
*My massage can be a pampering massage or deeper to work areas of tension or localised to ease muscles. A mix of all three types of massage is often the best. With over ten years of experience the massage I give provides more than physical benefit.*  
*Hypnotherapy is a wonderful way to change unwanted habits or to change the way we approach challenges in our lives. I help people to learn to use trance on their own to improve their own lives as they see fit. The*

*hypnotherapy I practice is entirely consensual: the only effective change is change that is wanted and accepted.*  
*Reflexology gently rebalances the body, encouraging the body's systems to return to a normal functioning level, including blood and nerve supply to each organ and gland. A session can be a full treatment or working on certain specific areas in which case treatment can be more often.*  
*Each of my three therapies make life easier and so more worth living.*

**Loretto Cattell**

51 George Frederick Road  
 Sutton Coldfield  
**B73 6TB**  
 T: 0121 353 9740  
 E: lotions\_and\_potions@yahoo.co.uk  
 Aromatherapy Organisations Council, Rest UK Volunteer, Associate members of UK Reiki Federation, International Federation of Professional Aromatherapists, National Association of Complementary Therapists in Hospice, & Cancer Care

**Chris Lowe Aromatherapy**

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 Warwickshire  
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 International Society of Professional Aromatherapists, Aromatherapy Organisations Council

**Dawn Sumner  
 The Feelgood Factory**

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 Staffordshire  
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*Te No: 01274 533 263.*

*My qualifications as a Holistic Therapist are: Advanced Reflexology, Vertical Reflexology, Aromatherapy, Sports Massage, Indian Head Massage and Tera-Mai Reiki and Seichim Healing 2nd Degree.*  
*I have been a practitioner for the last 4 years: 18 months at Shipley and before that I worked for a local gym. I also offer a mobile service for clients who prefer this.*

*From the end of June 2004 I will be a Reiki Master and be offering 2 new treatments. 1. Chakra Cleansing and Rebalancing 2. Hopi Ear Treatments.*

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*From the end of June 2004 I will be a Reiki Master and be offering 2 new treatments: 1. Chakra Cleansing and Rebalancing. 2. Hopi Ear Treatments.*

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*Fees: £25 for one/two sessions. £20 per session for 3 or more.*

*Training: Bradford School of Physiotherapy 1954-58. London School of Aromatherapy 1990-91.*

*Description of Therapies Offered: Aromatherapy - applied by massage mainly. Treatment taking 75 to 90 minutes and using only highest quality wild or organic oils. Provision of oils for bathing and inhalation. Physiotherapy massage for musculo-skeletal pain. Posture/gait correction. Positional advice.*  
*Areas of special interest: Stress relief. Muscle spasm relief. Musculo skeletal pain. Head ache. Depression/anxiety.*

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*Fees: £20 per hour for most therapies. £25 Full Body Aromatherapy Massage (1hr 15 mins)*  
*Training: In monthly personal on-going supervision group with Gerry Pyves - Halifax. Certificate in Counselling Skills 1995. Certificate in Sports Massage 1998. 7307 Teachers Certificate 1998. First Aid Certificate 1999. Reiki Master Course 1999. Indian Head Massage Diploma 2001. Aromatherapy and Learning Difficulties 1999.*  
*Description of therapies offered: Aromatherapy, Swedish massage (both can include Shiatsu).*  
*Reiki, Indian Head Massage, Paraffin Wax treatments. I am mobile but also work from home.*  
*Areas of special interest: I work two days a week at a centre for people with MS (Multiple Sclerosis) as a therapist. I am a bank therapist for people with Parkinsons Disease. I work with clients with severe learning difficulties and the visually impaired. I enjoy giving talks to local groups about the therapies I practice.*

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*Fees:*  
*Aromatherapy - £30 - 90 mins. £25 - 1 hr.*  
*Reflexology - £25 - 1 hr.*  
*On-site massage - £15 per 30 mins.*  
*Indian Head - £12 per 30 mins.*  
*Reiki - £20 - 60-90 mins.*  
*Training: Continued professional development.*  
*Description of therapies offered: Therapeutic massage. Clinical Aromatherapy. Reflexology. Reiki. "On-site" massage. Indian head massage.*  
*Areas of special interest: Cancer. Palliative care. Oncology.*

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*With Psychotherapy background. UKCP registration, this was deepened into a unique approach in working with transitions, post-trauma, grief, addictions, abuse, life-threatening illness (including aids), as well as with mental health issues in counselling and psychotherapy. Independent research and clinical applications through Ayurveda, ancient herbals, alchemy, monastic healing tradition, contemporary scientific approaches. Proffoff Journaling consultant; specialisation in colour therapy;*

*study of originating pre-Celtic myths and legends. Years of family therapy studies, with mentor Dr. Michael Cowan, was gathered in Masters Degree in Education (Professional Development) at University of Ulster for thesis on the subject. Study and clinical work involving an advanced Diploma from Centre for Transpersonal Psychology, London, enabled a synthesis, using complex, synergistic recipes of essential oils as a key tool.*

*Publications: Textbooks for Psycho-Social Aromatherapy Practitioner and Consultancy Diploma courses; Guidelines for use of PSA in Hospitals, Institutions; Plant Dreamtime 1 & 2 (Myth, Meaning and personalised recipes, ancient Irish traditions).*

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*Pauline Milligan T /As P Hannah-Carney. Qualified with LCSP in Aromatherapy and I have been in private practice for 23 years on Merseyside. Also qualified in remedial therapy and massage with LCSP.*

*There are many conditions that benefit from the use of essential oils. Amongst others I treat the following. Stress related conditions which effect muscles and nerves e.g. bells-palsy, strokes, irritable bowel syndrome, post operative mobility. Skin conditions e.g. acne and eczema. Lymph drainage for conditions e.g. strokes, post trauma, whiplash and post operatives. Aromatherapy treatments are between 6 to 10 sessions lasting 45 min. to 1 hour. Aromatherapy assists in recovery. In most cases the other benefit is relaxing the client where their busy life style takes priority.*

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*EXPERIENCE: To put my business on the map I have given talks all over the Wirral and Cheshire on aromatherapy. I have also taught at a local college on aromatherapy. I have also been involved with schemes run by Connexions, where young people from local schools and colleges have work experience in my clinic. I invite clients who are interested in this art, to evening sessions in the use of essential oils to help them and their families.*

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International Society of Professional Aromatherapists

**Yvette Marle Tofts  
The Brentwood Clinic of Complementary Medicine**

31 Shenfield Road  
Brentwood, Essex  
**CM13 2UA**  
T: 01277 210664  
International Federation of Aromatherapists MIFA  
*Fees:*  
*For initial consultation and treatment - £38 for 1 hr 20 mins.*  
*Subsequent treatments 1 hr - £29.00*  
*30 mins back and neck treatment - £15.00*  
*Training:*  
*IFA Advanced Course with Eve Taylor London Ltd.*  
*Description of Therapies Offered:*  
*The treatment involves an in depth consultation regarding patients medical history, eating and sleeping patterns and lifestyle.*  
*Lymphatic drainage and pressure point massage is carried out.*  
*Reflex points of the feet are studied.*  
*Areas of Special Interest:*  
*Stress and Tension are common complaints.*  
*Aromatherapy being an excellent way to relax.*  
*Headaches and migraine seem to respond very well with aromatherapy, amongst other problems.*

**Nicola McGill**

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Mountnessing  
Brentwood, Essex  
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E: mail@nicolamcgill.com  
International Federation of Aromatherapists, Aromatherapy Organisations Council  
*Fees: Initial consultation and 1hr 15m massage £30. Follow up massage £25 (1hr 15m)*  
*Training: I took a 1-year home study course with the London School of Aromatherapy and took an examination for a diploma.*  
*Description of therapies offered: I offer a treatment to a client which suits their individual needs, ie. if whole body treatment is not required, I will spend the whole session concentrating on the area concerned. I also offer hand and feet massages to the elderly where massage is not possible or to those in convalescence.*  
*Areas of special interest: Since qualifying I have attended other courses run by the IFA - cancer care and aromatherapy, eczema and allergies with aromatherapy and 4-day intensive training on oriental bodywork - which is massage using Meridians and Acupressure points.*

**Pamela Gaines**

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**Susan Perrenoud**

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Register of Qualified Aromatherapists

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International Federation of Aromatherapists (Full Member), ROAC (Full Member), ESIPF (Fellow), Aromatherapy Organisations Council  
*Christa is a graduate in Scientific and Medical Phytotherapy and a Fellow of both the English Societe de l'Institut des Sciences Biomedicales, France and the English Societe de l'Institut Pierre Francomme. She is a member of the Register of Qualified Aromatherapist and the International Federation of Aromatherapists and serves on the Education and Training Committee of the AOC. She is the owner of the Wentworth Health Clinic providing Aromatherapy, Reflexology and Counselling to the general public. 10 years ago, Christa started working with adults and children who are either profoundly handicapped or have Learning Disabilities.*

*At present she works part-time at a LEA Special School, at Braintree College of FE and the Adult Education College at Witham where she has taught for the past 7 years NOCN and ITEC approved courses in Aromatherapy, Body Massage and Anatomy & Physiology. She is an Assessor and Internal Verifier of Complementary Therapies for the North East Essex Community College and The North & West Essex Adult Community College, and also an External Verifier for Essex University. Christa has a BA (Hons) in Education and is committed to Inclusive Education.*

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International Society of Professional Aromatherapists, UKCC for Nursing Midwifery & Health Visiting, Royal College of Nurses  
*Fees: Vary*  
*Training:*  
*Registered with ISPA and the UKCC. I am a fully trained and experienced nurse, reflexology and aromatherapy practitioner. As Head of Complementary Therapies for a hospice offering care to children and adults with life limiting or life threatening disorders. I am also involved in the training of hospice staff in holistic care and integrated medicine.*

*Areas of special interest:*  
*My specialist area is in palliative care and particularly cancer care. I also do much work with children with special needs and their families. As well as training such children, I train family members in the use of aromatherapy and massage so they can continue to treat safely at home, this being more cost effective for the patient.*

**Jacqueline Davies**  
**The British Academy of Hypnosis**  
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International Federation of Reflexologists, International College Natural Health Sciences London, The Open International University for Complementary, Medicines, British Complementary Medicine Association, The Association of Traditional Chinese Medicine  
*After many years training in Romania and at The Chinese Academy of Sciences (affiliated to the Open International University Approved by United Nations) and The Open International University (ALMA ATA 1962) - International College of Acupuncture in Colombo, Sri Lanka, I gained doctorates in Acupuncture and other therapies.*

*In 1995 I married and moved to England where I continued my practice in Complementary and Alternative Medicine - member of BCMA Affiliate Alliance as: Acupuncture, Aromatherapy, Crystal Healing, Herbal Medicine, Homeopathy, Reflexology also member of International Federation of Reflexologists (IFR), here in the UK.*  
*Over the last nine years I have completed many courses, all in my own time and funded by myself comprising diplomas in many aspects of Complementary and Alternative Medicine including Aromatherapy, Homeopathy, Reflexology, Herbal Medicine, and other therapies.*  
*Among other qualifications, I have followed Register of The Royal Complementary Practitioners (The Open International University for Complementary Medicine). Also, I have completed the course (two years) at Sheffield Hallam University and I have been awarded the Diploma of Higher Health Education having followed an approved programme in Applied Health Promotion at Doncaster West NHS Primary Care Trust.*

*I have established practices in Doncaster, South Yorkshire where I have endeavored to create a very relaxing atmosphere. Many patients come to me for various treatments from all over the UK.*  
*My role involves working in the community with patients who have different stages and kinds of illnesses. I provide different therapies, support and information for the patients recovery.*  
*My role is that of a service practitioners in Complementary and Alternative Medicine, as therapist developer and facilitator, and where it is accepted that these do overlap each other each aspect requires a separate professional focus.*

*This role is continually changing and developing providing many challenges and achievements along the way and I intend to demonstrate my abilities in the field of Health Promotion.*

**Clea Cherrill**  
**Natural Health Treatment**  
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**Sarah Bradbury**  
**Lavenders Blue Holistic Therapies**  
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The National College of Holistic Medicine  
*Fully qualified in Aromatherapy, Advanced Aromatherapy, including Sports Massage, Baby Massage, Acupressure (Shen Tai), Crystal Healing, Psychotherapy, Counselling, Hypnotherapy and a Usui Reiki Master. I am a full member of the National College of Holistic Medicine. I specialise in pain relief, stress related disorders and infertility, but am experienced and successful in treating a very wide range of conditions. I will take NHS sessional work, GP referrals and private referrals, with free initial consultations.*

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International Society of Professional Aromatherapists  
Fees: £25.00  
Training:

2 year Counselling Diploma.  
1 year Anatomy, Physiology and Body Massage.  
1 year Aromatherapy incl. Reflex diagnosis.  
Advanced Aromatherapy w/end course and 2 day conferences each year.  
Descriptions of therapies offered:  
Massage, Aromatherapy, Counselling.  
Areas of special interest:  
HIV/AIDS. Stress.

**Robertina Graham**

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International Society of Professional Aromatherapists, Aromatherapy Organisations Council, Scottish Institute of Reflexology  
Fees: £25 (negotiable)  
*I trained at the Academy of Aromatherapy Massage (Scotland). The Academy being one of two schools in Scotland with accreditation of the International Society of Professional Aromatherapists. I was awarded a Diploma in Clinical Aromatherapy in June 2000.*  
*I continued my studies with the Academy achieving a Practitioners Certificate in Classical Reflexology in April 2001.*  
*I have been working as a private practitioner and would be very keen to forge links with the NHS.*

*As a complementary therapist, I am very interested in working with orthodox practitioners, to promote physical and emotional wellbeing of their patients, regardless of illness or disability.*

*Aromatherapy oils are blended for patients individual needs, in a holistic manner, they can either be used in massage, inhalation, or compress. Full body massage is available.*

*Reflexology deals with the principle that the whole body is reflected in the feet, areas and points correspond to all the body organs and systems. Gentle methodical pressure of fingers and thumbs, over the whole of the feet or hands is used.*

*It is suitable for all age groups and is compatible with all other forms of medicine. There are few contra indications.*

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W: www.gaeatherapies.co.uk  
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**Lorraine Urquhart  
Feel Good Therapies Ltd**

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Lothian  
**EH12 5SX**  
T: 0131 337 1890  
E: info@iloveftg.com  
W: www.iloveftg.com  
International Federation of Professional Aromatherapists  
*Feel Good Therapies Ltd began in 2003 in response to the growing demand for Reiki, Meditation and Aromatherapy to help facilitate the healing of people on a physical, mental, emotional and spiritual basis. In addition to using Aromatherapy and Reiki in my client practise, I also teach Reiki and meditation/visualisation too. I qualified in Reiki I and II in 1999 and then achieved my Reiki Master level in 2003. I am currently facilitating stress and relaxation class at Maggies Centre in Edinburgh (for cancer patients and their carers). My work with children includes teaching primary school children (8-12) and primary school staff how to use visualisation to relax. I have been teaching meditation to private groups for the past 2 years too as well as tutoring at the College of Parapsychology in meditation. I am a qualified aromatherapist (Nov 2004) and also produce my own products for home treatments.*

*Reiki helps to cleanse, clear, release and balance your energy on a physical, mental, emotional and spiritual level. This is one of the reasons I find it so effective for stress or insomnia, muscular aches, high blood pressure, increasing energy levels, strengthen the immune system and boosting self esteem.*

**Laura Stirling**

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British Association of Beauty Therapy and Cosmetology, EMBODY, Association of Reflexologists

*Registered with a number of professional bodies, I have been in full time practice for the last twelve years. I am also a Reiki Master/Teacher and an approved tutor of a number of complementary health therapies.*

*Therapies and treatments offered include; Aromatherapy, Sports and Swedish Massage, Reflexology, Indian Head Massage, Hot Stone Massage, Hopi Ear Candling, Reiki, and a number of Beauty Treatments.*

*For the full range of complementary health therapies, beauty treatments, workshops and accredited courses, please visit the web site at: www.gracelings.co.uk*

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International Society of Professional Aromatherapists,  
Aromatherapy Organisations Council  
Fees: £15 - 45 mins. £25 - 75 mins.

Training: *Aromatherapy and Massage - SPA Certificate. Remedial and Sports Injury Massage - SEED Inst. Traditional Chinese Medicine - SPA. Cranio Sacral (Pt 1)*

Description of therapies offered:  
*Massage including remedial and sports injury coupled with aromatherapy, acupressure and crano sacral techniques as appropriate.*

Areas of special interest:  
*Injuries such as whiplash, frozen shoulder and stroke. Treatment of stress.*

**Jennie Braid LLSA, MIFA  
Rose & Crown Clinic**

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*Having completed a Diploma in Clinical Aromatherapy  
which included a thorough study and external  
examination of anatomy and physiology, to ensure safe  
practice.*

*I set up a small but very professional private practice.  
I have found using the therapeutic properties of the  
essential oils enhances the beneficial effects that  
regular treatment brings, not only physically but  
psychologically. Having worked within the NHS Services  
for the past 18 years I have had experience in a variety  
of areas, settling within Palliative Care and latterly into  
Hospice care. I have continued to develop my therapies  
and have undertaken numerous courses to enhance my  
own development and techniques, which now includes:  
Reflexology, m technique, Bach Flowers & Indian Head  
Massage.*

*I am a registered therapist with the Aromatherapy  
Consortium and the Aromatherapy & Allied Practitioners  
Association. I have full and up to date insurance to  
practice and CRB clearance.*

*I regularly receive referrals from District Nurses and  
Macmillan Nurses for both patients and carers.  
As a complementary therapist, my philosophy is to  
complement and enhance conventional treatments and  
would welcome working in partnership with my NHS  
colleagues.*

*Please feel free to contact me for further details on any  
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*I run a mobile practice, gradually expanding since 1998, treating clients in the comfort of their own home. I cover the local area of Hemel Hempstead, Chesham, Berkhamsted and Kings Langley in Hertfordshire. My clients range in age from 6 weeks to 93 years. All clients are referred or recommended, as I do not advertise. Practice hours: 9am-3pm Monday to Friday. 7pm-9pm Tuesday and Wednesday.*  
*Aromatherapy - A relaxing massage that combines the therapeutic effects of the essential oils with the therapeutic effects of the massage. The ultimate stress buster. Swedish massage - A basic massage, more stimulating to increase circulation, break down toxins and tone muscles. Sports therapy massage - Used to help prevent and treat muscular injuries however they occur, chronic or acute, used in conjunction with exercise or physiotherapy. Indian head massage - An unintrusive tension relief massage for the head, neck and shoulders, performed over clothes in a sitting position. Baby Massage Instruction - I run regular baby massage instruction courses for parents with babies aged 6 weeks - 12 months in groups of 4 - 8. The 3 session courses are run in Hemel Hempstead, Herts.*

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*I am happy to take enquiries and welcome visits from individuals or groups - which can be arranged in advance if required.*  
*I have been a professionally qualified aromatherapist with my own successful practice for eight years and also have a background in nursing (RGN).*  
*Clinics in Hebden Bridge, Todmorden and Manchester.*  
**Treatments offered:**  
*Aromatherapy*  
*Massage*  
*Vodder Manual Lymphatic Drainage (but excluding lymphoedema treatments).*

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International Society of Professional Aromatherapists, Ass. Therapy Lecturers, Federation Holistic Therapist  
**Fees:** £15 - £35 (special rates health professionals, OAPs)  
**Training:** (Four therapists) All fully qualified in own area.  
*1 chiropodist also RGN SCM*  
*1 clinical aromatherapists/sports therapist*  
*1 remedial/sports massage*  
*1 Aromatherapist/sports massage.*  
**Description of therapies offered:**  
*Clinical aromatherapy; Sports therapy/rehabilitation; Chiropody; Aroma Spa Capsule Steady Cabinete; Remedial massage; Indian head massage.*  
**Areas of special interest:**  
*Our ethos at Essential Health is to provide a caring clinical consultation, using the finest products and some of the best techniques to give each patient unique tailor made treatments.*

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T: 01592 742843  
E: yvonedouglas@btinternet.com  
International Federation of Aromatherapists

**Alice Ritchie**  
2 Broomlees Farm Cottage  
Elie  
Fife  
**KY9 1JT**  
T: 01333 330537  
T2: 07885 469643  
Scottish Institute of Reflexology, International Society of  
Professional Aromatherapists

**Sandra Kelly**  
**Mobile Aromatherapist**  
28 Ravenna Road  
Liverpool  
Merseyside  
**L19 4TY**  
T: 0151 281 7452  
International Federation of Aromatherapists

**Susan Mary Atherley**  
**The Health Place**  
Flat 2  
52 Canning Street  
Toxteth  
Liverpool  
Merseyside  
**L8 7NR**  
T: 0151 709 1875  
International Society of Professional Aromatherapists  
*Fees: Full body massage (allow up to 1 1/2 to 2 hours) £30.00*  
*Half body massage (allow up to 1 hour) £18.00*  
*Ayurvedic - Indian Head Massage (45 mins) £15.00*  
*Training:*  
*Northern College of Clinical Aromatherapy. Accredited*  
*by International Society of Professional*  
*Aromatherapists.*  
*The Diploma in Aromatherapy and Massage.*  
*Indian Head Massage Diploma - International Health*  
*and Holistic Therapies at Liverpool Community College.*  
*Description of therapies offered:*  
*Aromatherapy uses essential oils in a number of ways,*  
*including, vapourisation, tissues, baths, ointments and*  
*lotions. The oils can have remarkable healing and*  
*beneficial effects, together with massage the physical,*  
*emotional and mental tensions will be released and as a*  
*result energy levels and a sense of wellbeing will be*  
*increased. An individual mix of oils is blended*  
*according to conditions presented.*  
*Areas of special interest:*  
*Mental health - anxiety, fear, depression and related*  
*conditions.*  
*Back pain - upper and lower back problems.*

**Yvonne Cervetti**  
**Holistic Health At Lightwood**  
Lightwood Country Guest House  
Cartmel Fell  
Newby Bridge  
Cumbria  
**LA11 6NP**  
T: 015395 31454  
F: 015395 31454  
E: yvonne@lightwoodguesthouse.com  
W: www.lightwoodguesthouse.com/holistichealth  
The International Federation of Aromatherapists

**Cheryl Lee-Appleby**  
Denehurst  
Town Bank Terrace  
Ulverston  
Cumbria  
**LA12 7DS**  
T: 01229 584883  
International Society of Professional Aromatherapists

**Aromatherapy at Appleseeds**  
59 Market Street  
Ulverston  
Cumbria  
**LA12 7LT**  
T: 01229 583394  
F: 01229 580068  
International Society of Professional Aromatherapists  
**SANDRA ONEILL - DOB 10/07/1959 and ANNETTE FELL - DOB 17/05/1975**  
*We are a team of two clinical Aromatherapists with a*  
*combined experience of 10 years, treating the general*  
*public. Both have a wide range of experience in many*  
*conditions and are trained in sports techniques to*  
*relieve back pain, shoulder problems etc.*  
*Description of therapies offered:*  
*We offer Aromatherapy but often use sports techniques*  
*as well as Reiki and advanced massage techniques to*  
*deal with conditions. Both women have successfully*  
*assisted clients treat PMT, headaches, menopause and*  
*stress.*  
*Areas of special interest: Annette is interested in*  
*nutrition and has completed courses in this area and*  
*hopes one day to train in this area.*  
*Sandra has just completed her third year in a four year*  
*herbal medicine course.*  
*Both have worked in the health industry for years and*  
*have a vast bank of knowledge to draw on.*  
*Fees: Concessions available. £15 back and neck*  
*treatment - half hour. £22 full body - 1 hour. £37*  
*Luxury full body and facial - 2 hours.*

**Roni Webber**  
2 Monteaegle Drive  
Hornby  
Lancaster  
**LA2 8LD**  
T: 015242 22433  
International Society of Professional Aromatherapists,  
Aromatherapy Organisations Council

**Rosl Teer**  
3 Greta Heath  
Burton in Lonsdale  
Carnforth  
Lancashire  
**LA6 3LH**  
T: 015242 61639  
Royal College of Nurses, International Society of  
Professional Aromatherapists

**Julie Ann Wilson**  
41 Bleaswood Road  
Oxen Holme  
Kendal  
Cumbria  
**LA9 7EY**  
T: 01539 735804  
International Society of Professional Aromatherapists

**Jolanda Sidler**  
Rothbury  
Llangorse  
Powys  
**LD3 7TR**  
T: 01874 658324  
International Federation of Aromatherapists

**Belinda Bates**  
**Styrax**  
43 John Street  
Hinckley  
Leicestershire  
**LE10 1UX**  
T: 01455 459050  
E: b.bates2@ntlworld.com  
International Society of Professional Aromatherapists

**Helen Lister**  
Tebbutts Farm  
Normanton on Soar  
Loughborough  
Leicestershire  
**LE12 5EE**  
T: 01509 843340  
Guild of Complementary Practitioners, International  
Federation of Aromatherapists  
*Fees: £20 reflexology treatment. £25 aromatherapy*  
*and remedial massage.*  
*Training:*  
*Always with recognised professional awarding bodies.*  
*Continually updating my skills and knowledge. I am*  
*also a qualified teacher, delivering programmes in CAM.*  
*Description of Therapies offered:*  
*Aromatherapy, reflexology and remedial massage. My*  
*approach is holistic and so use counselling skills, give*  
*information on diet and nutrition - carry out posture*  
*analysis with corrective exercises.*  
*Areas of Special Interest:*  
*Holistic approach to health. I have been successful in*  
*treating many clients with muscular/skeletal problems.*

**Nina Walker**  
**Finger To Toes - Aromatherapy And Baby**  
**Massage**  
65 The Green  
Mountsorrel  
Leicestershire  
**LE12 7AE**  
T: 01162 106712  
T2: 07904 328004  
E: info@fingers-to-toes.co.uk  
W: www.fingers-to-toes.co.uk  
International Federation of Professional Aromatherapists

**Josephine Hicks**  
**Salutaris**  
Wing House, Berridges Lane  
Husbands  
Bosworth, Leicestershire  
**LE17 6LQ**  
T: 077100 57555  
F: 01858 880356  
E: salutaris@btinternet.com  
W: www.salutaris.org.uk  
Aromatherapy Organisations Council, International  
Society of Professional Aromatherapists

**Judith Anne Aromatherapy**  
112 Knighton Church Road  
South Knighton  
Leicester  
Leicestershire  
**LE2 3JH**  
T: 01162 2707775  
F: 01162 707775  
E: s.sturge@zoom.co.uk  
International Society of Professional Aromatherapists

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**Dipti Patel**  
**Beaumonde Complementary Training & Treatments**  
12 Oakmeadow Way  
Groby  
Leicester  
Leicestershire  
**LE6 OYN**  
T: 0116 231 2059  
E: beaumonde@ntlworld.com  
W: beaumonde-int.com  
Vocational Charitable Trust - VTCT, Spiritual Ventures Association - SVA, International Institute of Health & Holistic Therapies - IIHHT, Association of Reflexologists  
*Beaumonde Complementary Training and Treatments is a professional established company which provides training courses, talks and demonstrations and complementary treatments to large organisations and private individuals.*  
*All our treatments are provided by fully qualified and experienced therapists and are offered in a relaxing, confidential and tranquil atmosphere. Our aim is to help clients achieve their optimum level of health.*  
*Prices start from £15 and we offer the following:-*  
*Aromatherapy, Aromatherapy facials, Back massage, Body massage, Indian head massage, Reflexology, Reiki, Crystal healing and Colour healing.*  
*Training courses are available in Reiki, Crystal Healing and Indian head Massage.*  
*To Book an appointment or for further information please call*  
*Dipti Patel on: 0116 3212059*  
*Oakmeadow Way, Groby, Leicester LE6 JYN*

**Dawn Barbara Brassey**  
**Pure Essential**  
46 Bradgate Road  
Anstey  
Leicester  
Leicestershire  
**LE7 7AA**  
T: 0116 2128060  
International Society of Professional Aromatherapists, UKCC for Nursing Midwifery & Health Visiting, Royal College of Nurses

**Monica Gilmore**  
2 Furnivale Close  
Fleckney  
Leicester  
Leicestershire  
**LE8 8DZ**  
T: 0116 2403131  
E: littleitaly@supanet.com  
, International Society of Professional Aromatherapists

**Dawn Sumner**  
**Star Anise**  
6 Malt Mill Bank  
Hinckley  
Leicestershire  
**LE9 8GS**  
T: 01455 841500  
E: amitayus@dawnsumner.co.uk  
W: www.amitayus.co.uk  
Federation of Holistic Therapists

**S. Anne Douglas**  
Mount Pleasant Farm  
Brymbo  
Wrexham  
Wrexham  
**LL11 5LY**  
T: 01978 759 091  
E: s-annedouglas@hotmail.com  
International Federation of Aromatherapists

**Valerie Nordan Aromatherapy**  
1 Morfa Crescent  
Tywyn  
Gwynedd  
**LL36 9AU**  
T: 01654 710050  
E: nordanv@aol.com  
Aromatherapy Organisations Council, UKCC for Nursing Midwifery & Health Visiting, International Society of Professional Aromatherapists, Guild of Complementary Practitioners

**Catherine Lewis**  
Borthwen Ffordd  
Penmynydd  
Llanfairpwllgwyngyll  
Ynys Mon  
**LL615JH**  
T: 01248 714437  
International Society of Professional Aromatherapists

**Judith Donnelly**  
**Judy Donnelly Aromatherapy and Therapeutic Massage**  
Siam Surgery  
Siam Place  
Sudbury, Suffolk  
**LO10 1JH**  
T: 01787 378162  
F: 01787 880322  
W: judonnelly@aol.com  
International Society of Professional Aromatherapists, Aromatherapy Organisations Council

**Julie Beck**  
**Helping Hands Holistic Therapies**  
75 Cross Gates Lane  
Cross Gates  
Leeds  
West Yorkshire  
**LS15 7PG**  
T: 0113 2601 796  
International Institute of Health & Holistic Therapies, Fellow of the International Council of Holistic Therapists, Federation of Holistic Therapists

**Elizabeth Hamburg**  
**Rainbows End**  
Rainbows End  
13 Allerton Drive  
East Keswick  
Leeds  
**LS17 9HE**  
T: 01937 574675  
E: hamburg@junglemail.net  
International Society of Professional Aromatherapists (ISPA), International Federation of Reflexologists (IFR)  
*Training: Diplomas in Aromatherapy and Reflexology. NVQ Level 3 Further and Adult Education Teaching Certificate, Independant Reiki Master. On-going post graduate training inc: First Aid, Aromatherapy in Pregnancy, Aromatherapy for Babies and Children, Back Care and Aromatherapy, Aromatherapy for People with Cancer, Aromatherapy for Digestive Disorders, Sports Massage, Indian Head Massage, Manual Lymphatic Drainage, Reflexology in Pregnancy.*  
*Fees: Aromatherapy Full Body Massage £26. Follow up treatments £23.00*  
*Back, Neck, Shoulders Massage £15.00*  
*Reflexology Initial Treatment £22.00. Follow up treatments £20.00*  
*Reiki (Natural Healing) £20.00*  
*Description of therapies offered: Aromatherapy full body massage (includes head and face) allow 1 1/2 hours for first treatment. Follow up treatments allow 1 1/4 hours. Reflexology Initial Treatment allow 1 1/4 hours. Follow up treatments allow 1 hour. Reiki Healing allow 1 1/4 hours non invasive. Patient remains fully clothed. Indian Head Massage allow 40 mins (includes face).*  
*Areas of Special Interest: Womens Health Problems, e.g. PMT, Menopause, Pregnancy, Stress, Cancer, Migraines, Fluid Retention.*  
*Please note: When working privately from home, ladies and children including teenagers only.*

**Claire Tooth**  
**Liquid Essence Holistic Aromatherapy**  
10 Wharfedale Mount  
Leeds  
West Yorkshire  
**LS7 2LH**  
T: 0113 2264396  
E: c.tooth@tiscali.co.uk  
Member of International Society of Professional

**Sarah Robinson**  
**Spirit of Life Aromatherapy**  
3 Newton Park Mansions  
St Marys Road  
Leeds  
West Yorkshire  
**LS7 3JX**  
T: 0113 262 1121  
E: Sarah-Solaroma@yahoo.co.uk  
Full Member of International Federation of Professional, Registered with the Aromatherapy Organisations Council

**Sarah Robinson**  
**Spirit of Life Aromatherapy**  
3 Newton Park Mansions  
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West Yorkshire  
**LS7 3JX**  
T: 0113 262 1121  
E: Sarah-Solaroma@yahoo.co.uk  
Full Member of International Federation of Professional, Registered with the Aromatherapy Organisations Council

**Carol Crook - Aromatherapist**  
27 The Maltings  
Beale Street  
Dunstable  
Bedfordshire  
**LU6 1TS**  
T: 01582 814260/0  
E: carolcrook@hotmail.com  
International Society of Professional Aromatherapists - Member

**Sara Pryce**  
**Radlant Health Clinic**  
Albion Chambers  
1 High Street  
Leighton Buzzard  
Bedfordshire  
**LU7 7ON**  
International Federation of Aromatherapists

**Kim Harvie**  
**Friends**  
32 Wrenbury Avenue  
Wetherington  
Manchester  
**M20 1DR**  
T: 07787 118240  
E: kimh@freedomnames.co.uk  
Aromatherapy Organisations Council, International Society of Professional Aromatherapists (Full, Member)

**Jo Macey Clinical Aromatherapy**  
17 Old Moat Lane  
Withington  
Manchester  
**M20 3EE**  
T: 0161 445817  
E: jomacey@aromatherapist.org.uk  
Aromatherapy Consortium, International Federation of Aromatherapists

**Linda Vann**  
39 Pasturefield Road  
Peel Hall  
Manchester  
**M22 5SX**  
T: 0161 437 2969  
International Society of Professional Aromatherapists

**Barbara Heron**  
17 Parksway  
Prestwich  
Manchester  
Greater Manchester  
**M25 0JE**  
T: 0161 798 5280  
F: 0870 056 8811  
E: barbara@heronbg.info  
L.C.S.P, International Society of Professional Aromatherapists, BackCare

**Charlotte Frances Dodds**  
**Mrs. Charlotte Dodds**  
Whitcroft  
35 Framingham Road  
Brooklands  
Sale  
Cheshire  
**M33 3ST**  
T: 0161 282 5335  
E: charlottedodds@tinyworld.co.uk  
International Society of Professional Aromatherapists, British Reflexology Association

**Robertina Graham**  
28 Roberts Close  
Sittingbourne  
Kent  
**ME10 2JG**  
T: 01795 558526  
International Federation of Aromatherapists

**Carmel Agnes**  
**Angellquesonline**  
8 Thyme Walk  
Maidstone  
Kent  
**ME16 0UU**  
T: 01704 573690  
The Register of Qualified Aromatherapists, UKCC - RGN  
*Fees: £25.00 - 1 hr 15 mins. Aromatherapy massage. £13.00 - 30 mins. Aromatic Indian Head Massage. £12.00 - 25 mins. Back massage.*  
*Training: Tisserand Institute. Diploma course in Holistic Aromatherapy.*  
*Description of therapies offered: Aromatherapy Massage: Treatment includes full private consultation, blending high quality organic oils, to complement your individual needs and restore vitality.*  
*Indian Head Massage: This calming yet energising massage helps reduce tension and restore a feeling of well-being, using carefully blended aromatic oils, whilst massaging the shoulders, neck, scalp and face.*  
*Back Massage: A relaxing back massage with pure essential oils, to help ease stress and tension and to gently balance the mind and body.*  
*Areas of Special Interest: Stress related problems. Eating Disorders.*



**Paula May Homewood  
Holistic Health Clinic**

The Cutting Den  
Tesco Precinct  
Lunsford Park  
Maidstone, Kent  
**ME20 6RJ**

T: 01622 718 686

International Federation of Aromatherapists, Kent  
Healing Association, Reiki Association - Eternal Light  
Foundation

Mobile: 07811 115813

**Fees:**

*Aromatherapy massage and facial. Approx. 1hr 15mins  
£35.00 Aromatherapy body massage. Approx 1hr.  
£32.00. Full holistic body massage. Approx 1hr.  
£24.00. Neck, back and shoulder massage. £18.00.  
Indian head massage. Approx. 30 mins. £15. Reiki  
included in treatments if asked - free of charge.*

*Training: Trained at the Paula Martin School of  
Aromatherapy which is listed on the AOC leaflet.*

*Description of therapies offered: Aromatherapy  
massage is the treatment of physical and psychological  
symptoms using essential oils.*

*Massage is the manual manipulation of the soft tissues  
of the body by movements such as effleurage,  
petrissage frictions, vibrating and tapotments for  
therapeutic purposes.*

*Indian head massage is a massage for a client fully  
clothed and sitting on a chair. The therapist works on  
the upper back, shoulders, neck, scalp and face. It  
helps relieve muscle tension and restores joint  
movement by stretching and mobilising the tissues of  
the neck and shoulders.*

**Lisa Tingley  
Gentle Touch Therapies**

85 Third Avenue  
Gillingham, Kent  
**ME7 2LT**

T: 01634 307004

E: lisa.marie.tingley@blueyonder.co.uk

Federation of Holistic Therapists, International Council  
of Holistic Therapists

**Joanna Lucas Aromatherapy**

187 Rock Avenue  
Gillingham, Kent  
**ME7 5PY**

T: 01634 572713

F: 01634 572713

E: jolucas.aromatherapy@virgin.net

International Federation of Professional  
Aromatherapists, International Federation of  
Aromatherapists, Aromatherapy Organisations Council,  
International Therapy Examining Council

*As well as running a small but busy aromatherapy  
practice from 187 Rock Avenue, Gillingham, Kent. I  
have gained valuable experience from working at a  
physiotherapy centre, for nine months as a remedial  
massage therapist as well as aromatherapist.*

*I have worked as a volunteer aromatherapist within the  
NHS in the outpatients, chemotherapy ward at a large  
London hospital.*

*Aromatherapy is effective in treating the symptoms of  
many conditions including stress, MS, ME, Parkinsons,  
sluggish metabolism.*

*My specialist area is in the care of cancer patients and  
others with chronic conditions.*

*I do provide a home visit service to patients who are  
unable to get to my clinics.*

**Sara Pryce**

16 Whitworth Way  
Wilstead, Bedfordshire  
**MK45 3DX**

T: 01234 741462

International Federation of Aromatherapists

**Agnes Dinwoodie  
Sempre Libera**

Complementary Therapies Clinic  
Dalziel Workspace  
Mason Street  
Motherwell  
**ML1 1YE**

T: 01698 269909

International Society of Professional Aromatherapists

**Fiona Mary Bankier**

"Roansfield"  
Caldwellside  
Lanark

**ML11 7SA**

T: 01555 661624

E: fbankier@tinyworld.co.uk

International Society of Professional Aromatherapists

**Raphael Rose-Louisy  
Earth Essence Holistic Health Ltd**

The Old Fire Station  
Town Hall Approach Road  
Tottenham  
London

**N15 4RX**

T: 0208 375 3628

F: 0208 376 5014

E: Raphael@earth-essence.com

W: www.earth-essence.com

British Herbal Medicine Association

**Miriam Harding**

15 Chesholm Road  
Stoke Newington  
London

**N16 0DP**

T: 020 7502 1573

Register of Qualified Aromatherapists

**Ella Beech  
Beech Health**

Flat 4  
103 Dartmouth Park Hill  
London

**N19 5HZ**

T: 020 7813 2322

International Federation of Aromatherapists

**Elizabeth Ann Boys**

Symbiosis Health Clinics  
Sobell Leisure Centre  
Hornsey Road  
London

**N7 7NY**

T: 020 7607 2549

E: elizaboys@aol.com

International Society of Professional Aromatherapists

**Josie Donaldson, LLSA, MIFA, KFRP  
Complementary Therapy Clinic**

28a Newgate Street  
Morpeth  
Northumberland

**NC61 1BA**

T: 01670 512684

F: 0845 350 7373

E: josiedonaldson@mail.com

W: www.healththerapies.com

Kinesiology Federation (KF), Health Kinesiology of Great  
Britain Register, International Federation of  
Aromatherapists (MIFA)

**Lisa Adams  
Osborne Clinic**

22 Osborne Avenue  
Jesmond  
Newcastle-upon-Tyne

**NE2 1JQ**

T: 0191 2813379

E: lisaa44@hotmail.com

International Society of Professional Aromatherapists,  
UKCC for Nursing Midwifery & Health Visiting

**Tracy Russell  
The Cradlewell Clinic**

89 Holly Avenue  
Jesmond  
Newcastle-upon-Tyne

**NE2 2QB**

T: 0191 281 9200

International Society of Professional Aromatherapists,  
Aromatherapy Organisations Council, Scottish Massage  
Therapists Organisation

**Avril Elliott**

9 Rookswood  
Stobhill Grange  
Morpeth

Northumberland

**NE61 2UB**

T: 01670 515152

UKCC (Nursing), International Society of Professional  
Aromatherapy

**Manon de Moor  
Bridleview**

101 Bridle Road  
Burton Joyce  
Nottingham

Nottinghamshire

**NG14 5FS**

T: 01159 313449

E: manon@bridleview.co.uk

W: www.manondemoor.co.uk

International Federation of Professional Aromatherapists

**Marie Wayte Aromatherapy**

128 Main Street  
Newthorpe, Nottinghamshire  
**NG16 2DG**

T: 01773 771234

E: marie.wayte@ntlworld.com

ISPA

*Fees: £25 full body massage; £20 back, shoulder and  
neck massage. £13 shoulder and neck massage. £15  
— shoulders, neck, arms and hands massage. £15 legs  
and feet massage.*

*Training: 1992-93 Anatomy, Physiology and Body  
Massage Diploma (with credit) International Therapy  
Examination Council. 1992-93 Anatomy, Physiology,  
Massage Certificate. Confederation of International  
Beauty Therapy and Cosmetology. 1993-94  
Diploma in Aromatherapy, International Therapy,  
Examination Council. 1993-date First Aid Certificate  
St John's Ambulance.*

*Description of Therapies: Aromatherapy and Body  
Massage (based mainly on Swedish technique)*

*Aromatherapy is now one of the top five preferred  
complementary therapies in Britain.*

*Aromatherapy Massage is the combination of two of the  
most ancient forms of healing known to man — the  
power of nature's aromatic plants, together with the  
comforting reassurance of human touch*

*First and foremost, Aromatherapy is an holistic therapy,  
ie it assesses a person's body and mind as a whole,  
rather than just exploring an individual and isolated  
complaint. As a result, it is a caring, enjoyable and  
natural remedy, working with plant essential oils to  
bring about gentle relief from everyday ailments  
without any unpleasant side effects.*

*Areas of Special Interest: Muscular and joint pain —  
rheumatism, arthritis, RSI, frozen shoulder, tendonitis,  
etc., Depression, anxiety, stress, tension, Pre-Menstrual  
Tension, Oedema, Recurring headaches, Lower back  
pain, Pain management, especially in connection with  
spondylosis and whiplash injuries, Sprained ankles,  
Cancer patients (strictly via GP/Consultant referral only)*

**Regina Dengler  
Touching Well**

1 Mayfield Road  
Carlton  
Nottingham

**NG4 1JP**

T: 01158 457113

E: info@touchingwell.co.uk

W: www.touchingwell.co.uk

EMBODY

**Jan Palmer Mobile Aromatherapy**

58 Whernside Road  
Woodthorpe  
Nottingham

**NG5 4LB**

T: 01159 262205

E: jlpalmer@aol.com

The Complementary Medical Association

**Janet Wood**

16 Grasmere Road  
Beeston  
Nottingham

**NG9 3AQ**

T: 0115 8496566

International Society of Professional Aromatherapists

**Maureen Motley**

14 Queenswood Avenue  
Boothville  
Northampton

**NN3 6JU**

International Society of Professional Aromatherapists

**David Royston Tapper  
Tranquil Horizons**

33 Grange Hill  
Bonnie View  
Blackwood, Gwent

**NP12 3PE**

T: 01443 833427

E: david.tapper@btinternet.com

International Federation of Aromatherapists

**Janet North  
Essential Therapy**

The Croft, 4 Shepherd Drive  
Langstone  
Newport, Gwent

**NP18 2LB**

T: 01633 416613

T2: 07736 672567

E: essentialtherapy@fsmail.net

W: www.essentialtherapy.org.uk

International Council of Holistic Therapists



**Lillian Jones  
Feel Good Centre**

Parade House  
The Parade  
Liskeard, Cornwall

**PL14 6AF**

T: 01579 344001

E: lillianfeelgoodcentre@hotmail.com

(Formerly known as International Federation of), British  
Institute of Allergy and Environmental Therapists

*Fees: Aromatherapy - Full body massage including face  
£37. Full body massage excluding face £29.*

*Back, neck and shoulder massage £22. Face, neck,  
shoulder and scalp massage £29.*

*Allergy test £25. Retest £10. Antidotes £5 each.  
Nutritional advice £25. Hopi Candle Treatments £20.*

*Training: CIBTAC - Body Therapist. ITEC -  
Aromatherapist, Sports Therapist, Nutritional Adviser.  
IFA - Aromatherapy. BIAET - Allergy Therapist.*

*Description of therapies offered:*

*Aromatherapy can be used to relax, revitalise and  
restore health. Many health problems can be helped.*

*Allergy therapy is useful for diagnosing causes of  
asthma, skin problems, migraine, sinusitis, hay fever,  
general lethargy and lack of energy.*

*Hopi Ear Candles are an ancient treatment used by Hopi  
Indians, it is very relaxing and can sometimes help  
problems associated with the ears, eustachian and  
head.*

*Nutritional advice can be helpful especially to patients  
with circulatory and heart problems, arthritic  
conditions.*

**Mick Smirthwaite  
The Aromatherapy Centre**

17 Beauchamp Road  
Peverell

Plymouth, Devon

**PL2 3PQ**

T: 01752 206060

F: 01752 206060

E: aromatherapycentre@hotmail.com

International Federation of Aromatherapists, Register of  
Qualified Aromatherapists, Guild of Complementary  
Practitioners

*Fees range from £15 - £35.*

*Training: Clinical Aromatherapy and Sport Massage  
therapy.*

*Description of therapies offered: A full range of  
aromatherapy massage and treatments, sports  
massage.*

*Areas of Special Interest: Mains areas of interest lie in  
female related disorders and sports and remedial  
injuries.*

**Carole Irene Walters**

"Dragon-Tao"  
121 West Lane

Hayling Island, Hampshire

**PO11 0JL**

T: 023 9246 7201

International Federation of Aromatherapists, British  
Register of Complementary Practitioners, Guild of  
Complementary Practitioners, Aromatherapy  
Organisations Council

**Pamela May Howes**

1 Rosedale Close  
Titchfield

Fareham, Hampshire

**PO14 4EL**

T: 01329 845796

E: pamela@mwhowes.freemove.co.uk

International Society of Professional Aromatherapists -  
Full, Member, British Reflexology Association - Full  
Member

*Fees: Aromatherapy £22. A full body massage  
finishing with a facial - 2 hours.*

*Back Massage £12. Massage of the back, neck,  
shoulders, face and head - 1 hour.*

*Reflexology £12. Treatment lasting approx. 1 hour. I  
try to make my fees affordable as I feel clients benefit  
from regular treatments.*

*Training: I trained to Diploma standard in Aromatherapy  
and Reflexology 10 years ago. Since then I have  
regularly updated my skills and have taken additional  
courses in Naturopathic nutrition and relaxation  
techniques. I also have five years experience of group  
work in relaxation and aromatherapy working with  
adults with learning difficulties.*

*Description of therapies offered: I have a therapy room  
in my home where I offer aromatherapy and reflexology  
treatments. My private practice is for ladies only but I  
would be happy to treat either sex in the environment  
of a surgery.*

*Areas of Special Interest: Stress management and stress  
related health problems. Womens hormonal problems. I  
particularly enjoy working with elderly clients.*

**Catherine Leftwich**

24 Churchill Avenue  
Aldwick

Bognor Regis  
West Sussex**PO21 5QF**

T: 01243 867389

British Association of Counselling, International  
Federation of Aromatherapists

**Catherine Leftwich**

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British Association of Counselling, International  
Federation of Aromatherapists

**Tricia Veck****'Halcyon'**

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Yarmouth

Isle of Wight

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T: 01983 760013

International Society of Professional Aromatherapists

**Jolanta Basnyet  
Natural Health Centre**

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Preston

Lancashire

**PR1 1TS**

T: 01772 825177

F: 01772 825177

E: jolanta@jolanta.co.uk

W: www.jolanta.co.uk

BFMP, International Federation of Aromatherapists,  
ITEC, Association of Reflexologists

**June Parker**

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Ashton on Rubble

Preston

Lancashire

**PR2 1JB**

T: 01772 725726

International Federation of Aromatherapists,  
International Therapy Examination Council (ITEC)

**Jean Sandra Shaw****Garstang Natural Health and Beauty Centre**

High Street  
Garstang

Preston

Lancashire

**PR3 1FA**

T: 01995 602833

International Society of Professional Aromatherapists

**Francesca Taylor****Natural Balance**

40 Wayfarer's Arcade  
Lord Street

Southport

Merseyside

**PR8 1NT**

T: 01704 500616

F: 01704 500616

E: francescaT2001@aol.com

W: www.4natural-balance.co.uk

Associate Member of AoReflexologist, Network Member  
of The Cranio Sacral Society, International Federation of  
Aromatherapists Member

**Elmeare Noone**

150 Craven Road  
Newbury

Berkshire

**RG14 5NR**

T: 07946 747 101

W: www.elmearenoone.co.uk

Federation of Holistic Therapists, Kinesiology Federation

**Sue Diggins**

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Thatcham

Berkshire

**RG19 3XZ**

T: 01635 864556

E: dave.diggins@btinternet.com

Registered Practitioner of the Dr. Edward Bach  
Foundation, International Society of Professional  
Aromatherapists

**Chrissie Apperley**

82 Northcourt Avenue  
Reading, Berkshire

**RG2 7HQ**

T: 0118 9872664

Guild of Complementary Practitioners, M.C.S.P.

**Angela Rabess****Angela M. Rabess**

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Worting

Basingstoke, Hampshire

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T: 01256 467395

E: a.rabess@btinternet.com

International Society of Professional Aromatherapists -  
Full, Member

**Kathy Williams**

119 Cavalier Road  
Old Basing

Basingstoke, Hampshire

**RG24 7ES**

T: 01256 467260

International Society of Professional Aromatherapists,  
Independent Professional Therapists International

**Valerie (Val) Watts****Amblecote Natural Healing**

7 Amblecote Road  
Tilehurst

Reading

Berkshire

**RG30 4BS**

T: 0118 957 6951

F: 0118 958 2296

E: val.watts@btinternet.com

Independent Professional Therapists International,  
Federation of Holistic Therapists, International Society  
of Professional, Aromatherapy Organisations Council,  
Guild of Complementary Therapists

**Colleen O'Flaherty-Hilder  
Institute of Oligotherapy**

14 Woodlands Road  
Sonning Common

Reading, Berkshire

**RG4 9TE**

T: 0118 972 1236

F: 01189 724791

E: colleen@oligotherapy.co.uk

W: www.oligotherapy.co.uk

International Federation of Aromatherapists

**Helen M. Wilde**

Linkwold  
Southlands Road

Wokingham

Berkshire

**RG40 2HS**

T: 0118 9790596

British Reflexology Association, International Society of  
Professional Aromatherapists

**Paula De Lange**

37 Park Road  
Henley-on-Thames

Oxfordshire

**RG9 1DB**

T: 01491 579921

Member of International Federation of Aromatherapists

*Description of therapies offered: Aromatherapy  
massage and beauty specialising in cancer care. Pre-  
Post natal care. Baby Massage. Bereavement  
Counselling.*

**Patricia Mary Carson**

22 Western Road  
Henley-on-Thames

Oxfordshire

**RG9 1JL**

T: 01491 577143

E: pmcarson@fibble.org.uk

International Society of Professional Aromatherapists,  
Association of Reflexologists

**Sally Wiggin  
Essential Therapy**

18 Western Road  
Henley-on-Thames

Oxfordshire

**RG9 1JL**

T: 01491 572979

E: wigginc@ad.com

Association of Reflexologists, International Society of  
Professional Aromatherapists, Dr. E. Bach Foundation  
International Register of Practitioners

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**Brenda Gills  
Inner Scents**

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Haywards Heath  
West Sussex  
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International Society of Professional Aromatherapists,  
Register of Qualified Aromatherapists, Aromatherapy  
Organisations Council

**Tracy Hersey**

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International Society of Professional Aromatherapists

**Gloria Hill**

The Gate House  
Old Park  
Slaugham Lane  
Warninglid  
West Sussex  
**RH17 5TJ**

T: 01444 461194  
F: 01444 461968

E: gloriagatehouse@aol.com  
International Federation of Aromatherapists, Internation  
Federation of Reflexologists

**Fees:**

*Full aromatherapy or full body massage (approx. 1 hour  
45 mins) £30. Your first treatment includes a free 20  
minute consultation.*

*Back/neck/shoulder massage (approx. 1 hour) £20.  
Reflexology (approx. 1 hour) £20.*

**Training:**

*Paula Martin School of Aromatherapy and Natural  
Therapies.*

*Aromatherapy, Body massage, Anatomy & Physiology  
and Business Organisation 1995-96.  
Reflexology 1996-97.*

*I am also an ex member of the Royal Ballet Company  
and have a good working knowledge of the  
muscular/skeletal system.*

**Description of therapies offered:**

*I offer aromatherapy, using oils specially blended to  
each individual clients needs. Several oils are used in  
combination to promote healing on different levels.....  
physical, mental and emotional. As aromatherapy  
benefits both the mind and body, it is extremely  
beneficial for stress related conditions.*

*Swedish body massage treatment includes deep tissue  
massage, for relaxing tense muscles. Swedish massage  
techniques, excellent for toning the body and getting  
rid of fatty deposits and cellulite. Pressure points,  
trigger points and full after care advice.*

*I also offer reflexology. This is a holistic treatment,  
which activates the healing powers of the body through  
the various reflex points on the feet or hands.*

**Areas of special interest:**

*Sports injuries, clinical depression, pregnancy, PMS,  
menopause and cancer.*

**Cynthia Dowsett**

1 Dorset Gardens  
East Grinstead  
West Sussex  
**RH19 2SD**

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E: c.dowsett@ic24.net

International Society of Professional Aromatherapists -  
Full, Member, Independent Professional Therapists  
International- Full, Member

**Jane Russell - Complementary Therapist**

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Brockham  
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Surrey  
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T: 01737 844347  
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International Federation of Aromatherapists, Association  
of Reflexologists, Association for Promoting Retreats

**Bella Dunstan**

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International Society of Professional Aromatherapists  
(Full)

**Theresa Bates  
Holos Therapies**

10 Emerson Drive  
Hornchurch, Essex  
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E: batestherapies@hotmail.com  
, Association of Reflexologists, Registered with  
Aromatherapy Organisations Council, Guild of  
Complementary Practitioners, British Register of  
Complementary Practitioners, International Federation  
of Aromatherapists

**Mike Medlock  
Medely Clinic**

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F: 01375 374982

E: medely\_clinic@yahoo.co.uk  
International Federation of Aromatherapists,  
International Society of Professional Aromatherapists,  
Aromatherapy Organisations Council, BackCare (was  
National Back Pain Association)

**Carrie Higgins**

Therapy Services  
Old Fulwood House  
Fulwood Road  
Sheffield  
**S10**

T: 0114 2716363

E: carrieswi@hotmail.com  
International Society of Professional Aromatherapists,  
Aromatherapy Organisations Council

**Monica Baron Aromatherapy**

80 Harcourt Road  
Sheffield  
**S10 1DJ**

T: 0114 2662141

E: monicabaron@synergynet.co.uk

W: www.hands4healing.co.uk

International Federation of Aromatherapists (MIFA),  
International Society of Professional Aromatherapists  
(MISPA)

**Description of Therapies Offered:**

*Aromatherapy Massage.*

*Oils and creams made to individual requirements for  
self-administration.*

*Reiki - non-intrusive therapy encouraging the body to  
self-heal.*

**Areas of Special Interest:**

*I have helped many sufferers of rheumatism and  
backache as well as helping children with eczema and  
asthma using essential oils in creams and oils. One  
local GP commented I cured his pain. I have also  
helped sufferers of sinusitis, psoriasis, migraine, aches,  
joint pain and stress.*

**Christine Clarke**

908 Ecclesall Road  
Banner Cross  
Sheffield  
**S11 8TR**

T: 01142 682140

E: christineclarke@therapies.fsbusiness.co.uk

W: www.christine-clarke.com

MIE, MAR, BABTAC, International Federation of  
Aromatherapists, CIDESCO

**Ethel First 'Aromatherapy'**

15 Hole House Lane  
Stocksbridge  
Sheffield  
**S36 1BN**

T: 0114 2883057

International Society of Professional Aromatherapists -  
Full, Member

**Jennifer Gascolgne  
Balanced Health**

11 Florence Road  
Wingerworth  
Chesterfield, Derbyshire  
**S42 6SC**

T: 01246 270595

F: 01246 270595

E: info@balancedhealthplus.com  
Aromatherapy Organisations Council, Guild of  
Complementary Practitioners, International Society of  
Professional Aromatherapists

*Fees: Range from £20 - £35 per session depending on  
time and therapy provided.*

*Training: In depth training in Aromatherapy including*

*post graduate courses. Full training in Bower Therapy.  
Full training in Stenar Therapy.*

*Description of therapies offered: Aromatherapy for a  
full range of health problems. Bower Therapy which I  
find particularly helpful for Restricted Movement.  
Skenar Therapy - a Russian Therapy which is beneficial  
for the full range of health problems.*

*Areas of special interest: Parkinsons Disease;  
Respiratory Problems; Back Pain and related symptoms;  
Migraine.*

**Sylvia Bradley**

807 Barnsley Road  
Sheffield  
**S5 6QU**

T: 07759 823893

Confederation of International Beauty Therapy and,  
Cosmetology, International Federation of  
Aromatherapists

**Dawn Tracy Wilson  
The Country Practice**

Unit 2  
63 Thorpe Street  
Thorpe Hesley  
Rotherham  
South Yorkshire  
**S61 2RP**

T: 0114 245 5990

F: 0114 245 5990

E: wilson@wentworth9.fsnet.co.uk

International Society of Professional Aromatherapists,  
Aromatherapy Organisations Council, Society of  
Chiroprists and Podiatrists

*Fees: Full treatment £27.00*

*Neck, back and shoulder massage £20.00*

*PMS Consultation £20.*

*Menopause Consultation £20.*

*Training: Masters Degree Health Care Practice: B.Sc  
Podiatry: Diploma Aromatherapy: Certificate Aromatic  
Medicine.*

**Description of therapies offered:**

*Therapeutic massage.*

*Aromatic medicine prescription (of aromatic waters).*

*Reiki, Reflexology and Thermoauricular Therapy.*

*These treatments are given by another practitioner  
(qualified and registered) in the practice.*

**Areas of special interest:**

*Menopause. PMS. Stress. Oncology.*

**Mandii Parton  
Welsh Chiropractic Clinic**

Brecks Crescent  
Rotherham  
South Yorkshire  
**S65 3HZ**

T: 01709 720200

International Federation of Professional Aromatherapists  
- IFPA

**Mandii Parton**

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Rotherham, South Yorkshire  
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F: 01709 530195

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International Federation of Professional Aromatherapists

- IFPA

**Anne Patricia Hopkinson  
Fragrant Touch**

14 Belvedere Drive  
Darfield  
Barnsley  
South Yorkshire  
**S73 9RL**

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F: 01226 751964

E: aphopkinson@tesco.net

National Register of Aromatherapists, International  
Society of Professional Aromatherapists, Aromatherapy  
Organisations Council

**Joanne Brierley  
Jo Brierley**

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Sheffield  
South Yorkshire  
**S8 9QF**

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E: jo\_brierley@hotmail.com

W: www.jobrierley.co.uk

International Society of Professional Aromatherapists,  
Tera-Mai Reiki & Seichem Healers Association

**Jo Rosney Lee**

60 Gelli Road  
Llanelli, Carmarthenshire  
**SA14 9AA**  
T: 01554 753488  
E: skylarks@phonecoop.coop  
W: www.jorosneyleeacupuncture.com  
International Council of Holistic Therapists, Federation of Holistic Therapists, British Acupuncture Council

**TRAINING:**

Northern College of Acupuncture, York 1999. (4 years)  
Traditional Chinese Acupuncture.

Technical College, Huddersfield 1997. Sports Therapy.  
St Helens College 2003. Diploma Holistic Therapies  
London 2005. Medical Hypnotherapy.

**MEMBERSHIP:**

British Acupuncture Council.  
Federation of Holistic Therapists.

American Association of Medical Hypnotherapists.

I AM AVAILABLE TO WORK THROUGHOUT  
CARMARTHENSHIRE/GLAMORGANSHIRE

An experienced Acupuncturist and Complementary Therapist I regularly see individuals who are referred by their GP, other health professionals, friends, family and employers for Acupuncture: Aromatherapy; Reflexology, Sports/Remedial Massage and Hypnotherapy.

I provide Acupuncture only, or combine it with any of the other therapies as required ensuring an effective approach for general health issues.

The main health issues presenting have been those relating to Pain/Mobility, Arthritis, RSI, Headaches (including Migraine), Back/Neck/Shoulder/Hip Problems, General Aches and Pains, Tinnitus, Depression, Anxiety, Stress, Sleeplessness, General Lassitude, Skin Problems, Night Sweats, Digestive Problems, IBS, Urinary Problems, M.E. (Post Viral Fatigue), Menstrual and Menopausal Problems, Smoking and other Addictions.

I have a long-standing professional relationship with the Aids Trust Cymru offering a range of therapies to individuals who are HIV positive.

I have had considerable experience in the field of Substance Misuse and with both the victims and perpetrators of Sexual Abuse.

Jo Rosney Lee MBACC. MHFS. MICHT. MAAMH

**Elizabeth F. Evans**

45 Bigyn Road  
Llanelli  
Carmarthenshire  
**SA15 1NT**  
T: 01554 776264  
International Society of Professional Aromatherapists

**Anastasia Nikolaeva  
Ananiko**

Nisqually  
Feidr Fair  
Cardigan  
Ceredigion  
**SA43 1EA**  
T: 01239 621158  
E: ananiko@uk2.net  
W: www.ananiko.co.uk  
Federation of Holistic Therapists

**Rosemary's Aromatherapy**

L'Ancrese  
Caerweddros  
Near Newquay  
Caerweddros  
Ceredigion  
**SA44 6BW**  
T: 01545 561190  
F: 01545 561133  
International Society of Professional Aromatherapists,  
ICHT

**Christina Lambourne  
Christina's**

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International Society of Professional Aromatherapists

**Phillipa Morton Aromatherapy Clinic**

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Swansea  
Glamorgan  
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T: 01639 845980  
International Federation of Aromatherapists MIFA

**Clare Leach**

13 Alice Thompson Close  
Grove Park  
London  
**SE12 9PW**  
T: 020 8851 9199  
International Federation of Aromatherapists

**Lynda Turner**

5 Lolland House  
Maryon Road  
Charlton  
London  
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International Society of Professional Aromatherapists

**Carol Norrington**

**Courtyard Aromatherapy Clinic**  
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ITEC Professionals, Aromatherapy Organisations Council, Guild of Complementary Practitioners, British Complementary Medicine Association

**Helen Barbara Walker**

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International Society of Professional Aromatherapists

**Denise Greaves**

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International Society of Professional Aromatherapists,  
Aromatherapy Organisations Council

**Margaret J Overson**

Hadfield Medical Centre  
82 Brosscroft  
Hadfield, Derbyshire  
**SK13 1DS**  
T: 01457 868686  
F: 01457 857739  
International Society of Professional Aromatherapists,  
Aromatherapy Organisations Council

**Jill Davies**

**Aromatherapy Massage-Ladies**  
2 Lapwing Close  
Stalybridge, Cheshire  
**SK15 1HP**  
T: 0161 338 4983  
MISPA - Aromatherapy, Aromatherapy Organisations Council, MCAR - Reflexology

**Silvia Cook**

7 Level Lane  
Burbage  
Buxton, Derbyshire  
**SK17 6TU**  
T: 01298 26643  
International Society of Professional Aromatherapists

**Susan Dewick**

Holmgarth  
37 Macclesfield Road  
Buxton, Derbyshire  
**SK17 9AH**  
T: 01298 22164  
Royal College of Nurses, International Society of Professional Aromatherapists, Aromatherapy Organisations Council

**Barbara Knowles**

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Davenport  
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International Federation of Aromatherapists (MIFA), Member of the Register of Qualified Aromatherapists (MRQA), Aromatherapy Organisations Council, Fellow of the Institute of Biomedical Sciences - France Fellow of the English Society of the Pierre Franchomme, Institute.

**David Armstrong**

12 St. Christopher's Drive  
Romiley  
Stockport, Cheshire  
**SK6 3BE**  
T: 0161 612 7932  
International Society of Professional Aromatherapists - Full, Member

**Alannah Martin**

25 Ogden Road  
Bramhall  
Stockport, Cheshire  
**SK7 1HU**  
T: 0161 439 9068  
F: 0161 439 9068  
International Society of Professional Aromatherapists,  
International Association of Infant Massage

**Tracey Jane Roberts  
Libramentum Clinic**

Park Lodge  
Park Road  
Cheadle, Cheshire  
**SK8 2AN**  
T: 0161 491 3222  
F: 0161 491 4333  
E: clinic@libramentum.com  
W: www.libramentum.com  
Association of Reflexologists, Federation of Holistic Therapists

*The Libramentum Clinic was established in 2002 as a leading edge centre for the provision of a range of effective research evidence-based Complementary Therapies.*

*A full range of treatments is available, including Reflexology, Aromatherapy, Sports Injury Treatments and Rehabilitation, Swedish Massage and Thai Massage.*

*The clinic offers a safe and professional environment; the therapy rooms are bright, clean, comfortable and well equipped. Car parking is available within the clinic grounds. Libramentum also recognises that attending a clinic for treatment may cause stress and apprehension, so our premises and staff are friendly and welcoming.*

*All Libramentum therapists are fully qualified in their respective fields with at least five years clinical experience. The quality of treatment is monitored and overseen by the Clinical Director, John Peters MD FRCP. The Clinic actively supports, and is accredited by many professional bodies, including, the Federation of Holistic Therapists, the Association of Reflexologists and the Football Association to provide professional training.*

**Debbie Morris  
Aromazone Holistic Therapies**

18 Burlington Road  
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Slough, Berkshire  
**SL1 7BQ**  
T: 01628 661528  
E: debbie.morris@gmail.com  
W: www.aromazone.org.uk  
International Federation of Aromatherapists, Association of Reflexologists

**Francoise McCreadle**

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Federation of Holistic Therapists

**Alice Nugent  
Aroma Santana**

White Pillars  
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Marlow  
Buckinghamshire  
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F: 01628 477265  
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International Federation of Aromatherapists, Federation of Holistic Therapists

**Mark Craig  
Massage - Hypnosis**

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**SM1 2SP**  
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E: mark@massage-hypnosis.co.uk  
W: www.massage-hypnosis.com  
General Hypnotherapy Standards Council, General Hypnotherapy Register

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**A** **Jennifer Crowther**  
18 Green Hill  
Sutton  
Surrey  
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T: 020 8644 5357  
F: 020 8644 3005  
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International Therapy Education Council, Aromatherapy Organisations Council, International Federation of Reflexologists

**D** **Lorraine Seymour**  
**District Nurse Lorraine Seymour**  
5 Brandy Way  
Sutton, Surrey  
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T: 07899 753382  
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UKCC for Nursing Midwifery & Health Visiting, Royal College of Nurses, International Society of Professional Aromatherapists

**G** **Irene Burford**  
**Health and Well-Being Therapies**  
5 Foxgrove  
Cepen Park North  
Chippenham, Wiltshire  
**SN14 6XA**  
T: 01249 650 672  
T2: 07786 885 423  
E: irene.holdsworth@btopenworld.com  
The Association of Natural Medicine

**J** **Karen Osborne**  
**Essentially Yours**  
Brinkworth Business Centre  
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Special Interest Groups - Massage and Energy Medicine, International Federation of Professional Aromatherapists, Chartered Society of Physiotherapy

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Register of Qualified Aromatherapists, Association of Reflexologists, Aromatherapy Organisations Council

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**L** **Linda Ternent**  
67 Disraeli Road  
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International Federation of Aromatherapists, Register of Qualified Aromatherapists, English Society of the Institute de Sciences Biomedicales, (France), Colonics International Association

**A** **Asteya Morris**  
16 Palmers Road  
Norbury  
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**SW16 4SJ**  
T: 020 8679 8857  
F: 020 8682 1705  
E: asteyam@cswebmail.com  
International Federation of Reflexology IFR, International Society of Professional Aromatherapists ISPA, British Wheel of Yoga BWYOY

Prices vary between £25 - £40 per hour. "Please contact for further details".  
Massage - Qual. ITEC 1984 - 17 years practice  
Aromatherapy - Qual ITEC 1993 - 8 years practice  
Therapeutic Massage - Qual. ISPA 1993 - 8 years practice  
Reflexology - Qual. IEB 1995 - 6 years practice  
Stress Management - Qual. Dip. SM Tech. 1993 - 8 years practice  
Reiki - Qual. Stage 1 1997 - 4 years practice.  
Seichem - Qual. Stage 1 1997 - 4 years practice.  
Yoga - Teacher - 17 years practice.  
Description of Therapies Offered: Aromatherapy: Holistic approach using essential oils and massage to treat whole body to aid ailments in stress related disorders, skin problems, insomnia, aches and pains, digestive problems etc.  
Reflexology: Gentle non-invasive pressure point technique applied to feet or hands has immediate effects on reducing stress levels, boosts immune system, improve circulation, balance and revitalise all body systems.  
Therapeutic Massage: Deep tissue massage adjusted to each individuals need, aid in stress reduction, muscular aches and pains, recovery of sports injury.  
Yoga and Meditation: Provisions for regular classes in group or one to one sessions for self improvement, aid physical and mental well-being.

**S** **Samantha Kliger**  
81 Hambro Road  
Streatham  
London  
**SW16 6JD**  
T: 020 8677 4114  
On-Site Massage Association, AOC National Register of Aromatherapists, Register of Qualified Aromatherapists

**R** **Rita C. Nielsen**  
**Natural Health Practice**  
127 Moyser Road  
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London  
**SW16 6SJ**  
T: 020 8769 5652

E: ritanielsen2002@yahoo.co.uk  
FDZ, HPA, International Society of Professional Aromatherapists, Aromatherapy Organisations Council, IFR, British Association of Nutritional Therapists  
Fees: £30 - £70. Home visits arranged Monday to Saturday 9-6pm.  
Training: Shirley Price Aromatherapy, FDZ Complementary Studies, London College of Naturopathic Medicine and Health Science, IFR, HAMT Dip Stress management, Rusland College.  
Description of Therapies Offered:  
Reflexology. Aromatherapy. Nutritional Therapy. Stress Management. Naturopathy. Remedial Massage.  
Areas of Special Interest:  
Women and Mens Health. Skin problems. Allergies. Respiratory disorders. Musculoskeletal problems. Cancer. Aids and HIV. Circulatory problems.

**D** **Deborah Catterall**  
**The Acupuncture & Osteopathy Centre**  
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Pimlico  
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T2: 0788 5766821  
E: brick@aoldobcat.plus.com  
IFPA International Federation of Professional Aromatherapists, The Shiatsu Society, BAcC British Acupuncture Council, CSTA Cranio Sacral Therapy Association

*eborah Catterall has been practising massage for over 20 years. She has studied Swedish Massage, shiatsu, aromatherapy, cranio-sacral therapy, tui-na, and in 1997 after qualifying in acupuncture spent a month in Shanghai, working in a hospital and attending seminars at the Shanghai University. She uses traditional Chinese medicine as her main diagnostic tool.*

*After an initial consultation to ascertain the condition of the patient, and the pattern of imbalance. A treatment plan can be made, taking into consideration the patients preference and lifestyle, to rebalance the body into a state of health, using the most appropriate techniques for the individual condition.*

*Deborah works from a clinic in Pimlico, London SW1, and also visits patients at their homes in South West, and Central London.eborah Catterall has been practising massage for over 20 years. She has studied Swedish Massage, shiatsu, aromatherapy, cranio-sacral therapy, tui-na, and in 1997 after qualifying in acupuncture spent a month in Shanghai, working in a hospital and attending seminars at the Shanghai University. She uses traditional Chinese medicine as her main diagnostic tool.*

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*Deborah works from a clinic in Pimlico, London SW1, and also visits patients at their homes in South West, and Central London.*

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Julla Denyer Natural Therapies**

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**Fees:**

£25-£30 (full consultation and aromatherapy treatment)  
£15 (On-site Massage acupressure treatment).

*Training: I organise and teach stress management workshops incorporating aromatherapy for Health Promotions (Borders NHS Community Trust) and other large organisations.*

*Description of therapies offered: 1. Acupressure massage. 2. Aromatherapy treatments and the preparation of Herbal remedies to complement treatments.*

*Areas of special interest: 1. Research and evaluation of essential oils and their therapeutic properties. 2. A Holistic approach to health and lifestyle.*

**Elaine Sefton****Elaine's of Brampton**

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**Elizabeth (Liz) Prior-Wandesforde**

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**Steven Mason****Rye Osteopathic Practice**

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International Federation of Professional Aromatherapists  
I have been working as a professional therapist since 2003 and during that time have studied Sports &

Remedial, On-site, Indian Head and Aromatherapy Massage. I trained at some of the UK's most prestigious schools including Neal's Yard Remedies where I went on to run courses until 2006 and at The London School of Sports Massage, one of the most respected schools in the country.

I am a member of IFPA, the International Federation of Professional Aromatherapists and I have experience of treating a wide range of clients and worked at a palliative care hospice in North London in 2004 treating patients suffering with terminal illnesses including Cancer, Autoimmune disease, HIV & Aids. On a daily basis, I treat a wide range of people including pregnant women and elite performers. Most of my clients have everyday aches and pains including back, neck & shoulder problems as well as specific muscular skeletal pathologies including Fibromyalgia, Rheumatism and Arthritis.

I practice from professional clinics alongside other therapists including osteopaths at Tenterden in Kent as well as Rye, Hastings and Bexhill in East Sussex and take regular referrals from them. I also make home visits within those areas for those unable to travel.

**Susan Barnard Holistic Aromatherapy**

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**Joan Pearce MISPA ITEC Dip.**

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T: 01424 421053  
International Society of Professional Aromatherapists  
*Fees: £20 - 1 hour treatment. £12 - half hour.*  
*Training: Beaumont College of Natural Medicine ISPA Accredited college. Course included diet and nutrition and counselling. Post graduate courses: Sports Remedial Massage, Indian Head Massage and Advanced Aromatherapy.*

*Description of therapies offered: I see clients in my treatment rooms in Hastings BUT can also do home visits as my couch folds up.*

*Areas of special interest: I work at a home for the elderly and also a residential home for mentally and physically handicapped young people. I have also worked as a volunteer at our hospice treating cancer patients.*

**Barbara Morgan**

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**Rosemary Dunstan**

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**Richard Green****Green Aromatherapy**

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**Amanda Jane Day  
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IHBC, City & Guilds, BABTAC, International Federation of Aromatherapists, The Guild

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Fees: 1 1/2 hr Aromatherapy £43. 1 hr Aromatherapy £32 Full price list on request.

Training: 3-year full time at North Warwickshire College of Technology and Art. 1 year part-time aromatherapy course. Lots and lots of other courses in the UK and States including surgeons and doctors.

Description of therapies offered:

Reflexology/aromatherapy. Manual lymph drainage. Laser hair removal. Skin tags/mole/wart removal - dermatologist doctor on site. Micro pigmentation - work with surgeons with aureole reconstruction etc. Non surgical face lift. Micro dermabrasion. Sclerotherapy/red vein removal/Milia. Waxing/tanning/ultra sound/scar therapy. Remedial massage.

**Karen Gilchrist  
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Full Member International Federation of Aromatherapists

**Katya Langmuur**

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**Elizabeth Ann Farrow  
Colorpurple**

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ITEC Guild of Complementary Practitioners,  
International Guild of Professional Practitioners  
British Association of Counsellors & Psychotherapists  
*Elizabeth. Graduated with honours from Salford University in 2001. Elizabeth is committed to working in a collaborative way within the health care and the education services using a multi-disciplinary approach with a holistic perspective. Elizabeth is an Aromatherapist, an advanced Aromatherapy lecturer and training provider for ongoing professional development in the field of complementary medicine. She is a member of The International Guild of Professional Complementary Practitioners (ITEC) and has insurance through International GPP. EAromatherapy is the use of natural essential oils to improve health. The aim is towards complete relaxation, easing tension and stress in the body, maintaining equilibrium and homeostasis. The oils are used with specific techniques to achieve maximum absorption.*

*There is research based evidence into the efficacy of essential oils, which have been used with children, and adults with medical conditions and health related problems including behavioural problems. Elizabeth would be happy to discuss how Aromatherapy could have a positive influence in the management of health and well-being.*

**Lesley McMordie - Holistic Therapist**

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**Gill Kenyon  
The H Club**

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International Council of Health Fitness and Sports Therapies, Association of Therapy Lecturers,  
International Guild of Professional Practitioners,  
Professional Association of Clinical Therapists, Fellow of International Council of Holistic Therapists, Secretary General to General Council for Massage, ITEC Professionals,

*The H Club offers insured, qualified therapists for on-site & corporate work in addition to NHS and private client treatments in locations nation wide ranging from annual medical conference venues to public private partnership hospitals, sheltered housing units and private houses. Our therapists work in GP practices, hospices and hospitals.*

*Gill Kenyon, founder of the H Club is qualified in each of the following: Baby Massage Instruction, Body Massage, Aromatherapy, Reflexology, Diet & Nutrition, Stress Management, on-site Massage, Oriental Acupressure, Sports Massage, Indian Head Massage, Manual Lymphatic Drainage, Holistic Therapies, Complementary Therapy, Thermo-Auricular Therapy (Hopi Candles). Gill Kenyon both delivers therapies and lectures to train new therapists and educate the public in safe use of complementary therapies within integrated healthcare.*

**Ruth Farrer-Hall  
Complements Natural Health**

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T: 0151 420 6831  
International Society of Professional Aromatherapists,  
International Association of Infant Massage,  
International Institute of Health and Holistic Therapists  
*Fees: Please ring/email for current price list and information. Training: ISPA, CIMI - Infant Massage Instructor with the International Association of Infant Massage. IHHHT. Description of therapies offered: Clinical Aromatherapy. Clinical Reflexology. Infant Massage Instructor. Reiki Healing. Areas of special interest: Colicky babies/sleepless babies. Menstrual /menopausal problems. Grief/emotional problems. Arthritis/rheumatism.*

**Debbie Davies**

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**Elizabeth Nash****The Aromatherapy Centre**

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Complementary Practitioners, Aromatherapy  
Organisations Council

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## Ayurvedic

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British Ayurvedic Medical Council, The Complementary  
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**Bodywork**

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LCSP Register of Remedial Masseurs & Manipulative Therapists

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LCSP Register of Remedial Masseurs & Manipulative Therapists

*Remedial Massage Therapy is the clinical utilisation of soft-tissue manipulation. Body regions, joint and muscles (individually or as groups) are assessed and appropriate treatment plans devised to restore normal function. Typically this will involve therapist treatments of massage and stretch (using techniques such as MET & NMT) and patient programs of rehabilitation, my experience is equally of benefit to non-specific biomechanical dysfunction such as stress or age related symptoms, and to accident or RSI-type injuries. I am currently studying for a BSc in Osteopathy.*

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SAME Institute, Sports Therapy UK, BackCare, Clare Maxwell Hudson School of Massage, Massage Therapy Institute of Great Britain, Health Professions Council, British Complementary Medicine Association,  
**THE LOOSEN UP CLINIC**

*Loosen Up is an established clinic based in Whipsnade, Bedfordshire. The aim of The Loosen Up Clinic is to give a comprehensive treatment program and service. It is based on holistic, complementary therapy with the emphasis on Sports and Remedial/Therapeutic massage and has a wide patient base. I am a member of ITEC and Massage Therapists Institute of Great Britain, SMAE Institute and Sports Therapy UK, Post Graduate Clare Maxwell Hudson School of Massage and Registered Member of Back Care. Fully insured with the above organisations and hold qualifications for Sports Massage, Remedial Massage, Soft tissue therapies and related injury treatments. My training has enabled me to identify conditions that may require alternative treatments or referral to a G.P. If there is any concern about whether or not to have massage a G.P. referral would be required first. By applying varied techniques from several disciplines I design a treatment tailored to the clients needs. My treatment starts with a detailed analysis of case history, and an examination of the condition of soft tissue, muscles, ligaments and connective tissue for joint range of movement and muscular function, and then I proceed, as appropriate with the chosen massage.*

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LCSP Register of Remedial Masseurs & Manipulative Therapists, Professional Member of Back Care

*I am a fully insured member of the L.C.S.P. Register of Remedial Masseurs & Manipulative Therapists. Also I am a professional member of Back Care. I undertook my basic training at the Northern Institute of Massage and went on to study for the Advanced Diploma. Since then I have attended numerous C.P.D. courses and seminars. My treatments are designed to relieve muscle and joint pain. I have been in private practice since 1996 and have experience in treating a wide variety of conditions. Remedial massage is a more specialised form of massage involving deep tissue work applied to stimulate circulation, relieve muscle spasm, soften injured and consequently restrictive tissues. The sort of problems treated include whiplash, sprains & strains, tennis elbow, stiff necks, frozen shoulders, sciatica, muscle tension, back ache, knee & foot problems, repetitive strain injury. I also use ultra sound therapy as an adjunct to massage and often suggest remedial exercise to help the problem. I also practice Hopi Ear Candling for people with ear wax and sinus problems.*

**David A Starkey**  
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M.B.R.A., AOSM, L.C.S.P.

*After completing a four year residential course incorporating detailed study of Anatomy and Physiology with exhaustive studies of Massage, Aromatherapy and Reflexology David Starkey qualified as a Remedial Therapist, Opening his practice in 1990. Detailed studies of different massage arts, e.g. acupressure, deep tissue manipulation, neuro-muscular massage, shiatsu, trigger point therapy in addition to the varying massage techniques means patients receive the most appropriate treatment for their particular condition. David A Starkey is a fully qualified member of the L.C.S.P., M.B.R.A. and A.O.S.M. and is also a professional member of The BackCare Association. Practice history shows that many patients presenting chronic pain have obtained such relief they have been able to stop medication and return to a normal lifestyle. Whether the patient is a professional footballer unable to turn sharply with the ball, a housewife finding difficulty in carrying a bag, a business person with restricted mobility or indeed someone unable to enjoy their game of golf or bowls each one can be helped. Their recommendations to others express their satisfaction. There is an on-going system in place to keep up with latest developments in treatments and rehabilitation protocol particularly in relation to sports and general injuries.*

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International Council of Health Fitness and Sports Therapy,  
The European College of Bowen Studies  
**Louise Ward MHFST/FHFST**  
*Sports Therapist, Remedial Massage And Bowen Practitioner.*

*I currently work at my Private Practice and work along side a well respected Rugby team. In the clinic I take referrals from Osteopaths and Chiropractors offering treatments from Injury Rehabilitation, Soft tissue problems, Muscle tension and Imbalances, Sport Injuries, Back pain and R.S.I. Occupational, everyday activities and sporting factors create imbalances within our muscular system, The muscles shorten and lengthen causing pain, fatigue and tension this then leads to restriction in movement and function. Remedial Massage is highly effective in treating most musculoskeletal problems, helping with pain and correction of posture. When these problems are ignored although they often are minor can become extremely painful and have detrimental effect our quality of life.*

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**The Scholes Clinic**  
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LCSP Register of Remedial Masseurs & Manipulative Therapists  
*"The Scholes Clinic", Est. 1988, Is a physical therapy clinic using Remedial (Swedish) Massage to treat musculo/skeletal dysfunction and pain. The Therapy is aimed at: --Sports People - Members of the public who suffer with muscular and/or joint pain --Anyone needing to improve well being Therapist Pauline Hine L.C.S.P. (Assoc) is an associate member of the L.C.S.P. Register*

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W: www.prospecthouseclinic.com  
International Council of Holistic Therapists, Professional Association of Clinical Therapists  
*A member of the International Council of Holistic Therapists & Professional Association of Clinical Therapists. Has comprehensive medical malpractice insurance.*  
*Worked as therapist since 1996 and now runs Prospect House Clinic in Bingley.*  
*Works successfully at treating people with the following complaints: Neck and Shoulder pain and restricted movement,*  
*Migraines caused by muscular tension*  
*Tennis & Golfers Elbow*  
*Sciatica*  
*Iliotibial band Syndrome*  
*Temporary relief of pain from and help with rehabilitation of planter fasciitis*  
*General muscle tension*  
*Stress management/relaxation*  
*Neuropathic pain caused by scar tissue*  
*Using the following techniques:*  
*Acupressure*  
*Trigger Point Therapy*  
*Positional Release*  
*Myofascial Release*  
*General Massage & manual lymphatic drainage*

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National Federation of Spiritual Healers, International Association of Colour, Tienchen Shiatsu Association, IFA, Royal College of Midwives  
*I am a medically trained practitioner who has promoted complementary therapies throughout my long career. I am not only aware of the need for our NHS but also the need to provide these alternative therapies to complement the clients holistic treatment. Our health system should provide a choice for all and unite to assist the overall healing of our clients. I am not only a Nurse and Midwife, but a specialist in Shiatsu, a tutor for Three Healing Organisations, an Aromatherapist, Colour Therapist, Allergy tester, Counsellor and Reflexologist.*  
*I hope we can all work together in the NHS successfully for the good of all.*

**Craig Alnsworth  
Physical & Sports Therapy Clinic**

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L.C.S.P, M.B.I.C.Ac. - Member of the British Institute of Clinical, Acupuncture

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LCSP Register of Remedial Masseurs & Manipulative Therapists, The Bowen Association of Australia  
*Lee Gate Clinic provides a holistic approach to the treatment of back pain, muscle and joint related conditions, the treatment of Arthritic conditions, and Sports injuries.*  
*A variety of treatments are available these include Massage, Manipulation, Electrotherapy. The clinic is also a "Bowen Therapy" centre, Bowen is a very gentle way of releasing back pain and muscle and joint related conditions. Deep Lymphatic Drainage is also available.*

**Mona-Lisa Andersson**

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**Michael Doyle  
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LCSP Register, International Institute of Sports Therapists  
*I have 14 years experience in the Exercise & Fitness Industry, more recently teaching Yoga & Pilates in gyms & as a personal trainer.*  
*I have a qualification in Remedial Exercise Therapy that enables me to create exercise programmes to help people back to fitness from injury. I have created such a programme for Backcare in the form of an exercise class; Educating people to manage their back problems by themselves.*  
*My other qualifications include Remedial Massage; Sports Massage & Indian Head Massage.*  
*For information about my class or Yoga/Pilates I can be contacted at mikedoyle@doylem.fsnet.co.uk*

**Geraldine Aiker  
Mrs Geraldine G. Aiker LCSP (Phys)**

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LCSP Register of Remedial Masseurs & Manipulative Therapists  
*Massage and Neuromuscular Treatments.*  
*Male and Female therapists with many years experience of treating work, sports and stress related musculoskeletal injuries. Our clinic treats clients of all age groups and appointments are available from early mornings to late evenings. Our Therapists are all members of the L.C.S.P. Register of Remedial Masseurs & Manipulative Therapists and are fully insured. Wayne Girdlestone has been a Therapist to the British Athletics Team since 1998.*  
*Conditions such as low back pain, neck and shoulder pain and upper limb disorders like tennis elbow, golfers elbow, sprains, strains and knee problems can respond well to bodywork.*

*Rehabilitation advice can be given pre and post operative to aid fast and full recovery.*  
*Stress related disorders from headaches, digestive problems to generalised discomfort due to tension are treated compassionately with relaxation treatments.*  
*We can offer massage for clients who find lying face down uncomfortable. The client lies on water filled cushions enabling perfect spinal alignment during the whole massage. This treatment is particularly favoured by pregnant ladies and helps with relaxation, relieving back discomfort and water retention.*  
*Craniocacral treatments are available at this clinic.*  
*The Wayne Girdlestone Clinic Ltd*  
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497 Streetsbrook Road  
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LCSP Register of Remedial Masseurs & Manipulative Therapists, British Wheel of Yoga  
*Brian Hately is a qualified Remedial Masseur and Manipulative Therapist and has been in practice in his own busy clinic for 17 years, specialising in muscular and skeletal problems. Brian regularly treats many varied conditions such as rheumatic and arthritic problems, occupation related conditions sports injuries and neurological conditions. He also holds the British Wheel of Yoga Teacher Diploma for 23 years and currently works for the Moudsley Trust in the Mental Health Unit at Lewisham Hospital. Brian also runs Yoga classes for the mind association. He is also a Reiki Master practitioner.*

**Kay Paterson-Oakes RGN R.M.DTM DHTC**  
52 Kevington Drive  
Chislehurst  
Bromley, Kent  
**BR7 6RN**  
T: 01689 825139  
E: kaypatersonoakes@hotmail.com  
The Reiki Healers & Teachers Society, The London & Counties Society of Physiologists, The British Register of Complementary Practitioners

**Shirley Hately**  
Fleetfoot Farm  
Stones Cross Road  
Crockenhill  
Swanley, Kent  
**BR8 8LU**  
T: 01322 662596  
E: shirleyhately@fsmail.net  
LCSP Register of Remedial Masseurs & Manipulative Therapists  
*SHIRLEY HATELY has been in private practice for more than 23 years specialising in the treatment of muscular and skeletal problems, during which time she has evolved a unique way of treating all types of physical conditions. She is also a qualified yoga teacher of more than 25 years, and a clinical aromatherapist.*  
*Shirley runs her own busy clinic where more than 95% of her clients are recommended from satisfied clients. She is fully qualified in all the disciplines she practices and holds the Teachers Diploma of the British Wheel of Yoga, the governing body for Yoga in this country, is on the LCSP Register of Remedial Masseurs & Manipulative Therapist and is governed by the Rules and Ethics of that Society. She also has a Diploma in Clinical Aromatherapy.*  
*Treatment takes about one hour and comprises deep soft tissue work, joint mobilisation, muscular and skeletal balancing, and rehabilitation exercises, all taking place in peaceful surroundings using pure aromatherapy oils specifically blended for your own particular problems. Advice about training and diet are also given when appropriate.*

**James Miller**  
2A Corry Street  
Newtownards  
County Durham  
Northern Ireland  
**BT23 4AF**  
T: 0289 1818251  
Remedial Masseurs & Manipulative Therapists

**Mervyn Kirkwood**  
**MK. Injuries - Massage - Aerobics**  
70 Duncastle Park  
New Buildings  
Londonderry  
**BT47 2QI**  
T: 02871 343300  
T2: 077300 86986  
Northern Institute of Massage

**Michael Kerr**  
**Bodycare Injury Clinic**  
10 Hatmore Park  
Londonderry  
**BT48 0AU**  
T: 028 7126 0324  
F: 028 7126 0324  
Registered Member of LCSP, Registered Member of GOS

**Oliver McAtamney**  
**Mr McAtamney Clinic**  
82 Church Street  
Portadown  
Craigavon  
County Armagh  
**BT62 3EU**  
T: 028 38 332437  
LCSP Register of Remedial Masseurs & Manipulative Therapists

**John Kelly**  
**the complementary Health Clinic**  
86 A Stranmillis Road  
Belfast, County Antrim  
**BT9 5AD**  
T: 02890 809888  
W: www.healthclinic.free.uk.com  
London and Counties Society of Physiologists (LCSP)

**Stephen Moore**  
**Mobile Service**  
The Lodge  
Rosehill  
Aglionby  
Carlisle  
**CA4 8AA**  
T: 01228 510769  
T2: 0773 9904344  
E: s.moore@homecall.co.uk  
L C S P

**Hilary Painter**  
2 Gunhild Close  
Cambridge  
**CB1 8RD**  
T: 01223 243452  
E: paintermarden@ntlworld.com  
LCSP Register of Remedial Masseurs & Manipulative Therapists

**Michele Hales**  
**White Tara Complementary Health & Beauty Clinic**  
Rowley Drive  
Newmarket, Suffolk  
**CB8 0NH**  
T: 01638 669933  
E: info@whitetara.co.uk  
W: www.whitetara.co.uk  
Federation of Holistic Therapists  
*I have spent two years training to qualify & gain a VTCT Diploma in Holistic Therapies. The modules include: Anatomy & Physiology, Nutrition, Reflexology, Advanced Aromatherapy, Swedish & Remedial Body Massage, Indian Head Massage & Counselling.*  
*I am a full member of the Federation of Holistic Therapists & The No Hands Massage Association.*  
*Since qualifying in 2003 I have attended many seminars & have qualified in Hot Stone Massage, Hopi Ear Candles, Reiki Practitioner Level 2, No Hands Massage, Thai Nerve Touch Massage & Medicinal Herbs & Thai Foot Massage (qualification gained in Thailand), Facials & Body Contouring Treatments.*  
*I have attended a 2 day course at the Penny Brohn Cancer Care Centre (formerly Bristol Cancer Help Centre) - Reflexology - Working with people with cancer.*  
*Also I am currently studying and nearly finished my certificate in Working with People with Cancer also run by the centre. Previously I worked for a Complementary Medical Clinic, which had practise privileges to work within a Private Health Care setting (The Nuffield Hospital, Bury St Edmunds) where I gained invaluable experience working alongside hospital staff, patients & carers. I have recently opened my own Complementary Health & Beauty Clinic in Newmarket offering a wide variety of treatments.*

**Geoff Rees Clinic**  
73 Bailey Street  
Ton Pentre  
Pentre, Mid Glamorgan  
**CF41 7EN**  
T: 01443 423354  
LCSP Register of Remedial Masseurs & Manipulative Therapists

**Martin Haley**  
**Physicalsolutions**  
4 Rhodfa Felin  
Barry  
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**CF62 6LX**  
T: 01446 722214  
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The LCSP Register of Remedial Masseurs & Manipulative Therapists

**Sonja Osmundsen**  
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Llantrisant  
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BHMA

**Denise Esposito**  
**The Chester Clinic of Complementary Therapies**

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T: 01244 390411  
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**Pauline Milligan**  
**Pauline Hannah Carney**

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Prenton  
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LCSP

*Pauline Milligan T /As P Hannah-Carney, qualified with the LCSP in body massage and physical therapy and been in private practice for 24 years on Merseyside.*

*I have experience in treating the following:*

*Re-education of muscles after trauma e.g. hip, knee and shoulder replacements using massage and passive exercises*

*Inflammatory conditions of muscles e.g.. Fibrositis, tendonitis.*

*Muscle strains and sprains—strokes, fibromyalgia, polymyalgia, ligamentous tears and whiplash injuries.*

*Stress related conditions which effect muscles and nerves e.g.. Everyday stress.*

*Nerve pain conditions e.g.. Sciatica, neuralgia, neuritis, trapped nerves, lumbago.*

*Bone conditions e.g.. Osteoarthritis, rheumatoid-arthritis, osteoporosis.*

*Treatment lasts approx. one hour and takes approximately six to eight sessions.*

**OTHER EXPERIENCE**

*Have spoken to groups of people from organisations locally and in Cheshire and Lancashire promoting the benefits of Remedial Massage.*

*Worked as a private therapist with Bupa 1991-2000 until Bupa changed their policy regarding Complementary Medicine. Clients are also referred by pain specialists and orthopods and private insurance companies.*

*Referrals. People are referred e.g.. Local GPs, health clubs and word of mouth.*

*Connexions, a dept. of the local authority, refer young people from local schools and colleges to have work experience in my clinic.*

**Margaret McCarthy**  
**'Fernwood'**

'Fernwood' Kings Drive  
Caldy  
Wirral  
Cheshire  
**CH48 2JF**  
T: 0151 625 0956  
L.C.S.P. Register of Remedial Masseurs & Manipulative Therapists

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The Pilates Institute, LCSP Register of Remedial Masseurs and Manipulative Therapists

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**Eleanor Glashier**  
**Muscle Dynamics**

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E: eleanor@glashier.fsnet.co.uk  
W: www.muscledynamics.co.uk  
Federation of Holistic Therapists

**Carol-Ann Barrett**  
**Hands2Health**

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Hertfordshire  
**CM23 2RY**  
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E: hands2health@aol.com  
W: www.Hands2Health.co.uk  
International Guild of Professional Practitioners,  
International Federation of Aromatherapists,  
International Federation of Professional  
Aromatherapists, Association of Reflexologists, London  
& Counties Society of Physiologists, Manual Lymphatic  
Drainage UK

**James Weatherburn**  
**Track 1 Fitness**

Unit 10 Southmill Trading Centre  
Southmill Road  
Bishops Stortford  
Hertfordshire  
**CM23 3DY**  
T: 07770 955437  
E: T-1-F@weatherburn2.freeserve.co.uk  
London & Counties Society of Physiologists

**JAMES WEATHERBURN**

*I qualified in 1994 as a Sports Therapist/Fitness Trainer, and then went on to gain the R.S.A. Exercise to Music qualification, which completed my Master Diploma.*

*I have experience working with many sports individuals, as well as clubs in a wide range of sports and levels. I also have experience in treating injuries for non-sporting individuals as well.*

**HOW CAN I HELP YOU?**

*I can treat Muscular, Tendon and Ligament injuries.*

*\* Sports and Soft Tissue Injuries*

*Including:- Strains and Sprains, Ligament and Tendon damage, Haematomas and Muscular problems.*

*\* Neck and Back Problems*

*Including:- Headaches, Migraine, Thoracic pain, Sciatica and Postural Discomfort.*

*\* Work Related Ailments.*

*Including:- RSI, Stress related pains.*

**TREATMENTS AVAILABLE**

*\* Soft Tissue Massage Manipulation*

*\* Transverse Frictions*

*\* Stretching*

*\* Mobilizations*

*\* Sports Rehabilitation*

**HOW TO BOOK APPOINTMENTS**

*Appointments are available weekday afternoons and evenings at:-*

*Unit 10 Southmill Trading Centre, Southmill Road, Bishops Stortford, Herts, CM23 3DY*

*Tel: 07770 955437*

**Lyn Williamson LCSP (Assoc)**

27 Albert Street  
Colchester  
Essex  
**CO1 1RU**  
T: 01206 543959  
LCSP Register of Remedial Masseurs & Manipulative Therapists

**Godfrey Pool**  
**Remedial/Sports Massage**

4 Reaper Road  
Prettygate  
Colchester  
Essex  
**CO3 4SH**  
T: 01206 515289  
E: gwpool@hotmail.com  
Guild of Professional Practitioners, International  
Federation of Professional Aromatherapists  
*I am a professional Massage Therapist, specialising in Remedial and Sports massage for the relief of many conditions, including Backache, Headache, Sciatic pain, Strains and sprains, sports injuries and many other muscular/skeletal problems.*

*I also provide Indian Head Massage and Aromatherapy massage for the relief of stress and tension.*

*I work Holistically and provide all my clients with n excellent level of care.*

*Appointments are available Mon-Sat from 09:00 to 20:00.*

*Home and work place visits are also available.*

*My practice is conveniently situated in the Prettygate suburb of Colchester just over a mile from Colchester town centre.*

**Julle Miller**  
**Therapy One**

13 Croham Road  
South Croydon  
Surrey  
**CR2 7PD**  
T: 07723 380916  
E: j.miller@therapyone.co.uk  
W: www.therapyone.co.uk  
Professional Association of Clinical Therapists,  
Federation of Holistic Therapists

**Anne Lawrence**  
**Fairwell Therapy**

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Ramsgate  
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T: 01843 593963  
F: 01304 800034  
E: anne@fairwell.co.uk  
W: www.fairwelltherapy.co.uk  
Federation of Holistic Therapists

**Tim Sutton Sports Massage**

1 Hillcrest Gardens  
Deal  
Kent  
**CT14 9QU**  
T: 01304 366248  
E: tim@timsuttonsportsmassage.co.uk  
W: www.timsuttonsportsmassage.co.uk  
The Sports Massage Association, Other

**Catherine Robinson**

58 Earlsfield Road  
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Kent  
**CT21 5PF**  
T: 01303 261070  
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E: ccrobinson@onetel.net.uk  
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**Mary Frances Mawhinney**

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Kent  
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E: hinney31@tiscali.co.uk  
Massage Therapy Institute of Great Britain

**David W Looms**

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Therapists

**Janet Hagues**

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Warwickshire  
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T: 01788 569528  
F: 01788 569528  
E: janhagues@holisticguide.net  
London & Counties Society of Physiologists - L.C.S.P.  
(Phys), International Therapies Examination Council -  
I.T.E.C., European College of Bowen Studies - E.C.B.S.  
*Remedial massage is the name given to the act of Natural Healing by Scientific Manipulation of soft tissue by the therapists hands for curative or therapeutic effect.*  
*The description "Remedial" is used to distinguish the therapeutic applications of massage from terms such as "body massage".*  
*It plays a very important role in the restoration & maintenance of body healing & fitness.*  
*It is used for problems such as:-*  
*Soft tissue imbalances (often caused by poor posture), stiff, painful necks, frozen shoulders, tennis/golfers elbow, sprains, strains, sciatica, back problems, osteo & rheumatoid & other types of arthritis & sciatica.*  
*Manipulative Therapy is used as well as the above for mis alignments - release of muscular lesions, sports massage/injuries.*  
*Myofascial Trigger Point Therapy - release of deep knots in muscles.*

**A** Deep Lymphatic Drainage - this work liquefies, fractionizes & purifies blocked lymph in the immune system - very good post operatively.  
**B** Bio Cranial work - gently re-balances - very good for babies/mothers after C.Section, forceps delivery and/or protracted labour. Non invasive spinal adjustment techniques, yet another form of adjusting & rebalancing the spine (including neck).  
**C** I graduated from the Northern Institute of Massage & Allied Therapies in March 1988.

**Jacqueline Richards**  
**Avon Chiropractic Healthcare**  
 54 Saltisford  
 Warwick  
 Warwickshire  
**CV34 4TD**  
 T: 07702 028106  
 E: jrsm@freeserve.co.uk  
 LCSP of Remedial Masseurs & Manipulative Therapists

**Alan Green LCSP (Assoc)**  
 102 Emscote Road  
 Warwick  
 Warwickshire  
**CV34 5QJ**  
 T: 01926 496 717  
 F: 01926 496 717  
 LCSP Register of Remedial Masseurs & Manipulative Therapists

*Power Assisted Micromanipulation*  
 21st Century Back Care  
 (A Bionic Hand)  
 I have been practicing in Warwick for sixteen years. During 2001 the Clinic invested in the Power Assisted Micromanipulator (PAMM). That is State of the Art Technology for the treatment of ALL kinds of biomechanical spinal problems for example Lordosis, Scoliosis and Kyphoscoliosis.

PAMM also increases Spinal Suppleness, rejuvenates the spine and improves postural balancing for clients that have no particular spinal impairment other than gradual stiffness with age and sporting activities. The treatment can in turn promote a more youthful posture. This revolutionary equipment has already transformed many of my patients lives.

*A Painless Treatment*  
 Once a fixed vertebra is unfixed, we describe the spine as being mobilised.  
 The immediate effect is to take a lot of the strain off the Lower & Upper back, reducing associated pain. We can stimulate the stretch reflexes that control the movement of the spine to adapt to its new mobilised state and with the aid of a few simple exercises e.g. walking tall for ten minutes a day; the body will soon be able to repair the problem areas.

**Susan Connolly**  
**Physical Therapy Clinic**  
 10 Guild Street  
 Stratford-upon-Avon  
 Warwickshire  
**CV37 6RE**  
 T: 01789 772413  
 F: 01789 772413  
 E: sueconnolly.emrtuk@virgin.net  
 Backcare - The National Organisation for Healthy Backs, BTAA, LCSP

**Ian Prescott**  
 4 Hamilton Close  
 Haslington  
 Crewe  
 Cheshire  
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 E: paco\_sabueso@hotmail.com  
 LCSP, Northern Institute of Massage

**Christopher Byrne**  
**Urban Body Balance**  
 11 Brookland Avenue  
 Wistaston  
 Crewe  
 Cheshire  
**CW2 8EJ**  
 T: 01270 650437  
 E: urbanbalance@hotmail.co.uk  
 Professional Association of Clinical Therapists, International Council of Holistic Therapists, Federation of Holistic Therapists  
**URBAN BODY BALANCE**  
 Chris Byrne is a highly trained and qualified practitioner in Oriental Body Balance techniques. Experienced in sports injury management & rehabilitation, performance enhancement, fatigue treatment, IBS treatment, stress management.  
 Chris holds a Diploma in Oriental Body Balance,

including specific training in integrated spinal diagnostics and release, Qi Gung energy treatments, and Cranio-Sacral balancing.  
 Member of: Federation of Holistic therapists (fully insured)  
 Professional Association of Clinical Therapists  
 International Council of Holistic therapists  
 Crewe & Nantwich Chamber of Commerce  
 What makes us so successful?

1. Utilising the best skills from both East and West
2. Creating core beliefs and strategies
3. Diagnosing the cause of weakness and injury
4. Having the physical skills to instantly empower the body

Typical Treatments include: Oriental body balance techniques, Acupressure, Positional Release Therapy (Cranial-Sacral balancing & Qi Gung), Cupping and Moxibustion , Anmo Fu massage, Chinese Bodywork Therapy - Tuina.  
 Successfully treating: Stress, Chronic Fatigue syndrome, Sports injuries, Back and neck pain, hip pain, knee & ankle pain, headaches and migraine, whiplash constipation, Diarrhoea, Menstrual difficulties, Depression & anxiety, Arthritis, Asthma, IBS, Insomnia, Menopause, High/Low blood pressure, food allergy testing and many more.....

**Robin Davies (L.C.S.P. Assoc)**  
 8 Wyche Lane  
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 Tarporely  
 Chester  
 Cheshire  
**CW6 9PS**  
 T: 01829 261766  
 T2: 07702 326419  
 L.C.S.P. Register of Remedial Masseurs & Manipulative Therapists

**Becci Crampton**  
**Hairy Moments, Hair & Beauty**  
 17 Blackfen Road  
 Sidcup  
 Kent  
**DA15 8QD**  
 T: 020 8859 7999  
 , L.C.S.P.  
 For three years I trained at the Prestigious Northern Institute Of Massage in Bury Lancashire as a remedial massage therapist. Additionally I have qualifications in sports massage and Indian Head massage.  
 I have worked with various people including undertaking the sports therapist position for the world champion Thai kick boxer and his team of international fighters.

I have a very professional approach and am very enthusiastic about my vocation. It is very rewarding to be able to help others and see their progress. I have treated all age groups ranging from children to the elderly and recognise the responsibility this generates.  
 Treatment takes between 45-60 minutes, this depends largely on the extent of your dysfunctions and on the amount of treatment that your body can realistically handle at one time, too much treatment can be as ineffective as too little treatment.

This type of physical therapy covers both muscular and skeletal dysfunctions; include  
 fibrositis, spondylitis, arthritis, frozen shoulder, muscle cramps, whiplash, muscular atrophy, sports and dancing injuries etc..  
 Can also treat: \* Aches and pains, stiff joints, rheumatic and arthritic problems, muscle imbalance, occupation related problems, tiredness, tension and stress, sports related injuries.

**Becci Crampton**  
 36 Ronaldstone Road  
 Sidcup  
 Kent  
**DA15 8QU**  
 T: 020 8850 0329  
 T2: 07811 750 007  
 L.C.S.P.

For three years I trained at the Prestigious Northern Institute Of Massage in Bury Lancashire as a remedial massage therapist. Additionally I have qualifications in sports massage and Indian Head massage.  
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 Can also treat: aches and pains, stiff joints, rheumatic and arthritic problems, muscle imbalance, occupation related problems, tiredness, tension and stress, sports related injuries.

**Becci Crampton**  
**Food For Living**  
 8 Wellington Parade  
 Blackfen, Kent  
**DA15 9NB**  
 T: 020 8304 3874  
 L.C.S.P.

For three years I trained at the Prestigious Northern Institute Of Massage in Bury Lancashire as a remedial massage therapist. Additionally I have qualifications in sports massage and Indian Head massage.  
 I have worked with various people including undertaking the sports therapist position for the world champion Thai kick boxer and his team of international fighters.

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 Can also treat: aches and pains, stiff joints, rheumatic and arthritic problems, muscle imbalance, occupation related problems, tiredness, tension and stress, sports related injuries.

**James McCorgay**  
 11 Ravensbury Road  
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 T: 01241 852054  
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**Robert Sanby**  
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 Crich, Derbyshire  
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 The Sports Massage Association, London & Counties Society of Physiologists, National Sports Medicine Institute, British Performing Arts Medicine Trust  
 Remedial and Sports Massage combines deep soft tissue techniques relevant to a patients work, leisure and sporting activities.

Combined with an in-depth knowledge of anatomy and physiology, treatment includes soft tissue and joint mobilizations, neuro-muscular stimulation, ultrasound and interferential therapy, remedial exercise and rehabilitative advice.  
 It is used to treat: arthritis, fibromyalgia, fibrositis; - Back pain and sciatica; shoulder dysfunction (e.g. Tennis/golfers elbow); whiplash, neck pain and recurrent headaches; rehabilitation from illness, operations and fractures/dislocations; muscular tension; ligament sprains and muscular strains; repetitive strain injury; acute and overuse injuries; - Sporting injuries and their prevention.  
 Amanda Heading qualified with Honours from the London School of Sports Massage and The Northern Institute of Massage.  
 She combines her knowledge with her personal sporting

interests, having represented England at tennis and completed numerous ultra-marathon running events. She has worked at a range of high level sporting events, including the Commonwealth Games. She is a member of the Sports Massage Association, London and Counties Society of Physiologists, the National Sports Medicine Institute and the British Performing Arts Medicine Trust.

**Spencer Coleman  
Welcome To Reiki**

29 Applewood Close  
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**DE56 1TH**  
T: 01773 882898  
T2: 07890 313747  
E: reikispencer@aol.com  
W: www.welcome-to-reiki.co.uk  
International Council of Holistic Therapists, Federation of Holistic Therapists

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SandC Therapies**

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Royal College of Nursing Complementary Therapies Forum

**Tracey Kaye LCSP (Assoc)  
Remedial Massage Therapist**

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LCSP Register

**Alan Halton  
Clinic of Natural Therapies**

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Roston  
Ashbourne  
Derbyshire  
**DE6 2EH**  
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**Brian Gent  
The Larklands Remedial Therapy Clinic**

'The Annexe' Andriessie Yard  
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Ilkeston, Derbyshire  
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E: br\_gist@hotmail.com  
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Beautiful Day Therapies**

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British Association of Beauty Therapy and Cosmetology, International Institute of Health and Holistic Therapists, Vocational Training Charitable Trust

**Josephine Richmond  
Healing Hands Complementary Clinic**

42 The Stittal  
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T: 01332 810 195  
The Federation of Holistic Therapists, Vocational Training Charitable Trust, Indian Head Massage,

International Council of Holistic Therapists, British School of Yoga

*As a child I found I had a healing gift, this was not pursued through lack of encouragement by my parents: after many years earning my living in a singing career I decided I would regain my gift of healing so I studied yoga therapy which includes counselling & shiatsu also I studied Aromatherapy, Swedish Massage and Anatomy & Physiology upon qualification I started my own Complementary Clinic from home and travelling to peoples homes, I found with my former career I had gained excellent communicative skills with my clients. I thoroughly enjoy my new career finding it extremely fulfilling as I genuinely care for people especially the elderly and infirm.*

*My clients have gained relief from pain with the combination of massage, healing and counselling, I firmly believe in having the patience to listen. Since I opened my clinic I have qualified in reflexology, Indian head massage, Hopi-ear treatment, dowsing. I would like to work with the NHS as I feel the public are more in tune with complementary therapies these days.*

**Barbara Blackburn**

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T: 01644 450684  
LCSP

**Jill Russell, LCSP, MF Phys**

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**Zena Hamilton**

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E: hamilton\_zena@hotmail.com  
W: www.hamiltonholistichealth.co.uk  
Association of Reflexologists, Federation of Holistic Therapists

*I am a full member of the Association of Reflexologists and Federation of Holistic Therapists usually practising from "The Chiropody Clinic" in East Hemington, Sunderland and Station Road, Hetton-le-Hole.*

*I am also available to do Reflexology home visits if required.*

*I'm qualified in Reflexology and Swedish Massage with knowledge of Anatomy and Physiology.*

*I'm currently working towards qualifications in both Sports and Remedial Massage and I'm due to qualify in the summer of 2006.*

**Carole Stephenson**

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Durham  
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SMA Sports Massage Association, LCSP Register of Remedial Masseurs & Manipulative Therapists

*Training as above. Vast experience in working with massage and manipulative therapy. I run a very busy private clinic where I specialize in back & neck treatments. I also treat Arthritic patients & Sporting Injuries.*

*I work at Middlesbrough College for a mixture of stress & pain relieving work & also with the Rugby Academy Teams.*

*I also work for a Physiotherapy Clinic where I use all my massage skills. I do a lot of Sports Massage for the top international teams.*

*I am insured with 2 National Registers to the highest level. I also train people in connection with Work & Postural related problems.*

**Bryan G N Petre**

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LCSP Register, Cranio Sacral Society, British Institute of Allergy And Environmental Therapists

**John Barry Dawson  
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LCSP, Guild of Complementary Practitioners, International Institute of Sports Therapy

**Sandra Kinchin L.C.S.P. (Phys)**

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**Steven Wood**

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Society of Sports Therapists, Sports Massage Association, Health Professionals Council Physiotherapist PH69863, London and Counties Society of Physiologists

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**Julie Westwood**  
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**Dawn Roberts-Blake**  
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UK Reiki Federation

*My name is Dawn and I am fully qualified and enthusiastic Complementary Therapist offering Swedish body massage and Reiki from my home in Bottesford, Scunthorpe. Along with basic Swedish massage I offer Lymphatic Drainage. I hold the VTCT Level 3 certificate in Swedish body massage and hold Reiki 1st and 2nd degrees. I am a member of the UK Reiki Federation and proudly abide by their code of conduct. I was employed by the NHS for 8 years as a Cardiac Physiologist, I chose to leave early in 2007 to dedicate my time to my love of alternative medicine.*

**Ruth Butler**  
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EMBODY, Nursing and Midwifery Council, Royal College of Nurses

*As a qualified Nurse (BMedSci. NMC Registration: RN12). I have extensive experience within the holistic management of people with both chronic and acute disease.*

*I have ITEC Diplomas in Aromatherapy, Holistic and Indian Head Massage, and am a practitioner of Hopi Ear Candles and REIKI [IGPP approved] and have achieved City and Guilds Diploma in on site seated acupressure massage.*

*I practice within the guidelines of the NMC Code of Professional Conduct as well as the code of professional conduct lay down by the Complimentary Therapist Association: Embody. [Formally the International Guild of Professional Practitioners] with whom I am fully insured.*

*I am a member of the RCN Complementary Therapies Forum and have a working knowledge of policy and guidelines for CAM, as well as the current evidence base for the therapies in which I practice.*

*Current evidence suggests Bodywork or Touch Therapies are particularly effective for a host of symptoms related to stress and depression:*

- Improve quality of life through relaxation, comfort, and support.
- Relieves tension, stress, anxiety, fear, panic attacks, low mood/ depression as well as helping with insomnia & fatigue.

*Bodywork therapies are also very effective for:*

- Relieving pain and alleviating musculoskeletal problems,
- Improving both lymphatic and cardiovascular circulation.

*Each treatment is sensitively tailored to meet the specific need of the individual, to achieve this, before each therapy I undertake a thorough consultation.*

**Michelle Leck**  
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Association of Reflexologists, National Register of Premier Trainers & Therapists (NRP T.T), Register of Exercise Professionals - advanced Instructor, Level 3 Remedial / Sports Massage therapist & Reflexologist  
For information / appointment please call Michelle on 01258 818019

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Clare Maxwell-Hudson Course

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Massage Therapy Institute of Great Britain

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london & Counties Society of Physiologists

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The Massage Training Institute

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Independent Professional Therapists International, British Complementary Medicine Association, EMBODY

**Mark Stoll**  
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**Stephen Clark**  
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International Therapy Examination Council (ITEC)  
Teacher, Diploma Beauty & Therapy, London & Counties  
Society of Physiologists - LCSP Register, (LCSP Phys),  
The Royal Society of Health (Fellow) (FRSH)  
*Physiotherapy Clinic: Established 17 years in Hoddesdon now at 70A Stanstead Road, Hoddesdon, Herts EN11 0RL. Stephen Clark LCSP Phys.,FRSH  
Tel: 01992 471794 Mobile: 07968 359591*

*A Comprehensive practice for the treatment of: Back & Neck Problem: Traumatic Injuries: Arthritis & Rheumatism: Sports Injuries:*

*SPORTS/REMEDIAL MASSAGE: Everyone can benefit from a sports massage. Sports massage will relieve stiff joints and those tired aching muscles resulting from either a general lack of exercise, a stressful period in ones lifestyle, or indeed, as a result of overtraining.*

*A Sports massage may also include manipulation, mobilisation techniques, manual traction, deep friction massage, and MET stretches. Steve Clark is a very experienced therapist and teacher, qualified in many areas of physical therapy and stress management. Stephen Clark Clinic of Physical Medicine Manipulative Therapy, Remedial Massage, Electrotherapy, Ultrasound Therapy, Rehabilitation Exercise Programmes.*

**Susan Barber**  
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The Massage Therapy Institute of Great Britain

**Angela Clabburn**  
**BodyAction**  
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**Patricia Jones**  
**Paddy Jones**  
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Sidmouth, Devon  
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T: 01395 516 334  
E: paddyjsid@hotmail.com  
British Society of Clinical Hypnotists, Federation of Holistic Therapists  
*I am a member of, and insured with, the Federation of Holistic Therapists.*

*Criminal Records Certificate Sections 113 and 114 of the Police Act 1997 Disclosure Number: 001068762324 (Feb. 2004)*

*I qualified in July 1997 in Body Massage, March 2003 in Sports Massage and will shortly complete an Aromatherapy course (May 2004)*

*October 2003 attended Continued Professional Development training for treating people with cancer.*

*March 2004 attended Continued Professional Development seminar taught by Bharti Vyas to qualify to give an Ayurvedic holistic massage treatment.*

*Follow up session due in June/July 2004.*

*I treat clients of all ages for a variety of reasons, including: oedema, back, shoulder and neck pain, strained muscles/sporting injuries, arthritis, for de-stressing and encouraging relaxation. I have found it beneficial for stroke victims through alleviating muscle spasms and increasing blood flow to the area of the body which are paralysed, as well as being comforting and promoting a sense of well being.*

**Cherie Batty LCSP (Phys)**  
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**Jane-Elizabeth Williams**  
**Jane Williams LSSM dip hons, LCSP (Phys)**  
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LSSM - London School of Sports Massage, LCSP -



London & Counties Society of Physiologists, Polstar Pilates UK, B.R.C.P. - British Register of Complementary Practitioners

Jane Elizabeth Williams - LSSM Dip Hons, LCSP (Phys), Pilates Certified.

With the use of Pilates Rehabilitation Techniques and where appropriate, soft tissue manipulation, treatment can be given for the following: Chronic pain, sports injuries, posture problems, core stability through Pilates, reoccurring injuries, functional re-education, advice and training on exercise and posture. Muscle imbalances by addressing faulty movement patterns, pre-op preparation i.e. hysterectomy, hip replacement, colostomy, shoulder and spinal surgery. uscular skeletal dysfunction & post-op Rehabilitation.

In conjunction with the patients GPs and other practitioners, one on one Pilates rehab sessions can be given to allow the patient to regain functional movement through stabilisation and mobility. These sessions can then progress on to weekly Pilates classes and an ongoing self-help programme.

#### Peggy Wiseman Sports Massage Therapist

Exeter Arena  
Summer Lane  
Exeter, Devon  
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T: 07814 488201  
LCSP

#### Nigel Millett Massage & Wellbeing Centre

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T: 01392 258855  
E: enquires@massageandwellbeing.co.uk  
W: www.massageandwellbeing.co.uk  
EMBODY

#### Margaret Osborne Kellmar Clinic

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#### Stephanie Syson

**S.M. Syson**  
L.C.S.P. (Phys)  
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L.C.S.P. Register of Remedial Masseurs & Manipulative Therapists

**REMEDIAL MASSAGE THERAPY** helps to restore mobility to restricted or injured muscles, tendons, ligaments or joints. It does this by correcting circulation, nerve stimulation and tissue consistency. The conditions that benefit most from such a treatment are back spasms, disc problems, as well as trauma to major joints. It has also proved successful in the treatment of severe neck and shoulder pain, headaches, stress and arthritis.

Each patient prior to treatment requires a thorough consultation and examination in order to determine an appropriate course of treatment and rehabilitation.

**DEEP LYMPHATIC THERAPY** is a massage system developed for the purpose of treating patients with a wide range of health problems.

The treatment includes the use of deep tissue massage strokes and the application of moist heat. The massage works to stimulate the circulation, including the blood and lymph fluids, and relax the sympathetic nerves.

DLT is a non-invasive, non drug dependent; it stimulates the bodys natural healing capabilities, relieving pain, reducing fatigue, swelling lesions and other symptoms of degenerative and chronic disease.

The symptoms of late-onset and degenerative conditions such as diabetes, chronic fatigue syndrome, fibromyalgia, arthritis, multiple sclerosis can respond to DLT. Regular treatments helps promote a healthy body.

#### Alan Elliott L.C.S.P.(Phys) N.A.S.C.

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L.C.S.P. National Register, National Association of Sports Coaches (N.A.S.C.)

*I am a qualified and registered Remedial Masseur and Manipulative therapist, I have run a private clinic since 1992 specialising in the treatment of muscular / skeletal conditions caused by trauma, work / lifestyles, sport or the ageing processes. I am qualified to use neural muscular release techniques, remedial massage, electro therapy, manipulative therapy, lymphatic drainage and rehabilitation exercise. I have specialised in rehabilitation exercise since 1981 and I am a qualified senior G.P. Referral Exercise Instructor for high risk populations who need clinical exercise e.g. cardiac rehabilitation / stroke rehabilitation. I am director of the Forest Fitness Centre at the Heywood Community site in Cinderford. Glos. The centre is a voluntary run community unit that specialises in the provision of exercise programmes for clients who are elderly, frail, disabled or those who have medical conditions. My professional and voluntary work helps support the N.H.Ss. structure and provision of treatment for patients in the Forest of Dean and I am pleased to accept referral work from local G.Ps.*

#### Roger J Rolleston Clinic for Physical Medicine ans Sports Injuries

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#### Julie Camm Holistic Therapist

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EMBODY

*Julie Camm ITEC Dip, CThA, that. I can offer Swedish, Indian Head & Hot & Cold Stone Therapy Massage. I am Reiki attuned to level two. I can also offer Reflexology & Sports Massage & Hopi Ear Candles.*

*I have a room I work from in Churchdown, Brockworth, Whaddon & Hestersway and also offer mobile appointments in the daytime, evenings or weekends.*

*I have six years experience and abide by my professional organisations code of conduct.*

*All the therapies I offer are deeply relaxing - (except the Sports Massage), which helps relieve stress and its symptoms e.g. Headaches, Aches & Pains. Hopi Ear Candles can help cold symptoms & sinus congestion. Reflexology addresses all the systems of the body and therefore is an excellent treatment for multi conditions. Further info: Julie-camm@hotmail.co.uk*

#### Sara Hemming Physical & Sports Injuries Clinic

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British Complementary Medicine Association, Other

#### Rebecca Brown The Calm Room

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EMBODY

#### Robert Ferris Sports Therapist / Personal Trainer

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#### Sigrid Hilltout

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#### Jean Y Mitchell

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#### Sue Norman

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T: 01483 747928  
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Sports Massage Association (Governing Body in UK), UK Reiki Federation (Teacher member)

*Background: Professional medical translator for 20 years. With a long-standing interest in complementary health-care, I began practising massage in 2001 and have specialised in Sports & Remedial Massage since January 2003. My qualifications include a Diploma in Anatomy, Physiology & Body Massage (9-month course), a Diploma in Sports Massage (9-month course), and a certificate in Remedial Massage (3-month course). Together, these give me an extensive range of general and specialized techniques to draw on. I also hold a valid Basic First Aid certificate.*

*The bulk of my massage work is remedial, being injury-focused, and I have worked with people with a wide range of conditions. As a qualified yoga teacher (2-year training course), I am also able to offer professional remedial exercise advice where appropriate.*

*I am a graduate of the London School of Sports Massage and am on the National Register of Sports Massage Practitioners held by the Sports Massage Association (SMA), governing body. As a full member of the SMA, I am required to do 40 hours of continuing Professional Development a year, so I am continually updating my skills.*

*I have my own practice in Woking, Surrey, and am also a Reiki practitioner and teacher.*

#### Marilyn Ridgway

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**Anthony Whelan**  
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International Federation of Reflexologists, Raworth  
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MTIGB

*Cella Johnson has been a full time therapist since 1989. Prior to that she was both a professional musician and a nurse. She works closely with local doctors, physiotherapists, osteopaths and chiropractors to provide a high standard of holistic care for her clients. She updates her skills by following a course of continuing professional development.*

*As well as running a busy private practice, she gives lectures and workshops to therapists on Business skills and First Aid. She is the author of "How to be a Successful Therapist" published by the Book Guild.*

**Shelley Slingo**  
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E: james@french30.fsnet.co.uk  
W: www.reikicare.co.uk  
UK Reiki Federation

*Shelly and James are Reiki II practitioners who practice the Usui System of Reiki Healing.*

*Both are members of the UK Reiki Federation and The Reiki Association and are fully insured with H&L Balen & company.*

*We treat any individual who is looking for Reiki healing. In our growth we have explored the applications and have developed approaches in specific areas that include helping people change their body shape/weight, working with cancer patients (both children and adults) and working with animals.*

*James is currently a master candidate of, the recognized lineage bearer of the Usui system of Reiki healing, Phyllis Lea Furomoto.*

*Based in Surrey we have a treatment room or can travel depending on the distance. For those too far, we have a comprehensive distant Reiki treatment (absent healing).*

*Our aim is to help the advancement of Reiki in the modern day society while holding the value and the tradition of the Usui system.*

**James French**  
**ReikiCare**  
8 Combe View Cottages  
Woodside Road  
Chiddingfold, Surrey  
**GU8 4RB**  
T: 01428 685944  
T2: 07817 931011  
F: 01428 788163  
E: james@french30.fsnet.co.uk  
W: www.reikicare.co.uk  
UK Reiki Federation

*Shelly and James are Reiki II practitioners who practice the Usui System of Reiki Healing. Both are members of the UK Reiki Federation and The Reiki Association and are fully insured with H&L Balen & company.*

*We treat any individual who is looking for Reiki healing. In our growth we have explored the applications and have developed approaches in specific areas that include helping people change their body shape/weight, working with cancer patients (both children and adults) and working with animals.*

*James is currently a master candidate of, the recognized lineage bearer of the Usui system of Reiki healing, Phyllis Lea Furomoto.*

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**Paula Read BA(Hons) LCSP Phys**  
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**Tim Wilson**  
**Advanced Massage Therapy**  
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LCSP Register of Remedial Masseurs & Manipulative Therapists

*Tim Wilson is a massage therapist, trained by The Northern Institute of Massage. He qualified in 1996 in remedial massage and completed his advanced remedial massage qualification in 2003.*

*Tims expertise includes: Swedish massage; relief from short - or long-standing sports injuries; correction of problems relating to malalignment of the musculoskeletal system; and electrotherapy. Tims massage skills have been of benefit to professionals and non-professionals from sporting and non-sporting backgrounds - including rugby and football players from national teams.*

*Tim bases his practice at Eden in Harrogate, but also provides treatments to clients in their own homes. He has recently begun working with the employees at a well renowned company of solicitors after recommendation from the companys director.*

*In order to commence an appropriate treatment plan, a thorough assessment of the individual is undertaken to identify problem areas, range of movement, and underlying causes of referred pain. Based on this information, a diagnosis is made and the required treatment plan discussed. Each session lasts 30-40 minutes and may consist of massage techniques, electrotherapy, and advice on lifestyle and posture. As treatment progresses, the individuals needs are evaluated providing for an efficient service and effective outcome.*

**Darrel Pitt**  
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E: ki4health@ntl.com  
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The Academy of On-Site Massage, The British Reflexology Association

**Simon Thornton**  
**Chiltern Therapies**  
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Buckinghamshire  
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T: 01494 814722  
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W: www.chilterntherapies.co.uk  
EMBODY

*Chiltern Therapies provides massage, physiotherapy and reflexology treatments either from treatment rooms in High Wycombe or as a visiting mobile service.*

*Simon Thornton initially trained in massage at Amersham & Wycombe College, Flackwell Heath, before training in advanced massage techniques with the MSCM in Rickmansworth and at Mount Vernon Hospital.*

*Clare Lait graduated from Nottingham University in 2000 with a BSc (Hons.) degree in physiotherapy and works the NHS as a Senior Physiotherapist in an out-*

*patients department as well as practising privately. Louise Lampson is a qualified reflexologist. She trained at Amersham & Wycombe College, Flackwell Heath and in advanced reflexology techniques with MSCM, Rickmansworth and at Mount Vernon Hospital.*

*We specialise in:-*

*Spinal problems, acute injuries, joint problems, sports injuries, post-surgical/fracture, female health & pregnancy issues and digestive disorders.*

*Massage is a good complement to physiotherapy. Deep Tissue and other advanced techniques including NMT, PNF, MET and trigger point release assist in the rehabilitation of injuries and can help with many common ailments such as migraine and back/neck pain.*

*Reflexology can provide excellent results in the maintenance of good health and treatment for many common conditions including female health issues and digestive problems.*

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LCSP Register of Remedial Masseurs & Manipulative Therapists

**Jennie Morton**  
**Sports Massage**  
The Berkhamsted Physiotherapy & Sports Massage Cl  
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Hertfordshire  
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E: jenniemorton121@hotmail.com  
International Association for Dance Medicine & Science, Imperial Society of Teachers of Dancing, Dance UK Register of Practitioners, LCSP, British Association of Performing Arts Medicine

**Cherrie Gallagher**  
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LCSP Register

**Chitra Ramgoolam**  
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E: rebel@fsmail.net  
The Massage Therapy Institute of Great Britain, Manual Lymphatic Drainage UK

**Raymond Norrie**  
**Ray Norrie Remedial Masseur**  
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East Yorkshire  
**HU10 6AD**  
T: 01482 659164  
LCSP

**Ben Neves**  
**Hull Sports Massage**  
Fitness First  
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East Yorkshire  
**HU17 8RZ**  
T: 07960 329690  
E: ben@neves.karoo.co.uk  
W: www.hullsportsmassage.com  
Federation of Holistic Therapists, The Sports Massage Association

**Ben Neves**  
**Hull Sports Massage**  
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W: www.hullsportsmassage.com  
Federation of Holistic Therapists, The Sports Massage Association

**Claire Blowers, MIGHT MIIR  
Feet First! Reflexology**

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T: 01482 442 203  
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W: www.feet-first-reflexology.com

International Institute of Reflexology, Federation of Holistic Therapists

*Reflexology - Reduces stress and tension; - Improves nerve and blood supply; - Helps nature achieve homeostasis*

*What to expect: Sit back and relax while I work each foot, covering all the bodily systems before returning to specific areas of congestion.*

*The treatment lasts around 45 minutes, and includes a free consultation.*

*Clients have reported some improvement in Carpal tunnel Syndrome, bowel problems, migraines, stress, sinus and sleeping problems.*

*Indian Head Massage: - Reduces stress and tension; - Increases circulation; - Eases stiffness and pain; - Helps improve concentration.*

*What to expect:*

*You will be seated fully clothed while I work over the upper back, shoulders, upper arms, neck, scalp and face using several different massage movements.*

*The treatment lasts around 25 minutes, and use of oils on the scalp is optional.*

*Clients have reported some relief from tension headaches, sinus problems, insomnia, stress, back problems and general aches and pains.*

*Qualifications, Membership and Insurance:*

*IIR Diploma in Reflexology*

*VTCT Level 3 Diploma in Indian Head Massage*

*Member of the International Institute of Reflexology*

*Member of the Federation of Holistic Therapists*

*Full Practitioner Liability Insurance held*

*I have a dedicated treatment room, but may be able to make home visits.*

-

**Sue Morrison**

13 Dawson House  
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East Yorkshire  
HU6 7LJ

T: 01482 445414  
International Guild of Professional Practitioners (IGPP)

**David Morgan**

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Essex

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MTIGB, LSSM, SMA

**Graeme Moss**

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T: 020 85500212  
L.C.S.P. Register of Remedial masseurs & Manipulative Therapists

*Graeme Moss LCSP (Phys)*  
*HOME VISITS*

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Essex

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LCSP

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Massage Therapy**

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E: carolinejbarber@hotmail.com  
Associate Member LCSP Register of Remedial Masseurs & Manipulative Therapists, Member of The British Institute for Allergy & Environmental, Therapy

*I have had success in relieving headaches, painful necks, aching & frozen shoulders, various knee, hip, back and stress related problems.*

*I am qualified, insured, a registered member of the L.C.S.P. Register of Remedial Masseurs & The British Institute for Allergy & Environmental Therapy.*

*The therapies I practice include: Therapeutic Remedial, Sports & Stress Relieving Massage (I use ultrasound therapy when appropriate); Indian Head Massage; Deep Lymphatic Drainage; Allergy Testing - to identify food intolerances or allergies.*

*PROFESSIONAL DEVELOPMENT:*

*1998-Jan 1999:- The Northern Institute Diploma in Remedial Massage, Bury, Lancs..*

*I was Awarded Dunn-Hardiman Student of Year for 1998. A national award for the most promising student from the previous years candidates.*

*June 2003:- Electrotherapy Update Course at Royal Buckinghamshire Hospital, Aylesbury.*

*Feb 1999:- Seminar on massage treatment of M.E. by Raymond Perrin, of Salford University.*

*May 1999:- 4 day Seminar/work shop on advanced deep lymphatic drainage by Grace Halliday of Australia.*

*Aug 2001:- Allergy testing course with the British Institute for Allergies & Environmental Therapy, Aberystwyth.*

*Sept 2001:- Indian Head Massage, The Northern Inst. of Massage.*

**Malcolm Kay**

94 Merton Road  
Watton  
Norfolk

IP25 6AZ

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LCSP Register of Remedial Masseurs & Manipulative Therapists- Northern Institute of Massage

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**Gillean Anderson L.C.S.P (Phys)**  
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Muir of Ord  
Ross Shire

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London School of Sports Massage, Sports Massage Association

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The Massage Therapy Institute of Great Britain

**Ivor McKenzie-Lee**

**Bodyfit Clinic**  
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Epsom  
Surrey

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E: physioivor@yahoo.co.uk  
LCSP Register of Remedial Masseurs & Manipulative Therapists, Fellowship of Sport Injury Masseurs and Therapists, Institute of Swimming Teachers & Coaches (ASA)

*Gained diploma in sports injury physiology and advanced massage from St Marys University, Twickenham and am a qualified gym instructor. I have been a full member of the FSMTh and the London and Counties Sports Physiologists for the past ten years.*

*I am qualified to carry out remedial massage, all types*

*of soft tissue manipulation, sports injuries and rehabilitation.*

*Adult and adolescent problems that can benefit from treatment include:*

*\* Neck and back pains including lumber problems, sciatica, hip and groin injuries, entrapment of nerves, migraines and headaches.*

*\* Relief from injuries from overuse - i.e. RSI, tennis/golfers elbow, frozen shoulders, CMP, OSD and advice on preventative exercises and care.*

*\* Rehabilitation - i.e. post broken bones, replacement of hips and knees, all types of sprains and strains.*

*With Correctly applied manipulation we can not only relieve the pain but also repair the damage and stop reoccurrence which can lead to permanent injury or restricted movement through muscle scarring.*

*I currently operate clinics at both Bourne Hall, Ewell and at Reeds Sports Centre, Cobham.*

**Yee-Liu Williams  
Aston Clinic**

26 Kingston Road  
New Malden  
Surrey

KT3 3LS

T: 020 8942 3148  
E: hello@in-touch-therapy.co.uk  
W: www.in-touch-therapy.co.uk  
Other, EMBODY

*Yee-Liu has been practising remedial massage in London and Surrey since 2002 and is a registered member of the International Guild of Professional Practitioners (IGPP) and Sports Massage Association (SMA). She divides her time working as a freelance remedial massage practitioner and studying part-time for a BSc (Hons) Health Sciences: Therapeutic Bodywork at Westminster University.*

*Her clinical practice is based at the Aston Clinic complementary healthcare clinic in New Malden, Surrey. She currently provides treatment to physically active people - typically sports enthusiasts and those who have physically demanding and stressful occupations. Her on-going professional interest is focused on bodywork integration using a range of physical therapies to help individuals achieve therapeutic benefit for a balance of body, mind and spirit in maintaining good health and well being. Yee-Liu is committed to developing a greater awareness of therapeutic bodywork and its promotion to all sections of the community at large.*

*For further information on remedial practice: www.in-touch-therapy.co.uk*

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Surrey

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**Glenn George Clinic**

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Orkney

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Member of Scottish Institute of Reflexology, Member of the Society of Sports Therapists

**Jennifer Turner**

**Freedom Therapies**

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Fife

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T2: 07891 308899  
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EMBODY

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L.C.S.P. Register of Remedial Masseurs & Manipulative Therapists

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**Sandra Gauld**  
**Alyth Springs Complimentary Therapies**

Tillywhalley House  
Milnethort  
Kinross  
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T: 01577 864466  
F: 01577 861076  
E: sandrainfo@alythsprings.co.uk  
W: www.alythsprings.co.uk

National Register of Advanced Hypnotherapists,  
EMBODY, British Association of Beauty Therapy and  
Cosmetology

*Sandra Gauld Registered Holistic Practitioner, treating  
the whole person.*

*Reflexology, Remedial, Deep Tissue, Ayurveda Hydro  
Massage, Sports Injuries. Combining individual  
treatments, for stress, anxiety and positive care. Life  
achieving, and counselling, full support given.*

*Ayurveda is a combination of both science and  
philosophy. Totally holistic in its approach as it  
addresses the physical, emotional, mental & spiritual  
components of human existence, helping people to get  
the balance and purpose back in their lives.*

**Ann Gilbertson**  
**Head To Toe**

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International Council of Holistic Therapists, Federation  
of Holistic Therapists

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**The Everton Brown Clinic**

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LCSP Register of Remedial Masseurs & Manipulative  
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**Sefton Park Natural Therapy Centre**

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T: 0151 7274244  
E: dennisonnelly@aol.com  
General Osteopathy Council, General Hypnotic Council,  
London and Counties Society of Physiologists

*I have worked in private practice since 1988, and since  
1993 have been involved in running a GP referral  
service funded by the NHS in Liverpool [Liverpool  
Centre for Health].*

*My activities at the centre have attached a Health Action  
Zone National Fellowship looking at Integrating  
Complementary Therapy in the NHS: and membership  
of a national collaborative research project funded by  
the Prince of Wales Foundation for Integrated  
Healthcare, for whom I also acted as an expert advisor.*

**Jeremy Woodhouse**  
**Jes Woodhouse - Remedial Massage Therapist**

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Grange-over-Sands, Cumbria  
LA11 7NY

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London & Counties Society of Physiologists (Associate)

**Tony Logan**  
**Clarkfield Physical Therapy Clinic**

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LA4 6UG

T: 01524 411339  
LCSP Register of Remedial Masseurs & Manipulative  
Therapists

*Specialise in the treatment of Neck & Back Pain,  
Neuromuscular and Skeletal Disorders, Muscle,  
Ligament and Joint Problems, Sports Injuries and  
Remedial Massage.*

**Malcolm Stephenson Therapy Clinic**

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**Fit For Life**

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I.H.B.C. - International Health & Beauty Council, I.I.S.T.  
- International Institute of Sports Therapy, I.I.H.H.T. -  
International Institute of Health & Holistic Therapies,  
L.C.S.P. Register of Remedial Masseurs & Manipulative  
Therapists

*My name is Cornelius Gerard Vincent-Enright, I am 44  
yrs old and I am a Fitness Consultant, Sports and  
Alternative Therapist. I have operated as Fit For Life  
since 1979.*

*I provide a range of orthodox therapies including:  
Exercise Prescription & Application i.e. Cardio Vascular  
(Resting Heart Rate, Aerobic Training Zone, Maximum  
Working Heart Rate); Resistance Machines: Free  
Weights. Lifestyle Consultation & Stress Management.  
Exercise & Health for the Older Age Group. Fitness  
Testing & Physical Assessment. Mechanical &  
Electrotherapy Techniques. Remedial Massage. Sports  
Massage. Sports therapy & Rehabilitation.*

*As well as the following alternative therapies:  
Alternative Therapies: Indian Head Massage,  
Reflexology.*

*I am a member of the following Governing Bodies:  
International Institute of Health & Holistic Therapies,  
International Institute of Sports Therapy, International  
Health & Beauty Council, London & Counties Society of  
Physiologists.*

**Jennifer Allen**  
**Remedial Massage Therapist**

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Therapists

**Clyve Power**  
**Remedial Therapist**

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Leicestershire  
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T: 0116 254 1881  
F: 0116 212 9245  
London & Counties Society of Physiologists, Association  
of McTimoney-Corley Spinal Therapists, Register of  
Nutritional Therapists, BackCare

*McTimoney Corley Spinal Therapy is a Vitalistic  
Technique, which treats the whole body. When the 24  
bones that protect the spinal cord lose their normal  
position or motion the muscles that support the spine  
adapt. They then become used to supporting the spine  
incorrectly. Therefore, if something happens that  
exceeds the bodys ability to adapt further, then the  
delicate nerve tissues can become choked or irritated  
resulting in pain or dysfunction.*

*A McTimoney Corley adjustment is the use of a specific  
force in a precise position applied to a joint when it is  
fixed or not moving properly. Adjustments help to  
return the bones to a more normal position or motion  
so relieving pain and ill health. Alignments also help to  
normalise spinal function and avoid bone and soft  
tissue degeneration. When the nervous system function  
improves then the body can begin its own natural  
healing process.*

*Massage is a therapeutic touch; whilst Remedial  
Massage is Deep Soft Tissue Manipulation to relieve  
sprains, strains and muscular tension and so increases  
mobility in the joints and improves muscle tone.  
Massage can soothe stress-related tension and instill a  
feeling of well-being and calm.*

*Each client receives a combination of these two  
therapies.*

**John Kaplan**  
**The Treatment Room**

5 Carefax Avenue  
Oadby  
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T: 01162 716 516  
F: 01162 716 516  
E: johnkaplin@thetreatmentroom-lei.co.uk  
W: www.thetreatmentroom-lei.co.uk  
Federation of Holistic Therapists, International Council  
of Holistic Therapists

**Ross Brittleton**

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London & Counties Society of Physiologists, UK College  
of Life Coaching, Member of Life Coaching Academy

*Bodywork therapies available include Remedial  
Massage, Sports Massage and Thai Bodywork.*

*Bodywork is the skillful restoration of mobility to soft  
tissue and joints using a variety of massage,  
mobilisation and stretching techniques.*  
*The application of massage as a therapy is based upon a  
thorough understanding of the techniques of  
massage, anatomy and physiology. It aims to re-  
balance the muscles and joints by working on the  
muscles, tendons, joints and ligaments. This approach  
makes these forms of bodywork powerful yet non-  
traumatic.*

*Conditions that benefit from treatment includes: Back  
Pain, Neck and Shoulder Pain, Sports Injuries, Muscle  
and Joint Problems, Stress related conditions*

*Ross Brittleton is qualified in Manipulative Therapy and  
Advanced Remedial Massage and has been in practise  
for 14 years. He trained at the Northern Institute of  
Massage and is a member of the London and Counties  
Society of Physiologists. He trained in Thai Bodywork at  
the Old Medicine Hospital in Chiang Mai - Thailand*

*"I feel that Ross's treatments have been invaluable in my  
continued success in my sport as they are an important  
part of my preparations for training and competition."*

*Helen Worsley - No.1 Gt. Britain Junior 100m Hurdler  
World Class Potential Athlete*

**Angela Pentin**

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**Barry Williams**  
**Park Therapy**

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Rhyl, Denbighshire

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T: 01745 339417  
F: 01745 361563

LCSP Register of Remedial Masseurs & Manipulative  
Therapists

*Park Therapy is well established private practice in Rhyl,  
North Wales. Between 1995 and 2000, in addition to  
our Rhyl Practice we travelled one day a week to Borth  
in Mid Wales where we were based at the GP Surgery.  
This presented us with varied amount of accumulated  
experience.*

*We treat muscular-skeletal problems. This includes, for  
example, treatment for arthritis, injuries to muscles,  
soft tissues i.e. repetitive strain, sprains, strains and  
joint injuries, post injury rehabilitation exercise. We  
treat problems with referred pain such as sciatica and  
whiplash injuries etc.. Many people seek our help for  
back pain and other painful conditions such as  
fibromyalgia.*

*The treatment that we provide is based on a  
comprehensive training in complementary therapy. Our  
qualifications are in remedial massage and manipulative  
therapy. We have, over the years, attended many  
continued education courses such as Manual Lymphatic  
Drainage, Electrotherapy, Advanced Joint/Spinal  
Manipulation, Muscle Energy Stretching Techniques,  
Neuromuscular Massage and recently an Introduction to  
Craniosacral Therapy. Each year we attend Continued  
Professional Education Courses.*

**Sylvia Norval**  
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London and Counties Society of Physiologists

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L.C.S.P. Register of Remedial Masseurs & Manipulative Therapists

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**Cheryl Ronner**  
**Cher-A-Ki**

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T: 0113 2765083  
E: cheraki@fsmall.net  
I.H.H.T. (Int. Inst. Of Health & Holistic Therapies)  
*As a practicing Reiki Healer for the past five years, I have learnt that even though people gain a great deal from a relaxed healing session which deals with inner emotions, stresses, worries etc. sometimes an individual holds pain in many forms and a more physical therapy is required. I qualified in Body Massage in order to complement the emotional side, thus enabling me to take on a sometimes more physical approach.*  
*Body massage works on the whole body and can either stimulate tired muscles or aid in relaxing those over worked muscles. Sometimes a one off session is all that is required while sometimes the individual may require a set of treatments to deal with more underlying problems. Within the body massage, an Indian head massage may be an option to help release stress, sinus blockages, continuous headaches or simply as a means of relaxing. Oils may be used to complement the massage which in themselves can be quite stimulating, relaxing or generally promote a feeling of well-being.*  
*As all my therapies are versatile and not to disclose those unable to visit my premises, I travel to destinations and cover both office staff and individuals on request.*

**Julie Beck**  
**Helping Hands Holistic Therapies**

75 Cross Gates Lane  
Cross Gates  
Leeds  
**LS15 7PG**  
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International Institute of Health & Holistic Therapies,  
Fellow of the International Council of Holistic Therapists, Federation of Holistic Therapists

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**Susan Bennett Practice**

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**Physical Therapy Clinic**

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**Elizabeth Deekes**  
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**LU6 2LL**  
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W: www.loosenupt.co.uk  
SAME Institute, Sports Therapy UK, BackCare, Clare Maxwell Hudson School of Massage, Massage Therapy Institute of Great Britain, Health Professions Council, British Complementary Medicine Association,  
**THE LOOSEN UP CLINIC**  
*Loosen Up is an established clinic based in Whipsnade, Bedfordshire. The aim of The Loosen Up Clinic is to give a comprehensive treatment program and service.*  
*It is based on holistic, complementary therapy with the emphasis on Sports and Remedial/Therapeutic massage and has a wide patient base.*  
*I am a member of ITEC and Massage Therapists Institute of Great Britain, SMAE Institute and Sports Therapy UK, Post Graduate Clare Maxwell Hudson School of Massage and Registered Member of Back Care. Fully insured with the above organisations and hold qualifications for Sports Massage, Remedial Massage, Soft tissue therapies and related injury treatments. My training has enabled me to identify conditions that may require alternative treatments or referral to a G.P. If there is any concern about whether or not to have massage a G.P. referral would be required first.*  
*By applying varied techniques from several disciplines I design a treatment tailored to the clients needs. My treatment starts with a detailed analysis of case history, and an examination of the condition of soft tissue, muscles, ligaments and connective tissue for joint range of movement and muscular function, and then I proceed, as appropriate with the chosen massage.*

**Ernest Davies**  
**Path Therapy**

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Chapel Lane  
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Greater Manchester  
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**Susan Armitage**  
**Lord Lane Physical Therapy Clinic**

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LCSP Register of Remedial Masseurs & Manipulative Therapists, Health Professions Council (HPC)  
*I have been in practice for fifteen years. I treat a wide range of joint and spinal problems from low back, thoracic and neck pain to knee, hip and foot problems. Depending on the condition, treatment may consist of a mixture of Interferential electro-therapy, massage and/or manipulation. Massage is an important part of the treatment as it treats the soft tissues of the body, i.e. Muscles, ligaments etc. and aids the circulation.*  
*I also offer a specialised form of manipulation therapy which is called Power Assisted Micro-Manipulation, details of which may be found on the website. This treatment is very suitable for patients who have conditions in which manual manipulation is not advisable or indeed is contra-indicated.*  
*The aim of the treatment is to restore supple elasticity to the spine and thus allow the healing processes to work unhampered by continual overstraining.*  
*The patient is lying face down in the treatment couch during the therapy and there is no twisting of the body involved. This treatment is very suitable for people who fear manual manipulation of the spine.*  
*Whatever the type of treatment needed, you can be assured of professionalism, courtesy and consideration.*

**John Hynes**

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Greater Manchester  
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F: 0161 748 1834  
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W: hynespartners.com  
Bowen Therapy Academy of Australia, Bowen Association (UK), London & Counties Society of Physiologists Register of, Remedial Masseurs & Manipulative Therapists (LCSP)  
*I am a member of the London & Counties Society of Physiologists Register of Remedial Masseurs & Manipulative Therapists, which has been in existence since 1919. I trained at the Northern Institute of Massage which itself started in 1956. I have been in practice since 1991. I am trained in Advanced Remedial Massage and Mobilisations, Sports Therapy and Manual Lymphatic Drainage. I specialise in all muscle and joints conditions and/or injuries in both the acute and chronic stages.*  
*Conditions and injuries that may be helped include any back, neck and shoulder pain, Sciatica, RSI, arthritis, Sports injuries and many many more.*

**Frances Selman**

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Kent  
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**Luis Melendez**  
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**Kevin Walsh**  
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**Hilary Armstrong**  
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T: 020 7704 6900  
T2: 07779 282 846  
Massage Therapy Institute of G.B  
*Hilary Armstrong, Massage Therapist, practising at The Healthy Living Centre, Islington, since Sept 2000. Trained in Massage by Clare Maxwell-Hudson, and in Acupressure by Carola Beresford Cooke. (Acupressure works with the bodys meridian energy lines.) ITEC qualified. As well as private practice, I have worked in clinical and care-home settings.*  
*Full consultation made prior to treatment. Observation made of clients posture and breathing, and appropriate advice offered.*  
*I offer massage as a natural path to deep physiological and psychological relaxation. Such relaxation strengthens the immune system, and encourages natural healing and coping mechanisms, both physical and mental. Massage, as skilful non-exploitative touch, is powerful preventative medicine, and seen by many as essential maintenance. Massage works with the interdependency of the individuals body/mind system to restore harmony and balance.*  
*As a practitioner I am nourished and energised by singing, meditation and yoga. I have two adult sons. For some years I worked in administration, mainly music and arts. I have a degree in English, and studied Tibetan Language & Culture at Londons School of African & Oriental Studies (SOAS).*

**Kay Lawman**  
**The Great Health Company**  
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T: 020 7226 6406  
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E: physio@greathhealthco.com  
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Acupuncture Association of Chartered Physiotherapists, Chartered Society of Physiotherapy, Health Professions Council  
*We provide a first class general Physiotherapy service incorporating an active Sports Injury Clinic.*  
*We also use acupuncture for pain relief for simple back ache whip-lash and work related (RSI) symptoms.*  
*The Chiropody/Podiatry department provides Bio-Mechanical Assessments, Video Gait Analysis, Sports Podiatry, as well as general Chiropody care for corns, hard skin, verrucae, in-growing toe nails & bunions.*  
*We also provide an active Sports Massage service, Aromatherapy & Reflexology.*  
*On your first visit we ask a lot of questions about how & when the problems first started, where you feel your symptoms, what makes them better & what makes them worse. By listening to what you have to say we can then ASSESS the problem more accurately & efficiently.*  
*THE INITIAL EXAMINATION is in some ways the most important part of the session.*  
*Then we can discuss how we suggest TREATING the problem, what techniques we might use, how long it might be expected to take to get better and what you can do at home to treat yourself. The first session will involve actually treating the problem as well.*  
*If you need more sessions we will book those with you as we go...our aim is to get you better as fast as we can so you will leave impressed & tell others about us.*  
*Please visit our website www.greathhealthco.com and look at the section called WHAT WE TREAT and you can find the answers to many of your questions.*  
*To make an appointment simply telephone reception on 0207 226 6406*  
*We are open MWF 8-7; T/Th 8-9; Sat 8-2.*  
*Tube - Highbury & Islington*  
*Silver Link Metro - Canonbury*  
*Bus - 30 & 277*  
*Pay display parking outside.*

**Peter Davies**  
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**Kodokwai Judo Club**  
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LCSP Register of Remedial Masseurs & Manipulative Therapists

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T: 01633 873241  
E: ian@thomson39.fsnet.co.uk  
Massage Therapy Institute of Great Britain  
TRAINING

*Clare Maxwell-Hudson School, London (from1995)*  
*Subjects covered:*  
*- Anatomy, Physiology and Body Massage*  
*- Sports Massage*  
*- Massage in Cancer Care*  
*- Massage programme for use during Pregnancy and Childbirth (tutor: Linda Kember: midwife at John Radcliffe Womens Centre, Oxford)*  
*- Face Massage*  
*- Eastern Head Massage*  
*- Massage in the workplace*  
**QUALIFICATIONS**  
*ITEC Diploma in Anatomy, Physiology and Body Massage (1995)*  
*ITEC Sports Massage Certificate (1997)*  
**EXPERIENCE**  
*Private practice at clients homes (many referred by GPs) treating a range of conditions, including:*  
*- Stress affected symptoms; tension headaches, anxiety, insomnia, digestive disorders;*  
*- Chronic and acute soft tissue injuries;*  
*- Relief and restoration for the healthy but tired hard working, during and after pregnancy, post-sports event, pre- and post-flight.*  
*Also: - Massage of terminally ill as a volunteer with St Davids Foundation Hospice in day care centres, in the community and in nursing homes;*  
*- ITEC Holistic Massage Diploma course tutor at local Community Education Centre.*

**Joanna Pugh**  
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LCSP Register of Remedial Masseurs & Manipulative  
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*Ian Seeley L.C.S.P. (Phys) BSYA P.F.A.c.u. MGCP.  
Remedial Masseuse and Manipulative Therapist.  
Acupressure / Acupuncture. Sports Injuries. All Back,  
Neck, Shoulder and Muscular Conditions. Treatment for  
Stress and Anxiety related conditions.*

**Gillian Jenkins LCSP (Phys) DNTH**

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Wholistic Nutritional Medicine Society, LCSP (NO:5338),  
British Association of Nutritional Therapists

**Graham Hampson LCSP(Assoc)**

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Acupuncture Association of Chartered Physiotherapists,  
Chartered Society of Physiotherapy, Health Professions  
Council  
*We provide a first class general Physiotherapy service  
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We also use acupuncture for pain relief for simple back  
ache whip-lash and work related (RSI) symptoms.  
The Chiropractic/Podiatry department provides Bio-  
Mechanical Assessments, Video Gait Analysis, Sports  
Podiatry, as well as general Chiropractic care for corns,  
hard skin, verrucae, in-growing toe nails & bunions.  
We also provide an active Sports Massage service,  
Aromatherapy & Reflexology.  
On your first visit we ask a lot of questions about how  
& when the problems first started, where you feel your  
symptoms, what makes them better & what makes  
them worse. By listening to what you have to say we  
can then ASSESS the problem more accurately &  
efficiently. THE INITIAL EXAMINATION is in some ways  
the most important part of the session.  
Then we can discuss how we suggest TREATING the  
problem, what techniques we might use, how long it  
might be expected to take to get better and what you  
can do at home to treat yourself. The first session will  
involve actually treating the problem as well.  
If you need more sessions we will book those with you  
as we go...our aim is to get you better as fast as we can  
so you will leave impressed & tell others about us.  
Please visit our website www.greathealthco.com and  
look at the section called WHAT WE TREAT and you can  
find the answers to many of your questions.*

*To make an appointment simply telephone reception on  
0207 226 6406. We are open MWF 8-7; T/Th 8-9; Sat  
8-2. Tube - Highbury & Islington. SilverLink Metro:  
Canonbury. Buses 30 & 277. Pay display parking.*

**Keith Richard Hunt**

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London  
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MTIGB

**Claire Norton**

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W: www.clairenortonmassage.co.uk  
Massage Therapy Institute of Great Britain  
*Claire Norton (formerly Claire Tovar) has a BSc Hons in  
Sports and Exercise sciences from Exeter University. She  
studied massage at the Clare Maxwell-Hudson School  
of Massage, London, where she obtained an ITEC  
Diplomas in Anatomy, Physiology and Massage and in  
Sports Massage. Claire currently treats clients in their  
own homes, principally in North West London, or at a  
local gym. Claire also works as a volunteer massage  
therapist at The Royal Free Hospital, Hampstead and at  
a variety of sports events including triathlons and  
marathons.*

**Melissa Deco**

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**Kate Burton Ltd**

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**Jan Vermeer**

**2 Hands Remedial Massage Therapy**  
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LCSP Register of Remedial Masseurs & Manipulative  
Therapists  
*Hi, my name is Jan Vermeer, im a Remedial Masseuse. I  
studied at the Northern Institute in Bury and have  
qualified and practicing for two years. My practice is  
called "2 Hands", and has been growing rapidly in the  
last two years. I am also a qualified nurse and worked  
within the NHS for 3 years. I treat domestic injuries as  
well as sports injuries: back, neck, shoulder, hip, knee,  
muscular & joint injuries, frozen shoulder, sciatica,  
headaches, sprains, strains and last but not least stress  
related problems. See u soon. Tel: 01706 810964 or  
07810 427055*

**Christine Bailey  
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**Rachel Lead  
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**Marie France Bewley  
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International Institute of Reflexology - IIR, International  
Federation of Professional Aromatherapists - IFPA,  
Manual Lymph Drainage (UK) - MLD (UK), British  
Lymphology Society - BLS, Massage Therapy Institute of  
Great Britain - MTIGB

*Marie-France has been training for over 20 years with  
the pioneers of her chosen therapies: Professor  
Hildegard Wittlinger of the Dr Vodder clinic in Austria,  
Clare Maxwell-Hudson, London for Massage, Professor  
Arnould Taylor for Aromatherapy, Dwight Byers of St  
Petersburg, Florida for Classical Reflexology; Antony  
Porter for Advanced Reflexology Techniques (ART) &  
Lynn Booth for Vertical Reflex Therapy (VRT).*

*Marie-France has created a highly specialised skin  
range for Lymphoedema patients. There is a choice of  
hypoallergenic organic carrier oils, creams, aloe vera &  
seaweed gels, lotions, pure blends of essential oils to  
nourish the skin, stimulate lymphatic flow, prevent and  
combat bacterial, fungal & viral infections, heal the  
burns of radio therapy, and speed up scar & wound  
healing.*

*Marie-France is very keen to help her patients help  
themselves through simple breathing techniques,  
exercises, diet, her unique aromatherapeutic  
preparations & simple vertical reflexology on hands.  
All the therapies help the body heal itself, balance the  
mind & heal the emotions at all stages of life.  
MLD will be reimbursed by private insurances from  
September 2004.*

**Catherine Holland  
Physiotherapy & Pilates Centre**

Coxeter House  
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E: catherineholland@fsmail.net  
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LCSP Register of Remedial Masseurs & Manipulative  
Therapists

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**Becky Flynn**  
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6 Wellesley Close  
Banbury  
Oxfordshire  
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T: 07960 039343  
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EMBODY

**Geoffrey Robinson**  
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**OX16 9HD**  
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LCSP Register of Remedial Masseurs & Manipulative Therapists  
*Geoff Robinson qualified as a Sports Masseur in 1996. Since then he has attended courses as both The ACTIVE School of Sports Massage and the Fellowship of Sports Masseurs and Therapists. He has participated in many sports over the years and can empathise with most sporting complaints and injuries.*  
*He is on the LCSP Register of Remedial Masseurs & Manipulative Therapists.*  
*An initial consultation will last 45 minutes to 1 hour. Subsequent treatments take from 30 minutes, or up to 55-60 minutes for a full body massage.*  
*Treatments will usually conclude with passive and active stretch exercises, plus advice on appropriate stretch and strength routines to work in conjunction with the treatment.*  
*Sports Massage has five main benefits:*  
1. It helps to maintain the entire body in a better physical condition.  
2. It reduces the possibility of injury and the loss of mobility, especially in high-risk areas and potential trouble spots.  
3. It can aid in the cure of injured muscle tissue and restore mobility.  
4. It can boost athletic performance and enhance endurance.  
5. It can extend both the good health and overall life of a sporting "career".

**Jem Pickford**  
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LCSP Register of Remedial Masseurs & Manipulative Therapists - membership no:8588, International Guild of Professional Practitioners - membership, no:G11965

**Venida Idris**  
**Venida**  
Port Mahon  
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LCSP Register of Remedial Masseurs & Manipulative Therapists

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**Sandra Barker**  
**Physio-Active Sports Injury and Remedial Massage Centre**  
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Registered Gym Instructor, Register of Exercise Professionals, Member Professional Association Clinical Therapists, Fellow of Health Fitness and Sports Therapists, Sports Massage Association

**Vivien Wood**  
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Federation of Holistic Therapists  
*Swedish massage was developed in the 1700's by a Swedish Doctor named Per Henrik Ling. The main purpose of Swedish massage is to increase the oxygen flow on the blood and release toxins from the muscles easing muscle aches and promoting relaxation, healing and general well-being.*  
*Swedish massage shortens recovery time from muscular strain by flushing the tissues of lactic, uric acid, and other metabolic wastes. It increases circulation without increasing heart load. It stretches the ligaments and tendons keeping them supple and pliable. Swedish massage also stimulates the skin and nervous system and soothes the nerves themselves at the same time. It reduces stress, both emotional and physical, and is suggested in a regular program for stress management.*  
*Combined with aromatherapy, massage can also be used to promote well-being and alleviate tension and fatigue. Since time immemorial, the ancients knew the power of healing effects by using plants and herbs.*  
*Today, even modern science agrees with our ancestors about the aromatherapy benefits. Most of the medicinal plants have chemically active components which act on the organisms or the chemicals causing discomfort in the body to provide the healing effect.*

**Michael Seal**  
**Sam Seal Sports Therapy**  
Laburnum House  
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F: 01406 330595  
E: samsealsportstherapy@tiscali.co.uk  
International Council of Holistic Therapists, Federation of Holistic Therapists  
*Sports Therapist and Bowen Technique practitioner with experience of working in partnership with other health care professionals to achieve successful patient outcomes in Cambridgeshire, Lincolnshire and Rutland... Specialising in: Frozen shoulder, sciatica, back & neck pain, knee & hip problems, tennis elbow, stress, hayfever, respiratory conditions*  
*Musculoskeletal conditions*  
*Bowen also aids complex and debilitating complaints such as: Migraine, Parkinson's disease, cerebral palsy, multiple sclerosis, asthma.*  
*The Bowen Technique is a series of soft tissue moves designed to allow the body to reset and heal itself.*  
*Using thumbs and fingers, the practitioner lightly moves specific muscles, tendons and ligaments which promotes the healthy function of body systems.*  
*It is a gentle and non-manipulative treatment, suitable for all ages and can be performed through light clothing.*

**Paul Parkin**  
**Back on Track Therapy**  
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**PE12 6AY**  
T: 01775 710289  
LCSP Register of Remedial Masseurs & Manipulative Therapists  
*Paul Parkin LCSP (phys) is a member of the LCSP REGISTER of Remedial Masseurs & Manipulative Therapists and as such abides by a strict ethical code of conduct and is fully insured.*  
*Experienced in treating neuromuscular disorders including, specialist advanced neuromuscular techniques, for whip lash injuries, sciatica, lower/thoracic and cervical spine injuries.*  
*Hands on treatment for chronic or acute injuries and many disorders including , Muscular strains, Ligament sprains, Joint pains, R.S.I Nerve pain, Headaches, stress Related Disorders, Sports injuries, are just some conditions that are treated in clinic.*  
*A member of the British Masters Medical Services who provides sports injury treatments at World and European Athletic championships.*  
*Treatments include Rehabilitation and advice to aid all treatments.*

**Martin Dodsworth**  
**Coxell Remedial Clinic**  
15 Clifton Avenue  
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T: 01733 343815

W: coxellremedialclinic.com  
The L.C.S.P. Register of Remedial Masseurs & Manipulative Therapists  
*Whilst many patients presenting with pain respond to manipulative therapy, the best results are often found among patients suffering from:*  
*\* Pain of musculo skeletal origin giving rise to headaches, shoulder pain, neck pain, referred pain into the extremities, back pain. Sports injuries are also treated.*  
*Pain may have arisen due to injury, repetitive strain or may be primarily postural and the aims are to:*  
*\* Restore, as near as possible, normal joint function.*  
*\* Reduce pain and inflammation.*  
*\* Reduce muscle spasm.*  
*\* Reduce habitual nervous tension and abnormal stress responses.*  
*\* Provide instruction on self-help for nervous tension.*  
*A variety of techniques are used to achieve the above including:*  
*\* Electrotherapy/ultrasound preparation of soft tissue to reduce acute pain.*  
*\* Massage to associated soft tissue to relax patient and reduce pain.*  
*\* Reflex techniques to break the reflex ark/holding pattern.*  
*\* Isometric/p.n.f. release techniques to joint lesions.*  
*\* Deep relaxation techniques to reduce habitual stress response.*  
*Treatment is often given to the whole structure, taking into account correct leg length, sacral/pelvic and spinal alignment.*  
*Power Assisted Micro Manipulation (PAMM) is also available for spinal treatment. This is a new advance in mechanical treatment of the spine.*

**Roger Watson**  
**St Clements Clinic**  
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LCSP Register of Remedial Masseurs & Manipulative Therapists, The Association of Osteomyocogists

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Full Member Fellowship of Sports Masseurs & Therapists, LCSP

**Louise Hough**  
**Complementary Health**  
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EMBODY

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**Sandalphon**  
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Nursing and Midwifery Council, Royal College of Nursing, National Institute Medical Herbalists

**Anne Louise Sherrington**  
**Total Wellness and Holistic Therapies**  
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The International Council of Holistic Therapists, Vocational Training Charitable Trust, Federation of Holistic Therapists



**Eileen Weaver**  
**Healing Hands Holistic Therapies**

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Federation of Holistic Therapists

**Rosalynne Smith**  
**The Complementary Health Centre**

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W: www.thecomplementaryhealthcentre.co.uk  
British Register for Complementary Practitioners,  
Association of Traditional Chinese Medicine

**Carol Jones**  
**The Back & Neck Clinic LTD**

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Preston, Lancashire  
**PR4 5QP**  
T: 01772 615457  
LCSP, FHT (Federation of Holistic Therapists), HFST  
(International Council of Health Fitness & Sports  
Therapists)

*Carol Jones L.C.S.P (Assoc) I.I.S.T. Specialising in the  
treatment of Acute/Chronic Back & Neck conditions  
since 1994.*

*Trained by the Northern Institute of Massage affiliated to  
the L.C.S.P (London & Counties Society of  
Physiologists) & the F.H.T (Federation of Holistic  
Therapists) insured by the L.C.S.P.*

*Other Conditions Treated Include:- Muscular  
Aches/Pains; Sciatica, Slipped Disc; Whiplash, Frozen  
Shoulder; Osetoarthritis, Spondylitis; Foot/Knee Pain,  
Headaches, Migraines; Sports Injuries, Repetitive Stain  
Injuries.*

*Qualifications: Remedial Massage, Fitness & Sports  
Therapy, F.A. Assoc. Intermediate Certificate in The  
Management & Treatment of Injuries, Acquisition of  
Skill in Sport, Sport & Recreational Leadership, Sports  
Science, Sports Studies, Indian Head Massage, City &  
Guilds 7307-Further & Adult Education Teachers  
Certificate, D32 & D33 Vocational Assessors Award*

**Angela Crier LCSP (Assoc)**  
**Withnell Wellbeing**

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Withnell  
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T: 01254 832683  
LCSP Register

**Alan Hughes**  
**Muscle & Stress Therapies**

The Complementary Health Centre  
Rainbow House, Railway Road  
Adlington  
Chorley, Lancashire  
**PR6 9RB**

T: 01257 475747  
E: alan@musclenstress.com  
W: www.musclenstress.com  
British Holistic Medical Association, Complementary  
Therapists Association, General Council for Massage  
Therapy

*QUALIFICATIONS: Alan Hughes is qualified in Anatomy  
and Physiology, Swedish Holistic Massage, On-site  
Massage, No Hands Massage and Reflexology and a  
member of The Complementary Therapists Association,  
General Council for Massage Therapists, British Holistic  
Medical Association, No Hands Massage Association.*

*SPECIALIST TREATMENTS: Alan is the co-founder of  
Muscle & Stress Therapies and is a specialist  
practitioner in the areas of Soft Tissue Massage & Stress  
Therapy. He offers treatments that assist his clients  
suffering from: Sciatica, Neck Pain, Back Pain, Frozen  
Shoulder, Muscular Injuries, Trapped Nerves, Stress-  
induced Conditions, Inability to relax.*

*BACKGROUND KNOWLEDGE: Alan is able to work  
throughout the whole skeletal system - manipulating  
muscles, nerves and their attachments. With his  
knowledge of anatomy and physiology, he can picture  
how the muscles are laying and how they are reacting  
to stress and other painful conditions.*

*SIGNATURE TREATMENT: The 'Track & Treat'. This is an  
innovative and extremely effective treatment with a very  
high success rate. In fact, in most cases, within the first  
treatment - he has identified, treated and succeeded in  
bringing his clients pain and muscle relief beyond their  
expectations.*

**Sonia Webster**  
**Afresh**

9 Mount Pleasant  
Reading, Berkshire  
**RG1 2TF**  
T: 07984 407670  
E: info@afresh.org  
W: www.afresh.org  
Embodiment (previously Professional Guild of Professional,  
Pratitioners), Federation of Holistic Therapists

**Theresann Uphoff**  
**The Treatment Rooms**

South Hill park  
Ringmead  
Bracknell, Berkshire  
**RG12 7PA**  
T: 01344 416208  
EAEMT, REMT (EMPT) Aeu, LCSP, ITEC, MPEA, MIPTI,  
Back Pain Association,  
*Qualified physiologist/Myotonologist, over 30yrs in  
private practice specialising in the Rehabilitation of  
Injuries/pain relief and Advanced Dermatological  
treatments under the auspices of the recognised  
governing bodies in The United Kingdom and  
Internationally.*

*Member of Independent Professional Therapists  
International, the London Counties Society of  
Physiologists (registered in the Directory for Remedial  
Massage/Manipulative Therapists), Professional member  
of The Back pain Association of Great Britain and Full  
member of the Physical Education Association.. Member  
of the European Association of Emergency Medical  
Technicians/Paramedics. I addition holds national  
diplomas in exercise, health, weight training/body  
building, Hypnosis and NLP.*

**Leanne Bray**  
**Wellbeing Centre**

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T: 07905 276375  
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W: www.freeflowtm.com  
EMBODY

**Patrick Henze**  
**Physiotherapy Department Nirvana Spa**

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Wokingham, Berkshire  
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T: 0118989 7502  
F: 0118989 7585  
E: hydro@nirvanaspa.co.uk  
W: www.hydroatnirvana.co.uk  
LCSP Remedial Masseurs & Manipulative Therapists  
*Remedial Massage improves circulation and relieves  
muscular tension it helps restore function to injured  
"soft tissue", removing metabolic waste resulting from  
exercise and inactivity. RM aids your recovery from  
injury and is used as part of treatment in our  
physiotherapy department. [LCSP]  
we also offer hydrotherapy treatments with fully  
qualified hydrotherapy physiotherapists (MCSP, SRP, HT)*

**Pearl Whyte**  
**Aquarius Therapies**

4 Bramblegate  
Crowthorne, Berkshire  
**RG45 6JA**  
T: 01344 775397  
E: pearlewhyte@btopenworld.com  
W: www.aquariustherapies.com  
International Federation of Reflexology, International  
Guild of Professional Practitioners, National Federation  
of Spiritual Healers  
*Qualifications: ITEC: Anatomy & Physiology; Holistic  
Swedish Massage, Professional Conduct & Business  
awareness. Member of the International Federation of  
Reflexologists. Member of the National Federation of  
Spiritual Healers. Member of International Guild of  
Professional Practitioners.*

*Treatments Available: Holistic Swedish Massage,  
Reflexology, Indian Head Massage, Hope Ear Candles,  
Healing, Crystal Therapy.  
After a many years of interest in spiritual and personal  
development, I finally gave up full time work in the IT  
Industry and re-trained as a complementary therapist.  
I work from my practice at home and have regular  
Corporate Complementary Therapy Day's in the  
Berks/Hants/Surrey area. I am continually updating my  
skills and knowledge and attend regular professional  
development training workshops.*

*As a Member of National Federation of Spiritual Healers  
(a registered charity), I give healing in private practice,  
in healing centres and when requested in hospitals and  
hospices.*

**Gillian Ross**  
**Natural Health Studio. Rudgwick**

Oakdene  
Guildford Road  
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Horsham  
West Sussex  
**RH12 3HZ**  
T: 01403 822747  
E: ross.boys@rudgwick.fsbusiness.co.uk  
M.T.I.G.B

*With a professional background in nursing, I have  
developed my longstanding interest in complementary  
therapy by qualifying in therapeutic massage. I work  
privately and within an NHS setting where my patients  
include carers as well as patients.*

*I also teach infant massage to parents and their babies,  
qualified with IAIM.*

*As a member of the Massage Therapy Institute I am  
required to maintain high professional standards and to  
undertake Continuing Professional Development  
annually.*

**Jenny Bleackley**

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West Sussex  
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T: 01444 457 939  
F: 01444 457 939  
E: jennybleackley@aol.com

The Massage Therapy Institute of Great Britain,  
International Association of Infant Massage

*With thirteen years experience working for doctors in a  
general practice in North London, this provided me with  
invaluable experience in working with all types of  
ailments as well as understanding practice rules and  
regulations and communicating patient information  
with the doctors. I moved to west Sussex in December  
2002 and wish to build up my practice working from  
home, unfortunately, because of this I wish to exclude  
the treatment of men. I trained at The Clare Maxwell-  
Hudson School of Massage in London and received my  
ITEC in 1991. I am a member of the Massage Therapy  
Institute of Great Britain and regularly attend their  
conferences and seminars relating to bodywork and  
continue to update my skills by attending courses and  
reading journals. I have particular experience and  
success with back (sciatica), neck and shoulder pain  
and headaches, and use breathing techniques alongside  
massage to help with panic attacks, reducing high  
blood pressure and general relaxation. I use essential  
oils as a general pick-me-up, whether it is to calm the  
patient, lift depression, energise or condition the skin.*

*I am also a Certified Infant Massage Instructor with the  
International Association of Infant Massage. I intend  
setting up classes locally very soon.*

**Daphne Daykin**  
**Holistic Therapist**

11 Rother Close  
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The Federation of Holistic Therapist

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Federation of Holistic Therapists

**Phil Sadler**

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LCSP Register of Remedial Masseurs & Manipulative  
Therapists

*I have an interest in sports injuries and rehabilitation  
working with international athletes and professional  
sports persons.*

*I provide Remedial and Sports Massage providing  
Lymphatic Drainage and Pain Relief from tight or  
strained muscles. I also give general massage therapy  
for stress relief and relaxation.*

*I specialise in running injuries and work with athletic  
clubs providing advice and treatment for typical running*

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*injuries including Shin Splints, Achilles Tendonopathy, Planter Fasciitis and ankle, knee, and hip injuries. I provide treatment for back and neck pain including postural advice and awareness incorporating core stability training and muscular imbalance correction. As a Sport Scientist I provide information on training, fitness, rehabilitation, biomechanics, physiology and nutrition. I am qualified in sport science, remedial massage and sports therapy with 3 years experience in a busy physiotherapy clinic.*

**Sharon L Honey Therapist**

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Romford, Essex  
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The London & Counties Society of Physiologists, The Association of Osteomyologists

*I initially trained at the Northern Institute of Massage between 1984 and 1987, gaining Diplomas in Remedial Massage, Advanced Remedial Massage and Manipulative Therapy. I started my practice in 1985 using remedial massage therapy techniques. It has since built up into a successful remedial massage and manipulative therapy clinic. In September 2001 I was invited to join the Association of Osteomyologists and gained their Diploma on the strength of my previous qualifications and experience. I have since attended many of their seminars and gained a Licentiate in Muscle Energy Techniques in March 2003. I also regularly attend workshops on structural integration, a form of bodywork which works on realignment of the muscles and myofascia to alleviate postural problems and inefficient movement patterns.*

*I treat people from many different backgrounds and of all ages. Their occupations range from the sedentary to the very active. My experience of sports injuries again comes from treating a wide range of sports i.e. athletics, triathlon, football, hockey, volleyball, horse riding, cricket, tennis, badminton and golf. Treatments are available for a wide range of musculo-skeletal problems. Therapies include remedial massage, sports massage, manipulative therapy, lymphatic drainage, ultra-sound and faradism.*

**John Smith  
JSR Core Fitness**

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Register of Exercise Professionals

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EMBODY, General Council for Massage Therapy

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Remedial Massage Therapist**

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LCSP-London Counties Society of Physiologists

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Manual Lymphatic Drainage UK

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**Kelly Frischholz  
Healthwise Natural Therapy Centre**

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W: www.healthwisetherapy.com  
EMBODY, Other

**Fiona Hickling**

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T2: 07816 482264  
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Association of Reflexologists, Federation of Holistic Therapists

**Nicola Ruth**

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Federation of Holistic Therapists, International Council of Holistic Therapists  
*Nicola specialises in massage during pregnancy. Great for relaxation of both mother & baby, but also to help relieve common 'pregnancy' ailments such as backache, shoulder tension, cramps, sciatica and insomnia.*

*A classically trained ballet dancer, Nicola has been providing sports massage and holistic massage at the Next Generation Fitness Club in Hatsfield for 2yrs.*

*A member of both the Federation of Holistic Therapists and International Council of Holistic Therapists, Nicola's new qualification with the APNT means she can safely and confidently treat pregnant women at all stages of their pregnancy.*

*Nicola works from treatment rooms in Hatsfield and Ware, but is also available for home visits around the local area.*

**Michael Puddfoot**

10 Bean Leach Drive  
Offerton  
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**SK2 5HZ**  
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LCSP Register of Remedial Masseurs & Manipulative Therapists

**Tracey Jane Roberts  
Libramentum Clinic**

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F: 0161 491 4333  
E: clinic@libramentum.com  
W: www.libramentum.com  
Association of Reflexologists, Federation of Holistic Therapists

*The Libramentum Clinic was established in 2002 as a leading edge centre for the provision of a range of effective research evidence-based Complementary Therapies.*

*A full range of treatments is available, including Reflexology, Aromatherapy, Sports Injury Treatments and Rehabilitation, Swedish Massage and Thai Massage.*

*The clinic offers a safe and professional environment; the therapy rooms are bright, clean, comfortable and well equipped. Car parking is available within the clinic grounds. Libramentum also recognises that attending a clinic for treatment may cause stress and apprehension, so our premises and staff are friendly and welcoming.*

*All Libramentum therapists are fully qualified in their respective fields with at least five years clinical experience. The quality of treatment is monitored and overseen by the Clinical Director, John Peters MD FRCP. The Clinic actively supports, and is accredited by many professional bodies, including, the Federation of Holistic Therapists, the Association of Reflexologists and the Football Association to provide professional training.*

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, LCSP, IRMT

**Janine Payne**

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LCSP Register of Remedial Masseurs & Manipulative Therapists, International Institute of Sports Therapists  
*I have been practising for 12 years, privately, in a gym and with a doctors practise. I have had a range of experience of treating sports people, business and elderly people for a whole range of problems. I also do travel to people if they are unable to get out. I also do personal fitness programs designed for individual needs. Most of my sports therapy is hands on but I am qualified in mechanical & Electro Therapy.*  
*I have been training in sports many years and have won the British Championships in Miss Figure competitions. I hope now to compete in the London Triathlon. I also do karate & Kick boxing, motor racing & flying.*

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The LCSP Register of Remedial Masseurs and, Manipulative Therapists

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Doug Powell Injuries Clinic Ltd**

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LCSP

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**Dawn Watts  
Hydro Health**

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T: 10785 780730  
E: dawn@hydro-health.co.uk  
W: www.watsu.co.uk  
Worldwide Aquatic Bodywork Association  
*WATSU is a form of holistic aquatic bodywork, requiring no swimming ability and suitable for all ages.*  
*WATSU relieves the tension which causes stress that can be a factor in many common health problems such as:*  
*- Anxiety, Pain, Fatigue, Muscle Tension, Headaches.*  
*Improving: - Stress Reduction, Range of movement in the Joints/Ligaments, Sleep Patterns, Energy Levels, body Tone, Circulation and Breathing.*  
*Receiving a WATSU session allows you the opportunity to float effortlessly in a pool of tranquil warm water, supported by a skilled, fully qualified Water Shiatsu practitioner. You will be maneuvered through a truly unique therapeutic experience that gives a lasting feeling of calm, revitalizing the body and mind.*  
*WATSU began in California in 1980, coupling the ancient oriental principles of Zen Shiatsu with the intrinsically relaxing sensation of floatation in warm water.*  
*Dawn Watts has been fortunate to have training directly from Harold Dull, the founder of WATSU; he is respected by many people practicing in the medical profession and complementary therapies.*  
*WATSU students undergo extensive stages of training by the Worldwide Aquatic Bodywork Association (WABA) before qualifying for full practitioner status, maintaining the excellence of standards.*

**John Davles**

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LCSP Register of Remedial Masseurs & Manipulative Therapists  
*Practised for 15 years. Both at a private level and also for local GPs via referrals. Also had referrals from orthopaedic and rheumatology specialists at local hospitals. In addition I am the resident physio / remedial masseur for the Regent Theatre, in Hanley Stoke-on-Trent, have treated dancers in particular also I am the physio/remedial masseur for Newcastle Town football club. I am a specialist in sporting injuries.*

**Samantha Cook LCSP (Phys)**

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LCSP Register of Remedial Masseurs & Manipulative Therapists  
*Based in the kidsgrove area, I have been in private practice locally since 1997. I am a full member of the LCSP Register of Remedial Masseurs & Manipulative Therapists. I work from home, where I have a dedicated treatment clinic, and also provide a home-visit service for those patients who are unable to travel.*  
*I make use of a wide range of remedial massage, mobilisation and exercise-related treatments and techniques to treat a broad spectrum of muscle and joint problems, including:*  
*Therapeutic Massage for most muscular & joint soft tissue problems; occupational injuries, back and neck problems, general tension and stress.*  
*Sports Massage Therapy for both dance and sports-related injuries, including pre- and post-event therapy.*  
*Manual Lymphatic Drainage (Vodder method) for most water retention and lymphoedema problems, including post surgical.*

**Olga Queenan  
Lavender Heal Complementary Therapies Clinic**

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British Association of Beauty Therapy and Cosmetology, EMBODY

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MTIGB

**Magda Popescu**

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Lymphoedema Support Network, British Lymphology Society, Massage Therapy Institute of Great Britain, NLDuk  
*THERAPIES, TRAINING and QUALIFICATIONS*  
*Manual Lymphatic Drainage (MLD): Certificate (Basic and Therapy I) - CMH School, London - 1995. Certificate (Therapy II and III) - Dr Vodder School, Austria - 1996. Further training: annual advanced refreshers, workshops and conferences organised by MLDuk and BSN Medical in the UK and Austria. Fully qualified CDT (Combined Decongestive Therapy) member.*  
*Massage: Diploma - The Churchill Centre, London 1994. ITEC Diploma and Certificate II - CMH School, London 1995.*  
*Further training: sports massage, advanced workshops for neuromuscular techniques, and conferences organised by CMH school in the UK.*  
*WORK EXPERIENCE Internships: Charing Cross Hospital, Orthopaedic Department, Hammersmith 1995. Royal Hospital for Neuro-Disability, Putney 1996-1997. GP Surgery, Putney 1996. Lymphoedema Clinic, Ealing Hospital 1997.*  
*Clinics: The Grove, Complementary Health Centre, Notting Hill 1996-2000. Private practice since 2000: Referrals: Queen Mary Hospital, Roehampton. Parkside Hospital, Wimbledon. Royal Marsden Hospital, Fulham. The Lister Hospital, London SW1. Teddington Hospital, Teddington.*  
*MEMBERSHIP: MLDuk. Lymphoedema Support Network (LSN). British Lymphology Society (BLS). Massage Therapy Institute of Great Britain (MTIGB). Private Health Insurance Accreditation: BUPA, CIGNA, WPA.*

**Maurice Convey  
Phillip Blake - Convey**

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Massage Therapy Institute of Great Britain, Other  
*I discovered massage as the result of my own back problems. Following treatment for a disc problem I*

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embarked on a remedial therapy programme – part of which was massage! This was so effective, that I decided to study the topic.

I was fortunate enough to be able to study at the prestigious Clare Maxwell-Hudson School, and now approach massage from both sides of the counter so to speak – tailored and professional treatment. All designed to help with: The stresses associated with modern life. Lower back pain – help with function and mobility. Muscle tightness from hectic or sedentary lifestyles. Increased range and ease of movements. Help inducing a relaxed state of mind. Improved sleeping, giving more energy to enjoy life. I have a variety of diagnostic and treatment techniques to tailor your massage to your needs.

Holistic massage, Swedish massage, Deep tissue massage, Bodyworking, Sports and Remedial massage. I am a Practitioner member of the following organisations: MTIGB – Massage Therapists Institute of Great Britain. GCMT – General Council for Massage Therapy. I provide a fully insured professional service. Local home visits available.

**Michael Rowlands**

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ITEC, MTIGB

**Karrim Raman  
The Consulting Rooms**

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LCSP Register of Remedial Masseurs & Manipulative Therapists

I am a Remedial Masseur and Manipulative Therapist. I am on the L.C.S.P. Register, the relevant professional body for this area of work and have developed a successful private practice over the last eleven years.

Treatment involves using classical massage techniques, deep tissue work, and passive movements and stretches to assist the clients body to return to normal functioning an where necessary, heal itself. It thus, for example, enables deep seated tension to be released; deposits and scar tissues to be broken down; compressed joints and nerves to be freed, clearing consequential pain; blood and lymphatic circulation to be enhanced, boosting the immune system and fostering healing; sluggish colonic evacuation to be improved etc.

I am a firm believer in the holistic approach and see each client as a unique individual and not just a set of symptoms. I also believe that the capacity to be healed lies within each individual and my role is to help create the right conditions for this to happen. To better enable this I have also trained in other therapies including Tui-Na (Traditional Chinese Massage) and Reflexology which add the dimension of energy balancing in the eastern sense to my work.

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The South London Natural Health Centre**

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LCSP register of Remedial Masseurs & Manipulative, Therapies  
I am a fully qualified sports massage therapist and member of the London and Counties Society of Physiologists. For further details please see [www.lcsp.uk.com](http://www.lcsp.uk.com)

I completed advanced training with Frank Westell, Chief Executive, Fellowship of Sports Masseurs.

Sports massage focuses on soft tissue massage and stretch techniques to normalise and restore muscle tone. Benefits can be psychological as well as physiological, to both, the very fit, or the average person. Massage improves circulation, eliminates toxins and helps restore physiological and anatomical function to aid rehabilitation. I specialise in deep tissue massage. Following an individual assessment, I design a massage programme to best suit the persons needs.

I also work in other settings including a regular weekly session at a voluntary organisation providing care for severely disabled adults. There, I treat people of all ages with long term limiting illnesses, working alongside health professionals and other therapists. My private referrals include people recovering from surgery, people with cancer and with other health issues, including migraine, insomnia, agoraphobia, back pain, minor repetitive strain injury and sports injury. I welcome enquires and will work in collaboration with medical practitioners.

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International Council of Holistic Therapists Manual Lymphatic Drainage UK

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Manual Lymphatic Drainage UK, British Complementary Medicine Association, British Lymphatic Society, Other Therapeutic Massage and Lymphatic Therapist  
Independent practitioner, having also worked within and alongside the NHS and Hospice Sectors, since 1999.

Registered provider with many private health insurance companies. Referrals received from oncologists and vascular consultants.

Specialist Treatments: Manual Lymph Drainage and Combined Decongestive Therapy – for the treatment of many conditions which have a lymphatic component, especially Lymphoedema – primary or secondary, Lipoedema and Venous Oedema.

Treatment protocols include Manual Lymph Drainage, specific skin care, exercise regimes and compression (bandaging and/or garments) – in accordance with the International Framework “Best Practice in the Management of Lymphoedema”, launched 2006.

Therapeutic Massage – the therapeutic application of massage for many specific muscular-skeletal problems as well as general well being and stress related matters.

Massage in Pregnancy and Labour – specific massage, shiatsu and positional techniques for the pregnant/labouring woman, which can also be taught to the birthing partner.

Member: Association of Physical and Natural therapists (APNT), British Complementary Medicine Association (BCMA) British Lymphology Society (BLS) Manual Lymphatic Drainage UK (MLD) General Council for Massage Therapy (GCMT)

Qualifications: Anatomy, Physiology, Pathology, Therapeutic Massage, Massage in Pregnancy and Labour, Manual Lymph Drainage and Combined Decongestive Therapy (Dr Vodder method) .

Teacher – Manual Lymph Drainage (Dr Vodder method)

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The Massage Therapy Institute of Great Britain

**Steven Mason****Rye Osteopathic Practice**

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W: www.aromamassageuk.com  
International Federation of Professional Aromatherapists

*I have been working as a professional massage therapist since 2003 and during that time have studied Sports & Remedial, On-site Indian Head and Aromatherapy Massage. I trained at some of the UK's most prestigious schools including Neal Yard Remedies where I went on to run courses until 2006 and at The London School of Sports Massage, one of the most respected schools in the country. I have experience of treating a wide range of clients and worked at a palliative care hospice in North London in 2004 treating patients suffering with terminal illnesses including Cancer, Autoimmune disease, HIV & Aids.*

*On a daily basis, I treat a wide range of people including pregnant women and elite performers. Most of my clients have every day aches and pains including back, neck & shoulder problems as well as specific muscular skeletal pathologies including Fibromyalgia, Rheumatism and Arthritis. I practice from professional clinics alongside other therapists including Osteopaths at Tenterden at Kent as well as Rye, Hastings and Bexhill in East Sussex and take regular referrals from them. I also make home visits within those areas for those unable to travel. I attend regular professional training to learn new skills and techniques.*

**John Lankester-Owen****Joe Owen / Massage Therapist**

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International Federation of Reflexologists

**Samvida Swift**

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National Institute of Medical Herbalists, Guild of Complementary Practitioners

*I have been working as a physical therapist for over thirteen years. I have managed health spas in India, Mexico and in the Caribbean and have trained many young therapists.*

*The sports massage treatment that I offer are suitable for anyone who prefers a professional deep massage, whether they are physically active or not.*

*People whose line of work leads to the development of habitual postures and repetitive strains also benefit greatly from this type of massage.*

*During a sports massage treatment, I include a thorough consultation and physical assessment followed by a deep tissue massage tailored to suit the needs of the individual. I also use mobilisation techniques and ultrasound therapy where appropriate. Following the treatment you may be given stretches or strengthening exercises to practice for an aid to fast recovery.*

**John Lankester-Owen****Joe Owen / Massage Therapist**

Avanti (Brain Injury Centre)  
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**TN37 7AT**  
T: 01424 757800  
London & Counties Society of Physiologists,  
International Federation of Reflexologists

**Becci Crampton****Aquavie, Health & Beauty Clinic**

126A High Street  
Tonbridge, Kent  
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T: 01732 353233  
LCSP.

*For three years I trained at the Prestigious Northern Institute Of Massage in Bury Lancashire as a remedial massage therapist. Additionally I have qualifications in sports massage and Indian Head massage.*

*I have worked with various people including undertaking the sports therapist position for the world champion Thai kick boxer and his team of international fighters.*

*I have a very professional approach and am very enthusiastic about my vocation. It is very rewarding to be able to help others and see their progress. I have treated all age groups ranging from children to the elderly and recognise the responsibility this generates. Treatment takes between 45-60 minutes, this depends largely on the extent of your dysfunctions and on the amount of treatment that your body can realistically handle at one time, too much treatment can be as ineffective as too little treatment.*

*This type of physical therapy covers both muscular and skeletal dysfunctions; include fibrositis, spondylitis, arthritis, frozen shoulder, muscle cramps, whiplash, muscular atrophy, sports and dancing injuries etc..*

*Can also treat: Aches and pains; Stiff joints; Rheumatic and arthritic problems; Muscle imbalance; Occupation related problems; Tiredness, tension and stress; Sports related injuries.*

**Carole Campbell**

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London & Counties Society of Physiologists

**Debbie Miller****Healing 4 U**

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**Gill Reynolds**

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Shiatsu International

**David Collins****D.S.J. Collins Sports therapy**

\*Trelyn\* Penwarne  
Mawnan Smith  
Falmouth, Cornwall  
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T: 01326 250267  
E: marion\_collins@beeb.net  
London & Counties Society pf Physiologists (LCSP)

**Joseph Gillow****Hunter's Lodge Clinic**

3 Bond Street  
Redruth  
Cornwall  
**TR15 2QA**  
T: 01209 214322  
LCSP Register, British Institute of Allergy & Environmental Therapy  
ABOUT THE L.C.S.P

*The London & Counties Society of Physiologists was founded in 1919 and is the oldest-established and largest organisation of private practitioners of remedial massage and manipulative therapy in the U.K. At the present time it represents in excess of 1,700 practitioners and students of these therapies.*

**MANIPULATIVE THERAPY**

*PAIN caused by musculoskeletal disorders is the speciality of the Manipulative Therapist.*

*This form of treatment is a basis of what used to be called "Bone setting", and is now more widely recognised as Osteopathy or Chiropractic.*

*However, pain in bones and muscles is not the exclusive concern of the Manipulative Therapist. Malposition or "dislocation" of bones, either in the spine or elsewhere, can lead to pressure on the nerves which supply organs quite distant from the site of the original problem.*

*Back pain is the obvious, and commonest, of the conditions treated by manipulative therapy, but it is sometimes quite surprising what other conditions can be caused by musculoskeletal distortions:*

*Sciatic, numbness, prickling or tingling of limbs, dead legs, migraine, headaches and even some internal, e.g. intestinal problems can sometimes be helped by correction of bone displacements.*

*These corrections are not violent. The muscles, which are the prime movers of joints, are massaged first to render them soft and pliable, after which a gentle nudge in the correct direction by an expert therapist is often sufficient to correct the alignment of the joint.*

**ABOUT MR GILLOW**

*Mr. Gillow originally studied at London University, gaining his Bachelor of Science Degree in Physiology before going on to study Physical therapy at the Northern College of Physical Therapy. After qualification, he practiced first in London, then in Bath before moving to Cornwall where he practiced in Lanner for nineteen years. He now lives in Redruth and practices in Bond Street.*

*Mr. Gillow is one of the relatively few Fellows of the LCSP, of which he is Senior Vice President and Chairman of the Ethics and Disciplinary Committee.*

**Glenn Wright****Perfect Balance**

12 Avens Way  
Ingleby Barwick  
Stockton-on-Tees  
**TS17 0SQ**  
T: 01642 650 940  
E: perfect.balance@ntlworld.com  
Federation of Holistic Therapists, Society of NLP,  
International Council of Holistic Therapists, On-Site  
Massage Association

**Helen Davis Hall**

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Primrose Hill  
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**TS19 0HZ**  
T: 01642 671250  
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General Teaching Council for England, LCSP Register of Remedial Masseurs & Manipulative Therapists,  
Federation of Holistic Therapists

*I practice Manipulative Therapy and treat Sports Injuries. Rehabilitation and personal training are also offered, in addition to Remedial Massage (soft tissue and joint rehabilitation). Evening appointments are available.*

**Jeanette Nolan**

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E: jetsiellim@aol.com  
The Massage Therapy Institute of Great Britain

**Cecelia Francis-Lynch****CC-Inc**

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British Association of Beauty Therapy and Cosmetology,  
Federation of Holistic Therapists, Society of NLP,  
EMBODY

*I am a REIKI Master, Business Practitioner of NLP, Practitioner of No-Hands-Massage and I hold Diploma's in Life Coaching, Massage, Reflexology, Aromatherapy, Indian-Head-Massage, On-Site-Massage, Manicures & Pedicures and a Certificate in Nutritional Supplements. I offer a range of Complementary Therapies, each unique and specifically tailored to your individual needs.*

*MASSAGE – A great way to relieve aches and pains, tension and reduce stress. Various types of massage available including specialised treatments ie Hip/Thighs – stimulating the circulatory and lymphatic system concentrating on cellulite, and fluid retention.*

*REFLEXOLOGY – Relieve pain and maintain optimum health using your body's own pressure points on your feet or hands to stimulate self-healing.*

*ON-SITE/INDIAN HEAD MASSAGE – Special seated massage helps to increase circulation, provides immediate symptomatic relief of stress, dissipates fatigue, reduces eyestrain and relieves aches and pains.*

*REIKI HEALING – Using 'Universal Life Force Energy' for healing and balancing. Distant healing available.*

*STRESS MANAGEMENT, LIFE COACHING & NLP – Do you suffer from Stress? Are you ILL all the time? If you answered YES to the questions, then you could benefit from learning techniques to identify and manage the stress in your life.*

*MANICURES and PEDICURES – Specialising in Problem Nails.*

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International Guild of Professional Practitioners, College of Massage Therapists of Ontario

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British Complementary Medicine Association

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Massage Therapy Institute of Great Britain International Association for Infant Massage

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The Massage Therapy Institute of Great Britain  
*I have been involved in many aspects of the Health Service since leaving full time education. Beginning with local council, hospital and general practice administration duties, moving onto nursing training and assignments within Hospital and District Nursing service. After time out to raise two children, I completed a Therapeutic Massage Training and started a practice with private and corporate clients. A development of this was a request to provide staff massage services to the occupational health department of the Royal Marsden Hospital and for the Oncology staff at Charing Cross Hospital. I have continued to update my skills with short courses while balancing a working life and have completed a Theory Counselling Training Course and completed one hundred hours of Voluntary Counselling.*

**Jennifer Wearden**  
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300 Acton Lane  
London  
**W4 5DJ**  
T: 020 8987 2711  
E: millie.wearden@fsmail.net  
Massage Therapy Institute of Great Britain, MLDuk, UK Reiki Federation  
*Jennifer Wearden is a graduate of the Clare Maxwell-Hudson School of Massage with diplomas in classical massage, facial massage and the Vodder method of manual lymphatic drainage [basic and therapy I]. She has passed the ITEC examination in anatomy, physiology and massage, is a diploma graduate of the Central London School of Reflexology, has passed the Accredited Practitioner Course in reflexology set by the Association of Reflexologists and is recognised as a healer by the Brofman Foundation for the Advancement of Healing. She has worked at the Griffin Project with HIV & clients, for the Stroke Association with clients who have restricted movement and speech difficulties and has experience of working with women in the later stages of pregnancy. She practises several days per week from her home in Acton Green so that she can provide a safe and comfortable environment, easily accessed by public transport; her therapy room is accessible by lift.*

**Tina Burns**  
**Lymm Osteopathic Practice**  
The Rise, 16 Grammer School Road  
Lymm, Cheshire  
**WA13 0BQ**

T: 01925 752264  
LCSP Register  
*I am qualified in remedial and sports massage, as well as lymphatic drainage. I have also obtained an Exercise Association accredited fitness instructor qualification, specialising in remedial exercise. The LCSP Register, to which I belong, encourages continuing professional development (CPD) and I intend to continue working towards more advanced qualifications.*  
*Massage can be effective in treating a wide variety of complaints including: arthritis, back, neck and shoulder pain or discomfort. Joint sprains and muscle strains, headaches, high blood pressure, stress related conditions, asthma.*  
*Prior to 1996, I spent 15 years in industry, working as a computer programmer, systems analyst, environmental auditor and project leader. During this time I spent many hours working with computers. My experience has given me a very good understanding of the stresses and strains of modern business life and their effects on the human body.*  
*Since qualifying, I have spent a significant proportion of my time working within an osteopathic practice. In tune with the philosophy that the patients needs come first, different disciplines work together to provide the individual with the most appropriate care for their condition.*

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LCSP Register of Remedial Masseurs & Manipulative Therapists  
*I am qualified in remedial and sports massage, as well as lymphatic drainage. I have also obtained an Exercise Association accredited fitness instructor qualification, specialising in remedial exercise. The LCSP Register, to which I belong, encourages continuing professional development (CPD) and I intend to continue working towards more advanced qualifications.*  
*Massage can be effective in treating a wide variety of complaints including: arthritis, back, neck and shoulder pain or discomfort, joint sprains and muscle strains headaches, high blood pressure, stress related conditions, asthma*  
*Prior to 1996, I spent 15 years in industry, working as a computer programmer, systems analyst, environmental auditor and project leader. During this time I spent many hours working with computers. My experience has given me a very good understanding of the stresses and strains of modern business life and their effects on the human body.*  
*Since qualifying, I have spent a significant proportion of my time working within an osteopathic practice. In tune with the philosophy that the patients needs come first, different disciplines work together to provide the individual with the most appropriate care for their condition.*

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T: 01925 767979  
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London Counties Society of Physiologists, International Cranial Association  
*I am a busy practice in Culcheth (Warrington). My Treatments include Remedial massage - Cranial Therapy & Hypnosis. I am a member of the London Counties Society of Physiologist & The International Cranial Association.*

**Anne Louise Sherrington**  
**Aromatica**  
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**West Sussex**  
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The International Council of Holistic Therapists, Vocational Training Charitable Trust, Federation of Holistic Therapists

**Paul Flowers**  
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Professional Association of Clinical Therapists, International Council of Holistic Therapists, International Council of Health Fitness & Sports Therapists

**Robin Gay LCSP (Phys)**  
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LCSP Register of Remedial Masseurs & Manipulative Therapists

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International Society of Professional Aromatherapists, Aromatherapists, UK Reiki Federation, BRCP, Registered Aromatherapy Organisations Council World Federation of Healing, Spiritual Venturers Association Crystal Healing Organisations

**Vicky Smallwood**  
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Vocational Training Charitable Trust, International Institute of Health and Holistic Therapists

**Dawn A.J Bennett**  
**Dawn Bennett LCSP (Assoc) Remedial Massage**  
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LCSP Register of Remedial Masseurs & Manipulative, Therapies

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Associate Member of L.C.S.P. Register of Remedial Masseurs, & Manipulative Therapists

**Alexandra Stoddard L.C.S.P (Assoc)**  
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LCSP Register  
*Officially qualified in the treatment and rehabilitation of injuries I have developed an extensive client base over the past four years. My patients include members of sports bodies (I am the Official Sports Massage Therapist to the Worcester County Cricket Club) as well as private individuals across all age ranges. My business has been built purely on recommendations and referrals.*  
*I specialise in a range of muscular problems working at a very deep level within tissues. Some of the areas where I have experienced continued success include: RSI, tennis elbow, frozen shoulder, chronic back conditions, whiplash and sciatica. I have also successfully treated neck and shoulder problems - often initiated as a result of tension or poor posture. I have experience in and am very comfortable with the treatment of patients of all ages who may suffer from physical and/or mental handicaps, as well as strong awareness generally of peoples sensitivities and circumstances.*

*I would describe my approach as professional, confident in my abilities with a real drive to help people overcome their injuries. Many of my patients return for ongoing maintenance treatment - having completed their rehabilitation programme.*

*Although I have my own surgery with the appropriate facilities and equipment, I am happy to work on NHS premises if requested.*

*References and testimonials provided on request.*

**Michael T Pugh**  
**Clinic of Physical Medicine**

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**WR10 1HW**

T: 01386 553 393

LCSP Register of Remedial Masseurs & Manipulative Therapists

*Michael .T. Pugh L.C.S.P. PHYS M.A.O. D.O.*

*Manipulative Therapy, Electro Therapy, Sports Injuries Physical Therapy*

*The practice of manipulative therapy in its widest sense embracing both soft tissue and peripheral joint manipulation and sharing the techniques if not philosophies of the osteopath and chiropractor in vertebral manipulation.*

**Jayne Blatchford**

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W: www.beaconclinic.net

EMBODY

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F: 01543 462889

W: www.cntc.org.uk

L.C.S.P Register of Remedial Masseurs & Manipulative Therapists (Assoc)

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**WV11 3HF**

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E: usher456@hotmail.com

LCSP Register of Remedial Masseurs & Manipulative Therapists

*I am a practising Sports Therapist and a member of the L.C.S.P. Register of Remedial Masseurs & Manipulative Therapists.*

*I have been practising for four years, specialising in Sports Injury and Sports Massage Treatment, although a large percentage of my work now involves Remedial Massage, treating musculoskeletal conditions. These treatments can be particularly effective in post injury cases, helping to rectify muscle imbalances created by injury. As well as post injury, massage is effective in the treatment of repetitive strain injury, back spasm and restoration of normal posture. I have trained with the F.A and several other institutes to gain qualifications in massage and injury treatment.*

**David A Starkey**

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Willenhall  
**WV12 4LN**

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F: 01902 410590

E: mike1@pgen.net

W: www.davidastarkey.co.uk

M.B.R.A., AOSM, L.C.S.P.

*After completing a four year residential course incorporating detailed study of Anatomy and Physiology with exhaustive studies of Massage, Aromatherapy and Reflexology David Starkey qualified as a Remedial Therapist, Opening his practice in 1990.*

*Detailed studies of different massage arts, e.g. acupressure, deep tissue manipulation, neuro-muscular massage, shiatsu, trigger point therapy in addition to the varying massage techniques means patients receive the most appropriate treatment for their particular condition.*

*David A Starkey is a fully qualified member of the L.C.S.P., M.B.R.A. and A.O.S.M. and is also a professional member of The BackCare Association.*

*Practice history shows that many patients presenting chronic pain have obtained such relief they have been able to stop medication and return to a normal lifestyle.*

*Whether the patient is a professional footballer unable to turn sharply with the ball, a housewife finding difficulty in carrying a bag, a business person with restricted mobility or indeed someone unable to enjoy their game of golf or bowls each one can be helped.*

*Their recommendations to others express their satisfaction.*

*There is an on-going system in place to keep up with latest developments in treatments and rehabilitation protocol particularly in relation to sports and general injuries.*

**Susan Golding**  
**SC Therapist**

83 Kewstoke Road  
Sneyd Park  
Willenhall  
**WV12 5YD**

T: 01543 360479

LCSP Register of Remedial Masseurs & Manipulative Therapists

**Chris Martin**  
**T.C Martin & Associates**

82/83 Walsall Street  
Willenhall  
**WV13 2EU**

T: 01902 607543

London & Counties Society of Physiologists (LCSP)

*T C Martin & Associates has been established for over 40 years.*

*Treatment includes Remedial Massage, Electrotherapy and Exercise to muscle and joint problems.*

*We are renowned for our treatment of Sporting Injuries and also have extensive experience in Soft Tissue Injuries to the Neck & Back.*

**Matthew Farrow**  
**Three Trees Practice**

Finchfield Lane  
Merry Hill  
Wolverhampton  
**WV3 8EE**

T: 01902 762387

L C S P, Federation of Holistic Therapists

**Lynn Byas**  
**Hamlynn Health**

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T: 01904 623840

The Northern Institute of Massage (LCSP)

**Dorothy Reed L.C.S.P. (Phys)**

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**YO12 5HG**

T: 01723 379552

London & Counties Society of Physiologists

**Alan Taylor**  
**Remedial Massage and Manipulative Therapy Clinic**

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Scarborough  
**YO12 7EP**

T: 01723 507555

LCSP Register of Remedial Masseurs & Manipulative Therapists

**Imelda Musgrave**  
**The Natural Health Clinic**

Belle Vue House  
Tennyson Avenue  
Bridlington  
**YO15 2ET**

T: 01262 678 102

LCSP Register of Remedial Masseurs & Manipulative Therapists

*Remedial massage therapist with 20 years experience.*

*Back and Neck pain, Arthritic conditions, Sprains and Strains etc.*

**Stephen Botham**  
**Dreamweaver Aromatherapy**

43 Trinity Road  
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**YO15 2EZ**

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International Council of Holistic Therapists, Federation of Holistic Therapists

**Jacqueline Ashworth**

**Hands For Health**

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Leavening  
Malton

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**YO17 9SP**

T: 01653 658140

LCSP Register of Remedial Masseurs & Manipulative Therapists

**Tracey Moorfoot**

**Tracey Moorfoot - Mobile Therapist**

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FHT Federation of Holistic Therapists, International Council of Holistic Therapists, International Federation of Health & Beauty Therapists

**Caroline Newland**  
**Aromass Therapy Centre**

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Federation of Holistic Therapists

*Experienced practitioner of more than 8 years I specialise in musculo-skeletal problems associated with sports, recreation and general activity. Migraine*

*Treatments - I am involved with the Migraine Action Trust special patient group to improve living with migraine, I have continued to expand my knowledge in complementary therapies with regular further training covering a wide spectrum of therapies, Diploma in aromatherapy, Daoyin Tao therapy, Indian Head Massage, Chakra Energy work and Reflex zone Therapy.*

*Concentrating on a Holistic approach to Health incorporating Breathing techniques, exercises, Increasing body energy and improving concentration all help to improve personal health and fitness. Other therapies used include Acupressure, Indian Head Massage and Daoyin Tao Traditional Chinese Medicine Massage. Treatment programmes are designed to meet the needs of each patient. I have my own private Holistic Therapy Practice in a quiet rural location, 10 miles North of York. Further information about my practice and treatments available go to: www.aromass-therapy.co.uk*

A

**Bowen Therapy**

B

**Alice O'Brien**  
**Gentle Touch Therapy Clinic**

"Treine"  
Cloghore  
Ballyshannon  
Donegal  
T: 00353719851857

C

British Complementary Medical Association, Bowen  
Therapists European Register, The Federation of Holistic  
Therapies

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H

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**Elizabeth Alexandra Haines**

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Bowen Therapy European Register

N

**Louise Ward MHFST/FHFST**  
**Treatment Room**

Billesley Manor Hotel  
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Stratford-upon-Avon  
Warwickshire  
**B49 6NF**

O

T: 01789 767 100  
International Council of Health Fitness and Sports Therapy,  
The European College of Bowen Studies

P

*Louise Ward MHFST/FHFST*

*Sports Therapist, Remedial Massage And Bowen  
Practitioner.*

Q

*I currently work at my Private Practice and work along  
side a well respected Rugby team.*

R

*In the clinic I take referrals from Osteopaths and  
Chiropractors offering treatments from Injury  
Rehabilitation, Soft tissue problems, Muscle tension and  
Imbalances, Sport Injuries, Back pain and R.S.I.*

*Occupational, everyday activities and sporting factors  
create imbalances within our muscular system, The  
muscles shorten and lengthen causing pain, fatigue and  
tension this then leads to restriction in movement and  
function.*

*Bowen Technique is a remedial therapy that is non-  
invasive, gentle hands on therapy. The treatment is  
subtle and relaxing taking approx 45 mins with most of  
the work being performed through light clothing. The  
Bowen technique encourages the body to realign itself,  
there is no manipulation or adjustment of hard tissue  
and no force is used or needed.*

*The Bowen technique helps with pain relief, stress, hay  
fever, headaches, sciatica, chronic fatigue, infant colic  
and relaxation and is suitable for all ages.*

**Christina Savage**  
**Tina Savage Therapies**

97 Poplar Road  
Bearwood  
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**B66 4AW**  
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Federation of Holistic Therapists, The Bowen  
Association UK - Bowtech

**Rosemary Gordon**  
**"Homeostasis" Bowen Body Therapy Clinic**

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**B73 5LZ**  
T: 0121 373 5401  
E: rosemary.gordon@bowen-technique.co.uk  
Federation of small businesses, The Bowen Association  
(UK)

*The Bowen Technique was developed by Tom Bowen  
(1916-1982) as carefully selected sets of hands-on  
vibrational moves gently applied in specific sequences,  
followed by brief rests. The subtle and relaxing touch  
stimulates the bodys own self correcting internal  
systems. The work on soft tissues stimulates and  
assists in the assimilation of nutrients and the  
elimination of toxins.*

*Relief is provided from pain and injury. There is release  
from tension, stress and trauma. The body is  
encouraged to heal itself.*

*It benefits:*

*Stress and tension related symptoms*

*Back pain and sciatica*

*RSI and tennis elbow*

*Sports injuries*

*Neck and shoulder problems e.g. frozen shoulder,  
whiplash injuries*

*Respiratory conditions*

*Menstrual & pregnancy related symptoms*

*Migraines and headaches & TMJ symptoms*

*ME & chronic fatigue syndromes*

*The initial consultation includes a detailed case history  
and known medical diagnosis.*

*Treatment is provided on a couch or in a chair / wheel  
chair.*

*It is safe and non-invasive for all ages from new born  
to elderly.*

*A series of 3-4 treatments weekly quickly establishes  
the benefits of the technique.*

*Regular monthly or three monthly follow-up sessions  
are recommended to retain the comfort of a well  
balanced body.*

**Louise Ward MHFST/FHFST**  
**Sports Therapist And Bowen Practitioner**

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Internation Council of Helth Fitness and Sports Therapy,  
The European College of Bowen Studies

*Louise Ward MHFST/FHFST*

*Sports Therapist, Remedial Massage And Bowen  
Practitioner.*

*I currently work at my Private Practice and work along  
side a well respected Rugby team.*

*In the clinic I take referrals from Osteopaths and  
Chiropractors offering treatments from Injury  
Rehabilitation, Soft tissue problems, Muscle tension and  
Imbalances, Sport Injuries, Back pain and R.S.I.*

*Occupational, everyday activities and sporting factors  
create imbalances within our muscular system, The  
muscles shorten and lengthen causing pain, fatigue and  
tension this then leads to restriction in movement and  
function.*

*Bowen Technique is a remedial therapy that is non-  
invasive, gentle hands on therapy. The treatment is  
subtle and relaxing taking approx 45 mins with most of  
the work being performed through light clothing. The  
Bowen technique encourages the body to realign itself,  
there is no manipulation or adjustment of hard tissue  
and no force is used or needed.*

*The Bowen technique helps with pain relief, stress, hay  
fever, headaches, sciatica, chronic fatigue, infant colic  
and relaxation and is suitable for all ages.*

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*Lee Gate Clinic provides a wholistic approach to the treatment of back pain, muscle and joint related conditions, the treatment of Arthritic conditions, and Sports injuries.*  
*A variety of treatments are available these include Massage, Manipulation, Electrotherapy. The clinic is also a "Bowen Therapy" centre, Bowen is a very gentle way of releasing back pain and muscle and joint related conditions. Deep Lymphatic Drainage is also available.*

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*The Bowen Technique, a series of soft tissue, movements, to allow the body to heal itself, suitable for all ages. Performed through light clothing.*  
*Treatment for sports and work related injuries, muscular skeletal injuries, stress, asthma, hay fever, relocation, and body balancing etc.*  
*Practice located in prime position for workington, Cockermouth, Keswick, Whitehaven etc, available for GP practice sessions, where available, home sessions.*  
*Hours to suit - weekends and evenings*

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 BTER, E C B S  
*I am a Chartered and State Registered Physiotherapist and Bowen Therapist working in the NHS and have my own private practice.*  
*Patients are given a subjective and objective assessment, a general explanation of the findings, and a plan of treatment and ways forward are agreed upon. I combine my physio and Bowen skills to enhance the treatment results for my patients.*  
*Almost any condition can be treated with Bowen technique and it can be adapted to suit the person, position and posture of the individual. All ages can be treated: from babies with colic, to the elderly and infirm.*

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 European College of Bowen Studies (ECBS), Bowen Therapists European Register  
*On leaving school, I trained as a Pharmacy Technician completing a 2-year apprenticeship with Boots the Chemist and later worked in a hospital Pharmacy manufacturing unit.*  
*After my marriage, jobs varied to fit in with my husbands movements and raising two children, but they were always associated with the medical or scientific disciplines.*  
*Because of treatment for cancer, I developed a secondary Lymphoedema. I was fortunate enough to be treated by a specialist Lymphoedema nurse who used the Bowen Technique as part of the treatment. This was so successful that I was intrigued to find out more about how this light touch, non-manipulative, holistic therapy could bring about a deep sense of relaxation, well-being and healing which had such a profound effect on me. I then decided to embark on a training course to become a Bowen therapist myself.*  
*Having successfully completed a course and passed the examinations with the ECBS (www.thebowentechnique.com) I am now an Associate Member of BTER (www.bter.org) Knowledge is updated regularly by attending workshop groups.*  
*I run a small clinic from my home at Barham near Canterbury, offering calm and comfortable surroundings to my clients.*

**Janet Hagues**  
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 London & Counties Society of Physiologists - L.C.S.P. (Phys), International Therapies Examination Council - I.T.E.C., European College of Bowen Studies - E.C.B.S.  
*Bowen Technique treatments affect the body in ways which promote pain relief & recovery of energy.*  
*It is subtle, relaxing, gentle & very powerful & can be administered through clothing.*

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*The technique originated in Australia by a man called Tom Bowen born 1916. By 1978 he was treating 280 patients per week! Often those patients only required three treatments.*

*Practitioners of the Bowen Technique use thumbs & fingers on precise points of the body to make rolling type movements to get messages to the brain for each part worked on to re-align or re-adjust itself, there is no force or manipulation needed.*

*Each treatment takes between 4h mins to 1 hour to perform - it is gentle & deeply relaxing.*

*Common presenting problems include - neck, back & limb problems, R.S.I., Sports injuries, frozen shoulder, respiratory conditions & much more.*

*Many people use Bowen as a means of stress management & health maintenance 2-4 times yearly.*

*It is safe for anyone, effective for babies up to senior citizens & including pregnant mothers.*

*In short - It is small precise moves on specific points of the body that relaxes the body & sets up a stimulus that encourages the body to repair itself.*

*I have been regularly practising this for Eight Years.*

**Gina Hearn**

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Society of Radiographers, Bowen Therapists HPC Health Professions Council

*Patt Stock DCR, SRR, MBTER, holds a diploma in diagnostic Radiography and has post graduate certificates in Mammography and Bone Densitometry. I am an accredited practitioner in the Bowen Technique (ECBS) and Neurostructural Integration Technique (NST). NST is an extended form of Bowen therapy.*

*Working in hospitals for the past thirty years has given me the opportunity to keep my medical knowledge up-to-date providing a sound foundation for my Bowen Practice. I work Monday to Friday from 9am to 6pm and Saturday mornings. I have two treatment rooms and I will do domiciliary visits if deemed necessary. I treat a wide range of conditions practising the holistic approach that is hallmark of his treatment.*

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**Paula Esson - Physical Therapy Clinic**

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Bowen Therapists European Register  
*The Bowen Technique is a pioneering soft tissue therapy. There is no forceful manipulation or adjustment. By correcting muscle function common musculo-skeletal presentations can be managed or corrected. Unique in that it combines a valid bodywork therapy with relaxation it is suitable from babies to the elderly.*

*This technique is non-invasive, effective and affordable. (Average cost £30 / hour)*

*Paula Esson is an experienced Sport Scientist who is working at an NHS Medical Practice. She is also a European Lecturer delivering courses to medical practitioners, physiotherapists and other skill areas. The Claypath Clinic is a busy practice with two qualified therapists.*

*Common presentations: Back pain, Whiplash, Sciatica, Sports Injuries, Stress/Tension, Pain Reduction, Frozen Shoulder (Rotator cuff) Fatigue, Biomechanical dysfunction.*

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Bowen Therapists European Register

*I am a 42 year old computer specialist who suffered considerable pain from soft tissue damage after a fall from a horse. Bowen Therapy had a remarkable and beneficial effect, so much so I studied the technique and qualified as a Bowen Therapist in 2002.*

*I am a mobile Bowen Therapist treating people in their own homes.*

*I have therapy rooms at my home in Staunton (on the A417 between Gloucester and Ledbury) and in Gloucester City.*

*I have just begun a course of study in Reflexology qualifying in 2004.*

**John Metherall**

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The Bowen Association UK - Bowtech, Federation of  
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*Michelle Langer is a skilled multidisciplinary therapist with a reputation for honest, effective therapy work. Practicing for nearly 5 years, with a lifelong interest in complementary medicine, she now works almost exclusively with Bowen due to its overwhelming effectiveness.*

*The Bowen Technique is gentle and effective on a wide range of conditions both chronic and acute. This versatile therapy is safe to use on expectant mothers, neonates, the elderly and infirm. Homeopathy & Nutrition complement Bowen work.*

*Some conditions that have responded favourably to Bowen: back, neck & shoulder pain, pelvic imbalance, asthma, menopause, pregnancy, infertility, IBS, whiplash, car accident trauma, sports injury, strained Achilles, depression, nervous breakdown, fatigue, Torticollis, fibromyalgia, pain relief, headaches, jaw problems, elderly 'aches & pains' and palliative care.*

*Michelle Langer is registered with the Bowen Association UK (BAUK) which works in partnership with The Prince's Foundation for Integrated Health. Michelle is also happy to work using Reflexology and, in the case of palliative care, massage. If needed, she can speak Spanish and French.*

*For further information about The Bowen Technique please visit:  
www.FeelingPeachy.co.uk or www.bowen-technique.co.uk*

*For appointments please call Michelle Langer on 07879 636 939*

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Bowen Therapists European Register, International Federation of Professional Aromatherapists, Lincolnshire Association of Healers  
*My name is Julie Jordan M.I.F.P.A., H.C.C.A., Clin Dip., L.A.H., Reiki, Cert E.C.B.S., M.B.T.E.R.*  
*I have been practising my therapies for over 9 years now, I am fully qualified in the Bowen Technique, Aromatherapy/Massage, Spiritual Healing, Reiki healing, Hopi Ear Candles, Bush Glover Essences, T.F.T \*Though Field Therapy\*.*

*I have been using all my therapies very successfully - predominantly using the Bowen Technique on all physical mental and emotional conditions such as , Frozen shoulder, Sciatica, Whip lash, General back and neck problems, sports injuries live hamstrings and knee problems, infantile colic, I.B.S and other related conditions, as well as stress and anxiety.*

*This treatment provides fast effective pain relief in 2-3 treatments regardless how long youve had the condition from a few days to 15-20 years, either helping minimize symptoms like M.S to completely relieving conditions like Sciatica.*

*Hopi ear candles work wonderfully for all ear, nose and throat conditions like Hay fever, Sinusitis, Rhynitis, Migraines etc, again with only 2-3 treatments.*

*With Spiritual healing or Reiki healing what ever is needed is given from relieving pain to enhancing relaxation.*

*Using all my treatments I work with babies/children to adults from minor conditions to terminal illness with guaranteed results.*

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*Based in G.P Surgery*

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*Lynn Redmond Nurse, Practitioner and Complementary  
Therapist MSc, R.G.N, R.M, R.H.V.*  
*Lynn is an accredited practitioner of the Bowen  
Technique. She also works as a senior nurse in the NHS.  
Her depth of experience in both general and  
complementary health practice ensure a consultation  
and treatment of the highest standard.*  
*Lynn is a registered nurse, midwife and health visitor,  
and her nursing qualifications are recorded by the  
nursing and midwifery council. She currently works as  
an advanced nurse practitioner in the NHS and is a  
member of the Royal College of Nursing  
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Manipulative Therapists (LCSP)  
*I am a registered member of the Bowen Association  
(UK) and the Bowen Therapy Academy of Australia. I  
have been practicing the Bowen Technique since 2002.  
The technique was developed by the late Tom Bowen in  
Australia in the 1950s. The technique is a series of  
gentle movements on skin which then allows the body  
to reset and heal itself. The Bowen Technique can treat  
anyone from newborn babies to the elderly. Some of  
the wide range of conditions that may respond well to  
Bowen Therapy are Sports injuries, back pain & sciatica,  
neck & shoulder problems, knee and ankle conditions,  
migraines & headaches, RSI and tennis elbow, stress  
and tension plus many, many more.*

**William Heaton  
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*Hello, Allow me to introduce myself, my name is Bill  
Heaton and I am a qualified practitioner of The Bowen  
Technique Therapy.*  
*The Bowen Therapy is a number of very gentle moves  
over muscles and soft tissue at various parts of the  
body. The practitioner uses only thumbs and fingers to  
make these moves and no force is ever used, yet the  
results are amazing.*  
*I have successfully treated very young babies, up to  
men and women in their seventies and eighties.*  
*Bowen has had good results on conditions such as:—  
painful backs, shoulders, elbows, knees, in fact any  
joint pain, I have had good results for asthma,  
respiratory problems, back pain in pregnancy, I have  
treated young children who have FSP (Familial Spastic  
Paraplegia).*  
*It is especially beneficial for stress or stress related  
problems, the number of health conditions that can be  
treated with Bowen therapy is virtually endless.*  
*I have treated physiotherapists and doctors with back  
and shoulder pain and have since had referrals from  
them.*  
*I offer home visits where it maybe easier eg for people  
who are elderly or disabled who may find it difficult to  
attend a clinic. I cover most "M" postcode and most  
"WA" postcode areas.*

**Anne Hazeldine  
Practitioner of Complementary Therapies**

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*The Bowen Technique is a holistic therapy in that the  
procedures used address the body as an integrated  
system. The light and non-invasive moves are intended  
to prompt the body to initiate its own highly  
sophisticated healing processes. The technique has  
proved effective across a wide range of muscular-  
skeletal conditions such as frozen shoulder. It also  
appears to help alleviate respiratory and digestive  
problems like asthma and irritable bowel. Stress-  
related issues seem to respond well to the technique  
giving clients a general sense of well-being and  
relaxation which supports recovery from illness.*  
*Robert became interested in the Bowen Technique when  
he was himself successfully treated for a persistent  
rowing injury to his shoulder. He subsequently trained  
with Julian Baker and Joy West. He has been practising  
the Bowen Technique since 1999 and became a full-  
time Bowen Therapist in 2002. A former teacher, B.Ed  
(Hons) and is a fully qualified ARA Bronze Award rowing  
coach. He is particularly interested in the use of the  
Bowen Technique in the treatment of sports injuries and  
as an aid to competition preparation and performance  
enhancement.*  
*Robert currently practices throughout Northumberland  
and Newcastle upon Tyne.*

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Bowen Technique in the treatment of sports injuries and  
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enhancement. Robert currently practices throughout  
Northumberland and Newcastle upon Tyne.*

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**E** *The Bowen Technique is a holistic therapy in that the procedures used address the body as an integrated system. The light and non-invasive moves are intended to prompt the body to initiate its own highly sophisticated healing processes. The technique has proved effective across a wide range of muscular-skeletal conditions such as frozen shoulder. It also appears to help alleviate respiratory and digestive problems like asthma and irritable bowel. Stress-related issues seem to respond well to the technique giving clients a general sense of well-being and relaxation which supports recovery from illness.*

**H** *Robert Manning became interested in the Bowen Technique when he was himself successfully treated for a persistent rowing injury to his shoulder. He subsequently trained with Julian Baker and Joy West. He has been practising since 1999. He became a full-time Bowen Therapist in 2002.*

**J** *Bob is a former teacher, B.Ed (Hons) and is a fully qualified ARA Bronze Award rowing coach. He is particularly interested in the use of the Bowen Technique in the treatment of sports injuries and as an aid to competition preparation and performance enhancement.*

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*My practice covers north and west London, with clinics in NW9, NW2 and W1.*

*I trained with and am a member of the Bowen Therapy Academy of Australia (BTAA) and belong to The Bowen Association UK. I further trained in chronic and acute back-pain. I gained Distinction in Anatomy and Physiology and hold a 1st Aid certificate.*

*During my practice I have experienced some dramatic results, including sustained relief from muscular symptoms persisting from historic injury; back spasm; cases where cessation or reduction of long-term drug treatment has been possible; pain reduction, increased mobility with corresponding improved quality of life.*

*Triggering the body to utilise and optimise its own inherent resources Bowen often aids post operative and accident recovery where recovery has reached a plateau. It addresses a range of conditions, including: Back/neck pain, sciatica, stress, insomnia, respiratory conditions, frozen-shoulder, RSI, posture, low energy, infertility, migraine, TMJ.*

*Consisting of gentle moves through lightweight clothing (or on skin), the treatment is given on a therapist's couch or a chair.*

*A session lasts from fifteen minutes to an hour and often few sessions are needed to alleviate symptoms, whether structural or functional, even if long-standing. Bowen enhances and complements other medical care.*

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*Sports Therapist and Bowen Technique practitioner with experience of working in partnership with other health care professionals to achieve successful patient outcomes in Cambridgeshire, Lincolnshire and Rutland...*

*Specialising in: Frozen shoulder, Sciatica, Back & neck pain, Knee & hip problems, Tennis elbow, Stress, Hayfever, Respiratory conditions, Musculoskeletal conditions. Bowen also aids complex and debilitating complaints such as: Migraine, Parkinson's Disease, Cerebral Palsy, Multiple Sclerosis, Asthma.*

*The Bowen Technique is a series of soft tissue moves designed to allow the body to reset and heal itself. Using thumbs and fingers, the practitioner lightly moves specific muscles, tendons and ligaments which promotes the healthy function of body systems. It is a gentle and non-manipulative treatment, suitable for all ages and can be performed through light clothing.*

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*I am a Bowen Practitioner listed on the European Register of Bowen Therapists. I have a health care background in nursing and midwifery. I have been practising a wide range of complementary therapies for five years. I trained in Massage of Bodywork at the Clare Maxwell-Hudson School in London and in Reflexology at the Bayly School, also in London. Through the work of these high profile schools, massage and reflexology have achieved widespread recognition. The Bowen technique is a remedial therapy which involves a series of gentle rolling type moves over specific points of the body. These moves are not painful and do not involve any high velocity movements, massage or hard tissues manipulation. The Bowen technique treats problems including back and neck pain, knee problems, sports injuries, RSI, frozen shoulder, tennis elbow, breathing conditions, hay fever and kidney problems. The Bowen technique is a means of stress management and health maintenance.  
I treat people at my own premises or at their homes or places of work. I am a member of The British Reflexology Association, the Massage Therapy Institute of Great Britain, The Federation of Holistic Therapists and the European Register of Bowen Therapists.*

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*My enthusiasm for the Bowen Technique came from a long-standing interest in complementary therapies. I first trained and qualified as a practitioner of Reiki, the Japanese energy healing system involving gently placing the hands in specific positions on the body. I then qualified in Holistic Massage with the Middlesex School of Complementary Medicine (M.S.C.M) and went on to qualify in Hot Stone Massage and Thermo Auricular Therapy (Hopi Ear Candling).  
I found Bowen after hearing some colleagues talk about their personal treatments. I was so impressed, I was determined to learn more about this amazing technique. I researched, studied and finally qualified at the European College of Bowen Studies.  
At the heart of the Bowen Technique is an understanding that the body has a tremendous ability to heal itself. This can be enormously helped by gentle pressure on soft tissue from the fingers and thumbs of a skilled and sympathetic practitioner.  
'Bowen is holistic: it addresses the body as a whole unit rather than just looking at the immediate symptoms - it embraces the physical, chemical, emotional and mental aspects of each person receiving treatment.'  
I am a full member of both the Bowen Therapist European Register (BTER) and the International Council of Holistic Therapists (ICHT).*

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Bowen Therapists European Register

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**Lianne Webb Chartered Physiotherapist**  
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Bowen Therapists European Register, Affiliation of Crystal Healing Organisations  
*Melinda provides a safe, relaxed, positive, trusting environment and is committed to bringing clients relief, and helping them move forward in life.  
Therapies offered: Bowen Technique, Crystal Therapy, Reiki, Colour Therapy, Holistic Fertility Therapy.  
The aim of these therapies when used separately or in combination with each other, is to restore wholeness, balance, and health on all levels. They can be applied to promote the body's own self-healing ability, release blocked energy, cleanse the body of toxins; relieve pain, stress, anxiety; enhance everyday life; encourage and support positive personal change.  
The treatments can benefit acute and chronic conditions, pre-operative care, and post-operative healing.  
All therapies are completely holistic, non-invasive, and can be used safely alongside other therapies or orthodox medical treatment. They are gentle, thus suitable for all ages, regardless of the state of health.  
Excellent results have been achieved with many common ailments including:  
Backache, Headaches/Migraines, Depression, Chronic Fatigue/ME, Asthma Breathing Difficulties, Confusion Emotional Imbalances, Fibromyalgia, Learning Difficulties, Frozen Shoulder Jaw Problems, Menopause, Pregnancy/Fertility, ADHD Insomnia/Sleep disorders, Autism Side Effects of Chemotherapy, Balance/Coordination, Low Vitality, Pelvic/Spinal Misalignment, Skin Problems, Arthritis/Joint Problems, Stress/Anxiety, Hyperventilation, Period Problems, Neck Pain.*

**Vicki Poole**  
**Dragonline**  
"Rowans"  
Chapel Lane  
Stoke  
Andover, Hampshire  
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Guild of Professional Practitioners, Bowen Therapists European Register

**David J Palmer Bowen Practitioner**  
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Bowen Therapists European Register

**Amanda Hermitage**  
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Bolingbroke Walk  
London  
**SW11 3NF**  
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British Complementary Medicine Association, Bowen Therapists European Register, Body Control Pilates Association, Register of Exercise Professionals  
*Amanda works for Muirhead Roberts Physiotherapy Clinic, where she practices treatments that complement physiotherapy. Home visits available.  
Amanda has been a therapist for eleven years, she qualified in Massage in 1992, Reflexology in 1994 and the Bowen Technique in 1995, with a special emphasis on back and neck problems. However she found that although she could get clients better, she couldn't stop them reinjuring themselves and consequently trained as a Pilates teacher - qualifying in 2000. As well as specialising in neck and back problems. Amanda now has a particular interest in posture and its effect on the mechanics of the spine. She also teaches remedial Pilates to clients recovering from operations and accidents and those with degenerative neurological illnesses.  
Amanda is a member of the British Complementary Medicine Association, The Bowen Therapists European Register and the Body Control Pilates Association.*

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British Complementary Medicine Association, Bowen Therapists European Register, Body Control Pilates Association, Register of Exercise Professionals  
*Amanda works for Muirhead Roberts Physiotherapy Clinic, where she practices treatments that complement physiotherapy. Home visits available.  
Amanda has been a therapist for eleven years, she qualified in Massage in 1992, Reflexology in 1994 and the Bowen Technique in 1995, with a special emphasis on back and neck problems. However she found that although she could get clients better, she couldn't stop them reinjuring themselves and consequently trained as a Pilates teacher - qualifying in 2000. As well as specialising in neck and back problems. Amanda now has a particular interest in posture and its effect on the mechanics of the spine. She also teaches remedial Pilates to clients recovering from operations and accidents and those with degenerative neurological illnesses.  
Amanda is a member of the British Complementary Medicine Association, The Bowen Therapists European Register and the Body Control Pilates Association.*

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Bowen

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Federation of Holistic Therapists  
*As well as Bowen Technique I practice Swedish Body Massage and Reiki.  
Reiki is one of the oldest of all therapies. Healing energy radiating from the hands has several basic effects. It can work on all levels physically, mentally, emotionally and spiritually.  
Swedish Massage is one of the most natural ways to de-stress the body. With increasing physical and emotional pressures of modern living making relentless demands on the body, massage has the potential to reduce strain and alleviate pain. It is also, invaluable in the preventative treatment of sporting injuries. The techniques applied can have a stimulating and relaxing effect on all the body systems.  
Bowen Technique consists of a series of gentle rolling*

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*moves that are made at specific points over muscles, tendons and soft tissue, interspersed with period of rest when the practitioner leaves the room for short periods. It is not a massage nor is it manipulative, but it connects with the whole body's energy system. I am committed to personal development and have been on workshop for advanced Bowen. I am also, registered with Bowen Technique European Register (BTER).*

**Robert Rowe**

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**Alastair Rattray  
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Bowen Therapists European Register, Football Association Medical Society  
*Alastair Rattray is a teacher with The European College of Bowen Studies, is the author of a number of articles on the effects of Bowen in sport, respiratory conditions and stress. He is running a study into the effects of Bowen on children with Asthma. Having qualified in sports injury treatment with the Football Association in 1962, he was physiotherapist to semi-professional football club for 10 years.*  
*His practice is in Tunbridge Wells area and he visits clients in London. His successful cases have included sinusitis, asthma, backs, knees and shoulders, migraines and headaches, panic attacks and stress. He has also succeeded with two cases of chronic infection. His work at the Blenheim Project in London has specific good results with clients rehabilitating after drug and drink problems.*  
*His website, relieve-childhood-asthma.com has led to many requests for help from all round the world. He recently successfully treated two children with daily attacks of asthma in Vietnam, instructing the boys father over the internet in the Bowen asthma procedure. He was the physiotherapist to one of the competitors in the recent Flora 1000 Mile Challenge, part of this years London Marathon.*

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**Chandrakant Patel  
"Shakti"**

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Bowen Therapists European Register

**William Heaton  
W H Therapies**

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Bowen Therapists European Register  
*Hello, Allow me to introduce myself, my name is Bill Heaton and I am a qualified practitioner of The Bowen Technique Therapy.*

*The Bowen Therapy is a number of very gentle moves over muscles and soft tissue at various parts of the body. The practitioner uses only thumbs and fingers to make these moves and no force is ever used, yet the results are amazing.*

*I have successfully treated very young babies, up to men and women in their seventies and eighties.*

*Bowen has had good results on conditions such as:— painful backs, shoulders, elbows, knees, in fact any joint pain, I have had good results for asthma, respiratory problems, back pain in pregnancy, I have treated young children who have FSP (Familial Spastic Paraplegia).*

*It is especially beneficial for stress or stress related problems, the number of health conditions that can be treated with Bowen therapy is virtually endless.*

*I have treated physiotherapists and doctors with back and shoulder pain and have since had referrals from them.*

*I offer home visits where it maybe easier eg for people who are elderly or disabled who may find it difficult to attend a clinic. I cover most "M" postcode and most "WA" postcode areas.*

**Suzi Sharples  
Living Business**

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Cheshire  
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F: 01925 265102  
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Association of Neuro-linguistic Programming Bowen Therapists European Register

**Isobel Knight  
Bowen Works**

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T: 07947 475082  
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W: www.bowenworks.org  
Bowen Therapists Academy of Australia

*I became interested in the Bowen Technique when most other physical therapies had failed to help my chronic back pain condition. Bowen gave me significant relief and I was impressed by the subtleties of the approach.*

*Bowen works on the feedback mechanism from muscle spindles and tendons. It is renegotiating and re-patterning. It affects ways in which muscles interact - e.g. it can address postural balance.*

*Bowen is a holistic therapy working at all levels based on the body's own ability to heal itself. Treatments work from inside out. The therapist makes a series of gentle moves and then leaves the room in order for the body to make sense of the information given to it, and for the directed energy to flow. The body prioritises what it will heal first. With Bowen, less is more.*

*Suitable for neonates to the elderly as it is very gentle, Bowen can be used to treat a wide range of complaints including back pain, knee and ankle problems, jaw, shoulder, carpal tunnel and tennis elbow problems, stress, anxiety, depression, respiratory and menstrual problems to name but a few.*

*I have particular interest in shoulder, elbow / wrist problems, back pain, womens health problems and injuries sustained by dancers.*

*I am working in Cambridge City Centre. NHS referrals welcomed.*

**Gordon Parfitt**

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Bowen Therapists European Register, The Federation of Holistic Therapists

*For almost 20 years I have been treating friends and relatives including professional sports people, as it was just something that I was good at. Eventually with a lot of encouragement from these people I embarked on professional qualifications so that I could use my knowledge more extensively to help other people.*

*In 2001 I qualified in Aromatherapy and Reflexology as well as becoming a Reiki Master. With this I set up Ancient Healing Arts, and started practising professionally.*

*In 2002 I achieved a Diploma in Nutrition, and started studying the Bowen Technique.*

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*Bowen quickly took over my practice as it was so much more beneficial than anything else I had come across. I became an accredited practitioner in March 2003. In July 2003 I also qualified in Thermal Auricular Therapy, and finished a 3 year teacher training course in Dru Yoga incorporating breathing, relaxation and other treatments, where these skills would be beneficial to the person being treated.*

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Bowen Therapists European Register

## Chiropractic

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British Chiropractic Association, European Chiropractic Union

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The British Chiropractic Association, The College of Chiropractors, General Chiropractic Council

**Helen Jack**  
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E: enquiries@helenjack.com  
McTimoney Chiropractic Association, General Chiropractic Council

*Helen specialises in the gentle McTimoney method of chiropractic which is suitable for all ages from the newborn to the elderly. McTimoney chiropractic is a whole body technique which aims to treat the cause of the problem and focuses highly on preventative posture work helping the patient minimise the re-occurrence of any symptoms. The gentleness of the treatment is in high velocity adjustments performed to correct the alignment of the spine and other joints of the body. Treating many kinds of symptoms she likes to work alongside the patients own Doctor keeping them informed of the progress and any areas of further concern. Her practice has a rapidly growing focus on pre and post natal care encompassing the care of newborn infants and children. Working in a practice alongside other McTimoney chiropractors a professional approach to chiropractic is adopted in a friendly enviroment with full time reception cover and evening appointments available. Wheel chair access.*

**John Lange**  
**Holly Cottage Chiropractic Clinic**  
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**B72 1QJ**  
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F: 0121 321 1766  
E: admin@hollycottagechiropractic.co.uk  
W: www.hollycottagechiropractic.co.uk  
British Chiropractic Association, General Chiropractic Council

**Martin Webb BA DC MMCA**  
**Optima McTimoney Chiropractic**  
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McTimoney Chiropractic Association  
*This practice specialises in McTimoney technique. McTimoney is a relatively gentle, whole body method of chiropractic which uses a variety of low-force adjustments to correct misalignments of the bones and restore normal nerve function. Its success stems from the speed, dexterity and accuracy with which the adjustments are performed. Its gentle nature makes it suitable for most categories of patient, including children, the elderly and pregnant women. The whole skeletal system is assessed at each treatment and adjusted as appropriate. Specific attention is given to the re-alignment of the pelvis before individual spinal vertebrae are adjusted, and the joints of the upper and lower limbs are fully mobilised to improve range of motion. McTimoney chiropractic can be beneficial for a wide*

*range of conditions including: Low back pain, and sciatica, upper / mid-back, and rib pain, neck, shoulder, and arm pain, whiplash injury, muscle, bone and joint pain, discomfort, and stiffness, back and spinal pain in pregnancy and resulting from it, osteoarthritis, repetitive strain injury. Once the patients respond to treatment, they are encouraged to attend for maintenance treatment to maintain and improve their physical health. They attend at intervals of between 2-6 months depending on circumstances.*

**Matthew Clancy**  
**Tamworth Chiropractic Clinic**  
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Staffordshire  
**B78 3LL**  
T: 01827 67777  
F: 01827 67767  
E: info@tamworthchiropractic.co.uk  
W: www.tamworthchiropractic.co.uk  
British Chiropractic Association, College of Chiropractors, General Chiropractic Council

*Tamworth Chiropractic Clinic specialises in the examination diagnosis and treatment of conditions affecting the musculoskeletal system. We us only the latest evidence based treatment protocols. All practitioners are registered with the General Chiropractic Council, British Chiropractic Association and College of Chiropractors. We also have post graduate advanced qualifications in the management of conditions affecting the extremities. We benefit from on-site x-ray facilities and are happy to accept out patient referrals. We have regular referrals from Neurosurgeons and Pain Management Specialists which we feel is a strong endorsement of our practice. We accept all major private health insurance providers, private funding patients and would be happy to discuss NHS referral.*

*Conditions treated include but not limited to: Back, Neck Pains, Whiplash Associated Disorder, Sports Injury, Pregnancy Related Pain, Children, Baby Colic, Restless Baby, Arthritic Pain, General Joint Pain, Headache, Radicular Pain. Numerous research papers have demonstrated Chiropractic treatment to be appropriate, safe and effective.*

**Amanda Green**  
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British Chiropractic Association, General Chiropractic Council

*Chiropractic is a health profession concerned with the diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system and the effects of these disorders on the function of the nervous system and general health (World Federation of Chiropractic, 1999).*

*All our chiropractors are registered with the General Chiropractic Council (GCC) and the British Chiropractic Association (BCA).*

*We offer treatment for a wide variety of complaints including low back pain, neck and shoulder problems, whiplash, tennis elbow, carpal tunnel syndrome, tension headaches or migraines, sports injuries, sciatica, menstrual pains, asthma and digestive disorders.*

*In addition, Dr Green is currently doing a Master of Science in Chiropractic Paediatrics, through which she treats pregnant mums with a variety of complaints including low back pain, "jumpy legs", pubic-symphysis (pains and mid thoracic complaints. Infants are commonly treated for colic, chronic ear infections, suck disorders, bed wetting, scoliosis and cranial distortions. Further to the treatment of the aforementioned conditions, Dr Cookson has a post-graduate qualification (CCEP) in the treatment and rehabilitation of extremity (arms/legs) disorders and has also has her work published in a peer reviewed journal. She has a keen interest in sports injuries and orthotic (shoe inserts) prescription.*

**David Evans**  
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British Chiropractic Association, General Chiropractic Council

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 McTimoney Chiropractic Association, Registered General Nurse, Orthopaedic Nursing, College of Chiropractors, General Chiropractic Council  
*Worked for 28 years as an Orthopaedic rehabilitation nurse within Birmingham Hospitals prior to qualifying as a Chiropractor.*  
*I work 3 days per week at the Chiropractic College in Oxford.*  
*I treat children and adults.*

**Jane Simblet**  
**Arden Chiropractic Clinic**  
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 Registered General Chiropractic Council, McTimoney Chiropractic Association, College of Chiropractors

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 College of Chiropractors, McTimoney Chiropractic Association, Register of Craniosacral Therapist, General Chiropractic Council

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 British Chiropractic Association

**Dawn Spruce-Sewell**  
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**Midsomer Norton Chiropractic Clinic**  
 94 Radstock Road  
 Midsomer Norton  
 Radstock  
 Banes  
**BA3 2AU**  
 T: 01761 411412  
 F: 01761 411412  
 E: kfohlmann@keynshamchiropractic.co.uk  
 W: www.midsomernortonchiropractic.co.uk  
 General Chiropractic Council, British Chiropractic Association

**Ray Jones**  
**Stanley Court Surgery**  
 55 High Street  
 Midsomer Norton  
 Radstock  
 Banes  
**BA3 2DQ**  
 T: 01761 414692  
 E: chirojones@aol.com  
 W: chirojones.co.uk  
 British Chiropractic Association, College of Chiropractors, General Register of Chiropractors

**Helga Hopkins**  
**West Moors Chiropractic Clinic**  
 Crossways  
 175 Station Road  
 West Moors  
 Dorset  
**BH22 OHX**  
 T: 01202 870852  
 F: 01202 525664  
 General Chiropractic Council, Member of College of Chiropractors, British Chiropractic Association

**Nick Blackwood**  
**Stour Chiropractic Clinic**  
 59 Bargates  
 Christchurch  
 Dorset  
**BH23 1QE**  
 T: 01202 484164  
 E: nickblackwood@aol.com  
 British Chiropractic Association, General Chiropractic Council

**Gilbert Méal**  
**Christchurch Chiropractic Centre**  
 1 Twynham Avenue  
 Christchurch  
 Dorset  
**BH23 1QU**  
 T: 01202 471481  
 F: 01202 418317  
 E: g.meal@btinternet.com  
 W: www.xchiro.co.uk  
 British Chiropractic Association, General Chiropractic Council

**David Allen**  
**Highcliffe Chiropractic Clinic**  
 415D Lymington Road  
 Highcliffe  
 Christchurch  
 Dorset  
**BH23 5EN**  
 T: 01425 277866  
 E: dcallen.dc@ntlworld.com  
 British Chiropractic Association, College of Chiropractors, Society of PAN Management (CoC), General Chiropractic Council

**Peter S Westergaard**  
**Scandinavian Chiropractic Centre**  
 27 Old Milton Road  
 New Milton  
 Hampshire  
**BH25 6DY**  
 T: 01425 628844  
 Danish Chiropractic Assoc, British Chiropractic Association (BCA)

**Robert Bateman**  
**Solent Chiropractic Clinic**  
 12 Gore Road  
 New Milton  
 Hampshire  
**BH25 6RX**  
 T: 01425 616699  
 F: 01425 616699  
 W: www.solentchiropracticclinic.co.uk  
 General Chiropractic Council, British Chiropractic Sports Council, British Chiropractic Association, European Chiropractors Union

**John Bradford**  
**Blue Ocean Chiropractic Clinic**  
 8 Rotherfield Road  
 Southbourne  
 Bournemouth  
 Dorset  
**BH5 2DS**  
 T: 01202 251630  
 General Chiropractic Council, British Chiropractic Association, College of Chiropractors  
*Blue Ocean Chiropractic Ltd is a small family run business focusing on high patient satisfaction rather than high patient numbers. We pride ourselves on our friendly but highly professional services. Dr Bradford graduated from the A.E.C.C. in 1999 and since this time has worked and is still working in an Oxfordshire practice in which he has built up an excellent reputation and an extremely successful practice. He treats Oxford United football club players amongst many other professional bodies. He has attained two years of locum work around the Dorset and Hampshire areas which led to another permanent position in a chiropractic clinic in Rustington (near Worthing) on the South Coast.*

*Within this practice he achieved an excellent insight into chiropractic rehabilitation. Now Dr Bradford is focusing on Bournemouth to be available to local people, not just exclusively to the people of Oxford. Blue Ocean Chiropractic Ltd, offers a free spinal analysis session whereby you can meet Dr Bradford to see if chiropractic is for you. We treat low back pain, neck pain, headaches, migraines, sciatica, irritable bowel syndrome, infantile colic, industrial injuries, sports injuries to name but a few. Initial consultation and treatment charges are twenty-five pounds. Dr Bradford's qualifications are: D.C., M.S.c., B.S.C (hons) and he is registered with the General Chiropractic Council. He is a member of the British Chiropractic Association and also the College of Chiropractors.*

**Martin Krir**  
**Charminster Chiropractic Clinic**  
 2 Milton Road  
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 Dorset  
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 T: 01202 296756  
 F: 01202 257623  
 W: Charminsterchiropractic.co.uk  
 McTimoney Chiropractic Association, General Chiropractic Council

**Jan Olsen**  
**Park View Acupuncture & Chiropractic Clinic**  
 Park View  
 35 Chesswood Road  
 Worthing  
 West Sussex  
**BN11 2AA**  
 T: 01903 230066  
 F: 08701 378280  
 E: info@park-view.co.uk  
 W: www.park-view.co.uk  
 British Chiropractic Association, General Chiropractic Council, Sacro-Occipital Technique Organisation

*Holistic chiropractic using traditional chiropractic technique (Diversified) as well as Sacro-Occipital Techniques (SOT), Activator and Dry Needling (European Acupuncture). This enables me to accommodate people of all ages including those with relative contra-indications such as osteoporosis, degenerative changes etc.*

*Main conditions treated:*  
*Acute and chronic mechanical, simple and degenerative cervical, thoracic and lumbar pains including conditions involving nerve root entrapment and / or referred pain. cervicogenic headaches, often TMJ related.*

*Dysfunctional limb joints.*

*Special interests:*  
*Whiplash injuries - both acute and chronic*

*The functional relationship between dental occlusion and temporomandibular joint and its physiological effects on the rest of the body.*

*Chiropractor, Dr Simone Cleverley MSc DC, has special interest in perinatal and paediatric chiropractic. There is a specialised field treating infants and children for conditions such as infantile colic, recurrent ear infections and failure to thrive using various paediatric techniques including cranial work. Back pain and sciatica in pregnancy is also well within the scope of her practice.*

*We also have three practitioners of Traditional Chinese Acupuncture. All are RGNs and one is also a midwife. They enjoy treating menopausal conditions and infertility. Hayfever and a wide variety of bowel and skin problems also respond to acupuncture.*

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**Christopher Garland**  
**Albion Acupuncture and Chiropractic Clinic**  
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McTimoney Chiropractic Association, General Chiropractic Council

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General Chiropractic Council, British Chiropractic Association, College of Chiropractors

**Rebecca Nicholas**  
**Back 2 Balance with Chiropractic**  
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European Chiropractors Union, General Chiropractic Council, British Chiropractic Association

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**Paula Moore**  
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General Chiropractic Council, United Chiropractic Association

*We provide an exceptional environment in which people of all ages can receive skilled Chiropractic adjustments and rehabilitation in order to enhance the quality of their lives.*

*We work with the whole person, examining the relationship between poor body posture (with an emphasis on the spine), the nervous system and overall health. By using this unique approach, we alleviate suffering which can mean returning to work, sleeping well, feeling flexible and experiencing more joy.*

*Our Facilities:*

- Easy/free parking*
- OAP/child discount*
- Private health insurance accepted*
- Private treatment rooms*
- Postural rehabilitation centre*
- Children's play area*
- State-of-the-art X-ray facility*
- Disabled access*

*Our Qualifications:*

*All of our Chiropractors have undertaken a four or five-year university degree programme and are registered with the General Chiropractic Council of England. Only practitioners meeting high standards of safety and competency are eligible to join this statutory register of health professionals.*

**Samantha Bird**  
**Shoreham Chiropractic Clinic**  
1-3 Ham Road  
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West Sussex  
**BN43 6PA**  
T: 01273 461155  
E: samanthabird@btconnect.com  
W: www.scc-chiropractic.co.uk  
General Chiropractic Council, British Chiropractic Association, European Chiropractors Union  
*Our aim at Shoreham Chiropractic Clinic, SCC, is to offer professional and trustworthy advice, diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system in a comfortable and friendly environment. We have a particular interest in combining chiropractic care with rehabilitation programs including Pilates & remedial yoga classes and 1-2-1 sessions. Our team of chiropractors, instructors and front desk management are committed to helping the patient achieve their health goals, be that to simply get out of pain or to optimise their fitness and prevent, where possible, reoccurrences of old problems.*  
*Our principle chiropractor Samantha Bird is a registered chiropractor with over 10years of experience. She has post graduate qualifications in the treatment of children and care of women during pregnancy. The pinnacle of her pre chiropractic life was to represent Great Britain in the triple jump. A continued interest in sport and body mechanics is reflected in her present day practice. Samantha has selected a team of chiropractors and class instructors that are committed to providing safe recovery in a controlled and managed environment.*

**Trevor Francis-Jones**  
**The Chiropractic Centre**  
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T: 01689 889492  
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College of Chiropractors, General Chiropractic Council, British Chiropractic Association

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British Chiropractic Association, General Chiropractic Council, European Chiropractic Union

**Sasha Langman**  
**Health and Healing**  
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T: 0117 914 5590  
McTimoney Chiropractic Association, College of Chiropractors, General Chiropractic Council

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**Thomas Scourfield**  
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Fellow of the Faculty of Rehabilitation and Chiropractic, Orthopaedics, General Chiropractic Council, British Chiropractic Association

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British Chiropractic Association

**Sasha Langman**  
**Bristol Natural Health Service**  
407 Gloucester Road  
Horfield, Bristol  
**BS7 8TS**  
T: 0117 9444448  
McTimoney Chiropractic Association, College of Chiropractors, General Chiropractic Council

**Joanna Cocking**  
**Clifton Complementary Medicine Centre**  
56 Royal York Crescent  
Clifton, Bristol  
**BS8 4JP**  
T: 0117973 4594  
T2: 01179 629059  
McTimoney Chiropractic Association, General Chiropractic Council  
*McTimoney Chiropractic is a straight forward method of adjusting the bones of your body to maintain the correct alignment of your spine and ensure your bodys nerve supply works efficiently. The gentle nature of the McTimoney Chiropractic technique makes it suitable for people of all ages including babies, pregnant women and the elderly.*

*The following conditions often benefit from treatment, back, neck and shoulder pain. Pain, discomfort and stiffness in joints and bones, migraine and tension headaches, muscular aches and pains, sciatica, whiplash injury, sports injuries, arthritis.*

*Joanna Cocking is a qualified chiropractor and member of the G.C.C. she is working in Clifton, and also in Barton Hill, Bristol.*

**Alison Archibald**  
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3 Dowry Place  
Hotwells, Bristol  
**BS8 4QL**  
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**Dr Helen Worthington**  
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W: www.northdownchiro.co.uk  
British Chiropractic Association, College of Chiropractors

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**A** **Jorgen Pedersen**  
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F: 028 6632 9158  
E: info@enniskillenchiropracticclinic.co.uk  
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**D** **Steven Aronson**  
**Cambridge Complementary Health Centre**  
8 Rose Crescent  
Cambridge  
Cambridgeshire  
**CB2 3LL**  
T: 01223 355344

E: steven@podzol.demon.co.uk  
McTimoney Chiropractic Association, General Chiropractic Council, British Psychological Society, British Association for Counselling and Psychology  
I practice McTimoney chiropractic, a gentle and effective treatment for the whole body.

Chiropractic is a straightforward method of adjusting the bones of the body to maintain the correct alignment of the spine, and to ensure the bodys nerve supply works efficiently. Through these subtle adjustments, chiropractic treatment can relieve pain and discomfort, increase mobility and provide a route to better health. The gentle nature of the McTimoney chiropractic technique makes it suitable for people of all ages including young babies, pregnant women and the elderly. The following conditions often benefit from treatment: back, neck and shoulder pain; pain, discomfort and stiffness in joints and bones; migraines and tension headaches; muscular aches and pains; sciatica; whiplash injuries and sports injuries.

McTimoney chiropractors use only their hands to make adjustments to the bones of the body. The key to the success of the adjustments is in the speed, dexterity and accuracy with which they are performed. The adjustments therefore are relatively quick and light.

**L** **Julia Smith-Pearse**  
15 Tea Kettle Lane  
Stetchworth  
Newmarket  
Suffolk  
**CB8 9TP**

T: 01638 508416  
McTimoney Chiropractic Associates, College of Chiropractors, General Chiropractic Council  
Chiropractic the McTimoney way. The gentle nature of the McTimoney chiropractic technique makes it especially suitable for people of all ages.  
A free spinal check is available without commitment to treatment, this includes an assessment of true alignment of the spine and posture, an explanation of what's found and advice on how to try to rectify any problems.

**Q** **Cherye Roche**  
**City Sanctuary Chiropractic**  
The Cottages  
Jones Court  
Womanby Street  
Cardiff

South Glamorgan  
**CF10 1BR**  
T: 02920 221177  
T2: 02920 343438  
E: info@citysanctuary.co.uk  
British Chiropractic Association, British Chiropractic Sports Council, Golf Health Federation, Fellow of College of Chiropractors

Dr Cherye Roche  
Experience: Fourteen (14) years clinical experience, Senior Lecturer - Welsh Institute of Chiropractic (University of Glamorgan)  
Training: Doctor of Chiropractic (U.S.A), Fellow - College of Chiropractors, Certified Athletic Trainer, Exercise Physiologist

Expertise: Clinical emphasis  
1) Management of chronic musculoskeletal conditions of the weight-bearing joints (foot, ankle, knee, hip, sacroiliac, lumbar/thoracic/cervical spine).

2) Functional Orthotic Therapy - use of "state of the art" dynamic biochemical Gaitscan analysis system for examination of patients, and management with custom orthoses as part of the plan of management.

3) Sports Injury Care - Experience with professional and Olympic level athletes.

Location: CENTRAL CARDIFF AT CITY SANCTUARY HEALING ARTS

(City Sanctuary Arts Centre offers a wide variety of CAM services)

This convenient location, along with her experience, training and expertise, allow Dr Roche to deliver diversified Chiropractic techniques along with the biochemical stability and balance created with the use of orthotic therapy, to provide clinical cost effective relief for many patients with chronic conditions.

Special note: Dr.Roche shares a clinic with her colleague Dr.Michael Cannon. Dr Cannon has a general chiropractic practice with similar emphasis on the examination and treatment of common musculoskeletal conditions.

**Michael Cannon**  
**Cannon Chiropractic**  
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Cardiff  
South Glamorgan  
**CF10 1BR**  
T: 02920 22 11 77

E: ivorcannon@yahoo.co.uk  
The General Chiropractic Council, The British Chiropractic Association, The College of Chiropractors  
Cannon Chiropractic is located in Central Cardiff close to the Millennium Stadium and Cardiff Castle. We specialise in the treatment of Musculo-Skeletal conditions and co-management of some neurological conditions. These vary from chronic low back pain to headaches, Sciatica to Migraines and Tennis elbow to knee problems.

Cannon Chiropractic is an "Evidence Based" clinical environment, using joint manipulation, manual therapy, soft tissue work and muscular rehabilitation for long term results.

We have particular interest in Orthotic Therapy, using the most advanced Gait Analysis Pressure Pad system available to treat foot, knee, hip and low back conditions.

**Andrew Miles**  
**Llandaff Chiropractic Clinic**  
116 Station Road  
Llandaff  
Cardiff

**CF14 2FH**  
T: 0292 0552299  
F: 02920 552299  
British Chiropractic Association, General Chiropractic Council, College of Chiropractors

**Rainer Welsler**  
**C3 Chiropractic Clinic**  
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Rhiwbina  
Cardiff

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The British Chiropractic Association, The General Chiropractic Council

**Stephen Burke**  
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**Ruth Freeborough**  
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General Chiropractic Council, McTimoney Chiropractic Association

The McTimoney method of chiropractic is a particularly gentle and effective form of manipulative therapy, using low-force adjustments to help restore movement and function. The gentle nature of its application means that it is a treatment that is suitable for people of all ages.

Chiropractic is particularly helpful in a diverse range of musculo-skeletal disorders including: Sports and other biomechanical injuries relating to the neck, shoulder, elbow, hand, hip, knee and foot, Cervicogenic headaches, Whiplash, Acute and Chronic low Back Pain, Sciatica, It can also be helpful in a number of other common conditions such as: Menstrual Irregularities, Digestive Disorders, regnancy

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**Anthony Corrigan**  
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The General Chiropractic Council, The College of Chiropractors, The McTimoney Chiropractic Association

**A** Christopher Taylor  
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24 Watling Street  
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Kent  
**CT1 2UB**  
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General Chiropractic Council (No:00484), British Chiropractic Association

**B**

**C** Sarah Hayward  
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**D**

**E**

**F**

**G** Alan T Plenty  
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**H**

**I**

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**K**

**L**

**M**

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**O**

**P**

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W: www.castlestreetchiro.co.uk  
General Chiropractic Council, British Chiropractic Association

**R**

**S**

**T** Alyson Wreford  
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Kent  
**CT5 1DB**  
T: 01227 273821  
W: www.evolution-health.co.uk  
College of Chiropractors (Sport) & (Cranial) Faculties, British Chiropractic Sports Council, Sacro Occipital Technique Organisation (Europe), General Chiropractic Council, British Chiropractic Association

**U**

**V**

**W**

**X** Stefaan Vossen  
Chiropractic UK Rugby  
44 Regent Place  
Rugby  
Warwickshire  
**CV21 2PN**  
T: 01788 547711  
F: 01788 547755  
E: stefaanukrugby@ad.com  
W: www.chirouk.com  
General Chiropractic Council

**Y**

**Z**

**Rekha Rampersad**  
Chiropractic UK Rugby  
44 Regent Street  
Rugby  
Warwickshire  
**CV21 2PN**  
T: 01788 547711  
E: rekhaukrugby@aol.com  
W: www.chirouk.com  
United Chiropractic Association, General Chiropractic Council

**Carl Seal**  
Abbey Chiropractic & Sports Injury Clinic  
52 Dawlish Drive  
Styvechale  
Coventry  
**CV3 5NB**  
T: 024 7669 7007  
E: cvseal@tiscali.co.uk  
McTimoney Chiropractic Association, College of Chiropractors, General Chiropractic Council

**Eliza May**  
Spring Clinic  
46 Regent Street  
Leamington Spa  
**CV32 5HW**  
T: 01926 745236  
E: colonhydrotherapy@yahoo.co.uk  
McTimoney Chiropractic Association, General Chiropractic Council

**Craig Scott-Dawkins**  
Heathcote Chiropractic Clinic  
Warwick Gates Family Health Centre  
Cressida Close  
Heathcote  
Warwick  
**CV34 6DZ**  
T: 01926 889558  
F: 01926 886075  
E: cscott-dawkins@ukonline.co.uk  
W: heathcotechiropractic.co.uk  
British Chiropractic Association, General Chiropractic Council

**Emma Bexson**  
Shipston Natural Health Centre  
14 Market Place  
Shipston-on-Stour  
Warwickshire  
**CV36 4AG**  
T: 01608 664664  
E: e.bexson@btinternet.com  
W: www.mychiropractor.org.uk  
College of Chiropractors, General Chiropractic Council, McTimoney Chiropractic Association

**Edwards Deldre**  
Abacus Chiropractic and Physiotherapy Clinic  
75 Shottery Road  
Shottery  
Stratford-upon-Avon  
**CV37 9QQ**  
T: 01789 294313  
F: 01789 261869  
E: abacus.chiropractic@ntlworld.com  
International Chiropractic Association, International Chiropractic Paediatric Association, McTimoney Chiropractic Association, General Chiropractic Council  
*Abacus Chiropractic and Physiotherapy Clinic has a team of experienced Chiropractors, Physiotherapists, Massage Therapists, and Personal Trainers.*  
*Deidre Edwards, senior chiropractor, has been in the health care sector since 1971, with her special interests and knowledge base being in paediatrics. She has carefully chosen a multi-disciplinary team, offering a multi dimensional approach to support the needs of all family members. The clinic has a standard screening protocol, with pro-active interaction, enabling early intervention to prevent chronicity.*  
*Abacus is within walking distance of the town centre, has ample parking, and the reception is manned from Monday to Friday.*

**Andy Ross**  
Abacus  
75 Shottery Road  
Stratford-upon-Avon  
Warwickshire  
**CV37 9QQ**  
T: 01789 294313  
F: 01789 261869  
E: Ross-Andy@hotmail.com  
McTimoney Chiropractic Association, International Institute of Sports Therapies, General Chiropractic Council

**Rachel Newey**  
Hill House  
1 John Nash Square  
Kenilworth  
Warwickshire  
**CV8 1RJ**  
T: 01926 854094  
GCC General Chiropractic Council, MCA McTimoney Chiropractic Association

**Claire Mather-Dodd**  
Central Cheshire Chiropractic Clinic  
98 Middlewich Road  
Rudheath  
Northwich  
Cheshire  
**CW9 7DA**  
T: 01606 47776  
F: 01606 47776  
E: Cammd@btopenworld.com  
British Chiropractic Association, General Chiropractic Council

**Wayne Murray**  
Chiropractic UK Burton Ltd  
41 New Street  
Burton on Trent  
Staffordshire  
**DE14 3ZW**  
T: 01283 539090  
F: 01283 539191  
E: wpm70@hotmail.com  
W: www.chirouk.com/burton.html  
British Chiropractic Association, General Chiropractic Council

**Andrew Oliver**  
Highfield Chiropractic Clinic  
48 Kedleston Road  
Derby  
Derbyshire  
**DE22 1GW**  
T: 01332 346760  
F: 01332 291786  
E: info@highfield-clinic.co.uk  
W: www.highfield-clinic.co.uk  
British Chiropractic Association, General Chiropractic Council  
*Highfield Chiropractic Clinic was established in 1981 and specializes in the diagnosis and treatment of back and neck pain, sciatica, whiplash, headaches, pins and needles and other joint or muscular problems.*  
*We have modern and comfortable facilities housing three treatment rooms, on site x-ray facilities, resident sports/remedial massage therapist and a specialist spinal rehabilitation gym.*  
*In our gym we have installed exercise training facilities based on the latest research for back and neck rehabilitation. Selected patients take part in exercise programmes based on the latest research to strengthen and restore function to the spine, under the direction and supervision of our trainer.*  
*In recent years the value of chiropractic treatment has been demonstrated every more convincingly, and for the past 7 years services of this clinic have been available on the NHS through some GP practices and also purchased by local industry. Acordis (formerly Courtaulds) have used our services within their Occupational Health Department for several years for the benefit of their staff.*  
*All our Chiropractors have undergone a minimum of four years full time training, and are members of the British Chiropractic Association and registered with the General Chiropractic Council.*

**Shaun Knighton**  
Heanor Chiropractic Clinic  
33 Mundy Street  
Heanor  
Derbyshire  
**DE75 7EB**  
T: 01773 762346  
E: xro@hotmail.co.uk  
General Chiropractic Council, British Chiropractic Association, SOTO Europe, The Association of Osteomyologists

**Peter McCann**  
Beneficial Chiropractic Clinic  
1 Blackwell Lane  
Darlington  
County Durham  
**DL3 8QF**  
T: 01325 367 667  
E: info@beneficialchiro.com  
W: www.beneficialchiro.com  
United Chiropractic Association

**A Ruth Bishop**  
Tickhill Chiropractic Clinic  
6 Buttercross Court  
Tickhill  
Doncaster  
**DN11 9JX**  
T: 01302 759900  
E: bishruth@aol.com  
General Chiropractic Council, SOTO Europe, College of Chiropractors, British Chiropractic Association

**D G Ashley**  
Brigg Chiropractic Clinic  
Copper Beech  
Bridge Street  
Brigg  
**DN20 8NF**  
T: 01652 650032  
F: 01652 650300  
College of Chiropractors, General Chiropractic Council, British Chiropractic Association

**G Simon Boulton**  
Gainsborough Chiropractic Clinic  
26A Hickman Street  
Gainsborough, Lincolnshire  
**DN21 2DZ**  
T: 01427 617070  
British Chiropractic Association, College of Chiropractors

**I Sigrud de Vries**  
The Park Chiropractic Clinic  
Storcroft House  
London Road  
Retford, Nottinghamshire  
**DN22 7EB**  
T: 01777 860377  
F: 01777 710790  
E: sigridoxenvad@onetel.net.uk  
General Chiropractic Council, British chiropractic Association

**L G Ashley**  
Bargate Chiropractic Clinic  
The Willows  
23 Bargate  
Grimsby, Humberside  
**DN34 4ST**  
T: 01472 362002  
T2: 01472 362003  
F: 01472 362004  
College of Chiropractors, General Chiropractic Council, British Chiropractic Association

**O Jocelyn Medley-Rose**  
Dorchester Chiropractic Clinic  
41c South Street  
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**DT1 1DF**  
T: 01305 250700  
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British Chiropractic Association, College of Chiropractors, Sacro Occipital Technique Organisation Europe

**R Graham Morland-Smith**  
The Centre for Complementary Health Care  
3 The Plocks  
Blandford Forum  
Dorset  
**DT11 7AA**  
T: 01258 458 120  
E: gms\_chiro@hotmail.com  
General Chiropractic Council, College of Chiropractors, McTimoney Chiropractic Association

**U Lorna Fox Chiropractor**  
59 West Allington  
Bridport  
Dorset  
**DT6 5BL**  
T: 01308 459979  
E: foxylorna@yahoo.com  
British Chiropractic Association

**X Michael Rufus**  
Sherbourne Chiropractic Centre  
First Floor  
House of Steps  
Halfmoon Street  
Sherborne  
Dorset  
**DT9 3LN**  
T: 01935 815660  
College of Chiropractors, British Chiropractic Association

**Jane McKenzie-Riley**  
Wyre Forest McTimoney Chiropractic Clinic  
Lion House  
Lion Street  
Kidderminster  
Worcestershire  
**DY10 1PT**  
T: 01562 60823  
E: jane.mckenzie@btopenworld.com  
McTimoney Chiropractic Association  
General Chiropractic Council  
*Jane specialises in the McTimoney method of chiropractic which is suitable for all ages; from newborn baby, through all stages of life, to the elderly (including osteoporosis).*  
*McTimoney chiropractic is a gentle whole body technique, which aims to establish and treat the course of the problem, and also focuses highly on preventative posture work, helping the patient to minimise re-occurrence of the original symptoms.*  
*The treatment is mainly based on light high velocity adjustments made to correct the alignment of the spine and other joints of the body, thereby allowing the central nervous system to work to the best level possible. Jane likes to work alongside the patients GP/Consultant, keeping them informed of the progress, and any areas of concern.*  
*Janes practice has a rapidly growing focus on pre and post natal care, children with "growing pains", and children or adults with ADHD.*  
*Working in a practice alongside other McTimoney Chiropractors and other therapists, on an integrated health basis allows a professional cross referral approach to be taken where appropriate. (It is aimed that all staff will be police checked). Evening appointments are available with ground floor wheelchair access.*

**Nigel Corbett**  
Kingsford Chiropractic Clinic  
17 Park Street  
Kingswinford  
**DY6 9LX**  
T: 01384 402948  
F: 01384 403948  
British Chiropractic Association, College of Chiropractors, General Chiropractic Council

**Charlotte Cooley**  
Chingford Chiropractic Clinic  
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Chingford, Essex  
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T: 020 8559 3442  
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E: charlotteeperry@hotmail.com  
W: www.chingford-chiro.co.uk  
United Chiropractic Association, Nursing and Midwifery Council  
General Chiropractic Council

**Pamella Chu**  
Borders Chiropractic  
Unit 2 (Suite 2) Rowen Court  
Cavalry Park  
Peebles  
Scottish Borders  
**EH45 9BU**  
T: 01721 725728  
E: pamellachu@borderschiropractic.co.uk  
W: www.borderschiropractic.co.uk  
General Chiropractic Council, British Chiropractic Association, British Chiropractic Sports Council

**Rowen Simpson**  
Cat Hill Chiropractic Clinic  
103 Cat Hill  
East Barnet  
**EN4 8HP**  
T: 020 8275 0656  
F: 0870 706 0447  
E: rowen@cathillchiro.co.uk  
W: www.cathillchiro.co.uk  
General Chiropractic Council, Member of College of Chiropractors, British Chiropractic Association

**Claudio Merkler BEd (PhyEd) BSc (Chiro) DC**  
CCEP ICSSD MCC  
Hadleigh Clinic  
161 High Street  
Barnet, Hertfordshire  
**EN5 5SU**  
T: 020 8440 8977  
E: info@chiro-practice.co.uk  
W: www.chiro-practice.co.uk  
General Chiropractic Council, British Chiropractic Association, European Chiropractic Union, College of Chiropractors, British Chiropractic Sport Council, International Federation of Sport Chiropractic

**Kevin Lelzer**  
The Cheshunt Chiropractic Clinic  
The Lodge  
Albury Ride  
Cheshunt  
**EN8 8XE**  
T: 01992 627717  
F: 01992 303016  
W: www.cheshunt-chiro.co.uk  
General Chiropractic Council, British Chiropractic Association, Fellow of College of Chiropractic

**Mark Stone**  
Castle Chiropractic Clinic  
26 Castle St  
Barnstaple, Devon  
**EX31 1DR**  
T: 01271 327444  
E: markstone@fsbdial.co.uk  
W: www.castlechiropractic.co.uk  
British Chiropractic Association, European Chiropractic Union, College of Chiropractors, General Chiropractic Council  
*Our goal - to return people to good health in the fastest possible time*  
*We can treat - all age groups subject to a thorough consultation and examination. We are particularly interested in postural alignment and the prevention of related problems from childhood.*  
*our rehabilitation programmes follow completion of remedial chiropractic treatment, and can be separated in to two groups:*

1. Spinal rehabilitation - a comprehensive 13 week proven programme, using specialist equipment, and targeting specific muscle groups. Suitable for chronic, recurrent and post surgical patients.
2. Muscle reconditioning - a six week programme for retraining and strengthening muscles primarily to prevent recurring acute injuries leading to chronicity. We treat a wide range of musculo-skeletal problems including: mid and low back pain, neck and shoulder injuries and extremity pain. We also have success treating sciatic related problems, asthma, colic and some types of headaches.

*Subject to patient consent, we can provide preliminary assessments, report of findings and re-assessment to third parties.*  
*We can engage in contractual agreements with some companies. Most insurance plans accepted. Childrens rates available. NDHCT discount applied to NHS personnel*  
*For further information call Barnstaple 01271 327444 or Ilfracombe 01271 867970*

**Sharon Read-Jones**  
Barnstaple Chiropractic Clinic  
Litchdon Medical Centre  
Landkey Road  
Newport  
Barnstaple, Devon  
**EX32 9LL**  
T: 01271 376776  
F: 01271 325979  
E: info@chiropractor-uk.co.uk  
W: www.chiropractor-uk.co.uk  
British Chiropractic Association, College of Chiropractors, General Chiropractic Council Registration  
*Qualifications and Experience*  
*Sharon attended a four year full time degree course at the Anglo-European College of Chiropractic, Bournemouth, where in 1992; she graduated with a Bachelor of Science Degree in Chiropractic.*  
*After a fifth year of practical training, she became a fully qualified Doctor of Chiropractic and practiced at various Medical Centres and Chiropractic Clinics throughout the South West before opening her own practice at Litchdon Medical Centre, Barnstaple, in January 1999.*  
*Treatment: Sharon treats conditions, including sports injuries that are due to mechanical dysfunction of the joints and muscles, particularly those of the spine. She uses manipulation sometimes aided by X-rays, electrical therapies such as ultrasound and interferential, massage and dry needling. She also has the latest computer technology to accurately assess gait and prescribe quality orthoses.*

*Free Initial Consultation: Patients may wish to discuss their condition with Sharon prior to the commencement of any treatment. Appointments for this purpose are welcome without obligation.*  
*Emergency Home Visits can be arranged.*  
*Clinic Hours 8.45am - 7.00pm Monday to Friday and 8.45am - 11.00am Saturday.*  
*Outside Normal Hours*  
*An emergency only telephone number (07971-960216) is available for emergency home visits and/or urgent advice.*

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**Heather Lamacraft**

82 St Andrews Road  
"Exmouth Holistic Centre"  
Exmouth  
Devon  
**EX8 1AS**  
T: 01395 269996  
E: heather.lamacraft@virgin.net  
McTimoney Chiropractic Association, Bowtech,  
International Institute for Neurostructural Integration  
Technique

**Mette Stopa  
Bearsden Chiropractic Clinic**

152 Drymen Road  
Bearsden  
Glasgow  
**G61 3RE**  
T: 0141 570 0090  
BCA, GCC

**Allan Dalziel  
McTimoney Chiropractic Clinic**

6 Woodburn Avenue  
Clarkston  
Glasgow  
Scotland  
**G76 7TZ**  
T: 01416 441111  
E: allandalziel@supanet.com  
W: www.allandalziel.co.uk  
McTimoney Chiropractic Association, College of  
Chiropractors, General Chiropractic Council

*The great nature of the McTimoney Chiropractic technique makes it especially suitable for all types of patient from the very young to the elderly. It can be safely used during pregnancy and after childbirth, for chronic and acute conditions such as back and other joint problems, headaches neck pain, sciatica, whiplash injury and sports injuries.*

*At the initial consultation, a full patient history is taken, supported by orthopaedic and neurological testing as appropriate. During the treatment, the whole body is assessed. If the chiropractor discovers or suspects a problem, which requires medical investigating or an x-ray, the patient will be referred to their GP.*

*Each course of treatment is tailored to the needs of the patient. On average, the majority of patients need between three and four sessions, but the chiropractor will provide a better idea of the proposed treatment plan after the initial consultation.*

*Appointment times are flexible to accommodate patient's needs, and are available Monday to Friday 9am to 1pm by arrangement.*

*Where Chiropractic manipulation is contraindicated and pain relief is require, I use Electrotherapy treatment involving therapies such as Shortwave diathermy, Ultrasound, TENS, Interferential Stimulation and Photomedicine (laser).*

**Charles Cutts  
Gloucester Chiropractic Clinic**

31 St Michaels Square  
Gloucester  
Gloucestershire  
**GL1 1HX**  
T: 01452 304386  
British Chiropractic Association, College of Chiropractic

**Aidan Barry  
Back In Action**

15 Church Street  
Tewkesbury  
Gloucestershire  
**GL20 5PD**  
T: 01684 291261  
E: mail@back-in-action.net  
W: www.back-in-action.net  
British Chiropractic Association, General Chiropractic Council

*Back In Action is a multidisciplinary, holistic health care centre, started in early 2007 by Aidan Barry and Alison Rous.*

*We started this practice with the aim to provide the Tewkesbury area with an holistic approach to their health care. We do this with a genuinely integrated, multidisciplinary approach, using the treatment methods of chiropractic, aromatherapy, massage (Swedish or sports), dry needling (acupuncture with a western bent), mobilization, electrotherapy, patient education, physical rehabilitation, activator technique and soft tissue work.*

*We are currently building relationships with other medical professionals in the area in an attempt to further each patient's health care, to the benefit of their wellbeing.*

*With our interest in sports chiropractic and massage, we are actively seeking to cultivate connections with various local sports clubs.*

*We aim to bring you the most effective, efficient health care tailored to each patient's individual health goals. We will listen without judgement, examine, educate, and treat with integrity and respect, coaching individuals towards a healthy future. We will provide the best care and advice that we have at our disposal. Aidan Barry earned an MSc in Chiropractic from the AECC in 2003, and is fully registered with the GCC and BCA*

**Alison Shaw  
Leckhampton Chiropractic Clinic**

2 Brunswick Buildings  
Bethesda Street  
Cheltenham  
Gloucestershire  
**GL50 2AZ**  
T: 01242 227440  
F: 01242 224366  
E: alisonshaw@aol.com  
W: alisonshaw@btinternet.com  
British Chiropractic Association, General Chiropractic Council

**Stuart Smellie  
Skellian Chiropractic Clinic**

St Pauls Medical Centre  
121 Swindon Road  
Cheltenham  
Gloucestershire  
**GL50 4DP**  
T: 01242 254000  
F: 01242 254400  
E: stpauls@skellian.co.uk  
W: www.skellian.co.uk  
College of Chiropractic, British Chiropractic Association, General Chiropractic Council

**Rita Hemmings  
Cheltenham Chiropractic Clinic Ltd**

Granley House  
396 Gloucester Road  
Cheltenham  
Gloucestershire  
**GL51 7TB**  
T: 01242 513459  
E: info@cheltenhamchiropractic.com  
W: www.cheltenhamchiropractic.com  
General Chiropractic Council, British Chiropractic Association, College of Chiropractors  
Cheltenham Chiropractic Clinic

*Established in 1978, by Rita Hemmings, the Cheltenham Chiropractic Clinic has served the Chiropractic needs of almost 11000 patients from the Cheltenham area.*

*The practice is easy to find on the junction of Gloucester Road and Granley Road. There is ample parking at the rear of the practice, with X-ray facilities onsite.*

*There are currently two practitioners at the practice: Rita Hemmings and Catherine Owers. Both are registered with the General Chiropractic Council and are members of the British Chiropractic Association.*

*Patients of all ages are treated (from babies to centenarians) for conditions from low back pain with or without leg symptoms, to neck pain with or without arm pain/ headache/ migraine. The treatment is classic Chiropractic involving soft tissue work and manual manipulation of the joints if appropriate.*

*The practice is open Monday to Friday from 9am to 6pm with later evening appointments available on Mondays and Thursdays.*

*The current (July 2003) charges are:  
Initial consultation and treatment (1 hr) £35  
Initial consultation and treatment (1 hr) £35  
Initial consultation, x-ray and treatment (1 hr) £45  
Subsequent treatments ( 20 mins) £25*

*The charges are often met by Private Health Insurance Companies, either in part or full. The clinic accepts cash, cheques, debit and credit cards.*

**Robert Grace  
The Regency Clinic**

76 Hales Road  
Cheltenham  
Gloucestershire  
**GL52 6SS**  
T: 01242 222111  
E: rob@regency-clinic.co.uk  
W: www.regency-clinic.co.uk  
General Chiropractic Council, British Chiropractic Association, The College of Chiropractors

*The Regency Clinic provides a professional multidisciplinary in the relaxed and comforting environment of a refurbished Victorian building.*

*Robert Grace who owns The Regency Clinic is a fully qualified and well experienced Chiropractor recognised by all major insurance companies, who also has a*

*degree in Sports Science. The clinic offers everybody a FREE initial consultation involving a full case history, examination and detailed diagnosis.*

*The key to the success of The Regency Clinic has been to treat the cause of your pain and to prevent reoccurrence. The preventative treatment within the clinic is by way of Podiatry, Massage Therapy, Pilates exercise classes and a fully equipped spinal rehabilitation gym.*

*Treatments are specific to the individual patient depending on their age, severity of symptoms and their lifestyle, but most commonly manipulation is performed followed by massage, electrotherapy and then advice and exercises prescribed to prevent reoccurrence.*

*Typical conditions treated at The Regency Clinic are lower back pain with leg pain, neck and arm pain, sciatica, slipped discs, whiplash injuries, headaches, sports injuries, tennis elbow, sprained ankles and frozen shoulder.*

*We have it all under one roof at The Regency Clinic.*

**Gabrielle Swait  
Cotswold McTimoney Chiropractic Group**

The Natural Health Centre  
Guilimont Health Centre  
Stoke Road  
Bishops Cleeve  
Cheltenham  
Gloucestershire  
**GL52 8RP**  
T: 01242 678765

General Chiropractic Council, College of Chiropractors, McTimoney Chiropractic Association

*Gabrielle has been in practice since 1990. She completed a degree in physiology, specialising in neuroscience, at Oxford University in 2001 and now lectures in Neuroscience. She is Clinic Manager for the McTimoney College of Chiropractic student teaching clinics and teaches on the BSc course there. More recently Gabrielle has completed a 6 month course in Evidence-Based Practice and is involved in teaching this within a chiropractic profession.*

*The clinic is a multidisciplinary practice, having other practitioners working alongside the chiropractors where appropriate, including a physiotherapist, acupuncturist, counsellor and remedial massage practitioner. The group aims to address all aspects of biochemical pain conditions from pain management to functional rehabilitation, psychosocial factors and prevention of re-injury through education.*

*Gabrielle is registered with the General Chiropractic Council and is a member of both the College of Chiropractors and the McTimoney Chiropractic Association.*

*Chiropractic treatment costs are covered by all major health insurers. Chiropractic appointments are available at weekends and in the evenings as well as during usual work hours.*

**Nicholas Hall  
Cotswold Chiropractic Clinic**

Clarks Hay  
South Cerney  
c/o 4 Huxley Court  
South Cerney  
Cirencester  
Gloucestershire  
**GL7 5XF**  
T: 01288 862361  
T2: 07970 830162

E: nickhall@cotswoldchiro.com  
W: www.cotswoldchiro.com  
General Chiropractic Council, McTimoney Chiropractic Association, Member of Federation of Holistic Therapist, Member of College of Chiropractors

*Nicholas Hall BSc DC MMCA MICHT  
Cotswold Chiropractic Clinic*

*McTimoney Chiropractic is a very gentle and effective system of chiropractic. Improved alignment of bones and joints of the body reduces pain and assists recovery from injuries.*

*Patients report a wide range of improvements including relief from:*

- Migraines & Headaches*
- Sciatica & Low Back Pain*
- Whiplash injuries & Post accident trauma*
- Arthritis conditions*
- Sports injuries*

*It is the gentleness of the McTimoney technique and whole body treatment which distinguishes it from other manipulative methods. At each treatment, body alignment is checked and adjustments made by rapid hand movements without undue discomfort to the patient. This improves posture, increases mobility, stimulates general well-being and reduces their pain. I use massage techniques to help with treatment and recovery.*

*Almost everyone can be safely treated including tiny babies, young children, pregnant women, people with*

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**A** disabilities and the elderly. I am attending CPD Courses to develop specialisation in treating mothers and children.

**B** I like to work in co-operation with doctors whenever possible. I have professional indemnity insurance and am registered with both the McTimoney Chiropractic Association & General Chiropractic Council.

**C** Clinic is above the Phoenix Surgery, Clarks Hay, Opposite the Post Office, South Cerney.

**D** Additional emergency phone number: 07970 830162  
Additional Qualifications:

**E** Qualified Activator Methods Chiropractic Technique. Currently undergoing additional training for a Certificate in Specialisation in Chiropractic Paediatrics.

**F** Clinic is above the Phoenix Surgery, Clarks Hay, Opposite the Post Office, South Cerney.

**G** Additional emergency phone number: 07970 830162  
Additional Qualifications:

**H** Qualified Activator Methods Chiropractic Technique. Currently undergoing additional training for a Certificate in Specialisation in Chiropractic Paediatrics.

**I** Clinic is above the Phoenix Surgery, Clarks Hay, Opposite the Post Office, South Cerney.

**J** Additional emergency phone number: 07970 830162  
Additional Qualifications:

**K** Qualified Activator Methods Chiropractic Technique. Currently undergoing additional training for a Certificate in Specialisation in Chiropractic Paediatrics.

**L** Clinic is above the Phoenix Surgery, Clarks Hay, Opposite the Post Office, South Cerney.

**M** Additional emergency phone number: 07970 830162  
Additional Qualifications:

**N** Qualified Activator Methods Chiropractic Technique. Currently undergoing additional training for a Certificate in Specialisation in Chiropractic Paediatrics.

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Registered with the General Chiropractic Council, Member of British Chiropractic Association, Member of College of Chiropractors, Specialist Member of Faculty of Chiropractic Orthopaedics, and Rehabilitation  
At the Richdale Chiropractic Centre the Chiropractors are

Doctor of Chiropractic

Registered with the General Chiropractic Council

Member of the British Chiropractic Association

Members of the College of Chiropractors

UK trained, graduating from internationally recognised institution

have completed a minimum of 4 or 5 years full time study to MSc level.

Chiropractic care is increasingly being recognised as a safe and effective form of treatment for low back and neck pain. Chiropractic treatment, however is not limited to the spine and may also help other joint problems affecting the shoulders, hips, knees, ankles, elbows or wrist.

According to the latest research, in cases of long term or recurrent low back and neck pain or whiplash, spinal rehabilitation exercise programmes reduce disability, as well as, significantly decrease the chances of recurrent episodes. At Richdale Chiropractic Centre, the Chiropractors have a special interest in spinal rehabilitation.

The Centre is recognised by most private health insurance companies.

Dr Rishi S Loatey & Associates

Richdale Chiropractic Centre

Please telephone: 020 8 900 9004 for an appointment or further information.

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Qualified in SA and USA. Currently registered with GCC. Experienced in lecturing in various chiropractic teaching institutions, currently lecturing in differential diagnoses, paediatrics, musculoskeletal medicine and clinical neurology. I am also responsible for the Postgraduate Programme Coordination, including CPD - programmes at MCC.

I believe in an appropriate physical and neuromuscular-skeletal examination for every patient, in order to reach a diagnosis and treatment plan. Treatment consists of soft tissue work, adjustments, flexion-distraction, dryneedling or Ischaemic compression. Rehabilitation exercises are also used. Progress is regularly re-assessed.

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Simon King is the director of the Naturality Wellness Centre, a multidisciplinary clinic specialising in the complementary diagnosis and treatment of a wide range of non-emergency conditions. He has 20 years experience in practice and teaching both at undergraduate and postgraduate level in Europe and Australia. He is a Diplomat of the International College of Applied Kinesiology and regularly teaches Applied Kinesiology and Proprioceptive Medicine to Chiropractors, Osteopaths and other health professions. BUPA and PPP registered. Member of the General Chiropractic Council and British Chiropractic Association. Interests in research and sports medicine, especially the influence of proprioception and its role in controlling muscle tone in illness and injury. Referrals welcomed for any chronic or recurrent illness or injury.

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*State Registered Chiropractor.*

*Member of the British Chiropractic Association.*  
*Qualified Chiropractor offering professional advice and treatment on all aspects of joint, muscle and nerve dysfunction, with a particular interest in back pain.*  
*Free initial Consultations to discuss patients medical history and suitability for Chiropractic treatment.*  
*Open Monday - Friday. Early morning and late evening appointments available.*  
*BUPA and PPP registered Chiropractor.*  
*Hydraulic Tilt couch for those patients with mobility problems.*  
*Working with Premiership Football Clubs.*  
*Established, highly recommended clinic - most patients attend the clinic because of a word of mouth recommendation.*  
*MRI and X-ray facilities can be arranged.*  
*Private and NHS patients welcomed.*  
*Treat people of all ages and levels of fitness, including pregnant ladies and babies.*  
*Easy to find with large car park to front of building. 1 Victoria Road is the old train station building, The Physical Therapy Clinic.*

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*The Rochester Chiropractic Centre Ltd is a modern  
 purpose designed practices offering on site x-rays  
 facilities. The practice is located on the ground floor to  
 help those who cannot cope with steps. Also we offer a  
 Free no cost or obligation advisory services to any one  
 considering Chiropractic care. We have a regular  
 childrens clinic, which is free of charge to our existing  
 patients children and their relatives.*  
*About your Chiropractor*  
*Dr Moshatel is married and the proud father of a little  
 boy! Prior to qualifying with a degree from the Anglo-  
 European College of Chiropractic in Bournemouth, Dr  
 Moshatel has worked for thirteen years in the medical  
 laboratory profession where he has gained experience  
 ranging from industry to medical research and the  
 National Health Service as well as posting to a Hospital  
 abroad. Hospitals worked include the Royal Free  
 Hospital, Great Ormond Street Hospital for Sick  
 Children, The Institute of Neurology and the Royal  
 Devon and Exeter Hospital. Dr Moshatel believes that  
 his broad multi-disciplinary experience in the health  
 care professions places him in the best of both worlds,  
 enabling him to pass on the benefits of his working  
 experience to his patients.*  
*Rochester Chiropractic Centre Ltd is registered with  
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*Dr Paul McCrossin, a GCC registered chiropractor,  
 focuses on the spine and nervous system and provides  
 care for patients of all ages, who present with a range  
 of acute and chronic conditions. Dr McCrossin takes an  
 integrated and holistic approach to the health needs of  
 his patients, considering physical, psychological and  
 social factors.*  
*Chiropractic can be effective in treating a range of  
 symptoms including lower back pain and sciatica,  
 whiplash, headaches, sports related injuries and colic in  
 children.*  
*All new patients to the practice in North Finchley are  
 required to attend an initial consultation with the  
 Doctor which includes taking a thorough history, an  
 examination, electromyographic (muscle testing) and  
 thermograph (temperature) scans and x-rays if clinically  
 required.*  
*Dr McCrossin is a registered chiropractic service  
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*Chiropractors also treat: back pain, sciatica, headaches,  
 neck shoulder and arm pain, hip knee and foot  
 problems, sport injuries, problems during pregnancy,  
 babies and children.*  
*Opening hours: Mon-Thurs 8am - 8pm, Fri 8am - 5pm,  
 Sat 8am - 12noon*  
*Free advice sessions available, Full x-ray facilities  
 onsite*

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The College of Chiropractors, McTimoney Chiropractic Association, The General Chiropractic Council

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**NP20 4HJ**  
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The General Chiropractic Council, The British Chiropractic Association

*At our Gwent Chiropractic Centre & Rehabilitation Clinic we strive to provide each patient with knowledge and understanding of symptoms, treatment you will receive and how chiropractic care can make a real positive difference. It is our priority that each new patient feels comfortable and at ease with both our doctors and staff.*

*Our philosophy is to educate all of our patients about their condition, their treatment and progress in non-chiropractic terms. And we hope that our openness and directness with all patient queries and questions, will help to alleviate any doubts or concerns you may have.*

**Susan Cartledge**  
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The Society of Orthopaedic Medicine, The British Institute of Musculoskeletal Medicine, British Chiropractic Association, British Medical Acupuncture Society

**Gloria Leverett**  
**Back to Back McTimoney Chiropractic Clinic**  
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McTimoney Chiropractic Association, General Chiropractic Council Registered, Registered General Nurse  
*McTimoney chiropractic treatment is a whole body treatment using gentle but effective adjustments to restore balance to the musculoskeletal system, which improves, nerve flow. Whiplash, sciatica, low back pain, migraine, tennis elbow and frozen shoulder are just one of the disorders treated. Many top athletes use the treatment to enhance performance and improve general well being.*

*Gloria Leverett spent twenty years as a nurse and equestrian and has McTimoney to thank for enabling her to continue both after a nasty lifting accident almost put her in a wheelchair. Most Chiropractors have experienced back problems themselves, which is why they know the treatment to be effective.*

*First consultation consists of an in depth history from the patient, blood pressure screening, neurological and orthopaedic testing, and a chiropractic explanation and analysis. McTimoney chiropractors prefer to work within primary health care and will refer to the patients own doctor if underlying disease is suspected.*

*The treatment is safe and unintrusive and very young children to senior citizens benefit.*

*The clinic is situated in Corbett Road at Carterton Manor in private rooms. There is ample parking in the private drive. Consultations are by appointment only and surgery hours include evenings.*

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British Chiropractic Association, The General Chiropractic Council

*The Central Chiropractic Clinic has been established in Oxford since 1967. We are a private clinic, and our patients consult us about a wide range of problems including headaches, neck pain, back pain and sciatica, to list but a few.*

*The clinic has four chiropractors and one massage therapist, all of whom are highly trained and experienced. All the chiropractors are Members of The British Chiropractic Association (BCA), and registered with General Chiropractic Council.*

*The BCA, established in 1925, is the largest professional association for chiropractors in Britain and is the only UK association with international recognition.*

*Although chiropractors in the UK must be registered with the General Chiropractic Council, the BCA only accepts into its membership graduates of those chiropractic colleges recognised by the BCA who uphold those international educational standards approved by either the European Council for Chiropractic Education (ECCE) or the Council for Chiropractic Education (CCE).*

*In choosing a BCA chiropractor, you can be assured that they are governed by the Rules, Bye-Laws and Code of Ethics of the Association and that they have completed an internationally recognised and accepted, minimum 4 year full-time university undergraduate education. For more information visit the BCA website: www.chiropractic-uk.co.uk*

*The Central Chiropractic Clinic is recognised by all major private health insurance companies. We are open Monday to Saturday including evenings and emergency appointments are usually available.*

*For more information visit our website:www.chiropractic-oxford.co.uk*

**Richard Bonamy-Price D.C**  
**Witney Chiropractic & Chiropody Clinic**  
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General Chiropractic Council, British Chiropractic Association

**Dawn Akers**  
**The Oxford Family Chiropractic Clinic**  
The Wellbeing Clinic  
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McTimoney Chiropractic Association, British College of Chiropractic Paediatrics, International Paediatric Chiropractic Association, Fellow of College of Chiropractors, The Janki Foundation for Global Healthcare, General Chiropractic Council

**Christina Cunliffe**  
**Wheatley Chiropractic Clinic**  
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Member Institute of Biology, Fellow College of Chiropractors, Fellow McTimoney Chiropractic Association

*Situated at the local GP Surgery, the clinic is open six days a week, including most evenings. Four Chiropractors are responsible for the care of patients, and all are registered with the General Chiropractic Council. Working in a multidisciplinary way, the clinic is able to refer to other primary care practitioners, physiotherapists, massage therapists and others as appropriate, and is also a teaching facility for student chiropractors. There is ample parking and easy access.*

*The McTimoney method of chiropractic is practised in the clinic, which is a light, whole body approach, suitable for all ages including children and those in later life. The initial consultation, assessment and treatment usually last between 1-1.5 hours, and subsequent treatments may last for up to half an hour.*

*Patients may take advantage of our free assessment service, in which the chiropractor will speak to the patient about their presenting complaint to help them determine whether chiropractic, or any other form of care, is more suitable. This service is generally available on a Friday evening, but appointments may be booked at any time.*

*Practice statistics indicate that the majority of acute cases will require 4-6 treatment sessions over a period of two to three months depending on case presentation.*

*Cost of treatment- consultation £35; treatment sessions £32. Cover by private insurance companies are available, including BUPA and PPP.*

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**A** **Allson Gordon-Creed DC MCA AMC**  
**MC Clinic at The White House**  
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 Watlington  
 Oxfordshire  
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 T: 01844 351561  
 McTimoney Chiropractic Association  
*McTimoney Chiropractor 18 years*  
*Specialising in infants, children, scoliosis and disc problems*

**D** **Debbie Edens**  
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**G** **Nicola Morgan**  
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 General Chiropractic Council, McTimoney Chiropractic Association  
*McTimoney Chiropractic is a gentle form of manipulation suitable for all types of patient from the very young to the elderly. By realigning the skeletal system, it relieves pressure on joints and surrounding structures, relieving pain and discomfort. It can be safely used during pregnancy and after childbirth and for chronic and acute conditions. Commonly, patients seek treatment for back and other joint problems, headaches and neck pain. At the initial consultation a full patient history is taken, supported by orthopaedic and neurological testing as appropriate. During the treatment the whole body is assessed and environmental factors. A course of treatment is tailored to the needs of the patient, but commonly would require three or four visits at weekly intervals, with one or two at fortnightly intervals and follow ups extending as the patient recovers.*  
*I qualified as a McTimoney Chiropractor in 1984 and registered with the General Chiropractic Council at its inception in 1999. I also have more than ten years teaching experience at the McTimoney Chiropractic College and am registered as a provider with all major healthcare companies. Appointment times are flexible, including some evening.*

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**S** **Charlotte Trip**  
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 General Chiropractic Council, European Chiropractors Union, British Chiropractic Association, Sacro-Occipital Technique Organisation Europe  
*Dr Charlotte Trip BSc (Chiro); trained at the AECC, Portsmouth University, UK from where she graduated in 1996. Since graduation she has continued with post graduate courses in Paediatric and Sacro-Occipital Technique (SOT). She successfully passed her Advance SOT examination in September 2000. She keeps up to date with advances in these fields by regularly attending refresher courses and conferences.*  
*Dr Trip has been registered with the General Chiropractic Council since the 11th February 2000. She has worked in Nottingham for 5 years after her graduation, she has since April 2002 worked in her own practice in St Ives; Cambridge shire, where she is now working full time. Chiropractic treats the whole person, not just a particular are of pain. Chiropractors are trained to examine the nervous, muscular and skeletal systems before making a diagnosis and commencing treatment.*

*Chiropractic is highly successful in the treatment of a variety of acute, chronic and recurring muscular skeletal disorders from babies to adults.*

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*I trained at the McTimoney Chiropractic College Oxford and have been in practice for eighteen years, my main clinic is in Woodley Berkshire and I have a further clinic in South London. My Chiropractic training taught me the benefit of whole body care at all times using subtle and gentle release technique, I do not practice excessive treatment care preferring to allow the body to respond to the subtle changes made.*

*I am a great believer in corporation between the various health care services and have an excellent working relationship with local Doctors and Orthopaedic Specialists*

*I am registered with the General Chiropractic Council and the MCT Association and served in the original steering committee prior to the act of Parliament. I am also Chairman of the Board of Trustees for the McTimoney College of Chiropractors.*

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**G** **Elizabeth Eastman**  
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**I** *I use a technique called ACTIVATOR METHODS CHIROPRACTIC TECHNIQUE (AMCT). AMCT is the most widely used LOW FORCE technique in the world and has conducted more research than any other Chiropractic body. The Activator is a hand held adjusting instrument.*

**J** *Benefits: Results come fast due to the ACCURACY of AMCT. 2-3 sessions required. Gentle, Whole Body assessed every time, No need to UNDRRESS*

**K** *Personal Achievements: Achieving 'Advanced Rated level' of AMCT Practitioner. I have noted great success with HIP Pain associated with OA of the hip. Great results with Extremity pain.*

**L** *AMCT uses: Migraine, Neck, Thoracic, Low back. Sacroiliac, Hip, Knee pain, Period Pain, Jaw problems after accident or dentistry, Whiplash, Indigestions/Hiatus hernia relief, Carpal Tunnel Syndrome/Tunnel of Guyon, Tennis and Golfers Elbow, Frozen Shoulder*

**M** *Training: Activator insists on yearly refreshers where our application of the technique is reassessed and scrutinized to ensure quality. This type of reassessment is not true of many other techniques and requires dedication. I am happy to work alongside Physiotherapists and other Professionals to provide the best care package for the patient. Thank you for your time.*

**N** **Henry Butterfield**  
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**P** **Jenny Alexandersson**  
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General Chiropractic Council, The Danish Chiropractic Association, British Chiropractic Association  
*Bracknell Chiropractic and Physiotherapy Clinic is a professional and modern practice, ideally located within minutes of the town centre, which offers an holistic and comprehensive programme of pain relief and rehabilitation to its patients. Our highly qualified and*

*experienced chiropractors are all BCA and GCC registered and are complemented by a team of state registered and OCPPP chartered physiotherapists. The clinic is fully equipped with an extensive range of state of the art equipment, including X-ray facilities, interferential and Galtscan machines. Our areas of specialisation include Back and Neck pain, Shoulder and extremity discomfort, Headache relief, Sciatica, Sports injuries, Motor accidents and General rehabilitation. The practice is very much part of the community and is active in seeking to promote general health awareness via promotion and the regular provision of a mobile clinic to local sporting events. The clinic is open from 8am until 8pm on weekdays and from 9am until 3pm on Saturdays.*

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**W** **Jorgen Rasmussen**  
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**Y** **Marisa Pinnock**  
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W: www.chevingtonclinic.co.uk  
McTimoney Chiropractic Association, College of Chiropractors, General Chiropractic Council  
*Chevington Chiropractic Clinic*  
*Chevington Chiropractic Clinic is a multidisciplinary clinic that believes strongly in an integrated health care system, providing the most appropriate care for the patient at all times. All practitioners are of the highest standard, fully qualified, insured members of their own professional associations. The disciplines covered by the clinic include: Chiropractic, Acupuncture, Homeopathy, Reflexology, Nutrition, Aromatherapy, Sports Therapy, Myofascial Integration and Alexander Technique.*

*Chiropractic specialises in the diagnosis and treatment of conditions that are due to mechanical dysfunction of the joints and their effect on the nervous system. Poor, inadequate or incorrect function of the spine can cause irritation of the nerves that control our posture, movement and systemic functions. Such spinal nerve stress can lead to symptoms of discomfort, pain or disease.*

*At Chevington Chiropractic Clinic we have three chiropractors using the McTimoney technique on the whole body to correct subtle misalignments with precise, fast adjustments. McTimoney chiropractic can be used safely on all ages from babies to geriatrics and on more fragile individuals. The clinic is open 6 days a week, with early and late appointments. Chiropractic is recognised by BUPA and PPP.*

**Peter S Westergaard**  
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**Stephen Minter**  
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**Anastasia Druitt**  
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**Alan Smith Chiropractor**  
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General Chiropractic Council, McTimoney Chiropractic Association

*Practising for over 10 years using the McTimoney Chiropractic Techniques which are particularly gentle and non-forcefull. Helpful for both acute and chronic back, neck, knee and shoulder problems.*

*For chronic conditions, postural re-training exercises are given as appropriate.*

*Extended practice hours until 19.30 on Monday and Tuesday evenings.*

**Timo Enmalm**  
**Eden Health Centre**  
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Old Horsham Road  
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*Focused towards finding the underlying cause to a problem as well as helping patients with pain. My special areas of interest include Neurology, Paediatrics and Rehabilitation.*  
*Previously worked with professional football team to decrease recurrence of injury and improve overall function using rehabilitation techniques alongside Chiropractic.*  
*Regularly give patient and medical doctor educational talks.*

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*Russell Dean is a chiropractor and clinical director of a multi-disciplinary team in a well established chiropractic & physiotherapy clinic, Windsor Remedy Centre. Established in 1994, the clinic enjoys excellent referrals from GPs, consultants and satisfied patients. Primary practitioners at the clinic are registered chiropractors and physiotherapists with acupuncture and sports massage also available.*  
*Common conditions assessed and treated include: low back pain, sciatica, discal injuries, thoracic / rib pain and stiffness, headaches, nerve root irritation, sports injuries, shoulder, knee and ankle injuries.*  
*Clinic treatment protocol follows international independent guidelines to provide an evidence-based framework for chiropractic and physiotherapy care. Patient outcome measures are used to evaluate improvement and to determine treatment plans and referrals if required.*  
*The clinic places a strong premium on communication with other health professionals to ensure optimum benefit for the mutual patient. You will be informed of diagnosis, treatment plan and prognosis.*  
*Practitioners at the clinic are BUPA and PPP registered, along with most other health insurance companies. We welcome NHS enquiries, and would be happy to negotiate funded treatment of NHS patients. We would also be happy to talk with GPs interested in referring, and to provide references from other medical professionals.*

*Common conditions assessed and treated include: low back pain, sciatica, discal injuries, thoracic / rib pain and stiffness, headaches, nerve root irritation, sports injuries, shoulder, knee and ankle injuries.*  
*Clinic treatment protocol follows international independent guidelines to provide an evidence-based framework for chiropractic and physiotherapy care. Patient outcome measures are used to evaluate improvement and to determine treatment plans and referrals if required.*  
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General Chiropractic Council, McTimoney Chiropractic Association  
*McTimoney Chiropractic is a gentle treatment that is suitable for people of all ages. Including young babies, children, pregnant women and the elderly. The following conditions can benefit from treatment: back, neck and shoulder pain, migraine and tension headaches, muscular aches and pains, sciatica, whiplash injury, sports injury, Free spine checks are available*

Sue Carroll  
Easing The Strain  
C/O Back To Health Wellness Centre  
1 Tudor Court  
Brighton Road  
Sutton, Surrey  
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EMBODY

*Massage has an immediate focal and physiological effect on the part of the body being worked. It also affects the body systems positively by stimulation and relaxation of the nerves. Massage will relieve muscle fatigue, soreness, stiffness, encourage sleep, improve circulation, boost immunity, relax the nervous system and lower blood pressure.*

*Specialist massages include: Lymphatic drainage which is beneficial for medical & non medical odemo.*

*Sports massage where deep pressure techniques are used. It can be used as part of a rehabilitation programme to heat injuries such as frozen shoulder, tennis elbow, tendon/ligament injury and chronic conditions.*

*Pregnancy massage which is devised to incorporate the changing needs of the mother during her pregnancy, labour and after birth.*

*Aromatherapy uses essential oils as an aid to help the body holistically. An individual prescription is produced for each client which is used in the massage and at home. Creams, bath blends, gels may also be blended for home use. Various ailments such as eczema and psoriasis, as well as chronic conditions such as rheumatism and arthritis can be helped by essential oils for pain relief, muscle relaxation and tension.*

*Cancer patients find aromatherapy beneficial as they can be used alongside their conditional treatment.*

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**V** *Also at Willow Fitness Centre, Ryedown Lane, East Wellow SO51 6BD Tel (01794) 323322. We treat adults and children with neck, arm, back and leg pain, postural aches and pain, sports injuries, frozen shoulder, tennis/golfers elbow, headaches, trapped nerves, Sciatica, infantile headaches, colic, glue ear. We have X-ray facilities on site and also offer sports therapeutic and relaxation massages. Free advisory consultation on request.*

**Y** **Elizabeth Eastman**  
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*I use a technique called ACTIVATOR METHODS CHIROPRACTIC TECHNIQUE (AMCT). AMCT is the most widely used LOW FORCE technique in the world and has conducted more research than any other Chiropractic body. The Activator is a hand held adjusting instrument. Benefits: Results come fast due to the ACCURACY of AMCT. 2-3 sessions required. Gentle, Whole Body assessed every time, No need to UNDRRESS*  
*Personal Achievements:: Achieving 'Advanced Rated level' of AMCT Practitioner. I have noted great success with HIP Pain associated with OA of the hip. Great results with Extremity pain.*

*AMCT uses: Migraine, Neck, Thoracic, Low back. Sacroiliac, Hip, Knee pain, Period Pain, Jaw problems after accident or dentistry, Whiplash, Indigestions/Hiatius hernia relief, Carpal Tunnel Syndrome/Tunnel of Guyon, Tennis and Golfers Elbow, Frozen Shoulder*  
*Training: Activator insists on yearly refreshers where our application of the technique is reassessed and scrutinized to ensure quality. This type of reassessment is not true of many other techniques and requires dedication. I am happy to work alongside Physiotherapists and other Professionals to provide the best care package for the patient. Thank you for your time.*

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*We have been providing Chiropractic Care to the community for over 10 years. I am a member of the British Chiropractic Association and registered with the General Chiropractic Council. We are registered with all the major insurance companies. We specialise in Family Care, Pregnancy, Cranial and Sports Related Injuries. Please view our website at www.fulhambackcare.co.uk for more information.*

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*My practice has been established in Ludlow for 26 years, therefore I have gained exclusive experience treating the farming community, with the need to be back to work quickly. Being registered with the General Chiropractic Council I have a statutory duty to maintain Continual Professional Development to retain annual registration.*

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*The Waldegrave Clinic is a multidisciplinary clinic that includes complimentary therapies as well as conventional medical care. We have chiropractors, physiotherapy, acupuncture and podiatry as well as a specialist in musculo-skeletal medicine. Our approach is to provide patients with a multidisciplinary approach to solving their musculo-skeletal and general back problems. Once referred to the appropriate therapist follow up care, if necessary, can be provided from one of the other departments. We routinely write to the referring doctor do they are able to keep track to their patients progress and outcome. We have particular experience with sports injuries and children, babies and pregnant women.*

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*Established since 1986, the Drayton Green Chiropractic Clinic has three highly qualified chiropractors, all fully registered with the British Chiropractic Association, the College of Chiropractors and the General Chiropractic Council.*

*Dr Johan Jeronimus DC DACNB. A Diplomate of the American Neurology Board, one of only 6 nationally. His special interests are Neuro-dyspraxia, vertigo, tinnitus, stroke rehabilitation, ME, MS, Childhood learning difficulties, double vision, complicated trapped nerves and unusual pain syndrome.*

*Dr David Woodhouse DC M.Sc (Chiro). Special interests include Sports injuries, Back and Neck pains, whiplash, disc prolapse, sciatica, headaches and migraines.*

*Dr Nicholas Oram DC B.Sc (Chiro).*

*Special interests are cranial chiropractic, treatment of TMJ (jaw) dysfunction and preventative analysis and correction.*

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**W6 0XX**  
T: 020 8741 3556  
E: info@chiswickchiropracticclinic.co.uk  
W: www.chiswickchiropracticclinic.co.uk  
General Chiropractic Council, British Chiropractic Association

*Also practising at:*  
*Ealing Chiropractic Clinic*  
63 The Grove  
Ealing  
W5 5LL  
020 8566 2223  
*Harley Street Chiropractic Clinic*  
126 Harley Street  
London  
W1G 7JS  
020 7935 2030

*Other complementary therapies offered:*  
*Acupuncture, Herbalism, Homeopathy, Bowen, Massage, Nutrition, Counselling, Reflexology*  
*All insurance companies cover chiropractic treatment.*

**M** Michael Durnnall  
**Sayer Clinic : Kensington**  
8 Sunningdale Gardens  
Stratford Road  
Kensington  
London  
**W8 6PX**  
T: 020 7937 8978  
F: 0207 937 3720  
E: mail@sayerclinics.co.uk  
W: www.sayerclinics.com  
British Chiropractic Association, British Medical Acupuncture Society, General Chiropractic Council

**A** **Douglas Clark**  
**Hale Chiropractic Clinic**  
 1 Victoria Road  
 Hale  
**B** Altrincham, Cheshire  
**WA15 9AF**  
 T: 0800 652 8854  
 General Chiropractic Council, British Chiropractic Association, British Chiropractic Sports Council, College of Chiropractors, European Chiropractors Union  
**C** *State Registered Chiropractor.*  
*Member of the British Chiropractic Association.*  
**D** *Qualified Chiropractor offering professional advice and treatment on all aspects of joint, muscle and nerve dysfunction, with a particular interest in back pain.*  
**E** *Free initial Consultations to discuss patients medical history and suitability for Chiropractic treatment.*  
**F** *Open Monday - Friday. Early morning and late evening appointments available.*  
**G** *BUFA and PTP registered Chiropractor.*  
**H** *Hydraulic Tilt couch for those patients with mobility problems.*  
*Working with Premiership Football Clubs.*  
*Established, highly recommended clinic - most patients attend the clinic because of a word of mouth recommendation.*  
*MRI and X-ray facilities can be arranged.*  
*Private and NHS patients welcomed.*  
*Treat people of all ages and levels of fitness, including pregnant ladies and babies.*  
*Easy to find with large car park to front of building. 1 Victoria Road is the old train station building, The Physical Therapy Clinic.*

**J** **Michael Bassett**  
**The Watford Chiropractic Clinic**  
 27 Eastbury Road  
 Oxhey  
**K** Watford, Hertfordshire  
**WD19 4PU**  
 T: 01923 225578  
 E: Bassettclinic@lineone.net  
 British Chiropractic Association, European Chiropractic Union

**M** **Michael Bassett**  
**The King's Langley Chiropractic Clinic**  
 Barnes Lane  
**N** King's Langley, Hertfordshire  
**WD4 9LB**  
 T: 01923 262510  
 E: Bassettclinic@lineone.net  
 British Chiropractic Association, European Chiropractic Union

**O** **Claudio Merkler BEd (PhyEd) BSc (Chiro) DC**  
**CCEP ICSSD MCC**  
**Chiro-Practice**  
 Gerrard House  
**P** 45 Theobald Street  
 Borehamwood, Hertfordshire  
**Q** **WD6 4RT**  
 T: 020 8207 3366  
 T2: 07787 944910  
 F: 0208 905 2351  
 E: info@chiro-practice.co.uk  
 W: www.chiro-practice.co.uk  
 General Chiropractic Council, British Chiropractic Association, European Chiropractic Union, College of Chiropractors, British Chiropractic Sport Council, International Federation of Sport Chiropractic

**R** **Stephanie George**  
**The Malvern Surgerles**  
 64 Worcester Road  
**S** Malvern  
 Worcestershire  
**U** **WR14 4AB**  
 T: 01684 562323  
 E: info@3countieschiropractic.co.uk  
 W: www.3countieschiropractic.co.uk  
 General Chiropractic Council, British Chiropractic Association, College of Chiropractors

**V** **Alexandra Selvewright**  
**Ombersley Chiropractic Clinic**  
 Main Road  
**W** Ombersley  
 Droitwich  
 Worcestershire  
**X** **WR9 ODP**  
 T: 07970 569617  
 F: 01905 620350  
 E: alex@ombersley-chiropractic.co.uk  
 W: www.ombersley-chiropractic.co.uk  
 General Chiropractic Council, McTimoney Chiropractic Association, College of Chiropractors

**Paul Malone**  
**Walsall Chiropractic Health Clinic**  
 81 Broadway  
 Walsall  
**West Midlands**  
**WS1 3EZ**  
 T: 01922 634959  
 F: 01922 634959  
 E: info@chiro1.net  
 W: www.chiro1.net  
 British Chiropractic Association, General Chiropractic Council, College of Chiropractors

**Richard Skippings**  
**Thirsk Chiropractic Clinic**  
 Carlton Road  
 Carlton Miniott  
**Thirsk**  
 North Yorkshire  
**YO7 4NU**  
 T: 01845 522242  
 F: 01845 522189  
 E: dik@chiro.co.uk  
 W: www.chiro.co.uk  
 British Chiropractic Association, College of Chiropractors, British Association of Sport and Exercise Medicine, British Chiropractic Sports Council  
*The clinic has been open since 1988 and lies on the outskirts of Thirsk, near to the railway station, with plenty of parking space immediately outside. X-ray facilities are available in the clinic for those patients who require this investigation.*  
*Richard skippings graduated from the Anglo-European College of Chiropractors in 1985 and moved back to Yorkshire the same year where he took up a position the Roundhay Chiropractic Clinic in Leeds where he worked for three years. He has always been active in the work of the profession, both on the Council of the British Chiropractic Association and in the Pre-Registration Training Scheme for new Graduates. In 1999 he was invested as a Fellow of The College of Chiropractors. Richard has a particular interest in Sports Medicine and is a certified Chiropractic Sports Physician. He is the Hon. Treasurer of the British Chiropractic Sports Council and Team Chiropractor for the British Masters Athletic Federation having been in attendance at the British and European Outdoor and Indoor Championships and at four World Championships. He was also in attendance at the 2000 World Short Track Speed Skating Championships in Sheffield. He is currently studying for a Masters Degree in Sports Medicine at Sheffield University.*

**Chinese Herbal Medicine**

**Kim Wager**  
**Oakville Clinic**  
 968 Bristol Road  
 Selly Oak  
**Birmingham**  
 West Midlands  
**B29 6NB**  
 T: 07775 570185  
 Register of Chinese Herbal Medicine, British Acupuncture Council

**Ming Li**  
**TYT Chinese Herbal Medicine**  
 Unit 20  
 Inshops  
 One Stop Shopping Centre  
 Walsall Road Perry Barr  
**Birmingham**  
 West Midlands  
**B42 1SF**  
 T: 0121 356 3339  
 F: 0121 356 3339  
 E: tytming@hotmail.com  
 The Association of Traditional Chinese Medicine (UK)

**Hui Jun Shen**  
**Acu Herbs Chinese Medicine Centre**  
 469 Bearwood Road  
 Smethwick  
**West Midlands**  
**B66 4DH**  
 T: 0121 4298803  
 F: 0121 4271688  
 E: huijunshen@sohu.com  
 The Association of Traditional Chinese Medicine (UK), Currently Vice President of ATCM

*Mr Hui Jun Shen, MD(China), MATCM(UK), Practitioner of Chinese Medicine including Chinese Herbal Medicine and Acupuncture, graduated with a Bachelor of Medicine from Shanghai University of Chinese Medicine in 1982 and then Beijing University of Chinese Medicine in 1988 as MD. An associate professor and consultant from Chinas top university hospital of Chinese Medicine, he is well-qualified and highly experienced in both conventional western and traditional Chinese medicine. He has 23 years clinical experience in both China and the UK. Since coming to Britain in 1995, he has successfully treated many patients with both Chinese herbal medicine and acupuncture in surrey, Kent and Wet Midlands. Being the Vice-president of the Association of Traditional Chinese Medicine (UK), he is one of the most highly qualified Chinese medicine practitioners in the (UK). He is also a member of the Department of Health Herbal Medicine Regulatory Working Group.*

**Henry Nield**  
 3 High Street  
 Woolley  
**Bath**  
**Avon**  
**BA1 8AR**  
 T: 01225 858457  
 F: 01225 858457  
 E: sagemanuk@aol.com  
 Register of Chinese Herbal Medicine

**Joseph Hunwick**  
**East-West Centre**  
 10b High Street  
 Glastonbury  
**Somerset**  
**BA6 9DH**  
 T: 01458 833451  
 E: joseph@worldherbs.com  
 W: www.east-westcentre.com  
 Register of Chinese Herbal Medicine

**Andreas Feyler**  
**Shizhen Clinic**  
 22 Ainsworth Street  
 Blackburn  
**Lancashire**  
**BB1 6AD**  
 T: 01254 660123  
 F: 01254 660123  
 E: andreasfeyler@hotmail.com  
 W: www.shizen.co.uk  
 Shizen UK Ltd (Employer), Member of Association of Traditional Chinese Medicine, (ATCM) in UK, Member of Federation of Chinese Medicine and Acupuncture, (FCMA) in Australia



**Li Ping Han  
Kang Da Clinic**

245 Manningham Lane  
Bradford  
**BD8 7ER**  
T: 01274 484514  
F: 01274 402455  
E: kangdaclinic@hotmail.com  
Register of Chinese Herbal Medicine, British  
Acupuncture Council

*Fees: £36 for first consultation and treatment. £26 for  
substances treatment.*

*Training: Traditional Chinese Meditation. Nutrition.*

*Description of therapies offered:*

*Acupuncture. Herbal Medicine. Massage. Nutrition.  
Bio-resonance therapy.*

*Areas of special interest:*

*Intestinal health. Skin conditions. Gynaecological  
problems. Aches and pains. Nutrition.*

**JiLin Sun  
Herbland Chinese Medicine & Acupuncture  
Centre**

21A Cokham Road  
Sompting  
West Sussex  
**BN15 OAE**  
T: 01903 778789  
F: 01903 521784  
E: eenquiries@herbland.co.uk  
The Association of Traditional Chinese

**Mei Rong Chen  
G.Y. Chinese Medicine and Acupuncture Centre**

122 St. James's Street  
Brighton  
**BN2 1TH**  
T: 01273 699852  
Register of Chinese Herbal Medicine

**Zheng-Yuan Zhong  
Chinese Medicine and Acupuncture Centre**

122 St James's Street  
Brighton  
**BN2 1TH**  
T: 01273 699 852  
E: v.zhong@hotmail.com  
The Association of Traditional Chinese Medicine (UK)  
ATCM

**Mazin Al-Khafaji  
The Clinical Centre of Chinese Medicine**

98 The Drive  
Hove  
East Sussex  
**BN3 6GP**  
T: 01273 776499  
E: maz@pavilion.co.uk  
Register of Chinese Herbal Medicine

**Baifang Zhu  
Herbagreen**

213 High Street  
Bromley, Kent  
**BR1 1NY**  
T: 020 8290 4688  
F: 020 8663 3823  
E: herbagreen@msn.com  
W: www.herbaggreen.freemove.co.uk  
ATCM The Association of Traditional Chinese Medicine,  
BACC The British Acupuncture Council

*Mr Baifang Zhu, MBACC & MATCM, MB & MSc. Of TCM,  
is the chief practitioner of Herbagreen Chinese Medicine  
Centres. He was a consultant dermatologist at the  
teaching hospital of Hunan University of Chinese  
Medicine (China) between 1984 and 1994. He has eight  
years full-time training and graduated with two degrees  
(Bachelor & Master Medicine) from there. He was also a  
deputy director of the State of Treatment & Research  
Centre of Skin Surgery in Integrated Traditional and  
Western Medicine, China.*

*He has worked as a registered Chinese herbalist and  
acupuncturist at leading TCM clinic in London since  
1994 and has started his own practices in Kent since  
1999. He specialises in treating skin diseases, hair loss,  
IBS, ME, migraine, sciatic and back pain, hypertension,  
colitis, hemorrhoid, sinusitis, infertility, prostatitis, and  
impotence.*

*Mr Baifang Zhu and associates are currently practising  
at: 213 High Street, Bromley Kent BR1 1NY Tel: 020  
8290 4688*

*140 High Street, Beckenham, Kent BR3 1EA Tel: 020  
8663 3823*

*Apart from providing traditional herbal remedies,  
acupuncture and holistic Tuina massage, our beauty  
departments are dealing with facial conditions like  
moles, warts, freckles, pimples with unique equipment  
and herbal products.*

**Jonathan Southcott**

366 Croydon Road  
Beckenham, Kent  
**BR1 2SP**  
T: 020 8402 7265  
F: 020 8402 7265  
E: j.southcott@herbacious.freemove.co.uk  
Register of Chinese Herbal Medicine, British  
Acupuncture Council, Shiatsu Society

**Terry Simou  
T. S. Clinic**

55 Tweedy Road  
Bromley, Kent  
**BR1 3NH**  
T: 020 8313 1577  
F: 020 8290 0768  
E: terry@tsclinic.co.uk  
W: www.tsclinic.co.uk  
British Acupuncture Council, Register of Chinese Herbal  
Medicine

*Fees: Acupuncture £40 first time, subsequent  
treatments £30.*

*Chinese Herbal Medicine £55 - prescription lasts for  
two weeks.*

*Training: Graduated from College of Traditional Chinese  
Acupuncture in 1987 after 3 years.*

*Post graduate course Journal of Chinese Medicine - 1  
year. School of Chinese Herbal Medicine - 2 years.*

*Description of therapies offered:*

*Acupuncture, Chinese Herbal Medicine.*

*Areas of special interest:*

*Infertility. Skin Conditions. Back problems. Tennis  
elbow, shoulder injuries.*

**Danhong Zhang**

5 The Mill Place  
Chislehurst  
Kent  
**BR7 5ND**  
T: 020 7323 3288  
E: zhangdanhong1963@hotmail.com  
The Association of Traditional Chinese Medicine (UK)

**Xiao Tong Fang  
Traditional Chinese Medicine Centre**

61 Alfred Street  
Weston-super-Mare  
Somerset  
**BS23 1PP**  
T: 01934 420202  
F: 01934 420202  
Member of the Register of Chinese Herbal Medicine

**Zhiqiang Zhu  
Chinese Medicine & Skin Centre**

51 Sandy Park Road  
Brislington  
Bristol  
**BS4 3PH**  
T: 0117 9724716  
F: 0117 9724716  
E: drzhu@cmssc.fsnet.co.uk  
Association of Traditional Chinese Medicine

**Paul Watson**

Top Floor  
22 Hampton Road  
Redland  
Bristol  
**BS6 6HL**  
T: 01179 730638  
E: paul@xixin.org.uk  
W: www.xixin.org.uk  
Association of Traditional Chinese Medicine, Register of  
Chinese Herbal Medicine

*I am a Chinese Medicine Practitioner and run a private  
practice in Redland, treating a wide range of problems.  
I use the two main components of Traditional Chinese  
Medicine (TCM) - Herbal Medicine and Acupuncture. I  
am also currently studying Western Medicine, and will  
graduate with my MBChB in June 2009.*

*I trained in TCM in Taiwan, where I lived for 7 years,  
first studying Chinese, and then completing a 5 year  
apprenticeship at a famous TCM clinic in Taipei. I  
returned to the UK in 2003 to study Western Medicine  
and open my own TCM practice.*

*After finishing my Western Medicine training I plan to  
work in general practice offering both Chinese and  
Western Medicine, giving impartial advice to patients so  
they have a choice in the treatments they receive.  
Patients would be encouraged to play an acute role in  
their own wellbeing.*

*I am interested in the role of TCM in Fertility Issues  
(both men's and women's), and complementary  
treatment for cancer patients undergoing chemo and  
radiotherapy. I have carried out two in-depth research  
projects on these subjects as part of my MBChB.*

**Li Zhang  
Chinese Medical Clinic (Lisburn)**

63 Bachelors Walk  
Lisburn, Antrim  
**BT28 1XN**  
T: 028 92669122  
F: 028 92669122  
E: cm\_clinic@yahoo.co.uk  
The Association of Traditional Chinese Medicine

**Dannio Alchino MA (TCM)  
Dannio's Chinese Medical Centre**

78b Market Street  
Omagh, Tyrone  
**BT79 OAA**  
T: 02882 258255  
F: 02882 258255  
E: danniosmedical@aol.com  
Embody

*Mr Dannio Khalid is trained in the appliance of Tui Na  
Massage and Traditional Chinese Herbal Medicine.*

*Tui Na Massage is a method based on  
Traditional/Oriental/Chinese Medical principals for  
assessing and evaluating the life energy in the body  
that flows through invisible energy channels (Meridian  
Lines).*

*Tui Na is a medical massage. Stimulation is applied  
along the energy channels with the fingers and thumbs  
using various degrees of pressure. This stimulation  
triggers the release of endorphins which are the  
neurochemicals that relieve pain, resulting in muscle  
release and enables healing.*

*Tui Na excels in the treatment of chronic pain  
associated with the musculo-skeletal system  
particularly neck, shoulder and back pain, muscle  
spasm, sciatica, tennis and golfers elbow, frozen  
shoulder and joint pain (including arthritis). Tui Na, as  
practised in China treats conditions that in the West  
would require an osteopath, a chiropractor or a  
physiotherapist. Tui Na can also be a preventative  
treatment correcting any imbalances in the bodys  
energy before symptoms and disease can develop. It  
also works to restore emotional and intellectual  
harmony as well as physical health.*

*Mr Khalid is a member of the Complementary  
Therapists Association, EMBODY.*

**Lorraine Hodgkinson  
Herbs and Helpers/Lifestyle Fitness**

Rear of 64 Main Street  
Cockermouth  
Cumbria  
**CA13 9LU**  
T: 01900 826392  
F: 01900 826392  
E: info@herbalmedicineuk.com  
W: www.herbalmedicineuk.com  
Register of Chinese Herbal Medicine, National Institute  
of Medical Herbalists, Chinese Medicine Association of  
Suppliers

**Xiangrong Ren  
Dr Ren House**

81 Union Lane  
Cambridge  
**CB4 1PX**  
T: 01223 312339  
F: 01223 312339  
E: TCMRen@hotmail.com  
The Association of Traditional Chinese Medicine (UK)

**Pak Hong Lam  
Health Centre of Traditional Chinese Medicine**

4a Tudor Street  
Riverside  
Cardiff  
**CF11 6AF**  
T: 02920 343733  
F: 02920 343789  
Register of Chinese Herbal Medicine - Member

*Description of therapies offered:  
20 years experience.*

*Mr. Lam is a specialist in: Neck and Back problems.  
Slipped disc and cracked vertebrae. Skin problems.  
Migraine. Arthritis. Low Energy - M.E. & M.S.  
Depression. Sport injuries. And many other stubborn  
problems. The clinic is near Cardiff Central Station.*

**Michele F. Smith**

24 West Farm Road  
Ogmore-by-Sea  
Vale of Glamorgan  
**CF32 OPU**  
T: 01656 880394  
F: 01656 880394  
E: michelesmith@pointsmith.co.uk  
W: www.pointsmith.co.uk  
Register of Chinese Herbal Medicine, British  
Acupuncture Council

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**Alleen Oi Leng Yeoh**  
9 Carmarthen Road  
Dinas Powys  
Vale of Glamorgan  
**CF64 4PT**  
T: 02920 512742  
Register of Chinese Herbal Medicine

**Min Sun Herbal Health**  
31/33 Cardiff Road  
Caerphilly, Mid Glamorgan  
**CF83 1FN**  
T: 07930 508679  
E: sunmin73@hotmail.com  
The Association of TCM UK

**Jenny Liu Bishops Stortford Acupuncture Clinic**  
Hockerill Street  
Bishops Stortford, Hertfordshire  
**CM23 2DH**  
T: 01279 466841  
E: liu@cyoz.freemove.co.uk  
The British Acupuncture Council, Register of Chinese Herbal Medicine  
*Fees: £40 first treatment - £27 following treatments*  
*Training: Five years training in chinese herbal medicine and acupuncture to bachelor of medicine level*  
*Six years working experience at David Roberts physiotherapy clinic (former physio to the English cricket team)*  
*Therapies offered: Acupuncture, Chinese herbal medicine, Acupressure*  
*Areas of special interest: Arthritis and joint/back pain, sports injuries, Tinnitus, Stop smoking, Skin problems, Digestive problems*

**Jennifer Linstead The TCM Practice**  
63 Meredith Road  
Clacton-on-Sea, Essex  
**CO15 3AG**  
T: 01255 421616  
Ex Nurse- Trained to RGN Standard Not Practising PIN-, Expired, British Acupuncture Council, Register of Chinese Herbal Medicine

**Paul Godfrey The Zen Clinic**  
Tollgate Medical Centre  
143 London Road  
Stanway  
Colchester, Essex  
**CO3 8NZ**  
T: 01206 762 417  
F: 01206 541 803  
E: paul@needlemenow.co.uk  
W: www.zen-clinic.co.uk  
British Acupuncture Council, Register of Chinese Herbal Medicine

**Jing Han Nature Care**  
33 London Road  
Croydon  
**CRO 2RE**  
T: 020 8686 8237  
F: 020 8532 8824  
E: feibing2264@yahoo.com.cn  
The Association of Traditional Chinese Medicine UK

**Li Fei Zhang Life Zhang**  
915 Brighton Road  
Purley  
Croydon  
**CR8 2BP**  
T: 020 8763 1119  
F: 020 8405 8115  
E: drlife@aol.com  
British Acupuncture Council, Register of Chinese Herbal Medicine

**Dianne Stewart**  
47 Castle Street  
Canterbury, Kent  
**CT1 2PY**  
T: 01227 454404  
F: 01227 780100  
E: dstewart@clara.co.uk  
W: www.diannestewart.co.uk  
British Acupuncture Council, Register of Chinese Herbal Medicines  
*Trained at the London School of Oriental Medicine.*  
*Description of therapies offered: Acupuncture. Chinese herbal medicine.*

**Jingye Yang Herb Magic**  
16 City Arcade  
Coventry  
West Midlands  
**CV1 3HW**  
T: 024766 30688  
The Association of Traditional Chinese Medicine

**Jacqueline Hu The Chinese Medicine Centre**  
44 Pillory Street  
Nantwich  
Cheshire  
**CW5 5BG**  
T: 01270 629222  
W: www.acupuncture.fsnet.co.uk  
Member of British Acupuncture Council, Member of Register of Chinese Herbal Medicine

**Zhong Jiao Tan Herbal Palace**  
8 Queen Street  
Gravesend  
Kent  
**DA12 2EE**  
T: 01474 359293  
F: 01474 359293  
E: drtan7@hotmail.com  
The Association of Traditional Chinese Medicine (UK)

**Yining Wu Acuherbal**  
65 High Street  
Sidcup  
Kent  
**DA14 6DW**  
T: 020 8300 6688  
F: 0207 358 9333  
E: yiningwu@hotmail.com  
The Association of Traditional Medicine (UK)  
*Dr.Wu began her career in medicine in 1985 at the prestigious "Beijing University of Traditional Chinese Medicine" where she studied both TCM and the western medicine. After obtaining her degree (BSc) in 1991 she took up a position in one of the largest teaching hospitals in Beijing which is affiliated to Beijing University of TCM. Dr Wu came to the UK in 1996 and has practiced TCM in various locations in and around the London area. She is currently a Manager Practitioner in Sidcup, Kent. Patients consult her on a wide range of health problems which she is able to deal with professionally and sympathetically due to her many years of experience. Much of her work comes by recommendation from former patients. She is a member of ATCM (U.K) and is registered with the local Borough for carrying on the practice of acupuncture.*

**Yaxi Li Acupuncture and Herbal Remedy**  
40 Slater Avenue  
Derby  
Derbyshire  
**DE1 1GT**  
T: 01332 605721  
E: yaxi-lee@yahoo.co.uk  
W: www.tcm-poplar.co.uk  
ATCM, BCMA  
*Dr Yaxi Li studied Western medicine in combination with traditional chinese medicine in the medical school of Beijing university. He obtained his degree of Bachelor of Medicine in 1983.*  
*After graduating, he practiced Western Medicine combined with Chinese Medicine at hospitals in China as a senior-attending doctor before 2000. He has been practising acupuncture and herbal medicine and Western medicine in England since 2000. His rich knowledge and clinical experience in both Chinese medicine and Western medicine have earned him a reputation in successfully treating a wide range of disorders.*  
*He is good at treating a variety of pain, Astham, Alopecia, Acne, ALS, Bowel problems, Psoriasis, Stress, Stroke, Womens problems, Eczema, Hayfever, Insomnia, Male problems, Circulatory problems, stop smoking and drug addiction.*  
*Dr Li is a member of Association of Traditional Chinese Medicine (ATCM) and also a member of British Complementary Medicine Association (BCMA).*

**Xian Ling Qu Herbal Care**  
9 The Spot  
Osmaston Road  
Derby  
Derbyshire  
**DE1 2JA**  
T: 01332 295700  
ATCM, BAAC

**Xin Lu Derbyshire TCM Centre**  
318 Kedleston Road  
Allestree  
Derby  
Derbyshire  
**DE22 2TE**  
T: 01332 203279  
F: 01332735768  
E: xiujie@ntlworld.com  
Association of Traditional Chinese Medicine

**Zhiyu Wei Herbmater**  
122 George Lane  
South Woodford  
London  
**E18 1AD**  
T: 020 8530 2062  
F: 020 8989 9489  
E: herbmater03@yahoo.co.uk  
Association of Traditional Chinese Medicine (UK)

**Yan Huang Chinese Herbal Remedy Centre**  
305 Bethnal Green Road  
London  
**E2 6AH**  
T: 020 7729 5100  
E: mail@fsnet.co.uk  
The Association of Traditional Chinese Medicine (UK)

**Arthur Hing 39 Priestman Rd**  
Rainhill Way  
London  
**E3 3EY**  
T: 020 7538 9285  
E: arthurhing@hotmail.com  
Athe Association of Traditional Chinese Medicine (UK), London & Counties Society of Physiologists

**Ann Bradford City Health Centre**  
The Gestalt Centre  
62 Paul Street  
London  
**EC2A 4NA**  
T: 020 7729 8525  
E: compmed@cityhealthcentre.co.uk  
W: cityhealthcentre.nildram.co.uk  
Kanpo Association, Member British Acupuncture Council, Register of Chinese Herbal Medicine

**Ran Zhao ACUREMEDY**  
412 Morningside Road  
Edinburgh  
Lothian  
**EH10 5HY**  
T: 0131 446 3492  
E: zhaoran36@yahoo.com  
W: www.acuremedy.com  
Traitional Chinese Medicine, The Association of Acupuncture and Moxibustion

**Yan Yun Acuremedy**  
412 Morningside Road  
Edinburgh  
Lothian  
**EH10 5HY**  
T: 0131 446 3492  
E: ty630615@yahoo.com.cn  
W: www.acuremedy.com  
The Association of Traditional Chinese Medicine (UK)

**Patricia Pang Yang Kang Tang Traditional Chinese Medicine Practice**  
within Southbury Leisure Centre  
192 Southbury Road  
Enfield  
Middlesex  
**EN1 1YP**  
T: 07773 313608  
E: info@yangkangtang.co.uk  
W: www.yangkangtang.co.uk  
Association of Traditional Chinese Medicine  
*Patricia Pang*  
*BSc (Hons) TCM, BM (Beijing), Dip. Tuina, MATCM*

*Patricia graduated from the 5-year full-time Traditional Chinese Medicine (TCM) degree at Middlesex University and is fully qualified to provide the full range of TCM treatments including Acupuncture and Chinese Herbal Medicine. As part of her degree, Patricia completed her*

5-month full-time clinical training at 2 of the largest hospitals in Beijing and was awarded a Bachelor of Medicine qualification by the Beijing University of Chinese Medicine. Patricia also completed her clinical training in various UK establishments including the Asante Academy of Chinese Medicine, Haverstock Hill Clinic, Whittington Hospital Pain Clinic and the Chinese National Healthy Living Centre / NHS Walk-in Centre (Soho). Despite the heavy workload in her final year at university, Patricia also gained her diploma in Tuina outside her university studies. In recognition of her achievements in the study and practice of TCM, Patricia was awarded the Prize for Excellence in TCM Studies 2005 by the Association of Traditional Chinese Medicine (ATCM).

Patricia is a member of the ATCM, the largest professional body for TCM in the UK, which is actively involved in the current process of statutory regulation of TCM in the UK.

#### Rahaman Rahim Highlands Clinic of Chinese Medicine

12 Roundhill Drive  
Enfield  
Middlesex  
EN2 7RL

T: 020 8367 6882  
F: 020 8367 6882

E: governorahim@aol.com  
The Association of Traditional Chinese Medicine, The Register of Chinese Herbal Medicine

#### X L Kang Ever Green

262 East Barnet Road  
London

EN4 8TD

T: 020 8441 5656  
F: 020 8441 5656

ATC Med, BAcC

#### Ross Chellew

Cross Cottage  
Cross  
Croyde

Braunton

Devon

EX33 1PL

T: 01271 890 032

Register of Chinese Herbal Medicine, British Acupuncture Council

Fees:

£30 per session. (This can be reviewed in cases of financial difficulties)

Training:

3 years training full time at Westminster University.

2 years training part time at Westminster University, whilst practising as an acupuncturist.

X 2 trips to China to work in hospitals - Private and State run.

Description of therapies offered:

Acupuncture. Chinese Herbal Medicine. Tuina (Chinese Massage).

Areas of special interest:

Colds/Flu.

Gynaecology.

Dermatology.

Musculo skeletal disorders..

General practice. Working with other practitioners - GPs, physios, specialists, referring at the right stage of treatment and for second opinion/diagnosis.

#### Fang Ding Ph.D, M.Sc Blackpool Acupuncture and Herbal Medicine Centre

179 Clifton Drive  
Blackpool  
Lancashire

FY4 1RU

T: 01253 344115  
F: 01539 735479

E: fding@yahoo.com

Register of Chinese Herbal Medicinal - Member, The British Acupuncture Council

#### Xiao Ming Zhou Chinese Medicine and Skin Clinic

245 Waterloo Road  
South Shore  
Blackpool  
Lancashire

FY4 3AA

T: 01253 341644  
F: 01253 341644

Chinese Medicine and Skin Clinic Ltd., Register of Chinese Herbal Medicine

#### Julie C. Almond Traditional Chinese Medicine Centre

21 St. Andrews Road South  
St Annes-on-Sea  
Lancashire

FY8 1SX

T: 01253 724920

E: julie@acupuncture-herbs.co.uk

W: www.acupuncture-herbs.co.uk

British Acupuncture Council, Register of Chinese Herbal Medicine

#### XiangSong Zheng

176 17 Pinkston Drive  
Glasgow  
G21 1NS

T: 07734 800468

T2: 0141 3328789

E: creane-zheng@yahoo.com

The Association of Traditional Chinese Medicine UK

Dr.Zheng was graduate at Hubei Traditional Chinese Medicine University of China. He has been a doctor for more than 31 years. He is the fifth son to carry on his family business on Traditional Chinese Medicine.

He has published over 50 academic papers in China and International magazines. He had written 3 books with other traditional Chinese medicine professors. All of them have got special and excellent award 19 times. He had researched one item, medicine of cancer and got his first award of international. This item also gets a patent and excellent product in China. Dr Zheng is good at Arthritis, Rheumatism, Lower back pain, shoulder pain, gout, indigestion in both man and woman, any difficult and complicated at department of gynaecology, tumor, cancer and craniomatosis. He is professional at complete Traditional Chinese Medicinal, external healing for internal problems, combit therapy of internal and external, Acupuncture, Massage, Quick, yield notable result of TCM therapy.

#### Wei-Xiong Chen Hui Chun Clinic

325 Great Western Road  
Glasgow  
Strathclyde

G4 9HS

T: 0141 357 1313

W: www.hcclinic.co.uk

BACC, ATCM, RCHM

Wei-Xiong Chen was qualified as a doctor of Traditional Chinese Medicine in 1985 after having completed a five-year degree course in China. Through his successes of treating recurring medical problems, he has built up a reputation as a caring efficient competent practitioner. Because of his skill and success, he has become one of the leading TCM practitioners in Scotland. He has featured in various media such as Daily Record, The Evening Times, the Sunday Mail, The Sunday Post, the Herald, BBC Radio, STV and BBC1.

In the past 16 years we have managed to achieve good results with Eczema, Acne, Psoriasis, Rosacea, Warts, Back pain, Sciatica, Spondylitis, Arthritis, Frozen Shoulder, Tennis Elbow, Bells Palsy, Colitis, Infertility, Stop Smoking etc.

#### Linda Upton Cheltenham Holistic Health Centre

66 Suffolk Road  
Cheltenham  
Gloucestershire

GL50 2ED

T: 01242 584140

F: 01242 256567

E: linda@chhh.co.uk

W: www.chhc.co.uk

, Register of Chinese Herbal Medicine, The British Acupuncture Council

#### Laurens Holve Natural Health York Clinic

Guildford Road  
Woking  
Surrey

GU22 7QU

T: 01483 720464

F: 01483 723844

E: lholve@yorkclinic.co.uk

W: www.yorkclinic.co.uk

General Osteopathic Council, Register of Chinese Herbal Medicine

#### Wei Fen Zhu Chinese Medical Centre

90 Kingsley Road  
Hounslow  
Middlesex

HA2 8WB

T: 020 8570 9998

F: 020 8572 5788

E: vzhu@whycmc.fsnet.co.uk

W.H.Y. Chinese Medical Centre

Fees: £10 registration. Free consultation.

Training: University degree.

Description of therapies offered:

Acupuncture. Chinese Herbal Medicine. Heat cupping. Acupressure.

Areas of special interest:

Arthritis. Rheumatism. Pain relief. Psychological.

#### Lisha Zhang Lisha Zhang

Chinese Healthcare Centre  
Wealdston  
Harrow

Middlesex

HA3 5BY

T: 020 8863 8386

F: 020 8863 3686

E: zhang@lisha.flife.co.uk

Association of Traditional Chinese Medicine

Im Lisha Zhang, a Chinese Medicine practitioner, graduated from Beijing University of Chinese Medicine with Bachelor degree in 1982, and with Master Degree in 1988, then practiced in clinic over 10 years. I came to UK in 2001.

I took 8 years education to study medical science as well as Chinese Medicine. In UK, I use acupuncture and herbal medicine together to treat different conditions, especially,

Breast cancer, after operation or during chemotherapy with immune ability weakness. The treatment can reinforce immune system and raise blood cells effectively, preventing new cancers.

IBS, usually in 1-2 months bringing under control.

Prostate enlargement with urine problems, which can be cured by acupuncture and herbs without operation.

Apart from the above conditions, I use herbal medicines as nutrition for sportsmen, to help relieving exhaustion quickly after long-day heavy training and build up good energy before new match, creating special physiological condition for success and help athletes recovered from sports injury effectively with acupuncture.

#### Yuling Geng Chinese Medicine Centre

61 Watling Avenue  
Burnt Oak  
Edgware

London

HA8 0LD

T: 020 8952 4583

E: daqingMA@hotmail.com

The Association of Traditional Chinese Medicine UK

#### Zhongping Lai Chinese Herbal Centre

3 Commercial Street  
Harrogate  
North Yorkshire

HG1 1UB

T: 01423 528666

F: 0113 240 0360

E: cliniclai888@hotmail.com

The Association of Traditional Chinese Medicine UK,

The British Acupuncture Council

#### Guo-Wen Zhao Her Lee Chinese Medicine Center

3 Marlowes  
Hemel Hempstead  
Hertfordshire

HP1 1LA

T: 01442 253538

E: guowenzhao@ntlworld.com

The Association of Traditional Chinese Medicine (UK)

#### Yu Qu

336 Berkhamstead Road  
Chesham  
Buckinghamshire

HP5 3HF

T: 07830 111286

E: jscsqy@hotmail.com

The Association of Traditional Chinese Medicine

#### Cheng Xing Renji Chinese Medicine Centre

17 Westgate  
Halifax  
West Yorkshire

HX1 1DJ

T: 01422 300322

E: xcheng66@hotmail.com

The Association of Traditional Chinese Medicine (UK)

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**Ying Li**  
23 Church Street  
Basingstoke, Hampshire  
**KG21 7QQ**  
T: 01256 462668  
E: zhangdanhong1963@hotmail.com  
The Association of Traditional Chinese Medicine (UK)

**Andrew Sordyl  
Barron Clinic**  
29 Hersham Road  
Walton-on-Thames, Surrey  
**KT12 1LF**  
T: 01932 227360  
Register of Chinese Herbal Medicine, British  
Acupuncture Council

*Andrew is a well respected, highly qualified and experience exponent of his profession. He trained for three years at the London School of Acupuncture, and then a further two years at the London College of Traditional Acupuncture and Herbal Medicine. He worked in hospitals in China and Sri Lanka before setting up practice in Surrey in 1994. He teaches Yoga, Meditation and Relaxation, and is a Master Practitioner of NLP (Neuro Linguistic Programming). Because of his former extensive experience in business, and as a family man, he brings great insight and empathy to his work.*

*What can be treated? Oriental medicine can understand and treat all forms of ill health. The results that can be expected and the length of treatment required will depend on the severity of the disease, its duration and the general health of the patient. Chinese Medicine is probably most renowned in the West for its effect on: Skin Disease; Gynaecology; Digestive Complaints; Respiratory Conditions; Pain; Allergies; Disorders of the Immune System; Psychological Problems; Childrens Diseases; Addiction; Eyes, Ears, Nose, Throat; Stress Related.*

*Andrew Sordyl is in practice at:  
Lifestyle Natural Health, 4 The Centre, Hersham Green, Walton KT12 4HL. Tel: 01932 254624  
Raworth Centre, 20-26 South Street, Dorking, Surrey RH4 2HQ. Tel: 01306 742150*

*Barron Clinic, 29 Hersham Road, Walton on Thames, Surrey KT12 1LF. Tel: 01932 227360.  
Fees: First consultation £45. Subsequent £35.*

**Andrew Sordyl**  
226 Hersham Road  
Walton-on-Thames, Surrey  
**KT12 5QB**  
T: 01932 705673  
T2: 07710 131474  
E: armsordyl@ntlworld.com  
Register of Chinese Herbal Medicine, British  
Acupuncture Council

*Andrew is a well respected, highly qualified and experience exponent of his profession. He trained for three years at the London School of Acupuncture, and then a further two years at the London College of Traditional Acupuncture and Herbal Medicine. He worked in hospitals in China and Sri Lanka before setting up practice in Surrey in 1994. He teaches Yoga, Meditation and Relaxation, and is a Master Practitioner of NLP (Neuro Linguistic Programming). Because of his former extensive experience in business, and as a family man, he brings great insight and empathy to his work.*

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Raworth Centre, 20-26 South Street, Dorking, RH4 2HQ. Tel: 01306 742150*

*Barron Clinic, 29 Hersham Road, Walton on Thames, KT12 1LF. Tel: 01932 227360.  
Fees: First consultation £45. Subsequent £35.*

**Yong Xia  
Yuchin Ltd Chinese Acupuncture & Herbal  
Centre**  
10 East Street  
Epsom, Surrey  
**KT17 1HH**  
T: 01372 810005  
F: 01372 809831  
E: wang@weirong.fsnet.co.uk  
The Association of Traditional Chinese Medicine

**Taegyun Kim  
Da Shan Oriental Medicine Clinic**  
6 Egmont Road  
New Malden  
Surrey  
**KT3 4AS**  
T: 020 8949 4815  
T2: 07861 666539  
E: doctor7031@hanmail.net  
Register of Chinese Herbal Medicine

**Wai Kwan Che  
Super Herbs Ltd**  
8 Central Parade  
St Mark's Hill  
Surbiton  
Surrey  
**KT6 4PJ**  
T: 020 8390 1758  
Register of Chinese Herbal Medicine (Full Member)

**Qi Tian  
Dr Tian**  
150 Mackets Lane  
Liverpool  
Merseyside  
**L25 8TQ**  
T:  
T2: 077794 23752  
E: qitiancn@yahoo.com.cn  
The Association of Traditional Chinese Medicine

**Andreas Feyler  
Dacrelands Clinic**  
Owen Road  
Skerton  
Lancaster  
Lancashire  
**LA1 2DX**  
T: 01524 69864  
Shizen UK Ltd (Employer), Member of Association of Traditional Chinese Medicine, (ATCM) in UK, Member of Federation of Chinese Medicine and Acupuncture, (FCMA) in Australia

**Jiuchun Guo  
Dr. Jiu C. Guo**  
25 Park Road  
Loughborough  
Leicestershire  
**LE11 2ED**  
T: 01509 234678  
F: 01509 234678  
E: jiuchun@talk21.com  
Register of Traditional Chinese Medicine, British  
Complementary Medicine Association, Royal Society of  
Chemistry

**Vasanthi Watt  
Charnwood Chinese Medicine**  
66 Loughborough Road  
Quorn  
Loughborough  
Leicestershire  
**LE12 8DX**  
T: 01509 413111  
Register of Chinese Herbal Medicine, British  
Acupuncture Council

**Zheng Duan Reeve-Chen  
Acuherb Chinese Medical Centre**  
2 Conway Road  
Leicester  
Leicestershire  
**LE2 1PD**  
T: 0116 221 8989  
F: 0116 212 9246  
E: duan.chen@ntlworld.com  
Register of Chinese Herbal Medicine, British  
Acupuncture Council, Association of Chinese Medicine

**Jixing Cheng  
Starhouse Chinese Medicine & Health Care**  
5/7 Harewood Street  
Leeds  
West Yorkshire  
**LS2 7JA**  
T: 0113 2450033  
F: 0113 2568940  
E: jixingcheng@hotmail.com  
The Association of Traditional Chinese Medicine  
Have vast knowledge of internal medicine, alternative  
remedy to surgical diseases, dermatological, emotional  
and mental, gynaecological, muscular-skeletal and  
neurological, detoxification and general health care.  
Background:  
Gained a medical degree in both Traditional Chinese

*and orthodox medical training in Beijing Union  
University in China.  
15 years experience as a qualified doctor for Beijing  
Changing Hospital.  
Practiced TCM throughout career with 11 years working  
as a surgeon specialising in general and osteological  
surgery. (Led team in for integrated therapy- TCM with  
conventional medicine)  
Lecturer in TCM and conventional medical training.  
Vast research experience in Holistic Medicine, a new  
approach between conventional and complementary  
medicine.*

**Huagui Li  
Maywa Clinic**  
390 Kirkstall Road  
Leeds  
West Yorkshire  
**LS4 2HQ**  
T: 0113 2786688  
The Association of Traditional Chinese Medicine (UK)

**Yunqiang Xiu  
Leeds Chinese Medical Centre**  
217 Stanbeck Road  
Leeds  
West Yorkshire  
**LS7 2LR**  
T: 0113 2888866  
F: 0870 7060005  
E: info@cmauk.org  
The Association of Traditional Chinese Medicine, British  
Register of Complementary Practitioners

**Li Jun Dan  
Dr Dan's of Traditional Chinese Medicine Clinic**  
Wordsworth House  
884 Dunstable Road  
Luton  
Bedfordshire  
**LU4 0HH**  
T: 01582 495040  
E: lijun@danfamily88.freeserve.co.uk  
Traditional Chinese Medicine

**Shulan Tang  
Shizhen Clinic**  
50 Sandy Lane  
Chorlton  
Greater Manchester  
**M21 8TN**  
T: 0161 881 8576  
F: 0161 881 0888  
E: shulan.tang@shizhen.co.uk  
Fellow Member of Register of Chinese Herbal Medicine,  
Academic Executive of the Association of TCM UK,  
Member of the British Acupuncture Council  
Fees: £100

*Description of therapies offered:  
Acupuncture. Chinese Herbal Medicine.  
Areas of special interest:  
Gynaecology. Infertility. Menopausal syndrome. Pre-  
menstrual tension.*

**Junkun Bai  
Chinese Medical and Skin Centre**  
75 Cross Street  
Sale  
Cheshire  
**M33 7HF**  
T: 0161 905 3666  
F: 01204 439135  
E: acupherbs@aol.com  
W: www.chinesemedicalcentre.co.uk  
Register of Chinese Herbal Medicine, Member of British  
Acupuncture Council

**Chao Zhang  
Dr C Zhang**  
72 Flixton Road  
Urmston  
Greater Manchester  
**M41 5AB**  
T: 01617 468899  
E: zhangchaouk@hotmail.com  
Association of Traditional Chinese Medicine  
*I have been trained in both Chinese Medicine and  
Western Medicine for 8 years and got a Master Degree  
in Chinese Medicine from Tianjin University of  
Traditional Chinese Medicine, China in 1990.  
Now I am a member of The Association of Traditional  
Chinese Medicine (UK) and have been practising  
Chinese Medicine for 16 years.  
Specialist in: Infertility, menopause, Eczema, Psoriasis,  
Migraine and Sinus Infection, IBS.  
Also can help with: Stress, Smoking, Arthritis, Sciatica  
etc.*

**Zhi-Hua (Katherine) Gao**  
**Balanced Harmony**

Suite 16  
The Rufus Centre  
Steppingley Road  
Flitwick, Bedfordshire  
**MK45 1AH**  
T: 01908 520082  
T2: 07890 470161  
E: orientalttraveler@aol.com  
Register of Chinese Herbal Medicine

*My name is Zhi-Hua, also known as Katherine. I graduated from Nanjing University of Traditional Chinese Medicine (one of the top five Universities in this field in the world) with a Bachelor degree of both Western and Chinese Medicine in 1994. Since then I have been practicing in China and the UK as a TCM-Doctor.*

*I use my knowledge of both modern and traditional medical systems to diagnose and treat different illness by offering individual consultation, acupuncture and herbal medicine. I believe the fact that I am fluent in English and have gained a thorough knowledge of many different cultures as well as my medical knowledge it improves my understanding of patients needs.*

*I am not promising to deliver miracle cures, but I will promise to try my best to reduce the illness and improve your well-being. As the Vice-President of Register of Chinese Herbal Medicine, I strictly follow the regulation in the UK during practice and determined to improve TCM education standard and the quality of TCM treatment.*

**Sui Yun Huang**  
**Suiyun Acupuncture & Herbs**

2 Glenstal Place  
Campbell Park  
Milton Keynes, Buckinghamshire  
**MK9 3FT**  
T: 01908 559896  
F: 01908 559896  
E: suiyunhuang@yahoo.com.cn  
British Acupuncture Council, Association of Traditional Chinese Medicine (UK)

*My name is Sui Yun Huang. I have been practicing acupuncture and Chinese herbal medicine in UK and China for last 20 years. I have dual qualifications of Medicine Bachelor in conventional medicine and advanced study in Traditional Chinese Medicine. My practicing is fully regulated by BAcC and TCM (UK).*

*The most common problems are treated in my clinic as shoulder, back-leg pain, low energy, ME, tiredness, stress and depress, menopause, infertility, arthritis, irregular bowel syndrome, hay fever, asthma, heart problem, hypertension, high cholesterol, over weight, skin problem, stop smoking and alcohol addiction.*

*A wide range of herbal medicine in different forms, herbal liquid extract, concentrated herbal powder and herbal tablets are prescribed at Suiyun Acupuncture & Herbs to suit individual needs and convenience of use.*

*Telephone consultation and mail order of herbal medicine are available. Visitors are strictly by appointment only.*

**Shu Xu**  
**Healthwise**

13 Chapel Market  
Islington, London  
**N1 9EZ**  
T: 020 7278 0788  
F: 020 7278 0788  
E: drshuxu@softhome.net

The Association of Traditional Chinese Medicine

*Healthwise is a well-established complementary clinic practicing acupuncture and Traditional Chinese Medicine. We provide an experienced professional service, which has proved to be particularly effective in helping patients suffering from the following conditions:- Acne, Arthritis, Back Pain, Bronchitis, Colitis/IBS, Cystitis, Depression, Eczema, Easting Disorders, Hay Fever, Infertility, Insomnia, Migraine, Panic Attacks, Psoriasis, Stop Smoking, Sinusitis, Stress, Sports Injuries, Sciatica, Weight Loss, Male Problems (Impotence, Premature Ejaculations and Prostatitis), Female Problems (Premenstrual Tension, Menopause, Irregular Menstruation, Polycystic Ovary Syndrome and Fibrosis Uteri)*

*All our practitioners are medically qualified and trained in China; they have at least ten years clinical experience and are registered with the Association of Traditional Chinese Medicine. The main practitioner, Dr Xu Shu, is qualified in both western medicine and Chinese medicine. She was awarded a scholarship first to Genoa University and later to Rome University, Italy. She then worked in St Bartholomews Hospital, London, and also in the Royal Free Hospital, Islington, London. Dr Shu was invited to lecture general practitioners on a training course by the Guildford & Chertsey GP Vocational Training Scheme.*

*We also offer allergy tests and advice regarding medicinal diets.*

**Lin Mellun**  
**Meridian Chinese Medicine Centre**

1A Chapel Market  
Islington  
London  
**N1 9EZ**  
T: 020 7713 8228  
F: 020 7713 8228  
E: drlin.meridian@virgin.net  
Member of the Association of Traditional Chinese Medicine, (UK)

*I am a well qualified Chinese medicine practitioner at MCMC; trained in traditional Chinese medicine, have 13 years of clinical practice. I have developed my uniquely effective treatments with a successive rate over 80% acupuncture and massage for headache, migraine, low back pain, sports injuries, stress/anxiety, panic attacks; acupuncture and herbal medicine for IBS, asthma, acne, sex problems, weight loss; acupuncture and ear magneto therapy for stopping smoking and herbal products for skin problems.*

**James Cattermole**  
**Islington Chiropractic Clinic**

5-7 The Precinct  
Packington Square  
Islington  
London  
**N1 1UP**  
T: 020 7354 8883  
F: 020 7354 9798  
E: chiropractor@icc.netkonec.co.uk  
W: www.islington-chiropractic.co.uk  
British Acupuncture Council, Register of Chinese Herbal Medicine

*Fees: £35.00/1 hour treatment (concessions available).*

*Training:*

*Trained in Japanese Acupuncture, also worked in Zhejiang Province Hospitals (China) and within NHS at the Gateway Clinic.*

*Description of therapies offered:*

*Tuina (Chinese Massage), Acupuncture (Chinese and Japanese), Scalp acupuncture, Cupping, Moxibustion, Chinese Herbs (Patent and Raw).*

*Areas of special interest:*

*Musculo-skeletal disorders, pain, digestive disorders, gynaecological conditions, stress, insomnia, post stroke rehabilitation.*

**Shai Golan**  
**Clinic for Traditional Chinese Medicine**

20 Ramsden Road  
Friern Barnet  
London  
**N11 3JE**  
T: 020 8361 5522  
F: 07092 117 319  
E: shai@acupuncture.com  
The British Acupuncture Council, Register of Chinese Herbal Medicine - Full Member

**Ye Shi**  
**Kander Chinese Medicine**

545c High Road  
Tottenham  
London  
**N17 6SB**  
T: 020 8801 6618  
F: 020 8365 9535  
E: kandertcm@btconnect.com  
British Acupuncture Council, Register of Chinese Herbal Medicines

*Training:*

*Mr. Ye Shi is senior doctor in China. He is qualified practitioner of both Chinese medicine and complementary medicines in China and England. He holds M.Sc in England and memberships with RCHM and MBACC in England.*

*Description of therapies offered:*

*Herbs. Acupuncture. Massage. Diet therapy. Chigong exercise.*

*Areas of special interest:*

*All kinds of stress.*

*Skin problems.*

*Sexually related disorder.*

*Female and male infertility.*

*Weight loss.*

*Hair problems and common diseases.*

**Ghila Rodrik Bail**  
**Ghila's TCM**

60 Brim Hill  
Hampstead Garden Suburb  
London  
**N2 0HQ**  
T: 07767 272 555  
E: ghilarodrik@aol.com

British Acupuncture Council, Register of Chinese Herbal Medicine

*Fees: £35.00 per session. Herbs are provided at additional cost.*

*Training: 2 years for acupuncture. 2 years for herbal medicine.*

*Worked at London College of Traditional Acupuncture, LA Fitness Centres and privately.*

*Description of therapies offered:*

*Acupuncture. Chinese Herbal remedies. Nutrition. Life style management. Cupping and moxa.*

*Areas of special interest:*

*Gynaecology. Digestive problems. Musculo skeletal problems.*

**Frances Turner**  
**Highgate Health Centre**

31A Highgate High Street  
London  
**N6 5JT**  
T: 020 8348 5553  
E: francesturner@onetel.com  
British Acupuncture Council, Register of Chinese Herbal Medicine

**F.E. Staebler**

Holistic Medical Practitioner  
81 St. George's Avenue  
London  
**N7 0AJ**  
T: 020 7700 7078  
F: 020 7700 7078  
E: irolight@aol.com  
GMC, BAcC, RCHM

**Jiaan Xiong**  
**Traditional Chinese Treatment Centre**

27 Stowell Street  
Newcastle-upon-Tyne  
Tyne & Wear  
**NE1 4YB**  
T: 0191 230 5388  
F: 0191 230 5388  
E: jiaan2001@hotmail.com  
The Association of Traditional Chinese Medicine

**Yaxi Li**

80 Bridgeford Road  
West Bridgeford  
Nottingham  
Nottinghamshire  
**NG2 6AX**  
T: 011598 25353  
E: yaxi-lee@yahoo.co.uk  
ATCM, BCMA

*Dr Yaxi Li studied Western medicine in combination with traditional chinese medicine in the medical school of Beijing university. He obtained his degree of Bachelor of Medicine in 1983.*

*After graduating, he practiced Western Medicine combined with Chinese Medicine at hospitals in China as a senior-attending doctor before 2000. He has been practising acupuncture and herbal medicine and Western medicine in England since 2000. His rich knowledge and clinical experience in both Chinese medicine and Western medicine have earned him a reputation in successfully treating a wide range of disorders.*

*He is good at treating a variety of pain, Astham, Alopecia, Acne, ALS, Bowel problems, Psoriasis, Stress, Stroke, Womens problems, Eczema, Hayfever, Insomnia, Male problems, Circulatory problems, stop smoking and drug addiction.*

*Dr Li is a member of Association of Traditional Chinese Medicine (ATCM) and also a member of British Complementary Medicine Association (BCMA).*

**Samara Reid**  
**The Hall Clinic**

7 Park Crescent  
London  
**NW1**  
T: 020 7631 0156  
F: 020 7997 7377  
E: samantha.reid@btinternet.com  
British Acupuncture Council, Register of Chinese Herbal Medicine  
*Fees: £60*

*Training: 4-year Diploma course in Acupuncture, Moxibustion and Chinese Herbal Medicine. Extra training in treatment of addictions using acupuncture and gi gong. Diplomas in Reflexology, Tui-na and Reiki. Also completed BA degree course in Anthropology at University of London.*

*10 years qi gong training.*

*Description of therapies offered:*

*Acupuncture for all systemic (internal) and structural problems. In addition, tui-na, a Chinese remedial*

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**A** *massage technique for pain in the soft tissue, Reflexology and Reiki also available. Areas of special interest: Qi gong healing for stress and well being. Traditional Chinese Medicine for low energy, insomnia, gynaecological disorder, digestive disorder and mental health.*

**B**

**C** **Kezheng Liang East Natural**  
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**E** **Rachel Fang Alternative Integrated Medicine**  
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Register of Chinese Herbal Medicine

**J**

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British Acupuncture Council, Register of Chinese Herbal Medicine

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**N**

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**P**

**Q**

**R** **Vincent Yu Chinese Medical Centre of London**  
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T: 020 7372 2184  
F: 020 7372 1058  
Register of Chinese Herbal Medicine, Register of Complementary Practitioners (Chinese Medicine)  
*Training:*  
Dr. Yu obtained his MB BS degree in 1986. After graduating, he had trained in Chinese Medicine and practises Chinese medicine in combination with Western Medicine.  
*Description of therapies offered:*  
Chinese Herbal Therapy. Acupuncture.  
*Areas of special interest:*  
Skin disease (Psoriasis, Vitiligo)  
Males disease.  
Infertility.

**S**

**T**

**U**

**V**

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**Z** **Shun Qun Zhou Zhou Yang**  
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The Association of Traditional Chinese Medicine  
*Master Zhou*  
A well known Chinese Taiji and Gongfu master. He is also a master of Tuina. His practice brings him reputation in the circle. He is also practitioner of Chinese medicine practising acupuncture and herbal medicine.  
He practises and teaches those Chinese excises in UK for more than 8 years. More than 100 students are now following his practice after learned from him.  
*Qi Healing massage*  
Qi healing massage is a unique therapy created by Master Zhou. It is about combination of Qi exercise by the patients themselves and the bony touches carried out by the practitioners. The practitioner needs an excellent control of the energy flow in the body and is able to affluent the patients body. Master Zhou has a great ability of moving the Qi in the patients body.  
The Qi healing massage is quite different to other massages which are mainly a passive therapy. The interactive Qi moving between and the practitioner produces the most effective. When combined with Qigong and Taiji, the body of patient will return to normal by its own healing power.  
The main indications includes stress, migraine, IBS, PMT, insomnia, poor circulation, and other strange problems. Unexpected effects can be achieved.

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Chinese Medical Academy UK  
1978-1983 Jin Zhou Medical University, Liaoning, P.R.C.  
5 years University of Chinese Science & Medicine  
Bachelor Science & Biology, Degrees and Accreditation of Excellence in Western and Chinese Medicine.  
1991-1994 Awarded Distinguished Higher Diploma of Chinese Medicine.  
*Courses studied included: Basic Theory of TCM, Diagnostics of TCM, Treatise on Febrile Disease, Surgery of TCM, Gynaecology, Obstetrics, Paediatrics, Traumatology, Ophthalmology, Otorhinolaryngology, Acupuncture and Moxibustion.*  
*Synopsis of prescriptions of Chinese Golden Chamber. Chinese and Western Herbal Medicine and Prescription. Capable of both Western and Chinese health care and medicine at expected standards accomplished and qualified Acupuncturist and Senior Doctor in Nervous Systems.*  
*Researching- Have undertaken careful, systematic study and investigation into causes of reoccurring Spaniel and Nervous system problem areas.*  
*Have had my work and findings published in the Ministry of China Health and Medicine Journals. 1999 edition.*  
*Scheduling- Able serve has senior case Doctor and prepare a co-ordinated timed plan for procedure of case which entails making arrangements for events and procedures as well as making sure promises and goals are delivered on time to the required standards expected by the departments.*  
*Professional areas of Expertise:*  
Chronic pain, Sports injuries, Hemiplegia, Chronic Disease and TCM. Acupuncture-Moxibustion systems in clinical treatment and practices. Practitioner of Chinese and Western Medicines.

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The Association of Traditional Chinese Medicine (UK),  
The Institute for Complementary Medicine  
After graduating from Guiyang College of Traditional Chinese Medicine (TCM) in 1976, Dr.Y.Li has worked as a teaching assistant as well as a junior doctor at the same college and its attached hospital for three years.

He then started his postgraduate training at the Chinese Academy of TCM in Beijing, China, is one of the most prestigious teaching and research institutes of TCM in China, and was among the first group of doctors to be bestowed a Masters degree in Medicine in 1981. For the next ten years he was a senior clinician in the Chinese Academy of TCM as well as a senior lecturer at the Beijing International Acupuncture Training Centre in Beijing, China sponsored by the World Health Organization until he came to the U.K in 1991. In 1996 Dr.Li was appointed as a honorary professor by the Beijing International Acupuncture Training Centre.  
Dr Li has a long standing interest in the internal medicine with acupuncture and Chinese herbs. The conditions he has successfully treated include:  
Pain conditions  
Skin conditions  
Digestive systems  
Gynaecological conditions

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National Institute of Medical Herbalists, Register of Chinese Herbal Medicine  
*Fees:*  
First appointment £30. Following appointments £20. Herbal medicine prescription extra.  
*Training:*  
National Institute of Medical Herbalist - 4 year full time course achieved a Diploma in Phytotherapy and Membership of Institute  
2 year course in Chinese Herbal Medicine gaining membership of Register of Chinese Herbal Medicine.  
3 months in Guangzhai China at the School of Traditional Chinese Herbal Medicine.  
*Description of therapies offered:*  
Consultation and prescription of Chinese herbs in decoction, pill and powder form. Dietary advice.  
Lifestyle advice.  
*Areas of special interest: Gynaecology. Endometriosis. Menstrual irregularities. Skin disease. Eczema. Psoriasis. Acne. Digestive disorders. Immune disease. Stress related disorders. M.E. Depression and anxiety.*

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She diagnosis patients using both traditional Chinese and conventional medicines, and clinical management with all therapies of TCM, Acupuncture, Chinese Herbal medicine and others, due to individual patients condition, and is familiar with integrated management from Chinese to Western medicines.

She treats patients in a widespread diseases and pre-diseases in Sheffield and London, specializing in ME, MS, migraine, post-stroke, cancer care, skin problems and womens diseases.

She has also had some papers published on the topic of ME and common diseases in the West as well as some clinical researches.

**Li Qin Zhao**  
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The Association of Traditional Chinese Medicine

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The Association of Traditional Chinese Medicine  
*Graduated and qualified in Beijing University of Traditional Chinese Medicine (TCM) The best university of TCM in China. In 1992 after six years full time courses both in TCM and Western medicine. Then practising TCM about 11 years now, during 1992 - 1995 did about 3 years pharmacological research on chinese herbs at medical research centre in Beijing University of TCM. Practising in London about 7 years the latest 3 years and will continue to practice in Peckham (SE15). Well experienced in TCM (Acupuncture, Chinese Herbal Medicine, Chinese Medical Massage) treating chronic internal problems, pain problems, skin problems, stress related problems, and gynecological problems, (infertility, fibroids, polycystovary syndrome). Working along with Dr Feng Wu as a team, making some treatment more effective. Currently holding over 4000 registered patients. Mainly practising at 167 Rye Lane Peckham London SE15 4TL Tel/fax 020 7252 8866 and 86 Peckham High Street London SE15 5ED Tel 020 7635 6686*

*Good English Good Manner Good Reputation*

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The Register of Chinese Herbal Medicine, Association of Traditional Chinese Medicine

*Dr Xia graduated from a TCM university. She is a doctor with twenty years experience in traditional Chinese medicine. She worked in a large general hospital and was deputy-director in the TCM department. She obtained a special certificate jointly issued by the Chinese Ministry of Health, Ministry of Human Resources and TCM administration after three years clinical state post-graduate studies with advanced aged and nation-wide renowned TCM professors. Dr Xia was a member and the Deputy-General secretary of all China Spleen and Gastroenterology Committee of the TCM Internal Disease Society before she came to Britain. She is on the British Register of Chinese Medicine and a member of ATCM(UK). She practices acupuncture, herbal medicine and therapeutic massage.*

**Joyce Signol**  
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**Jiang Chang**

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Shizen UK Ltd (Employer), Member of Association of Traditional Chinese Medicine, (ATCM) in UK, Member of Federation of Chinese Medicine and Acupuncture, (FCMA) in Australia

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National Institute Medical Herbalists, Register of Chinese Herbal Medicine, Member of Institute of Environmental and Allergy Therapists

**Anna Yang M.D. M.Sc (China)**  
**The Herb Garden**

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**SS9 1JH**

T: 01702 482178  
F: 01702 719499  
E: info@88herbgarden.co.uk  
W: www.88herbgarden.co.uk  
MBAcC, Register of Chinese Herbal Medicines, Chinese Medical Association, Dermatology Society

*Fees: General: Initial consultation and treatment - £35.00 Follow up treatment - £29. Follow up treatment (Senior Citizen) - £27. Initial Chinese Herbal Medicine Consultation - £18 + herbs.*

*Follow up consultation - £11 + herbs.*

*Skin conditions:*

*Initial consultation and treatment £28 + herbs.*

*Follow up treatment - £18 + herbs.*

*Repeat prescriptions - £11 + herbs.*

*Training: Gulyang University 5 years. Retraining 1 year. Dermatology.*

*Description of therapies offered: Weight loss. General pain including injuries. Skin disorders. Acupuncture.*

*Areas of special interest: Weight loss. Dermatology. General pain.*

**Robert Van't Hof**  
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Chartered Society of Physiotherapy, British Acupuncture Council, Register of Chinese Herbal Medicine

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**Yaxi Li**

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ATCM, BCMA

*Dr Yaxi Li studied Western medicine in combination with traditional chinese medicine in the medical school of Beijing university. He obtained his degree of Bachelor of Medicine in 1983.*

*After graduating, he practiced Western Medicine combined with Chinese Medicine at hospitals in China as a senior-attending doctor before 2000. He has been practising acupuncture and herbal medicine and Western medicine in England since 2000. His rich knowledge and clinical experience in both Chinese medicine and Western medicine have earned him a reputation in successfully treating a wide range of disorders.*

*He is good at treating a variety of pain, Astham, Alopecia, Acne, ALS, Bowel problems, Psoriasis, Stress, Stroke, Womens problems, Eczema, Hayfever, Insomnia, Male problems, Circulatory problems, stop smoking and drug addiction.*

*Dr Li is a member of Association of Traditional Chinese Medicine (ATCM) and also a member of British Complementary Medicine Association (BCMA).*

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**Qin Zhang**

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, General Secretary od Ache Society Beijing Branch, Physical Rehabilitation Society, The Acupuncture and Moxubustion Association, The Association of Traditional Chinese Medicine, The member of TCM Society China

*I was born in 1946. I used to be director of Acupuncture and Moxibustion department of Huguosi Hospital of TCM Beijing and assigned as director and deputy Chief doctor of analgesia outpatient department and physical rehabilitation department of Hugnosi hospital in 1989. However, I have been working for*



TCM for over 30 years.

After all these years practice, I have obtained mutual medical skills with unique understanding in treatment of apoplexy, analgesia, pediatric and geriatric disease. Moreover, I have been teaching Chinese students Acupuncture and TCM and also teaching foreign students who come from over ten countries. I have always been looking for and invited countries and external units for my medical skills and obtained many.

**Yuan Shui**  
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Register of Chinese Herbal Medicine, British Acupuncture Association

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, General Secretary of Ache Society Beijing Branch, Physical Rehabilitation Society, The Acupuncture and Moxibustion Association, The Association of Traditional Chinese Medicine, The member of TCM Society China

I was born in 1946. I used to be director of Acupuncture and Moxibustion department of Huguosi Hospital of TCM Beijing and assigned as director and deputy Chief doctor of analgesia outpatient department and physical rehabilitation department of Huguosi hospital in 1989. However, I have been working for TCM for over 30 years.

After all these years practice, I have obtained mutual medical skills with unique understanding in treatment of apoplexy, analgesia, pediatric and geriatric disease. Moreover, I have been teaching Chinese students Acupuncture and TCM and also teaching foreign students who come from over ten countries. I have always been looking for and invited countries and external units for my medical skills and obtained many.

**Simon Lau**  
**The Simon Lau Centre**

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, Register of Chinese Herbal Medicine (UK), World Academic Society of Medical Qigong (China)

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Register of Chinese Herbal Medicine, Association of Traditional Chinese Medicine

**Yan Sun**  
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The Association of Traditional Chinese Medicine

**N Clarke**

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F: 01803 214615

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British Acupuncture Council, Register of Chinese Herbal Medicine

**Xiao Ping Zhai**  
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F: 020 7908 3866

E: zhaiclinic@btpopenworld.com

W: www.zhaiclinic.com

ATCM

Established since 1993 with a reputation for excellence in the field of reproductive medicine using Chinese Herbal Medicine and Acupuncture.

The Clinic offers comprehensive, expert advice and treatments for men and women experiencing fertility problems including:

polycystic ovaries

endometriosis

recurrent miscarriage

unexplained miscarriage

unexplained infertility

male infertility including low sperm count, low motility, high abdominal form and antisperm antibodies.

**Lei Zhou An**  
**Angel Cottage Complementary Therapists Practice**

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London

**W11 3EB**

T: 01206 871122

F: 01206 871122

E: thelittlehospital@beeb.net

Register of Chinese Herbal Medicine

Fees: £40/consultation excluding prescription herbs.

Training/experience: Studied both herbs and acupuncture in London. Attended the well respected Journal of Chinese Medicines course in 1984/5 received a Diploma of Acupuncture. In 1988 received the Certificate of Chinese Herbal Medicine from the two year course of Ted Kaptchuk and Giovanni Maciocia. I spent six months of 1987 in New York City with Dr. Michael Smith at Lincoln Hospital in the Bronx working on HIV and AIDS, Hepatitis and Addiction. From 1989 to 1995 worked at London Lighthouse AIDS hospice as part of an integrated medical team. Now work in private practice.

Description of therapies: Chinese herbs can be given in three ways:

Traditionally loose prepared herbs to be made into decoctions.

Powered herbs (better suited to a modern life style) manufactured to Good Manufacturing Practice (GMP)

Tablet form. These are also manufactured to GMP

All herbs are sourced from the highest quality supplies and suppliers are registered to Chinese Medicine Association of Supply (CMAS).

Acupuncture using precision made disposable needles manufactured from high quality surgical steel.

Special Interests: Gynaecology and both male and female fertility. Support of the Immune System for Cancer patients undergoing Chemotherapy or Radiotherapy. Stress Management, ME, Skin Diseases, HIV and AIDS, Hepatitis.

**Joska Ramelow B.Sc Hons**  
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T:

Register of Chinese Herbal Medicine

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**Hong Yuen Co**

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The Association of Traditional Chinese Medicine, The British Acupuncture Council

Holder of degree in Traditional Chinese Medicine (T.C.M) awarded in 1966 from Guangzhou University of T.C.M, formerly Guangzhou college of T.C.M, member of the British Acupuncture Council and the Association of Traditional Chinese Medicine (UK).

Practised as an Acupuncturist and Traditional Chinese Medicine doctor in Hong Kong from 1966 to 1986 and in London from 1987.

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Register of Chinese Herbal Medicine, British Acupuncture Council

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MCACc, Register of Chinese Herbal Medicine

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Register of Chinese Herbal Medicine, Member of the Shiatsu Society, Member of the British Acupuncture Council

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British Acupuncture Council, Register of Chinese Herbal Medicine

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UKCC for Nursing Midwifery & Health Visiting, British Acupuncture Council, Register of Chinese Herbal Medicine

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**Counselling**

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The Hypnotherapy Association, The National Council for Hypnotherapy, National Guild of Hypnotists, BACP

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W: [www.michaelfairbairn.com](http://www.michaelfairbairn.com)  
British Association of Counselling and Psychotherapy  
*I have a Postgraduate Diploma in Counselling and I am a member of the BACP. I adhere to its code of Ethics and Practice.*

*My counselling diploma was in Integrative Psychosynthesis at Re.Vision. I am committed to maintaining my professional development and have ongoing training. In order to maintain and enhance good practice, I am required by the BACP to receive independent supervision and support on a regular basis.*

*Integrative Psychosynthesis is a holistic approach to working with the client as issues and feelings are explored together. It embraces the whole person - the physical, emotional, mental and spiritual aspects of the individual.*

*The difficulties we face hold messages that need to be listened to, acknowledged and understood before we can move on. It is not about pushing away the parts of ourselves that we don't like - more about integrating those parts and this can allow a deep healing to take place.*

*I would describe my predominant style of working as psychodynamic. Our relationship will often mirror relationship in your day to day life as well as those of early childhood. This means that the way we work together and relate will be an important aspect of the work.*

**Martin Egan**

**New Direction Consulting**  
26 Batford Road  
Harpenden, Hertfordshire  
**AL5 5AT**  
T: 08704 051990  
E: [martin@newdirectionconsulting.co.uk](mailto:martin@newdirectionconsulting.co.uk)  
W: [www.newdirectionconsulting.co.uk](http://www.newdirectionconsulting.co.uk)  
British Register for Complementary Practitioners, British Association of Counselling and Psychotherapy

**Hazel Bradish**

**Sexual And Relationship Psychotherapy**  
22 Westfield Road  
Edgbaston  
Birmingham  
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T: 07702 834 576  
F: 0121 454 1594  
E: [hbradish@blueyonder.co.uk](mailto:hbradish@blueyonder.co.uk)  
W: [www.psychosexual.pwp.blueyonder.co.uk](http://www.psychosexual.pwp.blueyonder.co.uk)  
BAC, National Association for Nurses Contraception and Sexual, Health, British Association Sexual and Relationship Therapists

*I work as an accredited Sexual and Relationship Psychotherapist. I work both in the NHS at City Hospital, Birmingham and in a Family Planning Clinic in W.Bromich. I also work privately with clients from an address in Edgbaston, Birmingham. I work with both couples and single people.*

*My background before training as a therapist was in Health Visiting.*

*My work is person centred and I use a cognitive behavioural approach.*

**Gloria Murray (Hypnotherapist)**

94 Coopers Road  
Handsworth Wood  
Birmingham  
**B20 2JX**  
T: 0121 554 8265  
The British Association of Behaviour and Cognitive, Psychotherapy, The Hypnotherapy Organisation  
*The Professional Organisation To Which I Belong:*  
*My professional organisation is the Hypnotherapy Association which is an independent body. It incorporates the United Kingdom Hypnotherapy Register, and the National Office which is situated at 14 Crown Street, Chorley in Lancashire. As well as belonging to this association, I am also a member of the British Association for Behavioural and Cognitive Psychotherapy.*

*Primarily I am a qualified and registered hypnoanalyst. Trained with (S.A.C.H) which is a recognised school of Analytical and Cognitive Hypnotherapy and Psychotherapy. I am fully covered with professional indemnity and public liability insurance, and practice to their standards and ethics.*

*In addition I am an NHS Registered Independent Provider.*

*My Qualifications Are:*  
*Diploma in Cognitive Counselling, Psychotherapy and Hypnotherapy*

*Diploma in Social Work*  
*Registered Nurse and Midwife*  
*M.S.C in Public Sector Management.*

*Training And Experience:*  
*My training in CBT, Cognitive Psychotherapy and Hypnotherapy involves clinical experience. Having passed satisfactorily the required practical examinations and ongoing assessment criteria in Counselling, Psychotherapy and Hypnotherapy.*

*I also have substantial amount of practical experience in adults and child psychiatry and having been an approved social worker under the 1983 mental health act.*

*Relevant experience in family work, group work, supervision, consultation with general practitioners, and education departments etc. Undertaking counselling in a one-one setting. The experience in being in practice in terms of Counselling, Psychotherapy and Hypnotherapy for roughly 3-4 years.*

*Specialist Treatment That I Offer:*  
*I specialise in Relaxation, Anxiety, Emotional problems, Phobias, Fears, Distress, Depression, Nail biting, Cant cope, Weight control, Stress, Confidence building, Pain relief, Self esteem, Smoke control, Post Traumatic Stress disorder, Goal settings and Empowering patients.*

*Techniques used are direct suggestions, hypnoanalysis, age regression, future progression and visualisation etc. However considering my professional background I would very much like to undertake sessional work with the NHS and the PCTs.*

**Deborah Townsend-Wood**

**Tranquil House Consulting Centre**  
258 Old Birmingham Road  
Lickey  
Bromsgrove  
Worcestershire  
**B60 1NU**  
T: 01214 454064  
F: 01214 454384  
E: [tact-deborah@hotmail.co.uk](mailto:tact-deborah@hotmail.co.uk)  
W: [www.tranquilhouse.co.uk](http://www.tranquilhouse.co.uk)  
Institute of Transactional Analysis

*Deborah TownsendWood*  
*Certified Transactional Analyst (July 2005)*  
*Master Science (Transactional Analysis Psychotherapy) (May 2006)*

*Professional Insurance:*  
*Towergate Professional Risks (5,000,000.00)*

*Professional Registration:*  
*UKCP, ITA, JobCentre Plus Accredited Provider*

*Special Interests:*  
*Generalised/Specific anxiety Disorders, Depression, Work Related stress and employment issues, Interpersonal skills, Assertiveness, Anger Management, Social self esteem, Confidence building, PTSD and PTSD, Sexual Diversity, Psychosexual, Couples therapy.*

*Experience:*  
*1996 - counselling disabled clients in JobCentre Plus, West Midlands Area. (Ongoing)*  
*1998 - Birmingham Counselling Centre, Private Self referrals and Employment Assistance Programmes. (Ongoing)*

*2000 National Employment Assistance Programme; Telephone and Face to Face counselling. (Ongoing)*

*2001 - Tranquil House Psychological Consultancy Centre;*

*Primary Care referrals - Independent Sector. (Ongoing)*

**Contact Details:**

*Tranquil House 0121 445 4064*  
*Mobile 07733 260187*  
*Consulting Rooms:*  
*Tranquil House Psychological Consulting Centre (Health Commission Registered)*  
*258 Old Birmingham Road*  
*Lickey*  
*Bromsgrove*  
*Worcestershire*  
*B60 1NU*  
*[www.tranquilhouse.co.uk](http://www.tranquilhouse.co.uk)*

**Julia Tolley**

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Institute of Transactional Analysis

**Peter Tapsell**

**Hartgame Ltd**  
5 Underwood Close  
Callow Hill  
Redditch  
Worcestershire  
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T: 01527 540 090  
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E: [peter.tapsell@breathemail.net](mailto:peter.tapsell@breathemail.net)  
W: [www.petertapsell.com](http://www.petertapsell.com)  
American Board of Hypnotherapy, American Board of Time Line Therapy, Time Line Therapy Association  
*Not Coping Well With Life?*  
*Emotional Or Psychological Problems Holding You Back?*  
*Stress, Anxiety, Phobias, Jealousy, Addictions, Low Self Esteem, Shyness, Lack of Confidence, Exams, Poor Sports Performance.*

*The list is endless and can be a major personal problem for many people.*  
*Counselling can take many painful weeks or months. Drugs can become addictive.*

*For IMMEDIATE results Neuro Linguistic Programming (NLP) will find the root cause of the problem and resolve it.*

*Peter Tapsell is a registered Master NLP Practitioner, Master Hypnotherapist, Time Line Therapist and Author. Having recently relocated to Redditch he is now opening his private therapy clinic and will be pleased to discuss your problems and how he can help you.*

*To start to look forward and to learn to succeed Contact Peter on 01527 540090 or 07876 451 776*  
*[www.petertapsell.com](http://www.petertapsell.com)*

**Christine Chell**

**Shunyata**  
Oakcroft  
Middle Street  
Rimpton  
Yeovil, Somerset  
**BA22 8AF**  
T: 01935 851167  
E: [counselling@shunyata.org.uk](mailto:counselling@shunyata.org.uk)  
W: [www.shunyata.org.uk](http://www.shunyata.org.uk)  
British Association of Counselling and Psychotherapy, General Hypnotherapy Register

**Binkie Heather**

**Counselling Somerset**  
Gardeners Cottage  
Dinder  
Wells, Somerset  
**BA5 3PE**  
T: 01749 671952  
E: [binkie.heather@gmail.com](mailto:binkie.heather@gmail.com)  
W: [www.counsellingsomerset.co.uk](http://www.counsellingsomerset.co.uk)  
Institute of Transactional Analysis

*Qualifications:*  
*B.Sc., Certified Transactional Analyst, Provisional Teaching and Training Transactional Analyst.*

*Other qualifications:*  
*Advanced Certificate in Integrative Psychotherapy; Post Graduate Diploma in the applications of Integrative and Relational approaches to Transactional Analysis Counselling and Psychotherapy; Advanced Certificate in the Applications of Transactional Analysis in Counselling and Psychotherapy; Certificate in the fundamental principles of Transactional Analysis. I am a member of BACP.*

*Areas in which I have specific postqualification training:*  
*Trauma and Post Traumatic Stress Disorder, Overeating and obesity.*

*Approach:*  
*My primary psychotherapy training is in Transactional*

*Analysis Psychotherapy. Transactional Analysis includes many powerful cognitive behavioural interventions. I include these within an integrative, relational approach to psychotherapy. I believe this allows me to call on a range of skills in a way that responds to the individual needs of each client.*

*Who I see: I work with individual and couples, both long and shortterm. Issues include depression, anxiety, inappropriate anger, past & recent trauma, obsessions & compulsions, eating disorders, including overweight & obesity, body image disorders, stress, self esteem, assertiveness, relationships, self awareness and personal growth.*

#### **Dawn Haworth Life Designs...and More**

1 Balmoral Road  
Helmshore  
Rossendale  
Lancashire  
**BB4 4EA**

T: 01706 211208  
E: dawn@lifedesignsandmore.co.uk  
W: www.lifedesignsandmore.co.uk  
British Holistic Medical Association

*As a Master Practitioner of NLP my work is similar to Cognitive Behavioural Therapy, based on the concept that changing negative thinking patterns and behaviours can have a powerful effect on a person's emotions, e.g. is it more useful to see the glass as half empty or half full? NLP identities, analyses and changes counter productive thoughts and behaviours, which in turn alleviate feelings of helplessness and anxiety. The process is belief and focussed on solutions, enabling the client to stay in control of the process and reducing their dependency on the therapist.*

*I am more than happy to discuss my NLP service and how we can work together.*

#### **Trevor Roberts Dolphin Hypnotherapy Practice**

84 Godmanston Close  
Canford Heath  
Poole  
Dorset

**BH17 8BU**  
T: 01202 463 845

E: trefor@ntlworld.com  
W: www.dolphinhypnotherapy.co.uk  
International Association of Hypnotherapists, General Hypnotherapy Register

*Successful Treatment for All Unwanted Habits, Behaviours and Feelings.*

*From Smoking, Confidence Issues & Phobias, to Stress, Anxiety & Depression.*

*Dolphin Hypnotherapy Practice was founded in 1994 and has since helped countless individuals achieve goals they had previously thought impossible.*

*The Senior Consultant Mr Roberts, whilst specialising in the therapeutic application of Hypnosis, is also highly experienced in Psychology, Psychoanalysis, Neuro Linguistic Programming, Counselling and Cognitive Behavioural Therapy. Where appropriate a combination of these disciplines may be used.*

*Clinics are held at The Doctors Surgery, Canford Heath Group Practice*

*9. Mitchell Road, Canford Heath, Poole, BH17 8UE and 84 Godmanston Close, Canford Heath, Poole, BH17 8BU.*

*Out of hours appointments available.*

*Mr Roberts is a Member of the International Association of Hypnotherapists, one of the few organisations where membership can only be gained by examination. He is also a Registered Trainer within that organisation and holds amongst others, the following qualifications, Diploma in Hypnotherapy, Certificate in Training Analysis, Certificate in Counselling and a Certificate of Proficiency in the Use of Hypnosis as an application of NLP.*

#### **Trevor Roberts The Doctors Surgery**

Canford Heath Group Practice  
Mitchell Road  
Canford Heath  
Poole  
Dorset

**BH17 8UE**  
T:

International Association of Hypnotherapists, General Hypnotherapy Register

*Successful Treatment for All Unwanted Habits, Behaviours and Feelings.*

*From Smoking, Confidence Issues & Phobias, to Stress, Anxiety & Depression.*

*Dolphin Hypnotherapy Practice was founded in 1994 and has since helped countless individuals achieve goals they had previously thought impossible.*

*The Senior Consultant Mr Roberts, whilst specialising in*

*the therapeutic application of Hypnosis, is also highly experienced in Psychology, Psychoanalysis, Neuro Linguistic Programming, Counselling and Cognitive Behavioural Therapy. Where appropriate a combination of these disciplines may be used.*

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#### **Teresa Manning Bsc RGN RM MNFSH Holistic Creation**

59 Ampfield Road  
Throop  
Bournemouth  
Dorset

**BH8 OES**

T: 01202 520522  
F: 01202 520522

E: teemanning@hotmail.co.uk  
National Federation of Spiritual Healers, International Association of Colour, Tienchen Shiatsu Association, IFA, Royal College of Midwives

*I am a medically trained practitioner who has promoted complementary therapies throughout my long career. I am not only aware of the need for our NHS but also the need to provide these alternative therapies to complement the clients holistic treatment. Our health system should provide a choice for all and unite to assist the overall healing of our clients. I am not only a Nurse and Midwife, but a specialist in Shiatsu, a tutor for Three Healing Organisations, an Aromatherapist, Colour Therapist, Allergy tester, Counsellor and Reflexologist.*

*I hope we can all work together in the NHS successfully for the good of all.*

#### **Eileen Mary Palmer Eileen Palmer**

72 Waldegrave Road  
Brighton  
East Sussex

**BN1 6GE**

T: 01273 231299

E: eileen.palmer@ntlworld.com  
British Association for Counselling and Psychotherapy

*I work from a person-centered basis integrating further counselling models as appropriate. The client is the important focus in each counselling session, being the expert upon their issues and concerns, and I, as counsellor will work alongside these facts to help and guide the client in their changing process. So we decide together how the client may want to progress, and because the client needs are the primary element, we will continually assess the treatment in order to provide maximum benefit and consider wholesome changes for the future. For this reason cognitive behavioural therapy is likely to be an integral part of the therapeutic process.*

*I have an established practice that spans 13 years and an accredited by the BACP, abiding by their codes of ethics and good practice. Im trained in most areas and have further training in depression, relationship, addictions, stress and family concerns.*

#### **Barry Sugg**

9 The Cliff  
Rodean  
Brighton

**BN2 5RF**

T: 01273 689567

E: barry.sugg@btopenworld.com  
The British Association of Counselling & Psychotherapy, The Shiatsu Society

#### **Barrie A Whitaker Sibaw Consulting**

7 Woodlands  
Hove  
East Sussex

**BN3 6TJ**

T: 01273 508960

F: 01273 549631

E: mail@sibaw.vispa.com

W: www.sibaw.vispa.com

The Chartered Institute of Personnel & Development, The British Psychological Society, The British Association for Counselling & Psychotherapy, The General Hypnotherapy Register

#### **Kerri Warner Psychotherapy & Counselling Practice**

4 Laburnum Road  
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Bristol  
South Gloucestershire

**BS15 3DU**

T: 01179 090784

E: kerriwarner@aol.com

European Association of Transactional Analysis, Institute of Transactional Analysis, United Kingdom Council for Psychotherapy

#### **Lina Morton**

Gables  
Round Oak Road  
Cheddar  
Somerset  
**BS27 3BN**

T: 01934 742330

E: halinamorton@go.com

W: www.linamortonhypnocounselling.co.uk

British Psychological Society, British Association of Counselling and Psychotherapy

*Lina Morton BSc(Hons)Psych, PG Dip Counselling, Cert. Ed., BSECH Accred. MBACP*

*Counselling offers professional support in a safe and confidential environment to explore important and sensitive issues. Lina is trained as an Integrative Counsellor which means that she is skilled in helping people to achieve a broad range of objectives using different theoretical models. She has practiced in a medical setting for ten years.*

*Lina is a member of the following professional bodies and abides by their codes of ethics:*

*British Society of Experimental and Clinical Hypnosis (BSECH)*

*British Association for Counselling and Psychotherapy (BACP)*

*British Psychological Society (BPS)*

*The Counselling Practice serves Glastonbury, Frome, Cheddar, Wells, Taunton, Shepton Mallet, Bradford on Avon, Swindon, Bath, Bristol and surrounding areas.*

*Consultations at:*

*The Glastonbury Surgery*

*Feversham Lane*

*Glastonbury*

*Somerset*

*BA6 9LP*

*Manu Centre*

*Bath Road*

*Bradford on Avon*

*Wiltshire*

*BA15 1SS*

*www.linamortonhypnocounselling.co.uk*

*Tel: 01934 742330*

#### **Anna Rose Bristol Psychotherapy**

19 Cornwallis Crescent  
Clifton  
Bristol

**BS8 4PJ**

T: 01179 731857

E: rose@fire-rose.co.uk

W: www.bristolpsychotherapy.co.uk

United Kingdom Council for Psychotherapy

*Anna Rose MA(Psychotherapy) Dip.HIP Cert.Meridian Therapies(EFT) Med Dip.Adv.Ed Cert. FPS Cert.Ed. is a fully qualified UKCP Registered experienced Psychotherapist and Special Educationalist.*

*Psychotherapy with adults*

*Brief focused work with adults*

*Work with disability issues*

*Parent and baby bonding problems*

*Supervision for therapists/others working with children/adults/ill/disabled*

*Support for parents or carers*

*(babies/children/adolescents/elderly/ill/disabled)*

*My varied career allows me to work with integrity wherever there is a psychological need or dilemma calling for the capacity to listen, be with and work with the person in a way which allows movement and progress.*

*I work, confidentially, with all psychological difficulties where the person is able to come to my comfortable consulting room regularly and reliably.*

*I specialise in:*

*Trauma and PTSD*

*Bereavement, loss*

*Difficulties to do with identity, relationships,*

*life-transitions*

*Adoption or complex family situations*

*Disability, illness*

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**Parent-baby difficulties**

*In supervision and support, I offer a respectful, reflective space which facilitates good practice, relating and development.*

**Angela Power  
Therapeutic & Training Services**

Ghyll Cottage  
Lamplugh Green  
Workington, Cumbria  
**CA14 4TY**  
T: 01946 862 779  
E: angie.power@btinternet.com  
Institute of Transactional Analysis, UK Reiki Federation,  
European Association of Transactional Analysis

**Jeanette Nelson Dip Couns Hyp Dip**

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Howlett End  
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Essex  
**CB10 2XW**  
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W: www.jeanettenelson-counselling.com  
The General Hypnotherapy Register, British Association  
for Counselling & Psychotherapy

*As an experienced counsellor I have been in practice since the mid 1990s seeing clients for many different problems including depression, anxiety, relationship difficulties, eating disorders, sexual abuse, drugs related issues. Prior to starting my practice I worked for Mind, counselling clients with mental health problems including Schizophrenia. Cruse, for the Bereaved, VictimSupport, seeing victims of crime, Parent Line, experiencing problems with their children and The Samaritans, problems including suicide. Etc.*

*In November 2002 I was resident counsellor for Charlton TV featuring Beechy Colclough called The Intervention we did 10 programmes mostly with people who had addictive behaviour.*

*I am fully insured and an individual member of BACP I am bound by its code of ethics & practice and subject to its complaint procedure.*

*Member of The General Hypnotherapy Register.*

Tel: 017990599781

M: 0785 5608898

jeanettenelson@macunlimited.net  
www.jeanettenelson-counselling.com

**Dominic Dillon MASC(AD.C.C) Dip BSYA (Hyp)  
Dip(CCCRE6)  
New Beginnings**

Stansted House  
Shire Hill  
Saffron Walden  
Essex  
**CB11 3AQ**  
T: 01799 513 285  
F: 01223 893 812  
E: dominic@newbeginnings.uk.net  
W: www.newbeginnings\_webhealer.net  
BACP, CCC, MPLTA

**Deborah Evans  
DeMe Consultants**

The Lilacs  
175 Boxworth End  
Swavesey  
Cambridge  
**CB4 5RA**  
T: 01954 231 800  
F: 01954 231 900  
E: counselling@ntlworld.com  
W: www.emofree.co.uk  
Counselling (CCC), National Council of  
Psychotherapists, British Association of Systematic  
Psychotherapy Counselling, Association of Meridian  
Therapies

**Maggie Crane  
Moikeha Centre**

12 Mill Road  
Waterbeach  
Cambridge  
**CB5 9RQ**  
T: 01223 440560  
E: maggie@moikeha.fsnet.co.uk  
Assoc Holistic & Complementary Practitioners AHCP,  
British Holistic Medical Association BHMA, Assoc Child  
Psychologists & Psychiatrists ACPP, Reiki Association,  
Assoc Stress Consultants  
*Within the Moikeha Centre we offer a variety of  
therapies including :*  
*Psychotherapy, Hypnotherapy, Counselling, Regression  
and Reiki. Having worked within the caring professions  
for many years, much knowledge has been gained,*

*along with professional qualifications, which provide insight into the problems individuals experience in an increasingly stressful world. With suitable application and support those problems can be addressed, overcome, and progress gained. Training Courses and Development Groups are available in Personal Awareness, Spiritual Knowledge, Certificated Spiritual Healing, Certificated Reiki Initiation with two Reiki Master Teachers, Certificated Listening Skills, with a variety of additional workshops offered in various venues, throughout Cambridgeshire, Suffolk and Norfolk.*

*The Moikeha Centre has an outreach clinic offering Reflexology, Reiki Spiritual Healing and Counselling in Cambridgeshire, which is served by four Reiki Masters, on purely voluntary basis, with no charges applicable.*

*We are members of the BHMA: ASC: Reiki Association: ACPP: CCC with all practitioners being fully insured within EEC requirements. We are always prepared to assist individuals over the telephone, and arrange appointments at an early date in order to address issues of immediate concern. All Spiritual healing is offered without charge, all other therapies on a donation basis.*

**Nigel Mills  
City Sanctuary**

Jones Court  
Womanby Street  
Cardiff  
**CF10 1BR**  
Crano-sacral Therapy Association of the UK, United Kingdom Council of Psychotherapy, British Psychological Society, British Association of Behavioural Cognitive Psychotherapy

*I trained in Cognitive Therapy, as a NHS Clinical Psychologist, through the Institute of Psychiatry in London. I am registered with the United Kingdom Council of Psychotherapy (UKCP) as a Cognitive Behavioural Psychotherapist. I have 20 years experience of working in the NHS and private practice. I trained in Cranio-Sacral Therapy with the Institute of Cranio-Sacral Studies and I am a registered Cranio-Sacral Therapist (RCST) with the Cranio-Sacral Therapy Association. I teach on the Doctorate in Clinical Psychology at the University of Cardiff and the BSc in Complementary Therapies at UWIC.*

*I combine Cognitive Therapy and Cranio-sacral Therapy for problems where there is both a physical and psychological influence on the problem. This may include: Phobias; Trauma; Chronic Pain; Anxiety and Hyperactivity.*

*I work with Adults and Children.*

**Paula Rose  
Hollick Hypnotherapy**

10 Queens Drive  
Crown Hill  
Llantwit Fardre  
Pontypridd  
Rhondda Cyon Taff  
**CF38 2NT**  
T: 01443 217014  
T2: 07951 501108  
E: paula@prose2.wanadoo.co.uk  
W: www.hollickhypnotherapy.com  
Association for Professional Hypnosis and Psychotherapy, British Association of Counselling and Psychotherapy, Hypnotherapy Society, National Council for Hypnotherapy, National Council of Psychotherapists, Royal College of Nursing

*I was a psychiatric nurse for 26 years, and also within the acute field was a Counselling Practitioner, having obtained a Dip in Counselling and Post Graduate diploma in CBT.*

*Within the Mental Health field, as a Counselling Practitioner I had clients referred to me from the pain clinic, from psychiatric outpatient services and via inpatient services. I was also part of the Hospital Liaison team (for counselling) and the Post Traumatic Stress Initiative.*

*Since leaving the NHS, I am now in private practice, seeing clients with a variety of issues - depression and stress, loss and grief, confidence building, self-esteem, trauma, phobias, habits etc. In 2006 I qualified as a Clinical Hypnotherapist and Psychotherapist - having obtained my DHP (Diploma in Clinical Hypnotherapy and Psychotherapy) with the prestigious Clifton Practice in Bristol (accredited by NCH). The underpinning approaches within my hypnotherapy practice are SFBT and CBT.*

*Clients present to me with a variety of issues e.g. stop smoking/drinking, weight management, reduction in anxiety, depression, sleep disturbance, habits, fears and phobias, confidence and self-esteem issues etc.*

*I am a member of NCP, NCH, The Hypnotherapy Society, APHP, RCN and BACP, and have appropriate professional indemnity insurance.*

**Christine Smith**

34 Hoyle Road  
Hoylake  
Wirral  
Merseyside  
**CH47 3AQ**  
T: 01516 320514  
E: christine0407@hotmail.co.uk  
National Council of Psychotherapists

**Siân Lloyd MBA UKCP Reg  
Stansted Psychotherapy**

Alsa Wood House  
Alsa Street  
Stansted, Essex  
**CM24 8SU**

T: 01279 817976  
E: sian@nlpsolutions.com  
W: www.nlpsolutions.com  
Association of Neuro-Linguistic Programming, British Association of Counselling and Psychotherapy, United Kingdom Council for Psychotherapy  
Stansted Psychotherapy - Sian Lloyd MBA UKCP Reg.

*I am accredited by the NLPICA as a Neuro-linguistic Psychotherapist and registered with UKCP. In addition to psychotherapy, I offer counselling and hypnotherapy. I have been in general private practice for 5 years, and until recently worked weekly for over 3 years with a voluntary agency helping patients with anxiety based conditions including OCD, panic, phobia and associated depression.*

*Neuro-linguistic Psychotherapy is outcome-focussed and integrative, drawing mainly on Ericksonian hypnotherapy, CBT, linguistics, existential and constructivist approaches. The therapist customises the treatment for each client by applying what best suits their personality and the way in which they perceive their issues(s). The client is assisted in restructuring unhelpful thought patterns or memories by identifying missing resources, re-perceiving events more positively, or learning new psychological skills. NLP is particularly well suited to time-limited therapy.*

*The practice is near Stansted Mountfitchet and accessible from the M11, A120, B1383 and Stansted Airport. There is ample free parking and wheelchair access.*

*I am registered with three private medical insurance companies. All treatment is subject to assessment and full disclosure of the client's physical and psychological health, including details of prescription medication and self-help treatments.*

**Martin Tofts  
Hypnotherapy/Psychotherapy/Counselling**

1 Lewis Court  
Market Place  
Great Dunmow  
Essex  
**CM6 1UR**  
T: 01371 874980  
T2: 07940 171253  
E: therapy@toftsmartin1.wanadoo.co.uk  
The National College of Holistic Medicine

*My name is Martin Tofts NCHM, SNHS Dip. (Hyp.) (Psy.) (D&A coun.), and have been professionally counselling since 31st October 2005.*

*I have studied for four years to get to understand people and behavioural patterns, and most importantly how to help people deal with, and understand how to live their life.*

*My counselling is based in the drugs and alcohol area, but these problems can contain forms of low self-esteem, lack of self confidence and anxiety attacks, so I can also cover and counsel these issues.*

*I have a particularly higher advantage of understanding and dealing with problems such as addiction, because most of my teenage life was filled with it and many more problems. As I was able to pick myself up and get my life back together, I feel it is a gift I should share with people who are in the same situation I was in.*

*My treatments are counselling, hypnotherapy or psychotherapy, but I prefer to combine the therapies to be more effective therapist and as a support figure for my clients. Giving them the ability to live their lives with the happiness and contentment they deserve using their own new found initiative and integrity.*

**Emma Wiffen Dip.Psych.Couns  
Inner-Self**

Maldon & District Counselling Services  
86 Spital Road  
Maldon  
Essex  
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E: emma@inner-self.eu  
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British Association of Counselling and Psychotherapy

**Clare Walker**

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United Kingdom Council for Psychotherapy, British Association of Counselling and Psychotherapy

**Victor Regis****Amida Complementary Health**

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E: regis@amidaalternativehealth.com

W: www.amidaalternativehealth.com  
British Association of Counselling and Psychotherapy,  
British Acupuncture Council

*A peaceful clinic close to central London with good transport links to East and West Croydon and Selhurst stations and on several bus routes.*

*Victor Regis BSc Acupuncture LCTA, Certificate Chinese Herbal Patents, Dip Counselling.*

*I treat a wide range of conditions with acupuncture, especially musculoskeletal problems and emotional issues. I have a flexible and effective approach to clients' needs and constantly update my skills through training, research and development.*

*I have over 12 years experience in the addiction field, mostly with chaotic drug users, and have utilised the skills I have developed during this time into my practice. Memberships: BACC, FDAP.*

*Ann Regis MA Counselling and Psychotherapy, Diploma Humanistic, Integrative Counselling/*

*I work with both long and short term clients with a wide range of issues. As well as private practice I also worked for over two years with Croydon Alcohol Counselling Service and have particular experience in addiction issues.*

*I gained my MA with a study into the origins of eating disorders and have a special interest in this subject. I work in an integrative way as this recognises the significant connections between all approaches to counselling and that different clients have different needs. Membership: BACP*

**Dian Willmington-Foley Therapy Unit**

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Association of Stress Consultants, British Association of Counselling and Psychotherapy

*Dian Willmington-Foley MASC. (Ad.P.Th) (Ad.Rel) BSY (Reg) BSYA (Par)*

*MASC. Associate BACP. Psychotherapy, Stress, Relaxation Therapy*

*Counselling, Regression, Hypnoanalysis.*

*I have experience with those who have suffered from Bereavement, Anxiety, Relationship/Sexual Issues, Loneliness, Acrophobia, Isolation, Lack of Confidence, Low self-esteem, Alcohol, Drug, Weight Problems, self-esteem, Smoking, Pain, Phobias, Fears, Bullying, Divorce and Separation.*

*I use a variety of methods to alleviate the discomfort of my clients. The initial consultation is what I term as Getting to Know You, where information is exchanged and an assessment is carried out. I ensure that the client has my email address, mobile and a landline number so that I am available in emergencies and to give you the security that you are not alone.*

*I use in depth hypnoanalysis if the client is a suitable candidate and regression when it is required. CBT is one of the tools I use to help elevate stress, depression and disabling anxiety.*

*The service I offer is confidential and I will act as a liaison between yourself and your GP should you wish.*

*I am a member of the following institutions – BACP, The British School of Yoga and Member of Association of Stress Consultants.*

**Peter Corrigan**

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**Iris Kay**

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E: iriskay@ntlworld.com

W: www.panichelp.com

British Association of Counselling and Psychotherapy, British Association of Behavioural Cognitive Psychotherapists, EMDR UK & Ireland

*Registered member of UKRC. As an NHS Therapist I have undertaken extensive psychological training.*

*I offer a therapeutic assessment and treatment service for clients suffering from Post Traumatic Stress Disorder, Flashbacks, Panic Attacks, Bereavement, Phobias, Obsessive Compulsive Disorders, and Depression. And related anxiety disorders.*

*Assessment includes psychometric measures eliciting particular aspects of distress likely to be ameliorated by using therapeutic methods such as Counselling, Cognitive Behavioural Therapy and EMDR a therapy helpful for alleviating trauma symptoms.*

*Privately my clients include the Police, Fire Service personnel, and corporate organisations.*

**Stuart Broadaway**

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E: stressmanager@fish.co.uk

The Society of Stress Managers, European Therapy Studies Institute

*Stuart Broadaway has many years experience in the private, public and voluntary sectors, working as a practitioner and a senior manager in social care and education settings. A fully qualified hypnotherapist and stress manager, Stuart operates a successful practice on a peripatetic basis, working with clients in the comfort and privacy of their own homes.*

*Stuart belongs to the Society of Stress Managers, the professional association for practitioners qualified to nationally accredited standards in the skills of stress management and hypnotherapy. As such, Stuart is bound by the Societys code of conduct, ethics and practice. Stuart is also a member of the European Therapy Studies Institute. He carries full professional liability insurance and regularly participates in training as part of his continuous professional development.*

*Stuart uses a variety of techniques at both conscious and subconscious levels to help with stress, anxiety, phobias, confidence, self-esteem, depression, weight control, smoking, sleep problems, performance, work-life balance, relationships, loss and many more life issues. Following an initial assessment session, which is free of charge, a programme is outlined to suit the individuals needs. This usually involves sessions of non-evaluative analysis and hypnotherapy. Sessions are recorded for the client to listen to between sessions.*

**Marnie Brewster Brooke Centre**

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British Association for Sexual & Relationship Therapy, Association for Neuro-Linguistic Programming

*I am an accredited member of the British Association for Sexual and Relationship Therapists (BASRT). I am registered with the United Kingdom Council of Psychotherapy and I am a widely experienced counsellor, therapist and supervisor of over 20 years. I offer a range of specialist counselling and therapy for individuals and couples.*

*Psychosexual therapy: a tailored treatment approach in working with a variety of sexual problems. I ensure a sensitive and caring approach in helping you feel comfortable to talking over your sexual concerns and outlining suitable treatment choices.*

*Couple counselling: couples may need support at any time in their relationship. Counselling can help with communication difficulties, life changes, relationship breakdown, or working towards better solutions together with skills to maintain the change.*

*Individual counselling: individual counselling has been found to be helpful to those who are in emotional crisis, dealing with anxiety, abuse, relationships, depression, stress, feelings of dissatisfaction, or loneliness.*

*Supervision: I supervise psychosexual therapist & counsellors working both in NHS and privately and hold bimonthly peer group review meetings at the Brooke Centre in Rugby. I am BASRT accredited with supervisor Recognition.*

*I offer a complimentary initial session with daytime, Saturday morning or an evening appointment.*

**Harinder Toor****Lotus Care Limited**

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Warwickshire

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National Council of Psychotherapists

**Christopher King****Society for Stress Counselling and Coaching**

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Association of Stress Counselling Limited, The General Hypnotherapy Standards Council, The National Council for Hypnotherapy Limited, Association for Neuro-Linguistic Programming, Society of Performance Strategists

**Irene Mills****Script Decision**

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E: eyemills@aol.com

British Association of Counselling and Psychotherapy, Institute of Transactional Analysis, United Kingdom Council for Psychotherapy

*Irene Mills is a self employed, certified and registered UKCP psychotherapist and counsellor.*

*Qualifications and affiliations: MSc Transactional Analysis Psychotherapy (Clinical Speciality). CTA Certified Transactional Analysis (Clinical Speciality). Advanced Diploma in Therapeutic Counselling. Diploma in Humanistic Counselling. Member of ITA, ITAA, BACP, and conform to the ethical principles of UKCP and BACP guidelines.*

*Speciality: Groups: Personal development, addiction/recovery programme, and therapy groups.*

*Individual and couples: Long and short term therapy. Work related difficulties, relationship issues, trauma, sexual abuse, loss.*

*Irene has worked within the NHS, the private sector, and with individuals who were disadvantaged either socially, physically, or emotionally. She has worked one to one, facilitated groups, and delivered training within organizations using her expertise and clinical experience.*

*Training: Working Successfully with Addiction, Working with Abusers and Victims of Sexual Abuse, Somatic Trauma therapy, Child Protection, Self Harm, Alcohol Awareness and prevention, Domestic Violence, Motivational Interviewing, STEPS (Steps to Excellence for Personal Success), Investment in Excellence (personal development training).*

*Her objective is to heighten people's awareness, inspire people to set themselves free from negative blocks, and live to their fullest potential.*

**Irene Mills****The Park Counselling Centre**

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British Association of Counselling and Psychotherapy, Institute of Transactional Analysis, United Kingdom Council for Psychotherapy

*Irene Mills is a self employed, certified and registered UKCP psychotherapist and counsellor.*

*Qualifications and affiliations: MSc Transactional Analysis Psychotherapy (Clinical Speciality). CTA Certified Transactional Analysis (Clinical Speciality). Advanced Diploma in Therapeutic Counselling. Diploma in Humanistic Counselling. Member of ITA, ITAA, BACP, and conform to the ethical principles of UKCP and BACP guidelines.*

*Speciality: Groups: Personal development, addiction/recovery programme, and therapy groups.*

*Individual and couples: Long and short term therapy. Work related difficulties, relationship issues, trauma, sexual abuse, loss.*

*Irene has worked within the NHS, the private sector, and with individuals who were disadvantaged either socially, physically, or emotionally. She has worked one to one, facilitated groups, and delivered training within organizations using her expertise and experience.*

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*Training: Working Successfully with Addiction, Working with Abusers and Victims of Sexual Abuse, Somatic Trauma therapy, Child Protection, Self Harm, Alcohol Awareness and prevention, Domestic Violence, Motivational Interviewing, STEPS (Steps to Excellence for Personal Success), Investment in Excellence (personal development training).*  
*Her objective is to heighten people's awareness, inspire people to set themselves free from negative blocks, and live to their fullest potential.*

**Barry Coleman**  
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General Hypnotherapy Standards Council, General Hypnotherapy Register  
*I provide an integrated approach with hypnotherapy, psychotherapy and counselling and have training and experience in several therapeutic disciplines including Psychoanalysis, Rational Emotive Behaviour Therapy (REBT), Transactional Analysis and Inner Child work. This integrated approach is particularly effective as it attempts to uncover the cause of the problem, as well as changing the unwanted behaviour and feelings. The approach is flexible and the client usually participates in understanding and deciding upon the most appropriate and effective therapy.*

*I was trained with the UK College of Hypnosis and Psychotherapy (UKCHP) and was awarded the General Qualification in Hypnotherapy Practice and NCFE certification in Counselling Skills and Theory and Integrated Hypnotherapy and Psychotherapy. I operate a small, discreet and comfortable private practice in Yoxall near Burton and Lichfield. I am happy to work with most life issues and have helped clients to bring about improvement or resolution with depression, anxiety, psychosomatic disorders, pain control, smoking, fear/phobias, workplace stress, and both home and work relationships. I am mature with a long-term involvement in psychology and extensive life experience which, I feel, enhance the counselling relationship. I am always willing to consider appropriately reduced fees for local clients with difficult financial circumstances. I am fully insured.*

**Chrissie Hosking**  
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**Linda Lazenby**  
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Association of Stress Consultants  
*Linda a qualified stress counsellor obtained her Diplomas in Stress Counselling in the Workplace and Professional Stress Consultancy in 1999 and 2000 respectively, through the British School of Yoga (BSY). Linda is a member of the Associated Stress Consultants and holds Professional Indemnity Insurance. Linda gained much of her experience while living in Hong Kong from 1983 to 2000. Her interest in people led her to studying basic psychology with East Asia Open Institute (University of East Asia, Macau) she then went on to qualify as a Hypnotherapist. Linda has own Personal Development and Relaxation Centre Collective Constellations where she counsels private individuals and holds group Stress Management and Relaxation Workshops.*

**Louise Salmon**  
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Hypnotherapy Society, Counselling & Psychotherapy Society

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United Kingdom Council for Psychotherapy, Institute of Transactional Analysis, European Association of Transactional Analysis  
*I am a fully qualified and experienced Psychotherapist with a London based practice where I work with individuals and couples. My formal training is as a Transactional Analyst, however, I integrate TA's humanistic philosophy with its deeper roots in psychodynamic theory. I have experience as a counsellor in a primary care setting and work for a wellknown Employee Assistance Programme (EAP) where I see people for short-term counselling. I also offer clinical supervision and teach on a number of counselling and psychotherapy courses.*

**Del Hunter**  
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LHS, BHYP, CCC, GHR, BACP  
*One Therapy provides Hypnotherapy and Counselling from offices in Central and East London. Reports follow DSM-IV format. Integrative approach supported by REBT/CBT in Post Therapy.*

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General Hypnotherapy Register, Association for Meridian Energy Therapies, British Association for Counselling & Psychotherapy

**Roxana Howkins**  
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Institute of Analytical Hypnotherapists, The Hypnotherapy Association, The Association of Stress Consultants, UK Register IBS Therapists, UK Hypnotherapy Register, BACP

*Do you know how to positively change the way that you feel? A great many people have no idea at all of how to change.*

*You need not be like that. You need not be one of those people who just puts a brave face and hopes that problems will just fade away.*

*You need not be one of those people who leaves a problem to ferment until it becomes an insurmountable problem to deal with.*

*NO! You can be one of those people who realises that you actually do have choices in life.*

*You can change the way you react to situations and problems.*

*All that is needed is that you are prepared to make up your mind to change and are prepared to stick to that decision.*

*A careful blend of counselling and clinical hypnotherapy will provide you with what you need. You will discover that it is within your power to upload your worried calmly, without being judged.*

*We talk a great deal as I need to discover exactly what changes you really want to make in your life. All the way through, this is something we do together.*

*I try to have a short session of hypnosis in the first session so that you are able to feel the benefit of its deep relaxation.*

*Hypnosis is a very pleasant experience. You may think that you can relax already BUT this will show you how much deeper you can still go and the benefit you can receive from it.*

*I will teach you how to really chill out and unwind when the need arises so that we can begin to bring about the changes you want to see in your life.*

*You will be encouraged to visualise yourself in the way that you want to be in life, enjoying every moment, feeling good.*

*It is upon this image that we build and bring about the changes that you want to see in life.*

*We will discover the inner strength that you have and will create the circumstances where it can come to the fore in your life and you can begin to really make the changes that you want to make.*

*We can sort out issues of the past and present, and build a stronger and more positive foundation upon which you build the future.*

*Counselling and hypnotherapy are often successful when other types of treatment have failed.*

*GUARANTEE*  
*I offer a confidential and friendly service.*

*Treatment will be carried out in the shortest period of sessions possible.*

*I CARE ABOUT YOUR CARE You want to change? I offer help in: Personal development to balance and transform your life. Coping with stress and panic attacks.*

*Confidence/Nerves/Public speaking, Exam nerves/Driving test nerves. Specialist help in smoking cessation. Freedom from phobias Spiders/Flying etc.*

*Compulsions: Emotional problems /Insomnia /Inhibitions, Guilt feeling and many of the anxieties brought about by everyday life. Develop effective weight control. Increase and improve study skills, work and sport performance. Breaking unwanted habits. Sexual problems And much more!!!*

**Raquel Thompson**  
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**Margaret Birrell**  
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General Hypnotherapy Register, British Association of Counselling and Psychotherapy

*I am a qualified, experienced counsellor in Humanistic Counselling based on Transactional Analysis (4 years experience). My areas of special interest are anxiety, and anxiety related problems (i.e. Social Phobia, OCD, and GAD) and also addictions problems, providing support for both the addicted individual and/or people who live with an addicted individual. I also provide support for a broad range of other issues such as depression, relationship difficulties, career problems, sexual abuse, eating disorders, low self-esteem and confidence problems. I follow the BACP Code of Ethics and Confidentiality.*

I am an experienced, qualified Hypnotherapist (7 years experience). The Hypnotherapy that I practice is suggestion therapy based, encompassing deep relaxation techniques; aiming to help individuals to begin to regain control of their entire life. Hypnotherapy is beneficial for anxiety related problems, confidence, self esteem, fears and phobias. I abide by the GHSC Code of Ethics maintaining confidentiality in all client work.

If you would like to talk confidentially about your private difficulties, please telephone me on my confidential line 01420 587427 and I will be happy to answer any questions you might have regarding how Counselling or Hypnotherapy works, costs etc.

### Peter Eldridge Objective Reach Counselling Services

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British Association of Counselling and Psychotherapy

I am a qualified, experienced therapeutic counsellor. My counselling orientation is Person-Centred, Humanistic and Integrative, drawing on Transactional Analysis, Gestalt, Existential and Cognitive-Behavioural counselling methods according to my clients' needs. I adhere to the Ethical Framework of the British Association for Counsellors and Psychotherapists.

I help clients cope with stress, loss, anxiety, depression, bereavement, panic, abuse, anger and sexual, relationship or workplace issues in both short term (6-12 sessions) and longer term (up to 2 years) work.

I practise privately, from home, as Objective Reach Counselling Services. I live in Fleet, Hampshire, and have a light, airy, modern, but comfortable practice room, offering a high level of confidentiality to my clients, with ample parking space.

I also work in a group private practice called 3 Counties Counselling Service, based in Bracknell, Berkshire (www.3ccs.org). I am willing to see NHS patient referrals in either setting. In addition, I offer Life Coaching privately from my home (a helpful alternative for NHS patients intransigently opposed to the idea of counselling).

My normal fee is £35 per 60 minute session (£30 for students, £25 if on income support). I keep client notes in locked files, separate from identifying details.

### John Renwick

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United Kingdom Council for Psychotherapy, Institute of Transactional Analysis

I have been practising as a counsellor and psychotherapist for over 30 years and have maturity in working with people undergoing difficulties in their life. I have expertise in working with people experiencing depression, bereavement, male and female childhood abuse survival, recovering addicts, anxiety, relational issues, and lifestyle and work distress. I have also training and successful record of working with couples.

I offer treatment and support for psychological distress that accompanies physical presenting problems. My experience includes working in collaboration with physiotherapists, acupuncturists, shiatsu practitioners, osteopaths, cranio-sacral therapists, chiropractors and aroma therapists.

I am a qualified Transactional Analyst (see URL: link) and have trained in Person Centred, Gestalt and Psychodynamic psychotherapy and counselling. This width of study is integrated into my practise enabling me to work with both long and short term issues. I teach counselling and psychotherapy in a number of settings, including The Metanoia Institute and The Wealden Institute of Psychology.

I am a member of UKCP, Institute of Transactional Analysis and The Metanoia Institute, meeting their criteria for membership, conforming to their Code of Practice and Ethics. These include taking regular supervision of my clinical work.

### Christine Ackers-Griffin

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### John Weller

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### Janet Openshaw

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British Association of Counselling and Psychotherapy, British Society of Clinical Hypnosis, Other

Janet has an advanced diploma in Clinical Hypnosis with the London College of Clinical Hypnosis. She is a full member of the British Society of Clinical Hypnosis and also the National Register of Advanced Hypnotherapists. Janet also has a diploma in Counselling and is a member of the British Association of Counselling and Psychotherapy. She has also undertaken training with Dr. Christine Padesky who is regarded internationally as one of the most respected and influential trainers and practitioners in Cognitive Behavioural Therapy.

Janet's experience of working as a Supervisor and Trainer at Worcester Rape and Sexual Abuse Support Centre enabled her to undertake extensive training with Anxiety and self-esteem related issues such as Eating Disorders, OCDs and Self Harm. This prompted further investigation and success, working with Anger, Depression, Chronic Fatigue Syndrome and Fibromyalgia.

Janet has trained and worked as a volunteer with Cruse Bereavement Service and Noah's Ark, a charity that assists bereaved children. Janet is also a volunteer with the National Proboscis Society.

Working in the Worcestershire/Herefordshire area Janet Openshaw combines her knowledge and experience in her Holistic approach to treatment.

### Ann Angler

The Quarries

Gorsley

Ross-on-Wye

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British Association of Counselling and Psychotherapy, United Kingdom Council for Psychotherapy

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British Association of Counselling and Psychotherapy, General Hypnotherapy Register, General Hypnotherapy Standards Council

### Kai Kermani Holistic Health and Healing Centre

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E: healkk@hotmail.com

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National Federation of Spiritual Healers, The Healing Foundation

Dr. Kai Kermani, BSc. (Hons.), LRCP. MRCS. MBBS.

DRCOG. MRCPG is a member of most of the Royal Colleges, healing organisations and has very many years experience in holistic general practice and energy healing.

He is the author of highly successful books "Autogenic Training; the holistic way to conquer stress" (Souvenir Press) and "Lifes Kaleidoscope in Poetry; the biography of a nobody" (Only available from the author). He has written numerous articles on health issues which have been published in both conventional and complementary and healing journals, and has also contributed to a number of books including The Readers Digest Family Book of Alternative Therapies. His successful case histories including recovery from cancer are being serialised in "Healing Today". He is also a highly inspirational international lecturer and workshop facilitator who has appeared on many radio and TV programmes.

Apart from counselling and energy healing, in his individually tailored sessions Dr. Kermani also uses NLP, meditation, Autogenic relaxation and emotional release exercises, guided visualisation and regression journey therapy. All Clients are taught self-help techniques which they can utilise at home for the continuation of their empowerment and healing.

### Emhart Counselling

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British Association of Counselling and Psychotherapy, Association for Professional Hypnosis and Psychotherapy, National Association of Counsellors Hypnotherapists and Psychotherapists

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The General Hypnotherapy Register

### Angela Wiltshire

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Institute of Transactional Analysis, Nursing and Midwifery Council, United Kingdom Council for Psychotherapy

I am a UKCP registered psychotherapist working in private practice with individuals, couples and groups.

I am also employed as a psychotherapist with Colchester Counselling and Psychotherapy Centre.

I am a member of the Institute of Transactional Analysis and registered with the Nursing and Midwifery Council.

I worked in the NHS as a psychiatric nurse for over 20 years until 2006 when I qualified as a certified transactional analyst, and left to concentrate on my psychotherapy practice. In addition I have completed training in Solution Focused Brief Therapy and Motivational Interviewing.

Having had so many years experience in different NHS settings in both London and Colchester, I am able to work with clients who present with complex issues and who may require longer term treatment.

Additional Address:

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### Margaret Fulker

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Scottish Institute of Reflexology

Margaret Fulker, NLP Practitioner and Life Coach.

Life Coaching: Are you optimising your potential in your life and in your work? Are you currently satisfied with everything or are there changes you would like to make? Would you like to improve your health, develop your confidence, build better relationships or shape up your finances? You are the creator of your own life.

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*Jump start the next phase of your life right now. NLP: Neuro Linguistic Programming is a technique that rewires one's neurology and allows the individual to let go of anger, sadness, fear, guilt and hurt.*  
*This technique focuses on moving forward, changing one's life and leaving negativity behind.*  
*It has helped some of my clients to lose weight, give up addictions and eliminates anxiety.*  
*Feel free to phone or email to set up an appointment.*  
*Also at: Neal's Yard Therapy Rooms, 11 Royal Exchange Square, Glasgow G1 3AJ. Tel. 0141 248 4739*  
*Ayr Chiropractic Centre, 26 Miller Road, Ayr KA7 2AY*  
*Tel. 01292 266335. Mobile 07900 430 631*

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NFSH Charitable Trust, The Society for Psychology and Healing, The Institute for Complementary Medicine  
*John Milsom MA, MBRCP(psych.), MNFSH.*  
*Jungian Psychotherapist, Counsellor and Healer*  
*John has worked as a healer/counsellor for many years both independently and also within the NFSH centres and other support groups. He has undertaken formal training within the NFSH and has run centres on their behalf. His work in support groups enabled him to recognise the importance of combining healing with other therapies. In recognition of this John has completed a Masters Degree in psychotherapy and healing with the Society of Psychology and Healing (SOPH).*

*The combination of these disciplines integrated with pastoral care allows John to give the client a unique whole person approach to life's problems.*  
*Johns main areas of work is in the treatment of anxiety and depression or all ages along with associated symptoms such as chronic fatigue, anxiety attacks, low self esteem and eating/compulsive disorders.*  
*John is a member of the British Register of Complimentary Practitioners and works within the guidelines and code of conduct of the following organisations:*  
*The Institute of Complimentary Medicine (ICM), the NFSH Charitable Trust (NFSH Healing), The Society for Psychology and Healing (SOPH).*

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British Association of Counselling and Psychotherapy, United Kingdom Council for Psychotherapy  
*I am a Counsellor and Psychotherapist, in private practice, working with individuals and couples, as well as parttime staff counsellor for several NHS Trusts.*  
*I specialise in: Stress, Anxiety, Depression, self-esteem, Childhood Issues, Childhood Trauma, Relationships, Bereavement & Loss, Anger, Bullying and Psychosomatic symptoms.*

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Institute of Transactional Analysis, United Kingdom Council for Psychotherapy  
*At any time we can feel overwhelmed by life - that it's*

*all too much, and struggle to feel okay. If you recognise this state in you, then I would be pleased to help you.*  
*I am an experienced psychotherapist, working with individuals and couples since 1993. I qualified as a relationship counsellor, and then after a five year training programme in Transactional Analysis, I became a CTA (certified Transactional Analyst), being awarded an MSc, and UKCP accreditation.*

*Transactional Analysis provides a model for understanding human personalities, relationships and communication. As we grow up we develop beliefs about ourselves, others and the world, which are based on our experiences. Sometimes these beliefs prevent us from achieving our true potential. Therapy creates the opportunity to resolve the past, make new decisions and gain control of our lives.*  
*I would welcome the opportunity to discuss the issues that are causing you to seek help and explore your options to achieve a positive outcome.*

*Through my work I am increasingly aware that therapy supports personal growth and healthy relationships. The process allows you to focus on how you would like your life to be, reconnect with your innate potential and create your future.*  
*Jane Cross BSc MSc CTA UKCP Registered Psychotherapist*

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Royal College of Nursing, Nursing and Midwifery Council, Institute of Transactional Analysis, European Association of Transactional Analysis, United Kingdom Council for Psychotherapy  
*Before starting independent practice I worked for 26 years in the NHS. I provide Psychotherapy and Counselling for people who are experiencing or have suffered the following: Depression; Anxiety; Stress; Post Traumatic Stress Disorder; Low Self Esteem; Deliberate Self Harm; Disorders of Self; Adult Survivors of Childhood Abuse; Relationship Problems; Eating Disorders; Eating Disorders. For further information see my website.*

**Ross Brittleton**  
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*Ross Brittleton B.A. Hons; LCSP (Phys), HG Dip*  
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*We all have basic physical and emotional needs such as the need for attention, love, security, connection and control, and the self-esteem which arises from competence and being stretched in our lives. When emotional needs are not met or when our resources are used incorrectly, we suffer considerable distress. And so do those around us.*  
*Therapists who use the Human Givens approach offer practical help that deals with mental and emotional distress in the here and now. The human givens approach is effective because it draws on both findings from psychology and neurobiology about how people really function and international research studies that have established which counselling techniques are most effective.*  
*The Human Givens training programme is approved by ETSI (European Therapy Studies Institute).*  
*Anyone who is training or is trained in this approach*

*will have a sound body of knowledge and the skills to help people quickly with a wide variety of emotional and behavioural difficulties.*  
*Therapists who use this approach can help: reduce anxiety and increase confidence, break the cycle of depression, resolve trauma, manage anger, stop addictive behaviour, relieve medical conditions, harmonise relationships.*

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The British Association for Counselling and Psychotherapy, The Register of Approved Gastrointestinal Psychotherapists, and Hypnotherapists, National Register of Hypnotherapists and Psychotherapists  
*I am a registered member of BACP, NRHP, AAMT & The Approved Register of Gastrointestinal Psychotherapists and Hypnotherapists, which is administered by Rossendale Hospital.*  
*I have undergone training in gut directed hypnotherapy*



at Rossendale hospice, to help clients suffering with Irritable Bowel Syndrome, Chrons Disease, peptic ulcer and oesophageal problems.

I have considerable experience in working with victims of serious crime, post traumatic stress disorder and survivors of abuse. I work with CHD clients at Salford Heart Care Support Group as resident counsellor and group worker.

I also work with C H D clients and their carers, and group stress management, with Cardiac Psychotherapy Service.

In addition to the Counselling, hypnotherapy and other methods mentioned above, I also use artwork, relaxation, visualisation, Emotional freedom therapy, and several complementary therapies; to ensure my client receives the correct single or combination of therapies necessary to help them.

My approach is respectful and sensitive. I work in a holistic manner, believing that all parts of the whole are effected by disease.

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British Association of Counsellors & Psychotherapists, Register of Approved Gastrointestinal Psychotherapists &, Hypnotherapists, Member of International Stress Management Association, National Register of Hypnotherapists & Psychotherapists

I originally studied Architecture at Manchester and Liverpool and I maintain my registration as an architect and membership of the Royal Institute of British Architects (RIBA). My interest in counselling developed some years ago following training with Manchester Mediation. My counselling training was primarily based on the person centered approach although I have now developed a more integrative style incorporating psychodynamic, Cognitive Behaviour Therapy (CBT) and Gestalt techniques. My subsequent training in hypnotherapy broadened my knowledge base and increased my scope of counselling interventions but now also includes phobia treatment, self image improvement, addiction reduction and general relaxation training. I found that stress and anxiety problems were common factors for many clients and I am increasingly asked to address associated symptoms such as depression, social anxiety and panic attacks. Although I am now in partnership in private practice my early training was primarily within the field of alcohol addiction, both in private residential clinics and the voluntary sectors. I was trained by the team from Rossendale Hospital in the treatment of Gut to Christies Cancer Hospital in Manchester assisting in Rossendales Hypn-Chemo dissemination programme

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UKCP, BACP, The Hypnotherapy Association

UKCP Registered Psychotherapist, Qualified at Masters Level.

Eight years generic training. In practice for 11 years.

Fully trained hypnotherapist; Member of "The Hypnotherapy Association"

Also offers short and medium term counselling.

Uses cognitivebehavioural, behavioural, adlerian, and existential approaches.

Has specialist training from post-adoption centre; relevant to counselling all parties affected by adoption issues.

Particularly experienced in working with loss of all kinds, every manifestation of anxiety, stress and relationship difficulties.

Works mainly one-to-one with adults and adolescents.

Normally charges £40.00 per session.

**Helen Cooper**

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United Kingdom Council for Psychotherapy, British Association of Counselling and Psychotherapy, UK Reiki Federation, General Hypnotherapy Register

A Professional Motivational Counsellor, UKCP Registered

Psychotherapist, Life Coach, and Complementary Therapist with over 15 years experience of working with individuals and organizations in the public and private sectors. These include GP surgeries, hospital occupational health departments, social services, universities, employee assistance programmes and private practice.

Specialties, Brief and focal therapy. Working with confidence/self esteem anxiety and trauma issues.

I also work with a wide range of issues including depression, work stress, stress, illness, relationship issues, phobias. I tailor my approach to each individual drawing on a range of techniques.

Training courses: Please see my website for further information. If you have a course that you would like me to run on a particular issue, please contact me.

Appointments currently available in Nottingham and Central London: 0845 408 9378, 07778 635 050

Sonja@excellencewithin.com

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Reiki sessions also available.

M.A. Gestalt Psychotherapy UKCP Registered

Licensed NLP Master Practitioner

NLP Timeline Therapy Practitioner

Dip Counselling MBACP

Certificate in Life-coaching

Dip Hypnotherapy

EFT Practitioner

Emotrance trainer

Reiki Master

Dip IHM

UKCP Registered Psychotherapist MBACP. (British

Association for Counselling, Member of General

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General Hypnotherapy Register, National Council of Psychotherapists

I am a Qualified nurse: RGN: RMN: RSCN: RNT: Certificate in Education (Nursing).

I am also Qualified in Child and Adolescent Mental Health Nursing and hold a University Qualification in Child and Adolescent Psychiatric Nursing and Psychological Development.

I am currently completing a degree in Child and Adolescent Mental Health (CAMHS) and have experience of building rapport and effective nursing/therapeutic relationships with children and their families concerning Anorexia: Bulimia: ADHA: OCD: Encopresis/Eneuresis: Behavioural Management: Family Support: Pervasive Refusal Syndrome: Deliberate Self harm: Emotional and Attachment Disorders: Sleep Disorders.

I use art mediums and experimental learning and metaphor: creative writing and visualisation techniques. I offer solution focussed strategies and life-spaced interview techniques and motivational strategies.

As a lecturer in Behavioural Science and Interpersonal Skills training. I offer a spectrum of interpersonal strategies for personal breakthrough. Also a unique development course for those bereaved having lost parents as a younger age, including time line therapy.

As a clinical hypnotherapist I combine hypnotherapy and psychotherapy if necessary to provide a range of focussed solutions.

I have undertaken a foundation course in Buddhist Core Process Psychotherapy and recognise the value of "awareness arising therapies".

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Association of Stress Consultants, British Association of Counselling and Psychotherapy

Over the last ten years my studies have been many and varied, believing in the mindbody connection I approach my work in a Holistic way. In addition to my qualifications in Counselling, Stress Management and Life Coaching I have studied Colour Therapy, Relaxation, Anger Management and Nutrition.

My specialist area is Stress Management and Personal Development I help a client to reduce their stress levels by: Understanding internal/external causes of stress; Changing negative thoughts: Learning relaxation and time management skills; Making lifestyle changes.

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United Kingdom Council for Psychotherapy, European Association of Transactional Analysis, Institute of Transactional Analysis

*Although Transaction Analysis is my core model, I have a holistic approach to my therapy, including EFT, kinesiology, healing, medication and dream work as seems appropriate in the moment. I am excited by the challenges created by new understandings in neurobiology and how the brain develops in infancy and what this means for the process of psychotherapy or counselling. Spirituality is also very important to me, my spiritual practice being best understood as eastern in its philosophy. I bring that understanding the interconnectedness of mind, body and spirit to my practice and my teaching.*

*There are two aspects to my practice, one dealing with current difficulties precipitated by recent life changes and the other with disorders of the self which reflect a life long experience of personal under functioning, I have nearly 20 years experience and have worked with many presenting problems including trauma, loss, depression, anxiety, addictions, both personal and within the family, as well as relationship problems.*

*I am a co-director of the Midshires Training Institute offering holistic training for holistic practitioners which is an exciting new development for me and feeds my need to go on developing and learning, I am also a supervisor.*

**Audrey Orage**  
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Cranio-sacral Therapy Association of the UK, United Kingdom Council of Psychotherapy, British Psychological Society, British Association of Behavioural Cognitive Psychotherapy

*I trained in Cognitive Therapy, as a NHS Clinical Psychologist, through the Institute of Psychiatry in London. I am registered with the United Kingdom Council of Psychotherapy (UKCP) as a Cognitive Behavioural Psychotherapist. I have 20 years experience of working in the NHS and private practice. I trained in Cranio-Sacral Therapy with the Institute of Cranio-Sacral Studies and I am a registered Cranio-Sacral Therapist (RCST) with the Cranio-Sacral Therapy Association. I teach on the Doctorate in Clinical Psychology at the University of Cardiff and the BSc in Complementary Therapies at UWIC. I combine Cognitive Therapy and Cranio-sacral Therapy for problems where there is both a physical and psychological influence on the problem. This may include: Phobias; Trauma; Chronic Pain; Anxiety and Hyperactivity. I work with Adults and Children.*

**Roy Drake**  
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*Trained to Advanced Level in Integrative Psychotherapy, Hypnotherapy & Hypnoanalysis; NLP & Stress Management, with over 6 years experience. Specialising in stress management, managing & alleviating phobias, anxiety & confidence issues, smoking cessation & other unwanted behaviours, coping with loss & bereavement, relationship management & a wide range of emotional difficulties.*

*Member of General Hypnotherapy Register, British*

*Association of Counselling & Psychotherapists & National Council of Psychotherapists.*  
*Concessions apply subject to status.*

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British Association of Counselling and Psychotherapy, United Kingdom Council for Psychotherapy  
*I belong to the following professional organisations and abide by their ethical codes: United Kingdom Council for Psychotherapy (UKCP). British Association of Counsellors and Psychotherapists (BACP). Counsellors and Psychotherapists in Primary Care (CPPC). British Society of Clinical and Academic Hypnosis (BSCAH)*

*My approach is integrative, and I see people as whole beings with interacting parts, such as body, feelings, thoughts, emotions, imagination and spirit, and consider all those aspects in my work. I use hypnosis as an efficient and effective method to access deep seated emotions. Particular areas of interest are: depression, panic attacks, phobias, eating disorders, relationship problems, existential and spiritual crisis. I have 13 years of experience of working in Primary Care.*  
*I have a deep interest in spirituality and spiritual traditions and my approach includes paying particular attention to the spiritual dimension of my clients.*

*Taking full account of the needs of my clients, I aim to keep therapy as brief as possible.*

**Benjamin Nagari**

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*I am a counsellor and psychotherapist working in private practice, based in a village 3 miles west of Huntingdon. My practice rooms are housed in a separate building to my home and provide private, accessible and comfortable space for clients to visit.*

*I work flexibly according to the needs of my clients. This may be shortterm counselling, or long-term psychotherapy. I work with individuals and with couples, specific problems I deal with include depression, anxiety, relationship problems, bereavement, stress, effects of sexual abuse, problems with identity, sexual problems and infertility.*

*Another important area of my work is a psychosexual therapist. Clients here may present with erectile insufficiency, premature ejaculation, orgasmic dysfunction, vaginismus, dyspareunia, female arousal disorder or disorders of desire.*

*I am also trained an practice as a supervisor of counseling and psychotherapy. I worked with Relate as a couple counsellor from 1988 to 2001 and as a psychosexual therapist from 1996 to 2004. I set up my private practice in 2002. I am at present working towards an Msc in Integrative Psychotherapy.*

*I work to the Codes of Ethics and Good Practice of both BASRT and BACP.*

**Cathy McQuaid**  
**Bodmin Psychotherapy & Counselling Centre**

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*Cathy McQuaid is a U.K.C.P. registered psychotherapist. She has the following qualifications:*  
*Provisional Teaching and Supervising Transactional Analyst with a Psychotherapy Speciality (ITA Registered); Certified Transactional Analyst (C.T.A.) with a Psychotherapy Speciality (I.T.A. Registered); MSc (Transactional Analysis Psychotherapy); Diploma in Counselling (T.A. Core Approach); Diploma in Counselling (Humanistic).*  
*She has also completed the following training courses:*

Short Course in Cognitive Behavioural Therapy. Post Adoption Counselling Training. CRUSE Bereavement Training.

Cathy offers psychotherapy and counselling to adults both privately and within the NHS. She is willing to run Assertiveness and Stress Management courses. She also offers training and supervision to counsellors and psychotherapists both privately and within the NHS. Courses can be tailor made to suit individuals or practice requirements both for staff and the public.

Cathy runs short courses for health professionals from short two day 'Understanding Human Personality Courses' to full five year psychotherapy training programme leading to C.T.A. Examination and U.K.C.P. registration.

Cathy will see clients with numerous and varied issues from abuse, anxiety, bereavement, life changes and transition, panic attacks, relationship difficulties, stress and time management problems to name but a few. Group and couples therapy is also an option.

For more information please see Cathy's website at [www.counsellingcornwall.co.uk](http://www.counsellingcornwall.co.uk)

#### Lesley Roberts Counsellor

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#### Barbara Finn Hyno-Counselling Clinic

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Federation of Holistic Therapists, British Institute of Hypnotherapy, British Association of Counselling and Psychotherapy

*We know Counselling works. We know Hypnotherapy works. Counselling = Conscious, Hypnotherapy = subconscious.*

*It makes sense to get your head together and have both conscious and subconscious working for you.*

*Some of the issues that maybe helped with Hypno-Counselling: Phobias & Habits (stopping smoking); Pain relief; Weight control; Improved sports performance and concentration; Boosts confidence and self esteem; Manage stress; Insomnia; Emotional distress; Anger Management; Behaviour change; Past life therapy; Relaxation training and many more.*

*As with most therapies, our practitioners aim to build a relationship with the client that enables treatment to take place in emphatic and supportive way.*

*The overall aim of my work as counsellor and hypnotherapist is to provide an opportunity and a safe place, for the client to work towards living in a more satisfying and resourceful way. Therapy may be concerned with addressing specific problems, making decisions, coping with crisis, developing personal insight, awareness and knowledge, working through feelings or improving relationships.*

*I am a Person-Centred Counsellor and a Master Practitioner in applied Clinical Hypnotherapy. I am a member of and abide by the ethics and practices of: The British Association of Counsellors and Psychotherapists. British Institute of Hypnotherapy Federation of Holistic Therapists.*

#### Frances Pick

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British Association of Counselling and Psychotherapy, Institute of Transactional Analysis, United Kingdom Council for Psychotherapy  
*As a counsellor and psychotherapist in private practice I work with individuals and couples presenting with a wide range of problems such as abuse, anxiety,*

*bereavement, depressive feelings, loss, relationship difficulties, sexuality, trauma, problems at work.*

*Drawing on my psychodynamic and Transactional Analysis trainings I am skilled in brief cognitive therapy and working long term using the therapeutic relationship to facilitate change.*

*With couples I encourage understanding of the difficulties in the relationship to enable a more satisfactory way of relating to be found.*

*I have extensive experience of working as a counsellor in general practice and I have worked with individuals and groups in an NHS psychotherapy service and with couples in a Marriage Guidance Council.*

*I have a postgraduate diploma in counselling (Reading University, 1998), an MSc in Transactional Analysis Psychotherapy (Middlesex University, 2006) and I am a Certified Transactional Analyst (2005). I have also completed a solution focused brief therapy training.*

*I am an accredited member of the British Association for Counselling and Psychotherapy, a member of the United Kingdom Council for Psychotherapy, and a member of the Institute of Transactional Analysis and following their Codes of Ethics I am regularly supervised by an approved supervisor.*

#### Nancy Hine

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#### Vivienne Bonnett BSc, MBacp Ecotherapeutic

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#### Michael Feat

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National Register of Advanced Hypnotherapists, National Council for Hypnotherapy  
*I qualified in Counselling and Social Worker in South Africa.*  
*Specialist areas – Psychology, Sociology and Social*

Science.

*Special interest: Depression, Relationship Therapy, Marriage; Divorce Counselling, Empowerment and Interpersonal Life Skills Training.*

*I worked with young people and families with special needs including (Victims of HIV/Aids, Domestic Violence, Physical; Sexual; Emotional and Psychological Abuse).*

*Working with children with Attention Deficit Disorder (AAD) or Attention Deficit and Hyperactivity Disorder (ADHD) are very close to my heart. I believe the change of vision; expectation and relationship can influence behaviour and enable young people to take control themselves.*

*During a major period of transformation I was involved in Change Facilitation, Conflict Resolution, Bereavement and Post Traumatic Stress Disorder.*

*Further Specialist Training: Cognitive Behavioural Hypnotherapy; Neuro Linguistic Programming; Hypnotherapy Practitioner Diploma; The Psychology of Depression & Therapeutic Modalities; Hypnosis for Childbirth UK.*

*Registered with: National Council of Hypnotherapy (Accredited Member); The National Register of Advanced Hypnotherapists; The General Social Care Council*

*I work according to the Code of Ethics of the above governing bodies and hold a valid Enhanced Disclosure that enables me to work with vulnerable people. Geographic areas of work include Horsham, Billingshurst, Worthing and surrounding areas.*

#### Josie Gregory

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National Council for Hypnotherapy  
*As well as Hypnotherapy I am also a qualified NLP (Neuro Linguistic Programming) master practitioner. NLP is a psychology that studies the mind, body our behaviour and emotions. NLP describes the fundamental dynamics between mind (and its unique tool of language), and our body, emotions, and behaviour. It is a psychology of interpersonal (between people) and intrapersonal (communicating within ourselves) intelligence and communication that addresses the many layers of our mind, and its methods of manifesting behaviours. This allows me to get to the cause of the problem, behaviour or emotion quickly safely and efficiently. The dynamics of NLP and all the tools needed to correct a huge and varied list of psychological and physiological problems.*

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The Hypnotherapy Association, UK Hypnotherapy Register  
*I am a Hypnotherapist, including Counselling and the Emotional Freedom Technique (EFT) in the methods I employ to help clients achieve lasting results as quickly and effectively as possible.*

*I qualified in 1997 at The Institute of Clinical Hypnosis, based in London, and hold diplomas from them in Hypnotherapy and Psychotherapy. I am a full member of the well respected organisation The Hypnotherapy Association.*  
*My experience has covered a wide range and my special areas include pain control during childbirth, regaining confidence and self-esteem, dealing with stress and related conditions, anger management, performance enhancement, weight management.*  
*I have had a very good success rate in helping clients to overcome problems in becoming pregnant.*  
*My "Stop Smoking In One Hour" sessions are extremely successful.*  
*I am a Reiki Master/Teacher and can offer healing sessions and training for those who wish to learn the methods for themselves.*

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*Talking Cures is a non-patronising counselling technique. Valuable for resolving conflicts between families and couples who find it difficult to talk between themselves. As well as resolving fears, Anxieties, Anger..., dependencies on substances that are injurious to the mind and body and the inability to grieve following loss.*  
*With the aid of conversational techniques and without suggestion, opening the mind and allowing the person to face the trauma that caused the emotional or immune systems weakness. Raising self-estimation and by enabling the mind to instigate an immune system response, thereby allowing the body to resume a more normal chemical balance.*

*Pain relief therapist Peter Smith has more than 20 years experience of counselling and therapy treatments offering that often searched for "Understanding for illness-pain that persists".*  
*Relieving pain/illness ... Medicine, the immune system, or time alone has not. Working on the principle all pain (even fro accidents) is stored within the mind. Bringing about change, either physiologically i.e. hormonal/chemical or psychologically, i.e. attitude/ emotion. Both bring on pain/illness with the ability to defy the best of treatments as well as creating new illnesses.*  
*Following treatment; returning to a more normal way of life is completely automatic requiring no Graded Exercise, Cognitive Behavioural Therapy, rest pacing or suggested changes in diet.*

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General Hypnotherapy Register, British Association for  
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*Jacqueline Kirtley is a professional and experienced  
Counsellor and Hypnotherapist working in Taunton,  
Somerset. She is a member of the British Association for  
Counselling and Psychotherapists and is registered with  
the General Hypnotherapy Register and adheres to their  
code of ethics. Jacqueline is fully insured for Public  
Liability and Professional Indemnity.*  
*Jacqueline studied at The Somerset College for Arts and  
Technology where she gained a European Diploma in  
Therapeutic Counselling. She has gone on to attain a  
Certificate in General Hypnotherapy and a Certificate in  
Advanced Scientific Hypnotherapy where she trained  
with Tom Silver.*

*Jacqueline is committed to keeping ahead in her  
profession by continuing her professional development,  
attending courses and seminars on a regular basis to  
ensure her skills and knowledge are kept up to date.*  
*Jacqueline specialises in: Smoking Cessation; Weight  
Control; Stress Management; Phobias; Infertility;  
Depression/Anxiety; Bereavement; Relationship  
Problems; Young People.*

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The Counselling Society

*Karon Lovejoy, Dip.Hyp., MCS Acc. Dip.CP (dist),  
Ad.Dip.CP (mer)*

*Counselling, Psychotherapy, Hypnotherapy, Reiki and  
Life Coaching. I am a member of the Counselling  
Society and work by their code of ethics. I am also fully  
insured. I have an office incorporated within  
Chiropractic UK at Barrow Hill, Ashford.*

*I hold Diplomas in Counselling and Psychotherapy and  
Hypnotherapy. I also have an Advanced Diploma in  
Counselling and Psychotherapy.*

*I practice all counselling, bereavement, relationships,  
depression, abuse etc. I also offer through  
hypnotherapy hypnosis to cause - unblocking the  
subconscious to enable a Client to remember things  
they have forgotten.*

*I practice life coaching for those individuals who do not  
have the confidence to fulfil their life's dreams. I give  
them the push start that they need and follow it  
through with encouragement until they have achieved  
their goal.*

*Reiki is good for stress and anxiety. A Reiki Practitioner  
helps heal by emitting positive energy through field and  
so dispelling negative energy and rebalancing the  
Chakras.*

*Reiki energy will flow to the areas of need, soothing  
pain and supporting the body's natural ability to heal  
itself.*

*Reiki supports all forms of treatment both  
complementary and orthodox.*

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British Association for Counselling & Psychotherapy  
*My theoretical approach is integrative which brings  
together the very best of Humanistic, psychodynamic  
and Cognitive behavioural therapy in therapy in a way*

*that is beneficial to the client. I am committed to  
helping clients achieve speedy results and where  
appropriate I use hypnosis.*

*I am an individual member of the British Association for  
Counselling & Psychotherapy. I am bound by their code  
of ethics and am professionally supervised.*

*I have worked as a counsellor with adults at Bromley  
College in Kent and with Lewisham Victims Support in  
South East London. I have been in practice since 1996. I  
currently work in private practice at The Lester Natural  
Health Practice in Falmouth, Cornwall and I am  
prepared to do sessional work in a NHS Practice.*

*I hold the following Qualifications. Diploma in  
Integrative Counselling. Royal Society of Arts certificate  
in Counselling Skills. Certificate in Counselling and a  
Certificate in Clinical Hypnotherapy and will complete  
my Diploma in Clinical Hypnotherapy in January 2005.*

*Counselling and Hypnotherapy may focus on one or  
more specific issues, such as: Anxiety, Phobias, Panic  
Attacks, Weight Loss, Smoking, Abuse, Compulsive  
Obsessions, Trauma, Pain Relief, Stress Relief etc.*

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Council for Psychotherapy

**Margaret Ann Dollin**

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**TW12 1JT**

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British Association for Counselling & Psychotherapy  
BACP, British Society for Clinical Hypnotherapy BSCH  
**WHO AM I? AS A COUNSELLOR**

*A qualified nurse with over 27yrs experience within the  
NHS. Working in hospitals, community, and 13 yrs in  
general practice gave me rich and varied clinical  
experiences and a deep understanding of patient care  
and their particular needs. My interest in the mind and  
its influence led me to further study where I gained  
recognised qualifications to diploma level in both  
counselling [1993] and clinical hypnotherapy [2000].*

*WHAT DO I OFFER? With a firm medical grounding for  
my therapy I offer strong skills and a sensitive approach  
in assessing my patients needs leading to implementing  
effective change.*

*My approach is SOLUTION FOCUSED and I have  
successfully used this therapy to help with many  
disorders = PANIC ATTACKS/EMOTIONAL PROBLEMS/  
LOSS/SELF-ESTEEM ISSUES AND MANY OTHERS.*

*HOW WILL IT HELP? With support and appropriate  
guidance I help patients to learn to overcome painful  
issues, clearing the way for new positive thinking and  
behaviours leading to more effective and rewarding life  
choices.*

*PROFESSIONAL AFFILIATION. As a member of BACP and  
in regular supervision I am committed to the learning  
process continually assessing WHAT WORKS and to the  
maintenance of professional conduct and best practice  
through continued training and development.*

**John Mwale**

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**Diana Battle**

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National Council of Psychotherapists

**Marlon Dias**

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Hypnosis, American Board of Neuro Linguistic  
Programming, Time Line Therapy Institute, Hawaiian  
Huna (Energy Healing) Hawaii

**Linda Temple-Harris**

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E: linda-temple-harris@blueyonder.co.uk  
W: www.linda-temple-harris.co.uk  
British Holistic Medical Association, General  
Hypnotherapy Register, British Psychological Society  
*I have practices in Harley Street, Harrow on the Hill and  
Muswell Hill. My approach is client-centred and my  
intention is always to work in the best and most  
appropriate way for each individual, enabling them to  
become their own teacher and to find their own unique  
path towards becoming who they most fully can be.*  
*I work with a broad range of people, from adolescence  
to old age, who are experiencing a wide variety of  
problems, and use psychological therapy, EFT and  
hypnotherapy techniques as appropriate. My areas of  
special interest are: Stop Smoking; Weight Loss;  
Anxiety Management; Relationship Counselling.*  
*I am registered with the British Psychological Society,  
General Hypnotherapy Register, British Holistic Medical  
Association and Royal Society of Medicine.*

**Sheri Jacobson  
Harley Therapy**

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W: www.harleytherapy.co.uk  
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Parkyns Holistic Therapy Consultants**

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**Antonio Alves Therapy**

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Analysis, European Association of Transactional  
Analysis, United Kingdom Council for Psychotherapy

**May Senior-Johnson**

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Cheshire  
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Institute of Transactional Analysis, United Kingdom  
Council for Psychotherapy  
*Mission statement is to enable the client to find the  
strength and dignity to create autonomy in their lives.  
To help them understand and then leave behind  
outdated beliefs and repeating patterns which hinder  
them so that they are able to live a healthier life in the  
here and now.*

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I am fully qualified, registered Transactional Analyst offering supervision for groups, individuals or organisations. Also individual, group or couple psychotherapy.

I specialise in: Relationship development, Communication, Bereavement and coming to terms with loss, Trauma, Anxiety and Stress, Sexual or Physical abuse

I work from a private practice which is a safe and protective environment. I accept work from agencies and law firms.

Private work is only a part of my practice. I also offer training, design and delivery to a range of organisations. Courses include: Coaching & Mentoring, Influencing & Negotiating Skills, Handling difficult people, Parenting Skills, Cognitively changing behaviour  
Train the Trainer: Official Transactional Analysis 101 Course. See the ITA website for course content [www.ita.org.uk](http://www.ita.org.uk) Advanced TA Training for psychotherapists.

**Elizabeth Ann Farrow  
Colorpurple**

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ITEC Guild of Complementary Practitioners,  
International Guild of Professional Practitioners  
British Association of Counsellors & Psychotherapists

Elizabeth Farrow BSc. Graduated with honours from Salford University in 2001. Elizabeth is a fully qualified and experienced Life coaching Consultant, Counsellor and Complementary Medical Practitioner. She is committed to antioppressive practice and equal opportunities, is a member of the BACP, and in accordance with good ethical practice and complaints procedures. 07832 108 546.

[Colorpurple2000@hotmail.com](mailto:Colorpurple2000@hotmail.com)

Colorpurple® use the principles of counselling, the philosophy of ancient therapeutic disciplines and application of contemporary beliefs to explore the endless possibilities of how your life could be. The relationship you develop with your consultant is a unique therapeutic tool. Within this safe, congruent and respectful environment you will identify your needs, discover your true self and reach your potential. Life is about balance, maintaining equilibrium and homeostasis. Colorpurple® facilitates your capacity for personal and professional growth.

Specialises in: Addiction, Adoption, Bereavement, Anxiety & Stress, Relationships

The heart moves beyond the familiar and convenient into more adventurous realms of possibility. If we don't break out, our future will always remain in the hands of someone else, not as something we claim fully as our own.

**Phillippa Northover  
Emotional Therapy**

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National Federation of Spiritual Healers, Association of Professional Healers, Foundation of Emotional Therapy  
Emotional therapy holds the holistic premise that the spirit is of equal importance to the mind and body.

It differs from counselling in rather than simply using the mind to analyse symptoms, it works to promote healing of the original emotional wounds by working through the feelings. Its aim is to bring patients to that wholeness from which they can comfortably live their lives.

A key aspect of emotional therapy is the range of techniques it uses to help patients deal with these feelings and not simply to rationalise them. The experience of unleashing buried feelings can be overwhelming and therefore the therapist will always be directed by patients pace the number of sessions vary according to the needs of the individual. A safe, caring and very effective therapy.

**Nick Turner  
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British Association of Sexual & Relationship Therapy,  
United Kingdom Council for Psychotherapy, British

Association for Counselling & Psychotherapy

I specialise in working with individuals and couples who have relationship or sexual difficulties. In practice for more than 12 years, I work from the Beacon Clinic in Malvern which has wheelchair access. My clients are both self and GP referred.

Trained with Relate, I am accredited as a sexual and relationship therapist with the British Association for Sexual and Relationship Therapy (BASRT) and registered with the United Kingdom Council for Psychotherapy. I also have a MSc in Counselling from Bristol University. I adhere to the Codes of Ethics and Practice of the BASRT, which may be viewed on the associations website at [www.basrt.org.uk](http://www.basrt.org.uk)

I am happy to see clients for an initial appointment during which we can discuss what help would be useful to them, the kind of therapy I offer and the fees I charge.

Respecting clients confidentiality is fundamental to my work. I will maintain confidentiality unless

I am seriously concerned about someones health or safety, particularly a child

I am legally obliged to disclose information.

Within the context of couple therapy, I will not disclose information that one partner in a couple relationship has requested be kept confidential from the other partner.

**Pauline Ann Dumville**

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Lesley Parker, I am a Certified Transactional Analyst with an MSc in TA Psychotherapy. I have a Diploma in Clinical Supervision, a Diploma in Eating Disorders, two Diplomas in Counselling and two Certificates in Counselling. I am a UKCP registered Psychotherapist, an ITA registered Transactional Analyst and a Relate registered Supervisor.

I offer Counselling and Psychotherapy to individuals, couples, families and groups presenting with a range and variety of issues including: adult survivors of abuse, rape and sexual violence, bereavement, relationship difficulties, stress, anxiety and low mood. I also offer Supervision and Training to groups and individuals. I have worked in this field for nearly fifteen years working extensively with adults, young people and couples in a variety of settings include charities, the NHS and my own private practice.

I run my private practice from the Aspects Therapy Centre, 173 High Street, Brownhills, Walsall, WS8 6HG. I charge £40 per hour for Counselling, Psychotherapy and Supervision and £450 per day for training on topics including, Working with Self Harm, Suicidal Clients, Trauma, Adult Survivors, Young People, Relationship Difficulties, Counselling Skills and TA models and approaches to counselling, amongst other topics.

**Julie Sanders  
Aspects Therapy Centre**

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Council for Psychotherapy, Nursing and Midwifery  
Council, British Association of Counselling and  
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**Betsy Galloway**

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United Kingdom Council for Psychotherapy, Institute of  
Transactional Analysis

## Craniosacral Therapy

**Wayne Girdlestone**  
The Wayne Girdlestone Clinic Ltd  
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**B91 1LA**

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LCSP Register of Remedial Masseurs & Manipulative, Therapists

*CranioSacral Therapy Babies, Children and Adults*  
Helena Weaver has been trained at the UpLedge Institute to treat newborns, children and adults. A large number of babies are referred to Helena from Midwives and Health Visitors and she has become known by a lot of mothers in Solihull and the surrounding areas. Treatments are extremely gentle and have no risk whatsoever and appointments are available early morning to late evening.

*CranioSacral has been found extremely effective for babies suffering from colic and other digestive problems, excessive crying, irritability and/or wakefulness, difficulty with suckling, head banging, recurrent ear infections, persistent coughs and colds/respiratory problems. Children are brought for treatment for help with hyperactivity, autism, learning difficulties and parents generally find that the treatments have a great calming effect.*

*For adults the benefits are also numerous, stress-related, or emotional problems, low energy, anxiety, depression, insomnia, headaches, poor digestion, IBS, post traumatic stress and TMI syndrome, as well as boosting the immune system and helping to balance the nervous system.*

**Sandra Makein**  
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*Sandra Makein, D.Hom, Dip Phyt, MNIMH, MASC, is a Homeopath, Medical Herbalist, Cranio-Sacral Practitioner and Reiki Master/Teacher.*

*Cranio-Sacral Therapy is a non-invasive, light manipulative technique devised and practiced by US Osteopaths, Dr William G Sutherland MD and Dr John Upledger MD. Cranio-Sacral Therapy can improve the functioning of the central nervous system, relieve stress and enhance overall health. This therapy has been found to be effective where there are poorly understood dysfunctions, chronic pain, lowered vitality and recurring infections because of many body functions it can impact upon. Sandra Makein trained with the Upledger Institute in the UK and has practiced Cranio-Sacral Therapy, including Cranio-Sacral for Paediatrics, since 1998. She is an Associate Member of the Cranio-Sacral Society. Sandra Makein practices in South Somerset, Hertfordshire and Surrey.*

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Parolin Chiropractic

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The American Cranio Sacral Therapy Association, The Cranio Sacral Society

*I am an experienced nurse, midwife, health visitor and college lecturer. I saw the high levels of stress in the workplace, and decided to help in my own way.*

*Cranio Sacral Therapy has its roots in the neuro musculo-skeletal framework of cranial osteopathy. Upledger Cranio Sacral Therapy focuses on the fascial system which influences the entire physiology. It is profoundly relaxing, and embraces physical, mental, emotional and spiritual aspects. Its scope is wide ranging from long term effects of accident, surgery, inflammatory conditions, birth injury and emotional traumas. Cranio Sacral Therapy is particularly effective in temporomandibular joint problems. It benefits expectant mothers and their babies, both before and after the birth, and it has been seen to improve learning difficulties, allergic conditions and headaches.*

*Cranio Sacral Therapy is the only treatment to have helped me with my long term back problem. I was so please with the effects of CST that I trained in order to share it with others. I am an Upledger Accredited Cranio Sacral Therapist, and NLP Practitioner.*

**Phillip Humphreys**  
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Cranio Sacral Therapy Association

**Khaled Ben Moussa**  
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Valli of Health

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Chinese Medical Institute and Register, Sutherland Society, General Osteopathic Council, British Osteopathic Association

*Holistic approach to preventative healthcare employing:*

- Structural and Cranial Osteopathy
- Visceral Osteopathy
- Acupuncture

*- Diet and exercise prescription*

*For safe, gentle and effective treatment of:*

- pregnancy, neonates, and childhood problems such as behavioural and learning difficulties, cerebral palsy, ear infections, crying babies, etc.
- back, neck and joint pain
- headache and migraine
- digestive disorders
- period pain and irregularity
- sinusitis
- asthma
- stress, depression and fatigue.

**Silvia Candamil Neira**  
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*Sandra Makein, D.Hom, Dip Phyt, MNIMH, MASC, is a Homeopath, Medical Herbalist, Cranio-Sacral Practitioner and Reiki Master/Teacher.*

*Cranio-Sacral Therapy is a non-invasive, light manipulative technique devised and practiced by US Osteopaths, Dr William G Sutherland MD and Dr John*

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*Upledger MD. Cranio-Sacral Therapy can improve the functioning of the central nervous system, relieve stress and enhance overall health. This therapy has been found to be effective where there are poorly understood dysfunctions, chronic pain, lowered vitality and recurring infections because of many body functions it can impact upon. Sandra Makein trained with the Upledger Institute in the UK and has practiced Cranio-Sacral Therapy, including Cranio-Sacral for Paediatrics, since 1998. She is an Associate Member of the Cranio-Sacral Society. Sandra Makein practices in South Somerset, Hertfordshire and Surrey.*

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*I have recently developed my natural healing abilities by using Reiki. I am now a Reiki Master. Reiki is a method of channeling energy and works on all levels i.e. physical, mental, emotional and spiritual. It aids the bodys natural ability to heal. It supports all forms of treatments orthodox and complementary.*  
*Reiki is a self-healing treatment and it may be helpful for some clients to be initiated into Reiki. In this way, after training, they can continue their own treatment.*  
*I am also a qualified Crystal Therapist and I like combining Crystal Therapy and Reiki. This enables the energy of the crystal to go to the specific problem areas thereby aiding recovery.*  
*If you are doubtful about trying Reiki or Crystal Therapy I am happy to discuss your concerns.*

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*Kathleen is an experienced spiritual healer, a trained crystal therapist and teacher with a keen interest in a wide range of esoteric subjects. She opened her private healing practice in London 12 years ago where she successfully incorporates both crystals and sound techniques in treating patients. Increasing awareness of the therapeutic effect of sound led to the study of Musical Esoteric Philosophy and extensive research into sounds role in the creation of physical matter. Kathleen now teaches on this subject and holds classes in spiritual healing, crystal therapy and sound treatments. She basis her programmes on scientific evidence that the laws of physics and the laws of spirit are one, and that combined rational and intuitive convey a deeper understanding of the whole.*

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Bowen Therapists European Register, Affiliation of Crystal Healing Organisations  
*Melinda provides a safe, relaxed, positive, trusting environment and is committed to bringing clients relief, and helping them move forward in life.*

*Therapies offered: Bowen Technique; Crystal Therapy; Reiki; Colour Therapy; Holistic Fertility Therapy.*  
*The aim of these therapies when used separately or in combination with each other, is to restore wholeness, balance, and health on all levels. They can be applied to promote the body's own self-healing ability, release blocked energy, cleanse the body of toxins; relieve pain, stress, anxiety; enhance everyday life; encourage and support positive personal change.*

*The treatments can benefit acute and chronic conditions, pre-operative care, and post-operative healing.*

*All therapies are completely holistic, non-invasive, and can be used safely alongside other therapies or orthodox medical treatment. They are gentle, thus suitable for all ages, regardless of the state of health. Excellent results have been achieved with many common ailments including: Backache; Headaches/Migraines; Depression; Chronic Fatigue/ME; Asthma; Breathing Difficulties; Confusion; Emotional Imbalances; Fibromyalgia; Learning Difficulties; Frozen Shoulder; Jaw Problems; Menopause; Pregnancy/Fertility; ADHD; Insomnia/Sleep disorders; Autism; Side Effects of Chemotherapy; Balance/Coordination; Low Vitality; Pelvic/Spinal Misalignment; Skin Problems; Arthritis/Joint Problems; Stress/Anxiety; Hyperventilation; Period Problems; Neck Pain*

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*Welcome to the World of Crystal Healing*

*I am a qualified Crystal Therapist, with MIACHT. Have been in practise for several years and also take workshops, talks etc. I belong to the Crystal Healers Federation, I am also a Colour Healer, Dip. Iris Int. Member of the International Association of Colour, and Colour Therapy Association.*

*Crystals work in an holistic way, a synergistic approach to healing combining all the different parts of your being. Physical, Emotional, Mental and Spiritual, looking at the cause of illness. Emotional disharmony can manifest as physical illness. Mental attitude help to reduce stress and tension which can produce a physical illness. The Spiritual aspect gives life a sense of purpose and meaning, enabling us to enjoy life to the full.*

*Crystal Healing has many avenues for the therapist to explore when tailoring treatment for a client. Relieving stress which can cause Headaches, Insomnia, Aches and Pains.*

*Relaxation through Meditation.*

*Counselling, for personal stress helping take an objective look at problems.*

*Regressional Therapy, shedding light on problems with regards to Phobias, Fears, Long Standing Illnesses, Skin Complaints.*

*Stress Management, helping the individual develop strategies to overcome Personal or Corporate stress.*  
*Colour Therapy for balancing energy flows of the body.*

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*Dr Gareth Thomas qualified as a dental surgeon in 1991. After working in the NHS he became involved with energy work and healing in 1994. In 2002 he qualified as a crystal and energy healing practitioner and subsequently became a tutor with the Vibrational Healing Foundation (VHF), a leading London crystal &*

*healing school. Dr Thomas acts also as the Conventional Medicine Coordinator for both (VHF) and the Crystal and Healing Federation (CHF). CHF is one of the two crystal healing umbrella organisations in the UK, responsible for setting national standards for this therapy. He is actively trying to help bridging the gap between crystal healing and allopathic medicine. Apart from having a healing practice in London, Gareth teaches the first year of the crystal & healing diploma for the Vibrational Healing Foundation. He also tutors conventional medicine professionals on the human energy (bio-magnetic) field and subtle anatomy.*

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*Homeopathy and flowers essences - the natural way to health and well-being.*

*Energy-for-health is one of the pioneers of online homeopathic treatment founded by Kristiane Backer MARH, MLCH in 2003.*

*energy-for-health offers holistic consultations with homeopathy and flower essences in person or online. Treatments are entirely natural, non-invasive and safe for all - pregnant mothers, babies, children, teenagers, adults and the elderly.*

*Homeopathy heals all ailments: acute and chronic illnesses; mental and emotional conditions as well as physical problems. And it strengthens your immune system.*

*Homeopathy is a natural system of medicine based on energy. It stimulates our inherent healings powers, the "life force", to create good health. Homeopathy is the most gentle medicine known, and yet so powerful.*

*Flower essences radiate pure, good energy. They balance our emotions and act as catalysts for change and transformation, guiding us to our inner wisdom, intuition and finding our lifes purpose. Their medicinal history spans centuries.*

*Homeopathy and Flower essences are forms of complementary medicine. They work well together and alongside any conventional or natural medicine.*

*Energy-for-health - we treat every patient individually and tailor remedies for your constitution. Visit in person or consult online. Www.energy-for-health.com; or Tel: + 44 (0) 207 351 4344*

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*I am a medically trained practitioner who has promoted complementary therapies throughout my long career. I am not only aware of the need for our NHS but also the need to provide these alternative therapies to complement the clients holistic treatment. Our health system should provide a choice for all and unite to assist the overall healing of our clients. I am not only a Nurse and Midwife, but a specialist in Shiatsu, a tutor*

*for Three Healing Organisations, an Aromatherapist, Colour Therapist, Allergy tester, Counsellor and Reflexologist.*

*I hope we can all work together in the NHS successfully for the good of all.*

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*I hold the Professional Qualifications:*

*Registered Nurse*

*Registered Midwife*

*Special and Intensive Care of the Newborn*

*I am currently working in the field of Neonatal Health Care and working for my PHD, researching an aspect of Maternal and Neonatal Health.*

*My experience of Spiritual Healing extends over a wide range of client health needs but I am especially interested in providing and developing this therapeutic care to improve Neonatal and Maternal health.*

*I would also like the opportunity to be part of clinical trials that determine the efficacy of this form of complementary therapy.*

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*Background: John Lund is an experimental scientist, currently working upon antibodies as improved therapeutic agents. His background in healing is rooted in the disciplines of energy healing, Reiki, tai chi and chi kung. Each of these practices has the potential to rebalance and revitalise the human energy field, the energetic counterpart of our physical body. The principles of the human energy field are well-documented and underpin many 'alternative' therapies. Careful attention to our energetic counterpart can have profoundly positive effects upon our well-being at the physical, mental and emotional levels.*

*Training: Practitioner training was completed with the School of energy healing (www.energyhealing.co.uk) and the Sacred trust (www.sacredtrust.org): John is registered to practice these disciplines within the Complementary Medical Association (www.the-cma.org.uk).*

*Therapy: His complementary clinic (first started in 2004) draws upon a wide range of healing techniques and is particularly appropriate for the healing of unresolved issues held at a deep level. These techniques are essentially interactive, including dialogue, whilst the client experiences a deeply relaxed and introspective state. This approach is especially good for reaching the root cause of conditions including anxiety & depression, and also for coming to terms with the profound issues faced up to and including death.*

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*Discover the secret! With celebrity chef, spiritual healer & alternative therapist, Paul Da-Costa-Greaves. Healing is a natural approach helping & bringing about a sense of well-being & peace. Working holistically healing & other therapies are used to help relieve side effects, alleviate pain & help with depression and stress. I can offer hands on or off incorporating various techniques for relaxation. Healing works on all levels of physical, emotional, mental & spiritual helping you to relax. Further info can be found on www.galleyrestaurant.co.uk under alternative therapy.*

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*EFT Practitioner & Instructor: EFT is simple & easy to learn & is used extensively where emotional, physical or performance issues are concerned, particularly fears & phobias, self-limiting beliefs, cravings & addictions, pain, taking examinations, sense of loss or bereavement.*  
*THIN Healer: HPAI Healer/Trainer: The Healer International Network (THIN) & The Healer Practitioner Association International (HPAI) are both organisations where hands-on healing is used: the healing techniques applied can help patients with almost any acute or chronic condition (the only exclusions are as per the Laws in practice to date)*

*Quantum-Touch Practitioner & Instructor: Quantum-Touch uses simple breathing & body awareness techniques to increase the life-force energy for accelerated healing & is particularly useful for back pain, joint pain, issue injuries – accidental, pre & post op – balancing the immune system, releasing stress & anxiety. Therapies are all undertaken with the patient fully clothed. I am willing to travel to patients or they can come to me.*

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Body Mind Spirit Institute Healing Federation, British Alliance of Healing Association  
*In the early 1990s, my life was miraculously turned around, after a near-death experience, following a trip to Peru.*  
*On the road to recovery, the powerful benefits of energy healing became apparent to me as a recipient. I felt an emerging spiritual awareness, which led me to learn about many methods of natural healing.*  
*I am a qualified healer now and studied for 3 years with "Body Mind Spirit International Healing Federation".*  
*It is my belief that complementary treatments play an important role in the process of healing, working alongside conventional medicine.*

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*Dr. Kai Kermani, BSc. (Hons.), LRCP. MRCS. MBBS. DRCOG. MRCPG is a member of most of the Royal Colleges, healing organisations and has very many years experience in holistic general practice and energy healing.*  
*He is the author of highly successful books "Autogenic Training: the holistic way to conquer stress" (Souvenir Press) and "Lifes Kaleidoscope in Poetry: the biography of a nobody" (Only available from the author).*  
*He has written numerous articles on health issues which have been published in both conventional and complementary and healing journals, and has also contributed to a number of books including The Readers Digest Family Book of Alternative Therapies. His successful case histories including recovery from cancer are being serialised in "Healing Today". He is also a highly inspirational international lecturer and workshop facilitator who has appeared on many radio and TV programmes.*

*Apart from counselling and energy healing, in his individually tailored sessions Dr.Kermani also uses NLP, meditation, Autogenic relaxation and emotional release exercises, guided visualisation and regression journey therapy. All Clients are taught self-help techniques which they can utilise at home for the continuation of their empowerment and healing.*  
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*Emma has been a practising reflexologist since 1993. She is a full member of the Association of Reflexologists. Emma is one of only a few qualified Maternity Reflexologists in the UK. This encompasses all aspects of Womens Health from puberty to post menopause including fertility issues.*

*Emma trained for 4 years and graduated from The College of Practical Homeopathy, London and is a full member of the Homeopathic Medical Association.*

*She is a full member of the National Federation of Spiritual Healers and is a Reiki Master too.*

*Emma is also a Bach Flower Counsellor, having attended the Bach Centre in 1995. Other therapies include touch for health Kinesiology & flower essences. She treats male and female, inutero to 100.*

*She has experience with many different disorders including infertility, back and knee problems, whiplash, MND, ME, allergies, anxiety, stress, IBS, pre and post surgery, prostate problems, menopause and gynaecological disorders.*

*Emma works full time as a Complementary Therapist in Ipswich and Woodbridge. She is also available for lectures and workshops.*

*She runs a homeopathic drop in clinic on Tuesdays and Fridays.*

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*Emma trained for 4 years and graduated from The College of Practical Homeopathy, London and is a full member of the Homeopathic Medical Association.*

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*She has experience with many different disorders including infertility, back and knee problems, whiplash, MND, ME, allergies, anxiety, stress, IBS, pre and post surgery, prostate problems, menopause and gynaecological disorders.*

*Emma works full time as a Complementary Therapist in Ipswich and Woodbridge. She is also available for lectures and workshops.*

*She runs a homeopathic drop in clinic on Tuesdays and Fridays.*

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NFSH Charitable Trust, The Society for Psychology and Healing, The Institute for Complementary Medicine (John Millsom MA.MBRCP(psych.)), MNFSH.

*Jungian Psychotherapist, Counsellor and Healer*

*John has worked as a healer/counsellor for many years both independently and also within the NFSH centres and other support groups. He has undertaken formal training within the NFSH and has run centres on their behalf. His work in support groups enabled him to recognise the importance of combining healing with other therapies. In recognition of this John has completed a Masters Degree in psychotherapy and healing with the Society of Psychology and Healing (SOPH).*

*The combination of these disciplines integrated with pastoral care allows John to give the client a unique whole person approach to lifes problems.*

*Johns main areas of work is in the treatment of anxiety and depression or all ages along with associated symptoms such as chronic fatigue, anxiety attacks, low self esteem and eating/compulsive disorders.*

*John is a member of the British Register of Complimentary Practitioners and works within the guidelines and code of conduct of the following organisations:*

*The Institute of Complimentary Medicine (ICM), the NFSH Charitable Trust (NFSH Healing), The Society for Psychology and Healing (SOPH).*

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National Federation of Spiritual Healers

*Leeds Healing Centre is a special place in Leeds city centre (near the Grand Theatre) where all who come through the door receive a warm welcome.*

*The centre has been running at Centenary House for over 14 years. Every Friday a group of healers works there on a voluntary basis. They are trained to high professional standards through the National Federation of Spiritual Healers, which has a respected Code of Conduct. People do not need an appointment for healing and there is no fee. Just a donation is requested to cover costs (according to peoples' means.)*

*Healing is a completely natural process that promotes better health. The channeling of healing energies through the healer to the patient brings this about. The aim of healing is to bring all aspects of the self (mind, body and spirit) into harmony and balance.*

*Healing takes place fully clothed with the healer placing their hands on or above the person receiving healing. The person is likely to feel warm, comfortable and relaxed throughout the session and likely to leave with an enhanced feeling of relaxation, inner peace and wellbeing. Do phone or email if you would like further information.*

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Other

*Would you like a health creation strategy based on the best of conventional and CAM approaches to health? Will enable individuals and their HCP to work together with synergy to create an ideal outcome of optimum health.*

*Drawn from multiple disciplines to provide an approach for developing individuals in concordance with the bodies responsible for health.*

*Patients will take control of their own personal health plans, accepting responsibility and hence increasing the likelihood of achieving their health and lifestyle goals.*

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*Lorraine qualified as a medical herbalist in 1999 after four years of training with the College of Phytotherapy (Herbal Medicine).*

*She has worked in clinics, at Whipps Cross Hospital in the dermatology dept, and in private practice, and is a practitioner, clinical supervisor and tutor at the Archway Clinic of Herbal Medicine which is affiliated to Middlesex University.*

*Following her interest in the energetic properties of people and herbs, she continued her post-graduate studies with the Scottish School of Herbal Medicine, gaining an MSc from the University of Wales in 2003, and in the same year qualified as a hypnotherapist.*

*Lorraine treats a wide range of patients and follows a holistic approach, taking into account diet, lifestyle and emotions. She is very interested in nutritional aspects of health, not only in areas such as food intolerances, but throughout a wide range of health problems.*

*Lorraine's background in the performing arts helped to develop her interest and understanding of the stress and strains we experience today, and she has worked as an NFSH approved healer since 1997.*

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*I entered Complementary Therapy in February 1994 with a Diploma in Remedial Massage of the Northern Institute and consequent Associateship of London and Counties Society of Physiologists.*  
*I work at home, visit the bedridden and dying, at Cardiff The Heath Healing Centre and at the world famous Bristol Cancer Help Centre, where other conditions are also treated, although most present with cancer. Now in my sixth year at BCHC I have been healing since April 1996 when I took the first and second courses of the NFSH, following these in October 1996 with a further two optional courses. In June 1997 I*

*became a Full Healer Member [MNFSH]. I soon held Offices at Regional and National levels.*  
*In the last five years, parttime, I have given over 1,000 healings and the number grows by the week.*  
*My energies derive from several sources. After learning self-attunement to healing energies through NFSH, I received powers originating from Ancient India and Tibet. My natural energy healing is based on Mikao Usui's more recent teaching and this I follow as a Reiki Master. Energies of different vibrations come through Seichem and Japanese Joh-rei. Yet others derive from Sanskrit sources.*

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*Trained as a State Registered Nurse at Bristol Royal Infirmary, qualifying in 1965. Worked as a Registered Nurse in Bristol and Kenya until 1970. Took time off for family then worked again briefly as a registered Nurse in the mid 1980s. Held an administrative post in husbands business during the late 1980s and early 1990s. Joined a Healing Development Group in 1999 and realised that people needed to be treated holistically. Became a probationer member of the National Federation of Spiritual Healers (NFSH) and trained for two years, becoming a fully Registered Healer Member of the NFSH in September 2001. I practise from home and see people with a wide range of illnesses. All who come to me are treated on a professional and caring manner.*

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 British Society of Clinical Hypnosis, National Federation of Spiritual Healers

*Jenny is a healer member of the National Federation of Spiritual Healers, a registered Clinical Hypnotherapist with the British Society of Clinical Hypnosis and a member of the Doctor-Healer Network.*

*Jenny is employed as a Healer and Co-ordinator for a team of five voluntary Healers at the Mustard Tree Macmillan Centre, Derriford Hospital, Plymouth; where she has worked since 1998; starting as a volunteer.*

*The Mustard Tree is a support centre for people with cancer, their families and carers and offers a wide range of services, including a variety of complementary therapies. Healing is available on Mondays and Fridays for individual appointments, with a group healing session taking place on Monday afternoons.*

*Healing complements any treatment that patients are receiving. It can help to promote and develop an increased ability to cope with their cancer experience and a more positive outlook which can help to enhance a person's quality of life. Patients have experienced emotional peace of mind, alleviation of pain, and help in reducing side effects, stress relief, relaxation, release and revitalisation at many levels. For more information telephone 01752 763672.*

*Jenny also runs a private healing and clinical hypnotherapy practice in Plympton, Plymouth.*

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 Marjorie Sutton BA  
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*Have taught over 16 years to medical staff and others re healing*

*Talks to the public re healing over 16 years incl. radio and articles*

*Worked as a research assistant to Course Director on first BSc in Complementary*

*Medicine. Taught on the course and others at colleges, health centre and post grad training centre.*

*Have taught a comprehensive Healer Development Course for 16 years*

*Founded and chair of the Association of Professional Healers 1994 a regd.charity*

*Member BHMA, ACHR*

*Wishing to do real research with babies and children for any condition, anywhere*

*Have been healing i.e. getting real results, spectacular in babies, for over 40 years*

*Have nursing experience-general-ophthalmic and theatre*

*Published author in Education and Spiritual*

*Self Healing Tapes working to trigger body's own healing programme 10 years*

*Strict confidentiality code.*

**Stuart Browne**  
**Southport Healing Centre Accredited N.F.S.H. Centre**

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The National Federation of Spiritual Healers

Stuart Browne Area coordinator National Federation Spiritual Healers

Merseyside/Lancashire. Chairman Southport Healing Centre accredited N.F.S.H centre.

*We aim to offer healing throughout the community treating all people of every race, colour and gender. We hope with all sincerity we are able to help you.*

*The following information may give you insight, it is not faith healing, and no religious faith of any kind is required.*

*Spiritual Healing is the channelling of healing energies through the healer to the patient. It re-energises and relaxes the patients to enable their own natural resources to deal with illness or injury in the best possible way. You may feel a sudden benefit or a gradual improvement over a period of time. Healing has much to offer for those in good health it can provide a boost of energy! Promote a sense of peace that helps to maintain balance, keep stress at bay and assist in improving clarity of thought.*

*There are certain limits to healing, these limits vary each individual within the limits that healing operates much is possible. It is important to remember that the only test of the ability to heal is betterment or the disappearance of the sick condition.*

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 International Federation of Reflexology, International Guild of Professional Practitioners, National Federation of Spiritual Healers  
 Qualifications:  
 ITEC: Anatomy & Physiology: Holistic Swedish Massage, Professional Conduct & Business awareness.  
 Member of the International Federation of Reflexologists  
 Member of the National Federation of Spiritual Healers  
 Member of International Guild of Professional Practitioners

*Treatments Available: Holistic Swedish Massage, Reflexology, Indian Head Massage, Hope Ear Candles Healing, Crystal Therapy*

*After a many years of interest in spiritual and personal development, I finally gave up full time work in the IT industry and retrained as a complementary therapist.*

*I work from my practice at home and have regular Corporate Complementary Therapy Day's in the Berks/Hants/Surrey area.*

*I am continually updating my skills and knowledge and attend regular professional development training workshops.*

*As a Member of National Federation of Spiritual Healers (a registered charity), I give healing in private practice, in healing centres and when requested in hospitals and hospices.*

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National Federation of Spiritual Healers, Chartered Society of Physiotherapy, Health Professions Council

*I have been in practice as a Spiritual Healer for 6 years, with a wide variety of experience. At present I work part of the time for a local charity, supporting cancer*

*sufferers and their carers, from first diagnosis through all stages of their illness. I also work one morning a week at the Palliative care unit at the General Hospital.*

*I have also been a Qualified Chartered Physiotherapist for over 20 years. I am State Registered and incorporate my skills and knowledge as a Physiotherapist into my work as a Spiritual Healer.*

*I run my practise from home but Domicillary visit can be arranged (at a small extra cost).*

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**A Touch of Healing**

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**Charles Thurlow  
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The International Association of Hypnotherapists, The  
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Corporation of Advanced Hypnotherapy  
*Charles Thurlow is a Hypnotherapist and Healer. He  
specialises in Hypno-Analytical Therapy, Hypno-Healing  
(NLP), and NFSH Spiritual Healing. He is a member of  
several eminent bodies, including the International  
Association of HypnoAnalysts, the Corporation of  
Advanced Hypnotherapy and the National Federation of  
Spiritual Healers. He holds Diplomas in Hypnotherapy  
awarded by the Hypnotherapy Control Board and the  
Atkinson-Ball College of Hypnotherapy and  
HypnoHealing.*

*Charles feels passionately about smoking cessation and  
is a very successful Smoking Cessation Specialist. His  
range of skills and abilities are broad and eclectic yet,  
whilst all share a commonality in healing, he maintains  
a clear distinction between them.*

*A former Samaritan volunteer for almost a decade  
during the 70s and 80s, Charles has a caring approach  
and a wealth of experience of dealing with people from  
all walks of life. He firmly believes that there is no good  
reason why anyone should continue to suffer from the  
effects of some psychological or emotional disturbance  
that is "inside themselves but outside their control" and  
offers assistance wherever emotional or psychological  
forces are involved.*

*Call him on free phone 0800 107 2242, leave your  
name and contact number, saying when you would like  
your call returned.*

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## Psychotherapy, Hypnotherapy Society

*I am experienced in all aspects of Psychotherapy,  
Coaching, Counselling and Hypnotherapy. I work with  
families, couples, children and individuals. I am  
committed to providing compassionate, confidential  
care to those suffering any symptoms with a  
psychological or emotional element.  
I am also a trainer and supervisor for APHP and HS.  
I offer a free, no obligation initial consultation to all  
prospective clients.*

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The College of Psychic Studies  
*I started my formal healing practise over 3 years ago  
when I completed First and Second Degree Reiki  
training in the Usui method. I then carried out the  
Healing Accreditation at the College of Psychic Studies.  
Apart from contact healing, this programme of study  
also covered causes of illness, the chakras, colour and  
sound healing, energy and aura sensing, meditation  
and healing visualisation, and personal and professional  
development. Today I carry out healing on friends,  
family and private clients and advertise through the  
website of Grosvenor Chapel, Mayfair. I follow a strict  
Code of Conduct and ensure patient confidentiality at  
all times. I am currently also carrying out the Crystal  
and Energy Healing Diploma Course of the Vibrational  
Healing Foundation.  
Healing is effective in the treatment of physical and  
nonphysical conditions. It involves the placing of hands  
either on or just off the body in order to channel  
healing energy. This can speed up the natural healing  
process or improve recovery time from illness or injury.  
Aside from healing, I also have knowledge of anatomy  
and physiology through working as a YMCA Personal  
Fitness Trainer and through completing an anatomy and  
physiology course at City Lit, London.*

**Nicola J Bradbury  
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The British Herbal Medicine Association, The British  
Association of Counselling & Psychotherapy, The  
National Federation of Spiritual Healers, The Unified  
Register of Herbal Practitioners  
*I run a Cancer Support Clinic for integrated, holistic  
cancer therapy. The work of the clinic has been  
published in Positive Health magazine, Sept 2001. I  
have 20 years clinical practise experience in this field. I  
work in conjunction with G.Ps and Oncologists.  
The need for a Cancer Support Therapy Regime to work  
along side conventional treatments for cancer  
administered by Medical Doctors and Oncologists, such  
as Chemotherapy and Radiotherapy, has evolved during  
clinical observations of patients experiencing fear,  
anger and a general feeling of helplessness once they  
receive a diagnosis of cancer by their doctor. The aim  
of complementary support therapy is to create a feeling  
of control and personal responsibility so they can focus  
on a positive daily programme to enhance their quality  
of life.*

**Michael Chapman**

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**Jenny Forman**  
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The Association of Therapy Lecturers

**Mary Salmon**

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National Federation of Spiritual Healers

*I first became aware of healing while working as a placebo healer on an NHS funded research project for Middlesex University. The study took place in a large general practice over four months in 1997. Convinced by the study of the efficacy of healing, I began training as a professional healer and joined the National Federation of Spiritual Healers, the leading organisation for British healers. Whilst working as a healer I have also taken part in a further research study at City University.*

*Healing is not faith or religion based. It works from the principle that healing can influence the chakra system, the subtle energies of the body, to restore harmony and equilibrium and bring mental and physical relief.*

*Healing can be efficacious on both physical ailments (from relieving back pain to coping with cancer) as well as emotional and stress related problems (including insomnia, anxiety and panic attacks).*

*Healing is a gentle and natural therapy that can bring profound physical and mental relaxation. An initial consultation lasts one hour with follow up sessions as needed lasting thirty minutes.*

**Pat Smith Healer**

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## Herbal Medicine

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National Institute Medical Herbalists, Association of Traditional Chinese Medicine, Register of Chinese Herbal Medicine

### Jenny Jones Premier Medical Centre

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Knowle

**B93 OHN**

T: 08454 501581

E: jennyjonesfnimh@btinternet.com

W: www.jennyjonesfnimh.co.uk

National Institute Medical Herbalists

*I have been a member of the National Institute of Medical Herbalists for 20 years, and a Fellowship for 4 years.*

*The NIMH requires a high standard of medical training before membership and holds members to a Code of Ethics and Practice, a Disciplinary Code, ensures insurance cover and requires Continuous Professional Development.*

*In private practice I have experience of treating conditions with nutritional and lifestyle advice alongside a herbal prescription formulated for the individual.*

*There is strong evidence to support herbal medicine in the treatment of: Mild to moderate depression and anxiety; Gynaecological conditions; Benign Prostatic Hypertrophy; Circulatory conditions; Arthritic pain, Immune response and conditions with an immune component (allergies, asthma, skin conditions),*

*Digestive disorders: Experience shows that herbal medicine is beneficial in most conditions, especially if complementing orthodox treatment. It is suitable for all age groups.*

*I am aware of potential drug/herb interactions and am experienced in treating patients who need their therapy to be compatible with orthodox treatment.*

*I am happy to agree protocols for communication and treatment with the patient's primary practitioner including guidelines for referral back to their medical practitioner if necessary.*

### Sandra Makein Caines Pryor, Alternative Therapies

The Marley Barn  
Yeovil, Somerset

**BA21 3JG**

T: 01935 411550

Member of the National Institute of Medical Herbalists (NIMH), British Institute of Homeopaths (Fellow) (FBiH), Member of Associated Stress Consultants (MASC), Associate/Network Member of Cranio-Sacral Society  
*Sandra Makein, DIHom, Dip Phyt, MNIMH, MASC, is a Homeopath, Medical Herbalist, Cranio-Sacral Practitioner and Reiki Master/Teacher.*

*Medical Herbalism (Phytotherapy) is the therapeutic use of herbal remedies to treat illness, improve health and to strengthen and tone organs and tissues in order to improve the body's resistance to infection. Herbal remedies can be used internally as teas and tinctures and topically as lotions, creams, oils and ointments. Herbal remedies can be used safely as an alternative to, or in conjunction with, orthodox medicine. Sandra Makein studied Phytotherapy with the College of Phytotherapy in West Sussex for five years and qualified in 2002. She is a Member of National Institute of Medical Herbalists. Sandra Makein practices in South Somerset, Hertfordshire and Surrey.*

### Andrea Hughes Palmer & Hughes Medical Herbalists

Avalon Health Centre  
39 Park Drive  
Rustlington

**BN16 3DY**

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E: andrea@sussexherbalist.co.uk

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The UK's Leading Professional Organisation of Practitioners of Herbal Medicine, The National Institute of Medical Herbalists

### Linda Palmer Palmer & Hughes Medical Herbalists

Avalon Health Centre  
39 Park Drive  
Rustlington

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T: 01903 771504

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The National Institute of Medical Herbalists

*Linda Palmer MNIMH & Andrea Hughes MNIMH are fully qualified and insured Medical Herbalists who have completed four years of study, and 500 hours of clinical training with the College of Phytotherapy which ensures that patients receive the highest standards of professional care.*

*We are both Members of the National Institute of Medical Herbalists, and carry the letters MNIMH after our names. Membership is dependent upon continuing professional development and adherence to a strict code of ethics.*

*Linda Palmer qualified as a Herbalist in 1999 and set up the practices at Avalon Health Centre. In addition, she undertakes clinic supervision and teaching work for the College of Phytotherapy. Andrea Hughes joined the clinic after completing her degree in Herbal Medicine and brings eight years of experience in complementary therapy to the practice.*

*As Medical Herbalists we are committed to giving the highest standards of patient care, our training encourages an orthodox approach to the diagnosis of illness and at the clinic we are able to offer diagnostic tests via a specialist laboratory. We take an holistic approach to the treatment of disease and use only the best quality organic herbal preparations.*

### Sarah Furey

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Kemp Town  
Brighton

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E: furey@waitrose.com

National Institute of Medical Herbalism, College of Practitioners of Phytotherapy

### Paul Watson

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22 Hampton Road  
Redland

Bristol

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T: 01179 730638

E: paul@xixin.org.uk

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Association of Traditional Chinese Medicine, Register of Chinese Herbal Medicine

*I am a Chinese Medicine Practitioner and run a private practice in Redland, treating a wide range of problems. I use the two main components of Traditional Chinese Medicine (TCM) – Herbal Medicine and Acupuncture. I am also currently studying Western Medicine, and will graduate with my MBChB in June 2009.*

*I trained in TCM in Taiwan, where I lived for 7 years, first studying Chinese, and then completing a 5 year apprenticeship at a famous TCM clinic in Taipei. I returned to the UK in 2003 to study Western Medicine and open my own TCM practice.*

*After finishing my Western Medicine training I plan to work in general practice offering both Chinese and Western Medicine, giving impartial advice to patients so they have a choice in the treatments they receive.*

*Patients would be encouraged to play an acute role in their own wellbeing.*

*I am interested in the role of TCM in Fertility Issues (both men's and women's), and complementary treatment for cancer patients undergoing chemo and radiotherapy. I have carried out two in-depth research projects on these subjects as part of my MBChB.*

### Danica McGourty Enniskillen Clinic of Herbal Medicine & Osteopathy

30 Mill Street  
Enniskillen  
Fermanagh

**BT74 6AN**

T: 02866 325 136

The National Institute of Medical Herbalists

### Annette Wass

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Trumpington  
Cambridgeshire

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E: annette@laszlo.globalnet.co.uk

National Institute Medical Herbalists

### Liz Copeland Tranzformations

Barrington  
36 Welcomes Road  
Kenley, Surrey

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F: 0208 668 3502

E: liz@tranzformations.co.uk

W: www.tranzformations.co.uk

British Association of Nutritional Therapists

*Herbal treatment is particularly useful for:*

*Digestive disturbances (IBS, IBD)*

*Hormonal problems (PMS, PCOS)*

*Eczema and psoriasis*

*Anxiety, depression and stress-related states*

*Cardiovascular conditions (high cholesterol, hypertension)*

*Inflammatory conditions (RA, SLE)*

*In chronic conditions where patients have not responded to orthodox medication, or where they want to use a more natural alternative, herbs can provide the answer.*

*Qualification and experience:*

*Degree in natural Sciences (University of Cambridge)*

*Qualified as a Medical Herbalist in 1992*

*Accreditation board member of National Institute of Medical Herbalists*

*Member of the College of Practitioners of Phytotherapy (professional body in herbal medicine)*

*Lecturer and clinical tutor in herbal medicine (Phytochemistry, Materia Medica, Therapeutics)*

*External examiner in herbal medicine*

*Lecturer at the Centre for Nutrition Education & Lifestyle Management*

*Lecturer at the University of Westminster*

*Trained to use coaching techniques in the context of health care*

*Specialist articles on herbs, case studies and testimonials can be found on the website.*

*Liz is also a qualified Nutritional Therapist (see entry under Nutritional Medicine).*

*Liz Copeland MA (Cantab), BSc (Hons) Nutritional Therapy*

*MCPP, MBANT*

*Enjoy better health and a better life*

### Chloë Bruce Helpful Herbs

Spittal Croft  
Kirkcowan  
Newton Stewart  
Dumfries & Galloway

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Association of Master Herbalists

### Rumana Zahn Rumana Health Ltd

The Old School House  
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Neasham

Darlington

County Durham

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Association of Master Herbalists

### Gursewa Harrad Medherb Western Herbal Medicine

Mind & Body Clinic  
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E: herbalist@medherb.co.uk

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National Institute Medical Herbalists

### Jenny C.Y. Liu Finchley Acupuncture

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Finchley

London

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T: 020 8343 3398

T2: 07939 566932

E: info@herbalmedic.com

W: www.herbalmedic.com

The British Acupuncture Council, Register of Chinese

## Herbal Medicine

The Herbal Medic Group of Acupuncture and Chinese Herbal Medicine clinics has been established for over 25 years. The first clinic opened in Manchester in 1978. We know have clinics in Bishops Cleeve, Edgware and Finchley London.

We offer professional and effective treatment for all painful conditions such as: Back pain - Sciatica

Neck pain - Whiplash

Shoulder & Arm pain

Headaches - Migraine

Joint & Muscle Stains

Sports Injuries

We also specialise in treating persistent and chronic conditions such as: Allergies - Hayfever, Asthma - Eczema, Stress - Depression, Insomnia - Fatigue, Smoking & Alcohol Addiction, Irritable Bowel - Indigestion, Womens Problems

Our chief practitioner is Jenny C.Y. Liu, B.Med(TCM), MBACC, RCHM.

Jenny works at our clinic in Edgware. She graduated from Xiamen University, China, in 1994 gaining a bachelors degree in Acupuncture and Traditional Chinese Medicine and has practised extensively in China and the UK. She is experienced in treating a wide range of ailments including sports injuries (she previously worked with David Roberts, former physio to the England cricket team), arthritis, migraine, dermatological conditions such as eczema and psoriasis and gynaecological disorders. She is also successful in helping those wishing to give up smoking or suffering from stress, anxiety or insomnia.

Jenny and all our practitioners are fully qualified and registered.

### Nathalie Fournier Meadowbank Clinic

3 Meadowbank Terrace  
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EN7 8AR

T: 07939 290820

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W: www.forthvalleyherbalmedicine.co.uk

National Institute Medical Herbalists

### Joanne Dick Medical Herbalist

Heavenly Health & Beauty

Meadow Centre

Leisure Centre

Alexandria

Dunbartonshire

G82

T: 01389 711961

T2: 07932 798572

E: jo.di@btopenworld.com

National Institute of Medical Herbalists

A member of the National Institute of Medical Herbalists, I completed the four year BSc Hons in herbal medicine in 2000 at Middlesex University. Since that time I practice within my local area treating all ages for a wide variety of conditions. These include hormonal complaints, digestive and urinary problems, respiratory problems and many more nervous system conditions including stress, anxiety, depression, lethargy, exhaustion, and many other health problems.

With a history of employment within stress management and training and experience with other complementary therapies you can expect holistic, individualised treatment, using practitioner quality herbal tinctures, teas etc; that will address all aspects of life which may be contributing to the health concerns.

### Neelam Daswani Osteomedica

35 Spencer Road

Harrow

London

HA3 7AN

T: 0800 458 5416

T2: 020 8933 3070

E: neelam\_herbalist@yahoo.co.uk

W: www.osteomedica.com

National Institute of Medical Herbalists, Acupressure Member of Acupuncture Society

### David Blackwell Maple Cottage Clinic

3 Maple Cottages

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Walkington

Beverley

East Yorkshire

HU17 8RW

T: 01482 862277

E: herbs4healing@maple3.karoo.co.uk

Bowen Therapists European Register, Association of Master Herbalists

### David Blackwell The Mana Tree

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F: 01482 472209

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Bowen Therapists European Register, Association of Master Herbalists

### Sandra Makein The River Bourne Health Club

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Chertsey, Surrey

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T: 07976 882218

Member of the National Institute of Medical Herbalists (NIMH), British Institute of Homeopaths (Fellow) (BIH), Member of Associated Stress Consultants (MASC), Associate/Network Member of Cranio-Sacral Society Sandra Makein, D.Hom, Dip Phyt, MNIMH, MASC, is a Homeopath, Medical Herbalist, Cranio-Sacral Practitioner and Reiki Master/Teacher.

Medical Herbalism (Phytotherapy) is the therapeutic use of herbal remedies to treat illness, improve health and to strengthen and tone organs and tissues in order to improve the body's resistance to infection. Herbal remedies can be used internally as teas and tinctures and topically as lotions, creams, oils and ointments. Herbal remedies can be used safely as an alternative to, or in conjunction with, orthodox medicine. Sandra Makein studied Phytotherapy with the College of Phytotherapy in West Sussex for five years and qualified in 2002. She is a Member of National Institute of Medical Herbalists. Sandra Makein practices in South Somerset, Hertfordshire and Surrey.

### David Melrose The Aston Clinic

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KT3 3LS

T: 020 8942 3148

F: 020 8949 7050

E: astonclinic@postmaser.co.uk

W: www.astonclinic.co.uk

General Osteopathic Council, National Institute of Medical Herbalists, International College of Applied Kinesiology

### Nathalie Fournier Newpark Medical Practice

163 Robertson Road

Dunfermline, Fife

KY12 0BL

T: 01383 629200

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W: www.forthvalleyherbalmedicine.co.uk

National Institute Medical Herbalists

### Julia Russell

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LA1 5OX

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Association of Master Herbalists

### Ranjeev Sidhu PharmaKarma

123 Deansgate

Manchester

M3 2BY

T: 01618 349567

E: ranjeev@pharmakarma.net

W: www.livehealth.com

Would you like a health creation strategy based on the best of conventional and CAM approaches to health? Will enable individuals and their HCP to work together with synergy to create an ideal outcome of optimum health. Drawn from multiple disciplines to provide an approach for developing individuals in concordance with the bodies responsible for health.

Patients will take control of their own personal health plans, accepting responsibility and hence increasing the likelihood of achieving their health and lifestyle goals.

### Usha Chaudhry Complementary Health Care Clinic

Lower Broughton Health Centre

Great Clowes Street

Salford

M7 1RD

T: 0161 8392723

T2: 0161 7920476

E: usha\_chaudhry@yahoo.co.uk

BSCH, Chinese Medical Institute and Register

### Lorraine Wood

49 Grove Road

London

N12 9DS

T: 0208 446 6320

British Association of Therapeutic Hypnotists, National Institute of Medical Herbalists, National Federation of Spiritual Healers

Lorraine qualified as a medical herbalist in 1999 after four years of training with the College of Phytotherapy (Herbal Medicine).

She has worked in clinics, at Whipps Cross Hospital in the dermatology dept, and in private practice, and is a practitioner, clinical supervisor and tutor at the Archway Clinic of Herbal Medicine which is affiliated to Middlesex University.

Following her interest in the energetic properties of people and herbs, she continued her post-graduate studies with the Scottish School of Herbal Medicine, gaining an MSc from the University of Wales in 2003, and in the same year qualified as a hypnotherapist.

Lorraine treats a wide range of patients and follows a holistic approach, taking into account diet, lifestyle and emotions. She is very interested in nutritional aspects of health, not only in areas such as food intolerances, but throughout a wide range of health problems.

Lorraine's background in the performing arts helped to develop her interest and understanding of the stress and strains we experience today, and she has worked as an NFSH approved healer since 1997.

### Ghila Ball Zen In Health

60 Brim Hill

Hampstead Garden Suburb

Hampstead

London

N2 0HQ

T: 07767 272555

E: g.ball@btinternet.com

British Acupuncture Council, Register of Chinese Herbal Medicine

My main objective with Chinese Medicine is to stimulate the body's own healing forces so that I can encourage the patient to gain control over his/her own health.

Since I try to achieve this for the individual at physical, emotional and spiritual levels I use a variety of treatments leading to overall life style management.

During the treatments I use acupuncture needles supplemented with moxa, cupping and/or Chinese herbs to encourage 'a smooth flow of energy'. Occasionally I stimulate acupuncture points using lasers or electro-acupuncture. I also prepare extensive nutrition regime and advise on exercise and life style changes necessary for the patient's overall well being.

I have been practising Chinese Medicine for seven years. During this time I have been helping a large number of individuals with gynaecological problems including conditions such as PMT, menopausal signs and symptoms, muscle pain, back ache, stress/tension, anxiety states, migraine, various addiction problems or skin conditions.

I have also been working alongside conventional medicine when treating both acute and chronic conditions.

### Su Rayner Meadow Herbs

33 High Green

Brooke

Norwich

Norfolk

NR15 1HR

T: 01508 558135

E: sumeadowherbs@aol.com

W: www.meadowherbs.co.uk

Association of Master Herbalists

### Rachel Boardman Herbalist

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Association of Master Herbalists

### Neelam Daswani Body Matters

1 McCrone Mews

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London

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E: neelam-herbalist@yahoo.co.uk

W: www.body-matters.biz

National Institute of Medical Herbalists, Acupressure Member of Acupuncture Society

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**Zhijin Tang**  
**Aldwick Acupuncture Clinic**

46 Aldwick Road  
Bognor Regis  
West Sussex  
**PO21 2PN**  
T: 01243 849388  
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Association of Traditional Chinese Medicine

*Dr. Zhijin Tang graduated from Beijing University of TCM as a Bachelor of Medicine. His degree covered both Modern Medical sciences (e.g. Anatomy, Pathology, Orthopaedics etc) and Traditional Chinese Medicine (e.g. Herbal Medicine, Acupuncture and Tuina etc).*

*Dr Tang has practised traditional acupuncture and herbal medicine in hospitals in China many years before coming to the UK. His specialist areas include acupuncture for pain management, allergy relief and soft tissue injury; Chinese herbal medicine treatment for cancer-drug side effect relief and gynaecological disorders.*

*Dr Tang has been practising in the UK since 2001. He also works closely with various academic organisations in the UK, and he was invited to become committee member of ATCM Academic Council. He currently is a senior lecturer and clinical supervisor in Shulan College of Chinese Medicine, and a guest lecturer in the School of Medicine, University of Leeds. Dr Tang regularly contributes to professional journals and acts as a senior editor of the Journal of ATCM.*

**David Potterton**  
**Berkshire Holistic Health**

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General Council and Register of Naturopaths  
British Naturopathic Association, National Institute Medical Herbalists

**David Potterton**

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General Council and Register of Naturopaths  
British Naturopathic Association, National Institute Medical Herbalists

**Julia Linfoot**  
**Peckham Pulse Complementary Therapies**

Peckham Pulse  
10 Melon Road  
London  
**SE15 5QN**  
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E: juliahomopath@btinternet.com  
British Complementary Medical Association, British Institute for Allergy and Environmental Therapy, Alliance of Registered Homeopaths

*I have a very mixed practise, however my main specialisms are:*

*Treating babies and children, e.g. those with chronic or recurring infections, or learning or behavioural difficulties.*

*Womens health problems especially menstrual difficulties, infertility, menopausal symptoms and problems in pregnancy.*

*Helping people to come off long-term medication where appropriate such as steroids, MRT, blood pressure and medication, anti-depressants etc, using homeopathic and herbal alternatives.*

*Treating emotional problems such as anxiety and depression.*

*I run a LUNCHTIME DROP-IN CLINIC on TUES & WEDS 1-2PM at PECKHAM PULSE where short consultations are available for acute complaints (stomach upsets, coughs/colds, sore throats, babies ailments like colic & teething, pregnancy nausea, minor injuries, etc)*

*I can also provide workshops and presentations for groups giving a basic introduction to Homeopathy or specifically on the use of Homeopathy in Childbirth.*

**Kate Irwin**  
**Back to Health Wellness Clinic**

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**Sandra Makein**

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Member of the National Institute of Medical Herbalists (NIMH), British Institute of Homeopaths (Fellow) (FBIH), Member of Associated Stress Consultants (MASC), Associate/Network Member of Cranio-Sacral Society  
*Sandra Makein, DIHom, Dip Phyt, MNIMH, MASC, is a Homeopath, Medical Herbalist, Cranio-Sacral Practitioner and Reiki Master/Teacher.*

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**Natalia Kerkham**

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**WA4 6NR**  
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W: www.urbanherbalist.co.uk  
National Institute Medical Herbalists

*Member of the National Institute of Medical Herbalists, with a degree in Herbal Medicine from the University of Central Lancashire. I have been practising in South Warrington since I obtained my degree in 2003.*

*Like most herbalists, my experience has been in dealing with chronic and recurring rather than acute health problems. Conditions that I find respond well to herbal treatment include:*

*Mild to moderate mental health problems, especially anxiety and depression. Some patients also feel that taking a herbal medicine is more acceptable than taking conventional drugs.*

*Primary menorrhagia and dysmenorrhoea. These can often be resolved within a few months, without the need for further treatment.*

*Benign essential hypertension – where due primarily to stress, it is often possible to reduce blood pressure and keep it down with a few months of treatment.*

*Hayfever – treatments are fast acting and non-sedating. Herbal medicine can be used alongside conventional medications, and for many patients this is the best option. I have a particular interest in herb-drug interactions and their implications for safe herbal prescribing, and would welcome the chance to work with GP's and other health professionals to provide the best possible care for patients.*

**Sandra Makein**  
**Beauty is Yours**

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Hertfordshire  
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Member of the National Institute of Medical Herbalists (NIMH), British Institute of Homeopaths (Fellow) (FBIH), Member of Associated Stress Consultants (MASC), Associate/Network Member of Cranio-Sacral Society  
*Sandra Makein, DIHom, Dip Phyt, MNIMH, MASC, is a Homeopath, Medical Herbalist, Cranio-Sacral Practitioner and Reiki Master/Teacher.*

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**Christine Brock**

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National Institute Medical Herbalists

## Homeopathy

**Neil Spence****The Rosemount Centre**

1c Mount Street  
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Aberdeenshire  
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T: 01224 636378  
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W: www.rosemountcentre.com  
The Society of Homeopaths

**Michelle Charsley**  
**Michelle Charsley Homeopath**

84 Gurney Court Road  
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Hertfordshire  
**AL1 4RJ**  
T: 01727 899065  
E: Michelle\_Charsley\_homoeopath@hotmail.com  
W: myweb.tiscali.co.uk/homoeopathy  
Alliance of Registered Homeopaths

*I have a friendly, down to earth, practical approach to health and homeopathy and include my patients in the process of improving their own health.*  
*80% of my patients are from word of mouth references.*

*I encourage patients to maintain contact with their doctors, particularly where prescription drug reduction and diagnosis is concerned.*

*I have great enthusiasm for homeopathy and do my utmost to achieve good results as quickly as possible.*

*I offer weekday and weekend appointments and have a good track record in improving the health of those suffering from Depression, IBS, CFS, Behavioural Issues, Headaches, Haemorrhoids, Arthritis, Menopause, Hay fever, Eczema, Insomnia, Asthma and much more.*

*I am a mother of three and have found parents feel I relate well to their children. I like to establish a good rapport with my patients and enjoy treating people of all ages and from all countries.*

**Michael Cannell MBBS DRCOG MRCGP MFHom**

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GMC, Faculty of Homeopathy

**Dan Manu**  
**The Health Barn Clinic**

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Alliance of Registered Homeopaths

**Diana Tibble RSHom RM SRN**

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Hertfordshire  
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T: 01727 764826  
E: dianatibble@hotmail.com  
Society of Homeopaths

*Having been nurse and practising midwife for 16 years I receive referrals from local midwives for disorders of pregnancy and homeopathic inductions. I need to see maternity notes to ensure that a homeopathic induction is appropriate and safe. I receive referrals from health visitors for babies with colic, constipation and eczema etc. Once I have seen a fee paying patient I have a call in time for advise on acute illness i.e. flu, fevers, stomach upsets etc for which I give free advice and appropriate remedies. Maternity patients and babies takes about 30% of my case load, which is on average 15-20 patients a week. In addition to my private practice I teach Homeopathy in Obstetrics to doctors undertaking a 3 - year course to become Homeopaths at the HPTG in Oxford and also student homeopaths at the South Downs School of Homeopathy. I have done talks for midwives at the Heel Birth Unit. Having worked within the NHS for 20 years I feel I offer a very grounded approach and like to work closely with our health professionals. My medical background has enabled me to recognize undiagnosed cancer I 2 patients whom I immediately referred to their GPs.*

**Brigit Crane**

58 Tennyson Road  
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Registered member of Society of Homeopaths

**Sue Phelan**  
**Homeopathy for Everyone**

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*Hazelwell Holistic Centre offers a caring and supporting environment to everyone through the use of various complementary therapies like, Homeopathy, Aromatherapy, reflexology, Reiki Healing and Indian Head Massage. We also make the use of Hopi Ear Candles (Thermo-auricular Therapy), Crystals and Bach Flower remedies.*

*At the Centre, we offer a holistic approach, which covers physical, emotional as well as mental healing using massage and chakra healing. All therapies are practised in a soothing and calming environment.*

*We promote healing through relaxation and natural means (homeopathy and herbs) so that your body loses all tension and gets in touch with the core of your existence and you can enjoy the new heights of health. Full advice is given on diet, lifestyle and methods to alleviate stress from your life. Visualisations and Reiki advances the clients to feel their inner happiness.*

*Conditions like asthma, eczema, joint problems, insomnia, menstrual problems, emotional stress, depression and anxiety, IBS and simple colds and flu have been helped by complementary therapies.*

*Whether it is to pamper yourself, heal or to alleviate and particular ailment, you will enjoy your visit to Hazelwell Holistic Centre.*

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*Sandra Makein, DIHom, Dip Phyt, MNIMH, MASC, is a Homeopath, Medical Herbalist, Cranio-Sacral Practitioner and Reiki Master/Teacher.*  
*Homeopathy works on the principle that a substance, which in large doses will cause the symptoms of illness, can be used in minute doses to relieve the same symptoms: basically "what will cause will cure". Homeopathic remedies contain minute doses of naturally occurring substances, mainly plants and minerals, which are prepared to modern high standards of health and safety. Homeopathic remedies are recognised as both complementary and alternative treatments to prescribed orthodox medicine. When correctly prescribed they have no side effects and can be safely taken by children, infants and during pregnancy. Sandra Makein studied with the British Institute of Homeopaths and qualified in 1998. She is a fellow of the British Institute of Homeopathy. Sandra Makein practices in South Somerset, Hertfordshire and Surrey.*

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*Specialising in depression and anxiety.  
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I am fully qualified; registered, regulated and very experienced both as a classical homeopath and as an NHS nurse. So I've had many years experience of understanding and providing the best combinations of care for each client.

I am very enthusiastic about my work and I know what my clients enjoy coming to see me. My sensitive approach is dynamic and effective.

I am always seeking and seeing early results, even with the most chronic and serious conditions.

My clients tell me that they appreciate the depth of our consultations and recognise my wisdom and compassion. I'm certainly put as interested in what "makes you tick" as in your particular symptoms. Combining all these aspects gives me a holistic or 'whole person' view of your overall health, which I then treat with an appropriately matched homeopathic medicine.

Advantages of homeopathic medicines:

They have no side effects as many pharmaceuticals do.

They work without the need for continuous medication by triggering your own self-healing.

You can take them alongside your existing medicines and treatments.

They treat the root cause, not just the symptoms.

I offer: Home visits

Subsidised children's clinic

Telephone consultations

Counselling and healing if valuable to your overall health and well-being.

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*I work in general practice and treat people of all ages with any kind of ailment - whether it be physically, mentally or emotionally based - or a mixture of all three. However my specialist area of homeopathy is in the treatment of families- particularly babies and children, and mothers during and after pregnancy. I run childrens clinics at the Bristol Natural Health Service Clinic in Horfield and also at St Werburghs City Farm. When necessary, I use homeopathy alongside medication prescribed by doctors and find that homeopathy can complement existing treatment. I have a policy to see all new clients for their initial consultation as soon as possible but certainly within a week of their contract/referral.*

*I am part of a group of registered Bristol homeopaths who provide locum cover for each other.*

*Whilst I treat clients from all over Bristol and outside, my clients are mainly from Horfield, Bishopston, St Andrews, Montpellier, St Werburghs, St Pauls and Easton.*

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*I have successfully helped treat the following conditions: recurrent colds, chronic respiratory problems, glandular fever, IBS, insomnia, panic attacks, depression, migraines, hypertension, alopecia and eating disorders. I have used homeopathy as a safe supportive therapy during pregnancy, childbirth and lactation (mastitis, stimulation/ suppression of milk). It can be helpful in treating the newborn for colic, sticky eye and sleep problems. I have found homeopathy to be beneficial to children suffering from eczema, asthma, glue ear, ADD, ADHD, nightmares and general anxieties. I have helped women to overcome dysmenorrhoea, menstrual irregularities, polycystic ovaries, infertility, post-natal exhaustion and menopausal imbalances. As new patients start out on a course of homeopathic treatment I encourage them to keep regular touch with me to report on their progress. They do this by phone or via email. As I work within an osteopathic care practice I encourage them to keep regular touch with me to report on their progress. They do this by phone or via email. As I work within an osteopathic care practice I encourage them to keep regular touch with me to report on their progress. I am fully supportive of referring patients to other professionals if I think it serves the patients needs best. I also work from home. I myself undergo regular supervision of my practice and attend all seminars to keep well-informed regarding current homeopathic thinking.*

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*I am an experienced classical homeopath, and have a broad family practice offering a high level of individual attention, providing a caring and supportive environment. People benefit from homeopathy at any age and suffering from a wide variety of conditions. I aim to select the best possible remedy for the patient in order to treat any mental, emotional or physical condition, to help the patient recover his/her health. A patient centred approach to certain medical conditions can respond well to homeopathy indicating a referral point*

*Mental and emotional conditions, eg Grade 1 & 2, anxiety states, stress, grief, bereavement, post traumatic stress, workload, panic attack, fear, nightmares, ADHD / ADD, depressive illness, neurosis, obsessive disorders (anorexia, bulimia etc)*  
*Children with emotional, behavioural problems and low immune systems*  
*Hormonal problems eg PMS, menopause, dysmenorrhoea*

*Joint and musculo-skeletal problems*

*Skin conditions*

*Allergies and sensitivities*

*Post viral syndromes*

*Where side effects are undesirable or unacceptable eg pregnancy*

*I intend to make a positive contribution complimenting the existing NHS health professionals enhancing healthcare options. Please visit my website and contact me by phone or e-mail.*

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*I became interested in homeopathy in 1992, when my first daughter was born. Initially I used it at home for simple ailments, and was impressed by the gentle effectiveness of this form of medicine. Later, I began to realise that homeopathy was also extremely useful for emotional and psychological problems, whether acute or chronic, simple or severe. Homeopathic medicine increasingly amazes and delights me by what it can achieve.*

*Homeopathy may be used alone or together with any conventional medicine or treatments, sometimes reducing the need for these. An energy-based form of medicine, homeopathy is safe for all ages, including newborn babies, pregnant women, breast-feeding mothers, the elderly and all those between!*

*Conditions which may benefit include:*

*Hyperactivity and/or attention deficit disorders, slow development, bedwetting.*

*Asthma, allergies, hay-fever, eczema and other skin conditions.*

*Colic, teething, recurrent colds, ear and throat infections.*

*Depression, panic attacks, anxiety, insomnia.*

*Menstrual disorders, infertility, pregnancy, post-natal problems, menopausal complaints.*

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*A member of the Society of Homeopaths*

*Treatment covered by most health insurers*

*A variety of conditions respond well to*

*Homeopathy: Anxiety*

*Chronic Fatigue Syndrome*

*Depression*

*Irritable Bowel Syndrome*

*Migraines*

*Menstrual / menopausal disorders*

*Skin disorders*

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Society of Homeopaths

*I graduated from the Purton House School of Homeopathy in 1997 and have enjoyed practising classical homeopathy since.*

*I do not specialise in any area, but treat everyone individually.*

*Using homeopathy, I have seen improvements in a wide range of complaints including:*

*Asthma*

*Eczema*

*Allergies*

*Coughs and Colds*

*IBS*

*Behavioural problems*

*Learning difficulties including ADHD*

*Stress related illnesses*

*ME*

*Psychosomatic illnesses*

*Undifferentiated illnesses*

*Depression*

*I use homeopathy as a complementary therapy.*

*My treatments are:*

*free of side effects*

*non-addictive*

*compatible with prescribed medication*

*helpful in reducing side-effects from other treatments*

*such as chemotherapy*

*safe for everyone including*

*pregnant women*

*young babies*

*very sensitive and allergic patients*

*I treat all patients individually and consultations include*

*taking a full case history in an unhurried environment*

*and in complete confidence.*

*As a member of the Society of Homeopaths I abide by*

*their Code of Ethics.*

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EMBODY  
*As a homeopath who has experienced the benefits of both orthodox and complementary medicine, I wish to be able to work with doctors to help patients achieve better health. I particularly wish to raise the profile and credibility of homeopathy by sharing the healing power of this system of medicine by treating as many patients as I can. By bringing a positive awareness of homeopathy. I would welcome working with patients from all backgrounds, including those who are underprivileged and cannot afford private homeopathic treatment.*

**N** *I studied for four years in York and London and graduated in June 2005. At the college of Practical Homeopathy, I learned how to support homeopathic treatment with herbal tinctures, flower essences, some naturopathic techniques and nutritional guidelines. I am fully qualified and have extensive clinical experience. I have treated patients with various health concerns including asthma, arthritis, gout, hypertension, diabetes, panic attacks, female complaints, endocrine disorders, bowel problems, liver problems, stress, skin problems, candida and more.*

**Q** *I belong to the Complementary Therapists Association and have full professional indemnity insurance. I teach homeopathy and mentor for my old college.*

**R** **Eve Sheppard**  
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, The Society of Homeopaths  
*I am a classically trained homeopath with nine years homeopathic experience. I have been licensed to practice for five years and have been registered with the Society of Homeopaths for the last two.*  
*In this time, I have had experience in dealing with a wide range of patients with an even wider range of ailments!*  
*Over recent years, I have developed a deeper interest in the homeopathic care of women from puberty to childbirth, menopause and beyond. However, I am fortunate enough to also have the benefit of a balanced*

*practice where men and children make up a very significant proportion of my patients.*  
*Consultations at The Warren take place in a comfortable, relaxed and homely environment, where my intention is to provide the highest quality homeopathic care and support possible for patients.*  
*In addition to "full" homeopathic consultations for longer term or recurring illnesses, I offer shorter first aid appointments for the treatment of coughs, colds, sore throats, hayfever, upset stomachs, warts etc.*  
*The practice is well run with prompt and easy access to homeopathic telephone advice between appointments, fast and efficient prescribing and flexible appointment times.*  
*The practice is located on the ground floor and so is accessible to the less mobile although there is one step to negotiate for those using wheel chairs.*

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*Dr Hrisikesh.T.Contractor has been practicing Homeopathy since 1980. He is a retired surgeon (General, Trauma, and Laparoscopic). He was a Senior Consultant Surgeon at The Nairobi Hospital, a Premier Medical Institute in Nairobi, Kenya. He has also held a position as chairman of Kenya Medical Association, Nyanza & Western Kenya Division.*  
*He developed interest in and studied Homeopathy when he saw medical conditions like Asthma, Allergies, Eczema, Psoriasis, Hay Fever and other dermatological conditions, treated by homeopathy, where traditional medicine offered little or not much relief. Apart from treating most of the medical problems with Homeopathy, he has special interest in the above*

*mentioned conditions, and Gastro-intestinal diseases like, acidity, gastritis, colitis, IBS, piles, fissure & fistula macro, non-healing fractures and non healing wounds.*

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*He developed interest in and studied Homeopathy when he saw medical conditions like Asthma, Allergies, Eczema, Psoriasis, Hay Fever and other dermatological conditions, treated by homeopathy, where traditional medicine offered little or not much relief. Apart from treating most of the medical problems with Homeopathy, he has special interest in the above mentioned conditions, and Gastro-intestinal diseases like, acidity, gastritis, colitis, IBS, piles, fissure & fistula macro, non-healing fractures and non healing wounds.*

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*Dr(Mrs) Archana Gandhi is a fully registered member of the Society of Homeopaths (RS Hom, UK). She qualified as a classical Homeopath after 4 and a half years of full time University course in India.*

*Dr Gandhi practices as a General Practitioner and a Homeopath in India, prior to immigrating to UK. She attained further qualifications from North-West College of Homeopathy (MNVCH) in UK. She has been practicing as a Homeopathic Practitioner in UK for the past 10 years, both in NHS as well as private sector.*

*As a sound classical Homeopath her approach, which reinforced by constitutional remedy prescribing. She has a special interest in the treatment of*

*Skin diseases*

*Hormone related problems*

*Behaviour problems*

*Irritable Bowel Syndrome (IBS)*

*Allergic conditions and*

*Stress and Anxiety disorders*

*Dr Gandhi practices from General Practitioners surgeries in Hull and Beverley.*

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*Skin diseases  
 Hormone related problems  
 Behaviour problems  
 Irritable Bowel Syndrome (IBS)  
 Allergic conditions and  
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 Dr Gandhi practices from General Practitioners surgeries in Hull and Beverley.*

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*Maggie Whittle uses Classical Homeopathy and other professional therapeutic approaches to assist adults and children overcome a variety of emotional and physical conditions and improve the overall state of their health and wellbeing.*

*Maggie Whittle has many years experience (10 years within the NHS in Cambridge) as well as private practice using Classical Homeopathy to promote all aspects of physical and mental/emotional health.*

*She has treated people experiencing most common emotional difficulties. She has also assisted in the treatment of a variety of physical conditions in adults and children many of which are promoted by distressful emotional and environmental factors.*

*Maggies areas of expertise and experience includes assisting in the treatment of: Stress related problems*

*Sleep problems  
 Weight problems, eating disorders  
 Depression  
 Grief*

*Sex problems  
 A wide range of health problems including stomach problems, bowel problems, chronic headaches, arthritis, etc*

*Hormonal difficulties, including menopausal problems, menstrual problems  
 Childrens problems.*

*Loss of confidence and self esteem  
 Burnout, Fatigue  
 Fears, phobias, anxieties  
 Affects of Bullying  
 Addictions  
 Obsessions*

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*Emma has been a practising reflexologist since 1993. She is a full member of the Association of Reflexologists. Emma is one of only a few qualified Maternity Reflexologists in the UK. This encompasses all aspects of Womens Health from puberty to post menopause including fertility issues.*

*Emma trained for 4 years and graduated from The College of Practical Homeopathy, London and is a full member of the Homeopathic Medical Association. She is a full member of the National Federation of Spiritual Healers and is a Reiki Master too.*

*Emma is also a Bach Flower Counsellor, having attended the Bach Centre in 1995. Other therapies include touch for health Kinesiology & flower essences. She treats male and female, in-utero to 100.*

*She has experience with many different disorders including infertility, back and knee problems, whiplash, MND, ME, allergies, anxiety, stress, IBS, pre and post surgery, prostate problems, menopause and gynaecological disorders.*

*Emma works full time as a Complementary Therapist in Ipswich and Woodbridge. She is also available for lectures and workshops.*

*She runs a homeopathic drop in clinic on Tuesdays and Fridays.*

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Member of the National Institute of Medical Herbalists (NIMH), British Institute of Homeopaths (Fellow) (FBIH), Member of Associated Stress Consultants (MASC), Associate/Network Member of Cranio-Sacral Society  
*Sandra Makein, D.Hom, Dip Phyt, MNIMH, MASC, is a Homeopath, Medical Herbalist, Cranio-Sacral Practitioner and Reiki Master/Teacher.*

*Homeopathy works on the principle that a substance, which in large doses will cause the symptoms of illness, can be used in minute doses to relieve the same symptoms; basically "what will cause will cure".*

*Homeopathic remedies contain minute doses of naturally occurring substances, mainly plants and minerals, which are prepared to modern high standards of health and safety. Homeopathic remedies are recognised as both complementary and alternative treatments to prescribed orthodox medicine. When correctly prescribed they have no side effects and can be safely taken by children, infants and during pregnancy. Sandra Makein studied with the British Institute of Homeopaths and qualified in 1998. She is a fellow of the British Institute of Homeopathy. Sandra Makein practices in South Somerset, Hertfordshire and Surrey.*

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*I was born and educated in Estonia. In 1984, after a 6-year course I graduated from Tartu University Medical department as a general doctor followed by a specialisation on ear, nose and throat surgery. I worked as an ENT specialist in different hospitals in Estonia for several years. After marrying a British citizen I had an opportunity to live and studying the UK deciding to widen my medical knowledge and expertise by studying classical homeopathy at Hahnemann College of Homeopathy in London. I have been working as a full time classical homeopath since 1998. I am a full member of Alliance of Registered Homeopaths (MARH). Beside my bust private practise I had still enough enthusiasm left to learn fundamentals of naturopathy becoming familiar with nutrition, vitamin-mineral deficiencies and herbal medicine. In 2003 I became a professional member of the Hypnotherapy Society (LHS) having completed an in-class two year course in clinical Hypnotherapy. I work privately consulting a variety of patients with a wide range of conditions prescribing homeopathic medicines alongside vitamin-mineral supplements, giving advice on lifestyle and nutrition. I addition to that I motivate people in their attempt to quit smoking and regain a healthy eating habits by using evidence based reliable techniques of clinical hypnotherapy.*

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*Homeopathy is a worlds well-known developing alternative system of medicine It has NO side effects at all and treats patients not only disease, it improves your immunity power that is why your body can fight against disease. For confidential consolation wit highly qualified homeopath call Mr.Modhvadiya for your any complaints and free-advice. Available Homeopathic Service for: Recurrent Cold and Cough, allergy, asthma, Tonsillitis, sinusitis or Migraine. Skin Disorders like Acne, Eczema, Psoriasis, Urticaria, pimples, recurrent Boils, Fungal Infections, Corns, Crack, and Warts. Rheumatism, Arthritis, Sciatica, Chronic Backache or Spondylitis, frozen Shoulder. Femal Disorders like menstrual irregularities, Periodic Pain, White Discharge, Menopausal Complaints, and Infertility etc. Male Impotency, Early Ejaculation, Low Sperm Count etc. Children Disorders like Arrested growth, complaints during Dentition, Bed wetting, worms, weak Memory etc. Gas, Acidity, Indigestion, obstinate Constipation, Piles, Fissures, Fistula, Aphthae, Peptic Ulcer. Renal Stones or Gallstones. Mental Tension, Depression, Insomnia, Tremor and Old age Complaints. Supportive treatment in Diabetes, Hypertension, Thyroid dysfunction. Aids and other systemic Disorders*

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*Nigel Bird is both a registered Pharmacist and Homeopath having studied Pharmacy and Pharmacology at Bradford and Nottingham Universities and who became interested in Complementary Medicine about 12 years ago. He decided to specialise in Homeopathy because he realised that conventional medicine only suppressed symptoms, did not get to the cause of the disease and the drugs used could be dangerous, toxic and their side-effects outweigh their possible benefits. He commenced studies about this time and passed the Diploma of the British Institute of Homeopathy in 1992. He then went on to pass the Doctorate in Homeopathic Medicine in 1994. Dr. Bird was also made Fellow of the Institute in 1994. Full Homeopathic services can be offered by Dr. Bird from the Centre including consultation by appointment diagnosis, treatment, prescribing and dispensing of Classical and Complex Homeopathic remedies.*

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Other  
*Would you like a health creation strategy based on the best of conventional and CAM approaches to health? Will enable individuals and their HCP to work together with synergy to create an ideal outcome of optimum health. Drawn from multiple disciplines to provide an approach for developing individuals in concordance with the bodies responsible for health. Patients will take control of their own personal health plans, accepting responsibility and hence increasing the likelihood of achieving their health and lifestyle goals.*

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*Rosie Wright a teaching Diploma Holder with the British Wheel of Yoga, has been teaching yoga over twenty years and is currently studying Anusara Yoga – the Yoga of Grace, which brings together mind, body, spirit and heart. She teaches regularly in Bedford.*

*Rosie is a member of the Lakeland College of Homeopaths and the Alliance of Registered Homeopaths. She is also a qualified Reiki Master.*

*Yoga, Homeopathy and Reiki all work on the energetic pathways of the body. This energetic system has been understood by ancient wisdom and alternative systems of health for thousands of years and we are increasing coming to realise this wisdom. Understanding the body as a whole is crucial to understanding how holistic therapies work. These three therapies can all help to establish a more harmonic and synchronistic working of the bodies energy system. By helping to re-establish the flow in a blocked energetic system where illness occurs, a healthy and harmonic working of the whole can be reintroduced. Both chronic and acute conditions can be helped and the therapies are of increasing interest to those who want to take a more active role in their health and healing process.*

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*Homeopathy is safe (non addictive, no side effects) and is therefore suitable for all stages of life. I have experience in treating NAD or MUPS; chronic ailments where alternative solutions are required, eg. ME and other forms of fatigue, IBS and other digestive problems, eczema and other skin complaints, minor chronic neurosis, anxiety and depression; female hormonal conditions such as PMS, menses irregularities, pregnancy (anti-natal and post-natal care) and menopause (HRT).*

*As a practitioner I hope to build up good working relationships with local healthcare professionals either to complement conventional treatment for example, reducing the side effects of chemotherapy/radiotherapy or offering an alternative where a GP may be reluctant*

*to prescribe medication, for example in pregnancy or where drugs are contraindicated.*

*The clinic is on the lower ground floor with lift access for patients. It is child friendly and offers toys for small children and easy access to toilets (not suitable for wheelchairs). The clinic prides itself on a friendly, clean and professional environment. This multidisciplinary practice gives me the opportunity to refer patients on to a qualified nutritionist, chiropractor and or acupuncturist if this would be of benefit.*

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*Homeopathy can be used to treat a wide range of chronic conditions including asthma, eczema, IBS, joint problems, migraines, insomnia, tendency to repeated infections, hormonal disturbances, behavioural problems in children and emotional issues such as grief, depression and anxiety.*

*The progression of chronic disease is often slowed or halted by homeopathy. Many patients will experience an improvement after the first prescription as pain declines and energy levels rise. Homeopathy is also extremely effective in acute conditions which tend to respond rapidly. This reduces the burden of frequent GP visits and provides an alternative to repeated usage of antibiotics.*

*Homeopathy is a complete system of medicine and is suitable for people at all stages of life from the newborn to the elderly. It works safely alongside conventional drugs and does not carry the risks of side effects or addiction. All patients are advised to remain under the care of their GP whilst undergoing homeopathic treatment.*

*I have practices in Friern Barnet, N11 and in Crouch End, N8. All enquiries should be made to me on Tel: 020 8368 7455. I am happy to discuss with patients individually how homeopathy can be of help to them.*

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*I have practised I a wide range of clinical settings treating adults and children of all ages for a range of acute and chronic illnesses with a range of severity. I have also treated emotional complaints and have experienced homeopathy being very helpful to those who have suffered a deep emotional upset from events such as a relationship breakdown or a bereavement. For some years I ran a private low cost homeopathy clinic in a NHS Health Centre, working closely with GPs, District Nurses, Health Visitors and other NHS Staff. I spent five years at the Immune Development Trust where I specialised in the treatment of adults and children with cancer, MS, HIV and other auto-immune related conditions.*

*I am committed to continuing professional development and am regular supervision. I am also a fully trained Homeopathic Supervisor, supervising both peers and students. I work as a Assessor for the Society of Homeopaths, assessing Licensed practitioners applying for Registration.*

*I like to involve patients in their treatment and really enjoy working collaboratively with each individual, seeking together to raise the level of health safely and effectively.*

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*I work full-time as a homeopath in East Finchley having graduated from the College of Homeopathy in 1996. I am fully registered (with the Alliance of Registered Homeopaths) and insured. I have also engaged in other post-graduate trainings in homeopathy and worked overseas. I also have qualifications in psychology and counselling.*

*I am very happy to see patients through the NHS if General Practitioners are willing to arrange this. Otherwise I operate a sliding scale of fees. Private patients with health insurance will be able to claim fees back, providing their health insurance covers homeopathy.*

*Patients can be assured that homeopathy is effective and completely safe. There are no side effects and remedies will not interfere with medication prescribed by their General Practitioner.*

*Those with disabilities: I work from my home in Church Lane, East Finchley but am willing to visit locally disabled, elderly or vulnerable patients in their own homes.*

*Further Information: I can be contacted by phone: 0208 883 3460 or by email: sue@suetompkins.com Patients are welcome to ring to find out more about homeopathy or their health problems on a completely no-obligation basis.*

**Sally Ann Hutchenson**  
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*Sally Ann Hutchenson has practiced as a homeopath in North London since qualifying in 1996. She runs thriving, well attended clinics in Barnet, Totteridge and Hampstead. Her particularly extensive patient base has afforded her experience of a wide range of conditions and ailments. This includes both the treatment of chronic conditions (often in the patients for whom conventional treatment has offered limited or diminishing relief e.g. osteo and rheumatoid arthritis and other degenerative diseases, ME, hay fever, patients who appear continually susceptible to a series of seasonal or otherwise recurring disorders, sets of symptoms frequently recurring at particular times e.g. childhood and menopause, and acutes ranging from post-accident trauma to certain tropical diseases). She specializes in frequently encountered modern urban symptoms. These include-Allergies-proven and suspected*

*-Chronic fatigue, ME and stress related disorders  
-IBS  
-ADHD and other/related childhood behavioral issues  
-Atopy and respiratory tract ailments*

*Her preferred approach in the vast majority of cases is to use homeopathy as complementary to conventional treatment rather than as an alternative to it. A practical example of this is use of homeopathic remedies to aid post-operative recovery.*

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*After 25 years teaching experience as a Senior Examiner, Moderator, Adjudicator and Lecturer in Music, and proprietor of a Health Food and Herbal Retail outlet, Elaine Smith, having always maintained a lifelong interest in healing with natural medicine, trained at the Practical College of Homeopathy in London. She subsequently built up a busy General Practise in the Centre of Norwich, specialising in Lung and ulcerative conditions and various cancers, using Herbal Medicines and dietary care in addition to Homeopathy. She was subsequently awarded a Fellowship of the British Institute of Homeopathy and was Vice Principal of the Homeopathic College of East Anglia for 3 years as lecturer and administrator, holding student Clinics, tutorials and giving inspiring lectures to aspiring student Homeopaths. She subsequently moved her patient Practice to Bramerton and now lectures for the Homeopathic Student Diploma Course run by the Association of Natural Medicine in Bury St.Edmonds. She works very much in conjunction with Medical Consultants and GPs with the mutual intent to help patients, dealing with the causation of illness and its treatment by Homeopathic, Herbal and dietary means.*

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*Chris Halls qualified as a pharmacist in 1988 and started work as a hospital pharmacist in Kings Lynn, achieving a Diploma in Clinical Pharmacy from the University of London in 1991. In 1998 he graduated as a Homeopath from the College of Practical Homeopathy in London and joined the team of Complimentary Therapists at The National Therapy Centre, also in Kings Lynn. Chris additionally works from multidisciplinary clinics in Dereham and West Newton and is a member of the Alliance of Registered Homeopaths.*

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*As an experienced Homeopath I work within the multi discipline practice at the Complementary Health Care Clinic in the centre of Norwich. Other respected complementary therapies provided by the Clinic, in addition to Homeopathy include: Osteopathy, Acupuncture, Bowen Technique, Cranio Sacral therapy, Counselling, Massage, Herbal Medicine, Food sensitivity Testing, Hypnotherapy, Stress Management and Nutrition.*  
*All our experienced practitioners are fully trained, registered with appropriate regulatory bodies and insured, providing a competent, caring service, thus maintaining the highest standards of practice.*  
*Homeopathically, we provide a team of four registered Homeopaths with a wide experience of all health problems. We are pleased to welcome all ages of patients from the very young to the very mature.*  
*Homeopathic training is our speciality!*  
*The Homeopathic College of East Anglia provides professional training leading to full registration with the Homeopathic Medical Association as a qualified Homeopath.*  
*This vibrant College provides tuition within a supportive and stimulating clinical environment. This unique "hands on" approach within such a busy and popular practice and student clinic facility ensures that our graduates become confident, capable professional practitioners.*  
*For more information regarding the Homeopathic College of East Anglia please see our web site at www.homeopathic-college.co.uk and for Clinic information www.holistic-care.com*

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*I have been practicing Homeopathy for the last 10 years in a variety of settings. I graduated from the Israeli school of homeopathy in 1993. I taught Homeopathy at the same school until 1998 when I moved to London. I was the general manager of a centre of Alternative Medicine, while I was establishing my own practice. I was awarded a MA degree on comparative Homeopathy from Middlesex University in 2005.*

*In my practice I work with a wide range of conditions, ages and backgrounds. Homeopathy is a complete system of medicine, dealing with a large range of disease from chronic to acute and from mental and emotional to physical which are often different aspects of the same state. I am familiar with different approaches to classical Homeopathy and various models of analysis, which allows me to choose the right approach according to the need of the patient.*

*I believe that the patient/therapist relationship is very important to the success of the treatment. Creating a climate of trust and support is the basis of my practice, cooperating when necessary with the GPs medical consultants as well as psychotherapists or other therapists.*

*I am fluent in English, French and Hebrew.*

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*I have worked in a wide range of settings as a homeopath. From 1990-95 I was the homeopath to the Womens Natural Health Centre: a multi-disciplinary group offering a low cost complementary therapies to women and children. Since 1997 I have taught on the BSc in Complementary Medicine at the University of Westminster on the module relating to the psychodynamics of practice. This is a reflective module and reflection underpins my own practice. I also work as an assessor for the homeopathic Registration process and as a supervisor. At the University of Westminster I am a supervisor to the clinical tutors in the University polyclinic, this is part of the Department of Integrated Health.*

*In my own practice I work with a wide range of ages and particularly like working with pregnant women and children. I have contributed chapters to two books, 'Your Natural Baby and Your Natural Pregnancy'. I regularly give talks on homeopathy. I am particularly interested in the mind body relationship and work with this in my practice. My background in humanistic psychotherapy informs my practice on a daily basis.*

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*Sally Ann Hutchenson has practiced as a homeopath in North London since qualifying in 1996. She runs thriving, well attended clinics in Barnet, Tottenham and Hampstead. Her particularly extensive patient base has afforded her experience of a wide range of conditions and ailments. This includes both the treatment of chronic conditions (often in the patients for whom conventional treatment has offered limited or diminishing relief e.g. osteo and rheumatoid arthritis and other degenerative diseases, ME, hay fever, patients who appear continually susceptible to a series of*

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seasonal or otherwise recurring disorders, sets of symptoms frequently recurring at particular times e.g. childhood and menopause, and acutes ranging from post-accident trauma to certain tropical diseases). She specializes in frequently encountered modern urban symptoms. These include: Allergies-proven and suspected; Chronic fatigue; ME and stress related disorders; IBS; ADHD and other/related childhood behavioral issues; Atopy and respiratory tract ailments. Her preferred approach in the vast majority of cases is to use homeopathy as complementary to conventional treatment rather than as an alternative to it. A practical example of this is use of homeopathic remedies to aid post-operative recovery.

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*Chris Halls qualified as a pharmacist in 1988 and started work as a hospital pharmacist in Kings Lynn, achieving a Diploma in Clinical Pharmacy from the University of London in 1991. In 1998 he graduated as a Homeopath from the College of Practical Homeopathy in London and joined the team of Complimentary Therapists at The National Therapy Centre, also in Kings Lynn. Chris additionally works from multidisciplinary clinics in Dereham and West Newton and is a member of the Alliance of Registered Homeopaths.*

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*I am a classical homeopath and craniosacral therapist with ten years experience of treating babies, children and adults for a variety of health problems. The areas in which I have specialised include treating glue ear in children, asthma in adults and M.E./CFS, as well as women going through the menopause. In addition to running a busy general practice, I am a certified teacher and supervisor of students of homeopathy and craniosacral therapy. Moreover, I am actively involved in research into homeopathic treatment of asthma in collaboration with Dr George Lewith at Complementary Medicine Research Unit, Royal Southants Hospital, and Dr Hasan Arshad at the David Hide Asthma and Allergy Centre, IW. In collaboration with Alison Fixsen (homeopath) and Andrew Vickers (formerly Research Council for Complementary Medicine), I have published a research paper: A randomized comparison of homeopathic and standard care for the treatment of glue ear in children (Complementary Therapies in Medicine, 1999, 7, 132-135). My main aim as a practitioner of complementary medicine is to treat illness by listening deeply to my patients and focusing on their inherent health and resources in order to restore balance and harmony. Finally, I am committed to personal/professional development and peer-group supervision.*

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*I have undergone training in both Classical and practical Homeopathy and believe this enables me to adapt my approach to the diverse needs of each patient.*  
*I hold the ITEC level 3 Diploma in Anatomy and Physiology and I regularly attend courses and seminars on varied subjects to broaden my knowledge and skills.*  
*I believe diet and lifestyle have an enormous impact on health and when appropriate, discuss these issues during consultations.*

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*I have been in full time practice since 1985, treating a wide range of patients with complaints ranging from simple acute conditions, allergies, injuries and trauma to complex chronic conditions such as asthma, M.S., Rheumatoid arthritis and cancer.*

*I practice in Swansea exclusively, where I am settled with my family, although in the past I have practiced in London, Cardiff and Santa Barbara, California. I have taught Homeopathy since 1990 in England, Scotland, Ireland the Czech Republic and Wales. I founded the Welsh School of Homeopathy in 1995, which is currently situated in Carmarthen, and set up a Diploma course for Doctors and other health professionals in Prague in 1993. I have also presented papers at various international conferences.*

*My practice is busy and varied, treating patients from all walks of life and sectors of society. I am particularly interested in childrens treatment, and I have considerable experience with hormonal disorders, emotional problems and stress related disorders. I do not, however, consider myself an "expert" in any particular condition, as this can obscure the fact that each patient is unique and individual. Consultations are relaxed and friendly, and each case is treated with an open mind and total confidentiality.*

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*The following acute and chronic problems can be successfully treated with Homeopathy, which is non-toxic, therefore very safe to use. Homeopathy helps the body to get into a healthy balance again taking physical and emotional symptoms into account when prescribing:*  
*Mental and emotional problems*  
*People suffering from grief, PND, and depression can all be greatly helped.*  
*Allergies, Hay fever, asthma*  
*Allergies due to pollen, cats, dogs can be effectively treated and reduce/eliminate the symptoms.*  
*Skin conditions/ Eczema*  
*Infantile eczema, chronic psoriasis, acne and other skin conditions.*  
*Sleep Disorders*  
*Chronic long term insomnia can be alleviated.*  
*Digestive Problems*  
*IBS, ulcerative colitis, food allergies, reflux, constipation, low gut motility.*  
*Arthritis*  
*Rheumatoid and osteo-arthritis, sports injuries.*  
*Cystitis*  
*Acute or chronic cystitis.*  
*Period Problems*  
*Heavy, prolonged or absent periods, PMS, endometriosis, polycystic ovaries, and other gynecological problems.*  
*Infertility*  
*Primary and secondary infertility in woman; low sperm count/ poor sperm viability in men.*  
*High success rate.*  
*Pregnancy and Labour*  
*Morning sickness, oedema and other conditions in pregnancy, labour and post-partum, including postnatal depression.*  
*Children Conditions*  
*Hyperactivity, behaviour problems, poor sleep patterns, coughs and colds, skin problems, ear problems, childhood diseases.*  
*Menopause*  
*Hot flushes, night sweats, dryness and other hormonal problems associated with menopause.*

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*The following acute and chronic problems can be  
successfully treated with Homeopathy, which is non-  
toxic, therefore very safe to use. Homeopathy helps  
the body to get into a healthy balance again taking  
physical and emotional symptoms into account when  
prescribing:*

*Mental and emotional problems  
People suffering from grief, PND, and depression can all  
be greatly helped.*

*Allergies, Hay fever, asthma  
Allergies due to pollen, cats, dogs can be effectively  
treated and reduce/eliminate the symptoms.*

*Skin conditions/ Eczema  
Infantile eczema, chronic psoriasis, acne and other skin  
conditions.*

*Sleep Disorders  
Chronic long term insomnia can be alleviated.*

*Digestive Problems  
IBS, ulcerative colitis, food allergies, reflux,  
constipation, low gut motility.*

*Arthritis  
Rheumatoid and osteo-arthritis, sports injuries.*

*Cystitis  
Acute or chronic cystitis.  
Period Problems*

*Heavy, prolonged or absent periods, PMS,  
endometriosis, polycystic ovaries, and other  
gynecological problems.*

*Infertility  
Primary and secondary infertility in woman; low sperm  
count/ poor sperm viability in men.*

*High success rate.  
Pregnancy and Labour  
Morning sickness, oedema and other conditions in  
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depression.*

*Children Conditions  
Hyperactivity, behaviour problems, poor slepp patterns,  
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*Menopause  
Hot flushes, night sweats, dryness and other hormonal  
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*I have lectured on various courses in Homeopathy,  
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*1995 - Completed a five year postgraduate Diploma in  
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*1996 - Fellowship of the British Institute of  
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*PhD in Homeopathic studies.  
Became a certified trainer of NLP stress management.*

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- 2) The National Council of Hypnotherapy
- 3) The National Federation of Neuro-Linguistic  
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- 4) The Association of Natural Medicine
- 5) The Counselling and Psychotherapy Society

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*Pakistan, Canada and Kenya.  
Dr. Bhatti qualified officially as a Homeopath in 2001,  
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learning the sheer beauty of this treatment.  
In 2003 Dr. Bhatti qualified in the field of Biochemic  
Medicine - a field within Homeopathy, and in April of  
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Alternative Medicine for services rendered in the field of  
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and on going research into the efficacy of Homeopathy.  
Dr. Bhatti has a purpose built Homeopathic clinic in his  
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is available for all acute and chronic ailments with many  
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Treatment is offered in quiet surroundings within the  
areas of classical, complex and Biochemic Homeopathy.  
My motto is simple: I am committed to restoring your  
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*Ingrid Daniels is an experienced homeopath having  
 been in practice for 13 years.*  
*Ingrid treats many babies and children; pregnant  
 women before, during and after childbirth; and people  
 with any ailment of a physical or mental/emotional  
 nature.*  
*She treats acute as well as chronic conditions and finds  
 homeopathy can be effective whilst patients are on a  
 medical drug regime.*  
*She is also a clinic supervisor of BSc (Hons) Health  
 Sciences:*  
*Homeopathy students who practice at the low cost  
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*June Daniels has practised in Southampton for 10 years.  
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 within the University Medical School and NHS. Many  
 years working alongside surgeons, physicians and  
 ancillary staff has given me sound knowledge of clinical  
 and surgical procedures. All of this is of benefit to my  
 patients. Previous nursing experience has also  
 enhanced the benefits to my patients and my  
 homeopathic practice.*  
*Apart from the common ailments such as colds flu  
 nosebleeds and catarrh, I specialize in the following*  
*The treatment of childhood complaints including*  
*eczema, asthma, colic fear, earache, respiratory*  
*problems, chicken pox and measles.*  
*Care of the senior citizens giving a better quality of life*  
*in managing complaints related to the ageing process,*  
*such as fatigue, lethargy, arthritis, rheumatism, poor*  
*appetite, IBS Crohns and insomnia. The twilight years*  
*are precious and my aim is to make these comfortable.*  
*Females complaints during the menopause, migraines,*  
*mood swings and other related complaints.*  
*Home visits by arrangement.*  
*Homeopathy is a complete holistic system of medicine.*  
*It has been in worldwide use for over 200 years.*

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*Homeopathy and flowers essences - the natural way to health and well-being.*

*Energy-for-health is one of the pioneers of online homeopathic treatment founded by Kristiane Backer MARH, MLCH in 2003.*

*energy-for-health offers holistic consultations with homeopathy and flower essences in person or online. Treatments are entirely natural, non-invasive and safe for all - pregnant mothers, babies, children, teenagers, adults and the elderly.*

*Homeopathy heals all ailments: acute and chronic illnesses; mental and emotional conditions as well as physical problems. And it strengthens your immune system.*

*Homeopathy is a natural system of medicine based on energy. It stimulates our inherent healings powers, the "life force", to create good health. Homeopathy is the most gentle medicine known, and yet so powerful.*

*Flower essences radiate pure, good energy. They balance our emotions and act as catalysts for change and transformation, guiding us to our inner wisdom, intuition and finding our lifes purpose. Their medicinal history spans centuries.*

*Homeopathy and Flower essences are forms of complementary medicine. They work well together and alongside any conventional or natural medicine.*

*Energy-for-health - we treat every patient individually and tailor remedies for your constitution. Visit in person or consult online. Www.energy-for-health.com; or*

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*John Cumming is an experienced Registered Homeopath with a London wide list of patients. He treats a broad range of physical and emotional problems for all age groups in both adults and children. These include both male and female issues and more generally, skin, respiratory, digestive and sleep disorders and symptoms caused by anxiety and stress. His specialist area of interest and expertise is the treatment of work stress especially that associated with the organisational pressures experienced by managers and administrators. He holds a Master of Business Administration (MBA) from the Cass Business School in the City of London and is a Fellow of the Chartered Institute of Personnel and Development. His own organisational experience is extensive up to and including Chief Executive. He studied both at the London College of Classical Homeopathy and at Purton House completing his advanced studies at the Dynamis School. His web site www.johncumming.info provides a comprehensive description of and introduction to his practice in South West London.*

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*Mark Cachia qualified at the College of Homeopathy London and is register with the Alliance of Registered Homeopaths.*

*During his years of practice, Mark has gained extensive experience in the treatment of eczema as well as treating other specific conditions. Specialist areas of treatment include:*

*ECZEMA, Poor immune system, Asthma. Allergies. IBS> Chronic coughs. Constipation. Migraine. Insomnia. Fatigue. Arthritis. ENT conditions. Depression. Depression and Cancer support treatment.*

*Female Health Care:*

*Difficult menses. Endometriosis. PCO. Fibroids. Menopause. Alternative to HRT. Pregnancy. Infertility. What is homeopathy and how does it work?*

*A central principle of homeopathic practice is that the mind, body, and emotions are connected and can influence good or poor health. This therapy addresses the underlying cause of the condition by treating and improving the immune system with long term results.*

*Homeopathic remedies are produced from plant or mineral substances and are safe for adults, children and babies of all ages. It can have positive effects in restoring health whilst still receiving conventional treatment. You will be required to maintain your relationship with your GP.*

*For further information contact: Mark Cachia LCH MARH.*

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Sandra Makein, DHom, Dip Phyt, MNIMH, MASC, is a Homeopath, Medical Herbalist, Cranio-Sacral Practitioner and Reiki Master/Teacher.

*Homeopathy works on the principle that a substance, which in large doses will cause the symptoms of illness, can be used in minute doses to relieve the same symptoms; basically "what will cause will cure". Homeopathic remedies contain minute doses of naturally occurring substances, mainly plants and minerals, which are prepared to modern high standards of health and safety. Homeopathic remedies are recognised as both complementary and alternative treatments to prescribed orthodox medicine. When correctly prescribed they have no side effects and can be safely taken by children, infants and during pregnancy. Sandra Makein studied with the British Institute of Homeopaths and qualified in 1998. She is a fellow of the British Institute of Homeopathy. Sandra Makein practices in South Somerset, Hertfordshire and Surrey.*

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*I have successfully helped treat the following conditions: recurrent colds, chronic respiratory problems, glandular fever, IBS, insomnia, panic attacks, depression, migraines, hypertension, alopecia and eating disorders. I have used homeopathy as a safe supportive therapy during pregnancy, childbirth and lactation (mastitis, stimulation/ suppression of milk). It can be helpful in treating the newborn for colic, sticky eye and sleep problems. I have found homeopathy to be beneficial to children suffering from eczema, asthma, glue ear, ADD, ADHD, nightmares and general anxieties. I have helped women to overcome dysmenorrhoea, menstrual irregularities, polycystic ovaries, infertility, post-natal exhaustion and menopausal imbalances. As new patients start out on a course of homeopathic treatment I encourage them to keep regular touch with me to report on their progress. They do this by phone or via email. As I work within an osteopathic practice and an integrated care practice I am fully supportive of referring patients to other professionals if I think it serves the patients needs best. I also work from home. I myself undergo regular supervision of my practice and attend all seminars to keep well-informed regarding current homeopathic thinking.*

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Alliance of Registered Homeopaths

*I am a fully qualified, experienced and insured Homeopath registered with the Alliance of Registered Homeopaths. I see patients at my clinic in Halstead (between Sevenoakes & Orpington, Jn 4 of the M25) on Monday, Tuesday and Thursday, and at Chevington Chiropractic Clinic in Bletchingley, Surrey on Monday evenings and Saturdays. I am happy to see patients referred by their G.P on the NHS, or those paying privately.*

*Homeopathy offers a gentle, safe and effective system of healing which assists the natural tendency of the body to heal itself. I offer a caring, confidential and holistic treatment which can help a great number of conditions. I work with all age groups and integrate herbal tinctures and flower essences into my treatments where appropriate. I also run evening classes for those wishing to learn more about homeopathy.*

*To book an appointment or to speak to me in person please telephone 01959 535103. First appointments are £60 and will last approximately an hour and a half, and subsequent appointments are £32 for half an hour.*

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*dysmenorrhoea, menstrual irregularities, polycystic ovaries, infertility, post-natal exhaustion and menopausal imbalances. As new patients start out on a course of homeopathic treatment I encourage them to keep regular touch with me to report on their progress. They do this by phone or via email. As I work within an osteopathic practice and an integrated care practice I am fully supportive of referring patients to other professionals if I think it serves the patients needs best. I also work from home. I myself undergo regular supervision of my practice and attend all seminars to keep well-informed regarding current homeopathic thinking.*

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*My particular interest in using homeopathy is to promote, establish and maintain an ongoing balance of health. As well as treating current symptoms, my aim is always to bring about a state optimum health from which the individual can respond dynamically to any future illness or life changes.*

*For this reason I am especially committed to the treatment of babies and children. It is, I believe, vital to work with their new immune systems, not suppressing symptoms but treating like with like, to establish long-term good health. As well as common physical diseases such as infections, eczema and asthma. I successfully prescribe for behavioural problems such as hyperactivity, concentration difficulties and sleep problems.*

*Perhaps naturally alongside children I treat women, specialising again in enabling them to find overall balanced health. Womens health is often rooted in their hormonal balance and I provide treatment and advice surrounding fertility, pregnancy, childbirth, postnatal depression and menopause.*

*Many of my patients report positive changes on all levels during and after homeopathic treatment. This supports my firm belief that homeopathy truly addresses health holistically, in the physical, emotional and mental domain.*

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*I also work at Bearstead at the Natural Health Centre, 126 Ashford Road*

*I have a special interest in allergy treatment and the role of diet in illness and treatment.*

*Although not a counsellor I have studied Transactional Allergies and bring those skills to my practice, where appropriate.*

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*Mary Weyman is a fully qualified, insured and registered member of the Society of Homeopaths and abides by their Code of Ethics and Practice. All treatment is confidential.*

*I mainly practice from my home address, but go out to a couple of clinics in the area if homeopathic treatment is requested by a client. I also work with a colleague offering homeopathic treatment within a homeless project on a voluntary basis.*

*Homeopathy can treat many conditions. In my experience it is particularly effective in psychological illnesses including anxiety, panic attacks, depression, obsessive disorders, psychological effects of PMS, after effects of grief and bereavement, post-traumatic stress etc.*

*I treat adults and children. Homeopathy is useful in the management of glandular fever and chronic fatigue syndrome (illnesses for which conventional therapies have little to offer). Children and young people can benefit from homeopathic treatment where there is a history of recurrent infections or even in cases of hyperactivity and behavioural disorders.*

*Women can be safely treated with homeopathic remedies during pregnancy and many hormonal imbalances respond also to homeopathic treatment including PMS, menstrual irregularities, dysmenorrhoea and menopausal symptoms.*

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**Bridget Allison  
The Kernow Pain Clinic**

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T: 01736 362540  
The Society of Homeopaths, Nursing and Midwifery Council

*Prior to becoming a homeopath, my working background involved working with a variety of clients groups in residential settings. Clients included maladjusted adolescents, adult male offenders and single homeless people. As a result of this background, I am able to work comfortably in a variety of settings and am keen to make homeopathy accessible to groups of people who might otherwise be denied access to it on grounds of income or social status.*

*I am a psychiatric nurse and combine these skilled with my complementary therapy training to provide a regular homeopathy clinic to a popular Social Services Mental Health Day Centre in Falmouth.*

*For 5 years during the 1990s I was mental health manager for St Mungos, the largest street homelessness organisation in London and this experience helped to develop my knowledge of substance abuse. I now draw on this experience to provide homeopathy to 2 Drug & Alcohol treatment centres in Cornwall. This work is funded by the Cornwall Drug and Alcohol Team.*

*In addition to the above, I run 3 clinics for the general public in Cambourne, Helston and Penzance. At these clinics I provide homeopathic treatment to people of all ages for a comprehensive range of physical, emotional and mental health problems eg asthma, allergies, digestive problems inc., Irritable bowel syndrome, cancer support; skin disorders; migraines; menstrual disorders, menopausal difficulties inc. alternatives to HRT; insomnia, anxiety, depression; and, development/behavioural problems in children.*

*Reduced cost treatment is provided to individuals on State Benefits or low incomes.*

*Home visits are also available to anyone having difficulty in travelling to a clinic.*

**Bridget Allison (Homeopath)**

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**Bridget Allison  
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*groups in residential settings. Clients included maladjusted adolescents, adult male offenders and single homeless people. As a result of this background, I am able to work comfortably in a variety of settings and am keen to make homeopathy accessible to groups of people who might otherwise be denied access to it on grounds of income or social status.*

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Member of The Northern College of Homeopathic Medicine, Society of Homeopaths

*For over 30 years I have worked in the NHS as a radiographer and latterly in a bone unit-scanning and advising patients with both Osteoporosis and Osteopenia.*

*I became interested in Homeopathy many years ago after being treated by a Homeopath myself. I now run my practice both from home near Stockton on Tees and from a clinic in Middlesbrough.*

*I have treated many patients for many different conditions over the years since gaining my qualification in homeopathic medicine.*

*My main interests are in treating patients with Osteoporosis and other Musculo-skeletal disorders using Homeopathic medicine.*

*My work with Osteoporosis patients has also developed my interest in using Homeopathic remedies to treat the many symptoms and effects of the Menopause.*

*In recent times women are becoming wary of conventional treatments and looking to a more natural approach to the Menopause- Homeopathic medicine can be extremely beneficial to these women.*

*Another interest I have is in treating Children- as a mother and grandmother I have many years of personal experience. Homeopathic care is of great benefit for the healthy development of children.*

*I run Homeopathy workshops and give talks.*

**Stephne Monaghan**

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*I became involved in homeopathy in 1988, qualified, after four years training, in 1995 and became a*

*Registered Member of the Society of Homeopaths in 1997. I regularly attend seminars to extend my knowledge and understanding of homeopathy and I also give talks to groups interested in learning how homeopathy can be used e.g. in first aid situations, in childbirth, or in treating babies and children. I am also interested in explaining to patients the principles of homeopathy and how their responses to the prescribed remedy are bringing about care. Patients are encouraged to keep in contact by telephone between appointments, to assess and discuss progress.*

*My patients list ranges from small babies, to the elderly and includes pregnant mothers, for all of whom homeopathy is safe to use, having no side effects and being non-addictive. Homeopathy addresses the mental, emotional and physical aspects of disease, so I treat patients suffering a wide range of conditions, the following being a small selection of examples: grief, shock, fears and anxieties, lack of confidence, depression, migraines, insomnia, fatigue, PMT, PND, menopausal symptoms, IBS, hay fever, allergies, asthma, eczema.*

*Fees range from £35-£50 including medication.*

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 Alliance of Registered Homeopaths

*Health is the ability to adjust to lifes changes. We become ill when we are unable to make adjustment. During my experience with Homeopathy I have listened to many stories of challenging life altering events such as divorce, exam fear, bereavement and war, which lead to dis-ease on many levels. By taking the appropriate remedy a person is able to let go of the experience that has caused pain and is able to move on.*

*Homeopathy can help with a wide range of ailments including digestive disorders, emotional problems, PMT, fibroids, skin problems, chronic conditions such as arthritis, M.E., migraines, backache, allergies and much more.*

*I am a dedicated homeopath and fully qualified registered member of The Alliance of Registered Homeopaths. I continue to expand my knowledge by attending international health related causes which I incorporate in my practice.*

**Linda Lacombe-Shaw**  
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 The Society of Homeopaths

*Homeopathy is safe (non addictive, no side effects) and is therefore suitable for all stages of life. I have experience in treating NAD or MUPS; chronic ailments where alternative solutions are required, eg. ME and other forms of fatigue, IBS and other digestive problems, eczema and other skin complaints, minor chronic neurosis, anxiety and depression; female hormonal conditions such as PMS, menses irregularities, pregnancy (anti-natal and post-natal care) and menopause (HRT).*

*As a practitioner I hope to build up good working relationships with local healthcare professionals either to complement conventional treatment for example, reducing the side effects of chemotherapy/radiotherapy or offering an alternative where a GP may be reluctant to prescribe medication, for example in pregnancy or where drugs are contraindicated.*

*The clinic is on the lower ground floor with lift access for patients. It is child friendly and offers toys for small children and easy access to toilets (not suitable for wheelchairs). The clinic prides itself on a friendly, clean and professional environment. This multidisciplinary practice gives me the opportunity to refer patients on to a qualified nutritionist, chiropractor and or acupuncturist if this would be of benefit.*

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**Robert Jacobs**  
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E: societycompmed@hotmail.com  
 W: www.scmhealth.com  
 General Council and Register of Naturopaths  
*The aims of Society for Complementary Medicine are:*  
*To treat each person from the standpoint of their own uniqueness*  
*To restore the body to health with natural substances*  
*To support the body's own healing mechanisms*  
*To optimize the body's own physiological systems*  
*To promote the prevention of illness*

*SCM focuses on the physiological uniqueness of each patient. Treatment is custom-tailored specifically to meet each patient's unique needs. SCM offers a range of functional tests which analyse subtle differences in an individual's molecular biochemistry, hormonal secretion patterns, cellular environment, immune responses, etc, allowing for focused, precise, and individualised therapy. These tests include:*

*The ION™ Profile is the most complete nutritional and metabolic testing program available and can help determine functional nutritional inadequacies. The ION™ Profile measures more than 100 components, integrating them into a complete picture of your individual biochemistry.*

*Predictive Genomic tests - a method of analysing our own unique genetic make-up and using that information to alter our diet, lifestyle, supplementation and medication to create the most individually specific health care programme that we can have. Predictive Genomics is the latest advance in preventative health care and also offers unique insights to a person's current health problems.*

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 Alliance of Registered Homeopaths, The Coaching Academy

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 The Society of Homeopaths  
*I am competent in the treatment and case management of patients ranging from small children to the elderly. I see on a regular basis patients presenting with complaints such as steroid managed asthma and eczema where the patient wants to seek alternative treatment so that over a period of time, they can reduce the amount of allopathic medicine using a carefully managed programme working with the patient and their G.P.*

*Children are seen with frequent ear and throat infections whereby the parents would like an alternative to antibiotics. My experience has shown that Homeopathy can alleviate the burden of constant G.P visits as the acutes begin to lessen with treatment.*

*I treat both adults and children who have a history of cluster headaches and migraines and especially female patients who seek treatment for hormonal conditions such as PMS, Polycystic Ovaries, Menopausal Symptoms and conditions such as Candida.*

*Patients also choose Homeopathy for relief from digestive symptoms eg, bloating, ulcers, IBS, constipation etc, and also for UTIs eg, recurrent cystitis to lessen the amount of acute attacks.*

*WHATEVER THE CONDITIO:ALL PATIENTS ARE ADVISED TO REMAIN UNDER THE CARE OF THEIR G.P DURING HOMEOPATHIC TREATMENT.*

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 Practitioner of Classical Homeopathy The Dynamis School for, Advanced Homeopathy Studies, Society of Homeopaths, Licentiate and full member of N W College of Homeopathy  
*Registered with the Society of Homeopaths, I am Classically trained and graduated from the North West College of Homeopathy after 4 years. I then undertook a 2 year advanced course with The Dynamis School for Advanced Homeopathic Studies in Malvern. I treat all ages and all conditions.*

**Rowena Ronson**  
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 The Society of Homeopaths  
*I am very interested in working alongside GPs within the National Health Service to provide an integrated approach for our patients. I am a registered member of the Society of Homeopaths and completed a three year full time licentiate in Homeopathy at the London College of Classical Homeopathy.*  
*A couple of times this year I have been invited to give talks to raise awareness of homeopathy to doctors in the Hertfordshire area and as a result have been referred some patients. These are often the ones that have been revisiting their GPs having had several courses of antibiotics with no relief of their symptoms. Doctors often refer their patients to homeopaths as a consequence of the bad press that HRT is getting at present. Homeopathy has shown to be very effective for hormonal imbalances and I personally have helped many patients in my clinic with problems associated with the menopause.*

*May I suggest the following examples where we might be able to work together: couples who wish to conceive, pregnant women, menopausal women, children with behavioural problems, children with acute conditions such as ear infections or chronic ones such as asthma or eczema, people suffering from diseases brought on by stress in their lives, those suffering from grief, depression etc and those wanting to have support in chronic conditions such as arthritis.*

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 Member of the National Institute of Medical Herbalists (NIMH), British Institute of Homeopaths (Fellow) (FBHI), Member of Associated Stress Consultants (MASC), Associate/Network Member of Cranio-Sacral Society  
 Sandra Makein, DIHom, Dip Phyt, MNIMH, MASC, is a Homeopath, Medical Herbalist, Cranio-Sacral Practitioner and Reiki Master/Teacher.  
*Homeopathy works on the principle that a substance, which in large doses will cause the symptoms of illness, can be used in minute doses to relieve the same symptoms: basically "what will cause will cure". Homeopathic remedies contain minute doses of naturally occurring substances, mainly plants and minerals, which are prepared to modern high standards of health and safety. Homeopathic remedies are recognised as both complementary and alternative treatments to prescribed orthodox medicine. When*

**A** correctly prescribed they have no side effects and can be safely taken by children, infants and during pregnancy. Sandra Makein studied with the British Institute of Homeopaths and qualified in 1998. She is a fellow of the British Institute of Homeopathy. Sandra Makein practices in South Somerset, Hertfordshire and Surrey.

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EMBODY  
As a homeopath who has experienced the benefits of both orthodox and complementary medicine, I wish to be able to work with doctors to help patients achieve better health. I particularly wish to raise the profile and credibility of homeopathy by sharing the healing power of this system of medicine by treating as many patients as I can. By bringing a positive awareness of homeopathy. I would welcome working with patients from all backgrounds, including those who are underprivileged and cannot afford private homeopathic treatment.

I studied for four years in York and London and graduated in June 2005. At the college of Practical Homeopath, I learned how to support homeopathic treatment with herbal tinctures, flower essences, some naturopathic techniques and nutritional guidelines. I am fully qualified and have extensive clinical experience. I have treated patients with various health concerns including asthma, arthritis, gout, hypertension, diabetes, panic attacks, female complaints, endocrine disorders, bowel problems, liver problems, stress, skin problems, candida and more.  
I belong to the Complementary Therapists Association and have full professional indemnity insurance. I teach homeopathy and mentor for my old college.

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As a homeopath who has experienced the benefits of both orthodox and complementary medicine, I wish to be able to work with doctors to help patients achieve better health. I particularly wish to raise the profile and credibility of homeopathy by sharing the healing power of this system of medicine by treating as many patients as I can. By bringing a positive awareness of homeopathy. I would welcome working with patients from all backgrounds, including those who are underprivileged and cannot afford private homeopathic treatment.  
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naturopathic techniques and nutritional guidelines. I am fully qualified and have extensive clinical experience. I have treated patients with various health concerns including asthma, arthritis, gout, hypertension, diabetes, panic attacks, female complaints, endocrine disorders, bowel problems, liver problems, stress, skin problems, candida and more.  
I belong to the Complementary Therapists Association and have full professional indemnity insurance. I teach homeopathy and mentor for my old college.

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The Society of Homeopaths  
In 1990 I qualified as a Homeopath, registering with the society of Homeopathy in 1991 when I established my private practice.

I am currently fulfilling the position of Homeopathic Practitioner in the Holistic Cancer Care Centre at The James Cook University Hospital in Middlesbrough; proving to be extremely supportive to the cancer patient.  
In January 2002, Hartlepool College of Education asked me to write and be Course Tutor of the Homeopathic Module for Foundation Degree Course in Complementary Therapies (validated through the University of Teesside). I have also compiled and lectured on evening courses in Homeopathy First Aid at colleges throughout the Region.

In 1995, the Yorkshire School of Homeopathy invited me to take on the role of Area Clinical Tutor; a position I hold to date.  
I have a generic desire to encourage a healthy lifestyle, engender self-help and encourage the use of natural and complementary therapies, especially homeopathy. I believe Homeopathy is complementary to allopathic medicine and works effectively, side by side for the benefit of the patient.  
The NHS I feel, will provide an opportunity for members of the general public to easily access, both natural and beneficial forms of complementary treatments.

**Paula Leszczuk**  
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Hypnotherapy

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*RMN. (Psychiatric Nurse -retired)*  
Studied at, and graduated from, the Foresterhill College of Nursing, Aberdeen in 1990.  
Worked mainly in the Acute Admissions Unit at Royal Cornhill Hospital.  
MNSPH

Member of the National Society of Prof. Hypnotherapists, Fife. Studied and qualified with their training school at Blairgowrie in 1992 and, in addition to practicing, am, also a recognised External Supervisor for the Training School and NSPH. As a member am bound by the code of practice and ethics of the society.  
MINCH (Acc)

Member of the National Council for Hypnotherapy. Accreditation gained with this governing body in 1997, having successfully met the necessary requirements of an accepted course of study, training, examination and at least 5 years practice. Also adhere to their code of practice and ethics.

MGHR (Sqhp)

Gained senior qualification through having met all current requirements of the Register. The Register in turn, is regulated by the General Hypnotherapy Standards Council, working to promote the profession and protect the public.

Hypnotherapy practiced over the entire range of applications, though clinical issues are my speciality.

Irene Speirs -Caskie BSc MSc Dip  
Holistic Training

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Sharon Pressage  
The Cairnmyre Practice

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The National Register of Hypnotherapists & Psychotherapists  
Sharon Pressage has worked within a variety of caring professions for the last 24 years, much of this in a counselling role, with both children and adults.  
As well as helping people with phobias, insomnia, giving up smoking and general nervousness, she specialises in dealing with emotional trauma and any stress related difficulty.  
The Cairnmyre Practice, which is based outside of Oldmeldrum, is set in a tranquil environment, that adds to the sense of well-being experienced through the therapy.  
Sharon offers evening and weekend appointments. Each session last approximately 1 1/4 hours, with the initial session lasting up to 2 hours.

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Anne Banks : Hypnotherapist

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The General Hypnotherapy Register, The Hypnotherapy Association

Darren Marks is an experienced hypnotherapist and NLP practitioner. He trained with The Institute of Clinical Hypnosis for whom he is now a tutor running courses for the ICH at Kings College in London. He worked for The South East Cancer Help Centre for seven years. Darren is a member of The General Hypnotherapy Register and a featured therapist of The Hypnotherapy Association. Over the years his work has featured in both the specialist as well as popular media. Darren specialises in the areas of anxiety, phobias, confidence and quit smoking.

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British Society of Clinical Hypnosis

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Reynards Chase

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UK Hypnotherapist Register, Eating Disorders Association, National Register of Smoking Cessation Therapists, UK Register I.B.S. Therapists  
NHS and BUPA registered and fully insured Clinical Hypnotherapist providing help with Medical and Psychological conditions to both adults and children with parental consent only.  
Treatment to help with: Anxiety, traumas, stress, panic attacks, phobias, pain management, depression, bereavement, asthma, dermatological conditions, weight control, psychogenic infertility, sexual dysfunction, natural child birth, eating disorders (anorexia & bulimia), emotional problems, OCD, nocturnal enuresis, and other unwanted habits.

Self-hypnosis is taught which will help prevent stress and tensions caused by modern living, reduce high blood pressure and the risk of cardiovascular disease.  
Dr. Parmar has over ten years experience as a therapist in clinical hypnosis. He holds a diploma awarded by The British Medical Hypnotherapy Examination Board. He is an examiner and trainer for the Kent College of Hypnosis. He has contributed articles to the local paper and the In Balance Magazine on Eating disorders, flying and needle phobias, asthma and pain control. As a broadcaster on health issues he has contributed to the advancements of Complementary and Alternative Medicine to the general public.

Dr Parmar uses the best of all the leading edge therapies including behaviour modification and NLP neuro linguistic programming with the most powerful hypnosis techniques to help combat both the habit and the addiction resulting in higher success rates.

My provider number is 8ET93  
Specialises in Stop smoking, Weight control and Psychological behavioural problems.  
Talks on hypnosis provided at no cost to NHS Hospitals and GPs  
Member: UK Hypnotherapist Register  
Eating Disorders Association  
National Register of Smoking Cessation Therapists  
UK Register I.B.S. Therapists

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British Society of Clinical Hypnosis  
Clinical hypnotherapist, specializing in bulimia nervosa and fears/anxieties.  
Also offers help for: Smoking, unwanted habits (nail biting, teeth grinding), stress, performance anxiety, low confidence, sleep problems, childbirth, and some medical conditions (eczema, acne, psoriasis, headaches, high blood pressure).

Associate member of the British Society of Clinical Hypnosis (BSCH)  
Member of the Eating Disorders Association (EDA)  
Volunteer therapist for the National Phobics Society (NPS)  
"I studied biology and public relations and worked in the IT industry for over twelve years. During this time I learned many skills that I now promote in my practice, such as stress management, assertiveness and public speaking. After training with the London College of Clinical Hypnosis (LCCH), I set up my own practice in Welwyn Garden City, Hertfordshire, in 2004."

Don Busolini  
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United Kingdom Council for Psychotherapy  
Don is a university lecturer and a well-qualified and experienced UKCP\*-registered psychotherapist. He has been running a successful hypnotherapy practice in Welwyn Garden City for the past 15 years.

Specialisations are: low self-esteem; lack of confidence; stress; anxiety; panic; depression; public speaking; trauma arising from accidents, abuse, sudden death, acts of violence and childhood experiences. Leading-edge approaches to therapy are used, such as Ericksonian Hypnosis and Neuro-Linguistic Programming (NLP). For the past 5 years he has been a specialist trainer in Ericksonian Hypnosis on a UKCP\*-accredited HypnoPsychotherapy Diploma course and is an accredited supervisor for Diplomats wishing to gain UKCP accreditation. Don has worked for Cancer Support and Multiple Sclerosis Support Groups to help improve the lives of sufferers and runs group sessions in stress management and self-development. For many years he was the editor of Herts Holistic Health Magazine, and has published a number of articles on the clinical uses of hypnosis.

\*UKCP is the UK Council for Psychotherapy and it is the foremost organisation in the UK representing psychotherapy; in 2004 it was awarded funding from the Department of Health to establish a regulatory framework for psychotherapists.

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Society of NLP, General Hypnotherapy Register  
*At NLP Support we offer a range of both NLP and Hypnotherapy treatments.*

*We pride ourselves on high success rates of Stress, Insomnia, and Depression, Weight loss, Stopping Smoking, Phobia's and Relationship problem.*  
*We have a practice at the Renaissance Centre. There we also offer a range of holistic therapies.*

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**Gloria Murray (Hypnotherapist)**  
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The British Association of Behaviour and Cognitive, Psychotherapy, The Hypnotherapy Organisation  
*The Professional Organisation To Which I Belong:*  
*My professional organisation is the Hypnotherapy Association which is an independent body. It incorporates the United Kingdom Hypnotherapy Register, and the National Office which is situated at 14 Crown Street, Chorley in Lancashire. As well as belonging to this association, I am also a member of the British Association for Behavioural and Cognitive Psychotherapy.*  
*Primarily I am a qualified and registered hypnoanalyst. Trained with (S.A.C.H) which is a recognised school of Analytical and Cognitive Hypnotherapy and Psychotherapy. I am fully covered with professional indemnity and public liability insurance, and practice to their standards and ethics.*  
*In addition I am an NHS Registered Independent Provider.*  
*My Qualifications Are:*  
*Diploma in Cognitive Counselling, Psychotherapy and Hypnotherapy*  
*Diploma in Social Work*  
*Registered Nurse and Midwife*  
*M.S.C in Public Sector Management.*  
*Training And Experience:*  
*My training in CBT, Cognitive Psychotherapy and Hypnotherapy involves clinical experience. Having passed satisfactorily the required practical examinations and ongoing assessment criteria in Counselling, Psychotherapy and Hypnotherapy.*  
*I also have substantial amount of practical experience in adults and child psychiatry and having been an approved social worker under the 1983 mental health act.*  
*Relevant experience in family work, group work, supervision, consultation with general practitioners, and education departments etc. Undertaking counselling in a one-one setting. The experience in being in practice in terms of Counselling, Psychotherapy and Hypnotherapy for roughly 3-4 years.*  
*Specialist Treatment That I Offer:*  
*I specialise in Relaxation, Anxiety, Emotional problems, Phobias, Fears, Distress, Depression, Nail biting, Cant cope, Weight control, Stress, Confidence building, Pain relief, Self-esteem, Smoke control, Post Traumatic Stress disorder, Goal settings and Empowering patients.*  
*Techniques used are direct suggestions, hypnoanalysis, age regression, future progression and visualisation etc. However considering my professional background I would very much like to undertake sessional work with the NHS and the PCTs.*

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Register of UK IBS Therapists, British Institute of Hypnotherapy, Hypnotherapy Society, Hypnotherapy Association, International Stress Management Association, British Society of Clinical Hypnosis  
*I studied hypnotherapy with the London College of Clinical Hypnosis and passed the British Medical Hypnotherapy Examination Board examination with Distinction. I am also a qualified teacher; an InLPTA Certified Master Practitioner/Trainer of NLP; and a fully qualified Stress Management Consultant.*  
*I work with individuals as a therapist and am particularly interested in helping people with stress-related problems such as Anxiety, Phobias, OBS, Insomnia; and in developing Self-Esteem, Confidence and Assertiveness Skills.*  
*I am deeply committed to enabling people to become permanent non-smokers and to achieve a healthy weight and positive body image.*  
*I head self-hypnosis to all Clients to enable them to manage stress and continue the process of personal change upon completion of treatment.*  
*I have also worked as a Supervisor for the London College of Clinical Hypnosis and as a Trainer/Course Developer for the Central England College of Clinical Hypnosis, Birmingham.*  
*I have extensive experience of running Adult Education courses in Personal Development, Stress Management and Self Hypnosis.*  
*Presently, I am involved with training NLP Practitioners on InLPTA Training Courses for Training Changes, Cheltenham.*  
*I am fully committed to ongoing professional training/development to keep abreast of current developments concerning Hypnotherapy.*

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United Kingdom Council of Psychotherapy, National Register of Hypnotherapists & Psychotherapists, Register of Approved Gastrointestinal Psychotherapists & Hypnotherapists, Nursing And Midwifery Council, British Society of Gastroenterology

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British Society for Medical and Dental Hypnosis, Association of Neuro-linguistic Programming, Society of NLP  
*Our aim is to offer a Balanced Approach to mind & body through the use of Clinical Hypnotherapy, NLP and Tai Chi where appropriate. Following an extensive background in operations management, I have developed communication, stress management, work-life balance, anxiety, relaxation etc.*  
*I now specialise in phobias, stress, depression, limiting beliefs and panic attacks. I offer one-to-one sessions, workshops and training.*  
*Learn to improve communication between patient & clinician through simple to learn techniques plus structured effective questions and language patterns.*

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Association of Reflexologists, Association of Curative Hypnotherapists

*I specialise in three therapies; Aromatherapy Massage, Hypnotherapy and Reflexology.*

*My massage can be a pampering massage or deeper to work areas of tension or localised to ease muscles. A mix of all three types of massage is often the best. With over ten years of experience the massage I give provides more than physical benefit.*

*Hypnotherapy is a wonderful way to change unwanted habits or to change the way we approach challenges in our lives. I help people to learn to use trance on their own to improve their own lives as they see fit. The hypnotherapy I practice is entirely consensual; the only effective change is change that is wanted and accepted.*

*Reflexology gently rebalances the body, encouraging the body's systems to return to a normal functioning level, including blood and nerve supply to each organ and gland. A session can be a full treatment or working on certain specific areas in which case treatment can be more often.*

*Each of my three therapies make life easier and so more worth living.*

**Jennie Kitching  
Stop**

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The General Hypnotherapy Standards Council, General Hypnotherapy Register

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British Institute of Hypnotherapy, American Board of Hypnotherapy, American Board of NLP, Guild of Hypnotists

*I have practiced for four decades having worked in the NHS, private practice and abroad. My experience includes health sciences, teaching and research, and I utilize several complementary therapies including Neuro Linguistic Programming and Meridian Energy Therapy.*

*My initial hypnotherapy training was in Gloucestershire under Dr Lomas a pioneer in the Clinical application of hypnotherapy for behavioural problems and addiction.*

*Extensive travel and study have enabled me to develop a unique dimension to my practice.*

*I am a member of the British Institute of Hypnotherapy, The American Board of Hypnotherapy, the Guild of Hypnotherapists, the American Board of NLP and advisor to Dynamic Stress Management Consultancy.*

*My recent clinical focus has been on smoking and obesity. With smoking I have adopted an Advanced Hypnotherapy process. It outperforms NRT (patches, gum etc) other pharmacological intervention, standard hypnotherapy and smoking cessation clinics, (as detailed in NHS Trusts Association report). Free back up provided.*

*My Hypno Plus programme delivers effective weight management in two intensive sessions. It addresses underlying causes of excess weight, provides essential nutritional guidance and helps overcome cravings. The Hypnotic intervention is complemented by various behaviour modification techniques. Pleased to deal with usual range of problems.*

**Louise Smith Clinical Hypnosis Ltd**

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British Society of Clinical Hypnosis

*Louise Smith is a Member of the British Society of Clinical Hypnosis which is an organisation which governs the code practice and ethics of its Members.*

*Clinical hypnosis can be used to treat a variety of medical and psychological problems. It can even*

*succeed where other, more conventional methods of treatment have not produced the desired result.*

*Louise holds a Diploma in Clinical Hypnosis and attends regular Master Classes to ensure her continuous professional development. She specializes in two areas; reducing stress and anxiety and relieving associated problems such as panic attacks insomnia and IBS, and also weight control.*

*Hypnotherapy is medically accepted to benefit the following and more (stopping smoking, phobias, compulsions, pain control including childbirth and alcohol abuse).*

**Sheila Jones  
Queens Chambers Practice**

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British Society of Clinical Hypnosis

*Sheila Jones is qualified, insured and experienced. Working from Sutton Coldfield.*

*Queens Chambers Practice offers confidential treatment for:*

*All forms of Stress & Anxiety*

*Depression - Clinical and Reactive*

*Premature Ejaculation*

*Pain Control*

*Blushing*

*Smoking Cessation*

*Irritable Bowel / Bladder Syndrome*

*Insomnia*

*Phobias*

*Regaining Confidence after Stroke or Heart Attack*

*Confidence*

*Psychoneuroimmunology*

*PTSD*

*O.C.D.*

*Sexuality/Coming out Issues*

*Performance/Exam Anxiety*

*Bereavement.*

*After studying with the London College of Clinical Hypnosis to Post Graduate Diploma, and Advanced Diploma Level, Sheila has demonstrated her commitment to further improve the treatment she offers and has undertaken master classes in a broad spectrum of subjects, specialising in anxiety and depression undertaking several workshops with Dr Michael Yapko, and Dr Jeffery Zeig.*

*Techniques used include Cognitive Behavioural Therapy, Desensitisation, Solution focussed Counselling with Ericksonian Style / Utilisation style Hypnosis.*

*Neuro-linguistic Programming (N.L.P.) and Emotional Freedom Technique, (a thought field therapy based on NLP and tapping Acupressure Points), are also used where appropriate.*

*Appointments are arranged for both daytime and evening via telephone, e mail or text on the following numbers: 0121 355 4755 or 07901 997 243*

*sessional work at Medical Practices can also be arranged.*

*A full Member of the British Society of Clinical Hypnosis.*

**Gerald Harris**

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The Register of Approved Gastrointestinal

Psychotherapists &, Hypnotherapists, The Corporation of Advanced Hypnotherapy, The United Kingdom Council for Psychotherapy, The National Register of Hypnotherapists & Psychotherapists

*Registered with the UKCP Council for Psychotherapy.*

*Member of the Governing Council for the National Register of Hypnosis and Psychotherapy. Member of the Executive Committee of the Approved Gastrointestinal Hypnotherapists & Psychotherapists.*

*Over 30 years experience of Hypnosis dealing with many disorders including: Phobias, Depression, Stress Anxiety, Panic Attacks, Smoking, Weight control, Eating Disorders, O.C.D, Relationship Problems, I.B.S. Abuse, Sexual, Physical and Emotional.*

*My main intervention is Ego State Short Term*

*Psychotherapy, which is psychodynamic approach designed to treat, in a simple, concise and professional way, almost any problem that a client may present with.*

*This method presupposes that the subconscious mind is made up of many different parts, each part working*

*independently and that in some cases, due to childhood trauma, parts can become partially disintegrated, dependant upon the extent of the trauma. By dealing with the part affected, it is possible to resolve the trauma, in a short space of time, in order that reintegration can take place. Where no trauma exists, parts can facilitate therapeutic change, allowing the client to live their life in a more appropriate way.*

**Malcolm Tees Hypnotherapy**

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The Hypnotherapy Association

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The Society of Stress Managers

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Nursing and Midwifery Council, General Hypnotherapy Standards Council

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General Hypnotherapy Register

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The Hypnotherapy Association, UK Guild of Hypnotist Examiners

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The International Association of Hypno-Analysts, The Hypnotherapy Association

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BSCH

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*Clinical Hypnotherapy is a Holistic Therapy which can create an open receptive mind through a profoundly relaxed state.*  
A strongly motivated patient can change long standing habits as well as deal with emotional blockages in their life.  
Hypnotherapy is a highly focussed as well as fast form of psychotherapy e.g. Giving up Smoking in one Session (+ Follow up contact) e.g. Simple Weight Control in 3/4 Sessions.  
The Therapy is particularly effective with Conditions that have an Anxiety Component such as Phobias, Panic Attacks, Insomnia, Bruxism, I.B.S, Erythrophobia, Tinnitus, Dermatological, Headaches, Pain Management etc Referrals to Hypnotherapy follow any necessary Medical Treatments/Meditation.e.g. depression  
Symptoms to be advised on / treated by the doctor.  
I have worked for many years as a Mental Health Social Worker in Worcestershire (Prior to Qualifying as a Clinical Hypnotherapist) and know how essential it is to work closely and co-operatively with G.Ps and Health colleagues.  
I am a Member of the Professional Body B.S.C.H. and am bound by its Code of Conduct. The need for Confidentiality and providing a full Report to the Referrer are part of the Code.  
I practise in Redditch and at a Complementary Health Centre in Alcester, Warwickshire.  
I offer a free Consultation.

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BSCH  
*Clinical Hypnotherapy is a Holistic Therapy which can create an open receptive mind through a profoundly relaxed state.*  
A strongly motivated patient can change long standing habits as well as deal with emotional blockages in their life.  
Hypnotherapy is a highly focussed as well as fast form of psychotherapy e.g. Giving up Smoking in one Session (+ Follow up contact) e.g. Simple Weight Control in 3/4 Sessions.  
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The list is endless and can be a major personal problem for many people.  
Counselling can take many painful weeks or months. Drugs can become addictive.  
For IMMEDIATE results Neuro Linguistic Programming (NLP) will find the root cause of the problem and resolve it.  
Peter Tapsell is a registered Master NLP Practitioner, Master Hypnotherapist, Time Line Therapist and Author. Having recently re-located to Redditch he is now opening his private therapy clinic and will be pleased to discuss your problems and how he can help you.  
To start to look forward and to learn to succeed Contact Peter on 01527 540090 or 07876 451 776 www.petertapsell.com

**Claire Carter-Greaves  
Natural Beginning**  
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*Where there is 'unexplained infertility', hypnotherapy can release blockages in a gentle way. The mind has enormous power over the body which is constantly influenced by our emotions, thoughts and beliefs. A woman may be consciously saying 'yes' to having a baby, yet deep down unconsciously, she may be saying no. To develop the perspective required for conceiving she needs to be united in mind and body for the process of getting pregnant. Stress can influence fertility, and whether she needs support to naturally conceive or whilst going through IVF treatment; Hypnotherapy can help.*  
Hypnotherapy is also used to gently and naturally turn breech babies into vertex position. By helping the mum relax her muscles and let go of anxieties, she allows her baby the room needed to turn. Fear release therapy is fantastic for this and for those who want children but are too fearful of pregnancy and childbirth.  
HypnoBirthing uses hypnosis for easier, more comfortable childbirth. It involves an education programme of deep relaxation, specialised breathing techniques, self hypnosis and understanding the 'mind-body' connection. It explores the idea of the 'fear-tension-pain syndrome' identified by Dr Grantly Dick-Read.

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*Terry OToole D.HYP,BSCH. Is an ex social worker with many years experience of helping people to make important changes in their lives. He is a member of a Clinical Hypnotherapist with the London College of Clinical Hypnosis at Imperial College London.*  
*He was the first Neuro Linguistic Programming (NLP) Practitioner to graduate from the UK Academy of Therapeutic Arts and Sciences. He is a member of the National council for Hypnotherapy. And the British Society for clinical hypnosis.*

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*Some of the clinical applications of Hypnosis in which I specialise in are:*  
*Panic attacks,*  
*Phobias and fears (e.g. snakes, flying, heights, etc)*  
*Anxiety before exams, interviews, public speaking,*  
*Habit breaking (nail biting, bedwetting)*  
*Weight control, smoking cessation*  
*Pain management, Dental hypnosis for associated anxiety and pain relief.*  
*Affiliated member British Society of Clinical Hypnosis.*

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**Joanne Blah The South Coast Hypnotherapy Centre**

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At the South Coast Hypnotherapy Centre, we use the latest clinically and medically accredited Hypnosis advised in the South Manchester University Hospital and Guys Hospital London.  
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Successful Treatment for All Unwanted Habits, Behaviours and Feelings.  
From Smoking, Confidence Issues & Phobias, to Stress, Anxiety & Depression.

Dolphin Hypnotherapy Practice was founded in 1994 and has since helped countless individuals achieve goals they had previously thought impossible.  
The Senior Consultant Mr Roberts, whilst specialising in the therapeutic application of Hypnosis, is also highly experienced in Psychology, Psychoanalysis, Neuro Linguistic Programming, Counselling and Cognitive Behavioural Therapy. Where appropriate a combination of these disciplines may be used.  
Clinics are held as The Doctors Surgery, Canford Heath Group Practice

9, Mitchell Road, Canford Heath, Poole, BH17 8UE and 84 Godmanston Close, Canford Heath, Poole, BH17 8BU.

Out of hours appointments available.  
Mr Roberts is a Member of the International Association of Hypnotherapists, one of the few organisations where membership can only be gained by examination. He is also a Registered Trainer within that organisation and holds amongst others, the following qualifications, Diploma in Hypnotherapy, Certificate in Training Analysis, Certificate in Counselling and a Certificate of Proficiency in the Use of Hypnosis as an application of NLP.

**Trevor Roberts The Doctors Surgery**

Canford Heath Group Practice  
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International Association of Hypnotherapists, General Hypnotherapy Register  
Successful Treatment for All Unwanted Habits, Behaviours and Feelings.  
From Smoking, Confidence Issues & Phobias, to Stress, Anxiety & Depression.  
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As a clinical Hypnotherapist and NLP practitioner, I specialise in helping people with problems such as stress, panic attacks and anxiety, phobias, irritable bowel syndrome, smoking and weight management, as well as confidence, compulsive behaviour, examination nerves, insomnia, motivation, pain control, public speaking and study techniques.

I am also a member of the UK Register of IBS Therapists and have been trained in GUT-Specific Hypnotherapy for IBS by Michael Mahoney (Clinical Hypnotherapist, IBS researcher and member of the Primary Care Society for Gastroenterology), a leader in the field.

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*Having Graduated from the London College of Clinical Hypnosis with a post-graduate diploma, Margaret is a qualified and experienced hypnotherapist, able to help clients make life changes they desire, in a timely manner.*

*Trained to help clients with breaking unwanted habits such as smoking, blushing, and nail-biting. Relief from panic attacks, stress, tension, anxiety, and IBS. Freedom from phobias, exam/driving test nerves, and emotional problems. For confidence building, depression, pain control, skin problems and more.*

*Hypnotherapy is a safe and reliable method of treatment for a great many problems, including those of an emotional or personal nature. It is non-addictive, uses no drugs, has no harmful side-effects, and is suitable for just about everyone. It is a natural method of helping people to use their inner resources to improve their physical, emotional and mental well-being.*

*Margaret structures her therapy to meet the individual needs of her clients by helping them make positive changes quickly and effectively. Daytime, evening and weekend appointments are available.*

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*Healing with Hypnotherapy*  
*Shirley Lovett DCH,DHP*  
*Hypnotherapist and Psychotherapist.*  
*Member of the Institute of Clinical Hypnosis, Shirley started her working career in Fleet Street but has worked in Local Government for the last 28 years, firstly in elderly care and for the last 15 years in IT managing Helpdesk services.*  
*She has various educational and technical qualifications including a Certificate in management.*  
*She decided to pursue her fascination with the mind and personal motivation and qualified with the Institute of Clinical Hypnosis. She is also in private practice, using hypnosis and EFT Techniques.*  
*What Conditions Can Be Treated?*  
*Smoking; Stress; Weight; Depression; Bereavement; Anger Management; Pain Control; Confidence; etc.*

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*I use an integrated Cognitive Therapy / Hypnotherapy approach. Hospital trained and based since 1985. Care professional qualification: registered mental nurse, since 1991, (Senior Nurse Therapist - Hypnotherapy). Bethlem and Maudsley Hospitals: National Eating Disorders Unit: National Affective Disorders Unit: (CBT for depression). Advanced Hypnotherapy / Psychotherapy, since 1996, specialising in depression /abuse/anxiety/ trauma (PTSD) skilled in Eye-Movement Resensitisation and Reprocessing. Over 90% of referrals come from Consultant Psychiatrists and I have provider numbers for all leading insurance companies. Clinics also held at Priory Clinic, Hove : Priory Hospital, Hayes Grove (Kent) and Wellbeck Street (London).*

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Hove Hypnotherapy Practice**

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*Andrew Spence is the principle therapist at the Hove  
Hypnotherapy Practice and has been in practice for over  
10 years. He holds a senior qualification in  
Hypnotherapy practice, which is recognised by the  
General Hypnotherapy Register and is an accredited  
member of the National Council for Hypnotherapy.  
Although a wide range of psychological conditions can  
be treated with hypnotherapy and associated  
techniques, Andrew specialises in smoking cessation,  
weight loss, stress, panic attacks and Irritable Bowel  
Syndrome.  
Andrew adopts a holistic solution-focused approach to  
therapy and integrates hypnotherapy with Neuro  
Linguistic Programming, the Emotional Freedom  
Technique and Coaching.  
Most of Andrew's clients come from client and GP  
referrals. Appointments are available weekdays,  
evenings and at weekends. A free 30 minute (no  
obligation) initial consultation (I/C) is available for all  
conditions except the smoking cessation programme.  
This consultation enables Andrew to assess you and  
your condition to ensure your suitability for therapy.  
The I/C also provides you with the opportunity to meet  
the therapist before making any commitment to  
commence treatment. Andrew will then be able to give  
you an estimate of the number of sessions required and  
confirmation of costs.*

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*Qualified in Advanced Structured Hypnotherapy, the  
techniques for which are highly complex and very  
effective, allowing better results from fewer sessions  
than standard hypnotherapy.  
The methods employed allow access to the clients  
subconscious mind in order to get to the root cause of  
their problem, standard hypnotherapy will often only  
gloss over the real reason behind a clients problem or  
only partly fix the symptoms, but fail to address the  
underlying cause.  
Variety of conditions treated, including smoking, weight  
loss, stress, anxiety, phobias, insomnia, pain relief,  
addictions, panic attacks, allergies, IBS, PMS, tinnitus,  
etc.  
Registered practitioner with The General Hypnotherapy  
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*Lynda Hudson is a clinical hypnotherapist and  
psychotherapist who, in addition to her work with  
adults, specialises in using hypnotherapy with children.  
Lynda is a former Language School Vice Principal and  
has produced an innovative series of CDs for children.  
She helps them to overcome a variety of problems  
which are largely, anxiety based.  
She gives masterclasses on working with children for  
the London College of Clinical Hypnosis and is an  
examiner for their Diploma courses. Lynda is also  
qualified and experienced in working with Post  
Traumatic Stress Disorder and she lectures in Clinical  
Hypnosis to Medical Students at Queen Marys University  
Hospital, London.  
Lynda is a member of the British Psychological Society,  
the British Society of Clinical Hypnosis, International*

Stress Management Association and a founder member  
of the Association for Coaching.

Treatment for Adults and Children:  
*Quit Smoking, Anxiety, Reactive Depression, Emotional  
Problems, Trauma, Sexual Problems, Childbirth with  
calm and control, Panic Attack.*

*Confidence, Sleeping, Bedwetting, Thumb-sucking,  
Vocal/Facial Tics, Separation anxiety.*

*If you would like to find out more about Lyndas CDs  
then please go to:*

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Member of National Council for Hypnotherapy, Hypnotherapy Society, Association for Professional Hypnosis and Psychotherapy and the National Council of Psychotherapists. Diploma in clinical hypnosis and hypnotherapy, EICH Bristol. Hypnotherapy Practitioners Diploma: awarded by NCFE and externally assessed. Modern effective therapy incorporating cognitive behavioural therapy and solution – focussed brief therapy, anti-smoking, weight loss, anxiety, depression, addiction, phobias, confidence, and also allergy and nutrition advice.

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Some of the clinical applications of Hypnosis in which I specialise in are: Panic attacks, phobias and fears (e.g. snakes, flying, heights, etc)  
Anxiety before exams, interviews, public speaking, Habit breaking (nail biting, bedwetting)  
Weight control, smoking cessation  
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*Sue is a member of the British Society of Clinical Hypnosis. Prior to qualifying in hypnotherapy she worked as a teacher for many years. Sue uses hypnotherapy to treat a wide range of problems: from conditions which are relatively simple to treat, such as smoking, overeating, lack of confidence, panic attacks, etc, to more complex problems requiring much higher levels of skills. E.g. working with people who suffer from emotional or physical pain.*  
*She is particularly interested in the treatment of depression using hypnotherapy and is currently writing care studies on the successful treatment of many of her patients (clients).*

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*Lina Morton BSc(Hons)Psych, PG Dip Counselling, Cert. Ed., BSECH Accred. MBACP*

*Lina's independent hypnotherapy practice has developed through regular referral from general practitioners influenced by her success in assisting patients to health and wellbeing by providing a complimentary and therapeutic programme within a counselling framework for dealing with stress, panic attacks, phobias, sleeping disorders, learning pain control, easing childbirth, managing migraine headaches, smoking cessation and empowering with a unique ability to develop partnership in achieving health and wellbeing.*  
*She has considerable experience in working with children, adolescents and adults.*  
*Lina is a member of the following professional bodies and abides by their codes of ethics:*  
British Society of Experimental and Clinical Hypnosis (BSECH), British Association for Counselling and Psychotherapy (BACP), British Psychological Society (BPS)  
*The Hypnotherapy Practice serves Glastonbury, Frome, Cheddar, Wells, Taunton, Shepton Mallet, Bradford on Avon, Swindon, Bath, Bristol and surrounding areas.*  
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*Bound by a strict code of ethics, integrative approach to psychotherapy and counselling. Discrete and professional help with: anxiety disorders, stress management, fears and phobias, pain management, weight loss, smoking, emotional problems, pain management, exam nerves and confidence building.*  
*Over twenty years experience working as a qualified nurse in the NHS in both general and psychiatric settings. Now a psychology graduate specialising in clinical hypnosis and cognitive behaviour therapies and running a successful practice in Brislington Bristol.*  
*Pamela has also worked with athletes on improving sports performance.*

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*David Kato is a clinical Hypnotherapist /Psychotherapist. Bristol Hypnotherapy Clinic specialises in clinical depression, (uni-polar), ante and post natal depression, panic attacks, OCD, medical and dental hypnosis. See [www.depression-therapist.co.uk](http://www.depression-therapist.co.uk) Utilising psycho-analytical techniques, finds the originating causes where they are resolved. Then cognitive behavioural therapy and interpersonal related skill therapy, provides better coping skills and strategies for the future, which significantly reduces a relapse. Around 7-9 sessions on a weekly basis are the norm.*  
*Childbirthing, especially psychological problems during pregnancy, hyperemesis, primary and secondary tokophobia. More information on childbirthing go to [www.childbirth.co.uk](http://www.childbirth.co.uk)*  
*Patient outcomes are used to provide written evidence that therapy has been used.*  
*I teach newly qualified hypnotherapists in the UK, and an advisor for USA therapists. I give lectures, seminars and workshops on depression and childbirthing, to doctors, hypnotherapists, clinicians and midwives in the USA, and UK.*  
*Practice times are 9am - 10pm Saturday to Wednesday.*  
*Posses a NHS Provider Certificate.*  
*Previous experience includes 22 years in nursing, in intensive care units, 11 years in cardiac ITU, a resuscitation training officer, and prior to this, a paramedic.*  
*Providing health care since 1974.*

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*My practice, "NLP Magick!" combines hypnotherapy with the latest techniques of NLP (Neuro-Linguistic programming) using the work of Dane Elman, Milton Erickson and others. Hypnotherapy can provide resolution and assistance with weight control, stress, smoking cessation, depression, phobias and general psychological ailments. Hypnotherapy can be extremely effective for pain control, especially where drugs are contra- indicated or the patient reacts adversely to side-effects.*

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*Initial consultations conducted free of charge.*  
*Home visits also available together with clinic consultations in Carlisle, Hexham, Dumfries and Moffat.*  
*Self-Hypnosis and Stress/Anxiety training also provided. In addition to the general practice of hypnosis I also represent the National Phobias Society and UK Hypnobirth Register across all of my clinic areas. Feedback from referrals provided promptly to ensure full support to health care professionals.*

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*1998 I became interested in Hypnotherapy attending a short course and have used Hypnotherapy since then. I have now gained my diploma and use hypnotherapy much more including Regression and Past Life Regression. I use Clinical Hypnotherapy for all the known problems but also for Menopausal Symptoms and Hypnobirth. Healing Women In Labour.*  
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The CAM Directory of Hypnotherapy & Stress Management, The National Register of Smoking Cessation Therapists, The National Register of Hypnotherapists, The Hypnotherapy Association  
*Reduce Stress, Overcome Fears and Phobias and improve the quality of your LIFES POTENTIAL.*  
*In todays world more and more people are suffering from stress and its related health problems. Stress can, and does, affect every tissue of our bodies emerging in the form of various ailments. Hypnotherapy has been shown, and proven, to alleviate stress related, and many many other concerns, by getting to the root cause of the concern, thereby eliminating the cause and obtaining a lasting release.*  
*Here are just a few of the concerns that can be alleviated through Hypnotherapy. Anxiety, Confidence Enhancement, Eating Problems, Exam Nerves, Frustration, Inhibitions, Memory, Migraine, Nail Biting, Obsessive Compulsions, Pain Reduction\*, Panic Attacks, Smoking Cessation, Tension, Travel Fright, Weight Control (gain or loss). Literally anything which is inside us, but outside our control can be overcome with Hypnotherapy.*  
*\*Regardless of how well you feel during and/or after Hypnotherapy, it is important that you do not change the frequency of prescribed medicines without first Consulting your Physician.*

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*Gilli*  
*P.S. You have nothing to lose and EVERYTHING to gain AND there is even more support on my website*  
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*A previously qualified gymnasium instructor, I have advised in areas of Lifestyle for seven years before qualifying as a Clinical Hypnotherapist in 1997. I specialise in the treatment of stress, IBS (postgraduate qualifications) and phobias (member of The National Phobic Society). I qualified as a teacher in 1999 teaching Stress Management to private groups and in*

*adult education. I frequently give seminars to local Government and private organisations on the benefits of hypnotherapy in the treatment of stress.*  
*In addition to my postgraduate qualifications, I have developed a high level of expertise using hypnotherapy to successfully treat smoking, eating habits, depression, insomnia, panic, low self-esteem and self confidence. I am a registered member of the Hypnotherapy Association and General Hypnotherapy Register. I am currently receiving referrals from counselling organisations and BUPA as a registered provider. I welcome referrals from the NHS having been a registered service provider since 1999.*

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*I am a practicing dentist qualifying in 1973.*  
*I use hypnotherapy mainly for the relief of stress and anxiety, treatment of phobias, weight control, irritable bowel syndrome, smoking cessation, pain control, bruxism, sports motivation and examination performance.*  
*The British Society of Clinical Hypnosis (BSCH) is an organisation which governs the code, practice and ethics of its members.*  
*Membership of the society is open to those who have acquired the requisite Professional and Clinical training in the major aspects of Psychology, Psychotherapy and Hypnotherapy.*  
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*I was a psychiatric nurse for 26 years, and also within the acute field was a Counselling Practitioner, having obtained a Dip in Counselling and Post Graduate diploma in CBT. Within the Mental Health field, as a Counselling Practitioner I had clients referred to me from the pain clinic, from psychiatric outpatient services and via inpatient services. I was also part of the Hospital Liaison team (for counselling) and the Post Traumatic Stress Initiative. Since leaving the NHS, I am now in private practice, seeing clients with a variety of issues - depression and stress, loss and grief, confidence building, self-esteem, trauma, phobias, habits etc. In 2006 I qualified as a Clinical Hypnotherapist and Psychotherapist - having obtained my DHP (Diploma in Clinical Hypnotherapy and Psychotherapy) with the prestigious Clifton Practice in Bristol (accredited by NCH). The underpinning approaches within my hypnotherapy practice are SFBT and CBT. Clients present to me with a variety of issues e.g. stop smoking/drinking, weight management, reduction in anxiety, depression, sleep disturbance, habits, fears and phobias, confidence and self-esteem issues etc.*  
*I am a member of NCP, NCH, The Hypnotherapy Society, APHP, RCN and BACP, and have appropriate professional indemnity insurance.*

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*Jenny Lewis is a qualified Hypnotherapist, NLP therapist, Life Coach and Practitioner of NLP and Thought Pattern Management. She works from her own busy practice in Caerphilly, and from centres in Chepstow, Risca and Cardiff. She helps people with a variety of emotional and behavioural issues including anxiety and panic attacks, unwanted fears, phobias, habits, low confidence and self esteem, and unhelpful patterns of behaviour. Her focus is on solutions, rather than problems, viewing 'problems' as a springboard for positive change. Jenny specialises in working with people with work-related burnout and/or at a crossroads in life, wanting to make changes but held back by unresourceful responses to past/present experiences. She uses a range of effective approaches: Hypnotherapy (powerful changework using our natural ability to relax and daydream) Neuro-Linguistic Programming or NLP (powerful tools for changing thoughts, beliefs and behaviours that restrict our potential) Thought Pattern Management (techniques to educate and communicate with all levels of the mind to bring about change within the mind and the body, also used for medical conditions that have a psychological component) Past & this Life Regression Therapy (where something that is inexplicably blocking progress) Life Coaching (to achieve your goals)*

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Founder Member Hypnotherapy Practitioner Association, The Hypnotherapy Association  
*Desmond Edwards is a renowned hypnotist and hypnotherapist with over 40 years experience; having cured many thousands of people from varied complaints: to stop smoking- specialises in this problem, obesity, alcoholism, phobias of all types and many more problems. 90% of people he treats are recommended by people he already cured. These include: nurses, doctors, members of the police force, but most are members of the general public, desperately needing help: many needing his treatment as a last resort: when all else has failed.*  
*As well as being a hypnotherapist, desmond Edwards is a world famous writer on many subject including health, keep fit articles, etc. He has been featured in The Hypnotherapist magazine and many newspapers and other magazines. He is the author of three books sold throughout the world, and has appeared a number of times on TV and radio programs. He is a psychotherapist, natural psychologist and passionate about his work curing people with hypnosis. He is featured on front of one of his books: "Become 200% Fit, Strong & Healthy" posing with a lady he hypnotised and cured from, not only smoking; but also reduced her over weight (adipose tissue) from 12stones 7 pounds to just over nine stones; and gave her confidence and enthusiasm to become a model.*  
*Desmond has just completed his first book on self-hypnosis for the general public, which will be on sale this year (2005)*  
*Desmond Edwards can be contacted by telephone on 01244-680634 or email: Dehypnotherapy@aol.com or DesmondEdwards@aol.com also through the Hypnotherapy Association: click onto website for profile and details. Appointments only. Office address:- Room 9, 96 Northgate Street, Chester, Cheshire CH1 2HT*

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*I have worked in the Health and Social Care fields since 1988.. 1990 to 1994 I managed a Mental Health clinic in London. 1994 to 2000 I managed a Drug clinic in Liverpool. NVO Assessor in Health and Social Care. Social Work Practice Teacher. Further & Adult Education Teaching Certificate (Health & Social Care). Certified Life Coach. Diploma in Clinical Hypnotherapy (Dip Hyp). Master of Neuro Linguistic Programming (NLP). Emotional Freedom Technique (EFT) Practitioner. I also teach Salsa dancing, which can help clients/patients get back into an enjoyable form of exercise.*  
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*I am a qualified Clinical Hypnotherapist and Hypnoanalyst and since qualifying have been a member of The Association for Professional Hypnosis and Psychotherapy.*  
*I use hypnotherapy and hypnoanalysis to provide professional and confidential help with reducing stress, weight control, stopping smoking, emotional problems, confidence building and dealing with anxiety and grief.*  
*I also have experience in working with carers to reduce the stress and anxiety caused by looking after people with chronic illness such as Parkinson's disease.*  
*My free initial consultation is used to establish if hypnotherapy would be beneficial. Every course of sessions is individually tailored to the specific needs of the client.*  
*Hypnotherapy is a safe and effective tool for life change and in my experience is a natural way to solve some of life's problems.*

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*I am a fully qualified, professional Clinical Hypnotherapist/Hypnoanalyst/Psychotherapist specialising in the relief of Panic Attacks, Stress and Anxiety related disorders including Smoking Cessation. I also specialise in working with Psychosexual Disorders. I am passionate about my work, and thoroughly enjoy helping my clients overcome their problems so that they can improve their lives for the better. My varied background and personal life experiences mean that I am able to work effectively, in a completely non-judgemental manner with people from all walks of life. I work full-time from my busy, successful Hypnotherapy Practice based in Chelmsford, Essex.*  
*I work in an eclectic style which means that I am able to use different styles of therapy, methods and techniques to suit each of my clients. I believe that the client-centred approach works best, as it enables me to give the best possible therapy to each client, as well as allowing me to work in the most effective way with the presenting problem.*  
*I favour an investigative style of working called Hypnoanalysis which deals with the cause and effect, helping the client to get to the root of the problem thus providing permanent relief from the symptoms. Call me now to book your 'Free Initial Consultation'.*

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International Association of Hypnoanalysts, National Register of Advanced Hypnotherapists  
*I am an Advanced Hypnotherapist, Stress Counsellor, trainer of both Neuro Linguistic Programming & Hypnotherapists. Enabling people to regain control of their lives by using hypnotherapy both analytical and suggestion thereby eliminating or reducing:*  
**Anxiety & Stress; Unwanted Habits; Panic Attacks; Fear of Flying; Social Anxiety; Fears & Phobias; Motion Sickness; Emetophobia; Dental Phobias; Feeling Nervous; Blushing; Weight Control; Toilet Related Fear (shy bladder, IBS); Nail Biting; Sexual Problems; Grief Management; Confidence Issues; Depression And many more.**  
*I help people with depression by using hypnosis and cognitive behavioural therapy, empowering them to lead a more normal life once again.*  
*The hypnotherapy I use for childbirth enables the mother to have her child born whilst more relaxed using less or no drugs with reduced labour times.*  
*Smoking cessation is achieved by giving a better feeling for not smoking. I also provide a CD for short term use to re-enforce this therapy.*  
*Pain control patients can be helped to reduce or eliminate pain this is undertaken in close liaison with their GP.*  
*IBS patients are helped by reducing their stress levels and controlling their eating patterns allowing them to lead a more active life, placing them in control of the IBS.*

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*Richard Wells is Principle of the Brentwood Clinic and is one of the most experienced, comprehensive qualified and best-known hypnotherapists in Essex, having begun his hypnosis career under the tutelage of his mentor William Ousby, way back in the 60s. He is certified as a Master Hypnotist, Teacher of Hypnotherapy, Master NLP Practitioner, Trainer of NLP and Master Time Line Therapist.*  
*He is registered with the National Guild of Hypnotists, the American Board of Hypnotherapy and is an Committee Member and Treasurer of the Hypnotherapy Association. He is also a member of the ANLP, the ABNLP and the Society for NLP.*

*Over the years, Richard has helped many thousands of clients to stop smoking, reduce their weight, to be free of emotion disorders such as depression, phobia, obsession, panic, anxiety, stress, insomnia, and to alleviate and eradicate a range of psychogenic ailments such as alopecia, ulcer, eczema, psoriasis and acne. In addition, he has developed innovative programmes for dealing with infertility, addiction, dependency, anger and aggression.*

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The Hypnotherapy Association

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6 Manor Road  
Chelmsford  
Essex, **CM2 0ER**  
T: 01245 280315  
E: franscoiselotery@btinternet.com  
W: www.loteryhypnotherapy.co.uk  
National Council for Hypnotherapy  
*I am a fully qualified and insured Hypnotherapist and Stress Manager with over 19 years experience (Including 15 years in full time practice).*  
*My areas of specialities cover anxiety, stress, panic attacks, phobias, confidence, public speaking, low self-esteem, exam nerves, anger, jealousy, insomnia, addictions, IBS relief, weight & eating disorders, smoking cessation, sports performance, past life regression and many more (see my website).*  
*I deal with each individual case with professionalism and care in a friendly and relaxed atmosphere.*  
*I use many methods and techniques (hypnosis, Analysis, NLP, Stress Management, Regression therapy, Meridian Therapy).*  
*I am a Member of the National Council of Hypnotherapy (UK), The National Guild of Hypnotists (USA), The Hypnothink Foundation (UK) and The Association of Meridian Therapies (UK) and I abide by their strict Code of Ethics and Practice.*  
*I give a FREE initial consultation to potential clients in total confidentiality and with no pressure to make a decision on the spot; clients' problems and the therapies offered are discussed as well as the number of sessions that might be required.*

**Lisa Rushmore Active Change**  
17 Pavitt Meadow  
Galleywood  
Chelmsford, Essex  
**CM2 8RQ**  
T: 01245 476990  
E: rushmorelisa@aol.com  
W: Active-Change.co.uk  
The UK Hypnotherapy Register, The General Hypnotherapy Register

**Joanne Cole Enigma Therapy**  
55 Wallace Crescent  
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T: 01245 358 474  
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Society of Neuro Linguistic Programming, Parks Inner Child Therapist Association, Hypnotherapy Association, National Council of Psychotherapists

**Lesley Moyer**  
The Gables Therapy Centre  
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Berden  
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Hypnotherapy Association, General Hypnotherapy Standards Council

**Glynis Cheers**  
Benrose, 39-41 The Street  
Manuden  
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British Society of Clinical Hypnosis

**Steven Gething**  
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Association for Professional Hypnosis and Psychotherapy

**Michelle Acres The Magnaville Clinic**  
53 Magnaville Road  
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**CM23 4DW**  
T: 01279 833818  
E: themagnavilleclinic@ntlworld.com  
W: www.themagnavilleclinic.co.uk  
General Hypnotherapy Register

**Siân Lloyd MBA UKCP Reg Stansted Psychotherapy**  
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Alsa Street  
Stansted  
Essex  
**CM24 8SU**  
T: 01279 817976  
E: sian@nlpsolutions.com  
W: www.nlpsolutions.com  
Association of Neuro-Linguistic Programming, British Association of Counselling and Psychotherapy, United Kingdom Council for Psychotherapy  
*Stansted Psychotherapy - Siân Lloyd MBA UKCP Reg.*  
*I am accredited by the NLPtCA as a Neuro-linguistic Psychotherapist and registered with UKCP. In addition to psychotherapy, I offer counselling and hypnotherapy.*  
*I have been in general private practice for 5 years, and until recently worked weekly for over 3 years with a voluntary agency helping patients with anxiety based conditions including OCD, panic, phobia and associated depression.*  
*Neuro-linguistic Psychotherapy is outcome-focussed and integrative, drawing mainly on Ericksonian hypnotherapy, CBT, linguistics, existential and constructivist approaches. The therapist customises the treatment for each client by applying what best suits their personality and the way in which they perceive their issues(s). The client is assisted in restructuring unhelpful thought patterns or memories by identifying missing resources, re-perceiving events more positively, or learning new psychological skills. NLPt is particularly well-suited to time-limited therapy.*  
*The practice is near Stansted Mountfitchet and accessible from the M11, A120, B1383 and Stansted Airport. There is ample free parking and wheelchair access.*  
*I am registered with three private medical insurance companies. All treatment is subject to assessment and full disclosure of the client's physical and psychological health, including details of prescription medication and self-help treatments.*

**John Webb Hypnotherapy & Counselling**  
The Spinney Main Road  
Danbury  
Chelmsford, Essex  
**CM3 4DL**  
T: 07941 327 948  
F: 01621 854 472  
E: johnwebb\_hypno@yahoo.co.uk  
General Hypnotherapy Register

**Peter Povey Essex Therapies**  
"Caterham"  
Old Wickford Road  
South Woodham Ferrers  
Essex  
**CM3 5QS**  
T: 01245 425218  
E: ppovey@gotads.co.uk  
W: www.essextherapies.co.uk  
Association for Professional Hypnosis and Psychotherapy

**John Gooderham B.A. Dip.hyp. GQHP**  
Kinard House  
Steeple Road  
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**CM3 6JX**  
T: 01621 741 443  
E: hypnotiseme@care4free.net  
W: www.hypnotiseme.com  
General Hypnotherapy Standards Council, General Hypnotherapy Register

**Martin Tofts Hypnotherapy/Psychotherapy/Counselling**  
1 Lewis Court  
Market Place  
Great Dunmow  
Essex  
**CM6 1UR**  
T: 01371 874980  
T2: 07940 171253  
E: therapy@toftsmartin1.wanadoo.co.uk  
The National College of Holistic Medicine  
*My name is Martin Tofts NCHM, SNHS Dip. (Hyp.) (Psy.) (D&A coun.), and have been professionally counselling since 31st October 2005.*  
*I have studied for four years to get to understand people and behavioural patterns, and most importantly how to help people deal with, and understand how to live their life.*  
*My counselling is based in the drugs and alcohol area, but these problems can contain forms of low self-*

esteem, lack of self confidence and anxiety attacks, so I can also cover and counsel these issues.

I have a particularly higher advantage of understanding and dealing with problems such as addiction, because most of my teenage life was filled with it and many more problems. As I was able to pick myself up and get my life back together, I feel it is a gift I should share with people who are in the same situation I was in.

My treatments are counselling, hypnotherapy or psychotherapy, but I prefer to combine the therapies to be more effective therapist and as a support figure for my clients. Giving them the ability to live their lives with the happiness and contentment they deserve using their own new found initiative and integrity

#### Caroline Hooton BA(Hons) DHP LAPHF

Witain Independent Therapy Solutions  
9 Manor Street  
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Essex  
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T: 07920 100080  
E: caroline@changesforhappiness.co.uk  
W: www.changesforhappiness.co.uk  
Association for Professional Hypnosis and Psychotherapy

#### Tony Clarke-Holland Caring 4 U (UK) Ltd

Gemini House  
3 Sculpus Lane  
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Essex  
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The General Hypnotherapy Standards Council - GHSC,  
The National Board of professional & Ethical Standards,  
The British Assc of Therapeutical Hypnotists, National  
Care Standards, UKHCA

#### Jeremy Smith Alemana

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Society of NLP

#### Andrew Clark Hypnosleep

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Essex  
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W: www.hypno-sleep.co.uk  
Association for Professional Hypnosis and Psychotherapy

#### Allison Kelsey Active Change

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W: www.active-change.co.uk  
The General Hypnotherapy Register, The UK  
Hypnotherapy Register

Hypnotherapy, psychotherapy and counselling for help with all emotional and physical issues. Along with a colleague we have formed Active Change, where we offer a unique service for personal therapy, as well as running group therapy, support groups, short courses and workshops and doing educational talks and presentations.

I deal with all nature of emotional issues; specialising in helping people suffering from depression, lack of self esteem / confidence, and regaining identity after life changes, such as divorce or childbirth, relationship difficulties, bereavement and loss issues.

I also work with people with phobias, anxiety and panic attacks, and with children and young adults.

Hypnotherapy is especially effective with children, and fairy tales and fantasy places from a child's imagination are frequently used. This can be useful in dealing with the effects of divorce or trauma on a child, as well as helping with school phobia, low self esteem, concentration, bed wetting, thumb sucking, nail biting, or other childhood habits.

I use hypnotherapy for smoking cessation, weight control, and for painless childbirth! Hypnotherapy can be used successfully in reducing or controlling pain, and can ease the symptoms of illness, by getting to the psychological causes of disease.

#### Joanne Field Field's Hypnotherapy

The Old Fire Station  
Guithavon Street  
Witham  
Essex  
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T: 01376 500132  
E: jo@fieldshypnotherapy.co.uk  
W: www.fieldshypnotherapy.co.uk  
Hypnotherapy Association, General Hypnotherapy Register

#### Julie George Freedom Through Hypnotherapy

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**CM9 5HG**  
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T2: 07957 673447  
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General Hypnotherapy Register, General Hypnotherapy Standards Council

#### Graham Dyster Anagram Therapies

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2 Goat Lodge Road  
Great Totham  
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Essex  
**CM9 8BT**  
T: 01621 893021  
T2: 07715 673941  
E: info@anagramtherapies.com  
W: www.anagramtherapies.com

The Hypnotherapy Association, The General  
Hypnotherapy Register, The American Board of  
Hypnotherapy

*Qualifications, Organisation Affiliations and Additional Information: Full Member of the National Council of Psychotherapists (MNCP). Full Member of the Hypnotherapy Association (MHA). Member of the UK Hypnotherapy Register (UKHR). Member of the General Hypnotherapy Register (GHR). Member of the General Hypnotherapy Standards Council (GHSC). Member of the American Board of Hypnotherapy (MABH). Registered Member of the Association of Natural Medicine (RMANM). Diploma in Analytical and Cognitive Hypnotherapy, Counselling and Psychotherapy (Dip.SACH.Hyp.). Accredited NLP Practitioner. General Qualification in Hypnotherapy Practice (GOHP). Advanced Practitioner of Freeway-CER Meridian Therapy.*

Anne and Graham Dyster are trained in integrative counselling, psychotherapy and hypnotherapy, incorporating CBT, NLP, Freeway-CER and EFT meridian therapies and Reiki as appropriate to the needs of each individual client. We have studied intensively with SACH International - one of the most highly respected training schools in the county and we are committed to a program of continuing personal and professional development.

We provide caring help with a variety of personal issues including all of the following: stress, depression, panic attacks, fears and phobias, lack of confidence, bereavement, jealousy, anger management, assertiveness and relationship problems. Smoking cessation is another popular service we provide and, with individuals who are truly committed, two sessions are often sufficient. Supportive therapy is offered for chronic ailments such as ME, asthma and raised blood pressure and we teach clients pain management and relaxation techniques where appropriate. Coaching for natural low-pain childbirth and effective help with menopausal symptoms are two other services available. Group training courses in self-hypnosis and relaxation techniques are undertaken for NHS staff and other interested groups.

Appointments are available at Great Totham, Witham and Colchester. For further information, please ask for our free leaflet or visit our website  
www.anagramtherapies.com

#### Therese Bull

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T: 01621 853334  
E: tessabull13@hotmail.co.uk  
National Council of Hypnotherapy, National Council of Psychotherapy, Hypnotherapy Association, General

Hypnotherapy Standards Council, British Institute of Hypnotherapy

I specialise in the treatment of Eating Disorders Training. Prof Crisp-Lacey St. Georges Hosp. London.  
CBT 'Mind over Mood' therapy - Dr. Christine Padesky. Anxiety/Depression/Panic Attacks.  
Dr. Michael Yakoo - Imperial College, London  
Stress Related Disorders - i.e. Tinitis - Muscle Spasm.

#### Antony J. Edwards; Registered Hypnotherapist & Hypnoanalyst

The Trinity Centre for Natural Health & Healing  
21 Trinity Street  
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**CO1 1JN**  
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E: aje@hypnos.me.uk  
W: www.hypnos.me.uk  
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#### Elaine Carpenter Hypnotherapist

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T: 01787 210601  
National Register of Hypnotherapists & Psychotherapists

#### Deborah Challacombe Suffolk Hypnotherapy Ltd

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Long Melford  
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**CO10 9JF**  
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E: deb@suffolk-hypnotherapy.co.uk  
W: www.suffolk-hypnotherapy.co.uk  
Association for Neruo-Linguistic Programming, British Society of Experimental & Clinical Hypnosis, Association of Analytical & Cognitive Therapists, General Hypnotherapy Register

#### Frances Griffiths Harmony In Mind

The Brambles  
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Manningtree  
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**CO11 2UX**  
T: 01255 870829  
E: frances@harmonyinmind.co.uk  
W: www.harmonyinmind.co.uk  
Association for Professional Hypnosis and Psychotherapy

My original training was at the Essex Institute of Clinical Hypnosis where I studied Clinical Hypnotherapy and Hypnoanalysis and I have undergone further specialist training including working with conditions such as chronic fatigue/M.E., tinnitus, PMT, IBS and childbirth. My experience includes helping clients to quit smoking, control weight, deal with anxiety, lack of confidence, low self esteem, depression and phobias.

I am especially interested in the mind body link and helping clients with physical conditions, by working with the stress and anxiety associated with an illness, teaching relaxation techniques, and helping to develop a more positive state of mind.

As a HypnoBirthing Childbirth Educator I teach mothers techniques for more comfortable childbirth through visualisation, guided imagery and special breathing.

I am a member of the Association for Professional Hypnosis and Psychotherapy, the Register of IBS Therapists, and an affiliate of the HypnoBirthing® Institute.

I offer a free initial consultation which give clients the opportunity to discuss what they want to achieve and to find out if hypnotherapy is the right therapy for them.

#### William O'Sullivan County Practise Hypnotherapy

53 Regimental Way  
Dovercourt  
Essex  
**CO12 5FE**  
T: 08006 349842  
E: w.osullivan@countypractise.com  
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Association for Professional Hypnosis and Psychotherapy, Hypnotherapy Society, National Council of Psychotherapists

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**Brad Mace Hypnotherapy**

8 Hesper Road  
Hythe Quay  
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**CO2 8JB**  
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E: brad@hypnotherapy.gioserve.com  
The Association for Professional Hypnosis and  
Psychotherapy, - APHP

**Marisa Brummitt**

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**CO3 3DN**  
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General Hypnotherapy Register, The Hypnotherapy  
Association, The Association for Meridian Energy  
Therapies

**Liz Kotarska FRICS, DABCH, MCAHyp  
Advanced Hypnotherapy and HypnoHealing**

Asbyrgi  
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T: 01206 299 724  
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The Royal Institution of Chartered Surveyors, The  
Corporation of Advanced Hypnotherapy  
*Liz Kotarska combines a background in Chartered  
Surveying with a lifelong interest in psychology and  
personal development. This means that she brings a  
high level of professionalism and enthusiasm to her  
work in Advanced Hypnotherapy and HypnoHealing.*  
*Liz trained with the Atkinson-Ball College of  
Hypnotherapy and HypnoHealing and is a member of  
the Corporation of Advanced Hypnotherapy which is  
affiliated to the UK Confederation of Hypnotherapy  
Organisations. The Corporation has its own Code of  
Ethics and is dedicated to the highest standards in the  
practice of hypnotherapy.*

*Advanced Hypnotherapy and HypnoHealing can help  
with a wide range of psychological and physical  
difficulties, performance improvement and self  
understanding.*

*Some examples of conditions which can be  
helped: Addictions, Alcoholism, Allergies, Anger,  
Anorexia, Anxiety, Asthma, Bed-wetting, Blushing,  
Childbirth preparation, Compulsions, Confidence,  
Depression, Exam nerves, Frustration, Guilt feelings,  
Hay fever, Headaches & migraine, High blood pressure,  
Indigestion, Inhibitions, Insomnia, Irritable bowel  
syndrome, Learning difficulties, Marital Problems,  
Memory, Nail biting, Neurosis, Nightmares, Pain control,  
Panic attacks, Phobias, Psoriasis, Public speaking, Self  
consciousness, Sexual problems, Shyness, Smoking,  
Sport performance, Stammering, Stress, Twitching,  
Ulcers, Warts, Weight control.*

*Liz works from her home on the Essex/Suffolk border,  
close to the A12 trunk road.*

*Initial Consultations available with no further obligation.*

**Ian Tonothy**

59 Addiscombe Road  
Croydon  
Surrey  
**CRO 6TT**  
T: 020 8656 3310  
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The European Therapy Studies Institute, The Society of  
Stress Managers, The Hypnotherapy Society, The  
Hypnotherapy Association, The Hypnotherapy Research  
Society, The UK Hypnotherapy Register,  
*The following are just some of the stress-affected areas  
in which I have helped clients to improve their lives:*  
*anxiety, agoraphobia, asthma, confidence, indigestion,  
enuresis, fear, high blood pressure, eating distress,  
examination nerves, grief, inhibitions, irritable bowel,  
learning difficulties, memory, migraine, nerves,  
nightmares, compulsions, panic, phobias, public  
speaking, relationships, self esteem, sleeplessness,  
smoking, sports performance, stage fright, tension,  
travel fright, weight control.*  
*A free initial assessment session is given in every case.*  
*At this session I first ask the client to fill in a short  
questionnaire before we talk things through and they  
tell me about themselves and what they would like to  
change. If I believe that hypnotherapy can help I then  
explain in detail how I work, answer questions they may  
have, and give them an assessment of their case and an  
estimate of the length of the course. The next step is  
up to them: they can either book their first appointment  
or go away and think things over first.*  
*I have full professional indemnity insurance and use  
approved modern techniques.*

**Tina Taylor  
Unconscious Healing**

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T: 07946 351640  
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W: www.unconscioushealing.com  
British Society of Clinical Hypnosis, International Society  
of NLP  
*Tina Taylor is a Hypnotherapist and NLP Trainer  
providing services in the south of England; a member of  
the International Society of NLP and the British Society  
of Clinical Hypnosis. Over the years Tina has studied  
extensively with DR Richard Bandler, co-creator of NLP  
both in the UK and USA. She regularly assists on Dr  
Bandler's courses in London.*

*NLP techniques are very effective in helping people  
overcome fears and phobias.*

*Tina has studied HypnoBirthing with midwives, at a  
hospital in Ohio, US and teaches women how to use self  
hypnosis to achieve a more relaxed birth experience, so  
that they are able to call upon their bodys medication  
during labour. These techniques are also effective in  
helping people to reduce high blood pressure.*

*Tina also works with couples who are experiencing  
fertility problems, helping them deal with any fears or  
obstacles, whether they be conscious or unconscious,  
whilst giving them strategies that can be useful now as  
in the future.*

**Paul Thurman  
Awaken 2 Life**

32 Seymour Road  
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General Hypnotherapy Register

**Jean Murton  
Belmont Hypnotherapy Centre**

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W: www.belmont-centre.co.uk  
British Association Therapeutic Hypnotist, Master Neuro  
Linguistic, International Medical & Dental Hypnotherapy,  
Hypnotherapy Association, National Council  
Psychotherapy, Belmont Hypnotherapy Centre (BHC), UK  
Guild of Hypnotist Examinations, Hypnotherapy Society

**Edward Bailey  
Complementary Health Clinic**

The Centre  
The Old Police Station  
Prospect Road  
Hythe  
Kent  
**CT21 5NH**  
T: 01303 230300  
W: www.theinnercircle.fsnet.co.uk  
National Association of Counsellors Hypnotherapists &  
Psychotherapists, GHSC / General Hypnotherapy  
Register  
*Skilled in Counselling, Psychotherapy, Neuro Linguistic  
Programming; Ericksonian, Clinical and Holistic  
Hypnotherapy. With 9 years experience.*  
*Flexible mobile service; Sessions at your practice /  
health centre etc. House calls anywhere between Lydd,  
Hythe and Ashford.*  
*I can frequently assist with the majority of conventional  
mental, emotional and sexual problems; Bereavement,  
Stress related illness, Smoking, Weight problems,  
Stroke/surgery recovery, and also [through  
manipulation of psychobiological / Hypothalamic-  
Lymbic system processes] - see latest research of Dr  
Pert and her colleagues on Neuropeptides and their  
receptors and Rossi on the Psychobiology of Mind Body  
Healing - scar removal, some cosmetic and  
physiological problems such as IBS and neuralgia.*  
*I enjoy a high success rate and would be delighted to  
work more closely with the conventional medicine  
profession and the NHS.*  
*I have been a member in good standing of the National  
Association of Counsellors, Hypnotherapists and  
Psychotherapists since 1995 and am a registered senior  
hypnotherapist with the GHSC / GHR [Reg.Number  
1370]. I also run my own school of hypnotherapy and  
Neuro Linguistic Programming, teaching to an  
extremely high standard.*  
*My current insurance - obtained via the NACHP - covers  
me for an upper limit of two million pounds per client.*

**Catherine Shannon**

Toad Hall  
74 Clover Rise  
Whitstable, Kent  
**CT5 3HT**  
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Institute for Learning and Teaching in Higher Education,  
The Belmont Hypnotherapy Centre, The British  
Association of Therapeutic Hypnotherapists, British  
Association of Social Workers, General Social Care  
Council  
*I have over thirty years experience working within the  
NHS and Social Services. I qualified as general nurse in  
1973 and obtained the District Nursing certificate in  
1985. I trained as a stoma therapist and specialized in  
altered body image until I joined Kent Social Services in  
1989.*

*I subsequently qualified as a Social Worker and gained  
experience working with people with: Mental Health  
problems; HIV and Aids; Hospital Social Work; Physical  
and Learning Disabilities and Older people.*

*I gained an Honors Degree and the Post Qualifying  
Award in Social Work, which included a qualification in  
Solution Focused Therapy. I have a Diploma in  
Hypnotherapy and work part time as a Clinical  
Hypnotherapist.*

*I am also trained in Motivational Interviewing and NLP.  
I have a post graduate teaching qualification and work  
as a part time tutor at my local University, teaching and  
assessing on post graduate social work courses.*

*I work part time for the NHS as a mediator as well as  
working as a Senior Social Worker.*

*I have been police checked and I am registered with the  
General Social Care Council.*

*I have many years experience assisting and coaching  
clients and staff in overcoming their problems, making  
suitable life choices and attaining their chosen goals.*

*I incorporate Solution Focused Therapy, Cognitive  
Behavioral Therapy and NLP techniques into my Clinical  
Hypnotherapy work.*

**Edward Fitzgerald BA(Hons) MSc(Econ) MNCP  
FHRS MNCH(Acc)**

**Edward Michael Fitzgerald**  
Elm Tree Cottage  
Green Lane  
East Northdown  
Clifton Ville  
Margate, ent  
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T: 01843 864731  
National Council of Psychotherapists, National Council  
of Hypnotherapists, Fellow Hypnotherapy Research  
Society, Vocational Registration General Hypnotherapy  
Standards, Council

*The practitioner is a clinical psychologist who specialises  
in: Psychoanalysis: aiming to bring to awareness in  
previous minor emotional world to improve capacity to  
relate to others and to value themselves.*

*Cognitive Therapy/behavioural therapy: To counter  
depression and negative self-concepts or/and world  
views. To abolish undesirable responses.*

*Person Centred Therapies: (complex, child, family and  
sexual)*

*To enable choices within a greater sense of reality.  
These therapies are geared to achieve goals, are time-  
limited, and are focused on particular problems.*

*Hypnotherapy: This aims to counter depression and or  
phobias via regression work and sub-conscious  
stimulation. It endeavours to promote self-esteem.*

*Counselling: To counter self-defeating and perceptions  
and to promote self esteem.*

*General Comments: The feeling or sensation that often  
prompts clients to seek psychotherapy, hypnotherapy,  
or counselling is the equivalent of wading through and  
being halted in front of an invisible barrier. This may  
be because of a particular crisis.*

*(1) Relational: such as abandonment by a partner, a  
breavement, or changing relationships with a parent or  
child. (2) Personal: such as the discovery of a serious  
disease. or (3) Environmental: such as loss of home or  
job.*

*This is the flavour of my mainstream work.*

**Bianca Mullin  
The Clinical Hypotherapy Practice**

3 The Quadrant  
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**CV1 2DY**  
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F: 02476 243 817  
E: b.mullin1@btinternet.com  
The General Hypnotherapy Register  
*Bianca Mullin C.M.H Chyp CPNLP GQHP.*  
*I am an active member of the General Hypnotherapy  
Register. I run a busy practice where I offer a wide  
range of treatments and therapies. I am also a  
practitioner of Neuro Linguistic Programming. With the*



combined skills of hypnosis and powerful tools of NLP I am able to make real differences to the lives of my clients. From stopping smoking, weight loss, phobias, depression, skin disorders, panic attacks, insomnia, pain management, impotency, addiction, stuttering, learning problems, stress and much more.

I also offer corporate stress management packages.

For an informal chat please do not hesitate to contact me.

#### Stuart Broadway

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The Society of Stress Managers, European Therapy Studies Institute

Stuart Broadway has many years experience in the private, public and voluntary sectors, working as a practitioner and a senior manager in social care and education settings. A fully qualified hypnotherapist and stress manager, Stuart operates a successful practice on a peripatetic basis, working with clients in the comfort and privacy of their own homes.

Stuart belongs to the Society of Stress Managers, the professional association for practitioners qualified to nationally accredited standards in the skills of stress management and hypnotherapy. As such, Stuart is bound by the Society's code of conduct, ethics and practice. Stuart is also a member of the European Therapy Studies Institute. He carries full professional liability insurance and regularly participates in training as part of his continuous professional development.

Stuart uses a variety of techniques at both conscious and sub-conscious levels to help with stress, anxiety, phobias, confidence, self-esteem, depression, weight control, smoking, sleep problems, performance, work-life balance, relationships, loss and many more life issues. Following an initial assessment session, which is free of charge, a programme is outlined to suit the individuals needs. This usually involves sessions of non-evaluative analysis and hypnotherapy.

Hypnotherapy sessions are recorded for the client to listen to between sessions.

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International Council of Holistic Therapists, General Hypnotherapy Register, Federation of Holistic Therapists

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Registered HypnoBirthing Practitioner (Marie Mongan Method), The Association for the Advancement of Meridian Therapies, (Member), The General Hypnotherapy Register (Affil), The International Association of Hypnotherapists (Member)

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British Institute of Hypnotherapy

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General Hypnotherapy Register

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The Society of Stress Managers

#### Helen Lindley-Nash Free To Be (UK) Ltd

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National College of Hypnosis & Psychotherapy, National College of Psychotherapists, National Register of Hypnosis & Psychotherapy, Association for Advancement Meridian Therapies, International Stress Management Association

*Helen Lindley-Nash works with both support groups and individual clients, using highly effective techniques such as Emotional Freedom Technique, Psychotherapy, Nutritional Analysis and Hypnosis to help alleviate and remove symptoms as wide ranging as anxiety, neuroses, phobias, sleep and eating disorders and most chronic disease conditions.*

*Helen has a BA Hons in Law and Politics, a BSc in Psychology and is currently studying for an MSc in Practitioner Research at Manchester University. She has a holistic approach to therapy and is trained in Hypnotherapy and Psychotherapy with the National College of Hypnosis and Psychotherapy and in Diet Nutrition with ITEC.*

*She is an Associate Member of the International Stress Management Association and a Member of the Association for the Advancement of Meridian Therapies, a qualified Trainer and Advanced Practitioner in Emotional Freedom Technique (EFT), a practitioner of Be Set Free Fast (BSFF), and a Reiki Master / Teacher.*

*She is a partner in a practice specialising in:*

*Smoking Cessation; Phobias; Eating and Weight Issues; Stress Management.*

*The main therapeutic approach used at the Free-To-Be (UK) Ltd practice is Emotional Freedom Technique (EFT), and Helen is a trainer and Advanced Practitioner in EFT.*

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Association for Professional Hypnosis and Psychotherapy, National Council for Hypnotherapy  
*I am a qualified hypnotherapist trained by Washington School of Clinical and Advanced Hypnosis and hold a Diploma in Hypnotherapy.*

*I have completed advanced courses in Smoking Cessation, Anxiety, Stress, Depression, Post Traumatic Stress Syndrome and Analytical Therapy. I am a member of the National Council of Hypnotherapy, National Guild of Hypnotists, Association of Professional Hypnosis and Psychotherapy and National Cessation Smoking Institute.*

*I am able to treat clients with a wide variety of conditions including but not limited to: weight loss, weight management, fears & phobias, smoking cessation, stress, depression, relaxation therapy and anxiety.*

*I am also a qualified Life Coach trained by the UK Academy and I am a member of the International Guild of Professional Consultants and Coaches.*

*I am a qualified Level II Reiki Practitioner and I am registered with the Complementary Therapists Association (number 43577).*

*I take a holistic approach towards my clients for their overall well being. Being qualified in a number of disciplines allows me to use my knowledge for the best advantage to my clients.*

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The Hypnotherapy Association

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British Society of Clinical Hypnosis, British Psychological Society

*I trained to be a Hypnotherapist with the London College of Hypnotherapy which is deemed to be one of the best training colleges in the U.K. and is one of the largest in the world. Lecturers from this college also teach medical students at highly respected institutes*

*such as Oxford University.*  
*I studied at Greenwich University where I gained a Bachelor of Science in Psychology and I am a member of the British Psychological Society Mem.No. 161400. I also conform and abide by the rules set out by the British Association of Counsellors and Psychotherapists.*  
*I believe that Hypnosis is a gentle but very powerful psychological tool which should be used only for therapeutic purposes. I also believe in teaching clients how to use this wonderful tool for themselves which means the time spent with me is as short as possible. I like to see myself as an Integrative Therapist and apply whichever school of thought I perceive to be the best for the client, whether it be psychoanalytical or cognitive and behavioural. I also like to use Solution Focus Therapy which focuses on what the client wants and therefore allows the unconscious mind to carry on working in that direction.*

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The Hypnotherapy Association, The U.K. Register of IBS Therapists  
*I became a full time Clinical Hypnotherapist in 1993, having been a teacher for nearly twenty years before then. My original training gave me a good grounding in Hypnotherapy and Stress Management, with a broad understanding of the typical problems including panic attacks, phobias and other anxiety related issues. From that time on, I have continued to upgrade my skills, knowledge and techniques.*

*I began The Smokers Clinic in 1995, following the first of many specialist trainings in smoking cessation. Knowing many techniques allows me to adapt them to suit the needs of the individual. Most clients stop after a single session, and there is support to ensure continued success.*

*Hypnotherapy has been proven highly effective in alleviating the symptoms of Irritable Bowel Syndrome. I use the "Gut Specific" techniques that form the basis of the UK Register of IBS Therapists and expect a minimum of 80% reduction of symptoms.*

*In May 2005 I expect to complete training in Neuro Linguistic Programming (NLP) and Medical Hypnosis. The advanced techniques of the American Association of Medical Hypnotherapists give benefits across a wide range of medical conditions, most notably in Pain Control. They often allow reduced medication and a better quality of life.*

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General Hypnotherapy Standards Council, General Hypnotherapy Register  
*I provide an integrated approach with hypnotherapy, psychotherapy and counselling and have training and experience in several therapeutic disciplines including Psychoanalysis, Rational Emotive Behaviour Therapy (REBT), Transactional Analysis and Inner Child work. This integrated approach is particularly effective as it attempts to uncover the cause of the problem, as well as changing the unwanted behaviour and feelings. The approach is flexible and the client usually participates in understanding and deciding upon the most appropriate and effective therapy.*

*I was trained with the UK College of Hypnosis and Psychotherapy (UKCHP) and was awarded the General Qualification in Hypnotherapy Practice and NCFE certification in Counselling Skills and Theory and Integrated Hypnotherapy and Psychotherapy.*

*I operate a small, discreet and comfortable private practice in Yoxall near Burton and Lichfield.*

*I am happy to work with most life issues and have helped clients to bring about improvement or resolution with depression, anxiety, psychosomatic disorders, pain control, smoking, fear/phobias, workplace stress, and both home and work relationships.*

*I am mature with a long-term involvement in psychology and extensive life experience which, I feel, enhance the counselling relationship.*

*I am always willing to consider appropriately reduced fees for local clients with difficult financial circumstances. I am fully insured.*

**Frances Rostron**  
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General Hypnotherapy Register

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, General Hypnotherapy Register, National Council of Psychotherapists  
*My name's Tim Goodwin. I'm an experienced hypnotherapist and psychotherapist based in Derbyshire.*

*I'm a registered practitioner of Transformational Therapy, a Licentiate Member of the National Council of Psychotherapists, member of the General Hypnotherapy Register and hold a certificate in Critical Incident Debriefing.*

*My practice covers all the usual conditions which respond well to hypnotherapy: weight loss, smoking cessation, stress, increased self esteem etc all of which can be seen as preventative measures. I also have a particular interest in the treatment of phobias, depression, anxiety, pain control and chronic fatigue syndrome. In addition, I am promoting the use of hypnotherapy in the treatment of chronic, long-term illness and in palliative care where a positive mental outlook can greatly enhance the patient's quality of life.*

*I have practices in Bakewell, Brassington and Derby. Since qualifying in 2001 I have undertaken further advanced training with Paul McKenna, Europe's foremost hypnotist, and with Dr. Richard Bandler, one of the originators of a popular and effective method of personal change known as Neuro Linguistic Programming (NLP). I've recently become a Master Practitioner in NLP.*

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*Initial consultations conducted free of charge.  
Home visits also available together with clinic consultations in Carlisle, Hexham, Dumfries and Moffat.  
Self-Hypnosis and Stress/Anxiety training also provided. In addition to the general practice of hypnosis I also represent the National Phobias Society and UK Hypnobirth Register across all of my clinic areas. Feedback from referrals provided promptly to ensure full support to health care professionals.*

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*Dr David Knight Master Hypnotist, is a Doctor of Science and Hypnosis. Dr Knight is the founding member of the British Academy of Hypnosis having received professional training and over 15 years experience in Advanced Hypnosis and Quantum Pain Therapy.*  
*As a Hypnotherapist David Knight specialised in Stress and Anxiety issues, sporting performance, stopping smoking, pain relief, weight loss and fears and phobias. With over 15 years professional experience, David Knight has vast knowledge of Hypnotic techniques and is available for appointments in North Yorkshire and across the UK.*  
*As a Trainer, David Knight is the founder of The British Academy of Hypnosis and has been successfully training Hypnotherapy students since 1998.*  
*David Knight is also the founder of Quantum Pain Therapy. Quantum Pain Therapy is a technique proven to give pain relief from all forms of chronic pain. Privacy and confidentiality is assured with one of the UK's best-known Hypnotherapists.*  
*For more information please visit the following websites: The British Academy of Hypnosis: www.BritishHypnosis.com  
David Knight's personal website at: www.DavidKnight.net  
Quantum Pain Therapy: www.QuantumPainTherapy.com*

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Hypnotherapy Society, Federation of Small Businesses  
*Accredited by the British Medical Hypnotherapy Examinations Board. A full member of the Hypnotherapy Society. Specialising in Stress Management, Dental Phobias.*  
*Have a good rapport with people in the medical and dental profession, which results in referrals (private) usually for treatment of the above.*  
*I also have a lot of experience with Renal patients and treatment of stress caused by this condition. I am also a lecturer with the Northern College of Therapeutic Hypnosis, at Newcastle and Leeds general hospitals.*

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Select Organisation British Society of Clinical Hypnosis  
*Paul Cullingworth BSc, D.Hyp Dist (LCCH), BSCH (affil), Dip Life and business coaching has developed a longstanding successful academic interest in Psychology and person development.*  
*Paul is a qualified Life and Business Coach and a qualified Clinical Hypnotherapy practitioner through the London College of Clinical Hypnosis and the University of Greenwich.*  
*Paul is a member of the British Society of Clinical Hypnosis, The Coaching Association, The Coaching Network and the Complementary and Alternative Medicine Research Network.*  
*Paul offers help and support with Smoking Cessation, Weight Control, Pain Control, Habit Breaking, Phobias, Stress, Self Confidence, Childbirth, Eating Disorders and many more!*

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The General hypnotherapy Register  
*Having met all the requirements of the GHR, I have a private practice in Tickhill and one day a week practice at Worksop, Notts.*  
*Work I undertake are in the areas of: stress, depression, anxiety, to clients who have suffered from abuse as children to clients who have sexual neurosis.*  
*Therapy normally takes 8 weeks. That's one session a week when clients will be taken into hypnosis and have 4, 1 hourly sessions of free association, for the first 4 weeks. The last 4 sessions, is the bringing about change in the way subconscious perceives the problem.*  
*My main goal, is to integrate and help with local medical practices and the community.*

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Hypnotherapy - 4 - U**  
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General Hypnotherapy Register, British Institute of Hypnotherapy  
*I am a clinical hypnotherapist practising in the latest motivational and stress management techniques. When treating clients, I combine hypnotic procedures with other appropriate counselling and therapeutic techniques as listed:- hypno-analysis; guided visual imagery; psychotherapy; cognitive behavioural therapy; neuro-linguistic programming; thought field therapy and the Eriksonian approach.*

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*Hypnosis can be a powerful tool in a patient's recover. I specialise in and have had much success in the resolve and relief of problems associated with stress management, anxiety, depression, fears, phobias, weight loss, confidence building, smoking cessation, regression, progression and insomnia. Other treatments are available such as pain management, anger management, fear of examination etc.*

*You will find me listed on the General Hypnotherapy Register (GHR), the registering agency for the General Hypnotherapy Standards Council and also with the British Institute of Hypnotherapy. My personal history can be found on my website [www.hypnotherapy-4-u.co.uk](http://www.hypnotherapy-4-u.co.uk).*

*Unlike many other psychological therapies, hypnotherapy is generally considered to be a fairly short-term approach in which beneficial change, if it is to occur, should become apparent within a relatively few sessions.*

*Rates: £40 per session (60-90 minutes)*

*Clients are given a support CD after every consultation.*

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The General hypnotherapy Register

*Having met all the requirements of the GHR, I have a private practice in Tickhill and one day a week practice at Worksop, Notts.*

*Work I undertake are in the areas of: stress, depression, anxiety, to clients who have suffered from abuse as children to clients who have sexual neurosis.*

*Therapy normally takes 8 weeks. That's one session a week when clients will be taken into hypnosis and have 4, 1 hourly sessions of free association, for the first 4 weeks. The last 4 sessions, is the bringing about change in the way subconscious perceives the problem.*

*My main goal, is to integrate and help with local medical practices and the community.*

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*I have worked with clients over several years helping them to resolve issues such as addictions, weight control, anxiety states (fears, phobias, panic attacks, etc) and other problems.*

*I also offer a highly valued support and resource service to other hypnotherapists world-wide through my website, [www.hypnoticworld.com](http://www.hypnoticworld.com) which currently has over 1,500 member and teach hypnotherapy through the Hypnotic World International Academy of*

*Hypnotherapy. The training material has been approved (category 1) by the Hypnotherapy Society and accredited by the American Board of Hypnotherapy.*

*I have also written articles for hypnotherapy journals and appeared on TV and radio to discuss and take part in experiments relating to my speciality.*

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**Debbie Mary Flett  
Who Am I? Counselling & Hypnotherapy Service**

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British Association of Counselling and Psychotherapy, General Hypnotherapy Register

*I specialise in Gender Dysphoria and other human sexuality problems, provide assessments and referrals for second opinions, leading to gender reassignment surgery, using Counselling and Hypnotherapy.*

*I treat a wide range of problems using Hypnosis from...*

*Sexuality and gender problems, Asthma, addictions, phobias, allergies, amnesia, quitting smoking, bereavement and Insomnia.*

*I offer professional one to one, group counselling, and Hypnotherapy for all of the above and much more.*

*I am qualified counsellor to advanced Diploma level, C.P.C.A.B qualifications accredited by Q.C.A. I am a member of British Association of Counselling and Psychotherapy, as well as the General Hypnotherapy Register. (Validated Practitioner) Diploma merit with distinction Hypnotherapy, and a member of the Clinical and Therapeutic Hypnosis Association.*

*With the use of Hypnotherapy coupled with professional counselling, the patient's treatment time, and recovery is normally speedy, agreeable and permanent.*

*Debbie Mary Flett. Adv Dip Couns CPCAB. QCA. acc Dip Hyp (E.T.U.K.) M.C.T.H.A. G.Q.H.P. Member BACP. Ghr*

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General Hypnotherapy Register, General Hypnotherapy Standards Council

*Corinna Elsey is a Nationally Registered Hypnotherapist accredited by the National Regulatory Register for Hypnotherapy. Corinna specialises in Regressional techniques which are at the forefront of clinical hypnotherapy. Regression directs the client to the root of the problem so that it can be understood and rationalized to create a positive change.*

*Because of the nature of regression, almost all presenting problems can be treated, including: Stop smoking, weight loss, migraines, confidence problems, depression, frustration, gambling, indecisiveness, nail biting, phobias, relationship issues, stress, panic attacks, pain, insomnia, nightmares, irritable bowel syndrome and cravings to name a few.*

*Results are quick and permanent. If the client does not desire regression, then Corinna is also fully qualified in Suggestion hypnotherapy, which is exceptionally relaxing and can be tailored to suit all needs.*

*For more information and to read client testimonials, please visit www.cehypnotherapy.com or email Corinna at info@cehypnotherapy.com*

*Cehypnotherapy is currently based in central London, each session lasts between one or two hours and there are special reduced rates for members of the NHS and anyone referred by the NHS. For current rates, please ask when booking an appointment.*

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Association of Neuro-Linguistic Programming, British Institute of Hypnotherapy, General Hypnotherapy Register, General Hypnotherapy Standards Council

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British Institute of Hypnotherapy, UK Hypnotherapy Register, The Hypnotherapy Association

*During 1992 Jenny began to study various Counselling methods and became a voluntary Bereavement Counsellor. In 1993 she was accidentally led into Hypnotherapy, training with The Association of Ethical & Professional Hypnotherapists, (latterly known as The Robert Shields College), fell in love with the whole process and still continues to be fascinated with all*

aspects of mind work today.

*Wishing to delve further into this area Jenny studied further aspects of NLP at Waltham Forest College in 1996/7 and in 1999 became one of the first Accredited Journey Therapists to be trained by Brandon Bays. Jenny is currently studying EFT and is also a Reiki Master.*

*Jenny runs a successful therapy practise from her home in Walthamstow, and also at a Medical Centre in Chingford on one day a week, specialising in phobias, panic attacks, stress relief, smoking cessation, weight control and some forms of depression.*

*Jenny is a member of The Hypnotherapy Association, The UK Hypnotherapy Register, and British Institute of Hypnotherapy.*

*DipHP, MAEPH, MBIH, MTHA (RegHyp), LOC Cert NLP, Accredited Journey Therapist.*

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LHS, BHYP, CCC, GHR, BACP

*One Therapy provides Hypnotherapy and Counselling from offices in Central and East London.*

*Reports follow DSM-IV format. Integrative approach supported by REBT/CBT in Post Therapy.*

**Joe Briffa**  
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General Hypnotherapy Register, General Hypnotherapy Standards Council

*My Approach focuses on solving current problems by working with a clients own resources rather than looking for causes. This solution-focused approach is generally highly successful at relieving suffering in the long as well as the short term. Usually rapid results are produced, with a single session often being enough to resolve even long-standing issues.*

*My areas of particular interest are the treatment of depression, anxiety disorders, PTSD and phobias.*

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British Society of Experimental & Clinical Hypnosis, The Hypnotherapy Society, General Nursing Council

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**James Wolff**  
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British Society of Clinical Hypnosis

*James Wolff specialises in treating:*

*Smoking addiction - aiming to address and change any of the individuals previous attractions to smoking, while strengthening the part of them that wants to stop. A single session is usually all that is required.*

*Weight/eating problems - taking an integral approach which addresses psychological and emotional aspects of eating. Appropriate for weight reduction, over-eating, obesity and treating bulimia nervosa.*

*Irritable bowel syndrome - providing physical relief and control with hypnosis whilst reducing anxiety and boosting confidence.*

*Stress-related problems - through an analytical, cognitive and behavioural approach, unwanted fears, phobias and physical responses such as blushing, hair-pulling, teeth-grinding, stuttering, panic attacks, tension headaches, insomnia, stammering and tics/dystonia, can often be significantly reduced.*

*Psychogenic infertility and nocturnal enuresis can also be treated.*

*Obsessive compulsive disorders - easing emotional tension and deconditioning compulsive habits.*

*Pre-operative nerves/stress - particularly anxious patients can be prepared for operations using a combination of cognitive and self-relaxation processes.*

*James currently (2004) works in Edinburgh at the Marchmont Complementary Health Centre - 30 Marchmont Road - and Dunbar at the Whole Body - 6a High Street. Concessions are offered on discretion and evening appointments are available. For further enquires, contact: jim@fflow.fsnet.co.uk*

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Royal College of Nursing, British Society of Clinical Hypnosis

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*Terence Silverton DCH Dip. MBSC. TFTdx*  
*Terence gained his diploma in clinical hypnotherapy in 1997 with the London College of Clinical Hypnosis. He is a full member of both the British Society of Clinical Hypnosis and the Hypnotherapy Association.*  
*He trained in advanced and ultra depth hypnosis with the International council for medical and clinical therapists of America.*  
*Terence has also qualified with Dr. Roger Callahan in diagnostic thought field therapy (TFT) techniques and undertaken training in EFT emotional freedom therapy with Gary Craig.*  
*Terence utilises these techniques in his practice for the treatment and relief of a variety of physical and psychological symptoms they range from overcoming maladaptive habits and behaviours such as smoking through to pain control, phobias and inhibitions. The whole object of these therapies is to give the patient the control, which has been lost resulting in unwanted symptoms.*  
*Terence has now added a unique method to stop smoking having joined the EasyStop group of consultants who use the best of all the leading edge therapies including behaviour modification and NLP neuro linguistic programming with the most powerful hypnosis techniques to help combat both the habit and the addiction resulting in higher success rates.*

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British Society of Clinical Hypnotists, Federation of  
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*I have professional liability insurance with SMG Professional Risks and am a member of the British Society of Clinical Hypnotists.*  
*Criminal Records Certificate Sections 113 and 114 of the Police Act 1997 Disclosure Number: 001068762324 (Feb. 2004)*  
*Having spent many years teaching in Primary Education - mainly with Reception and Year 1 children. I retrained in Hypnotherapy and Qualified with London College of*

*Clinical Hypnotists in 2002 and subsequently studied for and obtained the Practitioner Diploma in 2003, giving a greater range of techniques to work with.*  
*I regularly attend Professional Development Seminars to improve my knowledge and understanding as well as keeping up to date with current practices. I work with people of all ages with a variety of conditions.*  
*I have treated clients for; stopping smoking, weight control, confidence building, phobias, adjusting to life changes, migraines and pain control, emotional issues, improving sporting achievements and nocturnal enuresis (adult).*  
*Being a member of the British Society of Clinical Hypnotists enables me to contact other Hypnotherapists in order to call upon their support and expertise with difficult cases.*

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*Alan is a registered clinical hypnotherapist and a Masters qualified hypnotist. He has a diploma in clinical hypnotherapy, a practitioner's certificate in Neuro Linguistic Programming (NLP) and certificates in Counselling, Transactional Analysis (TA) and adult education.*  
*Alan's professional and caring approach towards his clients ensures they find the whole experience of hypnotherapy enjoyable, relaxing and beneficial. Alan uses a mixture of hypnotherapy, NLP, TA and other related therapies to guarantee that each client's individual requirements are fulfilled. Alan is fully insured and has experience of providing clinical hypnotherapy to clients with an age range from 4 years old, through to 82 years old.*  
*He is registered with and accredited by the General Hypnotherapy Register (GHR), the General Hypnotherapy Standards Council (GHSC), the British Institute of Hypnotherapy (BIH), the Association for Neuro Linguistic Programming (ANLP) and the Institute of Transactional Analysis (ITA). He is also an accredited member of the main USA hypnotherapy organization - The National Guild of Hypnotists (NGH).*

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**HEALTHY HABITS COMPLEMENTARY HEALTH CLINIC**

*Healthy Habits Ltd aims to provide the highest possible standards of Complementary Therapy.*

*Based within the luxurious surroundings of Greens Health and Fitness, Giffnock, Glasgow, Healthy Habits provides a range of Complementary Therapies to members and non-members alike, throughout the week, Including: Acupuncture, Bowen, Chiroprody, Indian Head Massage, Lymphatic Drainage, Nutritional Therapy, Reflexology, Reiki, Sports and Remedial Massage, Therapeutic Massage, Hopi-Ear Candling, baby Massage, Stress Management, Hypnotherapy. Prices range from £15.00*

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**Sheila Ross BA Hons D.Hyp BSCH**

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**Mary Frame**

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kirkintilloch  
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, British Society of Clinical Hypnosis  
*Graduated in medicine from Glasgow in 1980. Then after completing training for general practice, I was a Principle in General Practice for 17 years. I then studied Hypnotherapy and Reiki and now use both of these in my role as Staff Grade at Marie Curie Hospice, Huntershill, Belmont Road, Glasgow.*

**Angela Trainer  
The Harvest Clinic**

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British Society of Clinical Hypnosis Fellow of British Medical Hypnosis Association  
*This Clinical practise employs 5 clinical hypnotherapists/psychotherapists all of whom are lecturers for the London College of Clinical Hypnotherapy. The 2 Directors, Angela Trainer and Graham Watts (specialists in relationship & womens issues / drugs & alcohol addiction respectively) each have almost 20 years experience in their field. Dr.Mary Frame is a retired GP who has now specialised in Clinical Hypnosis. Tony Lappin has 20 years experience in Social Work as a Counsellor for Children from Dysfunctional backgrounds. Both Angela & Graham work as Consultant therapists for BBC & STV Links are already established with MCI Hospital (Chronic Pain Unit).*

**James McQuiston  
New Images Hypnotherapy**

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**James Smart  
BODYMIND Fitness and Hypnosis**

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International Hypnosis Organisation, Association of Professional Hypnotherapists and, Psychotherapists, General Hypnotherapy Standards Council, Register of Exercise Professionals, General Hypnotherapy Register  
*James Smart is a qualified Hypnotherapist, Fitness Instructor and GP Referral for Health Tutor. Hypnotherapy for Smoking Cessation, Weight Loss, Fears, Phobias, Stress, Insomnia, Relaxation, Nerves, Anxiety, Confidence, Motivation, habits and Pain Control.*

**Also incorporating Specialist Classes -**

*"HYPNOSLIM" A weekly class involving weigh in, nutritional information, exercise and hypnotherapy to help improve lifestyle and promote weight loss.*

*"HypNOSmoke" A weekly class involving smoking diary, yoga and hypnotherapy to help with smoking cessation. Promotes lifestyle changes including regular exercise, a healthy balanced diet and relaxation techniques.*

*"HypNOSTress" A weekly class utilising yoga and relaxation techniques to help with stress management. Personal and Group GP Referral for Health Tutoring. Available privately for clients on a one to one basis or through West Dunbartonshire Councils Leisure Services for group participants.*

**Qualifications -**

*Diploma Complete Mind Therapy  
Diploma Hypnotherapy and Psychotherapy  
Diploma Neuro Linguistic Programming  
GP Referral for Health Tutoring  
YMCA Gymnasium Award  
YMCA Resistance Training  
YMCA Cardiovascular Training  
Power ChiYoga (Levels 1,2 and 3)*

*A member of The International Hypnosis Organisation and The Association of Professional Hypnotherapists and Psychotherapists. Registered with the National Hypnotherapy Standards Council and the Register of Exercise Professionals at Grade 3 - Advanced Instructor.*

**Gerald Deery**

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British Society of Clinical Hypnosis  
*As a fully qualified Clinical Hypnotherapist and a member of the British Society of Clinical Hypnosis (www.bschn.org.uk) and the holder of a B.A. in psychology I am well placed to take advantage of the growing market in complementary therapies. Hypnotherapy has a number of strands including: anxiety issues, phobias and habits, pain relief, weight control, stopping smoking, relief from irritable bowel syndrome, improving sporting performances, boost self esteem and confidence, manage stress, feelings of guilt and panic attacks, cardiovascular hypnosis and post traumatic stress disorder. I have been a practising hypnotherapist since December 2001 and my clients have responded well to the treatment in weight control, stress management, phobic disorders, stammering, stopping smoking and nail biting. While studying at college and university I was employed part-time (Over a four year period) in Kibble Care and Education Centre working and counselling young people with behavioural difficulties. This experience has allowed me to quickly develop good rapport with young people, essential for the beneficial properties of hypnosis. I am presently undergoing further training part-time with the LCCCH and on completion in August 2004; I anticipate becoming a full member of the BSCH.*

**Lynne Loughlin Hypnotherapist**

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**Sarah Slater RGN. MNCH. FSSM. ITEC  
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The Society of Stress Managers, Registered General Nurse, National Council of Hypnotherapy, ITEC Indian Head Massage & Seated Acupressure Massage

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Institute of Analytical Hypnotherapists, The Hypnotherapy Association, The Association of Stress Consultants, UK Register IBS Therapists, UK Hypnotherapy Register, BACP  
*Do you know how to positively change the way that you feel?  
A great many people have no idea at all of how to change.  
You need not be like that.*

*You need not be one of those people who just puts a brave face and hopes that problems will just fade away.*

*You need not be one of those people who leaves a problem to ferment until it becomes an insurmountable problem to deal with. NO! You can be one of those people who realises that you actually do have choices in life. You can change the way you react to situations and problems.*

*All that is needed is that you are prepared to make up your mind to change and are prepared to stick to that decision.*

*A careful blend of counselling and clinical hypnotherapy will provide you with what you need. You will discover that it is within your power to upload your worried calmly, without being judged.*

*We talk a great deal as I need to discover exactly what changes you really want to make in your life. All the way through, this is something we do together.*

*I try to have a short session of hypnosis in the first session so that you are able to feel the benefit of its deep relaxation.*

*Hypnosis is a very pleasant experience. You may think that you can relax already BUT this will show you how much deeper you can still go and the benefit you can receive from it.*

*I will teach you how to really chill out and unwind when the need arises so that we can begin to bring about the changes you want to see in your life.*

*You will be encouraged to visualise yourself in the way that you want to be in life, enjoying every moment, feeling good. It is upon this image that we build and bring about the changes that you want to see in life.*

*We will discover the inner strength that you have and will create the circumstances where it can come to the fore in your life and you can begin to really make the changes that you want to make. We can sort out issues of the past and present, and build a stronger and more positive foundation upon which you build the future.*

*Counselling and hypnotherapy are often successful when other types of treatment have failed.*

*GUARANTEED I offer a confidential and friendly service. Treatment will be carried out in the shortest period of sessions possible.*

*I CARE ABOUT YOUR CARE You want to change? I offer help in: Personal development to balance and transform your life. Coping with stress and panic attacks.*

*Confidence/Nerves/Public speaking, Exam nerves/Driving test nerves. Specialist help in smoking cessation. Freedom from phobias - Spiders/Flying etc.*

*Compulsions: Emotional problems/Insomnia/Inhibitions, Guilt feeling and many of the anxieties brought about by everyday life.*

*Develop effective weight control. Increase and improve study skills, work and sport performance. Breaking unwanted habits. Sexual problems And much more!!!*

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British Institute of Hypnotherapy  
*Sally-Ann North has studied under various eminent Hypnotherapist and became qualified and received her first Diploma from the Institute of Natural Therapy in 1996. She continued her studies and completed a further diploma in NLP/Hypnotherapy and Life Coaching at the European College of Holistic Medicine in 2005. She is one of Phil Parker's handpicked Advanced Lightning Process Practitioners, which has recently gained national recognition in helping people who suffer with M.E. Depression Anxiety or any other destructive patterns they may have in their lives. Hypnotherapy/NLP and Life Coaching can be used to improve all areas of life, dealing with a wide range of both physical and emotional disorders including: Anxiety, Bereavement, Exam Nerves, Concentration, Guilt, Irritable Bowel Syndrome, Migraine, Nail-biting, Pain Control, Panic Attacks, Phobias, Self-Confidence, Sin Disorders, Sports Performance, Sleeping Problems, Smoking Stress and Weight control.*

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National Council for Hypnotherapy, General Hypnotherapy Register, British Association of Therapeutic Hypnotherapists  
*Working from a Holistic Health and Healing Centre I cover a diverse range of Hypnosis Treatment including the following: Weigh Management, Smoking Cessation, Habitual Addictions, Male Impotence, Stress Management, Anger Management, Sporting Performance, Fears & Phobias, Pain Management, Hypnosis and Healing with Cancer Patients, Anxiety, Depression.*  
Also huge successes with I.B.S.

*I have also worked with a local dentist using hypno anaesthetic - Including one patient who had four teeth removed without chemical agents using just hypno-anaesthesia. Site has private parking and home visits available also pre and post operative hypnosis.*

**Cristian Van Weelen  
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National Council for Hypnotherapy  
*Based in central Camberley convenient for Bus and Rail links as well as local car parks I use Hypnosis and NLP techniques to treat a range of issues. Specialising in Weight Loss and Control, Smoking Cessation, Sports Performance and Stress and Anxiety together with associated problems such as IBS, Eating Disorders, Confidence, Panic Attacks, Fears and Phobias.*

**Melanie Phelps  
Positive Change**

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Hypnotherapy Association, Association of Neuro-linguistic Programming  
*Practicing and based from Neal's Yard Therapy Rooms in Market Street Guildford. Since 2005 John has been working with people to increase their confidence and performance ability, having trained as a singer and actor and having performed professionally he is aware of the stresses and strains of working as a performer. As a member of 3 organisations, associate of UKHYPA, member of ANLP & AAMET (Association for Advancement of Meridian Energy Therapies), he follows their codes of conduct and is insured by Towergate Professional Risks. He is an NLP Master Practitioner, Adv Level 3 EFT Practitioner, Time-Line Therapist and Hypnotherapist. He has worked with people who suffer from symptoms including Cancer, Eating Disorders, Bulimia, OCD, Addiction, Smoking, Migraine, Weight Problems, Relationship Problems, as well as Phobias, Anxiety, Depression, Bereavement, Stress and ME. He also works with people who wish to do public speaking and have chronic issues with stage fright, dyslexia, nausea and panic attacks.*

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The Hypnotherapy Association, Association of Coaching, Association of Neuro Linguistic Programming  
*Whether hypnosis will be right for you we will not know until we start working. We believe in helping you to identify the causes and plan to achieve the outcomes you want, this may use other approaches from NLP or Counselling as well as hypnosis*  
You can be more empowered, more confident and able to handle the challenges and issues in your life, hypnosis can help you achieve this in a few sessions.



**Janet Bennison  
Life2Love : Cognitive Hypnotherapy and NLP**

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W: www.sccp.org.uk  
Hypnotherapy Association, British Society of Clinical Hypnosis, National Council for Hypnotherapy  
*Originally spending some fifteen years in personnel, helping colleagues achieve their aims through goal directed counselling approaches. James ran a busy practice in West London before practising privately on Alexandra Ward Woking Community and Mental Health Hospital.*  
*Working with referrals from psychiatrists and local doctors, case loads were varied and included, habits, addictions, OCD, phobias, panic disorders, anxieties, pain relief, psycho-sexual, low self esteem, stress management.*  
*Referrals from pain clinics allowed the development of hypnosis to facilitate the management of chronic pain. During 1999 James became the Principal and Lecturer of the Surrey College of Clinical Hypnotherapy and Psychotherapy. The SCCP train people to become therapists through courses accredited by the NCH, HA and NCFE.*

*For a free initial consultation please phone 01483 772004 or 01932 341055. When busy please leave your name and number and your call will be discretely returned as soon as possible.*

**Susan Hodge LLB, DHyp  
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General Hypnotherapy Register

*In 1999, whilst practising as a solicitor in London, I experienced a series of life problems which I was unable to cope with.*  
*I sought help and turned to hypnotherapy, NLP and Cognitive Behaviour Therapy (CBT) and succeeded in turning my life around. I was so enthusiastic about the amazing results I had achieved with this powerful combination of therapies that I decided to learn how to help others do the same. Now, I am a fully qualified (GHR) hypnotherapist, with a diploma in NLP and 2 years experience in delivering CBT-based groups.*  
*I work part-time in the Criminal Justice System with offenders coping with drug addiction and also have a part-time hypnotherapy practise. My practise includes: Stress management; Fitness and exercise; Low confidence and self-esteem; Weight control; Fear and phobias; Anxiety and panic attacks; Letting go of guilt and resentment; Distorted/dysfunctional thinking.*  
*I specialise in dealing with addiction, which includes addiction to alcohol, cigarettes, drugs (prescription and illegal), food or exercise.*  
*I offer a FREE 40 minute consultation with no obligation whatsoever. I have a valid CBR check.*

**Loran Northey  
The Fir Tree Clinic**

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## General Hypnotherapy Register

*In my previous career, a crucial part of my role for over a decade was counsellor/personal enhancer-developer, of many different people, whilst in management.*  
*Helping people to be the best people they can be has become a very rewarding and primary concern for me.*  
*The power of thought and the mind, lead me to train, firstly with Valerie Austin, one of the Worlds leading Hypnotherapists, where I earned a Certificate in Advanced Structured Hypnotherapy.*  
*The following year I attended NLP Practitioners Course, with Paul McKenna training, with leading trainers Paul McKenna, John Lavalle and Dr Richardandler.*  
*Once certified, I joined the GHR, where I held the GQHP.*  
*I practise within Middlesex, Surrey, Berks and Hampshire.*  
*I am flexible in my approach and tenacious/driven, to achieve positive changes where needed and truly believe in Infinite Possibilities. There isn't a client that I cannot assist in having a more beneficial life!*  
*I offer caring and confident aid to all issues.*  
*Specialise: Smoking, Weight loss, Anxiety and Alcohol.*

**Helen Marlow Robinson  
Holistic Solutions and Consultancy Ltd**

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EMBODY, National Federation of Spiritual Healers, British Association of Therapeutic Touch, Royal College of Nursing  
*Currently CNS Complementary Therapies The Beacon Guildford. Director HS&C Ltd: Integrating Complementary Therapies for Health and Well-being. for Individuals and Organisations. Qualifications: MSc (Complementary Therapies) Merit, PgDMS, Distinction BSc(Hons) 2:1, RGN, RSCN, Aromatherapy Diploma, Reflexology Diploma, Diploma in Clinical Hypnosis, Journey Practitioner, DMS., Member RCN, EMBODY, NFSH. Fully Insured*  
*Previously Co-ordinator, The Beacon 1998-2002*  
*Assistant Director of Nursing, Kingston Hospital, 1994-1998.*  
*Projects Nurse, Kingston Hospital, 1990-1994*  
*Sister, Oncology, 1987-1990*  
*GP friendly, NHS provider number*  
*Therapies: Hypnotherapy, Aromatherapy, Reflexology, Therapeutic Touch / Healing, Relaxation / visualisation / meditation, Accredited Journey Practitioner, Informal counselling.*  
*An eclectic, holistic, tailor-made approach dependent upon individual needs, based on a thorough assessment.*  
*Experiences with: Cancer, MS, MND, Parkinsons Disease, Fatigue etc.*  
*Supporting people with: Anxiety related states, stress pain and symptoms, burnout / those at rock bottom, issues relating to loss / illness,*  
*Other skills: Excellent communication / interpersonal skills, Teaching / facilitating, Senior management experience, Supervision, Developing/ running workshops: Recent successful relaxation and stress management course and competency based relaxation skills training for Technical Assistants.*

**Geraldine Winter  
LifeChangers**

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General Hypnotherapy Register, British Association of Counselling and Psychotherapy  
*I am a qualified, experienced counsellor in Humanistic Counselling based on Transactional Analysis (4 years experience). My areas of special interest are anxiety,*

*and anxiety related problems (i.e. Social Phobia, OCD, and GAD) and also addictions problems, providing support for both the addicted individual and/or people who live with an addicted individual. I also provide support for a broad range of other issues such as depression, relationship difficulties, career problems, sexual abuse, eating disorders, low self-esteem and confidence problems. I follow the BACP Code of Ethics and Confidentiality.*

*I am an experienced, qualified Hypnotherapist (7 years experience). The Hypnotherapy that I practice is suggestion therapy based, encompassing deep relaxation techniques; aiming to help individuals to begin to regain control of their entire life.*  
*Hypnotherapy is beneficial for anxiety related problems, confidence, self esteem, fears and phobias. I abide by the GHSC Code of Ethics maintaining confidentiality in all client work.*

*If you would like to talk confidentially about your private difficulties, please telephone me on my confidential line 01420 587427 and I will be happy to answer any questions you might have regarding how Counselling or Hypnotherapy works, costs etc.*

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*Hypnotherapy is a safe natural healing power. I cannot make you do anything you do not want to do, as your unconscious mind will always protect you emotionally and psychologically.*  
*All of us hold ingrained beliefs from a very young age, stored in our unconscious, which can have a huge effect on our daily lives, but through hypnotherapy you can free yourself of these constraints. When your body and mind are in perfect harmony then you are empowered to overcome whatever you choose.*  
*Hypnotherapy is effective treatment for panic attacks, all types of phobias, confidence and self-esteem, exam and interview nerves, weight, sleep, smoking, stress.*  
*I am a qualified clinical hypnotherapist, NLP and EFT therapist, and a member of the British Institute of Hypnotherapy.*  
*I am also a qualified Hypnofertility therapist, which is an American method to help women conceive naturally.*  
*I generally like to see people for three one hour sessions. I practise in Stanmore, Middlesex and also at two private doctors' surgeries - one in Temple Fortune, London NW11 and one in Mill Hill, London NW7*

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*Hypnotherapy combined with NLP therapy produces fast and effective changes in people suffering from Stress, Anxiety and Panic Attacks.*  
*Quit Smoking and Phobias cures can be achieved in one session.*  
*Weight Loss for people emotionally attached to food and students who lack Self-Esteem can also be greatly helped by my expertise I work in Bushey, Harrow and Stanmore.*

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*Rosemary Wiseman Dip EH P NLP prac TFTdx*  
*Rosemary Wiseman is a highly qualified and experienced Thought Field Therapist, Hypnotherapist and Neuro-Linguistic Programming (NLP) practitioner. She teaches Self Hypnosis, diaphragmatic breathing and relaxation techniques.*  
*Using specific Thought Field Therapy (TFT) muscle testing procedures, Rosemary is able to help with accurate identification of the Individual Energy Sensitivities of clients.*

*She treats a wide variety of emotional and psychological conditions and offers effective help with fears, phobias, trauma, stress, IBS, weight control, stop smoking and many other personal problems. She also specialises in both personal and professional performance enhancement.*

*Rosemary has given many TFT demonstrations and workshops, including, The Complementary and Natural Health care show (CAM) and the Personal Development Healthcare show at ExCel, London, Trinity College of Music and other venues.*

*Rosemary has a diploma in Ericksonian Hypnosis, Cognitive Psychotherapy and NLP.*  
*She is an Accredited member of the National Council for Hypnotherapy and member of the British Institute of Hypnotherapy.*

*Rosemary is a Diagnostic level Thought Field Therapy (TFT) Practitioner and is a member of the British Thought Field Therapy Association (BTFTA) and the Association for Thought Field Therapy (ATFT).*

*Rosemary has a degree and diplomas in music: LTCL GTCL MTC*

*Rosemary has practices at:*  
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*Darren Marks is an experienced hypnotherapist and NLP practitioner. He trained with The Institute of Clinical Hypnosis for whom he is now a tutor running courses for the ICH at Kings College in London. He worked for The South East Cancer Help Centre for seven years.*  
*Darren is a member of The General Hypnotherapy Register and a featured therapist of The Hypnotherapy Association. Over the years his work has featured in both the specialist as well as popular media. Darren specialises in the areas of anxiety, phobias, confidence and quit smoking.*

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*Prior to qualifying as a hypnotherapist, I worked in the care industry with children and adults as a professional for 8 years. I qualified as a hypnotherapist in December 2004 after studying the subject for considerable time. My specialist skills include NLP, stress management and EFT. Hypnotherapy is a very safe form of therapy that*

can be used to treat and alleviate a wide range of ailments/problems whilst increasing empowerment within the patient. My treatment list includes: addictions, age regression, allergies, anger, asthma, athletic performance, bad habits, behavioural problems, building immunity/healing, child birth pain control, creativity, confidence, compulsive disorders, dental phobias, defusing panic/anxiety, depression, eating disorders, enuresis, fear/phobias, headaches, improving interpersonal skills, insomnia, IBS, life coaching, motivation, memory recall, nausea/travel sickness, nail biting, obsessive behaviours, past life regression, pain control, pms/menstrual pain, PTSD, public speaking, quit smoking, relaxation, self esteem, sexual dysfunctions, stress relief, stage fright/performance anxiety, skin disorders, speed reading, trauma victims, well being, weight loss/weight management.

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#### Janet Openshaw

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*Janet has an advanced diploma in Clinical Hypnosis with  
the London College of Clinical Hypnosis. She is a full  
member of the British Society of Clinical Hypnosis and  
also the National Register of Advanced Hypnotherapists.  
Janet also has a diploma in Counselling and is a  
member of the British Association of Counselling and  
Psychotherapy. She has also undertaken training with  
Dr. Christine Padesky who is regarded internationally as  
one of the most respected and influential trainers and  
practitioners in Cognitive Behavioural Therapy.  
Janet's experience of working as a Supervisor and  
Trainer at Worcester Rape and Sexual Abuse Support  
Centre enabled her to undertake extensive training with  
Anxiety and Self-Esteem related issues such as Eating  
Disorders, OCDs and Self Harm. This prompted further  
investigation and success, working with Anger,  
Depression, Chronic Fatigue Syndrome and  
Fibromyalgia.*

*Janet has trained and worked as a volunteer with Cruse  
Bereavement Service and Noah's Ark, a charity that  
assists bereaved children. Janet is also a volunteer with  
the National Phobics Society.*

*Working in the Worcestershire/Herefordshire area Janet  
Openshaw combines her knowledge and experience in  
her Holistic approach to treatment.*

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*Qualified as an advanced practitioner with the Institute  
of Clinical Hypnosis at Kings, London. Has a diploma in  
Hypnotherapy & Psychotherapy. Also is a qualified NLP  
(Neuro Linguistic Programming) practitioner, licensed  
by the disciplines founding body, The Society of Neuro  
Linguistic Programming.*

*Teaches hypnosis and self hypnosis.*

*Through general practice (often home visits) treats a  
wide range of conditions including:*

*Addiction - smoking cessation, alcohol & substance  
abuse, eating and weight management/body image  
issues.*

*Unwanted Habits - i.e. nail biting & nervous behaviours.*

*Stress - reduction, release & management.*

*Anger management.*

*Phobias.*

*Anxiety & panic attacks.*

*Insomnia & disrupted sleep.*

*Low self-esteem & confidence.*

*Blushing; IBS, migraine, pain management, depression,  
bereavement.*

#### Maggie Whittle

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The Society of Homeopaths, Registered Hypnotherapist  
on the General Hypnotherapy, Register  
*Maggie Whittle uses clinical hypnotherapy and other  
professional approaches to enable clients to build  
confidence and regain power over their own lives, in the  
shortest time possible, as well as improve the overall  
state of their health and wellbeing.*  
*Her approach and expertise is broad and holistic, she  
tailors treatment to meet individual needs.*

*Maggie Whittle has many years experience (10 years  
within the NHS in Cambridge) as well in private practice  
promoting all aspects of physical mental/emotional  
health. She has used hypnotherapy to assist people  
experiencing most common emotional difficulties as  
well as a variety of physical conditions many of which  
are fuelled by distressful emotional states.*

*Maggie's area of expertise and experience include:  
Stress and management*

*Post Traumatic Stress/Trauma  
Breaking the cycle of Depression*

*Insomnia, Sleep disorders, etc*

*Addressing Cigarette and other addictions  
Sexual problems*

*Treating Anxiety, Fears, Phobias*

*Treating Obsessions*

*Eating Problems*

*Emotional distress due to bullying or violence*

*Building confidence and Self Esteem*

*Group Hypnotherapy/education for:*

*Increasing confidence and self esteem*

*Reducing and managing stress effectively*

*Addressing Weight problems, Smoking and other  
addictions*

*Increasing learning abilities and motivation*

A

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*I have many interests related to Hypnosis, in particular hypnotherapy which I use extensively in my practice. My qualification in being a licenced certified practitioner in Neuro-Linguistic-Programming has given a more rounded and holistic approach to the art of science and hypnosis.*

W

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*Irene Robertson, GQHP, M. Dip Hypnotherapy & NLP Coaching (Motivation Method Therapist & Coach). Registered with the General Hypnotherapy Standards Council. Member British Institute of Hypnotherapy and the British Board of Neuro Linguistic Programming (BBNLP).*

*My work background is in Human Resource Management within large organisations and I have particular knowledge and experience of issues relating to individuals who have difficulty in finding a work/life balance and in the management of work related stress.*

*I offer an initial FREE TELEPHONE CONSULTATION with absolutely no obligation. Hypnotherapy is a very safe form of therapy suitable for a wide range of ailments and problems and is a very effective tool for self empowerment. I am a fully qualified motivational method hypnotherapist who combines the latest NLP coaching and Emotional Freedom techniques with hypnotherapy for the benefit of individuals whose lives are affected by: Addictions; Anxiety; Emotional Problems; Exam Nerves; Fear*

*Insomnia; Lack of Confidence; Obsessions; Phobias; Stress.*

*I also offer a fully inclusive programme for Smoking Cessation and Weight Loss which includes all resource, techniques and telephone/email support. Research has shown that on average smokers are five times more likely to break the habit than by willpower alone.*

**Sharon Blackie**

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*Welcome to Hypnotherapy Services, we provide many different services here, from Hypnotherapy, Psychotherapy, Reiki, Indian Head Massage and E.F.T. As seen on TV. Tapping on the body made famous by P. McKenna, specialist in: Stop Smoking, Pain Management, Weight Loss and Stress/Confidence/Anxiety. Able to help with many more problems. H.Y.P.N.O. = Helps You Process New Opportunities. Reiki balances your Energy, Mental, Physical, Emotional and Spiritual well being. It is so relaxing. Think of Acupuncture without the needles, but on a bigger area i.e. whole body. Many clients fall asleep while receiving this. Coming soon (Hypno-Birth) 07828870428*  
*We are on the National Hypnotherapy Register. Members of: National Council of Hypnotherapy, General Hypnotherapy Register.*

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*Ayrshire based Clinical Hypnotherapist - Experience in Stop Smoking Sessions, Pain Control, Phobias, Stress Management. Self-help cds available online: Discounts for clinics, hospitals etc.*

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*Charles Moore is a MythoSelf® Trainer which brings a radically different approach to his method of hypnotherapy. His specialism is in teaching people with health issues how to relax (Functional Relaxation), and this is available through individual coaching, by attending The Relaxation Training in Kingston upon Thames, or via a Learn to Relax tele-class series.*

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*Rosie Evans worked as an O.T. in palliative care in the NHS for eight years before qualifying as a hypnotherapist. She currently works at St Lukes Cancer Centre in Guildford, Surrey and at Princess Alice Hospice in Esher, Surrey as a hypnotherapist, as well as her private practice.*  
*Her special interests include all aspects of cancer care and family support, pregnancy, childbirth, breastfeeding and sleep disturbance.*

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*Tricia Woolfrey is a highly qualified, professional and experience hypnotherapist and counsellor. She is registered with the British Institute of Hypnotherapy, The General Hypnotherapy Register and the UK Register of Advanced Hypnotherapists.*  
*She helps people on many issues ranging from Weight Loss, Eating Disorders, Smoking Cessation, IBS, Stress Management, Depression, Phobias, Anxiety, Insomnia and many more.*  
*She has clinics in Byfleet Village and in Harley Street and uses a variety of techniques including hypnosis, cognitive behavioural therapy, neuro linguistic programming and energy therapies.*  
*At the time of writing she is the only hypnotherapist in the area qualified and registered with the National Centre for Eating Disorders.*  
*She is qualified to advanced level in hypnotherapy and is a Master Practitioner in Neuro Linguistic Programming.*  
*She has also received specialist training in nutrition for eating disorders. She recently attended a course in the US on the treatment of serious diseases with Emotional Freedom Technique.*  
*She has run workshops and is available to provide talks as appropriate.*  
*She has a range of CDs available: Ultimate Weight Loss; Relaxed and Confident for the Life You Want; Stop Smoking; Healthy Mind and Healthy Body.*  
*She additionally writes a personal development column for a magazine.*

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*I am a therapist who combines psychotherapy with clinical hypnotherapy, where you stay in control at all times. The combination of these two therapies as well as my nursing experience, allows the process of recovery to be shorter and less traumatic. My practice is holistic and eclectic, I treat everybody individually. Due to personal experience I work a lot with pain and the issues that develop as a result of chronic pain. I work a lot with adolescents with depression and also weight loss, smoking cessation, low self esteem, anxiety and most other issues.*

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*Eileen Edwards qualified in 1978 with the National College. She holds an advanced diploma in Hypno-Psychotherapy from the college and is a full member of the National register of Hypnotherapists and Psychotherapists.*  
*Eileen also holds a degree in Psychology (BSc Hon's Psych) and is an accredited Life Coach.*  
*She has practiced in New Malden since qualifying in 1978 treating a wide range of anxiety related problems including anxiety and depression, phobias, panic states, compulsive eating, migraine etc. As a past migraine sufferer Eileen feels particular empathy for clients with this condition. She has also had success in helping clients manage eczema.*  
*Eileen assists clients with smoking cessation. She teaches self-hypnosis and the use of Neuro-Linguistic-Programming (NLP) techniques to help clients relax generally and specific situations such as attending meetings or speaking in public.*  
*The Practice also uses Hypnotherapy to improve performances in sport and overcome exam or driving test nerves.*

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*Clinical Hypnosis can also be combined with Brief Solution Focussed Counselling, to effectively and safely help resolve problems and make the necessary changes to achieve your full potential.*  
*We all need to live a healthy and positive life, achieving our desired goals. The combined approach is more effective, because it works beyond simply changing symptoms as in Stand Alone hypnosis.*  
*Clinical Hypnosis and Brief Solution Focussed Therapy start with the belief that people are more resourceful than they realise. It works on eliminating deeper self limiting patterns, whilst building self-enhancing ones.*  
*Effective with:- Stress, depression, anxiety, building confidence, poor self image, smoking, grief & loss, abuse, chronic pain etc.*

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*Author and psychologist David F Melbourne has had six books published on dreams and the unconscious mind. Over the years he has concentrated on visual imagery having devised many new techniques and exercises for stress, problem solving and healing; an example of which is outlined in his book Your Dreams and Your Stars. He invented the Dream Oracle - the first*

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established method of collecting important advice from the wisdom of the unconscious mind by employing the alphabet dream code. David also devised the cross-reference flow chart system of dream analysis - a systematic approach to decoding the hidden messages in dreams.

Specialising nowadays in stress management, David has devised new methods of removing mental blocks, which are now taught at the European College of Hypnotherapy. He has gained considerable experience in dealing with stress in individuals living and working in remote areas.

In addition to hypnotherapy, David is qualified in past life regression and spirit releasing therapy. Stopping Smoking; Weight and eating problems; Addictions; Pain management; Confidence and self esteem; Stress, Anxiety, Guilt; Fears, Phobias; Ending of relationships; Pre-menstrual stress; Sexual dysfunctions; Nightmares, Insomnia; Teeth grinding in sleep; Bed wetting, Snoring; Bereavement.

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David Taylor is an Advanced Scientific Hypnotherapies and Master Practitioner of NLP, having been trained by some of the best trainers in the world. He has been in practice for over 12 years, with offices in Dunfermline and Perth Royal Infirmary, Perth.

Appointments are held from time to time in Edinburgh and Dundee. David runs frequent Certified training courses in NLP and Hypnotherapy and teaches Self-Hypnosis at Perth College and in Dunfermline.

David specialises in Phobias, Confidence, Anxiety, Addictions, Sports Performance, Life Coaching and more. He offers a popular 'One Session' Stop Smoking Session and a unique Weight Management system to Individuals, Groups and Organisations.

David has a sympathetic, caring approach, creating a safe and confidential atmosphere that allows even the most nervous clients to feel at ease. He believes that change can be straight forward and simple. If you 'change your mind', you 'change your life'.

David is a member of the following organisations: The National Register of Advanced Hypnotherapists, The National Council for Hypnotherapy (accredited Member), General Hypnotherapy Register, The National Guild of Hypnotists and The Society of NLP.

You can be assured of the highest quality attention from a truly Professional Therapist, who knows "You have the Power-2-Change". Make your call today with confidence.

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Sandra Gauld Registered Holistic Practitioner, treating the whole person. Reflexology, Remedial, Deep Tissue, Ayurveda Hydro Massage, Sports Injuries. Combining individual treatments, for stress, anxiety and positive care. Life achieving, and counselling, full support given. Ayurveda is a combination of both science and philosophy. Totally holistic in its approach as it addresses the physical, emotional, mental & spiritual components of human existence, helping people to get the balance and purpose back in their lives.

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Whilst working with all matters of the mind, Kathleen has helped thousands of people suffering from a wide range of problems, insomnia, eating disorders, stress, children's problems, exam nerves and childbirthing. She has specialist training in dealing with anxiety, depression, and survivors of abuse including sexual abuse.

Kathleen says: "I firmly believe in the law of cause and effect: by finding and dealing with the root cause of your problem it follows that the effect [your presenting problem] will then cease to exist.

Limitations exist only in the mind. People live their lives in avoidance, not realising that they can be rid of something "inside themselves but outside of their control". For a totally confidential chat to help in overcoming your problems and to take control of your life call Kathleen now on 0151-284-7318

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Tara school of hypnotherapy provide training in clinical hypnosis to a diploma and master level. We hold our courses in Mossley Hill Hospital which is a National Health Service administered Hospital.

We provide training at 2 levels:  
Level 1 Diploma in clinical hypnosis. Level 2 Master course Diploma in Hypnotherapy Standards Council, and The Institute of Hypnotherapy accredit the courses.

We also provide treatment for the following: depression, anxiety, phobias, self confidence, smoking cessation and weight control and many more psychological problems.

Several large companies send their employees for therapy in smoking cessation and stress management; these include Ford Motor Company and Glaxo Smith-cline Beecham. We have also worked in Doctors surgeries.

For further information please visit our web site  
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*I was born and educated in Estonia. In 1984, after a 6-year course I graduated from Tartu University Medical department as a general doctor followed by a specialisation on ear, nose and throat surgery. I worked as an ENT specialist in different hospitals in Estonia for several years. After marrying a British citizen I had an opportunity to live and studying the UK deciding to widen my medical knowledge and expertise by studying classical homeopathy at Hahnemann College of Homeopathy in London. I have been working as a full time classical homeopath since 1998. I am a full member of Alliance of Registered Homeopaths (MARH). Beside my bust private practise I had still enough enthusiasm left to learn fundamentals of naturopathy becoming familiar with nutrition, vitamin-mineral deficiencies and herbal medicine.*

*In 2003 I became a professional member of the Hypnotherapy Society (LHS) having completed an in-class two year course in clinical Hypnotherapy. I work privately consulting a variety of patients with a wide range of conditions prescribing homeopathic medicines alongside vitamin-mineral supplements, giving advice on lifestyle and nutrition. In addition to that I motivate people in their attempt to quit smoking and regain a healthy eating habits by using evidence based reliable techniques of clinical hypnotherapy.*

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Hypnotherapy Register, National Council for Psychotherapy, Association of Gold Psychotherapy Counsellors

*Beverley Barnsley is an established (15 year) hypnotherapist with a busy practice in Countesthorpe. She was trained in hypnotherapy and stress management and is a fellow member of the Society of Stress Managers which adheres to a professional code of ethics and practice and has full professional indemnity insurance.*

*She is a member of the National Council of Hypnotherapists and the National Council of Psychotherapists. She holds diplomas in Gold Psychotherapeutic Counselling, Hypnotherapy, Stress Management, Anger Management, Treatment of Depression and works with Faioseamh the Irish Organisation for the Abused.*

*She is registered with BUPA and has National Independent Provider number for NHS use. Beverley offers professional and confidential help in a safe environment assisting people in making permanent and positive changes. She is keen to promote the use of self hypnosis techniques to help people take control of their lives.*

*Her training background in stress management, hypnotherapy, psychotherapy and gold counselling enables her to help people with fears/phobias, confidence/self esteem, abuse/trauma, anger, depression, insomnia and many stress related conditions. Her specialisms are panic/anxiety attacks and cessation of smoking.*

*A complimentary initial assessment is offered and she has a 24 hour answering service.*

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*I am a Registered Hypnotherapist (British Society of Clinical Hypnosis) I am now in full-time private practice but previously spent 5 years at Wrexham Maelor Hospital engaged in research in the Department of Colorectal Surgery. Here I gained extensive experience*

*using hypnotherapeutic approach managing perioperative anxiety in colorectal cancer surgery and also in ameliorating the symptoms of IBS.*

*I welcome a wide range of physical and psychological complaints to my practice but I have a special interest in IBS. As a full member of the UK Register of IBS Therapists, I offer patients a structured five session approach over a thirteen week period.*

*As a certified self-hypnosis instructor, I also run classes in the Ruthin area that are open to anyone wishing to utilize the power of self-hypnosis for a variety of health and self-development gains.*

*Please see my web-site for up-to-date information. Independent NHS Provider code: 8WF52*

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*My practice includes stress management, stopping smoking, confidence building, weight loss and control, phobias, anxiety and panic attacks, irritable bowel syndrome and insomnia. I offer reduced rates for full time students and the unemployed.*

*I have a Diploma in Clinical Hypnosis awarded with distinction by the Medical Hypnosis Examination Board (1998) and have been a full member of the British Society of Clinical Hypnosis since 2000.*

*Subsequent professional development includes a Practitioner Diploma with the London College of Clinical Hypnosis (2003) - as well as attending numerous short courses on specific aspects of clinical hypnosis. In January 2001 I set up - and now run - a monthly resource group for practitioners of hypnosis, NLP and Brief Solution Focused Therapy. I have a certificate in counselling skills for the professional helper (1988), and certificates in neuro-linguistic programming (NLP).*

*From 1993 until 2000 I was a volunteer counsellor with the Student Counselling Service of Leeds Metropolitan University, and since May 2000 I have taken hypnotherapy referrals from the National Phobias Society. I work as a hypnotherapist on Mondays and Fridays during the day and evening. I have a degree in Classics from Cambridge University and have been a practising solicitor since 1982.*

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*Pain Management: Child Birth, Hypno Counselling, Smoking, Weight, Phobias/Fears, Alcoholism, Eating Disorders, Back Problems, Depression, Arthritis, IBS (Irritable Bowel Syndrome), Bed Wetting, Insomnia, Panic Attacks, Ulcers, Blushing, Stress.*

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*I am a registered member of the National Council of Hypnotherapy MNCH (Lic)*  
*I Hold a Hypnotherapy Practitioner Diploma (HPD) and a Diploma in cognitive Hypnotherapy (Dip CHyp)*  
*I possess a NLP practitioner diploma with ABNLP and I am a member of the Society of Neuro Linguistic Programming.*  
*My previous career for 16 years was as a police officer where my experience relates to Domestic Violence, Sexual Assault and a plethora of other life changing events. By using my previous experience I utilise Cognitive Hypnotherapy and NLP to assist in the resolution of your issue.*  
*So what can I help with:*  
*Improve the Mind / Body connection*  
*Create a more compelling you*  
*Break free from your fears and phobias*  
*Eliminate Cravings*  
*Let go of Trauma*  
*Release from negative emotions such as Guilt, Anger, sadness and Jealousy*  
*Increase Confidence giving evidence, public speaking, interviews presentations and exams*  
*Enhance personal performance and self development*  
*Develop positive eating patterns / habits*  
*As you are unique just like issue contact me where together we can explore all the possibilities enabling positive changes to take place.*

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*Nick Adams gained a BA Psychology and a MSc Forensic Psychology. He is an experienced therapist with both children and adults. He has specialised training in the treatment of children with Reactive Attachment Disorder (RAD) and associated disorders, with therapy based on psychodynamic theories and also helped to develop treatment packages for these children.*  
*He has trained in Eye Movement Desensitisation and Reprocessing (EMDR), Hypnotherapy, Rational Emotive Behaviour Therapy (REBT) and Thought Field Therapy (TFT).*

*He has clinical experience with psychological difficulties including severe depression, phobias, stress, and anxiety and draws extensively on his psychological and forensic background, whilst utilizing both established and cutting edge therapy techniques. He offers a*



comprehensive therapy package for all of his individual clients.

Nick runs the Didsbury based Psych Therapy Practice, where he treats clients from all walks of life for a range of problems. He also provides training courses and group sessions for business and private clients.

Nick Adams is a member of the British Society of Clinical Hypnosis (BSCH) and is governed by its rules and codes of ethics. He is also a member of the Association for Thought Field Therapy (ATFT).

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Member of:  
National College of Hypnotherapists and Psychotherapists.  
Hypnotherapy Association.  
National Phobic Society.  
Register of Approved Gastrointestinal Hypnotherapists & Psychotherapists.  
Qualifications:

Diploma in Hypnotherapy & Psychotherapy.

Diploma in Counselling.

Diploma in Social Work.

BA Hons Degree.

I have completed a training program in Gut Directed Hypnotherapy which enables clients with Irritable Bowel Syndrome to manage or greatly ease the symptoms associated with IBS. This is achieved via the use of Hypnotherapy, relaxation & visualisation and Cognitive Therapy.

Average treatment time is 4-6 sessions of 1-1 1/2 hours.

As a member of the National Phobic Society I have experience of working with clients who have a range of phobias including:

Flying.

Agoraphobia.

Anxiety & stress related disorders.

Emetophobia.

Social phobia.

In addition being a qualified Hypnotherapist my work with habits and addictions is informed by my employment as an Assertive Outreach worker with the Alcohol and Drugs Service in Manchester and as a qualified Smoking Cessation Advisor in Manchester.

I have therapy rooms in Chorlton Manchester and Heaton Moor Stockport and will consider home visits where appropriate.

#### Nigel Magowan Inner Changes

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Nigel Magowan is an Advanced Hypnotherapist, NLP Therapist, Life Coach and a Licensed NLP Master Practitioner. Nigel has trained with some of the best hypnotherapy and NLP trainers, including Paul McKenna, and by Dr Richard Bandler - the creator of Neuro-Linguistic Programming (NLP).  
He has received specialist training in the treatment of IBS using hypnotherapy, and in the latest stress

management techniques. He already has extensive experience of treating stress, anxiety and panic attacks, depression, anger and PTSD within the public sector.

He works full time from his own busy Hypnotherapy, Life Coaching and NLP practice in Chorlton-cum-Hardy, South Manchester.

He specialises in helping people with a variety of emotion and behavioural issues including anxiety and panic attacks, stress management, IBS, depression, fears and phobias, smoking cessation, weight control and eating disorders, confidence and self esteem, PTSD, OCD, allergies, public speaking and performance anxiety, insomnia, and memory and study habits.

He is a member of the Hypnotherapy Association; the Corporation of Advanced Hypnotherapy; the Association for Neuro-Linguistic Programming (ANLP); The UK Register of IBS Therapists; National Register of Practitioners in Smoking Cessation.

He practices according to the Hypnotherapy Associations code of ethics, and has full Professional Indemnity Insurance.

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Other

Would you like a health creation strategy based on the best of conventional and CAM approaches to health? Will enable individuals and their HCP to work together with synergy to create an ideal outcome of optimum health.

Drawn from multiple disciplines to provide an approach for developing individuals in concordance with the bodies responsible for health.

Patients will take control of their own personal health plans, accepting responsibility and hence increasing the likelihood of achieving their health and lifestyle goals.

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I am a registered member of BACP, NRHP, AAMT, and The Approved Register of Gastrointestinal Psychotherapists and Hypnotherapists, which is administered by Rossendale Hospital.  
I have undergone training in gut directed hypnotherapy

at Rossendale hospice, to help clients suffering with Irritable Bowel Syndrome, Chrons Disease, peptic ulcer and oesophageal problems.

I have considerable experience in working with victims of serious crime, post traumatic stress disorder and survivors of abuse.

I work with CHD clients at Salford Heart Care Support Group as resident counsellor and group worker.  
I also work with C H D clients and their carers, and group stress management, with Cardiac Psychotherapy Service.

In addition to the Counselling, hypnotherapy and other methods mentioned above, I also use artwork, relaxation, visualisation, Emotional freedom therapy, and several complementary therapies; to ensure my client receives the correct single or combination of therapies necessary to help them.

My approach is respectful and sensitive. I work in a holistic manner, believing that all parts of the whole are effected by disease.

#### David Poole Phoenix Personal Development Centre

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I originally studied Architecture at Manchester and Liverpool and I maintain my registration as an architect and membership of the Royal Institute of British Architects (RIBA). My interest in counselling developed some years ago following training with Manchester Mediation. My counselling training was primarily based on the person centered approach although I have now developed a more integrative style incorporating psychodynamic, Cognitive Behaviour Therapy (CBT) and Gestalt techniques. My subsequent training in hypnotherapy broadened my knowledge base and increased my scope of counselling interventions but now also includes phobia treatment, self image improvement, addiction reduction and general relaxation training. I found that stress and anxiety problems were common factors for many clients and I am increasingly asked to address associated symptoms such as depression, social anxiety and panic attacks. Although I am now in partnership in private practice my early training was primarily within the field of alcohol addiction, both in private residential clinics and the voluntary sectors. I was trained by the team from Rossendale Hospital in the treatment of Gut to Christies Cancer Hospital in Manchester assisting in Rossendales Hypn-Chemo dissemination programme.

#### Sarah Campbell Hypnotherapy

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The Society of Stress Managers, National Council for Hypnotherapy, The Hypnotherapy Association  
*Mike Dillon started working in private practice as a Hypnotherapist and Stress Manager in 1990. In 1994 he was invited by the GP Medical Centre, Strood, Kent to become their Medical Practice Hypnotherapist and Stress Manager. In addition to his private practice at Higham Kent, he has worked weekly at the Strood Medical Centre for 11 years.*

*Mike has also been a listed therapist in the official British Medical Association & General Medical Practitioners Handbook since 1997. He has NHS provider number and BUPA number and is a qualified National Vocational Assessor and Verifier. He is a director of WellMind Training Ltd, who run a Stress Management & Hypnotherapy Training Course including complementary skills. WellMind is a Department of Health (DFEE) approved trainer, with registered provider number.*

*Do You Control Your Emotions Or Do They Control You We need a professional person to turn to when we are worried and afraid. Mike Dillon has been working for 15 years in The Medway Towns and Gravesham and is well known for his professional status as an innovative and successful therapist. He offers his therapy in complete confidence for anybody with a mind based problem: - such as Excessive Anxiety, Panic Attacks, Phobias, Depression, Confidence, Self Esteem, Obsessive Compulsions, Emotional Problems and many others.*

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**Gary Marchant**

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E: garymarchant@blueyonder.co.uk  
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*Gary does conduct home visits, but most clients prefer to come to him. The atmosphere in his therapy room is very soft and relaxing. Natural colours and textures blend well with a hint of fragrant oils and soft background music, which he finds especially helpful in calming clients minds and spirits. This frame of mind is very conducive to unrushed discussions of personal issues in an open, free and confidential way. Through therapy clients become less dependent on the therapist*

*and more self-reliant; the ultimate aim is to assist them in leading more satisfactory, resourceful and independent lives.*

*Methods used to help clients vary, but are first discussed to ensure that they are both suitable and acceptable. In addition to Hypnotherapy and Psychotherapy, options might include some NLP (Neuro Linguistic Programming) and various Counselling techniques. Gary also has experience in Therapeutic Touch., Massage and using Auricular (ear) candles and these can be included in the treatment depending on clients needs and preferences.NHS provider no. 8FP90*

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**Reena Biswas**

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The Complementary Medical Association, The General Hypnotherapy Standards Council  
*in addition to my General Practice, I specialise in the following areas:*  
1. Hypno-birthing

I work with expectant mothers for 1.5. Hours per week for 16 weeks. Each session comprises progressive relaxation and breathing exercises. They are also given an induction which they can tailor to suit their own requirements, and then tape it, using someone's voice they find soothing and relaxing to listen to.

In addition to attending the weekly sessions, ladies are encouraged to listen to the taped induction at least twice a week.

Hypno-birthing is suitable for home birth as well as hospital births. The sessions are held individually or in small groups where possible.

#### 2. Smoking Cessation:

This is a single one-hour session, allowing the patient to return for a free second session if he/she resumes smoking within three weeks of treatment.

The success rate to date has been very high. The only requirement is that the individual must genuinely want, and be prepared to become a non-smoker.

#### Personal details:

I have two practices - one in London (Harley Street) and the other in Milton Keynes. The contact telephone numbers are: 1. 0845 128 5047, 2. 020 7487 3220  
3. 01908 559155

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#### Sheila Carson

#### S L Carson Hypno-Psychotherapist

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#### Matthew Jones

#### Jones Integrated Hypno-Psychotherapy DHP NC MNRHP

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International Association of Hypnoanalysts

#### Lorraine Wood

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British Association of Therapeutical Hypnotists, National Institute of Medical Herbalists, National Federation of Spiritual Healers

Lorraine qualified as a medical herbalist in 1999 after four years of training with the College of Phytotherapy (Herbal Medicine).

She has worked in clinics, at Whipps Cross Hospital in the dermatology dept, and in private practice, and is a practitioner, clinical supervisor and tutor at the Archway Clinic of Herbal Medicine which is affiliated to Middlesex University.

Following her interest in the energetic properties of people and herbs, she continued her post-graduate studies with the Scottish School of Herbal Medicine, gaining an MSc from the University of Wales in 2003, and in the same year qualified as a hypnotherapist.

Lorraine treats a wide range of patients and follows a holistic approach, taking into account diet, lifestyle and emotions. She is very interested in nutritional aspects of health, not only in areas such as food intolerances, but throughout a wide range of health problems.

Lorraine's background in the performing arts helped to develop her interest and understanding of the stress and strains we experience today, and she has worked as an NFSH approved healer since 1997.

#### Bernard Baker

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The British Academy of Hypnosis  
Member of The British Academy of Hypnosis.  
Treatment for smokers who wish to cease.  
Treatment for clients who wish to lose weight.  
Specialist treatment for all phobias.

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#### Karen Taylor

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UKCP, BACP, The Hypnotherapy Association  
UKCP Registered Psychotherapist, Qualified at Masters Level.  
Eight years generic training. In practice for 11 years.  
Fully trained hypnotherapist: Member of "The Hypnotherapy Association"  
Also offers short and medium-term counselling.  
Uses cognitive-behavioural, behavioural, adlerian, and existential approaches.  
Has specialist training from post-adoption centre; relevant to counselling all parties affected by adoption issues.  
Particularly experienced in working with loss of all kinds, every manifestation of anxiety, stress and relationship difficulties.  
Works mainly one-to-one with adults and adolescents.  
Normally charges £40.00 per session.

#### Rita C. Fichera

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Scientific and Medical Network, General Hypnotherapy Register, Royal Society for the Promotion of Health, British Psychological Society, The Hypnotherapy Association

Dr Rita Fichera holds a Practising Certificate and is registered as a Chartered Psychologist with the British Psychological Society, the governing body for professional psychologists in the United Kingdom. She is registered with the NHS and BUPA as an independent provider (provider numbers available on request).

She has 18 years of experience in psychology. She also trained in hypnotherapy, hypno-analysis, regression therapy, counselling, psychotherapy, NLP and Reiki healing. For a number of years, she conducted scientific research at the University of London on patients with clinical depression and on neurological patients with

frontal lobe damage. She made a number of original contributions at national and international psychology conferences.

She adopts a transpersonal (body-mind-spirit) approach in therapy and provides holistic treatment for psychological, emotional, mental health problems. She specializes in the treatment of stress, depression, insomnia, delusional disorder, psychosis, schizophrenia, anxiety, irrational fears, phobias, panic attacks, obsessions, compulsive behaviours, eating disorders, emotional trauma, amnesia, psychological blocks, low self-esteem. She also helps clients with personal development, self-empowerment, performance enhancement, mind control, self-healing.

She is currently developing pioneering ideas and methods for the treatment of clinical depression, delusional disorder, psychosis and schizophrenia.

#### Peter Scott

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#### Sharon Simpson

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I was trained by Phil Parker at the European School of Holistic Medicine and have since gone on to train in EFT (Emotional Freedom Techniques). I have a Diploma in Life Coaching and am currently studying for a BSc in Integrative Counselling.

My particular areas of interests are clients with low self-esteem, poor self-image and limiting beliefs that may show up in either negative or destructive behaviours. This could include: smoking, overeating, binge drinking, nail-biting, low confidence, self-deprecation, anxieties, stress, nervousness etc.

Hypnotherapy used in conjunctions with NLP (Neuro Linguistic Programming) is effective in changing many limiting behaviours, habits, thought patterns and beliefs. These powerful techniques help build self-confidence and raise self-esteem enabling a more productive and enjoyable life.

I am a member of the British Institute of Hypnotherapists.

#### Julian Courtenay Mental Fitness UK

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#### Alan Hunns

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British Society of Clinical Hypnosis  
I came to hypnotherapy through being a patient. I was impressed with the treatment for a phobia which had

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been resistant to all other forms of help. The treatment was pleasant and relaxing and the complete opposite of the nerve-wrecking confrontation with my fears that I had expected.

Hypnotherapy can deal effectively with issues such as confidence and self-esteem, smoking cessation, weight control, performance anxiety (which can express itself in various ways from excessive shyness to psychosexual issues), phobias and panic attacks, skin problems and managing stress.

As a qualified clinical hypnotherapist I have a record of success with smoking cessation, phobias, IBS, motivation and performance anxiety. I am in my 50s and I am professional, warm, friendly and approachable, this is vital as establishing rapport is the first step in any hypnotherapy session. I share treatment rooms in Harley Street but I am happy to travel and to work as part of a practice.

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The British Thought Field Therapy Association, National Council of Psychotherapists, Hypnotherapy Society, General Hypnotherapy Register  
George T. Batey.

*D.Hyp.LAPHP.LHS.LNCP.GQHP.BTFTA(Assoc)*  
I am a fully trained practitioner specialising in Clinical Hypnotherapy, Psychotherapy, Thought Field Therapy, Stress Management and Mind Coaching.

*"I can help you to help yourself to resolve your emotional problems and to overcome psychological imbalances affecting your life."*

*For many years George worked as an extremely successful businessman in the field of, off-shore investments. As a result, he has been exposed to a wide variety of successful individuals, organisations and businesses.*

*Mind Aid was created by George, who discovered hypnosis and its role in beneficial subconscious therapy and motivation in 2001. He decided to successfully change his personal and working life for the better and studied under a wide range of esteemed experts throughout the UK.*

*Many conditions such as Depression, Anxiety, Stress which clients experience, are not as uncommon as may be thought, we all have issues such as these at some time in our lives and George successfully treats clients who are experiencing them on a daily basis.*

*"It is my utmost wish to help you to achieve an improvement in your quality of life and to understand and release any emotional baggage that has, and is hampering your life and future goals."*

**Matthew Hudson**

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General Hypnotherapy Standards Council

*I am a qualified and registered practitioner of hypnotherapy, neuro-linguistic programming (NLP) and also the energy-meridian therapy (emotional freedom techniques - EFT) which is similar to acupuncture but without the needles!*

*I have treated clients successfully for the relief of post traumatic stress disorder (PTSD), eating disorders, claustrophobia, grief, unwanted negative thoughts, obsessive compulsive disorder (OCD), pain from repetitive strain injury (RSI), back pain, migraine, rape trauma, irritable bowel syndrome (IBS) plus much more.*

*The treatments that I administer are drug-free and pain-free methods, that usually work when nothing else will. These treatments allow the mind and body to work as one and thus can improve health, mental wellbeing and shorten the time one is injured, in pain and suffering. I provide a free initial consultation and as per my terms and conditions if a client does not achieve their desired outcome, I offer a full money back guarantee, on the condition that the client agrees to stay in consultation as long as I believe that I can help them. For further information please see my website at www.uniquechange.com or call me on 0191 2520011*

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*Brian Watson MAPHP LHS TFT, Spiritual and Reiki Healer. I am a professionally qualified Hypnotherapist and a member of both the Hypnotherapy Society and the Association of Professional Hypnosis and Psychotherapy. I work from my own private practice known as Positive Healing UK. I have experience in a wide range of conditions including anxiety, panic attacks, trauma, phobias, unwanted addictions, bereavement, confidence, sexual problems including sexual dysfunction and sexual abuse, obsessive compulsive disorders, and anger management. I am also a member of the UK Register of Irritable Bowel Syndrome Therapists and a qualified Thought Field Therapy practitioner. I am a member of the Healer Practitioner Association International. I specialise in the area of Past Life Regression for which I have achieved outstanding results and I fervently believe that many of our everyday hang-ups stem from a previous experience of trauma in a previous incarnation*

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*I am a Qualified nurse: RGN: RMN: RSCN: RNT: Certificate in Education (Nursing).*

*I am also Qualified in Child and Adolescent Mental Health Nursing and hold a University Qualification in Child and Adolescent Psychiatric Nursing and Psychological Development.*

*I am currently a Licentiate Psychotherapist. My outcome as an accredited psychotherapist (December 2007)*

*means I am regarded as "a candidate in training" and regulated by the United Kingdom Council for Psychotherapy (UKCP).*

*I offer a spectrum of therapies interventions and interpersonal strategies encompassing Psychotherapy, Neuro-linguistic Programming and Clinical Hypnotherapy.*

*I am currently developing a therapy practice in my own time.*

*I remain, however, committed as an NHS employee particularly to Child and Adolescent Mental Health Care (CAMHS).*

*As a Licentiate Psychotherapist I am regulated by codes of conduct by the National Council for Psychotherapy: The Hypnotherapy Register and the UKCP.*

*I employ time line therapy and am developing a course for people that have lost parents as a young age. This is not only cathartic but catalytic in presenting similar morbidity. I deal with post-traumatic stress disorder and critical incident management.*

*I enable clients to determine outcomes and compelling futures.*

**Dee Twentyman  
Euphoria Hypnotherapy**

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*Dee Twentyman is a Clinical Hypnotherapist with over 15yrs experience of working with and healing people with Emotional Trauma & Psychological Difficulties. She has an Honours Degree in Psychology/Sociology, holds a Diploma in Hypnosis and Certificates in Advanced Hypnoanalysis, Hypnosis and Mental Health. She is registered with the Hypnotherapy Society, National Council for Hypnotherapy and the Association for Professional Hypnosis and Psychotherapy. She is also a member of the IBS Register.*

*Although she works with a whole range of issues her specialities are work with Anxiety States, Stress and Irritable Bowel Syndrome (IBS).*

*Based in the North East covering Newcastle, Gateshead and Hexham.*

**Richard Bradley  
KI Clinic**

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General Hypnotherapy Standards Council, National Guild of Hypnotists, International Institute of Coaching, National Phobias Society, National Board of Professional and Ethical Standards, UK Hypnobirth Register  
*Initial consultations conducted free of charge.*

*Home visits also available together with clinic consultations in Carlisle, Hexham, Dumfries and Moffat.*

*Self-Hypnosis and Stress/Anxiety training also provided. In addition to the general practice of hypnosis I also represent the National Phobias Society and UK Hypnobirth Register across all of my clinic areas. Feedback from referrals provided promptly to ensure full support to health care professionals.*

**Robert Porteous  
The Therapy Centre**

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**Bob Bruce  
Free Your Fears**

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General Hypnotherapy Register, Association of Reflexologists, Association for Professional Hypnosis and Psychotherapy

*As a very successful multi-disciplined therapist, I am registered with some of the country's leading professional Associations.*

*Among the techniques I offer are Clinical Hypnosis, Thought Field Therapy (TFT) Reflexology and Reiki, of which I am a Master Teacher.*

*All of my consultations are conducted on a one-to-one basis and personally created for each individual - so you can be assured of the best personal service for you. I specialise in: Fear, Phobia and Anxiety attacks; also Past Life Regression.*

**Raymond Bere D.Hyp. M.B.S.C.H  
Clinical Hypnotherapist**

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*Mr. Raymond Bere. D. Hyp. M.B.S.C.H. Qualified as a Clinical Hypnotherapist with the London College of Clinical Hypnosis and has the following qualifications passed by the British Medical Hypnotherapy Examination Board. Part 1 Foundation Certificate. Diploma. Post Graduate Diploma. 6 Masterclass Certificates. And is a Full member of the British Society of Clinical Hypnosis Member of the National Phobics Society A Tutor for the London College of Hypnosis.*

*The following are examples of the use of Clinical Hypnotherapy with patients*  
*Breaking unwanted Habits. Smoking, Nail biting, Ect. Reducing Stress and Anxiety. Panic Attacks, Hypertension, Tension Headaches, Pain management, Migraine, I.B.S., Gastrointestinal Neurological Disorders, Eczema, Gynaecological Problems P.M.T. Obstetrics, Psychogenic Infertility, Pain Control in Childbirth, Phobias and Fears, Obsessional Compulsive Disorders, Emotional Problems, Insomnia, Guilt Feelings, Weight Control, Obesity, Specialised approaches for Eating Disorders, Bulimia Nervosa, Anorexia, Confidence raising Self Esteem, Dental phobias, Bruxism, Psychosomatic Healing the Autoimmune System, Asthma, Post Traumatic Syndrome Disorders, Coping with traumas Abuse ect, Sexual Disfunctions, Interpersonal Relationships, Academic Performance, Memory retention, Childrens Problems, Bed Wetting, Thumbsucking, Behavioural Problems, Age Regression, Age Progression, Controlling Chemotherapy Side Effects, Nausea, Ego Strengthening, Cancer patients general suggestions for self Healing, Warts, Psychological Skin Rashes and Dermatological Irritation, Pruritus, Autoimmune Imagery Healing, Stuttering, and many more Psychosomatic and Medical Disorders.*

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*I have been involved in Stress Management for over 18 years and have given over 200 talks and lectures on the subject. Most clients who come to see me with stress related problems have a feeling that they "cant cope" or that there is "no way out". People often liken this feeling to "being in a tunnel where there is no sign of light".*  
*In most cases, stress-related problems are due to a combination of the stimulus that causes the perceived "pressure", and the thought processes that determine the response. Usually these problems can be dealt with effectively by a process of analysis to determine the underlying cause of the problem.*  
*My interest in Hypnotherapy arose when a client came to see me with a fear of spiders! In cases such as these, the problem is not in the conscious rational mind, which would respond to analysis, but in the subconscious mind, which can work independently and automatically. Hypnosis is used to change the irrational thought processes in the subconscious mind.*  
*Hypnosis is a natural state of deep relaxation and concentration, which uses the power of the mind to relieve symptoms and alter unwanted behaviour patterns.*  
*You will be able to see from the above, that it is important to determine the nature of the problem and the best course of action. For this purpose I offer a free initial consultation at which I will explain the methods in more detail and answer any questions you may have. I look forward to hearing from you.*

**Mark Ward  
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*I am a full time Clinical Hypnotherapist, NLP and EFT practitioner covering Nottinghamshire and Lincolnshire. I hold the Diploma in Clinically Advanced Hypnotherapy and the Hypnotherapy Practitioner Diploma. I am a member of the National Council of Hypnotherapy.*  
*I specialise in stopping smoking, weight control, stress relief and depression, bereavement and trauma, and fears and phobias. I also work with children and teenagers who are experiencing emotional and*

*behavioural difficulties, as I am also an ex teacher and advisor to young people.*

*I use different types of therapy including suggestion hypnotherapy and analytical hypnotherapy for deep seated issues. I also use Neuro Linguistic Programming and Emotional Freedom Technique where appropriate and for those who prefer. I often use a unique combination of hypnotherapy, NLP and EFT an extremely powerful way of resolving many issues.*

*I offer a caring, compassionate and non judgemental approach and treat every individual as a unique and special human being. I offer a free consultation which enables the client to ask questions, raise concerns and talk about their issue. Each session is tailored towards the individual and is always client centred. The therapy takes place in a relaxed, friendly and confidential environment.*

*I take great pride in helping people overcome their fears, obstacles and traumas to enhance their quality of life. I enjoy helping people find their inner resources to achieve their full potential and goals in life.*

**Brenda White RPHH Dip H Hyp**

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The Society of Stress Managers  
*It is important to design hypnotic inductions that meet the patients exclusive or unique needs. Therefore, no matter how special the concern, it can be successfully reduced or eliminated by the thoughtful application of hypnosis.*  
*The patient comes for an initial consultation. This gives them an opportunity to ask questions regarding hypnosis and gives me the opportunity to explain the Code of Ethics that is used. The patient is seen for an hour once a week.*

*Individuals needs vary so I have only a few specific applications that I use.*

*Self-esteem and Motivation: I aim to improve the patients self-projection, reprogramming past negative behaviour and increasing confidence and self-acceptance.*

*Stress: I employ techniques to reduce or eliminate stress, promoting relaxation and reprogramming of specific behaviour patterns.*

*Phobias: There are many phobias that I treat using hypnosis such eliminating the fear of air travel and crowds.*

*Smoking: I provide procedures for permanent behaviour modification having eliminated the smoking habit. This is a very successful approach and has proved very popular.*

*Natural Childbirth: I support and reinforce Bradley and Lamaze methods, encouraging pain control, establishing communication with the child and promoting a positive postbirth phase.*

**Alexandra Earley  
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*Su Ricks is a member of the National Council for Hypnotherapy and the National Guild of Hypnotists. She obtained her diploma in Clinical and Advanced Hypnotherapy (DipCAH) in October 2004 and has also achieved The National Diploma (HPD) which is accredited through the NCFE. Su is also a certificated Neuro-Linguistic Programming Practitioner. Specialisms include treatment for anxiety, panic attacks, weight loss and smoking cessation.*

**Richard Rzymiski**

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*Norman Hinks. PhD CHt. MPNLP B.A.Hyp  
Norman offers the following specialities:*

- Phobias*
- Fears*
- Stress*
- Anxiety*
- Past Trauma*
- Exam & Test Anxiety*
- Stop Smoking*
- Weight Loss*
- Timeline Techniques*
- Life Coaching*
- Small Business Coaching*

*Qualifications:*

*PhD Philosophy  
Member British Academy of Hypnosis  
Master Practitioner of NLP – Trained by Paul McKenna, Richard Bandler, Michael Neill & John Lavell.  
Hypnotic Practitioner – Trained by Paul McKenna and Richard Bandler  
Member of the Society of Neuro Linguistic Programming  
Member of British Academy of Hypnosis  
Certified Hypnotherapist – Accelerated Change Ltd  
Qualified Life Coach – The Coaching Academy  
Norman provides a wide selection of tools and*

*techniques to help you achieve more, and live a fuller happier life. By using the latest techniques rapid changes can occur in your life. Curing fears & phobias is regularly done in less than 30 minutes!*

*Norman is constantly expanding his skills with ongoing training from only the best providers in the UK. Norman has a proven track record, just check out the testimonials on his website www.normanhinks.org.uk  
Norman's practise is based in Wellingborough, Northants daily and Harley Street, London by Appointment.*

**Danielle Sheahan**

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The Hypnotherapy

*I first trained in humanistic Psychology in the late 1980s and qualified as a hypnotherapist in 1999. I have also trained in emotional Freedom Technique and am currently completing a diploma in human Givens.*

*My objective is always to empower you, to help you find strengths and resources you might have forgotten you possess. My approach is gentle and pragmatic, I make wide use of story and metaphor, while remaining focused on the here and now.*

*You should start feeling better from the very first session. Together we will plan what you want to achieve and will aim to get there as quickly as possible.*

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*Trained to Advanced Level in Integrative Psychotherapy, Hypnotherapy & Hypnoanalysis; NLP & Stress Management, with over 6 years experience. Specialising in stress management, managing & alleviating phobias, anxiety & confidence issues, smoking cessation & other unwanted behaviours, coping with loss & bereavement, relationship management & a wide range of emotional difficulties. Member of General Hypnotherapy Register, British Association of Counselling & Psychotherapists & National Council of Psychotherapists. Concessions apply subject to status.*

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*Chris Milbank is a Qualified Therapist who has been in practice for five years. In that time he has removed phobias, anxiety and stress. Agoraphobics are out and about and he has taken issues of clients and turn them around, giving them a freedom not known before.*  
*All Therapists at The Centre have nationally recognised qualifications, including Btec and City & Guilds where available. All Therapists hold current 1st Aid Certificates. The Chris Milbank Centre for Complementary Healthcare provides you with a wide selection of therapies that will allow you to improve and change your life. The Centre offers Hypnotherapy-Counselling-Neuro Linguistic Programming (NLP) - Energy Tapping-Bio Resonance-Anxiety, Stress and Phobia Cures. In the near future other therapies will be available.*  
*We give you the therapy and the therapist to suit you. The aim of The Centre is to give you the best.*

**Robert Fulcher**

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 , British Medical Association, British Institute of Hypnotherapy  
*I qualified as a doctor in 1974 and currently work as a Consultant Physician in Medicine for the Elderly and*

*Stroke Medicine at the Norfolk and Norwich University Hospital.*

*Since training in NLP and Hypnotherapy I see patients outside the NHS with common health problems. I am also a practitioner in the Lightning Process which is particularly effective for people with ME/Chronic Fatigue Syndrome. (www.lightningprocess.com)*

*I would like to see complementary and alternative approaches, including the training of NHS Practitioners, available nationwide.*

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 British Association of Counselling and Psychotherapy, United Kingdom Council for Psychotherapy  
*I belong to the following professional organisations and abide by their ethical codes:*  
*United Kingdom Council for Psychotherapy (UKCP)*  
*British Association of Counsellors and Psychotherapists (BACP)*  
*Counsellors and Psychotherapists in Primary Care (CPPC)*  
*British Society of Clinical and Academic Hypnosis (BSCAH)*  
*My approach is integrative, and I see people as whole beings with interacting parts, such as body, feelings, thoughts, emotions, imagination and spirit, and consider all those aspects in my work. I use hypnosis as an efficient and effective method to access deep seated emotions. Particular areas of interest are: depression, panic attacks, phobias, eating disorders, relationship problems, existential and spiritual crisis. I have 13 years of experience of working in Primary Care.*  
*I have a deep interest in spirituality and spiritual traditions and my approach includes paying particular attention to the spiritual dimension of my clients.*  
*Taking full account of the needs of my clients, I aim to keep therapy as brief as possible.*

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International Association of Hypno-Analysts, The Hypnotherapy Association  
*Over a decade ago I took the course promoted by the International Association of Hypno-Analysts, passed their examination, and started off in practice.*  
*More recently I learned about EFT - (emotional Freedom Technique) - which is very fast, very efficient, and does not require the use of trance.*

*Both EFT and hypno-analysis have their place and I will use one or the other or both according to what seems best for my clients.*

*I work in my home office and I have outside clinics per week, one of which is at a major London NHS hospital.*

*Amongst my clients are smokers, people with addictions, people suffering from nausea because of chemotherapy, people with phobias such as fear of flying, depressives, and people who have a low self-image or who are unable to achieve their promise in school, workplace, or on the playing field.*

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British Institute of Hypnotherapy

*Focus on Life - Certified Neuro Linguistic Programming Practitioner and full member of the British Institute of Hypnotherapy.*

*17-year background in coaching and personal development on a one-to-one and group basis.*

*Personal experience of childhood bereavement, infertility issues and marital breakdown. Offering practical, friendly, affordable help for a wide range of challenges such as smoking, weight control, phobias, stress, conflicts, confidence building, habit breaking, relationships, bereavement, letting go of the past, building brighter futures and much more.*

*Gift vouchers and corporate discounts available. NHS Clients welcome. "If only I could..." .....you can!*

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*Ernest King BA is a qualified psychologist taking his degree with The Open University.*

*Trained by Dr Norman Vaughton BSc, AKC, DipEd DHP MAPHT, CHC (UK) FRGS who is known internationally for his training and who ran the training for the Academy of Curative Hypnotherapists. (UKCHO)*

*Mr King qualified in 1993 and went on to continue the Advanced Diploma Course in Hypnotherapy skills.*

*As the Academy requires on-going training for licensing to continue he has trained in the method developed by Dr P J Whorwell of South Manchester University Hospital in guy directed hypnosis and is a member of the Register of Gastrointestinal Psychotherapist and Hypnotherapist.*

*A member of the BHA Hypnotherapy Association and on the UK Hypnotherapy Register. Qualified up to stage 2 of Reiki Healing, member of the British Dowsers Association and also member of the Spiritualist National Union (Spiritualist Healer) and The National Pure Water Association.*

*He has studied under distinguished people as Dr Ernest Rossie Ph.D. (Psychobiology) who was a direct student of Milton Erickson. Dr Michael Yapko Ph.D (Pain Management), Dr David Grove Ph.D. (Child within Metaphors) Dr David Calof RMHC (expert in associative disorder) Mathew Manning (Britains Leading Healer). Ursula Markham (leading lady in Past Life Regression) Michael Garrett (Obsessive Compulsive Disorders) as used by the BBC and Police as a Consultant.*

*This is to name but a few.*

*People are seen by Appointment only and an appointment can be made by calling into the Pain Clinic personally or by Telephone 0161 620 2165*

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Royal College of Nursing, British Institute of Hypnotherapy

*I am a member of the Royal College of Nursing & the British Institute of Hypnotherapists.*

*I am a retired registered nurse, qualified hypnotherapist, Reiki 1 practitioner and qualified teacher in Further Education. I also have certificates in stress management, relaxation therapy and counselling.*

*As a nurse I worked as a ward sister, theatre sister, A&E night sister and hospital night sister. After having my family I worked as a School Nurse for over 20 years, and then as a Primary Mental Health Worker in Child & Adolescent Mental Health Services until my retirement in July 2007. I am now able to concentrate fully on my work in hypnotherapy and reiki.*

*I am fully insured and offer a confidential service covering a wide range of conditions including exam stress, smoking cessation, weight reduction, fears & Phobias and allergies. Although I worked in the NHS for many years I think there is an important role for complementary therapies within the health framework and scope for conventional and complementary practitioners to work together in looking after peoples' health.*

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Other

*Robert has been in practice since 1995. He was trained with the Hypnotherapy Council Board (UK) and holds a diploma as a Hypnoanalyst. Robert has also undergone extensive training in Hypnosis including IBS, Stress Management and Hypnotherapy for Children.*

*He is a member of the National Register of Advanced Hypnotherapists and a member also of the International Association of Hypnoanalyst.*

*Robert offers an introductory consultation free of charge, so that you can get together and you can decide whether he is the right person to help you.*

*Robert uses two entirely different treatments using conscious hypnosis, though it is sometimes necessary to mix the two.*

**ANALYTICAL THERAPY**

*Robert specialises in Analytical Therapy. Analytical Therapy is used to discover the original cause of Psychological problems using Hypnoanalysis. This can be summarised briefly as the doctrine of cause and effect (your symptom), must have a cause, once this cause is revealed, it is removed bringing consequent relief of the symptoms. The use of conscious hypnosis can dramatically speed up analysis and results can be achieved in a few weeks.*

**SUGGESTION THERAPY**

*Suggestion Therapy is used to produce a change in behaviour pattern, such as smoking, nail biting, pre test nerves relaxation, slimming and confidence boosting.*

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*Rob has always had a deep and profound interest in helping people achieve their dreams. He specialises in guiding and helping people fulfill their objectives, and therefore reach the truly remarkable potential that everybody is capable of.*

*His coaching style is sensitive but dynamic, and very much tailored towards each individual client. He employs a holistic approach to coaching and therapy, and encourages a whole body, whole mind, whole environment way of thinking, which has the effect of maximising the sensation and experience for each client.*

*He personally promises each client, that they will always be treated sensitively and professionally, and that he will always adhere to the strictest code of confidentiality.*

*He is committed to doing his absolute best to assist them achieve their desired objectives.*

*Rob lives in the Benson area of South Oxfordshire. His client base extends North from Middlesex and West London, to beyond Milton Keynes. He does however welcome and encourage enquiries from anywhere in the UK and Europe. He is also very pleased to accept enquiries from any BFPO address.*

*By prior arrangement, Rob is happy to visit any client in their environment, or alternatively, you can make an appointment to visit him either at his practice, or a number of other suitable locations in South Oxfordshire.*

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*Bachelor of Science (honours) in Psychology.  
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Continuing professional development by studying for Practitioners Certificate in Clinical Hypnosis which should enable me to treat patients with severe problems such as PTSD.  
Proprietor of Equipoise Clinical Hypnotherapy where I conduct 1 to 1 sessions, group work & workshops. I enjoy working with a variety of cases but appear to be attracting patients with weight control issues & phobias & stress management problems.*

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**E** **Charlotte Pike BSc(Hons), DHP, HPD(ncfe**  
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**I** *I am a fully qualified Hypnotherapist and Neuro-*  
*Linguistic Programming Practitioner.*  
**J** *My qualifications include:*  
*Bachelor of Science Degree with Honours*  
*Diploma in Hypnotherapy*  
**K** *Hypnotherapy Practitioner Diploma - jointly accredited*  
*by the NCFE (national awarding body) and the National*  
*Council of Hypnotherapy*  
**L** *Certificate in the Psychology of Depression and*  
*Therapeutic Modalities*  
**M** *Certificate in the Art and Science of Neuro-Linguistic*  
*Programming (NLP)*  
**N** *Certificate in Training Practice*  
**O** *I am a member of the Hypnotherapy Association, the*  
*National Council of Hypnotherapy and the Chartered*  
*Institute of Personnel and Development. I abide by the*  
*code of ethics as stipulated by the National Council of*  
*Hypnotherapy and the Hypnotherapy Association.*  
**P** *I use a variety of techniques such as analytical,*  
*Ericksonian, goal-orientated NLP, Guided Affective*  
*Imagery, Cognitive Behavioural therapy, suggestion*  
*therapy and tailor treatment for each individual clients*  
*needs.*

**Q** *Please see below for a sample of concerns:*  
**R** *Anxiety*  
*Anger*  
*Compulsions*  
**S** *Digestive Problems*  
*Emotional Problems*  
*Fears*  
**T** *Family Problems*  
*Travel Problems*  
**U** *Grief*  
**V** *Hypnosis for Childbirth*  
**W** *Improving Relationships*  
**X** *Pain Management*  
**Y** *Phobias*  
**Z** *Problems with Eating*  
*Relationship Problems*  
*Relaxation*  
*Self esteem*  
*Sexual Problems*  
*Sleeping Problems*  
*Smoking Cessation*  
*Social Problems*  
*Stress Management*  
*Tiredness*  
*Uncontrolled Gambling*  
*Unwanted Habits*  
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*Catherine Pain is a professional hypno-psychotherapist*  
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*humanistic, client-centred school. She trained with the*

*National College of Hypnosis and Psychotherapy (based*  
*in Nelson, Lancs). Catherine's approach is eclectic; she*  
*uses a wide range of techniques, such as NLP (neuro-*  
*linguistic programming), the use of metaphor in*  
*psychotherapy, Ericksonian hypnosis and therapy,*  
*cognitive therapy and the behavioural approach as*  
*appropriate.*

*She has experience of working with people of all ages*  
*exhibiting a variety of symptoms. She has worked with*  
*people having phobias, migraines, eating/weight issues,*  
*who wish to stop smoking, to deal with stress more*  
*effectively, who wish to improve sport techniques and*  
*prepare for examinations, etc. As well as working with*  
*individual clients, Catherine works with couples and*  
*families.*

*She specialises in working with children.*  
*Catherine works from home and will also travel to see*  
*clients. The first session in the form of an initial*  
*consultation where a complete medical and family*  
*history is taken. Catherine will give an idea as to the*  
*longevity of treatment, and the types of therapy*  
*deemed suitable. Sessions thereafter are arranged as*  
*mutually convenient. Catherine will also work evenings*  
*and weekends in order to accommodate clients.*

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*Jenny runs her private practice in Plymouth as a Clinical Hypnotherapist and Healer. She is also employed as a Healer and Co-ordinator for a team of five voluntary Healers at the Mustard Tree Macmillan Centre, Derriford Hospital, Plymouth; where she has worked since 1998; starting as a volunteer. The Mustard Tree is a Support Centre for people with cancer, their families and carers. She is a Full Member and a registered Clinical Hypnotherapist with the British Society of Clinical Hypnosis, a Member of the National Federation of Spiritual Healers, and a member of the Doctor-Healer Network.*  
*Utilising clinical hypnosis, Jenny really enjoys working with people in partnership with them, to help them to make positive and beneficial changes in their lives.*

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*I finished training and became fully qualified in Australia to strict high standards obtaining cert of hypnosis, dip hypnosis advanced hypnosis. I also completed course in the treatment of cancer sufferers for better quality of life. I specialised in Depression, Stress, Pain Control, Self Esteem and confidence issues and all phobias including exam fears together with the more traditional Stop smoking and Weight loss therapy. My mentor Dr Rick Collingwood 'recognised' my technique and skills and I became his associate and I had a practise in Perth CBD. I have been featured in the local press in Perth for my work and many clients referred to me by the medical profession. Also the local press in my home town of Portsmouth UK featured me for my work. I have treated other hypnotherapists and assisted in the training of students now returned home to carry on my work in the UK and still in contact with many of my clients in Perth. Always available for an informal chat.*

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The Hypnotherapy Association  
*We are dedicated to the Professional and ethical use of hypnosis. We also use the practice of Psycho-Analysis,*

for the treatment of nervous disorders and emotional problems.

*In fact we are "Cause and Effect" based, for people suffering that proverbial Timeless formless Anxiety, "Something inside themselves but outside their own control?" The person who is doing things that they would rather not do, or unable to do the things they would like to do!*

*Suffering stress, Phobias, (Unable to give up smoking, or control their weight). We can help in these and many other matters. Helping the person to become the best person they can possibly be.*

*For Professional, Caring, Confidential help, we are bound by a code of practice, and have undertaken to abide by very rigorous rules.*

*We respect client confidentiality at all times, and would not even disclose to a spouse, parent or any relative that therapy is being undertaken. The well-being of our clients is paramount at all times. We discharge the client from therapy as soon as possible commensurate with their good care and well-being.*

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*Since 1988, Clinical Hypnotherapist Chris Russell has been helping people resolve problems of their mind. Chris trained with British Hypnosis Research studying alongside Psychiatrists, Doctors and Dentists to obtain his qualifications, culminating in the Advanced Diploma in Ericksonian Hypnosis, Psychotherapy and NLP which was taken at St Anns hospital Haringay. Since that time Chris has continued updating his knowledge and has run training seminars for other organisations. Chris has a wide range of experience, helping people overcome many problems such as: Stress, Anxiety and Panic Attacks, Public Speaking and Self Confidence. Learning Problems and Examinations, Depression, Self-Esteem, Guilt, Addictions, Relationships, Personal Development, Smoking and Slimming, Fear of Flying and Other Phobias. Insomnia and Severe Headaches.*

*Member of the Hypnotherapy Association.*

*Member of the U.K. Register of I.B.S. Therapists.*

*Member of the European Therapy Studies Institute.*

*Accredited Member of the National Council for Hypnotherapy.*

*Clinics in: Portsmouth - Cosham/Drayton & Chichester*

*Chris offers a free Initial Assessment before any commitment to therapy.*

*Member of The Federation of Small Businesses*

*Member of Portsmouth & South East Hampshire*

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*Registered with GHR (The General Hypnotherapy Register).*  
*Advanced Professional Practitioner Diploma.*  
*Treatments offered include:*  
*Stop Smoking,*  
*Phobias,*  
*Panic & Anxiety States,*  
*Lack of Confidence.*  
*Practices suggestive therapy, Neuro Linguistic Programming, Regression Therapy, where appropriate to obtain desired results.*

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*Fully insured and CRB checked.*  
*Specialisms: Working with clients suffering the effects of extreme stress and low self-esteem, to build confidence and overcome negative beliefs and behaviour patterns. Achieving weight-loss results for clients who have spent years trying an assortment of diets and eating plans. Helping those who wish to stop smoking, through the use of a variety of techniques and strategies. Overcoming fear of flying and other phobias. Providing caring, confidential and professional help, using a blend of skills and techniques appropriate to each client and their issues.*

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Federation of Holistic Therapists, British Institute of Hypnotherapy, British Association of Counselling and Psychotherapy  
*We know Counselling works. We know Hypnotherapy works.*

*Counselling = Conscious*  
*Hypnotherapy = subconscious*  
*It makes sense to get your head together and have both conscious and subconscious working for you.*  
*Some of the issues that maybe helped with Hypno-Counselling:*  
*Phobias & Habits (stopping smoking)*  
*Pain relief*  
*Weight control*  
*Improved sports performance and concentration*  
*Boosts confidence and self-esteem*  
*Manage stress*  
*Insomnia*  
*Emotional distress*  
*Anger Management*  
*Behaviour change*  
*Past life therapy*  
*Relaxation training*  
*and many more.*

*As with most therapies, our practitioners aim to build a relationship with the client that enables treatment to take place in emphatic and supportive way.*  
*The overall aim of my work as counsellor and hypnotherapist is to provide an opportunity and a safe place, for the client to work towards living in a more satisfying and resourceful way. Therapy may be concerned with addressing specific problems, making decisions, coping with crisis, developing personal insight, awareness and knowledge, working through feelings or improving relationships.*  
*I am a Person-Centred Counsellor and a Master*

*Practitioner in applied Clinical Hypnotherapy. I am a member of and abide by the ethics and practices of:*  
*The British Association of Counsellors and Psychotherapists.*  
*British Institute of Hypnotherapy*  
*Federation of Holistic Therapists.*

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*AJB Hypnotherapy with James Barugh UKRAH, GHR, NLP, UKRAH = UK Registered Advanced Hypnotherapist*  
*GHR = General Hypnotherapy Register (member)*  
*NLP = Neuro Linguistic Programming*  
*Specialising in Stop Smoking on One Hour*  
*Using the Harley Street Technique, achieving a 95% success rate.*  
*Also help with, fears, phobias, anxiety, panic attacks, confidence, anger, nail biting, blushing, public speaking, alcohol related problems, emotional and relationship problems.*  
*For a free consultation to answer all your questions and explain how it works call freephone 0808 143 0493 54 London Street, Reading, Berks R61 4SQ*

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*Stephanie MacLennan DHyp, MBSC, GQHP obtained her diploma in Clinical Hypnotherapy through the London College of Clinical Hypnosis (LCCH). As well as being a hypnotherapist, she is an Eye Movement Desensitisation and Reprocessing (EMDR) practitioner having trained in EMRD through the LCCH. EMDR is a protocol used in the treatment of Anxiety, Phobias and Trauma.*  
*Hypnotherapy can help in the relief of Anxiety (general and specific) and Panic Attacks, Fears and Phobias, Unwanted Habits (for example, smoking, nail biting and hair pulling), Obsessive Compulsive Disorders (OCD), Weight Problems and Eating Disorders, Low Self-esteem and Performance Anxiety and much more.*  
*Anxiety and fear are emotional obstacles which can prevent a person from achieving their full potential. Stephanie has a particular interest in helping in overcoming these obstacles and giving people the determination to succeed.*  
*Stephanie is a member of the British Society of Clinical Hypnosis (BSCH) and Certified as a Registered Hypnotherapist by The General Hypnotherapy Register (GHR), the registering agency for the General Hypnotherapy Standards Council (GHSC) and abides by their strict codes of conduct relating to client confidentiality, ethics and treatments.*

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General Hypnotherapy Standards Council, British Association for Counselling & Psychotherapy

*THOROUGH, COST EFFECTIVE, SAFE, RAPID, PERMANENT & FUNDAMENTAL BEHAVIOUR CHANGE*

*Joy incorporates in-depth analysis, counselling and NLP (Neuro-Linguistic Programming) with Hypnotherapy to achieve the desired behaviour change at a fundamental level. Her extremely thorough approach ensures that long lasting results are achieved rapidly and safely, and in complete confidence.*

*Case studies, testimonials and magazine articles are included on the website.*

*Joy's generic approach is to identify the elements which trigger and sustain the unwanted behaviour. This enables her to deliver new, useful behaviour with personalised tools to deal with underlying issues and secondary gains.*

*The range of issues Joy has treated is very wide, and her success rate is 100% for clients who have completed the prescribed programme: Here are some examples:*

*Insomnia  
Irritable Bowel Syndrome  
Self Harm  
Sexual Abuse  
Pain control*

*Fear of surgery, dentists and things medical*

*Weight control and binge eating*

*Alcohol abuse*

*Stress*

*Phobias*

*Irrational fears*

*Separation anxiety*

*Habits*

*Pain management*

*Depression*

*Self esteem*

*Confidence*

*Acceptance*

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*Separation anxiety*

*Anxiety and worry*

*Victimhood*

*Panic attacks*

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*Tara Economakis is an Advanced Ericksonian Hypnotherapist and Psychotherapist, as well as a Performance Coach, HypnoBirthing Practitioner, Fertility Therapist and Bereavement Counsellor. She works internationally, both privately and on consultants referral at clinics, surgeries and hospitals. For the past*

*nine years she has used and taught hypnosis and other strategies to help clients effect change and personal growth. She is registered with BUPA, The Central Register of Advanced Hypnotherapists, The European Association for Psychotherapy and the United Kingdom Council for Psychotherapy.*

*Hypnotherapy can help clients to:*

*Stop smoking*

*Reduce and eliminate anxiety, stress, fear and panic*

*Gain confidence*

*Facilitate and enjoy pregnancy and birth*

*Establish a healthy relationship with food*

*Manage pain, phobias, habits*

*Gain control over IBS, Migraine, allergic reactions, depression*

*Improve performance at work, school and sport*

*Deal with health issues and anxiety surrounding medical and dental procedures*

*For further information please refer to the following websites:*

*www.lastingchanges.co.uk*

*www.HypnoBirthing.co.uk*

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Central Register of Advanced Hypnotherapists

*I specialise in helping people overcome negative emotional and behavioural issues, low self-esteem, fears, phobias, stress and unwanted habits such as smoking, insomnia, nail-biting and overeating. As I am also a Special Educational Needs teacher, working with children with autism, I have much experience in using my therapies to help in that area. I hold the Teachers Diploma in Specific Learning Difficulties (dyslexia) and often work with students to restore their confidence in themselves and their ability to learn. In addition to Ericksonian hypnotherapy, I also offer Neuro-Linguistic Programming (NLP), Emotional Freedom Technique, Tapas Acupressure, Journeywork, Reiki and Indian Head Massage. I am a firm believer in helping to empower a client and I do this in a gentle and supportive manner. I am willing to visit organisations and work with clients there, if that is deemed necessary. My professional aim is to create a therapeutic relationship with a client that promotes healing and positive change.*

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*Wayne Martin D.Hip. MBSCCH, MIPTI.*

*D.Hip = Diploma in clinical hypnosis*

*MBSCCH = Full Member of the British Society of Clinical Hypnosis*

*MIPTI = Full Member of the Independent Professional Therapist International*

*Specialising in: Stop Smoking in one session*

*Weight Reduction & Management*

*Fears, phobias, anxiety & panic attacks*

*Stress & Tension Management (including helping IBS)*

*Also helping with Pain control, confidence, blushing, public speaking, emotional and relationship problems, some sexual problems, Habit Breaking (nail biting, thumb sucking etc), alcohol related problems & anger Management.*

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**Mark Reader Hypnotherapy**  
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Pease Pottage Golf Club  
Horsham Road  
Crawley  
West Sussex  
**RH11 9SG**  
T: 01293 873365  
E: markreader@aol.com  
W: www.mark-reader.co.uk  
Association for Professional Hypnosis and Psychotherapy

*I am a qualified and experienced therapist offering hypnotherapy, psychotherapy and counselling services from my own private consulting rooms in the tranquil setting of Pease Pottage Golf Club, Horsham Road, Crawley which is ideally situated for clients/patients from Crawley, Horsham and the surrounding areas.*  
*I specialise in working with:*  
*Adult Victims of Sexual Abuse*  
*Eating Disorders*  
*Obsessive Compulsive Disorders (OCD)*  
*Irritable Bowel Syndrome (IBS)*  
*Fear of Vomit (Emetophobia)*  
*Emotional Issues*

*The issues above are often treated through a combined mixture of Psychotherapy/Counselling and Hypnotherapy.*  
*I believe it is essential that the client/patient feel comfortable with the therapist and surroundings before treatment is undertaken. I therefore provide a free 45 minute consultation.*  
*I am also available to meet with GP's, Consultants, Practice Nurses and Health Visitors to discuss my services and any individual patients who it is felt might benefit.*

**Julie Langton-Smith**  
**Clinic of Natural Medicine**  
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T: 01403 259674  
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Complementary Medical Association, British Complementary Medical Association, British Bio-Magnetic Association, Kinesiology Federation, General Hypnotherapy Standards Council

**Elsette Strachan**  
**Nobuntu Psychology & Hypnotherapy Consultancy**  
4 Amberley Court  
Brookers Road  
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T: 07776 267953  
F: 01403 780977  
E: elsette.s@btinternet.com  
National Register of Advanced Hypnotherapists, National Council for Hypnotherapy  
*I qualified in Counselling and Social Worker in South Africa.*  
*Specialist areas – Psychology, Sociology and Social Science.*  
*Special interest: Depression, Relationship Therapy, Marriage-; Divorce Counselling, Empowerment and Interpersonal Life Skills Training.*  
*I worked with young people and families with special needs including (Victims of HIV/Aids, Domestic Violence, Physical-; Sexual-; Emotional and Psychological Abuse).*  
*Working with children with Attention Deficit Disorder (AAD) or Attention Deficit and Hyperactivity Disorder (ADHD) are very close to my heart. I believe the change of vision; expectation and relationship can influence behaviour and enable young people to take control themselves.*  
*During a major period of transformation I was involved in Change Facilitation, Conflict Resolution, Bereavement and Post Traumatic Stress Disorder.*  
*Further Specialist Training:*  
*Cognitive Behavioural Hypnotherapy*  
*Neuro Linguistic Programming*  
*Hypnotherapy Practitioner Diploma*  
*The Psychology of Depression & Therapeutic Modalities*  
*Hypnosis for Childbirth UK*  
*Registered with:*  
*National Council of Hypnotherapy (Accredited Member)*  
*The National Register of Advanced Hypnotherapists*  
*The General Social Care Council*  
*I work according to the Code of Ethics of the above governing bodies and hold a valid Enhanced Disclosure that enables me to work with vulnerable people.*  
*Geographic areas of work include Horsham, Billingshurst, Worthing and surrounding areas.*

**Marie Flood**  
19 Glendyne Way  
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General Hypnotherapy Register

**Daphne Smith**  
**Holistic Harmony**  
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Surrey  
**RH3 4TL**  
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E: daffers56@tiscali.co.uk  
The British Academy of Hypnosis

**Juli Arthurs**  
**'House of Peace'**  
'Thie Ny Shee'  
24 Leith View  
North Holmwood  
Dorking, Surrey  
**RH5 4TG**  
T: 0777 562 8074  
E: juli@houseofpeace.info  
W: www.houseofpeace.info  
British Society of Clinical Hypnotherapists, James Braid Society  
*I see both private and corporate clients who have physical or behavioural problems with an underlying psychological cause. My main interest is in harnessing the power of the mind for successful outcomes.*  
*Specialities:*  
*1. Addictions – such as smoking or weight management, the internet.*  
*2. Phobias and fears – public speaking or presentations, heights, spiders, flying, driving, etc.*  
*3. Stress induced symptoms, such as migraines, persistent throat problems, and anxiety or panic attacks.*  
*4. Medical: preparing for dentistry/ surgery/ childbirth.*  
*5 Enhancing and improving oneself, such as confidence, self esteem.*

*6. Lifting the spirits (mild reactive depression).*  
*7. Children e.g. enuresis, exam phobias, bullying, nail biting, hair pulling.*  
*8. Business improvement – such as improving sales technique, exam success, faster reading, and improving self esteem and confidence in business matters such as appraisals, meetings, networking.*  
*9. Sports goal enhancement e.g. skiing, golf, badminton.*  
*10. Emotional release e.g. anger management, grief.*  
*Can work in the French language if required*  
*I currently work from home and also travel to clients homes, and am able to provide a safe and tranquil environment in my "House of Peace" in Dorking.*

**Darren Lee-Roscoe**  
30 Furze Close  
Hurstland Park  
Horley, Surrey  
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**Leela Turner**  
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The General Hypnotherapy Register

**Mark Howard**  
**C.A.T.S (London) Ltd**  
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T: 01708 781 927  
F: 01708 781 927  
E: mlihoward@hotmail.com  
British Society of Clinical Hypnosis, Nursing and Midwifery Council  
*I attained the Diploma in Clinical Hypnosis in 2003, and have studied the subject since early 2002. My practice is complemented by many years experience as a mental health nurse in a number of clinical contexts, and a long history of professional, post-registration development. Besides my RMN qualification, I attended nursing qualifications at Diploma, Bachelor and Masters levels, as well as a post-graduate certificate in education.*  
*My experience as a mental health nurse, and working in the NHS, offers an important dimension to my hypnotherapy practice. I am especially interested in the application of hypnotherapy for depression, but would also be interested in working with a range of conditions and contexts including pain management, enuresis, sleep disturbances, psychosexual difficulties, habit breaking, etc. I offer a sensitive and confidential service, as well as a calm and confident approach.*

**Steve Carpenter**  
**Hornchurch Hypnotherapy**  
74 Swanbourne Drive  
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**RM12 6RE**  
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Association for Professional Hypnosis and Psychotherapy, Hypnotherapy Society

**Eileen Taylor**  
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GHR, The Hypnotherapy Association, UK Hypnotherapy Register

**Kerry Weaver Hypnotherapy**  
54 Josling Close  
Heritage Wharf  
Grays  
Essex  
**RM17 6ND**  
T: 01375 393238  
T2: 07775 614497  
E: kerry.weaver@tiscali.co.uk  
W: www.kerryweaverhypnotherapy.co.uk  
Association for Professional Hypnosis and Psychotherapy  
*Kerry Weaver is in private practice offering hypnotherapy treatment for most issues including*

relaxation, stress, confidence, phobias, fears, insomnia, irritable bowel syndrome and quit smoking therapy. A free initial consultation is offered to all clients allowing them time to discuss their problems in a non-judgemental and safe environment. Kerry is also a registered member of the Association of Professional Hypnosis and Psychotherapy. He's consulting room is located in the pleasant surroundings of Heritage Wharf, 5 minutes walk from Grays C2C mainline station and within easy access from the M25 and A13. Free parking is available for clients.

#### Terence Malone

6 Coltsfoot Court  
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**RM17 6TP**  
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T2: 07941 890122  
E: tm006y1107@blueyonder.co.uk  
W: www.hypnotherapy.cabanova.com  
Association for Professional Hypnosis and Psychotherapy

*I am Terence Malone Clinical Hypnotherapist, with Diploma's in Clinical Hypnosis and Psychotherapy and Diploma's in Clinical Hypnotherapy and Advanced HypnoAnalysis.*

*I am a member of the Association for Professional Hypnosis and Psychotherapy. I have received personal tuition from Mr. Terence Watts the Principle of the Association.*

*I am in private practice at 6, Coltfoot Court, Thurrock Park, Grays, Essex RM17 6TP.*

*I offer a caring, professional service to all my client's whatever their problems, which may be stress, smoking, gambling addiction, alcohol addiction, depression, fears/phobias, anxiety, lack of confidence, counselling, panic attacks, sexual problems, exam nerves, driving test nerves, plus many other problems. I can be contacted on 01375 378647 or mobile 07941 890122*

#### Natalie Lawley-Mowbray

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General Hypnotherapy Register, General Hypnotherapy Standards Council, Complementary Medical Association, United Spiritualists

#### Faridoon Hormasji

**A & F Hormasji**  
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European Association for Psycho-Therapy, United Kingdom Council for Psychotherapy, National Council for Hypnotherapy, National Register of Hypnotherapists and Psychotherapists, National Register of Advanced Hypnotherapists, National Council for Psycho-Therapists, UK Guild of Hypnotist Examiners,

#### Aban Hormasji

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National Council of Psychotherapists, National Council for Hypnotherapy

#### Paula Leahy Asna Therapies

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General Hypnotherapy Register

#### Karen Mills

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Sheffield  
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E: kam-therapy@fsmail.net  
W: www.clarityofmind.co.uk  
Hypnotherapy Association, The British Academy of Hypnosis

*My practice offers both Clinical Hypnotherapy and Counselling.*

*Specialised areas include depression, anxiety and panic disorders, fears and phobias, stress management, chronic pain relief, insomnia, alcohol dependency and smoking cessation.*

*I have a Certificate in Counselling Skills and Theory (2003) and Diplomas in Hypnotherapy, Counselling and NLP all awarded with Distinctions (2006). In addition I have had Professional Hypnotherapy Training and Quantum Pain Relief Training (for all types of chronic pain) with the British Academy of Hypnosis (2006).*

*I am committed to undertaking regular CPD Training which includes a specialised program for helping people with clinical depression and anxiety, by using relaxation techniques and time limited solution-focussed therapy.*

*Practice hours - Afternoon and evening weekdays and Sundays.*

#### Susan Sigger Susan Sigger Hypnotherapy

7 Whitwell Crescent  
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Sheffield  
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National Council for Hypnotherapy

#### Elizabeth Barkworth Connect - Stress Management

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The Society of Stress Managers

#### Chris Ward VOTR Consulting Ltd

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#### Mark Webster Hypnotherapy

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#### Miriam Megson Destiny Enhancement

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#### Barbara Gaunt BA(Hons)

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The Northern Institute of Clinic Hypnotherapists, The Hypnotherapy Association

#### Kimberly Willis Life Dynamics @ Stillpoint Practice

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#### Katherine Stephenson Kenwood Park - Centre for Professions Allied to Medicine

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E: kjs@innerchange.co.uk  
W: innerchange.co.uk  
National Phobic Society - Hypnotherapy Service,  
Member of Corporation of Advanced Hypnotherapist,  
The General Hypnotherapy Register

#### Neil Roberts Clinic One LTD

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W: www.clinicone.co.uk  
National Register of Practitioners in Smoking Cessation,  
General Hypnotherapy Register, National Council for Hypnotherapy

#### Amanda Stocks The Barnsley Complementary Hypnotherapy Centre

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Hypnotherapy Association, General Hypnotherapy Register, National Council for Hypnotherapy

#### Jeffrey Hyde

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#### Terry Lowell Prosper In Life

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1 Weir Close  
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South Yorkshire  
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General Hypnotherapy Standards Council

#### Hazel Manuras

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National Council for Hypnotherapy, Hypnotherapy Association

#### Diana Luke

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National Register of Hypnotherapists and Psychotherapists

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**Jo Rosney Lee**

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E: skylarks@phonecoop.coop  
W: www.jorosneyleeacupuncturist.com  
International Council of Holistic Therapists, Federation of Holistic Therapists, British Acupuncture Council  
**TRAINING:**  
Northern College of Acupuncture, York 1999. (4 years)  
Traditional Chinese Acupuncture.  
Technical College, Huddersfield 1997. Sports Therapy.  
St Helens College 2003. Diploma Holistic Therapies  
London 2005. Medical Hypnotherapy.

**MEMBERSHIP:**

British Acupuncture Council.  
Federation of Holistic Therapists.  
American Association of Medical Hypnotherapists.  
**I AM AVAILABLE TO WORK THROUGHOUT CARMARTHENSHIRE/GLAMORGANSHIRE**  
An experienced Acupuncturist and Complementary Therapist I regularly see individuals who are referred by their GP, other health professionals, friends, family and employers for Acupuncture, Aromatherapy, Reflexology, Sports/Remedial Massage and Hypnotherapy.

I provide Acupuncture only, or combine it with any of the other therapies as required ensuring an effective approach for general health issues.

The main health issues presenting have been those relating to Pain/Mobility, Arthritis, RSI, Headaches (including Migraine), Back/Neck/Shoulder/Hip Problems, General Aches and Pains, Tinnitus, Depression, Anxiety, Stress, Sleeplessness, General Lassitude, Skin Problems, Night Sweats, Digestive Problems, IBS, Urinary Problems, M.E. (Post Viral Fatigue), Menstrual and Menopausal Problems, Smoking and other Addictions.

I have a long-standing professional relationship with the Aids Trust Cymru offering a range of therapies to individuals who are HIV positive.

I have had considerable experience in the field of Substance Misuse and with both the victims and perpetrators of Sexual Abuse.

Jo Rosney Lee MBACC. MHFS. MIGHT. MAAMH

**Allison Willock  
The Well Hypnotherapy**

3 Heol Y Mynydd  
Bryn  
Llanelli  
**SA14 9UB**  
T: 01554 820943  
Association for Professional Hypnosis and Psychotherapy, National Council for Hypnotherapy  
Alison Willock BA Ed, Dip HP, MNCH (Lic), LAPHP, BTEC Counselling Skills  
**Description: Hypnotherapy**

Today's demanding life style can impact on the way we think, feel, live and work. It influences our relationships, self image, self confidence and health which can lead to irrational fears, phobias, habits, addictions, compulsions as well as anger issues and depression. Hypnotherapy can put you back in control, providing solutions and creating a long lasting and effective change, through using the relaxing and focusing state of hypnosis as a natural method to promote positivity, success and well being. I am passionate about helping people find solutions by using their own resources and strengths along with elements of Neuro Linguistic Programming, learning styles, counselling as well as hypnosis.

**Hypnotherapy can help with:**

Smoking Cessation, Goal Achievement, Eating Disorders, Panic Attacks, Blushing, Habits, Fears/Phobias, Insomnia, Public Speaking, Depression, Confidence, IBS, Exam/Driving Test Nerves, Weight Management, Pain Reduction, Natural Childbirth, Anger/Stress Management, General Anxiety, Motivation, Obsessive Compulsive Disorder.

**Practice Hours:** Tuesday 4.30 - 6.00 Alexandra House, Swansea. Thursday 4.30 - 6.00 Alexandra House, Swansea. Saturday 10.00 - 2.00 Natural Therapy Centre, Carmarthen

Te: 01554 820 943 or 01267 231 212 for Saturday appointments. Answer phone always available  
URL: www.thewellhypnotherapy.co.uk

**C Fiona Thomas BA(Hons). D.Hyp. BSCH  
Hypnotherapy for Health & Relaxation**

28 Heol Morfa Brenin  
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E: info@hypnotherapy4health.co.uk

W: www.hypnotherapy4health.co.uk  
British Society of Clinical Hypnosis - Full Member  
As a Professional Clinical Hypnotherapist I am committed to continued professional development and am currently studying for a BSc (Hons) in psychology. Patients referred to me can expect a therapist who is knowledgeable and well practiced, professional and ethical - providing a safe and relaxing environment which facilitates change and development.  
I find Hypnotherapy particularly effective in the treatment of panic/anxiety disorders, reactive depression, management of stress, sleep difficulties, relaxation in pregnancy (preparation for labour), but it can also be used for a wide variety of other conditions from Irritable Bowel Syndrome to Bruxism. As well as individual sessions of hypnotherapy, I also run workshops at Carmarthens Halliwell Centre and at other venues nationwide - the workshops are run for people who may feel that one-to-one therapy is not for them. People attending the workshops have access to a trained, experienced therapist whilst being supported within a group environment by individuals with similar issues to resolve - see www.pdpcourses.co.uk for further details.

**Anthony Wilson  
Associated Stress Management Centres**

RHIW Farm, Login  
Whitland  
Carmarthenshire  
**SA34 OTG**  
T: 01437 563572  
F: 01792 654023  
Hypnotherapy Association  
Mr Anthony Wilson practice has been at the forefront of Complementary therapy for over fifteen years and treated thousands of people from 5 years to 85 years of age.

Having worked through several traumas in his life, and bringing up a family virtually single handed, he is well placed to relate with everyday life and its challenges. He uses the Power of positive thinking as a major aid to overcome all problems, and his enthusiasm for the strength of hypnosis is apparent. However, his greatest attribute lies in the advanced empathy he shows to each client. Childhood problems are particularly rewarding and he is always delighted when a child can successfully cope with life and a good future at the end of their course. He enjoys the challenge of phobias and OCD clients and the subsequent new lease of life they experience upon a satisfactory outcome. He also helps anger depression, ADHD fears confidence, Drugs and alcohol dependency, smoking.

He graduated as a fellow of the INSTITUTE OF HYPNOSIS AND PARAPSYCHOLOGY AND OBTAINED AN Advanced Certificate in Counselling from Newport University under Franchise to Swansea College.

**Peter Bellamy**

"Ysbrydoliaeth"  
2 Gerddi Windsor  
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The General Hypnotherapy Standards Council

**Sheila Waye  
Clinical Hypnotherapy**

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General Hypnotherapy Standards Register, UK Hypnotherapy Association, Thought Field Therapy Association, Associate member (Individual) C V S, International Stress Management Association

**Robert Spalding  
R.G.S.**

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Pontardawe  
Swansea  
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The Hypnotherapy Practitioners Association, The Hypnotherapy Association

**Suresh Sippy BA Dhyp PDChp MBSCH**

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T: 020 8297 8887  
T2: 07931 561885  
E: snsippy@hotmail.com  
British Society of Clinical Hypnosis  
\* Trained at the London College of Clinical Hypnosis  
\* Member of the British Society of Clinical Hypnosis  
\* Areas of Applications: Anxiety Disorders; Assertiveness; Bed-wetting; Blood pressure; Blushing  
Depression; Eating disorders; Eczema; Emotional difficulties; Exam nerves; Fear of flying; Fear of failure; Headaches; IBS; Sleep Problems; Lack of confidence; Low self esteem; Migraines; Nail Biting; Obsessive-compulsive behaviour; Panic attacks; Phobias; Pain control; Relaxation; Stress management; Skin problems; Stammering; Smoking cessation; Teeth grinding; Weight control; And others.....  
A Caring Approach To All.  
West End Appointments Available.

**Richard Sayer  
Complementary Health Centre**

172-174 Manor Lane  
London  
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British Society of Clinical Hypnosis

**Paul James**

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The General Hypnotherapy Standards Council, The Hypnotherapy Association

**James Cummings**

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National Register of Hypnotherapy & Psychotherapists, National Register of Practitioners in Smoking Cessation

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**Isabelle Real  
The Loving Gap Foundation**

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**Judy Byrne**

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Hypnotherapy Society, National Council of Psychotherapists, National Council for Hypnotherapy

**Charles Thurlow  
Hypnosis For You**

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T: 0800 107 2242  
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W: www.hypnosisforyou.co.uk  
The International Association of Hypnotherapists, The National Federation of Spiritual Healers, The



Corporation of Advanced Hypnotherapy

Charles Thurlow is a Hypnotherapist and Healer. He specialises in HypnoAnalytical Therapy, HypnoHealing (NLP), and NFSH Spiritual Healing. He is a member of several eminent bodies, including the International Association of Hypno-Analysts, the Corporation of Advanced Hypnotherapy and the National Federation of Spiritual Healers. He holds Diplomas in Hypnotherapy awarded by the Hypnotherapy Control Board and the Atkinson-Ball College of Hypnotherapy and HypnoHealing.

Charles feels passionately about smoking cessation and is a very successful Smoking Cessation Specialist. His range of skills and abilities are broad and eclectic yet, whilst all share a commonality in healing, he maintains a clear distinction between them.

A former Samaritan volunteer for almost a decade during the 70s and 80s, Charles has a caring approach and a wealth of experience of dealing with people from all walks of life. He firmly believes that there is no good reason why anyone should continue to suffer from the effects of some psychological or emotional disturbance that is "inside themselves but outside their control" and offers assistance wherever emotional or psychological forces are involved.

Call him on free phone 0800 107 2242, leave your name and contact number, saying when you would like your call returned.

### Christine Hemment Reiki Spirit

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**SG12 ORZ**

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E: christinehemment@btinternet.com

W: www.reikispirit.co.uk

UK Reiki Federation, Association for Professional Hypnosis and Psychotherapy

Reiki:

UK Reiki Federation: Master/Practitioner/Teacher – in the Usui, Tibetan Tradition of Natural Energy Healing.

Reiki Has many benefits which restores the natural balance of the body, to create its own healing. Reiki is a gentle, powerful healing energy, it can induce calmness, peace, wellbeing, relaxation. Removes energy blockages, detoxifies the system. Relieves stress, anxiety, tension plus many more....

It promotes harmony between Mind and Body, and adjusts itself to the needs of the recipient.

Reiki is simple to learn and is not dependant on any prior experience of healing. The three levels of training are 1st Degree, 2nd Degree and Masters.

Hypnotherapy:

Qualified Clinical Hypnotherapist, Psychotherapist and Educational Kinesiologist, and member of the APHP.

Adept at dealing with most deep-seated problems, using a variety of psychotherapeutic techniques.

Hypnotehrapy can be used for fears, phobias, pain control, weight loss, driving test nerves, grief, dyslexia, dyspraxia, quitting smoking plus many more....

Also for past life regression which is a successful way of discovering why you act and feel the way you do.

Taking you back to the source of the problem, treating the root cause rather than the evidence, releasing blockages, allowing positive energies to flow through the body, thereby creating self healing.

### Alexandra Swindells Hertfordshire Hypnotherapy Clinic

5 Downfield Court  
Hanbury Drive  
Thundridge  
Ware, Hertfordshire

**SG12 OSB**

T: 01920 466252

T2: 07768448343

F: 01920 466253

E: alexsswindells@aol.com

W: www.hertfordshirehypnotherapy.com

British Institute of Hypnotherapy, General Hypnotherapy Register, UK Register of Advanced Hypnotherapy

Advanced Hypnotherapy using The Austin Technique  
Direct suggestion in the Sub-conscious

Positive suggestion for well being and Relaxation

/when appropriate Regression, Gestalt, SWISH to treat: Phobias and traumas; Alcohol; Bed wetting; Eczema;

Eating Disorders / Weight Loss\*; Anxiety\*; Stress\*

Insomnia\*; Fear of MRI Scans, with back up CD; Fear of operations / Dentist; Fear of Flying; Exam nerves/ Public speaking; Speed Reading with Perfect Recall; Stop Smoking in 1 hour with 95% success rate (£200); practice near Hertford, Hatfield, and Welwyn Garden City, also Harley Street London; (\*3 to 5 sessions required)

### Ian Butler Encounter

68 Woodlands Road  
Hertford

Hertfordshire

**SG13 7JF**

T: 01992 425851

F: 01992 304516

E: ian@encounteruk.ltd.uk

W: www.encounteruk.ltd.uk

The Society of Stress Managers, The National Register of Advanced Hypnotherapists, The Hypnotherapy Association

### David Tennant

61 The Rally

Arlesey, Bedfordshire

**SG15 6TN**

T: 01462 734 874

E: healerman61@yahoo.com

Federation of Holistic Therapists, The General Hypnotherapy Register

### Robert Jones

#### The New Start Hypnotherapy Clinic Ltd

Waterside

31 Chalkdown

Stevenage

Hertfordshire

**SG2 7BG**

T: 01438 745785

F: 01438 216470

E: robert@stopsmokingspecialist.com

W: www.stopsmokingspecialist.com

The American Board of NLP, The American Board of Hypnotherapy, The General Hypnotherapy Register, The UK Hypnotherapy Association

Robert Jones is a specialist in stopping his clients smoking in one session. He is registered with: The UK Hypnotherapy Association, The General Hypnotherapy Register, The American Board of Hypnotherapy and The American Board of N.L.P.

Heres what one of his clients had to say after her session:

What can I say? Well, I cannot believe how easy it has been! It is as if you flicked a switch in my head, completely turning off any desire whatsoever to have a cigarette. After 25 years of being a smoker, I simply stopped even thinking about cigarettes. It was instant.

There were no withdrawal symptoms. And I haven't replaced the habit with anything else, like eating sweets-it is as if I never smoked. I feel fantastic physically and I'm bursting with confidence because with your help, I've finally achieved something I'd failed at so many times before. I'm now a non-smoker and I'll be one for the rest of my life!

Thank you so very much!

Lisa, Hertfordshire.

Ring now for a free consultation, and see if Robert can help you. You may have a different issue, but just give Robert a call now.

### Yvonne Herrington

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Stevenage

Hertfordshire

**SG2 7DL**

T: 01438 314600

E: therapy@changes.co.uk

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National Council for Hypnotherapy, Association for professional Hypnosis and Psychotherapy, International Association of Hypno-Analysts

### Jane Saunders

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Hitchin

Hertfordshire

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W: www.js-hypnotherapy.co.uk

Hypnotherapy Association, National Council for Hypnotherapy, The International Council of Holistic Therapists, Hypnotherapy Society, General Nursing Council

### Laurence Nicholas Anglia Stress Management

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W: www.a-s-m.org

The Hypnotherapy Society, The Society of Stress Managers, The National Council for Hypnotherapy

### Rebecca Leonard

#### The Layana Hypnotherapy Practice

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Hitchin

Hertfordshire

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National Council for Hypnotherapy

### David Owen

#### New Steps

3 Providence Way

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W: www.newsteps.co.uk

General Hypnotherapy Register, Corporation of Advanced Hypnotherapy, National Phobics Society

### Christina Richmond

#### Reconnection Holistic Practice

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British Society of Clinical Hypnosis

### Mary Trickett

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Cheshire

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Other

Mrs. Mary Trickett, Dip Hyp, Master Prac Hyp, Practitioner N.L.P. M.B.I.H.

I am a Master Practitioner in hypnotherapy, with additional training in psychotherapy/counselling and Practitioner in N.L.P.

Specialities incl:- Anxiety disorders/phobias, Post Natal Depression, P.T.S.D., trauma associated with sexual abuse.

General:- Relaxation/Stress/Pain Control/Unwanted Habits.

### Janice Hawkes

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National Register of Hypnotherapy & Psychotherapists

### Jean Jones

#### Changes Counselling & Hypnotherapy

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W: www.changes-hypnotherapy.co.uk

Academy of Curative Hypnotherapists, British Association of Counselling and Psychotherapy

### Christopher Dawson

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Stockport

Cheshire

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British Society of Clinical Hypnosis

I qualified with the London College of Clinical Hypnosis (www.lcch.co.uk). The College also runs hypnotherapy courses for doctors and dentists and is involved in the training of students in medical schools.

As an Associate member of the British Society of Clinical Hypnosis (www.bscc.org.uk), I am bound by their Code of Conduct and Ethics.

I am widely experienced at working with adults and young people, individually and in groups, having qualified as a hypnotherapist after 36 years in the world of education.

I also have an RSA Counselling Skills qualification.

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As is well known, hypnosis can be very effective in stopping smoking and in helping with weight loss. I have also treated patients for tension headaches, migraines, hypertension, IBS, panic attacks, asthma, unwanted habits and phobias (including needle, dental and flying), insomnia, pain and ME/CFS. As a qualified sports coach and drama teacher, I am particularly interested to work with performers.

I am always interested in other possible applications of hypnotherapy and possible trails and research on its effectiveness with specific conditions.

Having worked successfully at a popular complementary therapy centre, I now work from home. I offer a free 15 minute telephone consultation to all potential patients.

**Ian Compson  
Person Centred Hypnotherapy**

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The Hypnotherapy Association, National Register of Hypnotherapists & Psychotherapists, The Register of Approved Gastrointestinal, The National Phobic Society, Psychotherapists & Hypnotherapists

Member of:  
National College of Hypnotherapists and Psychotherapists.

Hypnotherapy Association.  
National Phobic Society.

Register of Approved Gastrointestinal Hypnotherapists & Psychotherapists.

Qualifications:

Diploma in Hypnotherapy & Psychotherapy.

Diploma in Counselling.

Diploma in Social Work.

BA Hons Degree.

I have completed a training program in Gut Directed Hypnotherapy which enables clients with Irritable Bowel Syndrome to manage or greatly ease the symptoms associated with IBS. This is achieved via the use of Hypnotherapy, relaxation & visualisation and Cognitive Therapy.

Average treatment time is 4-6 sessions of 1-1 1/2 hours.

As a member of the National Phobic Society I have experience of working with clients who have a range of phobias including:  
Flying.

Agoraphobia.

Anxiety & stress related disorders.

Emetophobia.

Social phobia.

In addition being a qualified Hypnotherapist my work with habits and addictions is informed by my employment as an Assertive Outreach worker with the Alcohol and Drugs Service in Manchester and as a qualified Smoking Cessation Advisor in Manchester.

I have therapy rooms in Chorlton Manchester and Heaton Moor Stockport and will consider home visits where appropriate.

**Coral Anne Leybourne  
Phoenix Clinic**

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The Hypnotherapy Practitioners Association, Association for the Advancement of Meridian Therapies, The Hypnotherapy Association

**Lionel Orr  
Marple Hypnotherapy**

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British Society of Clinical Hypnosis

Based in a complementary and alternative therapy clinic I offer a friendly and sympathetic service using modern Hypnotherapeutic techniques to treat a wide range of problems.

As well as anxiety and stress related problems I have extensive experience in helping individuals to deal with various lifestyle issues such as stopping smoking and weight control.

Hypnotherapy can also help people to cope with long

term and chronic illness, often helping them to see their medical treatment in a more positive way.

I am a member of the British Society of Clinical Hypnosis (BSCH) and as such am bound by the BSCH code of conduct.

NHS Independent Provider Code: 8GD49.

**Devendra Shah  
Consultant Homeopath**

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National Council for Hypnotherapy, Royal Society for the Promotion of Health

Since 1990 I have practised pharmacy in the community sector with a special interest in Clinical Pharmacy and Medicine Management and HR issues.

I have lectured on various courses in Homeopathy, Medicine and Pathology and have written courses in Medicine, Pathology, Differential Diagnosis, Anatomy and Physiology, particularly for students of complimentary medicine.

2001-2004 I have worked for the National Council of Hypnotherapy as their Corporate Development Officer/Primary Care Advisor.

1989 - Bachelor of Science degree in Pharmacy at John Moores University, Liverpool.

1990 - Attained Membership of the Royal Pharmaceutical Society of G.B.

1995 - Completed a five year postgraduate Diploma in Homeopathic Medicine.

1996 - Fellowship of the British Institute of Homeopathy.

2000 - Diploma in Clinical and Advanced Hypnotherapy and Master Practitioner in Neuro-Linguistic Programming.

PhD in Homeopathic studies.

Became a certified trainer of NLP stress management.

A professional member of:

- 1) The Royal Pharmaceutical Society of Great Britain
- 2) The National Council of Hypnotherapy
- 3) The National Federation of Neuro-Linguistic Programming
- 4) The Association of Natural Medicine
- 5) The Counselling and Psychotherapy Society

And fellow member of:

- 1) The Royal Society for the Promotion of Health
- 2) The British Institute of Homeopathy

**Robert P Moore**

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W: www.clinical-hypnotherapy.com

BSCH

**Angela Whitehead  
Angela Jackson & Associates Physiotherapy Clinic**

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General Hypnotherapy Register

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The Society of Stress Managers

**Anita Sayer-Hickson  
Ashkelon**

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**SI3 9NS**

T: 07843 307 152  
GHSC

**Amreeta Aujayeb**

**Zen Shiatsu**

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Windsor, Berkshire  
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E: amreeta@innerpotential.info  
W: www.innerpotential.info  
Hypnotherapy Association, General Hypnotherapy Register, British Society of Clinical Hypnotherapy

**Liz Buckley**

16 Elm Road  
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T: 07770 995 758  
E: biffbuckers@aol.com  
General Hypnotherapy Standards Council, Uncommon Knowledge UK

**Finlay McArthur  
Direct Change**

Orchard Lea  
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E: info@direct-change.org  
W: www.direct-change.org

National Council for Hypnotherapy

As well as Hypnotherapy I am also a qualified NLP (Neuro Linguistic Programming) master practitioner. NLP is a psychology that studies the mind, body our behaviour and emotions. NLP describes the fundamental dynamics between mind (and its unique tool of language), and our body, emotions, and behaviour. It is a psychology of interpersonal (between people) and intrapersonal (communicating within ourselves) intelligence and communication that addresses the many layers of our mind, and its methods of manifesting behaviours. This allows me to get to the cause of the problem, behaviour or emotion quickly safely and efficiently. The dynamics of NLP and all the tools needed to correct a huge and varied list of psychological and physiological problems.

**Sarah Minty  
Equilibrium Hypnotherapy**

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The United Kingdom Register of Advanced Hypnotherapists, the General Hypnotherapy Register

**Valerie O'Donnell BA(Hons) DCH MBSCH**

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British Society of Clinical Hypnosis (MBSCH)

**Gill Smith  
Berkshire Stress Management & Clinical Hypnotherapy Services**

The Willows  
Boulters Lane  
Maldenhead  
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**SL6 8TJ**

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W: www.berkshiresstress-hypnotherapy.co.uk

British Society of Clinical Hypnosis, International Stress Management Association, The General Hypnotherapy Register

I have a first degree and masters degree in psychology, and have lectured in the subject for many years. I find this background invaluable, vital even, in dealing with the great variety of problems that people come to see me about. I am a member of the British Society of Clinical Hypnosis and the International Stress Management Association, and am on the General Hypnotherapy Register with a Senior Qualification in Hypnotherapy Practice.

I adopt eclectic approach with my clients, drawing on a wide range of psychology theory and research to treat each client for what he or she is - an individual - using the methods and techniques that are the most appropriate for each individual and their problem.

I run stress management training courses for

individuals and groups, and through hypnotherapy, help people with any anxiety-based problem from phobias to panic attacks, and from lack of confidence to IBS. I have also helped hundreds of people stop smoking and lose weight.

#### Jo Rawlinson

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T: 01628 483541  
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GHR

#### David Drever Inner Smile

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National Council for Hypnotherapy

#### Pamela Edwards RGN Holistic Hypnotherapy

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British Institute of Hypnotherapy, UK Register of  
Advanced Hypnotherapists, UKCC

#### Marion Campbell

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The Hypnotherapy Association, UK Hypnotherapy  
Register

*I am a Hypnotherapist, including Counselling and the Emotional Freedom Technique (EFT) in the methods I employ to help clients achieve lasting results as quickly and effectively as possible.*

*I qualified in 1997 at The Institute of Clinical Hypnosis, based in London, and hold diplomas from them in Hypnotherapy and Psychotherapy. I am a full member of the well respected organisation The Hypnotherapy Association.*

*My experience has covered a wide range and my special areas include pain control during childbirth, regaining confidence and self-esteem, dealing with stress and related conditions, anger management, performance enhancement, weight management.*

*I have had a very good success rate in helping clients to overcome problems in becoming pregnant.*

*My "Stop Smoking In One Hour" sessions are extremely successful.*

*I am a Reiki Master/Teacher and can offer healing sessions and training for those who wish to learn the methods for themselves.*

#### Joy Ainley Working With Joy Ltd

52 Moreland Drive  
Gerrards Cross  
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SL9 8BE  
T: 01753 883433  
T2: 07711 087520  
E: joy@workingwithjoy.com  
W: www.workingwithjoy.com  
General Hypnotherapy Standards Council, British  
Association for Counselling & Psychotherapy  
THOROUGH, COST EFFECTIVE, SAFE, RAPID, PERMANENT  
& FUNDAMENTAL BEHAVIOUR CHANGE

*Joy incorporates in-depth analysis, counselling and NLP (Neuro-Linguistic Programming) with Hypnotherapy to achieve the desired behaviour change at a fundamental level. Her extremely thorough approach ensures that long lasting results are achieved rapidly and safely, and in complete confidence. Case studies, testimonials and magazine articles are included on the website.*

*Joy's generic approach is to identify the elements which trigger and sustain the unwanted behaviour. This enables her to deliver new, useful behaviour with personalised tools to deal with underlying issues and secondary gains.*

*The range of issues Joy has treated is very wide, and her success rate is 100% for clients who have completed the prescribed programme: Here are some examples:*

Insomnia  
Irritable Bowel Syndrome  
Self Harm  
Sexual Abuse  
Pain control  
Fear of surgery, dentists and things medical  
Weight control and binge eating  
Alcohol abuse  
Stress  
Phobias  
Irrational fears  
Separation anxiety  
Habits  
Pain management  
Depression  
Self esteem  
Confidence  
Acceptance  
Bereavement  
Relationship grief  
Separation anxiety  
Anxiety and worry  
Victimhood  
Panic attacks

#### Marla Furtek B.A. (Hons), PGCE, NLP MASTER, Dip.Hyp, GQHP, Cert.Couns

**The Good Life**  
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Association of Neuro-Linguistic Programming, General  
Hypnotherapy Register

*I am a Nationally Registered Hypnotherapist, and Master Practitioner of Neuro-Linguistic Programming (NLP). I am an accredited member of the Association of NLP, a validated Practitioner of the General Hypnotherapy Standards Council and a Fellow of the Association for Professional Development. My work is governed by a strict code of ethics.*

*I specialise in smoking cessation, phobias, anxiety, stress, panic attacks, confidence building, performance anxiety, Irritable Bowel Syndrome (IBS) and Obsessive Compulsive Disorders. My unique programme which combines, Hypnotherapy, Neuro-Linguistic Programming (NLP) and Emotional Freedom Technique (EFT) can allow people to experience change with ease, in a safe and supportive environment.*

*I am also a qualified teacher and particular trainer and run workshops that can benefit people in their personal and professional lives in self-hypnosis, presentation skills, public speaking, smoking cessation and stress management. I am also a qualified Reiki Practitioner and Indian Head Massage Practitioner, and can offer these treatments in addition to hypnotherapy and NLP. I work from two clinics: one is the centre of Sutton and the other in Morden. Appointments are available mainly during the day, but I do offer some weekend and evening appointments.*

#### Angela Giuliani

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Cheam, Surrey  
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T: 020 8641 5910  
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British Society of Clinical Hypnosis  
Angela Giuliani Dip. Ed. Psychology, NLP, Dip.  
Performance Coaching, D.Hyp. BSCH  
Qualified and experienced in Clinical Hypnotherapy,  
Neuro Linguistic Programming and Performance  
Coaching. Angela Giuliani has a background in  
Education and Post graduate qualification in  
Psychology.

*A Member of the British Society of Clinical Hypnosis and Association of Neuro Linguistic Programming.*

*Clinical Hypnosis is a valuable treatment in a number of conditions these include:*

*Fears; phobias and anxieties; panic attacks; general anxiety; nervousness.*

*Weight control and eating disorders promoting healthy eating habits and changing attitudes to food.*

*Confidence and self esteem building, interviews, speeches, examinations, challenging social situations.*

*Relief from physiological symptoms; irritable bowel syndrome; asthma; migraine; skin complaints; allergies.*

*Stress relief; relaxation and self hypnosis.*

*Depression; Insomnia and sleep disturbances, guilt loss and jealousy.*

*Pain control; a safe and natural way to control pain.*

*In addition to these treatments and with over twenty seven years in education Angela works with children and young people in helping them to overcome some of*

*the difficulties they might be experiencing: Bed-wetting; nail-biting, anxiety; panic and lack of concentration and confidence.*

*Used with a solution focused approach, Clinical Hypnosis can achieve impressive results.*

#### Richard Craig NLP - Hypnosis4All

11 Russell Way  
Camden Road  
Sutton, Surrey  
SM1 2SP  
T: 07830 180490  
E: info@essentialhealthandwellnesscentre.com  
W: www.essentialhealthandwellnesscentre.com  
General Hypnotherapy Standards Council, General  
Hypnotherapy Register  
*Have you ever found yourself at a point in your life right now you need to change?*  
*Using cutting edge technology we work with people to encourage, empower, inspire, and instruct them to achieve the greater possibilities in their lives for their business, family life, self image, and health.*  
*Neuro-Linguistic Programming (NLP), Hypnosis, and Life Coaching all look at human behavioural patterns and work in an effective and safe way to change the behaviour to a model of excellence.*

#### HEALTH

*Trauma, Phobia, Panic Attacks,  
Headaches, Nerves, Depression,  
Illness, Pain, Sleep Problems*

#### NUTRITION

*Healthy Living, Weight Control  
ADDICTIONS*

*Smoking, Drugs, Eating Disorders, Gambling  
EMOTIONS*

*Anger, Sadness, Fear, Hurt, Guilt, Anxiety  
Time Line Therapy*

*SELF IMAGE Self Esteem, Personal Growth, Confidence,  
Thoughts & Ideas, Limiting Beliefs, Habits, Shyness,  
Stammering*

*Sports Performance, Energy, Relaxation*

*FAMILY LIFE Relationships, Values, Conflicts,  
Sexual Problems, Children's Problems, Bereavement,*

*Current Life Regression, Past Life Regression*

*BUSINESS Work Performance, Stress, Motivation, Goal  
Setting, Creativity, Concentration, Memory, Speed*

*Reading, Public Speaking, Rapport, Presentations,  
Interviews, Negotiations, Buying Strategies*

*PROFESSIONAL COACHING Professional Membership of  
The General Hypnotherapy Standards Council*

*(MPNLP, MPPH, GHR Reg.)*

*Richard Craig: Tel: 07830 180490*

*Email us at: admin@nlp-hypnosis4all.com*

*Visit us at: www.richassociates.co.uk*

#### Mark Craig Massage - Hypnosis

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W: www.massage-hypnosis.com  
General Hypnotherapy Standards Council, General  
Hypnotherapy Register

#### Michael Cohen

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SM2 6RY  
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E: info@hypnosisandhealing.co.uk  
W: www.hypnosisandhealing.co.uk  
British Register for Complementary Practitioners,  
National Council for Hypnotherapy

#### David Kay New Hope Counselling & Hypnosis

Natural Therapy  
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SN1 2SH  
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F: 01793 331163  
E: david.kay3@ntlworld.com  
W: www.hypnotherapy-swindon.co.uk  
National Council for Hypnotherapy, Association for  
Professional Hypnosis and Psychotherapy, General  
Hypnotherapy Register  
*New Hope Counselling & Hypnosis  
David Kay BA(Hons) Dip CPC GQHP MAPHP GHR MNCH*

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I am a Hypnotherapist, Psychotherapist and Counsellor, practicing full-time in Swindon, Wiltshire. My practice is based at Abbey Meads Medical Practice and The Bentley Centre. Both Locations are within easy reach of most areas around Northern Wiltshire.

I am fully qualified in Clinical and Pastoral Counselling, and Hypnotherapy and Psychotherapy. I am registered with the following professional organisations: General Hypnotherapy Register, Association for Professional Hypnosis & Psychotherapy, and National Council for Hypnotherapy.

I am an experienced Specialist in Anxiety Disorders, Emotional States, and Obsessional States.

Conditions I treat on a regular basis include: Anxiety/Stress, Exam Nerves, Insomnia, Phobias, Panic Attacks, Obsessions/OCD, Emotional States, Confidence/Self Esteem, Depression, Psychosomatic Illness, Somatization, and Stop Smoking.

In Hypnotherapy I combine Solution-focused Therapy, Analysis/Regression (when needed) and Hypnosis in various ways to help you get better. I will help you to manage stress, fulfil your potential and lead a happier life.

If you live with Anxiety or another problem that you cannot control consciously, then Hypnotherapy is likely to help. Counselling is often very helpful for Emotional Issues, Relationships or Life Problems. Many minor problems can also be treated – often very quickly.

**Geoffrey Brooks Bentley Centre**

Stratton Road Swindon, Wiltshire SN1 2SH

T: 01793 690600 T2: 01793 690601

British Institute of Hypnotherapy

Geoffrey Brooks is a psychologist with a masters' degree from Exeter University.

Accredited Member of the British Institute of Hypnotherapy, Member of the British Society of Clinical & Medical Eriksonian Hypnosis.

Diploma in Psychotherapy (Distinction)

Diploma in Eriksonian Hypnosis (Distinction)

Emotional Freedom Technique Qualified Practitioner NLP Master Practitioner

Reiki Master and Teacher of Reiki Healing

Offers professional assistance with emotional and psychological problems using Hypnosis, Emotional Freedom Technique, Healing and Stress Management techniques.

Additions including Smoking

Panic Attacks

Anger Management

Self Harm

Abuse

Confidence Building & Public Speaking

Relationship Difficulties

Sexual Problem

Fear of Flying

Sleep Disorders

Weight Control

Dental Nerves

Post Traumatic Stress

Nail Biting

Mood Swings

Anxiety

Depression

All Phobias & Fears

**Hilary Field**

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British Society of Clinical Hypnosis, Association of Reflexologists, Royal College of Midwives

**Phillipe Roy**

Fieldings Quarry Hill Box Corsham Wiltshire

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E: pr@in-focus.org

The British Institute of Hypnotherapy, General Hypnotherapy Register

**David Reeves**

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National Register of Advanced Hypnotherapists

David is a successful professional Advanced Hypnotherapist and Stress Consultant, working in Swindon and London's prestigious Harley Street.

He is the President of the National Register of Advanced Hypnotherapists.

Other professional organisations that he belongs to include:

The International Stress Management Association (UK),

The European Therapy Studies Institute (UK),

The Hypnothink Foundation (UK),

The International Society for Professional Hypnotherapists (USA),

National Guild of Hypnotists (USA),

International Medical and Dental Hypnotherapy Association (USA)

David has helped thousands of people suffering from a wide range of problems including: pain control, panic attacks, phobias, irrational fears, emotional problems, insomnia, eating disorders, stress, and exam nerves.

He has specialist training in dealing with anxiety, depression, and abuse including sexual abuse.

David says: "I firmly believe in the law of cause and effect: by finding and dealing with the root cause of your problem it follows that the effect (your presenting problem) will then cease to exist. Limitations exist only in the mind. People live their lives in avoidance, not realising that they can be rid of something inside themselves but outside of their control".

For a confidential chat to help in overcoming your problems and to take control of your life call David now on 01793 554723.

**George Irwin Advanced Therapies**

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British Society of Clinical Hypnosis, HypnoBirthing Institute

My interest in Clinical Hypnotherapy developed out of my training in N.L.P. (Neuro Linguistic Programming) and I trained at the prestigious London College of Clinical Hypnosis at Imperial College London. Having gained my diploma, I went on to do post graduate studies and now hold a practitioner diploma in Clinical Hypnosis. Both courses carry university accreditation. I am now a full member of the British Society of Clinical Hypnosis (BSCH).

As well as the usual problems dealt with by hypnotherapists, smoking, weight control, stress, confidence, anxiety, I.B.S., etc, I am also trained to deal with trauma and post traumatic stress disorder, cardiovascular problems, alcohol and substance abuse, anger management and advanced treatment for phobias and anxiety. Other specialised training includes dealing with the victims of sexual, physical, and emotional abuse as well as AIDS/HIV.

My area of speciality is the treatment of skin complaints.

In 2003 I trained with the renowned HypnoBirthing Institute and became a registered practitioner.

This involves teaching expectant mums and their birthing partners the acclaimed Mongan method of natural childbirth, which involves practicing self-hypnosis and special breathing exercises.

My NHS provider code is: 8GJ62

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British Society of Clinical Hypnosis

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General Hypnotherapy Register, British Hypnosis Research, Inst Natural Therapy, The Hypnotherapy Assc, World Fed of Hypnotherapists, British Assc of Therapeutical Hypnotherapists

**John Adams DHP**

"Hypnosis For Health"

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General Hypnotherapy Standards Council

Tadpole Hypnotherapy works in Southampton and the surrounding areas. Our approach is future orientated, brief and solution focused, and individually tailored to each client. We help people define and reach their goals in as few sessions as possible – an average number of sessions would be 2-3.

We specialise in the following area:

- Sleep problems and insomnia
- Anxiety, stress, panic attacks and the symptoms of depression
- All addictions and compulsions
- Pain Management
- Weight Management
- Post traumatic stress disorder and phobias

• We are trained in the use of the Visual Kinaesthetic Dissociative/"Rewind" technique.

We work from a human givens perspective and identify how well clients are getting their basic needs met.

Through solution-orientated psychotherapy and gently hypnotic techniques, we help clients to make changes in their lives and direct their energies to getting their needs met in healthier ways.

Our treatment is highly effective with immediate results, but is also pleasant and relaxing. It is suitable for the vast majority of people. We are fully qualified and insured, hold clean criminal records checks, and comply with data protection legislation and the professional and ethical standards of the General Hypnotherapy Standards Council.

**Ian Sherrd**

**Tadpole Hypnotherapy**

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 BPS, National Register of Hypnotherapy &  
 Psychotherapy, UKCR, BACP  
*Initially Caroline trained psychodynamically 20 years  
 ago with the National College of Hypnotherapists and  
 Psychotherapists. Since then she has integrated a  
 variety of therapies under her hypno-psychotherapeutic  
 banner and she now uses an Adlerian counselling  
 approach.*  
*Caroline works with long and short term clients  
 (individuals, couples and groups). Her integrated  
 therapies include: Cognitive Behavioural; Brief Solution  
 Focused; Counselling; Inner Child; NLP and Gut Related  
 (e.g. IBS).*  
*She is a Supervisor and Trainer and has run courses on  
 Anxiety Management, Anger Management,  
 Cancer/Chemotherapy Management; Relationship Issues  
 and Stress Management.*  
*Some of the issues Caroline helps clients solve are:  
 Abuse, Addictions, Anger, Anxiety, Bereavement,  
 Cancer/Chemotherapy Management, Depression, Eating  
 Disorders, Fear of Failure, Irritable Bowel Syndrome (IBS),  
 Inferiority, Insecurity, Insomnia, Jealousy, Lack of  
 Confidence, Pain Control, Panic Attacks, Phobias,  
 Psychosexual, Psychosomatic disorders, Public  
 Speaking, Rejection, Self-harming, Smoking, Stress,  
 Tension, Worry, Weight.*  
*Carolines private practice is situated in a village  
 equidistant from Winchester, Romsey and Andover. She  
 works in conjunction with the NHS and Employee  
 Assistance Programmes. Carolines number is 01794  
 388 557. If she is not at her desk, please leave a  
 message and she will reply promptly and discreetly.*

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 The National Register of Hypnotherapists &  
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 The Hypnotherapy Association, Chartered Institute of  
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 Association for Professional Hypnosis and  
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 Council, National Council of Psychotherapists,  
 Hypnotherapy Society  
*I hold a UK(Hons)Health Degree and have worked in  
 Mental Health/Learning Disabilities for over 12 years.  
 The NHS uses a lot of time & resources in smoking  
 cessation, weight management, and many anxiety  
 related disorders. Through analytical hypnotherapy the  
 root cause of these problems are identified and treated  
 accordingly. The patient in many cases resolves these  
 issues without medication. The hypnotherapist always  
 works with GP's and other health professionals involved  
 in the patients care plan. Research shows that high  
 blood pressure can be reduced to a safe level by  
 showing patients self-hypnosis to use 2-3 times a  
 week. Alcohol & drug related problems are significantly  
 reduced through hypnosis. Please contact Edie Carlin at  
 Halcyon Clinic, Sunderland. Tel: 0191 551 0540*

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**Jillian Farey-Humphrey**  
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**Christine Herve**  
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 Association for Professional Hypnosis and  
 Psychotherapy, Hypnotherapy Society  
*I am experienced in all aspects of Psychotherapy,  
 Coaching, Counselling and Hypnotherapy. I work with  
 families, couples, children and individuals. I am  
 committed to providing compassionate, confidential  
 care to those suffering any symptoms with a  
 psychological or emotional element.*  
*I am also a trainer and supervisor for APHP and HS.*  
*I offer a free, no obligation initial consultation to all  
 prospective clients.*

**Peter Smith**  
**Talking Cures Pain Relief**  
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 E: info@talkingcures.co.uk  
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 Masters School of Hypnosis, Proudfoot School of

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**Hypnosis & Psychotherapy**

*Talking Cures enable the mind to instigate an immune system response, with the aid of conversational techniques and without suggestion, opening the mind and allowing the person to face the trauma that caused the immune systems weakness. On achieving this awareness, the person is guided through a technique that allows the mind to resolve the destructive incident, allowing the immune system, perhaps for the first time, to begin normal function.*

*Pain relief therapist Peter Smith has more than 20 years experience of counselling and therapy treatments - offering that often searched for "Understanding-for illness-pain that persists. Relieving pain/illness... Medicine, the immune system, or time alone has not cured. Working on the principle all pain (even from accidents) is stored within the mind. Bringing about change, either physiologically i.e., hormonal/chemical or psychologically, i.e., attitude/emotion. Both bring on Pain-illness with the ability to defy the best of treatments as well as creating new illnesses.*

*Among the many areas, this method of treatments has proven to be most effective, are. Asthma, accident pain, anorexia, back pain, fatigue symptoms, feminine concerns, irritable bowel, infertility, Migraine, muscle aches & shaking, memory problems, post traumatic stress disorder, repetitive strain injury, sports injury, skin disorders, work stress and whiplash.*

**Lynn Hedges-Geast**

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British Association of Counselling and Psychotherapy, American Board of Hypnotherapy, General Hypnotherapy Register, BUPA Registered

*Counselling - a process involving skills of caring, listening, help, support and prompting, relating to another person to explore thoughts, feelings, behaviours and actions, then helped to find and use their own strengths to cope more effectively with their life, promoting a state of balance and well-being. Counselling is a purposeful relationship in which one person helps another to help themselves.*

*Hypnotherapy/Hypnoanalysis - hypnosis is a natural state of awareness that we have all experienced many times before, i.e. being engrossed in a book/film/music/ etc., and having lost track of time, this is hypnosis. Hypnosis is NOT where a person is "unconscious" "asleep" "out of control" or "unaware of what is happening". By using appropriate skills, hypnosis can bring about a positive therapeutic change, physically, mentally, emotionally and spiritually, aided by the clients willingness, and co-operation to bring such changes into effect. Hypnotherapy is used for: phobias, stress management, Confidence boosting, smoking cessation, weight loss, motivation, obsessive and compulsive disorders, sexual problems, anxiety, depression, asthma, eczema, motivation, exam/test nerves, sexual/physical abuse, relationship issues etc. The list is endless.*

*Lyn Hedges having 5 years experience as a Hypnotherapist/Psychotherapist and counsellor practising in both Upminster and Brentwood are. I continue to attend as many courses/workshops as possible, to further my growth in the field of helping others. Having experienced the trials and tribulations of everyday life. Doing this for myself, I can then help others to help themselves walk their own pathway of self-growth and realisation of who and what they REALLY are. I am also a tutor and supervisor (NCFE). If you would like an appointment, or more detailed brochure about how YOU can be helped, please do not hesitate to contact me, and I assure you that you will be listened to with empathy, understanding and support, with confidentiality in accordance with the Code of Practice & Ethics that I abide by.*

**Andrew Mercer  
Life Change Therapy**

42 Downs Grove

Basildon, Essex

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Association for Professional Hypnosis and Psychotherapy

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National Council of Psychotherapists, Hypnotherapy Society, Association for Professional Hypnosis and Psychotherapy, National Council for Hypnotherapy

**Zoe Saarl**

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Association for Professional Hypnosis and Psychotherapy

*I am a member of the Association for Professional Hypnosis and Psychotherapy. I hold qualifications in Hypnosis and Hypnotherapy from the Essex Institute of Clinical Hypnosis.*

*I regularly attend seminars and continual training days at the Institute, which keep me up to date, and broaden the scope of my therapy.*

*I also have a degree in Psychology, which I feel is a useful adjunct to Hypnotherapy. I hope to bring a sympathetic and compassionate approach to my clients. Please telephone for a free initial consultation.*

**Chris Miller**

**Brookhouse Hypnotherapy**

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National Council for Hypnotherapy

*As well as running a private Hypnotherapy practice in South Staffordshire, Chris Miller is a Professional Sportsman. Chris has made a particular study of how the mind influences performance and feels that how we think represents about ninety per cent of sporting success or failure. As a professional golfer Chris has specialist knowledge in golf and uses his own experience to help others attain their sporting goals. Chris is also an instructor of Hypnotherapy, a Professional Coach and a Master NLP Practitioner. He uses his knowledge and experience to help people reach their full potential and unlock the barriers that lie within.*

*Chris has the following qualifications:Fellow of the PGA*

*Diploma in Clinical and Advanced Hypnotherapy*

*Certified Hypnotherapist*

*Master NLP Practitioner*

*Certified Professional Coach*

*Diploma in Sports Hypnosis*

*Diploma in Sports Psychology*

*Certified Motivational Hypnotherapist*

*Certified Anxiety Specialist*

*Certified Smoking Cessation Specialist*

*Certified HypnoCoach*

*Chris is a professional member of the following*

*organisations:The Professional Golfers' Association*

*The National Guild of Hypnotists*

*The National Council for Hypnotherapy*

*The International Guild of Professional Consultants*

*Chris also delivers seminars on Hypnosis, Stop Smoking, Stress Management, Motivation, Deep Relaxation, Self Hypnosis and Sports Performance.*

*For more details visit:[www.inner-game.co.uk](http://www.inner-game.co.uk)*

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British Society of Clinical Hypnosis

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British Institute of Hypnotherapy

*31 Years experience in Counselling, 13 years as a*

*Hypnotherapist, has helped in the following areas: Depression, Anxiety.*

*Panic attacks, pain control, preparation for clinical procedures e.g. Dental, Surgery, Injections etc, Addictive habits i.e. smoking.*

*(Over 90% success at 1-month follow-up) Weight, nail biting etc. relationship and sleep problems, exam nerves, driving difficulties i.e. tests.*

*Most phobias from common flight, motorways, agoraphobia to rare fear of sleeping in own bed.*

*I work by teaching clients to relax and develop their ability to think positively, whilst reducing their negative thought patterns and behaviours. By helping them to relax and then contact their creative self (whilst in a trance), I enable them to find solutions which exactly match their personal needs and development. Most importantly I treat everyone as a unique individual capable of resolving his or her own issues with support and advice.*

**Jean Chesworth**

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**Jean Mottram**

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N.M.C. Nursing and Midwifery Council, National Register of Hypnotherapists and Psychotherapists

*I have 37 years experience as a Mental Health practitioner in the N.H.S the last seven working as a nurse therapist and Hypno Psychotherapist within a therapy centre within a general hospital/mental health unit.*

*I have experience in using a Cognitive Behavioural model, N.L.P techniques, person centered approach and Hypno-Psychotherapy.*

*I am experienced in working with mild to moderate, depression, anxiety disorders, use of relaxation skills, Assertivness and Confidence Building methods, simple phobias and sleep problems.*

**Christopher Morgan-Locke**

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The Hypnotherapy Association

*I am a qualified hypnotist using "Solution Focused Hypnotherapy" and am registered with The Hypnotherapy Association.*

*Following a successful career in business, I pursued a life long interest in hypnosis and completed a one year diploma course in Psychotherapy and Hypnotherapy with Uncommon-Knowledge.*

*As part of my commitment to ongoing training, I have augmented my training with a diploma in Clinical Hypnotherapy from the renowned American hypnotist Gil Boyne and a certificate in Advanced Scientific Hypnotherapy from the Tom Silver Institute of Scientific & Clinical Hypnotherapy.*

*Stress, Smoking, Weight control, Alcohol abuse, Inability to relax, Anxiety, Phobias, Impotence, Depression, Insomnia, Panic attacks, Self confidence, Exam nerves and Fear of flying are some of the many problems with which I have worked.*

**Paula Ryan Hypnotherapy**

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General Hypnotherapy Register

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Associate Member to the British Society of Clinical Hypnosis, Volunteer Therapist for the National Phobics Society  
- Trained by the "London College of Clinical Hypnosis"  
- Associate Member of the "British Society of Clinical Hypnosis"  
- Volunteer therapist for the "National Phobics Society"  
- Trained by "McKenna Breen" and Richard Bandler in NLP.  
- Further training and Master Classes include:  
- "Emotional Freedom Technique", "Stress Management", "Hypnosis in the treatment of Depression" "Neuropsychimmunology" (NPI) and "Goal setting".  
- Bound by the BSCH strict Code of Ethics.  
- Holds a Professional Indemnity Insurance.  
- Is an NHS Independent Provider.  
- Combines NLP and Clinical Hypnosis to give maximum benefits to patients.  
- Specialises in: Anxiety disorders, Phobias, Panic attacks, Stress management and Goal achievements.  
- Works in London both from home in "Wimbledon Park" and from the "Conklin Clinic" Harley Street.  
- Practises both in English and French.

**Jenny Amir****Hypnotherapist for Health - Jenny Amir**

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National Council for Hypnotherapy  
As a Cognitive Hypnotherapist & NLP Master Practitioner, I practise at St Thomas' Hospital in London and Wimbledon.  
I use a unique combination of gentle Hypnosis, Cognitive Therapy & NLP to help my clients overcome unwanted ways of thinking/feeling/behaving which hold them back from being the person they want to be. In freeing themselves from negative & self-limiting patterns, they can then look to the future in a positive way and are able to move forward with confidence.

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**Nirlipta Tull  
NCN Tull Hypnotherapy**

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British Society of Clinical Hypnosis  
*Nirlipta has a specialist interest and wide experience in the perinatal applications of Clinical Hypnotherapy, including fertility, conception, and the fears and anxieties experienced during pregnancy. He has developed a unique and profoundly effective clinical hypnotherapeutic approach to pain relief in childbirth, postnatal depression and recovery, and birth trauma resolution.*  
*He also effectively uses clinical hypnotherapy for the management of acute and chronic stress, anxiety, panic attacks, depression, and for smoking cessation.*

**Lorraine Flaherty  
Inner Journeys**

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Society of NLP, BSCH (Assoc)

**Marion Dias**

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British Society of Clinical Hypnosis, American Board of Hypnosis, American Board of Neuro Linguistic Programming, Time Line Therapy Institute, Hawaiian Huna (Energy Healing) Hawaii  
*Marion Dias trained with the London College of Clinical Hypnosis and gained a diploma awarded by the British Medical Hypnotherapy Examination Board. She is a full member of the British Society of Clinical Hypnosis. Marion is also a Master Practitioner and Trainer of NLP (Neuro Linguistic Programming) and Hypnosis and a member of the American Board of NLP, ANLP (UK) and the American Board of Hypnosis..She is also a Master Practitioner and Master Trainer of Time Line Therapy having trained with the developer of the techniques, Tad James M.S. PhD. Marion has studied ancient Hawaiian energy healing - HUNA during the past five years and is a master practitioner of Huna. She is a member of the Time Line Therapy Institute.*

*Marion specialises in helping clients to release unresolved negative emotions attached to past memories/issues. The combination of the therapies enable the client to get the result in a matter of hours rather than days, weeks or years and are long lasting. Most conditions are overcome within eight or less hours. The clients are also taught coping strategies for the future.*

*Some of the common conditions Marion helps clients overcome are: Panic Attacks, Phobias, Insomnia, Self Confidence, Stop Smoking, Stress Management, Depression, IBS, Alcohol Abuse, Sexual Abuse*

*Marion conducts training workshops on self-esteem, stress management, stop smoking as well as NLP, Time Line Therapy and Hawaiian Huna in Wimbledon, where she also practices at clinics.*

**Piers Thurston  
FeelHappyNow**

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**Rory Tierney  
Tomorrow Is Living**

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General Hypnotherapy Register, British Association of Counselling and Psychotherapy  
*I am a qualified Counsellor as well as Hypnotherapist currently working for a Primary Care team within the NHS, as well as a Counsellor in a leading London School. I also run a Private Practice and am trained in EMDR for clients suffering from traumas.*

**Sarah Phoenix  
Enlightened Minds**

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The Guild of Professional Holistic Beauty Therapists, General Hypnotherapy Standards Council

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Open Mind Therapy**

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**Rosemary A Milns BA(Hons) FSSM MHA(Reg Hyp)  
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**John Harrington  
Aberystwyth Hypnotherapist**

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The Quest Institute, The National Council for Hypnotherapy  
*John Harrington is a warm and caring Cognitive Hypnotherapist and NLP Master Practitioner who has*

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been trained and coached by Trevor Silvester from the internationally recognised Quest Institute. He uses a wide range of techniques drawn from a variety of different therapeutic disciplines.

His main therapeutic interventions are based on NLP techniques (Neuro-linguistic programming). NLP is the study of how a person makes sense of the world through their unique frame of reference. By releasing negative thought patterns and replacing them with positive ones, a person can overcome limiting beliefs, improve their performance and meet their full potential. It is highly effective in breaking unwanted habits, overcoming phobias, reducing stress and performance anxiety, raising self-esteem and gaining confidence.

Now based in Ceredigion, he is part of a highly professional network of therapists across the UK and a member of the National Council for Hypnotherapy who promote the highest standards of training and professional ethics amongst its members.

In addition to this, he is an experienced trainer and facilitator, specialising in the area of Diversity and Cultural Awareness.

**Barbara Guest**

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British Institute of Hypnotherapy, Other

After 21 years working in the corporate sector, where I achieved an MBA, I re-trained as a Hypnotherapist and Stress Manager and became a Member of the British Institute of Hypnotherapy in 2000. In 2001, I was awarded a Diploma in Advanced Hypnotherapy and became a Master Practitioner later in the same year. In 2003 I received a certificate of graduation from the Silver Institute of Scientific & Clinical Hypnotherapy (USA) specialising in Cognitive Behavioural Hypnotherapy.

In 2004, I became a practitioner of Emotional Freedom Techniques (EFT), becoming an Advanced Practitioner and Trainer in 2006.

I moved my practice to Shropshire from London in July 2006 where I treat a wide range of emotional issues and physical conditions including trauma, sexual abuse, lack of confidence, anxiety, fears, phobias, grief, depression, addictions, habits such as nail biting etc., anger management, panic attacks, stopping smoking and losing or gaining weight; IBS asthma, high blood pressure; business issues including fear of public speaking, presentation skills, performance issues etc.

I also work with amateur and professional sports people to improve golf, tennis and football performance.

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General Hypnotherapy Register, British Association for  
Counselling and Psychotherapy  
Jacqueline Kirtley is a professional and experienced  
Counsellor and Hypnotherapist working in Taunton,  
Somerset. She is a member of the British Association for  
Counselling and Psychotherapists and is registered with  
the General Hypnotherapy Register and adheres to their  
code of ethics. Jacqueline is fully insured for Public  
Liability and Professional Indemnity.

Jacqueline studied at The Somerset College for Arts and  
Technology where she gained a European Diploma in  
Therapeutic Counselling. She has gone on to attain a  
Certificate in General Hypnotherapy and a Certificate in  
Advanced Scientific Hypnotherapy where she trained  
with Tom Silver.

Jacqueline is committed to keeping ahead in her  
profession by continuing her professional development,  
attending courses and seminars on a regular basis to  
ensure her skills and knowledge are kept up to date.

Jacqueline specialises in:-  
Smoking Cessation  
Weight Control  
Stress Management  
Phobias  
Infertility  
Depression/Anxiety  
Bereavement  
Relationship Problems  
Young People.

**Geraldine Mortimer  
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**Suzanne Manning  
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EMBODY, General Hypnotherapy Register  
I qualified as a clinical hypnotherapist in 2001 and hold  
the Senior Qualification in Hypnotherapy Practice with  
The General Hypnotherapy Register, validated by the  
GHSC.

I qualified as an Advanced Practitioner of Meridian  
Energy Therapies in November 2005 and am licensed  
by the Association for Meridian Energy Therapies (AMT)  
and I have been accepted as licensed trainer with them.  
My training also includes Touch for Health and  
Kinesiology and I hold a teaching certificate in adult  
and Further Education.

My experience includes practising and teaching Reiki  
for the last 10 years and I am an accredited Reiki  
teacher with the International Guild of Professional  
Practitioners (EMBODY) and teach Reiki to their

standards. I teach around 15 Reiki workshops a year  
and hold energy workshops and Retreats both in the UK  
and abroad.

I previously spent 21 years in the Social Services  
department of the fourth largest Metropolitan District in  
the country, the last 10 of which were spent at Home  
Care Manager level. As a result of this employment I  
was extremely well trained in inter-personal skills and  
well prepared for the many aspects of client care that  
are usually not addressed in the training programmes  
of complementary therapist's.

**Ailsa Donaldson Hypnotherapy**

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**Frances Spargo Williams Crowe  
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British Psychological Society, British Society of Clinical  
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Society Brief Strategic Therapists

I have had over 25 years of experience in clinical  
practice and have worked intensively for the NHS in  
tandem with private practice.

I now specialise in Primary Care for the NHS, working  
with the GPs on cases who are not mentally ill, but  
nonetheless suffer from a variety of psycho-neurotic  
problems. These can cause moderate to very severe  
emotional and mental distress in conditions such as  
anxiety, phobias, depression, obsessive-compulsive  
disorder (OCD), work stress, and relationship difficulties  
- to name but a few.

Clinical hypnotherapy is not a "magic cure", but in  
ethically-trained hands and used as an adjunct to  
cognitive-behaviour therapy (CBT), it can effectively  
shorten the duration of the therapy without  
jeopardising the quality of the treatment service  
offered.

My main specialism in clinical hypnotherapy now, is in  
de-traumatisation work covering a wide range of  
triggering incidents, such as the psychological  
aftermath of road traffic accidents (RTAs), unresolved  
grief following tragic earlier bereavements, and post  
traumatic stress-related disorders of other kinds.

I also do legal work as an expert witness (especially  
in RTA cases). Professional brochure and information  
pack are available on request.

**Mair Stratton**

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**Mark Hanna**



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Hypnotherapy Society, General Hypnotherapy Register,  
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Psychological Society, Royal College of Nursing

**Paula MacMenamin Clinical Hypnotherapist**

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**Kay Cook****New Horizons Hypnotherapy**

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Association for Professional Hypnosis and  
Psychotherapy, Hypnotherapy Society, National Council  
for Hypnotherapy

*I provide brief solution based therapy together with  
hypnotherapy, my primary focus being to look forward  
for solutions, although causes have their relevance too.  
Each session is approximately 50/50 brief solution  
based therapy and hypnotherapy. Calmness, clarity,  
confidence and concentration are much enhanced  
making it easier for the client to change reactions,  
habits and to examine styles of thinking and implement  
their chosen changes. A special area of interest is  
traumatic memory processing, phobias, confidence and  
nerves linked to special/particular occasions including  
public speaking, medical treatment and exams.  
Medically investigated anxiety, depression, IBS, skin  
complaints and bedwetting.  
Home visits if required.*

**Chris Fleet  
Fleet Hypnosis**

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W: www.fleethypnosis.com  
General Hypnotherapy Register

*Chris Fleet is a highly qualified and experienced  
hypnotherapist, particularly working with weight  
control, smoking cessation and anxiety/stress relief.  
Using cognitive behavioural therapy techniques Chris  
combines traditional CBT with hypnotherapy to  
reinforce the client's new belief structure. Using*

*techniques such as mindfulness and CBT Chris prefers  
to work in a clinical environment and although easy to  
talk to is at all times professional.*

*Chris is one of the few hypnotherapists trained in  
Trauma Incident Reduction (TIR) and has had great  
success working with victims of PTSD.*

*Hypnosis can also be highly effective in reducing blood  
pressure, helping with fears & phobias as well as  
helping with depression.*

*Treatments include:*

*Smoking cessation*

*Weight management*

*Stress & tension relief*

*Tension headaches*

*Motivation*

*Procrastination*

*Relaxation*

*Alcohol / drug abuse / dependence*

*Insomnia*

*Pain relief*

*Fear of heights*

*Fear of needles*

*Visit to dentists*

*Interview anxiety*

*Agoraphobia*

*Claustrophobia*

*Nail biting*

*Chris works from offices in Paignton but home visits  
can be arranged throughout Devon.*

**Avril Eaves**

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The Shiatsu Society

**Terry Burke  
Calmer Mind**

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Society of Stress Managers

*As a member of the Society of Stress Managers I offer  
programmes for the management of stress-related  
problems as well as for a range of unwanted behaviours  
and conditions such as:*

*Anxiety, bereavement and loss, phobias, lack of  
confidence, low self-esteem, exam nerves, sports  
performance, weight management, smoking, shyness,  
depression, worry, panic attacks, pain, learning  
difficulties and many more.*

*The Royal College of General Practitioners estimates  
that almost 80% of patients in doctors' surgeries are  
three because of stress-related or psychosomatic  
illness.*

*I use the deep physical and mental relaxation  
techniques of hypnotherapy to help my clients move to  
their own solutions. My aim is always to equip them to  
manage their situations successfully themselves rather  
than becoming dependent on me. They therefore face  
new challenges without needing to return to me.*

*I offer a FREE initial consultation without obligation.  
Home visits are possible. Strict confidentiality is  
guaranteed.*

*I have over 30 years successful experience in  
educational management, working at senior level in  
providing pastoral, academic and health support, and  
have trained as a Stress Manager with the Well Mind  
group.*

*B.A. (Hons), M.A. (both Cambridge University), P.G.C.E.,  
L.S.S.M.*

**Karen Hesketh  
Anchor Solutions For Life**

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Field Therapy, The British Thought Field Therapy  
Association

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International Stress Management Association, the Hypnotherapy Association, British National Advanced Hypnotherapists, Hypnotherapy Practitioners Association

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Hypnotherapy Association

*I hold an Advanced Diploma in Hypnotherapy, a Neuro-Linguistic Programming Practitioner qualification and a teaching position with The South West School of Hypnotherapy.*

*Other qualifications include: EFT (Emotional Freedom Technique), EMDR (Eye Movement Desensitisation and Reprogramming), Certificate in Education, NVQ's in, Mental Heal Awareness, Fitness instruction and Business Management, also a STEPS Facilitator (Steps to Excellence in Personal Success).*

*As a full member of the Hypnotherapy Association I am governed by a code of ethics and practise.*

*My background over the last four years has been in mental health, encouraging adults to improve their physical and mental health and increase their confidence and self esteem.*

*Hypnotherapy is a natural way you make beneficial and positive life changes. It can be useful for issues such as: smoking, weight, confidence, anxiety and panic attacks, phobias, relationship difficulties (personal and professional) and sports enhancement.*

*Hypnotherapy can generally be used to help overcome any problems you are having difficulty coping with. All sessions are confidential although in some it may be necessary to obtain GP consent.*

*For more information or a confidential consultation please give me call.*

**Dawn Heather**  
**Dr Dawn Heather & Associates**  
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British Society of Clinical Hypnosis, British Psychological Society

*Dr Dawn Heather DCHyp MBPS BSCH (Assoc) provides personal empowerment therapy (PET) which empowers you to overcome the limiting beliefs and obstacles that are preventing you from becoming all you can be. PET processes and resolves phobias, smoking, habits, depression/stress/anxiety/tension, OCD/addictive behaviours, eating disorders, PTSD, sexual dysfunction, migraine, headaches, self esteem/confidence, sports performance, and much more. PET works well with Asperger Syndrome and social difficulties.*

*PET is the result of 20 yrs experience of research in health and education related to Autism Spectrum Disorders. PET draws from a range of therapeutic techniques to create an eclectic approach.*

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The Hypnotherapy Association, International Federation of Reflexologists

*I am a professionally qualified Clinical Hypnotherapist. I gained my advanced Diploma in Hypnotherapy at The Hypnotherapy Association of which I am a member.*

*I have the experience of working with a wide variety of emotional difficulties which include: Phobias; Anxiety; Self Esteem and Confidence issues; Relationship difficulties and Stress related problems, plus Smoking Cessation; Weight Control/Slimming and Pain Relief; I also work with Childrens issues which include: Thumb-sucking; Bed wetting; Nail biting and Bruxism (teeth grinding).*

*Hypnotherapy is a safe, natural and effective way to help make positive and beneficial life changes.*

*With Hypnosis you can change old habits and patterns of behaviour; heal past hurts; discard negative beliefs, to create a new way of life that will enhance all your positive aspects. All information during therapy is treated with the strictest confidence.*

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*Mr Robinson has a background in Psychology (University Degree Level), is a qualified teacher and Clinical Hypnotherapist (Diploma level). Use of rapid hypnotherapy techniques, with a high success rate, for IBS, phobias, Quit smoking, Anxiety states, Sleep Disorders, Weight loss, Panic attacks, Stress Management, Exam nerves, Lack of Confidence etc.*

*Also trained in Emotional Freedom Technique (EFT) and managing hypnension.*

*Mr Robinson has worked for the National Phobic Society, worked in various schools on stress management techniques for teachers and pupils and has featured on BBC Radio.*

*Trained with the London College of Clinical Hypnosis, he is a member of the British Society of Clinical Hypnosis, a full member of the UK Hypnotherapy Register and North East Practitioner for the Severe Clinics.*

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*WHO AM I? AS A CLINICAL HYPNOTHERAPIST. A qualified nurse with over 27 yrs experience within the NHS. Working in hospitals, community and 13yrs experience in general practice gave me rich and varied clinical experiences and a deep understanding of patient care and their particular needs. My interest in the mind its function and influence led me to further study to gain recognised qualifications to Diploma level in both counselling [1993] and hypnotherapy [2000].*

*WHAT I OFFER With a firm grounding for my therapy and drawing on my medical training I offer strong skills and a sensitive approach to assess my patients needs.*

*I have successfully treated patients with MEDICAL CONDITIONS including, compromised immune systems BOOSTING AND ENCOURAGING HEALING/PAIN MANAGEMENT/ANXIETY /STRESS RELATED DISORDERS HYPERTENSION/EMOTIONAL DIFFICULTIES/PHOBIAS/UNWANTED BEHAVIOURS AND MORE... SELF DEVELOPMENT/SELF ESTEEM /PERFORMANCE ANXIETY AND MORE... PROFESSION AFFILIATION.*

*I belong to the professional organisation that reflects my value system and as an Associate member of the British Society of Clinical Hypnosis am committed to the maintenance of professional conduct and best practice through continued training learning and development.*

**Susan Fu**

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General Hypnotherapy Register

*In my previous career, a crucial part of my role for over a decade was counsellor/personal enhancer-developer, of many different people, whilst in management.*

*Helping people to be the best people they can be has become a very rewarding and primary concern for me.*

*The power of thought and the mind, lead me to train, firstly with Valerie Austin, one of the Worlds leading Hypnotherapists, where I earned a Certificate in Advanced Structured Hypnotherapy.*

*The following year I attended NLP Practitioners Course, with Paul McKenna training, with leading trainers Paul McKenna, John Lavalley and Dr Richard Bandler.*

*Once certified, I joined the GHR, where I held the GQHP. I practise within Middlesex, Surrey, Berks and Hampshire.*

*I am flexible in my approach and tenacious/driven, to achieve positive changes where needed and truly believe in Infinite Possibilities. There isn't a client that I cannot assist in having a more beneficial life!*

*I offer caring and confident aid to all issues.*

*Specialise: Smoking, Weight loss, Anxiety and Alcohol.*

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The Association for the Advancement of Meridian Therapies, The British Institute of Hypnotherapy, The National Council for Hypnotherapy  
*Maxine Henk Dip.Psych, Dip. Adv.Clin.Hyp, CPMNLP, HPD Adv-EFT-MET Maxine originally trained at Regents*

*College in Counselling, Psychotherapy and Hypnotherapy and went on to further her studies at the European College of Holistic medicine where she is currently a tutor for the colleges highly rated diploma training in Clinical Hypnotherapy, NLP & Life Coaching Skills. She is also a certified Advanced Practitioner of EFT (Emotional Freedom Technique) and an internationally accredited Life Coach. In addition to her successful private practice in Isleworth, West London, Maxine also consults in Harley Street in the West End where she specialises in smoking cessation and weight control.*

*Hypnotherapy, NLP and EFT are highly effective solution focused therapies which are often practised in the short term, and are also used for deep long term work. They can help you with: Smoking Cessation, Weight issues, Stress and Anxiety, Panic attacks, Self-Esteem and Self-Confidence issues, Insomnia, Letting go of Past negative feelings, Addictions, Eating Disorders, ME/CFS.*

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Hypnobirthing Institute USA, MNRHP, NGH (USA), M SMA, UKCP Registered

*As a Psychotherapist my worked is based on cognitive-behavioural style of therapy. My aim is brief, solution-focused therapy and Hypnosis and NLP are frequently used as tools. I specialize and prefer to work with stress related problems such as ; anxiety, fears, stress, confidence, phobias, panic attacks, exam nerves, irritable bowel syndrome, confidence, as well as relationship problems and personal growth issues. I work in a very practical way and believe in helping people learn relaxation and communication skills they can use for lifetime.*

*I am a certified HypnoBirthing® Practitioner teaching prenatal classes for women wishing clamer, less painful, natural childbirth. I have been trained by the American developer of HypnoBirthing® programme, Marie Mongan. HypnoBirthing® is based on the work of English Obstetrician, Dr Grantly Dick-Read considered by many as the father of natural childbirth. These classes include the mother and her birthing companion. They are taught over 5 weekly classes each 2.5 hours long. Private classes are also available.*

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The General Hypnotherapy Standards Council, General Hypnotherapy Register, The American Board of NLP (Neuro Linguistic Programming)

*Stop Smoking in One Hour! Peter Huntington is a practitioner with MindWorks UK Ltd who specialise in hypnotherapy for smoking cessation and weight loss. The practice uses a highly effective technique for stopping smoking which re-programmes the body and mind to no longer have the need for cigarettes. The system, developed over the last ten years combines hypnotherapy and NLP techniques to help even the most hardened smokers abandon their habit in just one hour. In a recent study\* of 300 people, who took part in smoking cessation using MindWorks method 95% of them were still non-smokers after six months. The Practice sees approximately 60 smoking clients a month with many of these being referrals from satisfied customers. MindWorks offers a free back-up support policy for a few clients who feel they need an additional session.*

*Also specialising in weight loss, MindWorks operate a powerful programme which helps people effect behavioral change and assume healthy eating and exercise regimes. A course of three sessions is required for successful re-programming of food related routines. Smoking Cessation and Hypnosis Michael ODriscoll Bsc Msc(Oxon)2002. We would be happy to provide copies of this report.*

**Marion Dias**

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British Society of Clinical Hypnosis, American Board of Hypnosis, American Board of Neuro Linguistic Programming, Time Line Therapy Institute, Hawaiian Huna (Energy Healing) Hawaii

*Marion Dias trained with the London College of Clinical Hypnosis and gained a diploma awarded by the British Medical Hypnotherapy Examination Board. She is a full member of the British Society of Clinical Hypnosis.*

*Marion is also a Master Practitioner and Trainer of NLP (Neuro Linguistic Programming) and Hypnosis and a member of the American Board of NLP, ANLP (UK) and the American Board of Hypnosis. She is also a Master Practitioner and Master Trainer of Time Line Therapy having trained with the developer of the techniques, Tad James M.S. PhD. Marion has studied ancient Hawaiian energy healing - HUNA during the past five years and is a master practitioner of Huna. She is a member of the Time Line Therapy Institute.*

*Marion specialises in helping clients to release unresolved negative emotions attached to past memories/issues. The combination of the therapies enable the client to get the result in a matter of hours rather than days, weeks or years and are long lasting. Most conditions are overcome within eight or less hours. The clients are also taught coping strategies for the future.*

*Some of the common conditions Marion helps clients overcome are: Panic Attacks, Phobias, Insomnia, Self Confidence, Stop Smoking, Stress Management, Depression, IBS, Alcohol Abuse, Sexual Abuse*

*Marion conducts training workshops on self-esteem, stress management, stop smoking as well as NLP, Time Line Therapy and Hawaiian Huna in Wimbledon, where she also practices at clinics.*

**Anne Lee**

The Hale Clinic  
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The Hypnotherapy Association

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British Holistic Medical Association, General Hypnotherapy Register, British Psychological Society  
*I have practices in Harley Street, harrow-on-the-Hill and Muswell Hill.*  
*My approach is client-centred and my intention is always to work in the best and most appropriate way for each individual, enabling them to become their own teacher and to find their own unique path towards becoming who they most fully can be.*  
*I work with a broad range of people, from adolescence to old age, who are experiencing a wide variety of problems, and use psychological therapy, EFT and hypnotherapy techniques as appropriate. My areas of special interest are: Stop Smoking, Weight Loss, Anxiety Management, Relationship Counselling.*  
*I am registered with the British Psychological Society, General Hypnotherapy Register, British Holistic Medical Association and Royal Society of Medicine.*

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*Stephanie MacLennan DHyp, MBSCCH, GQHP obtained her diploma in Clinical Hypnotherapy through the London College of Clinical Hypnosis (LCCH). As well as being a hypnotherapist, she is an Eye Movement Desensitisation and Reprocessing (EMDR) practitioner having trained in EMDR through the LCCH. EMDR is a protocol used in the treatment of Anxiety, Phobias and Trauma.*  
*Hypnotherapy can help in the relief of Anxiety (general and specific) and Panic Attacks, Fears and Phobias, Unwanted Habits (for example, smoking, nail biting and hair pulling), Obsessive Compulsive Disorders (OCD), Weight Problems and Eating Disorders, Low Self-esteem and Performance Anxiety and much more.*  
*Anxiety and fear are emotional obstacles which can prevent a person from achieving their full potential. Stephanie has a particular interest in helping in overcoming these obstacles and giving people the determination to succeed.*  
*Stephanie is a member of the British Society of Clinical Hypnosis (BSCH) and Certified as a Registered Hypnotherapist by The General Hypnotherapy Register (GHR), the registering agency for the General Hypnotherapy Standards Council (GHSC) and abides by their strict codes of conduct relating to client confidentiality, ethics and treatments.*

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*Qualified hypnotherapist specializing in fertility and childbirth.*  
*Difficulties in conceiving cause levels of stress similar to diagnosis of HIV and cancer (Domar 1993). This anxiety, in turn, makes conception less likely. One study demonstrated that mind-body therapies improved conception rates from 20% to 55% (Domar200). In 1992, one study found that women using mind-body techniques had an IVF uptake rate of 34% compared to 20%.*  
*Hypnofertility™ treatment is more than getting pregnant; it allows women to feel more relaxed and less anxious.*  
*HypnoBirthing® is a course of four classes teaching hypnosis and childbirth. Couples are taught how to release any fear of birth and free themselves from the 'fear-tension-pain' syndrome, Hypnobirthing® provides complete ante-natal training: hypnosis, deep relaxation, visualization and breathing techniques; plus your complete guide to pregnancy and birth. A free Hypnobirthing® CD and book are provided.*  
*I received an excellent general training in Hypnotherapy from the London College of Clinical Hypnosis. My specialist training in HypnoBirthing® and HypnoFertility™ were with the well-regarded HypnoBirthing® Institute. I am also a qualified general nurse; my midwifery experience allows me to teach all aspects of HypnoBirthing® thoroughly.*  
*If you have any questions about HypnoFertility™ of HypnoBirthing® please call 020 7467 8526*

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*Qualified hypnotherapist specializing in fertility and childbirth.*  
*Difficulties in conceiving cause levels of stress similar to diagnosis of HIV and cancer (Domar 1993). This anxiety, in turn, makes conception less likely. One study demonstrated that mind-body therapies improved conception rates from 20% to 55% (Domar200). In 1992, one study found that women using mind-body techniques had an IVF uptake rate of 34% compared to 20%.*  
*Hypnofertility™ treatment is more than getting pregnant; it allows women to feel more relaxed and less anxious.*  
*HypnoBirthing® is a course of four classes teaching hypnosis and childbirth. Couples are taught how to release any fear of birth and free themselves from the 'fear-tension-pain' syndrome, Hypnobirthing® provides complete ante-natal training: hypnosis, deep relaxation, visualization and breathing techniques; plus your complete guide to pregnancy and birth. A free Hypnobirthing® CD and book are provided.*  
*I received an excellent general training in Hypnotherapy from the London College of Clinical Hypnosis. My specialist training in HypnoBirthing® and HypnoFertility™ were with the well-regarded HypnoBirthing® Institute. I am also a qualified general nurse; my midwifery experience allows me to teach all aspects of HypnoBirthing® thoroughly.*  
*If you have any questions about HypnoFertility™ of HypnoBirthing® please call 020 7467 8526*

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*Lulu Appleton (Assoc II) CHP (NC), registered Psychotherapist & Hypnotherapist, qualified in 1997 with the National College of Hypnotherapy and Psychotherapy and is a Registered Member on the National Register (www.nrhp.co.uk). She has also studied Eriksonian Hypnotherapy and EFT (Emotional Freedom Techniques).*  
*Co-author of MIND MEDICINE, published October 1999, re-published 2001. Lulu Appleton has written articles on psychology, health, environmental issues and lifestyle for the Guardian, the Daily Telegraph, the Times, the Daily Mail and Daily Express. She is an Accredited NHS Editor and Writer through the Centre for Health Information (CHIQ).*  
*Hypno-Psychotherapy can help people to lose weight, stop smoking, deal with panic attacks, anxiety, and nervous tension and burnout most problems in fact, which prevent individuals from being in control of their own lives.*  
*Her approach encourages people to move on with their lives as speedily as possible, rather than continue to identify themselves with their problems. Discovering the source of their problems and making them right size, can help people to understand why their lives have been affected. This new awareness releases many to discard their old thought patterns and behaviours, which are no longer relevant to their present life. It allows them to choose the kind of life they want to live.*  
*Appointments can also be booked in Cobham, Surrey, by arrangement.*

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The General Hypnotherapy Register

**Alan Hunns**  
**The Conklin Clinic**  
1 Harley Street  
London  
**W1G 9QD**  
T: 020 8348 2080  
F: 020 8340 9908  
E: alan@hunnsgraphics.demon.co.uk  
W: www.ecomancy.com/therapists  
British Society of Clinical Hypnosis  
*I came to hypnotherapy through being a patient. I was impressed with the treatment for a phobia which had been resistant to all other forms of help. The treatment was pleasant and relaxing and the complete opposite of the nerve-wrecking confrontation with my fears that I had expected.*  
*Hypnotherapy can deal effectively with issues such as confidence and self-esteem, smoking cessation, weight control, performance anxiety (which can express itself in various ways from excessive shyness to psychosexual issues), phobias and panic attacks, skin problems and managing stress.*  
*As a qualified clinical hypnotherapist I have a record of success with smoking cessation, phobias, IBS, motivation and performance anxiety. I am in my 50s and I am professional, warm, friendly and approachable, this is vital as establishing rapport is the first step in any hypnotherapy session. I share treatment rooms in Harley Street but I am happy to travel and to work as part of a practice.*

**Joy Ainley**  
**Working With Joy Ltd**  
The Lewis Clinic  
No 1 Harley St  
London  
**W1G 9QD**  
T: 01753 883433  
T2: 07711 087520  
E: joy@workingwithjoy.com  
W: www.workingwithjoy.com  
General Hypnotherapy Standards Council, British Association for Counselling & Psychotherapy  
**THOROUGH, COST EFFECTIVE, SAFE, RAPID, PERMANENT & FUNDAMENTAL BEHAVIOUR CHANGE**  
*Joy incorporates in-depth analysis, counselling and NLP (Neuro-Linguistic Programming) with Hypnotherapy to achieve the desired behaviour change at a fundamental level. Her extremely thorough approach ensures that long lasting results are achieved rapidly and safely, and in complete confidence.*  
*Case studies, testimonials and magazine articles are included on the website.*  
*Joy's generic approach is to identify the elements which trigger and sustain the unwanted behaviour. This*

enables her to deliver new, useful behaviour with personalised tools to deal with underlying issues and secondary gains.

The range of issues Joy has treated is very wide, and her success rate is 100% for clients who have completed the prescribed programme: Here are some examples: *Insomnia, Irritable Bowel Syndrome, Self Harm, Sexual Abuse, Pain control, Fear of surgery, dentists and things medical, Weight control and binge eating, Alcohol abuse, Stress, Phobias, Irrational fears, Separation, Anxiety, Habits, Pain management, Depression, Self esteem, Confidence, Acceptance, Bereavement, Relationship grief, Separation anxiety, Anxiety and worry, Victimhood, Panic attacks*

**Mirella Hodzic  
Dr Mirella Hodzic - The Integrated Med. Center**  
43 New Cavendish Street  
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**W1M 7RG**

T: 07967 728 258

F: 020 7224 3114

E: mirella@mirella.co.uk

W: www.mirella.co.uk

The British Society of Clinical Hypnosis, Associated Stress Consultants

Member of *The British Society of Clinical Hypnosis*  
Member of the *Associated Stress Consultants*

Medical doctor with a specialisation in *Psychiatry and with complementary qualifications in Advanced Stress Management, Advanced Psychotherapy, Clinical Hypnotherapy, NLP & Diet.*

Qualifications gained at: *Stonebridge College - Stress Management & Advanced. London College of Hypnotherapy - Clinical Hypnotherapy. Academy of Hypnotherapy - Hypnosis. Associated Stress Consultants - Advanced Stress Management. Trained in London in association with Consultant Psychiatrist and NLP master trainer Dr Will Monteiro. Specialist in Goal-directed therapy, Stress Management, Past Life Regression Therapy, Past Life Healing, Inner child healing, Pain control, sexual and relationship problems.*

**Charlie Conklin  
Conklin Clinic Ltd**

1 Harley St  
London

**W1N 1DA**

T: 020 7291 4464

E: charlie@conklin.co.uk

W: www.conklin.co.uk/cclinic

British Society of Clinical Hypnosis

As *Managing Director of the Conklin Clinic in Harley Street*, Charlie Conklin brings his history of therapeutic experience, and previous and ongoing studies of hypnotherapy and NLP, to investigating and applying the principles of subtle, elegant and profound change.

He uses a variety of approaches, tailored for each individual client, as befits their personal needs and character. In doing this, he can ensure that interventions will take the minimum time required for each person, and more importantly, that he changes, the increased control over what used to be a problem, will integrate properly into their lives, and future, and thus have permanence.

He has experience treating a wide variety of conditions, and will accept any clients who may be advantageously treated via psychological intervention. That said, his greatest enjoyment comes from treating those very "difficult" cases, people who have tried everything to no avail, and those who have very physical symptoms, such as allergies, asthma, skin conditions, chronic pain etc., which have not been successfully dealt with by more conventional intervention.

**Sjanie Hugo  
Calmer Centre**

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London

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W: www.calmercentre.com

British Society of Clinical Hypnosis

**Gloria May - Hypnotherapist**

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W: www.gloriamay.co.uk

National Council of Psychotherapists, National Council for Hypnotherapy

**Miriam Bailey - Parkyns**

**Parkyns Holistic Therapy Consultants**

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F: 0203 008 6340

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W: www.parkynsholistic-clinic.org.uk

British Complementary Medicine Association

**William Christopher Evans**

**Mayfair Medical Centre**

3-5 Weighhouse Street  
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**W1Y 1YL**

E: chris@merchant22.freeseerve.co.uk

The Hypnotherapy Association, Chartered Institute of Personnel and Development

**Phil Benjamin PDCHyp FBSCHEA**

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London

**W2 1JG**

T: 07771 561224

F: 0207 900 2145

E: hypnotherapy@philbenjamin.com

W: www.philbenjamin.com

British Society of Clinical Hypnosis

Phil Benjamin lectures in Hypnosis and related subjects at Cambridge and Oxford University Medical Schools among others, and was awarded the title of Honorary Senior Tutor by St George's Hospital Medical School, University of London. Formerly a senior lecturer at the LCHC (and still a tutor) he is a lifetime Fellow of the British Society of Clinical Hypnosis.

He is an experienced, professional clinical hypnotherapist and sees patients at his practice in Paddington, Central London. It is close to Paddington Station so is convenient for anyone who can get to London, particularly patients who fly in to Heathrow.

As a pilot, he is noted for his treatments of flying phobias, but of course can treat most of the conditions that hypnotherapy is noted for. Please call if you would like to discuss anything related to hypnosis, including if you are considering therapy for yourself.

**Ursula James  
Hypnotherapy Clinic**

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London

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British Society of Clinical Hypnosis

VISITING TEACHING FELLOW, OXFORD UNIVERSITY MEDICAL SCHOOL.

Lecturer in *Clinical Hypnosis at Oxford University Medical School, Queen Marys, St Bartholomews & The London (QMUL) Medical School, Honorary Lecturer at St. Georges Medical School, London. Patron of the National Phobic Society.*

Fellow of *The British Association of Medical Hypnosis. Vice President of The British Society of Clinical Hypnosis. Founder of Personal Development Resources (PDR) charity founded to promote research into Clinical Hypnosis in the medical setting. Specialist in Smoking Cessation.*

**Rajini Melwani**

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BSCH, ITEC

**Antonio Alves**

**Alves Therapy**

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National Council for Hypnotherapy, National Council of Psychotherapists

**Anna Sawdon**

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National Federation of Spiritual Healers, The National Register of Hypnotherapists and Psychotherapists, British Register of Complementary Practitioners

**David Bonner**

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Chiswick

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W: www.david.bonner.ukgateway.net

The European Association for Psychotherapy, The National College of Hypnosis and Psychotherapy, United Kingdom Council for Psychotherapy, British Association for Counselling & Psychotherapy  
*With a background in the legal and Social Services David Bonner brings a wealth of experience to his 14 year practice.*

*As a registered Counsellor and Cognitive/Behavioural therapist he uses a variety of approaches (including Hypnotherapy) so as to reintroduce perspective and choice back into peoples lives. When this is achieved disfunctional thought processes are alleviated, and a healthy, light and positive control takes its place.*

*Many people say "I just want to be normal, not to think too much and have space and fun again". The words: - BALANCE/Perspective and Bayancy are so important and when in place alleviate the inertia of feeling stuck.*

*Prolonged unresolved stresses can adversely affect in many ways. They head to conditions such as reduced confidence and esteem, insomnia, loss of libido, anxiety, irritability and phobias.*

*Working with and teaching the individual to recognise and deal with the negative thoughts and pressures equips them with permanent and powerful techniques to use consciously and unconsciously, so as to deal with these threats.*

*David Bonner has particular experience with Anxiety-Depression-Confidence-Esteem, Insomnia, Weight Loss, Eating Disorders, Addictions, OCD, Phobias, Sexual Orientation/dysfunction, Relationship difficulties and other personal problems.*

**Juliet Pickering Hypnotherapist PhD Dhyp LHA UKHR**

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The Hypnotherapy Association, The UK Hypnotherapy Register

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American Board of Hypnosis, National Guild of Hypnotists, American Board of Neuro-Linguistic Programming, General Hypnotherapy Register (GHR), International Medical and Dental Hypnosis Association, UK Register for Advanced Hypnotherapists (UKRAH)

**Daphne Plaskow**

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General Hypnotherapy Register

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Corporation of Advanced Hypnotherapy,

Complementary Medicine Association, Institute of Complementary Medicine, UK Confederation of Hypnotherapy Organisations

**Edward Arran**

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Corporation of Advanced Hypnotherapy, Complementary Medicine Association, Institute of Complementary Medicine, UK Confederation of Hypnotherapy Organisations

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**Sue Jenkinson**  
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British Institute of Hypnotherapy, Society of NLP

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Complementary Medicine Association, Institute of  
Complementary Medicine, UK Confederation of  
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British Association of Occupational Therapists, Health  
Professions Council, General Hypnotherapy Register

**Julie Roberts**  
76 Long Lane  
Warrington, Cheshire  
**WA2 1EX**  
The General Hypnotherapy Register  
*Creative Mind Skills therapeutic Training specialise in a  
Solution Focused approach to many stress related  
illnesses, anxiety and depression.*  
*We have had success with many psychosomatic  
illnesses using hypnotherapy as a relaxation technique  
that assists in the facilitation of solution focused  
psychotherapy and rapid healing techniques for many  
illnesses and phobias. Including agoraphobia, social  
phobias and IBS, anger management and confidence  
issues.*  
*At CMST we are very client focused and are prepared  
for home visits as well as sessional work and accepting  
clients in our private practice.*

*Julie Roberts the principle therapist at CMST started her  
career in general nursing and moved into the business  
arena for many years until moving into training and  
therapy based areas, where CMST specialise in the  
corporate stress management sector, offering  
workshops and training to small and medium  
organisations. CMST is also based at Holden House,  
Holden Road, Leigh, WN7 1EX*  
*by now you will have probably decided CMST is right for  
you, or not. For further information and an informal  
chat please call Julie Roberts direct on 08704 323423  
to see how we can work together.*

**Edward Arran**  
**Warrington Natural Health Clinic**  
52 Bewsey Street  
Warrington  
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Corporation of Advanced Hypnotherapy,  
Complementary Medicine Association, Institute of  
Complementary Medicine, UK Confederation of  
Hypnotherapy Organisations

**Julie Winstanley**  
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E: julie@therapy4all  
W: www.therapy4all.com  
British Psychological Society, Hypnotherapy Practitioners  
Association, Association of Hypnotherapists, MSFTR,  
American and Canadian Society  
*Julie is a clinical and analytical hypnotherapist, coaching  
psychologist, psychotherapist, counsellor and holistic  
therapist (trained in meridian psychotherapy and crystal  
healing). Julie adopts an innovative, integrative  
approach within her Cheshire based practice to address  
a wide range of issues. Julie is also a registered  
hypnobirthing practitioner and a specialist in womens  
maternal health issues. She offers therapies to address  
maternal anxieties, I.V.F stress and pain management.  
Julie has published and presented internationally and is  
a consultant to both healthcare and educational  
establishments. Julie offers a free initial consultation.*

**Carol Lynn Jones**  
**Culcheth Remedial Therapy Clinic**  
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Culcheth  
Warrington  
Cheshire  
**WA3 4EH**  
T: 01925 767979  
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London Counties Society of Physiologists, International  
Cranial Association  
*I am a busy practice in Culcheth (Warrington). My  
Treatments include Remedial massage - Cranial  
Therapy & Hypnosis. I am a member of the London  
Counties Society of Physiologist & The International  
Cranial Association.*

**Edward Arran**  
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**Kristin Rawlinson**  
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General Hypnotherapy Register

**Michael Mahoney**  
**TimeLine Services**  
Guardian Medical Centre  
Guardian Street  
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Cheshire  
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T: 01925 658322  
E: timelineservices@aol.com  
W: www.ibsaudioprogram100.com  
The Hypnotherapy Association, UK Guild of Hypnotist  
Examiners  
*Michael Mahoney is a medical centre based clinical  
hypnotherapist. He specialises in IBS, Stress, Anxiety  
and Pain Management. He has research and patient  
trials experience in using hypnotherapy with IBS  
patients. He is author of the IBS Audio Program 100 a  
self help program for IBS sufferers which to-date is  
being used by sufferers in 25 countries and also by  
patients at a GI Hospital in Protland Oregon. His work  
in IBS / Gastrointestinal disorders is known widely by  
medical professionals in the UK and USA. Michael  
receives regular referrals from GPs and  
Gastroenterologists who recognise the benefits of his  
contribution to patients.*  
*Michael formed the UK Register of IBS Therapists which  
now has over 130 members UK wide, providing IBS  
workshop training to qualified therapists. In 1999 he  
became an associate member of the Primary Care  
Society for Gastroenterology.*  
*He has experience in presenting to an NHS Priority Sub  
Setting Committee and to the Annual Scientific Meeting  
of the Primary Care Society of Gastroenterology in  
London.*  
*He works one day a week in a Occupational Health  
Department at Hollins Park Psychiatric Hospital  
alongside psychiatrists and other medical  
professionals.*

**Lin Ross**  
**Priory Healing**  
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Daresbury  
Runcorn, Cheshire  
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General Hypnotherapy Register

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Cheshire  
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British Institute of Hypnotherapy

**Nicola Matthews**  
**Capital Therapy**  
1E Bloomsbury Street  
London  
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T: 07984 193123  
T2: 020 7436 3331  
E: info@capitaltherapy.freemove.co.uk  
W: www.capitaltherapy.co.uk  
British Psychological Society, British Society for Clinical  
Hypnosis

*Nicola offers a professional therapeutic service using  
clinical hypnosis and cognitive behavioural therapy to  
treat a wide variety of psychological and psychosomatic  
conditions. She has specialist skills in working with  
depression and anxiety disorders (phobias, generalised  
and OCD). Successful treatment is also available for  
addictions, eating disorders, nail-biting, IBS,  
hypertension, cardiac rehabilitation, dermatology, sleep  
disturbances, sexual problems, pain control, natural  
birth and weight management. Nicola has extremely  
high success rates for smoking cessation which is  
offered in a one-off two hour session and also uses  
hypnosis to improve memory, concentration, self-worth  
and confidence.*

*Nicola has a background in psychology and worked  
within the NHS for 6 years before re-training in clinical  
hypnosis and setting up her own clinic in Covent  
Garden. Nicola trained with the London College of  
Clinical Hypnosis and is a member of the British Society  
of Clinical Hypnosis. She now supervises teaching  
sessions at the college and provides a supervision  
service for students and other practitioners. She is also  
a member of the British Psychological Society and  
continues to offer sessional work within the NHS and  
for private surgeries.*

*Capital Therapy also offers stress management courses  
at a corporate and individual level and personal  
development programmes.*

**Andre Duvenage**  
**The Bloomsbury Therapy Centre**  
80a Bristol House, Southampton Row  
London  
**WC1B 4BB**  
T: 020 8969 6922  
E: anduv-ct@mailcity.com  
W: www.londonhypnotherapist.com  
British Society of Clinical Hypnosis  
NHS - Provider Code 8GM88.

*Psychotherapy / Neurolinguistic therapy / Hypnotherapy  
within Hypnosis. Emphasis on Cognitive-Behavioral  
approaches and short-term protocols. Patients are  
taught self-hypnosis and encouraged to take control  
over aspects of their condition/problem.*

*Pain Control, Pre/post Operative Care, Anxiety, Stress,  
Panic, Smoking, Emotional Problems, Sexual Problems,  
Relaxation, Control, Phobias, Self-hypnosis, Low-self  
esteem, confidence...and more.*

**Helen Bright Holistic Therapies**  
473 Russell Court  
Woburn Place  
London  
**WC1H 0NL**  
E: info@helenbright.com  
W: www.helenbright.com  
British Institute of Hypnotherapy, General Hypnotherapy  
Register

*Helen's passion for coaching people to Unleash their  
True Potential stems from roots in Helen's own life  
experiences. This gives her coaching and training  
strength, empathy, power and commitment. Helen has  
worked closely with the medical profession for twenty-  
two years and completed her training in Hypnotherapy,  
NLP (Neuro Linguistic Programming) and Lifecoaching at  
the European College of Holistic Medicine in 2004. She  
is also a fully qualified Bach Flower Remedy Practitioner.*  
*What Clients say: Thank you for showing me the  
'Brighter' side of life and helping me open doors into  
my future'. Thank you for your help and support  
through a very stressful period of my life'  
'I have gleaned a lot from your experience and have  
found your approach meaningful and innovative'  
You really understand people and I thank you for  
sharing your knowledge and compassion'*

**Keith Ealey DhypPsych (UK), MRHTS, SQHP**  
c/o Neal's Yard Remedies Therapy Rooms  
2 Neal's Yard  
London

**WC2H 9DH**

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The International Centre for Reiki Training (USA), The Association for Therapeutic Healers, The Reiki Healers and Teachers Society, The General Hypnotherapy Register, The UK Hypnotherapy Register

**Suzy Dittmar  
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Hertfordshire

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W: www.hertshypnotherapy.co.uk

British Association of Therapeutic Hypnotists, Belmont Association for Hypnosis, National Board of Professional and Ethical Standards

**Helenna Leader**

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The General Hypnotherapy Standards Council, The British Association of Therapeutic Hypnosis

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General Hypnotherapy Standards Council, CHIS UK, NLP&CA

**Rluka Davd****Tiqun**

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British Institute of Hypnotherapy

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Cognitive Behaviour Hypnotherapist**

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Byram

Knottingley

West Yorkshire

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F: 01977 679776

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British Society of Clinical Hypnosis, Royal College of Nursing

**Stephanie M Newbould  
Changing Ways - Hypnosis**

11 Daisy Vale Mews

Thorpe

Wakefield, West Yorkshire

**WF3 3EN**

T: 07749 415194

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The British Society of Clinical hypnosis

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Meridians Complementary Healing Foundation**

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F: 01302 893263

E: julie.klaasen@virgin.net

GHR, NCH

**Heather Murphy**

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Pontefract, West Yorkshire

**WF9 2DS**

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W: www.wshh.org.uk

General Hypnotherapy Register, National Council for Hypnotherapy, Nursing and Midwifery Council, Royal College of Nursing

*Heather currently has a small private practice and provides therapy for clients with a wide range of personal and health related issues.*

*Heather also works as a Senior School Nurse for a Primary Care Trust and uses many of the basic principles of therapy with the young people she encounters within this role.*

*Although she has a specialist interest in children and young people, she would also like to use her skills to meet the needs of other vulnerable and disadvantaged groups.*

*She is interested in providing individual/sessional work for GP practices, or developing services as part of a health development or Neighbourhood Renewal Project.*

*Heather has previous experience of project work and in February 2000 was presented with a Community NHS Trust Leadership Award, for her collaborative work in developing the health of young people within an area of social deprivation.*

*Heather also has a commitment to the professional issues within the healthcare and complies not only with the code of ethics but also the continued professional development and clinical supervision requirements of the NMC, NCN & GHR.*

**Julie Roberts  
Creative Mind Skills Therapeutic Training**

Holden House

Holden Road

Leigh, Lancashire

**WN7 1EX**

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E: info@cmst.co.uk

W: www.cmst.co.uk

The General Hypnotherapy Register

*Creative Mind Skills therapeutic Training specialise in a Solution Focused approach to many stress related illnesses, anxiety and depression.*

*We have had success with many psychosomatic illnesses using hypnotherapy as a relaxation technique that assists in the facilitation of solution focused psychotherapy and rapid healing techniques for many illnesses and phobias. Including agoraphobia, social phobias and IBS, anger management and confidence issues.*

*At CMST we are very client focused and are prepared for home visits as well as sessional work and accepting clients in our private practice.*

*Julie Roberts the principle therapist at CMST started her career in general nursing and moved into the business arena for many years until moving into training and therapy based areas, where CMST specialise in the corporate stress management sector, offering workshops and training to small and medium organisations. CMST is based at :Long Lane, Warrington, Cheshire, WA2 8PX*

*Holden House, Holden Road, Leigh, WN7 1EX*

*by now you will have probably decided CMST is right for you, or not. For further information and an informal chat please call Julie Roberts direct on 08704 323423 to see how we can work together.*

**Ivan Perry**

9 Heaton Close

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The Hypnotherapy Association

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British Society of Clinical Hypnosis

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Mrs Susan Maddox**

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NRHP The National Register of Hypnotherapists and, Psychotherapists

*I specialise in helping people with emotional and psychological issues as well as providing problem counselling. A person centred approach as well as cognitive behaviour therapy are amongst those I favour. There are many others using a Hypnotherapeutic approach, which are suitable for phobias - and also for the problems of living i.e.: - stress, anxiety and depression. These help people move towards action in their lives. Each of us is unique and different, and therefore my approach is tailored to those individual needs. When the perception of a problem can be clarified transformation becomes possible!*

*This enables each person to take back responsibility for their life, and exercise choice in the decisions they make. Hypnotherapy uses those informed choices by fast tracking change through the unconscious mind in a gentle and permissive way.*

**Gill Hines**

Serehai,

Blakes Hill

North Littleton

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National Register of Smoking Cessation Therapists, The Hypnotherapy Association, The European Therapy Studies Institute Full member, General Hypnotherapy Register (General Hypnotherapy, Standards Council), The Society of Stress Managers Fellow Member, The Hypnotherapy Society Accredited member, National Council for Hypnotherapy Registered member

**Jean Whittle  
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British Institute of Hypnotherapy

*I have been in practice since 1994 and am highly experienced with an excellent track record. I constantly update my therapeutic training. With my innovative and unique healing techniques, I help adults and teenagers with a wide variety of issues that include:*

*Emotional issues and failed relationships*

*Lack of confidence, low self worth and inferiority*

*Panic attacks*

*Fears and phobias including dental, flying,*

*spiders, public speaking etc.*

*Stress*

*Blushing*

*Sexual and physical abuse*

*Anxiety and depression*

*Eating disorders*

*Old stuck patterns and blocks in your life*

*Unfulfilled potential*

*Old hurts and angers*

*Smoking cessation. I practice a highly acclaimed smoking treatment where 9 out of 10 people stop in one session. And much more.*

*I am an accredited practitioner of Deep Memory Process regression therapy and spirit relesement therapy. Allow me to help you to achievement and balance in your life. I offer clients a free, no commitment, 20-minute consultation, during which you can decide if I am the right practitioner for you.*

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British Association of Counsellors & Psychotherapists,  
British Society of Clinical Hypnotherapists

**Marion Shepherd**  
**Dynamic Hypnotherapy UK**  
13 Northwick Avenue  
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E: jahydy@aol.com  
W: www.mjshepherd-hypnotherapy.co.uk  
General Hypnotherapy Register, General Hypnotherapy  
Standards Council, Hypnotherapy Society  
*I am a Professional Practitioner of Clinical  
Hypnotherapy, incorporating Relaxation Therapy,  
Motivational Therapy and Regression Therapy. I am also  
trained in the use of techniques such as Neuro  
Linguistic Programming and Emotional Freedom  
Techniques.*

*I treat a whole spectrum of psychosomatic and  
emotional problems including but not limited to: Habit  
Disorders, Smoking Cessation, Compulsive Disorders,  
Weight Issues, Fear, Phobias, Anxiety, Panic Attacks,  
Nerves, Low Self Esteem, Lack of Confidence, Lack of  
Motivation, Depression, Stress, Insomnia, Pain  
Management, Pregnancy and Birthing Support. Every  
therapy I use is tailored to suit the individual with  
remarkable effectiveness.*

*I regularly organise small group workshops for support  
with Smoking Cessation, Weight Issues and Anxiety  
Management etc.*

*Specialities include: Clearing Emotional blocks and  
dealing with associated problems. Weight Control  
Issues, Fears and Anxieties, Low Self Esteem and Lack  
of Confidence, Stress and Depression.*

*My rates are competitive and affordable. I do not  
charge extra for Smoking Cessation. I hold a NCFE  
Certificate in Counselling Skills and Theory. An INLPTA  
Diploma in NLP. A Certificate in EFT. I am a registered  
therapist with the Worcester Natural Therapy Centre.  
And a Founding member of the Worcester GHR Peer  
Support Group.*

**John Freeman Cartwright**  
**South Worcestershire Hypnotherapy Centre**  
'Healing Touch'  
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The Hypnotherapy Practitioners Association, The British  
Institute of Allergy and Environmental Therapists, The  
Hypnotherapy Association & National Register, The  
Guild of Curative Hypnotherapists, The UK Register of  
IBS Therapists

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National Register of Hypnotherapists & Psychotherapists

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INLPTA, NLPTCA, Hypnotherapy Society

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W: www.upperstoreycareclinic.co.uk  
British Society of Clinical Hypnosis

*I am a Stop Smoking Advisor, Hypnotherapist, EFT and  
Bioresonance Practitioner. I deal with all matters of the  
mind. I offer both advanced hypnosis and bioresonance  
treatment for smoking which takes about two hours,  
with the vast majority of people never reverting back to*

*cigarettes/cannabis again.  
Once a client has undergone hypnosis they are entitled  
to both support and further free session if required. I  
operate a 'guarantee system' so if anyone is not  
satisfied, they are refunded.*

*I offer physical/mental intervention therapy to help  
clinically obese people lose weight and maintain their  
ideal weight. Once someone has lost the weight they  
have ongoing support to maintain their new lifestyle.  
Significant experience and success helping people with  
anxiety, stress and depression through both mental  
(hypnotherapy and EFT) therapy and cognitive  
(Conscious Thought Processing) programs.*

*With over 10 years experience as a Clinical  
Hypnotherapist the following are just some of the areas  
I also deal with: Fears, Phobias, Panic Attacks, OCD's  
(Obsessive Compulsive Disorders), Self Confidence etc.  
With bioresonance treatment I offer allergy testing, food  
intolerance testing, detoxifying from addictions such as  
nicotine, cannabis, cocaine, alcohol etc; with energy  
balancing for ongoing preventative maintenance of  
health.*

**Robert Mottram**  
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**WR9 0LS**  
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E: rob@robmottram.com  
Hypnotherapy Society, National Council for  
Hypnotherapy

*In addition to my primary qualification as a  
Hypnotherapist I have trained in Trauma, Depression,  
Stress Management, Family Constellations and  
Relationship/Couple Therapy. I am also a certified Life  
Coach and offer support for life changes and career  
transition. I am a member of the National Council for  
Hypnotherapy, the Hypnotherapy Society and the  
American Board of Hypnotherapy. I work with a range of  
client issues including smoking cessation, weight loss,  
stress, anxiety, relationship difficulties and trauma.*

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General Hypnotherapy Standards Council, General  
Hypnotherapy Register, Hypnotherapy Society,  
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Association for Professional Hypnosis and  
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The Institute of Biology, The Hypnotherapy Association

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National Register of Hypnotherapists &  
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Psychological Society

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General Hypnotherapy Register, The General  
Hypnotherapy Standards Council, General Social Care  
Council

*Provide specialist clinical hypnotherapy and  
psychotherapy services to individuals, groups and  
organisations through the application of therapeutic  
interventions such as Neuro Linguistic Programming  
(NLP).*

*David Booth is a registered clinical hypnotherapist,  
psychotherapist and NLP practitioner and a qualified  
social worker/senior practitioner with over 25 years  
experience working with children, young people, adults  
and people with physical and sensory disabilities.*

*Qualifications: Diploma in social work, Diploma in  
Clinical Hypnotherapy, NLP Practitioner Certificate,  
Master Hypnotherapist.*

*Professional Organisations: The National Hypnotherapy  
Register, The General Hypnotherapy Standards Council,  
General Social Care Council, Octavius Ross Associates  
Psychological Services and CRB checked.*

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**Anne Allman Alternatives**  
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W: www.aaahypno.co.uk  
National Register of Advanced Hypnotherapists,  
International Association of Hypnoanalysts

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E: philip@in2minds.net  
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**Mind Over Matter**  
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**Ron Raison**  
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Hypnotherapy Register

*Ron Raison, a successful business coach and an expert  
in Suggestion and Advanced Structured Hypnotherapy  
works with clients covering traumatic issues and early  
life and stress related challenges. He has been trained  
by some of the worlds leading hypnotherapists who  
were staggered at his natural ability. Specifically, Ron  
has a particular interest in pain management and  
cancer clients and works with these clients.*

*Ron also uses suggestion hypnotherapy together with  
regression techniques to ensure treatment is long term  
and deals with root causes. He deals with smoking  
cessation, weight control, phobia and fear treatment,*



stress management, anger and rage, insomnia, personal problems, panic attacks and anxiety. These combine with personal enhancements such as public speaking, confidence and success, relaxation, good health, sports and personal performance. Ron is contactable via email, telephone, fax or mobile. Total confidentiality guaranteed. Working with the NHS to improve quality of life. RInteract Coaching - Improving People - Improving Performance

**Alan Gray**  
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Association of Stress Consultants, International  
Association of Hypnoanalysts, General Hypnotherapy  
Register

*Alan Gray is a hypno-analyst & clinical hypnotherapist who specialises in smoking cessation and stress-related conditions.*

*Alan completed rigorous training with the Hypnotherapy Control Board and was invited to join the International Association of Hypno-analysts, one of the largest hypnotherapy organisations in the world. Established in 1984, this professional association maintains a high standard of ethics and training.*

*Hypnotherapy is used to treat emotional, habitual and stress-linked conditions, ranging from minor symptoms to more complex issues requiring longer periods of treatment. For example, stop smoking therapy takes just one hour; a stutter may take ten weekly sessions to permanently resolve..*

*Professional Qualifications:*

*Diploma in Hypnotherapy & Hypno-analysts*

*Advanced Practitioner Meridian & Energy Therapies*

*Diploma in Clinical Hypnosis & Master Hypnotist*

*Diploma in Hypnotherapy*

*Expert Practitioner Emotional Freedom Techniques*

*Certificated in Neuro-Linguistic Programming*

*Advanced Diploma in Stress Consultancy*

*Doctorate in Alternative Medicine*

*BSc MA*

*Membership of Professional Associations:*

*Member International Association of Hypno-analysts*

*Fellow Associated Stress Consultants*

*Professional Member National Phobics Society*

*Member Association of Meridian & Energy Therapies*

*Professional Member Obsessive Compulsive Disorder*

*(OCD) Action*

*Member General Hypnotherapy Register (GHR)*

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Hypnotherapy Register, National Council of  
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**Dave Goodfellow MNSPH LNCP GHR**

**Therapy 4 Living**

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Critical Incident De-Briefing Register, General  
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Psychotherapists, National Society of Professional  
Hypnotherapists

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## Kinesiology

### Angela Power

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British Association of Beauty Therapy and Cosmetology,  
Hypnotherapy Association, Professional Kinesiology  
Association, Association Systematic Kinesiology,  
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### Connie Pearce Classical Kinesiologist

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### Robert Jardine Kinesiology - Works

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British Register for Complementary Practitioners

*Kinesiology is a therapy that facilitates health and peace of mind by relieving stress. If you are unwell, it can assist your recovery by treating the underlying stresses associated with or causing your illness. To do this it uses a technique called muscle testing. Muscle testing is a diagnostic tool where a therapist applies light pressure to an arm held out for testing and by sensing subtle changes in muscle response can gain insight into what stresses are affecting your health. It is a little bit like a lie detector in that your body communicates directly. If for example I am working with someone who has IBS, I will use muscle testing to uncover food allergies and highlight their nutritional needs and I will also identify and treat the internal emotional stresses which are affecting their body's ability to digest food correctly. Muscle testing will clearly identify these stresses and using kinesiology's unique stress relief techniques, a truly holistic and lasting healing can be achieved.*

*This holistic approach which encompasses the emotional aspects of symptoms is used in all my work. My objective with kinesiology is to bring you to a place of balance in body and mind where your true potential for health and happiness can be realised. Kinesiology can help many people. Some examples are those suffering with: ME, Fibromyalgia, Chronic Fatigue Syndrome, Irritable Bowel and other digestive disorders, chronic tiredness, in fact it can help all stress related illnesses. Kinesiology can also help with food and weight issues, pinpoint allergies, improve self esteem and confidence and heal emotional scars. It enables you to free yourself from negative experiences in your past allowing you to move forward with life feeling lighter and happier. I decided to study this healing system after being treated with kinesiology during my recovery from a serious racing accident. I studied with the International College of Professional Kinesiology Practitioners for four years and I am qualified through them. I have been practicing professional for five years and I am also a faculty member of the ICPKP.*

### Simon King Naturality Wellness Centre

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W: www.naturality.org.uk  
British Chiropractic Association

*Simon King is the director of the Naturality Wellness Centre, a multidisciplinary clinic specialising in the complementary diagnosis and treatment of a wide range of non-emergency conditions. He has 20 years experience in practice and teaching both at undergraduate and postgraduate level in Europe and Australia. He is a Diplomat of the International College of Applied Kinesiology and regularly teaches Applied Kinesiology and Proprioceptive Medicine to Chiropractors, Osteopaths and other health professions. BUPA and PPP registered. Member of the General Chiropractic Council and British Chiropractic Association. Interests in research and sports medicine, especially the influence of proprioception and its role in controlling muscle tone in illness and injury. Referrals welcomed for any chronic or recurrent illness or injury.*

### Gillian Shaw

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The Association of Systematic Kinesiology

### Julie Chevoux Lilac Dawn Health

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Kinesiology Federation  
*Julie is a qualified Progressive Kinesiology practitioner, attained at the Progressive Kinesiology Academy, Essex, accredited by the Association of Natural Medicine. She has received counselling training, studied nutrition, and is qualified to Diploma level in Anatomy & Physiology. She is a member of the Kinesiology Federation.*

*As well as testing for common allergies, and food sensitivities Julie specialises in Digestive disorders, childhood ailments including eczema, Asthma and Learning, concentration and behavioural techniques. She also has a keen interest in hormonal imbalances and changes and blood sugar imbalances.*

*As well as offering support and advice for people suffering with stress and stress related illnesses, Julie also provides long term diet and lifestyle advice.*

*An adult must accompany children under 16 years of age. Treatments for children are offered at a reduced rate.*

*A more comprehensive guide to Kinesiology and the conditions it can help can be found on my website at www.lilacdawn.com*

### Gillian Taylor Rainbow World

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The Association of Natural Medicine, The National Federation of Spiritual Healers, The Kinesiology Federation

### Sue Parker Health Kinectons

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Ffordd y Llan  
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### Anna Orviss Health Kinesiologist

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Association of Reflexologists, Federation of Holistic Therapists, Association Systematic Kinesiology  
*Sue Foster MAR, FKP, BIAET, IIHHT Dip.Nut., FHT Reflexology, Kinesiology, Nutritional Guidance and Allergy Therapy. A member of the Association of Reflexologists, Association of Systematic Kinesiology, British Institute of Allergy and Environmental Therapy, the Federation of Holistic Therapists, and gained a Diploma in Nutritional Guidance through the IIHHT. Qualifying in 2002, I continue undergoing Continual Professional Development to ensure skills are up to date. This is a requirement of the guidelines laid down by the professional Associations that I belong to. I am happy to treat all potential clients, from newborns to the elderly, however, some may be contraindicated. Advice will be given at the first point of contact. Areas I specialise in are: Maternity Reflexology, from pre-conception and fertility, throughout pregnancy and post natal, to include your new born baby; Digestive Disorders to include IBS, Candida, Sensitivities, Intolerances, Yeast and Gut Disturbances etc. Skin Disorders, to include Dry Skin, Eczema etc. Asthma, Hayfever Food, Chemical & Environmental Intolerances/Sensitivities; Nutritional Imbalances and Dietary Guidance; As a therapist I do not diagnose conditions, I help the body to heal itself.*

### Elaine Copeland KF Assoc BFRP BCMA Battle Natural Therapy Centre

30 High Street  
Battle  
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**TN33 0EN**  
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Kinesiology Federation, Bach Foundation, British Complementary Medicine Association

## Naturopathy

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Body Wisdom Therapies**

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International Federation of Aromatherapists, General Council and Register of Naturopaths

*Gaynor earned a BSc (Hons) Health Sciences; Complementary Therapies at the University of Westminster's School of Integrated Health, Naturopathy Pathway and is registered with the General Council and Register of Naturopaths (GCRN). She is a Reiki Healer, level II and is a qualified Aromatherapist. She is a member of the International Federation of Aromatherapists and is Aromatherapy Council registered. Gaynor has a passionate interest in healthcare and believes a truly holistic approach is the most effective form of healing.*

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*Dr. McManners will see people of all ages and accepts patients on a self referral basis as well as those referred by their general practitioners or hospital consultants. She believes that combining complementary medical care alongside conventional medical approaches is the best way forward for medical practice. Naturopathic management utilises nutritional medicine, herbal and homeopathic approaches to gain the best understanding of a patients illness and presentation. Dr. McManners offers specialist Naturopathic Medical Services for patients with a wide range of medical conditions as one would expect to see in general practice. For appointments call - Private Secretary 08708 502050*

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*Chris Burley MRN, B.Sc(Hons) ND IGPP BANT MVHF As a registered naturopathic physician Chris has found that her diverse training in many complementary therapies enhances the holistic approach.*

*These include nutritional medicine, a range of therapeutic bodywork methods, homeopathy, flower essences and herbs, kinesiology, counselling, more esoteric activities such as Reiki, spiritual and crystal healing as well as naturopathy. Additionally, she holds Biofeedback certification from the International Medical University (Natural Education) as she frequently uses a QXCI computer system, an evoked response medical device.*

*As a visiting university lecturer with a busy practice in Tadworth, she specialises in helping people with chronic conditions although she is happy to help those with both acute and lifestyle illnesses.*

*She belongs to a number of varied organisations as she is passionate about the naturopathic triad of health: biochemistry (nutrition) with structure (bodywork) and mental/emotional issues (counselling, reiki and healing). This naturopathic approach can integrate well with conventional medicine and she is extremely careful to ensure her work and recommendations fully complement medical advice.*

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*The aims of Society for Complementary Medicine are: To treat each person from the standpoint of their own uniqueness. To restore the body to health with natural substances. To support the body's own healing mechanisms. To optimize the body's own physiological systems. To promote the prevention of illness*

*SCM focuses on the physiological uniqueness of each patient. Treatment is custom-tailored specifically to meet each patient's unique needs. SCM offers a range of functional tests which analyse subtle differences in an individual's molecular biochemistry, hormonal secretion patterns, cellular environment, immune responses, etc, allowing for focused, precise, and individualised therapy. These tests include:*

*The ION™ Profile is the most complete nutritional and metabolic testing program available and can help determine functional nutritional inadequacies. The ION™ Profile measures more than 100 components, integrating them into a complete picture of your individual biochemistry.*

*Predictive Genomic tests - a method of analysing our own unique genetic make-up and using that information to alter our diet, lifestyle, supplementation and medication to create the most individually specific health care programme that we can have. Predictive Genomics is the latest advance in preventative health*

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care and also offers unique insights to a person's current health problems.

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*In her practice, Ailsa uses electrodermal screening to help identify specific problems such as food sensitivities, bacterial infections and metabolic imbalances.*  
*In addition to her Nutritional Therapy practice, Ailsa writes articles, is a co-author for books, and lectures on nutrition topics. She trained at the Institute of Optimum Nutrition where she has been responsible for the Continuing Professional Development programme of lectures for graduates.*

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*I specialize in fertility problems having worked with the organization Foresight, and Marilyn Glenville (author of Natural Solutions to Infertility) at the Hale Clinic for several years. This is particularly helpful for couples who have unexplained fertility. Whether or not the couple are trying for a natural pregnancy or to conceive through IUI or IVF the aim is to increase their chance of conceiving and maintaining a pregnancy and maximizing their chance of having a healthy baby.*  
*I also have considerable experience working with children with learning and behavioural disorders e.g. ADHD.*  
*I graduated from the Institute for Optimum Nutrition in 1997 and am a member of BANT (British Association of Nutritional Therapists). An initial consultation lasts 1- hour or 1 1/2 hours for couples coming for pre-conception advice. I work at clinic in both Bath and Bristol.*  
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*Endometriosis and Fertility:*

*A Key to Healing Through Nutrition*

*Dian Shepperson Mills MA*

*Michael Vernon PhD HCLD*

*Thorsons ISBN: 0-00-713310-3*

*Endometriosis affects one woman in ten, causing period pain and sub-fertility. It is important to use nutritional therapy in order to improve quality of life, reduce pain and enhance fertility. Eating is something we all do every day. Good quality food sustains us and keeps us healthy: making the difference in the body's ability to heal.*

*Nutrition is not an alternative approach it is essential to life Dian offers safe and practical advice and shows how a Healthy Eating Life Plan ©(HELP) provides the key to optimum health with:*

*explanations of how endometriosis affects the body and how to cope*

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*information about foods that are harmful and foods*

*which aid the body's natural ability to heal. Delicious recipes and practical menu suggestions. The first consultation takes one hour, follow-ups half an hour. You fill in a nutrition questionnaire, a detailed health history is taken. Dian can advise you on safe choice of nutritional supplements. Consider what you may gain - better health renewed vitality, and improved quality of life.*

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Nutrition Society

We offer nutrition consultation sessions based at our private Bishops Stortford clinic. We see patients who are looking for a natural way to treat acute and chronic medical conditions that compliments more orthodox treatments.

Our Practitioners hold honours degrees in Applied Nutrition and are registered with The Nutrition Society (the world-wide nutritional governing body) and are fully insured.

In addition to standard nutrition consultations we also offer an electro-acupuncture service to diagnose food intolerance and allergy together with testing for nutrient deficiency. Practitioners are registered with The European Federation of Modern Acupuncture.

We believe in forming strong ties with NHS GPs and Consultations. Advice is based on taking a full medical history and we keep the patient's doctor up to speed with the work we undertake. We specialise in drug – nutrient interactions and the use of nutritional intervention to minimise reliance on prescription and OTC medication.

The Practitioners come from backgrounds covering many areas of nutritional science and its application in the field of health. Their experiences include providing advisory work to food processors, nutritional supplement firms and hospital kitchens as well as experience in the food production and agricultural industries.

We can arrange home visits were requested.

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*Good food is the basis for good health. Food provides the raw material from which our body makes its chemicals, so nutrition is important for all body systems.*

*Prevention: lower the risk for cardiovascular diseases, diabetes, cancer and other degenerative disorders.*

*Treatment: use nutrition to help in the treatment of high cholesterol, hypertension, and obesity. Modify the progression of inflammation (RA, SLE)).*

*Correct metabolic imbalances (e.g. low essential fatty acids): helping with skin disorders, inflammation and hyperactivity.*

*Qualifications and experience: Degree in Natural Sciences from University of Cambridge. Degree in Nutritional Therapy. Member of the British Association for Nutritional Therapists. Lecturer and clinical tutor in nutrition. Lecturer at: Centre for Nutrition Education &amp; Lifestyle Management, Institute for Optimum Nutrition, University of Westminster, NLP Practitioner and coach, Trained to use coaching techniques in the context of nutrition and healthcare. Book reviews, specialist articles, case studies and testimonials can be found on the website. Liz is also a qualified Medical Herbalist (see entry under Herbal Medicine).*

*Liz Copeland MA (Cantab), BSc (Hons) Nutritional Therapy. MCPP, MBANT Enjoy better health and a better life*

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*A Nutrition Consultants aim is to restore an individuals balanced health to optimum, using current knowledge in biochemistry and nutritional science, food education, supplementary nutrients and herbal medicine.*

*Assessments are made using scientific analysis and the most current biochemical laboratory testing facilities available in the UK and USA.*

*Carolines holistic approach ensures that clients are treated accordingly to individual needs, receiving the most current diagnostic tests, dietary advice, lifestyle changes plus additional therapies that enhance healing potential. Nutrimedica has an extensive cross referral network with nutritional doctors, chiropractors, acupuncturists, homeopaths and many other complementary therapists. She is also initiated in first and second degree of the Usui System of Reiki Healing.*

*Caroline is available for presentations to surgeries on current nutritional protocols for most of the diseases listed.*

*Ask about Natural Treatments for:ADHD, Allergies, Arthritis, Asthma, Autism, Baby Weaning, Candidiasis, Chronic Fatigue, Ear infections, Eating Disorders, Eczema, Gastric Problems, Heart disease, Hyperactivity, IBS, Infections, Infertility, Menopause, Mental Disorders, Osteoporosis, PMS, Sports Injuries, Weight Gain/Loss, Nutritional Support for Cancer.*

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*Prior to entering nutritional therapy my background is a Biological Science BSc. (Wits University, Johannesburg-early 80s) MSc. In Human Ecology (University of Edinburgh, mid 90s) after a 7 year spell practising ecology and 2 years scientific research work (biotechnology, IBS patients).*

*A health crises in the late 90s (whilst living on the Isle of Lewin with my Lewisian partner), led me to seek my own complementary medical health solutions and ultimately to achieving better health, after following a nutrition programme prescribed by an ION Nutritional Practitioner. The latter provided the inspiration to undertake a 3 year nutritional therapy diploma at ION in London.*

*My main focus of clinical experience and results achieved to date have been: cancer support especially breast, female hormone complaints (fibroids, PMS, Menopause, FBD) digestive complaints (IBS, constipation, candida, ulcers); weight management / eating disorders.*

*I practice from 2 central belt clinics but encourage and indeed see clients from throughout Scotland. Recognising through my own experience of a health crises on the Isle of Lewis, the difficulties of accessing relevant and high quality complementary medical advice from an isolated location. To this end I am collaborating with Pan Diagnostics (Inverness) to set up a bi-monthly nutrition clinic.*

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*Michael Woolfson has been a practitioner for several years and has had clinics around the west of Scotland and now practices from his home address.*

*Specialities are Food intolerances and allergies, Arthritis, PMT and menopause, Low blood sugar and diabetes, High blood pressure, Headaches, All bowel and stomach problems, skin and asthma symptoms, Anxiety and depression, Arterial problems, Chronic fatigue, Prostate problems, Weight gain and many other health situations.*

*The 1st consultation takes about one and a half hours and will involve full knowledge of: the presenting problem, the full medical history, the past and present diet, the Family's health history and the existing lifestyle.*

*A treatment diet with a prescription of minerals and vitamins herbs or other nutrients, will be designed especially for the patient.*

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*Natural Self Help Guidance will appeal to those suffering from a non-specific range of health problems. Based on the clients personality, body type and symptoms, it is geared to providing highly personalised nutritional and lifestyle guidelines aimed at promoting an increased sense of wellbeing. A comprehensive questionnaire leads to a detailed profile which mirrors the overall health status of the individual concerned. This profile includes factors such as constitutional make up, energy patterns, fluctuations in the nervous system, a symptoms analysis based on glandular status and a detailed indication of digestive and immune balance. Because this system is measurable and*

*objective, a follow-up analysis will quantify progress and establish the nature of the changes that have taken place. It should also help determine the effectiveness of various health strategies in any one particular case. Such strategies could range from the adoption of specific dietary changes over a period of time to the use of HRT for menopause related symptoms. The flexibility of the system makes it a potentially ideal tool for monitoring the progress of any given individual so that ongoing adjustments can be made to his/her personal health programme.*

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*I have a first class degree in and Nutritional Therapy and a Masters (MSc) degree in Evidence-Based practice in Nutrition. Additional qualifications include a NLP Practitioner certificate in life-coaching and Teaching qualifications. I implement targeted, individual nutrition therapy programmes to help patients maximise health, prevent disease and overcome illness. My masters degree has focused my skills on diseases with overlapping syndromes, supporting cancer related issues, child health and tackling obesity. I have had experience of working with adolescent psychiatric patients and I also work with general health issues such as digestive disorders, eating disorders, hormone imbalances, chronic fatigue, infertility, allergies and much more. I offer a full range of functional tests and I am available for workshops, seminars and lectures. I teach and provide training at a variety of educational establishments. I also offer nutrition education programmes for healthcare professionals in accordance with the NICE guidelines.*

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*Chris Burley MRN, B.Sc(Hons) ND IGPP BANT MVHF As a registered naturopathic physician Chris had found that her diverse training in many complementary therapies enhances the holistic approach. These include nutritional medicine, a range of therapeutic bodywork methods, homeopathy, flower*



essences and herbs, kinesiology, counselling, more esoteric activities such as Reiki, spiritual and crystal healing as well as naturopathy. Additionally, she holds Biofeedback certification from the International Medical University (Natural Education) as she frequently uses a QXCI computer system, an evoked response medical device.

As a visiting university lecturer with a busy practice in Tadworth, she specialises in helping people with chronic conditions although she is happy to help those with both acute and lifestyle illnesses.

She belongs to a number of varied organisations as she is passionate about the naturopathic triad of health; biochemistry (nutrition) with structure (bodywork) and mental/emotional issues (counselling, reiki and healing). This naturopathic approach can integrate well with conventional medicine and she is extremely careful to ensure her work and recommendations fully complement medical advice.

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Belinda Blake graduated from the Institute for Optimum Nutrition in London and is a clinical Nutrition Consultant and member of the British Association for Nutritional Therapy.

She has experience dealing with a variety of health concerns, but specialises in digestive disorders and women's hormonal health problems, including edometriosis.

In addition to her clinical practice, Belinda also lectures and runs workshops on a variety of nutritional topics aimed at both health professionals and the general public.

An initial consultation with Belinda takes one hour. A Client will be asked to complete a questionnaire in advance of the consultation. Biochemical tests may be recommended to help diagnose potential imbalances. A diet supplement programme will then be produced to meet the clients personal requirements and supply them with all the information to help themselves.

A subsequent consultation is usually suggested after four to six weeks to assess progress and review the programme.

"Good nutrition is quite fundamental for good health. It can also be an empowering experience for the client-allowing them to help themselves, whilst working well alongside conventional medicine."

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Jane Frank is a nutritional therapist and author of books about nutrition and health. She practises privately in Welshpool, Newton, Church Stretton, Llandrindod Wells and Prestelgne and is Regional Co-ordinator for BANT, the British Association for Nutritional Therapy.

After a career in teaching and catering, Jane trained as a nutritional therapist at The Institute for Optimum Nutrition (ION) in London. She has experience of the benefits of using focussed dietary programmes and appropriate nutritional supplements to support patients suffering from many different health problems, including irritable bowel syndrome, arthritis, high blood pressure, diabetes, weight problems, underactive thyroid and many more.

Jane has particular interest in diabetes: her latest book, *The Basic Basics Diabetes Handbook*, is a simple guide and cookery book for people with diabetes. She has also written *@Eat Smart Beat The Menopause*. Both books are published by Grub Street Publishing and are available from bookshops or directly from the Frankly Nutrition website.

Jane has received specialised training in the nutritional support of Parkinsons Disease patients, and she is also a trained Foresight practitioner, helping prospective parents conceive in a natural way by securing optimum health and nutritional balance before conception.

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Jane Frank is a nutritional therapist and author of books about nutrition and health. She practises privately in Welshpool, Newton, Church Stretton, Llandrindod Wells and Prestelgne and is Regional Co-ordinator for BANT, the British Association for Nutritional Therapy.

After a career in teaching and catering, Jane trained as a nutritional therapist at The Institute for Optimum Nutrition (ION) in London. She has experience of the benefits of using focussed dietary programmes and appropriate nutritional supplements to support patients suffering from many different health problems, including irritable bowel syndrome, arthritis, high blood pressure, diabetes, weight problems, underactive thyroid and many more.

Jane has particular interest in diabetes: her latest book, *The Basic Basics Diabetes Handbook*, is a simple guide and cookery book for people with diabetes. She has also written *@Eat Smart Beat The Menopause*. Both books are published by Grub Street Publishing and are available from bookshops or directly from the Frankly Nutrition website.

Jane has received specialised training in the nutritional support of Parkinsons Disease patients, and she is also a trained Foresight practitioner, helping prospective parents conceive in a natural way by securing optimum health and nutritional balance before conception.

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Alliance of Registered Homeopaths, Homeopathic Medical Association, Hypnotherapy Society, Association of Naturopathic Practitioners

I was born and educated in Estonia. In 1984, after a 6-year course I graduated from Tartu University Medical department as a general doctor followed by a specialisation on ear, nose and throat surgery. I worked as an ENT specialist in different hospitals in Estonia for several years. After marrying a British citizen I had an opportunity to live and studying the UK deciding to widen my medical knowledge and expertise by studying classical homeopathy at Hahnemann College of Homeopathy in London. I have been working as a full time classical homeopath since 1998. I am a full member of Alliance of Registered Homeopaths (MARH).

Beside my bust private practise I had still enough enthusiasm left to learn fundamentals of naturopathy becoming familiar with nutrition, vitamin-mineral deficiencies and herbal medicine.

In 2003 I became a professional member of the Hypnotherapy Society (LHS) having completed an in-class two year course in clinical Hypnotherapy.

I work privately consulting a variety of patients with a wide range of conditions prescribing homeopathic medicines alongside vitamin-mineral supplements, giving advice on lifestyle and nutrition. I addition to that I motivate people in their attempt to quit smoking and regain a healthy eating habits by using evidence based reliable techniques of clinical hypnotherapy.

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Candida Society, British Association for Nutritional Therapists, Food and Mood Register

*The Simon Clinic specializes in the nutritional treatment of all forms of psychiatric illness particularly the schizophrenias, depression, anxiety disorders, substance-related mental illness, Bipolar disorder, OCD, Autism, Spectrum, ADHA, CFS/ME/FMS cluster, hypoglycaemia, hypothyroidism, eating, sleeping and bowel disorders and the dementias (Alzheimers, Parkinsons Disease). We use functional medicine which teaches that an interplay of dietary substances and individual genetics determines overall brain biochemistry and that this declines significantly before mental illness strikes.*

*Our resident Pharmacologist and Nutritionist is trained to identify biochemical weaknesses in your body that might have been missed. We use a battery of sophisticated Blood, urine, hair, stool and sweat tests and can offer you the best in Drug-free treatments like vitamin injections and medicinal food supplements.*

*Your consultant Simon Galloway is a first class honours degree Pharmacologist having studied at both Manchester Universities before training as a Neuropharmacologist at Manchester Medical School. In 1996 Simon left university to design and manufacture natural medicines to improve mood, memory and mental health. By 2000 Simon had hung up his lab coat and started writing articles about nutrition and mental health. He now practises Nutritional Medicine at his own clinic as a fully insured and accredited member of the British Association of nutritional therapists.*

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British Association for Nutritional therapists, Raworth Guild of Graduates

*I trained in Nutritional Therapy at Raworth College in Surrey and the Centre for Nutrition Education (CNE) in Berkshire. My studies included iridology and the use of herbal protocols.*

*My clinics are held at the Bourton Mill Health & Leisure Club in Buckingham, where daytime and evening appointments are available.*

*I help my clients with a range of problems, including chronic fatigue, IBS and digestive orders, weight management, PMS, menopausal symptoms, stress management, eczema and hayfever. I offer advice on diet and supplementation, providing guidance, ideas and support.*

*In addition to offering one to one consultations, I work with Bicester Adult Community Education Centre, giving workshops on a variety of nutrition-related topics, and I am part of Nutrition Incorporated, which provides seminars on nutrition and other complementary health practitioners.*

*I am a Clinical Support Tutor for CNEs BSc in Nutritional Therapy, and I am continuing my own studies to upgrade my Diploma qualifications to the BSc.*

*Nutrition is my passion and is something that I know to be fundamental to health. For this reason I work hard to provide easy access to information and education on nutritional issues, as well as sound nutritional advice through personal consultations.*

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*Nutrition is my passion and is something that I know to be fundamental to health. For this reason I work hard to provide easy access to information and education on nutritional issues, as well as sound nutritional advice through personal consultations.*

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*Nutrition Director of the multi-disciplinary London Pain Relief and Nutritional Support Clinic, London, pioneered the idea of specialized biochemically-based nutritional support of patients with chronic disease.*

*Lectures on nutritional management of neuro-degenerative disease at Westminster University, Middlesex University, The Institute for optimum Nutrition and other registered nutritional therapy colleges.*

*Books co-authored with Dr Geoffrey Leader, Professors Aroldo Rossi and Lia Rossi Prosperi, et al: Parkinsons Disease - The Way Forward! (Denor Press). Parkinsons Disease - The New Nutritional Handbook (Denor Press) Morobo Di Parkinsons - Suggrimenti Nutrizionali (Pythagora Press).*

*Public Presentations: "Nutritional Management in Parkinsons Disease" at the Parkinsons Disease Congress for Nutrition and Sexuality, Vienna 1999, interviews by the BBC and SABC, co-chair of Workshop in Specialised Nutritional Management in Parkinsons Disease at the International Congress of the European Parkinsons Disease Association, Lisbon, 2004 and the articles for nutrition Journals (including European Parkinsons Disease Association Journal)*

*Memberships: British Society for Nutritional Therapy (BANT), Associate Memberships of The British Society of Allergy, Environmental and Nutritional Medicine (BSAENM) and Royal Society of Medicine.*

*Courses: Institute for Optimum Nutrition, London. Also post-graduate courses in specialized nutritional management including: osteoporosis, inflammatory bowel disease, diabetes, neurological disease, peri/post operative nutrition, cancer.*

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The British Association for Nutritional Therapy BANT, UK Homeopathic Association, Guild of Naturopathic Iridology

*I have been a Nutritional Therapist and Homeopath for 11 years at the Hale Clinic, London. I am willing to accept referrals and work with NHS practitioners. I use effective combination of nutritional therapy and homeopathy to restore the patients health and vitality. I also use allergy testing, with the most advanced system available, and iridology; these tools are excellent for helping to get to the root of the problem.*

*My approach is highly effective for treating digestive disorders, weight problems and allergies. I have also had excellent success rates in treating tiredness, sleep problems and mild depression, headaches, as well as childrens ailments, such as skin problems, interrupted sleep patterns and hyperactivity. My patients range from pregnant women, children, adults and the elderly, and include a number of medical professionals.*

*I am a lecturer in nutrition at the College of Nutritional Medicine and I am a council member of the Homeopathic Medical Association.*

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Member of the Guild of Naturopathic Iridologists, British  
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*Ann Hartwell was trained by Dr Lawrence Plaskett and has been in practice since 1997. As well as Nutritional Therapy consultations include "Vega" testing of food and vitamins and minerals to establish any imbalances in the body. Dietary advice and guidance to choosing effective supplements is very important when it comes to optimum nutrition for health and vitality. Three monthly check ups make sure we maintain the best of health. Nutritional medicine is extremely effective in treating most illnesses including IBS, Asthma, Eczema and Arthritis.*

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*Real Nutrition is a nutrition consultancy founded and run by qualified Nutritional Therapist Glen Matten BA Hons Dip ION. The philosophy of Real Nutrition is to promote health and well-being through the principles of optimum nutrition.*

*Glen practices general nutrition and is experienced in working with individuals with a wide range of conditions. He is particularly experienced in the areas of chronic fatigue, IBS, weight management, PMS and hormonal imbalances, high blood pressure, eczema, asthma and*

*migraines.*

*In addition to running a private practice, Glen is a tutor and lecturer at Londons UK College of Nutrition and Health, where he supervises students work and lectures on a number of topics related to food, diet and health. Glen also provides a variety of talks and workshops for local organisations and groups and comments on nutritional issues in the national and local media.*

*A major part of Glens work is involved in improving health and well-being in low-income areas of Norwich, through his voluntary work as Director of two non-profit making organisations aimed at providing improved access to nutritious food and addressing health inequalities.*

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*Angie Michael D.NN, P.D.W.W, MBANT. Nutrition General and Specialist Practitioner & Council & Ethics committee member for the British Association for Nutritional Therapy. Gives one to one clinic consultations and lectures at schools and colleges.*

*Angie Michael is a general practitioner and also specializes in Weight Loss, Irritable Bowel Syndrome, Candida, Polycystic Ovary Syndrome, Eczema, Preconceptional Care & Meal Planning for 0-12 months, children & adolescents.*

*Angie Michael is based in NW3 and can work in Doctors Surgeries in Dulwich SE22, Herne Hill SE24, Vauxhall SE11 and Hampton TW12.*

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*Jane Nodder trained as a Nutritional Therapist (with distinction) at the Institute for Optimum Nutrition in Putney. She Runs two busy practices in London and has a special interest in nutritional interventions for weight management, eating disorders, endocrine disorders and infertility.*

*Jane has completed Practitioner Skills trainings for Eating Disorders and Obesity Management at the National Centre for Eating Disorders and works as a nutritional therapist within the centres network. She*

*has been a member of NICE Guideline Development Group for Eating Disorders since March 2003 and also delivers seminars for the Eating Disorders Association to a wide range of professionals working in the community. Jane is also part of a research team looking at the early identification of eating disorders in primary care.*

*Jane is a Student Tutor, Lecturer and Academic Board member at the UK College for Nutrition and Health. She holds a Certificate in Counselling Skills and Attitudes from Westminster Pastoral Foundation and is qualified aromatherapist and fitness instructor. For businesses, she delivers Health at Work - a seminar programme that considers how nutrition can help deal with the pressures of corporate life.*

**Dr Marilyn Glenville**

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*Dr Marilyn Glenville PhD is the leading nutritional therapist in the UK specialising in the nutritional approach to womens health including the menopause, infertility, fibroids, endometriosis, PMS, PCOS, weight loss and general health e.g. digestive problems, IBS, high cholesterol etc. Dr Glenvilles work is very much one of integrated medicine where patients benefit from both conventional and natural medicine. In Dr Glenville private practice, she works in a gynaecology clinic where nutrition is used alongside conventional medical treatments and diagnosis.*

*Dr Glenville is the accepted authority in many areas of womens health. She has written several internationally best-selling books- The New Natural Alternatives to HRT, Natural Solutions to Infertility, The Nutritional Health Handbook for Women, Natural Solutions to PMS, Eat Your Way Through the Menopause-cookbook and Natural Alternatives to Dieting.*

*Dr Glenville is a steering group member on the Forum for Food and Health at the Royal Society of Medicine and was also an observer on the Food Standards Agency's Expert Group on the safety of vitamins and minerals.*

*She lectures all over the world and also runs seminars for doctors and nurses who are interested in the nutritional approach to female hormone problems. Dr Glenvilles practice incorporates a team of qualified nutritional therapists who have been trained by Dr Glenville using the same integrated approach. These therapists are available to help in other clinics and surgeries.*

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British Association for Nutritional Therapy  
*I have run a successful business for eleven years. I work  
in various locations in Devon & Cornwall.*

*Nutritional Therapy is a natural way of healing by using  
foods and supplementation. Treatment is on a one to  
one basis, although I do see couples, families and  
friends together, if they wish.*

*This individuality is recognised.*

*The body is treated as a whole, cleansing and  
strengthening the whole system. I can help most  
illnesses, including, bowel problems, skin problems,  
headaches and migraines, weight problems, PMT,  
arthritis, ADHD, tiredness and lethargy to name a few.  
I can also test for allergies/sensitivities - vitamin and  
mineral deficiencies. It is now estimated that one in  
three people have a sensitivity to foods/substances.*

*I supply hand outs, including ideas of meals. I am an  
author of two books "Simply Healthy Cooking" & "Simply  
Packed Lunches", to help with day to day meals for the  
whole family. Yours and your family's health is the most  
important gift you have - look after it.*

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British Association of Nutritional Therapists

*I am a naturopathic practitioner, and my methods equip  
the patient with the knowledge required to take control  
of their own healing process.*

*I do not see disease as a negative process, but as an  
opportunity to facilitate change and to support growth.  
A chronically diseased body is just trying to do the best  
it can under the circumstances, and the presenting  
symptoms are the result.*

*I use naturopathic techniques to gently encourage the  
body's natural healing processes by improving  
hydration, deep cleansing, restoring healthy digestion  
and correcting deficiencies.*

*I will take a full case history about all aspects of health  
and well being including medical history, dietary  
history, family history, digestion, energy levels and  
exercise. This helps to identify whether there are any*

*problems such as food allergies or sensitivities,  
nutritional deficiencies, toxic overload or inherited  
weaknesses.*

*During the consultation a cleansing diet will also be  
recommended. Support techniques and supplements  
will also be discussed. Consultations will take between  
1 and a half to 2 hours.*

*Most chronic conditions will respond well to this  
treatment including chronic fatigue, bloating, food  
intolerances, skin problems such as eczema or acne,  
asthma, irritable bowel syndrome, weight problems,  
migraine, PMS and hormonal problems.*

**Maria Griffiths Dip ION BANT FION MIFR  
Nutrition in Practice**

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British Association of Nutritional Therapy, Member of  
the International Federation of Reflexologists, Fellow of  
the Institute for Optimum Nutrition

*Maria has a practical approach to nutrition focusing on  
day to day dietary changes and challenges and their  
influence upon health.*

*Many health issues are dietary related. In 1998 Maria  
founded Nutrition in Practice (NIP) and although NIP is a  
general practice, maria specialises in the management  
of Menopause as well as nutritional alternatives to HRT.  
Other areas of successful intervention are PMS,  
infertility and childrens health.*

*Since IBS is primarily a digestive order, ones diet has a  
profound influence upon the health and recovery of this  
particular health system. IBS can not only be managed  
with Nutrition, but nutrition can strengthen the  
digestive system such that the body can restore itself  
back to health.*

*Resulting from nutrition and dietary guidance given by  
Maria, several infertile couples have been successful in  
conceiving and producing a family.*

*Maria has been working within a private health  
organisation under the leadership of a nutritional  
oriented medical doctor who has had a powerful  
influence upon her experience within the field of  
nutritional medicine.*

**Claire Hicks  
Southsea Centre for Complementary Medicine**

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*Emma Ashmore qualified with distinction in Nutritional  
Therapy from The Raworth Centre, one of the few  
colleges fully accredited by the British Association of  
Nutritional Therapists. She practises in Berkshire &  
South Oxfordshire and strongly believes in working  
together with NHS practitioners to provide patients with  
a range of integrated treatment options. Nutritional  
Therapy can help support clinically ill patients by  
ensuring that optimum nutrition speeds & improves  
their recovery and enhances, where applicable,  
conventional treatments. In addition, nutritional therapy  
can often be an option for patients with sub-clinical or  
non-pathological symptoms e.g. IBS but who are still  
unwell. She has had success across a wide range of  
health problems but particular works in the following  
areas - improving immunity & overall health & energy,  
digestive disorders, weight problems, hormonal  
conditions, arthritis & inflammatory conditions.*

*Emma also lectures in Nutritional Therapy and develops  
educational seminars for practioners. She firmly  
believes in adopting an evidence based approach and to  
that end is continuing her studies via a MSc in  
Nutritional Therapy through Middlesex University.*

**Kate Neill  
Centre for Nutrition Education**

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NTC Nutritional Therapy Council British Association of  
Nutritional Therapists

*The Centre for Nutrition Education provides a 3 year  
BSc (Hons) Nutritional Therapy programme validated by  
Middlesex University. The programme can be studied  
full or part-time. Doctors and nurses can link into the  
modular programme through CPD and on open learning  
basis. Medics, scientists and practitioners support the  
programme.*

*Students gain clinical competence at the Centre by  
working with real clients through supervised  
concessionary rated clinic sessions. First and second  
year students work with clients to create nutritionally  
sound diets to help promote and prevent disease.*

*Third year students work across a full range of health  
problems and devise nutritional programmes to support  
the needs of individual clients. Nutritional programmes  
include: diet, laboratory investigations and where  
appropriate the strategic use of nutritional products.*

*Kate Neill, the Director of CNE provides nutrition  
consultations on a private basis at CNE and in London.  
Author of Balancing Hormones Naturally womens health  
is an are of her expertise. Around 50% of her current  
practice is working with parents with children within the  
learning disorder spectrum. In this field she works  
closely with a Speech, Language and Hearing Centre in  
London. Kate edits the peer-reviewed journal The  
Nutrition Practitioner available on subscription.*

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Absolute Nutrition**

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Guild of Naturopathic Iridologists

**Maren Frost von Schilgen**

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Optimum Nutrition  
*Maren Frost von Schilgen is an experienced and  
successful clinical nutritionist who has helped people of  
ages to overcome debilities and health problems by  
advising on a healthy diet appropriate to the patients  
condition and prescribing the correct vitamin and  
mineral supplements.*  
*Sha has experience of an informal but successful  
working relationship with a local medical practice and  
of dealing with referrals in her areas of expertise.*  
*Maren obtained her qualification from the Institute of  
Optimum Nutrition, recognised as one of the leading  
organisations for teaching clinical nutrition in the UK.*  
*Common conditions which Meren has often treated with  
success include the following:*  
*Weight control, Ageing, Osteoporosis, Low Energy,  
Stress, Depression, Digestive Disorders, Allergies, PMT,  
Menopausal problems, Irritable Bowel Syndrome and  
Candida*  
*Her practice is currently based in Nuffield, near Henley-  
on-Thames, in Oxfordshire but her patients come from  
a wide catchment area in the South East.*

**Suzie Sawyer  
Nutrition Lifestyle**

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**Phillippa Costello**

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The British Association for Nutritional Therapy  
*Special Interests! Digestive problems, ME / CFS, skin  
problems, womens health, childrens health, ADD /*

ADHD, weight loss and food intolerance.

*Background information: Philippa Kirman is a qualified  
Nutritional Therapist, having gained a Diploma from the  
renowned Plaskett Nutritional Medicine College and is a  
member of the British Association for Nutritional  
Therapy (BANT).*

*During your consultation a detailed history of health  
problems, medical and family history, diet and life-style  
factors will be taken. All consultations take an hour and  
are treated as highly confidential.*

*A nutritional assessment is then made sometimes with  
the help of appropriate laboratory tests. A follow-up  
consultation is recommended after 6-8 weeks to  
monitor your progress and make any further  
adjustments.*

*Practice Details: Natural Medicine Centre, 72 High  
Street, West Wickham, Kent.*

*The Pumpkin Patch, 10 High Street, Banstead, Surrey,  
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*Freed Clinic, 351a Whitehorse Road, Croydon Surrey,  
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British Association for Nutritional Therapy  
*Having worked for a number of years in the area of  
conventional medicine, as a senior manager in the NHS,  
I became interested in Complementary Medicine when I  
got Bowel Cancer in 1995.*  
*As well as conventional treatment, I received ongoing  
support from a nutritionist and I became convinced of  
the great importance of nutrition to our health  
generally, as well as how useful it can be in  
complementing NHS medical services. As a result I have  
now qualified as a nutritional therapist.*

*Nutritional therapy is a holistic therapy which seeks to  
improve our health by supporting our natural defences  
against disease, most of us lack essential vitamins and  
minerals, due largely to the demineralisation of our soil  
and the excessive use of processed foods. We therefore  
need to retain balance to our bodily systems by the use  
of diet and appropriate supplements, as well as various  
cleansing techniques.*

*I am currently carrying out some post qualification  
research into irritable bowel syndrome, in conjunction  
with the IBS Network at Northern General Hospital,  
Sheffield. Although this is presently our area of interest,  
I am also able to help patients with a wide range of  
other health problems.*

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**Keith Belbin**

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*Having worked for a number of years in the area of  
conventional medicine, as a senior manager in the NHS,  
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*As well as conventional treatment, I received ongoing  
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research into irritable bowel syndrome, in conjunction  
with the IBS Network at Northern General Hospital,  
Sheffield. Although this is presently our area of interest,  
I am also able to help patients with a wide range of  
other health problems.*

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*I am a recovered cancer patient, diagnosed in 1982,  
and I have been in constant practise since 1985. In my  
experience all health issues can be helped by Optimum  
Nutrition, consequently I have helped, and expect to  
help, people with the widest range of problems. Most  
people seeking my advice have a multiple of problems  
and sadly tend to use the clinic as a last resort. The  
first appointment is usually an assessment consultation,  
after completing and extensive questionnaire, for which  
there is no charge. The questionnaire becomes the basis  
of the clients case history. In my experience most  
people are overfed and undernourished put that one  
factor right and for 90% of people 90% of their health  
problems will cease to exist.*

*The following is an incomplete list of health issues  
helped or resolved with this therapeutic approach:-  
Acne, Allergies and Food Intolerances, Arthritis, Asthma  
and other Respiratory Problems including Hay Fever,  
Angina and other Heart Problems, Anxiety, Cancer,  
Candidiasis, Crohns Disease, Depression, Eczema and  
other skin including Psoriasis and Warts, Hormonal  
Problems including PMS and Menopause, Hyper/Hypo  
Glycaemia, M.E, Migraine, Stress, Sub-Fertile Couples,  
Thrush, Ulcers etc.*

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*My interest in the connection of diet and health resulted in studying for a BSc(Hons) in Nutrition/Food Science. I then went onto study at the Institute for Optimum Nutrition for a Consultants Diploma which provided me with skills for carrying out consultations using detailed questionnaires to collect information on a persons medical history, body system health and diet. Since qualifying I have worked for Farmacia Urban Healing for 2 years doing consultations and giving advice to customers buying supplements.*

*For the last 2 years I have worked part time for Champneys Health Resort, Henlow, Bedfordshire where I have carried out over 600 consultations, do weekly talks, workshops and cookery demonstrations. I specialise in weight management. While many of these people also have many other health problems such as low energy, digestive disorders, stress, menopause symptoms, skin problems, insomnia and depression. I provide dietary plans and supplements if necessary. I promote the NHS health awareness weeks and have developed handouts on arthritis (which I studied for my dissertation), depression and giving up smoking.*

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*Margaret looks for biochemical causes of disease, and uses diet and nutritional supplements to enhance poorly functioning biochemical pathways. Patients come to her suffering from a variety of chronic diseases, including arthritis, fibromyalgia, migraine, chronic fatigue, eczema, depression, anxiety, insomnia, coronary heart disease, hypertension, irritable bowel syndrome, susceptibility to infection, diabetes, asthma, hyperactivity and autism.*

*Margaret has published original research on arthritis, cardiovascular disease, and chronic digestive problems in The Lancet, The International Journal of Cardiology, and the Journal of Nutritional and Environmental Medicine. She is currently researching vitamin toxicity, and detoxification. She has acted as an article reviewer for The Lancet. She is an associate member of the British Society for Allergy, Environmental and Nutritional Medicine, and has lectured to the society meetings on cardiovascular disease and food and chemical sensitivity. She lectured on coronary heart disease, and on arthritis at Primary Care 2002. She has lectured to qualified nutritionists and to students at the Institute of Optimum Nutrition and the Plaskett College of Nutrition. She has given talks to dieticians, and to the public. She has taught all age groups in special and mainstream education, from nursery to university, and lectures in nutrition at South Trafford College.*

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British Association for Nutritional Therapy  
*Initially graduating in Chemistry from Brunel University and working in pharmaceutical industry, I later worked as a computer programmer. I had always been interested in medicine, whilst bringing up my family I became increasingly drawn to learning about the connection between diet and health. I then studied Nutritional Therapy for three years under Dr Lawrence Plaskett, a renowned biochemist, and qualified with distinction.*

*I have now practised for five years so have much experience, particularly with IBS and Colitis, low energy, Menopausal problems, overweight, and skin problems. In this powerful therapy, science (biochemistry and nutrition) is combined with naturopathy (natural, drug-free medicine) in order to return the patient to a state of good health.*

*I have also studied iridology (iris diagnosis), homeopathy as an adjunct therapy, and I use flower remedies sometimes, particularly the Australian Bush Remedies, to help on a different level. If patients wish I can use traditional Usui Reiki healing too, in which I have been initiated to 2nd degree.*

*I have articles published in Gut Reaction, the magazine for IBS sufferers (Jan 1999, April 2002).*

*For further information please see my website at www.nutritional-therapy.org.uk*

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**Marion Jones  
Rayleigh Allergy Clinic**

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British Association for Nutritional Therapy  
*Rayleigh Allergy Clinic Practice Details*  
*Diagnosis and treatments of allergy and food intolerance using Miller technique (sub-lingual drop). This technique provides neutralisation drops which will allow toleration of the allergen. This system is totally drug free. Seventy-one foods and forty-one environmental factors are available.*  
*It is suitable for children aged three and upwards.*  
*Special Interests: Hayfever, arthritis, rhinitis, asthma, eczema, irritable bowel syndrome, Crohns disease and migraine.*  
*Financial Savings: Once these conditions have been managed in this way there is a sharp drop in the outlay on drugs.*  
*Safety: In his book, The Complete Guide to Allergy and Food Intolerance, Dr Jonathan Brostoff states that anaphylaxis is unknown with technique.*  
*Background Information: Qualified practitioner who has now been running Rayleigh Allergy Clinic for twenty years.*  
*The Consultation room is designed to suit allergic people. Dust, pollen and spores are filtered from the air.*

**Nicky Ester  
Sunrise Therapy Clinic/ The Leigh Sanctuary**

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*Erica White is Director of Nutritionhelp, a nutritional therapy practice which provides tailor-made advice for many health problems.*

*Consultations may be arranged in person or by telephone, accompanied by a comprehensive report based on an analysis of extremely detailed questionnaires. Each consultation includes 3 months of support by telephone or email, after which review consultations may be arranged as required. Erica White has extensive experience of candidiasis and chronic fatigue syndrome/M.E. and is author of Beat Candida cookbook and Beat Fatigue Handbook. Her approach covers advice for gut dysbiosis, allergy, hormonal problems, fibromyalgia, I.B.S., adrenal dysfunction, asthma, eczema, psoriasis, hypoglycaemia, depression and anxiety.*

*In 2002 Erica White received L.R.E.C. approval to C.F.S./M.E., the result of which should be published in early 2004.*

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*I am both a consultant in Nutrition and a lecturer in Nutrition. I lecture for the British School of Nutrition and Health in London and for the centre of Nutrition Education. Previous to my current two practices in London, I ran a practice in New York for several years. I do consultations on a one-to-one basis in person, by phone or post/email. I also do group consultations. The first visit can be from an hour to 1.5. Hours, and follow ups are usually between 40-50 mins. A complete health profile analysis is carried out in the first consultation. Various diagnostic tests maybe employed, such as "Adrenal Stress Index", saliva test, hair mineral analysis, Glucose Tolerance test etc. If and when necessary.*  
*Special interests: Weight gain/loss, pre, peri, post-pregnancy nutrition, PMS, Acne, pcos, Infertility, menopause. Nutrition in newborn, toddlers and children, Eczema, Asthma, food intolerances, digestive disorders, M.E., M.S., Arthritis, Behavioural problems.*

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*Val Harvey is a Nutritional Therapist specialising in the provision of personal nutritional programmes tailored to individual health and lifestyle needs. As Well as running her own private practice, Val works with a team of General Practitioners at Westover House in South West London.*

*With a first degree in Chemistry and Postgraduate certificate in Education. Val has taught courses in*

*science at further and higher education institutes.*

*She trained as a nutritional Therapist ION, from which she graduated with distinction and won the top graduate award as well as consulting in Nutrition she is on the staff of Westminster University, where she lectures on Nutritional topics.*

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*Dr Glenville is the accepted authority in many areas of womens health. She has written several internationally best-selling books- The New Natural Alternatives to HRT, Natural Solutions to Infertility, The Nutritional Health Handbook for Women, Natural Solutions to PMS, Eat Your Way Through the Menopause-cookbook and Natural Alternatives to Dieting.*

*Dr Glenville is a steering group member on the Forum for Food and Health at the Royal Society of Medicine and was also an observer on the Food Standards Agencies Expert Group on the safety of vitamins and minerals.*

*She lectures all over the world and also runs seminars for doctors and nurses who are interested in the nutritional approach to female hormone problems. Dr Glenvilles practice incorporates a team of qualified nutritional therapists who have been trained by Dr Glenville using the same integrated approach. These therapists are available to help in other clinics and surgeries.*

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*After a career in teaching and catering, Jane trained as a nutritional therapist at The Institute for Optimum Nutrition (ION) in London. She has experience of the benefits of using focussed dietary programmes and appropriate nutritional supplements to support patients suffering from many different health problems, including irritable bowel syndrome, arthritis, high blood pressure, diabetes, weight problems, underactive thyroid and many more.*

*Jane has particular interest in diabetes: her latest book, The Basic Basics Diabetes Handbook, is a simple guide and cookery book for people with diabetes. She has also written @Eat Smart Beat The Menopause. Both books are published by Grub Street Publishing and are available from bookshops or directly from the Frankly Nutrition website.*

*Jane has received specialised training in the nutritional support of Parkinsons Disease patients, and she is also a trained Foresight practitioner, helping prospective parents conceive in a natural way by securing optimum health and nutritional balance before conception.*

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*Dr Glenville is the accepted authority in many areas of womens health. She has written several internationally best-selling books - The New Natural Alternatives to HRT, Natural Solutions to Infertility, The Nutritional Health Handbook for Women, Natural Solutions to PMS, Eat Your Way Through the Menopause-cookbook and Natural Alternatives to Dieting.*

*Dr Glenville is a steering group member on the Forum for Food and Health at the Royal Society of Medicine and was also an observer on the Food Standards Agency's Expert Group on the safety of vitamins and minerals.*

*She lectures all over the world and also runs seminars for doctors and nurses who are interested in the nutritional approach to female hormone problems. Dr Glenville's practice incorporates a team of qualified nutritional therapists who have been trained by Dr Glenville using the same integrated approach. These therapists are available to help in other clinics and surgeries.*

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*Lin Ducker has a BSc. In Diagnostic Radiography, spending her earlier professional life in the NHS and later as a clinical tutor in Radiology at Hong Kong Polytechnic University. She gained her Honours Degree in Nutritional Therapy from Westminster University in 2003 and will be a part-time clinical tutor at the University of Westminster Polyclinic for the Autumn term 2003. She also won the 2003 Nutri Nutritional Therapy in Clinical Practice award.*

*Lin Ducker finds a lot of her clients eat a narrow range of foods and do not see the link between diet quality and health. Educating clients is key to improving motivation, compliance and outcome. Clients often do not know where to buy and cook with different types of ingredients. As part of her service she offers practical advice and ideas on how to improve their nutritional intake, she specialises in female hormone problems and dietary advice for clients with food sensitivities, blood sugar imbalances and chronic fatigue. She would like to develop an additional service for autistic children who may benefit from modified diets as outlined from research at The University of Sunderland, a leading research centre for Autistic Spectrum Disorders.*

**Heather Nicholson  
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*I offer Organic Bed and Breakfast with certified organic food on multi-choice menus. Vegan, Lacto and traditional.*

*In-house Nutritional Therapy with Iridology Diagnosis is available.*

*I also am Tutor for level one and level two Nutritional Therapy Diploma Course and Clinical workshops for the Kevala Centre, Torquay*

*My specialist fields are mercury amalgam and injected vaccination (alternatives to + procedures*

*Nutritional Cancer Therapy Trust practitioner.*

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*Female hormonal health*

*Stress*

*PMS*

*Fertility*

*Pregnancy*

*Post-natal health*

*Infant and children nutrition*

*Dyslexia, dyspraxia and autism*

*Amanda runs a busy practice in a naturopathic clinic in Richmond, Surrey. She also acts as a consultant nutritionist for a number of organisations, writes for magazines and journals and runs seminars on womens health. She is a registered member of the British Association for Nutritional Therapists.*

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*do consultations on a one-to-one basis in person, by phone or post/email. I also do group consultations. The first visit can be from an hour to 1.5. Hours, and follow ups are usually between 40-50 mins. A complete health profile analysis is carried out in the first consultation. Various diagnostic tests maybe employed, such as "Adrenal Stress Index", saliva test, hair mineral analysis, Glucose Tolerance test etc. If and when necessary.*

*Special interests: Weight gain/loss, pre, peri, post-pregnancy nutrition, PMS, Acne, PCOS, Infertility, menopause. Nutrition in newborn, toddlers and children, Eczema, Asthma, food intolerances, digestive disorders, M.E., M.S., Arthritis, Behavioural problems.*

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*The Nutrition Coach recognises that individuals have unique demands placed on their lives that make changes easy for some, but difficult for others. The Nutrition Coach combines serious nutrition with a practical way to implement changes, according to your unique biochemistry. The Nutritional approach to health is quite simple - find the weakest biochemical link and then strengthen it before it snaps.*

*The issues we address include: Acne, Allergies, Anxiety, Asthma, Depression, Eating Disorders, Eczema, Energy, Fertility, Healthy eating, Hormone changes, Pregnancy, Stress, Weight gain.*

*We take you from knowing what to do, to actually doing it!*

**Robert Jacobs  
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General Council and Register of Naturopaths

*The aims of Society for Complementary Medicine are: To treat each person from the standpoint of their own uniqueness*

*To restore the body to health with natural substances*

*To support the body's own healing mechanisms*

*To optimize the body's own physiological systems*

*To promote the prevention of illness*

*SCM focuses on the physiological uniqueness of each patient. Treatment is custom-tailored specifically to meet each patient's unique needs. SCM offers a range of functional tests which analyse subtle differences in an individual's molecular biochemistry, hormonal secretion patterns, cellular environment, immune responses, etc, allowing for focused, precise, and individualised therapy. These tests include:*

*The ION™ Profile is the most complete nutritional and metabolic testing program available and can help determine functional nutritional inadequacies. The ION™ Profile measures more than 100 components, integrating them into a complete picture of your individual biochemistry.*

*Predictive Genomic tests - a method of analysing our own unique genetic make-up and using that information to alter our diet, lifestyle, supplementation and medication to create the most individually specific health care programme that we can have. Predictive Genomics is the latest advance in preventative health care and also offers unique insights to a person's current health problems.*

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British Assoc for Nutritional Therapy

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Association for Meridian Energy Therapies, British Association for Nutritional Therapists

**Angela Bailey**  
**The Cross Clinic**  
20 The Cross  
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F: 01925 267811  
E: angela@bdfcons.freemove.co.uk  
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British Association of Nutritional Therapists

**Alive + Well**  
61 Shelton Street  
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**WC2H 9HE**  
T: 020 7379 5531  
E: info@aliveandwell.co.uk  
W: www.aliveandwell.co.uk  
British Association of Nutritional Therapists

*Petrina Gathercole*  
*Nutritionist Dip BCNH, M.BANT*  
*Petrina studied at the UK College of Nutritional Health and since graduating has been helping people resolve health problems, achieve weight loss, improve digestion, maximise fitness, balance hormones, deal better with stress, have glowing skin, feel full of energy & slow down the ageing process with nutritional therapy.*  
*Petrina's work is based on resolving bio-chemical imbalances in the body e.g. food intolerances, immune system, digestive system, thyroid function, adrenal function etc. When these are out of balance it can often be difficult to achieve our goals.*  
*In addition to this she also believes that each person is unique and has different inherited strengths and weaknesses, different demands in everyday life and thus requires an individual eating plan.*  
*A consultation with Petrina includes a health assessment using a comprehensive questionnaire and a 5 day food diary and following this she will develop an individual eating plan that can be applied to all areas of your life and most of all enjoyed!*  
*"We all put the right fuel in our car so it runs efficiently, isn't it time we did the same to our body?"*

**Sally McNichol**  
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British Association for Nutritional Therapy, Institute of Optimum Nutrition

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Alliance of Registered Homeopaths

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**An Apple A Day**  
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The Complementary Medical Association, Institute of Optimum Nutrition

**Susan Adams**  
**Susan P Adams Dip ION**  
"Rueberry"  
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British Association for Nutritional Therapy

## Osteopathy

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General Osteopathic Standards Council

**Gillian Mitchell Practice**  
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B.O.A., G.C.R.O.

**Jemma Sussman**  
**Sopwell Clinic**  
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British Osteopathic Association

**Meraz Armed**  
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British Medical Acupuncture Association, Osteopathic Sports Care Association, International Cranial Association, British Osteopathic Association

*I have considerable experience of successfully treating sciatica, back pain, neck pain, and sports injuries. I am a former lecturer in Osteopathic Technique and aim to provide an integrated Osteopathic Service working alongside medical colleagues in the NHS and other disciplines. I am highly skilled in Spinal Manipulation as well as more gentle Osteopathic methods such as Cranial and Visceral Osteopathy; I also integrate electrotherapy and Acupuncture into my treatments where appropriate to ensure that the best approaches are used at the right time. My patients range from international level athletes to babies and pregnant mothers, as well as older patients. Each patients treatment is formulated on an individual basis to ensure the best and safest route to recovery. I work with an osteopathic team that can advise on exercise rehabilitation and nutrition.*  
*We aim to be Hertfordshires most complete and skilled Osteopathic service.*

**Jane Nopper**  
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**Patrick Pearce**  
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British Osteopathic Association, General Osteopathic Standards Council  
*Osteopathic Rehabilitation Centre*  
*Principle Osteopath*  
*Patrick Pearce BOST(Hons), CSCS, APNT dip.*  
*Patrick is a fully registered osteopath with the General Osteopathic Council (GOsC), the governing body of all*

osteopaths that follow its code of practice and adhere to its levels of professionalism and safety.

His special interests are sport injuries, foot biomechanics and orthotics, problems experienced during pregnancy and babies with colic. Patrick continues to develop strong links with local GPs, Orthopaedic and Rheumatology Consultants, Neurologists and Health Visitors.

*What is Osteopathy?*

Osteopathy is a systematic form of diagnosis and treatment that recognises the individual structural and functional integrity of the body. It utilises many diagnostic procedures used in conventional medicine, although considerable emphasis is placed on individual assessment from a mechanical, functional and postural standpoint.

There may be appropriate referral to other professionals and the request of additional investigations like blood tests and xray allowing a full diagnosis and subsequently a specific treatment plan developed for the individual patient.

Treatments: Acute and chronic back pain, Tennis/Golfer's Elbow, Sciatica, Sports Injuries, Frozen Shoulder, Whiplash, Trapped Nerves, Headaches/Sinusitis, Arthritic/Rheumatic Pain, Asthma Muscle Strain, Pre and Post natal problems, Ligament Sprain, Immobility, Postural Disorders, Skin Complaints, Repetitive Strain Injury, Othotics.

#### J. Claire Niala The Osteopathic Practice

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British Osteopathic Association, General Osteopathic Council

#### Gary Perry Sheldon Osteopathic Clinic

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Sheldon  
Birmingham

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#### Timothy Martin Omnia Healthcare

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F: 0182 765 568  
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#### Jeremy James Broadoaks Health Clinic

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394 Warwick Road  
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General Osteopathic Council

#### Bevis Nathan Bath Natural Health Clinic

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James Street West  
Bath

BA1 2BT  
T: 01225 313 153  
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W: www.nathan-associates.ndo.co.uk  
BOA, GOSc

#### Peter Cockhill Stillpoint

Broad St. Place  
Broad Street  
Bath, Somerset

BA1 5LH  
T: 01225 460106  
F: 01225 460106  
E: pcockhill@yahoo.co.uk  
British Osteopathic Association, GOSc, Sutherland Cranial College of Osteopathy  
Fees: Adult consultation E45 Treatment E30. Child consultation E30 Treatment E20.  
Training: Undergraduate training at European School of Osteopathy. Post graduate training of Sutherland Cranial College leading to MSCC.

Description of Therapies Offered:  
All osteopathic treatment approaches with a particular interest in treating patients with whiplash and other trauma.

Areas of special interest:

20 years of experience in cranial osteopathy. We specialise in the treatment of neonates, children and pregnant mothers. ENT conditions and colic children.

#### Kathrine Read The Stress Clinic & Natural Health Centre

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Frome, Somerset

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T: 01373 454 595  
General Osteopathic Council, British Osteopathic Association, Western Counties Osteopathic Society

#### Elizabeth Clayton The Avenue Clinic

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E: elizabeth.clayton@virgin.net  
General Osteopathic Council, British Osteopathic Association, Sutherland Cranial College, Sutherland Society

Graduated in 1990 from BCOM after four years full time course. Extensive postgraduate training and experience in Cranial osteopathic techniques including two years at the Osteopathic Centre for Children in London.

Member of General Osteopathic Council and British Osteopathic Association.

Specialises in Cranial osteopathy ie very gentle method of treating the whole body (NOT just the head), which is suitable for treating people of any age. Special interest in babies and children, but treats people of any age.

Osteopathy is helpful for pain and stiffness in musculoskeletal system including spinal and peripheral joint problems, headaches and some chest stiffness & pain. Also good for constipation, sinusitis, some ear-related problems especially glue ear; crying/unsettled babies, colic, babies who dont sleep, who feed too frequently, who suck too weakly; some behavioural and some learning difficulties in young children.

Diagnosis by detailed case history and conventional clinical examination.

Treatment consists of massage, manipulation, cranial osteopathic techniques, specific exercises, advice on body use/lifestyle to encourage patient self-help.

#### Kathrine Read

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General Osteopathic Council, British Osteopathic Association, Western Counties Osteopathic Society

#### Jennifer Hodgson Wells Acupuncture & Osteopathic Practice

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#### Andrew Knight

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W: www.findanosteopath.com  
British Osteopathic Association, General Osteopathic Standards Council

#### David H. Gutteridge Spring Bank Clinic

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T: 01254 52143  
F: 01254 664 772  
E: dhgutteridge@supanet.com  
General Osteopathic Council

#### Gareth Ratcliffe Rossendale Osteopathic Practice

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Rawtenstall

Rossendale  
Lancashire  
BB4 8DY  
T: 01706 225 409  
British Osteopathic Association

#### Robin Percival Kendal House Clinic

24 Chatburn  
Clitheroe

Lancashire  
BB7 2AP  
T: 01200 424 901  
F: 01200 447 337  
W: www.kendalhouse.co.uk  
British Osteopathic Association, General Osteopathic Council

Kendal House Clinic offers a team of 5 Osteopaths. Robin Percival as above (Senior Partner) Hilary Percival Mrs D.O. (Senior Partner) Qualified 16 years, specialises in Paediatric Osteopathy and Cranial Osteopathy. Robert Goodman. Edwards B.Sc.(Hons)Ost. Tamsin Hewitt B.Sc (Hons) Ost. Med: MSc.nd, also a naturopath. James Ruddick B.Ost.B.Sc Specialises in Sports Injuries. Other clinics at: Berry Lane Medical Centre, Longridge, Lancs. PR3 3JJ. Tel. 01772 783 021

Marias Langridge, Lancs. PR3 2AA. Tel. 01772 785 747  
Barrowford Clinic, Barrowfords, Lancs. BB9 8PT. Tel 01282 816 661

#### Rebecca Evans Ashley Cross Osteopaths

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Poole, Dorset

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General Osteopathic Council, British Osteopathic Association

#### Rebecca Evans

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General Osteopathic Council, British Osteopathic Association

#### Nigel Graham Clifton House Osteopathic Surgery

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E: nigelgraham@osteopathy.org  
British Naturopathic & Osteopathic Association, British Osteopathic Association

A registered Osteopath for 23 years having graduated from the British College of Osteopathic Medicine.

I have two North London Practices (Finchley & Edgware) where I operate on Wednesdays and Thursdays, whilst I spend the rest of my time establishing my Bournemouth practice, on the South Coast, where I now live.

I have served on the executive councils of both of my professional trade Associations and I have now attained the honour of being elected President of the British Osteopathic Association which occupies a lot of my time.

I am very well experienced in dealing with whiplash conditions and medical litigation (eg. Road Traffic Accidents) and equally well experience in the treatment of sports injuries, having worked professionally for a (now) Premier League Football Club.

I regularly do home visits in dealing with those patients too acute to travel and I also work in my Bournemouth Practice on Sundays and Bank Holidays with appointments available in less than 24 hours notice. My current fees are initial (1 Hour) consultations,

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*thorough professional examination, including treatment £60.00 and followup treatment (1/2 Hour) £35.00. Fees are normally payable sessionally and are covered by all Private Health Insurance Companies.*

*President British Osteopathic Association.*

**Edward John Kennedy**  
**Queens Park Clinic**

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Bournemouth

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Wessex Group of Osteopaths, General Osteopathic Council, British Osteopathic Association, The Weston Counties Society of Osteopaths

*Full member of General Osteopath Council*

*Full member of British Osteopath Association*

*Queens Park Clinic offering Osteopathy Sports injury treatment including ultrasound, interferential treatments, xray & MRI scanning facility opening hours 9.30 to 6.30 Mon, Tues, Weds, Fri of each week. Late Night opening Tues.*

*Lymington Clinic offering osteopathy Sports injury treatment, ultrasound & interferential electrotherapy treatments opening hours 9.00 to 6.00 Thursday only. The Lymington Clinic is based in the Wistaria GP Practice.*

*Qualified in 1995 & hold a Diploma in Osteopathy.*

*Registered with Bupa, AXA PVP, MSA & other Insurance Groups.*

**Laurence Andrew McCaffery**  
**L.A. McCaffery**

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General Osteopathic Council, British Acupuncture Council

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General Osteopathic Council

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General Osteopathic Standards Council, British Osteopathic Association, Sutherland Society

**Rick Webbe**

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**BN1 5DN**

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General Osteopathic Council, British Osteopathic Association

*I have been practising for six years after training for five years at the British School of Osteopathy. My clinic has been established for four years and is integrated within a busy dental practice, sharing common reception services.*

*Most patients can expect 3 to 6 weekly treatments with a followup consultation a month later. Costs are £38 for the first one-hour treatment and £33 for following half-hour treatments. I am registered with all major health insurers.*

*Each patient completes a medical history form. I take full case histories and conduct biomechanical assessments. Neurological and other tests are performed when appropriate. After assessment I discuss the patients presenting condition and approach to its treatment.*

*My treatment is primarily joint manipulation with release of soft tissue restriction. In addition to*

*symptom relief and prevention of further injury I address any cumulative factors that led to the problem. Stretches, postural exercise and advice on work positions are often given to patients. A key goal is the patients return to normal activity.*

*Acknowledgement letters and then a later progress report are sent to referring GP. I welcome clinic visits by interested health professionals.*

**Nicholas Mitchell**

**Fiveways Osteopathic Practice**

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GOSc

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British Osteopathic Association, General Osteopathic Council

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British Osteopathic Association, General Osteopathic Council

*Osteopathy is an established recognised system of diagnosis and treatment that has its emphasis on the structural integrity of the body. It is distinctive in the fact that it recognises much of the pain and disability we suffer stems from abnormalities in the function of the body structure.*

*Osteopathy assesses from a mechanical, functional, and postural standpoint and the manual methods of treatment applied are tailored to suit the need of the individual patient.*

*As a recognised professional I have been through the full time four-year course and am a member of the General Osteopathic Council. Osteopathy was the first complementary healthcare profession to be accorded statutory recognition under the Osteopaths Act 1993 and the Council was established to regulate the profession and protect the public from the actions of unregistered practitioners. It also is responsible for developing the profession and we are now obliged to complete more than 30 hours of continued Professional Development each year.*

*Personally I have been in practice for 13 years, have run my own clinic for 6 years and have taught at the British School Osteopathy. I run a general practice but have special interests in baby and childrens treatments and treating the elderly.*

**John Laundon**

**The Osteopathic Clinic Lancing**

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West Sussex

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British Osteopathic Association

**Debra Stackwood**

Esporta

Golfers Lane

Angmering

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T2: 01903 857 180

E: debrastackwood@aol.com

Austalian Physiotherapy Pilates Institute, British Osteopathic Association, General Osteopathic Council

*An osteopath with nine and a half years experience gained in Greater Manchester, Cheshire and the Wirral, now working with a physiotherapist at the Esporta Health Club, Angmering. I have gained considerable experience in private practice and through working for the NHS for three years in a Physiotherapy Department in Bolton, Lancashire.*

*Treatments may include: manipulation, articulation, soft tissue massage, stretch techniques and electrotherapy. Rehabilitation is a major part of our work: most patients receive some core stability training. Additionally patients may join clinical pilates classes or receive 1:1*

*training by myself or the physiotherapist. I am a member of the Australian Physiotherapy and Pilates Institute, which was set up in England by two Australian physiotherapists. Using the latest research in spinal stability they modified traditional pilates exercises so that they could safely benefit patients.*

*The Esporta Health Club is situated within the grounds of the Rustington Golf Club, on the A259. It has plentiful free parking, including disabled spaces. There is good disabled access, a café, and crèche facilities. Patients may use the gym for rehabilitation under my supervision.*

**James Cooper**

**East Street/East Preston Medical Centre**

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General Osteopathic Council, British Osteopathic Association

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British Osteopathic Association, General Osteopathic Council

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General Osteopathic Council, British Osteopathic Association

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British Osteopathic Association, General Osteopathic Council

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General osteopathic Council, British Osteopathic Association

**Alain Lebret**

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General Osteopathic Council

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Natural Therapies Clinic

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W: www.ost-comphealth.com

Osteopathic Sportscare Association, British Osteopathic Association, General Osteopathic Council, The All England Netball Association

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 W: www.osteopathic-services.co.uk  
 General Osteopathic Council

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 General Osteopathic Council

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 E: healthcare@walnutgroveclinic.com  
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 British Osteopathic Association, British Acupuncture Council, General Osteopathic Council

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 British Osteopathic Association, General Osteopathic Council

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 , General Osteopathic Council

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 127 Milton Road  
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 General Osteopathic Council

**Lisa Counsell**  
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 Somerset  
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 British Osteopathic Association, General Osteopathic Council

**Janet White**  
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**BS25 1LA**  
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**Belinda Eyers**  
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 Bristol  
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**C. Brice**  
**Sneyd Park Osteopaths**  
 4 Rockleaze Road  
 Sneyd Park  
 Bristol  
**BS9 1NF**  
 T: 0117 9685107  
 F: 0117 9685107  
 General Osteopaths Council

**Martin McGourty**  
**Enniskillen Clinic of Herbal Medicine & Osteopathy**  
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 Enniskillen  
 Fermanagh  
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 T: 02866 325 136  
 British Osteopathic Association, General Osteopathic Council

**Richard Lloyd**  
**Warwick Square Osteopaths**  
 5 Warwick Square  
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 Cumbria  
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 T: 01228 524 701  
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 British Osteopathic Association, General Osteopathic Council

**Soraya Bish**  
**Linton Complementary Health Centre**  
 Dolphin House  
 26 Bartlow Road  
 Linton, Cambridgeshire  
**CB21 4LY**  
 T: 0845 4309120  
 General Osteopathic Council, British Osteopathic Association

**Blake Vickers**  
**The Jade Pathway Centre**  
 5 Tredgold Lane  
 Cambridge  
**CB1 1HN**  
 T: 01223 323 473  
 F: 0700 390 2020  
 E: blake@jadepathway.com  
 W: www.jadepathway.com  
 General Osteopathic Council, British Osteopathic Association

*Osteopathy is a gentle effective treatment suitable for the newborn to the elderly. I use a variety of techniques from gentle stretching to more firm massage, and spinal manipulation if applicable. All treatment programs are tailored to the wishes and needs of the individual.*

*Commonly Treated Problems Include: headaches, migraines / back, neck and stress related problems / postural problems / joint pains / sciatic pain / post operative recovery. In particular with children: colic / sleep disturbances / feeding difficulties / recurrent infections / asthma and many more...*

*PPP and H.S.A patients welcome, all ages treated, friendly advice and treatment in a relaxing environment.*

*Personal Details: 217, Milton Road, Cambridge, CB4 1XQ 07813 608 099. www.cambridgeosteopath.com*

*I received an honours degree in osteopathy from the British School of Osteopathy in 2002. I have been working in Cambridge since. I am committed to continued learning and have attended several post graduate courses.*

**Marc Deora**  
**The Osteopathic Centre for Family & Children**  
 349 Hills Road  
 Cambridge  
 Cambridgeshire  
**Cb2 2QT**  
 T: 01223 242828  
 F: 01449 736161  
 E: marcdeora@tiscali.co.uk  
 W: www.osteopathiccentre.org.uk  
 British Osteopathic Association, General Osteopathic Standards Council

**Soraya Bish**  
**Cambridge Complementary Health clinic**  
 8 Rose Crescent  
 Cambridge  
 Cambridgeshire  
**CB2 3LL**  
 T: 01223 355344  
 E: enquiries@cchc.co.uk  
 W: www.cchc.co.uk  
 General Osteopathic Council, British Osteopathic Association

**Bruce Smart**  
**Derby Cottage Clinic**  
 Fordham Road  
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 F: 01638 577 121  
 Osteopathic Sports Care Association, British Osteopathic Association, General Osteopathic Council

**Stephen Gold**  
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 F: 01638 667 282  
 E: sg@newmarketosteopaths.com  
 W: www.newmarketosteopaths.com  
 General Osteopathic Council, British Osteopathic Association

**Mark McWilliam**  
**Cathedral Road Clinic**  
 242 Cathedral Road  
 Cardiff  
 South Glamorgan  
**CF11 9JG**  
 T: 02920 235 220  
 F: 02920 344 774

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E: clinic.242@virgin.net  
W: www.cathedralroadclinic.co.uk  
General Osteopathic Council, British Osteopathic Association

*Mark McWilliam BA(Hons) BSc(Hons) Ost, received a 1st class degree in Osteopathy from the London School of Osteopathy. As well as working as the principle practitioner at the Cathedral Road Clinic, Cardiff, he also works within NHS providing treatment at the Queens Row Surgery, New Cross, London.*

*He has also worked with South West London NHS Trust at Queen Marys Roehampton & Orchard Hill, Carshalton within occupational health.*

*Mark works with, adults, children and babies. He has a special interest in working with babies who have suffered the effects of difficult deliveries. He is committed to CPD and undertakes a widerange of post graduate study/courses related to adult and paediatric osteopathy.*

*He is experienced in treating a wide range of musculo-skeletal disorders including: back & neck pain; headaches & facial pain; pregnancy related symptoms; sports injuries; arthritic pain; whiplash; frozen shoulder; sciatica.*

*Mark is registered with the General Osteopathic Council and is a member of British Osteopathic Association.*

*He has a monthly column in the Western Mail Newspaper.*

**Angela Jayne Cavil  
Pontypridd Osteopathic Clinic Limited**

9 Gelliwastad Road  
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T: 01443 485 302  
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**Mari Evans**

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GOSC, BOA

**Jonathan Slack  
Penarth Osteopathic Practice**

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**Deirdre Stubbs  
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General Osteopathic Council, British Osteopathic Association

**Keith Galer  
Galer's Osteopathic Clinics Ltd**

152 Liverpool Road  
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**CH2 1AX**

T: 01244 375 277  
F: 01244 375 277

E: keith\_galer@hotmail.com  
General Osteopathic Council, British Osteopathic Association

*Have worked previously on NHS Patients for 2 years. No children under 12 years.*

*Alternative clinic in Liverpool, 21-23 Old Hall Street 0151 236 9722*

*Traditional Osteopath, some Cranial & Visceral work, lots of advice to patients on Lifestyle, Exercise & Ergonomics.*

*Common complaints treated include Low back pain/Sciatica/Whiplash/Neck & Shoulder pain/Golfers & Tennis elbow, Osteoarthritis/etc.*

*Parking Available.*

*Clinic also includes Practitioners in Aromatherapy, Reflexology & Massage.*

**Elizabeth Ellis  
Handbridge Osteopathic Clinic**

3 Browns Lane  
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British Osteopathic Ogranisation

**Fionnuala Murphy**

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Wallasey  
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General Osteopathic Council, British Osteopathic Association

**Sylvain Gateaud  
Osteopathy and Natural Health**

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T: 0151 625 0030  
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British Osteopathic Association

**Bruce Hewett  
Pain Relief Centre**

108 Church Street  
Flint  
Flintshire  
**CH6 5AF**

T: 01352 731 818  
E: osteopathy@bruce-tina.go-plus.net  
GOSC, BOA

*Bruce and Tina Hewett are both fully qualified and registered Osteopaths, and established The Pain Relief Centre, in addition to their Chester practice eighteen months ago.*

*During that time The Centre has grown so that it now offers the so called "Big Five" therapies (as outlined in the House of Lords sixth report by The Select Committee of Science and Technology).*

*The "Big Five" are Osteopathy, Acupuncture, Medical Herbalism, Remedial Massage and Homeopathy.*

*This is the only practice in the North West that offers this strict combination of therapies.*

*All of the practitioners at The Centre are fully qualified and insured and practice to the highest standards.*

*The Hewetts chose their practitioners with great care so that the public could be confident in making an informed choice for their own healthcare.*

*The Pain Relief Centre is striving to forge links with the Local Health Authority, GP surgeries and other NHS practitioners in order to fully integrate the health care team, linking professions in such a way that will ensure the best possible care for the public in their catchment area.*

**Margaret Lavender**

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Merseyside  
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**Trevor Prout  
Esporta Clearview**

Health & Racquet Club  
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Brentwood Osteopathic Centre**

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Essex

**CM14 4DW**

T: 01277 212 900  
E: linda.aryaenia@virgin.net  
General Osteopathic Council, British Osteopathic Association

*Member of the General Osteopathic Council and British Osteopathic Association. Qualified 12 years ago.*

*I work with another Osteopath Associate, as well as a Registered Homeopath in my own practice in Kings Road.*

*I am also experience in Cranial Osteopathy, which can be very beneficial in the treatment of infants and children, as well as adults.*

*I will shortly be joined by another Registered Osteopath providing scope for further expansion of this busy centrally located practice.*

**Anne Gibbons  
Rochford Road Clinic**

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**Catherine Walters  
The Osteopathic Centre, Bishop's Stortford**

The Folly  
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**Vicki Aldridge  
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**Hazel Williams  
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British Osteopathic Association, General Osteopathic Council

*I completed a 4 year full-time course at the British School of Osteopathy, London gaining my Diploma of Osteopathy in 1987.*

*I am fully registered with the General Osteopathic Council, and am also a member of the British Osteopathic Association.*

*I have worked as an Osteopath since then in private*

practice, establishing my clinic in stansted in 1989. I work with 4 other Osteopaths enabling the practice to be open 6 days a week. We offer a full range of Osteopathic treatment using both structural and cranial techniques to suit each individual person. Treatment is suitable for all ages. We also offer ultrasound therapy and can advise on exercises.

My personal special interest is the treatment of infants and children. I worked part-time at the Osteopathic Centre for Children in London in 1998/99. Treatment can help a wide range of problems including sickness, colic and wind, feeding difficulties, sleep disturbances, recurrent infections, ear infections, asthmatic symptoms, sinus problems and behavioural problems. I am also very interested in antenatal and postnatal care dealing with back pain, postural adaptation to pregnancy, discomforts of pregnancy, optimal foetal positioning and problems after delivery.

**James Dickason  
Braintree Osteopaths**

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**Patrick Murphy Osteopath**

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**Joanne Cole  
Blackwater Osteopathic Clinic**

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**Trevor Prout  
Perfect Bliss**

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**Michael Clarke  
The Health & Sports Injuries Clinic**

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**Greg Sharp  
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T2: 01206 769935  
F: 01206 760903  
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General Osteopathic Standards Council

**Paul Morrissey  
Osteopathic Clinic of Physical Medicine**

20 Cheyne Walk  
Addiscombe  
Croydon  
Surrey  
**CR2 0JN**  
T: 020 8662 1155  
F: 020 8655 3204  
GOSc  
*Clinic boast of having fully equipped Pilates studio for rehabilitation and fitness, an a one to one basis.*  
*Also have expectant mothers and childrens osteopathic clinic, post rehabilitation and sports specific training by specialists, also sports massage.*

**Simon Narramore  
Croydon Osteopathic Practice**

49-55 Brighton Road  
Croydon, Surrey  
**CR2 6ED**  
T: 020 8688 8665  
E: info@croydonosteopath.co.uk  
W: www.croydonosteopath.co.uk  
British Osteopathic Association, General Osteopathic Council  
Qualified from the British School of Osteopathy in 2002 with a BSc (Hons) Ost.

Member of The General Osteopathic Council and British Osteopathic Association since qualification.

Particular interests in treating: Children/Babies (I have 3 children myself). Back Pain (I had a disc prolapse seven years ago). Sports Injury (Im a keen golfer). Arthritic Pain (Im not getting any younger)

Post Graduate Courses in: Cranial Osteopathy, Myofascial Needling, Electrotherapy. Vasyli Orothotics modules 1&2

**Charles Smith**

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Surrey  
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**Peter Mason  
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GOSc

**Elvina Coutinho**

Lifestyle Healthspa  
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**Jon Leigh  
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**Alan Webb  
Whitstable Osteopathic Practice**

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General Osteopathic Council, British Osteopathic Association

**Stephen Shaw  
The Park Practice**

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Coventry  
**CV1 2LE**  
T: 02476 555 114  
E: parkpractice@aol.com  
W: www.theparkpratic.com  
British Osteopathic Association, General Osteopathic Council

There are currently two Osteopaths working at the Park Practice, providing cover 5 1/2 days per week with late-night availability on Wednesdays and Thursdays.

Steve Shaw and Joanne Brewis have both qualified as Registered Osteopaths within the last four years having had extensive "life-experience" in demanding professional occupations previously. Both are thus fully up to date with the latest theories and practices of Osteopathy and, indeed, medical science in general.

Whilst Steve tends to concentrate on a more structural approach in his therapy, Joanne is increasingly treating patients using cranial osteopathic techniques. There is thus an ideal mix of complementary approaches available to suit most patients. Many types of dysfunction (neck pain, "frozen" shoulder, strains and sprains not just bad backs!) are appropriate for Osteopathic treatment and the Osteopaths at the Park Practice enjoy equal success with patients old or young, sporty or sedentary, acute or chronic, male or female.

The Park Practice has been established for over 10 years in the heart of Coventry and provides high-class, professional treatments in the fields of Acupuncture, Chiroprody, Homeopathy, Reflexology and Counselling as well as Osteopathy. All therapists are members of their respective professional organisations.

**Jane O'Connor  
The Osteopathic Practice**

47 Campion Terrace  
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F: 01926 339 574  
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**Liam Halton  
Larch Tree Osteopathic Practice**

49 Larch Tree Avenue  
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**Ajit Patel  
Birbeck Natural Health Centre**

45 Birbeck Road  
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**DA14 4DB**  
T: 020 8302 2624  
General Osteopathic Council

**Christopher Leighton  
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**Richard Edmunds  
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**Paul Ashburner  
Clinic of Natural Medicine**

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General Osteopathic Register, British Osteopathic Association

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**Joy Potts**  
**Enjoy Sport Ltd**  
2 Ash Close  
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**Ingrid Mair**  
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**Sian Greeves**  
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General Osteopathic Council, British Osteopathic Association

*I have been working as an osteopath for 16 years. I run and work within a multidisciplinary practice. It is not uncommon for us to share care. This has helped develop my professional skills and professional judgment. I have a wide patient base ranging from infants to people in their nineties.*

**Joanna Waterworth**  
**Croft House Clinic**  
1 Crosby Road  
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T: 01609 783 600  
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General Osteopathic Council, British Osteopathic Association, Sutherland Cranial College

**Suzanne Hibberd**  
**Bedale Osteopaths**  
1- 3 Bridge Street  
Bedale  
North Yorkshire  
**DL8 2AD**  
T: 01677 425 858  
British Osteopathic Association, General Osteopathic Council

**Paul Cairns**  
**Howden Osteopathy & Sports Injury Clinic**  
Howden Surgery  
Pinfold Street  
Howden  
East Yorkshire  
**DN14 7DD**  
T2: 07736 430 248  
E: pcairns@naturalhealthleeds.co.uk  
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General Osteopathic Council, British Osteopathic Association, Osteopathic Sports Care Association  
*Paul Cairns is a structural osteopath using a wide range of hands-on techniques in order to release stiff joints, relax and stretch muscles and connective tissue, de-tension/re-tension ligaments and fascia. Osteopathy can be effective for a wide range from very subtle and gentle to more forceful manipulations as appropriate to the patient and their condition. Paul is fully committed to CPD having completed a wide range of post graduate courses. He specialises in dry needling and sports injuries and is particularly keen to educate patients and give them the tools to selfhelp advising on posture, ergonomics, exercises (including core stability) and self massage techniques that can be done at home. Because osteopathy is not routinely part of the core NHS funding most patients self fund treatment although Paul has done NHS work in the past. However, he is recognised by most major insurers including BUPA and AXA-PPP and does contract work for some local employers. Paul currently sits on two committees the Investigating Committee for the General Osteopathic Council and as the Inter-Professional Relations Representative for the Osteopathic Sports Care Association.*

**Samantha Middlehurst**  
**Charles Street Clinic**  
47 Charles Street  
Dorchester  
Dorset  
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T: 01305 265 333  
W: www.charlesstreetclinic.co.uk  
London Osteopathic Society, British Osteopathic Association, General Osteopathic Council  
*Sam & her husband Paul Middlehurst, graduated from the British School of Osteopathy in London in 1994. They worked for many years within a GP practice in Surrey and with a fund holding GP practice in Northamptonshire. Both conventionally trained osteopaths, Paul & Sam specialise in both acute and chronic musculo-skeletal conditions such as spinal pain, thoracic and shoulder symptoms, headaches, tennis elbow and other sporting injuries. Osteopathy is also suitable for the management of minor orthopaedic conditions where surgery is not warranted or appropriate. Sam has also undergone extensive postgraduate education in cranial osteopathy and in obstetric and neo-natal osteopathic modalities. She runs a successful practice treating expectant mothers for mechanical dysfunctions arising from pregnancy and associated postural changes. Osteopathy is also effective where babies and children suffer from conditions such as colic, reflux, disturbed sleep, glue ear etc which can often arise following a difficult delivery. They opened the Charles Street Clinic, a multidisciplinary practice in Dorchester town centre in 2003 and work alongside fully qualified practitioners who have a wealth of experience in their specific fields of healthcare. Paul & Sam are registered with all major health insurers including BUPA and PPP and hold NHS Provider codes.*

**Paul Middlehurst**  
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British Osteopathic Association, General Osteopathic Council, Osteopathic Sports Care Association

**Elizabeth Clayton**  
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T: 012580 837 568  
General Osteopathic Council, British Osteopathic Association, Sutherland Cranial College, Sutherland Society  
*Graduated in 1990 from BCOM after four years full time course. Extensive post-graduate training and experience in Cranial osteopathic techniques including two years at the Osteopathic Centre for Children in London. Member of General Osteopathic Council and British Osteopathic Association. Specialises in Cranial osteopathy ie very gentle method of treating the whole body (NOT just the head), which is suitable for treating people of any age. Special interest in babies and children, but treats people of any age. Osteopathy is helpful for pain and stiffness in musculo-skeletal system including spinal and peripheral joint problems, headaches and some chest stiffness & pain. Also good for constipation, sinusitis, some ear-related problems especially glue ear; crying/unsettle babies, colic, babies who dont sleep, who feed too frequently, who suck too weakly; some behavioural and some learning difficulties in young children. Diagnosis by detailed case history and conventional clinical examination. Treatment consists of massage, manipulation, cranial osteopathic techniques, specific exercises, advice on body use/lifestyle to encourage patient self-help.*

**Liza Adams MSc.D.O.**  
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British Osteopathic Association, General Osteopathic Council

**Alex Gibbs**  
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The Sebastian Coe Health Club  
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General Osteopathic Council, British Osteopathy Association, Sutherland Society Cranial Osteopathic Society

**Stephen Sandler**  
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**E4 7BE**  
T: 020 8529 0815  
E: s.sandler@blueyonder.co.uk  
GOsC, BOA  
*Chingford Osteopaths is a large group practice of male and female osteopaths who work in association with an Acupuncturist and a Homeopath. The Practice is open 9-6 daily and 9-1 on Saturdays. Home visits are available on request. We treat general Musculo-skeletal problems and Sports Injuries and Mr. Sandler specialises in the care of pregnant patients and neonates. Cranial osteopathic and Visceral osteopathic techniques are practiced by all of our osteopaths. We can usually see a new patient within 48 hours of referral.*

**Valerie Burgess**  
**Alison Brown & Association**  
1 Ernal Avenue  
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T: 020 8470 8678  
British Osteopathic Association, General Osteopathic Council

**Michael Mehta**  
**Hermes Health Ltd**  
Templeton House  
33-34 Chiswell Street  
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**EC1Y 4SF**  
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F: 0870 246 1641



E: info@hermeshealth.co.uk  
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British Osteopathic Association, Sutherland Society  
*Michael Mehta is an honours graduate of the British School of Osteopathy. With an interest in a wide range of osteopathic techniques he has completed course in "cranial" and "visceral" modalities. Currently registered on the Sutherland Cranial College pathway, he has completed Modules 1-4 of their part time courses in "osteopathy in the cranial field". He is a member of the British Osteopathic Association and takes part in a regular study sessions with fellow osteopaths in the East London area.*

*The practice has a particular interest in rehabilitation and has access to a full range of Pilates studio equipment. For Hermes Health, Michael has undertaken the clinically based Pilates rehabilitation course offered by Polestar Education. This course open to medically trained professionals, combines both the theory and practice of the Pilates exercise repertoire with a specific emphasis on rehabilitation techniques. After a year of practice and ongoing supervision, Michael successfully completed the independent certification exam (both written and practical) again offered by Polestar Education.*

*The combination of osteopathy and individual Pilates rehabilitation has enabled Hermes Health to offer patients an integrated approach to both acute and clinical neuromusculo-skeletal presentations and allow them to actively participate in maintaining their ongoing health.*

**Christopher Belderbos**  
**Ludgate Osteopathic Clinic**  
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**Gavin Routledge**  
**Active X Osteopaths**

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General Osteopathic Council

**Natasha Peachey**  
**Polwarth Osteopathic Practice**

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T2: 0771 423 9636  
F: 0131 229 8143  
W: www.edinburghosteopath.co.uk  
British Osteopathic Association, General Osteopathic Council

*Natasha has been working since 1994 firstly as a Sports Massage Therapist and now as a Registered Osteopath, after completing 4 years fulltime training at the British School of Osteopathy in London. She has run her own successful clinic just outside London, gained experience in other practices and now works in Edinburgh and Dundee. She uses both musculo-skeletal and craniosacral osteopathy, is trained in the use of ultrasound and has acknowledged expertise in treating the full range of general complaints with particular specialism in sports injuries. She also lectures in anatomy at the Edinburgh branch of the Scottish Massage Schools and is one of their external examiners. Traditionally associated with relief of neck and back pain Osteopaths can also help with many conditions affecting other parts of the body. For example joint stiffness/pain, muscle injuries, trapped nerves, whiplash, headaches, migraines, tinnitus, sinusitis, digestive problems, jaw problems, stress, frozen shoulder, pregnancy pain and stroke rehabilitation. Osteopaths assist in alleviating symptoms by addressing the underlying cause and by using a variety of manual treatment techniques to aid the bodys self healing mechanisms. These in turn help decrease any inflammation and pain and aim to return the body to a state of health.*

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**GP Plus**  
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**EH3 6DH**  
T: 0845 1196049  
General Osteopathic Council

**Jessica Shaw**  
**Tonic Health**  
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W: www.tonichealthscotland.com  
General Osteopathic Council, The Sutherland Society, British Osteopathic Association

**Emma Bedford**  
**Inspire Osteopaths**  
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T: 0131 667 0077  
E: emma@inspireosteopaths.co.uk  
W: www.inspireosteopaths.co.uk  
British Osteopathic Association, General Osteopathic Society

*Female Osteopath, who treats a whole range of injuries with particular interest in sports injuries, low back and neck pain, and injuries of the shoulder and lower limb.*

*A full consultation, lasting 1 hour in a friendly, professional environment. Including a full case history, past medical history, examination and treatment, if appropriate. Follow up treatment is for 30 minutes.*

*As a Naturopath, I integrate a holistic approach to every patient, using hydrotherapy, diet, exercises and ergonomical advice.*

*I am currently studying Iridology and Herbal Medicine at a masters level, to continue my understanding of the human body.*

*My aim as a practitioner is to be friendly, informative and able to answer questions.*

*If you would like to call first to have a chat please do.*

**Paul Culverhouse**  
**The Osteopathic Practice**

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**Paul Culverhouse Osteopath**

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**Marcus Webb**  
**Hadley Wood Healthcare**

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Barnet, Hertfordshire  
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F: 020 8441 9950  
E: marcus@hadleywoodhealthcare.co.uk  
W: www.hadleywoodhealthcare.co.uk  
GOsC, British Naturopathic Association, Acupuncture Association of Chartered Physiotherapists, British Osteopathic Association

*Fees: £35 per treatment/consultation or £28 if paid at time of visit in full.*

*Training: Special interest in natural management of osteoporosis. Special training in acupuncture for pain and neuralgia.*

*Description of therapies offered:*

*Osteopathic manipulation.*

*Electrotherapy inc. ultrasound, interferential current, electro acupuncture.*

*Trigger point Acupuncture.*

*Areas of Special Interest: Osteoporosis, Myofascial pain syndromes, Chronic pain patients.*

**Christine Guerrier**  
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F: 0208 440 4140  
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Cranio Group, GOSc, British Naturopathic Association

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National Back Pain Association, G.O.C, B.O.A

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Society & College of Radiographers, General Osteopathic Council, British Osteopathic Association

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W: www.osteopathicconsultancy.co.uk  
General Osteopathic Council, British Osteopathic Association  
*Patient in Pain? Do they need help now? We offer appointments within 24 hours to acute patients. Established practice with all our Osteopaths being regulated by the General Osteopathic Council (GOSc). Which means we are responsible for the patients Care. It also means we are regulated, adhere to a code of practice and have a disciplinary system. All our Osteopaths have relevant medical insurance and are members of the British Osteopathic Association and we have Male and Female Osteopaths available. Do you have chronic patients that never seem to get better? We have a really high success rate with all our patients. We give them a combination of hands on treatment, Stretches, Exercises, Advice about their problems and continuing information about returning to normal activity.*

*We take a case history to formulate a probable diagnosis and whether it is safe to treat. Then an examination and any physical tests are carried out. This is then followed by treatment (Acupuncture Included). This process is explained to the patient as the consultation occurs. Then any advice given at the end. If we feel that Osteopathy isn't the correct course we are clinically and professionally bound to refer back to their GP.*

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*Nina Victoria Gallagher BSC (Hons) in Osteopathic Medicine. DO. ND. RSA. MRN. Registered Osteopath and Registered Naturopath.*  
*Treatments for All: Muscular/Skeletal Aches & Pains, Neck, Back, Shoulder Problems, Arthritic Conditions*  
*Disc Problems, Sports and work related injuries, Migraines/Headaches, Tennis/Golfers Elbow, Hip, Knee & Foot Pain,*  
*Nutrition with Naturopathy including Lifestyle advice, Relaxation, Exercise Programmes, Cranial Osteopathy for Adults, Babies and Children.*

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**Robert Pettingell  
Castle Street Clinic**

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E: robert.pettingell@virgin.net  
Osteopathic Sports Care Association, British Association of Sport & Exercise Medicine, British Osteopathic Association, General Osteopathic Council  
*A registered osteopath with over 20 years experience, registered with all major private medical insurers, with a special interest in many sportsmen and women Both amateur & professional.*

**Susan P. Clark  
Candle Well Clinic**

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**HP14 3PT**  
T: 01494 883970  
General Osteopathic Council

**Phillp Allen  
Prestwood Osteopathic & Natural Health Centre**

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Buckinghamshire  
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T: 01494 864 700  
W: www.osteopath-buckinghamshire.co.uk  
British Osteopathic Association, General Osteopathic Council  
*Osteopaths believe that a persons health is independent with their physical structure; therefore osteopaths correct structure to improve health. We correct structure with very gentle techniques (often called Cranial Osteopathy). With these techniques we are happy to treat everything from bad backs or headaches, through to babies with colic. Also we see many patients with fatigue type problems and many children with suboptimum health, including learning difficulties. For more information or to see if we can help in anyway please feel free to phone on the number above.*

**Natalie Ford  
Cannons Retreat**

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Fairford Leys  
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T: 01296 487 627  
F: 01296 489 363  
General Osteopathic Council, British Osteopathic Association

**Simon Pratt  
Aylesbury Osteopathic Clinic**

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T: 01296 423331  
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E: simonosteopath@yahoo.co.uk  
General Osteopathic Council Full member, British Osteopathic Association Full member, British Medical Acupuncture Society Associate Member  
*I am a registered Osteopath in my own practice in Aylesbury town centre.*  
*I also work as an Associate Osteopath in a large practice in Dunstable, Beds, which has a large NHS contract. I regularly see a high number of NHS referred patients from local GP surgeries. I graduated from British College of Osteopathic Medicine in 2002 with a BSc (Hons) following a 4 year full time course.*  
*I am fully registered with the General Osteopathic Council and am a full member of the British Osteopathic Association.*  
*I also practice dry needling techniques and am an Associate member of the British Medical Acupuncture Society. I regularly undertake continuing professional development as required by the General Osteopathic Council.*  
*I have a particular interest in treating headaches and migraines, sports injuries and lower back pain and sciatica.*

**Harkiran Singh Floura  
HS Floura DO Registered Osteopath and Associates**

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General Osteopathic Council, British Acupuncture Council, British Osteopathic Association

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General Osteopathic Council, British Osteopathic Association, Osteopathic Sports Care Association

*Paul Cairns is a structural osteopath using a wide range of hands-on techniques in order to release stiff joints, relax and stretch muscles and connective tissue, de-tension/re-tension ligaments and fascia. Osteopathy can be effective for a wide range from very subtle and gentle to more forceful manipulations as appropriate to the patient and their condition.*

*Paul is fully committed to CPD having completed a wide range of post graduate courses. He specialises in dry needling and sports injuries and is particularly keen to educate patients and give them the tools to selfhelp advising on posture, ergonomics, exercises (including core stability) and self massage techniques that can be done at home.*

*Because osteopathy is not routinely part of the core NHS funding most patients self fund treatment although Paul has done NHS work in the past. However, he is recognised by most major insurers including BUPA and AXA-PPP and does contract work for some local employers.*

*Paul currently sits on two committees the Investigating Committee for the General Osteopathic Council and as the Inter-Professional Relations Representative for the Osteopathic Sports Care Association.*

**Paul Cairns  
South Cave Surgery**

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East Yorkshire  
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T: 07736 430 248

General Osteopathic Council, British Osteopathic Association, Osteopathic Sports Care Association

*Paul Cairns is a structural osteopath using a wide range of hands-on techniques in order to release stiff joints, relax and stretch muscles and connective tissue, de-tension/re-tension ligaments and fascia. Osteopathy can be effective for a wide range from very subtle and gentle to more forceful manipulations as appropriate to the patient and their condition.*

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*Paul currently sits on two committees the Investigating Committee for the General Osteopathic Council and as the Inter-Professional Relations Representative for the Osteopathic Sports Care Association.*

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W: www.goldingshillclinic.com  
General Osteopathic Council, British Naturopathic and Osteopathy Association, British Osteopathic Association, General Council and Register of Naturopaths  
*I qualified in 1978 from the British College of Naturopathy & Osteopathy, now called the British College of Osteopathic Medicine. As well as working in a busy practice at Goldings Hill Clinic, which I established 16 years ago. I have lectured in Naturopathic Medicine and Nutrition and supervised students as an Osteopathic tutor for the past 20 years at the British College of Osteopathic Medicine.*  
*I am a registered Perrin Technique Practitioner specialising in the treatment of chronic fatigue syndrome (M.E.). Nutrition and Stress Management play a big part in my work as an osteopath.*

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**Trevor Prout**  
**Esporta**  
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Woodford Green  
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General Osteopathic Council, British Osteopathic Association

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**Diss Natural Health Clinic**  
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Diss  
Norfolk  
**IP22**  
T: 01379 644407  
GOSc, British Osteopathy Association, Sutherland Society

**Andrew Hamilton**  
**Thetford Osteopaths**  
Briarbank  
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Thetford  
Norfolk  
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W: www.thetfordosteopaths.co.uk  
British Osteopathic Association, General Osteopathic Council

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**Orchard Street Medical Centre**  
Orchard Street Medical Centre  
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F: 01473 259874  
British Osteopathic Association, Suffolk Osteopaths

**Nicholas Salway**  
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Hadleigh  
Suffolk  
**IP7 5DN**  
T: 01473 820 123  
F: 01473 824 895  
E: nick@nsalway.freeserve.co.uk  
Osteopathic Sports Care Association, British Osteopathic Association, General Osteopathic Council

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**Keith Grievé Osteopathy**  
Highland Osteopathic Centre  
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Invernesshire  
**IV3 5NN**  
T: 01463 233 446  
F: 01463 239 944  
E: A9backdoc@aol.com  
W: www.keithgrievéosteopathy.co.uk  
British Osteopathic Association, British Naturopathic Association, General Osteopathic Council, British Medical Acupuncture Association

**Nigel Robinson**  
**Moray Osteopaths**  
Fairfield Medical Practice  
22A Abban Street  
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T: 01463 710 717  
General Osteopathic Council, British Osteopathic Association, Sutherland Society

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Sutherland Society, General Osteopathic Council, British Osteopathic Association

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T: 01343 542 220  
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**Iain MacRae Osteopathy**  
108 High street  
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Morayshire  
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T: 01309 676215  
E: iain.s.macrae@btinternet.com  
W: www.iainmacraeosteopathy.com  
General Osteopathic Council, British Osteopathic Association

**Carragh McAree**  
**Kingston & Teddington Osteopathy**  
Hampton Wick Surgery  
1 Upper Teddington Road  
Hampton Wick  
Surrey  
**KT1 4DL**  
T: 07957 348 513  
British Osteopathic Association, General Osteopathic Council

**Andrea Lecky**  
**Natural Therapies**  
30 Monument Green  
Weybridge  
Surrey  
**KT13 8QW**  
T: 01932 888 663  
F: 01932 700 299  
E: andrealecky@hotmail.com

W: www.veybridgenaturaltherapies.com  
British Osteopathic Association, Nursing & Midwifery Council, General Osteopathic Council  
*My treatment approach incorporates a wealth of orthopaedic and general nursing knowledge, gained over more than 20 years within the NHS and private sector. I have first hand experience through working at various physiotherapy departments and orthopaedic rehabilitation units (e.g. the Royal National Orthopaedic Hospital in Stanmore).*  
*I am a fully qualified Osteopath skilled in a variety of treatment techniques, with orthopaedic, general nursing and manipulative qualifications.*  
*At the initial consultation a full medical history will taken. This will be followed by a clinical examination including: baseline observations, clinical screening and diagnosis. An individual treatment plan is then formed and provided to the patient. Treatment commences following written consent. Feedback to other health professionals (e.g. patients General Practitioner) is provided upon request. Further referral can be made, for investigations such as XRay or MRI.*  
*The clinic at 30 Monument Green is located just off Weybridge High Street, thereby offering easy access. I operate within a multidisciplinary team which the patient can access for advice on a range of conditions. An internal referral system is in place. All resident therapists are fully qualified and registered.*  
*I welcome the opportunity to work more closely with the NHS. For more information visit our website: www.veybridgenaturaltherapies.com*

**Pierre Bourguignon**  
**Rosemount Clinic**  
61 Old Woking Road  
West Byfleet  
Surrey  
**KT14 6LF**  
T: 01932 354535  
GOSc  
*Fees: Flat rate £30 ph including home visits*  
*Training: Physiotherapy Rehabilitation Osteopathy Manual therapy Exercises Therapeutic modalities (ultrasound electrical low and middle frequency currents laser cryotherapy Hot and cold pack T.E.N.S)*  
*Special interests: Respiratory complaints for babies and children Ante and Post Natal care Sports injuries*

**Raj Bahbra**  
**Addlestone Therapy Centre**  
164 Station Road  
Addlestone, Surrey  
**KT15 2BD**  
T: 01932 831 616  
W: www.addlestonetherapycentre.co.uk  
British Osteopathic Association, General Osteopathic Council

**Nick Woolley**  
The Cottage, Threshers Dean  
Church Lane  
Headley  
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**KT18 6LJ**  
T: 01372 379 270  
E: nicktheosteopath@aol.com  
W: www.headleyhealth.com  
GOSc

**Beate Guenther**  
77 Staunton Road  
Kingston upon Thames  
Surrey  
**KT2 5TN**  
T: 020 8541 5566  
General Osteopathic Council, British Osteopathic Association

**Christina Hood**  
**Kingswood Osteopathic Clinic**  
2 Bonsor Drive  
Kingswood, Surrey  
**KT20 6HX**  
T: 01737 355114  
F: 01737 355114  
E: christinahood@btconnect.com  
W: www.kingswoodosteopaths.co.uk  
General Osteopathic Council, British Osteopathic Association

**Liz Simons**  
14 Glebe Road  
Ashted, Surrey  
**KT21 2WU**  
T: 01372 815713  
F: 01372 805826  
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GOSc

**Reena Joshi**  
**Fetcham Healthcare**

141 Cobham Road  
Fetcham  
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**KT22 9HX**  
T: 01372 277 022  
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W: www.reenajoshi.com

Back Care Association, General Osteopathic Council,  
British Osteopathic Association

*I am passionate about osteopathy. I work mainly as a structural osteopath but also practice cranial osteopathy. I have experience working with sports injuries, pregnant women and children. Other than these particular areas I treat all ages.*

*I currently work in two private practices and am an Anatomy and Clinical tutor at the Surrey Institute of Osteopathic Medicine (SIOM) for the Osteopathic Medical degree course.*

**David Melrose**  
**The Aston Clinic**

26 Kingston Road  
New Malden  
Surrey  
**KT3 3LS**

T: 020 8942 3148  
F: 020 8949 7050  
E: astonclinic@postmaster.co.uk  
W: www.astonclinic.co.uk  
General Osteopathic Council, National Institute of Medical Herbalists, International College of Applied Kinesiology

**Dominick Hussey**  
**The Aston Clinic**

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**KT3 3LS**

T: 020 8942 3148  
E: dominick@theallergyco.co.uk  
W: www.theallergyco.co.uk  
General Osteopathic Council

**Ken Newman**

Pearcare Pharmacy  
86 Alexandra Drive  
Berrylands  
Surrey

**KT5 8LN**

T: 020 8390 5204  
E: osteo@knewmans.co.uk  
W: www.knewmans.co.uk  
British Osteopathic Association, General Osteopathic Council

**Patrick Lenox-Conyngham**  
**Surbiton Osteopaths**

Surbiton Natural Health Centre  
14 Claremont Road  
Surbiton  
Surrey

**KT6 4QU**

T: 020 8399 2772  
British Osteopathic Association, General Osteopathic Council

**Richard Mays**  
**The Osteopathic Centre**

9a Mansfield Road  
Chessington  
Surrey

**KT9 2PJ**

T: 020 8397 8629  
GOSc

*Fees: £30 adults. £25 children (under 18 years).*

*Training: B.Sc. (Hons) Ost from British School of Osteopathy. Diploma in Paediatric Osteopathy from Osteopathic Centre for Children.*

*Description of Therapies Offered: Osteopathy. Cranial Osteopathy. Paediatric Osteopathy.*

*Areas of Special Interest: Paediatrics. Obstetrics.*

**Katrine Vogt**  
**Eden Osteopaths**

20 Newtown  
Ceres  
Fife

**KY15 5LY**

T: 0845 456 4667  
E: katrine@eden-osteopaths.co.uk  
W: www.eden-osteopaths.co.uk  
Scottish Osteopathic Society, British Osteopathic Association, General Osteopathic Council

**Fionnuala Murphy**

88 Rodney Street  
Liverpool  
**L1 9AR**

T: 0151 709 6639  
W: www.fmurphy-osteopath.co.uk  
General Osteopathic Council, British Osteopathic Association

**Martin James Murgatroyd**  
**The Avalon Clinic of Complementary Medicine**

270 Manchester Road  
Warrington, Cheshire

**LA1 3RB**

T: 01925 635670  
F: 01925 635670  
W: www.osteopath.f9.co.uk  
Northern Counties Society of Osteopaths, BUPA, British Osteopathic Association, PPP

**Allison Mackie D.O.**

Kendal Physiotherapy and Sports Injuries Centre  
96 Stricklandgate  
Kendal, Cumbria

**LA9 4PU**

T: 01539 738 736  
E: alisonmackie@back-all.co.uk  
W: www.back-ali.co.uk  
British Osteopathic Association

**Daphne Jackson**  
**Highfield Osteopathic Practice**

33 Appleby Road  
Kendal, Cumbria

**LA9 6ES**

T: 01539 740 452  
F: 01539 740 452  
General Osteopathic Council, British Osteopathic Association

**Rebecca Green**

**Loughborough Osteopathic Council**  
95 Ashby Road  
Loughborough, Leicestershire

**LE11 3AB**

T: 01509 262 880  
F: 01509 262 880  
W: www.loc.uk.com  
British Osteopathic Association, General Osteopathic Council

**Jamie Butler**

**Loughborough Osteopathic Clinic**  
95 Ashby Road  
Loughborough, Leicestershire

**LE11 3AB**

T: 01509 262 880  
F: 01509 262 880  
W: www.loc.uk.com  
GOSc, British Osteopathic Association

*The Loughborough Osteopathic Clinic was originally established in 1982 by family members of Mr Jamie Butler.*

*Mr Butler qualified as an osteopath and joined the clinic in 1992.*

*The clinic has grown to incorporate Mr Butler and 2 associate Osteopaths as well as an Acupuncture team.*

*We are able to treat a broad section of conditions ranging from sprains, strains, low back ache, neck and head pain, sciatica, arthritis, through to disc and other musculo-skeletal problems.*

*We provide a total service, from diagnosis, through treatment and into support advice on preventative measures the patient can incorporate into their daily lives.*

*The clinic enjoys a close working relationship with local Orthopaedic consultants and GP practices, regularly receiving referrals from both fields.*

*Referrals will be followed up by a report to the referring practitioner by request.*

*We are able to liaise with GPs and other healthcare providers to ensure Osteopathy is integrated into an efficient and effective healthcare protocol.*

*Mr Butler is a recognised healthcare provider for Private Insurance companies including BUPA and AXA PPP.*

*Our aim at the clinic is to provide the best osteopathic healthcare possible, in a professional, friendly and informative environment.*

**Fan Yau**  
**Rutland Osteopaths**

11 Burley Road  
Oakham  
Rutland

**LE15 6DH**

T: 01572 771 155  
General Osteopathic Council

**Sam Ryall**  
**Cottingham & Middleton Osteopaths**

34 Main Street  
Middleton  
Market Harborough  
Leicestershire

**LE16 8YU**

T: 01536 771 912  
E: sam@ryall.demon.co.uk  
General Osteopathic Council, British Osteopathic Association

*After graduating from The British School of Osteopathy renowned for the thoroughness of its structural osteopathy training I have completed postgrad training in Cranial Osteopathy. This enables me to treat patients of all ages, including children and babies, with a combination of structural and cranial approaches. I treat a wide range of conditions including: sciatica, back & neck pain, peripheral joint problems, sports injuries, pregnancy-related pain, headaches, sleeping, feeding and colic problems in babies.*

**John Roy Lovett**  
**Wigston Osteopathic Clinic**

82a Leicester Road  
Wigston  
Leicester

**LE18 1DR**

T: 0116 2571234  
F: 0116 2571234  
GOSc

*Fees: £40 consultation, examination, treatment. £32 treatment Year 2001.*

*Training: GOSc Osteopathy.*

*Description of Therapies Offered: Osteopathy. Electrotherapy.*

**Graham Spowage**

19 St Johns Road  
Stoneygate  
Leicester

**LE2 2BL**

T: 0116 270 5348  
British Osteopathic Association, General Osteopathic Council

**Patricia Hamilton**  
**Hamilton Place, Health and Fitness Clinic**

1 Goldhill Road  
South Knighton  
Leicester

**LE2 3LE**

T: 0116 270 2381  
E: patbhamtn@aol.com  
British Osteopathic Association, General Osteopathic Council

**Natasha Stigter-Haydon**  
**Osteopathic Treatment Centre**

14 Station Road  
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Leicestershire

**LE3 8BQ**

T: 0116 287 2648  
E: fardo.natasha@tesco.net  
General Osteopathic Council, British Osteopathic Association

**Graham Spowage**

4 Holmwood Drive  
Glenfield  
Leicester

**LE3 9LF**

T: 0116 231 1208  
British Osteopathic Association, General Osteopathic Council

**Georgina Jones**  
**Well Street Clinic**

46 Well Street  
Ruthin  
Denbighshire

**LL15 1AW**

T: 01824 709 777  
BOA, GOSc

*We provide the highest possible care, management and treatment to people of all ages, new born to elderly.*

*Using a range of osteopathic techniques we can manage, maintain and rehabilitate patients with the following: chronic and acute spinal pain, with/ or without radiating symptoms, spondylosis and spinal stenosis, mechanical foot problems, temporomandibular joint dysfunction and headaches, sports injuries/r rehabilitation. We also provide detailed training advice tailored to the individual to optimize musculo-skeletal performance; musculo-skeletal components of Asthma and other breathing disorders; visceral complaints such as indigestion acid reflux, constipation and IBS;*

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symptom relief and maintenance of people awaiting joint problems; children with attention or coordination difficulties; the sporting child and adolescents. Reducing long term damage, enhancing the correct musculo-skeletal development of the sporting child and advice given on training; we also provide care and management for expectant mothers. Symptom relief and maintenance of mobility which allows them to be more dynamic during their pregnancy and proactive during labour. This will facilitate optimal foetal positioning. For more information please do not hesitate to call Well Street Clinic 01824 709 777.

**John Griffiths  
Leaf Health**

Penrhos Manor  
Oak Drive  
Colwyn Bay  
**LL29 7YW**  
T: 01492 535 525  
E: john@leafhealth.co.uk  
W: www.leafhealth.co.uk  
British Osteopathic Association, General Osteopathic Council

**Joyce Griffiths  
Leaf Osteopathic Health Clinic**

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Colwyn Bay  
**LL29 7YW**  
T: 01492 535 525  
E: joyce@leafhealth.co.uk  
W: www.leafhealth.co.uk  
GOSc, BOA

**Sarah Foskelt  
The Harbourside Clinic**

4/5 Cornhill  
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Porthmadog  
Gwynedd  
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W: www.leafhealth.co.uk  
British Osteopathic Association, General Osteopathic Council

**Paul Cairns  
LA Fitness**

Leeds Shopping Plaza  
16-24 Albion Street  
Leeds  
**LS1 6HX**  
T: 0113 243 3025  
T2: 07736 430 248  
E: pcairns@naturalhealthleeds.co.uk  
W: www.naturalhealthleeds.co.uk  
General Osteopathic Council, British Osteopathic Association, Osteopathic Sports Care Association  
Paul Cairns is a structural osteopath using a wide range of hands-on techniques in order to release stiff joints, relax and stretch muscles and connective tissue, de-tension/re-tension ligaments and fascia. Osteopathy can be effective for a wide range from very subtle and gentle to more forceful manipulations as appropriate to the patient and their condition.  
Paul is fully committed to CPD having completed a wide range of post graduate courses. He specialises in dry needling and sports injuries and is particularly keen to

educate patients and give them the tools to selfhelp advising on posture, ergonomics, exercises (including core stability) and self massage techniques that can be done at home.

Because osteopathy is not routinely part of the core NHS funding most patients self fund treatment although Paul has done NHS work in the past. However, he is recognised by most major insurers including BUPA and AXA-PPP and does contract work for some local employers.

Paul currently sits on two committees the Investigating Committee for the General Osteopathic Council and as the Inter-Professional Relations Representative for the Osteopathic Sports Care Association.

**Adam Bridger  
Wetherby Osteopaths**

24 York Road  
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**LS22 4AF**  
T: 01937 684775  
E: wetherbyosteopaths@btoopenworld.com  
W: www.wetherbyosteopaths.co.uk  
British Osteopathic Association, General Osteopathic Standards Council

**Christopher Huyton  
Leeds Osteopaths (Headingley Osteopaths & York City Osteopaths)**

1 Moor Drive  
Headingley  
Leeds  
**LS6 4BY**  
T: 0113 278 6606  
E: info@leedsosteopaths.co.uk  
W: www.leedsosteopaths.co.uk  
General Osteopathic Council, British Osteopathic Association

**Glenn Lobo Associates**

227 Ashcroft Road  
Luton  
Bedfordshire  
**LU2 9AA**  
T: 01582 721 531  
F: 01582 721 531  
E: glennlobo@lineone.net  
British Acupuncture Council, General Osteopathic Council

We are members of the Osteopathic Council & Acupuncture Council. We provide emergency treatment for chronic & acute pain, treating all manner of Musculo Skeletal problems low back pain, neck & shoulder pain, headaches, migraines, trapped nerves, arthritic pain, RSI & tennis elbow. We are BUPA & PPP recognized.

**Richard Anthony Reilly  
Arthrocare**

Dimensions Health & Fitness Centre  
Centre Poynt  
Poynters Road  
Luton  
Bedfordshire  
**LU4 0LA**  
T: 01582 493 939  
T2: 07968 165 802  
F: 01582 868 882  
E: richreillyarthrocare@hotmail.com  
W: arthrocare.info  
General Osteopathic Association, British Osteopathic Association, The BBENSCH Regional Osteopathic Society  
Qualifications: 3 Year BSc in Osteopathy. 2 Year Diploma in Sports Medicine. 2 Year Diploma in Manipulative Therapy. 1 Year Diploma in Gym Instruction and Sports Rehabilitation.  
C.P.D: Richard always completes many more hours than is required by the osteopathic governing body, GosC.

Pre-treatment Health Screens: Before any treatment takes place a full orthodox medical case history, systems review and examination takes place, so as to rule out any more serious non-musculoskeletal causes of pain.

Experience: Richard has given palliative care to cancerous sufferers. Aided limb function and reduced pain to both chronic and acute M.S and Motor Neurone sufferers. Aided the rib function of asthma sufferers.

Attended the 2002 Common Wealth Games treating Weightlifters. Richard treats 4 World Master Champions in both Weightlifting and Judo. Richard has treated many Club and Pro-circuit golfers, and many Pro athletes and Premiership footballers.

Treatment: A FREE no obligation 15 minute consultation is always given prior to treatment. Patients should allow 45 minutes for treatment.

Clinic: Just 5 minutes away from L&D Hospital (by the Tesco round about). FREE under ground car park with ramps.

**Mary Jolly  
Osteoworks Clinic**

5 Market Court, Hockliffe Street  
Leighton Buzzard  
Bedfordshire  
**LU7 1HG**  
T: 01525 853127  
E: info@osteoworks.co.uk  
W: www.osteoworks.co.uk  
British Osteopathic Association, British Medical Acupuncture Society, Backcare, General Osteopathic Standards Council, Sutherland Society

**Janet Elaine Fowler**

Physiotherapy Department  
Platt Rehabilitation Unit 1  
Manchester Royal Infirmary  
Oxford Road  
Manchester  
**M13 9WL**  
T: 0161 276 4102  
F: 0161 276 4362  
E: Janet.Fowler@CMMC.nhs.uk  
Chartered Society of Physiotherapy, Council for Professions Suppl. To Medicine, British Osteopathic Association, General Osteopathic Council

**Jonathan Poston Registered Osteopath**

497 Bury New Road  
Prestwich  
Manchester  
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T: 0161 798 6352  
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E: mail@registeredosteopath.com  
W: www.registeredosteopath.net  
British Osteopathic Association, General Osteopathic Council

**I. Paul Gill  
Clarendon Clinic**

115 Chorley Road  
Swinton  
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**M27 4AA**  
T: 0161 793 5990  
F: 0161 288 7874  
E: ipgill@globalnet.co.uk  
Member of the Democratic Osteopathic Council, LCSP Register

**Denis Brown Registered Osteopath**

13 St Johns Street  
Manchester  
**M3 4DQ**  
T: 0161 834 4076  
W: www.denisbrownosteopaths.co.uk  
General Register of Osteopaths

**Daniel Bailey**

13 St John Street  
Manchester  
**M3 4DQ**  
T: 0161 839 6611  
General Osteopathic Council, British Osteopathic Association

City Osteopaths offers treatment for all kinds of painful conditions. Those most commonly treated include: back pain, neck pain, sciatica, trapped nerves, arthritis, sports injuries, whiplash and colic in babies. This is a brief list, as the scope of Osteopathy is very broad and patients are assessed on an individual basis as to whether treatment is going to be effective for them.

Daniel Bailey one of the partners at City Osteopaths, graduated in 2002 with a First Class Honours Degree in Osteopathic Medicine. He lectures on the Oxford course of Osteopathic Medicine in Anatomy and Neuro-Muscular-Skeletal Dysfunction. As well as treating back pain Mr Bailey has also been effective in treating other areas such as Temporomandibular Joint Dysfunction. Sports injuries are another interest where the clinic treats all kind of competitors from local to world-class level.

Jennifer Crook also graduated in 2002 with Honours in Osteopathic Medicine and is a Partner at City Osteopaths. As well as treating common complaints seen by most Osteopaths, Miss Crook has undergone further training in Cranial Osteopathy. This type of gentle treatment is particularly suited to the treatment of children and babies due to the plasticity of their skeletal structure during development.

**Helen Allison  
Still Point Clinic**

13A Hyde Park  
Denton  
**M34 3AF**  
T: 0161 336 6666  
F: 0161 336 6777

W: [www.stillpointclinics.co.uk](http://www.stillpointclinics.co.uk)  
General Osteopathic Council

After graduating in 1996 from the British School of Osteopathy in London with an Honours degree in Osteopathy, I worked in a multi-disciplinary clinic in Lancashire for 6 years. During this time, I gained the City & Guilds 7307 Teaching Certificate and joined the Postgraduate Faculty at the British School of Osteopathy, where I taught Cranial Osteopathy.

I have a particular interest in working with Cranial Osteopathy and in treating babies and children. In Summer 2005, I am due to complete a Postgraduate Diploma in Cranial Osteopathy.

In 2002, I opened a multi-disciplinary clinic in Denton, Manchester, where I enjoy working with a variety of practitioners, including Homeopaths, Reflexologists, Hypnotherapists and Sports Masseurs.

My Postgraduate training has provided an opportunity to study in America alongside eminent Osteopaths within the Cranial field. I have also attended many courses in the UK, including a conference on the Temporomandibular joint.

I have worked alongside dentists who specialise in functional jaw orthopaedics and have found this to be a fascinating area.

I am also, the National Regional Tutor Co-ordinator for the British School of Osteopathy Postgraduate training, as well as running two local tutorial groups.

I am also a member of the Sutherland Society.

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British Medical Acupuncture Society, Association of Therapeutic Massage, British Osteopathic Association, General Osteopathic Council

As an osteopath registered with the General Osteopathic Council I specialise in musculo-skeletal medicine. I reach a diagnosis by listening carefully to your story and by observing your posture and movement. My aim is to remove physical barriers to healing in your body and to inspire you to take responsibility for your health. People who see me suffer for instance from neck, shoulder, back or hip pain.

They might have a trapped nerve, sciatica, leg, knee, or foot pain. Sometimes bladder problems, pelvic floor or fertility problems respond to treatment. Sometimes a sports injury concerns them. Even migraine type headaches, TMJ or piriformis syndrome have responded well to treatment. Some people are stressed and want to unwind. They might need to improve their golf swing or ride a horse better.

I use the following:  
Gentle and precise manipulation,  
Craniosacral therapy,  
Massage,

Western, medical acupuncture,  
Cold laser therapy,  
Manual Lymph drainage,  
Appropriate supplements and diet advice.

I work alongside insurance companies or solicitors if you have had an accident.

Benefits include more movement in the muscles and joints with less pain. People also report improved digestion, breathing and muscle strength.

All therapies are used after taking appropriate specialist training courses.

#### Sorrel Pindar @ the Osteopath

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Osteopaths use their hands both to investigate the underlying causes of pain and to carry out treatment using a variety of manipulative techniques. These may include stretching of muscle and connective tissue, rhythmic joint movements or high velocity trust techniques to improve joint mobility. Gentle techniques are used when treating children or elderly patients.

Treatments are offered for many conditions including:  
\* Low back pain & sciatica: the most common complaint treated by osteopaths. Acute back pain can be treated very effectively. The most common causes of sciatica can usually be treated successfully. Chronic LBP takes longer to treat, but may still respond to osteopathic treatment.

\* Headache, neck and shoulder pain.

\* Arthritis: Treatment can offer relief from pain in the joint, relaxation of associated muscles, and increased mobility.

\* Tendonitis, enthesitis and adhesive capsulitis.

\* Sports injuries.

\* Pregnancy: Gentle treatment can bring relief of low back pain and can help to prepare the patient for childbirth.

\* Functional problems, including irritable bowel syndrome, period pains and breathing difficulties associated with asthma.

\* Chronic Fatigue Syndrome.

A treatment session lasts 40 minutes and includes advice on factors such as posture and lifestyle which may help with longterm relief

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Osteopath, Cranial Osteopath and Naturopath

Female osteopath using gentle and effective osteopathic techniques. We have electrotherapy equipment and laser, with video gait analysis and digital computer foot pressure measurement, if required. We offer blood testing analysis for food intolerance and allergies. The practice website with full information and patient testimonials is at [www.achingback.co.uk](http://www.achingback.co.uk)

Emergency appointments available.

Acute and chronic back and neck pain, Painful joints, Muscle and nerve conditions, Tendonitis, Pregnancy and post natal back pain, Sports injuries, Specialist equipment to identify underlying biomechanical problems affecting the feet, back or other joints of the body., Chronic Fatigue Syndrome treatment trained Food allergy and food intolerance blood testing.

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I have been a fully qualified & registered osteopath for 5 years. I have experience in treating all types of musculo-skeletal problems including back and neck pain, sports injuries, whiplash injuries, headaches, arthritic pain, strains/sprains, neuralgia, asthma, pre and post pregnancy related problems.

I use a wide range of modalities such as mobilisations, manipulation (high velocity thrusts), soft tissue massage, muscle stretching, posture and ergonomic advice, exercise routines and dry needling therapy of trigger points if suitable.

My naturopathic qualifications also enable me to give nutritional and supplementary advice to compliment the structural changes.

I am also a cranial osteopath and specialise in treating babies and young children for such problems as colic, feeding or sleeping problems, glue ear, sinus problems, asthma, hyperactivity disorders and stress.

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**A** General Osteopathic Council, British Osteopathic Association, British Horse Society, London Osteopathic Society

**B** *British School of Osteopathy qualified structural osteopath with craniosacral interest. I am an active qualified riding instructor and athletics coach.*

**C** *At the Bodylab Clinic, osteopathy is integrated with a range of complementary therapies and has a strong reputation amongst sportsmen and women. Specialising in assessment treatment and rehabilitation.*

**D** **Emily Alexander**  
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**R** BackCare, General Osteopathic Council, British Osteopathic Association

**S** *I am a Registered Osteopath who works in Muswell Hill as a sole practitioner. I provide comprehensive treatment for relief and prevention of pain. I have worked in the field of musculo-skeletal pain for 10 years. Initially as a physical therapist with various related qualifications, and then training as an Osteopath.*

**T** *As an osteopath I provide comprehensive treatment for people in pain either from a recent incident such as a sport injury or a fall, to a chronic condition, such as sciatica, RSI, whiplash, etc.*

**U** *I can treat heads, necks, backs, shoulders, elbows, wrists, hip, knees, ankles and feet. From 5 year olds to 80 +.*

**V** *I use osteopathic manual techniques, electrotherapy (interferential and ultrasound), acupuncture for pain relief and Pilates exercises. As an osteopath, I look at how your whole body functions helping to create a healthier state in which damaged tissues can heal. I provide lots of advice, and can usually give an accurate idea of number of treatments necessary. I make sure that patients don't become therapy dependant but can look after themselves once discharged.*

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General Osteopathic Council, British Osteopathic Association, Sutherland Cranial College of Osteopathy  
*Since qualification I have developed a good knowledge of sports injuries, mechanical spinal pain (particularly discogenic pain) together with specialised experience of paediatric osteopathy.*

*I also treat expectant mothers through their pregnancy and post partum to prevent post partum depression.*

*I also regularly treat children for migraines, colic, cerebral palsy, asthma, epilepsy, glue ear, and unresolved moulding of the cranium following traumatic birth.*

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*Our clinic is a multidisciplinary clinic where I am the senior osteopath, but there are other qualified osteopaths working with me. Between us we have a wealth of information covering from sports injuries, rehabilitation, geriatric care and through to the care of pregnant mothers and children.*

*(I myself work also at a special needs school and at an ice rink). All of us are committed to continuing professional development and we work well as a team. We have good rapport with our local GPs but are keen to provide services within the NHS and with our experience we feel we have much to offer. If you have any questions, do not hesitate to contact us.*

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*Fees: 1st visit, i.e. consultation, examination and treatment £45.00. Treatments thereafter £35.00*  
*General family osteopathy including babies and young children. Sports Therapy. Functional and nutritional medicine. Areas of special interest: Chronic diseases, i.e. ME (CFS) and Fibromyalgia.*

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 Sutherland Cranial College, British Osteopathic Association, General Osteopathic Council  
*Cranial and structural osteopathy.*  
*For pain arising from a musculo-skeletal origin anywhere within the body.*  
*Most commonly encountered conditions: low back pain, neck pain, headaches, trapped nerves, arthritic joints and whiplash injuries.*  
*Cranial osteopathy is a particularly gentle form of treatment. Often used to treat birth trauma, colic in babies, glue ear, irritable bowel syndrome and acute inflammatory conditions e.g. bells palsy.*

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BOA, GosC  
*The Shenington Osteopathic Clinic is easy to find, near Banbury. Free parking outside clinic. A satellite clinic is available at Moreton-in-Marsh, Gloucestershire.*

*Jerry Longland (BSc MBA BSc) has been working in the field of Physical Therapy for over 10 years and draws upon a varied educational and sporting background to help in preparation of management and rehabilitation plans for each individual.*  
*What Do We Treat? Pain, Headaches, Sore Necks and Backs, Posture, Sports injuries, Muscle damage, Imbalances, Short and long-term Aches and Pains.*  
*Treatments. Structural, cranial and visceral osteopathic techniques.*

*Interferential and ultrasound electrotherapy.*  
*Babies, pensioners and pregnant women.*  
*Advice: Diet, rehabilitation, training, exercises, posture, preparation for events and recovery from them!*

*Working With Horses And Riders. Jerry has 3 horses and is a keen rider. He has adopted many techniques and developed his own for treating animals.*  
*Clients report improvement to the performance of their horses after having treatment to themselves.*

*Treatment is offered to both horse and rider, the aim is to optimise performance for both halves of the partnership. The practice has access to a large indoor school and stable yard where horses can be assessed and treated. Travel is undertaken to treat horses as appropriate.*

**Oonagh (Kerry) Ruddick Summertown Clinic Ltd**

362 Banbury Road  
Oxford  
**OX2 7PP**  
T: 01865 558 561  
F: 01865 558 561  
W: www.summertownclinic.co.uk  
General Osteopathic Council  
*I am registered with the General Osteopathic Council and fully insured.*  
*I am a provider for most Private Health Insurances including PPP and BUPA.*  
*I graduated from The British College of Naturopathy and Osteopathy in London in 1968.*  
*I have since then attended many postgraduate courses, including courses on Cranial Osteopathy, Osteopathic Techniques and Applied Kinesiology, to extend my range of diagnostic and treatment skills.*

*My treatment is mainly structural in approach applying Osteopathic procedures such as manipulation, articulation and soft tissue techniques.*

*I treat patients with a wide range of conditions and work with people of all ages including many older patients who I feel can benefit greatly from appropriate gentle Osteopathic treatment. I give advice on posture and exercise as is required to help my patients.*

*Together with my husband David, who is also an Osteopath and an Acupuncturist, I set up the busy Summertown Clinic which is the longest established Clinic for Osteopathy and Complementary medicine in Oxford.*

**David Ruddick Summertown Clinic**

362 Banbury Road  
Oxford  
**OX2 7PP**  
T: 01865 558561  
F: 01865 558561  
W: www.summertownclinic.co.uk  
General Osteopathic Council, British Acupuncture Council

**Tom Bedford Eau de Vie**

34 Cowley Road  
Oxford  
**OX4 1HZ**  
T: 01865 200678  
General Osteopathic Council, Oxford Osteopathic Society, Oxford Spinal Research Group

**Tom Bedford Eau de Vie**

34 Cowley Road  
Oxford  
**OX4 1HZ**  
T: 01865 200 678  
W: www.eaudevie.net  
British Osteopathic Association, General Osteopathic Council

**Clive Lindley-Jones Helix House Natural Health Centre**

15 Warwick Street  
Oxford  
**OX4 1SZ**  
T: 01865 243 357  
F: 01865 243 357  
E: info@helixhouse.co.uk  
W: www.helixhouse.co.uk  
General Osteopathic Council

**Laura Humphreys Charlbury Osteopaths**

Unit 2, The Spendlove Centre  
Enstone Road  
Charlbury, Oxfordshire  
**OX7 3PQ**  
T: 01608 811 999  
F: 01608 811 664  
E: charlburyosteopaths@hotmail.co.uk  
Sutherland Cranial Course, British Osteopathic Association, General Osteopathic Council

**Ian Moran The Practice**

98 High Street  
Thame, Oxfordshire  
**OX9 3EH**  
T: 01844 213 3442  
T2: 01844 216 665  
E: osteoinhouse@hotmail.com  
W: www.thepractice-thame.co.uk  
Osteopathic Sports Care Association, General Osteopathic Council, British Osteopathic Association  
*I am practiced in the management and treatment of: Sport Injuries*  
*All related Muscular problems*  
*Paediatric osteopathy*  
*Pregnancy related conditions*  
*Joint and Arthritic pain*  
*Back pain and sciatica*  
*Postural problems*  
*Headache pain.*

**John Cleat Inverclyde Osteopathic Clinic**

13 Union Street  
Greenock, Inverclyde  
**PA16 8JL**  
T: 01475 888 132  
E: johncleat@yahoo.co.uk  
General Osteopathic Council, British Osteopathic Association

**David Longstaff**

56 Broadway  
Peterborough  
Cambridgeshire  
**PE1 1SU**  
T: 01733 310978  
E: david.longstaff@hotmail.co.uk  
W: www.davidlongstaff.com  
General Osteopathic Standards Council  
*I started training in 1974 at the British School of Osteopathy. The course was 4 years fulltime. I chose the course because I had many spinal problems as a teenager mostly from sport! When I started at college we started looking at each other's back from day one. The gentle loosening up of my spine meant that within 6 weeks, my spine was pain free, so from that point on I was hooked on Osteopathy.*  
*I started this practice in 1978 in Stamford and moved to the current site in 1984. I normally have at least three osteopaths (currently Phillip, Lisa, Matilda,) assisting me at the practice, so we cover a wide variety of problems.*

*The biggest group of problems is lower back, upper back and neck problems. We also deal with arm and leg problems, headaches, jaw problems etc.*  
*If you are coming in with insurance, please tell the receptionist.*  
*We have a fulltime reception at 9-1p.m., 2-6p.m., Mon-Fri. We are available in addition early morning, evenings and weekends.*

**Timothy Richmond The Osteopathic Clinic**

101 Fyde Street  
Boston, Lincolnshire  
**PE21 8LG**  
T: 01529 414 894  
General Osteopathic Council, British Osteopathic Association

**Jane Morris Centre for Complementary Health**

6 Cambridge Road  
Godmanchester  
Huntingdon, Cambridgeshire  
**PE29 2BW**  
T: 01480 455221  
F: 01480 411588  
E: osteojane@aol.com  
General Osteopathic Council, British Osteopathic Association, Acupuncture Association of chartered Physiotherapists

**Averille Morgan & Associates**

41 School Road  
Heacham  
King's Lynn  
Norfolk  
**PE31 7DQ**  
T: 01485 571559  
F: 01485 571559  
E: averille@onetel.com  
W: www.healthypregnancy.org.uk  
General Osteopathic Council

**Adrian Banbury**

3 Manley Terrace  
Station Road  
Liskeard  
Cornwall  
**PL14 4DW**  
T: 01579 342 273  
British Osteopathic Association, General Osteopathic Council

**Caroline Herbert Stubbington Natural Health Clinic**

3 Stubbington Lane  
Stubbington  
Fareham, Hampshire  
**PO14 2PP**  
T: 01329 665 871  
E: info@stubbingtonnaturalhealthclinic.com  
W: www.stubbingtonnaturalhealthclinic.com  
General Osteopathic Council, British Osteopathic Association, British Medical Acupuncture Society, Federation of Small Businesses, Traditional Chinese Medical Association for Scientists  
*Stubbington Natural Health Clinic*  
*Established since the early eighties the Stubbington Natural Health Clinic has grown into the highly successful treatment centre for many types of medical conditions. Our main strengths include an empathy for our patients and an eagerness to help in a professional manner. All practitioners have undergone postgraduate education and are involved in continuing professional development.*  
*Proprietor Caroline Herbert, D.O., Registered Osteopath,*

B.Sc., (Hons), L.C.S.P. (Phys), A.M.Cr.O.A., Dip.T.C.M.Ac., B.M.A.S (assoc), has built up a popular and busy practice catering for the needs not only of a loyal local cliental but also patients who travel many miles to benefit from the high standard of treatments available.

Now employing nearly 40 staff the therapies available include: Osteopathy (including cranial and visceral), Acupuncture and Traditional Chinese Herbal Medicine, Remedial, Sports, Indian Head and Aromatherapy Massage, Allergy and Bone Density Testing, Nutritional Therapy, Chiropody, Homeopathy, Medical Herbal Medicine, Psychotherapy (including Counselling and Hypnotherapy), Alexander Technique, Pilates, Biomechanical Assessments, Reiki and Reflexology.

Domiciliary visits are also available.

Our friendly and efficient staff will deal with all enquiries in utmost confidence.

#### Simon Palmer

Reynolds Barn, Farm Close  
Fishbourne  
Chichester, West Sussex  
**PO18 8AW**  
T: 01243 784500  
E: simon@simonpalmer.com  
General Osteopathic Standards Council

#### Elaine Sturgess Hollistic Osteopathy Ltd

Laburnums, Hook Lane  
Aldingbourne  
Chichester, West Sussex  
**PO20 3TE**  
T: 01243 545 200  
E: elaine.sturgess@virgin.net  
British Osteopathic Association, General Osteopathic Council

*Elaine Sturgess D.O., G.Os.C graduated from the European School of Osteopathy (ESO) in 1986 after completing 4 years Fulltime study.*

*On graduating she had the privilege of working with the late Dr Alan Stoddard for 4 years. When he retired in 1990, Elaine then worked with Dr Tanner in a multidisciplinary team until 1997 when she moved her practice to her home in Aldingbourne. She also sees patients one morning per week at Oakwood House in Chichester.*

*Elaine specialises in treating back, neck and joint problems in all ages, as well as treating children and infants craniosacrally eg. Babies suffering colic or sleep disorders. Treatment covers assessment, massage, relaxation, articulation, manipulation, traction, posture-training, rehabilitation, counselling and advice.*

*N.B. She is one of the few Osteopaths able to offer mobilisation of the lumbar spine under traction which was taught to her by Dr Stoddard. Her treatment couch was specially built for this purpose and she attains excellent results treating disc injuries and spondylosis. Her approach is broad based and she works both structurally & functionally depending on the patients needs.*

*She offers a prompt, reliable service. Consultations and treatment take place in exceptionally comfortable surroundings, and at Aldingbourne there is off-street parking.*

#### David Barton Ryde Osteopathic Practice

48 High Park Road  
Ryde  
Isle of Wight  
**PO33 1BX**  
T: 01983 614 777  
F: 01983 614 777  
British Osteopathic Association, General Osteopathic Council

#### Jonathan Butterworth

56B Collins Road  
Portsmouth  
**PO4 9NZ**  
T: 02392 734815  
E: jdb@osteopathicsolutions.com  
W: OsteopathicSolutions.com  
General Osteopathic Council, British osteopathic Association

#### Dorothy Griffiths Remedy Centre for Health

166 Tulketh Road  
Ashton on Ribble  
Preston, Lancashire  
**PR2 1ER**  
T: 01772 761 166  
F: 01772 761 166  
E: dorothy@remedycentre.co.uk  
W: www.remedycentre.co.uk  
British Osteopathic Association, General Osteopathic Council

Qualified in 1980, Dorothy worked as an associate in Ashton and Dorothy has developed the clinic into a Centre of Excellence offering the best in Complementary healthcare including Acupuncture, Homeopathy, Counselling, Aromatherapy, Reiki as well as Physiotherapy, Chiropody and Podiatry.

We offer total Osteopathic care including the treatment of back and neck problems, sports injuries, arthritic pain, headaches, pregnant women, children, acute and chronic conditions.

Although not currently employed by the NHS Dorothy has worked at Chorley and South Ribble Hospital and has worked for fundholding GPs.

The Centre has full reception facilities, ample free parking and disabled access.

Dorothy has been actively involved in the profession having served as president of the Osteopathic Association from 1990-1992 and has been an Osteopathic Careers Advisor of 15 years. She coestablished a Helpline for Osteopaths in 1995 and is National coordinator for the scheme involving extensive training with the Samaritans. Dorothy is committed to Continuing Professional Development and has organised and participated in many courses throughout her 25 years in practice.

#### Michael Gregson Albert House Clinic

2 Albert Road  
Fulwood  
Preston, Lancashire  
**PR2 8PJ**  
T: 01772 712 048  
General Osteopathic Council, British Osteopathic Association

#### Phillip Howard Southport Osteopathy Clinic

72 Portland Street  
Southport, Merseyside  
**PR8 6QX**  
T: 01704 543532  
British Osteopathy Association

#### Michael Davis Natural Therapy Practice

St. Mary's House  
55/6 Cheap Street  
Newbury, Berkshire  
**RG14 5DH**  
T: 01635 30252  
British Osteopathic Association, General Osteopathic Council

#### Victoria Pye Berkshire Hollistic Health Centre

27 Craven Road  
Newbury, Berkshire  
**RG14 5NG**  
T: 0163 531 679  
W: www.bhhc.me.uk  
General Osteopathic Council, British Osteopathic Association

#### Ian Harrison Hampshire Clinic

Basing Road  
Old Basing  
Basingstoke, Hampshire  
**RG24 7AL**  
T: 01256 770022  
W: www.overtonclinic.co.uk  
British Medical Acupuncture Society, British Osteopathic Association, General Osteopathic Standards Council

#### Victoria Pye The Rocksdown Practice

Mill Road  
Rocksdown  
Basingstoke  
Hampshire  
**RG24 9SP**  
T: 01256 399 710  
F: 01256 399 733  
General Osteopathic Council, British Osteopathic Association

#### Ian Harrison Overton Clinic

2 London Road  
Overton  
Basingstoke  
Hampshire  
**RG25 3NP**  
T: 01256 770022  
W: www.overtonclinic.co.uk  
British Medical Acupuncture Society, British Osteopathic Association, General Osteopathic Standards Council

#### Becky Hall Osteohealthcare

7 St Mary's Avenue  
Bramley  
Hampshire  
**RG26 5UU**  
T: 01256 884 139  
F: 01256 884 139  
E: beckyhall@osteohealthcare.com  
W: www.osteohealthcare.com  
Sports Massage Association, General Register for Naturopaths, General Osteopathic Council, British Osteopathic Association, Naturopathic Association

#### David Herson Hart Osteopathy

New Cottage  
Glebe Lane  
Hartley Wintney  
Hampshire  
**RG27 8EA**  
T: 01252 842808  
E: David@hartosteopathy.co.uk  
W: www.hartosteopathy.co.uk  
British Osteopathic Association

#### Louise Sanders Odiham Osteopathic Clinic

Odiham Health Centre  
Deer Park View  
Odiham  
Hampshire  
**RG29 1JY**  
T: 01256 702371  
F: 01256 393111  
General Osteopathic Council, BackCare (formerly National Back Pain Association)

#### Karen Phillips Emmer Green Surgery

4 St Barnabas Road  
Emmer Green  
Reading  
Berkshire  
**RG4 8RA**  
T: 01491 684060  
British Osteopathic Association, General Osteopathic Council

#### Stuart Collings

156 Barkham Road  
Wokingham  
Berkshire  
**RG41 2RP**  
T: 0118 989 4525  
E: stuartcollings@byopenworld.com  
W: www.finespine.co.uk  
British Osteopathic Association, General Osteopathic Council

#### Katherine Benstead BSc DCR&T Natural Health Consultancy

Stratfield House  
188 Dukes Ride  
Crowthorne  
Berkshire  
**RG45 6DS**  
T: 01344 771 212  
Society & College of Radiographers, General Osteopathic Council, British Osteopathic Association

#### Bruce Carnegie Chapel Row Surgery

The Avenue  
Bucklebury  
Reading  
Berkshire  
**RG7 6NS**  
T: 07900 565 182  
E: brucecarnegie@aol.com  
BOA, GOsC

#### Sophie Parkes Tiverton House Clinic

Tiverton House  
The Slade  
Bucklebury  
Reading  
Berkshire  
**RG7 6TL**  
T: 01635 865 757  
F: 01635 866 112  
E: tivertonhc@hotmail.com  
W: www.achesandpains.org  
BOA, GOsC

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**Kelley Waters  
The Orchard Clinic**

Garlands Farm  
Gardeners Lane  
Upper Basildon  
Reading  
Berkshire  
**RG8 8NP**  
T: 01491 672 332  
F: 01491 672 335  
E: theorchardclinic@aol.com  
W: www.theorchardclinic.co.uk  
British Osteopathic Association, General Osteopathic Council

*The Orchard Clinic, founded by Osteopath Kelley Waters DO BSc (Hons) Ost.(GOsC Reg.) is a well-established centre offering Osteopathy and Cranial Osteopathy alongside a wide range of Complementary Health Therapies. These include Remedial Massage, Podiatric Biomechanics, Homeopathy, Counselling and Psychotherapy. The Clinic has easy parking, is 8 minutes from Pangbourne and is on a regular bus route.*

*Osteopathy is a safe, effective hands-on therapy treating the whole person. Osteopaths diagnose and treat structural stresses and strains that may be interfering with health; this therapy is well known to be beneficial for aches and pains in the bodys framework.*

*Osteopathy can also help an enormous variety of symptoms and problems in babies, children and adults. Common symptoms treated are back pain, fatigue, joint pain, stiffness, headaches, sports injuries, growing pains, repetitive strain injury and frozen shoulder. Osteopathy can also be helpful during and after pregnancy.*

*Cranial Osteopathy is a refined and subtle type of Osteopathic treatment, a popular choice for babies and children. Common symptoms treated are glue ear, behaviour and sleep problems, colic, birth trauma and post delivery check up. Also used on adults for a variety of symptoms and illness including headache, digestive problems and insomnia.*

**Stephen Deadman  
The Back Care Clinic**

4 Westway  
Three Bridges  
Crawley  
West Sussex  
**RH10 1JY**  
T: 01293 404040  
T2: 07980 603038  
E: mrdeadman@backcareclinic.co.uk  
W: backcareclinic.co.uk  
British Osteopathic Association, London & Counties Society of Physiologists, Registered Member of General Osteopathic Council

**Stephen Palmer  
The Bodycare Clinic**

K2 Crawley  
Pease Pottage  
Crawley  
West Sussex  
**RH11 9BQ**  
T: 01293 533082  
E: steve@bodycare-clinic.co.uk  
W: www.bodycare-clinic.com  
General Osteopathic Standards Council, British Osteopathic Association, Backcare

**Amanda Brown  
Evergreens Osteopathy**

177 Comptons Lane  
Horsham  
West Sussex  
**RH13 6BW**  
T: 01403 262 636  
E: evergreens@dsl.pipex.com  
B.O.A

**Nicholas Emens  
Emens Osteopathic Clinic**

Hurst Cottage, Golding Lane  
Mannings Heath  
West Sussex  
**RH13 6JX**  
T: 01403 272 144  
T2: 07762 711 008  
E: nickemens@aol.com  
W: www.betterback.co.uk  
General Osteopathic Council, BackCare, British Osteopathic Association

*Nick works in the NHS as part of the integrated back pain service at Horsham Hospital. As the only osteopath in the multidisciplinary team, Nick treats chronic and acute back/neck/hip pain patients. He is also available for consultation privately in Horsham and in Central London.*

*Nick trained at the British School of Osteopathy in London. As a registered Osteopath Nick is entered in the register of the General Osteopathic Council (GOsC). Nick also belongs to the British Osteopathic Association and Backcare.*

*Nick has a wealth of experience in sports, with a Sports and Exercise Sciences degree from the University of Birmingham as well as competing at high level himself in Athletics, Skiing and Rugby. Nicks particular interests are in Sports injuries and the development of optimal health through individually tailored treatment. Nick is also skilled in the use of dry needling for acute and chronic injuries.*

*The most commonly treated conditions are:*

*Back pain e.g. sciatic irritation, disc injuries, Headaches  
Joint pains e.g. arthritis in hands, hips, knees etc.  
Migraines, , Muscle strains, Neck and shoulder pains,  
Sporting injuries etc, Structural problems in pregnancy,  
Whiplash injuries*

**Anthony Pusey**

Awbrook Lodge  
Lewes Road  
Haywards Heath  
West Sussex  
**RH17 7TB**  
T: 01444 831 576  
F: 01444 831 211  
General Osteopathic Council, British Osteopathic Association

**Marina Urquhart-Pullen  
Meridian Osteopaths**

12 Blackwell Farm Road  
East Grinstead  
West Sussex  
**RH19 3HX**  
T: 01342 326708  
T2: 07736 074988  
F: 01342 326708  
E: marina@meridianosteopath.co.uk  
General Osteopathic Council GOsC, British Osteopathic Association BOA

*Using mainly the more gentle structural techniques.*

*Also able to use Craniosacral Osteopathy especially useful for babies and children.*

*Providing a small sports injuries clinic especially for the mini-rugby players of E.G.RFC but others welcome.*

*Approved by all the major insurance companies e.g. BUPA; PPP etc.*

**Robert Sadler**

Winterfields Farm  
Wiggonholt  
Pulborough  
West Sussex  
**RH20 2EJ**  
T: 01798 874736  
F: 01798 875989  
General Osteopathic Council

**Catrin Mear  
Church Lane Osteopaths, Oxted**

52 Church Lane  
Oxted  
Surrey  
**RH8 9NB**  
T: 01883 716514  
E: mear.cat@virgin.net  
General Osteopathic Standards Council

**Jemma Sussman  
Bodybalance Health Solutions**

91 Billet Lane  
Hornchurch  
Essex  
**RM11 1XJ**  
T: 01708 501 150  
British Osteopathic Association

**Andrew Ranson  
Osteopathic Clinic**

Rosewood Medical Centre  
30 Astra Close  
Elm Park  
Hornchurch  
Essex  
**RM12 5NJ**  
T: 01708 455 559  
British Osteopathic Association

**Paul Naisbitt  
Sunnyside Osteopathic Centre**

61 Blackshots Lane  
Grays  
Essex  
**RM16 2JX**  
T: 01375 372 600

General Osteopathic Council, British Osteopathic Association, Sutherland Cranial College of Osteopathy  
*Since qualification I have developed a good knowledge of sports injuries, mechanical spinal pain (particularly discogenic pain) together with specialised experience of paediatric osteopathy.*

*I also treat expectant mothers through their pregnancy and post partum to prevent post partum depression.*

*I also regularly treat children for migraines, colic, cerebral palsy, asthma, epilepsy, glue ear, and unresolved moulding of the cranium following traumatic birth.*

**Sara Lovett  
Sunnyside Osteopathic Centre**

61 Blackshots Lane  
Grays, Essex  
**RM16 6JX**  
T: 01375 372600  
W: www.sunnysidecentre.co.uk  
General Osteopathic Council

**Ben Calvert-Painter  
Essex Osteopathic Clinics**

Bannatynes  
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Chafford Hundred  
Grays, Essex  
**RM16 6YJ**  
T: 01375 481 222  
T2: 01375 481 212  
E: calvertpainter@yahoo.com

Osteopathic Sports Care Association, British Osteopathic Association, Physiotherapy Pain Association, National Back Pain Association, General Osteopathic Council  
*Ben Calvert-Painter has spent many years treating the requirements of all stages of life, from new-borns, treating a variety of conditions including colic and sleeping difficulties, through the aged.*

*His treatment modules can include Cranial Osteopathy, Myofascial Acupuncture (a western form of acupuncture), mobilisation, manipulation, soft-tissue techniques, counter-strain, muscle energy and exercise programs to name a few.*

*He is a tutor at the British School of Osteopathy and has extensive experience in a variety of Osteopathic and Medical environments ranging from G.P. practices to pitch-sides in several different sporting arenas including semi-pro football teams, National American football teams and a variety of amateur teams. This has included the designing of rehab, strength and endurance programs.*

*Ben Calvert-Painter is a member of the General Osteopathic Council, British Osteopathic Association, Osteopathic Sports Care Association, Back Care and The Neuro Orthopedic Institute. He is also registered with BUPA, PPP, HAS, Norwich Union and most insurance agencies.*

**Peter Still  
Grays Complementary Clinic**

2 Cromwell Road  
Thurrock  
Grays, Essex  
**RM17 5HF**  
T: 01375 396 402  
E: syntax@tiscali.co.uk  
W: www.fit4living.co.uk  
British Osteopathic Association, General Osteopathic Council, Essex Osteopaths

**Richard C. Holford  
1st Call Osteopath**

22 Pemberton Avenue  
Gidea Park  
Romford  
Essex  
**RM2 6EX**  
T: 01708 740498  
British Osteopathic Association, General Osteopathic Council

**Jemma Sussman  
Bodybalance Health Solutions**

153 Oldchurch Road  
Romford  
Essex  
**RM7 OBD**  
T: 01708 702 200  
W: www.bodybalance.co.uk  
British Osteopathic Association

**Alfie Birch  
Lewington Birch & Associates**

55 White Hart Lane  
Romford, Essex  
**RM7 8JB**  
T: 01708 722 509

E: alfiebirch@hotmail.com  
 British Osteopathic Association, General Osteopathic Council  
*Alfie Birch BSc (Hons)*  
*Qualified & GOC Registered Osteopath 2002*  
*Currently running 2 successful practices in Hockley and Romford with Special interests in:*  
*Back & Neck pain*  
*General Musculo-skeletal pain*  
*Core stability / Pilates*  
*Sports Injuries*  
*Rehabilitation & Fitness Training*  
*Osteoporosis / & Ultrasound screening*  
*Member of the British Osteopathic Association*  
*Langham House West, Mill Street, Luton, Beds, LU1 2NA*  
*01582 481 533 www.osteopathy.org*  
*Member of the General Osteopathic Council (GOC)*  
*176 Tower Bridge Road, London, SE1 3LU*  
*0207 357 6655 Web: www.Osteopathy.org.uk*

**Christopher Johnson**  
**The Osteopathic practice**

1 Sale Hill  
 Sheffield  
**S10 5BX**  
 T: 01142 664786  
 E: enquiries@theosteopathicpractice.com  
 W: www.theosteopathicpractice.com  
 General Osteopathic Standards Council  
*I originally qualified as a nurse in Sheffield in 1984, and soon after that, suffered a back injury lifting a patient. The osteopathic treatment that I received at the time inspired me to undertake the four-year training to become an osteopath myself.*  
*I have seventeen years experience since I qualified, this included a three-year stint in New Zealand, and I have been based in Sheffield for the last ten years.*  
*Alongside my work with adults, I have a particular interest in cranial osteopathy for babies and children, and am currently studying further in this area, working towards an MSc in Paediatric Osteopathy.*  
*I work as a volunteer osteopath one day each week at the Osteopathic Centre for Children in Manchester.*

**Simeon Hempsall**  
**Active Health Care Clinic**

388 Ecclesall Road  
 Sheffield  
**S11 8PJ**  
 T: 0114 267 1901  
 W: www.activehealthcareclinic.co.uk  
 British Osteopathic Association, General Osteopathic Council

**Kim Thompson**  
**Hathersage Osteopathic Practice**

Station Road  
 Hathersage  
 Hope Valley  
 Derbyshire  
**S32 1DD**  
 T: 01433 659 991  
 E: kimjthompson@gmail.com  
 General Osteopathic Council, British Osteopathic Association

**John Stutton**  
**Bannerdale Osteopathic Practice**

24 Bannerdale Road  
 Sheffield  
**S7 2DL**  
 T: 01142 556255  
 E: john@bannerdaleosteopaths.co.uk  
 W: www.bannerdaleosteopaths.co.uk  
 General Osteopathic Standards Council, British Osteopathic Association

**Ian Griffiths Osteopathic Clinic**

29 West End  
 Llanelli  
 Carmarthenshire  
**SA15 3DN**  
 T: 01554 755 772  
 E: pgriffiths@aol.com  
 BOA, SWOSGOSc

**Eifion Lewis Registered Osteopath**

Tara House  
 7 Uplands Crescent  
 Uplands  
 Swansea  
**SA2 0PA**  
 T: 01792 898960  
 E: eifion.lewis@osteotaff.co.uk  
 W: www.osteotaff.co.uk  
 General Osteopathic Standards Council

**Cyprian Londt**  
**Peckham Pulse Osteopathic Practice**

Melon Road  
 London  
**SE15 5QN**  
 T: 020 7701 2535  
 E: c.londt@talk21.com  
 W: www.peckhamosteopaths.co.uk  
 General osteopathic Council, British Osteopathic Association, London Osteopathic Society

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 W: www.crystalpalaceosteopaths.com  
 London Society of Osteopaths, General Osteopathic Council

**Amberin Fur**  
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 F: 020 8299 9942  
 E: enquiries@osteopathuk.com  
 W: www.osteopathuk.com www.thevalepractice.co.uk  
 GOSc, BOA British Osteopathic Association, OSCA Osteopathic Sports Care Association

**Graham Yates**  
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 General Osteopathic Council, Osteopathic Sports Care Association  
*I work both in the NHS, working from 3 NHS practices in East Dulwich and Herne Hill and in practice which is also in East Dulwich, South London. I also work one day a week teaching clinical examination skills and clinic tutoring on an Osteopathic degree course.*  
*Prior to training as an osteopath I spent 10 years working as an NHS Nurse (RGN) in London hospitals and in community setting, working alongside G.Ps.*  
*My practice is built on evidence based medicine and I have regularly use manipulative and soft tissue techniques as well as ultrasound and interferential therapy.*  
*I focus on preventative advice and use contacts with pilates and Yoga instructors, local gyms when necessary. I also loan out mobile boards, therabands and dumbbells when required. I regularly give patients stretch and exercise sheets to aid rehabilitation.*

**Eva Cadalso**  
**South Norwood Clinic**

2 Whitworth Road  
 London  
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 T: 020 8239 7728  
 F: 0208 239 7728  
 W: www.southnorwoodclinic.co.uk  
 General Osteopathic Standards Council  
*Eva Cadalso BSc (Hons) Ost. Registered Osteopath. Graduate of the British School of Osteopathy. Practises general osteopathy and dry needling and has a particular interest in sports injuries (previously gained a Sports Science Degree) and cranial osteopathy.*  
*At the newly opened multidisciplinary South Norwood Clinic, Acupuncture, Homeopathy, Chiropody, Aromatherapy and Reflexology are also available by professionally qualified therapists.*

**Neil Fennel**  
**Classical Osteopaths**

193 Brockley Road  
 London  
**SE4 2RS**  
 T: 020 8691 1951  
 W: www.back2elf.net  
 General Osteopathic Standards Council, Cranio Sacral Therapy Association

**Hannah-Jane Walder**  
**Osteopathy First**

Fitness First Club  
 Roaring Meg Retail Park  
 Stevenage, Hertfordshire  
**SG1 1XN**

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 W: www.osteopathyfirst.co.uk  
 OSCA The Osteopathic Sports Care Association, BackCare The National Charity For Healthy Backs, British Osteopathic Association, General Osteopathic Council, BBENSCH Regional Osteopathic Society

**Julia Philpot**  
**Registered Osteopath : The Natural Therapy Centre**

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 Hertford  
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 T: 01992 589 439  
 T2: 07956 518 027  
 E: juliaphilpot2@btopenworld.com  
 UKCC, British Medical Acupuncture Society, General Osteopathic Council, British Osetopathic Association  
*Julia offers treatment for all Musculo-skeletal conditions, including symptomatic relief in Rheumatological disorders such as Rheumatoid arthritis/Ankylosing Spondylitis / and chest problems such as Asthma.*  
*Julia has a critical care Nursing background and remains an R.G.N. She also practices Medical Acupuncture and is a member of the British Medical Acupuncture Society.*  
*Cranial osteopathy is offered for babies/children and adults.*  
*This is an gentle & effective treatment for babies who have suffered birth trauma, by releasing tension in the musculo-skeletal system.*  
*Conditions Treated: Arthritis, RSI, Prolapsed Disc, Headaches, Tennis/Golfers Elbow, Frozen Shoulder, Planter Fasciitis, Spine Pain, Sports Injuries.*

**Maria Costello**  
**Codicote Osteopathic Clinic**

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 General Osteopathic Clinic, Register of Naturopaths

**Clare Richmond & Assoc**

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 BOA, GOSc

**Linda Premadasa**  
**Woodside Osteopathic Clinic**

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 T: 01462 452 929  
 General Osteopathic Council, British Osteopathic Association  
*Woodside Osteopathic Clinic*  
*Ms Linda Premadasa ND DO*  
*Graduate of British College of Osteopathic Medicine (BCOM) 1988*  
*Principle lecturer in osteopathic technique and clinic tudor (BCOM)*  
*Dr Ahmed El-Sayed MBChB DO*  
*Graduate of University of Cairo school of medicine 1986*  
*Graduate of British College of Osteopathic Medicine (BCOM) 1991*  
*Both practitioners are members of the General Osteopathic Council (GOSc) and registered with BUPA and PPP private medical insurance.*  
*Woodside Osteopathic Clinic has been Hitchin based for the last 30 years. It was previously run by Mr Peter Colvin DO until he retired in 1997. Most of our patients come by personal recommendation and some by referral from their doctor or consultant.*  
*Treatment varies according to age and complaint. NO! we do not manipulate all patients. Occasionally there are patients who may need to be sent back to their doctor in the event there is a suspected underlying pathology.*  
*Treatment at Woodside Osteopathic Clinic is tailored to suit the patient and the complaint. Our modalities may include mobilisation, soft tissue work, manipulation, muscle energy techniques, postural advice, appropriate exercises, hydrotherapy and advice on life style changes. The clinic is equipped with traction tables, ultra sound and TENS...*

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**Dick Wyatt  
Bearton Osteopaths**

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British Osteopathic Association, General Osteopathic Council

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General Osteopathic Council

176 Tower Bridge Road  
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British Osteopathic Association  
Langham House West  
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Luton

Bedfordshire  
LU1 2NU

*Qualifications & Training:*  
BSc (Hons) Osteopathy  
Cranial Osteopathy Stages 1 & 2  
Visceral Manipulation

*I am a Cranial Osteopath, currently practising in Hertfordshire and Cambridgeshire.*

*I am a specialist in the effective remediation of difficult sub-clinical presentations including whiplash, post-parturition, senile physical degeneration and similar, in addition to the orthodox roster of cranial, structural and visceral pathologies such as headaches, neonatal problems and musculo-skeletal and GIT insults.*

*Cranial treatment is non-invasive and very gentle, generally applicable across all age ranges. Ordinarily the patient lies supine, but treatment can be given in any position.*

*There is little or no requirement for body exposure beyond initial examination.*

*Patients are welcome to bring a companion if they wish. Many problems can be alleviated in one to three appointments, but chronic conditions may take longer.*

**Roger Newman Turner  
Letchworth Clinic for Natural Therapy**

111 Norton Way South  
Letchworth  
Hertfordshire

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T: 01462 684 232  
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E: clinic@naturomed.co.uk  
W: www.naturomed.co.uk

British Acupuncture Council, General Osteopathic Council, General Council and Register of Naturopaths  
*Our osteopathy, evolved through many years service to the wider community of North Hertfordshire, is a gentle approach suited to patients of all ages. With an emphasis on soft-tissue techniques and including hydrotherapy advice and acupuncture, where appropriate, we are able to provide effective treatment for a wide range of acute and chronic musculo-skeletal disorders.*

*By integrating lifestyle and naturopathic nutritional advice with osteopathic treatment, we can also address wider health disorders, such as headaches, breathing difficulties, and fatigue.*

*For developmental problems in infants and children we also use cranio-sacral techniques that have proved beneficial for cases of colic, glue-ear, teething difficulties, and birth trauma.*

*For more information go to www.naturomed.co.uk*

**Tim Moynihan  
Osteopathic and Sports Injuries Clinic**

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**Tim Moynihan  
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**Denis Brown Registered Osteopath**

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**Elizabeth Curphey  
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British Osteopathic Association, General Osteopathic Council

*Elizabeth Curphey, registered osteopath, trained for 4 years at the British School of Osteopathy, qualifying in 1999. Her practice in Macclesfield was set up in 2001. She treats all types of musculo-skeletal problems, from low back pain, neck pain, hip and knee problems to sports injuries and headaches. Patients can refer themselves or be referred by their GP. At the initial consultation a full case history is taken, asking about their presenting symptoms as well as their general health. Providing treatment is appropriate a standing examination is undertaken to assess posture, muscle tone and joint flexibility. Treatment is gentle and non-invasive and patients often feel an improvement in their symptoms quickly. Cranial osteopathy is also available. This is a refined type of osteopathic treatment that uses gentle manipulative pressure to encourage the release of stresses from the body tissues. The bones of the head have this small but distinct motion and health problems occurring in any region of the body may have their origins in a disturbance of this motion. It can be particularly beneficial for babies and children who have had traumatic births.*

**Paul Nye  
The Macclesfield Osteopathic Surgery**

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The British Osteopathic Association, The General Osteopathic Council

**Clifford Lomas  
Manor House Diagnostic & Therapy Centre**

7 High Street East  
Glossop, Derbyshire  
**SK13 8DR**  
T: 01457 860 860  
British Osteopathic Association, General Osteopathic Council  
*Charges: First appointment consultation and treatment £36*

*Follow up treatment £29*  
Registered with major health insurers  
*Practice hours: Stockport: Tuesday, Thursday 9.30am - 5.50pm. Wednesday 11am-5pm. Friday 5-8pm. Glossop: Monday 10am-6pm. Friday 9am-3pm.*

*Experienced in treating all kinds of back and neck pain and musculo-skeletal problems in general. I also take a particular interest in the causes and treatment of headaches and osteoarthritis.*

*At an initial consultation my aim is always to locate and understand the patients problem through a combination of skilled palpation, mobility tests, visual assessment and patient history, coupled with my knowledge of anatomy.*

*A sheet summarising the patients condition and prognosis is given to the patient at the end of the first appointment.*

*My favoured techniques are soft tissue manipulation osteopathic massage targeted at problem tissues and with joint manipulation where appropriate. Booklets on exercise and natural approaches for arthritis, back supports, orthopaedic pillows and compresses are available for sale.*

*Women patients may bring chaperones. Modesty is respected at all times. Thousands of satisfied patients!*

**Warren G. Hutson MSc D.O.  
Peak Natural Therapy Clinic Ltd**

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**Clifford Lomas Osteopath**

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British Osteopathic Association, General Osteopathic Council

*Charges: First appointment consultation and treatment £36*

*Follow up treatment £29*  
*Registered with major health insurers*

*Practice hours: Stockport: Tuesday, Thursday 9.30am - 5.50pm. Wednesday 11am-5pm. Friday 5-8pm. Glossop: Monday 10am-6pm. Friday 9am-3pm.*

*Experienced in treating all kinds of back and neck pain and musculo-skeletal problems in general. I also take a particular interest in the causes and treatment of headaches and osteoarthritis.*

*At an initial consultation my aim is always to locate and understand the patients problem through a combination of skilled palpation, mobility tests, visual assessment and patient history, coupled with my knowledge of anatomy.*

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*Booklets on exercise and natural approaches for arthritis, back supports, orthopaedic pillows and compresses are available for sale.*

*Women patients may bring chaperones. Modesty is respected at all times.*

*Thousands of satisfied patients!*

**Brian Walker  
Links Clinic**

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General Osteopathic Council, British Osteopathic Association

*The Links Clinic provides Osteopathic treatment and CranioSacral therapy. Practitioners are qualified to degree standard and the practice has been established for 15 years.*

*Our osteopaths have relevant professional indemnity insurance and are registered with the General Osteopathic Council and are members of the British Osteopathic Association.*

*We also provide podiatry/chiroprody at the clinic with particular relevance to Bio-Mechanical assessment pro-orthotic provision.*

*Our podiatrists/chiroprodists are also state registered. We have experience in paediatric osteopathy, and in addition to welcoming children to our clinic, we also undertake voluntary work at the osteopathic centre for children in Manchester. CRB enhanced disclosure held by principal.*

**Joanna Cheanley  
Bramhall Osteopathic Practice**

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General Osteopathic Council

**Denis Brown Registered Osteopath**

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General Council and Register of Naturopaths, General  
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**Michael Smith****Sunningdale Osteopathic Clinic**

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General Osteopathic Council, British Osteopathic  
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**Graeme Rider****Sports Injury & Back Clinic**

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British Osteopathic Association, General Osteopathic  
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**David Gilhooley****The Osteopathic Centre**

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E: maidenheadosteopaths@mac.com  
W: www.theosteopathiccentre.co.uk  
British Osteopathic Association, General Osteopathic  
Council

*THE OSTEOPATHIC CENTRE at 1, The Crescent,  
Maidenhead was established by David Gilhooley in  
1972.*

*The practice is located close to the centre of  
Maidenhead and offers disabled access from our car  
park.*

*See our website (www.theosteopathiccentre.co.uk) for  
regional and local street maps, and details of fees, etc.*

*Three osteopaths are in practice at this address. All are  
fully insured and registered with the General  
Osteopathic Council.*

*David Gilhoole, DO (1966 BSO)*

*Katherine Moss, BSc(Hons)Ost (2000 BSO)*

*Joanna Pinches, BSc(Hons)OstMed (2003 BCOM)*

*The practice enjoys excellent relations with local GPs  
and consultants, particularly in the fields of  
rheumatology, orthopaedics and neurosurgery. These  
contacts supply more than a third of all our new  
patients referrals.*

*We provide referral reports, with followup and  
discharge information as appropriate.*

*We have provider status with BUPA, AXA/PPP and  
numerous other private health insurance companies.*

*We treat patients of all ages and who are complaining  
of problems with a significant musculo-skeletal  
component. We also assist with differential diagnoses,  
again with the provision of a report and, where  
appropriate, a return referral.*

**Peter Mangan****Wallington Osteopaths**

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GOsC, B.O.A

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British Osteopathic Association

**Jonathan Le Bon****The Old Fire Station Surgery**

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**Daniel Nelson****St. Cross Osteopathic Clinic**

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General Osteopathic Council

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**Jane Horton**

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Warsash

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General Osteopathic Council, British Osteopathic  
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**A** Edward John Kennedy  
**Lymington Clinic**  
 Wistaria Surgery  
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 18 Avenue Road  
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 Hampshire  
**SO41 9PJ**

E: osteopath@edkennedy.wanadoo.co.uk  
 Wessex Group of Osteopaths, General Osteopathic Council, British Osteopathic Association, The Weston Counties Society of Osteopaths

*Full member of General Osteopath Council  
 Full member of British Osteopath Association  
 Queens Park Clinic offering Osteopathy Sports injury treatment including ultrasound, interferential treatments, xray & MRI scanning facility opening hours 9.30 to 6.30 Mon, Tues, Weds, Fri of each week. Late Night opening Tues.*

*Lymington Clinic offering osteopathy Sports injury treatment, ultrasound & interferential electrotherapy treatments opening hours 9.00 to 6.00 Thursday only. The Lymington Clinic is based in the Wistaria GP Practice.*

*Qualified in 1995 & hold a Diploma in Osteopathy. Registered with Bupa, AXA PVP, MSA & other Insurance Groups.*

**H** Steven Orton  
**The New Surgery**  
 Brookley Road Car Park  
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 E: steven.orton@dial.pipex.com  
 W: www.steven-orton.co.uk  
 General Osteopathic Council, Osteopathic Sports Care Association, British Osteopathic Association

**L** Steven Orton  
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 British Osteopathic Association, British Naturopathic Association, British Medical Acupuncture Society, General Osteopathic Standards Council

**R** Paul Vickerman  
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**A** Anthony Larholt  
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**B** Ben Calvert-Painter  
**Essex Osteopathic Clinics**  
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 Osteopathic Sports Care Association, British Osteopathic Association, Physiotherapy Pain Association, National Back Pain Association, General Osteopathic Council  
*Ben Calvert-Painter has spent many years treating the requirements of all stages of life, from new-borns, treating a variety of conditions including colic and sleeping difficulties, through the aged.*  
*His treatment modules can include Cranial Osteopathy, Myofascial Acupuncture (a western form of acupuncture), mobilisation, manipulation, softtissue techniques, counterstrain, muscle energy and exercise programs to name a few.*  
*He is a tutor at the British School of Osteopathy and has extensive experience in a variety of Osteopathic and Medical environments ranging from G.P. practices to pitch-sides in several different sporting arenas including semi-pro football teams, National American football teams and a variety of amateur teams. This has included the designing of rehab, strength and endurance programs.*  
*Ben Calvert-Painter is a member of the General Osteopathic Council, British Osteopathic Association, Osteopathic Sports Care Association, Back Care and The Neuro Orthopedic Institute. He is also registered with BUPA, PPP, HAS, Norwich Union and most insurance agencies.*

**G** Graeme Stroud  
**Basildon Clinic of Osteopathy**  
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**SS14 3BB**  
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 GCRO, BOA

**P** Phillip Hills  
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 T: 0845 1410141  
 E: thoc@blueyonder.co.uk  
 W: www.thoc.pwp.blueyonder.co.uk  
 British Osteopathic Association  
*at the Hope Osteopathic Clinic we very much believe in employing a classical approach to treatment. Classical osteopathy is a time honoured traditional style of osteopathy that allows the osteopath to assess and treat the whole structure of the body.*  
*Classical osteopathy can have significant effects on childrens health and development. It can be applied to many long term disorders which hold children back from a happy, fulfilling childhood. During pregnancy the foetus must have room to move and this is only possible if the bones that form the pelvic girdle are free to move. In addition many of the trials of pregnancy can be received with the aid of osteopathic care.*  
*A state of ill health may be caused by a host of factors, including falls, twists, posture and stress, often producing no immediate symptoms. Behaviour of the spine: this can lead to many problems that osteopathy can help.*

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**Clarks Osteopathic and Complementary Healthcare**  
 378 London Road  
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**SS7 1AX**  
 T: 07837 291 582  
 E: lisahall30@hotmail.com  
 W: www.ost-comphealth.com  
 Osteopathic SportsCare Association, British Osteopathic Association, General Osteopathic Council, The All England Netball Association

**M** Michael Clark  
**Clarks Osteopathic & Complementary Healthcare**  
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 E: mclark@ost-comphealth.com  
 W: www.ost-comphealth.com  
 General Osteopathic Council, Osteopathic SportsCare Association, The Amateur Martial arts Association, British Osteopathic Association

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 F: 01268 799 092  
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 General Osteopathic Council

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**Brook Natural Health Centre**  
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 General osteopathic Council, British Osteopathic Association

**I** Ian Whyte  
**Stone Osteopaths**  
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 Stone  
 Staffordshire  
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 T: 01785 816 481  
 General Osteopathic Council, British Osteopathic Association

**M** Mark Corson  
**Mill Bank Osteopathic Clinic**  
 Mill Bank  
 Stafford  
 Staffordshire  
**ST16 2QT**  
 T: 01785 226 848  
 F: 01785 227 144  
 Ergonomics Society, British Osteopathic Association, Higher Education Academy, General Osteopathic Council

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 F: 020 7352 2240  
 E: vivhoford@hotmail.com  
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 W: www.napiers.net  
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W: www.equilibrium88.co.uk  
British Osteopathic Association

**Ajay Shah**

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London  
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E: ajaycs@hotmail.com  
General Osteopathic Council

*My initial degree [B.Sc (Hons)] was in Biochemistry from the University of St. Andrews, which I obtained in 1980.*

*My osteopathy training consisted of the 4-year fulltime course offered by the British School of Osteopathy, between 1980-84.*

*I am a member of the Register of Osteopaths administrated by the General Osteopathic Council.*

*I have over 20 years experience of working as an Osteopath, working half the week in private practice and half in a GP surgery. Having worked with GPs for over 12 years, I have extensive experience of diagnosing and treating people with diverse musculo-skeletal problems in general practice.*

*I also have 8 years experience of supervising undergraduate osteopathic students in the Outpatient Clinic at the British College of Osteopathy and Naturopathy (now called the British College of Osteopathic Medicine).*

**Viraj Gopaul****City Health Partnership**

37 Oxford Road  
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**Neil Mann****Becmead Osteopathic Surgery**

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T: 020 8769 3267  
F: 020 8769 3267  
E: neil@neilmann.co.uk  
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British Osteopathic Association

**Alan Coles****Streatham Osteopaths**

114 Moysers Road  
Streatham  
London  
**SW16 6SH**  
T: 020 8677 0486  
General Osteopathic Council, British Osteopathic Association

*There are 3 Osteopaths here at Streatham Osteopaths, all registered with the General Osteopathic Council. Alan Coles the Principal, having studied Sports Science and played professional Squash has a keen interest in the treatment of sports injuries, especially regarding the knee, elbow and foot.*

*Marcia Hugall has completed a postgraduate Diploma in Paediatric Osteopathy and specialises in the CranioSacral approach in treating babies and children. Especially for such conditions as Colic, Behavioural problems, Down Syndrome and Autism.*

*David Seed has completed a postgraduate Diploma in Classic Osteopathy and has a keen interest in the treatment of Visceral Conditions, especially IBS, Dysmenorrhoea, Constipation, Heartburn etc.*

*We all treat, on a daily basis, numerous conditions regarding the spine facet joint pain, symptoms associated with Disc pathology. Headaches (cervicogenic) whiplash etc.*

**Sue Philbey****The Osteopathic Practice**

71 Fieldview  
London  
**SW18 3HF**  
T: 0208 870 7345  
F: 0208 870 7345  
General Osteopathic Council, British Osteopathic Association

**James Dodd****'Back to Back'**

The Earlsfield Osteopath  
432 Garratt Lane  
London  
**SW18 4HN**  
T: 020 8605 2323  
E: enquires@backtoback432.co.uk  
W: www.backtoback432.co.uk  
General Osteopathic Council, BOA

**Ratna Vohora****Vitality Centre**

Alexander House  
155 Merton Road  
London  
**SW18 5EQ**  
T: 020 8871 4677  
F: 0208 875 1302  
E: info@vitality-centre.co.uk  
W: www.vitality-centre.co.uk  
General Osteopathic Council

*Fees: We have a wide range of therapies available. Prices range from £30-45. Discounts exist for OAP, unemployed, students and children. Also if a course of certain treatments is taken discount or free products are available. Full disabled facilities available.*

*Training: The whole team of therapists are fully qualified in their individual departments and continue to train and further develop their skills. Ratna has trained with Kneippe Hydro Therapy, Dry Needling, Cranio Sacral, Osteopathy and Naturopathy.*

*Description of therapies offered: 5 Element acupuncture. Alexander technique. Aromatherapy. Cranio Sacral Osteopathy. Dietician. Herbal Medicine. Homeopathy. Indian Head Massage.*

*Areas of special interest: Sports Injuries. Children/Babies. Elderly arthritis. Digestive complaints. Skin complaints.*

*Stress Reduction Massage. Iridology. Diagnostic Kinesiology. Mother and Baby Massage. Naturopathy. Osteopathy. Pregnancy Massage.*

*Reflexology. Reiki. Shiatsu. Seminars eg. vaccination. Lymphatic Massage.*

**Kieran Chhabra****Wimbledon Osteopathic Practice Limited**

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T: 020 8545 0965  
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General Osteopathic Council

**Rupert Chapman Osteopaths**

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**David Charles Propert**

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The Sutherland Society, The Royal Society for the Promotion of Health, Osteopathic Sports Care Association

**Vispi Jamooji****Living Centre Clinic**

32 Durham Road  
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London  
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T: 020 8946 2331  
E: hello@jamooji.com  
W: livingcentreclinic.com  
British Osteopathic Association

*The Living Centre Clinic for complementary and alternative medicine was founded in 1986. It is familiar name in health clinics in the South West London area. We offer expert treatments for all the family, babies, children, adults and the elderly.*

*Osteopathy: We have two experienced osteopaths providing specialised treatments:*

*A) Acute "agony" pain ie "cant get out of bed pain", slipped disc, sciatica, headache/migraine, neck and shoulder pain, nerve pain etc.*

*B) Sports Injury and Rehabilitation. Specialised deep softtissue treatments for rapid relief and return to sports. We understand the need to keep fit. We will get you back.*

*C) Pregnancy, Baby, Children. We offer gentle osteopathic and cranial treatments for children and babies. Children are very welcome at our clinic.*

*D) Old Age Pain. Treatments cannot cure, but can provide considerable relief.*

*Referrals. The Living Centre Clinic is a referring clinic. This means if further tests are needed ie blood tests, xrays, scans etc these would be arranged for you.*

*Insurance. We aim to offer expert healthcare at affordable rates. However our registered osteopaths are recognised by all major healthcare insurers such as BUPA, PPP, HAS etc.*

*Other Therapies. The Living Centre Clinic offer over a dozen expert therapies under one roof. Please call. Gift Vouchers always available.*

**Vivien Hoford****South London Natural Health Centre**

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General Osteopathic Council, British Osteopathic Association

**Michael Francis****Clapham Common Clinic**

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**SW4 7SS**  
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W: www.claphamcommonclinic.co.uk  
British Osteopathic Association, General Osteopathic Council, British Naturopathic Association

*I practice both structural and cranial osteopathy.*

*My approach is to use a wide variety of techniques ranging from gentle stretching to the muscles and other soft tissues, to mobilisation and manipulation of the joint surfaces to improve the range of movement in the spine and other joints.*

*Cranial osteopathy is a very gentle way of releasing strain and rebalancing the body.*

*The type of techniques used will be chosen to suit the age and needs of the individual patient.*

*I treat people of all ages and occupations. I also, as a former dancer, have a particular interest in treating performers dancers, musicians and actors.*

*I am also a registered naturopath and so am able to advise on nutrition and lifestyle.*

**Nicola Newson****Clapham Common Clinic**

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**Khalid Mughal****The Brompton Medical Centre**

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E: kmughal@zoom.co.uk  
W: www.doctors24hour.com  
British Osteopathic Association, General Osteopathic Council, British Acupuncture

**Pamela Valli Carter****Valli of Health**

6 Wandsworth Bridge Road  
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London  
**SW6 2TJ**  
T: 020 7371 5100  
F: 020 7384 1672  
E: valliofhealth@zen.co.uk  
Chinese Medical Institute and Register, Sutherland Society, General Osteopathic Council, British Osteopathic Association

*Holistic approach to preventative healthcare employing:*

*Structural and Cranial Osteopathy; Visceral Osteopathy; Acupuncture; Diet and exercise prescription; For safe, gentle and effective treatment of: pregnancy, neonates, and childhood problems such as behavioural and learning difficulties, cerebral palsy, ear infections, crying babies, etc. back, neck and joint pain, headache and migraine, digestive disorders, period pain and irregularity, sinusitis, asthma, stress, depression and fatigue.*

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**Andrew Cotton**  
**Fulham Osteopathic Practice**  
769 Fulham Road  
London  
**SW6 5HA**  
T: 020 7384 1851  
E: info@fop.co.uk  
W: www.fop.co.uk  
General Osteopathic Council

*Experienced, specialist in difficult and intractable cases. Can either give second opinion or instigate recovery protocol.*

*Areas of particular interest; Migraine, Facial Pain and/or Headache, M.E., Chronic pain syndromes.*

*Our practice is a Portal for other Alternative therapies and can mediate between orthodox and morthodox approaches.*

*Able to act as expert witness. Lecturer in Ethics of Professional Practice, and Senior Clinic Tutor at the British School of Osteopathy.*

*Our Fulham practice had ten osteopaths and can negotiate for volume contracts.*

**Rawdon Pierce**  
**Lillie Road Fitness Centre**  
Lillie Road  
Fulham  
London  
**SW6 7PN**

T: 0795 624 7852  
General Osteopathic Council

*Extensive experience in the treatment and rehabilitation of Sports related injuries from juniors up to Club, County and Olympic levels.*

*Also provide treatment for injury incurred by musicians and dancers, treating both concert artists and students. Professional member of BackCare and the National Osteoporosis Society.*

**Michael Francis**  
**Lillie Road Health Centre**  
139 Lillie Road  
Fulham  
London  
**SW6 7SX**

T: 020 7385 7101  
E: mj.francis@virgin.net  
British Osteopathic Association, General Osteopathic Council, British Naturopathic Association

*I practice both structural and cranial osteopathy.*

*My approach is to use a wide variety of techniques ranging from gentle stretching to the muscles and other soft tissues, to mobilisation and manipulation of the joint surfaces to improve the range of movement in the spine and other joints.*

*Cranial osteopathy is a very gentle way of releasing strain and rebalancing the body.*

*The type of techniques used will be chosen to suit the age and needs of the individual patient.*

*I treat people of all ages and occupations. I also, as a former dancer, have a particular interest in treating performers - dancers, musicians and actors.*

*I am also a registered naturopath and so am able to advise on nutrition and lifestyle.*

**Lynn Louls**  
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General Osteopathic Council, British Osteopathic association, Sutherland Society

**Richard Allen**  
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T: 01743 365 746  
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**Margery Davies-Taylor**  
**Practis Osteopathig Cyf**  
Canolfan Hamdden Bro Ddyfi  
Machynlleth  
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T: 01654 700 007  
F: 01654 703 013

E: bonfirenite@netscope.fsworld.co.uk  
British Osteopathic Association, College of Radiographers, General Osteopathic Council

*After 20 years in NHS, as finally a Superintendent Radiographer working on government stats., I left to further my career by studying at the medically*

*orientated British School of Osteopathy. I specialise in joint injuries, either of arthritic nature or sports/work related trauma.*

**Lynn Louls**  
**Natural Health Centre**  
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General Osteopathic Council, British Osteopathic association, Sutherland Society

**Teresa (Tilly) Calvert**  
**The Calvert Fullerton Clinic**  
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Gravel Hill  
Ludlow, Shropshire  
**SY7 9BH**  
T: 01584 874200  
E: tillyc@btconnect.com  
British Osteopathic Association, General Osteopathic Standards Council

*Using a mixture of classical & cranial osteopathy I have particular interests in the management of chronic pain (this can be related to stress, trauma, stroke, MI etc) and the treatment of chest, stomach and gynaecological problems. I have considerable experience with babies and children where treatment is helpful for colic and other problems related to birth trauma, and the consequences of accident & illness and development difficulties.*

**Stephen Richardson**  
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T2: 07931 364759  
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B.O.A, B.B.E.N.C.H, General Osteopathic Council

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F: 01732 779 064  
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GOSC, BOA

**Jane Jeater**  
**Hawkhurst Osteopath**  
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Hawkhurst Pharmacy  
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Church Road  
Lydd  
Kent  
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**Nigel Bassett**  
**Rye Osteopathic Practice**  
16 Ferry Road  
Rye  
East Sussex  
**TN31 7DN**  
T: 01797 225 099  
General Council of Osteopaths, British Osteopathic Association

*Nigel Bassett graduated in 1986. He has established thriving practices in Hastings, Bexhill and Rye which now boast thirteen GOSc registered Osteopaths, both male and female. All practitioners are required by the Osteopathic Act to take part in an ongoing CPD programme. The practice have practitioners who are recognised by the major private health insurance schemes.*

*Whilst the practices are largely used by privately funded patients, we have treated NHS funded patients for over ten years, representing over 12,000 osteopathic treatments, referred by more than sixty local GPs. Our fee structure is kept deliberately low in order to enable as many people as possible to have access to osteopathic treatment.*

*Osteopathy is suitable for all age groups, treating many conditions. The number of osteopaths available within the practices enable us to cover all modalities that osteopathy can offer. These include traditional structural osteopathy using articulatory and stretching techniques, specific muscular treatments using deep and light tissue techniques, sports injury treatments, cranial osteopathy as well as functional and visceral techniques.*

*A reception team is available Monday to Saturday, as well as weekday evenings, to assist patients and to answer general enquires. The practices have nearby parking and easy access.*

**Nigel Bassetts Osteopathic Practice**  
74 Canute Road  
Hastings  
East Sussex  
**TN35 5HT**  
T: 01424 433 991  
General Council of Osteopaths, British Osteopathic Association

*Nigel Bassett graduated in 1986. He has established thriving practices in Hastings, Bexhill and Rye which now boast thirteen GOSc registered Osteopaths, both male and female. All practitioners are required by the Osteopathic Act to take part in an ongoing CPD*

programme. The practice have practitioners who are recognised by the major private health insurance schemes.

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General Osteopathic Council

**Nicola Newson  
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**TN40 1EA**  
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British Osteopathic Association, General Osteopathic Council

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T: 01424 734 734  
General Council of Osteopaths, British Osteopathic Association

*Nigel Bassett graduated in 1986. He has established thriving practices in Hastings, Bexhill and Rye which now boast thirteen GOSc registered Osteopaths, both male and female. All practitioners are required by the Osteopathic Act to take part in an ongoing CPD programme. The practice have practitioners who are recognised by the major private health insurance schemes.*

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A reception team is available Monday to Saturday, as well as weekday evenings, to assist patients and to answer general enquires. The practices have nearby parking and easy access.

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Mr. John Cooper**  
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F: 01803 215820  
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GOSc

**Kevan Bumstead  
Torbay Osteopaths and Acupuncture**  
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Fore Street  
St Marychurch  
Torquay, Devon  
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**E. Anne Ellison**  
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**Lara Hopkins**  
Iona  
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F: 01364 652585  
E: lara@osteopath1.freeserve.co.uk  
General Osteopathic Council, British Osteopathic Association

**Lynette Taylor**  
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15a Cleveland Road  
Roundham  
Paignton, Devon  
**TQ4 6EL**  
T: 01803 556789  
General Osteopathic Council

**Cherry J. Harris  
Bridgetown Dental & Osteopathic Clinic**  
18 Bridgetown  
Totnes, Devon  
**TQ9 5BA**  
T: 01803 868 855  
F: 01803 867 069  
E: cherryharris@osteopathicclinic.co.uk  
W: www.osteopathicclinic.co.uk  
British Osteopathic Association, General Osteopathic Council, Sutherland Cranial College

*Bridgetown Dental and Osteopathic Clinic is a research orientated teaching practice which embraces the full spectrum of osteopathic healthcare, treating a newborn, the growing and development child, the professional athlete/weekend enthusiast, pregnant and nursing mothers and the elderly.*

*Cherry Harris holds a research degree in Osteopathic Medicine, is an active teacher for the Sutherland Cranial College and international lecturer. Cherry and her team of osteopathic associates specializes in cranial osteopathy. Cranial osteopathic treatment uses very gentle manipulative pressure to encourage release of stresses throughout the body including the head. The team work alongside Cherrys dental surgeon husband Mark, who specializes in orthopaedic dentistry. This style of dentistry is directed at children with dental overcrowding and is successful at addressing the problem without recourse to extraction in the majority of cases.*

*The clinic offers an interdisciplinary whole person approach to the treatment of dental overcrowding and jaw dysfunction syndromes. Osteopathy is selectively poised before a child reaches 6 years of age to optimize physiological growth and patterns for health which support jaw and tooth balance. Earliest consultation with an osteopath for children with dental overcrowding and jaw imbalance is strongly advised, as passive treatment is often sufficient to create change.*

**Kevin Meyers  
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GOSc, BOA

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F: 01642 788755  
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W: www.yarmosteopathicclinic.com  
General Osteopathic Council

**Darren Chandler  
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T: 01642 253 515  
E: darmchandler2001@yahoo.com  
W: www.hartlepool-osteopaths.co.uk

British Osteopathic Association, General Osteopathic Council

*The clinic comprises three osteopaths registered with the General Osteopathic Council and two acupuncturists registered with the British Acupuncture Council.*

*All musculo-skeletal conditions are treated, when appropriate, through private funding, healthcare insurance or occupational health companies.*

*We are continually looking to extend our contractual arrangements to Primary Care trusts and other occupational health companies.*

**Keith Birks**  
10 The Crescent  
Linthorpe  
Middlesbrough  
Cleveland  
**TS5 6SQ**  
T: 01642 850018  
British Osteopathic Association, General Osteopathic Council, Northern Counties Society of Osteopaths

**Robin Jackson**  
Roseneath  
Mount Ararat Road  
Richmond  
Surrey  
**TW10 6PA**  
T: 020 8948 0371  
E: robinjjackson@btopenworld.com  
W: www.robinjackson.co.uk  
General Osteopathic Council, British Osteopathic Association

**Sue Croft  
Bushy Park Osteopathic Clinic**  
72 Bushy Park Road  
Teddington  
**TW11 9DG**  
T: 020 8973 1597  
E: suecroft@hotmail.com  
W: www.bushyparkosteo.co.uk  
General Osteopathic Standards Council, British Osteopathic Association

**Lesley Stockton  
Airpark Osteopaths**  
48 Hanworth Road  
Feltham  
**TW13 5AY**  
T: 020 8890 3789  
General Council of Osteopaths, British Osteopathic Association

**Rosalyn Foster  
Sunbury Osteopaths**  
12 Park Road  
Sunbury-on-Thames  
**TW16 5BU**  
T: 10932 789779  
E: rozfoster@sunburyost.fsnet.co.uk  
General Osteopathic Council, OSCa

**Claire Worman  
Design A Body Clinic**  
22 Greenlands Road  
Staines  
**TW18 4LR**  
F: 01432 851 059  
E: claireworman@hotmail.com  
W: www.pilatestrainingsolutions.co.uk  
GOSc, Fitness Professionals

**Samantha Middlehurst  
Maple Leaf Clinic**  
20 The Green  
Twickenham  
**TW2 5AB**  
T: 020 8893 3084  
London Osteopathic Society, British Osteopathic Association, General Osteopathic Council  
*Sam & her husband Paul Middlehurst, graduated from the British School of Osteopathy in London in 1994. They worked for many years within a GP practice in Surrey and with a fund holding GP practice in Northamptonshire.*

*Both conventionally trained osteopaths, Paul & Sam specialise in both acute and chronic musculo-skeletal conditions such as spinal pain, thoracic and shoulder symptoms, headaches, tennis elbow and other sporting injuries. Osteopathy is also suitable for the management of minor orthopaedic conditions where surgery is not warranted or appropriate.*  
*Sam has also undergone extensive postgraduate education in cranial osteopathy and in obstetric and neonatal osteopathic modalities. She runs a successful practice treating expectant mothers for mechanical dysfunctions arising from pregnancy and associated*

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postural changes. Osteopathy is also effective where babies and children suffer from conditions such as colic, reflux, disturbed sleep, glue ear etc which can often arise following a difficult delivery.

They opened the Charles Street Clinic, a multi-disciplinary practice in Dorchester town centre in 2003 and work alongside fully qualified practitioners who have a wealth of experience in their specific fields of healthcare.

Paul & Sam are registered with all major health insurers including BUPA and PPP and hold NHS Provider codes.

**Khalid Mughal**  
**The Oasis Health Centre**

101 Powder Mill Lane  
Whitton

Twickenham

**TW2 6EG**

T: 020 8404 2302

E: kmughal@zoom.co.uk

W: www.doctors24hour.com

British Osteopathic Association, General Osteopathic Council, British Acupuncture

**Nadine Hobson**  
**Crown House Osteopaths**

4 Grange Road

Egham, Surrey

**TW20 9QW**

T: 01784 437 219

British Osteopathic Association, General Osteopathic Council

**Phillip Allen**

1 Victoria Parade

Sandycombe Road

Kew

Surrey

**TW9 3NB**

British Osteopathic Association, General Osteopathic Council

*Osteopaths believe that a persons health is independent with their physical structure; therefore osteopaths correct structure to improve health. We correct structure with very gentle techniques (often called Cranial Osteopathy). With these techniques we are happy to treat everything from bad backs or headaches, through to babies with colic. Also we see many patients with fatigue type problems and many children with sub-optimum health, including learning difficulties.*

*For more information or to see if we can help in anyway please feel free to phone on the number above.*

**Baldev Singh Dhillon**

193 Norwood Road

Norwood Green

Southall

**UB2 4JF**

T: 020 8574 0833

British Osteopathic Association, RMANM

**Thomas Hewetson**  
**The Osteopathic Clinic**

Dragons Health Club

Rowdell Road

Northolt

**UB5 6AG**

T: 020 8841 5611

F: 020 8845 3421

Osteopathic Sports Care Association, British Osteopathic Association, BASEM

*Also at Synergy Spa, 157 High Street, Ruislip, Middlesex HA4 8JY (Tel: 01895 679111)*

*Fees: £30.00 per session.*

*Training: Emergency Medical Technician. PG Cert. Sports Science. Acupuncture. MSc Sports Injuries and Therapy (proposed completion 2003).*

*Description of therapies offered: Osteopathy. Electrotherapy. Acupuncture (Musculo-skeletal Pain Management). Manipulation.*

*Areas of special interest: Sports related injuries. Work related injuries.*

**Nicholas Emens**  
**Emens Osteopathic Clinic**

120 Harley Street

London

**W1 7JW**

General Osteopathic Council, BackCare, British Osteopathic Association

*Nick works in the NHS as part of the integrated back pain service at Horsham Hospital. As the only osteopath in the multidisciplinary team, Nick treats chronic and acute back/neck/hip pain patients. He is also available for consultation privately in Horsham and in Central London.*

*Nick trained at the British School of Osteopathy in London. As a registered Osteopath Nick is entered in*

*the register of the General Osteopathic Council (GOsC). Nick also belongs to the British Osteopathic Association and Backcare.*

*Nick has a wealth of experience in sports, with a Sports and Exercise Sciences degree from the University of Birmingham as well as competing at high level himself in Athletics, Skiing and Rugby. Nicks particular interests are in Sports injuries and the development of optimal health through individually tailored treatment. Nick is also skilled in the use of dry needling for acute and chronic injuries.*

*The most commonly treated conditions are: Back pain e.g. sciatic irritation, disc injuries; Headaches; Joint pains e.g. arthritis in hands, hips, knees etc.; Migraines Muscle strains; Neck and shoulder pains; Sporting injuries etc.; Structural problems in pregnancy; Whiplash injuries*

**Kerry Dowson**  
**The Nottingham Osteopathic Practice**

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London

**W11 3HG**

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E: kerrydowson@aol.com

W: www.nottinghamosteopathicpractice.com

BOA, GOsC, LOS, NHS

**Michael Francis**  
**The Happiness Centre**

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**W12 7JD**

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E: mj.francis@virgin.net

W: www.thehappinesscentre.com

British Osteopathic Association, General Osteopathic Council, British Naturopathic Association

*I practice both structural and cranial osteopathy.*

*My approach is to use a wide variety of techniques ranging from gentle stretching to the muscles and other soft tissues, to mobilisation and manipulation of the joint surfaces to improve the range of movement in the spine and other joints.*

*Cranial osteopathy is a very gentle way of releasing strain and rebalancing the body.*

*The type of techniques used will be chosen to suit the age and needs of the individual patient.*

*I treat people of all ages and occupations. I also, as a former dancer, have a particular interest in treating performers dancers, musicians and actors.*

*I am also a registered naturopath and so am able to advise on nutrition and lifestyle.*

**David Tatton Osteopathic Practice**

65 Vespian Road

London

**W12 9QG**

T: 020 8749 0581

E: david@davidtatton.com

British Osteopathic Association, General Osteopathic Council

**Suzanne Harper**

140 Harley Street

London

**W1G 7LB**

T: 020 7224 3387

F: 020 7486 4080

E: suzh@livinghealthily.com

W: www.livinghealthily.com

British Acupuncture Council, Neuro Linguistic Programming Psychotherapy Counselling, Association, General Osteopathy Council

**Timothy John**

1 Harley Street

London

**W1G 9QD**

T: 020 7436 8422

F: 020 7580 5327

Sutherland Cranial College, British Osteopathic Association, General Osteopathic Council

*Osteopathic Treatment*

*What do Osteopaths treat?*

*Osteopaths seek to overcome the wide range of diseases, Disabilities and pains which result from disturbances of the bodies framework and moving parts. Osteopaths treat headaches, stiff neck, whiplash injuries, trapped nerves, frozen or stiff shoulders, asthma and breathing trouble, wrist and hand pain, low back pain, postural problems, back pain in pregnancy, sports injuries, pain and stiffness associated with arthritis and traumatic births. Osteopathy covers a wide range of body problems, physical, mental and emotional.*

*Osteopathy is a safe and natural approach to health care for all stages of life.*

**Lorna McGrigor**  
**The Seymour Practice**

30 Cumberland Mansions

Seymour Place

London

**W1H 2LS**

T: 020 7262 3022

E: lornamcgrigor@btinternet.com

W: www.999osteopath.com

Sutherland Society, British Osteopathic Association

**James Woledge**  
**The Berkeley Clinic**

19 Upper Berkeley Street

Marble Arch

London

**W1H 7PF**

T: 020 7724 4004

F: 0207 724 4004

W: www.theberkeleyclinic.com

British Osteopathic Association, General Osteopathic Standards Council

*On completion of his Osteopathic Degree (First Class Honours)*

*James developed his skills at one of the busiest clinics in the UK. He is both a post graduate and undergraduate lecturer in Osteopathy.*

*He specialises in the management of chronic pain, arthritic conditions, sports injury, nutrition and work related limb disorders.*

*Full Member of: The British Osteopathic Association; General Osteopathic Council.*

**Jonathan Le Bon**  
**The Berkeley Clinic**

19 Upper Berkeley Street

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London

**W1H 7PF**

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E: lbgwen06@aol.com

W: www.theberkeleyclinic.com

General Osteopathic Standards Council

**Alexander Irving**  
**Napiers Osteopathic Practice**

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London

**W1T 2AD**

T: 020 7637 1610

W: www.napiers.net

General Osteopathic Council, British Osteopathic Association

**David Knight**  
**Knights Osteopathy**

'Cleveland's'

78 Cleveland Street

London

**W1T 6LZ**

T: 07931 501

General osteopathic Council, British Osteopathic Association

*BSc Hons Medical Biochemistry*

*BSc. Hons Osteopathy*

*Full member of the General Osteopathic Council and British Osteopathic Association.*

*Official Osteopath to The Royal Opera House with experience in treating Singers and Musicians.*

*Experience in treating Woman throughout pregnancy.*

**Tim Jewers**

Dukes Meadow Golf Club

Great Chertsey Road

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London

**W4 2SH**

T: 020 8995 7337

E: jewers@dircon.co.uk

GOsC, BOA, London Osteopathic Society, British Osteopathic Sports Care Association

**Melanie Coutinho**  
**The Mellennium Complementary Health Clinic**

Richford Gate Primary Care Centre

Richford Street

London

**W6 7HY**

T: 020 8846 7539

E: mellennium@blueyonder.co.uk

The General Osteopathic Council, The British Osteopathic Association

*I am also the Director of Osteopathic Studies at the Surrey Institute of Osteopathic Medicine (S.I.O.M), at Nescot, Surrey.*

*I also specialise in: The treatment of pregnant women & children, having worked closely with The National*

Childbirth Trust (NCT) & The Active Birth Centre.

The treatment of dance & dance-related injuries, having worked closely with theatre & dance schools.

**Alex Havard**  
**Brook Green Osteopathy**

121 Shepherds Bush Road  
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**W6 7LP**  
T: 020 7610 5459  
GOSc, National Backpain Association

**Krutika Patel**  
**Pain Centre**

47 Mayfield Gardens  
Hanwell  
London  
**W7 3RB**  
T: 020 8357 7512  
E: info@paincentre.co.uk  
W: www.paincentre.co.uk  
General Osteopathic Standards Council

**Iona Bramati Castellarin**  
**Notting Hill Osteocare**

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5A Lucerne Mews  
London  
**W8 4ED**  
T: 020 7792 4499  
E: info@nottinghillosteocare.co.uk  
W: www.nottinghillosteocare.co.uk  
Regional Osteopathic Society, British Osteopathic Association, General Osteopathic Council, London Osteopathic Society  
*Iona Bramati Castellarin BSc (Hons) Ost. Med. DO, ND is a registered osteopath graduated from The British College of Osteopathic Medicine (BCOM) in London. Iona has attended numerous postgraduate courses in structural osteopathy and cranial osteopathy. At her practice in Notting Hill she treats structural back and joint problems using Strain Counter Strain techniques, Myofascial Release, Functional techniques, manipulation techniques and personalized exercise prescription. These are very useful in treating patients suffering from acute and chronic back problems, RSI, Frozen Shoulder, Sciatica etc.*

*She has also worked at the Osteopathic Centre for Children and is currently on call at St John and St Elizabeths Birth Unit treating new born babies and mothers after labour. Iona is normally called to the hospital when a baby has had a difficult labour and is having difficulty settling. At present she is developing a Mphil/PhD research project at BCOM on the effects of Visceral Osteopathy on autistic children.*

**Martin T. Morris**  
**Greenfields Osteopathic Practice**

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St Helens  
Merseyside  
**WA10 6SL**  
T: 01744 28103  
General Osteopathic Council, British Osteopathic Association, Osteopathic Sports Care Association

**Suzette Pulman**  
**Lymm Osteopathic Practice**

16 Grammar School Road  
Lymm  
Cheshire  
**WA13 0BQ**  
T: 01925 752 264  
General Osteopathic Council

**Brian McCormick BSc DO**  
**The Cross Clinic**

20 The Cross  
Lymm  
Cheshire  
**WA13 0HU**  
T:  
General Osteopathic Council, British Osteopathic Association

**Brian McCormick BSc DO**  
**Culcheth Osteopathic Practice**

471 Warrington Road  
Culcheth  
Warrington  
Cheshire  
**WA3 5QU**  
T: 01925 766 666  
E: ghia@f25.com  
W: www.culchethosteopaths.co.uk  
General Osteopathic Council, British Osteopathic Association

**Hilary Lewis**  
**The Kings Cross Practice**

97a Judd Street  
London  
**WC1H 9JB**  
T: 020 7387 1311  
T2: 07949 249373  
F: 020 7383 5068  
E: hilewisost@kingsxclinic.co.uk  
W: www.kingsxclinic.co.uk  
British Osteopathic Association, General Osteopathic Council, London Osteopathic Society  
*Osteopathy, a system of diagnosis and treatment that is safe and highly effective in the management of a broad range of musculo-skeletal conditions, for example; Sports injury and rehabilitation, Degenerative joint disease, Conditions related to occupational posture, Conditions related to adaptation and altered weight bearing in pregnancy, Temporomandibular joint dysfunction, Migraine (where there is a musculo-skeletal component). This list is not exhaustive*  
*Discounts are available for pensioners and low income. We are conveniently located, 5 min walk from Kings Cross Station, 10 min walk from Russell Square Station.*

**Eileen Fox**  
**Neals Yard Therapy Rooms**

2 Neals Yard  
London  
**WC2H 9DP**  
T: 020 7379 7662  
E: eileenfoxost@aol.com  
British Association for Performing Arts Medicine, British Osteopathic Association, General Osteopathic Council

**Simon Freedman DO GOSc MSc**  
**Alive + Well**

61 Shelton Street  
Covent Garden  
London  
**WC2H 9HE**  
T: 020 7379 5531  
E: info@aliveandwell.co.uk  
W: www.aliveandwell.co.uk  
General Osteopathic Standards Council  
*Simon graduated from the British School of Osteopathy in 1991. After graduating he worked with professional English and American football teams including Tottenham Hotspurs, The London Monarchs and The Washington Redskins. Before founding alive + well Simon ran his busy Soho Practice for 12 years, building a strong reputation and client list of over two thousand patients. He received his Masters degree in Health Promotion in 1995.*

*Simon is a truly exceptional practitioner. A keen and enquiring mind is tempered with gentleness and an overwhelming passion for giving patients the best possible care... care he believes we all have a right to expect. Simon's work is rooted in a vision of wellness and empowerment.*

*"I had the vision of alive + well in my head for eight years. It grew out of frustration with current Orthodox and Alternative Health Care provision in Britain. At alive + well we have the knowledge, skills, people and desire to make a paradigm shift in healthcare. We will lead people out of the confused, fractured morass of the present healthcare systems (which are grounded for the most part in 'illness'), into an organised, coherent, meticulously well-structured one grounded in wellness. Through this we will care for people exquisitely."*

**Mike Nixon D.O. GOSc**  
**Alive + Well**

61 Shelton Street  
London  
**WC2H 9HE**  
T: 020 7379 5531  
E: info@aliveandwell.co.uk  
W: www.aliveandwell.co.uk  
General Hypnotherapy Standards Council  
*Mike graduated from the British school of Osteopathy in 1991 alongside Simon Freedman.*

*After graduating he started working for G.P group practices in North London as an Osteopath. As well as building a successful practice he lectured to G.P's and trainees on sports injuries and diagnosis of back pain. In the year 2000 he left England to start a practice in the French Alps to follow his passion for treating professional skiers and snowboarders as well as learning French.*

*After five years in the Alps alive+well has managed to persuade him to come back and join the practice team bringing with him his considerable skill and knowledge. "I wanted to have Mike here from the start. He was my first choice and I'm delighted that the patients at alive+well can benefit from his experience". Simon Freedman*

**Ian Schofield**  
**Covent Garden Osteopaths**

Pinapple Studios  
7 Langley Street  
London  
**WC2H 9RJ**  
T: 020 7240 9099  
W: www.theosteopath.com  
American Academy of Osteopathy, London Osteopathic Society, The Cranial Academy, Osteopathic Sports Care Association, British Osteopathic Association, The Sutherland Society

**Sophie King**  
**Bushey and Watford Practice**

County End  
Maggie Hall Road  
Bushey  
Hertfordshire  
**WD23 1NU**  
T: 020 8950 9992  
E: osteoclinics@aol.com  
W: www.osteoclinics.net  
BOA, GOSc  
*The clinic provides relief from pain in just one phone call.*

*We specialise in the treatment of all back pain, headaches and migraine, trapped nerves, tennis elbow, muscle and joint injuries, whiplash, muscular tension and sciatica.*

*We have an M.E clinic specializing in a unique treatment plan, which has helped many patients resume normal lives after this illness.*

*We treat babies and children with cranial osteopathy. This has been shown to improve restlessness and crying in babies.*

*Our team includes three experienced and dedicated osteopaths.*

*Sophie King, Mark Stern and Shital Patel. The practice has been established since 1985. We are open every day including evenings and weekends.*

*We work closely with other therapies and at the clinic we provide acupuncture, reflexology, lymphatic drainage, sports massage and hypnotherapy. We also have a Pilates instructor on hand to advise on exercise techniques and help to maintain body following treatment.*

*For a gentle caring osteopath that really cares please call us first.*

**Clare Richmond**  
**The Radlett Practice**

107 Watling Street  
Radlett, Hertfordshire  
**WD7 7NG**  
T: 01923 855 884  
F: 01923 859 750  
E: radlett@osteopathics.co.uk  
W: www.osteopathics.co.uk  
BOA, GOSc

**Mark Wilcox**  
**Wakefield Osteopaths Ltd**

25-27 Cheapside  
Wakefield  
West Yorkshire  
**WF1 2TF**  
T: 01924 369 077  
F: 01924 369 161  
E: info@wakefieldosteopaths.co.uk  
W: www.wakefieldosteopaths.co.uk  
British Osteopathic Association, GOSc

**Russell Oakes**  
**Standish Osteopathic Surgery**

18C High Street  
Standish  
Wigan, Lancashire  
**WN6 0HL**  
T: 01257 405406  
F: 01257 405406  
E: russoakes@lineone.net  
General Osteopathic Council, Acupuncture Association of Chartered Physiotherapists

**Kenneth Smith**  
**Orchard Lodge Clinic**

48 Church Road  
Malvern  
Worcestershire  
**WR14 1NG**  
T: 01684 568744  
F: 01684 568744  
E: enquires@theosteopaths.com  
W: www.theosteopaths.com  
British Osteopathic Association, British Acupuncture Council, General Council and Register of Naturopaths, General Osteopathic Standards Council

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**Harriet Yeoman**  
**Malvern Osteopathic Clinic**  
8 Tibberton Road  
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**WR14 3AN**  
T: 01684 575379  
F: 01684 564350  
E: office@malvernoste.co.uk  
W: www.malvernoste.co.uk  
General Osteopathic Council, National Back Pain Association

**Ian Elias**  
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General Osteopathic Council

**David G Davies**  
**Great Malvern Osteopathic Practice**  
4 Court Road  
Malvern  
Worcestershire  
**WR14 3BL**  
T: 01684 560 692  
E: reception@malvernpractice.com  
W: www.malvernpractice.com  
The British Osteopathic Association, The General Osteopathic Council

*The practice offers safe and effective treatment and aims to provide the maximum possible benefit, in the minimum number of treatments.*

*Osteopathy and Cranial Osteopathy can treat a wide variety of conditions including:*

*Back and Neck pain, Disc, Joint and Muscle Injuries, Nerve Irritations and Entrapments  
Sciatica, Carpal Tunnel, Frozen Shoulder, Tennis Elbow, Hip/Knee/ankle/foot problems  
Arthritis, Headaches and Migraines, Whiplash, Babies with Colic/Sleeplessness, RSI.*

*Registered with All Major Health Insurance Companies e.g. BUPA and PPP.*

*Mr David G. Davies and Mrs Sarah L. Davies are the principle osteopaths of the practice and are both Registered with the General Osteopathic Council & the British Osteopathic Association.*

**Susan Brazier**  
**Osteopathic Clinic**  
Upton Road  
Callow End  
Worcester  
**WR2 4TY**  
T: 01905 831 495  
General Osteopathic Council, British Osteopathic Association

*Registered with the General Osteopathic Council, Member of the British Osteopathic Association. Diploma in Health Studies in 1998 from the College of Osteopaths, London. Degree in Health Studies in 2002 from the University College Worcester. Previous experience working in the Physiotherapy Department at the BUPA Hospital in Worcester, working with Physiotherapists and Orthopaedic Consultants in Clinic. Organises seminars for Osteopaths in the West Midlands, covering all aspects of orthodox medicine as well as Osteopathic issues. Interested in all aspects of Osteopathy working from a small clinic with the help of a Remedial Massage and Sports Therapist.*

**Jane Edwards**  
**Droitwich Spa Osteopathic Practice**  
Room 13, The Old Town Hall  
31 St Andrews Street  
Droitwich Spa  
Worcestershire  
**WR9 8DY**  
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E: jane@backsrus.co.uk  
W: www.backrus.co.uk  
General Osteopathic Council

**David John Brown**  
**Premier Health**  
Cannons Health & Fitness Ltd  
East Cannock Road  
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**WS12 1Lu**  
T: 07973 212324  
E: djb.3@amsrve.com  
General Osteopathic Council

**Peter Noon**  
**Cannock Chase Osteopathic Practice**  
The Chalet  
35 Lower Road  
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Cannock  
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General Osteopathic Council, British Osteopathic Association

**Daniel Bailey**  
**City Osteopaths**  
185 Coalway Road  
Penn  
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West Midlands  
**WV3 7ND**  
T: 01902 332 200  
E: cityosteopaths@aol.com  
W: www.cityosteopaths.co.uk  
General Osteopathic Council, British Osteopathic Association

*City Osteopaths offers treatment for all kinds of painful conditions. Those most commonly treated include: back pain, neck pain, sciatica, trapped nerves, arthritis, sports injuries, whiplash and colic in babies. This is a brief list, as the scope of Osteopathy is very broad and patients are assessed on an individual basis as to whether treatment is going to be effective for them.*

*Daniel Bailey one of the partners at City Osteopaths, graduated in 2002 with a First Class Honours Degree in Osteopathic Medicine. He lectures on the Oxford course of Osteopausal Medicine in Anatomy and Neuro-Muscular-Skeletal Dysfunction. As well as treating back pain Mr Bailey has also been effective in treating other areas such as Temporo-Mandibular Joint Dysfunction. Sports injuries are another interest where the clinic treats all kind of competitors from local to worldclass level.*

*Jennifer Crook also graduated in 2002 with Honours in Osteopathic Medicine and is a Partner at City Osteopaths. As well as treating common complaints seen by most Osteopaths, Miss Crook has undergone further training in Cranial Osteopathy. This type of gentle treatment is particularly suited to the treatment of children and babies due to the plasticity of their skeletal structure during development.*

**Debra Burdon**  
**Malton Osteopathic Practice**  
18b Market Place  
Malton  
North Yorkshire  
**YO17 7LX**  
T: 01653 690013  
General Osteopathic Standards Council, British Osteopathic Association

**Martin J. Rose**  
**Whitby Osteopathic Clinic**  
St.Hilda's Business Centre  
The Ropery  
Whitby  
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**YO22 4ET**  
T: 01947 821 235  
F: 01947 821 235  
E: martin@goath.wanadoo.co.uk  
W: www.osteopathy.org.uk  
General Osteopathic Council, British Osteopathic Association

**Simon Barnard**  
**Todd House Clinic**  
Market Place  
Easingwold  
York  
**YO61 3AL**  
T: 01347 822 928  
British Osteopathic Association, General Osteopathic Council

## Physiotherapy

**Birgitte Sperre Dansie**  
**Physio Vineyards Ltd**  
15a Codicote Road  
Welwyn  
Hertfordshire  
**AL6 9NE**  
T: 01438 716838  
F: 01438 717450  
E: physiovineyard@btinternet.co.uk  
W: www.physiovineyards.co.uk  
Chartered Society of Physiotherapy, Acupuncture Association of Chartered Physiotherapists

**Janine Savage**  
**3 Ways Physiotherapy Clinic**  
21 Station Road  
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*Heather Martin, MCSP.MSOM.AACP. + HPC.Reg. is the  
 Practice Principal*  
*Heather graduated in 1979. She treats a wide range of  
 musculo-skeletal and sports related conditions and has  
 significant experience in rehabilitation of the elderly.*  
*Rebecca Sharples, MCSP. AACP. +HPC. Reg.*  
*Rebecca graduated in 1993. She has worked in the NHS  
 and private sector and specialises in sports injury  
 rehabilitation, spinal pain and acupuncture.*  
*James Whitely, BSc. (Hons.) Physiotherapy MCSP. AACP.  
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*James graduated in 1997. He has worked in the NHS  
 and the private sector in various settings. He treats a  
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 problem shoulders.*  
*Andrew Larmour, BSc. (Hons.) Physiotherapy MCSP.  
 MMACP. + HPC. Reg.*  
*Andrew graduated in 1998. He is a specialist in spinal  
 pain and sports injuries. He is a member of the  
 Manipulation Association of Chartered Physiotherapists  
 and Physiotherapist to the England Golf team and  
 training squads.*  
*The Physiotherapists in The East Devon Physiotherapy  
 and Sports Injury Clinic (EDPSIC) Ltd. are qualified in  
 manipulation, mobilisation, massage and other soft  
 tissue techniques, exercise therapy, electrotherapies,  
 acupuncture and movement therapy for neurological  
 conditions.*

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 company to include other experienced physiotherapists  
 and graduates in her team. She is also a CEDR  
 accredited commercial mediator with an interest in  
 personal injury or medico-legal cases.*  
*Home visits, exercise prescription, pain management  
 and scar management are all available at all sites.*  
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 1995, followed by his MSc in Rehabilitation Science in  
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 Steve worked with elite athletes as a key member of the  
 medical team at the Commonwealth Games.*  
*Member of the Chartered Society of Physiotherapists*  
*Member of the Health Professional Council State*  
*Registered. Member of OCPPP. Registered with all*  
*major health insurers (incl. BUPA & PPP) Experienced*  
*sports & manual therapy clinician*  
*The 'Physio and sports Injury Clinic' has purpose-built*  
*treatment rooms and a Rehab Gym which is equipped*  
*with state of the art equipment for gait analysis and*  
*testing.*  
*Physiotherapy Services available at the clinic include*  
*General Physiotherapy, Sports Physiotherapy and*  
*Ergonomic Work Station Assessment.*  
*A wide range of conditions can be helped with this*  
*treatment such as:Headaches, neck, back and joint pain*  
*Arthritis, rheumatic disorders and swelling; Ligament*  
*and tendon strains and ruptures; Postural and repetitive*  
*strain injuries; Muscle imbalance problems; Pain*  
*syndromes; Sports injuries; Sports Massage.*

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 Council

*We provide a first class general Physiotherapy service  
 incorporating an active Sports Injury Clinic.*  
*We also use acupuncture for pain relief for simple back  
 ache whip-lash and work related (RSI) symptoms.*  
*The Chiroprody/Podiatry department provides Bio-  
 Mechanical Assessments, Video Gait Analysis, Sports  
 Podiatry, as well as general Chiroprody care for corns,  
 hard skin, verrucae, in-growing toe nails & bunions.*  
*We also provide an active Sports Massage service,  
 Aromatherapy & Reflexology.*

*On your first visit we ask a lot of questions about how  
 & when the problems first started, where you feel your  
 symptoms, what makes them better & what makes  
 them worse. By listening to what you have to say we  
 can then ASSESS the problem more accurately &  
 efficiently.*

*THE INITIAL EXAMINATION is in some ways the most  
 important part of the session.*

*Then we can discuss how we suggest TREATING the  
 problem, what techniques we might use, how long it  
 might be expected to take to get better and what you  
 can do at home to treat yourself. The first session will  
 involve actually treating the problem as well.*

*If you need more sessions we will book those with you  
 as we go...our aim is to get you better as fast as we can  
 so you will leave impressed & tell others about us.*

*Please visit our website www.greathealthco.com and  
 look at the section called WHAT WE TREAT and you can  
 find the answers to many of your questions.*

*To make an appointment simply telephone reception on  
 0207 226 6406. We are open MWF 8-7; T/Th 8-9; Sat  
 8-2. Tube - Highbury & Islington, Silver Link Metro -  
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*We provide a first class general Physiotherapy service incorporating an active Sports Injury Clinic.*

*We also use acupuncture for pain relief for simple back ache whip-lash and work related (RSI) symptoms.*

*The Chiropody/Podiatry department provides Bio-Mechanical Assessments, Video Gait Analysis, Sports Podiatry, as well as general Chiropody care for corns, hard skin, verrucae, in-growing toe nails & bunions.*

*We also provide an active Sports Massage service, Aromatherapy & Reflexology.*

*On your first visit we ask a lot of questions about how & when the problems first started, where you feel your symptoms, what makes them better & what makes them worse. By listening to what you have to say we can then ASSESS the problem more accurately & efficiently.*

*THE INITIAL EXAMINATION is in some ways the most important part of the session.*

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*If you need more sessions we will book those with you as we go...our aim is to get you better as fast as we can so you will leave impressed & tell others about us.*

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*Home visits, exercise prescription, pain management and scar management are all available at all sites.*

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Member of British School of Reflexology, Association of

Physical and Natural Therapists, British Complementary

Medicine Association

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EMBODY, Association of Reflexologists

*Susie Gower a trained Reiki Master Practitioner founded*

*Well Being Therapies after qualifying as a Reflexologist.*

*She is a member of both The Association of*

*Reflexologists and the UK Reiki Alliance.*

*Since qualifying, Susie has witnessed how reflexology*

*and reiki have benefited people of all ages, but*

*particularly in her specialist area of practice,*

*Preconception, Pregnancy, Babies and Children. She has*

*studied under the guidance of Susanne Enzer, a leader*

*in the field of maternity reflexology and follows the*

*principles of Dr Gowri Motha and her Gentle Birth*

*Method.*

*Susie passionately believes in providing alternative,*

*non-invasive, drug free therapies which lead her to*

*creating the complementary mum and baby clinic.*

*With reflexology the benefits include: Preconception*

*care for couples; Pregnancy; Reducing swelling in feet*

*and ankles; Alleviating symphysis pubis discomfort;*

*Releasing tension and worries; Bonding with baby and*

*relaxing after care.*

*For Baby: Relieves colic, wind and constipation*

*Easing teething pain; Reduces ear and sinus congestion;*

*Enhances sleep with a calming and relaxing touch.*

*For Children: Tummy upsets, headaches, exam worries*

*and many more.*

*Clinics in St Albans and Hemel Hempstead. To find out*

*more call Susie Gower on 07857 352169 or visit*

*www.well-being-therapies.co.uk*

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EMBODY

**Philippa Kennan**

The Rigg

Hatching Green

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Institute of Biomedical Scientists, United Kingdom

Homeopathic Medical Association, British Institute of

Homeopathy, International Institute of Holistic

Therapies

*Hazelwell Holistic Centre offers a caring and supporting*  
*enviroment to everyone through the use of various*

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complementary therapies like, Homeopathy, Aromatherapy, reflexology, Reiki Healing and Indian Head Massage. We also make the use of Hopi Ear Candles (Thermo-auricular Therapy), Crystals and Bach Flower remedies.

At the Centre, we offer a holistic approach, which covers physical, emotional as well as mental healing using massage and chakra healing. All therapies are practised in a soothing and calming environment.

We promote healing through relaxation and natural means (homeopathy and herbs) so that your body loses all tension and gets in touch with the core of your existence and you can enjoy the new heights of health. Full advice is given on diet, lifestyle and methods to alleviate stress from your life. Visualisations and Reiki advances the clients to feel their inner happiness.

Conditions like asthma, eczema, joint problems, insomnia, menstrual problems, emotional stress, depression and anxiety, IBS and simple colds and flu have been helped by complementary therapies.

Whether it is to pamper yourself, heal or to alleviate and particular ailment, you will enjoy your visit to Hazelwell Holistic Centre.

**Janice M. Rawlinson ITEC MAR**

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ITEC Professionals, Association of Reflexologists

**Debi Hogg  
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**David Starkey**

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M.B.R.A., AOSM, L.C.S.P.

Only after detailed study of Anatomy and Physiology plus exhaustive studies of Massage, Aromatherapy and Reflexology did David Starkey open his two practices in 1990 following qualification after four years of residential study.

In addition to being a fully qualified member of The British Reflexology Association, the L.C.S.P., A.O.S.M. he is also a professional member of The BackCare Association.

Consequently you will know your patients are literally in trained, safe hands.

Practice history shows many patients presenting chronic neck, head pain or migraine have obtained such relief they have been able to cease medication and return to a normal lifestyle. In addition, as Reflexology balances the body it enhances the bodys natural secretions and this has been particularly efficacious in treating people presenting constipation and catarrh conditions. Very successful in assisting childbirth, particularly when over-term. Patients recommendations express their satisfaction.

Reflexology is a Therapy that not only works on particular conditions but is also very effective in cases of unspecified pain, general malaise or stress. Many patients comment on how relaxing they find it; indeed it is not unknown for some, even those suffering from hypertension, to go to sleep during treatment - very useful as part of stress management.

**Caroline Lison**

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Association of Reflexologists, Association of Curative Hypnotherapists  
*I specialise in three therapies: Aromatherapy Massage, Hypnotherapy and Reflexology.*  
*My massage can be a pampering massage or deeper to work areas of tension or localised to ease muscles. A mix of all three types of massage is often the best. With over ten years of experience the massage I give provides more than physical benefit.*  
*Hypnotherapy is a wonderful way to change unwanted habits or to change the way we approach challenges in our lives. I help people to learn to use trance on their own to improve their own lives as they see fit. The hypnotherapy I practice is entirely consensual; the only effective change is change that is wanted and accepted.*  
*Reflexology gently rebalances the body, encouraging the body's systems to return to a normal functioning level, including blood and nerve supply to each organ and gland. A session can be a full treatment or working on certain specific areas in which case treatment can be more often. Each of my three therapies make life easier and so more worth living.*

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**Richard Noble (Reflex point)**

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Reflexologists Society - Full Member, ITEC Registered Therapist

*Particular expertise: Respiratory (Coad, neuro-, asthma); Digestive (Chronic indigestion, IBS, constipation); Osteo-arthritis; Pain - neck, back, hips, knees; MS.*

*Areas of special interest: Stammering. Alzheimer's. Neuralgia. Hypertension. Depression. Conception/confinement dysfunction.*

*Fees: Client treated at medical centre - £20 per hour. Client treated at their home - £25 per hour.*

*Client visits Reflexpoint, 141-147 Allerton Road, Allerton, Bradford - £20 per hour.*

*Session at Medical Centre - £50 per half day.*

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*At the present time I own my own practice above a Far Trade Coffee Bar and Holistic Shop called Heaven Scent, 6 Arndale Center, Shipley.*

*Te No: 01274 533 263.*

*My qualifications as a Holistic Therapist are: Advanced Reflexology, Vertical Reflexology, Aromatherapy, Sports Massage, Indian Head Massage and Tera-Mai Reiki and Seichim Healing 2nd Degree.*

*I have been a practitioner for the last 4 years: 18 months at Shipley and before that I worked for a local gym. I also offer a mobile service for clients who prefer this.*

*From the end of June 2004 I will be a Reiki Master and be offering 2 new treatments.*

1. Chakra Cleansing and Rebalancing
2. Hopi Ear Treatments.

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*I have been a practitioner for the last 4 years: 18 months at Shipley and before that I worked for a local gym. I also offer a mobile service for clients who prefer this.*

*From the end of June 2004 I will be a Reiki Master and be offering 2 new treatments. 1. Chakra Cleansing and Rebalancing. 2. Hopi Ear Treatments.*

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W: www.blackmoor.free-online.co.uk/reflexology  
British Reflexology Association

*Please let me introduce myself. My name is Angela Carlton and I am a member of the British Reflexology Association. During the nine years that have elapsed since I qualified from the Bayly School of Reflexology, I have been successful practitioner and have treated a variety of conditions such as, infertility, migraine, digestive disorders and back problems to the obvious satisfaction of my clients!*

*I have a strong belief in the value of complementary therapy and continue to train and update my skills. Four years ago I qualified in the techniques of Indian Head Massage and Reiki 1 and 2. I have also attended a course on Vertical Reflexology, which is particularly beneficial to those people who are wheelchair bound. In 2003 I was awarded an Advanced Diploma in Reflexology after completing one year's part time study at Keighley College. I am also interested in "crystal healing" and "colour therapy" and have used both successfully together with reflexology.*

*I should like the opportunity to practice my skills to help improve the well being of your patients.*

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**Veronica A. Gibson  
"Living with Health"**

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F: 01202 250067  
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Association of Reflexologists, British Association of Nutritional Therapists  
*Fees: Reflexology - £20.  
Nutritional therapy - initial £45. Subsequent £25.*

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Veronica holds a clinic in Southbourne, Bournemouth and at the Dorset Natural Health Clinic in Poole where she practises Nutritional Therapy and Reflexology. She has spent 20 years teaching nutrition and how to prepare and cook nutritious meals to students in schools and colleges. Having had personal experience of allergy and food intolerance herself, and taught many children who were hyperactive her research into these aspects of nutrition led her to make the decision to train as a Nutritional Therapist. Eleven years ago she decided to study Reflexology and to enhance her nutrition education by studying Nutritional Medicine at Raworth College, Dorking.

Before moving to Bournemouth last year she has a successful clinic in Maldon and Witham where she still commutes once a month to see her clients. She is also a Visiting Lecturer, Westminster University, to students who are studying for a degree in Nutritional Therapy. She says that research has shown that Nutritional Therapy can help in a number of health conditions that range from digestive and bowel disorders to hyperactivity and infertility. Also she feels that her clients become more responsible for their own health once they have embarked upon a programme designed to help them with their own eating plans.

She is a member of the British Association of Nutritional Therapy and sits on the Educational Committee of the Nutritional Therapy Council. The latter is concerned with setting standards for the training of Nutritional Therapists.

She works closely with Foresight, the organisation dedicated to pre-conceptual care. The combination of Nutritional Therapy and Reflexology is a powerful tool to aid those wishing to conceive.

**Lynda Thomas - Reflexology**

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, Association of Reflexologists, Federation of Holistic Therapists  
Amanda had been a Reflexologist for 7 years and works at 3 clinics in Brighton and Hove.

Member of Association of Reflexologists  
Member of International Council of Holistic Therapists  
Member of International Council of Health, Fitness and Sports Therapists.

Qualifications:  
Reflexology and Advanced Reflexology Diplomas  
Aromatherapy and Advanced Body Massage Diplomas  
Body Massage and Advanced Body Massage Diplomas  
Sports Massage Diploma  
Treatment and Management of Injuries (Football Association Certificate)

Indian Head Massage Diploma  
Thermal Auricular Therapy Certificate  
Reiki Stage 1 and Stage 2 Certificates  
First Aid Certificate - Valid until 2008  
Child Protection Certificate - Valid until 2008  
Reflexology Treatments:  
Foot Reflexology (Advanced Techniques)  
Hand Reflexology (Advanced Techniques)  
Hand and Foot Reflexology (Combined Treatment)  
Reflexology and Reiki (Combined Treatment)  
Vertical Reflexology Customised Treatments Available.

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National Council of Psychotherapists (licentiate), British Holistic Medical Association, Society of Authors (Full), Association of Reflexologists

Fees: £30 for initial consultation. £20 for follow-up sessions. (One-to-One)

Fees for group facilitation/education are negotiable.  
Training: Practitioner Certificate in Reflexology.  
Advanced Diploma in Professional Stress Management.  
RSA Certificate in Counselling Skills. Certificate in Education.

Description of therapies offered:  
Reflexology. Stress Counselling. Relaxation training.  
Guided imagery and meditation.

Areas of special interest:  
Menopause. Stress Management. Breast cancer care (referred to directly by the Nigel Porter Breastcare Unit, Royal Sussex County Hospital, specialising in breast cancer support and the treatment of menopausal symptoms).

**Avril Cornock**

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Association of Reflexologists, The British Chiropractic and Podiatry Association, Open College of Chiropractic and Podiatry

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Association of Reflexologists

In addition to my private practice, Reflexology is offered free of charge to members of Worthing Mind. People who are experiencing mental health difficulties can be referred by their GP, Psychiatrist, CPN or Social Worker. Referral forms are available from the Day Centre, 8-10 Durrington Lane, Worthing. Tel: 01903 693047. This service has been available for the past 6 years and is currently funded by a charitable donation. Visit the website www.worthingmind.co.uk which is entirely the work of the members.

For private appointments contact Warwick House Clinic.  
Tel: 01903 228040

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National Federation of Spiritual Healers, Association of Reflexologists

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@quals:Health Professions Council, Professional Association of Clinical Therapists, International Council of Holistic Therapists, Federation of Holistic Therapists  
Catherine Banks MPACT, ICHT, Sen.OCP, is fully qualified at Diploma level to practice in Reflexology, Reiki (2nd Degree) and Aromatherapy as a clinical therapist. Catherine is also an instructor in Peggy Huddleston's 'Prepare for Surgery' programme. She has a history of over 9 years in the orthodox medical field which supports her current practice. She currently belongs to the following organisations: Health Professions Council, Professional Association of Clinical Therapists, Federation of Holistic Therapists, UK Reiki Federation, International Council of Holistic Therapists and Association of Operating Dept. Practitioners. Catherine offers individual treatment plans for pre/peri/post surgical patients (as well as medical patients in order to reduce pain, improve healing and reduce post operative complications).

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Reflexologist RGN**

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Catherine Banks MPACT, ICHT, Sen.OCP, is fully qualified at Diploma level to practice in Reflexology, Reiki (2nd Degree) and Aromatherapy as a clinical therapist. Catherine is also an instructor in Peggy Huddleston's 'Prepare for Surgery' programme. She has a history of over 9 years in the orthodox medical field which supports her current practice. She currently belongs to the following organisations: Health Professions Council, Professional Association of Clinical Therapists, Federation of Holistic Therapists, UK Reiki Federation, International Council of Holistic Therapists and Association of Operating Dept. Practitioners. Catherine offers individual treatment plans for pre/peri/post surgical patients (as well as medical patients in order to reduce pain, improve healing and reduce post operative complications).

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Association of Reflexologists, Guild of Professional Beauty Therapists, International Federation of Health and Beauty Therapists, International Institute of Health and Holistic Therapies

**Maxime Rawlings Reflexologist**

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ART Full Member, Association of Reflexologists, Dr. Bach Foundation - Full Member, City & Guilds 7307 Teaching

Fees: From £22 - £30. Discounts available.

Training: Wilbury School 1 1/2 years 1995.

The Dr. Edward Bach Institute 1 year 1992.

ART Antony Porter Advanced 6 months 1998.

Large amounts of upgrades and HIV Training.

Description of therapies offered: Reflexology with Bach Flower Therapy. Teach both, Reflex advanced only.

First Aid annual upgrade.

Areas of special interest: Fertility especially PMT and Menopause. I also do a Menopause Workshop and Adult Education. Worked with HIV for 6 years - specialise also conference exhibition work. French speaker.

**Trudie Stacey**

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Montague Street  
Brighton, East Sussex  
**BN2 1LB**  
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Association of Reflexologists

Fees: £25 for the first treatment. This includes a detailed medical history. This treatment will last approx. 1 hour 10 minutes.

All subsequent sessions will be £20 and last approx. 50 minutes. Concessions are available for OAPs and children. Training: Trudie trained at the Kristine Walker School of Reflexology and she is a member of the Association of Reflexologists. Trudie also attends ongoing seminars.

Description of therapies offered: Reflexology is based on the principle that the body and all its organs are mapped on the feet. By depressing certain reflexes in the feet reflexology stimulates and accelerates the body's own natural healing mechanism. Reflexology boosts the immune system, relieves stress, may relieve headaches, migraines, insomnia and fatigue. It may relieve the symptoms of digestive, urinary and respiratory disorders. It is a safe and gentle complementary therapy that is suitable for all ages.

Areas of special interest: Trudie is especially interested in the area of reflexology and cancer, and the relieving effects reflexology may give to patients receiving chemotherapy and radiotherapy.

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T2: 07723 022371  
E: esther@theangelcentre.org  
Professional Association of Clinical Therapists, International Council of Holistic Therapists, Federation of Holistic Therapists  
Special interest in Inflammatory Bowel Disease (IBD).  
Insured through Therapy Insurance Services Ltd.  
Member of the Federation of Holistic Therapists; International Council of Holistic Therapists; and Professional Association of Clinical Therapists.  
Undertakes ongoing professional development in Reflexology and other complementary therapies.  
Fees: £25 with no extra charge for detailed initial consultations. Reductions available for block bookings.  
Relaxing, spacious, seafront location.  
Also offering Indian Head Massage from late-May 2006 (undertaking VTCT Level 3 Diploma).

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Feet For Life**

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ReIm**

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W: www.realenergyhealing.co.uk  
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Association of Reflexologists

My training in Clinical Reflexology was with Kristine Walker at the Wilbury Clinic, Hove. I am a full member of the Association of Reflexologists. I have also trained with Anthony Porter in ART (Advanced Reflexology Techniques), and am a Member of the ART Register of Advanced Reflexologists.

I offer a full range of clinical reflexology, and have carried out research and practical studies on Osteoporosis and the effects of reflexology on the immune system. I am currently working on an accident victim who has sustained brain injury.

During the past three years I have worked with many pregnant women, seeing them throughout their pregnancy, sometimes pre-conception through to their labour. It is very rewarding being able to help them with heartburn, morning sickness and swollen feet! I have attended lectures and workshops by Susan Enzer who specialises in training midwives in maternity reflexology at her school in Sydney, Australia.

My clients vary in age from 3 weeks to 85 years. I am also a member of the Guild of Complementary Practitioners.

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Chartered Society of Physiotherapists, Association of Reflexologists  
*Fees: £20 per session.*  
*Training: 30 years as a Chartered Physiotherapist. Nearly 20 years as a Reflexologist. 15 years in the NHS; 5 years in private practice.*  
*Description of therapies offered: A gentle form of Reflexology to the feet helping the individual to heal his/herself.*  
*Areas of special interest: The elderly are of special interest although Reflexology is suitable for all ages.*

**Margaret Britton**  
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Vertical Reflex Therapy Network, International Institute of Reflexology

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Association of Reflexologists, Royal College of Midwives  
*Fees £30 per hour. Concessions available.**Reflexologist with a background in midwifery. I have a particular interest in treating pregnant women.**Reflexology can provide relief for many pregnancy-related symptoms and disorders. For example, oedema, heartburn, morning sickness, hypertension, backpain, constipation and tiredness.***Samantha Marshall**

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Association of Reflexologists**Paula Dangerfield**

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International Institute of Reflexology

*Paula Dangerfield works in the Healing Clinic attached to La Beautique Beauty Salon and has worked in complementary Therapies for a number of years.**The Clinic offers Privacy, Peace and Tranquility which help in achieving a greater sense of wellbeing.***Brianain Wilkinson**

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Massage, Foresight Association for the Promotion of

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Federation of Holistic Therapists

*I have spent two years training to qualify & gain a VTCT**Diploma in Holistic Therapies. The modules include:**Anatomy & Physiology, Nutrition, Reflexology, Advanced Aromatherapy, Swedish & Remedial Body Massage, Indian Head Massage & Counselling.**I am a full member of the Federation of Holistic**Therapists & The No Hands Massage Association.**Since qualifying in 2003 I have attended many seminars**& have qualified in Hot Stone Massage, Hopi Ear**Candles, Reiki Practitioner Level 2, No Hands Massage,**Thai Nerve Touch Massage & Medicinal Herbs & Thai**Foot Massage (qualification gained in Thailand), Facials**& Body Contouring Treatments.**I have attended a 2 day course at the Penny Brohn**Cancer Care Centre (formerly Bristol Cancer Help**Centre) - Reflexology - Working with people with**cancer.**Also I am currently studying and nearly finished my**certificate in Working with People with Cancer also run**by the centre.**Previously I worked for a Complementary Medical Clinic,**which had practise privileges to work within a Private**Health Care setting (The Nuffield Hospital, Bury St**Edmunds) where I gained invaluable experience working**alongside hospital staff, patients & carers.**I have recently opened my own Complementary Health**& Beauty Clinic in Newmarket offering a wide variety of**treatments.***Mrs. J. Richards FRxS**

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*I work from my home in Brentwood, Essex. It is close to the M25 and A12 with easy parking. I am also ten minutes walk from Brentwood Station. I have a dedicated treatment room which ensures privacy and an environment of peaceful, unhurried relaxation.*  
*After working from many years at an International Investment Bank in London, I am now dedicated to the work that I love.*  
*In 2005 I gained my ABC Level 3 Diploma in Reflexology and am a full member of the Association of Reflexologists. Whilst studying for my diploma I worked with clients who had various health complaints, including endometriosis, Parkinson's disease and stress related conditions. Reflexology was found to be beneficial for all these issues. I find that it restores balance and harmony to the mind and body, encouraging self healing. During 2006 I hope to specialise in Pregnancy Reflexology.*  
*I am also qualified in various forms of advanced massage and practice Aromatherapy, Pregnancy Massage, Lower Back Pain Relief Massage and Thermal Stone Therapy.*  
*Apart from Reflexology and Aromatherapy, I also offer: Reiki, Ear Candling, Indian Head Massage.*

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*I am based at home, but occasionally I am prepared to make home visits. I am willing to work from surgeries or other NHS premises.*  
*My fees are £25.00 for the initial consultation (1 hr 30 mins) and £20.00 for each subsequent treatment (1 hr).*  
*My training took a year to complete. In conjunction with half day at college we had to complete 6 case studies giving 6 treatments on each, to complete 3 booklets of Intensive Research Questions on A & P, were assessed practically with an external verifier followed by a 3 hour written exam. My pass mark was 89%.*  
*The Stress Consultancy Diploma was obtained by distance learning and covered coping strategies and relaxation exercises. My pass mark was 96.2%.*  
*I find my interests lie with Stress, how it manifests itself, how it affects the digestive system, ie. sensitivity to various foods and how this can best be alleviated.*  
*Other therapies I will soon be able to offer are Indian Head Massage (completed early April) and Body Massage (complete end May). Certificates awarded in Aug/Sept. this year.*  
*I am also doing a degree in Social Sciences with Psychology with the Open University.*

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*Husband and Wife Complementary Practitioners.*  
*Both qualified to Practitioner level in: Reflexology, Indian Head Massage, Thermal Auricular Therapy (Ear Candling), EFT Meridian Therapy, Anatomy and Physiology.*  
*Resident Complementary therapist at local private Health Club,*  
*Available to work in GP practice, Dentist, Hospice and with other Professional organisations. Private clinic or home visits available.*

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Certified instructor in Infant Massage. Reiki II.  
Certificate in Infant Massage. Description of therapies  
offered: Reflexology, Reiki Healing, Indian Head  
Massage, Classes in Baby Massage.  
Areas of special interest: natural healing.*

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Association of Reflexologists  
*Fees: Reflexology £15 for 1 hour. Indian Head  
Massage £10 for 30-45 minutes.*

*Training: One years training at Dover Adult Education  
Centre in reflexology (incorporating physiology and  
anatomy, first aid and marketing) with 2 exams at the  
end, a practical and theory. 10 case studies had to be  
completed for assessing by the examiner who came  
from the Association of Reflexologists.*  
*6 months training at Deal Adult Education Centre in  
Indian Head Massage with 2 exams at the end, a  
practical and theory. Also had to complete 6 case  
studies for assessment.*

*Description of therapies offered: Reflexology is a safe,  
non-invasive treatment of the feet which is used to  
restore and maintain the bodys natural healing  
processes. Used to help treat headaches, migraine,  
stress, PMT, IBS to name a few.*

*Indian Head Massage is a gentle and relaxing massage  
of the upper back, shoulders, neck, arms, face and  
head. It is more specific and used to help with neck  
and shoulder tension, headaches and stress.*

*Areas of special interest: Have had success with clients  
who suffer from IBS, migraines and have found that for  
clients who have shoulder and neck problems  
(hairdressers in particular and people who use PCs all  
day) a combination of Indian Head Massage and  
Reflexology works very well.*

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*Mobile Practice Only - Receive reflexology in the  
comfort of your own home. Areas covered are Dover,  
Folkestone, Deal, Ashford, Canterbury and surrounding  
areas.*  
*Fully qualified, insured and a member of the AOR.*  
*Hand reflexology is also available as an alternative.*

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Pract, Association of Reflexologists, Chartered Society  
of Physiotherapy - Member/Fellow, Association of  
Chartered Physiotherapists in Reflex Therapy -, Founder  
Chair, Association of Chartered Physiotherapists in  
Bioenergy, Therapies - Member  
*Course Director and Leader:*  
*Christine Jones, Chartered Physiotherapist. Qualified  
1961, continued training in reflexology, naturopathy,  
metamorphosis, psychology, counselling and spiritual  
healing. Founded the Midland School of Reflextherapy  
and Associated Studies in 1976. Teaching  
reflextherapy (a development of reflexology). Clinically,  
a private practitioner, researches and presents at  
national and international medical meetings. Author or  
several publications, is writing a book on the MSR  
approach continuing the commitment to promote the  
highest standards of reflextherapy and the holistic  
approach to medical professionals. Founder  
chairperson of the Association of Chartered  
Physiotherapists (and Health Care Professionals) in  
Reflex Therapy (ACPIRT). Fellowship of the Chartered  
Society of Physiotherapy (CSP), awarded for innovative  
practice, 1997. Honorary fellow of Association of*

*Reflexologists, Doctorate (Medical Alternative)*  
International Open University 1994.

*Training: Physiotherapy - CSP; Reflexology - Bayly School 1970; Naturopathy; Midland School of Reflexotherapy (1976) Founder and Director; Metamorphic Association; Counselling - short courses; Description of therapies offered: Physiotherapy, Reflexotherapy, Naturopathy - Nutritional aspects and general wellbeing. Metamorphic technique. Stress Advice. Bach Flower Remedies. Chakra Balancing.*

*Areas of special interest: Clinical practice and teaching a holistic approach to health and healing, using an individually tailored development of Reflexology - As Reflexotherapy - lectures and courses headed nationally and internationally promoting this approach particularly to Health Care Professionals.*

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Association of Reflexologists, Mercia Health Treatment Provider, International Federation of Reflexologists  
*Fees: negotiable.*

*Training: International Federation of Reflexologists, Association of Reflexologists.*

*Description of therapies offered: Reflexology.*

*Areas of special interest:*

*Reflexology can be beneficial in very many areas, i.e. stress; depression (including very severe); infertility; pregnancy/labour (post graduate training); lactation; post natal depression (good results); PMS (I had some exciting results in a recent study where 1000 women nationwide took part conducted by International Federation of Reflexologists); menopause; cancer; care of the terminally ill; MS; ME; problems with back/neck/shoulder tension/pain etc; aches and pains; before and after operations to help with adhesions; deep relaxation; can be used as a preventative medicine against disease; gives a sense of well-being; encourages body to maintain a balanced state; improves circulation; helps clear sinuses; improves digestive disorders; improves tinnitus; good results with constipation; sciatica; menstrual disorders; can help to reduce drugs; insomnia; water retention; colic in babies; fractious babies; and many many more conditions.*

*There is no age limit. Almost anyone, young and old, can benefit from treatment.*

*It can bring about the same sensations of relaxation that a full body massage can produce.*

#### **Caroline Abercrombie**

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*Currently working both from home and at my treatment room at the Crewe and Nantwich Physiotherapy Clinic in Crewe and at Nantwich, treating a regular client base and new clients numbering av. 20 treatments/week.*

*Fees: Reflexology - Initial Treatment including full consultation £25.00 Follow up treatments £22.50.*

*Other treatment prices available on request.*

*Training: Additional reflexology training on-going - VRT, Meridians. I have recently undertaken to complete further training with Inge Dougans (The Oxford International School of Reflexology and Meridians), hopefully in the near future. I am in the process of completing my Reiki Level 2.*

*Description of therapies offered: Clinical Reflexology, Aromatherapy, Indian Head Massage and Reiki.*

*All treatments are individual and following consultation and discussion the most appropriate course of treatment or treatments is offered.*

*Areas of special interest: Multiple sclerosis - currently treating several clients of mixed age and gender. In the process of writing up case studies for publication.*

*Depression/stress.*

*Infertility/pregnancy.*

*Thyroidism.*

#### **Barbara Winfield**

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**The West End Reflexology Practice**  
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Association of Reflexologists, Scottish Institute of Reflexology

*Louise Gourley gssr msir trained at the Scottish School of Reflexology, Dundee, graduating in 1999. She is a member of the Scottish Institute of Reflexology, and carries full public/product/malpractice liability insurance limited at £2,500,000 and is police checked to work with at risk groups.*

*Treatments take place in a converted therapy room in her home, an electric therapy chair ensuring that even the most immobile of spinal clients can be treated in comfort.*

*Her practice, The West End Reflexology Practice is a general practice specialising in spinal realignment and related problems, pain relief, hormonal imbalance, labour, pregnancy and fertility. She has experience working with the severely and multiply disabled and regularly visits centres such as The White Tops Centre (PAMIS) to carry out desensitisation work, reflexology treatments and workshops in close cooperation with centre staff, and has worked with infants from birth upwards. All products used on clients are free from animal products and acceptable to people of the Muslim faith.*

*Home visits are available for the old, infirm and disabled at no extra cost.  
Opening hours are Monday to Friday 9am to 8pm.*

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EMBODY, International Therapies Examination Council, International Guild of Professional Practitioners, Other  
*Craig Simpkins trained and qualified with a credit for*

*the ITEC (International Therapy Examination Council) level 3 diploma in Reflexology in July 2005.  
A member of the Complementary Therapists Association (MCThA) and the International Guild of Professional Practitioners (IGPP). He is an EMBODY Professional.*

*Craig offers a friendly and professional mobile Reflexology service in the Derby area. He uses a comfortable reclining reflexology chair, either in the comfort of your own home or at one of my treatment rooms/surgeries.*

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*I am a full member of the Association of Reflexologists and Federation of Holistic Therapists usually practising from "The Chiropody Clinic" in East Hemington, Sunderland and Station Road, Hetton-le-Hole.*

*I am also available to do Reflexology home visits if required. I'm qualified in Reflexology and Swedish Massage with knowledge of Anatomy and Physiology. I'm currently working towards qualifications in both Sports and Remedial Massage and I'm due to qualify in the summer of 2006.*

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British Complementary Medicine Association, The  
Association of Traditional Chinese Medicine  
*After many years training in Romania and at The  
Chinese Academy of Sciences (affiliated to the Open  
International University Approved by United Nations)  
and The Open International University (ALMA ATA 1962)  
- International College of Acupuncture in Colombo, Sri  
Lanka, I gained doctorates in Acupuncture and other  
therapies.*

*In 1995 I married and moved to England where I  
continued my practice in Complementary and  
Alternative Medicine - member of BCMA Affiliate  
Alliance as: Acupuncture, Aromatherapy, Crystal  
Healing, Herbal Medicine, Homeopathy, Reflexology  
also member of International Federation of  
Reflexologists (IFR), here in the UK.*  
*Over the last nine years I have completed many course,  
all in my own time and funded by myself comprising  
diplomas in many aspects of Complementary and  
Alternative Medicine including Aromatherapy,  
Homeopathy, Reflexology, Herbal Medicine, and other  
therapies.*

*Among other qualifications, I have a followed Register  
of The Royal Complementary Practitioners (The Open  
International University for Complementary Medicine).  
Also, I have completed the course (two years) at  
Sheffield Hallam University and I have been awarded the  
Diploma of Higher Health Education having followed an  
approved programme in Applied Health Promotion at  
Doncaster West NHS Primary Care Trust.*

*I have established practices in Doncaster, South  
Yorkshire where I have endeavored to create a very  
relaxing atmosphere. Many patients come to me for  
various treatments from all over the UK.*

*My role involves working in the community with  
patients who have different stages and kinds of  
illnesses. I provide different therapies, support and  
information for the patients recovery.*

*My role is that of a service practitioners in  
Complementary and Alternative Medicine, as therapist  
developer and facilitator, and where it is accepted that  
these do overlap each other each aspect requires a  
separate professional focus.*

*This role is continually changing and developing  
providing many challenges and achievements along the  
way and I intend to demonstrate my abilities in the field  
of Health Promotion.*

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The British Reflexology Association, International Guild  
of Professional Practitioners  
*Reflexology is complementary to orthodox medicine,  
and not a replacement, but is safe, enjoyable, and  
relaxing to receive.*  
*Edna holds the internationally renowned Bayly School  
Diploma in Reflexology, and is a member of both the  
British Reflexology Association, and the International  
Guild of Professional Practitioners.*

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*Reflexology works on the principle that our feet map, or mirror, the entire body. Tension or congestion in any parts of the feet mirrors tension or congestion in a corresponding part of the body. A Reflexologist will apply pressure and massage to these reflex areas on the feet. Their sensitive, trained hands, can detect deposits, tension, and imbalances, and allows the natural flow of energy to reach the corresponding part of the body to correct the imbalance. On sensitive reflexes, the client may feel tenderness, and the degree of tenderness will indicate the degree of the imbalance. The body has the ability to heal itself.*

*Reflexology is suitable for all ages and can help many conditions and ailments. Tension creates an imbalance within the body, preventing it from functioning effectively. By relieving tension, regular treatments become preventative health care, by helping to restore and maintain the body's natural equilibrium.*

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*Reflexology cannot diagnose, prescribe, alter medication or claim to cure. It can however have a role with your patient by giving time, listening, reducing their stress and helping them to understand their health. It can encourage them to be more responsible for their health, lifestyle and choices made. As a trained nurse, midwife, Health Visitor and Qualified Social Worker I feel that reflexology has a definite role to play in improving your patients health.*

*Reflexology can help maintain a healthy balance between the physical, emotional and psychological stresses in your life. By working and massaging the reflex areas of the feet it can relieve stress and tension and thereby release energy. A number of diseases are aggravated by stress, ie. cardiac, stomach and kidney ailments. Problems like palpitations, migraines, insomnia, menstrual irregularities etc. can also be triggered. Reflexology helps nature normalise gland and organ function, detoxify the body and concentrate on treating the whole person. It encourages the physical, emotional and psychological systems to stabilise, work in harmony, and bring about a greater sense of well-being. Look after yourself.*

*"If we do not change our direction, we are likely to end up where we are headed." Ancient Chinese Proverb.*

*Training: Nurse, Midwifery and Health Visitor qualifications. Qualified Social Worker, with wide experience. I have completed two years Family Therapy Training. Qualified Reflexologist.*

*Fees: Negotiable. In exceptional circumstances free. On a sliding scale up to £27 sessions 1 hour. Initial consultation at the same agreed rate.*

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Description of Therapies offered: Reflexology. Vertical  
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Areas of special interest: Anxiety. Relaxation during  
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*I am a member of, and insured with, the Federation of  
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Criminal Records Certificate Sections 113 and 114 of  
the Police Act 1997 Disclosure Number: 001068762324  
(Feb. 2004)  
I qualified in 1998 and became an advanced  
practitioner in March 2002. Being an Advanced  
Practitioner enables me to use other complementary  
therapies to back up a basic reflexology treatment,  
such as: acupuncture for sinusitis. iridology to use if  
imbalances found in the feet are reflected in the iris. The  
use of colour visualisation techniques.  
Reflexology is a gentle and very relaxing treatment,  
suitable to for all ages (children and adults), and  
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Therapies and treatments offered include:  
Aromatherapy, Sports and Swedish Massage,  
Reflexology, Indian Head Massage, Hot Stone Massage,  
Hopi Ear Candling, Reiki, and a number of Beauty  
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For the full range of complementary health therapies,  
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*The Complementary Therapy Association of Embody, of which I am a registered member, is dedicated to high professional standards and bringing the public and therapists together.*  
See [www.EmbodyForYou.com](http://www.EmbodyForYou.com) for details.

*I gained my Diploma in Reflexology in 1999. In 2000 I studied Precision Reflexology - an advanced form - a gentle, but powerful, and deeply relaxing treatment. Since then I have used this as the basis of all my reflexology treatments including healthy eating advice, where applicable, for both physical and mental/emotional health alongside reflexology - I gained a Diploma in Diet & Nutrition in 2001.*

*Conditions that have responded well to Precision Reflexology over the last five years include PMS, PCOS, menopausal symptoms (many women have found the treatment beneficial), sinusitis, sciatica and low back pain and stress-related conditions such as anxiety, IBS, other digestive complaints, etc.*

*I am self-employed but also volunteered at a local centre offering reflexology to those on benefits and low incomes. Some of these clients suffer extreme stress and the experience gained there has been very worthwhile.*

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*I have been a Reflexology Practitioner for 16 years. I did my initial training with the Bayly School of Reflexology which is the official teaching body of the British Reflexology Association.*  
*I have also attended various other reflexology courses over the years, including a course on Vertical Reflexology Techniques.*  
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*I would like to take a couple of minutes to introduce myself:- My name is Rosalind Tipler, for the past 30 years I worked in the caring profession as a Registered General Nurse - Latterly as a nurse specialist in the Palliative Care setting.*

*I have always shown a keen interest in complementary therapies and in 1994 I attained a Diploma with the I.I.H.H.T (International Institute of Health and Holistic Therapies) in Massage, Aromatherapy and Reflexology. All three of these therapies proved invaluable at times with patients, relatives and staff alike.*

*After leaving the nursing profession I greatly missed the Hands on Approach to caring and consequently decided upon developing further my skills in Reflexology.*

*The further training was taken with the International Institute of Reflexology UK. (I.I.R.). Which is the oldest organisation for reflexology, and is the only school which teaches the 'Original Ingham Method of Reflexology'. It was founded in 1938 by the mother of reflexology - Eunice Ingham.*

*I work full time offering treatments to suit the needs of my clients. This can include evenings and weekend appointments.*

*Patients can be treated in the calm relaxing atmosphere of my treatment room at "The Poulton Town Centre Practice" however I would be happy to visit clients at home if they are unable to visit the clinic.*

*Please see the website for more information RE - Reflexology.*

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*Reflex Zone Therapy Experience*  
*I commenced my training at the Scottish College of Complementary Medicine in November 2006. My RZT practice involved initially working on other students on the course but soon progressed to clients who were my case studies for my exams. I continue to work with my client case studies on a weekly basis with their long term health problems.*

*Nursing Experience*  
*I am a Registered General Nurse with 11 years experience in caring for the older adult in an NHS hospital and in 2 nursing homes. In all establishments I was in charge of staff and patients/residents.*

*During that time I worked part time as an Agency Nurse in surgical wards.*

*Teaching Experience*  
*I entered Further Education as a lecturer in 1999. During my time as a temporary lecturer, working for several colleges, I taught health subjects. I gained a permanent job share post as a Social care Lecturer in February 2002 and continue to work in this post teaching students at higher level.*

*In addition I am a Class Tutor taking visiting and supporting my students on placement as well as liaising with their placement supervisors.*

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*BSc RGN I am a practising reflexologist within a Stress Management Centre funded by the NHS and the SIP (Social Inclusion Partnership). I am also in private practice within South Lanarkshire. Complementary Therapies include clinical aromatherapy, reflexology, indian head massage, on-site massage. I am involved in on-going study for an MSc in complementary medicine at QMUC Edinburgh.*

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Association of Master Herbalist (AMH), British Herbal  
Medicine Association (BHMA), The Herb Society  
*Denny Wilson H.N.H.Ir.R.M. I have studied Natural  
Healing methods for nearly ten years and now practise  
as a qualified Herbalist, Iridologist and Reflexologist; I  
am also a fully trained Reiki Master and Teacher.*

*I trained as a Herbal practitioner and Natural Healer  
with the Selfheal School in Norfolk, where I qualified  
with a Distinction. We also studied Iridology with the  
Independent School of Iridology as part of our Diploma.  
Whilst studying Natural Healing I developed an interest  
in Reflexology and Reiki, qualifying in both, Reiki at  
Master/Teacher level and Reflexology at the Royal  
Forest of Dean College, with the International Institute  
of Health and Holistic Therapies.*

*I am a member of The Herb Society, The British Herbal  
Medicine Association, the Association of Master  
Herbalists and The Reiki Association. I am also eligible  
to join the Association of Reflexologies and the Guild of  
Iridologists.*

*I currently hold regular clinics at home in Innsworth, my  
local Esporta Health Club in Gloucester and a local  
healing group. Over the years that I have been  
practicing I have helped a lot of people with varying  
illnesses including terminally ill patients. I will also  
carry out home visits for infirm clients.*

**Julie Camm Holistic Therapist**

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*Julie Camm ITEC Dip, CThA, that. I can offer Swedish,  
Indian Head & Hot & Cold Stone Therapy Massage. I am  
Reiki attuned to level two. I can also offer Reflexology &  
Sports Massage & Hopi Ear Candles.*  
*I have a room I work from in Churchdown, Brockworth,  
Whaddon & Hestersway and also offer mobile  
appointments in the daytime, evenings or weekends.*  
*I have six years experience and abide by my professional  
organisations code of conduct.*  
*All the therapies I offer are deeply relaxing - (except  
the Sports Massage), which helps relieve stress and its  
symptoms e.g. Headaches, Aches & Pains. Hopi Ear  
Candles can help cold symptoms & sinus congestion.  
Reflexology addresses all the systems of the body and  
therefore is an excellent treatment for multi conditions.*  
*Further info: Julie-camm@hotmail.co.uk*

**Kim Flannery-Gardiner**

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**Philippa Hunter Aromatherapy**

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International Federation of Professional Aromatherapists  
*I gained my Diploma in holistic aromatherapy in from  
the Tisserand Institute, in 1991 and have since run a  
successful practice in Stroud, based at the Old Convent  
in Beeches Green. I am a registered member of the  
International Federation of Professional  
Aromatherapists, and fully covered to practice through  
their insurance scheme.*

*I have a wide experience of treating conditions and  
complaints presented by many patients. I have success  
in treating and complaints presented by my patients. I  
have had success in treating stress related conditions,  
muscle pain, back pain, skin conditions, digestive  
problems, mild depression, anxiety and low self  
esteem. I also specialise in treating women through  
pregnancy, where Aromatherapy can be very soothing  
and supportive.*

*A large part of my practice is with adults with learning  
disabilities, working with clients from care homes in  
Gloucestershire. The more able bodied come to me,  
but I also visit patients in their homes. I have found  
that Aromatherapy is very effective for people with  
special needs. The treatment is emotionally soothing  
and spiritually uplifting and it can benefit someone who  
may normally be unable to articulate or communicate  
these emotions. The combination of massage and  
essential oil helps to promote relaxation, improves  
muscle tone and circulation, and gives the patient a  
sense of well-being.*

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*Specialising in the treatment of those with stress and anxiety-related conditions, the therapist has spent many years working in the private sector promoting personal development. This has led to a profound interest in the role of physical and psychological health in quality of life. Training as a Reflexology therapist has involved extensive, assessed case work, knowledge of physiology and grounding in a variety of complementary therapies. The therapist is a member of the Association of Reflexologists and is thereby committed to Continuing Professional Development and Integrative Health. Reflexology is a western holistic treatment, which involves the therapist working on pressure points on the client's feet. These points relate to the systems and organs of the body. The treatment stimulates cellular activity to promote natural functioning and bring about beneficial change. In addition to the relaxing and re-balancing action of the therapy, clients are encouraged to reflect upon the physical and emotional impact of lifestyle, diet and thinking habits to establish an increased sense of control over personal well being.*

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*Currently CNS Complementary Therapies The Beacon  
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 Complementary Therapies for Health and Well-being;  
 for Individuals and Organisations.*

Qualifications: MSc (Complementary Therapies) Merit, PgDMS Distinction, BSc(Hons) 2:1, RGN, RSCN, Aromatherapy Diploma, Reflexology Diploma, Diploma in Clinical Hypnosis, Journey Practitioner, DMS.

Member RCN, EMBODY, NFSH. Fully Insured.

Previously Co-ordinator, The Beacon 1998-2002

Assistant Director of Nursing, Kingston Hospital, 1994-1998. Projects Nurse, Kingston Hospital, 1990-1994 Sister, Oncology, 1987-1990. GP friendly, NHS provider number.

Therapies: Hypnotherapy, Aromatherapy, Reflexology, Therapeutic Touch / Healing, Relaxation / visualisation / meditation, Accredited Journey Practitioner, Informal counselling, An eclectic, holistic, tailor-made approach dependent upon individual needs, based on a thorough assessment.

Experiences with, Cancer, MS, MND, Parkinsons Disease, Fatigue etc., Supporting people with: Anxiety related states, stress, pain and symptoms, burnout / those at rock bottom, issues relating to loss / illness.

Other skills: Excellent communication / interpersonal skills: Teaching / facilitating: Senior management experience: Supervision: Developing/ running workshops: Recent successful relaxation and stress management course: and competency based relaxation skills training for Technical Assistants.

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Association of Reflexologists, International Federation of Aromatherapists - MIFA, Raworth Guild of Graduates  
Fees: £35 - 1 hour. £25 - half hour.  
Training: Glenda completed all training in complementary medicine at the Raworth Centre, 20-26 South Street, Dorking, Surrey.  
Description of therapies offered: Reflexology, Aromatherapy, Holistic Massage, Sports/Therapeutic Massage, Swedish Massage.  
Areas of special interest: Currently works for \*The

Prory Hospital, Woking\* specialising in private psychiatric care and offering Aromatherapy, Massage and Reflexology to help alleviate symptoms associated with stress related disorders, anxiety and depression. Reflexology and maternity care.

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Association of Reflexologists, RCN, British Association of Beauty Therapists and Cosmetology  
Fees: £20.00 per treatment. No additional charge is made for initial consultation.  
Training: RGN Edinburg Royal Infirmary 1981.  
RM Northwick Park Hospital 1984.  
Reflexology 2000 10 month course Mary Martin School of Reflexology.  
Description of therapies offered: Reflexology treatments for a variety of ailments, and to maintain good health and well being.  
Areas of special interest: Interested in pre-conceptual care and preparation for pregnancy, ante natal care, having been a nurse and midwife has given me a great awareness of some people and their problems.

#### Rosetta Kingston

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Massage Training Institute  
WELCOME to The JoshiTree, we specialise in all types of massage in the comfort of your own home.  
Professionally trained by a world authority in massage Clare Maxwell-Hudson, Chetan Joshi is a freelance registered and insured Reflexologist & Holistic Masseur.  
Bookings are available throughout the week and weekends, so that he can meet the demands of busy schedules.  
Benefits: Remove tension and encourage peaceful sleep. Perfect for busy Professionals, Hospital recoveries and great from the expecting mother. Ease muscle aches and pains from sport, weight and fitness training or overexertion. Ideal treats for Birthdays, Anniversaries or special days.  
Enjoy tailor made JoshiTree treatments.  
Qualifications from the world famous Clare Maxwell-Hudson School of Massage: ITEC Reflexology Diploma, ITEC Diploma in Holistic Massage, Clare Maxwell-Hudson Post Graduate workshops: Indian Head Massage, Unlocking Secrets of the Face Massage, Master Class Technique,  
Membership and Employment: Massage Training

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*Institute Practitioner. Member of the volunteer massage therapy team at NHS Royal Free Hospital. Part-time therapist at The Joshi Clinic, Britain's leading Holistic Health clinic.*

*Education & Previous Employment: BA (HONS) in Business Studies. Eight years experience working in Investment Banking.*

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EMBODY

*Chiltern Therapies provides massage, physiotherapy and reflexology treatments either from treatment rooms in High Wycombe or as a visiting mobile service. Simon Thornton initially trained in massage at Amersham & Wycombe College, Flackwell Heath, before training in advanced massage techniques with the MSCM in Rickmansworth and at Mount Vernon Hospital. Clare Lait graduated from Nottingham University in 2000 with a BSc (Hons.) degree in physiotherapy and*

*works the NHS as a Senior Physiotherapist in an out-patients department as well as practising privately. Louise Lampson is a qualified reflexologist. She trained at Amersham & Wycombe College, Flackwell Heath and in advanced reflexology techniques with MSCM, Rickmansworth and at Mount Vernon Hospital. We specialise in: Spinal problems, acute injuries, joint problems, sports injuries, post-surgical/fracture, female health & pregnancy issues and digestive disorders.*

*Massage is a good complement to physiotherapy. Deep Tissue and other advanced techniques including NMT, PNF, MET and trigger point release assist in the rehabilitation of injuries and can help with many common ailments such as migraine and back/neck pain.*

*Reflexology can provide excellent results in the maintenance of good health and treatment for many common conditions including female health issues and digestive problems.*

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*After spending some 12 years or more of ongoing intensive surgery and convalescence, decided to look at the area of complementary medicine.*

*Beginning her career in 1985, undertaking comprehensive studies, training and practice in various incorporated treatments and therapies. She received Diplomas in Reflexology combined with Acupressure, Electrolysis, Reiki and The Bowen Technique.*

*Realising the profound importance of the relationship between these treatments, combined with nutrition and exercise, she now brings to Cloudwalk, the Neurostructural Integration Technique (N.S.T.). N.S.T. is based in the advance principles of the late Australian Bodyworker genius Tom Bowen. It is a skilful professional bodywork. The result of this is a comprehensive reorganisation of the musculature of the body, characterised by a lasting relief from pain and dysfunction.*

*Conditions that frequently respond well to these treatments: (T.M.J.) Cranio and Temporalmandibular Joint; Neck problems - including whiplash. Headaches, Back problems - Lumbar and Thoracic, Shoulders & Arms, Leg problems including hamstring, knees & ankles, Accident injuries, Sport injuries, Digestive & bowel problems, Respiratory problems including asthma, Menstrual & menopausal disorder, Acute & chronic fatigue, Stress conditions, (R.S.I.) Repetitive strain injury, Allergies.*

*The response is most often profoundly effective and sometimes almost miraculous.*

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*Fees vary enormously - my brochure shows the top price (I often have to pay £10 per session in rent). Many of my clients are low or unpaid, children, very elderly etc. and cannot pay me properly. I am very flexible.*  
*Training: Reflexology at Hoeford Tech.College 1994 followed by continual professional development via the society and I use Gem Torch Therapy having followed courses and with insurance. Also, Tissue Salt Therapy via Blackmores Training in 2002.*

*Description of the therapies offered: Often clients ask for Allergy testing. I offer an extremely extensive 2 hour+ session to cover 40 - 100 substances. I provide additional supplementation support and continuous advice and support. Usually this is backed up with Reflexology and sometimes Head Massage for Detox. Areas of special interest: Combination of my therapies holistically. Skin complaints/rashes psoriasis etc. Stomach, liver and aches and pains. Arthritis, headaches, depression. Candidiasis, especially sporadically.*

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*Reflexology Reduces stress and tension; Improves nerve and blood supply; Helps nature achieve homeostasis*  
*What to expect: Sit back and relax while I work each foot, covering all the bodily systems before returning to specific areas of congestion. The treatment lasts around 45 minutes, and includes a free consultation.*

*Clients have reported some improvement in Carpal tunnel Syndrome, bowel problems, migraines, stress, sinus and sleeping problems.*

*Indian Head Massage Reduces stress and tension, Increases circulation, Eases stiffness and pain, Helps improve concentration*

*What to expect: You will be seated fully clothed while I work over the upper back, shoulders, upper arms, neck, scalp and face using several different massage movements.*

*The treatment lasts around 25 minutes, and use of oils on the scalp is optional.*

*Clients have reported some relief from tension headaches, sinus problems, insomnia, stress, back problems and general aches and pains.*

*Qualifications, Membership and Insurance: IIR Diploma in Reflexology. VTCT Level 3 Diploma in Indian Head Massage. Member of the International Institute of Reflexology. Member of the Federation of Holistic Therapists. Full Practitioner Liability Insurance held*  
*I have a dedicated treatment room, but may be able to make home visits.*

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*Fees: From  
Reflexology - £17.00 - clinic. £25.00 - clients home service.*

*Aromatherapy massage - £25.00 Clinic. £30.00 - clients home service.*

*Training:*

*Reflexology MAR, BRCP*

*Holistic Massage - MTI*

*Sport Massage - IIHHT*

*Aromatherapy - IIHHT*

*Description of therapies offered: Promoting vitality and good health.*

*Areas of special interest: Loughton, Chingford, Chigwell, Woodford, Walthamstow, Wanstead, Leytonstone, Leyton, Hackney, Stratford, West Ham, East Ham, Barking, Buckhurst Hill, Ilford, Epping, Theydon Bois.*

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*Homeopathic Medical Association, Association of Reflexologists, National Federation of Spiritual Healers*  
*Emma has been a practising reflexologist since 1993. She is a full member of the Association of Reflexologists. Emma is one of only a few qualified Maternity Reflexologists in the UK. This encompasses all aspects of Womens Health from puberty to post menopause including fertility issues.*

*Emma trained for 4 years and graduated from The College of Practical Homeopathy, London and is a full member of the Homeopathic Medical Association.*

*She is a full member of the National Federation of Spiritual Healers and is a Reiki Master too.*

*Emma is also a Bach Flower Counsellor, having attended the Bach Centre in 1995. Other therapies include touch for health Kinesiology & flower essences. She treats male and female, in-utero to 100.*

*She has experience with many different disorders including infertility, back and knee problems, whiplash, MND, ME, allergies, anxiety, stress, IBS, pre and post surgery, prostate problems, menopause and gynaecological disorders.*

*Emma works full time as a Complementary Therapist in Ipswich and Woodbridge. She is also available for lectures and workshops. She runs a homeopathic drop in clinic on Tuesdays and Fridays. Please phone for details*

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**Sandy Combe  
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Federation of Holistic Therapists, International Institute  
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of Holistic Therapists  
*Sandy Combe is a qualified BodyTalk Practitioner, also  
qualified in Swedish/Aromatherapy massage, Indian  
head massage, Reflexology, Reiki and Hopli Ear Candling  
(Thermo Auricular Therapy).*

*The BodyTalk System is a revolutionary form of  
alternative healthcare, which is totally non-invasive,  
absolutely safe, effective in its results and  
complementary to all other therapies.*

*BodyTalk was developed in 1995 by Dr John Veltheim  
and has since recorded outstanding growth and  
success. It uses a combination of western medical  
expertise, osteopathic and chiropractic philosophy, the  
energy dynamics of acupuncture, Hatha yoga, modern  
physics and mathematics and the clinical findings of  
applied kinesiology.*

*In general it can help with clearing viruses, infections  
and parasites, energy blockages or imbalances,  
allergies and food intolerances, phobias, muscular-  
skeletal problems, blood sugar and circulation  
imbalances, emotional blockages, dyslexia, attention  
deficit disorder, headaches, depression, menstrual  
disorders and much more. This stand-alone healthcare  
system has had astonishing results in addressing many  
health problems, and can be used with any other  
healthcare system to increase its effectiveness and  
promote faster healing.*

*Bodytalk uses a form of neuromuscular biofeedback to  
locate which organs, endocrines or body parts need to  
be reconnected to heal communication between them at  
physiological, biochemical, circulatory, nervous and  
emotional levels.*

**Susan Bennetta Reflexology**

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**Margaret Fulker**

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Scottish Institute of Reflexology  
*Reflexology is a holistic healing technique which aims  
to treat the whole person, body, mind and spirit. It is a*

*method of activating the body's own healing powers to  
promote health and well-being. It deals with the  
principle that there are reflex areas in the feet and  
hands which correspond to all the systems, organs and  
glands of the body.*

*Benefits: There is a place for reflexology in everyone's  
life: young or old, male or female, healthy or not.*

*The benefits of the therapy are unique for each person.*

*Reflexology can help provide relief from: Back pain,  
Headaches, Stomach complaints, Swollen, painful joints,  
Muscular aches and pains, Kidney and liver complaints,  
Stress and tension, High/Low blood pressure, IBS,  
Menstrual /Menopausal, Respiratory problems, Restless  
leg syndrome.*

*The Treatment: Reflexology treatments are safe,  
pleasant and relaxing. A specific type of steady, even  
pressure is applied to the reflexes on the feet. This  
induces deep relaxation, improves the circulation,  
eliminates toxins and releases the body to maintain its  
many functions efficiently.*

*Margaret Fulker GSSR MSIR*

*Neal's Yard Therapy Rooms, 11 Royal Exchange Square,  
Glasgow G1 3AJ. Tel. 0141 248 4739*

*Ayr Chiropractic Centre, 26 Miller Road, Ayr KA7 2AY.  
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*Heartlake Physiotherapy Centre, Portland Street, Troon  
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**Nanette Brown MAR GRS Clinical Reflexology**

10 Maxwell Court  
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East Ayrshire  
**KA3 7TA**  
T: 01563 541843  
Association of Reflexologists  
*Fees: £15 per session. I do not put a time limit on  
sessions as everyone is different. Fee stays at £15,  
regardless of time spent on client.*

*Training: Clinical Reflexology. Registered practitioner  
with AOR. Reiki and O.U. Stress Management  
certificates.*

*Also intend to do acupuncture course in the near  
future. Training in Shiatsu and Hypnotherapy at the  
moment.*

*Description of therapies offered: Clinical Reflexology.  
Reiki. Stress Management.*

*Training in Shiatsu and Hypnotherapy at the moment.  
Areas of special interest: Anxiety and depression. Also  
addictions, although have treated most conditions.*

**Catherine Harper**

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British Reflexology Association

**Caroline Haines**

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Association of Reflexologists Guild of Complementary  
Practitioners

*Caroline Haines trained at the Central London School of  
Reflexology on a Practitioners Course accredited by the  
Association of Reflexologists, qualifying in 2001. She  
has since completed an Advanced Course in Hand  
Reflexology with further training planned for 2002. She  
has had an interest in complementary healthcare for 20  
years and considers continuing education essential for  
developing new techniques and skills, and for keeping  
abreast of advances in reflexology and other  
complementary therapies.*

*Caroline practises from her home in Claygate, near  
Esher, Surrey, and also offers a mobile service for those  
who prefer to receive treatment in their own homes.  
Both foot and hand reflexology may be used according  
to the preference and specific needs of the client.*

*Many disorders may be successfully helped through  
reflexology, but areas of special interest include stress-  
related conditions, eg. breathing, digestive and skin  
disorders; hormonal problems; hypertension; insomnia;  
migraine and tension headaches. When necessary  
Caroline liaises closely with the clients GP and other  
healthcare professionals to ensure the right therapy is  
received. All treatments include general advice on  
lifestyle, diet and exercise.*

*Fees range from £30.00 - £40.00 according to location  
and number of treatments booked. Discounts available  
for special needs groups.*

**A** **Eleanore Steel**  
**Reflexology and Health**  
 7 Chestnut Avenue  
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 National Federation of Spiritual Healers, Association of Reflexologists, Changing Lives - Life Coach Member

**D** **Pamela Diamond**  
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 Association of Reflexologists  
*Fees: £30 - 1 hour treatment.*  
*First treatment includes free consultation - 1 1/2 hours. Training: Diploma of Reflexology, Raworth Centre. ITEC Diploma of Reflexology. State Registered Nurse 1975.*  
*Description of therapies offered: Reflexology treatment includes Chinese Meridian Therapy and Acupressure points and Indian Head Massage.*  
*Areas of special interest: Cranial sacral treatment in Reflexology. Vertical Reflexology. Nutritional and Herbal medicine.*

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 Association of Reflexologists, International Guild of Professional Practitioners  
*I became a Reflexologist after attending an intensive one year course at the West Middlesex Hospital, taught by Andrew James, author of "Hands on Reflexology". To complement my Reflexology I have also acquired the following qualifications in Indian Head Massage, Hopi Ear Candles, Flower Remedies, Reiki Level II and basic Counselling.*  
*I am a member of the "Association of Reflexologists" and "International Guild of Professional Practitioners" (Embody).*  
*Since January 2004 I have been a volunteer at the Macmillan Butterfly centre, Epsom Hospital, where I provide Reflexology treatments to Cancer patients and their carers. From June 2005 I will be assisting a qualified Social Worker for Palliative care, by facilitating a weekly Bereavement group for 6-8 clients.*  
*Through Macmillan Cancer Relief, I am currently studying for the Cancer Support Certificate. There are five modules which are - communication skills - counselling skills- loss and bereavement - cancer awareness - health and safety.*

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 International Council of Holistic Therapists,  
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**Qualifications**  
 IIR Diploma in Reflexology (May 2005)  
 IHHT Diploma in Reflexology (2004)  
 IHHT Diploma in Anatomy and Physiology (2004)  
**Memberships:** International Institute of Reflexology (www.reflexology-uk.net), International Council of Holistic Therapists.  
*Reflexology is one of the most popular complementary therapies in the UK. It dates back thousand of years, with its roots in China and Egypt. An American Therapist rediscovered reflexology and developed charts identifying the specific reflex points on the hands and feet that relate to the organs, glands and parts of the body. By applying a pressure technique and stimulating these reflexes, reflexology can:*  
*help relax and calm clients;*  
*improve circulation; unblock nerve impulses; help restore and maintain the bodys natural balance.*  
*It is a complementary therapy and works well alongside orthodox medicine. We do not prescribe or diagnose, nor do we treat for a specific condition. Reflexology is holistic.*  
*Treatments: A reflexology treatment can last between 45-60 minutes, and it is recommended that clients have between 4 and 6 weekly treatments initially.*  
*During her work and training, Lisa has undertaken case studies of people with many conditions, including: Blood Pressure, Cholesterol, Circulatory conditions, Insomnia, Fatigue, Aches and pains, Arthritis, Skin conditions; Digestive problems, Pregnancy.*

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**Gill Riley**  
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 W: www.tranquil-therapies.co.uk  
 British Register for Complementary Practitioners,  
 Federation of Holistic Therapists, Association of Reflexologists  
*Tranquil Therapies can offer you a unique experience in complementary therapies. All treatments are based specifically on individual needs and requirements and the emphasis is on comfort and relaxation throughout the treatment. The practice is run by Gill Riley MAR, MBRCP, GTR.*  
*Gill worked for many years in the legal profession before qualifying with a Level 3 Diploma in Reflexology from the Sue Ricks School of Complementary Therapies. She is a member of the Association of Reflexologists, Federation of Holistic Therapists, British Register of Complementary Practitioners and the Complementary Therapies Association and has full liability insurance. Gill also practices Reiki.*  
*Gill works from her uniquely created therapy room at her home in Leicestershire.*

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 International Council of Holistic Therapies - MIGHT, Federation of Holistic Therapies - Professional Member, Association of Reflexologists, Tera-Mai Healers Association - Member

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Association of Reflexologists, Bowen Association UK,  
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Fees: £20 per session.

Training: Reiki with Annie Livings, Wales. Reflexology  
with 3 Shires School of Reflexology. Bowen Therapy  
with Bowen Association, Leics.

Areas of special interest: Musculo skeletal injuries.  
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Association of Reflexologists, International Council of  
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Association

Fees: £20 per therapy session.

Training: Wigston College of Further Education. Phyllis  
Southam School of Reflexology. Anthony Porter  
Advanced Reflexology.

Lynne Booth, Vertical Reflex Therapy and Synergistic  
Reflexology.

Areas of special interest:  
Stress Management. Neck and back pain

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Association of Reflexologists, Register of Advanced  
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General Hypnotherapy Register, Federation of Holistic  
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**Joy Constable**

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Glyn Ceiriog  
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Association of Reflexologists, BCMA, Cranial Sacral  
Society

*Professional Body/Mind Therapist:*  
Reflexology - Advanced - Accredited ITEC. Trained  
1996/97 at Gablecroft, College of Therapies,  
Whittington, Shropshire.

*Manual Lymph Drainage, Indian Head Massage. Trained  
at Cheshire Academy, Nantwich 1999 and 2000.*

*Magnified Healing 1998. Cellular and Emotional  
Healing 2001. Diet and Nutrition - BSY 1999. Stress  
Management - BSY 2000.*

*Cranial Sacral Therapy (Upledger Institute UK). CSTI  
December 2001. CST II (TMJ, mouth work and  
newborns) April 2002.*

*SERI (Somato Emotional Release) July 2002. Advanced  
Pediatrics May 2003.*

*Postgraduate Reflexology Courses - ART (Advanced  
Reflexology Techniques) Precision: Universal (advances  
techniques for stress); Pregnancy, Language of the feet,  
and cancer care.*

*Member of the Association of Reflexologists,  
Association of Stress Consultants, The Cranio Sacral  
Society, British Complementary Medicine Association.*

*Extensive training and postgraduate course in advanced  
techniques (ongoing) in Reflexology, Stress and Cranial  
Sacral Therapy.*

*HNC Business and Finance 1992. I have a good  
business foundation through Business and Finance HNC  
and working practices. I had previously worked for Blue  
Chip companies for many years as an Accounts  
Manager, dealing with VAT, Tax and Wages, accounting  
procedures etc. before setting up my own business.*

*I have just retired after being Secretary for 3 years of  
our local Reflexology/Therapy Group (North Shropshire  
and Borders) and I am still an active member.*

*Treasurer/Secretary of Pandy Residents Association.  
Self employed from February 1999.*

*I work mostly from my practice in Llangollen, by  
appointment only and offer a mobile service to clients  
who cannot get out and about or prefer a treatment at  
their home. Some clients are treated at my home in  
Pandy but the facility is limited to Reflexology and a  
small amount of counselling.*

*Price List 1/4/01. Reflexology plus consultancy £30.  
(Approx. 1 1/2 hours). Reflexology Treatment £22.00  
(Approx. 1 hour). Reflex 1/2 hour stress treatment £18.*

*Indian Head Massage £19. (Approx 40 mins.) Stress  
Management/ Consultation £30. Nutrition and  
consultation £30. Manual Lymph £33. Half Body £25.  
Face and Head £15. Cranial Sacral Therapy plus  
consultancy £35. CST treatment £30. CST children £20.  
Magnified healing £20. Or add on to treatment £15.  
3rd Phase £25. Concessions: Elderly and unemployed.  
\*Discounts given for block bookings. Gift vouchers  
available.*

**Margaret Bateman**

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Pwllheli

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**Gabriele Harris**

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**Phillip Mansfield**

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**Judith M. Rowbotham**

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**Cheryl Ronner**

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I.I.H.H.T (Int. Inst. Of Health & Holistic Therapies)

**REFLEXOLOGY**

*As a practicing Reiki Healer for the past five years, I  
have learnt that even though people gain a great deal  
from a relaxed healing session which deals with inner  
emotions, stresses, worries etc. sometimes an  
individual holds pain in many forms and a more  
physical therapy is required. I qualified in reflexology in  
order to complement the emotional side, thus enabling  
me to take on a sometimes more physical approach.*

*Reflexology consists of working on points in the feet to  
address ailments or simply for relaxation. Sometimes a  
one off session is all that is required while sometimes  
the individual may require a set of treatments to deal  
with more underlying problems.*

*I have practiced Reflexology in Holland, with positive  
feedback and an invite to re-visit, proving that people  
overall are keen to take care of their bodies and  
complementary therapies are becoming more popular.  
As all my therapies are versatile and not to disclose  
those unable to visit my premises, I travel to  
destinations and cover both office staff and individuals  
on request.*

**Jan Garbutt  
Essential Holistics**

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**Julle Beck**

**Helping Hands Holistic Therapies**

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Fellow of the International Council of Holistic  
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**Catherine Barraclough MBRA**

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Newdawn**

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Association of Reflexologists, Middlesex School of  
Complementary Medicine - Member  
*Fees: £20 per hour - concessions for pensioners and  
those in receipt of benefit.*  
*Training: Full reflexology training at Kent School of  
Holistic Reflexology (Association of Reflexology exam).*  
*Full Indian Head Massage training at Middlesex School  
of Complementary Medicine (ITEC exam).*  
*4 years Reiki training with Independent Reiki Master  
(Usual Original Technique).*  
*Description of therapies offered: Reflexology, Reiki  
treatments, Reiki Lessons, Indian Head Massage,  
Corporate Stress Counselling/relaxation therapy/ Stress  
Management.*  
*Areas of special interest: Stress management.  
Relaxation therapy. Pain relief through a combination  
of treatments or individual treatment as appropriate.*  
*Full details available on request.*

**Natalie Cross**

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EMBODY  
*I have been a qualified ITEC massage therapist for four  
years and in that time have gained extensive knowledge  
from treating clients of all ages with many illnesses and  
complaints. Since qualifying as a reflexologist my client  
base in this field has grown considerably and I  
therefore now specialise in reflexology only and offer a  
professional mobile therapy service. I treat clients with  
stress related conditions such as insomnia, depression,  
back and neck pain, digestive and hormonal problems  
to name a few and have achieved very positive results.*  
*I treat all my clients with empathy and any information  
provided to me is dealt with in the strictest of  
confidence. I am very committed to reflexology and as  
this is such a growing field I attend seminars as part of  
my continual professional development.*  
*I am fully insured and a member of the Complementary  
Therapists Association.*

**Kay Sainsbury  
Feet First Reflexology**

35 West Street  
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**ME13 7JG**  
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E: kay.feetfirstreflex@virgin.net  
Association of Reflexologists  
*Fees:*

*Basic - £18 per session; £15 senior citizens; Children  
£7.00; Babies £5.00; Half-hour treatments £10. Hand  
Reflexology - £10.*

*Hand and foot reflexology, incorporating all meridians -  
£25.*

**Training:**

*Training consisted of a years course work with 60 hours  
case study. Experience over the last five years has  
included Continuing professional Education in the form  
of courses in Chakra work, Chi Reflexology, Meridian  
Reflexology, Advanced Reflexology Techniques and  
Precision Reflexology and through subscriptions to  
Positive Health and CAM (magazine for practitioners of  
complementary and alternative medicine).*

**Description of therapies offered:**

*The reflexology sessions incorporate Advanced  
Reflexology techniques and stimulation of meridian  
lines (as in Acupuncture) to bring about a more  
effective treatment.*

*Hand reflexology is ideal for anyone unable or unwilling  
to have their feet worked upon - or can be added to  
foot reflexology for a whole body treatment.*

**Areas of special interest:**

*Experience has led me to work with all age groups, but  
I would like to specialise in fertility problems and  
working with children.*

**Sarah Ford  
Holistic Aromatherapy/Reflexology**

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International Federation of Professional  
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**Madeleine Baldwin**

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Association of Reflexologists, Guild of Complementary  
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**Sarah Cornwell  
Reflexology & Other Therapies**

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British Reflexology Association

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Association of Reflexologists, Royal College of Nurses  
*Fees: Half hour £15.00. One hour £30.00*

*Training: RGN Registered General Nurse. Reflexology  
Practitioner MAR. Aromatherapy Dip Aroma ITEC.  
Indian Head Massage - 1995.  
Reiki I & II.*  
*Description of therapies offered: Reflexology.  
Aromatherapy massage. Indian head massage. Reiki  
healing. Hopi ear candles.*  
*Areas of special interest: Long term depression.  
Migraine. Irritable bowel syndrome.*

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Association of Therapeutic Massage, Association of  
Reflexologists, Association of Osteomyologists

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Association of Reflexologists, UKCC for Nursing  
Midwifery & Health Visiting, Royal College of Nurses,  
International Institute of Reflexology  
*Fees: £25.00 Reflexology Session. £25.00 Reiki  
treatment.*  
*Description of therapies offered: Reflexology.  
Encourages the body to regain a state of balance known  
as homeostasis. It is a specific pressure technique  
which works on precise reflex points on the feet based  
on the premise that reflex areas on the feet correspond  
with all parts of the body. Reflexologists consider that  
all parts of the body are connected by subtle energy,  
which flows down the body from the head to the feet.  
When there is illness or discomfort the channels  
become blocked and the flow of energy is disturbed.  
Working on the feet unblocks the channels, allows  
energy to flow and restores the balance.*  
*Reiki is a Japanese word for universal life force energy.  
Reiki is an ancient system that can be experienced by  
either hands on or by distance healing. The Reiki  
treatment encourages physical, mental and emotional  
healing and spiritual growth.*  
*Areas of special interest: Infertility. Maternity. Babies  
and children. Asthma. Diabetes.*

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*Qualifications: Reiki Master. NFSH Foundation Award  
VTCT Diplomas: Anatomy and Physiology, Indian Head  
Massage, Nutrition, Reflexology, Body Massage  
CROCNCAC Basic Counselling Skills Certificate*

*I am an excellent listener and very proficient at helping  
people relax, talk about themselves and unload, this  
alone brings great relief for many clients.*

*My holistic approach to treatment is highly effective to  
date, although I know my limits and will inform the  
client if I feel another therapy would be more  
appropriate.*

*My general approach is as follows: I take a full  
diet/lifestyle history (where appropriate, i.e. partial  
history from Indian Head Massage). Together, we  
consider the possible causes of the presenting  
problem/s.*

*My aim is to help the client to understand the  
connection between mind-body-spirit and through  
increased self-awareness, to initiate self-healing.*

*We discuss positive strategies and appropriate  
treatments, and plan a course of treatments and  
reviews, as necessary. My nutrition/weight management  
approach involves: Analysing current caloric intake  
versus energy output, Removing the fear associated  
with food/weight gain, Improving the diet with a high  
percentage of quality fresh, unprocessed foods, Provide  
nutrition coaching.*

*Reflexology: Every skeletal part, organ and system of  
the body is reflected on the feet in a pattern which  
mirrors the body. Tender reflexes and meridians in the  
feet indicate which parts of the body are congested.  
Reflexology can help to relieve stress and tension,  
improve blood and lymph supply and the unblocking of  
nerve impulses, help remove toxins and promote  
natural healing by maintaining the body in a state of  
balance.*

*An initial consultation involves taking details of  
lifestyle, diet, medical history, presenting problems,  
and discussing an appropriate treatment plan. This  
approach applies to Reflexology, Body Massage, Indian  
Head Massage and Healing. Nutrition advice, stress  
management and personalised weight management  
plans are also available.*

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*Organisation affiliations and additional information:*  
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Friend Member of the Association of Reflexologists  
**Qualifications:**  
VTCT Level 3 Diploma in Holistic Therapies  
Inc. Diplomas in Anatomy & Physiology, Body Massage,  
Reflexology and Aromatherapy.  
IIHHT Level 3 Diploma in Indian Head Massage  
IIHHT Level 2 Certificate in Thermal Auricular Therapy  
Certificate of Competency in Maternity Reflexology  
Emergency First Aid Certificate  
March 2006 - February 2007 I worked two session per  
week in a local hospice offering complementary therapy  
to people at various stages of Cancer or Motor Neurone  
Disease and their carers. I worked professionally with  
patients and their families, liaising with consultants,  
doctors, and nursing staff to provide complementary  
therapies alongside conventional treatments.  
I practice from my home in a specially adapted therapy  
room offering day or evening appointments, where I  
have had positive results with couples experiencing  
fertility issues, premenstrual tension, and regulating  
erratic menstrual cycles. I have worked with women  
throughout their pregnancy to help relax and prepare  
them for the birth of their baby.  
I have also had good results with people suffering from  
anxiety and stress related illnesses.  
I continue my professional development through  
workshops, seminars and courses.

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*Qualifications: Examination Council & Governing Body.*  
*ITEC (International Therapy Examination Council) -*  
*Diplomas in Anatomy, Physiology, Body Massage,*  
*Reflexology - all passed with credits.*  
*IEB (International Examination Board) - Private*  
*Advanced Reflexology Course at Wetherby, North*  
*Yorkshire with world renown reflexologist Ann*  
*Gillanders - passed with distinction.*  
*IIHHT (International Institute of Health & Holistic*  
*Therapies) - Diploma in Indian Head Massage.*  
*Alda House School of Natural Therapies - Post Graduate*  
*Course in Thermo-Auricular Therapy with Linda Stokes.*  
*I have attended many, many seminars, workshops and*  
*conferences as part of CPD (Continued Professional*  
*Development) including Massage for People with*  
*Cancer, Holistics for the Elderly, Optimum Nutrition*  
*workshops and many seminars and discussions with the*  
*AoR (Association of Reflexologists; of which I am a*  
*friend member) to further my knowledge of this*  
*wonderful therapy.*  
*The most wonderful results to date are from people*  
*suffering with stress related illnesses, especially*  
*Irritable Bowel Syndrome and Migraine sufferers.*  
*In June and July of this year I am attending an*  
*Instructors course for Baby Massage at The Athena*  
*School of Natural Therapy in Wolverhampton.*  
*I am a full member of the following associations: FHT*  
*(Federation of Holistic Therapies), IGPP (International*  
*Guild of Professional Practitioners), BCMA (British*  
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*Tranquil Therapies can offer you a unique experience in*  
*complementary therapies. All treatments are based*  
*specifically on individual needs and requirements and*  
*the emphasis is on comfort and relaxation throughout*  
*the treatment. The practice is run by Gill Riley MAR.*  
*MBRCP. GTR.*  
*Gill worked for many years in the legal profession*  
*before qualifying with a Level 3 Diploma in Reflexology*  
*from the Sue Ricks School of Complementary Therapies.*  
*She is a member of the Association of Reflexologists,*  
*Federation of Holistic Therapists, British Register of*  
*Complementary Practitioners and the Complementary*  
*Therapies Association and has full liability insurance.*  
*Gill also practices Reiki.*  
*Gill works from her uniquely created therapy room at*  
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*Audrea also offers a full range of holistic therapies*  
*including Full Body Massage, Indian Head Massage,*  
*Aromatherapy, (blending the oils herself to meet client*  
*requirements) Thermo-auricular therapy (Hopi ear*  
*candles) and D-Tox foot spa treatments. Audrea is also*  
*qualified as a Reiki Master and offers Reiki treatments.*

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*Description of therapies offered: Reflexology.*  
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*Janet North is a qualified Holistic Therapist I.I.H.H.T. - an internationally recognised qualification, in addition she is a member of the Council of Holistic Therapists and is bound by their code of ethics and code of practice.*

*Holistic or Complementary Therapies are increasingly popular as an approach to relaxation and as a natural way of obtaining a sense of well being. As an Holistic Therapist I take into account the mind, body and spirit of the person being treated - the whole person.*

*Essential Oils are blended for each individual client. Using gentle massage they are readily absorbed through the skin, the aroma is inhaled simultaneously, combining the effects of the oils with the fundamental element of human contact. Conditions that respond well to aromatherapy, include, insomnia, depression, anxiety, skin conditions and stress.*

*Reflexology is deeply relaxing and a wonderful way to combat the tensions and stresses of every day life - a completely natural and enjoyable treatment.*

*Reflexology is based on a system of points in the feet which correspond to different parts of the body. The laying on of hands and the specific techniques for applying pressure to the feet create the channels for healing energy to circulate to all parts of the body.*

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**Anna C. Locke  
Natural Health**

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W: www.mineraltest.co.uk  
Association of Reflexologists  
Mobile phone no: 07946 228110 - Anna Locke, BSc,  
MAR

*Fees and Clinics: Natural Health - Camden Lock Market - 020 7482 1437 - 07946 228 110. £35 - 1 hour. £20 - half hour (£15 conc.). Office, home and hospital visits possible (prices vary). Reflexology Clinic - Female First - 020 7284 0004 - Mondays 9.30am-1.15pm. 81-84 Chalk Farm Road. Half hour treatments £20 (£15 conc.) (Women only). All of You, holistic beauty and naturopathy centre - 020 8995 1616 - Wednesdays 10am-5pm. 2 Station Parade, Chiswick. £40 per hour. £22 half hour.*

*Training: 1993 - BSc Human Sciences. 1996 - Accredited Certificate, Central London School of Reflexology. 2000 - Indian Head Massage - CMA Registered Certificate. 2001 - Advanced Reflexology course - Middlesex School of Complementary Medicine - Understanding and treating female problems, childrens problems. 2002 - Reiki*

*Description of therapies offered: Reflexology. Hair Mineral Analysis. Indian Head Massage. Reiki. Holistic combination of treatments available.*

*Areas of special interest: Integrating the use of hair mineral analysis for almost three years as part of holistic nutritional approach with her reflexology clients.*

*It is a very impressive aid to the recovery and/or stabilisation of numerous conditions, eg. insomnia, chronic and acute stress, nutritional depletion, excess of toxic metals.*

*Mineral testing provides an intelligent answer to the question of what foods and supplements does your body really need? 020 7482 1437 07946 228110 - Mineraltest.co.uk*

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Daniele Minns Reflexology**

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Association of Reflexologists, LCSP Register of Remedial Masseurs & Manipulative, Therapists

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Sadle Goddard MAR**

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Belsize Health**

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Association of Reflexologists

**Sharon Black**

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Association of Reflexologists, World Federation of Healing, Guild of Complementary Practitioners  
*Fees: £35 per session.*  
*Description of therapies offered: Reflexology (both feet/hands), Advice on diet and nutrition, Healing.*  
*Areas of special interest: Back problems - All aspects of well woman - including pregnancy and infertility. Children: Nutrician - gastrointestinal problems.*

**Marianne Auer**

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**Amanda Hamilton-Pryce**

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Association of Reflexologists Society of Homeopathy Lic. LCCH  
*Fees: Reflexology £25 adult 1 hour. £35 home visit 1 hour. £15 Child 1 hour. £25 home visit 1 hour. Homoeopathy £50 adult 1st consultation 1 1/2 hours. £30 adult follow-ups 1 hour. £25 child 1st consultation 1 1/2 hours. £15 child follow-ups 1 hour.*  
*Training: West London School of Reflexology Professional Certificate.*  
*London College of Classical Homoeopathy LicentiateShip.*  
*Description of therapies offered: I have been a complementary therapist since 1993, offering reflexology and classical homoeopathy.*  
*Areas of special interest: I specialise in the treatment of women and children and am committed to my belief in the benefits of an integrated approach to health care, taking the best from complementary and conventional philosophy. I find reflexology extremely useful in the treatment of anxiety and stress in our modern lifestyles.*

**Sarah Bacon  
Stepping Towards Health**

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**Lynette Vickery**

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**Christine Cartledge Reflexology**

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Association of Reflexologists, Register of Advanced Reflexologists, Vertical Reflex Therapy Network Membership

**Heather Shepherd  
Tiptoes Complementary Health Centre**

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E: tiptoes@bushinternet.com  
International Institute of Reflexologists, Association of Reflexologists  
*Fees: from £20.*

*Description of therapies offered: Reflexology. Remedial massage. Sports massage. Indian Head Massage. Reiki.*  
*Bio-energetic Therapy. Allergy testing. Beauty therapy. Aromatherapy. Pamper days.*  
*Areas of special interest: Stress induced conditions. Musculo-skeletal disorders.*

**Judith Woods MBRA**

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British Reflexology Association

*I trained in Reflexology in mid-life, having previously had a successful career in Retail Management. This wider life and work experience has helped me to give treatments in an intuitive and caring manner whilst still maintaining a thorough professionalism.*  
*I work from a sunny, clean, and quiet therapy room within my home and will give treatment in the patient's home, on request.*

*I have found Reflexology effective, not only for stress relief, but for many conditions as varied as insomnia, arthritis, and toothache!*  
*I am additionally trained to advanced standard in VRT (Vertical Reflex Therapy) This is usually done with the patient in a standing position. It is a very fast treatment and can be combined with traditional Reflexology, to give a catalytic effect on the whole treatment.*

*I am experienced in working on the hands as well as the feet with both Reflexology and VRT. I have found them both especially effective in alleviating chronic back pain.*  
*I am also able, if the patient wishes, to balance the chakras of the body via the feet.*  
*This is a very calming procedure and helps the body to initiate a self-healing process.*

**Gillian E. Bailey**

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**J. Tomlinson**  
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**Marie France Bewley**

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International Institute of Reflexology - IIR, International Federation of Professional Aromatherapists - IFPA, Manual Lymph Drainage (UK) - MLD (UK), British Lymphology Society - BLS, Massage Therapy Institute of Great Britain - MTIGB

*Marie-France has been training for over 20 years with the pioneers of her chosen therapies: Professor Hildegard Wittlinger of the Dr Vodder clinic in Austria, Clare Maxwell-Hudson, London for Massage, Professor Arnould Taylor for Aromatherapy, Dwight Byers of St Petersburg, Florida for Classical Reflexology, Antony Porter for Advanced Reflexology Techniques (ART) & Lynn Booth for Vertical Reflex Therapy (VRT).*

*Marie-France has created a highly specialised skin range for Lymphoedema patients. There is a choice of hypoallergenic organic carrier oils, creams, aloe vera & seaweed gels, lotions, pure blends of essential oils to nourish the skin, stimulate lymphatic flow, prevent and combat bacterial, fungal & viral infections, heal the burns of radio therapy, and speed up scar & wound healing. Marie-France is very keen to help her patients help themselves through simple breathing techniques, exercises, diet, her unique aromatherapeutic preparations & simple vertical reflexology on hands.*

*All the therapies help the body heal itself, balance the mind & heal the emotions at all stages of life.*

*MLD will be reimbursed by private insurances from September 2004.*

**Françoise Gins**

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**Karen Long**

**Hands On Health**  
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**Patricia Jean Jones**

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**Sally Brothers**

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W: www.naturaltherapies.biz  
Association of Reflexologists, Federation of Holistic Therapists

**Claire Winter**

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"Derwent"  
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Ramsden  
Oxfordshire  
**OX7 3AU**  
T: 01993 868019  
E: claire@wychwoodhealth.com  
W: www.wychwoodhealth.com  
Association of Reflexologists  
*Fees: £30 initial consultation. £20 thereafter.*  
*Training: AOR training at Oxford School of Massage and Natural Therapies. Vertical Reflexology training - Lynne Booth. ITEC Massage course. Indian Head massage.*

*Description of therapies offered: A full-time, busy practice offering a fully integrated approach to holistic health offering reflexology as its main therapy as well as assessment of lifestyle, stress factors and nutrition. Referrals to other therapists are always given if appropriate.*

*Areas of special interest: Digestive tract disorders. Food and mood - depression/anxiety. Musculo-skeletal disorders. Hormonal migraine. Prostate problems. PMT and menopause.*

**Sally Logan**

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Register of Advanced Reflexologists ART, Association of Reflexologists

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British Chiropractic and Podiatry Association, Association of Reflexologists

**Alison Ingram**

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**OX9 7DN**  
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International Federation of Health and Beauty Therapists, Association of Reflexologists

*I have been employed in the NHS for the past 10 years, working in a busy hospital Operating Department.*

*During this period I have suffered from back problems and found that conventional treatments did not help, but that a course of reflexology treatments helped to keep the problem under control. I decided to learn reflexology to enable me to self-treat and to help others.*

*I qualified with the Association of Reflexologists in 1999 and have been treating clients since then.*

*I also developed an interest in aromatherapy, using different oils combined with massage to help relax clients and relieve muscle tension. I qualified as an aromatherapist in 2001 and since then have been combining both therapies to treat clients. I am a member of the Federation of Holistic Therapists.*

*I am also qualified in Indian Head Massage and find that this treatment is good for people with neck tension and those who suffer from migraines.*

*My main areas of speciality are using reflexology for back problems, PMS and IBS; aromatherapy massage, using a combination of oils blended for the individual client and Indian Head Massage are wonderful ways to relax and de-stress.*

*Further information and treatment costs are available on request.*

**Patricia Ralston**

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W: www.healthyoutlook.co.uk

Association of Therapy Lecturers, International Institute of Health and Holistic Therapists, Scottish Yoga Teachers Association, Scottish Institute of Reflexology

*I am a fully qualified 'Complementary' Health Therapist with 18 years experience holding Diplomas in various disciplines including: Reflexology, Aromatherapy, Massage and Indian Head Massage.*

*I am also a fully qualified 'Hatha' Yoga Teacher - with 16 years experience in teaching a vast range of students - including those with special needs and learning difficulties. I am also a further & higher education lecturer, lecturing in various aspects of complementary therapies and business management/acumen related to this area, teaching up to Higher National Diploma and Post Graduate levels.*

*In addition to this I own/manage a 'Complementary' Health & Beauty Clinic, offering an extensive range of complementary and beauty therapies.*

*I am a member of the following professional organisations: Scottish Institute of Reflexology, Scottish Yoga Teachers Association, International Institute of Health and Holistic Therapies, Association of Therapy Lecturers. I also hold a Diploma - In the use of complementary Therapies within a clinical environment.*

*Level 3 Diploma - 'Understanding the Healthcare Environment for Providers of Complementary Therapies'.*

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, Association of Reflexologists

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Association of Reflexologists, Bowen Therapy  
Association of Australia, National Association of  
Complementary Therapists who work, in Hospice and  
Palliative Care  
*Fees: £40.00 for first consultation and treatment, 1 1/2  
hours.  
£35.00 for 1 1/4 hours or a course of 3 for £90.00  
£25.00 for 1/2 hour or a course of 3 for £60.00.*

*Helen Mary Perkins has 25 years experience, training  
first in Beauty Therapy in 1977, then Reflexology in  
1986, Aromatherapy in 1988 and the Bowen Technique  
in 1994. She has her own private clinic and also co-  
ordinates the day centre at the Sue Ryder Care Centre in  
Peterborough. She teaches beginners and post-  
graduate Reflexology and Introduction to  
Complementary Health Therapies to Nurses, Carers and  
other Health Professionals. She is also a speaker on  
Complementary Health Therapies.  
Helen has good experience working with all age groups.  
She finds Reflexology works well with children with  
behavioural problems, pregnant Mums, couples wanting  
to conceive, PMT, menopause, hypertension, anxiety,  
depression, back pain, arthritis, asthma, ear problems,  
headaches and migraines, allergies, sinusitis, eczema,  
psoriasis, digestive complaints including IBS and  
constipation, diabetes, MS and other neurological  
conditions. Reflexology for the hands and feet also  
helps with flexibility, mobility and improvement in  
circulation. It is relaxing and soothing for busy people  
who have stress and a treat for others who need time  
and attention.*

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Reiki Master, BRCP, Association of Reflexologists

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Federation of Holistic Therapists

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ITEC, MAR

**Linda Brunt - Reflexology**  
Elixir Therapy Rooms  
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Wadebridge, Cornwall  
**PL27 7DR**  
T: 01208 814500  
F: 01208 814500  
E: contact@elixirhealth.co.uk  
Association of Reflexologists  
*Fees: £15 per 45 minute session.  
Training: A one year ITEC Diploma in Reflexology  
required a total of 84 case studies. A practical and  
theory exam 1998. An ITEC Diploma in Anatomy and  
Physiology 1998. A current first Aid Certificate. RSA  
Certificate in Counselling Skills 1993. Indian Head and  
Shoulders Massage 2001. Precision Reflexology 2002.  
Description of therapies offered: A consultation lasts  
about 45 minutes. A medical history is taken in order  
to get an overall picture of the clients health. As it is  
important to make sure the feet are relaxed before  
starting to work on the reflex points, the session begins  
with a gentle foot massage, simple pressure is then  
applied to the minute reflex points in and around the  
feet. Reflexology is a completely safe form of therapy  
as well as being very relaxing. The purpose of a course  
of treatment is to help alleviate stress and tension and  
to improve circulation.  
Areas of special interest: Depression and stress related  
problems (especially digestive disorders; high blood  
pressure; hormonal problems in women).*

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Association of Reflexologists  
*Training: CIBTAC Aromatherapy July 1996. CIBTAC  
Massage, Anatomy & Physiology July 1996. CIBTAC  
Singoish Massage July 1996. Shanghainese Acupressure  
April 1998 The Bowen Technique July 2001.  
Description of therapies offered: The Bowen Technique  
is an Australian remedial therapy which manipulates  
soft tissue using gentle moves in sequence.*

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Reflexologists Society, Advanced Reflexology  
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Therapies Trust/Guild of Complementary Practitioners,  
Reflexologists Society

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*Treatments Available: Holistic Swedish Massage,  
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Healing, Crystal Therapy*

*After a many years of interest in spiritual and personal  
development, I finally gave up full time work in the IT  
Industry and re-trained as a complementary therapist.*

*I work from my practice at home and have regular  
Corporate Complementary Therapy Day's in the  
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*I am continually updating my skills and knowledge and  
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I am a mobile practitioner, giving sessions to clients in  
the comfort of their own homes where clients often feel  
far more relaxed. This gives clients the opportunity to  
rest following a session, without having to get up and  
drive home. It also gives clients the opportunity to  
benefit from reflexology that may not be able to visit a  
clinic for whatever reason. I am always prepared to see  
clients at a GP's surgery, hospital or any other preferred  
location.*

*Taster sessions can be arranged for anyone who is  
unsure about reflexology and requires confidence.  
The Association of Reflexologists is one of the biggest  
organisations for reflexology. All members have to  
abide by a very strict code of practice.  
The AOR can be contacted on 0870 5673320 or  
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constantly continue to increase my knowledge base on  
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*My experience has allowed me to work effectively with  
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English Farm in Collier Row, Romford, Essex.*  
*This Clinic situated in a peaceful countryside setting  
conducive relaxation has grown to incorporate all CAM  
practices, including Hypnotherapy, Hotstone massage,  
Shiatsu etc all carried out by professionals in their field.*  
*The installation of an Ultrasound dept. staffed by fully  
qualified sonographers has opened up a new field -  
branching into Maternity and Infertility treatments.*  
*Currently effort is being put into a training course for  
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healing arts through martial arts and meditation.*  
*Lesley offers a full mobile service throughout Essex and  
works from several centres in private rooms in  
Romford, Chelmsford and Ongar.*  
*She is fully a qualified Holistic and Sports therapist  
offering several forms of complementary treatment,  
working towards a comprehensive choice of healing  
methods. This includes Sports and remedial massage,  
Reiki healing, essential oils. Bach flower remedies,  
Reflexology, Kinesiology, Polarity therapy (which  
includes comprehensive skills such as Cranial sacral  
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Association of Reflexologists

**Heather Hull Holistic**

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International Institute of Reflexology, The Association of  
Meridian Therapies, Thermo-Auricular Therapy  
*Having used complementary therapies to recover from  
my own ill-health (M.E./Chronic Fatigue), I am*

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passionate about helping people to achieve better health and relaxation through natural and non-invasive methods.

I have trained and am registered with The International Institute of Reflexology (MIIR Regd), and adhere to their practise guidelines and code of conduct.

In practise since 2000, I have experience of treating many different people presenting with a wide range of illnesses, ailments and problems. I offer a caring, sensitive and confidential approach.

Reflexology is based on the principle that there are reflex points on the feet and hands that correspond to the organs, glands and parts of the body. The whole body is treated through the application of pressure to the reflexes which promotes relaxation, relief or stress and tension, improved nerve and blood supply, detoxification and stimulation of the bodys natural healing and balancing mechanisms.

Reflexology is beneficial for a wide range of conditions and ailments - almost any problems caused by an imbalance within the body and its systems. It has been helpful to those suffering from migraine, tension, anxiety, depression, back, neck and shoulder pains, sciatica, PMS, infertility, hypertension, digestive problems and arthritis.

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Association of Reflexologists, Reiki Association

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Association of Reflexologists

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Association of Reflexologists

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Association of Reflexologists

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Independent Professional Therapists International - IPTI, The Hypnotherapy Association - HA, United Kingdom Guild of Hypnotist Examiners - UKGHE, National Federation of Spiritual Healers - NFSH, Association of Reflexologists

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**Amaryllis**

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, MBCHA, MAR Member Examiner Tutor and Assessor

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International Council of Holistic Therapists, Federation of Holistic Therapists, British Acupuncture Council

TRAINING:

*Northern College of Acupuncture, York 1999. (4 years)  
Traditional Chinese Acupuncture.*

*Technical College, Huddersfield 1997. Sports Therapy.*

*St Helens College 2003. Diploma Holistic Therapies*

*London 2005. Medical Hypnotherapy.*

MEMBERSHIP:

*British Acupuncture Council.*

*Federation of Holistic Therapists.*

*American Association of Medical Hypnotherapists.*

*I AM AVAILABLE TO WORK THROUGHOUT*

*CARMARTHENSHIRE/GLAMORGANSHIRE*

*An experienced Acupuncturist and Complementary*

*Therapist I regularly see individuals who are referred by*

*their GP, other health professionals, friends, family and*

*employers for Acupuncture; Aromatherapy; Reflexology,*

*Sports/Remedial Massage and Hypnotherapy.*

*I provide Acupuncture only, or combine it with any of*

*the other therapies as required ensuring an effective*

*approach for general health issues.*

*The main health issues presenting have been those*

*relating to Pain/Mobility, Arthritis, RSI, Headaches*

*(including Migraine), Back/Neck/Shoulder/Hip*

*Problems, General Aches and Pains, Tinnitus, Depression, Anxiety, Stress, Sleeplessness, General Lassitude, Skin Problems, Night Sweats, Digestive Problems, IBS, Urinary Problems, M.E. (Post Viral Fatigue), Menstrual and Menopausal Problems, Smoking and other Addictions.*

*I have a long-standing professional relationship with the Aids Trust Cymru offering a range of therapies to individuals who are HIV positive. I have had considerable experience in the field of Substance Misuse and with both the victims and perpetrators of Sexual Abuse.*

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Association of Reflexologists

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International

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Independent Professional Therapists International,

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Association of Reflexologists

*Member of the Association of Reflexologists. I trained at the Abbey School of Therapeutic Massage and have undergone additional training in healing bodywork and Tachyon healing.*

*A normal reflexology session will take up to one and a half hours, with at least one hour working the feet. Most of my sessions consist of home visits (£30). Clients can expect a caring, down to earth approach.*

*Reflexology is especially useful in cases where stress factors are involved, i.e. high blood pressure, I.B.S. and mood related disorders, as well as for a range of other conditions.*

*As well as my regular clients, I practice reflexology with elderly people and those with learning difficulties, including children with autism. I also practice thermo-auricular therapy (Hopi ear candles), reiki, tachyon healing and am a qualified first aider.*

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**Mayan Kurdi****Life Zest**

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Independent Professional Therapists International, International Federation of Reflexology

*Reflexology can be used to treat many conditions and it is wonderful for stress relief but I have had particular success with treatment of PMS, digestive problems, insomnia and migraines.*

*I also specialise in pregnancy reflexology. Many of the minor ailments of pregnancy respond well to reflexology such as morning sickness, fluid retention, heartburn, headaches, backache, constipation, sleeplessness, carpal tunnel syndrome, and helping to balance blood pressure fluctuations. There is also research suggesting that women who have regular reflexology treatments during pregnancy have far shorter labours than those who don't and that they are less likely to need surgical intervention.*

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**Linda Davidson****Skin and Tonic**

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Association of Reflexologists

*Fees: £20 per hour. Discounts available for students and OAPs (with ID)*

*Training: Trained for two years at South Trafford College, qualifying with both the Association of Reflexologists and The International Institute of Health and Holistic Therapies. Also a qualified Reiki practitioner.*

*Description of therapies offered: Reflexology treatments last one hour although initial consultations may be longer (at no extra charge). Mobile treatments available. Reiki treatments also available.*

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*The Libramentum Clinic was established in 2002 as a leading edge centre for the provision of a range of effective research evidence-based Complementary Therapies.*  
*A full range of treatments is available, including Reflexology, Aromatherapy, Sports Injury Treatments and Rehabilitation, Swedish Massage and Thai Massage.*  
*The clinic offers a safe and professional environment; the therapy rooms are bright, clean, comfortable and well equipped. Car parking is available within the clinic grounds. Libramentum also recognises that attending a clinic for treatment may cause stress and apprehension, so our premises and staff are friendly and welcoming.*  
*All Libramentum therapists are fully qualified in their respective fields with at least five years clinical experience. The quality of treatment is monitored and overseen by the Clinical Director, John Peters MD FRCP. The Clinic actively supports, and is accredited by many professional bodies, including, the Federation of Holistic Therapists, the Association of Reflexologists and the Football Association to provide professional training.*

**Janet Kaye MAR ART (Regd.) BFRP**  
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Association of Reflexologists, South Manchester Reflexology Group, Federation of Holistic Therapists  
Fees: £100.  
*Training mostly undertaken in South Trafford College: Reflexology 1996 and 1999. Massage Certificate 1998. Massage Diploma 1999. Indian Head Massage Diploma 1999. Aromatherapy Diploma 2001. Reiki I and II 1997. Metamorphic Technique 2001.*  
*Description of therapies offered: Reflexology - Pain, Stress, IBS, Bereavement, Depression, Relaxation. Metamorphic Technique - Very relaxing derivative of reflexology, good for releasing old emotional problems. Indian Head Massage - Very good for stress/neck/shoulder pain and elderly clients with Alzheimers. Swedish and Aromatherapy massage - for relaxation and muscular pain, sports injuries, stress, IBS (etc.), Bereavement, Anxiety. Reiki - for frail clients with eg. ME, Cancer, MS etc.*  
*Areas of special interest: Stress/bereavement. Problems relating to the immune system, eg. ME, Arthritis (also MS), Diabetes, Nervous exhaustion, balance problems, cancer. Elderly clients - either frail or suffering from onset/developed Alzheimers.*

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**Marilyn Flynn**  
**Practical Healing**  
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EMBODY, UK Reiki Federation, General Hypnotherapy Register  
*I have been working in this field for over 18 years, and have been working with alternative therapies on all levels. I have seen many of my clients improve on all levels with Complementary Therapies, whether this is Massage, Reiki or Reflexology.*  
*I am a member of Embody Complementary Therapist Association and The UK Reiki Federation of which I am a Reiki Master-Teacher.*  
*I have studied different levels of massage covering Indian Head Massage, Seated Acupressure Massage and Hot & Cold Stone Massage.*  
*For more details please visit my web site www.practical-healing.com*

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The Reiki Association  
*Alison is a specialist in Reflexology and a Reiki Master. Her particular focus is the use of Reflexology in the treatment of childbirth matters.*  
*She is also currently studying skilled in Neurotherapy for Reflexologists, which will enable her to deal more precisely with nerve related pain conditions.*  
*With additional qualifications in Indian Head Massage, Seated Acupressure and Hopi Ear Candles (Thermo Therapy). Alison is able to provide patients with a broad range of natural therapies. She believes strongly in the tailoring of her treatment to meet the very specific needs of her clients. Alison is willing to accept recommended patients and to work in conjunction with NHS practitioners.*

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**Althea Finch**  
**Back on Track Healthcare**  
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T: 07931 596155  
E: finchalthea@hotmail.com  
Association of Reflexologists, Guild of Complementary Practitioners  
*Fees: Reflexology - £35 - 1 hour. Reflex foot massage - £35 - 1 hour/£20 - half hour. Thai massage - £50 - 1 1/2 hours. Flower essences - £5 (added to a main treatment above)*  
*Training: At the Limetree Centre in Worcester Park. Althea studied practical reflexology and flower essence treatment, passing with distinction. At the Bodyharmonics in Cheltenham: Traditional Thai Massage. In 10 years has also studied Reiki, Colour Therapy, Kinesiology and Chinese massage and Acupressure.*  
*Description of therapies offered: Reflexology. Reflex Foot Massage, with essential oils. Thai Massage - similar to Shiatsu - fully clothed and relaxing on a futon. Seated back treatment - using a mixture of Thai movements and stimulation of Acu. Points. Areas of special interest: Reflexology is particularly good for blocks, emotional or physical, eg. headaches, sinus problems, constipation, depression. These treatments help rebalance the body and in so doing bring about reduced pain and increase calm and energy.*



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Association of Reflexologists, Sutton Complementary Health Network - Full Member

**Mark Richard Payne**

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The British Reflexology Association

**Susan Foster****Holistic Therapy Studio**

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E: sue@suefoster.co.uk  
W: www.sue-foster.co.uk  
Association of Reflexologists, Federation of Holistic Therapists, Association Systematic Kinesiology  
*Sue Foster MAR, FKP, BIAET, IIHHT Dip.Nut., FHT Reflexology, Kinesiology, Nutritional Guidance and Allergy Therapy. A member of the Association of Reflexologists, Association of Systematic Kinesiology, British Institute of Allergy and Environmental Therapy, the Federation of Holistic Therapists, and gained a Diploma in Nutritional Guidance through the IIHHT. Qualifying in 2002, I continue undergoing Continual Professional Development to ensure skills are up to date. This is a requirement of the guidelines laid down by the professional Associations that I belong to.*

*I am happy to treat all potential clients, from newborns to the elderly, however, some may be contraindicated. Advice will be given at the first point of contact.*

*Areas I specialise in are: Maternity Reflexology, from pre-conception and fertility, throughout pregnancy and post natal, to include your new born baby;*

*Digestive Disorders to include IBS, Candida, Sensitivities, Intolerances, Yeast and Gut Disturbances etc.*

*Skin Disorders, to include Dry Skin, Eczema etc.*

*Asthma, Hayfever Food, Chemical & Environmental Intolerances/Sensitivities;*

*Nutritional Imbalances and Dietary Guidance;*

*As a therapist I do not diagnose conditions, I help the body to heal itself.*

**Miriam Smith**

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The Association of Reflexologists

**Jenny Talkington MAR**

**Feel Great UK**  
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**SN4 7DN**  
T: 01793 840764  
E: jenny@swindonreflexology.co.uk  
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Association of Reflexologists

*Jenny Talkington MAR has over 9 years experience using a unique combination of Advanced Reflexology techniques, NLP coaching and dietary/lifestyle advice effectively helping the following conditions: Infertility, PMS, Ante and post natal care, stress related illness, sleep disorders, digestive disorders, multiple sclerosis, respiratory disorders, chronic fatigue, anxiety attacks, mild depression, migraine, back and neck pain to name just a few.*

*Qualified and Insured through the Association of Reflexologists www.aor.org.uk*

*Jenny's main areas of specialization that have people travelling from all over the UK are:*

*Stress related illnesses and Fertility: Jenny has developed a good reputation as an effective Reflexologist helping couples with infertility issues then supporting through pregnancy and antenatal care.*

*Where is the practice and how long does it take? The practice is based just south of Swindon, Wiltshire and is open Mon-Fri 10am-6pm.*

*Allow 1 ½ hours for the 1st session and an hour for all the following treatments. For long-term benefits a minimum of 3 sessions, once a week for 3 weeks, is suggested. Reflexology is not a "quick fix". Most discomfort and disease didn't arise in a short time, therefore unlikely to clear in just one treatment.*

*Fees: First session £35.00, thereafter £28.00 per session.*

**Jill Sudbury****Marlborough Natural Health Centre**

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**Christina Ankin**

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Association of Reflexologists, International Institute of Health and Holistic Therapies

**Jacqueline Gibbons****Bespoke Aromatherapy and Reflexology**

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T: 01264 731205  
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Association of Reflexologists, International Federation of Professional Aromatherapists, UKCC for Nursing general

*Fees: My fees are usually £30.00 for Aromatherapy. £25.00 for Reflexology. Clients may discuss fees with me if they feel they need to do so. Concessions are available for persons on income support, disability allowance and state pensions.*

*Training: I am a registered nurse with extensive experience in general surgery/medicine; also Oncology, Orthopaedics, Cystic Fibrosis and HIV/AIDS. I have worked in the UK and abroad. Both my Reflexology and Aromatherapy courses included an in-depth study of anatomy and physiology, as well as studies of other holistic therapies such as kinesiology and acupuncture. My aromatherapy course was full-time and included chemistry, essential oil safety and communication skills as well as massage and the study of 50 essential oils.*

*Therapies offered: I am offering Reflexology and Aromatherapy treatments tailored to the clients individual needs. Spot treatments to specific areas (e.g. back, legs) are available with a GPs referral.*

*A usual Reflexology treatment is both feet or hands, a usual aromatherapy treatment is a full massage with essential oils appropriate to the clients needs.*

*Special interest: Skin conditions, e.g. Psoriasis, Eczema, Acne. HIV/AIDS/Lupus/MS/RA/Immune compromised clients. Orthopaedic and muscular conditions - OA, chronic back/neck pain.*

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 Hampshire  
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 Association of Reflexologists  
 Fees: £25 for 1 hour until December 2002.  
 Additional seminars attended: Advanced Reflexology in Techniques. Counselling.  
 Description of therapies offered:  
 Reflexology - also clinic at Neals Yard Remedies, Salisbury, Wiltshire and home visits by arrangement - Tuesdays.  
 Areas of special interest: Stress, anxiety.

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 Reflexology**  
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 International Institute of Reflexology

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 I.H.B.C. - International Health & Beauty Council, I.I.S.T.  
 - International Institute of Sports Therapy, I.I.H.H.T. -  
 International Institute of Health & Holistic Therapies,  
 L.C.S.P. Register of Remedial Masserus & Manipulative,  
 Therapists

*My name is Cornelius Gerard Vincent-Enright, I am 44 yrs old and I am a Fitness Consultant, Sports and Alternative Therapist. I have operated as Fit For Life since 1979.*

*I provide a range of Orthodox and Alternative therapies including:*

*Orthodox Therapies: Exercise Prescription & Application i.e.: Cardio Vascular (Resting Heart Rate, Aerobic Training Zone, Maximum Working Heart Rate). Resistance Machines. Free Weights.. Lifestyle Consultation & Stress Management. Exercise & Health for the Older Age Group. Fitness Testing & Physical Assessment. Mechanical & Electrotherapy Techniques. Remedial Massage. Sports Massage. Sports therapy & Rehabilitation. Alternative Therapies: Indian Head Massage, Reflexology.*

*I am a member of the following Governing Bodies: International Institute of Health & Holistic Therapies, International Institute of Sports Therapy, International Health & Beauty Council, London & Counties Society of Physiologists.*

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 Community and District Nursing Association - CDNA,  
 Association of Reflexologists, Guild of Complementary Practitioners - GCP, Reflexologists Society - RS, British Reflexology Association, Vertical Reflex Therapy Network, Essex Reflexology Group,

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 Association of Reflexologists

**X Janice Lindberg Jones**  
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 Federation of Holistic Therapists, International Council of Holistic Therapists  
 Federation of Holistic Therapists  
 Member of the International Council of Holistic Therapists

*I qualified in December 2001 with a VTCT/IIHHT Diploma in Reflexology, and have been practicing from my own clinic in Hampshire until I relocated back to Essex a year ago. I continue to update my knowledge of techniques and practices through continuous professional development programmes run by the FHT. I currently practice from home as well as offering home visits and from January 2007 will be working from a new yoga and complementary therapies clinic in Leigh-on-Sea. I have experience of working with maternity and postnatal clients, those seeking relief from stress-related conditions such as IBS, eczema, hormonal imbalances and menopausal symptoms, back and neck pain and sinusitis.*

*I am passionate about reflexology and its many beneficial effects. I have been regularly having this therapy myself for many years. Reflexology works on many levels - it calms the mind and can effect subtle change. It relaxes the body and the organs helping to bring about balance and harmony to the body's systems as well as helping to cope with pain and stress relief. It is suitable for all ages, is non-invasive and clients remain fully clothed.*

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 Association of Reflexologists

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 Association of Reflexologists

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 Irena Beaumont Clinical Reflexology**  
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 International Institute of Reflexology

*As a Registered member of the International Institute of Reflexology I offer Reflexology on the hands and feet to relieve stress and promote self-healing of the body. It is my aim to provide a professional service in a friendly manner and each treatment is carefully tailored to the needs of the individual client.*

*Clinical Reflexology is very effective in helping many specific and non-specific conditions such as: Allergies, Anxiety, Arthritis, Bowel and Digestive disorders, Depression, Fatigue, Fluid retention, Migraine, PMT, Poor circulation, Relief of chronic painful conditions, Respiratory congestion, Sinusitis, Sleep disorders, Stress*  
 Tuesdays 1.30-5.00pm, Thursdays 08.30-5.00pm  
 I also practice at The Marjorie Centre for Complementary Health 15 Market Street, Uttoxeter, Staffs. Tel: 01889 567999. Wednesdays 08.30-5.00pm, Saturdays 08.30-

12.30pm

The cost of each session is £25.

Home visits for the housebound in the Uttoxeter/Ashbourne Area and evening appointments are by arrangement.

I am committed to my Continuing Professional Development and regularly attend Refresher and Advanced Training courses to further develop my knowledge and skills.

Thermo-Auricular Therapy (the therapeutic use of Hopi Ear Candles) is also available.

### Allison Walker Advanced Clinical Reflexology

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Association of Reflexologists, The Reflexology Forum, International Institute of Reflexology, British Complementary Medicine Association (in progress), Register of Advanced Reflexologists

Mobile phone No. 07990 521524

Clinics at: The Marjorie Centre for Complementary Health, Uttoxeter, ST14 8JA.

The Light House, Newcastle under Lyme, ST5 1HN

The ISHTA Centre, Stone ST15 8HD.

Fees: Initial consultation and treatment - £25.

Full traditional treatment - £22. Mini traditional treatment - £15. \*ART treatment - £20. \*VRT treatment - £20. Hand reflexology - £15. Children under 12 - £15.

\*ART - Advanced Techniques for quicker results - a deep invigorating treatment.

\*VRT - Vertical Reflexology - working on dorsal of foot. Ideal for those in wheelchairs and for long term chronic problems.

Advanced courses included endocrine problems, skeletal problems. Hand and auricular reflexology. Thermo-auricular Therapy (Hopi ear candles): For sinusitis/migraine/tinnitus/rhinitis/menieres etc. Continually updating skills through recognised training courses.

Areas of special interest: ENT problems (sinus - good improvements). Endocrine problems (success with PCOS, PMT, Menopausal problems and inducing labour). Stroke patients (ideally see straight after stroke but have had success 18 months later).

Stress related problems/bowel problems/poor sleep patterns/arthritis/lack of energy/metabolism problems.

### Sue Cooper at Brewood Therapy Centre

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British Reflexology Association

### Magdalena Jaros Lavender Heal Clinic

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International Federation of Reflexologists

### Paula Winborn

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Association of Reflexologists

### Dee Buttle MAR

51 Melville Road  
Barnes  
London

**SW13 9RH**

T: 020 8748 1088

Association of Reflexologists

Fees: 1st treatment £30.00. Further 1 hour treatment £25.00. OAP £20.00.

Training: Janice Ellicott School of Reflexology, 21 Belgrave Court, Ebury Street, London SW1

Mrs. Ellicott is now teaching and practising in the USA.

Description of therapies offered: Reflexology - 1 hour sessions.

VRT - a new side to Reflexology using the standing feet

in the treatment hence the name vertical reflexology. Taken two courses in treatment with this therapy and use in my treatments.

Areas of special interest: I am very interested in the link between mind and body and the effect of stress and mental trauma on health. Have taken course in counselling.

### Joanne Calder Reflexology

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Association of Reflexologists

### Diana Bowen-Jones Holistic Therapies

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International Federation of Reflexology

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ART Register of Advanced Reflexologists, Vertical Reflex

Therapy (VRT) Network - Authorised Member,

Association of Reflexologists

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Association of Reflexologists

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Association of Reflexologists

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Association of Reflexologists

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Association of Reflexologists, National Childbirth Trust

### Susanna Riviere

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British Reflexology Association, Association of Reflexologists, Vertical Reflex Therapy Network

### Heidi HollyHead MAR MIIR (Reg'd) Cert. IHM Walking On Air...

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International Institute of Reflexology, Association of Reflexologists

I began my private practice in New York City after qualifying with the International Institute of Reflexology (IIR), the school originally set up by Eunice Ingham, the pioneer of the Original Ingham Method of Reflexology. I have undertaken additional training in Maternity Reflexology, trained in Reiki Healing with the International Holistic Institute and am a qualified Indian Head Massage therapist.

I now practice from two clinics in London - Living Centre Clinic (Raynes Park) and The Awareness Centre of Natural Health (Clapham) and offer discretionary home visits. My skills and ability as a Holistic Practitioner have allowed me gain great results working with those with many conditions such as stress & fatigue, depression/ME/CFS, neck back & shoulder injuries/pain, digestive and respiratory disorders, allergies and recovering cancer patients.

Specialising in Maternity Reflexology: for fertility/Conception, Pregnancy & post-Birth conditions, I work with many women and men with fertility challenges as well as throughout the whole pregnancy and post-birth, and I have had many successes in this area.

I am a full member of the AoR (Association of Reflexologists) and the IIR.

### Emma Gibbons The Green Room

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Association of Reflexologists

### Liz Hoare

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Association of Reflexologists, International Institute of Reflexology

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Association of Reflexologists, Massage Therapy Institute of Great Britain  
*Fees: Variable, dependent on clients circumstances. Usually £40.00 per hour in clinic or £45 for home visits.*  
*Training: Central London School of Reflexology. Clare Maxwell-Hudson School.*  
*Therapeutic massage. Indian Head Massage and On-Site Massage.*  
*St. Johns Ambulance First Aid.*  
*Description of therapies offered: Reflexology. Therapeutic massage.*  
*Areas of special interest: Clinical massage and Reflexology. Oncology. Maternity Reflexology.*  
*Employment and Experience:*  
*Royal Marsden Hospital - Occupation Health Massage Therapist.*  
*Royal Free Hospital - Pain Clinic and mixed wards placement.*  
*The Fulham Clinic - Reflexologist.*  
*The Escape - Relaxation Centre.*  
*Charing Cross Hospital - Oncology Wards placement.*  
*Cancer Resource Centre - Home visiting team.*

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**No Mean Feet**  
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Association of Reflexologists, ART (Regd.)  
*Reflexology fees at 1st April 2001:*  
*£22.00 first consultation. £19.00 subsequent appointments.*

*Training: Reflexology - February-November 1995 at Gablecroft College. Massage - July 1998 at Gablecroft College, ITEC.*  
*Craniosacral Therapy - CST 1 Solihull July 1999 followed by CST11 Brighton December 1999*  
*Manual Lymphatic Drainage - August 2000 Nantwich Academy. Reiki - 1st Degree November 1998.*  
*Since 1995 I have been a fully qualified member of the Association of Reflexologists. I am also Advanced Reflexology Technique (ART) Registered and ITEC qualified in Massage and Reflexology.*  
*I practise all of the above therapies from my own therapy centre on Banktop Industrial Estate and also carry out home visits by arrangement.*  
*Reflexology is excellent for general well being but I have noticed a marked increase in clients taking Reflexology to help them with depression and hormonal problems. I have also had success with sufferers of ME. I have many clients taking Massage to get relief from stress, general aches/pains. Last year a client fell down stairs from top to bottom, gentle massage helped greatly with her haematoma, amongst other injuries.*  
*I have given Craniosacral Therapy to young babies after a traumatic birth right through to elderly people with a broad range of problems.*  
*MLD has helped clients with digestive disorders from general constipation to laxative abuse and also frozen shoulders.*

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Association of Reflexologists  
*Fees: £25 per session. 1 hour (initial session includes a consultation).*

*Training: Clare Matson is a qualified reflexologist and trained at Energy Works in London. Clare has also qualified in other complementary therapies (Indian Head Massage/Acupressure) and trained at the British School of Complementary Therapy. Clare works with private, corporate and NHS clients.*

*Description of therapies offered: Reflexology.*

*Sink into a deep relaxation with a reflexology treatment. Specialised massage techniques are applied to the reflex points in your feet, which correspond to your organs, systems and vital parts. Treatment will simultaneously increase vitality by releasing energy trapped in tense parts of the body. Nutritional absorption and toxin elimination will also be enhanced. Many health conditions successfully treated including: anxiety, asthma, digestive disorders, fatigue, heart and circulation conditions, IBS, fertility conditions, pregnancy, migraines, stress related problems, and many more.*

*A course of treatments will increase circulation, reduce tension, pain and help develop vibrant health.*

*The result is relaxed muscles, a clear mind and restored spirit.*

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Confederation of International Beauty Therapists and, Cosmetology, Association of Reflexologists, British Complementary Medicine Association  
*Fees: Reflexology £17.50. Aromatherapy £25.00 full. Aromatherapy £15.00 half.*

*Areas of special interest: Since qualifying in 1998, I have built a practice with other therapists working in care homes (elderly, EMI, psychiatric and young adults with learning difficulties). I am also employed by the NHS, working at the Kent and Canterbury Hospital with the haemophilia team, dealing with HIV and associated conditions.*

*My other interests involve the complementary charity days organised by the Chronic Pain Clinic at the K.C.H. In addition I run a private practice from home.*

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 Association of Reflexologists, Vertical Reflex Therapy  
*In House Fees: £30 1st treatment - One hour £25  
 thereafter - one hour.*  
*On District fees: £35/40 1st treatment - according to  
 distance. £30/35 thereafter.*  
*Training: State Registered Nurse. State Certified  
 Midwife. Reflexology. Vertical Reflexology Treatment.*  
*Description of therapies offered: Reflexology. Vertical  
 reflexology therapy.*  
*Areas of special interest: Stress. Orthopaedics.  
 Maternity.*

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 Shiatsu Society, Association of Reflexologists  
*Fees: £30-£40.*  
*Training: Trained as a Shiatsu Practitioner in Tokyo,  
 Japan and at the London College of Shiatsu and as a  
 Reflexologist at the Practitioners School of Reflexology,  
 London.*  
*Description of therapies offered:*  
*Shiatsu is a Japanese massage therapy, which like  
 acupuncture stimulates and balances the bodys own  
 energies. During treatment relaxed pressure is applied  
 along the surface of the body using thumbs, palms,  
 elbows and knees. Gentle stretching is also practised.  
 Shiatsu works on many levels, including the physical,  
 emotional and spiritual. Clients remain fully clothed  
 during the session.*  
*Reflexology aims to remove blockages to the energy  
 zones that run throughout the body, and to create a  
 feeling of well-being and relaxation.*  
*Reflexology can keep the body functioning more  
 effectively, creating homeostasis, or a state of balance  
 in the body. Treatment is carried out whilst seated in a  
 comfortable chair.*  
*Areas of special interest: Assisting ante and post natal  
 care. Workings with clients with immune deficiency.*

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Association of Reflexologists

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Association of Reflexologists

**Wendy Lee**

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Sipson  
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British Reflexology Association

**Geraldine Quinn Inside Consultancy**

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T: 01895 230036  
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Association of Reflexologists, Federation of Holistic Therapists, British Association of Beauty Therapists and Cosmetology

**Barbara Stone**

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Reflexologists Society - Full Member

**Pierre Bedenes M.A.R. Reflexology Health**

13 Gainsborough Court  
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E: contact@reflexologyhealth.co.uk  
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Association of Reflexologists

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Association of Reflexologists

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Association of Reflexologists

**Joanne Head The Lewis Clinic**

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Association of Reflexologists

**Rachel Finch-Knightley**

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**W2 5AE**  
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F: 0207 229 9825  
E: rachelefinch-knightley@freeseve.co.uk  
Association of Reflexologists

*I usually do home visits, although I have worked in various clinics and hospitals. I charge £40 for a one-off visit, but if the patient books a course of treatments the cost is negotiable. Areas of special interest: Mental illness. Pregnancy.*

**Alexandra Swann**

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Association of Reflexologists

**Jennifer Wearden**

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London  
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Massage Therapy Institute of Great Britain, MLDuk, UK Reiki Federation

*Jennifer Wearden is a diploma graduate of the Central London School of Reflexology set by the Association of Reflexologists. She is also a graduate of the Clare Maxwell-Hudson School of Massage with diplomas in classical massage, facial massage and the Vodder method of manual lymphatic drainage [basic and therapy I]. She has passed the ITEC examination in anatomy, physiology and massage and is recognised as a healer by the Brofman Foundation for the Advancement of Healing. She has worked at the Griffin Project with HIV & clients, for the Stroke Association with clients who have restricted movement and speech difficulties and has experience of working with women in the later stages of pregnancy. She practises several days per week from her home in Acton Green so that she can provide a safe and comfortable environment, easily accessed by public transport; her therapy room is accessible by life.*

**Sue Evans MAR BFRP Susan Evans Reflexologist**

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Association of Reflexologists, Dr. Bach Foundation

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Member Association of Reflexologists, British Complementary Medicine Association, KF (Associate)

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Professional Association of Clinical Therapists, International Institute of Sports Therapy Federation of Holistic Therapists, International Council of Holistic Therapists

**Sylvia Martin**

**Reflexology and Massage - Sylvia Martin**  
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**WA14 2JD**  
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Association of Reflexologists

**Pauline Winifred Silke RGN Pauline Silke**

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Association of Reflexologists

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Fees: £20.00 per treatment.

Training: All complementary therapy qualifications have been obtained from South Trafford College, West Timperley, Manchester.

Both Reflexology and Massage course involved 1 year training, practical and written assessments. Reflexology involved detailed case studies.

Description of therapies offered: Reflexology. Hopi Candle Therapy. Massage. Nutrition advice.

Areas of special interest: Nutrition. Stress. Emotional problems.

**Jane Kidd Complementary Therapies**

c/o Haircharm, 6 Deansgate Lane  
Timperley  
Altrincham  
Cheshire

**WA15 6SB**

T: 0161 941 3555

Association of Reflexologists, International Council of Holistic Therapists - MIGHT

**Diane Gray**

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Vertical Reflex Therapy Network Federation of Holistic Therapists, Association of Reflexologists

**Elizabeth Ann Farrow  
Colorpurple**

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ITEC Guild of Complementary Practitioners, British Association of Counsellors & Psychotherapists

Elizabeth Farrow BSc. Graduated with honours from Salford University in 2001. Elizabeth is a fully qualified Reflexologist, advanced reflexology lecturer and training provider for ongoing professional development. She is committed to anti-oppressive practice and equal opportunities, a member of The International Guild of Professional Complementary Practitioners (ITEC) and has insurance through International GPP. Elizabeth is the brainchild behind the Colorpurple group®

The roots of Reflexology are found in many ancient cultures including Traditional Chinese Medicine. Reflexology is a therapy in which pressure is applied to reflex points on the feet, hands and ears, which are microcosms of the body. It is based on the principle that the reflex points are related to the internal organs and glands, and when pressure is applied it affects the internal structures. This treatment helps to balance the body and so aids, self-healing to occur bringing about physical and mental well-being. There is evidenced based research available and reflexology is considered a useful therapeutic tool by health care professionals.

**Gill Kenyon  
The H Club**

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International Council of Health Fitness and Sports Therapies, Association of Therapy Lecturers, International Guild of Professional Practitioners, Professional Association of Clinical Therapists, Fellow of International Council of Holistic Therapists, Secretary General to General Council for Massage, ITEC Professionals,

The H Club offers insured, qualified therapists for on-site & corporate work in addition to NHS and private client treatments in locations nation wide ranging from annual medical conference venues to public private partnership hospitals, sheltered housing units and private houses. Our therapists work in GP practices, hospices and hospitals.

Gill Kenyon, founder of the H Club is qualified in each of the following: Baby Massage Instruction, Body Massage, Aromatherapy, Reflexology, Diet & Nutrition, Stress Management, on-site Massage, Oriental Acupressure, Sports Massage, Indian Head Massage, Manual Lymphatic Drainage, Holistic Therapies, Complementary Therapy, Thermo-Auricular Therapy (Hopi Candles).

Gill Kenyon both delivers therapies and lectures to train new therapists and educate the public in safe use of complementary therapies within integrated healthcare.

**Margaret McDonald**

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Knutsford  
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International Institute of Health and Holistic Therapies, Association of Reflexologists

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Association of Reflexologists, Federation of Holistic Therapists

**Janet Livingston  
Living Stone Holistics**

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International Council of Holistic Therapists, Federation of Holistic Therapists

**Helen Cooper Reflexology**

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Association of Reflexologists

**Fran Millward**

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E: fran.millward@ukgateway.net

W: www.careforyourself.com

Association of Reflexologists (Full Member), Independent Professional Therapists International

Fees: £35 for Reflexology, Cranio-Sacral Therapy, Reiki. £40 for Therapeutic Massage. Sessions generally take an hour and are spaced at 75 minute intervals.

Training: Trained in Reflexology at the British School of Complementary Therapy (Harley Street). Qualified in 1997. Became a full member of the Association of Reflexologists in 1998. Member of, and insured by, Independent Professional Therapists International.

Description of therapies offered: Besides Reflexology I practice Therapeutic Massage, Cranio-Sacral Therapy and Reiki.

Areas of special interest: Relaxation/Stress management. Located between Leicester Square and Covent Garden underground stations (Seven Dials).

**Ann Phillipot  
Great Expectations**

159 Merry Hill Road  
Bushey, Hertfordshire

**WD23 1DF**

T: 020 8386 0571

F: 0208 386 1501

E: ann@greatexpectationsteam.com

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Association of Reflexologists

**Sarah Setton  
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The Association of Reflexologists

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United Kingdom Association for Therapeutic Counselling, Association of Psychospiritual Practitioners, Guild of Complementary Practitioners - Full Member, Association of Reflexologists

**Linda Gilling MBRA  
One Step Ahead**

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Association of Reflexologists

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British Reflexology Association

**Lesley Rolfe  
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Association of Reflexologists, International Federation of Professional Aromatherapists

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Association of Reflexologists

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Association of Reflexologists, International Therapies Examination Council



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Reflexologists Society (MRxS)

**Christine Reed MAR IIHHT****Head to Toe Healing**

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International Institute of Health and Holistic Therapies,  
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**Graham Curtis****Padama Holistics**

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Association of Reflexologists

**Josephine Cook****The Science of Well Being**

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ITEC, Reflexologists Society (MRxS)

**Jill Rosemary O'Brien****Jill Rosemary O'Brien**

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Federation of Holistic Therapists, Association of  
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**Karen Howard****Karen Howard**

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Worcestershire  
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W: www.complementary-healthcare.co.uk/info/howard  
Association of Reflexologists

**Heldi Hall****Serenity - Treating the Whole Person**

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Association of Reflexologists, International Institute of

## Health and Holistic Therapies

*Fees: Home Visits £15. Treatment Room £20.*

*Training: Originally trained as a medical technical officer in neurophysiology at the Queen Elizabeth Hospital, Birmingham. Whilst working there Heidi had a number of patients who received regular complementary treatments to alleviate the side effects of their prescribed drugs. She investigated various therapies and decided to move to complementary medicine. Heidi has since acquired knowledge on nutritional supplements and lifestyle changes from vitamin company sponsored training courses. A reflexology practitioner with the Association of Reflexologists. A Diploma in Indian Head Massage.*

*Description of therapies:*

*One hour session of reflexology either conducted in your own home or at my treatment room at Rosemarys Healthfoods, 10 The Shambles, Worcester. Including a foot massage with lavender essential oil applied to particular reflex points identified during the treatment. 30-45 minutes of Indian Head Massage. Areas covered are the back, shoulders, arms, neck, scalp and face. A number of acupressure points are worked during the session. Essential oils are optional.*

*Areas of special interest:*

*Experience and interest in cerebral palsy (Child or Adult) pregnancy; multiple sclerosis; irritable bowel syndrome/diverticulitis; rheumatoid/osteoarthritis; childhood stress and trauma; systemic lupus; depression and stress; back complaints, including sciatica; candida/ME; psoriasis/eczema.*

**Elizabeth Jennifer Parsonage****Jenny Parsonage - Mobile Therapist**

15 St. Audries Road  
Battenhall  
Worcester  
**WR5 2AL**  
T: 01905 352672  
E: ejap@fsmail.net  
Reflexologists Society, International Association of Infant Massage, Massage Training Institute, Independent Professional Therapists International  
*Fees: All charges are subject to change and agreed prior to treatments.*

*Sessions: £20-£25 per hour (negotiable rates)*

*Individual home visits: £5 per 15 minutes.*

*Reflexology treatments: 45 to 60 minutes, approximately.*

*Indian Head Massage: 30 to 45 minutes.*

*Training: October 1999 - Certified Infant Massage Instructor. International Association of Infant Massage. IAIM. July 2000 - Holistic Massage, Anatomy & Physiology qualification. The Massage Training Institute. MTI. February 2001 - Indian Head Massage Diploma. International Institute of Health and Holistic Therapies. IIHHT. July 2001 - Diploma in Reflexology. International Therapy Examination Council. ITEC*

*Therapies offered: Infant Massage. Introduction to Parents and Babies on an individual basis or in small groups at home or other venue. Indian Head Massage and Reflexology treatments offered at home or by arrangement of sessional employment.*

**Amanda Louise Smith**

Willow Lodge  
114 London Road  
Worcester  
**WR5 2DY**  
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E: amanda\_paul\_alex@tesco.net  
Association of Reflexologists  
*Fees: Reflexology - £22 per session.*  
*Indian Head Massage - £18 per session.*  
*Training: Association of Reflexologists, Worcester College of Technology. Diploma in Indian Head Massage - International Institute of Health and Holistic Therapies.*

*Description of therapies offered: Reflexology. Indian Head Massage.*

*Areas of special interest: Stress/relaxation.*

**Debbie Phillips M.B.R.A. Reflexology**

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Worcestershire  
**WR5 3AH**  
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**Lynn Holder****Reflexology for Re-Balance**

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Droitwich Spa  
Worcestershire  
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**Judith Hubbard - Reflexology Plus +**

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W: www.hubbard-design.com  
EMBODY

**Mari Singleton**

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Association of Reflexologists

**Gloria Ferriday****Foot Soul and Bodyworks**

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Association of Reflexologists, International Health and Beauty Council, International Institute of Health and Holistic Therapies

**Carol Harper**

47 Netherstowe  
Lichfield  
Staffordshire  
**WS13**  
T: 01543 268690  
E: carol@shortbutts.freeserve.co.uk  
Association of Reflexologists (Full Member)  
*Fees: Reflexology (Full treatment, approx 50 mins) £20. Indian Head and Shoulder Massage (approx. 30 mins) £15. Concessions and discounts considered for multiple bookings, trial treatments and special circumstances.*

*Training: Trained in all skills at the Athena School of Natural Therapies in the West Midlands and qualified by examination. ITEC Diploma qualified.*

*Description of therapies offered: Reflexology - Both Full Body Treatments and concentration on specific remedial needs. Indian Head and Shoulder Massage - Especially useful for stress, headaches, muscular shoulder aches.*

**Greta Harrison****Windmill Therapy**

Windmill House  
Grange Lane  
Lichfield, Staffordshire  
**WS13 7ED**  
T: 01543 262853  
F: 01543 419588  
E: greta.harrison@btinternet.com  
Association of Reflexologists, Guild of Complementary Practitioners, Association of Professional Hypnosis and Psychotherapy

**Heloise Vervelne Coley****"Gala"**

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Pelsall  
Walsall  
**WS4 1BU**  
T: 01543 277680  
F: 01543 270090  
E: hvcatape@aol.com  
Association of Reflexologists

**Angela Wray MAR MGCP ITEC Dip.****Complementary Therapies**

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Hammerwich, Staffordshire  
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T: 01543 672108  
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Association of Reflexologists, Guild of Complementary Practitioners

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**Lynne Hancher**  
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Guild of Complementary Practitioners - MGCP,  
Association of Independent Professional Therapists,  
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**Diane King**  
**Footsteps To Health**  
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International Therapies Examination Council,  
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**Rose Young**  
**Aquarius Body Care**  
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Association of Reflexologists, Guild of Complementary  
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**David Starkey**  
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M.B.R.A., AOSM, L.C.S.P.

*Only after detailed study of Anatomy and Physiology plus exhaustive studies of Massage, Aromatherapy and Reflexology did David Starkey open his two practices in 1990 following qualification after four years of residential study. In addition to being a fully qualified member of The British Reflexology Association, the L.C.S.P., A.O.S.M. he is also a professional member of The BackCare Association. Consequently you will know your patients are literally in trained, safe hands.*  
*Practice history shows many patients presenting chronic neck, head pain or migraine have obtained such relief they have been able to cease medication and return to a normal lifestyle. In addition, as Reflexology balances the body it enhances the bodys natural secretions and this has been particularly efficacious in treating people presenting constipation and catarrh conditions. Very successful in assisting childbirth, particularly when over-term. Patients recommendations express their satisfaction.*  
*Reflexology is a Therapy that not only works on particular conditions but is also very effective in cases of unspecified pain, general malaise or stress. Many patients comment on how relaxing they find it; indeed it is not unknown for some, even those suffering from hypertension, to go to sleep during treatment - very useful as part of stress management.*

**Joanne Bough**  
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**Elaine Dolan**  
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**Tracey Moorfoot - Mobile Therapist**  
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FHT Federation of Holistic Therapists, International  
Council of Holistic Therapists, International Federation  
of Health & Beauty Therapists

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British Reflexology Association

**Debbie Ross**  
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Association of Reflexologists

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British Reflexology Association

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Reflexologists Society (MRxS), Crane School of  
Reflexology (MCSR), Academy of On-Site Massage  
(OSMA)

**Julie Watson**  
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Association of Natural Medicine, Association of  
Reflexologists, Aromatherapy Organisations Council

**Christine Harvey**  
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E: total.harmony@talk21.com  
Association of Reflexologists

**Lorna Goudie**  
Armored, 1 Staney Park  
Gulberwick  
Shetland  
**ZE2 0JX**  
T: 01595 695389  
F: 01595 695389  
Holistic Association of Reflexologists, British  
Complementary Medicine Association, International  
Association of Infant Massage, Association of  
Reflexologists, Bach Flower Remedies (The Dr. Edward  
Bach Foundation)  
*Fees: Charges for all therapies at 1/4/02 are £20 per  
consultation.*  
*Training: I trained in Harrogate for my Reflexology  
qualification with the British School of Reflexology.  
Total study time was 15 months. I then went on to  
train as an Instructor of Infant Massage on a 4-day  
course in London, this was followed up by a 6 month  
practical and theory study and exam. To further my  
knowledge of complementary therapies I attended a  
three stage course in Bach Flower Remedies followed by  
examination and 6 month field studies, completing  
these in March 2000. I am now undertaking a  
qualification in Bach Flower Remedies for animals,  
which I hope to complete by autumn/winter 2002.*

Reiki

**Lynn Carter**  
**Deeside Reiki Therapy**  
Mosside  
Strachan  
Banchory  
Kincardineshire  
**AB31 6LL**  
T: 01330 825268  
F: 01330 825268  
E: walkinginharmony@ukonline.co.uk  
Nursing & Midwifery Council

**Susie Gower**  
**Well Being Therapies**  
18 Colney Heath Lane  
St Albans  
Hertfordshire  
**AL4 0SZ**  
T: 01727 852985  
T2: 07857 352169  
E: susie@well-being-therapies.co.uk  
W: www.well-being-therapies.co.uk  
EMBODY, Association of Reflexologists  
*Susie Gower a trained Reiki Master Practitioner founded  
Well Being Therapies after qualifying as a Reflexologist.  
She is a member of both The Association of  
Reflexologists and the UK Reiki Alliance.*

*Since qualifying, Susie has witnessed how reflexology  
and reiki have benefited people of all ages, but  
particularly in her specialist area of practice,  
Prenconception, Pregnancy, Babies and Children and  
follows the principles of Dr Gowri Motha and her Gentle  
Birth Method.*  
*Susie passionately believes in providing alternative,  
non-invasive, drug free therapies which lead her to  
creating the complementary mum and baby clinic.*  
*With reiki the healing stimulates the body's ability to  
heal physical ailments and restore emotional well being,  
therefore benefiting:Couples with preconception care  
Pregnancy: Easing back pain and discomfort; Releasing  
tension and worries; Bonding with baby and relaxing  
after care.*

*For Baby: Relieving colic, wind and constipation I Easing  
teething pain, ear and sinus congestionl Enhances sleep  
with a calming and relaxing touch.*  
*For Children: Tummy, upsets, headaches, exam worries  
and many more.*  
*For Mum and Dad: Creating a state of balance and well  
being.*  
*Clinics in St Albans and Hemel Hempstead. To find out  
more call Susie Gower on 07857 352169 or visit*

**Jude Ashworth**  
**Crystal Clear Practice**  
851 Chester Road  
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Birmingham  
**B24 0BT**  
T: 0121 382 6444  
F: 0121 382 6444  
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UK Reiki Federation, International Federation of  
Professional Aromatherapists

**Marjorie Shakespeare**  
3c Berrymound View  
Hollywood  
Wythall  
Birmingham  
Worcestershire  
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T: 0121 430 4797  
E: mhsreikimaster@aol.com  
UK Reiki Federation

**Christopher Whooley**  
**Kachina Healing Therapy**  
8 Green Lane  
Birchmoor  
Tamworth  
Staffordshire  
**B78 1AG**  
T: 01827 899514  
T2: 07946 398101  
E: whoolec@hotmail.com  
W: www.kachina.healing.mysite.freeserve.com  
The NFSH

*REIKI is a Holistic approach to regaining health.  
It is complementary Therapy and as such works  
alongside conventional ,medicine in a supportive role.  
Dr.Mikao Usui founded REIKI almost one hundred years  
ago in Japan, but its real origins are from Buddhist*

Sanskrit, which led him to develop a Natural System of Healing which we know as REIKI.

Healing looks at the Medical problem from a different perspective.

Blockages are released and the Energetic system balanced, within and around the body. This in turn, stimulates the bodys own Healing mechanism into increase activity.

Therefore, REIKI seeks to address the root cause of the problem and is completely harmless.

I am a member of The REIKI Association and as such, work to a Code of Conduct and also the Data Protection Act, therefore Professional standards and absolute confidentiality are assured.

Clients may be asked to provide feedback for the purpose of aiding the integration of Complementary treatment into greater medical acceptance.

### Matthew Holbrook Hands With Energy

Silver Birches  
Priors Hill  
Tisbury  
Bath

#### BA2 OHE

T: 01761 472 902

W: www.handswithenergy.co.uk

UK Reiki Federation, British Society of Dowsters

I followed my basic Reiki training with courses in additional systems and techniques and this has allowed me to offer customized treatments and training courses. I test a clients energy field with a pendulum to demonstrate the difference before and after the treatment. I can use symbols for specific problems as well as crystals to balance the bodys energy centres. I do a lot of work with reiki and sound and this enables me to do healings on the telephone.

Clients are advised of whats going on at each stage of the treatment and the training courses are dynamic and exciting. I believe Reiki can be used to address any issue but Ive had particular success with back and neck problems, neuralgia, stress, high blood pressure, a lack of confidence, depression and panic attacks. Reiki is a self-help tool and learning Reiki is often a big step on a clients road to recovery - most of my clients go on to learn Reiki for themselves. I am a Teacher Member of the UK Reiki Federation and I also belong to the British Society of Dowsters. Im honoured to be able to treat and train other users in Reiki.

### Julle Llan

#### Reiki Freedom at Homeopathy Direct

125 Wells Road  
Bath

#### BA2 3AN

T: 01761 410 581

E: julie@reikifreedom.co.uk

W: www.reikifreedom.co.uk

UK Reiki Federation

### Sandra Makein

#### Caines Pryor, Alternative Therapies

The Marley Barn  
Yeovil

#### BA21 3JG

T: 01935 411550

Member of the National Institute of Medical Herbalists (NIMH), British Institute of Homeopaths (FBIH), Member of Associated Stress Consultants (MASC), Associate/Network Member of Cranio-Sacral Society  
Sandra Makein, DIHom, Dip Phyt, MNIMH, MASC, is a Homeopath, Medical Herbalist, Cranio-Sacral Practitioner and Reiki Master/Teacher.

Reiki is a gentle non-intrusive hands-on technique where Reiki healing energy flows in a powerful and concentrated form through the hands of the Reiki Practitioner who acts as a channel to bring healing energy to the recipient. Reiki promotes deep relaxation thus reducing stress. It promotes self-healing and a general feeling of well being. Sandra Makein is a Reiki Master/Teacher. She first started practicing Reiki in 1997 and has been teaching Reiki since 2001. Sandra Makein practices in South Somerset, Hertfordshire and Surrey.

### Ann Walker Healing Energies

4 Blackberry Close  
Tadley Acres  
Shepton Mallet

#### BA4 4EJ

T: 01749 344470

W: www.healingenergies.net

Association of Stress Consultants, Other

### Jackle Ingham In Good Hands

4 Piggery Cottages  
New Lane  
Withgill  
Clitheroe  
Lancashire  
BB7 3LN

T: 01254 826177

E: jackie@in-good-hands.fsnet.co.uk

W: www.in-good-hands.co.uk

LCSP Register of Remedial Masseurs and Manipulative, Therapists

### Diane Metcalfe Heaven Scent

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Shipley  
West Yorkshire

#### BD18 3QQ

@phone 2:T2: 07743 801 996

E: heavenlydmi@hotmail.com

Federation of Holistic Therapists, International Council of Holistic Therapists

At the present time I own my own practice above a Far Trade Coffee Bar and Holistic Shop called Heaven Scent, 6 Arndale Center, Shipley.

Te No: 01274 533 263.

My qualifications as a Holistic Therapist are: Advanced Reflexology, Vertical Reflexology, Aromatherapy, Sports Massage, Indian Head Massage and Tera-Mai Reiki and Seichim Healing 2nd Degree.

I have been a practitioner for the last 4 years: 18 months at Shipley and before that I worked for a local gym. I also offer a mobile service for clients who prefer this. From the end of June 2004 I will be a Reiki Master and be offering 2 new treatments: Chakra Cleansing and Rebalancing, Hopi Ear Treatments.

### Diane Metcalfe

8 Cliffe Street  
Haworth

Keighley

West Yorkshire

#### BD22 8JL

T: 01535 644 892

T2: 07743 801 996

E: heavenlydmi@hotmail.com

Federation of Holistic Therapists, International Council of Holistic Therapists

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Te No: 01274 533 263.

My qualifications as a Holistic Therapist are: Advanced Reflexology, Vertical Reflexology, Aromatherapy, Sports Massage, Indian Head Massage and Tera-Mai Reiki and Seichim Healing 2nd Degree.

I have been a practitioner for the last 4 years: 18 months at Shipley and before that I worked for a local gym. I also offer a mobile service for clients who prefer this.

From the end of June 2004 I will be a Reiki Master and be offering 2 new treatments.

1. Chakra Cleansing and Rebalancing
2. Hopi Ear Treatments.

### Paul Cooper

#### Gillian and Paul Cooper

3 Radford Rise  
Solihull

West Midlands

#### BG1 2QH

T: 0121 704 3735

F: 0121 246 9500

E: innerpeace@blueyonder.co.uk

International Association of Reflexologists (IFR), Healer Practitioner Association International (HPAI), The Reiki Association - Treatment Referral List, UK Reiki Federation (UKRF)

Gillian and Paul Cooper are a husband and wife team providing a professional and caring service in their dedicated Therapy Room.

They offer the following range of Therapies:

Reflexology, Reiki Healing, Reiki Lessons, Spiritual Healing, Indian Head Massage, Thermo-auricular Therapy (Hopi Ear Candles), Aromatherapy, Vertical Reflex Therapy and Louise L Hay Philosophy.

Gillian and Paul are trained and certified in all their named therapies and are fully insured and have membership, where available, of recognised professional organisations and abide by their codes of ethics, conduct and professional practice.

Gillian and Paul are both members of the International Federation of Reflexologists (IFR), the UK Reiki Federation and the Healer Practitioner Association International (HPAI).

Additionally, Paul is a member of The Reiki Association

and Gillian has membership of the International Council of Holistic Therapists (ICHT) and the Federation of Holistic Therapists (FHT).

Treatments in all Therapies are individually tailored to suit the needs of each patient and are designed to work in conjunction with and enhance accepted medical practises to promote the rapid recovery of the patient.

### Adrian Owen

#### Oakdale Reiki Centre

19 Harbour Hill Crescent  
Poole

#### Dorset BH15 3QA

T: 01202 777871

(National Body Under Which Insurance is Arranged)

I have a comprehensive insurance with H&L Balen & Co, who are consultants to Reiki Association.

My Reiki Master/Teacher is Tanmaya Honervogt, one the countrys most highly respected teachers.

I have a fully equipped healing room, but I am mobile for anyone too disabled to attend.

I hope to take my Master/Teacher qualification next year (05).

### Juliet Mayturm (Reiki Master)

Jasmine House, 10 Hibbs Close

Wareham

Dorset

#### BH20 4PB

T: 01929 551251

E: jmaytum7@aol.com

The Association of Holistic and Complementary Practitioners

### Catherine Banks

#### Goring Hall Hospital

Bodiam Avenue

Goring-by-Sea

West Sussex

#### BN12 5AT

@quals:Health Professions Council, Professional Association of Clinical Therapists, International Council of Holistic Therapists, Federation of Holistic Therapists Catherine Banks MPACT, ICHT, Sen.OCP, is fully qualified at Diploma level to practice in Reflexology, Reiki (2nd Degree) and Aromatherapy as a clinical therapist. Catherine is also an instructor in Peggy Huddleston's 'Prepare for Surgery' programme. She has a history of over 9 years in the orthodox medical field which supports her current practice. She currently belongs to the following organisations: Health Professions Council, Professional Association of Clinical Therapists, Federation of Holistic Therapists, UK Reiki Federation, International Council of Holistic Therapists and Association of Operating Dept. Practitioners.

Catherine offers individual treatment plans for pre/peri/post surgical patients (as well as medical patients in order to reduce pain, improve healing and reduce post operative complications).

### Catherine Banks

#### Lotus Health

36 Coastal Road

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West Sussex

#### BN16 1SJ

T: 01903 779129

E: catherine@lotushealth.co.uk

W: www.lotushealth.co.uk

Health Professions Council, Professional Association of Clinical Therapists, International Council of Holistic Therapists, Federation of Holistic Therapists

Catherine Banks MPACT, ICHT, Sen.OCP, is fully qualified at Diploma level to practice in Reflexology, Reiki (2nd Degree) and Aromatherapy as a clinical therapist.

Catherine is also an instructor in Peggy Huddleston's 'Prepare for Surgery' programme. She has a history of over 9 years in the orthodox medical field which supports her current practice. She currently belongs to the following organisations: Health Professions Council, Professional Association of Clinical Therapists, Federation of Holistic Therapists, UK Reiki Federation, International Council of Holistic Therapists and Association of Operating Dept. Practitioners.

Catherine offers individual treatment plans for pre/peri/post surgical patients (as well as medical patients in order to reduce pain, improve healing and reduce post operative complications).

### Jeanne Long

#### The Reiki Connection

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Downend

Bristol

#### BS16 6HH

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E: jeanne@connect2reiki.co.uk

W: www.connect2reiki.co.uk

The Reiki Connection Association

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After taking Reiki 1 and 11 in 1999 I obtained my Reiki Practitioner insurance in 2000 and Reiki 111. I have been practicing Reiki since 2000, continually striving to enhance my understanding/people skills.

My experience in treating my patients has grown over the last 8 years and, again in an effort to enhance my personal skills, I am undertaking a degree with the Open University having passed the human biology and health module, perspectives on Complementary and Alternative Medicine, gaining O.U. certificates in Social Science and Health Promotion. 2007 should see me achieving my degree.

At present I treat patients either in my in-house purpose-built, warm and inviting therapy room, or, if necessary, in the patients own home. I offer simply Reiki. It is stressed that Reiki complements all forms of orthodox medicine, not replacing it.

The debate continues with regards to Voluntary Self Regulation for Reiki and I represent The Open Reiki Group on the national Reiki Regulatory Working Group so am well informed on the National Occupational Standards for Reiki as agreed with Skills for Health and Continual Professional Development; all of this being seen to give the patient the best possible care within an integrated health package.

**Lynn Hubbard  
Traditional Reiki Master**

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UK Reiki Federation

**Julie Lian  
Reiki Freedom**

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UK Reiki Federation

**Judi Jackson**

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**BS40 6EF**  
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Other, International Institute of Reflexology

**Stephanie Bewick-Raven  
Tranquillity Matters**

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Redfield  
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Avon  
**BS5 9LG**  
T: 07786 441163  
E: stephaniebewick@hotmail.com  
W: www.tranquillitymatters.co.uk  
Federation of Holistic Therapists

**Jane Kershaw  
Spirit**

3 & 5 Trym Leaze  
Sea Mills  
Bristol  
**BS9 2EY**  
T: 01179 685355  
T2: 07899 734282  
E: spirit\_bristol@btinternet.com  
British Association of Counselling and Psychotherapy, Other

I undertake Reiki and other treatments either at my home address or at my client's home. There is a fairly level access to my treatment room for those for whom mobility might be an issue. On average, a treatment last a little longer for the initial consultation.

As part of my Continuous Professional Development I am completing a Diploma in Counselling following the 'person-centred' model of counselling.

I have also undertaken training workshops for Cognitive Behavioural Therapy.

Reiki is the most non-intrusive, non-manipulative complementary therapy available. It works holistically with the physical, emotional, psychological and spiritual levels, complementing and integrating with orthodox medicine.

**Paula Dangerfield**

53 Northover Road  
Westbury on Trym  
Bristol  
**BS9 3LQ**  
T: 01179 501199  
E: paula.dangerfield@tiscali.co.uk  
International Institute of Reflexology

Paula Dangerfield works in the Healing Clinic attached to La Beautique Beauty Salon and has worked in complementary Therapies for a number of years.

The Clinic offers Privacy, Peace and Tranquility which help in achieving a greater sense of wellbeing.

**Carol Morrison  
Reiki Refuge**

4 Lagan Terrace  
Donaghcloney  
Craigavon  
County Armagh  
**BT66 7LU**  
T: 028 38882135  
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International Natural Healers Association - INHA,  
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**Helen Cooney**

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The Association of Professional Healers

**Angela Power: Therapeutic & Training Services**

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Institute of Transactional Analysis, UK Reiki Federation,  
European Association of Transactional Analysis

**Tim Sawyer**

**The Holistic Health Centre**  
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LCSP Register

**Mary Ellis**

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UK Reiki Federation

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Uncommon Knowledge, Mindfields College Ltd, General  
Hypnotherapy Register

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Society of Neuro Linguistic Programming, Parks Inner  
Child Therapist Association, Hypnotherapy Association,  
National Council of Psychotherapists

**Jill Mason**

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Sudbury, Suffolk  
**CO10 0YT**  
T: 01787 378280  
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W: www.fourpathsoneway.co.uk  
The Reiki Organisation, The British Wheel of Yoga

**John O'Callaghan  
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**Robert Brown  
Reiki Practitioner**

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UK Reiki Federation

**Donovan Sampson**

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International Council of Holistic Therapists, General  
Hypnotherapy Register, Federation of Holistic  
Therapists

**Allyson Williamson  
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W: equilibrium-holistictherapy.co.uk  
Guild of Holistic Therapists, International Federation of  
Reflexologists, Federation of Holistic Therapists, UK  
Reiki Federation

**Steve Gooch  
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Rugby, Warwickshire  
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T: 01788 579550  
E: stevegooch@tiscali.co.uk  
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UK Reiki Federation

**Paul Bergman  
P & H Complementary Therapies**

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**DA1 4SJ**  
T: 08450 943196  
E: info@reiki-masters-centre.co.uk  
W: www.reiki-masters-centre.co.uk  
The Complementary Medical Association

**Helen Bartlett**

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Gravesend, Kent  
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F: 01474 834698  
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UK Reiki Federation

**Diane Patterson**

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EMBODY

**Margaret Wilde ATLM, FHT, Usul Reiki & Karuna Reiki International Master Teacher**

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Northside  
Middridge  
Newton Aycliffe  
Durham

**DL5 7JF**

T: 01325 310489

F: 01325 310489

E: margaretwilde2005@yahoo.com

Federation of Holistic Therapists, The Reiki Connection  
Association, Association of Therapy Lecturers

**Rita Withers**

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Bawtry  
Doncaster

South Yorkshire

**DN10 6JX**

T: 01302 714 992

E: healingtherapy@gmail.com

General Hypnotherapy Standards Council, The Quest  
Centre

**Julie Westwood****Happy Days Holistic Therapies**

The Maltings Clinic  
40A Flaxley Road  
Selby

North Yorkshire

**DN14 0SN**

T: 01757 213 236

W: www.themaltingsclinic.freeserve.co.uk

Federation of Holistic Therapists

**Dawn Roberts-Blake****A Time To Unwind**

17 Langley Drive  
Bottesford  
Scunthorpe  
Lincolnshire

**DN16 3TY**

T: 01724 849098

E: atimetounwind@yahoo.co.uk

W: www.atimetounwind.co.uk

UK Reiki Federation

*My name is Dawn and I am fully qualified and enthusiastic Complementary Therapist offering Swedish body massage and Reiki from my home in Bottesford, Scunthorpe. Along with basic Swedish massage I offer Lymphatic Drainage. I hold the VTCT Level 3 certificate in Swedish body massage and hold Reiki 1st and 2nd degrees. I am a member of the UK Reiki Federation and proudly abide by their code of conduct. I was employed by the NHS for 8 years as a Cardiac Physiologist, I chose to leave early in 2007 to dedicate my time to my love of alternative medicine.*

**Edna Price - Holistic Therapist**

"The Chimes" 11 Botany Drive  
Upper Gornal  
Dudley

West Midlands

**DY3 3XT**

T: 01384 830454

E: ednaprice6@hotmail.com

The British Reflexology Association, International Guild  
of Professional Practitioners

*Reiki is complementary to orthodox medicine, and not a replacement, but is safe, enjoyable, and relaxing to receive.*

*Edna is a Reiki Master, Teacher and Practitioner, having completed 1st, 2nd and 3rd degrees in Reiki healing, and feels deeply committed to helping others through Reiki and its simplicity.*

*Reiki (pronounced Ray-key) is a gentle, non-invasive hands-on healing therapy, which at very least promotes deep relaxation, and nurtures well being. It accelerates the body's own natural abilities to help heal illness and disease, especially for those with a stressful lifestyle. Its capacity for balancing, calming and energising is amazing. Reiki will pass through clothing, bandages, and plaster casts. It is not connected to any belief system or religion.*

*I find great joy in sharing Reiki with others through healing and teaching. Anyone can be taught Reiki healing in a two-day workshop. It is taught in three degrees:*

*1st degree:- for healing self, family and friends.*

*2nd degree:- for distance healing, mental and emotional balancing, practitioner level.*

*3rd degree:- Master level and for teaching others.*

*Reiki is a gift that everyone can benefit from. If you would like to learn Reiki telephone Edna on:*

*01384 830454 for particulars of forthcoming workshops.*

**Tracey Parbery  
Head Over Heels**

129 Beachcroft Road  
Kingswinford

**DY6 0HT**

T: 01384 833337

T2: 07703 280321

E: t.parbery@tweeddale.co.uk

Federation of Holistic Therapists, The Institute of  
Crystal & Gem Therapists, British Association of Beauty  
Therapy & Cosmetology, Professional Association of  
Clinical Therapists

**Jill Cooper**

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Kingswinford

**DY6 9DD**

T: 01384 270120

West Midland Dowzers - Affiliated with the British  
Society of, Dowzers

*My journey into holistic principles began when I learned  
Reiki as a gentle, but powerful healing therapy in 1999.*

*This led me through to becoming a Reiki*

*Master/Teacher in 2001. I am a member of West  
Midlands Dowzers and have completed a number of  
courses studying Crystal Healing, Meditation and  
Dowsing. I treat clients in their own homes, or in mine,  
helping them manage their symptoms and improve  
their quality of life. I specialise in terminally ill patients,  
easing their suffering whilst providing support and  
treatment to their families if required.*

*I teach Reiki at all levels - Reiki I, II and III  
(Master/Teacher) - either in a group or one-to-one and  
provide ongoing support to students through monthly  
workshops.*

*One of the gifts of Reiki is to heal by distance and  
those unable to attend in person may receive a distant  
healing treatment. In addition to being a partner in  
Ability West Midlands (mail order Reiki products) and  
MBS Promotions (organising Complementary Health  
Shows), I am a regular exhibitor at our own and other  
Health Shows, offering Reiki taster treatments. I also  
have experience in giving talks on Reiki.*

**Emmanuel Astler****Free Your Inner Self**

41 White Road  
Stratford  
London

**E15 4HA**

T: 07932 657475

F: 020 8555 2245

E: info@free-your-inner-self.com

W: www.free-your-inner-self.com

British Holistic Medical Association, Independent  
Professional Therapists International Association

**Lorraine Urquhart****Feel Good Therapies Ltd**

35 Balgreen Avenue  
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Edinburgh

**EH12 5SX**

T: 0131 337 1890

E: info@ilovefgt.com

W: www.ilovefgt.com

International Federation of Professional Aromatherapists

*Feel Good Therapies Ltd began in 2003 in response to  
the growing demand for Reiki, Meditation and  
Aromatherapy to help facilitate the healing of people on  
a physical, mental, emotional and spiritual basis. In  
addition to using Aromatherapy and Reiki in my client  
practise, I also teach Reiki and meditation/visualisation  
too. I qualified in Reiki I and II in 1999 and then  
achieved my Reiki Master level in 2003. I am currently  
facilitating stress and relaxation class at Maggies  
Centre in Edinburgh (for cancer patients and their  
carers). My work with children includes teaching  
primary school children (8-12) and primary school staff  
how to use visualisation to relax. I have been teaching  
meditation to private groups for the past 2 years too as  
well as tutoring at the College of Parapsychology in  
meditation. I am a qualified aromatherapist (Nov 2004)  
and also produce my own products for home  
treatments.*

*Reiki helps to cleanse, clear, release and balance your  
energy on a physical, mental, emotional and spiritual  
level. This is one of the reasons I find it so effective for  
stress or insomnia, muscular aches, high blood  
pressure, increasing energy levels, strengthen the  
immune system and boosting self esteem.*

**Jo Roberts****Holistic Hands**

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Edinburgh

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UK Reiki Federation

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Independent Professional Therapists International,  
British Complementary Medicine Association

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International Reiki Alliance

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Other

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178 East Barnet Road  
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**Leon Tye****Reiki - Devon**

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UK Reiki Federation

**Marianne Simpson****Simpson Serenity**

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British Institute of Hypnotherapy, Federation of Holistic  
Therapists, General Hypnotherapy Standards Council,  
Other

**Amanda Wilson****Magickal Solutions**

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UKCC for Nursing Midwifery & Health Visiting, British  
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National Federation of Spiritual Healers

**Wilma Ferguson****Life Force Energy**

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The Reiki Federation

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**Patricia Lear**  
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World Federation of Healing

**Denny Wilson**  
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Association of Master Herbalist (AMH), British Herbal  
Medicine Association (BHMA), The Herb Society  
Denny Wilson H.N.H.Ir.R.M.

*I have studied Natural Healing methods for nearly ten years and now practise as a qualified Herbalist, Iridologist and Reflexologist. I am also a fully trained Reiki Master and Teacher.*  
*I trained as a Herbal practitioner and Natural Healer with the Selfheal School in Norfolk, where I qualified with a Distinction. We also studied Iridology with the Independent School of Iridology as part of our Diploma. Whilst studying Natural Healing I developed an interest in Reflexology and Reiki, qualifying in both, Reiki at Master/Teacher level and Reflexology at the Royal Forest of Dean College, with the International Institute of Health and Holistic Therapies.*

*I am a member of The Herb Society, The British Herbal Medicine Association and the Association of Master Herbalists. I am also eligible to join the Association of Reflexologists and the Guild of Iridologists.*

*I currently hold regular clinics at home in Innsworth, my local Esporta Health Club in Gloucester and a local healing group. Over the years that I have been practicing I have helped a lot of people with varying illnesses including terminally ill patients. I will also carry out home visits for infirm clients.*

**Julie Camm Holistic Therapist**  
9 Stansby Crescent  
Churchdown  
Gloucestershire  
**GL3 2DE**  
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E: julie-camm@hotmail.co.uk  
EMBODY

*Julie Camm ITEC Dip, CThA, that. I can offer Swedish, Indian Head & Hot & Cold Stone Therapy Massage. I am Reiki attuned to level two. I can also offer Reflexology & Sports Massage & Hopi Ear Candles.*

*I have a room I work from in Churchdown, Brockworth, Whaddon & Hestersway and also offer mobile appointments in the daytime, evenings or weekends.*

*I have six years experience and abide by my professional organisations code of conduct.*

*All the therapies I offer are deeply relaxing – (except the Sports Massage), which helps relieve stress and its symptoms e.g. Headaches, Aches & Pains. Hopi Ear Candles can help cold symptoms & sinus congestion. Reflexology addresses all the systems of the body and therefore is an excellent treatment for multi conditions.*

**Marilyn Robertson**  
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ITEC, LCSP (Phys)

**Vivienne Barrick**  
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ACHO Listed

*I have recently developed my natural healing abilities by using Reiki. I am now a Reiki Master. Reiki is a method of channelling energy and works on all levels i.e. physical, mental, emotional and spiritual. It aids the bodys natural ability to heal. It supports all forms of treatments orthodox and complementary.*

*Reiki is a self-healing treatment and it may be helpful for some clients to be initiated into Reiki. In this way, after training, they can continue their own treatment.*

*I am also a qualified Crystal Therapist and I like combining Crystal Therapy and Reiki. This enables the energy of the crystal to go to the specific problem areas thereby aiding recovery.*

*If you are doubtful about trying Reiki or Crystal Therapy I am happy to discuss your concerns.*

**Shelley Slingo**  
**ReikiCare**  
8 Combe View Cottages  
Woodside Road  
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Surrey  
**GU8 4RB**  
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T2: 07817 931011  
F: 01428 788163  
E: james@french30.fsnet.co.uk  
W: www.reikicare.co.uk  
UK Reiki Federation

*Shelly and James are Reiki II practitioners who practice the Usui System of Reiki Healing.*

*Both are members of the UK Reiki Federation and are fully insured with H&L Balen & company.*

*We treat any individual who is looking for Reiki healing. In our growth we have explored the applications and have developed approaches in specific areas that include helping people change their body shape/weight, working with cancer patients (both children and adults) and working with animals.*

*James is currently a master candidate of, the recognized lineage bearer of the Usui system of Reiki healing, Phyllis Lea Furomoto.*

*Based in Surrey we have a treatment room or can travel depending on the distance. For those too far, we have a comprehensive distant Reiki treatment (absent healing).*

*Our aim is to help the advancement of Reiki in the modern day society while holding the value and the tradition of the Usui system.*

**James French**  
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E: james@french30.fsnet.co.uk  
W: www.reikicare.co.uk  
UK Reiki Federation

*Shelly and James are Reiki II practitioners who practice the Usui System of Reiki Healing.*

*Both are members of the UK Reiki Federation, and are fully insured with H&L Balen & company.*

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*Our aim is to help the advancement of Reiki in the modern day society while holding the value and the tradition of the Usui system.*

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**Pat Eickhoff**  
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The Healers International Network, British  
Complementary Medicine Association

*EFT Practitioner & Instructor: EFT is simple & easy to learn & is used extensively where emotional, physical or performance issues are concerned, particularly fears & phobias, self-limiting beliefs, cravings & addictions, pain, taking examinations, sense of loss or bereavement.*

*THIN Healer: HPAI Healer/Trainer: The Healer International Network (THIN) & The Healer Practitioner Association International (HPAI) are both organisations where hands-on healing is used: the healing techniques applied can help patients with almost any acute or chronic condition (the only exclusions are as per the Laws in practice to date)*

*Quantum-Touch Practitioner & Instructor: Quantum-Touch uses simple breathing & body awareness techniques to increase the life-force energy for accelerated healing & is particularly useful for back pain, joint pain, issue injuries – accidental, pre & post op – balancing the immune system, releasing stress & anxiety. Therapies are all undertaken with the patient fully clothed. I am willing to travel to patients or they can come to me.*

**Alison Weaver**  
1 Rickman Walk  
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T: 01296 437400  
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UK Reiki Federation

*I am a Reiki Master/Practitioner. My approach is to work intuitively with clients, addressing their individual needs with a combination of Reiki and Crystal Healing. My practice is based from my home in Fairford Leys, Aylesbury. I am a member of the Reiki Federation and alongside my qualifications in Reiki, I also have a Diploma as a Crystal Healing Practitioner.*

**Amanda McDermott**  
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**Sheila Maind**  
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Ledbury  
Herefordshire  
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**Maureen Kerr**

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The Scottish Institute of Reflexology, The International Guild for Professional Practitioners

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**Janice Leonard**

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The Society of Auricular Acupuncturists, The College of Psychic Studies London

*Reiki, Natural Healing, Balancing Mind Body and Spirit*  
*Reiki is a natural healing system that is safe and non-invasive. It is a holistic way of helping many acute and chronic conditions. This includes stress, sleep problems, anxiety, sinusitis, menstrual problems, migraine asthma, chronic fatigue syndrome, eczema and back pain.*

*Reiki is suitable for everyone, the young the old, pregnant women and those recovering from surgery. Reiki works well alongside conventional medicine and other holistic therapies. It is deeply relaxing and treats the whole person in mind, body and spirit.*

*Treatment is given in Loughton, Essex. Loughton is accessible by car from the M25 at junction 26, or at junction 5 on the M11. The underground from Oxford Circus is 35 minutes from Loughton on the Central Line. Outcalls and visiting treatments are considered, within the M25. A supplement will be charged for each home visit, depending on distance.*

*For More Information or an appointment*

*Call Janice Leonard M.S.A.Ac. BCMA*

*Tel: 020 8502 0771*

*Mobile: 07947 651 937*

*Email holistichealing7@aol.com*

*Janice is registered with the British Complementary Medical Association and the Society of Auricular Acupuncturists. She is a Reiki Master Practitioner / Teacher, and is a member of College of Psychic Studies London.*

**Lisa Chaplin  
Reiki Requisition**

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UK Reiki Federation, The Association of Natural Medicine

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Complementary Medical Association, Bant-Student (British Association of Nutritional therapists-, Student member)

**Patricia Ann Martin**

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The United Kingdom Reiki Alliance

**William Jeffers  
Hypnotherapy Services**

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E: wjeffers37@aol.com  
W: www.geocities.com/wjeffers37  
General Hypnotherapy Register, National Council for Hypnotherapy  
*Welcome to Hypnotherapy Services, we provide many different services here, from Hypnotherapy, Psychotherapy, Reiki, Indian Head Massage and E.F.T. As seen on T.V.*

*Tapping on the body made famous by P. McKenna, specialist in: Stop Smoking, Pain Management, Weight Loss and Stress/Confidence/Anxiety. Able to help with many more problems.*

*H.Y.P.N.O. = Helps You Process New Opportunities. Reiki balances your Energy, Mental, Physical, Emotional and Spiritual well being. It is so relaxing. Think of Acupuncture without the needles, but on a bigger area i.e. whole body. Many clients fall asleep while receiving this.*

*Coming soon (Hypno-Birth) 07828870428 (William). We are on the National Hypnotherapy Register. Members of: National Council of Hypnotherapy. General Hypnotherapy Register.*

**Allson Fuller  
Serene Healing**

9 Glencoe Road  
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Surrey  
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E: info@serenehealing.co.uk  
W: www.serenehealing.co.uk  
Association of Reflexologists, International Federation of Reflexology

**Sandra Makeln  
The River Bourne Health Club**

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Chertsey  
Surrey  
**KT16 9DR**  
T: 07976 882218  
Member of the National Institute of Medical Herbalists (NIMH), British Institute of Homeopaths (Fellow) (FBIH), Member of Associated Stress Consultants (MASC), Associate/Network Member of Cranio-Sacral Society  
*Sandra Makein, DIHom, Dip Phyt, MNIMH, MASC, is a Homeopath, Medical Herbalist, Cranio-Sacral Practitioner and Reiki Master/Teacher.*  
*Reiki is a gentle non-intrusive hands-on technique where Reiki healing energy flows in a powerful and concentrated form through the hands of the Reiki Practitioner who acts as a channel to bring healing energy to the recipient. Reiki promotes deep relaxation thus reducing stress. It promotes self-healing and a general feeling of well being. Sandra Makein is a Reiki Master/Teacher. She first started practicing Reiki in 1997 and has been teaching Reiki since 2001. Sandra Makein practices in South Somerset, Hertfordshire and Surrey.*

**Chris Burley  
Heathwoods Clinic**

Dorking Road  
Walton Heath  
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Surrey  
**KT20 7TJ**  
T: 01737 812 976  
T2: 07970 770 385  
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International Guild of Professional Practitioner, British Association of Nutritional Therapy, British Naturopathic Association, Crystal & Healing Federation, British Complementary Medicine Association, General Council and Register of Naturopaths  
*Chris Burley MRN, B.Sc(Hons) ND IGPP BANT MVHF*  
*As a registered naturopathic physician Chris had found that her diverse training in many complementary therapies enhances the holistic approach.*

*These include nutritional medicine, a range of therapeutic bodywork methods, homeopathy, flower essences and herbs, kinesiology, counselling, more esoteric activities such as Reiki, spiritual and crystal healing as well as naturopathy. Additionally, she holds Biofeedback certification from the International Medical University (Natural Education) as she frequently uses a QXCI computer system, an evoked response medical device.*

*As a visiting university lecturer with a busy practice in Tadworth, she specialises in helping people with chronic conditions although she is happy to help those with both acute and lifestyle illnesses.*

*She belongs to a number of varied organisations as she is passionate about the naturopathic triad of health; biochemistry (nutrition) with structure (bodywork) and mental/emotional issues (counselling, reiki and healing). This naturopathic approach can integrate well with conventional medicine and she is extremely careful to ensure her work and recommendations fully complement medical advice.*

**Linda Faull**

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Surrey  
**KT6 6DJ**  
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E: lefaull@yahoo.co.uk  
National Federation of Spiritual Healers  
*Originally I trained as a healer with the NFSH and worked in a healing centre for a few years. After that I trained in Reiki, eventually qualifying as a Reiki Master. In April 2003 I travelled to Japan to learn Japanese healing techniques and undertake research into the origins of Reiki for the past five years I have combined medical intuition with my Reiki sessions. This is a way of interpreting the energy centres of the body (chakras) in order to obtain medical information which determines a persons physical, mental, emotional and spiritual health. My aim is to help clients heal their body, mind and spirit.*

**Stephane Jaeger-Rouse**

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British Reflexology Association

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**Gill Riley**  
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Old Dalby  
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Leicestershire  
**LE14 3LA**  
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E: gillriley@tranquil-therapies.co.uk  
W: www.tranquil-therapies.co.uk  
British Register for Complementary Practitioners, Federation of Holistic Therapists, Association of Reflexologists  
*Tranquil Therapies can offer you a unique experience in complementary therapies. All treatments are based specifically on individual needs and requirements and the emphasis is on comfort and relaxation throughout the treatment. The practice is run by Gill Riley MAR. MBRCP. GTR.*

*Gill worked for many years in the legal profession before qualifying with a Level 3 Diploma in Reflexology from the Sue Ricks School of Complementary Therapies. She is a member of the Association of Reflexologists, Federation of Holistic Therapists, British Register of Complementary Practitioners and the Complementary Therapies Association and has full liability insurance. Gill also practices Reiki.*  
*Gill works from her uniquely created therapy room at her home in Leicestershire.*

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UK Reiki Federation  
*I AM A REIKI MASTER/TEACHER and not only give REIKI Healing at £25 per session, but also teach it at all levels, including 1-2-1.*  
*I also do EFT (Emotional Freedom Technique) and have a Certificate of Completion (Fundamentals Course via USA).*  
*I practised REIKI with private clients in Spain between 2002 - 2005.*  
*I also use EFT together with REIKI for Emotional Issues/Healing.*  
*I am listed on the EFT Directory at www.eftsupport.com under International Category.*

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**Roger Smith**  
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The Association of Reflexologists, Bowen Association UK, Bowen Therapists European Register

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Complementary Therapists Association, UK Reiki Federation  
*I run a complementary health care practice called Vibrant Health. I am a full member of the Complementary Therapists Association. I do a range of therapies from my clinic, Reiki being one of these. I am a Reiki Master/Teacher; I am a member of the UK Reiki Federation and the International Association of Reiki Professionals.*

*I bring forward into my practise 20 years of experience of being a Staff Nurse. I am passionate about my business and I enjoy giving individual holistic care. I have a natural caring instinct and complementary health care seemed a perfect route to take, following my nursing career. I feel continuing professional development is important so I can give my clients the best up to date care required. I am a Reiki Master Teacher so I run Reiki classes as well as giving healing, this gives me great job satisfaction watching my pupils learn and grow on their path of life. During my nursing career I worked in St. Barnabas Hospice, Lincoln, on the Respiratory ward and spent my last ten years as a district / practice nurse, so I understand both sides of healthcare, medical and complementary which work in perfect harmony.*

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I.I.H.H.T (Int. Inst. Of Health & Holistic Therapies)

**REIKI HEALING**  
*Myself - I have been practicing Reiki since 1995 with extremely positive results from those I have worked with. (References available). I was introduced to Reiki in 1995 and found it such an amazing experience that I needed to know more. I went on to gain all levels enabling me to actually carry out the attunements on other people. I have developed and run various workshops to complement the therapy. I have practiced in both Holland and Spain, with positive results where the therapy was extremely welcomed and proves the power of communication. As all my therapies are versatile and not to disclude those unable to visit my premises, I travel to destinations and cover office staff and individuals on request.*

*Reiki is a Japanese word meaning universal life energy guided through and around things. It is considered to have an almost divine quality. When a person undergoes a session of therapy, they allow the energy to be absorbed into themselves with beneficial effects which reduces stress, headaches, worries etc. By a sequence of gentle touch to the clothed body the flow of energy in the individual is enhanced, balanced and harmonized.*

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UK Reiki Guild

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Federation of Holistic Therapists, Reiki Federation

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UK Reiki Federation, Royal College of Nursing

*I am a registered general nurse (RGN) and a member of the Reiki Federation. I specialise in the treatment of those who have suffered trauma, physical or mental and in particular abuse in both adults and children.*

*I have extensive experience in working with children with emotional and behavioural problems and have had success in reducing these symptoms as well as those of multiple sclerosis and chronic fatigue syndrome, depression and post traumatic stress disorder as well as chronic pain.*

*My partner Kim has been practicing for 10 years. He also specialises in the treatment of past abuse, depression, M.S. and M.E.*

*Often chronic illness is triggered by traumas whether anger, fear or upset in childhood. We work to reduce these, which reduces the chronic illness symptoms too. Both Kim and myself are Reiki Masters.*

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Alliance of Registered Homeopaths, British Wheel of Yoga

*Rosie Wright a teaching Diploma Holder with the British Wheel of Yoga, has been teaching yoga over twenty years and is currently studying Anusara Yoga - the Yoga of Grace, which brings together mind, body, spirit and heart. She teaches regularly in Bedford.*

*Rosie is a member of the Lakeland College of Homeopaths and the Alliance of Registered Homeopaths. She is also a qualified Reiki Master.*  
*Yoga, Homeopathy and Reiki all work on the energetic pathways of the body. This energetic system has been understood by ancient wisdom and alternative systems of health for thousands of years and we are increasing coming to realise this wisdom. Understanding the body as a whole is crucial to understanding how holistic therapies work. These three therapies can all help to establish a more harmonic and synchronistic working of the bodies energy system. By helping to re-establish the flow in a blocked energetic system where illness occurs, a healthy and harmonic working of the whole can be reintroduced. Both chronic and acute conditions can be helped and the therapies are of increasing interest to those who want to take a more active role in their health and healing process.*

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UK Reiki Federation  
*Paola Bassanese is a Reiki practitioner at Energia Ltd. Reiki can be used to support traditional and alternative medicine. Benefits of Reiki include improved sleep, better recovery from illness and increased sense of wellbeing.*  
*Paola is a member of the UK Reiki Federation and trained at City and Islington College.*

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Hypnotherapy Society, Association for Professional Hypnosis and Psychotherapy  
*Brian Watson MAPHP LHS TFT, Spiritual and Reiki*



*Healer. I am a professionally qualified Hypnotherapist and a member of both the Hypnotherapy Society and the Association of Professional Hypnosis and Psychotherapy. I work from my own private practice known as Positive Healing UK. I have experience in a wide range of conditions including anxiety, panic attacks, trauma, phobias, unwanted addictions, bereavement, confidence, sexual problems including sexual dysfunction and sexual abuse, obsessive compulsive disorders, and anger management. I am also a member of the UK Register of Irritable Bowel Syndrome Therapists and a qualified Thought Field Therapy practitioner. I am a member of the Healer Practitioner Association International. I specialise in the area of Past Life Regression for which I have achieved outstanding results and I fervently believe that many of our everyday hang-ups stem from a previous experience of trauma in a previous incarnation*

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British Register for Complementary Practitioners,  
Federation of Holistic Therapists, Association of  
Reflexologists

*Tranquil Therapies can offer you a unique experience in complementary therapies. All treatments are based specifically on individual needs and requirements and the emphasis is on comfort and relaxation throughout the treatment. The practice is run by Gill Riley MAR, MBRCP, GTR.*

*Gill worked for many years in the legal profession before qualifying with a Level 3 Diploma in Reflexology from the Sue Ricks School of Complementary Therapies. She is a member of the Association of Reflexologists, Federation of Holistic Therapists, British Register of Complementary Practitioners and the Complementary Therapies Association and has full liability insurance. Gill also practices Reiki.*

*Gill works from her uniquely created therapy room at her home in Leicestershire.*

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**Terese J Kredon  
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**Elaine Nunn  
'Time For you'**

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W: www.reiki-treatment.com  
Reiki Healers and Teachers Society (application in progress)

*In addition to Reiki I offer a Counselling service as an integral part of the whole therapy treatment, at no extra cost. My past experiences, skills and qualifications assist me to do this. Clients come to me with both physical and emotional problems.*

*I am a Reiki and Seichem Master, having completed three degrees. I have recently applied for membership of the Reiki Healers and Teachers Society.*

*I already accept patients recommended by my GP to my private practice and would be very happy to continue this in conjunction with NHS.*

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IEPP - International Guild of Professional Practitioners,  
ITEC - International Therapy Examination Council

**Alan Player**

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Organisation

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National Federation of Spiritual Healers

*In 1994 I approached and joined the National Federation of Spiritual Healers as I have always been drawn to this type of work in helping and caring for others. I trained for a few years at the N F S F Centre at Stanmore..Prior to this I did an induction course at Kings Cross Centre. I also worked as a healer in a North Harrow healing centre for many years. After passing my final exams in front of a panel of judges in Hampstead I was asked if I could give healing in various branches ie. St. Martins Lane, Pinner, Barnet, and New Barnet, and the annex at Barnet hospital. Obviously I couldnt manage all of them. I carried on with two centres which were convenient for my location. I also practice private work at home when asked, and will also visit if required. All this involved is following a good code of ethics, which I have been trained to abide by. Knowing well that healing works as a complement with orthodox medicine. I also did a course at Stanmore College learning QI GONG a Chinese form of healing. I have degrees in Reiki which is a Japanese form of healing.*

**Nikki Simler**

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Vibrational Healing Foundation, International  
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*I am already working successfully one day a week at Edenhall which is my local Marie Curie Hospice near the Royal Free Hospital in Hampstead, where I see patients on the wards plus Day Therapy patients for individual sessions of Spiritual Healing.*

*The patients seem to find these sessions very beneficial on many levels e.g.. For relaxation, pain relief, emotional and mental support, letting go of fears, anxieties and even the fear of death itself.*

*Naturally working with people who are not terminally ill is beneficial in ways other than those mentioned above. Reiki healing is similar to Spiritual Healing and Crystal Healing also works on a deep level and is excellent for aches and pains, stress, nervous disorders and clarity of*

*mind and helps to re-balance and to restore vitality with the use of ancient stones chosen for the individual needs.*

*My qualifications are with the Vibration Healing Foundation which is recognized by the BCMA, and the International Association of Reiki.*

**Patricia Sampson  
VelvetStar Hypnotherapy**

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Royal College of Nursing, British Institute of Hypnotherapy

*I am a member of the Royal College of Nursing & the British Institute of Hypnotherapists.*

*I am a retired registered nurse, qualified hypnotherapist, Reiki 1 practitioner and qualified teacher in Further Education. I also have certificates in stress management, relaxation therapy and counselling.*

*As a nurse I worked as a ward sister, theatre sister, A&E night sister and hospital night sister. After having my family I worked as a School Nurse for over 20 years, and then as a Primary Mental Health Worker in Child & Adolescent Mental Health Services until my retirement in July 2007. I am now able to concentrate fully on my work in hypnotherapy and reiki.*

*I am fully insured and offer a confidential service covering a wide range of conditions including exam stress, smoking cessation, weight reduction, fears & Phobias and allergies. Although I worked in the NHS for many years I think there is an important role for complementary therapies within the health framework and scope for conventional and complementary practitioners to work together in looking after peoples' health.*

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Down To Earth Reiki**

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UK Reiki Federation

*The practice provides a very practical, down to earth approach to restoring patients well being and quality of life.*

*We specialise in the area of complementary support for: Chemotherapy Treatment and Arthritis. I am a Master Member, Practitioner and Teacher, of The U.K. Reiki Federation and a Practitioner Member of the British Complementary Medical Association.*

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*Ingrid has been a complementary therapist in the Basingstoke area since 1997. She works mainly from her home, but will travel to clients when necessary. Her primary qualification is in Reiki, being a Master/Teacher, and over the years has witnessed many remarkable responses to her treatments. Ingrid continues to expand her skills and knowledge by ongoing training. She recently attended the Penny Brohn Cancer Care Clinic (formerly the Bristol Clinic) where she was awarded a certificate in Working with People with Cancer. Besides working as a practitioner, Ingrid is qualified in adult education. This enables her to teach a number of courses. These include Reiki, meditation/relaxation techniques and Hopi Candling. Ingrid believes in a proactive approach to well-being and is happy to show her patients how to release stress and anxiety through a positive mental attitude. Professional Organisations: UK Reiki Federation, SNU, under UK Healers Qualifications: Reiki Master/Teacher, Approved Spiritual Healer, Certificate in Working with People with Cancer. C&G 7306 Certificate in Adult Education. Certificate in Thermo Auricular Therapy (Hopi Candling). Certificate in Basic Counselling Skills Experience with: Alzheimers, Anxiety Attacks, Arthritis, Asthma, Backache, Cancer, Depression, Diabetes, Heart Conditions, Lupus, ME, MS, Stress. Hopi Candling Treatments – Adults and children.*

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Federation of Holistic Therapists, International Council of Holistic Therapists, Essex Reflexology Group  
*I am a second degree reiki practitioner and have been for some 6 years. I trained at the Healing Connections School of Reiki although I continue to increase my knowledge and use of reiki. I have effectively worked with depression and stress related illnesses as well as muscular and skeletal problems, pregnant women and various other conditions. I am a member of the FHT (Federation of Holistic Therapists) where I am a member of ICHT (International Council of Holistic Therapists), I am fully licenced by Thurrock Council and fully insured.*

**Michelle Newton**  
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International Institute of Reflexology, The Association of Meridian Therapies, Thermo-Auricular Therapy  
*Having used Reiki to recover from my own ill-health (M.E./Chronic Fatigue), I am passionate about helping people to achieve better health and relaxation through natural and non-invasive methods. I am officially recognised by The Reiki Association as a practitioner of Reiki and adhere to their guidelines and code of conduct. In practise since 1999, I have experience of treating many different people presenting with a wide range of illnesses, ailments and problems. Reiki is particularly beneficial to those suffering from depression, anxiety, panic attacks and low self esteem but also offers comfort and relief for a wide range of conditions. Reiki promotes healing on our physical, mental, emotional and spiritual levels and is truly holistic form of healing. Reiki is a powerful form of energy healing, offering people the chance to take responsibility for their health and well-being in a positive way. I offer a caring, sensitive and confidential approach, allowing clients the time and space to discuss their health and other concerns prior to treatment. I attained the Master Degree of Reiki in 2000, and am a Reiki Master/Teacher, running monthly 1, 2 and Master Degree courses for those wishing to heal themselves.*

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British Psychological Society

*I am a Usui and Seichem Reiki Master and have been practising for just over 4 years. I absolutely love working with Reiki and helping people remove blocks in their lives. Reiki is both powerful and gentle and in its long history has been known to aid in healing and relieving symptoms of virtually every known illness or injury. Any problem involving mind, body or spirit can benefit from a Reiki treatment. Attunements allow people to work with Reiki either on themselves (1st degree) or others (2nd degree). A 3rd degree/Master attunement enhances the energy flow even further and gives the recipient the ability to attune others to this wonderful healing energy. I offer both treatments and attunements to 1st, 2nd and 3rd master degree. Details of treatment and attunements, including pricing, are available on my website: www.lifesense.co.uk. I also work with crystals during some Reiki treatments, depending upon the needs of the client. Each person receives exactly what they need and the use of crystals to help balance energy more effectively will be agreed upon before any treatment is given. If you'd like any further information about my work and me, please visit my website or contact me via email/telephone.*

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UK Reiki Federation, Association for Professional Hypnosis and Psychotherapy  
Reiki:  
*UK Reiki Federation: Master/Practitioner/Teacher – in the Usui, Tibetan Tradition of Natural Energy Healing. Reiki Has many benefits which restores the natural balance of the body, to create its own healing. Reiki is a gentle, powerful healing energy, it can induce calmness, peace, wellbeing, relaxation. Removes energy blockages, detoxifies the system. Relieves stress, anxiety, tension plus many more..... It promotes harmony between Mind and Body, and adjusts itself to the needs of the recipient. Reiki is simple to learn and is not dependant on any prior experience of healing. The three levels of training are 1st Degree, 2nd Degree and Masters. Hypnotherapy: Qualified Clinical Hypnotherapist, Psychotherapist and Educational Kinesiologist, and member of the APHP. Adept at dealing with most deep-seated problems, using a variety of psychotherapeutic techniques. Hypnotherapy can be used for fears, phobias, pain control, weight loss, driving test nerves, grief, dyslexia, dyspraxia, quitting smoking plus many more.... Also for past life regression which is a successful way of discovering why you act and feel the way you do. Taking you back to the source of the problem, treating the root cause rather than the evidence, releasing blockages, allowing positive energies to flow through the body, thereby creating self healing.*

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**Marilyn Flynn  
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EMBODY, UK Reiki Federation, General Hypnotherapy Register  
*I have been working in this field for over 18 years, and have been working with alternative therapies on all levels. I have seen many of my clients improve on all levels with Complementary Therapies, whether this is Massage, Reiki or Reflexology.*  
*I am a member of Embody Complementary Therapist Association and The UK Reiki Federation of which I am a Reiki Master-Teacher.*  
*I have studied different levels of massage covering Indian Head Massage, Seated Acupressure Massage and Hot & Cold Stone Massage.*  
*For more details please visit my web site www.practical-healing.com*

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The Hypnotherapy Association, UK Hypnotherapy Register  
*I am a Hypnotherapist, including Counselling and the Emotional Freedom Technique (EFT) in the methods I employ to help clients achieve lasting results as quickly and effectively as possible.*  
*I qualified in 1997 at The Institute of Clinical Hypnosis, based in London, and hold diplomas from them in Hypnotherapy and Psychotherapy. I am a full member of the well respected organisation The Hypnotherapy Association.*  
*My experience has covered a wide range and my special areas include pain control during childbirth, regaining confidence and self-esteem, dealing with stress and related conditions, anger management, performance enhancement, weight management.*  
*I have had a very good success rate in helping clients to overcome problems in becoming pregnant.*  
*My "Stop Smoking In One Hour" sessions are extremely successful.*  
*I am a Reiki Master/Teacher and can offer healing sessions and training for those who wish to learn the methods for themselves.*

**Geoffrey Brooks  
Bentley Centre**

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British Institute of Hypnotherapy  
*Geoffrey Brooks is an experienced psychotherapist and healer. He has been a teacher of Reiki healing for 10 years.*  
*Receiving Reiki treatment is a very pleasant experience. During a treatment you will generally feel a pleasant sensation or warmth and gently tingling. As the energy comes into balance, stress and tensions are released and there is a deep sense of relaxation and a feeling of well-being. You may even fall asleep!*  
*Reiki is helpful in treating any disease, even chronic ailments and will complement and increase the effectiveness of other kinds of treatment and medication. It is a completely safe, natural and holistic method of healing.*  
*The reason that Reiki is effective in the treatment of illness and disease is that the treatments stimulate the body's natural immune response. Ultimately it is your own immune system that will create the healing.*

**Jennifer Newman  
Reiki Practitioner**

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*It has been found the regular treatment brings about not only relief from tension, pain and illness, but also a renewed sense of inner strength and vitality, emotional calm and mental clarity. Safe simple and effective, Reiki can be used on all ages and conditions. The treatment involves placing the hands gently on the energy points of the body (the person remains clothed at all times) unblocking areas of congestion.*  
*This simple act encourages the healing process, helping to restore balance and harmony throughout the body and mind.*  
*A short course of treatment is advised (4-8 sessions) although one treatment may be very effective.*  
*I have been practising for three years and work mainly with disabled and MS sufferers at a local residential home.*  
*I am a registered member of The International Guild of Complementary Therapists. I have also obtained the VTCT diploma in Anatomy and Physiology at The City of Bath College and the VTCT diploma in Body Massage. I have received certificates for Basic Life Support and Defibrillation, and Appointed Persons First Aid.*

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Applemore Recreation Centre Dibden (hatha yoga teaching)

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Bowen Therapists European Register, Affiliation of Crystal Healing Organisations  
*Melinda provides a safe, relaxed, positive, trusting environment and is committed to bringing clients relief, and helping them move forward in life.*  
*Therapies offered: Bowen Technique, Crystal Therapy, Reiki, Colour Therapy, Holistic Fertility Therapy*  
*The aim of these therapies when used separately or in combination with each other, is to restore wholeness, balance, and health on all levels. They can be applied to promote the body's own self-healing ability, release blocked energy, cleanse the body of toxins; relieve pain, stress, anxiety; enhance everyday life; encourage and support positive personal change.*  
*The treatments can benefit acute and chronic conditions, pre-operative care, and post-operative healing. All therapies are completely holistic, non-invasive, and can be used safely alongside other therapies or orthodox medical treatment. They are gentle, thus suitable for all ages, regardless of the state of health.*  
*Excellent results have been achieved with many common ailments including: Backache, Headaches/Migraines, Depression, Chronic Fatigue/ME, Asthma, Breathing Difficulties, Confusion, Emotional Imbalances, Fibromyalgia, Learning Difficulties, Frozen Shoulder, Jaw Problems, Menopause, Pregnancy/Fertility, ADHD, Insomnia/Sleep disorders, Autism, Side Effects of Chemotherapy, Balance/Coordination, Low Vitality, Pelvic/Spinal Misalignment, Skin Problems, Arthritis/Joint Problems, Stress/Anxiety, Hyperventilation, Period Problems, Neck Pain*

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*Sandra Makein, DIHom, Dip Phyt, MNIMH, MASC, is a Homeopath, Medical Herbalist, Cranio-Sacral Practitioner and Reiki Master/Teacher.*  
*Reiki is a gentle non-intrusive hands-on technique where Reiki healing energy flows in a powerful and concentrated form through the hands of the Reiki Practitioner who acts as a channel to bring healing energy to the recipient. Reiki promotes deep relaxation thus reducing stress. It promotes self-healing and a general feeling of well being. Sandra Makein is a Reiki Master/Teacher. She first started practicing Reiki in 1997 and has been teaching Reiki since 2001. Sandra Makein practices in South Somerset, Hertfordshire and Surrey.*

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British Association of Beauty Therapy and Cosmetology, Federation of Holistic Therapists, Society of NLP, EMBODY

*I am a REIKI Master, Business Practitioner of NLP, Practitioner of No-Hands-Massage and I hold Diploma's in Life Coaching, Massage, Reflexology, Aromatherapy, Indian-Head-Massage, On-Site-Massage, Manicures & Pedicures and a Certificate in Nutritional Supplements. I offer a range of Complementary Therapies, each unique and specifically tailored to your individual needs.*

*MASSAGE – A great way to relieve aches and pains, tension and reduce stress. Various types of massage available including specialised treatments ie Hip/Thighs – stimulating the circulatory and lymphatic system concentrating on cellulite, and fluid retention.*

*REFLEXOLOGY – Relieve pain and maintain optimum health using your body's own pressure points on your feet or hands to stimulate self-healing.*

*ON-SITE/INDIAN HEAD MASSAGE – Special seated massage helps to increase circulation, provides immediate symptomatic relief of stress, dissipates fatigue, reduces eyestrain and relieves aches and pains.*

*REIKI HEALING – Using 'Universal Life Force Energy' for healing and balancing. Distant healing available.*

*STRESS MANAGEMENT, LIFE COACHING & NLP – Do you suffer from Stress? Are you ILL all the time? If you answered YES to the questions, then you could benefit from learning techniques to identify and manage the stress in your life.*

*MANICURES and PEDICURES – Specialising in Problem Nails.*

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*Sandra Makein, DIHom, Dip Phyt, MNIMH, MASC, is a Homeopath, Medical Herbalist, Cranio-Sacral Practitioner and Reiki Master/Teacher.*

*Reiki is a gentle non-intrusive hands-on technique where Reiki healing energy flows in a powerful and concentrated form through the hands of the Reiki Practitioner who acts as a channel to bring healing energy to the recipient. Reiki promotes deep relaxation thus reducing stress. It promotes self-healing and a general feeling of well being. Sandra Makein is a Reiki Master/Teacher. She first started practicing Reiki in 1997 and has been teaching Reiki since 2001. Sandra Makein practices in South Somerset, Hertfordshire and Surrey.*

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Practitioner-, one day a week

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The British Association of Counselling & Psychotherapy,  
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*I provide counselling for both individuals and couples (just completing a years post-qualifying training in marital and couples counselling with Relate) - both long and short term and time-limited. I am experienced in working with a variety of issues, including stress, relationship and sexual problems, anxiety, self-esteem, depression, emotional or spiritual crisis, sexuality and sexual identity, bereavement, chronic illness, personal growth work etc. The main theoretical models I use are drawn from the Person-Centered, Gestalt and Transactional Analysis approaches.*

*I work extensively for Relate and for the Terence Higgins Trust (HIV and AIDS issues), as well as privately. I am also a qualified social worker, with over 25 years experience, including therapeutic work with children and families and familiarity with mental health issues. I have considerable experience of working with GPs and other professional in Primary Care settings.*

*My Shiatsu experience has included successful work with back problems, digestive disorders, injuries, mobility difficulties, etc., as well as a variety of emotional issues, such as anxiety, stress and depression. My shiatsu practice is based on an understanding of Traditional Chinese Medicine, as well as more recent Zen Shiatsu concepts.*

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Shiatsu Society (UK) Ltd

*Trained in the Zen Shiatsu style, my practice has ebbed and flowed since graduating (Nov 95). Three years renting rooms in Weymouth provided valuable experience ie. Initial surprise that Shiatsu is not for everyone. To day, I choose to work from home in Upwey on main Weymouth Dorchester Road. Parking available directly outside, bus stops seconds away. Preferring quality to quantity, sessions rarely exceed 5*

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per week and average 45 minutes hands-on. Fees are competitive £20 working, £15 otherwise. Money back if not satisfied. I enjoy my Shiatsu.

*Growing self awareness and confidence has shown me the potential within Shiatsu for directing progress life changes ie. As in the concept behind every muscle tension is an emotion stored. Boundaries are clearly defined with the receiver acknowledged to be always in charge. Where appropriate, clients are encouraged to recognise patterns and habits be they mental/physical/emotional etc. inherent within such growing self awareness spawns the realization we nearly always have a choice. Homework in the form of different perspectives, simple yet effective stretches and breathing techniques is offered. Year round local gardening jobs and working weekends at a psychiatric community hospital (chickerell) completes my circle.*

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*I am registered with the Shiatsu Society as MRSS (t). I work with the Hoxton Health group which provides complementary health care for the over 60s living in Hackney and the City. A number of my patients are referred by the GP. HHG works in partnership with numerous organisations in the neighbouring areas, some funded by the NHS.*

*Shiatsu is based on Chinese Medical theory and uses the same principles as acupuncture. In Shiatsu gentle stretches are used to affect the energy pathways which are reflected in our body, posture, and structure leading to aches and pains. Treatments calm the mind, balance the emotions and improve physical health.*

*Apart from practising Shiatsu I teach Tai Chi, Qi Gong (Chinese health promoting exercises), Acupressure, Shiatsu and exercise classes in adult education.*

*Part of my work is with the elderly who generally suffer from aches and pains due to arthritis, breathing difficulties or anxiety. I also gained valuable experience working in a secondary school teaching body work to pupils who are awkward in their movements due to either emotional or physical problems. In my private practice most of my clients suffer from health problems due to stress, past and present trauma or emotional problems.*

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*Additional Diploma in Pelvic realignment and moxibustion \*, specialising in lower back pain. Qualified to teach 1st year of practitioner course in Shiatsu. Several years teaching experience.*

*Practising also in Bude, Cornwall (Parkhouse Centre) Tel 01288 354707*

*Has been qualified Gym instructor and swimming teacher for many years and therefore has much experience in treating sports injuries.*

*\* (Chinese Heat Therapy)*

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, Association of Physical and Natural Therapists, British Complementary Medicine Association, Shiatsu Society  
*Shiatsu combines the relaxation of hands on bodywork with a revitalising realignment of the bodys energy system. It is commonly used to treat both conditions of a physical nature, such as muscular tension or of a more subtle emotional and energetic nature, like low self esteem, chronic digestive problems and low vitality.*

*In the course of my training I made a special study into treating Insomnia and other sleep problems and so can offer tailored specific treatment and advice to those who suffer from these conditions.*

*I specialise in using acupuncture needing as an adjunct to the shiatsu practice. The benefit of this treatment form come from the combination of the strength and directness of the acupuncture needling with the relaxation brought with the shiatsu touch. It is particularly suitable for dealing with severe, acute and chronic conditions that are commonly treated by shiatsu with acupuncture needing are: menstrual problems, digestive problems, asthma, headaches, tennis elbow and infertility.*

*I am a member of the Shiatsu Society, the Association of Physical and Natural Therapists and the British Complementary Medicine Association.*

*I am a member of the Shiatsu Society, the Association of Physical and Natural Therapists and the British Complementary Medicine Association.*

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EMBODY

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*I am a practising registered nurse and I feel that having a nursing background complements my work as a shiatsu practitioner. Clients who come for treatment often have quite complex problems, and as a nurse I can help decide what is within my remit as a shiatsu practitioner and what is not. I have over eighteen months experience working as a shiatsu practitioner at a centre for older people. Shiatsu was very popular and they found it to be of great benefit especially in cases of lower back pain, muscular aches in general, improving their overall well-being and supporting them through periods of depression. I have also worked as an on site chair shiatsu therapist, which helped to relieve neck and arm problems due to old whiplash injuries as well as relax stressed shoulders and backs which was particularly of value to those people who spend a lot of time using computers. Although shiatsu works effectively on physical problems it also helps clients to look at other issues in their lives, aiding them to work through the processes to deal with them effectively.*

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**Deborah Fildew  
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Chartered Society of Physiotherapy MCSP, Shiatsu Society  
Shiatsu Practitioner  
*Qualified in 1992 from the Bristol School of Shiatsu and in private practice since 1995. Currently operating from home and therapy centres in Ripponden and Todmorden.*

*A Qualified Physiotherapist from Sheffield Hallam University in 1983 and currently employed part time in the Primary Care Team at Harrogate NHS Trust. Specialising in anxiety and depression.*

*In my private practice, I see people with: Respiratory problems, Back Pain, Neck Pain, Whiplash, Skin conditions, Arthritis, Sports Injuries.*

*Conditions with psychological involvement: Anxiety, Irritable bowel syndrome, Panic attacks, Migraines, Insomnia, Bereavement, Back/neck pain where tension aggravates condition, Hyperventilation, Increased blood pressure, Headaches, General tension, Depression.*

*I use principles of Traditional Chinese Medicine and Five Element Theory within my sessions and draw on this to give advice regarding specific stretching exercises, diet and lifestyle changes. I bring in breathing and relaxation techniques when appropriate.*

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*Since 2000 I have offered shiatsu as single sessions or extended programmes of care to individuals suffering from pain, distress, stress and long term medical conditions. Also to people wanting to improve their well being using the support of this effective / graceful therapy.*

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**A** Treatments are usually clinic based, (but have been also in workplace private clinic and nursing home) with outreach support offered to clients with restricted mobility.

**B** Business\*/public contracts are individually negotiated with a variety of on site care options, (depending on space, numbers, time etc)

**C** Treatments are confidential and protected by the Shiatsu Societys Code of Ethics and Practice.

**D** Treatments are respectful of and often integrated with other Complementary and Alternative Medicines and Primary Care. I offer referrals where appropriate.

**E** My current client range is 19-84

**F** Key presentations include: backache, neck-ache, headache, whiplash/ sports injuries, sciatica, menstrual issues, arthritic pain and discomfort or simply a desire for supported relaxation. Many have been pregnant or recent mothers.

**G** Since 2001 a local NHS Trust has regularly purchased sessions in support of standard services offered within their Community Drugs Service. Both staff and clients access treatments.

**H** Treatments at this service are used to help with relaxation, mental health issues, HIV and Hep C and common symptoms associated with drug use. (Muscle tension and stiffness, chronic pain, sleep and digestive disturbances, anxiety and depression and extrmem fatigue).

**I** Business contracts usually concern stress relief and associated symptoms and are often used in response to current health and safety legislation.

**J** Please telephone to discuss / negotiation any of the above in more detail.

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*Since completing her training in 2002, Viv Anderson has been building her practice in Leeds. A mature professional, with background in education and training, Viv has already established herself as a reliable and highly competent Shiatsu practitioner in the Voluntary and Health sectors.*

*She is a Complementary Therapist, who provides a Shiatsu service to members of staff within the Leeds Mental Health Teaching NHS Trust on a sessional basis, providing a service to members of staff. She also has extensive experience with the St Annes Shelter and Housing Action Drugs Project, working with homeless people and those with drug addiction issues.*

*She is a strong believer in continuing professional development and is constantly striving to improve her practice, through attending additional training.*

*Her private practice is based just off Street Lane, which is well served by public transport. She works from a dedicated treatment room providing an appropriate and tranquil environment for clients, all of whom are treated with discretion and in confidence.*

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*Su-Man Hsu began her shiatsu studies in her native country of Taiwan which she continued at the International Shiatsu School in Belgium during the mid nineties. In 1998 she moved to London and qualified as a graduate of the British School of Shiatsu-Do. Her studies included Chinese medicine, physiology, anatomy, pathology and sports injuries. She has extensive knowledge of the benefits of good nutrition and deep tissue massage techniques.*

*Since moving to London 1998 she has developed a wide portfolio of clients. These include company therapist at some leading West End musicals. She is freelance therapist at the Agua Spa at the Sanderson Hotel and since May 2001 has been an associate therapist at the Joshi Clinic in Wimpole Street. In February 2002 Su-Man was recommended as the Shiatsu Therapist 'to go to' in London by Glamour Magazine.*

*Coming from a culture that has for centuries adopted a "preventative" attitude to good health Su-Man embraces an holistic approach in her practice. She considers that many health problems are inter-related physically and emotionally. Her understanding is further backed up by a fifteen year career as a professional dancer as well as being qualified Pilates Mat instructor.*

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Shiatsu Society

**Areas of special interest:**

*Back and neck problems (liaising with an osteopath and a chiropractic)*

*Anxiety and depression (liaising with experienced psychotherapists)*

*Acupressure for childbirth*

*Chinese Dietary Therapy for most digestive problems, including obesity, with particular interest in gall bladder disease.*

*Cancer care. Chinese remedial Massage ( using organic oils)*

*Teaching experience: 1. Acupressure techniques to fathers for pain relief during their wives labour (individually and in small groups). 2. Relaxation techniques (individually and in small groups). 3. Self help shiatsu techniques for general wellbeing. 4. Self help using Chinese Dietary Therapy (individually and in small groups). 5. Teaching to graduate level at the Shiatsu College*

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*My interest in Taoist forms of healing began in 1970, when I was introduced to Macrobiotics, and later to Do-In self-Massage, I studied Macrobiotics to level 3 at the Kushi Institutes in London and Holland, and worked as a cook and referral agency cook at the Kushi Institutes in London and Italy in the 1980s.*  
*I also obtained an ITEC Certificate in Massage and qualified as a Shiatsu Practitioner at the Shiatsu College in 1989. I then obtained RSA Basic and Advanced Certificates in Exercise to Music. I moved to Ireland, where I continue to practise and teach Shiatsu and Exercise. I studied in Dublin and China with the Acupuncture Foundation of Ireland and the TCM University of Nanjing, and qualified as an acupuncturist in 2004. I have also studied Patent Herbs, Ear Acupuncture, Cosmetic Acupuncture and Acupuncture for Sports Injuries. I now practise Acupuncture and Shiatsu in Cornwall. Jan Howe, MA LicAc, TCMCI, MRSS(t), PRSTI.*

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*Shiatsu is a form of "through the clothes" bodywork which uses pressure point holding, palming, stretches and rotations to activate and balance the energetic meridian network in the body. Shiatsu combines the simple comfort of human touch with the precision of acupressure points and specific diagnostic techniques. A reassuring and relaxing level. Common ailments treated are migraine, stress/tension, headache, neck/shoulder stiffness, insomnia, digestive and menstrual problems. Each person and each illness or condition is unique and will respond differently - for further information and frequently asked questions please visit www.sarahmcallister.com and click on Shiatsu.*

*Sarah practices from the Health Living Centre in highbury 282 St Pauls Road, Highbury, Ni 2LH Tel. 020 7249 2990 www.thehealthylivingcentre.co.uk and from Greenwich Natural Health Centre, Neptune House, 70 Royal Hill, Greenwich SE10 8RF Tel 020 8 691 5408 www.greenwichnaturalhealth.co.uk*

*Using portable support chair, Sarah also brings Shiatsu "onsite" into the workplace and can visit your company to perform relaxing yet refreshing head, neck, and shoulders Shiatsu massage. Please visit www.sarahmcallister.com Onsite.*

*For details of Sarahs work as a classical Feng Shui practitioner please log on to www.sarahmcallister.com Feng Shui*

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Worldwide Aquatic Bodywork Association

*WATSU is a form of holistic aquatic bodywork, requiring no swimming ability and suitable for all ages.*

*WATSU relieves the tension which causes stress that can be a factor in many common health problems such as: - Anxiety, Pain, Fatigue, Muscle Tension, Headaches. Improving: - Stress Reduction, Range of movement in the Joints/Ligaments, Sleep Patterns, Energy Levels, body Tone, Circulation and Breathing.*

*Receiving a WATSU session allows you the opportunity to float effortlessly in a pool of tranquil warm water, supported by a skilled, fully qualified Water Shiatsu practitioner. You will be maneuvered through a truly unique therapeutic experience that gives a lasting feeling of calm, revitalizing the body and mind.*

*WATSU began in California in 1980, coupling the ancient oriental principles of Zen Shiatsu with the intrinsically relaxing sensation of floatation in warm water.*

*Dawn Watts has been fortunate to have training directly from Harold Dull, the founder of WATSU; he is respected by many people practicing in the medical profession and complementary therapies.*

*WATSU students undergo extensive stages of training by the Worldwide Aquatic Bodywork Association (WABA) before qualifying for full practitioner status, maintaining the excellence of standards.*

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Acupuncture Council, CSTA Cranio Sacral Therapy Association  
*eborah Catterall has been practising massage for over 20 years. She has studied Swedish Massage, shiatsu, aromatherapy, cranio-sacral therapy, tui-na, and in 1997 after qualifying in acupuncture spent a month in Shanghai, working in a hospital and attending seminars at the Shanghai University. She uses traditional Chinese medicine as her main diagnostic tool.*

*After an initial consultation to ascertain the condition of the patient, and the pattern of imbalance. A treatment plan can be made, taking into consideration the patients preference and lifestyle, to rebalance the body into a state of health, using the most appropriate techniques for the individual condition.*

*Deborah works from a clinic in Pimlico, London SW1, and also visits patients at their homes in South West, and Central London.*

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*Susan trained initially as a RGN and subsequently a H.V, she has always had a keen interest in preventative medicine and personal development. In 1994 she graduated in integrative psychosynthesis a year later counselling/ psychotherapeutic training with the Communication and Counselling Foundation.*

*Additionally during 1994 she graduated in healing shiatsu a 3 year training with Sonia Monicepu Director of the Healing Shiatsu Education Centre. During her Shiatsu training she was also introduced to meditation an integral part of her training, she continues to maintain this aspect both in her work & personal life.*

*Currently working in private practice (since qualifying) with a general practice including clients with stress related disorders, depression, backache, menopausal problems, irritable bowel problems, digestive, eating disorders, panic attacks. More recently she has been working with pregnant women to support pregnancy, labour and postnatally issues.*

*She especially enjoys this aspect of her work and has undertaken postgraduate study of Shiatsu for childbirth with Susanne Yates.*

*Susan also works on a contract basis weekly with the West Wales substance misuse service seeing clients as part of their treatment orders following alcohol and substance abuse.*

*During the past three years she has added to her post graduate education studying food energetics and lifestyle impact with Montse Bradford Director of the Natural Cookery and Food Energetics School. A subject close to her heart as she regards Diet and Lifestyle as key foundations to maintaining health and well being.*

*Susan brings enthusiasm humour optimism and quiet wisdom to her work.*

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*Shiatsu Society registered practitioner and teacher, has  
previously used remedial massage, tai chi and shiatsu  
within the NHS and private health care.*

*Teaches shiatsu for The European Shiatsu School and  
privately since 1994 in London, Kent, Cork in Eire and  
in adult education.*

*Special interests includes teaching shiatsu as:*

1. *A form of low cost self management (self help) group  
programme for the prevention of psychosomatic  
disorders through the use of health promotion  
techniques such as accupressure and other lifestyle  
adjustments eg breathing techniques based on qi-  
qong.*

2. *An effective form of therapy when performed and not  
just received having possible therapeutic values through  
correct use of body dynamics, breathing, mental focus  
and relaxation.*

3. *A form of low cost group exercise class where  
shiatsu could help reduce mental and emotional factors  
associated with stress.*

*Also has a special interest in teaching basic shiatsu  
techniques as well as the 14 classical acupuncture/  
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*Angie has been working as a Shiatsu therapist since  
1999, she studied for three years at the Devon School  
of Shiatsu with many internationally known teachers.  
She also continues to update her Shiatsu skills, recently  
she studied with carola Beresford-Cooke on a Zen  
Shiatsu course (Carola has published four Shiatsu text  
books).*

*Angie has also passed the advanced course and has  
attained full MRSS status.*

*Currently working at ;*

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*Angie also works as a volunteer at a prominent S.W  
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*I have been practising Shiatsu since 1999. I have  
studied for three years with the Devon School of Shiatsu  
and I am a registered member of the Shiatsu Society  
U.K.*

*I have found Shiatsu to be a powerful tool in the  
healing of my own life and for the healing of others  
both physically and emotionally, I practice from my  
home in East Allington and can offer appointments  
during the day and some evenings. If required I can*

*make home visits. I am currently using my Shiatsu skills  
in the local hospice on a voluntary basis for the staff  
one day a week.*

*Some of the conditions that have successfully treated  
are: Sciatica - Back pain; Frozen shoulder - Neck pain;  
Knee pain - Ankle pain; Tennis Elbow - Injuries to  
Tendons; Depression - Grief; Insomnia - Stress; Panic  
attacks; Menopausal symptoms.*

*After the treatment I offer recommendations on diet,  
exercise and lifestyle.*

*Cost of treatment is £25.00 which includes taking a  
detailed case history on the first visit, this helps to  
develop a complete picture of your health according to  
the principles of oriental medicine.*

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The Shiatsu Society, Complementary Health Initiative  
*I work in Truro, St Ives and Newquay and my best  
success is with stress, back-pain, neck and shoulder  
pain. I feel I could be used effectively along side  
physio-therapy, or people with long standing problems  
mentioned above. I have many letters of  
reccommendation from clients. I teach Tai-Chi in St.Ives  
and Newquay, also in a local infant school, which they  
find claming and aids concentration. Also I work with  
the elderly especially stroke victims with some success,  
both in private and state registered homes. I am happy  
to give free demonstrations to any interested, groups or  
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**\*\*Shiatsu Specialist in Mental and Emotional Health\*\***  
*Registered Shiatsu Society Practitioner and Teacher. 16  
years clinical experience working with anxiety,  
depression, insomnia, panic attacks, recovery from  
trauma, exhaustion.*

*Practice based Harley St and West London. Work has  
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Colleges, Chelsea and Westminster, Royal Marsden, St  
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John Ambulance training and assessing work, Shiatsu  
Society management, political liason, and Student  
assessment work, pan-European Shiatsu research with  
Salford University.*

*Shiatsu is a gentle touch treatment (the client remains  
clothed), working on the bodys energy system through  
meridians and acupuncture points. It is based on the  
theoretical framework of Traditional Chinese Medicine.*

*Complementary to Allopathic medicine, it promotes:  
release of tension, deep physical relaxation, a sense of  
connectedness, new perspective, activation of  
regenerative energy, rekindling of hope.*

*I provide workshops and shiatsu treatments; and am  
active in developing effective, integrated health care.*

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Shiatsu Society

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The Guild of Professional Practitioners (IGPP), British Register of Complementary Practitioners, The Shiatsu Society

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Shiatsu Society

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Shiatsu Society, Professional Practitioners Association

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Shiatsu Society (MRSS), Member of the Register for the Shiatsu Society

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Shiatsu Society (UK), Shiatsu International, British Society of Dowisers, National Federation of Spiritual Healers

**Traditional  
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Chinese Medical Institute & Register

After graduating from the Traditional Chinese Medical University, Dr Li Lu worked at two hospitals in Beijing, China, from July 1990 to November 2001 as a physician and a dermatologist who practised both Traditional Chinese Medicine and Western Medicine for diagnosing and treatment.

So Dr Li Lu is not only a professional and experienced Chinese Doctor who practises Chinese Herbal Medicine and Acupuncture, but also is knowledgeable in Western Medicine.

Since November 2001, Dr Li Lu moved to UK and specially practises Traditional Chinese Medicine and Acupuncture.

With all the years of clinical work experience, Dr Li Lu has been successful in treating different categories of disease. She is especially good at treating arthritis, neck and back pain, sciatica, frozen shoulder, high blood pressure, stroke, asthma, headache, migraines, IBS, hay fever, sinusitis, tinnitus, depression, anxiety, panic attack, insomnia, palpitation, angina, ME, sex drive problem, morning sickness, period problem, PMS, menopause, smoking, psoriasis, rosacea, urticaria, dermatitis, fungal infections and so on.

**Christopher Byrne  
Urban Body Balance**

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Professional Association of Clinical Therapists, International Council of Holistic Therapists, Federation of Holistic Therapists

URBAN BODY BALANCE

Chris Byrne is a highly trained and qualified practitioner in Oriental Body Balance techniques. Experienced in sports injury management & rehabilitation, performance enhancement, fatigue treatment, IBS treatment, stress management.

Chris holds a Diploma in Oriental Body Balance, including specific training in integrated spinal diagnostics and release, Qi Gung energy treatments, and Cranio-Sacral balancing.

Member of:

Federation of Holistic therapists (fully insured)

Professional Association of Clinical Therapists

International Council of Holistic therapists

Crewe & Nantwich Chamber of Commerce

What makes us so successful?

1. Utilising the best skills from both East and West
2. Creating core beliefs and strategies
3. Diagnosing the cause of weakness and injury
4. Having the physical skills to instantly empower the body

Typical Treatments include: Oriental body balance techniques, Acupressure, Positional Release Therapy (Cranial-Sacral balancing & Qi Gung), Cupping and Moxibustion, Amno Fu massage, Chinese Bodywork Therapy - Tuina, Successfully treating: Stress, Chronic Fatigue syndrome, Sports injuries, Back and neck pain, hip pain, knee & ankle pain, headaches and migraine, whiplash constipation, Diarrhoea, Menstrual difficulties, Depression & anxiety, Arthritis, Asthma, IBS, Insomnia, Menopause, High/low blood pressure, food allergy testing and many more.....

**Patricia Pang  
Yang Kang Tang Traditional Chinese Medicine  
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Association of Traditional Chinese Medicine

Patricia Pang

BSc (Hons) TCM, BM (Beijing), Dip. Tuina, MATCM

Patricia graduated from the 5-year full-time Traditional

Chinese Medicine (TCM) degree at Middlesex University and is fully qualified to provide the full range of TCM treatments including Acupuncture and Chinese Herbal Medicine. As part of her degree, Patricia completed her 5-month full-time clinical training at 2 of the largest hospitals in Beijing and was awarded a Bachelor of Medicine qualification by the Beijing University of Chinese Medicine. Patricia also completed her clinical training in various UK establishments including the Asante Academy of Chinese Medicine, Haverstock Hill Clinic, Whittington Hospital Pain Clinic and the Chinese National Healthy Living Centre / NHS Walk-in Centre (Soho). Despite the heavy workload in her final year at university, Patricia also gained her diploma in Tuina outside her university studies. In recognition of her achievements in the study and practice of TCM, Patricia was awarded the Prize for Excellence in TCM Studies 2005 by the Association of Traditional Chinese Medicine (ATCM).

Patricia is a member of the ATCM, the largest professional body for TCM in the UK, which is actively involved in the current process of statutory regulation of TCM in the UK.

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, Association of Traditional Chinese Medicine

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Chinese Medical Institute & Register, British Holistic Medical Association

Willow Farm Clinic is a multi-disciplinary practice set in the quiet Norfolk countryside.

The centre is one of the most advanced complementary and alternative healthcare clinics in the UK. We specialise in offering the highest quality service using advanced computerised health screening equipment and providing alternative and natural therapy treatments. We are therefore proud to be an authorised clinic offering this specialist service utilising the technology of Electro Dermal Screening (MSAS). We routinely screen for food intolerances, vitamin, mineral and hormonal imbalances. The Clinic's toxicity assessment involves taking three separate readings using the MSAS system. These are: Toxic Load, Reaction Index and Organ Fatigue. The readings will be plotted on a graph to form a triangle, the shape and size of which graphically reflects your toxicity status.

The current treatments we offer include: Traditional Chinese Medicine and acupuncture (only single use disposable needles are used), electrotherapy, remedial laser treatment, body composition analysis, manipulation and cupping therapy, herbal medicine and homeopathy (complex and homotoxicology only). Some of the conditions that are treated include: sports injuries, wound management, arthritic and musculo-skeletal problems, digestive complaints and pain and weight management. The clinic also offers functional and biochemical testing through diagnostic services laboratories.

## Thought Field Therapy

### Ken Sawyer

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United Kingdom Council for Psychotherapy, Association for Thought Field Therapy, British Complementary Medicine Association

### Ildiko Scurr

#### Thought Field Therapy Practitioner TFTdx

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Association for Thought Field Therapy, The British Thought Field Therapy Association, British Complementary Medicine Association

*I have been in private practice as a Psychotherapist for 5 years, working with a wide range of problems, including phobias, trauma, addictions, complex anxiety disorders, depressed mood; conditions that take up more of a GP's time. I also work on resolving the emotional impact of severe physical illness including Chronic Fatigue Syndrome and Cancer and am a registered Practitioner with the National Phobias Society, helping members to overcome debilitating fears and anxieties.*

*Although no guarantee of success can be given in any individual case, Practitioners of TFT worldwide report enduring success rates (with emotional problems) in excess of 75%, as reported by clients themselves. Research since 1998 has revealed that successful TFT can rebalance autonomic nervous system activity, indicated by objective Heart Rate Variability (HRV) analyses - optimum HRV being increasingly regarded as an important indicator of overall health. In my own practice I use HRV analysis to objectively measure treatment success.*

*I also wish to emphasise that my contribution to the treatment of a client would always be as part of a plan agreed with a referring medical professional. My aim is primarily to accelerate client recovery as much as possible in conjunction with existing treatment.*

### Jacqueline Gower-Johnson

#### Thought Field Therapy

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British Complementary Medicine Association

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*Rosemary Wiseman is a highly qualified and experienced Thought Field Therapist, Hypnotherapist and Neuro-Linguistic Programming (NLP) practitioner. She teaches Self Hypnosis, diaphragmatic breathing and relaxation techniques.*

*Using specific Thought Field Therapy (TFT) muscle testing procedures, Rosemary is able to help with accurate identification of the Individual Energy Sensitivities of clients.*

*She treats a wide variety of emotional and psychological conditions and offers effective help with fears, phobias, trauma, stress, IBS, weight control, stop smoking and many other personal problems. She also specialises in both personal and professional performance enhancement.*

*Rosemary has given many TFT demonstrations and workshops, including, The Complementary and Natural Health care show (CAM) and the Personal Development Healthcare show at ExCel, London, Trinity College of Music and other venues.*

*Rosemary has a diploma in Ericksonian Hypnosis, Cognitive Psychotherapy and NLP.*

*She is an Accredited member of the National Council for Hypnotherapy and member of the British Institute of Hypnotherapy.*

*Rosemary is a Diagnostic level Thought Field Therapy (TFT) Practitioner and is a member of the British Thought Field Therapy Association (BTFTA) and the Association for Thought Field Therapy (ATFT).*

*Rosemary has a degree and diplomas in music: LTCL GTCL MTC*

*Rosemary additionally practices at: Care Chemist 31 The Broadway Mill Hill NW2 3DA 020 8959 1512*

*The C.H.A.I.M. Centre 10A Station Parade NW2 4NH Willesden Green 020 8452 0900*

### George Batey

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The British Thought Field Therapy Association, National Council of Psychotherapists, Hypnotherapy Society, General Hypnotherapy Register

*George T. Batey, D.Hyp.LAPHP.LHS.LNCP.GQHP.BTFTA(Assoc)*

*I am a fully trained practitioner specialising in Clinical Hypnotherapy, Psychotherapy, Thought Field Therapy, Stress Management and Mind Coaching.*

*"I can help you to help yourself to resolve your emotional problems and to overcome psychological imbalances affecting your life."*

*For many years George worked as an extremely successful businessman in the field of, off-shore investments. As a result, he has been exposed to a wide variety of successful individuals, organisations and businesses.*

*Mind Aid was created by George, who discovered hypnosis and its role in beneficial subconscious therapy and motivation in 2001. He decided to successfully change his personal and working life for the better and studied under a wide range of esteemed experts throughout the UK.*

*Many conditions such as Depression, Anxiety, Stress which clients experience, are not as uncommon as may be thought, we all have issues such as these at some time in our lives and George successfully treats clients who are experiencing them on a daily basis.*

*"It is my utmost wish to help you to achieve an improvement in your quality of life and to understand and release any emotional baggage that has, and is hampering your life and future goals."*

### Assim Ishaque

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W: www.overitnow.com

The British Thought Field Therapy Association, Association for Thought Field Therapy, British Complementary Medicine Association

*Over It Now is committed to improving the lives of our clients in a rapid and lasting manner using Thought Field Therapy.*

*Assim Ishaque is sympathetic and understanding TFT Practitioner with a straightforward approach to clients, getting to the heart of the problem. He is excited by the opportunity to try to improve their lives. All clients will receive a follow call to ensure that they are satisfied with the results and any further issues are also resolved.*

*Assim was trained by Dr Roger Callahan himself, the founder of and originator of Thought Field Therapy. Therefore his client's benefits from the most up to date knowledge of TFT practice. Assim continues regular training and keeps up to date with best practice and developments in TFT.*

*Consultations and treatment are in comfortable rooms within 2 Regent Street, Nottingham or 1 Harley Street in London. Consultations can also be arranged at clients home, for more sensitive issues or in NHS Surgeries.*

*Assim has treated a wide variety of client issues and encourages NHS practitioners to call him and discuss whether TFT would assist your clients in improving their situation. Further information of his practice see [www.overitnow.com](http://www.overitnow.com)*

### Yvette Lamidey

#### Free2Change

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Association for Thought Field Therapy, Association of Neuro-Linguistic Programming, The British Thought Field Therapy Association, British Complementary Medicine Association

*Yvette is a qualified practitioner in Thought Field Therapy (TFT) both at algorithms and diagnostics levels. She specialises in working with trauma and pain management, She is a member of the ATFT and the BTFTA and ensure her knowledge and skills remain current.*

*Many problems can be cleared in a couple of sessions with underlying issues also being cleared giving client's relief from problems that may have worried them for years. Yvette is also a Reiki Master.*

### June Kennerley DipAc.MBACc.TFTdx Registered Acupuncturist and Thought Field Therapist

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British Acupuncture Council, Association for Thought Field Therapy, British Complementary Medicine Association, The British Thought Field Therapy Association

### Jackie Thornton

#### Thornton Therapy

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Association for Thought Field Therapy, The British Thought Field Therapy Association

*I am a member of the British Thought Field Therapy Association and the Association of Thought Field Therapy. I trained with Kevin Laye. I did my Algorithm, Voltmetre, HRV, Smoking Cessation master class with him in London. I went on and did my diagnostic training with Roger and Joanne Callahan founders of Thought Field Therapy.*

*I treat at my home or I can go to them. The conditions that I treat are trauma, grief, fears, phobias, anxiety, stress, anger, frustration, addiction, obsessions, depressive moods, low self esteem, eating problems and stop smoking sessions. I have 95% success rate and 80% of clients need only one session.*

### Karen Hesketh

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General Hypnotherapy Standards Council, Hypnotherapy Association, Society of NLP, Association for Thought Field Therapy, The British Thought Field Therapy Association

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## Yoga Therapy

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Yoga Therapy Centry, Yoga Biomedical Trust

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Yoga Therapy, Yoga Biomedical Trust, International  
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Association for Yoga Studies, British Wheel of Yoga,  
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British Wheel of Yoga, EMBODY

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The British Wheel of Yoga

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British Wheel of Yoga, Yoga Biomedical Trust

**Scott Rennie**  
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*I offer Yoga Therapy sessions, being a holistic system of healing that integrates mind, body and breath. The primary focus of Yoga Therapy sessions is to assess the individual's current needs at a physical, mental, emotional or even spiritual level, and to create a Yoga practice to suit those needs. Each person is taught a progressive Yoga practice that is unique to that individual, and which develops to allow the patient to deal with the cause of their problems as well as alleviate the symptoms.*

*By using such tools such as easy flowing exercise (postures), breathing techniques and mental (meditative) practices, patients learn to take control of their lives and use their own resources to change their reaction to stress, chronic pain or illness. This approach is particularly suited to helping patients to manage a variety of chronic illnesses, especially those that are aggravated by negative reactions to stressful situations. I have had experience of helping a number of students overcome the limitations of such problems as back pain, anxiety and depression, Bipolar Disorder, Multiple Sclerosis, Irritable Bowel Syndrome, and Crohn's Disease. I am available for sessional working and will be happy to accept referrals from doctors for suitable patients.*

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**Roland Fletcher**  
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Yoga Biomedical Trust, British Wheel of Yoga, The Register of Exercise Professionals, British Council for Yoga Therapy

**Ranjeev Sidhu**  
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W: www.livehealth.com  
Other  
*Would you like a health creation strategy based on the best of conventional and CAM approaches to health? Will enable individuals and their HCP to work together with synergy to create an ideal outcome of optimum health. Drawn from multiple disciplines to provide an approach for developing individuals in concordance with the bodies responsible for health. Patients will take control of their own personal health plans, accepting responsibility and hence increasing the likelihood of achieving their health and lifestyle goals.*

**Carol Smith Yoga**  
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Prison Phoenix Trust, FRYOG International, British School of Yoga, Yoga Biomedical Trust  
*Carol Smith has been practising Yoga for over 40 years*

and has trained with world renowned teachers in many different styles of Yoga.

She has qualified in India with Drs. Nagendra and Nagarathna at their Therapy Centre in Bangalore and at Yoga Biomedical Trust in London with such people as Dr. F. Chandra, Prof. Dongaonka (Bombay), Dr. Shri Krishna (India), Michael Grevitt, Orthopedic Surgeon (London) and Dr. Robin Munro.

She is fully qualified to use Yoga as therapy for the following medical problems:- Lower back problems, Diabetes, Stress Management, Arthritis, Rehabilitation after Heart Attack, Pain Management, and with specialist breathing techniques for Asthma, Bronchitis and associated breathing problems.

Yoga can safely be used in Pregnancy, for persons with a physical disability due to loss of mobility from Strokes, Arthritis or Brain Injury and for those who wish to extend vigor into old age.

Yoga maintains that the prime of life is between 50 and 80 years.

I can work in the Surgery, in the patients home or at my practice in Bletchley, Milton Keynes.

#### Rosie Wright

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Alliance of Registered Homeopaths, British Wheel of Yoga

Rosie Wright a teaching Diploma Holder with the British Wheel of Yoga, has been teaching yoga over twenty years and is currently studying Anusara Yoga – the Yoga of Grace, which brings together mind, body, spirit and heart. She teaches regularly in Bedford.

Rosie is a member of the Lakeland College of Homeopaths and the Alliance of Registered Homeopaths. She is also a qualified Reiki Master.

Yoga, Homeopathy and Reiki all work on the energetic pathways of the body. This energetic system has been understood by ancient wisdom and alternative systems of health for thousands of years and we are increasing coming to realise this wisdom. Understanding the body as a whole is crucial to understanding how holistic therapies work. These three therapies can all help to establish a more harmonic and synchronistic working of the bodies energy system. By helping to re-establish the flow in a blocked energetic system where illness occurs, a healthy and harmonic working of the whole can be reintroduced. Both chronic and acute conditions can be helped and the therapies are of increasing interest to those who want to take a more active role in their health and healing process.

#### Elizabeth Taylor

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#### Elizabeth Longland

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Yoga for Health Foundation, Satchidananda Wholistic Trust, FRYOG, Yoga Biomedical Trust, Southampton Yoga Association

#### Susan James

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Yoga Biomedical Trust

#### Nikki Tehel Dip YTh(YBT) Registered Yoga Therapist

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The Chartered Society of Physiotherapy, Backcare, The International Association of Yoga Therapists USA, The Yoga Biomedical Trust

Registered Yoga Therapy Practitioner.

Qualified yoga teacher (Siromani) with further, specialised medical training in a wide range of medical disorders & conditions (eg. Of the Respiratory, Circulatory, Digestive & Endocrine systems; diseases of the brain & Nervous system; Psychiatric / Psychosomatic disorders; musculo-skeletal problems; Cancer, HIV), and their treatment. Academic level roughly equivalent to that of a UK Nursing diploma course.

Formerly worked in the NHS, in physiotherapy, as part of a specialist multi-professional team for people with Learning Disabilities (& physically handicapped).

Works on a 1-1 basis, and with small groups. Some rehabilitation, pre & post operation work. Presents courses; runs classes.

Builds self confidence: improves balance, postural alignment, co-ordination, gross & fine motor skills. Helps breathing, dietary aspects, de-stressing and physical & mental relaxation.

Further Certificates include:

Lower Back Pain (mechanical causes, failed surgery, muscular etc); Psychosomatic disorders; Respiratory disorders; Safe Handling Practices / Patient Load Management; Ethics; Risk Assessment; Resuscitation; Health & Safety; NHS Continuing Care; Strategies for Crisis Intervention & Prevention; Awareness of Abuse of Vulnerable Adults; Effective non-verbal communication; Positive support for Epilepsy sufferers; Hydrotherapy for adults with Learning Disability; Therapeutic Massage; Reiki; Indian Head Massage; Ayurvedic nutrition.

Birthlight Trust qualified ante & post natal yoga therapist.

#### Atsuko Fritz

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The British Wheel of Yoga, Yoga Biomedical Trust, International Association of Yoga Therapy

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Yoga Biomedical Trust, Sivananda Yoga Centre, International Therapy Examination Council, Yoga for Health Foundation

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