

Learning Objectives

- To learn about the history and applications of chiropractic, including a practical demonstration
- To better know the opportunities for incorporating plants into a healthy lifestyle, diet and behaviours
- To look at breaking the circle of nature deficit, and positive steps for better mental and physical health
- To understand the benefits and targeting regular exposure to green environment
- To understand what is reiki-history and what it can treat
- To explore some personal case studies of reiki treatments and demonstration of technique
- To understand what visualisation is, how it works, and where it is applicable
- To learn how to use visualisation with patients
- To know the difference between osteopathy, physio and chiropractic
- To understand philosophy, examination & thought process, and the types of conditions osteopaths treat
- To gain knowledge of acupuncture and what conditions it can be used to treat

Programme

9.00 – 9.25	Registration and coffee
9.25 – 9.30	Welcome and housekeeping
9.30 – 10.20	Chiropractic – <i>Nina Hollingsworth and Stephanie Miles, The Parker Clinic</i>
10.20 – 11.10	Putting plants to work - the benefits of plants in medicine and a healthy lifestyle – <i>Nicholas Wray, University of Bristol Botanic Garden</i>
11.10 – 11.40	Coffee
11.40 – 12.30	Reiki – <i>Barney Rhythm, Reiki practitioner, Reiki for Recovery</i>
12:30 – 1.10	Lunch
1.10 – 2.00	Visualisation – how to use it to improve mood and mental wellbeing <i>Jo Cullen, Solution-Focused therapy practitioner and educationalist</i>
2.00 – 2.10	Tea
2.10 – 3.00	Osteopathy – <i>Tim Chapman, Clinic Director of Bristol Osteopaths</i>
3.00 – 3.50	Acupuncture – <i>Verity Allen, Acupuncturist</i>
3.50	Close

Overview

The day has been designed to give you an introduction to the above complementary therapies, highlighting their history, applications and benefits alongside conventional medicine, with practical demonstrations where appropriate.

RCGP Curriculum areas covered:

3.01 Healthy people: promoting health and preventing disease

Good Medical Practice Framework:

1.1 Maintain your professional performance

- Keep knowledge and skills about your current work up to date
- Participate in professional development and educational activities

1.2 Apply knowledge and experience to practice

- Adequately assess the patient's conditions
- Provide or arrange advice, investigations or treatment where necessary
- Prescribe drugs or treatment, including repeat prescriptions, safely and appropriately
- Provide effective treatments based on the best available evidence
- Consult colleagues, or refer patients to colleagues, when this is in the patient's best interests

Feedback, Course certificates and Reflection on Learning

Please submit your feedback online by following the link in the email you will be sent after the course. Feedback will be collated and shared with educators.

Once you have left your feedback, you will be able to access your course certificate and reflection on learning template for this course.

Your course certificate and reflection on learning can be completed, added to or amended at any time, using your HLP login. You can also download it as a PDF document.

Course documents

Course documents from the day will be emailed to you after the event.

Sponsors

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