

THE LEADING MAGAZINE FOR COMPLEMENTARY BEAUTY SPORTS THERAPY

INTERNATIONAL therapist

AUTUMN 2024

FHT.ORG.UK



Discover the vibrant
hues of autumn

Unwind through
mindful writing

Learn how stress
can impact your hair
health

Deepen your
knowledge of
intellectual property

STAYING
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EDITOR'S LETTER



September turns to October, the clocks are wound back, and as we leave behind the golden rays of summer, we are softly welcomed into the darker side of the year. The leaves begin to crunch underfoot, the autumn moonlight brightens dusky days, while the fresh, crisp air fills our lungs. As famously described by English poet John Keats, autumn is a 'season of mists and mellow fruitfulness'.

Although autumn connotes celebrations of the harvest festival, a time when we dunk for apples and carve faces into pumpkins, for most, back-to-school preparations are etched into our associations with the season, whether we are currently in education or not.

Therefore, this quarter, we have decided to focus on the theme of staying educated. The world is a fast-moving place, with new research and discoveries being made and released every day. Without a hunger for knowledge, we can easily find ourselves stuck, unable to progress and deepen our understanding of life – and of health. Here at the FHT, we particularly encourage continued progression; gaining 10 CPD points per year is integral to your membership.

The articles featured in this issue have been chosen to expand your knowledge on a variety of holistic topics. Dive into the fascinating history of the Bowen Technique on page 70, discover the reasons as to why we should source locally on page 54, or explore, on page 18, how the colours of autumn can affect us, mentally and emotionally.

Once again, I would also like to thank our hard-working contributors who have offered up their time to produce content for *International Therapist*. This magazine would not be possible without you. I would also like to extend a warm welcome to our two newest Board Members, Dr Sargand Khan and Jason Bianchi, and offer my congratulations to Judith Hadley, who has been elected as FHT President representing the 2024–25 Governing Council. You can find out more about the changes to our Governing Council on page 10.

I'm certain you'll enjoy the extensive, thought-provoking content we have prepared for you this autumn. As always, if you have any feedback or wish to get involved, please do not hesitate to reach out.

Stay curious,

Mollie Steel, Editor



FEDERATION OF HOLISTIC THERAPISTS
Aspire House, 10 Annealing Close,
Eastleigh, Hampshire,
SO50 9PX

T. 023 8062 4350
E. info@fht.org.uk
W. fht.org.uk

EDITOR
Mollie Steel
E. editor@fht.org.uk

SENIOR DESIGNER
Caitlyn Hobbs

ART DIRECTOR
Peter Davies

SUB-EDITOR
Denise Burrows

FOR ADVERTISING OPPORTUNITIES
Stel Charalambous
T. 01727 739190
E. stel.charalambous@cplone.co.uk

PUBLISHED BY CPL ONE
Alban Row, 27–31 Verulam Road,
St Albans AL3 4DG
T. 020 3603 7930
E. info@cplone.co.uk
W. cplone.co.uk



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INTRODUCING THE BOARD

Spotlighting those at the head of the table here at FHT

Our Board of Directors ('the Board') are in charge of the management of the company's business; they make the strategic and operational decisions of the company and are responsible for ensuring that the FHT meets its statutory obligations. They are each responsible for the council that they represent, to which our Members belong.

INTRODUCING: Gary Groom
Lay Member

Education and skills are my true passion, and I have always believed that social and economic mobility can be driven forwards by inspiration and motivation. I have been a respected leader in the further education (FE) sector and am a driven individual with the highest regard for professional standards and integrity.

So, what is my connection with holistic therapy? It was back in the 1980s, newly graduated with a BSc (Hons) in Biological Sciences, that I was lecturing in my first post at the the Doncaster Metropolitan Institute of Further and Higher Education, as it was known then. I was part of a team that included science, health, hairdressing, and beauty therapy specialists. Part of my job was to teach Anatomy and Physiology to beauty therapy, nursing, and first year medical students. This was a skill set that I carried on using as I moved up through the FE system. My relationship with holistic therapy continued, and my understanding of the wider content of such courses grew. I found it fascinating – and let's not forget the benefits of all those free treatments I was able to enjoy when I volunteered as a 'body' for assessments! I loved it all.

As my career progressed, I moved into management where I got involved in enterprise development and the creation of a company within a college. This was my springboard into my first Assistant Principal role at Darlington College in 1996. I was then invited to be Vice Principal for a growing private training provider specialising in health, beauty, and complementary therapies. Here, I was instrumental in doubling the number of UK-based training centres to six in two years.

However, my work in FE colleges was not complete, and I secured the post of Assistant Principal at Rotherham College of Arts and Technology. This was a terrific stepping stone on my way to my first principalship at Redcar and Cleveland College. At Redcar for nine years, I oversaw the funding, building, and development of a new £23m college and subsequently a new £5m Higher Education centre in partnership with Teesside University. It was an exciting time to be working in the world of FE, and it was also during this time that I undertook my Master's Degree in Leadership Management at Teesside University.

During my career, I have had the honour of representing the FE sector in Westminster as well as at national and regional levels, having been elected to do so by my peers in the Association of Colleges and various Local Enterprise Partnerships at the time.

Having chosen to retire (or so I thought) in 2014, I was then asked to lead one of the largest colleges in Europe when the Newcastle College Group invited me to be Newcastle College's Interim Principal for six months as they awaited the arrival of a new principal.

Since retirement from education, I have successfully run my own business with a portfolio of clients, offering interim leadership in the FE sector, business mentoring, and coaching for small businesses; I have been a Board Member for the Clinical Commissioning Group (CCG), now known as the Integrated Care System (ICS), in the North East. I have also developed a successful portfolio as a celebrant offering funeral, wedding, and naming ceremonies in my spare time. It is all about people and life itself, which I love.

I am excited to be involved with the FHT, working with a sector that provides such a broad range of direct benefits to its clients.

I am so immensely proud to be a Lay Member of the Board of FHT. Thank you all for what you do on a daily basis: for caring and for providing the most amazing treatments and support. You are all amazing.

Why is staying educated so integral to the holistic industry?

The holistic industry never stands still, its work continuously supported by research, development, and new findings.

The appreciation of holistic therapies by medical professionals is evidenced by the rapidly growing social-prescribing of treatments provided by qualified and experienced holistic therapists.

Remaining current, respected, and valued all depends on standards, education, and professional development — and the FHT is right there with you every step of the way!



GARY GROOM
LAY MEMBER

"I believe that, when given confidence and support, anyone can achieve anything"



Judith Hadley
ATL
(Association of Therapy Lecturers)



Maria Mason
ICHT
(International Council of Holistic Therapists)



Gerri Moore
IFHB
(International Federation of Health and Beauty Therapists)



Caroline Larissey
IFHB
(International Federation of Health and Beauty Therapists)



Jane Johnson
PACT
(Professional Association of Clinical Therapists)



Gary Groom
Lay Member



Jason Bianchi
HFST
(Health, Fitness, and Sport Therapists)



Sargand Khan
HFST
(Health, Fitness, and Sport Therapists)

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FHT USEFUL CONTACTS

ACCREDITATION

Annie Walling
E. accreditation@fht.org.uk
W. fht.org.uk/accreditation

MARKETING

Ollie Chaplin
E. ochaplin@fht.org.uk
W. fht.org.uk

EDUCATION/CPD

Gemma Watson
E. gwatson@fht.org.uk
W. fht.org.uk/training

MEMBERSHIP AND INSURANCE

Beverly Bartlett
E. info@fht.org.uk
W. fht.org.uk/join

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INDUSTRY news



PENNY PRICE AROMATHERAPY WINS BIG AT NATURAL HEALTH BEAUTY AWARDS 2024!

Every year, the Natural Health Beauty Awards celebrates the very best in holistic and complementary beauty as judged by a panel of experts and industry professionals. This year, FHT Accredited Course Provider Penny Price Aromatherapy won FIVE prestigious awards: silver for the Male Grooming and Aromatherapy categories, and bronze for the Eye Cream, Facial Oil, and Sleep categories.

Penny Price, the founder of Penny Price Aromatherapy, expresses her gratitude: "I am absolutely thrilled to have won awards in five categories. This recognition from such a respected panel is a testament to the dedication and passion of our team. We can't wait to celebrate this achievement together!" To learn more about Penny Price Aromatherapy and their winning products, visit: penny-price.com

To find out more about the Natural Health Beauty Awards, visit naturalhealthwoman.com

TAKE PART IN MOVEMBER

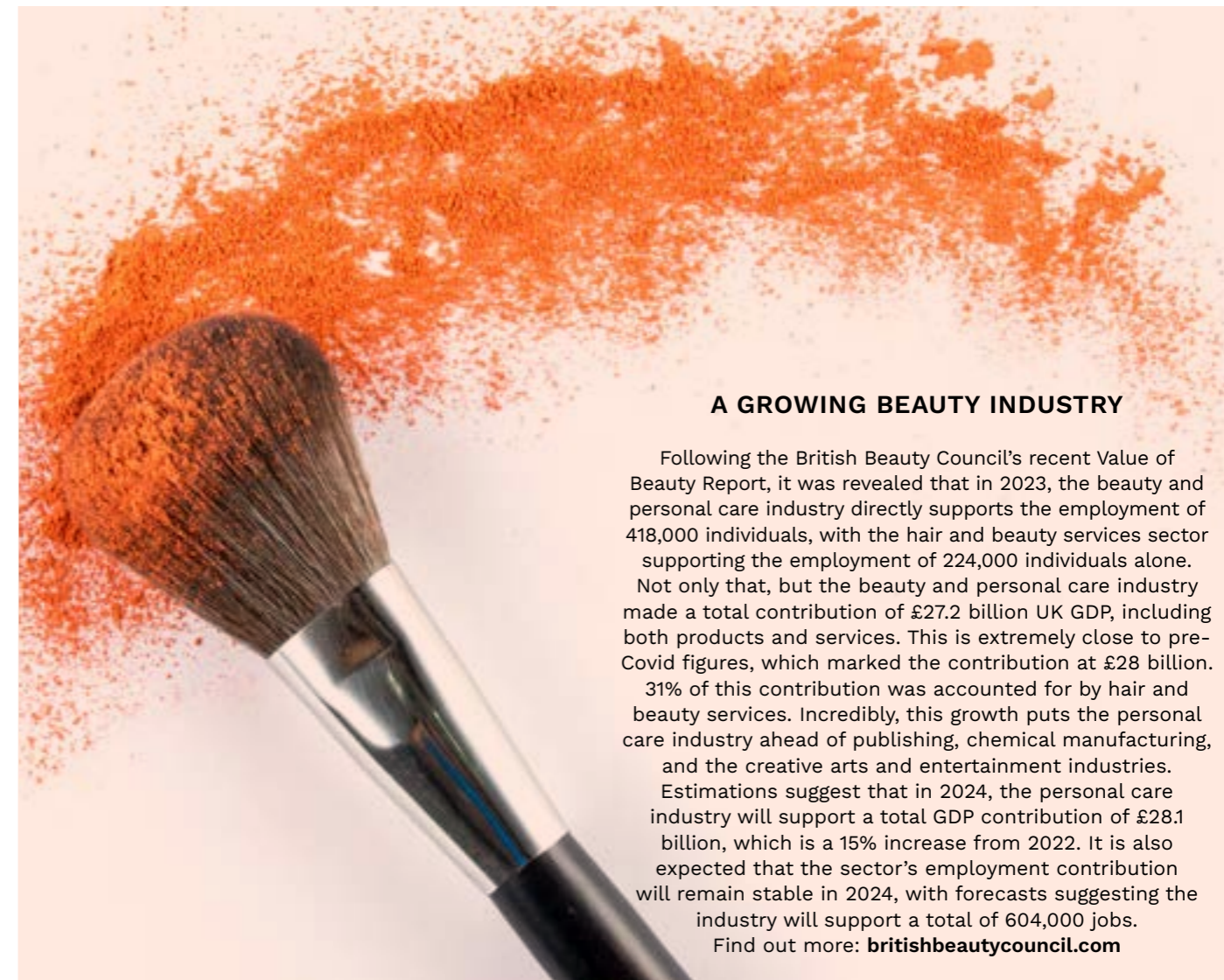
Did you know that 64% of men wait more than seven days with symptoms before visiting the doctor? Or that almost two in five (39%) of UK men die prematurely before reaching 75 years old? Join the conversation about men's health and take part in Movember by sporting a moustache throughout the month. By doing so, you can help spark conversations and raise awareness for issues like prostate cancer, testicular cancer, and men's suicide.

Whether you prefer a French style, a regular mo, or the Salvador Dali, wear your moustache with pride. If facial hair isn't your thing, there are many other ways to participate in Movember: you can Move for Movember, Host a Mo-Ment, or Mo Your Own Way. Find out more here: uk.movember.com



BREAST CANCER AWARENESS MONTH

Wear pink this October in support of Breast Cancer Awareness Month, honouring breast cancer survivors, those lost to the disease, and to show support to the progress scientists and charities are making towards cancer treatments. Head to page 49 to read an awareness piece written by Manveet Basra from Breast Cancer Now explaining statistics behind breast cancer diagnoses in the UK and how you can spot the signs.



A GROWING BEAUTY INDUSTRY

Following the British Beauty Council's recent Value of Beauty Report, it was revealed that in 2023, the beauty and personal care industry directly supports the employment of 418,000 individuals, with the hair and beauty services sector supporting the employment of 224,000 individuals alone.

Not only that, but the beauty and personal care industry made a total contribution of £27.2 billion UK GDP, including both products and services. This is extremely close to pre-Covid figures, which marked the contribution at £28 billion.

31% of this contribution was accounted for by hair and beauty services. Incredibly, this growth puts the personal care industry ahead of publishing, chemical manufacturing, and the creative arts and entertainment industries.

Estimations suggest that in 2024, the personal care industry will support a total GDP contribution of £28.1 billion, which is a 15% increase from 2022. It is also expected that the sector's employment contribution will remain stable in 2024, with forecasts suggesting the industry will support a total of 604,000 jobs.

Find out more: britishbeautycouncil.com

WELLNESS IN A DIGITAL AGE

Researchers have found that using digital mindfulness for as little as 10 minutes a day, including apps such as Headspace and Calm, has been shown to boost an individual's mood. However, concern has risen surrounding the use of 'wellbeing' chatbots. These chatbots use generative AI to respond to the user, offering personalised and technologically humanised advice and emotional support. However, generative AI uses online databases to analyse text and respond to the user. This can sometimes result in dangerous and inadequate responses made during mental health crises. Although AI does have the potential to assist positive wellness and mental health, researchers have called for stronger regulations surrounding AI and wellness apps to avoid detrimental consequences.



MEMBERS'

news

Welcome to Members' News, where we share your successes



INTRODUCING OUR NEWEST BOARD MEMBERS

We would like to take this opportunity to introduce our two newest Board Members, Jason Bianchi and Dr Sargand Khan, both representing HSFT, the International Council for Health, Sport, and Fitness Therapists.

"I am thrilled and honoured to join the FHT's Governing Council," says Sargand. "Being part of an organisation that has delivered exceptional services to the community for the past 62 years is truly inspiring. I am excited to work with passionate individuals who share a commitment to advancing health and wellness."

"As an osteopath and sports therapist," says Jason, "I've dedicated my career to helping people regain and maintain physical wellbeing through integrated and personalised care. My passion for holistic approaches aligns perfectly with FHT's mission, and I'm eager to contribute my expertise to advance the organisation's goals."

Find out more about our Governing Council on our website:

fht.org.uk/about-us/governing-council

OUR EXCELLENCE AWARDS FINALISTS

Congratulations to all our Excellence Awards finalists – find out more on page 25. Winners will be announced the week commencing 4 November through the FHT blog. Good luck to everyone who entered!

JUDITH HADLEY ELECTED AS FHT PRESIDENT

We are delighted to announce Judith Hadley (ATL) has been elected as the President for the FHT'S 2024–25 Governing Council. Having served as Vice President since 2018, Judith has an unwavering passion for the holistic industry. Speaking on her new position, Judith said: "I feel honoured to announce my election by the Governing Council as President of the FHT. It is vital that the benefits of complementary, beauty, and sports therapies are recognised and therefore I would like to extend my gratitude and support to every FHT Member for your commitment, passion, and professionalism in maintaining the highest standards of care."

FHT ATTENDS 2024 UK MASSAGE CHAMPIONSHIPS

As proud sponsors of the UK Massage Championships, the FHT had the pleasure of attending the event from 7–8 September. Taking place at City Lit in Central London, contestants showcased their skills in five categories: Classical, Wellness, Advanced, Freestyle, and Seated Massage. Due to her extensive knowledge and significant contributions to the holistic therapy sector, FHT Vice President Maria Mason also attended as a member of the expert panel of judges.



MEMBER SPOTLIGHT

REFLEXOLOGY AND CEREBRAL PALSY

Owner of Heartwood Healing UK and passionate Reflexologist and Reiki Master Teacher, Sharon Chapman, has been a Member of the FHT on and off for around 26 years. Recently, Sharon has been working with Jonty, a young boy with cerebral palsy. Jonty's mother, Jess, has given permission for this story to be told.

Jonty is the same age as Sharon's own son; she met Jess at an NCT baby group 13 years ago and they have recently reconnected. While looking into alternative therapies to help support her son, Jess asked Sharon to work with Jonty. Since then, Sharon has been offering him reflexology sessions with added aspects of reiki.

She has described this to be a massive learning experience. Using Kevin Kunz's research, she has shifted her mindset and reflexology sequences in order to accommodate and help relieve Jonty's seizures.

In the last month, Sharon has been working specifically around spinal reflexes, nerve plexus, cranial/brain, vagal tone, adrenals, and digestive reflexes. This has proven to be incredibly effective; where Jonty was initially unable to attend school due to his debilitating seizures, he was able to return and complete his school year.

"I had read an article some time ago about how reflexology could help with seizures and now we're actually seeing the results in real life!" Sharon said. "Working with Jonty is a gift."

Sharon and Jess are currently noticing extremely positive results following these sessions, with Jonty experiencing deeper sleep and more profound states of relaxation. He has also been described as more chatty and content.

Significantly, Sharon has noticed that after sessions in times when Jonty's epilepsy was spiking, the results show fewer seizures and a calmer, happier, more grounded boy.

Sharon is excited to share this success story regarding reflexology and cerebral palsy. She is looking forward to continuing to work with Jonty and see how he progresses with sessions in the future.

Visit Sharon's website heartwoodhealing.co.uk or Instagram [heartwoodhealinguk](https://www.instagram.com/heartwoodhealinguk)



If you, or someone you know, has a story or view that you'd like featured, please email our editor at editor@fht.org.uk with the subject line 'Member Spotlight'.

Please note: As we're expecting high demand for this section, spotlights will be taken on a first come, first served basis.

COME AND SAY HI AT THERAPY EXPO

The FHT will be attending Therapy Expo at the NEC Birmingham from 27–28 November. The multi-professional educational event caters to a wide range of healthcare professionals including, but not limited to, sports therapists, massage therapists, and acupuncturists.



SAVE THE DATES

NOV - JAN

NOVEMBER

MONTH 03–10 National Spa Week (UK)

05 Guy Fawkes Night / Bonfire Night (UK)

06 National Stress Awareness Day (UK)

11 Remembrance Day

13 World Kindness Day

19 International Men's Day

29 Black Friday

DECEMBER

02 Cyber Monday

07 Small Business Saturday

21 Winter Solstice

24 Christmas Eve

25 Christmas Day

26 Boxing Day

31 New Year's Eve

JANUARY

MONTH Veganuary

MONTH Dry January

MONTH National Hobby Month

01 New Year's Day

04 World Braille Day

19 World Religion Day

20–26 Cervical Cancer Prevention Week

24 International Day of Education

27 Holocaust Memorial Day

HOLIDAY CLOSURE

Please remember that our offices are closed from for 24 December until 1 January for the holiday season. We will respond to all enquiries made during this period when our office opens on 2 January.



REMEMBERING

Maureen Bonner

(1978–2024)

In July, we were sadly informed of the passing of Maureen Bonner. She was a remarkable individual who delivered many inspiring talks for the FHT, including Adapting Massage for Clients at Risk of Lymphoedema, DVT and Bone Metastases, and most recently Adaptations for Bone Conditions in May 2024. Not only that, but Maureen was a finalist for Tutor of the Year in our 2018 Excellence Awards.

Prior to her diagnosis of interstitial lung disease, Maureen spent over two decades of her career researching and providing treatments to those with cancer and life-limiting conditions, designing accredited qualifications which she taught across the world. She was especially passionate about inclusiveness and never turning any client away, no matter what.

Following her diagnosis, she was determined to use her illness to help educate others, now from a different perspective. She also founded START with Touch, an FHT Accredited Course Provider which offered expert massage training in oncology massage for clients with cancer and other life-limiting health conditions. Over the course of her illness, Maureen uploaded many vlogs on YouTube. She wanted these to be freely available to help people understand what it is like to live with life-limiting conditions, giving encouragement to those in similar positions to her. Her

videos are now going to be used by a number of local hospices to help train staff.

Maureen was incredibly knowledgeable. She was always so willing to support the FHT, her fellow therapists, and her students. Maureen was such a pleasure to work with and will be greatly missed.

All of us here at the FHT would like to send our thoughts and condolences to Maureen's friends and family.

"It was with such sadness we learned of Maureen's passing. We were lucky enough to work with Maureen and got a chance to see what a beautiful and inspiring person she was. It was a joy to work with her, and we will never forget the warmth that her smile brought to us. We will miss her dearly and wanted to extend our sympathies to her family. We are thinking of you, remembering Maureen, and celebrating her life. Maureen will always be in our hearts and memories."

Annie and Nicola, the Accreditation Team

To learn more about Maureen, and to watch her inspiring vlogs, visit her YouTube channel: **START with Touch Maureen Bonner**

FHT HOSTED COURSES

Expand your skillset and grow as a therapist with an FHT Hosted Course...

MUSCLE ENERGY TECHNIQUES

DATE: 10/12/2024

LOCATION: Nottingham

CPD POINTS: 6

Learn specific stretching methods to lengthen/reduce discomfort in tight or dysfunctional muscles which can cause imbalance, injury, limited range of movement or postural problems.



FROZEN SHOULDER 2: HOW TO TREAT FROZEN SHOULDER

DATE: 08/11/2024

LOCATION: Online

CPD POINTS: 5 when reflective practice has been completed

Frozen Shoulder – Part 2 provides treatment ideas based on current evidence-based practice.



INTRODUCTION TO PRACTICAL MYOFASCIAL RELEASE

DATE: 09/11/2024

LOCATION: Edinburgh

CPD POINTS: 6

This one-day CPD course is suitable for therapists interested in learning more about fascia and myofascial release. It is designed as an introduction for anyone who has no prior training in myofascial release techniques.

PARKINSON'S DISEASE – A MASSAGE THERAPIST'S APPROACH

DATE: 06/11/2024

LOCATION: Online

CPD POINTS: 1

This course looks at Sheree Phelps' research for how myofascial release can help with the symptom of PD related tremor, her findings, and how to help a client with PD in your own clinic.



FROZEN SHOULDER 1: UNDERSTANDING THE CONDITION AND ITS ASSESSMENT

DATE: 25/10/2024

LOCATION: Online

CPD POINTS: 5 CPD points when reflective practice has been completed

Have you ever been asked if you can help someone with frozen shoulder? Frozen Shoulder – Part 1 will help you to assess someone with this condition.

PREGNANCY MASSAGE

DATE: 25/11/2024 – 26/11/2024

LOCATION: Online

CPD POINTS: 12

Learn a relaxing pregnancy massage and have confidence in understanding pregnancy and the best ways to treat at all stages, including positions, acupressure points, and much more.

To view these FHT Hosted Courses, and more, please visit fht.org.uk/course-listings

PLANT PROFILE

PEPPERMINT

(Mentha x piperita)

WORDS SUE ADLAM, MFHT

Mentha x piperita is an aromatic, perennial herb belonging to the *Lamiaceae* family, commonly referred to as the mint family. Typically, it reaches approximately 30 -100cm in height and due to its vigorously-growing, spreading, underground rhizomes it will cover a wide area. As a hybrid of spearmint (*Mentha spicata*) and water mint (*Mentha aquatica*), peppermint cannot be propagated by seed as it will revert to the parent form. However, it can be easily propagated by rooting it in water and planting in a sunken pot to prevent it from spreading uncontrollably.

There are many varieties and hybrids of peppermint, but the one that is often used for essential oil distillation is Mitcham Mint. As with almost all mints, peppermint has a square stem and opposite dark green lanceolate, leaves with toothed edges. At the ends of each stem, they grow tiny spike-like pink to lilac flowers which are much loved by bees.

The origin of the genus name apparently derives from Greek mythology: Pluto's lover, the water nymph Minthe (Menthe) was trampled to the ground by an angered Persephone (Pluto's wife), thus transforming her into mint. The species name *piperita* is derived from the Latin word

piperitus which means pepper-like; the x indicates that peppermint is a hybrid species.

Peppermint is native to Europe and the Middle East, but cultivated worldwide as it is able to adapt, although it does prefer rich, moist soils. The Greeks and Romans crowned themselves with mint at their feasts and used it to flavour their wines and sauces. *M. piperita*, however, was recognised as a distinct species in the 17th century, so the species then would not have been the same as it is today. Peppermint's core chemical components are menthol and menthone, and the Japanese have used menthol as medication for centuries.

Peppermint essential oil is steam-distilled from the partially dried, aerial tops prior to flowering. It is used as a food flavouring, in pharmaceuticals, for personal hygiene and cosmetic uses. *Mentha x piperita* is not an endangered/threatened species, but it is important to obtain the essential oil from a reputable supplier as it is frequently adulterated with *M. arvensis* (cornmint) and menthyl acetate.

Well known for its uses in herbal medicine to relieve gastrointestinal issues, peppermint is also used as a remedy for tension headaches.

There is a peppermint hydrolat available which can be administered internally, provided you have the appropriate clinical aromatherapy training in hydrolat usage.

For further reading, please visit:
fht.org.uk/magazine-references

**Key therapeutic properties:**

Analgesic, anti-bacterial, antidepressant, antiemetic/nausea, anti-inflammatory, anti-microbial, antiseptic, antispasmodic, anti-viral, carminative, cephalic, cooling, decongestant, digestive stimulant, expectorant, febrifuge, hormone regulator immune-stimulant, insecticidal, liver tonic, mucolytic, rubefacient, secretolytic, stimulant.

Can be used for:

Cardiovascular system: sluggish circulation, varicose veins, Raynaud's disease. **Digestive system:** gastrointestinal tract spasm, cramping, nausea, IBS, headaches. **Musculoskeletal system:** muscular stiffness, fibromyalgia, arthritis, tendonitis, carpal tunnel syndrome, sciatica, bursitis, bruises, swelling reduction. **Nervous system:** mental fatigue, shingles, tension headache, migraine, shock/trauma. **Reproductive system:** dysmenorrhoea. **Respiratory system:** bronchitis, sinusitis, common cold, congestion, flu. **Emotions:** fatigue, invigorating and uplifting, lethargy, mental fatigue, aids concentration, inspires enthusiasm.

Blends with:

Aniseed, bay laurel, basil, black pepper, cajeput, caraway seed, clary sage, coriander seed, Eucalyptus globulus, Eucalyptus radiata, fennel, fir, ginger, hyssop ct. cineole, juniper berry, kunzea, lemon, litsea, niaouli, pine, ravintsara, rosemary ct. cineole, spearmint, spike lavender, spruce, sweet orange, thyme ct. linalool.

Safety data:

Peppermint essential oil is non-toxic, non-irritant, and may occasionally be sensitising (Battaglia 2018). Avoid with children under 2 years old as menthol may cause transient apnoea, avoid in epilepsy, heart disease, and with G6PD deficiency, and exercise caution when using during pregnancy (Tisserand et al 2014)

NB: Only members who hold an appropriate aromatherapy qualification, accepted by the FHT for membership and insurance purposes, can make, use, and supply aromatherapy blends and other products containing essential oils.

**TRY A WARM WATER CLEANSE:**

Introduce a new positive habit into your life by drinking a glass of warm water early in the morning. Drinking warm water with lemon – or even herbal teas – throughout the day can help support the body and its natural cleansing processes by improving your metabolism and stimulating bowel movement.



EMBRACE NATURE: The autumn season arrives with a cacophony of colours, of rich reds and vibrant orange. Get outside and hear the crunch of fallen leaves beneath your shoes and breathe in that crisp air. Perhaps visit a sensory garden – a place which stimulates all the senses – or get out your green thumb and begin planting in anticipation for spring. Tulips, daffodils, crocuses, and hyacinths all do well when planted in the autumn months.

OUR AUTUMN LIST

"The beautiful thing about learning is nobody can take it away from you"
B. B. King

**EVERY DAY'S A SCHOOL DAY:**

Did you know that touch is believed to be one of the first senses that humans develop, and it could be argued this is why massage is so effective?

Or, did you know that the soles of our feet have more than 200,000 nerve endings which contribute to the relaxing nature of reflexology?

With our focus being on Staying Educated this quarter, we want to encourage you to learn something new and expand your knowledge. Perhaps you could pick up one of the books we have recommended over on page 62, take a look at some of the fascinating webinar recordings available on our website (fht.org.uk/education/fht-webinar-recordings), or give our CPD Spiral a shot on page 69.

What will you learn this autumn?

EXPERIENCE CATHARSIS:

Catharsis, deriving from the Greek work *katharsis*, refers to the experience of 'cleansing' oneself through expression of deep emotions. These can be positive emotions, but often catharsis is associated with sadness, anger, or fear.

Catharsis is known for its therapeutic properties. Due to the release of endorphins, it can help release pent-up emotions and even help process trauma; it's why you might feel refreshed after watching a sad film and having a good cry – or going on a roller-coaster!

With Halloween approaching, it's a great excuse to watch a horror movie, attempt an escape room, or even face a personal fear.



HOST A PARTY: Whether you celebrate Halloween, Thanksgiving, Guy Fawkes Night, or just have a weekend free, autumn is a fantastic time for a party. With autumn's roots deeply associated with good harvest, there is no better time to whip up a bonfire and dish out some delicious food to friends and family. Plus, if you skip over to page 16, you'll see a great recipe for sugar-free toffee apples, which are perfect additions for any party!

AN APPLE A DAY

Try these easy and delicious toffee apples for a scrumptious taste of autumn...

Autumn. My favourite time of the year. It reminds me of childhood: back to school and new beginnings. It's the season for wrapping up in scarfs, pulling on woolly jumpers, and digging out the boots from the back of the wardrobe for those long, autumnal walks. For me, it's also a time to catch up on your favourite programmes and cosy up in front of the fire.

Autumn is a time when everything slows down and routine is readily welcomed. Crisp leaves fall, a cool, fresh breeze blows, and apples begin to drop from the trees. This is the season of apples, and eating seasonally allows us to create rhythms and recipes that enrich our lives.

Apples often go underrated, yet there is nothing I enjoy more than taking a walk while savouring a delicious apple. I always opt for organic apples as I can really tell the difference in taste and texture.

Apples offer numerous nutritional benefits. They are free from cholesterol, sodium, and fat, making them a healthy choice. Apples are a good source of fibre and are rich in vitamin C. They may help stabilise blood sugars, aid in weight loss, and lower cholesterol. Additionally, apples can improve eyesight, be useful in treating anaemia, and aid digestion. **IT**

RECIPE

Refined, sugar-free toffee apples (serves 4)

INGREDIENTS

- > 4 apples (windfall apples or locally bought, preferably organic, red apples)
- > 6 tbsp granulated sweetener of your choice (I use a combination of Stevia and Xylitol)
- > 3 tbsp of water
- > 1 tbsp of white vinegar or white wine vinegar
- > 4 toffee apple sticks

METHOD

1. Pour the sugar, vinegar, and water into a medium saucepan on a low heat and dissolve slowly.
2. Bring to the boil and bubble for a few minutes until it starts to darken and reduce down.
3. Wash the apples, remove the stalks, and push the sticks into the apples from the top through to the bottom, creating a lollipop.
4. With the apple lollipop in your hand, coat each of them with the hot, sugary, toffee mixture - make sure that the entire apple is covered and coated in the mixture.
5. Place apples on a lightly greased baking sheet and then transfer to the fridge to cool. They can be eaten shortly after or wrapped up, ready for your next party!

Sal Hanvey is a passionate, award-winning nutrition consultant. She offers one-to-one appointments, cook-along classes, and is a regular contributor on the Frank Mitchell show and BBC Radio Ulster. Contact Sal via: www.naturalhealthni.co.uk, sal@naturalhealthni.co.uk, or 07801 476048

AUTUMN'S VIBRANT PALETTE

Complementary Therapist **Joanne Lee** explores the benefits of autumnal colours – red, orange, and yellow – in colour therapy, highlighting how these hues can enhance our wellbeing during this beautiful season

As the leaves turn from lush green to vibrant shades of red, orange, and yellow, autumn brings a palette of colours that not only delights the eyes but also holds significant therapeutic benefits. Colour therapy, or chromotherapy, harnesses the energy of colours to promote physical, mental, emotional, and energetic wellbeing. This practice dates back to ancient cultures where colours were used to balance the body's energy.

I've always been fascinated and intrigued by colour, incorporating it in my life and work: wearing brightly coloured clothing in my early teens and being drawn to brightly coloured sheets of glass for my stained glass projects in art college. In my work as a dispensing optician, I often helped customers to choose spectacles that not only framed and suited their face shape, but I

recommended colours that complimented their complexion and made them feel good. It all came full circle when I retrained as a holistic therapist, colour therapy being one of the first therapies I studied and then taught to my own students.

EMBRACING AUTUMNAL COLOURS IN DAILY LIFE

As we transition into autumn, embracing the colours of the season can significantly enhance our wellbeing. Whether through clothing, home decor, or even our diet, integrating red, orange, and yellow into our lives can help us harness their therapeutic benefits.

Colour therapy is a powerful tool that can be easily accessed and integrated into daily routines. By understanding and utilising the energy of autumnal colours, we can create a more balanced, vibrant, and joyful existence.

RED THE COLOUR OF VITALITY AND PASSION

Red, associated with the base or root chakra, is a powerful, grounding colour that stimulates energy, passion, and action. In the natural world, red is the colour of ripening fruits and falling leaves, symbolising the peak of nature's cycle before the dormancy of winter.

Benefits of red in colour therapy

- 1. Boosts energy and vitality:** Red is known for its ability to increase energy levels. When feeling lethargic or fatigued, surrounding yourself with red can provide an invigorating boost. It stimulates the adrenal glands, promoting a sense of alertness and readiness.
- 2. Enhances physical strength:** This colour is often used to enhance physical strength and endurance. Athletes and individuals engaging in strenuous activities can benefit from red's energising properties.
- 3. Encourages passion and desire:** Red is the colour of passion, love, and desire. It can stimulate emotions, ignite enthusiasm, and foster a sense of excitement. In relationships, red can enhance intimacy and connection.
- 4. Promotes grounding and stability:** As the colour associated with the base or root chakra, red helps in grounding and stabilising our energy. It can provide a sense of security and stability, particularly during times of change and transition.

Incorporating red into your life

To harness the benefits of red, consider incorporating red items into your living or working space, such as cushions, artwork, or candles. Wearing red clothing or accessories can also help you absorb its energising properties. You can also consider eating red fruits and vegetables, such as tomatoes, red peppers, and beetroot.

ORANGE THE COLOUR OF CREATIVITY AND JOY

Orange, associated with the sacral chakra and blending the energy of red and the happiness of yellow, is the colour of creativity, joy, and emotional balance. It's reminiscent of pumpkins, falling leaves, and harvest, making it a quintessential autumn colour.

Benefits of orange in colour therapy

- 1. Stimulates creativity and enthusiasm:** Orange is known for its ability to spark creativity and encourage enthusiasm. It's a great colour for artists, writers, and anyone looking to unleash their creative potential.
- 2. Promotes emotional balance:** This vibrant hue is also associated with emotional balance. It can help alleviate feelings of depression and anxiety, promoting a more optimistic outlook on life.
- 3. Enhances social interaction:** Orange is a sociable colour. It encourages communication and interaction, making it an excellent choice for social gatherings and communal spaces.
- 4. Supports digestive health:** Interestingly, orange is also believed to support digestive health. It's thought to stimulate

the digestive organs and improve metabolism, making it beneficial for overall wellbeing.

Incorporating orange into your life

To benefit from the uplifting properties of orange, try adding orange accents to your home decor, such as throws, rugs, or artwork. Eating orange fruits and vegetables, like oranges, carrots, pumpkins, and sweet potatoes can also enhance your vitality.

YELLOW THE COLOUR OF OPTIMISM AND CLARITY

Yellow, associated with the solar plexus chakra and the brightest of the autumn colours, symbolises optimism, clarity, and intellect. As the colour of the sun and autumn leaves, it brings warmth and light into our lives.

Benefits of yellow in colour therapy

- 1. Boosts mood and optimism:** Yellow is a natural mood enhancer. It can lift spirits, promote happiness, and foster a sense of optimism. It's particularly beneficial during the shorter, darker days of autumn and winter.
- 2. Enhances mental clarity and focus:** This colour is also associated with intellect and mental clarity. It can improve concentration, decision-making, and overall cognitive function. Students and professionals alike can benefit from its focus-enhancing properties.
- 3. Promotes confidence and positivity:** Yellow is a colour of confidence and positivity. It encourages a positive outlook on life and helps in building self-esteem. It's great for boosting confidence before important events or meetings.
- 4. Supports digestive and immune health:** Like orange, yellow is believed to support digestive health. It's also thought to boost the immune system, helping to ward off illnesses during the colder months.

Incorporating yellow into your life

To incorporate yellow into your life, consider adding yellow elements to your environment, such as flowers, pillows, or curtains. Wearing yellow clothing or accessories and eating yellow fruits and vegetables, such as bananas, lemons, yellow peppers and pineapples can also help brighten your mood and enhance mental clarity. **IT**

Joanne Lee is the proud owner and lead complementary therapist at The Full Spectrum Centre Limited, an award-winning wellness and vocational training centre based in Dukinfield, Tameside in Greater Manchester. She has extensive experience spanning 20 years as a holistic therapist, wellness and life coach, and reiki master teacher. She is also a tutor and VTCT assessor who loves sharing her knowledge and expertise with aspiring therapists. When not working, Joanne enjoys being creative and spending quality time with her dogs. To find out more, visit her website: thefullspectrumcentrelimited.co.uk



COMBATTING **ROUNDED SHOULDERS**

Cotswold Academy's **Jess Bates** talks us through upper crossed syndrome, an increasingly common problem faced by clients

WORDS JESS BATES

What is one of the most common problems that comes into your clinic? In our experience, and in particular over the last few years, we are seeing growing numbers of clients with neck pain, pain between the shoulder blades, and rounded shoulders – also known as upper crossed syndrome.

There are several reasons as to why this trend has become more pronounced in recent years. The shift to home-working since the pandemic has led to poor desk set-ups. People often hunch over their workstations and use their laptops from sofas, dining tables, and coffee shops. We have also seen the rise in ‘tech neck’, which is characterised by the use of computers, smartphones, and tablets. Additionally, the collective trauma from the pandemic, and the heightened fear and anxiety experienced by the population, has triggered a physical response. It has been shown that the body has a postural response, or ‘emotional reflex’, where the body curls inward and the shoulders hunch over when facing fear. This subconscious reaction significantly contributes to the rise in rounded shoulders.

WHAT ARE THE SYMPTOMS?

At this point, a sports therapist can use their detailed assessment skills to identify the problem and make an informed treatment plan. Holistic therapists are equally as empowered to notice key postural or pain patterns, allowing them to devise a bespoke treatment.

One of the most prominent symptoms is pain located at the top of the shoulder blade, specifically at the attachment site of the levator scapulae muscle. This discomfort is often described as feeling like a knot or tightness. In severe cases, it may resemble tendinopathy (a generic term for pain in the tendon) or tendonitis (acute injury of the tendon). Additionally, pain can manifest at the other end of the muscle at its attachment below the ear. This can lead to headaches and movement restriction in the neck. Visually, affected individuals often exhibit a forward head and chin posture, accompanied by hunched and rounded shoulders.

HOW ARE MOST THERAPISTS TACKLING THIS COMPLAINT?

The treatment of this area is a topic of extensive discussion amongst therapists. Commonly, therapists get stuck in the cycle of chasing the pain, focusing on massaging the erector spinae group, upper trapezius, rhomboids, and other neck muscles where the client feels sore, using trigger point therapy and deep tissue techniques. While these methods can provide temporary relief, clients often return with the same issues weeks later. As a therapist, this recurring pattern suggests that while you may be alleviating symptoms, you are not addressing the underlying causes of the problem.

To understand this more deeply, it is essential to clarify what we mean by ‘tight’ muscles. There are two types of muscle tightness: locked short (concentrically tight) and locked long (eccentrically tight). Achieving balance between these two states of movement is crucial for creating the homeostasis that our clients seek.

The reason clients often return with the same issues is that the treatment approaches mentioned previously do not address the underlying cause of the levator scapulae’s overuse. The primary issue is the forward positioning of the chin and head, which causes the levator scapulae to be locked long, compromising its integrity (strength) and its ability to stabilise and work with the other muscles. Other muscles, such as splenius capitis, are also locked long in this scenario; additionally, clients may have locked short muscles that need lengthening such as the sternocleidomastoid, the scalenes, and the deep extensors of the neck on the occiput. The locked long muscles need to be activated and stimulated while the locked short muscles need lengthening.

One of the most significant challenges as a therapist is building confidence to work with the neck. This anxiety and hesitation can hinder effective treatment. An area that is often avoided is the scalenes, an essential muscle group to work on. Scalenes are closely related to neck movement and become out of balance with upper crossed syndrome. They are also closely linked to our breathing pattern. The anterior scalene, in particular, plays a vital role in the breathing cycle. This muscle aids in elevating the first rib during inhalation, thereby contributing to the expansion of the thoracic cavity and facilitating effective breathing. Dysfunction or tightness in the anterior scalene can impede this process, leading to compromised respiratory function. Properly addressing and releasing tension in the anterior scalene plays a pivotal role in improving breathing mechanics.

WHAT APPROACHES CAN THERAPISTS TAKE?

If we relate this back to one of the major causes of this condition – anxiety and fear – it becomes very clear how crucial it is to ensure the respiratory system is functioning effectively. Fear and anxiety have a profound impact on breathing patterns, often leading to shallow, rapid breaths and increased tension in the muscles involved in respiration. This can exacerbate issues like upper crossed syndrome by further straining the neck and shoulder muscles, including the scalenes and the levator scapulae.

When fear and anxiety disrupt normal breathing, it creates a vicious cycle of muscular tension and respiratory inefficiency. The breathing cycle involves a huge number of muscles; the diaphragm, abdominal muscle group, and quadratus lumborum stabilise the 12th rib, while the pelvic floor needs to be central for optimal breathing and will be off-centre in the case of rounded shoulders. By promoting effective deep breathing, therapists can help clients alleviate the physical manifestations of fear and anxiety, leading to a more relaxed state and reducing the risk of recurrent muscle tightness and pain.

Incorporating breathing exercises and techniques to release tension can significantly improve respiratory function. This holistic approach addresses both the physical and emotional aspects of the condition, helping clients achieve lasting relief and better overall health. Understanding the deep connection between anxiety and breathing underscores the importance of treating the respiratory system to effectively manage and resolve conditions like upper crossed syndrome.

Next, we need to consider the front fascial line, employing techniques



NOW, TEST YOUR KNOWLEDGE WITH A QUICK A&P BASED QUIZ:

1. Within upper crossed syndrome, is the levator scapulae locked long or locked short?
2. Which of the scalenes is involved with breathing and the diaphragm?
3. What impact does fear and anxiety have on the breathing pattern?
4. What role does levator scapulae play in upper crossed syndrome, is it a cause or symptom? Why?

to work on the diaphragm and the fascia that extends from the collarbone down to the pubis bone. By addressing this front line, we use manual techniques to lengthen and open the areas of fascia that have been curling forward and are thus in a locked short position. Our goal is to help clients achieve a more upright posture with the head on-top of the shoulders and chin tucked in.

By noticing these locked short or long muscles, we can begin to restore length, strength, and condition to these groups. Simultaneously, we soften and stimulate the locked long muscles, initiating the process of regaining their integrity and strength. This dual approach not only alleviates immediate discomfort but also promotes a balanced and sustainable posture over time.

This comprehensive approach ensures that we are not merely providing temporary relief but fostering long-term results. The foundation of this work lies in cultivating confidence with bony landmarks and surface anatomy, which must be the cornerstone for us as therapists. This involves understanding the muscles: where they are, how to locate them, and their functions. Once we have this, we can look to build experience working with tricky areas. This can be challenging, requiring time and practice, but is ultimately crucial for our clients. **IT**

At the **Cotswold Academy**, we offer professional, vocational diplomas in massage, sports massage, aromatherapy, and reflexology, as well as courses for your continued professional development as a therapist. Our mission is to provide a space for peer mentoring, to support therapists, and to drive standards in the industry upwards. We hold a regular space for practice, growth, and networking. Nurture and be nurtured; after all, that’s what brings people into our incredible industry. Find out more and view courses at [cotswoldacademy.co.uk](https://www.cotswoldacademy.co.uk)

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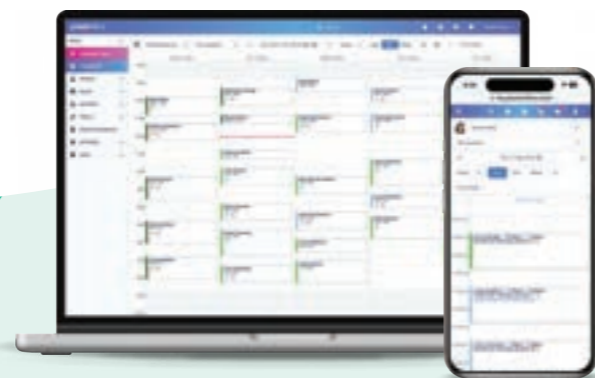
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- Damien Adler

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FHT EXCELLENCE AWARDS

WELL DONE TO OUR FINALISTS

We're proud to announce that our FHT Excellence Awards finalists have been chosen for 2024. After careful consideration, our expert judging panel has reviewed all nominations and the judges have shortlisted the following finalists:

FHT COMPLEMENTARY THERAPIST OF THE YEAR

Anya Rae
Kate Oldham
Kathryn Wilson

FHT BEAUTY THERAPIST OF THE YEAR

Clare Porter
Danielle Murphy
Geraldine Flynn

FHT SPORTS THERAPIST OF THE YEAR

John Molyneux
Louise Cullen
Sheree Phelps

FHT TUTOR OF THE YEAR

Marie Duggan
Barbara Scott
Carl Clarkson
Kian Yong Koo

FHT STUDENT OF THE YEAR

Anya Rae
Sally Aslin
Tracy Bamber

FHT COORDINATOR OF THE YEAR

Angela Pavlovic and Wendy Wyatt
Martin Thirlwell
Rosemary Beasley

FHT LIFETIME ACHIEVEMENT AWARD

Carol Samuel
Sally Kay
Tina Allen

FHT VOLUNTEER SERVICE AWARD

Andrea Porritt
Karlyn Bonnar
Lynda Robertson

Thank you to everyone who entered or nominated a worthy colleague for 2024. We'll be announcing our winners on social media, in the week commencing 4 November.

THE ANCIENT WISDOM OF LIFE & HEALTH

FHT Complementary Therapist of the Year 2023, **Jane Eaton**, introduces us to the philosophies and principles behind Ayurveda

WORDS JANE EATON



Ayurveda is one of the oldest holistic therapies in the world, dating back more than 3,000 years within Hindu culture. The ancient Hindu scriptures which form the foundation of Ayurveda were discovered in India and written in Sanskrit. These texts lay out knowledge, insights, and procedures for everyday life. Unlike Western practices, Ayurveda pays particular attention to the vital connection between nature and healthy living, looking at the root cause of symptoms rather than the treatment of disease. Today, Ayurveda remains one of India's traditional healthcare systems.

Ayurveda means 'study of life' – ayus: 'life' or 'longevity' and veda: 'study' or 'sacred knowledge'. It takes a natural approach to all aspects of health and wellbeing. Beliefs are based on the idea that everything in the universe is connected, stressing the importance of a good balance between your mind, body, spirit, and environment; if your mind and body are in harmony with the universe, you will have excellent health. However, if something disrupts the equilibrium, such as emotional trauma or lack of healthy nutrition, and the imbalance is not fixed, then illness or disease occurs. An imbalance in one area can affect another; this is the same principle in reflexology.

This gentle religion is based on a way of life. What is most pleasing is that 'kindness and no harm to human or animal' is a key principle one must abide by. Many Indian religions are closely associated with the idea of rebirth and karma, a force based on intentions, thoughts, and actions which affect an individual's current life as well as their future lives. Most Hindus believe that humans are in a cycle of death and rebirth called samsara. When a person dies, their soul (Atman) is reborn into a different body, human or animal; the nature and quality of this life is dependent on karma. In Ayurveda, it is believed that illness and health related issues may also result from karma in current or past lifetimes.

THE PRINCIPLES OF AYURVEDA

Ayurveda is based on the idea that each person has a unique dosha. The combination of the five elements within that dosha creates an individual's energy or life force.

Within Ayurveda, there are five elements of the world that have an impact on a person's overall wellness.

Everyone inherits a unique mix of elements which connect our physical, mental, and emotional health; typically, one dosha will be more dominant. Each one controls a different body function, and it is believed that the state of your health is directly linked to the balance of the elements within your dosha.

The three primary dosha energies are present in everyone and everything in varying degrees, and the unique combination of energies builds your individual constitution. Excess in any of the elements means you will need to make some lifestyle changes and consider tailored Ayurvedic treatments. Ayurvedic medicine should not be used as an alternative medicine, but as a complementary therapy to support chronic conditions and ill health at all ages.

REMEDIES AND TREATMENTS

Ayurvedic treatments have evolved over many years, and with more people considering more natural remedies, they have gained huge popularity. Ayurvedic treatments combine exercise and lifestyle changes along with using plant-based products and adopting a mainly vegetarian diet. Therapies include massage with poultices and oils, meditation and breathwork, herbal remedies, special diets with spices, and yoga.

Ayurvedic treatments can be beneficial for relaxation, increasing energy and wellness, reducing stress, and to harmonise mind, body, and soul, supporting the connection with the universe and your inner self. Marma point massage to the face and body, the use of warm oils, herbal compresses, and exfoliation are a few additional treatments you can offer in your practice.

Shirodhara: This is a beautiful treatment where warm oil is poured onto the third eye chakra as you lay down; it trickles onto the scalp, helping to relieve stress, promote restful sleep, and calm an agitated mind, enhancing brain function and reducing mental fatigue. This treatment includes a deeply relaxing head massage.

Abhyanga: Abhyanga is traditional Ayurvedic massage where the therapist uses warm oils infused with herbs. The aim is to support energy balance of the dosha characteristics, and to relieve muscular pain and stiffness. This treatment covers the whole body from the soles of the feet to the head and scalp. It can also be done as self-massage.

Marma points: Marma point therapy is stimulation to key anatomical locations around the whole body and head. Like pressure points, marma points connect with the 'life force' chi or energy of the five elements. Ayurvedic theory states that gentle stimulation of marma points can improve both physical and mental health and the flow of life force, while releasing stagnant energy. It's also believed that any damage or injury to marma points can result in ill health.

DOSHA	Element	Associated with	Excess
VATA	Air & ether	Energy and movement, blood flow	Anxiety, dry skin, brittle hair, restlessness
PITTA	Fire & water	Digestion, metabolism, temperature regulation	Heartburn, inflammation, acne, anger
KAPHA	Earth & water	Steadiness, patience, endurance	Lethargy, congestion, weight gain, depression

For further reading, visit :
fht.org.uk/magazine-references



Udvertana: Udvertana is the practice of massaging the skin with dry herbal powders or a combination of powder and oil to create a paste. It is applied in an upward direction, against the hairs. Dry powder massage helps with blocked pores, and clears stagnation, heaviness, lethargy, and undigested toxins within the body. Hot showering or steam enhances the absorption of herbs. Udvertana is particularly good for an excess of the Kapha dosha.

Kansa wand: The 'kansa' wand (Sanskrit for copper) is a traditional Ayurvedic massage tool for the body and face, which helps you pinpoint and connect with one of the 107 specific marma points. These hand-crafted massage domes have been used in India for centuries. They help to smooth fine lines on the face, reduce inflammation and puffiness, and are excellent for applying rhythmic lymphatic draining techniques. You will find them helpful for lifting and sculpting facial features and easing out tension in the muscles. They can be warmed or applied cool and be accompanied by an aromatic, Ayurvedic-inspired oil. The natural alkaline properties of the copper-tin alloy help to balance the PH of the skin. I find that I get great feedback from my clients when I use kansa wands!

AYURVEDIC OILS & HERBS

There are a huge array of oils and herbs used in Ayurvedic medicine. However, I would like to draw attention to a few of my favourites.

- Traditional, aromatic plant oils include the essence of rich Indian sandalwood, sweet jasmine, spicy ginger, and comforting cinnamon.
- The Indian lilac tree produces neem oil, which has a pungent earthy aroma that I love. Cold pressed neem is a popular ingredient in skincare as it has an excellent fatty acid profile and antioxidant property, making it great for skin complaints like acne, eczema, and psoriasis.


- Amla 'Indian gooseberry' powder is rich in vitamin C and is considered one of the most potent natural tonics in Ayurvedic tradition. The berry also produces an oil rich in linoleum and oleic fatty acids, which is used in massage and for nourishing skin and hair treatments.
- Ashwagandha root is a popular herb used for its calming effect to promote sleep. It is also available as a warming and anti-inflammatory oil to restore tired muscles.

IN CONCLUSION

The value of opening your mind to different principles, cultures, and healthcare disciplines enhances your own personal development. Incorporating aspects of a different product or therapy can complement your existing services and provide exciting choices for your clients, as well as keeping you up to date with industry developments.

With its natural holistic approach, Ayurvedic medicine offers a wonderful array of soothing treatments that can be adapted to include in your own business to support your clients with their health concerns.

Please refer to the relevant safety guidelines for use of herbs and any other plant remedies in your practice. Please also ensure you have all the necessary qualifications and insurance arrangements in place.

I hope this article has been a source of inspiration, either to learn a new offering through an FHT Accredited Training Provider or to create a new Ayurvedic inspired ritualised treatment of your own! 

Jane Eaton, winner of FHT Complementary Therapist of the Year 2023, established her practice over 20 years ago. She is an experienced teacher and holistic therapist, offering a unique wellbeing service from Barrow-upon-Soar in Leicestershire. Find out more at janeaton.co.uk

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Tues. 23 April
9:30 am - 10:30 am

Patient Arrived

60 min Intake Session
Tues. 23 April
11:30 am - 12:30 pm

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COSY & CANDLELIT

AN INTRODUCTION TO HYGGE

As we wave goodbye to the summer and head into autumn, find out how the Danish practice of hygge can help calm your mind and mood

WORDS MOLLIE STEEL

Not long ago, I visited a small charity book fair taking place at one of my local theatres. It was busy, but not excessively so; lively is probably the better term. Rows of tables had been set up, their surfaces packed with much-loved books looking for a new home. The air had that familiar, nostalgic smell of musky paper, and the dim lighting evoked a sense of calm I often feel within a library.

As I scanned each table, purchasing the odd book every now and then, I came across a small, hardback book in a box underneath one of the tables – out of sight and seemingly abandoned. I knelt down and picked it up, and its decorated cover shone with gold embellishments. *The Little Book of Hygge: The Danish Way to Live Well* by Meik Wiking.

‘How much?’ I asked. ‘50p,’ came the response.

So, I bought the book and took it home. That night, I curled up on the sofa, cracked open the spine, and began to read. Little did I know at the time that the way in which I found this *Little Book of Hygge* was fairly hyggeligt in itself...

WHAT IS HYGGE?

Hygge (pronounced: hoo-gah) is a Danish way of living, something that is described as being integral to Danish culture. It can also be used adjectivally: hyggeligt. The concept of hygge appears in a variety of cultures, understood in German as *gemütlichkeit*, in Dutch as *gezelligheid*, and in English as *cosiness*. Though these definitions and terms vary, they generally share the ideals of cosiness, warmth, and togetherness.

The Little Book of Hygge notes 10 important aspects to the concept: atmosphere, presence, pleasure, equality, gratitude, truce, comfort, harmony, togetherness, and shelter. It emphasises the importance of low light, using candles instead of harsh lighting, and embracing a slower pace through activities such as baking and gentle DIY.

Hygge offers a break from the demand of healthy living. It encourages treating oneself through the consumption of sweets, pastries and cakes – in moderation, of course! It also draws on nostalgia and the vintage. Music is hyggeligt, but it is especially hyggeligt to dust off your old vinyl records rather than listening to streamed music.

Equally, if you were in the mood to look over old photos with family, it is much more hyggeligt to do so through a physical photo album rather than hunching over a laptop or phone. Hygge also encourages you to be closer to nature by surrounding yourself with natural objects, such as wooden furniture and potted plants.

SOCIAL BUTTERFLY OR LONE WOLF?

An important aspect of hygge is the social side. Generally, for ‘optimum’ hygge, the group should be small, around three to four people. This allows for relaxed conversation, comfortable silences, and a genuine connection. A group too large can be overwhelming, and a group too small can be lonesome. Hygge has been described as a way of being social without it being draining for introverts; it is intended to be a relaxed, comfortable social experience. Notable hygge experiences can include hosting a TV night, playing boardgames with friends, or baking together.

Of course, for some people, the socialising aspect of hygge may be difficult or unappealing: you may struggle to meet up with friends because of work and family life; you may not have a group of close friends; or you may simply not want to socialise. Whatever the reason, hygge can also be enjoyed solo.

The crackling of a fire, the deep patter of rain against a window, the warmth of a smooth hot chocolate, the comfort of a lazy Sunday – all of these experiences can be associated with hygge. They evoke a sense of safety, warmth, and happiness.

HOW CAN WE INCORPORATE HYGGE INTO OUR WORK?

As therapists, you may look at incorporating hygge into your therapy practice. Hygge and holistic therapy are a great combination; holistic therapy already connotes cosiness and warmth. Spas often use candles and soft music to add to the calming atmosphere, offering clients the opportunity to relax and unwind before treatment.

Could you look at making your waiting room more hyggeligt? Perhaps you could add some plush cushions, comfy armchairs, and potted plants, and dim the lighting? Perhaps you could provide some books and magazines, encouraging your clients to follow the principle of ‘take one, leave one.’ Whatever you choose, keep in mind that your treatment room should still follow health and safety guidelines and should always remain sterile and clean.

If you run or are a member of one of our Local Support Groups, perhaps you could introduce some hyggeligt elements into your meetings by offering hot drinks and cake, and playing some relaxing music. Perhaps you do this already!

So, this autumn, embrace the Danish way. Be present, focus on the now, and prioritise simplicity and comfort. In the name of wellness, curl up with your favourite book (or copy of *International Therapist!*), wrap yourself in blankets, and have a cup of tea or a slice of homemade cake. Now, doesn’t that just sound heavenly? IT

A conversation with
Laura and Kieran Tudor on
 how they developed CENTRED,
 a holistic solution to overall
 health and wellbeing

THE HIDDEN IMPACT:

THE CONNECTION BETWEEN STRESS AND HAIR LOSS

Kieran Tudor is an award-winning hairdresser who's worked with the likes of Victoria Beckham, PJ Harvey, and Burberry, but he developed a deeper interest in haircare when he saw the effect of hair loss first-hand. Aged 28, Kieran's wife, Laura, experienced stress-related hair loss, with a third of her hair falling out in just two months.

After struggling to find a solution, Laura successfully restored her hair using a method she and Kieran developed, including supplementing, scalp oiling, and head massage.

WHAT WERE YOUR INITIAL REACTIONS WHEN YOU FIRST EXPERIENCED HAIR LOSS?

Laura Tudor (LT): I had a fast-paced job in fashion and eventually experienced stress and burnout, this burnout is what led to my hair loss. It was awful to see my hair coming out in clumps, and I felt so helpless. So, I did what every sufferer of hair loss does – I picked up the first products and supplements that promised hair renewal and approached my GP for help. I hoped for a solution, only to be met with casual dismissal – this, I was told, was 'normal'.

But when your own hair stages a dramatic exit, normality is the last thing on your mind! Pharmaceuticals were suggested, but their side effects loomed large, a gamble I wasn't willing to take. I was looking for a more natural approach, one that didn't add to the list of my body's stresses. I'd say my superpower is research, so I embarked on a deep dive into hair loss and scalp health.

WHAT WERE SOME OF THE THINGS YOUR RESEARCH REVEALED?

LT: I realised I'd been creating a perfect storm for myself – not just the stress but poor nutrition too. I was a classic 'busy person' who would grab a pre-packed sandwich and a bag of crisps from a supermarket, and that was on the days I'd remember to eat lunch! I know now that I wasn't providing my hair with the right balance of nutrition crucial to feed the roots and nurture growth.

I learnt that your hair has its own life cycle, and stress can interrupt this cycle dramatically, triggering hair shedding, technically known as telogen effluvium. When stressed, your body's natural response is to conserve energy, and unfortunately, hair growth isn't exactly top of the survival priority list. This can push hair follicles prematurely into the 'resting' phase, halting growth and causing increased shedding weeks or even months later. This is because stress boosts the production of certain hormones, like cortisol, which can then affect other

hormonal levels, including those that regulate hair growth. Over time, this hormonal imbalance can lead to the scalp's reduced ability to support healthy hair growth.

COULD YOU TELL US MORE ABOUT THE IMPACT OF CORTISOL ON HAIR HEALTH?

LT: Cortisol is a hormone that is produced by the adrenal gland in response to stress. It is often referred to as the 'fight or flight' hormone because it prepares the body to respond to stressful situations. Cortisol plays a vital role in regulating many body functions, including blood sugar levels, blood pressure, and immune system responses. Cortisol can also disrupt the balance of other hormones in the body, including testosterone and estrogen. These hormones play a significant role in hair growth and maintenance. When their levels are altered, it can lead to hair loss.

In addition, cortisol can cause inflammation in the body, including the scalp. Inflammation can damage hair follicles and prevent them from producing new hair, leading to – guess what – hair loss.

CAN YOU SHARE MORE ABOUT HOW A HOLISTIC APPROACH TRANSFORMED BOTH YOUR HAIR AND YOUR OVERALL WELLBEING?

LT: This period of loss marked the beginning of a deeper journey. It wasn't just about hair recovery; it was about self-discovery and self-care. I embarked on a holistic path. With Kieran by my side, we combined his expertise with my newfound commitment to wellness. Together, we navigated through a sea of products, supplements, and lifestyle changes. Our journey was transformative, not just for my hair, which slowly but surely regained its vigour, but for me as a person. This path led us to create CENTRED, born out of a belief that haircare is intrinsically linked to self-care.

WHAT ADVICE WOULD YOU GIVE TO PEOPLE SUFFERING FROM HAIR LOSS OR WANTING TO STRENGTHEN THEIR OWN HAIR HEALTH?

Kieran Tudor (KT): What we realised is that it's not just what you put on your hair, it's about nurturing from the inside out. So much of it requires input from nature – essential nutrients to nourish from within, head massage, and oils. We really need to acknowledge the self-care element – it's no good taking supplements if you're not doing other things to manage your stress.

So many of us live such fast-paced lives, and we want to be able to throw money or medication at a problem for a quick fix. But actually, we see anecdotally that massage is such an important part of the puzzle. Regular head massages are like pep talks for your follicles. They boost blood flow, bringing nutrients and encouragement right to the hair roots. Plus, infuse some nourishing oils into the mix and voilà – relaxation meets revitalisation with a touch of aromatherapy too! Gut bacteria also



Laura and Kieran Tudor, founders of CENTRED

play a part; a healthy microbiome is essential for good nutrient absorption.

Every journey begins with an end in mind. When something is not right, we seek out a solution, constantly striving to improve. It symbolises the journey we went on recovering Laura's hair, which sparked a pursuit of knowledge and understanding in haircare, wellness, and life. We encourage our community to seek out what makes them feel balanced and empowered. Whether it's exploring new haircare routines, discovering healthier lifestyle choices, or finding moments of calm in a hectic world, seeking is about the journey of continual growth and improvement.

LT: My story is a reminder that sometimes, in losing something, we find ourselves, and in my case, a new mission to help others find their path to hair wellness and self-care. It's more than haircare; it's a philosophy. Now, we go beyond the day to day routines. We're all about crafting results-driven rituals that not only cultivate healthier, stronger hair but help you feel good in the process. To us, that's what life is all about." **IT**

Laura and Kieran Tudor are the founders of CENTRED, a hair-care brand focused on combining haircare, wellness, and nutrition, helping others restore their hair, regain confidence, and feel good. All of CENTRED's products are sustainable, vegan, cruelty-free, and plastic-negative. For every bottle sold 10x that amount of plastic is taken out of the environment. To find out more about Laura and Kieran Tudor or CENTRED, contact SBS on 03303 206000 or info@sbs-hair.com or visit sbs-hair.com

FILLER AD PLEASE

W A T E R F A L L O F W O R D S

Through a poetic piece of creative non-fiction, award-winning author and Senior Lecturer of Creative Writing **Dr Judy Waite** walks us through the therapeutic properties of writing

WORDS DR JUDY WAITE

As a creative writing tutor, I have long been aware of the crossover of techniques that run between aspects of psychology, creative writing, and wellbeing. It is delightful to be able to write freely with no editor, either physical or internal, making suggestions such as ‘just change this...’ and ‘maybe this works better if...’. With such freedoms, words can tumble like a waterfall thrashing across rocks.

This watery metaphor interests me, with its suggestion of nature and the wild outdoors. Walking in and being around nature is therapeutic, so writing about the natural world and capturing something of the great untamed seems to offer scope for free expression. However, I am primarily a writer who writes for publication. The act of writing for my own eyes only, to draw out my own private insights, is a less natural place for me to create in.

Drawing from my experience of writing for an audience versus that search for a more personal insight, I seem to be standing at a ‘rivers meet’ where the two sides might merge. On one bank, I can write with that glorious rush of words, evolved for no reader other than myself and my own sense of achievement. On the other, I scratch out that uncertain opening that may lead me to months of angst, drafts, and editorial wranglings.

Angsts, drafts, and wranglings do not sound like an enticing prospect. This option is laced with a level of fear, and this fear is often connected to that taunting, blank first page. If I start with something ‘less than,’ then I will despoil the page. I will have to start again. And again. And again. I won’t be good enough. That internal editor, it seems, is always hovering. Compared to this, the ‘glorious rush’ is infinitely more compelling.

What, though, is wrong with being wrong? First thoughts must surely always be hesitant, muddled and muddied. A technique I use both for myself, and with my own students who are struggling to start, is to draw from aspects of Freud’s stream of consciousness, developed during analysis of shell shocked soldiers in WW1. Too traumatised to speak of what they had seen, or done, Freud engaged the soldiers in word-association games. This technique led patients deeper and deeper into both their emotions and their truths. This links to further research by Jung — and dream-based therapies — where the explorations around seemingly random imagery in dreams and related symbolism brings heightened awareness to issues, enabling new insight.

WRITE WHAT YOU SEE

Despite my watery metaphors, however, I am not sat beside a rich, foaming waterfall, or even on the banks of a river, let alone with the choice of two.

Today, I am in a flower-filled garden in a small market town in Wales. The hills around Offa’s Dyke surround this garden, creating a dense, dark green backdrop. It rained earlier, and the sky across the hills is now washed with purple and grey, suggestive of a watercolour. I have a notebook. It has a pretty cover: black and gold with an image of deer foraging among fallen blossoms. This book was a Christmas present and, beautiful though it is, I have been reluctant to write in it. Up until now, I have not wanted to risk opening that richly illustrated cover in fear of despoiling that sacred, first blank page.

This project, this subject, offers the perfect moment.

In mindful practice, we are encouraged to be in the moment. To pause. To listen. To accept what is already there. I use this as my starting point, and I draw only from what I observe. I take my pen and let my hand make the first notes, the first hesitant words on the page: *Flowers and bees. A lazy breeze.*

Yet, here it comes. That critical editor’s voice. I am caught in cliché. The imagery is trite. It has no depth or detail. There are cobwebs beneath the bench where I am sitting, all sparkling with raindrops. I make more notes. The cobwebs glitter like jewels. Or tears. This is not helping. More clichés. More words trapped in webs and tearful glittering diamonds.

I decide that I will draw more deeply from Freud’s word association technique, seeing what ways this mindful simplicity might lead me somewhere more interesting.

Flowers.

And bees.

A lazy breeze.

I watch the bee and make new notes. It seems frantic for pollen, its back legs scrabbling as it dips its head towards the yellow eye of a Michaelmas daisy. The daisies are past their best, straggling from the pots, their wasting petals hanging like rags. This desperation and decay makes me think of time passing, the circle of the seasons. Bees are endangered. Is that where the frantic desperation is from? A church bell rings – tolls – across the quiet garden. The bee shifts from the daisies to a pot of dust-pink roses. I get the sense of a pattern within its panic, an intention, not a stream of consciousness, but an agonised purpose. It strikes me that it is so easy to romanticise nature. When

we think of nature as beautiful and calming it becomes glib. When we take the time to look, that Attenborough 'life and death struggle' is always evident. I ask myself how good this is for therapy, for wellbeing, and in fact, it is freeing. Freeing to write about patterns and cycles. Freeing to explore these thoughts that are not about me, and yet reflect my unsettled beliefs around life and why we are here. The bee is taking what it needs. The writer is taking what she needs.

Ideas for stories are also swarming now, buzzing across the page.

From out of this torrent of words a girl appears; a character shifting from childhood to adolescence. She is indistinct, but my pen is doing the work, adding in a dusted rose-pink dress. Hair like rags. She is carrying something. A basket of daisies? An orphaned baby deer? A magic spider? She does not see me. I, as the writer, am a ghost to her, but my hand now weaves its way across the page, making associations, the waterfall of words careless of editors but still looking for patterns in the ripples.

I have a clearer view of my place and position. How much importance I gave to that blank page. How insignificant that anxiety now seems. But also, fiction is not so far away from writing for therapy: both evolve from that rich combination of knowledge, intuition, and yearning. Insights lie between rags of daisies and the secret urgencies of bees. It glitters up from the raindrops on cobwebs.

When you find a free moment, sit somewhere quietly with a blank page and a pen – and just write. **IT**

Dr Judy Waite MA, FHEA, PhD is an award-winning author who has published over 50 works of fiction ranging from picture books, middle-grade children's fiction, and young adult titles, along with numerous academic pieces on literary criticism. She has worked extensively in schools as a researcher and creative consultant, and also works as a senior lecturer in Creative Writing at the University of Winchester, where she has taught modules such as Writing for Therapy, Writing for Children, and Creativity.



FILLER AD PLEASE

8 TECHNIQUES TO TRY FOR MINDFUL WRITING

1. Take a notebook and pen and sit somewhere, alone.
2. Note three details about the place. It might be something physical, or it might be the weather, the season, the light, the mood.
3. Make notes around your three choices.
4. What do the notes make you think about?
5. How do the notes make you feel?
6. What else can you see?
7. What associations can you make?
8. Join your new insights together and write. Just write...

PREPARING FOR SAD

As the days start to draw in, **Katy Lassetter** highlights the early signs of Seasonal Affective Disorder (SAD) so you can better care for yourself and your clients

WORDS KATY LASSETTER

Over 970 million people around the world live with mental health disorders such as depression (IHME, 2021). SAD is a type of depression and, as the days shorten, more than physical darkness looms for SAD sufferers.

Understanding SAD and how it can affect you and your clients will help enhance your practice.

WHAT IS SAD?

As acronyms go, this one is spot on. SAD is a form of depression with a seasonal pattern. Although SAD symptoms can occur in the summer, it is often referred to as 'winter depression' because this is when it is most severe for many people (NHS, 2022).

While the exact cause is unclear, SAD is often associated with decreased exposure to sunlight. It is thought less sunlight stops the hypothalamus (a part of the brain that produces hormones) from working efficiently.

In people with SAD, the body may produce higher than normal levels of melatonin – the sleepy hormone. Serotonin levels may also lower, affecting mood and appetite. Additionally, with lower light, circadian rhythms do not always kick into action. This means people with SAD cannot wake up as easily. The weather and temperature could also trigger or worsen the depression.

I asked Kate Nilski, a copywriter and self-confessed 'mental health banger-onner', about her experiences of living with SAD for over 10 years. When asked how SAD makes her feel, Kate revealed that the lethargy gets to her: "I just feel so tired and want to sleep all the time. There are days when I can embrace this by snuggling under a blanket with a book, but on days when you need to really perform, it can be hard to get motivated – or even wake up properly. There's a dose of the old black cloud syndrome as well."

SPOTTING SAD SIGNS

Considering SAD can strike in any season, and all people are different, symptoms can vary in severity and include (Mind, 2022):

- Persistent low mood – feeling sad, tearful, guilty, or hopeless
- Feeling irritable, anxious, and angry
- Lacking energy and feeling sleepy during the day
- Sleeping for longer than normal and finding it hard to wake
- Loss of interest in seeing people and doing everyday activities
- Changes in appetite – losing or gaining weight
- Becoming susceptible to physical health problems such as colds and infections
- Difficulty concentrating
- Decreased interest in physical contact
- Suicidal thoughts

These are all signs you can look for in yourself and your clients.

SAD SELF-CARE

When suffering from poor mental health, such as SAD, you need to look after yourself before focusing on others. Kate sees a mental health counsellor fortnightly who reminds her to check in with herself year-round. For ultimate self-care, she finds daily mindfulness and journaling useful: "Mindfulness sessions will help you tune in with your mind and body. Noting your moods in a journal is useful as you can easily forget the bad days when things are going well. Then I'd take this list to your doctor and see what they recommend."

Kate adds: "Don't overlook your SAD as unimportant or incidental. It's as vital as any health condition and can be so effectively levelled out if you're aware of it."

CONSIDERATIONS FOR CLIENTS

CONSULT – Ask if your client suffers from poor mental health during your consultation and, if SAD comes up, consider whether they display any of the symptoms described on the previous page. At this point, you can reassure them that you understand the condition and that your treatment experience can offer relief.

BOOST – Is there anything you can incorporate into your practice to help boost your client's energy levels, mood, and immunity? Whether it is a particular move, meditation, or essential oil, this could make all the difference to a SAD sufferer's enjoyment and benefit, while encouraging them to come back.

TOLERATE – There might be times a SAD sufferer needs to cancel, or feels less inclined to attend, an appointment. As long as they respect your cancellation policy and do not leave you out of pocket, exercise patience and flexibility. This could help encourage them to rebook.

Kate also suggests: "Because of my feelings around safety and vulnerability, I like treatment rooms to be low-light, calm, quiet, and super closed-off. But some might like a daylight lamp or to sit next to a nice, big window, so this would be a fab option."

Remember, if you are not a trained mental health practitioner, it is important to be cautious and aware when offering advice to your client. Although holistic therapy may or could help with SAD, always advise your clients to seek help from a qualified mental health professional if they have further concerns.

MORE SELF-CARE TECHNIQUES RECOMMENDED BY MIND, THE MENTAL HEALTH CHARITY

COMPLEMENTARY THERAPY – Whether it is giving yourself a facial or practising calm breathing, there are ways to draw on your therapist expertise. This will help relieve stress and muscle tension while activating the immune system and improving your mood, concentration, and sleep quality.

HERBAL THERAPY – Various herbal remedies and supplements have been linked with easing depression and anxiety. St John's wort has been used as an alternative treatment for centuries. Chamomile and lavender are well known for promoting calm and sleep. Ashwagandha can help control the release of stress hormones from the adrenal glands as well as support good sleep patterns and boost energy (Mackonochie, 2020).

LIGHT THERAPY – Giving off strong stimulating white or blue light, light boxes are a common go-to for people with SAD. You can even buy alarm clocks that simulate dawn to help you get up. My mum finds this particularly helpful when the clocks go back in October. However, it is worth noting that light therapy might not be suitable if you are using other treatments that make your skin sensitive to light.

ECOTHERAPY – Connecting with nature is one of the best ways to improve mental health (Mental Health Foundation, 2022). Spending two hours a week in green spaces has been linked with people feeling healthier and happier (Vaughan, 2019). Ecotherapy is not restricted to forest bathing and outdoor sound immersion, it can be as simple as appreciating the smell of earthy, autumnal woodlands and listening to the rustle of falling leaves. If you cannot get outside, drawing or writing about your favourite wild space is great for strengthening that connection. **IT**

Katy Lassetter is a writer passionate about holistic therapies. She's worked with aromatherapists, hypnotherapists and other related specialists, and managed the social media marketing for the Story Massage Programme. Living with ME, fibromyalgia, and an autoimmune disease for over 16 years, Katy has gained valuable experience using complementary therapies to manage her health over time. This has given her the empathy needed to write about others receiving treatments. Email katy@chichestercopywriter.co.uk or visit chichestercopywriter.co.uk

FASTING

FOR LONGEVITY & REJUVENATION



Functional Nutritional Wellness Consultant **Donald Gordon** explores the research linking intermittent fasting to longevity and cellular repair, and the benefits it offers in boosting overall health for the long term

WORDS DONALD GORDON

Fasting appears to be the new health trend these days, and we are often subjected to advice from all angles: from professionals, friends, family, and even strangers online.

Our relationship with the foods we eat and when we eat them (or conversely, abstain) can have dramatic consequences on our whole holistic ecosystem. Seasonality and elemental cycles can also impact our circadian rhythm, and not just our metabolic and hormonal physiology, but also our neurology and emotional wellbeing.

Scientists are discovering that different approaches to fasting can have multi-systemic effects on our bodies. These effects are so promising that, in the United States, doctors are using fasting to help manage some metabolic disorders with the support of registered dietitians. Three key areas that are influenced by certain types of fasting are already well documented in human studies – these include:

OXIDATIVE STRESS

Emerging research points towards certain forms of fasting triggering various beneficial processes in the body. One of which is the lowering of oxidative stress, which can damage cells and increase risk factors for ageing.

Similarly, fasting has been shown to stimulate the production of new stem cells. This can aid in tissue repair and rejuvenation.

AUTOPHAGY

Autophagy is a cellular process that recycles damaged components. By clearing out cellular debris and toxic proteins, autophagy enhances cellular function, reduces oxidative stress, and supports longevity. Prolonged fasting for more than two days activates autophagy. Fasting has also shown to enhance insulin sensitivity, reduce inflammation, and lower the risk of some chronic diseases.

TYPES OF FASTING PROTOCOLS

There are many different types of fasting methods including intermittent fasting (IF), time-restricted fasting (TRF), and water-based fasting. For example, a 16:8 intermittent fast involves a 16-hour fast followed by an 8-hour period when you consume all of your daily calories. Other popular variations include 13:11, 18:16, and 20:4. Aside from religious and spiritual significance, fasting has been used by physicians and

doctors as therapy for numerous health conditions.

Research is increasingly finding that when the biological systems in the body involved with digestion and energy production take a break, it can lead to cellular repair and rejuvenation.

THE EMERGENCE OF FASTING MIMICKING DIETS

Fasting can trigger ketogenesis, and this can lead to significant changes in metabolic pathways and cellular processes like stress resistance and autophagy – but there's more to the story. The fasting mimicking diet (FMD) was developed after 25 years of clinical research by Professor Valter Longo, who is considered a worldwide leading expert on lifespan and longevity. This 'pretend' fast appears to offer all the health benefits of water fasting without the difficulties or safety concerns associated with other types of fasting.

The popular ProLon FMD approach is a five-day programme consisting of 34–54% of an average adult's daily calorie intake with the macronutrient ratio made up of 9–10% protein, 56% fat, and 34% carbohydrates. The programme is split into:

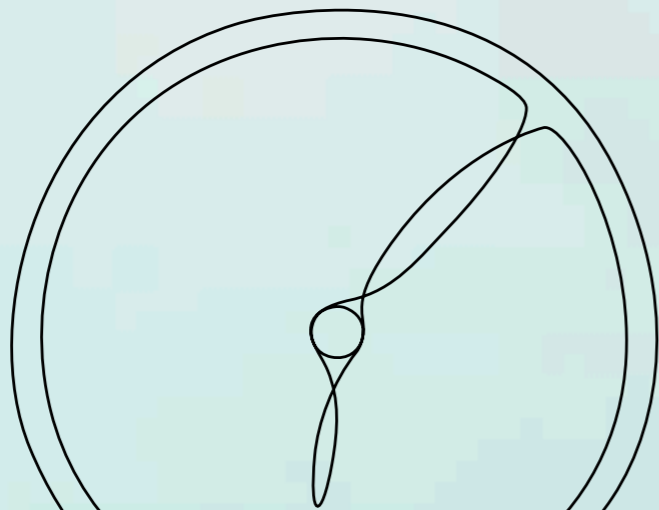
- Day 1 – 1,090 calories (9% protein)
- Days 2 to 5 – 725 calories (10% protein)

The focus of the ProLon FMD includes a certain balance of nutrients so that it does not feel like a fast, but still conveys the same health benefits. The FMD places less stress on the body compared to complete water fasting, supplying most of the carbs in the form of vegetables, strongly focusing on phytonutrients (which can positively impact your microbiome) and a reduction in calories.

Research shows that fasting can inhibit certain nutrient-sensing pathways in the body such as protein kinase alpha (PKA), insulin-like growth factor (IGF-1), and mammalian target of rapamycin (mTOR). This reduces cellular growth signals, promoting autophagy, and stress resistance. This process rejuvenates cells, enhances metabolic health, and extends the health span by delaying age-related diseases and improving overall cellular function.

FASTING PERSONALISATION

For men, biology naturally maintains a consistent output of male hormones, meaning a regular fasting schedule could work well. But for women, the story is different. The female body experiences hormonal fluctuations each month, and different hormones require different nutrients. Therefore,



any fasting plan should align with the dominant hormone to achieve optimal results.

Key hormones include oestrogen (high after menstruation) and progesterone (high during the luteal phase). These hormonal shifts influence nutrient requirements and metabolic responses and should therefore be addressed appropriately. However, if you take hormonal contraceptives or do not menstruate, this balance of hormones may differ.

ADAPTING FASTING TO HORMONAL PHASES

After menstruation (follicular phase), oestrogen levels are high. Carbohydrates are not essential during this time, making it an ideal period for fasting. During the luteal phase (progesterone high), progesterone dominance may lead to PMS symptoms. Fasting during this phase could disrupt wellbeing.

Adapting any fasting approach should take account of your hormonal fluctuations. As always, the key is to listen to your body and adjust as needed.

POSITIVE OUTCOMES FOR WOMEN

When aligned with hormonal cycles, intermittent fasting can help some women improve overall wellbeing through breaking old habits and promoting metabolic flexibility. This can lead to enhanced energy levels and focus.

Certainly, around the menopause, research is limited. The exact mechanisms here are still unclear, but some research has observed that women had more severe responses to calorie restriction or fasting due to negative impacts on several hormones, including the gonadotropin-releasing hormone and luteinising hormone, both of which are required to be in balance for proper reproductive function.

With that in mind, factors such as gut integrity, acid base balance, hormonal status, and dietary intolerances must be reviewed as part of a functional nutritional health screen.

In addition, lifestyle factors such as stress, sleep, training, and perimenopausal status need to be considered.

IN CONCLUSION

While it's impossible to account for every variable and scenario, practitioners should use sensitivity and care when making any recommendations around appropriate methods of fasting. Practitioners should make evidence-based considerations that respect bio-individuality, cultural nuance, as well as training protocols. It's also important to understand that fasting may not be appropriate for certain groups such as pregnant women, female athletes, and people with a history of eating disorders and diagnosed metabolic disorders.

If you are considering fasting, ensure you do so safely; make sure you assess the risks, are in a good mental space, and do your research with the help of a trained and insured professional practitioner. **IT**

For references, please visit: [fht.org.uk/magazine-references](https://www.fht.org.uk/magazine-references)

Donald Gordon BSc (Hons) NS, is a degree qualified nutrition practitioner from the Centre of Nutrition and Lifestyle Management (CNELM). He has extensive knowledge in a wide range of holistic disciplines and wellness longevity, and is a published author and researcher. Connect with Don through Instagram [@functionalfnutritiondon](https://www.instagram.com/functionalfnutritiondon) and his website [dongordon.co.uk](https://www.dongordon.co.uk)

FILLER AD PLEASE

TRANSFORMING CANCER CARE

In an adapted excerpt of her dissertation, Health and Wellbeing Practitioner **Jewels Victor-Moore** explores the benefits of massage and reflexology for cancer patients

According to the National Cancer Institute, 'a person is considered to be a survivor of cancer from the time of diagnosis until the end of life' (Ali 2015, p.10). This definition encompasses those who have completed treatment, as well as individuals who are still undergoing treatment and living with cancer as a chronic illness.

BACKGROUND

Cancer is a leading cause of mortality world-wide. People with advanced illnesses, including cancers, can experience a range of problems such as anxiety, fatigue, and pain for which conventional treatments may not provide sufficient relief (Candy 2020). Fatigue, depression, distress, and reduced quality of life are also common in the aftermath of cancer (Lagergren 2019).

Anxiety, depression, and fear of recurrence are common among survivors. Some may experience post-traumatic stress (PTS), while others may undergo post-traumatic growth (PTG), which is a positive psychological change after facing cancer. PTG can include a greater appreciation of life, deeper relationships, and increased spiritual wellbeing (Blickle 2024).

Non-pharmaceutical therapies known as Complementary and Alternative Medicine (CAM) are becoming a more popular supportive care option for people receiving cancer treatment (Calcagni et al, 2019). Cancer survivors can make use of a variety of therapeutic modalities which fall under the umbrella term of 'Complementary and Alternative Medicine'. This includes massage and reflexology with the aim of improving quality of life.

HISTORY AND BENEFITS OF REFLEXOLOGY

Reflexology is an ancient practice with an interesting history. It has evolved from many cultures and traditions into the modern practice that exists today, originally used in ancient China and Egypt, and by North American indigenous tribes (Hart 2015). Two internationally recognised reflexology methods are the Ingham method and the Rwo Shur method.

However, it was not until the 19th century that the medical community,

and CAM practitioners began to explore it scientifically (Cai 2023). Reflexology has grown into a complex therapeutic modality which is reported anecdotally to have a range of effects (Whatley 2023).

In a bibliometric analysis report spanning 31 years from 1991 to 2021, reflexology has been shown to be useful for a myriad of different problems including: headaches; back and joint pain; caesarean section, labour, and pregnancy pain; oedema in pregnancy; acute pain in infants; various cancer pain; musculoskeletal cases; providing relief for strokes, insomnia, asthma, diabetes, and multiple sclerosis (Cai 2022). In the same way, reflexology studies have demonstrated beneficial effects on pain, mental health, quality of life, and stress (McCullough, 2014). When compared to those who do not receive massage, massage therapy is noted to significantly reduce cancer pain (Field, 2016). Moreover, massage was effective especially for surgery-related pain and among the various types of massage, foot reflexology was most effective.

HISTORY AND BENEFITS OF MASSAGE

The history of massage can be traced back thousands of years to ancient China, India, and Egypt during the 2nd century BCE; it is one of the oldest complementary therapies offering a drug-free, non-invasive, and humanistic approach (Pan 2014). Interestingly, Chinese massage combined with herbal ointment is one of the centuries-old complementary and alternative therapies for improving pain, anxiety, and muscle stiffness (Lee 2011).

Swedish massage is more commonly used for relaxation while deep tissue massage is used to relieve pain (Majchrzycki 2014). Specifically, practitioners claim that massage may have several positive effects in the treatment of people suffering from cancer: psychological (reduction of anxiety and depression) or the alleviation of physical symptoms associated with cancer and anti-cancer treatments. Many studies have found that massage can reduce muscle fatigue, improve blood flow, relax mood, and improve cancer symptoms such as anxiety, depression, pain, and nausea (Cassileth 2004; Ernst 2009). In response to a growing demand for holistic pain management approaches >

For references, please visit: fht.org.uk/magazine-references

for cancer patients, therapeutic massage is being used more in medical treatment programs to alleviate pain and related symptoms, as well as enhancing wellbeing (Boyd, 2016).

MENTAL HEALTH

The impact of massage on mental health is nuanced. Current data does suggest that massage may have some benefit, at least as an adjuvant to conventional therapies. Furthermore, some data suggests massage may actively decrease hypo-thalamic pituitary activity, have a positive effect on immune function, enhance parasympathetic tone (involved in 'rest and digest'), and modulate brain activity. Metastatic and cancer pain have been associated with higher levels of depression, and research suggests that pain may be the causative factor for this depression. (Ciaramella et al, 2011).

PARADIGM SHIFT

The adoption of integrative oncology, including massage and reflexology into routine clinical care of cancer patients, is an important development in current oncology practice (Alain 2021). These developments in cancer care and survivorship represent a significant paradigm shift in healthcare delivery.

Massage therapists operating an additional resource supports the view of integrated oncology with the potential to help both cancer patients and survivors with symptom management. Finally, massage has unique advantages because of its non-invasive, low-cost, and safety characteristics. Massage and reflexology can also be accessed in both clinical and non-clinical settings.

CARERS AND FAMILY

Caring for a loved one with cancer can be incredibly challenging for carers and close family. They may face emotional strain, suffering symptoms of anxiety, depression, guilt, and physical exhaustion which results in them neglecting their own health.

It is important to know that support is available for all who may be affected by the disease, whether this be through alternative therapies such as reflexology, massage, art therapy, and psychotherapy, or through a variety of cancer support charities. **IT**

PERSONAL EXPERIENCE

One individual, who has requested to stay anonymous, explained how he found reflexology helpful in reducing the discomfort of nausea and lower leg cramps caused by chemotherapy; it also aided his sleep and was the key to rebalancing his moods throughout the cancer treatment and recovery period. He explained one of his main side effects after chemotherapy had been completed, was the constant feeling of neuropathy (numbness and pins and needles) in his feet. It quickly became a concern as it began to affect his mobility during the day.

Aromatherapy oils used alongside reflexology was a key factor in helping him regain feeling in his feet, and this method also helped improve his appetite and lift his mood. "After 10 years clear, I still use reflexology, whether its to rebalance myself, for any aches and pains, or just as a treat," he said.

Jewels Victor-Moore is a clinical reflexologist, aromatherapist, masseuse, and Kinetic Chain Release practitioner with 19 years of experience. Based in Inverness, she is the owner of Jewels Therapies. She is proud to offer support to those affected by cancer, including carers, by giving them access to therapy and bodywork. To find out more, contact Jewels on **07585 809607**, via email: jewelstherapies@yahoo.com, or Facebook: **Jewelstherapies**.



KNOW YOUR NORMAL

Manveet Basra, Associate Director of Public Health, Inclusion and Awareness at Breast Cancer Now, educates us on the importance of breast checking

Breast checking is an important way for women and men to look after their health. Regular breast checking and getting to know the signs and symptoms of breast cancer makes it easier to know what's normal for you and allows you to spot any new or unusual changes and get them checked by a GP.

This October, Breast Cancer Awareness Month will shine a spotlight on breast cancer, spreading important breast health awareness messages across society and encouraging everyone to be 'breast aware' all year round. At Breast Cancer Now, we also want to remind people we're here to provide support to anyone affected by breast cancer.

WHO CAN GET BREAST CANCER?

Around 55,000 women and 400 men are diagnosed with breast cancer every year in the UK. Eight out of ten cases of breast cancer are diagnosed in women aged 50 and over, and one in four cases are diagnosed in women aged 75 and over.

10,000 women are diagnosed with breast cancer under the age of 50 every year in the UK. Of these, over 7,500 women will be in their 40s and around 2,400 women are diagnosed aged 39 or under.

This is why it's vital everyone knows the importance of breast checking and feels empowered to regularly check their breasts and attend breast screening appointments when invited. Early detection of breast cancer is crucial, as the sooner it's diagnosed, the better the chances of treatment being successful and lives potentially being saved from the disease.

THE SIGNS AND SYMPTOMS OF BREAST CANCER

There are a number of signs and symptoms of breast cancer. While many people know that a lump can be a possible symptom, there are other signs to look out for.

The most common signs and symptoms of breast cancer include:

1. A lump or swelling in the breast, upper chest, or armpit.
2. A change to the skin, such as puckering or dimpling.
3. A change in the colour of the breast – the breast may look red or inflamed. Changes in the colour of the breast may also appear differently on various skin tones.

4. A nipple change, for example it has become pulled in (inverted).
5. Rash or crusting around the nipple.
6. Unusual liquid (discharge) from either nipple.
7. Changes in size or shape of the breast.

On its own, pain in your breasts is not usually a sign of breast cancer. But look out for pain in your breast or armpit that's there all or almost all the time.

The most common symptom for breast cancer in men is a lump in the chest area.

Any new or unusual changes in your breast or chest area should be checked by a GP. Most changes won't be breast cancer, but on the occasions when it is, the sooner it's diagnosed the more successful treatment can be.

THE IMPORTANCE OF TOUCH, LOOK, CHECK

Checking your breasts is as simple as TLC: Touch, Look, Check. There's no special technique and it only takes a few minutes. Everyone will have their own way of touching and looking for changes – it could be when you shower or moisturise. Whenever you check, it's important to remember to check the whole breast area, up to your armpits and collarbone (upper chest) for any changes.

These are the simple, yet crucial steps for TLC:

1. **Touch** your breasts: can you feel anything new or unusual?
2. **Look** for changes: does anything look different to you?
3. **Check** any new or unusual changes with a GP.

CHAMPION YOUR HEALTH

Regularly checking your breasts and chest, familiarising yourself with the signs and symptoms of breast cancer, and getting to know 'your normal' are all vital ways to champion your breast health. **IT**

Anyone seeking information or support about breast health can speak to **Breast Cancer Now's** expert nurses via our free, confidential helpline on **0808 800 6000** or via our online 'Ask Our Nurse' service. Visit breastcancernow.org/checking

UNMASKING NEURODIVERSITY

In the final instalment of the series, **Elaine Wilkins** explores female masking and how we can recognise the links and crossovers between ME/CFS and neurodiversity



What we see in over 90% of chronic fatigue clients at The Chrysalis Effect is a history of adverse childhood experiences and small 't' trauma. However, a newer phenomenon is the monumental shift caused by media, raising awareness of the astounding levels of undiagnosed neurodivergence in women. Historically, it was believed to be rare in females with a 4 to 1 ratio of males being recognised as neurodivergent.

On International Women's Day, The McPin Foundation released an article about neurodiversity in women, revealing that '80% of autistic girls remain undiagnosed until the age of 18' (McPin Foundation, 2023). One explanation for this is that women are more skilled at masking.

The impact of disordered eating was also highlighted by Neurodivergent Insights; they cited one study whereby 70% of women in an eating disorder clinic had undiagnosed autism (Megan Anne Neff, 2024).

For us practitioners, we are learning to understand these direct links to the symptoms we commonly see in the clinic, including sleep and sensory issues, migraines, chronic fatigue, anxiety, and depression, to name a few. This breakthrough brings a new dimension of responsibility to ensure we are aware and asking the right questions, supporting appropriately, and signposting effectively in our practices.

THE DENIAL OR MASKING PHASE OF ILLNESS DEVELOPMENT

A person could experience an ever-increasing number of symptoms – like headaches, irritable bowel syndrome, sleep disturbance, periods of feeling wiped out, and often struggling with concentration and memory – for months or often years. Someone experiencing this will usually do anything to push through and keep going; in this respect, they are masking, often still functioning at work, home, and even socially. Yet, in private, they are struggling and do not feel safe to share that for fear of being seen as incapable in their job or being seen as not coping, weak, or lazy. It is the hidden phase of illness development.

BURNOUT, CFS/ME, OR UNDIAGNOSED NEURODIVERGENCE?

In some cases, people recognise that they are stressed, overwhelmed, and burning out. It may prompt them to rest, take a holiday, take a serious lifestyle review, or maybe decide to change jobs and bounce back.

This bounce back is common in the histories of people with an eventual CFS/ME or fibromyalgia diagnosis. However, the difference lies in the denial of a serious problem. They would have faced multiple mini crashes over the years in a repeating cycle of pushing themselves incredibly hard and not prioritising self-care. People tend to believe something will magically change and that 'they will be fine' when they finish the project,

the financial pressure is off, or once they have a holiday.

These mini crashes are unheeded warnings which reinforce their belief that they can cope – until they can't, and the body has reached a crisis point. A final straw moment, like a virus, tips them over into chronic fatigue state. This fits the profile of a person who develops CFS/ME or fibromyalgia and will have learned to suppress their needs, push through, self-medicate, and often just keep trying harder and harder to keep up instead of resting and listening to their body's cry for help.

VALUES AND CONDITIONING

I have always been fascinated by the reasons behind this willingness to over-achieve, over-give, and deny our personal needs. We see this as a common set of behaviours in those from families who hold a strong work ethic as a core value. In these environments, resting or taking time out is seen as wasting time. Did you ever get told to stop daydreaming and find something useful to do? This is conditioning. The message we receive is who we are and what we do is instinctively wrong and not meeting expectations. Just being ourselves is not enough.

We also see these driven, overly conscientious behaviours in adults who lacked unconditional love and approval as a child. This leads to an impossibly high expectation of the self, perfectionist tendencies, and a drive to achieve in order to prove self-worth. Many clients get into job roles with tight deadlines, high targets, and huge responsibility to others. The feeling of being indispensable can seemingly meet those unmet needs to feel needed and successful. It also acts as a distraction to suppress the deeply felt pain of not feeling good enough, but at a huge cost to health and wellbeing.

WHY IS NEURODIVERGENCE LINKED TO CFS/ME?

For neurodivergent children, navigating what is socially acceptable is even more challenging. Masking is indeed a survival technique in which an individual suppresses or conceals neurodivergent traits to appear neurotypical and fit in with society.

Imitation is a common masking strategy. Studying body language, gestures, and speech patterns of neurotypicals to emulate 'socially acceptable' communication and intonation. It also consists of suppressing neurodivergent traits like stimming or performing rituals that serve to reduce anxiety.

THE COST OF MASKING

It takes a huge amount of energy pretending to be someone other than who we are. Authenticity is key for wellness. It is traded for the hope of appearing neurotypical, fitting in, and achieving some level of acceptance. It is no wonder that the fallout is extreme exhaustion and mental or emotional burnout. It is a very lonely place to be and can induce suicidal thoughts and behaviours due to a loss of identity and lack of self-worth.

CASE STUDY: AJ HARMAN THE IMPACT OF MASKING AND LATE DIAGNOSIS

AJ was diagnosed with:

- Major depressive disorder at 45
- Attention Deficit Hyperactive Disorder (ADHD) Combined Type at 52
- Autism Spectrum Condition (ASC) at 52
- Fatigue and referred to a chronic fatigue clinic at 55

In 2015, AJ realised life was ‘falling apart’. As a business owner and a busy mum of two teenagers, AJ could no longer keep up the juggling act. Even the simplest of things became an impossible struggle. The tipping point was when a social invitation arrived which led to tears of helplessness. A visit to the GP resulted, unsurprisingly, in a prescription for antidepressants. The antidepressants were enough to get AJ functioning again, but in reality, things were still in a bad way.

By 2018, AJ found it harder and harder to start or finish work projects and was unable to stay on top of deadlines. Most worryingly, bills were not getting paid on time and debts were mounting alarmingly. Interestingly, it was while researching to help their daughter, AJ stumbled on information about how ADHD affects women in later life, and suddenly everything clicked into place. After booking an assessment with a psychiatrist, AJ received their triple diagnoses of autism spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD), and major depressive disorder (another name for clinical depression). At this point, the many decades of personal struggles made sense. The diagnosis sheds light on why life was so difficult on a day-to-day basis as an undiagnosed neurodivergent individual navigating a neurotypical world.

AJ’s main challenges

AJ’s struggle with feeling like an outsider and constantly masking to fit in eventually led to energy depletion. Despite desperately needing structure and routine to regulate their nervous system, they struggled with consistency and sticking to plans. They were easily distracted by novelty and excitement, often at the expense of important life matters. AJ found it difficult to focus on different areas of their life simultaneously, especially after taking on extra responsibilities as a spouse, parent, and business owner in their 30s. Time blindness made it hard to estimate how long tasks would take, leading to overcommitment and chronic lateness.

Their extremely low self-esteem and constant feeling of not being good enough resulted in excessive people-pleasing. Emotional dysregulation made them quick to feel judged, criticised, and rejected, often reacting with intense anger and sadness that they tried to bury inside; managing their energy levels and mood felt like a rollercoaster, particularly during puberty and perimenopause. Impulsivity with money and a lack of financial planning compounded their struggles, all while a complete lack of self-awareness and understanding led to difficulties with their identity.

Despite the initial shock of having a neurodivergent diagnosis,



AJ Harman is an expert in neurodivergent coaching and mentoring

AJ feels having this knowledge to be hugely positive, saying: ‘My self-compassion is huge now. I recognise the importance of self-care and boundaries for me. I understand what impacts my nervous system to cause me fatigue and pain, and I recognise the signs when I need to step back and pause in order to avoid burnout. I have a strong sense of pride in my identity now – as an autistic ADHD’er; a loving mother; a female-presenting, non-binary lesbian, and as a disabled entrepreneur. I have coping strategies to help me with the challenges I will always experience. I’m not afraid to ask for support where I know I need it. I know where my considerable strengths and talents lie, and I am creating a life that works for me and the closest people around me. I am surrounded by many like-minded people now and feel part of a supportive and empowering community.’

This has been a fantastic outcome for AJ. However, it is clear how damaging it is for adults struggling with undiagnosed neurodiversity and a wake up call for us as practitioners. The understanding and skills to see beneath the symptoms, recognise traits, and feel confident to have open conversations with our neurodiverse clients is an essential step in providing the best support for clients. **IT**



For more information – and for discounted accredited courses in ACE, trauma, and neurodiversity for FHT Members – scan the QR code or email team@chrysaliseffectthehealth.com

Elaine Wilkins is a published author, an FHT Excellence Tutor of The Year, and multi-award-winning founder of The Chrysalis Effect, a Trauma-Informed Coaching organisation that delivers the first ever Trauma-Informed Recovery Pathway for those suffering with multiple symptoms including ME/CFS, fibromyalgia, and Long Covid post viral fatigue. Her own recovery from chronic fatigue syndrome was the catalyst to her 15-year journey to transform the attitude, approach, and accessibility of recovery from fatigue related illnesses. TCE trauma-informed approach has been tested and proven in NHS pilot studies and evaluated by Oxford University.

FILLER AD PLEASE

A NATIVE HARVEST

THE BENEFITS OF LOCALLY GROWN DISTILLED ESSENTIAL OILS

WORDS HEATHER DAWN GODFREY

Award-winning Author and Qualified Aromatherapist Heather Dawn Godfrey discusses the reasons why we should use seasonal and local essential oils

A hundred years ago, humans grew and consumed vegetables, fruits, herbs, and plants native to our local vicinity. Today, the world has opened up to us, and we appear to live in a global village – so much of what we consume is sourced from the four corners of the earth. Plants we once ate seasonally are now available to us all year round, along with others that do not naturally grow in our locality. It is, indeed, wonderful to have access to a wide variety of foods and products; there are many advantages yielded by this scoping choice.

I sometimes wonder, though, whether focusing further afield to satisfy our needs (and desires), we have become less tuned into, aware of, and responsive to the nuances of our environment. I question whether this has made us less conscious of our internal adaptive needs. Twenty-four-hour access to the internet means we can virtually trade, communicate, and consume goods, media, and information without limit.

Our daily activity, naturally signalled by local environmental light-dark cycles, is extended by this facility and artificial light. ‘Day-time’ now blurs across the edges of ‘night-time,’ our signalling mechanisms are artificially distorted, and our natural boundaries and limits are increasingly less distinguishable. This natural innate connection with, awareness of, and responsiveness to our local environmental conditions and natural nuances has become insidiously jarred.

Our lives are increasingly orientated indoors – in offices, shopping centres, schools, vehicle bubbles, other institutional work, leisure, domestic environments, and so on. We may go outside for orchestrated walks or engage in healthy activities and sports, but our connection with, and focus on, our natural environment is curtailed and overshadowed by time limits and constraints; we snatch moments for ourselves ‘in-between.’

RECONNECTING

Yet, just like plants and every living creature around us, we function in an intimate relationship with our immediate natural environment; we are swayed within its rhythm, flux, and flow. Consciously or sub-consciously, we are responsive to the temperature, atmosphere, precipitation, available sunlight, oxygen, nitrogen, and carbon dioxide required to facilitate photosynthesis, vital for metabolic alchemy, growth, and repair. We appear to be at odds, juggling synthetic with natural, on the one hand making progress, while on the other divorcing ourselves from our natural state of ‘being.’

One simple but naturally effective rebalancing step that may enable us to retune and realign with our innate, inner, and external environmental synchronicity and harmony is to refocus on, reconnect, and recalibrate with our natural circadian rhythms. Another rebalancing step is to eat and consume seasonally available (preferably organic) locally grown foods. A very simple example of calibrating with food is that we naturally eat cooling and moisturising foods in summer, and warming and drying foods in winter.

FOOD FOR THOUGHT

Foods, herbs, and plant medicines that grow, and are seasonally available in our own regions, complement our body’s functional need to optimally adapt to local conditions and demands. For example, UK winter vegetables continue to provide vital vitamin C (along with other minerals and nutrients) during cooler, light-limited days. Vitamin C supports the immune system by stimulating white blood cells. Winter vegetables grown in the UK that contain vitamin C include broccoli, Brussels sprouts, cabbage, cauliflower, kale, leeks, parsnips, carrots, turnips, and potatoes.

Vitamin D, on the other hand, helps modulate the adaptive and innate immune system. Mushrooms, which are foraged during winter, contain vitamin D, and so does



oily fish. Thus, nature provides counterbalancing-antidotes to offset the shorter, light-deprived days and harsh winter weather.

Similarly, essential oil yielding plants that grow locally in the UK provide complementary remedies that are naturally attuned to our needs as we travel through, navigate, and adjust to local shifting, seasonal landscapes, and changing conditions. Acknowledging the scent of an essential oil, we are reminded of nature, and we are also drawn into the moment (hence essential oils are invaluable meditation aids).

Below, are the immune supporting and psycho-emotional qualities of three autumn-harvested, UK grown and distilled essential oils.

ANGELICA ROOT *ANGELICA ARCHANGELICA*

Harvested during: Either autumn or early spring.

Type: Roots and rhizomes.

Immune system support: Anti-microbial properties: medium to strong. Colds and influenza.

Psycho-emotional and spiritual support: Eases nervous tension and fatigue; eases feelings of anxiety; eases migraines and headaches; promotes feelings of balance and strength; eases 'heartache'; instils a sense of courage.

HELICHRYSUM *HELICHRYSUM ANGUSTIFOLIUM, H. ITALICUM*

Harvested during: Summer and early autumn.

Type: Fresh flowers.

Immune system support: Anti-microbial properties: medium to strong. Allergies, bacterial, and viral infection (herpes).

Psycho-emotional and spiritual support: Aids ability to let go of the past and move on; eases feelings of depression and low mood, mental and emotional debility, burnout, and nervous exhaustion; relieves headaches (especially those caused by liver congestion); relieves shock; eases stress and stress-related conditions; good for meditation.

PEPPERMINT *MENTHA X PIPERITA*

Harvested during: Early summer and early autumn.

Type: Leaves.

Immune system support: Anti-microbial properties: strong. Colds and flu. Respiratory infection.

Psycho-emotional and spiritual support: Eases breathing, panic attacks, depression and low mood, mental fatigue and exhaustion, nervous tension, stress and stress related conditions; refreshing and invigorating; awakening; sedative and calming in low doses; calms racing thoughts and mental chatter; improves concentration; aids memory loss.

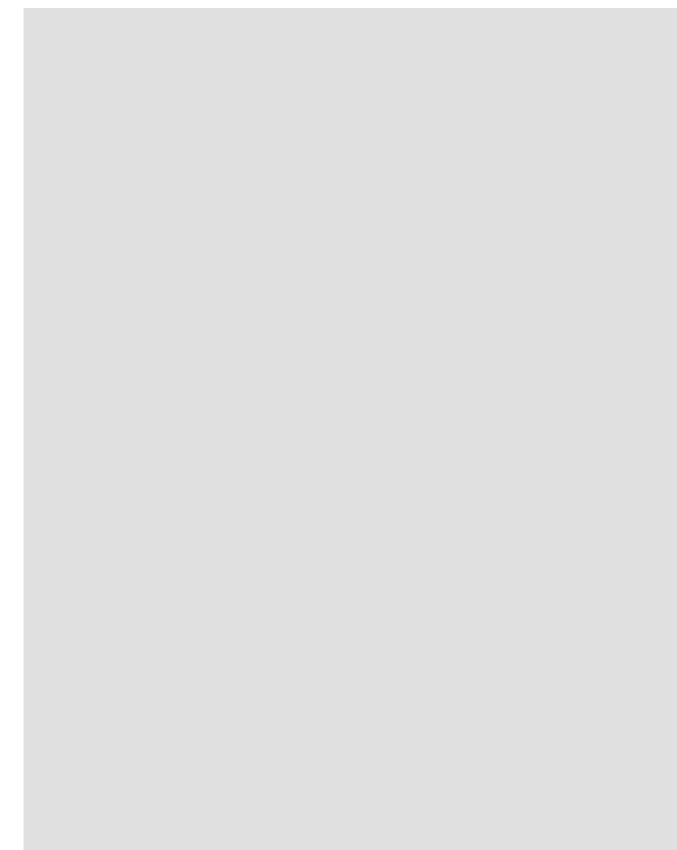
Collectively, these essential oils cover a wide range of supportive properties – a veritable apothecary. Most of these oils are harvested and distilled during summer and autumn, yet their qualities continue to offer assistance throughout the seasons. It makes perfect sense to feature locally sourced essential oils in your repertoire. Locally sourced essential oils are also fresher. Equally, when we support local farmers, growers, and distillers, we also support, benefit, and strengthen our local community's self-sufficiency and resilience.

Remember to check out the qualities, properties, and safety data information of an essential oil before applying it. If you are not based in the UK, I encourage you to research which essential oils are seasonally available to you and see how you can incorporate these into your practice. **IT**

NB: Only members who hold an appropriate aromatherapy qualification, accepted by the FHT for membership and insurance purposes, can make, use, and supply aromatherapy blends and other products containing essential oils.

Founder of Aromantique, **Heather Dawn Godfrey** PGCE, BSc, FIFa, MFHT is a qualified aromatherapist, teacher, and author of three award-winning books: *Healing with Essential Oils*, *Essential Oils for the Whole Body*, and *Essential Oils for Mindfulness and Meditation*.

Contact Heather via her website aromantique.co.uk, phone **01297 598080 / 07419 777451**, or email: heather@aromantique.co.uk / info@aromantique.co.uk



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Q MY CLIENT IS NERVOUS ABOUT REMOVING CLOTHING/ SKIN-TO-SKIN CONTACT. WHAT ACCOMMODATIONS CAN I MAKE TO HELP THEM BE MORE COMFORTABLE DURING TREATMENT?

DR JANE JOHNSON (PACT), FHT Vice

President, says: When we undress, we expose our body and this can make us feel vulnerable. Many people feel anxious when they believe they will need to remove clothing as part of a treatment. The good news is that, as therapists, there is much we can do to address this.

1. The first thing to do in this situation is to put your client at ease. If possible, arrange for a discussion prior to the appointment so that they have an opportunity to ask questions. If the appointment can be conducted face-to-face, that's ideal, but some people might feel more comfortable discussing questions via telephone, video, or even email. Remember, we need to respect the wide variety of preferences people have for communication.

2. Consider providing some supportive advice to potential clients on your website, in your promotional materials, or even via social media. Who knows, you might

even attract more customers this way as anxiety around clothing removal is common in people who may never have received treatment before.

3. Try to discover specifically what it is that the customer feels uncomfortable about. Are they concerned about removing clothing for religious reasons? Because they do not wish to reveal a scar? Or because of a tattoo gone wrong, for example? They may have concerns about their body image, or perhaps they are simply shy or unused to removing clothing in front of a stranger. Some people have experienced trauma and this is the cause of their anxiety. The important point to remember is that we shouldn't assume that we know why a person feels anxious.

4. Once you have an understanding behind the reason for their anxiety, you can start to negotiate what your client would feel comfortable with removing. Are they nervous about removing all of their clothing, or just some part of it? A person with a fungal toenail may be embarrassed to take off their socks; a person with a goitre may wish to retain a scarf around their neck. It is important to document that you have explored these concerns with your client, showing you have attempted to address this potential barrier and not unfairly discriminated against someone. Remember that in some cases, if your client wishes to retain a particular aspect of clothing but you would need to see, assess, and touch that area of the body, it may not be possible to provide treatment. A typical example might be if someone came to you with neck pain but did not wish to remove headwear or a scarf covering the neck.

5. Offer alternatives. For example, how would the person feel wearing a swimming costume instead of being in their underwear? Would they feel more comfortable wearing shorts, leggings, or loose trousers, and would you be able to treat them that way?

6. Many techniques can be delivered through clothing. Examples are deep tissue massage (using compressive techniques and squeezing), trigger point therapy, and Soft Tissue Release (STR).

7. Again, once you've negotiated what the client feels comfortable with and what treatment you intend to provide, document this in your notes.

8. Finally, consider using the experience as part of your Continued Professional Development (CPD). Reflect on what the problem was, what you did to overcome it, how the treatment went, what you learned, and what you might do differently next time.

9. Remember, you can advise any potential client that they may attend with a chaperone if that makes them feel more comfortable. This too may be something to consider including in your promotional materials.

Email us your
questions at
editor@fht.org.uk

Q MY CLIENT HAS DAMAGED/BROKEN/BRUISED SKIN. CAN I STILL PROVIDE TREATMENT?

JUNE BRENT, FHT Accreditation Inspector, says: For a beauty therapist, this would present as a local contraindication which restricts treatment. The therapist should avoid the area of damaged skin. Any treatment which could be painful or potentially aggravate the condition should be avoided. For broken skin, there is the potential to introduce bacteria into the wound, or conversely, pick up and spread bacteria, not only to the therapist but to other clients as well.

A full consultation should always be taken, and any contraindications identified, before the therapist makes the decision to go ahead with treatment or postpone until the area is healed. If you decide that it is safer to postpone the treatment until the area is healed, you should explain the situation fully to your client; confirm that their safety and wellbeing is your priority, and they will be welcome to rebook once the area is cleared. Perhaps offer an alternative treatment so they do not feel their time has been wasted.

You must always ensure that you adhere to manufacturer's instructions which will most likely say to avoid damaged or broken skin. Be sure you have full insurance cover to protect you from any compensation claim which may be brought against you. **IT**





Protect your practice with our tailor-made insurance

At the FHT, we're extremely proud to support members with our robust package of **membership benefits**. And, thanks to our insurance partners Hiscox, we're also able to ensure that you are **covered** with an insurance policy that keeps you and your clients safe.

Our malpractice, public and products liability policy covers **more than 360 therapies**, with lots of added extras included too:

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- Up to 30 days cover to work abroad
- Replacement of official documents if lost or irrevocably damaged

Not yet taking advantage of our insurance policy?

Make sure you ask your current provider what's included, or contact our team for more information about upgrading.

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FIND OUT MORE AT FHT.ORG.UK/INSURANCE

T&Cs apply. See FHT website for details.

INSURANCE PROVIDED BY



Mindful

MARKETPLACE

It's that time of year when the days get shorter and the nights get cooler. Lean into the season with some of our recommendations to help you embrace cosiness and comfort.



EDITOR'S CHOICE

1

DESIGNWORKS NOTEBOOKS

A selection of hardcover, cloth-bound, durable journals available in a variety of space-themed designs. Contains 240 lined pages printed using soy-based ink. They also include a world map, time zones, multiplication table, holiday overview, important dates, and space for personal information.

£15.00 each designworkscollective.co.uk



2

10 X LUXURY INCENSE STICKS

Handcrafted incense sticks which are ethically and traditionally prepared in India using pure, high-quality ingredients provided by nature. They come in a variety of scents, such as cedar, sandalwood, and agarwood.

(Use code **FHT10** for 10% off)
£3.99 sacredelphantincense.com



3

LANEIGE DREAMY LIP KIT

Simply apply the lip mask before you sleep and wipe off excess in the morning to reveal plush, nourished lips. Antioxidant-rich vitamin C protects the lips while luscious coconut oil lends softening and smoothing properties.

£18.00 lookfantastic.com



4

L'OCCITANE SHEA BUTTER HAND CREAM

A nourishing and softening hand cream that is great for keeping dry hands supple, protected, and hydrated. Infused with jasmine and ylang-ylang; enriched with argan and coconut oil, and organic shea butter.

£23.00 uk.loccitane.com



5

QUARTZ MUSHROOM

A simple facial massage tool which can help de-congest and detoxify the eye area. By using simple massage movements, it can help boost blood microcirculation while reducing puffiness and dark circles.

£29.90 sephora.co.uk



6

SHAKTI RING

The Shakti Ring offers a great way to massage each finger and apply some acu-relief at any time or place. The ring will automatically expand and contract to fit your fingers, and by rolling it up and down each one, you can apply targeted pressure to release tension.

£6.00 shaktimat.co.uk

BOOK RECOMMENDATIONS

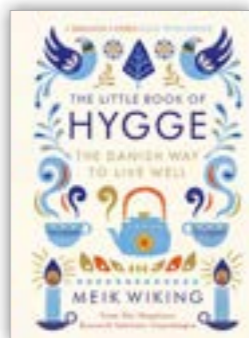
ON OUR SHELF

How often do you read? Every day? Each evening? As and when you can? A recent study conducted by The Reading Agency revealed that half of UK adults do not read regularly. Perhaps you fall into this category? Reading can be overwhelming, especially if you struggle with factors such as dyslexia or ADHD, or simply lack the time to read. Seeing users on BookTok show off their impossibly high reading-counts certainly doesn't help those of us who are less confident with reading.

However, reading is incredibly good for us. There has been a correlation shown between those who read and those with positive wellbeing. Reading has also been associated with reduced feelings of loneliness.

So, if you are looking to improve your reading habits, begin by making a reasonable, concrete goal for yourself - and start small. Perhaps you could try and read a few pages just before bed, a chapter during your lunch break, or listen to a few minutes of an audiobook on your commute to work. You certainly don't have to get through 200 books a year to reap the benefits of reading.

If you're not sure on what book to pick up first, we have recommended some here. With our focus on education this quarter, we have chosen books which can help you further your knowledge of holistic practises and wellbeing. If you have any book recommendations, or are an author yourself, feel free to get in contact and you might see your book on our shelf next quarter!



THE LITTLE BOOK OF HYGGE
MEIK WIKING

Denmark is often described to be the happiest country in the world. Meik Wiking, CEO of the Happiness Research Institute in Copenhagen, claims this is due to hygge: a Danish way of living, described as everything from 'cosines of the soul' to 'the pursuit of everyday pleasures'. This book explores the different ways you can incorporate hygge into your life, through food, furniture, friends, and more!

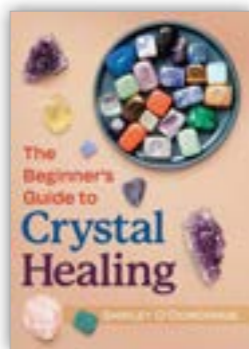
From £14.99 at waterstones.com



NATURE'S REMEDIES
JO DUNBAR

Do you feel stressed and exhausted? Are you having trouble sleeping? Is your mind constantly whirring? Drawing on over 25 years of experience, Medical Herbalist Jo Dunbar talks us through a variety of accessible ways we can deal with exhaustion and stress through nutrition, herbs, exercise, meditation, and lifestyle changes.

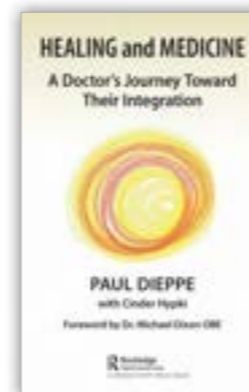
From £7.99 at watkinspublishing.com



THE BEGINNER'S GUIDE TO CRYSTAL HEALING
SHIRLEY O'DONOGHUE

Through clear and concise guidance, Shirley explains various techniques from cleansing and charging crystals to crafting gem essences and working with crystal grids. Her expertise shines in this book as she demonstrates how to seamlessly integrate crystal therapy with other therapeutic modalities, enhancing the overall efficacy of holistic treatments. Available from 24 October.

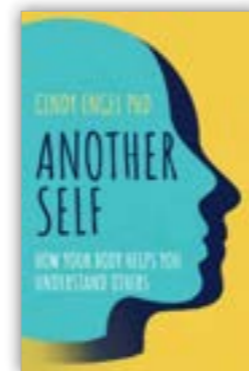
From £16.99 at waterstones.co.uk



HEALING AND MEDICINE: A DOCTOR'S JOURNEY TOWARD THEIR INTEGRATION
DR PAUL DIEPPE

This book examines the relationship between healing and medicine through the eyes of an academic physician who changed his interests from biomedical research to healing late in his career in medicine. It is based on his experiences and stories of his encounters with patients and practitioners, as well as his rigorous research into the subject.

From £33.99 at routledge.com



ANOTHER SELF
DR CINDY ENGEL

Do you wince when you see someone stub their toe, feel your throat tighten when a friend cries, or know what someone is going to say just before they say it? New evidence reveals that this tendency to 'catch' others people's emotional and physiological conditions is not a weird quirk of a few sensitive individuals but a fundamental aspect of human intelligence. Dr Cindy Engel brings together research into social perception and interpersonal physiology, explaining how and why our thoughts and feelings are not always entirely our own.

From £7.85 at amazon.co.uk

COMPETITION

Autumn blues getting you down? Light up your life with a chance to win Quiet Blue's 100ml Corfu 2.0 (brain fog support) Reed Diffuser, 300ml Sicily 2.0 (low mood support) Candle, 125g Pebble and Clay soap bar, and a Sydney 2.0 (anxiety support) tealight sample. Prize retails at a total of £106.99.

Inspired by a desire to create and promote a healthy, toxin-free home lifestyle, Quiet Blue presents an alternative to luxury brands which use paraffin wax or artificial toxic fragrance oils, both which release harmful chemicals. Handmade using pure, natural ingredients, Quiet Blue offers a variety of products spanning from soap, reed diffusers, candles, and candle accessories. Their products are ethically sourced, sustainable, eco-friendly, and all packaging is plastic free.

TO ENTER, ANSWER THE FOLLOWING QUESTION:

What countries have inspired Quiet Blue's recent Sail collection?

- A) England, France, Spain,
- B) Indonesia, Norway, Peru
- C) Australia, Greece, Italy

To enter, simply email your name, address, membership number, and answer to editor@fht.org.uk typing 'IT Autumn Competition' in the subject box. Alternatively, send your details and a postcard to the new FHT Address: FHT, Aspire House, 10 Annealing Close, Eastleigh, Hampshire SO50 9PX. The closing date is midnight on **Friday 29 November**.

Standard competition terms and conditions apply (visit fht.org.uk/competitions before you enter). The FHT will contact the winners individually for their details. Unfortunately, we cannot accept any exchanges or refunds for this prize.

LET US KNOW ABOUT YOUR READING ADVENTURES BY USING THE HASHTAG '#FHTREADINGCHALLENGE', AND TAGGING US ON ALL OUR SOCIAL MEDIA.



/FHT.ORG.UK



@FHT_MEDIA



BOOK EXCERPT

CIRCLE HOLDING

AN EXCERPT FROM *CIRCLE HOLDING: A PRACTICAL GUIDE TO FACILITATING TALKING CIRCLES*

Written by Julia Davis and Tessa Venuti Sanderson, *Circle Holding* explores what talking circles are and why they are important. This excerpt, taken from Chapter 7: Opening and Setting, looks into ways that each member of the circle can comfortably introduce themselves and how using ritual can help bring a sense of ceremony.

One of the ways to use words to open the circle might be to choose a relevant poem. Favourite books of ours for this purpose are John O'Donohue's *Benedictus*, Ana Sampson's *She Is Fierce: Brave, Bold and Beautiful*, Lorin Roche's *The Radiance Sutras*, Lalla's *Naked Song* (translated by Coleman Barks), Jeff Foster's *The Way of Rest*, William Sieghart's *The Poetry Pharmacy* and stories from Clarissa Pinkola Estés' *Women Who Run with Wolves*.

THE HEART

*The heart is an unlimited room.
There is always enough room
for the contents of this moment.
The highest joy,
the deepest agony,
thoughts that won't stop spinning,
the heart can hold it all.
Embrace is all it knows.
Space is its nature.
It needs no time.
It asks nothing.
It gives everything in return.*
(Excerpt from *The Heart in The Way of Rest*, permission granted by Jeff Foster)

Sharing a poem or reading can create a reflective tone to the sharing space. In this poem, the heart could be replaced by the circle and it would be perfectly fitting.

Your circle may have precepts or guidelines that are recited each time you gather. Depending on what kind of initial introductions and check-ins you are planning, we would suggest leaving the explanation of these and the etiquette for the circle until later. For example, if you plan something simple to start – such as for people to say their name and one sentence about how they are today – it allows everyone to use their voice and to feel welcome before the deeper talk starts. Circle guidelines will be covered in the next chapter.

Lighting a candle can be a symbolic way to mark the formal start of a circle. Making a simple sound, such as striking

a hand chime three times, can also bring a sense of ritual or occasion. It can also be used if people have been busy chatting to each other while waiting for the circle to begin, to get their attention.

INTRODUCTIONS AND INITIAL CHECK-IN

The initial round of talking helps people to settle into the circle and find their voice. It's similar to how, on the radio, a presenter will ask a brief question of all the speakers. Otherwise, the person to be interviewed last will be sitting and waiting for a while, perhaps feeling trepidation or anxiety. There is also something fundamental about saying your name out loud in a circle that makes people feel witnessed.

We recommend that the initial introduction and check-in are kept simple: make it as easy as possible to answer, with a simple question that is not loaded with emotion. You could invite people to share their name, and what has brought them to circle today, in one sentence. If you want to start with a short check-in, asking people to share one or two words about how they feel in the moment can be practical.

Tessa phrases it like this: 'I would like you to give two words for how you feel right now; you don't need to explain why you feel that way and they might be opposites. It's also OK if you don't know how you feel.' Then the facilitator starts with their two words to model how it's done.

It's helpful to share the information yourself first, so that you're modelling what to do. Being asked something as seemingly simple as 'How are you today?' can be difficult, and could immediately put someone in the position of not wishing to share information. Perhaps they are finding their feelings challenging, are feeling something they don't think is OK, or are not sure how they feel.

Julia loves the practice of welcoming

people into the circle using their name, repeating 'Welcome [Name]' for each person. She invites each person to say their name, and then everyone welcomes them by their name into the circle. Although this is a simple practice, there is something very special about being acknowledged by your name. Also, if there is any confusion around pronunciation, the fact that the person has said it themselves first will help everyone in the group pronounce their name correctly.

With children, a simple icebreaker might be to ask for their name and favourite flavour of ice-cream, if they like it. For a circle with a menstrual-cycle awareness focus, you might ask people to share where they are in their cycle, with an explanation of how Day 1 corresponds to the first day of their period, and that it's OK if they don't know where they are, don't currently have a cycle, or don't want to share. For a parents' group, asking people to share their name and the name and age of the child gives an identity to the parent too.

There can be ways of bringing a sense of ceremony into the check-in where this is appropriate for your circle. For example, you could set up a round mirror as part of the centrepiece, with a large candle in the middle surrounded by tealight candles, with one tealight for each person present. As each person says their name, they light their own candle and then repeat this phrase 'With this candle, I call myself fully present'. At the end of the circle, part of the closing can be people blowing out their own candle. **IT**

Purchase your own copy of *Circle Holding* at uk.singingdragon.com

FHT Members can get **15%** off the price if purchased through Singing Dragon with code **FHTCH15**. Valid 10/10/24 to 24/01/25.




 EDUCATION MATTERS


STEP

SUPPORTING STUDENT MEMBERS

Take the next step to help your business thrive

It is incredibly important to us here at the FHT that we support student therapists and ensure they succeed when starting out in the therapy industry. To guarantee this, we promote the highest standards in education and strive to provide valuable opportunities for students. Earlier this year, the FHT launched STEP, our first ever student-specific education programme designed to nurture and support the next generation of therapists.

STEP is a two-week online programme created to provide unqualified student therapists with essential knowledge, tips, and confidence as they work towards their qualifications. Through a series of webinars led by industry professionals, students are introduced to both therapy specific and business-related webinars. The programme includes a wealth of CPD resources, something often required for college courses, business support and downloads, networking opportunities, and exclusive discounts and offers. This is all designed to help students expand their skills and prepare for a successful career. Find out more: fht.org.uk/students/student-therapist-education-programme-step

To further support students, the FHT offers membership and insurance to first time student therapists, and up until the end of December, the

FHT are offering free student membership with a purchase of the FHT's £17.93 student therapist insurance. Membership offers an array of resources, support, and opportunities that are tailored specifically to help students thrive as they start their journey in the therapy industry.

Membership offers professional status, case study insurance for cover outside of college, discounted products, training offers, and a subscription to the *International Therapist* magazine, filled with invaluable resources. These benefits are designed to support and ensure students are not alone on their journey. Find out more: www.fht.org.uk/students/fht-student-membership

We are committed to promoting the highest standards in education, supporting student therapists every step of the way. Whether training in complementary, beauty, or sports therapy, the FHT is here to help students flourish and achieve their goals.

Contact info@fht.org.uk about membership and insurance for students.

Contact education@fht.org.uk about STEP and training opportunities.

HEARING FROM FHT STUDENT MEMBERS

In celebration of this quarter's focus on education, we hear from two FHT Student Members about their experiences studying holistic therapy



Paul Walter Allchin

My name is Paul Walter Allchin. I am in my 60s and work part time as a medical librarian in London and live in Chipping Barnet. I am going through my training now and am registered with the FHT as a Student Member. I feel passionate about helping others with their resilience and psychological health in the most effective way possible and appreciate that hypnosis is a great method to tune our brainwaves into very relaxed and receptive frequencies. I am currently working on my case studies, have 26 essays to write, and 12 hours of practice to complete. I am taking the hypno-CBT, or CBH Diploma Level 5, with the UK College of Hypnosis and Hypnotherapy, and it is a demanding but thorough and well-structured course.

I am learning a lot through my volunteer clients, although my learning is through my sins of omission and minor mistakes. I know I can do no harm and they learn a lot from me but realise I need to gain their trust and cement a working client/therapist alliance to ensure the hypnosis and CBT/mindfulness assignments are effective for their presenting issues. I am currently helping my volunteers with social anxiety, stress management around COPD/breathing, arachnophobia, and relaxation and confidence for singing performance. Constructive feedback is essential in this relationship and leads to a deep understanding of life's challenges and the support CBHypnotherapists can offer.

I am learning to be an open, non-judgmental, active listener, and to clearly define agreed therapeutic goals and a programme of ways to reach these goals from the onset. Thirdly, I am learning to actively maintain safe and healthy client/therapist limits and interpersonal therapeutic boundaries. The purpose of CBT can be to challenge cognitive distortions and negative, unproductive thinking styles but not to trigger and retraumatise one's clients.

I am very happy to be an FHT Student Member because I pay a reasonable fee for membership, I get indemnity insurance cover, an interesting newsletter, can join local support groups for networking with like minded wellbeing professionals, and can join in with professional development workshops. I feel I have opened a door into a new and interesting chapter of my life that can be rewarding and of help to others.



Lyndsey Marie Rees

My name is Lyndsey Marie Rees, and I am 47 years old. For the past year, I have been studying HND Complementary Healthcare (with practitioner status) at Coleg Gwent and Cardiff Met School of Sport and Health Sciences. I am currently an FHT Student Member. I plan to continue my studies in the future to complete the BSc (Hons) degree in Complementary Healthcare at Cardiff Met and then go on to run my own business.

My course has taught me many important things. For example, I now understand that being in practice is about building a business, and it is integral to be able to reflect and critique on all aspects of your work. This can help you identify strengths and weakness, allowing you to implement action plans to address any areas of concern.

Similarly, being a self-employed practitioner comes with the benefit of independence, but I am aware that I may require additional training in other areas to help support the growth of my business.

Having a support network around you is also very important; being an independent practitioner can be isolating. Emotional support from friends and family is vital, as is peer support, discussions, and sharing observations on developments and knowledge in complementary therapies and new trends.

If you are considering becoming an FHT Student Member, I would say stop thinking about it and do it! It will not be a decision you'll regret, and it will change your outlook for the better.

CPD QUESTIONS

HERE TO HELP YOU CONTINUE YOUR PROFESSIONAL DEVELOPMENT

CASE STUDIES (P11)

This quarter, we shone a spotlight on Sharon Chapman and the success she has had using reflexology and reiki to help one of her young clients manage his cerebral palsy and seizures. Write about a recent case study where you have noted your therapy having a positive impact on a client. (This activity is worth 5 CPD points. For more guidance, see fht.org.uk/cpd)

AUTUMN'S HEALING PALETTE (P18)

Complementary Therapist Joanne Lee explained the attributes and qualities of autumnal colours through chromotherapy. How could you incorporate this knowledge into your practice, and how may it benefit your clients?

WRITING FOR THERAPY (P36 & P40)

Both Dr Judy Waite and Katy Lassetter highlighted how writing can have a profound impact on us, especially when writing about nature. In your own words, explain why this may be, exploring the therapeutic benefits of writing, and making reference to research where possible.



RESEARCH (P72)

Each issue, we share a selection of research that we've found and read over the last quarter. What recent holistic therapy research or publications have you read or studied? Think about how you can apply this knowledge in your practice.

PROTECTING YOUR INTELLECTUAL PROPERTY (P74)

If you've read ahead and explored our Business Hub, you'll have learnt all about the importance of protecting your intellectual property from the expertise of Kim Rothman. Write a plan as to what steps you could take to protect your intellectual property.

2024 ANNUAL MEMBERSHIP FEES:

- FHT MEMBER £85.00
- STUDENT MEMBER £50.00*
- FRIEND OF FHT £55.00
- FHT FELLOW £105.00

For membership and insurance information or an application pack, visit fht.org.uk or call 023 8062 4350. FHT is authorised and regulated by the Financial Conduct Authority, Ref: No. 502095 *includes case study insurance cover. T&Cs apply.

Below, you'll find questions relating to key articles in this issue of *International Therapist*. To gain three CPD points (unless otherwise stated) answer one or more questions, using a minimum of 300 words in total. Feel free to construct your own questions for any of the articles in this issue, if none below suit.

TOP 5 REASONS FOR BEING AN FHT MEMBER

1. Professional status and recognition
2. Campaigning, promoting and protecting your interests as a professional therapist
3. Tailor-made comprehensive therapist, salon and clinic insurance policies
4. Discounted continued professional learning
5. Free listing and personal profile on the FHT's Therapist Register

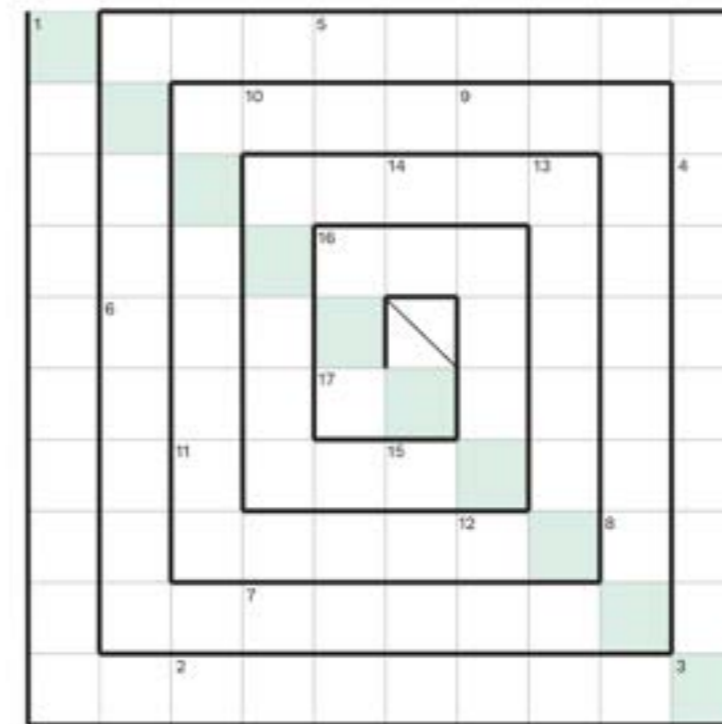
Remember: if you introduce a friend to the FHT, not only will you help to grow our voice as the leading professional association for therapists, you'll both get £10 off a year's membership

For more information about CPD points, visit our education hub at fht.org.uk/training/cpd

CPD SPIRAL



TEST YOUR A&P KNOWLEDGE AND WIN A £20 NATIONAL BOOK TOKEN VOUCHER. THE WINNER WILL ALSO RECEIVE A COPY OF *NATURE'S REMEDIES FOR STRESS AND FATIGUE* BY JO DUNBAR



Write your answers in the spiral from the start, working in an anticlockwise direction, towards the centre of the grid. The shaded diagonal line will spell out a biological process. Simply email the word that appears in the diagonal shaded boxes to Mollie at editor@fht.org.uk (writing 'IT Autumn 24 Spiral' in the subject line) or send your answer on a postcard to the FHT address (see page 3). Please include your name, address and membership number. Entries without a membership number will not be counted. Standard competition terms and conditions apply (visit fht.org.uk/competitions before you enter or visit the members area). Entries to be received no later than midnight on **Friday 29 November 2024**.

SPIRAL NOTES:

CLUES

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Popularly referred to as the powerhouse of the cell (plural form) (12) 2. An abnormal swelling in the wall of a blood vessel, such as an artery (8) 3. The three membranes that covers the brain and spinal cord (8) 4. The _____ bone is situated in the middle of the skull; its shape vaguely resembles a butterfly or bat (8) 5. The first section of the small intestine; it is a c-shaped organ (8) 6. A hammer-shaped bone in the inner ear; it receives vibrations and transmits these to the incus (7) 7. A junction where electrical impulses are transmitted between two neurons (7) 8. The outermost layer of the skin (9) 9. An area of fibrous tissue which replaces normal tissue after an injury (4) 10. A member of the | <p>vitamin A family used to treat vitamin A deficiency (7)</p> <ol style="list-style-type: none"> 11. The _____ vertebrae are situated between the thoracic vertebrae and the pelvis (6) 12. An endoskeletal enclosure, it contains 33 vertebrae and protects vital organs (3,4) 13. A sensory organ which processes sight (singular form) (3) 14. Pre-_____ is the development of high blood pressure, swelling, or signs of damage to the organs such as kidney or liver, beginning after the 20th week of pregnancy (9) 15. Small air sacs which are found on the lungs that play a crucial role in respiration (plural form) (7) 16. An acronym for a chronic gastrointestinal disorder which causes symptoms such as diarrhoea, bloating, and abdominal pain (1, 1, 1) 17. The undersurface of the foot (4) |
|--|---|

WHERE'S THE SOLUTION TO LAST ISSUE'S SPIRAL?

We do not publish spiral solutions as completing the spirals from the magazine can count towards your CPD points (one CPD point per spiral quiz, a maximum of four CPD points per year). Thank you for all your entries for the Summer 2024 Spiral. Remember, we love to hear your feedback and welcome any comments alongside your entry. Good luck!

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

A-Z: A HISTORY OF...

THE BOWEN TECHNIQUE

Described as physical homeopathy, the Bowen Technique (also known as BowTech® or Bowen Therapy) can be used to assist with back pain, sports injuries, stress related or MSK disorders, and symptoms of chronic conditions.

The aim of the Bowen Technique is to stimulate energy flow in the body, encouraging the body's self-regulating capabilities. A Bowen Technique practitioner uses their fingers and thumbs to gently apply pressure to move soft tissue.

This light, rolling movement aims to encourage circulation of blood and lymph, increase mobility, and release blocked energy.

THE BACKGROUND

The Bowen Technique is a soft tissue massage technique developed by Australian Bodyworker Tom Bowen in the 1950s. Its invention was due to Tom Bowen's interest in, and study of, the human muscular structure. Though originating in Australia, the technique was documented and eventually taught in other countries, arriving in the UK in 1993.

Most of Tom Bowen's patients experienced relief in one or two sessions. Many also reported relief of symptoms for which they had not sought treatment. In one interview in 1973, Bowen claimed a success rate of 88%.

The Bowen Technique is solely holistic. Though it uses soft tissue manipulation, the Bowen Technique is not a traditional massage which aims to physically work out knots and tension. Instead, the body is offered information through a series of light-touches and gentle pressure; the body then decides how to use what is presented to it.

Continuing our new series, we offer the facts, not fiction, behind some popular complementary, beauty, and sports treatments

FASCINATING FACTS

The Bowen Technique is one of the fastest-growing complementary therapies in the UK.

There are adaptations of the technique for animals, particularly dogs and horses. Tom Bowen was known to open his clinic on Sunday afternoons for emergency cases, which included animals that had been injured.

Tom Bowen's wife, Jessie, suffered from severe asthma. Using his knowledge, he identified some special soft tissue moves for her. Accompanied by dietary advice and these techniques, Jessie improved significantly and was never hospitalised for asthma again.

WHAT TO EXPECT

Each session lasts about 30-60 minutes, depending on the individual. The practitioner will carry out a full consultation, making note of their client's medical history to understand their current health and ensure the treatment is right for them. The therapy is then carried out on a soft, low treatment table. Generally clients will not be asked to undress, only wear loose comfortable clothing; however, this can depend on client or therapist preference as some like to work directly on the skin.

The therapist will cater their movements to each individual client, using a series of rolling and soft tissue manipulation techniques intended to help the body restore balance to itself. The first session may follow a 'whole body' approach, beginning with moves over the lower to mid back and shoulders, finishing with neck movements.

A unique feature of the Bowen Technique are the frequent 2-3 minute breaks where the practitioner leaves the treatment room. This is said to allow the body to absorb the information presented by the therapist. Once the therapist returns, they will note any changes to muscle tension, body alignment, and consider comments made by the patient. This new information will influence the next set of moves used by the practitioner.

However, overwhelming the body with too much information through the Bowen Technique can prove ineffective, and so a therapist may end the session early if they believe this will be the case. If someone is planning to have Bowen Therapy, they will be asked not to have any other physical therapy for two weeks after – or 5 days before – as this is said to overload the body and neutralise the subtle power of the treatment.

Generally, a patient will receive 2-3 sessions of Bowen Therapy, though this will be assessed on a case-by-case basis. The therapist may also give their client a list of exercises to follow after the session. Flower essences, homeopathy, and herbal medicine can be used in conjunction with the Bowen Technique.

DOES IT HURT?

No, the Bowen technique should not hurt. Patients often report feeling a deep sense of relaxation and wellbeing after receiving treatment. Occasionally people report feeling unsettled, dizzy, or experience headaches after a session; this is said to be due to the toxins produced during the aftermath of treatment.

AN IMPORTANT NOTE

Though the Bowen Technique is a non-invasive technique, consider taking a break or stopping treatment if your patient begins to experience any negative side effects or feels uncomfortable. The Bowen Technique is not meant as a substitute for medical advice or treatment; if your patient has any concerns, direct them to a GP.

For references, please visit:
fht.org.uk/magazine-references

RESEARCH

PLANTAR REFLEXOLOGY AS AN EFFECTIVE COMPLEMENTARY APPROACH FOR HEADACHE MANAGEMENT

Ref: doi.org/10.3822/ijtmb.v17i3.971

In a systematic review published in the *International Journal of Therapeutic Massage & Bodywork*, researchers explored a variety of studies on plantar reflexology's effectiveness in headache management. Two randomised controlled trials and a pilot study were examined, which reported significant reductions in an individual's headache frequency, intensity, and duration when receiving plantar reflexology treatment.

Their findings suggested that plantar reflexology has potential as an effective complementary therapy for managing headaches. As a safe and non-invasive alternative therapy, it makes it a valuable option for patients who face challenges with medication or prefer non-pharmacological treatments. Despite these positive findings, researchers admitted that more studies will be required to conclusively confirm its effectiveness.



CREATING ARTS AND CRAFTING POSITIVELY PREDICTS SUBJECTIVE WELLBEING

Ref: doi.org/10.3389/fpubh.2024.1417997

A recent study carried out by Anglia Ruskin University has shown that arts and crafts can improve wellbeing and has been shown to be as beneficial to life satisfaction as being in employment. Over 7,000 individuals were asked to fill out a survey rating their feelings on aspects such as life satisfaction, anxiety, happiness, and a sense that life is worthwhile. Those who had engaged in arts and crafts, including pottery, photography, drawing, painting, and animation over the past 12 months were shown to have higher levels of happiness and a greater sense of life satisfaction. However, participation in arts and crafts did not significantly affect anxiety or loneliness. Researchers did suggest that further studies would be needed to determine whether stereotypically feminine crafts (such as knitting) and stereotypically masculine crafts (such as metalworking) affect the wellbeing of men and women differently.



EFFECTIVENESS OF ADD-ON YOGA IN REDUCING THE SYMPTOMS OF OBSESSIVE COMPULSIVE DISORDER

Ref: doi.org/10.1016/j.ajp.2024.104156

In a study published in the *Asian Journal of Psychiatry*, researchers explored the short-term effects of yoga when used alongside medication to relieve core symptoms for patients with OCD. The study included 50 patients with OCD who were randomised into a yoga group and waitlist control group. All patients were on stable doses of medication for at least six weeks before and during the study, and they were not receiving any active Cognitive Behavioural Therapy or any psychological interventions during the study. Those in the yoga group received 10 supervised sessions of a validated yoga module for OCD, followed by continued home practice for the next 20 days.

The study demonstrated that the yoga group faced significant improvement in obsessions, compulsions, anxiety, and depression compared to patients in the waitlist control group. Qualitative results showed that yoga was effective in improving physical, mental, and overall health. The promising results of the study showed that using a validated yoga module as an additional therapy alongside medication was safe and effective for patients with OCD.

PRESCRIBING NATURE CAN IMPROVE HAPPINESS AND REDUCE ANXIETY

Ref: randd.defra.gov.uk – Project BE0191

Researchers from the University of Exeter (in partnership with the University of Sheffield, Sheffield Hallam University, and University of Plymouth) recently published a report for the Department for Environment, Food & Rural Affairs (Defra) exploring Green Social Prescribing and its effectiveness in tackling and preventing mental health issues.

A total of 8,339 individuals with mental health issues took part in a variety of different nature-based activities and therapies, such as conservation, horticulture and gardening, farming, exercise and sports, or talking therapies in the outdoors.

Before taking part in the study, participants believed that their levels of happiness, anxiety, life satisfaction, and feelings that their life was worthwhile were worse than the national average. After taking part in the project, levels of happiness and anxiety were typically in line with the national average while levels of life satisfaction and feelings that life was worthwhile had improved significantly.



For references, visit fht.org.uk/magazine-references or alternatively, type the individual references into your search bar online

Welcome to FHT's Business Hub! Designed with you in mind, our Business Hub is a focal point of specially curated content, intended to help you build and manage your business successfully.

THE BUSINESS HUB

PROTECT YOUR BUSINESS IDENTITY

Yoga teacher and intellectual property (IP) specialist **Kim Rothman** explains why every business owner should be aware of IP, copyright, and their rights

WORDS KIM ROTHMAN

During the day, I work as a Development Officer for Lincs Inspire Libraries where I help run the Business and Intellectual Property Centre (BIPC) services at Grimsby Central Library. I spend many hours supporting small and medium-sized businesses with their intellectual property. During evenings and weekends, I work on my passion project: teaching yoga and building my own business.

As a yoga instructor and IP specialist, I have seen firsthand how the passion and creativity that fuels holistic therapy can be both a gift and a vulnerability. Without the proper protections in place, the very innovations that help us connect with clients can be easily copied or exploited.

I have also seen many much-loved businesses get in trouble with their IP as they neglected to do infringement checks when setting up. IP protection is commonly overlooked when starting a business, problems often arising just as it starts to gain traction.

Whether you're a massage therapist, aromatherapist, reiki practitioner, or yoga

teacher, your unique skills and knowledge are valuable assets. Protecting them isn't just about legalities; it's about safeguarding your passion, your income, and the integrity of your work.

WHAT IS IP?

Copyright, patents, designs, and trademarks are all types of IP. You get some types of protection automatically, but must apply for others.

Intellectual property is the heart and soul of your therapy business. It's the unique blend of your knowledge, skills, and creative spark – your special yoga sequences, signature massage techniques, even your business name and logo. In the same way as you wouldn't want someone taking credit for your hard work, IP protection ensures your creations remain yours, allowing you to build your reputation, grow your business, and reap the rewards of your originality. It is your unique brand and is worth protecting.

COPYRIGHT PROTECTION

Copyright is automatic and international, so there is no need to register your creations.

It is important, however, that you consider how you can protect your ideas and work. Hard-copy material, such as drawings and handwritten ideas, can be easily protected; simply place them in a self-addressed envelope and post them to yourself. Make sure the envelope is date-stamped and that, when you receive the envelope back, you don't open it. Should you ever need to prove you were the original author of this work, the unopened envelope can be used in court to defend your copyrights.

Digital files are also a great way to protect your copyright. Make sure you date all your work and keep a file of all your ideas and processes.

Always consider a contract when working in business partnerships.

TRADEMARKS

Trademarks most commonly include your logo, business name, domain names, colours, music, and slogans. Less common are smells, gestures, and shapes. Trademarks are territorial; the National Network of Business and IP Centres can signpost you to trademark support internationally.

DESIGN RIGHTS

Design rights protect the shape or configuration (3D) and/or pattern or ornamentation (2D) of your creation. It is often confused with patents; however, it is based on appearance and not the function, materials, or technology of the creation.

Registering your designs will help stop others from copying them.

PATENTS

Patents are the most complicated of all IP. They are inventions and must be new and not known anywhere in the world before the filing date. The main consideration when patenting is that there must be an 'inventive step' and a 'technical effect'.

It is recommended that you find a patent attorney, as it can be a tricky process.

The golden rule with patents is to keep them a secret before filing your patent application. Once you tell someone about your patent, you can no longer register it.

THE PITFALLS AND HOW TO AVOID COSTLY MISTAKES

First come, first protected

You may be quick off the mark and incredibly creative. You have found a catchy, brilliant name and logo for your business... only to find yourself receiving a cease and desist letter from a competitor. Being first to create that brilliant company name and logo does not mean you can keep it. A competitor could find your brilliant business name and wish to use it; they might also be IP savvy and check to see if you have your name protected. If you didn't trademark your name or logo, they can not only use it, but also trademark the name and force you to rebrand or buy back the name!

I love my business name – don't make me give it up!

One of the biggest mistakes a new business



Kim Rothman championing the importance of IP awareness

can make is creating a name or logo and then discovering they cannot use it because it is too similar to a competitor's brand. This is a costly mistake that can lead to court fees, fines, and a complete business rebrand.

As you set up your business, it is important to make sure you are not infringing on another company's IP.

It is always disheartening to see a customer who is excited about their logo, business name, and branding receive a cease and desist letter because they didn't check to see if it infringes on another company. It is even harder to hear how they had to go to court or pay expensive fines because they failed to do the correct infringement checks.

The Companies House error

I often chat with customers who think they are IP protected because they are listed at Companies House. They are generally surprised to find out that Companies House does not in any way offer IP protection; it is a register for

limited companies.

The only place to get IP protection in the UK is from the Intellectual Property Office.

BIPC libraries offer many brilliant resources and free support

It can feel overwhelming when you start looking into protecting your brand. Yet the process can be straightforward and there is a lot of free support. One big piece of advice I tell my customers is that you don't need to pay a company to do your trademark searches; you can do it yourself or with free help from a BIPC librarian.

Business and IP Centres can be accessed in many libraries across the UK, and offer free, friendly support. They can also signpost you to international IP support. Find the British Library's National Network of Business and IP Centres online; there is a great interactive map to help you discover your closest BIPC: bipc-interactive-map.netlify.app

As you navigate your IP journey, know that there is free support and even FHT workshops to guide you. **IT**

Kim Rothman is a highly experienced yoga instructor. Her journey began in 2001 when she attended her first Ashtanga session in Ontario, Canada. She has since studied and qualified in Hatha yoga, Yin yoga, and chair yoga, and has achieved certification as a yoga nidra meditation instructor. She has also worked as an IP specialist for five years under the BIPC at Grimsby Central Library. Contact Kim via email at kimfiona@kimfionayoga.com or through her website at kimfiona.yoga

THE BUSINESS HUB



THE BONES OF WHO WE ARE

FHT Tutor of the Year 2023, **Victoria Salomon**, talks us through her groundbreaking methodology to help chronic pain sufferers break free

WORDS VICTORIA SALOMON

In 2023, I was privileged to be awarded Tutor of the Year by the FHT. This was a particularly special honour because it was for teaching my newly-established methodology about understanding the relationship between your bones to help realign your posture and gait.

As a long-term practitioner, with a BTEC Level 6 in Clinical and Advanced Sports Massage, a Foundation in Systematic Kinesiology, and training in biomechanics and gait analysis, it became clear that the direction and engagement of people's bodies was generally misaligned. This creates a negative impact on muscles, organs, and the healthy function of the nervous system.

During the pandemic, there was a period when clients could not book in for treatments, so they had to become more aware of their own bodies. They began to accept the responsibility and developed the capacity to help themselves without relying solely on a therapist.

We created a methodology to help them which looked deeply into the 3D alignment of each joint and the way bones are designed to move in relation with one another.

A ROSE BY ANY OTHER NAME...

It can be difficult or overwhelming to try to learn about our bodies and skeletal structure. By using analogies to compare the bones to everyday objects, we can demystify our bodies and begin to understand ourselves. For example, if we consider the bones as...

Needles

They weave and thread us through our daily lives. Without bones – and that strong, moving, interconnected core – the rest of our body would become a pile of mush. The question is: does this system work in a united way, or in isolation?

Scaffolding in motion

Every other system in the body is reliant on the bone structure to retain overall mobility and boundaries, to support and keep the different parts of each system safe and functioning correctly. The pelvis, ribcage, and skull are three extraordinary skeletal containers that, when aligned correctly, have the power to give the space and protection to organs, systems, muscles, and connective tissues.

When they are misaligned, however, protection and space can turn into compression, the bones acting instead like a heavy object that stops the flow and regulation of the body. One could compare this to a heavy brick blocking or reducing the water flow through a hose pipe. This is a great analogy for what happens when the pelvis or ribcage is misaligned and crushing the digestive tract, or when the base of the skull is misaligned and reducing the optimum blood flow to the brain. Both of these examples are ways in which the bones can compress, subsequently inducing a wide range of pathologies, from irritable bowel syndrome to migraines.

A table

A misaligned skeletal structure cannot return to its correct alignment without the correct foundations. If a table rocks and wobbles, do you focus on everything moving chaotically on the table top, or do you simply go to the leg of the table and find a way to resolve the issue at the source which then allows everything above to become balanced and stable?

WHY BONES?

Feeling our bones and their movement is an integral part of understanding our bodies. For most people, it helps to anchor and move the body through the orientation of an imaginary clockface. Through our methodology, we teach people to set their feet with their second toes facing 12 o'clock. This will immediately make some people feel knock-kneed or like they have a tight back. We work up towards helping them realign their pelvis, spine, ribcage, shoulder blades, shoulder joints, and then their skull and jaw.

Instead of seeing the body as separate parts, we encourage people to realise the interconnected nature of the body through experiencing it. For example, we demonstrate how the movement or alignment of the jaw can impact the movement of someone's feet, or how the rotation of the wrist can affect the extension or flexion of the spine. Through a seven-week process, we have been able to help people learn how to understand each part of their body and piece together the bigger picture.

JOINTS ACT, MUSCLES REACT

My personal calling was to decipher this term – coined by my mentor Gary Ward, who wrote a book called *What The Foot?* – into a methodology that a 10-year-old could understand and a 90-year-old could put into practice.

I found the best way to teach anyone and everyone the power of understanding their body and bones was to divide each part of the body into manageable chunks, starting with the feet. This evolved into a methodology of 48 practices over a seven-week period, intended to be spread over five days a week, with sessions only taking up 10 minutes each day. This way, it became possible to teach people how they could learn from the comfort of their own home and put these movements into their basic day-to-day activities.



Holistic Therapist, Author and Founder of The Ixchel System, Victoria Salomon advocates the Get Into Your Body methodology

At Ixchel Therapies, this seven-stage process begins with the 26 bones and 33 joints in both feet; that is 52 bones and 66 joints that connect with the ground with every step you take. They have very special mechanisms designed to pronate into a flattened foot, or supinate into an arched foot. Unfortunately, for the majority of people in pain, these mechanisms do not work correctly, and this can be the foundational source of many issues.

Through this methodology, clients develop balance, stability, support, relief, and self-love as they learn what lies beneath their skin. People who have suffered from pain for decades are now able to access the very alignments that are causing compressions and friction inside the body.

We believe that the power from this major part of the muscular-skeletal system has been overlooked completely, and are very fortunate that Pilates and yoga practitioners, doctors, trauma specialists, and bodyworkers are taking the training to share our unique methodology with the world. I am excited to say that the training is spreading throughout Europe, and North and South America.

Within the Ixchel Wellness Community, we teach the Get Into Your Body methodology and are proud to continue our mission to bring people home to their bones! **IT**

Victoria Salomon is an award-winning holistic therapist, founder of The Ixchel System, and author of *Get Into Your Body Level 1: The Workbook*. After years of suffering from misdiagnosed coeliac disease, as well as growing up surrounded by chronic physical and emotional health challenges in her family, Victoria discovered 'alternative' medicine on a trip to India. Now, she specialises in bodywork and mobility and helps hundreds of people begin to recover from acute and chronic pain. To learn more about Victoria and Ixchel Therapies, visit her website: ixcheltherapies.co.uk or contact her via Instagram: [ixcheltherapies_](https://www.instagram.com/ixcheltherapies_/), Facebook: [Ixchel Massage & Movement Therapies](https://www.facebook.com/IxchelMassage&MovementTherapies), or YouTube @ [IxchelTherapiesTheIxchelSystem](https://www.youtube.com/channel/UCxcheltherapies)

COMING together

Local groups, supported by the FHT, have been busy. Take a look to see what they've been up to over the past few months...

Why not attend a meeting near you this year? Find the full list of coordinators at fht.org.uk/local-support-groups

METAMORPHIC TECHNIQUE® WORKSHOP WITH SOUTH EAST LONDON

On Monday 15 July, the new South East London / North West Kent group was launched in Orpington. It was a very pleasant evening starting with tea, coffee, and chats, giving the opportunity for therapists from a variety of backgrounds to get to know each other before the workshop started. Coordinator Katerina Roberts led the group with a hands-on session in Metamorphic Technique® which was practised in pairs, enabling everyone to both give and receive a treatment. Those who already offer bodywork could see how easily they would be able to incorporate this into their treatments while others were looking forward to practising on family members. All agreed that the beauty of Metamorphic Technique® is not only that it is relaxing and simple to learn, but that it is available for everyone to use and receive. There are some exciting meetings planned for the future including forest bathing and a visit to a local lavender farm.



REIKI HEALING AND SOUND SESSION WITH COLCHESTER

Back in July, the Colchester LSG had a good meeting where they enjoyed the different sounds and vibrations of the singing bowls. Vikki brought in her impressive, giant singing bowl which worked well with the smaller ones. They also used tuning forks and cymbals and discussed various sounds that help give a sense of peace, soothing, and calm the mind.

The group practised using dowsing rods to sense the auric field. They also used grounding techniques from reiki to centre themselves, while the singing bowls helped strengthen their energy field. They also practised bringing in the earth energies and the universal energy as well. It was a lovely uplifting session and a great way to start off summer.



UPCOMING MEETINGS

EAST MIDLANDS

- 16 October Treatment Swap

SOUTH EAST KENT

- 4 November Reflecting on our progress and refining our approaches as holistic therapist

WATERLOOVILLE

- 6 November Nutrition for inflammation with Eva Chong

AYRSHIRE

- 7 November Singing for Health with Rachel Hynes
- 16 January Self Care for the New Year

OXFORD SOUTH

- 11 November Treatment Exchange
- 2 December Festive Shopping Evening
- 13 January Exploring Music in Our Treatment Spaces

SLOUGH & WINDSOR

- 12 November A Social Evening at the Langley Pavilion

THE NORTHERN NETWORK (BELFAST AND DISTRICT)

- 29 November Soap Making for Family & Friends with Rosie Beasley

To find your local group and find out more about others, visit fht.org.uk/local-support-groups



SLOUGH & WINDSOR'S FIRST MEETING

The Slough & Windsor LSG held their first meeting on 13 August. There were four attendees who listened to two wonderful, enthusiastic speakers, Anjali and Rahul from Anata Ayurveda (available in Slough or online). They had a great time! Anjali shared her knowledge of Ayurveda, her experience with her clients, the remarkable benefits and progress her holistic approach brings, and then she gave everyone a little one-on-one, checking everyone's crown chakra. After Anjali's passionate presentation, Rahul talked about the importance of yoga and meditation and their connection with Ayurveda to help people find the right balance to help gain and maintain physical, emotional and spiritual health.

As part of the launch, we spoke about future meetings and what to do, and it was decided the next meeting on the 12 November would be a social evening to get to know each other and make plans for future meetings.

WIM HOFF WITH AYRSHIRE

On 5 September, the Ayrshire group held their first meeting since Anya took over the coordinator role. Tracey and Ann had been running the group for many years, and so an official handover took place. Meetings will be held every two months on a Thursday between 7-9pm with events scheduled six months in advance.

Their first meeting was led by Gemma Collins, the Wim Hoff method instructor for Ayrshire. The Wim Hoff method is a way to tap into the hidden power of oxygen and cold exposure.

The group practised counting their breaths over a period of time, humming to ease anxiety, and they experimented with different breath ratios. Gemma then answered questions from the group, and they finished with tea, coffee, and a selection of cakes.

The group would love to welcome any therapists from Ayrshire at future events. Find them on Facebook or contact ayrshirehealingcentre@yahoo.com.



A NOTE TO LSG COORDINATORS:

We would like to inform you that, as of autumn 2024, Ali Brown has stepped down from her position as FHT LSG Lead. We here at the FHT would like to thank Ali for all her hard work and wish her the best for the future.

Please join us in welcoming Victoria McIntyre, who will be taking on the role of FHT LSG Lead. For the past year, she has worked alongside the FHT accreditation department. She is excited about her new role, where she will be supporting our FHT LSGs. Equally, if you have any LSG queries, please email: lsgadmin@fht.org.uk



FHT

ACCREDITED COURSE PROVIDERS

- SC SHORT COURSE** - FHT Accredited short course is a training course that on its own does not follow the National Occupational Standards (NOS) and Core Curriculum for a therapy and one which may not qualify the student to Practitioner Level. Short courses expand on an existing therapy that follows the NOS or FHT standards as best practice, i.e. Pregnancy Massage or CPD courses.
- Q QUALIFICATION COURSE** - FHT Accredited qualification is a training course that follows the National Occupational Standards (NOS) and Core Curriculum - where available - for the therapy and one that qualifies the student to Practitioner Level. This is for learners who are starting from the beginning with no knowledge in the therapy.

IRELAND

- NEW** **Q** **Brid Lang College of Reflexology**
linkedin.com/in/brid-lang-9823a379
- Q** **Deirdre Murray Holistic Sligo**
deirdremurrayholistic.ie
- SC** **Golden Egg Holistic**
goldeneggholistic.com
- NEW** **SC** **GROUND Wellbeing**
groundwellbeing.com
- Q** **International College of Orthopaedic Therapy (INCOT)**
incot.ie
- Q** **Kerry School of Reflexology**
kerryreflexology.com
- Q** **National School for Remedial Therapy (NSRT)**
nsrt.ie
- SC** **Obus Academy**
obus.ie
- NEW** **Q** **Shannon Estuary Way Retreat and Academy**
shannonestuarywayretreat.ie
- Q** **Tara School of Reflexology & Therapies**
taraschoolofreflexology.ie
- Q** **The European College of Reflexology and Massage**
ecrm.ie

SCOTLAND

- SC** **Aurora Holistic Training Academy**
aurora-scotland.com
- Q** **Hailey Dallas Brows Ltd**
haileydallasbrows.com

- SC** **Horizon Geothermal Training Academy**
jacquelineochertyhotstonemassage.co.uk
- Q** **Mind Detox Academy**
minddetoxacademy.com
- Q** **Pain Care Clinic Ltd**
paincareclinic.co.uk
- Q** **School of Holistic Therapy**
holistic-school.com
- Q** **Shiatsu and Thai Massage Training Scotland**
stmts.co.uk
- SC** **Start with Touch Ltd**
startwithtouch.com
- Q** **The Glasgow School of Massage**
theglasgowsschoolofmassage.com

NORTHERN IRELAND

- Q** **Airmid Academy**
airmidtherapies.com
- Q** **Angel Haven**
angelhaven.co.uk
- Q** **Beulah Keane (Mind Body in Feet)**
mindbodyinfeet.co.uk
- Q** **Body and Sole School of Complementary Therapies**
bodyandsoleschool.co.uk
- Q** **Calm Confident Training Academy**
calmconfidentkids.co.uk
- Q** **Devata Holistic Centre**
devata.co
- SC** **Dorothy Kelly Academy of Reflexology**
dorothykellyacademyofreflexology.com

- Q** **Judy Buckley School of Reflexology**
judybuckleyreflexology.com
- Q** **New Beginnings School of Natural Therapies**
angelsanctuary.co.uk
- Q** **Sheila Nugent School of Reflexology & Holistic Therapies**
sheilanutgenschoolofreflexology.co.uk

NORTH WEST

- SC** **Acupuncture Training Providers Ltd**
jonhobbsacupuncture.com
- Q** **Breathworks**
breathworks-mindfulness.co.uk
- Q** **British Academy of Crystal Healing**
britishacademyofcrystalhealing.com
- SC** **Dorn Method Academy UK (Jacqui)**
dornmethod.org
- Q** **Harmony Holistics Wirral**
harmonyholisticswirral.co.uk
- SC** **Health Med Training Solutions**
acupuncturetrainingproviders.co.uk
- SC** **Hero Lifestyle**
herolifestyle.co.uk
- Q** **KORE Academy Ltd**
koretherapy.com
- SC** **NotLost Wellbeing Ltd**
notlostwellbeing.com
- Q** **Oletessa Reiki & Holistic Therapies**
olettessatherapies.co.uk
- Q** **Reiki Tradition**
reikitradition.me.uk
- SC** **Sigma Woman**
sigmawoman.co.uk/cpd-training
- SC** **Tameside College**
tameside.ac.uk
- SC** **Urban Body Balance**
urbanbalance.co.uk
- SC** **UK Nail & Beauty Supply & Training Academy**
uknailandbeautysupply.co.uk
- Q** **Vector Training**
vtraining.co.uk
- SC** **Wilde Harmony Holistic Massage**
wildeharmony.com
- SC** **Xtreme Therapeutics**
xituk.com
- SC** **Yu Heal**
yuheal.nl

NORTH EAST

- Q** **Breeze Academy**
breeze.academy
- SC** **Eclipse Training Associates**
eclipsetrainingcourses.co.uk/courses
- Q** **The No1 Pain Relief Clinic**
theno1painreliefclinic.co.uk

YORKSHIRE AND THE HUMBER

- Q** **Cosmo Kemp School of Thai Yoga Massage**
cosmothaiyoga.com
- Q** **Eve's Garden (Alison Valerie Peart)**
eves-garden.co.uk
- Q** **The Sound Therapy Company**
thesoundtherapycompany.co.uk
- SC** **Total Therapies Training**
totaltherapies.co.uk

EAST MIDLANDS

- NEW** **SC** **BTST Academy**
btstacademy.co.uk
- Q** **Cedars Training Academy Ltd**
cedarstrainingacademy.co.uk
- Q** **Chi Medics™**
chi-medics.com
- SC** **Gentle Release Therapy Ltd**
gentlereleasetherapy.com
- SC** **Holistic Tai Chi Qigong Training Academy UK**
hqtak.com
- SC** **Penny Price Aromatherapy Ltd**
aromatherapy-courses.co.uk
- SC** **Pressure Point**
pressurepoint.me
- SC** **Skcin National Skin Cancer Charity**
masced.uk
- Q** **Tri-Dosha**
tri-dosha.co.uk

WEST MIDLANDS

- Q** **Central School of Massage**
centralschoolmassage.com
- SC** **Chakrascension™ Centre**
chakrascension.org.uk
- Q** **Joanne Woodward Holistic Health Clinic**
joannewoodwardholistichealth.com
- SC** **Just Be (Butterfly Experience with Jacqui Mexson)**
jaqui.mexson@virginmedia.com
- SC** **Lymphoedema Training Academy Ltd**
lymph.org.uk
- SC** **Microsystems Therapies and Training**
mtat.uk
- SC** **OM Massage School**
ommassageschool.com
- SC** **The Ishta Centre**
coreposturalalignment.com

WALES

- SC** **Angela Green Complementary Therapies**
angelagreen99@yahoo.co.uk
- SC** **Dynamic Massage**
dynamicmassage.co.uk & handsfreemassage.com
- Q** **HB Training Wales Ltd**
hbtraining.org
- SC** **Lucy's Beauty Academy**
lucysbeautystudio.org.uk
- Q** **Physiotherapy and Complementary Therapies Ltd**
nwcom.co.uk
- SC** **Sally Kay**
reflexologylymphdrainage.co.uk
- Q** **TEACH Therapy**
teachtherapy.co.uk
- SC** **West Shires School of Complementary Health**
therapytrainingwales.co.uk

SOUTH WEST

- SC** **Booth VRT Ltd**
boothvrt.com

- SC** **Cheltenham School of Complementary Therapy & Beauty**
thetherapyschool.co.uk
- Q** **Core Elements**
coreelements.uk.com
- SC** **Cotswold Academy - Complementary Health & Sport**
cotswoldacademy.co.uk
- SC** **Holistic Therapies Training Academy Ltd**
holistictherapiestrainingacademy.co.uk
- SC** **Light Touch Therapy Training**
lighttouch.co.uk
- SC** **Nicole Mitchell**
massagefordementia.co.uk
- SC** **Physical Solutions UK**
physicalsolutions-uk.com
- SC** **Seren Natural Fertility**
serennaturalfertility.co.uk
- SC** **The Children's Reflexology Programme**
kidsreflex.co.uk
- SC** **Therapy Health and Beauty Clinic**
therapyclinic.co
- SC** **Tranquillity Zone Training**
tranquillityzonetraining.co.uk
- Q** **University of St Mark & St John**
marjon.ac.uk
- SC** **Weston Hospicecare**
westonhospicecare.org.uk

SOUTH EAST

- Q** **Alison Dalziel Acupuncture & Massage Training**
alisondalziel.co.uk/contact
- SC** **Aromalyne**
aromalyne.com
- Q** **Brighton Holistics Online**
brightonholisticsonline.co.uk & brightonholistics.co.uk
- Q** **Brighton School of Massage**
brightonschoolofmassage.co.uk
- Q** **Calming Influences Ltd**
calminginfluences.com
- Q** **Centre for Nutrition Education and Lifestyle Management**
cnelm.co.uk
- Q** **Cherubs Training Academy - Hampshire**
cherubsbabyhealth.com
- SC** **College of Classical Massage Ltd**
collegeofclassicalmassage.com
- SC** **CS Nutrition**
clairenutrition.co.uk
- Q** **East Sussex College Group**
escg.ac.uk
- Q** **Elaine Caswell Therapy Training**
elainecaswelltherapy.co.uk
- Q** **Elemi Training**
elemitraining.co.uk
- SC** **From the Seed**
fromtheseed.co.uk
- SC** **Hawaiian Massage UK Training Centre**
huna-massage.com
- SC** **Innaminka Training Services**
itsperou@depinaperou.plus.com
- SC** **Jane Sheehan**
footreading.com
- SC** **Lifespan Reflexology**
lifespanreflexology.co.uk
- Q** **Lucis College**
lucisgroup.com

Q Mary Atkinson Holistic Therapy Courses

maryatkinson.com

Q **SC** Natasha de Grunwald
natashadegrunwald.co.uk

SC Purple Turtle Academy
purpleturtlettherapy.com

SC Quinn Neuropratic
brendan-quinn.co.uk

SC Reflexmaster
reflexmaster.co.uk

SC RJ Buckle Associates
rjbuckle.com

NEW **SC** School of Calmology
schoolofcalmology.com

SC Shakra Centre
shakracentre.com

SC Shared Beauty Secrets
sharedbeautysecrets.com

Q **SC** The Academy of Systematic Kinesiology

kinesiology.co.uk

SC The Advanced Attraction Company Ltd
carolynebennett101@gmail.com

Q **SC** The College of Functional Wellness
functional-wellness.co.uk

SC The Holistic and Wellness Course Academy
sallygarozzo.com

Q **SC** The Ixchel System
ixcheltherapies.co.uk

SC Time for a Change
timeforachange.uk.com

SC Total Release Experience (TRE UK®)
treuk.com

SC Training4Healthcare
training4healthcare.co.uk

EAST OF ENGLAND

SC AuroraStar Holistic Therapies & Training
aurorastar.co.uk

Q **SC** Cameron Reid Training
www.cameronreid.com

Q Culinary Medicine College
culinarymedicinecollege.com

SC Functional Reflex Therapy
functionalreflextherapy.co.uk

NEW **SC** Gladwell School of Massage
gladwellmassage.com

SC Helen Mary Perkins
helenperkins.com

NEW **SC** MolyFit
molyfit.co.uk

SC One Mind Academy
onemindacademy.com

SC On the Spot Training Centre
sallymorriss.co.uk

SC SKN-RG Academy
skn-rg.com

SC Zen School of Meditation
biancadagostino.com

LONDON

Q **SC** Ayurveda Pura Academy
ayurvedapura.com

SC Accredited Massage Courses Ltd.
accreditedmassagecourses.co.uk

SC Benjawan School of Thai Massage and Therapy
benjawan-thaimassage.co.uk

Q **Bodyology**
bodyologymassagecourses.co.uk

SC CPD Health Courses
cpdhealthcourses.co.uk

SC Craniosacral Therapy Educational Trust
cranio.co.uk

SC Elemental Massage School of Beauty and Holistic Therapies

elemental-massage.co.uk

SC Eva Nagy Massages
evanagymassages.co.uk

Q **Haven Wellness**
havenwellness.co.uk

Q **HypnoTC: The Hypnotherapy Training Company**
hypnotc.com

SC Integrated Manual Medicine (IMM)
immcpd.co.uk

SC International Massage Education
internationalmassageeducation.co.uk

Q **SC** Jivita Ayurveda
jivitaayurveda.com

Q **Magni Academy**
magniskin.co.uk

SC School of Natural Therapies
schoolofnaturaltherapies.co.uk

SC SpaNu Wellness
spanuwellness.com

SC Sports Performance Massage
sportsperformancemassagecpd.com

SC St Mary's University
smuc.ac.uk/shortcourses

SC The Skintellectual Group
skintellectualgroup.com

SC UnitedMind Ltd
unitedmind.co.uk

SC Ziggy Bergman
zonefacelift.com

SC Ziggy Bergman with the London School of Reflexology
zonefacelift.com

NATIONAL

SC Amethyst Trust Specialist Cancer Massage & Reflexology Training
amethysttrust.co.uk

Q **SC** Anatomy and Physiology Online
anatomy-and-physiology-online-courses.co.uk

Q **SC** Essential Training Solutions Ltd
essential-training.co.uk

Q **SC** Gateway Workshops
gatewayworkshops.co.uk

SC Hypnosis Courses Ltd
hypnosis-courses.com

SC Jennifer Young
jenniferyoungtraining.com

Q **SC** London School of Massage
londonchoolofmassage.co.uk

NEW **Q** **Natural Touch Training**
naturaltouchtraining.co.uk

Q **The College of Bowen Studies**
collegeofbowenstudies.co.uk/contact-us

SC **The Chrysalis Effect**
thechrysaliseffect.com

SC Vitali-Chi Headquarters
v-chi.com

SC Wavestone Therapies Ltd
thewavestone.co.uk

SC Womb & Fertility Massage
fertilitymassage.co.uk

SC Zen School of Meditation
biancadagostino.com

INTERNATIONAL

SC Alchemy of Breath Academy
alchemyofbreath.com

Q **American Fitness Professionals & Associates (AFPA)**
afpafitness.com

Q **Blossom & Berry Baby Massage & Yoga Training**
blossomandberry.com

SC **Breath of Gold**
breathofgold.com

SC **Butterfly Touch Therapies Training Limited**
butterflytouchtherapiestraining.com

Q **Health Coach Institute, LLC**
healthcoachinstitute.com

Q **Institute of Transformational Nutrition (ITN)**
transformationalnutrition.com

Q **SC** **Jari Jari Spa**
jarijari.com.my

SC **Liddle Kidz Foundation**
liddlekidz.org

SC **MSTR® International**
mcloughlin-scar-release.com

Q **Natural Bioenergetics Global**
naturalbioenergetics.ca

Q **SC** **New Mind Academy (New Mind Sdn. Bhd.)**
brainhealthspecialist.com

Q **SC** **New Vision Therapy**
newvisiontherapy.co.uk

SC **PureAroma Healing Academy**
purearoma.com.tw

SC **Rapid NeuroFascial Reset**
rapidnfr.com

Q **Rinalda Therapeutic Kneads**
rinaldatherapeutickneads.com

SC **Shiny Forest Ltd**
shinyforest.com

Q **SC** **The Institute of Aromatherapy**
aromashoppe.com

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