



Expectant Parents' Complementary Therapies Consultancy



# **Complementary Therapies in Pregnancy and Childbirth**

## **Courses and Study Days**

for midwives, doctors, nurses, complementary practitioners, antenatal  
educators, maternity support workers and doulas

**Academic Year 2009 – 2010**

**[www.expectancy.co.uk](http://www.expectancy.co.uk) / 08452 301 323**

Expectancy is the leading provider of professional education on complementary therapies in pregnancy and childbirth and was “highly commended” in the 2009 Complementary and Alternative Medicine Awards.

Safety, professional accountability and evidence-based practice are fundamental to our philosophy. Our innovative and trail-blazing courses are professionally and academically accredited and have contributed to an increased awareness of safety issues when using complementary therapies and natural remedies in maternity care. Our aim is to see a more equitable provision of complementary therapy services within conventional maternity care.

We have worked with numerous NHS trusts in the UK, providing in-house training for midwives wishing to incorporate aromatherapy, reflexology, moxibustion and other therapies into their practice. This has facilitated increased normality in pregnancy and birth, with reduced intervention such as induction of labour or Caesarean section.

We offer courses on pregnancy and birth for complementary therapists, and can provide in-house courses for colleges, to comply with core curriculum requirements. We also have a range of courses for those who support women through pregnancy and birth, including NHS maternity support workers and care assistants, independent doulas and antenatal educators.

We run courses in London and Cheshire, open to midwives, doctors, therapists, doulas and antenatal teachers and can provide in-house courses in the UK and overseas by negotiation.

# NEW! DIPLOMA IN INTEGRATED MATERNITY CARE (COMPLEMENTARY THERAPIES)

The Diploma aims to prepare midwives wishing to acquire the knowledge and skills to use a range of complementary therapies and natural remedies safely and appropriately for expectant, labouring and newly-delivered mothers. Completion of the Diploma will equip midwives with additional tools to facilitate normal birth, reduce intervention rates, enhance wellbeing and improve maternal satisfaction.

**Content includes aromatherapy, reflexology, clinical hypnosis, homeopathy, herbal medicines, Bach flower remedies, moxibustion for breech presentation, post-dates pregnancy, nutrition, stress management and integration into midwifery practice.**

Modules will be held one weekend per month over an academic year, starting in west London in September 2009 and Cheshire in February 2010.

The programme is currently partially academically credit-rated by the University of Greenwich. Negotiations are underway for full academic and professional accreditation, with access to appropriate insurance cover. As with all our courses, the Diploma complies with the professional requirements of the Nursing and Midwifery Council, and emphasises safety, accountability and evidence-based practice.

## Diploma in Maternity Complementary Therapies

**Dates: London** 12/13 September, 10/11 October, 7/8 November, 5/6 December, 9/10 January 2010, 6/7 February, 6/7 March, 10/11 April, 8/9 May, 5/6 June

**Dates: Cheshire** 20/21 February 2010, 20/21 March, 24/25 April, 22/23 May, 19/20 June, 10/11 July, 25/26 September, 23/24 October, 20/21 November, 11/12 December (no study days in August)

**Suitable for:** midwives *only*      **Pre-requisites:** Midwifery qualification; currently eligible to practise

**Fees:** £3250 for full Diploma (£2600 if paid in full before 31 July 2009)

**Payment by instalments** + 10% surcharge ie £3575

**Please contact Expectancy to discuss instalments, exemptions and fee reductions.**

**University credit:** There is an administrative charge payable for those wishing to obtain academic credit points by completing the university assessments (optional). This is currently £150 for 15 credits (aromatherapy *or* reflexology modules). Negotiations are ongoing for credit-rating of the full Programme which may permit those entering the 2009-2010 intakes to obtain retrospective credit; this will be subject to an administration fee for the *full 60 credits* (currently £600, TBC).

# NEW! MATERNITY SUPPORT THERAPIST PROGRAMME

**(Birth and Postnatal Complementary Therapy / Doula training)**

Expectancy is pleased to announce its exciting new Maternity Support Therapist programme which aims to prepare students to acquire the knowledge and skills to use a range of complementary therapies and natural remedies safely and appropriately when accompanying women during labour and birth or in the early days of motherhood.

The Programme is particularly appropriate for maternity support workers wishing to extend their role, those considering midwifery training, doulas keen to use complementary therapies safely to support women in childbirth and complementary therapists intending to accompany women in labour. As with all our courses, the Programme emphasises safety, professional accountability and high standards of practice and care.

The Programme is credit-rated by the University of Greenwich, 15 credits at Foundation level; professional recognition with the Federation of Antenatal Educators for eligibility for indemnity insurance cover is pending. It is hoped that these accreditations will pave the way for a more formal educational route for maternity support workers and doulas in the UK and the development of a defined role, in conjunction with that of the midwife, for those choosing to work as birth or postnatal supporters.

Students must complete the Caring for Pregnant Clients course prior to commencing the full Programme (taught course or by distance learning, accredited by the Federation of Holistic Therapists). They may then choose to undertake *either* the Birth Support Therapist (BST) *or* the Postnatal Support Therapist (PST) route, *or* to combine both routes to become a Maternity Support Therapist (MST).

## Maternity Support Therapist Programme

**Dates: Cheshire: Birth Support Therapist** 8/9 October and 2/3/4 December 2009

**Postnatal Support Therapist** 20/21 January and 24/25/26 March 2010

**Dates: London: Birth Support Therapist** 23/24 February and 20/21/22 April 2010

**Postnatal Support Therapist** 13/14 July and 7/8/9 September 2010

**Suitable for:** NHS Maternity support workers, doulas, antenatal educators, complementary practitioners, those considering midwifery training

**Pre-requisites:** Prior completion of Caring for Pregnant Clients course; subject to selection process

**Fees: BST only** £1350

**PST only** £1350

**Combined MST** £2500

**Payment by instalments + 10% University administration charge** £450 (optional)

# CARING FOR PREGNANT CLIENTS COURSE



The Caring for Pregnant Clients course aims to offer a comprehensive theoretical education to assist those engaged in supporting expectant, labouring and/or newly-delivered mothers, as well as couples experiencing problems with infertility, to develop the confidence and competence to provide safe treatment and advice, by applying their existing professional or life-skills knowledge to a deeper understanding of reproductive physiology and care.

The course can be undertaken as a 2-day taught course followed by guided home study, or as a distance learning package over a 3 month period. The course is academically credit-rated by the University of Greenwich, 5 credits at Foundation level - those wishing to obtain university credit points and academic recognition may present their work for external assessment by the University (administration fee payable). The course is also professionally accredited by the Federation of Holistic Therapists as CPD for complementary practitioners and by the Federation of Antenatal Educators, for eligibility for indemnity insurance cover.

## Caring for Pregnant Clients course

**Suitable for:** NHS Maternity support workers, doulas, antenatal educators, complementary practitioners, those considering midwifery training

**Dates:** Please enquire – subject to demand for taught course

Can be delivered in-house for colleges and schools of complementary therapies

**Distance learning course** – can be started at any time during the year

**Pre-requisites:** none

**Fees:** Taught course £295

**Distance learning with online tutor** £195

**Distance learning, course materials only** - no tutor but final work submitted for feedback £85

**University assessment** £150



# IMPLEMENTING AROMATHERAPY IN MATERNITY CARE COURSE

This 3 day course is credit-rated by the University of Greenwich, London (15 credits, level 3/6) and aims to prepare students to develop the relevant knowledge and skills to use selected essential oils and basic massage skills safely and appropriately for pregnant and labouring women. The course constitutes module 1 of the Diploma in Maternity Complementary Therapies for midwives.

The course complies with the professional criteria laid down by the Nursing and Midwifery Council and, on completion, midwives will be able to use aromatherapy in their practice, subject to permission of the employing authority and development of relevant policies. Other students such as aromatherapists and doulas can gain from sharing with midwives and are able to explore ways to integrate their aromatherapy treatments for pregnant and childbearing mothers within conventional maternity care.

## Implementing Aromatherapy in Maternity Care course

**Suitable for:** Midwives, health visitors, support workers, doulas, antenatal educators, aromatherapists

**Dates: London** Sunday 13<sup>th</sup> September / Saturday 10<sup>th</sup> October / Sunday 11<sup>th</sup> October 2009

**Dates: Cheshire** Sunday 21<sup>st</sup> February 2010 and Saturday 20<sup>th</sup> / Sunday 21<sup>st</sup> March 2010

**Pre-requisites:** Midwifery, nursing or medical qualification OR subject to prior completion of Caring for Pregnant Clients course (+ aromatherapy qualification) or Maternity Support Therapist programme

**Fees:** £485

**University assessment** (optional): £150

# REFLEXOLOGY TECHNIQUES FOR MATERNITY CARE COURSE



This 4 day course is credit-rated by the University of Greenwich, London (15 credits, level 3/6) and aims to prepare students to develop the relevant knowledge and skills to use specific reflexology techniques safely and appropriately during pregnancy and birth. The course constitutes module 2 of the Diploma in Maternity Complementary Therapies for midwives.

The course complies with the professional criteria laid down by the Nursing and Midwifery Council and, on completion, midwives will be able to use reflex zone therapy techniques in their practice, subject to permission of the employing authority and the development of relevant policies. Other students such as reflexologists and doulas can gain from sharing with midwives and are able to explore ways to integrate their reflexology treatments for pregnant and childbearing mothers within conventional maternity care.

## Reflexology Techniques for Maternity Care course

**Suitable for:** Midwives, health visitors, doctors, maternity support workers, doulas, antenatal educators, reflexologists

**Dates: London** Saturday 7<sup>th</sup> / Sunday 8<sup>th</sup>; November & Saturday 5<sup>th</sup> / Sunday 6<sup>th</sup> December 2009

**Dates: Cheshire** Saturday 24<sup>th</sup> / Sunday 25<sup>th</sup> April; Saturday 22<sup>nd</sup> / Sunday 23<sup>rd</sup> May 2010

**4 day course for reflexologists only, Cheshire (includes CPC course):** 16<sup>th</sup> to 19<sup>th</sup> February 2010

**Pre-requisites:** Midwifery, nursing or medical qualification OR subject to prior completion of Caring for Pregnant Clients (CPC) course (+ reflexology qualification) or Maternity Support Therapist programme

**Fees:** £550

**University assessment** (optional): £150

# CLINICAL HYPNOSIS FOR PREGNANCY AND CHILDBIRTH COURSE

This 4 day course, in association with Thames Medical Lectures, is run by Ursula James, a renowned hypnotherapy lecturer, practitioner, author and media personality; students who successfully complete the course are awarded a certificate to practise hypnotherapy in maternity care from Thames Medical Lectures. The course constitutes module 3 of the Diploma in Maternity Complementary Therapies for midwives.

This course is distinctly different from other pregnancy hypnosis courses available in the UK, and prepares professionals to make justifiable judgements about specifically appropriate and safe hypnosis protocols for individual pregnant and labouring mothers.

## Clinical Hypnosis for Pregnancy and Childbirth course

**Suitable for:** Midwives, health visitors, doctors, hypnotherapists, psychotherapists, maternity support workers, doulas, antenatal educators, complementary practitioners

**Dates: London** Saturday 6<sup>th</sup> / Sunday 7<sup>th</sup> February and Saturday 6<sup>th</sup> / Sunday 7<sup>th</sup> March 2010

**Dates: Cheshire** Sat. 25<sup>th</sup> / Sunday 26<sup>th</sup> September and Sat. 23<sup>rd</sup> / Sunday 24<sup>th</sup> October 2010

**Pre-requisites:** Midwifery, nursing or medical qualification OR subject to prior completion of Caring for Pregnant Clients course or Maternity Support Therapist programme. Please note: Hypnotherapists & psychotherapists who are not midwives will be required to complete the CPC course or produce documentary evidence of recent academic study of pregnancy physiology and an understanding of the conventional maternity services.

**Fees: £550**

**Combined Hypnosis + Caring for Pregnant Clients courses for hypnotherapists: £700**

# NATURAL REMEDIES (HERBS & HOMEOPATHY) IN PREGNANCY COURSE



This 2 day course provides an introduction to herbal and homeopathic remedies, their safety, contraindications, precautions, application and benefits during pregnancy, labour and the postnatal period. Students will acquire a working knowledge to assist them in advising women about the safe use of natural remedies, within the parameters of their personal professional role. Together with the 2 day Bach flower remedy course, this constitutes module 4 of the Diploma in Maternity Complementary Therapies for midwives.

## Natural Remedies (Herbs and Homeopathy) in Pregnancy course

**Suitable for:** Midwives, health visitors, doctors, maternity support workers, doulas, antenatal educators, complementary practitioners

**Dates: London** Saturday 10<sup>th</sup> and Sunday 11<sup>th</sup> April 2010

**Dates: Cheshire** Saturday 10<sup>th</sup> and Sunday 11<sup>th</sup> July 2010

**Pre-requisites:** Midwifery, nursing or medical qualification OR subject to prior completion of Caring for Pregnant Clients course.

**Fees:** £295

**In combination with Bach Flower Remedy course:** £550 (four days)



## NATURAL REMEDIES (BACH FLOWER REMEDIES) IN PREGNANCY COURSE

This 2 day course offers an introduction to the Bach flower remedies, with particular focus on their value in pregnancy, birth and the postnatal period. The course constitutes part 1 of the Bach flower Practitioner programme and, together with the 2 day Herbal and Homeopathic Remedies course, also constitutes module 4 of the Diploma in Maternity Complementary Therapies for midwives.

### **Bach Flower Remedies in Pregnancy course**

**Suitable for:** Midwives, health visitors, doctors, maternity support workers, doulas, antenatal educators, complementary practitioners

**Dates: London** Saturday 8<sup>th</sup> and Sunday 9<sup>th</sup> May 2010

**Dates: Cheshire** Saturday 20<sup>th</sup> and Sunday 21<sup>st</sup> November 2010

**Pre-requisites:** Midwifery, nursing or medical qualification OR subject to prior completion of Caring for Pregnant Clients course.

**Fees:** £295

**In combination with Natural Remedies course:** £550 (four days)

## STUDY DAYS (Fees: all single study days £135; group rates available)

STUDY DAY	DATES / SUITABLE FOR
<p><b>Moxibustion for Women with Breech Presentation</b>  (can also be delivered in-house on request)</p>	<p><b>Dates:</b> Saturday 5<sup>th</sup> June 2010 (London)  Saturday 11<sup>th</sup> December 2010 (Cheshire)</p> <p><b>Suitable for:</b> Midwives, doctors (for practice); maternity support workers, doulas, antenatal educators, health visitors, complementary practitioners (for advising mothers)</p>
<p><b>Complementary Therapies for Post-dates Pregnancy</b></p>	<p><b>Dates:</b> Thursday 19<sup>th</sup> November 2009 (Cheshire)</p> <p><b>Suitable for:</b> Midwives, doctors (for practice); maternity support workers, doulas, antenatal educators, health visitors, complementary practitioners (for advising mothers)</p>
<p><b>Nausea and Vomiting in Pregnancy</b></p>	<p><b>Dates:</b> Friday 20<sup>th</sup> November 2009 (Cheshire)</p> <p><b>Suitable for:</b> Midwives, health visitors, doctors, maternity support workers, doulas, antenatal educators, complementary practitioners</p>
<p><b>Nutrition in Pregnancy</b></p>	<p><b>Dates:</b> Saturday 9<sup>th</sup> January 2010 (London)  Saturday 19<sup>th</sup> June 2010 (Cheshire)</p> <p><b>Suitable for:</b> Midwives, health visitors, doctors, maternity support workers, doulas, antenatal educators, complementary practitioners</p>
<p><b>Stress in Pregnancy</b></p>	<p><b>Dates:</b> Sunday 10<sup>th</sup> January 2010 (London)  Sunday 20<sup>th</sup> June 2010 (Cheshire)</p> <p><b>Suitable for:</b> Midwives, health visitors, doctors, maternity support workers, doulas, antenatal educators, complementary practitioners</p>
<p><b>Comp. Therapies for Women's health incl. infertility</b></p>	<p><b>Dates:</b> TBC – subject to demand, can be delivered in-house</p> <p><b>Suitable for:</b> maternity support workers, doulas, antenatal educators, complementary practitioners</p>

## APPLICATION FORM ACADEMIC YEAR 2009-2010

Your name as you would like it on your certificate (please print)

Address, including postcode

Telephone number(s)

Your principal profession

Place of work

Your email address – please print clearly; NB all correspondence is via email

Please repeat email address

Course for which you are applying	Start Date	Venue	Fee

If you have any queries about the course for which you are applying or wish to discuss fees, exemptions or other issues please contact Expectancy on [info@expectancy.co.uk](mailto:info@expectancy.co.uk) or 08452 301 323

**PAYMENT by cheque** payable to **Expectancy Ltd** and returned by post with your application form to Expectancy, 4 Beechwood Drive, Meopham, Kent DA13 0TX

**OR Payment by direct bank transfer to** NatWest Bank account number 79016197 Sort code 60 23 22

International Bank number for overseas payments GB26 NWBK 6023 2279 0161 97

**OR If you wish to be invoiced for payment at a later date (15% surcharge payable):**

Name and address of person to whom invoice should be sent

**Applications for payment by NHS Trusts MUST quote Purchase Order Number otherwise a confirmed place on the course cannot be guaranteed**