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**Expectant Parents' Complementary
Therapies Consultancy**



DENISE TIRAN MSc RM RGN ADM PGCEA

Denise Tiran is an international authority on maternity complementary medicine, and Expectancy's Educational Director. She previously worked as a midwifery lecturer, then developed and ran a degree in complementary therapies at the University of Greenwich, London, where she remains a Visiting Lecturer; she is also a Research Consultant to Canterbury Christchurch University. Clinically, Denise specialises in treating women with "morning sickness"; her unique NHS clinic (1994-2004) was "Highly Commended" in the 2001 Prince of Wales' Awards for Healthcare in London, and gained an international reputation as an example of complementary medicine integrated into conventional maternity care.

Denise has written ten professional textbooks, over 70 journal papers, three books for expectant mothers and contributed chapters in several midwifery, gynaecology and obstetric books. She is a member of the Editorial Committee of the *Complementary Therapies in Clinical Practice* journal and a frequent conference speaker. Denise has assisted in the implementation of complementary medicine in obstetrics in Hong Kong, and regularly teaches midwives, obstetricians and therapists in Japan and elsewhere overseas. She has advised the Royal College of Midwives on complementary therapies and the Local Supervising Authority midwifery officers on the development of supervisory guidelines for midwives.



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CHARLOTTE KENYON

BSc RM RGN PGCEA

Charlotte Kenyon is a senior midwife who managed the labour ward in a busy maternity unit for many years. She previously completed the Diploma in Integrated Therapies for Childbirth with Expectancy and now has a private practice offering massage, aromatherapy and reflexology to pregnant and newly-born mothers. Charlotte is a senior midwifery lecturer at Sheffield Hallam University and is currently establishing a Midwifery Development Unit specialising in maternity complementary therapies. This will serve as a teaching clinic for student midwives to learn about the safe use of complementary therapies in pregnancy, and will provide opportunities for research and audit to strengthen the body of evidence on the subject. Charlotte believes strongly in promoting normality in childbirth and tries to achieve this through her midwifery practice and teaching, and in her use of complementary therapies.



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MAGGIE EVANS MSc RM RN HV Cert

Maggie Evans originally trained as a nurse, but has spent most of her career in midwifery and health visiting. More recently, she spent ten years as a university lecturer in midwifery, where she taught complementary therapies to pre-registration and qualified midwives. Maggie is a qualified complementary therapist, applying aromatherapy, reflexology, Bach flower remedies, nutrition and shiatsu to midwifery practice. She has a strong commitment to the promotion of complementary therapies in maternity care, in order to enhance holistic care for women before and during pregnancy, birth, and beyond. Maggie completed a Masters degree in Complementary Therapies at the University of Westminster in 1999. She is currently working as a freelance lecturer in midwifery and complementary therapies and has a private complementary therapies practice. She is co-author of the Oxford Handbook of Midwifery and has written several other papers for professional journals.



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URSULA JAMES BA

Ursula James is a Visiting Teaching Fellow, Oxford University Medical School, Honorary Lecturer, Barts and the London School of Medicine and Dentistry and Queen Marys, University of London. Ursula and her team teach clinical hypnosis at 11 UK medical schools, including Oxford and Cambridge. Founder and Chair of the Medical School Hypnosis Association, Ursula is driving research into the medical applications of clinical hypnosis. She is author of the 'Clinical Hypnosis Textbook', 'You can be amazing' and 'You can think yourself thin'. Ursula also presented her own TV series for Channel 5 in 2007 entitled, 'Sex, Lies and Hypnosis.' She is currently completing her PhD.



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HARRY CHUMMUN PhD, BSc(Hons) RT RN

Dr Harry Chummun has worked as a lecturer in nursing in the UK and the Middle East; later he gained a PhD in Physiology and developed an interest in genetics. He works at the University of Greenwich, as a lecturer in physiology and research, and is Coordinator for Genetics & Genomics Education in nursing and midwifery programmes. Harry has published extensively in professional journals on genetics/genomics, anatomy and physiology and nursing issues such as infection control, and has contributed chapters in various textbooks. He is also an Associate Lecturer in biological sciences with the Open University. Harry has worked closely with Expectancy's Director, having undertaken research related to reflexology and published several professional papers on stress in pregnancy.