



Diploma in Integrated Maternity Care (Complementary Therapies)

As the leading provider of professional education on the safety of complementary therapies in pregnancy and childbirth, Expectancy is pleased to announce its exciting new Diploma in Integrated Maternity Care (Complementary Therapies) for midwives.

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-born mothers. 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. Study days will be held one weekend per month over an academic year, starting in London in September 2009 and Cheshire in February 2010. Each therapy-specific element is also available as a "stand-alone" course for those not wishing to undertake the full Diploma. See below for dates for 2009-2010.

Content includes aromatherapy, reflexology, clinical hypnosis, homeopathy, herbal medicines, Bach flower remedies, moxibustion, nutrition, stress and integration into midwifery practice.

Accreditation and affiliations

Arrangements for the Diploma are currently being finalised and negotiations are underway for academic and professional accreditation and access to appropriate insurance cover.

We are currently in negotiation with the University of Greenwich and hope to obtain full credit-rating for the Diploma by the end of the 2009-2010 academic year so that those entering the first intake will be able to obtain retrospective credit towards a degree (subject to the relevant assignments and an assessment administration fee). It is hoped that the Diploma will be credit-rated as 60 credits at level 3 and will be approved as a route within the BSc (Hons) Professional

Practice, Midwifery, at the University of Greenwich. The four 15 credit modules will be a) Aromatherapy and Reflexology; b) Clinical Hypnosis; c) Natural Remedies; and d) Integration into Midwifery.

We are also negotiating for accreditation with the Federation of Antenatal Educators for indemnity insurance purposes.

The Clinical Hypnosis module is run in association with Thames Medical Lectures (TMC) and successful students will obtain a certificate for the use of clinical hypnosis in midwifery from TMC. The 2 day Bach flower remedy (BFR) component of the Natural Remedies module constitutes part 1 of the Bach flower practitioner's course and students are then eligible to undertake further training to become a fully qualified BFR practitioner if they wish (available through Expectancy).

Content of the 20 day taught Programme:

(the order of the therapy-specific courses may vary, depending on lecturer availability). With the exception of day 1, the individual therapy-specific aspects are also accessible as "stand-alone" courses for midwives not wishing to undertake the full Diploma.

Introductory day (1 day)

Welcome, introduction to the Diploma programme, the course team and the student group; introduction to assessment; introduction to complementary and alternative medicine (CAM), the nature and status of CAM in the UK; overview of professional accountability of the midwife in relation to CAM in maternity care

Module 1A - Implementing Aromatherapy in Maternity Care (3 days) (shared with other midwives and with aromatherapists)

1. Introduction to aromatherapy; basic massage skills
2. Safety of essential oils in midwifery; professional issues; manual skills for labour
3. Workshop: application of theory to midwifery practice; further massage skills; assignment preparation

Assessment: reflective case studies

Module 1B - Reflexology Techniques for pregnancy and childbirth (4 days) (shared with other midwives and with reflexologists)

1. Introduction to reflexology, reflex zone therapy (RZT) and structural RZT; visual examination of the feet; reflex zones for the reproductive tract; general reflexology relaxation treatment
2. Reflex zones for the musculoskeletal system, endocrine system; reflexology treatment practice
3. Reflex zones for the gastrointestinal tract, cardio-respiratory system; reflexology treatment practice; application of theory to practice
4. Reflex zones for the hepato-biliary, urinary system and outstanding zones; application of theory to practice; reflexology treatment practice; assignment preparation

Assessment: reflective case studies

Module 2 - Clinical Hypnosis for Childbirth (4 days)

(shared with other midwives and with hypnotherapists and other maternity workers)

1. Introduction to hypnotherapy theory; Indications, precautions & contraindications; Teaching self-hypnosis; self-hypnosis practice
2. Issues related to using hypnosis in maternity care; hypnotherapy research; relaxation techniques in maternity care
3. Visualisation techniques for pregnancy; hypnosis in labour
4. Creating a protocol; anchoring and distraction techniques; review of previous content

Assessment: development of an appropriate hypnosis protocol for a particular condition eg for pain relief in labour

Module 3 - Natural remedies - herbal, homeopathy, Bach flower remedies (4 days) (shared with other midwives and maternity workers)

1. Safety of herbal remedies in pregnancy, labour and puerperium; advising mothers on the use of herbal remedies; selected remedies appropriate for use in pregnancy and childbirth
2. Principles of homeopathy and application to midwifery; selected remedies; application to practice, use in pregnancy, labour and postnatal period
3. Bach flower remedies – part 1 of BFR practitioner course
4. Bach flower remedies continued

Assessment: critical analysis of a literature review on one aspect of natural remedies in pregnancy and childbirth eg use of raspberry leaf in pregnancy

Module 4 Integration in midwifery

Module 4A - Nutrition and stress (2 days)

1. Principles of nutrition as therapy in midwifery; review of current nutritional guidelines for pregnancy; using nutrition to treat pregnant and childbearing women
2. Physiology of stress; impact of stress in pregnancy, labour and puerperium; using complementary therapies to reduce stress; relaxation methods

Module 4B - Moxibustion, Complementary Therapies for post-dates pregnancy (2 days)

1. Moxibustion and other alternatives for women with breech presentation
2. Implementing a "post-dates" complementary therapy clinic; review of Programme content; final assignment preparation; evaluation, questions; end of taught programme

Assessment: 2500-word essay discussing how one or more therapies may be combined to help women with a particular condition eg nausea and vomiting, pain relief in labour, backache in pregnancy, postnatal depression

Assessment

Midwives undertaking the programme work towards a certificate awarded by Expectancy for the Diploma in Integrated Maternity Care (complementary therapies) and will be required to complete the assessments for each module as specified. Midwives attending any individual module, even if they are not registered for the full Diploma programme, will be also required to undertake the relevant assessment to ensure parity between all those who attend.

Midwives also have the option to submit their assignments for academic credit from the University of Greenwich, and to use these as accreditation of prior learning (APL) towards a degree they may be studying elsewhere. If you are undertaking a degree programme at an institution other than the University of Greenwich it will normally be possible to use *some* external credit as APL, but there may be a limit on the number of credits you are allowed to use. You should discuss the matter with your degree programme tutor. If you are not permitted to use the full 60 credits of the Diploma as APL towards your degree, you can submit any one of the module assessments to the University of Greenwich, (15 credits at level 3 for each module).

Please note that the university assessments incur a substantial administration fee, charged to Expectancy by the University, currently £150 per 15 credits. In the event of full academic approval being awarded by the University it is expected that this will be £600, payable to Expectancy at the start of the Programme. It is regretted that no refunds can be claimed if students later decide not to submit the university assessments.

Exemptions

A reduction in fees of £350 per course (in the academic year commencing Sept. 2009) is made for midwives who have completed Expectancy's courses on either Implementing Aromatherapy or Reflexology Techniques (modules 1A and 1B) *within the 18 months immediately prior* to commencing the Diploma programme (maximum reduction £700).

However, in keeping with Expectancy's philosophy of safety, professional accountability and evidence-based practice, documentary evidence must be produced of having been *actively* using aromatherapy / reflex zone therapy in your midwifery practice within the last 18 months. This evidence may be in the form of case studies or a letter of confirmation from your midwifery manager or other suitable documentation, to be approved after discussion with the Programme leader.

All midwives will be required to undertake the module assessment and to produce reflective case studies, at academic level 3, for both the aromatherapy and the reflexology components of module 1. There will be a fee of £150 for the assessment process, but midwives may attend the relevant taught study days of the module, for revision purposes, without charge.

Exemption is *not* normally given for midwives who are fully trained aromatherapists or reflexologists but who have *not* attended Expectancy's courses on these subjects, as it is essential to Expectancy's philosophy that all its Diplomates are able to apply the principles of the various therapies accurately, safely and appropriately to midwifery practice. These midwives will be required to attend the relevant course and undertake the in-house formative assessments, with no reduction in the fees.

Midwives who have completed full practitioner training in Bach flower remedies, homeopathy, herbal medicine or nutrition *may* be given the option to omit those parts of the module following discussion with the relevant module leader. Exemption from the clinical hypnosis course will be at the discretion of the facilitator from Thames Medical Lectures. *All* midwives are required to attend the first introductory day and the full final course on Integrating Complementary Therapies in Midwifery Practice.

Please note that decisions regarding exemptions are made on an individual basis and that Expectancy's decision is final.

Registration following completion of the Diploma

Midwives who successfully complete the Diploma in Integrated Maternity Care (Complementary Therapies) will be eligible to become Expectancy™ Registered Consultants to enable them to work independently whilst receiving ongoing support, mentoring and continuing professional development from the Programme team (registration fee payable). It may also be possible to become a licensed Expectancy "morning sickness" Consultant (subject to further training).

Applications and fees

Interested midwives should email Expectancy's Director, Denise Tiran on info@expectancy.co.uk for further information and an application form.

Fees: £3250 (£2600 if paid in full by 31st August 2009). If you prefer to pay by instalments this incurs a 10% surcharge (£3575) and are payable as a deposit of £1575 with application and four further payments of £500 each. Full payment must be made before the final course (Integration). An additional administrative fee is payable for submission of the assignments to the University of Greenwich for academic credit - £150 per 15 credits, with a total of £600 payable for the full 60 credits (total fees for 60 credits = £3575 + £600 = £4175). Applications from midwives whose trust is funding them to attend **MUST** obtain the relevant purchase order number from their finance department and include this on their application forms.

Introductory offer - 20% discount for fees paid in full before 31st August 2009 for either the London 2009 or the Cheshire 2010 intake (£2600)

Midwifery lecturers can receive an additional £100 discount (£2500)

DATES FOR DIPLOMA INTAKES IN ACADEMIC YEAR 2009-2010

SUBJECTS	LONDON (Wexham Park Hospital, Slough, near Heathrow)	CHESHIRE (Holistic Birthing Centre, 5 Darwin Street, Northwich)
Introductory / enrolment day;	12 September 2009	20 February 2010
Module 1A - Aromatherapy	13 September 2009	21 February 2010
Aromatherapy continued	10 / 11 October	20 / 21 March
module 1B - Reflexology	7 / 8 November	24 / 25 April
Reflexology continued	5 / 6 December	22 / 23 May
Module 4A - Integration in Midwifery		
Stress;	9 January 2010	19 June
Nutrition	10 January 2010	20 June
Module 2 - Clinical hypnosis	6 / 7 February	25 / 26 September
Clinical hypnosis continued	6 / 7 March	23 / 24 October
Module 3 – Natural Remedies		
Herbal and homeopathic remedies	10 / 11 April	10 / 11 July
Bach flower remedies	8 / 9 May	20 / 21 November
Module 4B - Integration in midwifery		
Moxibustion for breech	5 June	11 December
Post-dates pregnancy etc	6 June	12 December
Dates for submission of assignments for university credit	TBC	TBC

FURTHER INFORMATION FROM EXPECTANCY LTD
www.expectancy.co.uk/contact or telephone 08452 301 323