

# INTERNATIONAL therapist

## Autumn 2023 References

### Industry News (P8-9) – Find Out More

New Licensing Scheme for Non-Surgical Cosmetic Procedures

<https://www.gov.uk/government/news/consultation-launched-into-unregulated-cosmetic-procedures>

Science-based Beauty and Wild Water Experiences

<https://www.globalwellnesssummit.com/product/2023-global-wellness-trends-report-the-future-of-wellness-with-mid-year-update-pdf-report/>

Research with Ambulance Services aims to Support Callers Experiencing Loneliness

[www.northumbria.ac.uk](http://www.northumbria.ac.uk)

Free Sessions with the Laser Club

[www.laserclub.co.uk](http://www.laserclub.co.uk)

### Member Spotlight (P11) – Find Out More

The Pawsome World of Reiki for Animals

[www.reikitradiation.me.uk/pawrent-information-form](http://www.reikitradiation.me.uk/pawrent-information-form)

[www.reikitradiation.me.uk/pawsome-world-of-reiki-for-animals](http://www.reikitradiation.me.uk/pawsome-world-of-reiki-for-animals)

### Plant Profile - Frankincense (P14) – Further Reading

Battaglia, S (2018). The Complete Guide to Aromatherapy. 3rd ed. Zilmer, Australia.

Battaglia, S. Frankincense. [online] salvatorebattaglia.com.au. Available at: <https://salvatorebattaglia.com.au/essential-oils/161-frankincense> [Accessed 5 Aug. 2023].

DeCarlo, A. and Johnson, S. (2021). Toward a sustainable future for frankincense: An ancient medicine in a modern world. [online] Herbal Reality. Available at: <https://www.herbalreality.com/herbalism/ayurvedic-herbal-medicine/toward-sustainable-future-frankincense-ancient-medicine-modern-world/> [Accessed 5 Aug. 2023].

Johnson, S.P. and Ablard, K.M. (2020). Frankincense: Tapping into a Sustainable Future. IJPHA, 9(3), pp.45–56.

Tisserand, R., Young, R. and Williamson, E.M. (2014). Essential oil Safety: A Guide for Health Care Professionals. 2nd ed. Edinburgh: Churchill Livingstone/Elsevier, Cop.

## **Breaking Stigma, Nurturing Health (P38) – References and Further Reading**

- 1 <https://www.wateraid.org/uk/what-we-do/hygiene/periods>
- 2 <https://www.endometriosis-uk.org/sites/default/files/files/Endometriosis%20APPG%20Report%20Oct%202020.pdf>
- 3 <https://www.who.int/news-room/fact-sheets/detail/endometriosis>  
<https://www.unicef.org/wash/menstrual-hygiene>

*Her Blood is Gold* by Dr Lara Owen

*The Fifth Vital Sign* by Lisa Hendrickson-Jack

*Wild Power* by Alexandra Pope and Sjanie Hugo Wurlitzer

## **Finding Your Ideal Client (P52) – References**

- 1 Helen Pinnock, 2018, From Client to Client Owner( Pp55-59)
- 2 S Fox, 2008, Relating to Clients: The Therapeutic Relationship for Complementary Therapists (P28)
- 3 <https://www.shopify.com/blog/what-is-market-research#:~:text=Market%20research%20is%20the%20process,competitors%2C%20and%20the%20market%20itself>

## **From Pen to Zen (P56) – References**

- 1 <https://www.newyorker.com/magazine/2016/12/05/emily-dickinsons-singular-scrap-poetry>
- 2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6305886/>

## **Research Links (P70) – References**

Clinical Foot Reflexology and Cancer Care

<https://journals.rcni.com/cancer-nursing-practice/evidence-and-practice/patients-experiences-of-clinical-foot-reflexology-in-a-hospital-cancer-service-cnp.2023.e1841/full>

Antibacterial Properties and Essential Oils

<https://www.mdpi.com/2079-6382/12/7/1191>

Bright Light Therapy and Seasonal Affective Disorder

<https://www.tandfonline.com/doi/full/10.1080/07853890.2023.2249015>

Trigger Point Dry Needling and Temporomandibular Disorder

<https://www.scielo.br/j/jaos/a/4cV4H6TgWQKbv6dmNKZ8Hpg/?lang=en>

Anti-Aging Effects of Caviar Oil on Skin

<https://iv.iarjournals.org/content/37/5/2078>

