



Complementary Therapies in Pregnancy and Childbirth

Courses and Study Days

for midwives, health visitors, doctors, complementary therapy practitioners,
antenatal teachers, doulas, maternity support workers and those considering midwifery training

Academic Year 2010 – 2011

<http://www.expectancy.co.uk> 08452 301 323

Expectancy is the leading provider of accredited professional education on complementary therapies in pregnancy and childbirth and winner of the 2010 “Outstanding contribution to the community” Complementary and Alternative Medicine magazine award.

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, and with maternity services overseas, providing in-house training for midwives and obstetricians wishing to incorporate aromatherapy, reflexology, moxibustion, hypnosis 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 provide various courses for those who support women through pregnancy and birth, and are keen to offer possible career pathway options for complementary therapists, NHS maternity support workers, independent doulas, antenatal educators and those wishing to become midwives. We offer courses on pregnancy and birth for complementary therapy practitioners, and can provide in-house courses for complementary therapy colleges, to comply with core curriculum requirements.

Our scheduled courses are held in London, Berkshire and Cheshire and we can provide bespoke in-house courses in the UK and overseas by negotiation.

Our Director, Denise Tiran, is an internationally-renowned authority on the safety of complementary therapies in pregnancy and childbirth and Visiting Lecturer at the University of Greenwich, London. All members of our teaching team are either experienced senior midwives who use complementary therapies in their current clinical practice, or healthcare professionals with expertise in a range of complementary therapies, together with related subjects such as physiology, pharmacology, psychology, research and genetics. All lecturers hold post-graduate qualifications in their specialist subjects and are qualified to teach adult learners.

EXPECTANCY'S PROFESSIONAL COURSES AND STUDY DAYS

for midwives, health visitors, doctors, complementary therapists, doulas, antenatal teachers, maternity support workers and those considering midwifery training

Fully accredited programmes of study

- *Diploma in Integrated Therapies for Childbirth*
- *Certificate in Maternity Complementary Therapies*
- *Maternity support therapist programme*
- *Expectancy-registered Consultant training*

Accredited short courses

- *Bach flower remedies Level 1*
- *Bach flower remedies Level 2*
- *Caring for pregnant clients*
- *Clinical hypnosis for childbirth*
- *Herbs and homeopathy in pregnancy*
- *Implementing aromatherapy in maternity care*
- *Introduction to reiki in maternity care*
- *Natural remedies in pregnancy*
- *Reflexology techniques for pregnancy and childbirth*
- *Reflexology for pregnancy and childbirth (reflexologists only)*

Study days

- *Complementary therapies for post-dates pregnancy*
- *Infertility and preconception care*
- *Introduction to meditation in pregnancy*
- *Men's health*
- *Moxibustion and other alternatives for women with breech presentation*
- *Nutrition in pregnancy*
- *Oriental approaches to pregnancy and childbirth*
- *Postnatal depression*
- *Stress in pregnancy*
- *Supporting breastfeeding mothers*
- *Women's health*

Consultancy services for NHS Trusts

- *Consultancy services for NHS Trusts*
- *Draft clinical guidelines*

Fully accredited programmes of study

Diploma in Integrated Therapies for Childbirth Programme for midwives only

**Academically credit-rated by the University of Greenwich, London,
60 credits at level 3 (6), equivalent to half of a top-up degree**

Expectancy's exciting Diploma programme 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-born mothers. Completion of the Diploma will equip midwives with additional tools to facilitate normal birth, reduce intervention rates, enhance wellbeing and improve maternal satisfaction.

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.

The Diploma is taken as a part-time programme over the duration of an academic year, with 2 study days per month, (22 days). The four modules are: Aromatherapy and Reflexology in Midwifery; Clinical Hypnosis for Childbirth; Natural Remedies in Pregnancy (herbs, homeopathy and Bach flower remedies); Integration of Complementary Therapies in Midwifery Practice (stress, nutrition, moxibustion, post-dates pregnancy, professional accountability etc).

Midwives who successfully complete the Diploma will be eligible to become Expectancy registered practitioners, with the option to proceed to Expectancy's "morning sickness" consultant training programme and franchising opportunity.

Midwives can also use the Diploma as accreditation of prior learning (APL) towards a professional practice degree with the University of Greenwich, completing the modules for the final 60 credits by attendance or distance learning.

**Certificate in Maternity Complementary Therapies Programme
for antenatal teachers, doulas and maternity support workers;
therapists who have completed the Maternity Support Therapist programme**

**Individual modules are academically accredited by the University of Greenwich,
London; indemnity insurance cover can be obtained through FEDANT**

Our innovative new Certificate programme provides an overview of a variety of complementary therapies for pregnancy and childbirth, and aims to enable students to acquire the requisite knowledge to advise women about the safe use of complementary therapies, and the skills to use aspects of each therapy in their own practice. As with all our courses, the Certificate emphasises safety, accountability and evidence-based practice. After an induction day, modules are shared with midwives and therapists to facilitate networking and an appreciation of the roles of others involved in maternity care.

The 3 main modules are: Implementing Aromatherapy in Maternity Care; Natural remedies (herbs, homeopathy and Bach flower remedies); Clinical Hypnosis for Childbirth; plus two study days of your choice from a selection including stress, nutrition, moxibustion, post-dates pregnancy, infertility, women's health, men's health, reiki, meditation, etc (15 days including induction and final tutorial day). Those who successfully complete the Certificate will be eligible to become Expectancy registered practitioners.

**Maternity Support Therapist (doula) Programme
for complementary therapy practitioners wishing to specialise in maternity work,
maternity support workers and those considering midwifery training**

Academically credit rated by University of Greenwich; accredited by Federation of Antenatal Educators; module 1 is also accredited by Federation of Holistic Therapists

This programme, taken as a part-time course over approximately six months, aims to prepare students to accompany women during pregnancy, childbirth and the early days of motherhood, using complementary therapies safely and appropriately to support conventional maternity care. The full programme consists of three modules (12 study days) plus guided home study:

Caring for Pregnant Clients module – all students must complete this module, either as a 2-day taught course or as a distance-learning course. Qualified doulas, antenatal educators and maternity support workers *may* be exempt from this module if they can produce evidence of satisfactory knowledge of maternity anatomy, physiology and conventional care.

Birth support therapist module: This five-day module aims to equip students with the knowledge and skills to support women during labour and birth. Content: Physiology and midwifery care in labour; supporting women during birth; Pain relief– conventional methods and complementary therapies; onset and progress of labour, induction and acceleration; Complications– emergency childbirth, Caesarean section, etc. Students who are especially interested in supporting women during labour may undertake modules 1 and 2 only to

become a Birth Support Therapist, or may combine this with module 3 to become a fully qualified Maternity Support Therapist.

Postnatal support therapist module: This five-day module aims to equip students to support newly-birther mothers, aiding adaptation to motherhood, facilitating breastfeeding and reducing the impact of postnatal depression. Content: Postnatal physiology and care, recovery from birth, adaptation to parenthood; breastfeeding and artificial infant feeding; Emotional aspects of early parenthood – postnatal “blues”, depression etc; Using complementary therapies safely and appropriately when working with newly-birther mothers. Students who are especially interested in supporting women after the birth of their babies may undertake modules 1 and 3 only to become a Postnatal Support Therapist, or may combine this with module 2 to become a fully qualified Maternity Support Therapist.

Students who successfully complete the full Maternity Support Therapist programme are eligible to become Expectancy registered practitioners and may progress to the Certificate in Maternity Complementary Therapies.

Expectancy-registered Consultant training for midwives only

We are inviting applications from midwives who would like to train as Expectancy “Morning sickness” Consultants and who would be interested in running their own practice providing complementary therapies for women with nausea and vomiting, as well as relaxation therapies during pregnancy, labour and the puerperium. Independent practice will take the form of a “mini franchise” package, in which midwives use Expectancy’s approved systems of treatment, administration and practice, and receive ongoing support, supervision, mentoring and continuing professional development.

Training consists of two parts:

Part 1: You will undertake Expectancy’s Diploma in Integrated Therapies for Childbirth, covering a range of complementary therapies for pregnancy and childbirth. There will then be an informal interview process at the end of the Diploma programme to ensure that you appreciate Expectancy’s exacting safety standards and are prepared to work in line with our philosophy of safety, accountability and evidence-based practice. (see Diploma information)

Part 2: The specific “morning sickness” Consultant course consists of two taught days and independent home study, with an assessment. Content includes physiopathology, conventional management and care of women with “morning sickness” and hyperemesis gravidarum, appropriate complementary therapies, Expectancy’s approved system of treatment, professional, legal, business, financial issues of working in independent practice.

Accredited short courses

Our short courses are academically accredited by the University of Greenwich, London and/or professionally accredited by reputable complementary therapy organisations. Most courses are included within one or more of our fully accredited programmes of study, but are also available as “stand alone” courses for those wishing to study a specific element of complementary therapies in relation to pregnancy and childbirth.

Bach flower remedies for pregnancy, birth and postnatal care: Level 1

for midwives, health visitors, complementary practitioners, doulas, antenatal educators, maternity support workers, those considering midwifery training

Approved by the Dr Edward Bach Foundation (England)

Bach flower remedies are simple plant-based remedies which are thought to influence emotional health and wellbeing. This two day course provides an overview of all 38 Bach flower remedies and equates to the level 1 training approved by the Dr Edward Bach Foundation (England). It is the pre-requisite for those wishing to proceed to the full Bach flower remedy practitioner training (available through Expectancy, subject to demand). A Level 1 Certificate is awarded by the Bach Centre on completion of the course.

Bach flower remedies for pregnancy, birth and postnatal care: Level 2

for midwives, health visitors, complementary practitioners, doulas, antenatal educators, maternity support workers, those considering midwifery training

Approved by the Dr Edward Bach Foundation (England)

This two day Bach flower remedy level 2 course enables students to acquire a more in depth knowledge of the remedies in relation to maternity care, and to enhance their understanding of the subtle nuances of using the remedies for themselves and for clients in clinical practice. A Level 2 Certificate is awarded by the Bach Centre on completion of the course. Students wishing to become a fully qualified Bach flower registered practitioner may undertake the final part of the training (level 3) with Expectancy; courses are arranged subject to demand.

Caring for pregnant clients

for complementary practitioners, maternity support workers, antenatal educators, doulas, those considering midwifery training

**Professionally accredited by the Federation of Holistic Therapists for CPD;
academically credit rated by the University of Greenwich, 5 credits at Foundation level**

This course aims to provide an overview of pregnancy anatomy and physiology and conventional maternity care in order that those treating pregnant women understand the basic principles and can apply them to their own area of practice. The course can be taken as a two-day taught course (FHT accredited). Day 1 of the taught course covers reproductive anatomy, physiology and care, from conception to the postnatal period. Maternity support workers, antenatal teachers and doulas may be exempt from day 1 of the taught course. Day 2 explores the safety of various complementary therapies in pregnancy, childbirth and postnatally, and the roles and responsibilities of carers who are not midwives are discussed. The 2 day taught course or the distance learning course is a pre-requisite for attendance by complementary therapists at any of Expectancy's other courses.

Alternatively, the course is available as a distance learning course, studied over a three month period. Students are sent course materials and work through the exercises at home, sending the completed work for marking, feedback and their certificate at the end of the course. Please note, however, that the FHT does not currently accredit distance learning courses, therefore this version can only be used for non-accredited professional development. Students undertaking the distance-learning version have the option of working through the course materials alone, or having access to an online tutor to clarify any concepts which are difficult to grasp, and for assistance with preparation of the required course assignments.

Clinical Hypnosis for Childbirth

for midwives, health visitors, doctors, hypnotherapists, psychotherapists, registered counsellors, doulas, maternity support workers, antenatal educators

Academically credit rated by the University of Greenwich, 15 credits at level 3 (6)

This 4-day course, in association with Thames Medical Lectures, is taught by Ursula James and her team, 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 and are then eligible to progress to full hypnosis practitioner training if they wish.

Please note that this course is *distinctly different* from other pregnancy "hypnosis" courses available in the UK, in that it prepares professionals to make justifiable judgements about specifically appropriate and safe hypnotherapy protocols for individual pregnant and labouring mothers, rather than using a formulaic approach as taught in some forms of childbirth

preparation. No restrictions are placed on how, where and when to provide hypnosis for clients, other than those which are expected elements of good professional practice and which are in keeping with Expectancy's philosophy of safety, accountability and evidence-based practice.

The course complies with the professional criteria laid down by the Nursing and Midwifery Council, and midwives and health visitors working in the NHS will be appropriately equipped to implement clinical hypnosis within their professional practice, subject to managerial approval and development of local guidelines. Hypnotherapists, psychotherapists and counsellors may attend subject to prior completion of the Caring for Pregnant Clients course. Doula, antenatal educators and maternity support workers undertaking the Certificate in Maternity Complementary Therapies may also undertake this course, or should attend the Caring for Pregnant Clients course or the Maternity Support Therapist programme before attending the Clinical Hypnosis for Childbirth course.

Herbs and homeopathy in Pregnancy

for midwives, health visitors, doctors, complementary practitioners, doulas, antenatal educators, maternity support workers and those considering midwifery training

This two day course is part of the accredited Natural Remedies in Pregnancy course and explores the safety, mechanisms of action, indications, contraindications and precautions to the use of these remedies in pregnancy, labour and the puerperium. Particular remedies discussed will include herbal raspberry leaf, ginger, echinacea, St John's wort, and arnica and other homeopathic remedies for a variety of conditions encountered in maternity care.

Introduction to Reiki in Maternity Care

for midwives, health visitors, complementary practitioners, doulas, antenatal educators, maternity support workers, those considering midwifery training

Reiki is a method of facilitating universal energy to aid relaxation and healing. This two-day course constitutes levels 1 and 2 of approved Reiki training and will focus specifically on the practical application of reiki within maternity care. Students who complete this course will be able to use reiki within their current maternity care practice, subject to managerial permission. Students may wish to progress to Reiki level 3 (Master practitioner level, available through Expectancy in the academic year 2011-2012).

Implementing Aromatherapy in Maternity Care

for midwives, health visitors, aromatherapists, doulas, antenatal educators, support workers

Academically credit rated by the University of Greenwich if taken with Reflexology Techniques for Pregnancy and Childbirth course - 15 credits at level 3 (6)

This 3-day course 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. It also covers the process of implementation of aromatherapy within the maternity services, including relevant professional, legal and ethical issues. Midwives working in the NHS will be appropriately equipped to implement aromatherapy within their professional practice, subject to managerial approval and development of local guidelines. Other students will develop a working knowledge of the safety and benefits of using aromatherapy for pregnant and childbearing mothers, but eligibility to practise will be dependent on the specific role and responsibilities of the individual. Aromatherapists may attend subject to prior completion of the Caring for Pregnant Clients course. Doulas, antenatal educators and maternity support workers will normally be expected to complete the Maternity Support Therapist (doula) programme or be registered on Expectancy's Certificate in Maternity Complementary Therapies programme. The course materials are also available as a home-study course (no massage component), with the option of online tutorial support to clarify any concepts which are difficult to grasp.

Natural Remedies in Pregnancy

for midwives, health visitors, doctors, complementary practitioners, doulas, antenatal educators, maternity support workers, those considering midwifery training

Academically credit rated by University of Greenwich 15 credits level 3 (6)

This 4-day course provides an introduction to herbal, homeopathic and Bach flower 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. The course complies with the professional criteria laid down by the Nursing and Midwifery Council and emphasises safety, efficacy, evidence-based practice and professional accountability. Prospective participants not wishing to undertake the full four days may attend either the 2 days on Herbs and Homeopathy or the 2 day Bach flower remedies (BFR) component, which constitutes Part 1 of the BFR practitioner certificate.

Reflexology Techniques for Pregnancy and Childbirth

for midwives, health visitors and reflexologists

Academically credit rated by University of Greenwich if taken with Implementing Aromatherapy in Maternity Care course, 15 credits at level 3(6)

This intensive 4-day course aims to prepare students to develop the relevant knowledge and skills to use specific reflexology techniques safely and appropriately during pregnancy, birth and postnatally. The course takes a *reflex zone therapy* approach which enables participants to learn specific techniques for clinical practice. These include: treating women with physiological symptoms in pregnancy, eg backache, constipation, carpal tunnel syndrome etc, normalising birth and aiding pain relief and progress in labour eg induction where appropriate, retained placenta etc, helping women to adapt to motherhood and overcome problems which occur as their bodies readjust eg retention of urine, post-epidural discomfort, lactation issues etc. The course complies with the professional criteria laid down by the NMC and midwives working in the NHS will be appropriately equipped to implement reflexology within their practice, subject to managerial approval and development of local policies. Reflexologists must complete the Caring for Pregnant Clients course first, or may prefer to attend the course specifically for qualified and student reflexologists, which incorporates the Caring for Pregnant Clients course accredited by the FHT. Doula or antenatal educators may attend after completing the Certificate in Maternity Complementary Therapies.

Reflexology for Pregnancy and Childbirth for reflexologists only

Incorporates the Caring for Pregnant Clients taught course accredited by the Federation of Holistic Therapists for continuing professional development

This 4-day course is taught by Expectancy's Director, Denise Tiran, author of *Reflexology for Pregnancy and Childbirth (2010)* and *Clinical Reflexology, a guide for health professionals (with Peter Mackereth, 2002, 2nd ed due 2010)*. Denise shares her 25 years' experience of treating over 5000 expectant mothers, to provide a fascinating insight into reflexology in maternity care. Please note: this course is *distinctly different* from maternity reflexology courses available elsewhere; it is an intensive theoretical and practical course with a strong academic and professional bias, taught by a senior midwife in current clinical practice who has researched and written extensively on the subject. In keeping with Expectancy's philosophy, the course focuses on safety, accountability and evidence-based practice and takes a *reflex zone therapy* approach, which enables reflexologists to learn specific techniques for clinical practice.

Content: reproductive anatomy, physiology and care; conception, infertility, early pregnancy; Conventional UK maternity care, including legal and ethical issues; safety and use of reflexology in pregnancy eg for symptoms such as backache, constipation and sickness; reflex zone therapy for childbirth, eg pain relief, progress in labour; postnatal reflexology for lactation, postnatal depression etc.

Study days

Our single study days may be attended by any professionals involved in maternity care or by those who support women during pregnancy and childbirth. Certificates of attendance are awarded at the end of the day. However, some days are combined with others to offer a module with a coherent theme; students who register for a complete module are required to undertake the module assessment and will be awarded a certificate once this has been completed successfully.

Complementary therapies for post-dates pregnancy for midwives, doctors, antenatal educators, doulas

This study day explores a range of complementary options for women when pregnancy is prolonged, particularly for those mothers who wish to avoid medical induction of labour. Therapies considered include those which may be used directly to initiate contractions, including aromatherapy, reflexology, acupressure, herbal and homeopathic remedies, as well as other therapies which aid maternal relaxation to facilitate spontaneous onset of labour. On completion, midwives and doctors will be able to incorporate some or all of these techniques into their practice, subject to permission of their employing authority and the development of relevant guidelines. All participants will be able to provide accurate, comprehensive and evidence-based information to women about a range of alternatives which may facilitate the onset, progress and outcome of labour. Participants who are not midwives or doctors will be able to offer information but will not be adequately trained to perform specific treatments.

Infertility and preconception care

**for complementary therapists, doulas, antenatal educators, maternity support workers
and those considering midwifery training**

This study day explores the causes, predisposing factors, physical, emotional and social effects of infertility. Conventional medical treatments are considered and the ways in which a variety of complementary therapies may be of use in relaxing couples and aiding conception. This is a theoretical day, suitable for those wishing to work with couples undergoing specialist infertility treatments such as IVF, or to acquire a working knowledge of the safety of complementary therapies when working with infertile couples or those planning to conceive. It is useful to undertake this study day in conjunction with the Women's Health and Men's Health study days.

Introduction to Meditation in Pregnancy

for midwives, doctors, antenatal educators, doulas, therapists

This study introduces the practise of meditation as a means of stress relief before, during and after pregnancy. A theoretical overview enables students to appreciate the physiological and psychological benefits of meditation; practical work aims to introduce the concept of meditation for both personal and professional use. It is taught by Stuart Bold of the Meditation Foundation, with a midwifery lecturer in attendance.

Men's health

**for complementary therapists, doulas, antenatal educators, maternity support workers
and those considering midwifery training**

This study day aims to offer an overview of male reproductive physiology and the specific medical conditions which men encounter. Issues around the use of complementary therapies by men are discussed, and the ways in which complementary therapies may be of use in helping men to achieve good health and wellbeing are considered. It is useful to undertake this day in conjunction with the Women's Health study day and / or the Infertility and preconception care study day.

Moxibustion and other alternatives for women with breech presentation

for midwives, health visitors, doctors, doulas, antenatal educators

Moxibustion is a Chinese medicine technique in which sticks of dried mugwort are used as a heat source at an acupuncture point on the feet to turn a breech-presenting fetus to head-first. It has become increasingly popular amongst women who wish to avoid an external cephalic version or Caesarean section, and midwives and doctors now need to have an understanding of the benefits and risks of this procedure. As with all our courses, the study day focuses on safety, accountability and evidence-based practice and complies with NMC criteria to equip midwives to implement moxibustion into their practice, subject to managerial approval and the development of local policies. The day also provides an overview of other complementary therapies which may be effective at turning a breech presentation, including homeopathy, chiropractic and others. All participants will be able to provide accurate, comprehensive and evidence-based information to women about the safety and effectiveness of a range of alternatives in the event of a breech presentation. Doula and antenatal educators wishing to attend this study day must be registered on the Certificate in Maternity Complementary

Therapies programme or have completed the learning package on conventional approaches to management of women with breech presentation.

Nutrition in Pregnancy

for midwives, health visitors, doctors, complementary practitioners, doulas, antenatal educators, maternity support workers and those considering midwifery training

This study day explores the concept of nutrition as a specific complementary therapy, in relation to conception, pregnancy, birth and the puerperium. On completion, practitioners will be able to advise pregnant women on the appropriate use of diet and nutritional supplements to aid wellbeing in pregnancy and to treat specific complaints, and will know where to obtain further information as required. Please note that this study day provides an overview of the subject, therefore it is not suitable for those who are fully qualified nutritional therapists

Oriental approaches to Pregnancy

for midwives, health visitors, doctors, complementary practitioners, doulas, antenatal educators, maternity support workers and those considering midwifery training

This fascinating study day provides an overview of eastern philosophy in general and, specifically, the Meridian and Five Element approaches to pregnancy and childbirth. Eastern theories on pregnancy symptoms such as sickness, sinus congestion, backache, constipation, etc, will be explored. The eastern concept of internal energy (*Ki* or *Qi*) and its impact on issues such as fetal presentation and the effects on labour will be explained, and eastern approaches to the postnatal period including breastfeeding and postnatal depression will be covered. Practical work includes Oriental face-reading and traditional pre- and post-natal specialist exercises. The day will be taught by Kris Deva North, Principal of the Zen School of Shiatsu, with a midwifery lecturer in attendance.

Postnatal depression

for complementary therapists, doulas, antenatal educators, maternity support workers and those considering midwifery training

This study day provides an overview of postnatal psychological adaptations to motherhood and explores causes, symptoms and treatment of postnatal "blues" and depression, including conventional medical care and complementary therapies. It is particularly useful for those who

support women following the birth of their babies, and who wish to provide holistic care, taking account of the mother's physical, emotional and spiritual wellbeing.

Stress in Pregnancy

for midwives, health visitors, doctors, complementary practitioners, doulas, antenatal educators, maternity support workers, those considering midwifery training

This study day aims to provide an overview of the physiology, causes, manifestations and effects of stress in general, and in pregnancy and childbirth in particular, and to consider the ways in which complementary therapies may be of benefit in reducing the impact of stress on the mother and fetus. This will enable participants to provide accurate, comprehensive and evidence-based information to women about a range of alternatives to reduce stress in pregnancy. Please note that this is a theoretical day offering an overview of stress physiology and stress management strategies, with limited practical input. It is intended that practitioners will apply the principles of the subject to their own clinical practice area. It is recommended that this day is completed prior to commencing the Clinical Hypnosis course

Supporting breastfeeding mothers with complementary therapies for therapists, doulas, antenatal teachers, maternity support workers

This study day aims to give students an overview of lactation physiology, breastfeeding principles and an awareness of how complementary therapies may be used to facilitate good milk supply and successful breastfeeding. Whilst antenatal teachers and doulas are welcome to attend, please note that the morning of this day provides a revision of contemporary aspects of breastfeeding including physiology.

Women's health

**for complementary therapists, doulas, antenatal educators, maternity support workers
and those considering midwifery training**

This study day provides an overview of issues related to the women's health cycle, including menstruation, premenstrual tension and menopause, as well as those pertinent to women with particular reproductive pathology, such as fibroids, cancer etc. who may be undergoing conventional medical treatment eg hysterectomy. This theoretical day is suitable for those working with female clients and focuses on the balance between conventional medical care and the use and safety of complementary therapies for these conditions. It is useful to undertake this day in conjunction with the Men's Health study day and / or the Infertility and preconception care study day.

Consultancy Services for NHS Trusts

Expectancy offers consultancy services for NHS trusts wishing to implement complementary therapies into maternity care, eg in-house training, either through one of our accredited courses, or bespoke programmes to suit local needs. Ongoing mentoring and supervision can be provided, on site (dependent on geographical area), online or by telephone. Continuing professional development, in the form of study days, portfolio assessment, de-briefing or other educational activities can also be provided. An audit service to evaluate existing midwifery complementary therapy provision, and academic and practical assistance with internal research projects investigating complementary therapies in maternity care are also available. Expectancy has also produced a set of draft clinical guidelines for NHS trusts in the process of establishing complementary therapies services in maternity care, which provide a framework to assist midwives in developing their own local guidelines and can be adapted for use within the individual trust, according to local needs and policies. Draft guidelines available include: Aromatherapy, Reflexology, Complementary therapies (general), Complementary therapies to facilitate normal birth, Moxibustion for breech presentation.

Venues for our scheduled courses

London – the Light Centre, 9 Eccleston Street, Belgravia, SW1, close to Victoria station

Slough – we are fortunate to have a long-standing relationship with the Maternity Department at Wexham Park Hospital in Slough, Berkshire, where we use the parent education room. The hospital has easy access from the M4 and M25 motorways, from Heathrow, and from London.

Cheshire – we are privileged to work with a group of independent midwives at the Private Birth Centre, 5 Darwin Street, in the market town of Northwich, which is easily accessed from the M6 motorway and by train from Manchester, Warrington and Chester – see www.privatebirthcentre.co.uk

In-house courses - we can also provide all our courses and programmes on-site for NHS Trusts, universities, FE colleges, complementary therapy training schools and for small groups of colleagues – you provide the venue and the student group, tell us what you would like (we can tailor-make courses to your requirements) and we will facilitate your course.

Applications

Further information and application forms can be obtained on Expectancy's website at www.expectancy.co.uk/courses or by email at info@expectancy.co.uk or by telephone on 08452 301323 (answerphone, local rates)

Fees: payable by direct bank transfer, credit / debit cards, cheque, cash

- 10% discount on price of second (later) course if paid in full when booking first course
- Group bookings: 3 or more applications received together with single payment by direct bank transfer only – 10% discount per person on full fees (subject to availability)
- 10% surcharge for payment by instalments; 30% deposit required (not applicable to single study days)
- NHS-funded applications: Discounts apply to full payment with application. Full payment must be received *before* course commences. NB An additional 15% penalty is levied for overdue payments by NHS Trusts. NO DISCOUNTS APPLY if you wish your trust to be invoiced for payment at a later date: FULL PRICE PAYABLE.
- Assessment charges:

University academic credit £150 per module (optional, payable on first day of course)

Resubmission fee: £40 (Diploma in Integrated Therapies for Childbirth)

£25 (Certificate in Maternity Complementary Therapies / Maternity Support Therapist)

Course dates, venues and fees, including discounts

Course / venue	Dates	Fees and discounts
Diploma in Integrated Therapies for Childbirth programme London	28 th – 31 st Oct; 27 th and 28 th Nov; 18 th and 19 th Dec 2010; 29 th and 30 th Jan; 19 th and 20 Feb; 19 th and 20 th March; 30 th April and 1 st May; 28 th and 29 th May; 25 th and 26 th June; 23 rd and 24 th July 2011 (22 days)	£3550 <i>20% discount £2840 if paid in full by 31st July 2010</i> <i>Come with a colleague for only £2500 each (before 31.7.10) or £3000 from 1.8.10</i>
Diploma in Integrated Therapies for Childbirth programme Cheshire	3 rd - 6 th March; 2 nd and 3 rd April; 7 th and 8 th May; 4 th and 5 th June; 2 nd and 3 rd July; 3 rd and 4 th Sept; 1 st and 2 nd Oct; 5 th and 6 th Nov; 3 rd and 4 th Dec 2011; 14 th and 15 th January 2012 (22 days)	£3550 <i>20% discount £2840 if paid in full by 31st October 2010</i> <i>Come with a colleague for only £2500 each (before 31.10.10) or £3000 from 1.11.10</i>
Expectancy “morning sickness” consultancy training	Dates / venues to be arranged on completion of Diploma (2 days) Mini-franchise system for midwives only	<i>£2450 if booked and paid in full with Diploma application (£6000 total)</i> <i>£3450 if booked within 18 months of Diploma (£7000 total) NO payment by instalments</i>
Certificate in Maternity Complementary Therapies programme London	30 th Sept 2010; 29 th – 31 st Oct; 19 th and 20 Feb; 19 th and 20 th March; 28 th and 29 th May; 25 th and 26 th June; 5 th July 2011 plus 2 study days of your choice (15 days)	£1400 <i>Special price £1000 if paid in full by 31st July 2010</i>
Certificate in Maternity Complementary Therapies programme Cheshire	9 th Feb 2011; 4 th , 5 th and 6 th March; 2 nd and 3 rd July; 3 rd and 4 th September; 1 st and 2 nd October; 3 rd and 4 th December; 13 th January 2012 plus 2 study days or your choice (15 days)	£1400 <i>Special price £1000 if paid in full by 31st October 2010</i>

<p>Maternity Support Therapist programme</p> <p>venue TBC</p>	<p>20th and 21st January and 9th and 10th March and 18th, 19th and 20th May 2011 and 7th and 8th July and 6th, 7th and 8th September 2011 (12 days)</p>	<p>£1250</p> <p><i>Come with a colleague for only £1000 each</i></p> <p><i>Fee includes Caring for Pregnant Clients taught or distance learning course (£100 supplement for distance learning with online tutorial support)</i></p>
<p>Bach flower remedies (level 1)</p> <p>Cheshire</p>	<p>20th / 21st November 2010 (2 days)</p>	<p>£270</p> <p><i>Add level 2 course for only £130 (£400)</i></p>
<p>Bach flower remedies (level 1)</p> <p>London</p>	<p>25th / 26th June 2011 (2 days)</p>	<p>£270</p> <p><i>Add level 2 course for only £130 (£400)</i></p>
<p>Bach flower remedies (level 1)</p> <p>Cheshire</p>	<p>3rd / 4th December 2011 (2 days)</p>	<p>£270</p> <p><i>Add level 2 course for only £130 (£400)</i></p>
<p>Bach flower remedies (level 2)</p> <p>venue TBC</p>	<p>21st and 22nd September 2011 (2 days)</p>	<p>£270</p> <p><i>Book with level 1 course for £400</i></p>
<p>Birth Support Therapist course</p> <p>venue TBC</p>	<p>9th and 10th March and 18th, 19th and 20th May (5 days plus Caring for Pregnant Clients module)</p>	<p>£650</p> <p><i>Plus Caring for Pregnant Clients course £85 (taught course) or £45 (distance learning, course materials only; £100 supplement for online tutorial support) – must be completed before 9th March 2011</i></p>
<p>Caring for pregnant clients (taught course)</p> <p>London</p>	<p>20th 21st January 2011 (2 days)</p>	<p>£125</p> <p><i>Book by 1st November 2010 for only £65</i></p>

<p>Caring for pregnant clients (distance learning course)</p>	<p>May be started at any time</p>	<p>£195 <i>with online tutorial support, feedback and CPD certificate</i></p> <p>£85 <i>course materials, feedback, CPD certificate</i></p> <p>£45 <i>materials only for CPD, no certificate</i></p>
<p>Clinical Hypnosis Cheshire</p>	<p>25th / 26th September and 23rd / 24th October 2010 (4 days)</p>	<p>£595</p> <p><i>Add Stress day, 20th June 2010, Cheshire for only £30 (£625)</i></p>
<p>Clinical Hypnosis London</p>	<p>19th / 20th February and 19th / 20th March 2011 (4 days)</p>	<p>£595</p> <p><i>Add Stress day, 30th Jan 2011, London for only £30 (£625)</i></p>
<p>Clinical Hypnosis Cheshire</p>	<p>3rd / 4th September and 1st / 2nd October 2011 (4 days)</p>	<p>£595</p> <p><i>Add Stress day, 5th June 2011, Cheshire for only £30 (£625)</i></p>
<p>Complementary therapies for post-dates pregnancy London</p>	<p>30th April 2011 (1 day)</p>	<p>£155</p> <p><i>Add Moxibustion day, London 23rd July 2011 for only £30 (£185)</i></p>
<p>Complementary therapies for post-dates pregnancy Cheshire</p>	<p>5th November 2011 (1 day)</p>	<p>£155</p> <p><i>Add Moxibustion day, Cheshire 7th January 2012 for only £30 (£185)</i></p>
<p>Herbs and homeopathy Cheshire</p>	<p>2nd / 3rd July 2011 (2 days)</p>	<p>£270</p>
<p>Herbs and homeopathy in pregnancy London</p>	<p>28th / 29th May 2011 (2 days)</p>	<p>£270</p>

Implementing Aromatherapy in Maternity Care London	29th – 31st October 2010 (3 days)	£485 Book together with Reflexology course, London commencing 27th Nov 2010 for £800
Implementing Aromatherapy in Maternity Care Cheshire	4th – 6th March 2011 (3 days)	£485 Book together with Reflexology course, Cheshire commencing 2nd April 2011 for £800
Implementing Aromatherapy in Maternity Care Slough	17th – 19th September 2010 (3 days)	£485 Book together with Reflexology course, Slough commencing 9th October 2010 for £800
Implementing Aromatherapy in Maternity Care	Distance learning May be started at any time	£95 course materials only, no CPD certificate £295 course materials, marking, CPD certificate £385 course materials, ongoing online tutorial supervision, marking and CPD certificate
Infertility and preconception care Cheshire	13th April 2011	£135 Add Women's Health and Men's Health study days for only £199 total
Introduction to Reiki in pregnancy London	6th / 7th April 2011	£135 Add stress day for only £30 (£185)
Introduction to meditation in pregnancy London	Date to be confirmed – please enquire (1 day)	£135 Add stress day for only £30 (£185)
Men's Health Cheshire	Date to be confirmed – please enquire (1 day)	£135 Add Women's Health and Infertility Health study days for only £199 total

Moxibustion for breech Slough	5th June 2010	£55 Special offer Student midwives: £25 (photocopy of student ID required with booking form)
Moxibustion for breech Cheshire	11th December 2010 (1 day)	£155 Last-minute places £55 subject to availability from 1st December
Moxibustion for breech Cheshire	14th January 2012 (1 day)	£155 Add Post-dates pregnancy day, 5th November 2011 Cheshire, for only £30 (£185)
Moxibustion for breech London	23rd July 2011	£155 Add Post-dates pregnancy day, 30th April 2011 London, for only £30 (£185)
Natural remedies Cheshire	10th / 11th July and 20th / 21st November 2010 (4 days)	£485 Add Nutrition day, Cheshire, 19th June 2010, for only £30 (£515)
Natural remedies London	28th / 29th May and 25th / 26th June 2011 (4 days)	£485 Add Nutrition day, London, 29th Jan 2011, for only £30 (£515)
Nutrition pregnancy in Slough	9th April 2010 (1 day)	£55 special offer Add Herbs and Homeopathy course 10th and 11th April for only £100 (£155)
Nutrition pregnancy in Cheshire	19th June 2010 (1 day)	£155 Book with 4 day Natural remedies course, Cheshire for £30 (£515)
Nutrition pregnancy in London	29th January 2011 (1 day)	£155 Book with 4 day Natural remedies course, commencing 28th May 2011 London for only £30 (£515)

<p>Nutrition in pregnancy Cheshire</p>	<p>4th June 2011 (1 day)</p>	<p>£155 Book with 4 day Natural remedies course, Cheshire for £30 (£155)</p>
<p>Oriental approaches to pregnancy and childbirth London</p>	<p>Friday 24th June 2011 NB Venue - Zen School of Shiatsu, Great Eastern Street, London EC2</p>	<p>£135 Add Moxibustion day, London 23rd July 2011 for only £50 (£185)</p>
<p>Postnatal Support Therapist course venue TBC</p>	<p>7th and 8th July and 6th, 7th and 8th September 2011 (5 days plus Caring for Pregnant Clients module)</p>	<p>£650 Plus Caring for Pregnant Clients course £85 (taught course) or £45 (distance learning, course materials only; £100 supplement for online tutorial support) – must be completed before 7th July 2011</p>
<p>Reflexology Techniques for pregnancy and childbirth – London</p>	<p>27th / 28th November and 18th / 19th December 2010 (4 days) This course is for midwives & reflexologists who have completed the Caring for Pregnant Clients course</p>	<p>£585 Book with Aromatherapy course, London commencing 29th October 2010 for £800</p>
<p>Reflexology Techniques for pregnancy and childbirth Slough</p>	<p>9th / 10th October and 13th / 14th November 2010 (4 days) This course is for midwives & reflexologists who have completed the Caring for Pregnant Clients course</p>	<p>£585 Book with Aromatherapy course, Slough commencing 17th Sept 2010 for £800</p>
<p>Reflexology Techniques for pregnancy and childbirth Cheshire</p>	<p>2nd / 3rd April and 7th / 8th May 2011 (4 days) This course is for midwives & reflexologists who have completed the Caring for Pregnant Clients course</p>	<p>£585 Book with Aromatherapy course, Cheshire commencing 4th March 2011 for £800</p>

<p>Reflexology for pregnancy and childbirth Cheshire</p>	<p>10th – 13th February 2011 (4 days)</p> <p>This course is for reflexologists only and incorporates the Caring for Pregnant Clients course (FHT accredited)</p>	<p>£295</p> <p>Group rates: £199 per person for 2 or more booked together with single payment in advance by direct bank transfer only</p>
<p>Stress pregnancy in Cheshire</p>	<p>20th June 2010 (1 day)</p>	<p>£155</p> <p>Book with Hypnosis course, Cheshire, commencing 25th Sept 2010 for only £30 (£625)</p>
<p>Stress pregnancy in London</p>	<p>30th January 2011 (1 day)</p>	<p>£155</p> <p>Book with Hypnosis course, London, commencing 19th Feb 2011 for only £30 (£625)</p> <p>Add Meditation day, London, only £30 (£185)</p>
<p>Stress pregnancy in Cheshire</p>	<p>5th June 2011 (1 day)</p>	<p>£155</p> <p>Book with Hypnosis course, Cheshire, commencing 3rd Sept 2011 for only £30 (£625)</p>
<p>Women's Health Cheshire</p>	<p>Date to be confirmed – please enquire (1 day)</p>	<p>£155</p> <p>Add Men's Health and Infertility Health study days for only £199 total</p>