

Yoga Therapy in a Clinical Setting

In our latest blog CNHC registered Yoga Therapist, Yasmin Zaman, discusses differences between attending Yoga Therapy sessions and yoga classes. Yasmin teaches therapeutic yoga and mindfulness techniques within a psychiatric hospital and wellbeing centre for mental health. Her work is complex, and she works alongside a team of psychiatrists, psychologists, mental health nursing staff, psychotherapists, and more.

Find out more about Yasmin's work on our blog [here](#).



From left to right: Stella Joel - Art Therapist, Michelle Pragnell - Lead Therapist, Magda Bouwman - Psychologist, Yasmin Zaman - Yoga & Mindfulness Therapist



European Congress for Integrative Medicine 2020

On 11 – 13 September 2020, the European Congress for Integrative Medicine (ECIM) will be taking place in London at the Queen Elizabeth II Centre.

The congress brings together medical practitioners, healthcare professionals, scientists, therapists and health politicians to facilitate the advancement of healthcare by combining conventional medicine with evidence-informed lifestyle, complementary and traditional approaches to health and wellbeing and provide whole person, patient-centred care.

The event will feature world-class experts presenting the latest research and success stories in clinical care, alongside poster sessions and an international exhibition promoting the latest products, equipment and services available in the field.

For more information visit:
www.ecimcongress.com

CNHC News Archive



As part of the recent work carried out on the CNHC website, we now have a News Archive section. Here you can search for and read articles from previous newsletters going back several years. We are adding items to the News Archive each month – so be sure to take a look as there may be articles of interest or those you want to share.

Check out the News Archive here: <https://www.cnhc.org.uk/tags/news-archive>



NICE Question Time and Public Board Meeting

On Wednesday 20 November the National Institute for Health and Care Excellence (NICE) will be holding a Public Board Meeting and Question Time at Great Ormond Street Hospital in London.

- lunch is provided at 12noon
- question time is 12:30pm to 1:15pm
- the board meeting is at 1:30pm

For more information and to register to attend the meeting, visit: https://www.nice.org.uk/event/novpb_2019

Welcome to the November 2019 edition of newsupdate

CNHC Chair, Michael Watson

The clocks have now changed and with the temperatures continuing to drop, winter is starting to set in. The festive season will soon be here and many of you may already be starting to plan for your business in the run up to the holidays – if so, be sure to check out the latest edition of Holistic Therapist Magazine which contains several articles which may be of interest.

Last month we held a Board Meeting on Wednesday 23 October. At this meeting, we said farewell to long-standing registrant member - Lynne Gray. On behalf of the entire Board and CNHC, we thank you for your dedication and service over the last seven years. Sadly, we also said farewell to Jane Nodder, who regretfully, resigned from her position on the CNHC Board. We will miss her insightful contributions to our discussions. Stepping in as a new registrant member, is Earle Abrahamson.

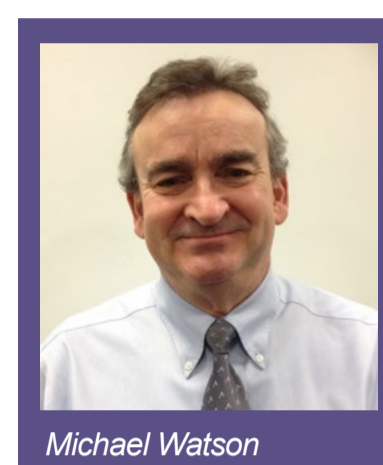
During October we exhibited at the Integrative Health Convention, where several CNHC registrants were speaking. The event was opened by Dr Michael Dixon from The College of Medicine and organised by Dr Toh Wong and Dr Naveed Akhtar. Several hundred guests attended the 2-day event including GPs, allied healthcare professionals and other health practitioners - all with a keen interest in integrative holistic care. Read more below about CNHC exhibiting there and the three CNHC registrants who presented at the event.

We are also delighted to be confirmed as an exhibitor at the European Congress for Integrative Medicine in 2020. The event is taking place in September and brings together medical practitioners, healthcare professionals, scientists, therapists and health politicians to facilitate the advancement of integrated healthcare. Sarah Grant, CNHC Board Member, has been asked to join the event as a panel judge. You can find out more about the event below.

Wishing you another wonderful month and thanks again for all your work standing up for standards.

Best Wishes,

Michael Watson



Michael Watson

CNHC exhibit at The Integrative Health Convention

On Saturday 5 and Sunday 6 October CNHC exhibited at the Integrative Health Convention which took place in London at the Park Plaza Hotel.

Dr Michael Dixon opened the event and discussed many ways that integrated healthcare can benefit patients through programmes such as social prescribing or personal health budgets. He explained that an approach to integrative healthcare provides more personalised care, addresses inequalities and increases social capital and the potential for a health creating community.

Across the two-day convention there were three CNHC registrants who presented, speaking on Massage Therapy, Reflexology and Reiki.



Gerry Andrews, CNHC registered Massage Therapist, presented to a room of GPs, practitioners and other therapists. In his talk Gerry discussed the importance of Patient Activation Measures (PAM) and how therapists can utilise them to support a case for NHS funding.



Tracey Smith, CNHC registered Reflexologist and former Reflexology Profession Specific Board (PSB) member, spoke about the evidence, trials and research conducted in the field of reflexology. Attendees were particularly interested in the details of the studies and were keen to receive the links afterwards.



Ignaty Dyakov, CNHC registered Reiki practitioner and Local Champion, spoke about his journey through the Himalayas and England to becoming a registered Reiki practitioner. He also discussed how his path helped him recognise the importance of standards, quality of training and cooperation between therapists.

CNHC Board members update

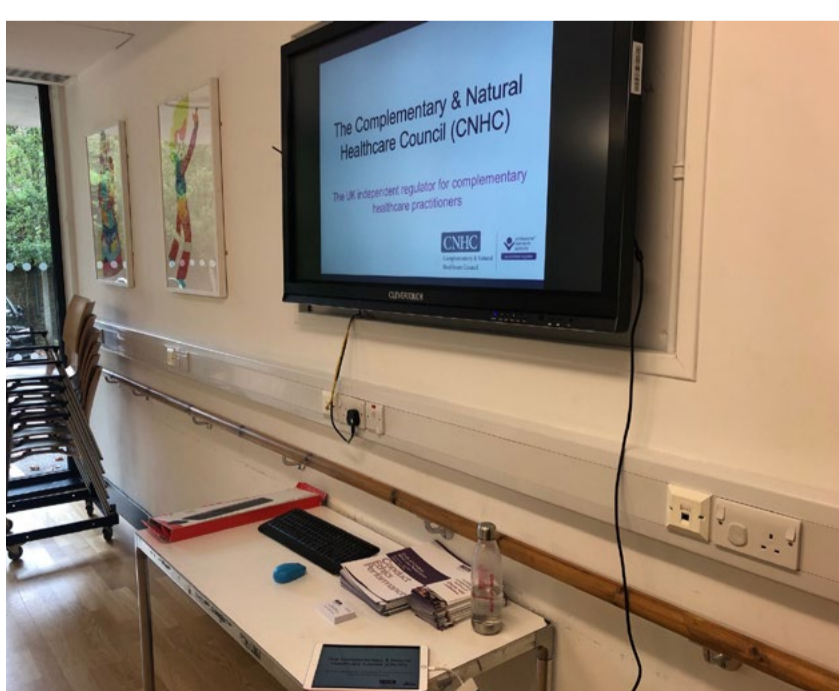
At the CNHC Board Meeting on Wednesday 23 October we sadly said farewell to two members – Lynne Gray and Jane Nodder. Lynne Gray was a registrant member who served on the Board for more than two terms, spanning seven years working with CNHC. Jane Nodder was also a registrant member who joined the CNHC Board in October of last year. From all of us at CNHC, we thank Lynne and Jane for their hard work.



Earle Abrahamson has joined the CNHC Board as a new registrant member. Earle is an internationally published author, therapist, psychologist, educator, consultant and teaching fellow. He has worked actively in education and complementary therapies, specialising in sport and exercise massage and rehabilitation. He is Chair of the Massage Training Institute (MTI), Chair of the General Council for Massage Therapies (GCMT), and programme leader for Sports Therapy at the University of East London.

Find out more about all members of the CNHC Board [here](#).

CNHC presents to London GPs



On Tuesday 8 October, Carolyn Watson, Head of Marketing and Communications at CNHC, presented to over 30 GPs and GP trainees at the James Wigg Practice in Kentish Town Health Centre (KTHC) in north London. KTHC is a training practice with 25 registered GPs onsite and over 21,000 registered patients. CNHC were asked to present at their 'Lunch & Learn' meeting after questions were raised around complementary therapies and regulation at a staff meeting.

Attendees were engaged throughout the presentation and were eager to understand more about Accredited Registers and the standards we hold our registrants accountable to. They were also encouraged to hear about the recommended use of Patient Reported Outcome Measures (PROMs) by CNHC registrants and the different types of complementary therapies we register. During discussions with attendees following the presentation, they were pleased to learn more about CNHC, Accredited Registers and voluntary regulation.

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