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Winter 2011

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The Voice of Complementary Medicine



***The Ancient Art
of Sound Therapy***



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Breath of fresh air

Welcome to this Winter edition of the ICNM Journal.

Our big news at the moment is the launch of three new divisions within the ICNM/BRCP. Do read the news story on Page 5 about the introduction of these divisions. The Nursing Division is particularly timely given the increasing number of nurses gaining complementary medicine qualifications in order to widen their work within the NHS. I am delighted that the ICNM is one of the first professional bodies to offer membership to the nursing profession.



Many of you will probably have heard by now that the Department of Health has agreed to a statutory register for practitioners supplying unlicensed herbal medicines. This means that practitioners in this country will now be able to comply with EU law. The Health Professions Council has been asked to establish a statutory register for practitioners supplying unlicensed herbal medicines. This will ensure that practitioners meet specified registration standards. The legislation should be in place next year. Do go to our website (www.icnm.org.uk) for all the details.

The ICNM is still looking for new Trustees to join its team. We are looking for Trustees with financial or legal experience and I would urge anyone who believes in the work we do and thinks they can help raise the standards and profile of CAM to please contact me via Clive Teal: clive.teal@icnm.org.uk

Meanwhile, I do hope you enjoy this issue.

Beverly Martin

Beverly Martin
Chair to the Trustees

I am also delighted to announce the second tranche of ICNM Fellows and Honorary Fellows (see story on page 10). We named our first Fellows and Honorary Fellows last Spring to recognise those individuals who have promoted and developed the ICNM/BRCP as well as CAM in general.

IN THIS ISSUE



Editorial	3
Latest news	5
The Ancient Art of Sound Therapy	6-7
Transformational Breath Comes of Age	8
ICNM Complementary Medicine Awards	9
New Members	11

SOMETHING TO SAY?

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Latest news

Once again, the news stories emphasise the ICNM's commitment to increase benefits to its Members.



ICNM/BRCP Launch New Divisions

The ICNM/BRCP is launching three new divisions in order to expand its membership base to include more people with CAM qualifications. The Nursing Division is open to the increasing number of nurses who also have training in complementary therapy. The NHS recognises the need to have nurses trained in areas like massage therapy and acupuncture and the ICNM is making sure they have a membership organisation that will recognise their additional skills and training. Nurses have perhaps more interaction with patients than any other healthcare professional and are therefore in a unique position to respond to the needs and wishes of patients. Increasingly nurses within the NHS and the private sector are being trained in various complementary therapies as the demand for access to these therapies grows.

The International Division is being launched to accommodate overseas practitioners who have been trained abroad to meet standards in their own country and to the levels that are expected by the ICNM. This means that those colleges that trained the graduates would also be eligible to apply for BRCP Affiliation. Finally, the Beauty Therapy division is open to those Beauty Therapists who work in well-being clinics, spas, and who are self-employed. We would like to encourage readers who have colleagues in any of these areas, particularly nursing and beauty therapy, to go onto the ICNM website and download the necessary application forms. Or they can call Zanele Woods on 0207 922 7980 for more details.

Herbal Regulation

The Department of Health announced earlier this year that the Health Professions Council will establish a statutory register for practitioners supplying unlicensed herbal medicines. This is in order to comply with EU law (see ICNM Journal, Spring 2011). For a full copy of the statement from the Minister of Health, please go to www.icnm.org.uk and find the full story under Latest News.

Website Cover

The Advertising Standards Authority has increased its remit to now cover companies' own marketing claims on their websites and in other non-paid-for space they control. The ASA already regulates internet ads in paid-for space, like banner ads and pop-ups, but it is now responsible for checking marketing communications on companies' own websites and other space like Facebook and Twitter. For further guidance and copy advice visit www.copyadvice.org.uk.

Advertise through the Yellow Pages

More people are still needed to register interest in participating in the Yellow Pages advertising offer in order for the deal to go ahead. The deal enables Members to advertise under the ICNM/BRCP banner in the Yellow Pages at a special rate and the ad will also be on-line at Yell.com.

Please do contact Zanele Woods at the ICNM on 0207 922 7980 or email zanele.woods@icnm.org.uk if you are interested in taking up this offer.

Membership Drive

We would like to ask Members to encourage friends or colleagues to join the ICNM/BRCP. In order for the ICNM to continue providing the services that it does to its Members, it needs a flourishing and growing membership base. Please do look out for people who want to be part of a professional body of practitioners and encourage them to contact us.

Trustee Changes

David Monks is stepping down as Deputy Chair of the Trustees and the ICNM/BRCP would like to thank him for the way he has supported the organisation over the years. He will be replaced by existing trustees Ruth Greene and Anne Turley who will both hold the position of Deputy Joint Chair. If you think you would make a good ICNM Trustee please contact Beverly Martin c/o info@icnm.org.uk

Mark Of Excellence

The ICNM is extending the range of badges it distributes to members to now include Senior Practitioners. BRCP Practitioners already receive a badge as part of the Member benefits. Senior Practitioners will now also receive a badge.



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The Ancient Art Of Sound Therapy

Last year, the British Academy of Sound Therapy (BAST) picked up the ICNM Best Complementary Medicine Company Award. It was launched by Lyz Cooper in 2000 and was the first school to offer formal qualifications in Sound Therapy in the country. Here Lyz describes how she became involved in Sound Therapy and the benefits of the discipline.

If you dig deep into the history of any culture, you will find some mention of sound as a therapeutic tool – whether it be chanting or drumming. Using sound to tell stories and therefore transport the listener to other realms for worship or prayer and to improve health and wellbeing started as soon as we uttered our first sounds.

In this country, and in many parts of the western world, this ancient healing knowledge has largely been lost, but the remnants are there if you know where to look.

Sound is an ancient modality and there have been people using it in an informal way for thousands of years. I became fascinated at the speed at which sound moved energy through the system when I became ill with ME in 1994. For two months I was pretty much confined to my bed and so was limited as to what I could do to help myself holistically. I began using my voice intuitively and found that it had an instant effect on my overall health and wellbeing. When I was able to go out, I came across a Himalayan singing bowl in a shop and bought it immediately. The sound of this little bowl moved my energy in a different way than my voice – which I found even more intriguing. I was hooked. I knew that I wanted to train in this amazing, mysterious and powerful modality.

I contacted Michael Endacott at the ICM (as it was called at the time) but there was no Sound Therapy training school in the UK. He looked at the

“I came across a Himalayan singing bowl in a shop and bought it immediately. The sound of this little bowl moved my energy in a different way than my voice – which I found even more intriguing. I was hooked.”



USA and Europe but could not find anything there either. Not wanting to wait, I began a process of research and development which lasted several years. At the end of this time I went back to the ICM and was given the go ahead to practise my method of Sound Therapy. Having worked in the holistic health field since leaving school in the 80s, I was aware of the importance of working within best practice guidelines and with support from organisations like the ICNM.

I had also taught Holistic Health in Adult Education for many years and so in 2000 The British Academy of Sound Therapy was born. We are currently in the process of going through Voluntary Self Regulation. BAST currently offers four different training courses, ranging in length from nine months to two years

I am very optimistic about the future for Sound Therapy, not just in the UK but worldwide. Every year there are more and more people joining courses and I have more requests from people looking for a practitioner. There are only a few Sound Therapy training establishments in this country and this

modality is largely unregulated. I am passionate about raising awareness of this important and effective modality and have been working with the School of Inner Sound to form the first Sound Therapy Association in the UK. Our first members are ourselves and the College of Sound Healing, but we hope that other schools and students will come forward to join.

Sound Therapy is extremely versatile. We have worked with people who are terminally ill to those who are perfectly healthy and would like some help staying that way. We have had positive results with many stress-related symptoms such as IBS, insomnia and anxiety but also ME, MS, allergies, arthritis, chronic pain and addiction.

FREE SOUNDBATH

mp3

Lyz is happy to give away free mini soundbath MP3 files to anyone emailing her with interest in their work.

The next training course begins in September. Please visit www.healthysound.com for more information.

Sounding the Mind of God, written by Lyz Cooper, is available from Amazon.

Transformational Breath Comes Of Age

Andria Falk is Trainer and Development Officer at the Transformational Breath Foundation UK. Here she tells how this relatively new modality is developing in the UK

Transformational Breath was co-developed in the United States by Judith Kravitz in the 1980s and is now practised in over 25 countries. In the UK, in just four years, Transformational Breath has gone from being a little-known complementary therapy with just one senior trainer and a handful of practitioners working in isolation, to having its own national organisation, the Transformational Breath Foundation UK (TBF-UK), with two senior trainers, six trainers, seven facilitators and more new graduates completing their training.

Practitioners no longer have to go abroad for training. They can access peer support and supervision, student mentoring, a website and twice-yearly CPD events. Affiliation by the ICNM of TBF-UK's Professional Training Programme in February 2011 was another important milestone.

Transformational Breath enables you to reconnect to your natural breathing pattern. Our breathing often 'shuts down' over time as we unconsciously adjust our breathing to manage stress and this becomes habitual. Many people breathe with as little as 20 per cent of their respiratory capacity, thus seriously jeopardising their wellbeing.

In a Transformational Breath session you learn how to breathe using the whole of your respiratory system, connecting the in-breath with the out-breath without a pause. A system of 'body mapping' points, similar to acupuncture, is used to open the breath more fully. Gentle sounds and movement are also used. Sessions are either individual or in groups. After between four and six guided sessions, you can use the techniques on your own.

Transformational Breath can benefit you physically, emotionally and spiritually. The greater amount of oxygenated air that is inhaled during a session stimulates your immune system, clearing toxins from your vital organs and individual cells, giving you a new sense of clarity and vitality. Your emotional well-being benefits because your cellular memory is gradually cleared of unexpressed emotions that have been 'stuffed down' and stay in the body in the form of low-resonating 'energetic blocks'. Once the body and emotions are more in balance, the opening of your spiritual centre is then supported.

Poor breathing has been found to correlate with many physical and emotional conditions, including digestive problems, high blood pressure, thyroid disorders, heart conditions, ME, hyperactivity, depression, anxiety and panic attacks.

A key next step for Transformational Breath in the UK is to find ways to research some of the many perceived and documented benefits. To this end, TBF-UK has just elected its first Research Officer and is looking for funding opportunities to achieve this.

For more information: www.transformationalbreath.co.uk or www.transformationalbreathing.com

ICNM Complementary Medicine Awards

In late June, the ICNM hosted its Complementary Medicine Awards ceremony to honour those practitioners who had won prizes in this year's Awards. The award winners joined the staff and trustees of the ICNM for a ceremony that was followed by an afternoon tea. Director of Balens Insurance, sponsors of the Awards, Joe Balen, was also there to help hand over the prizes.

Below: The award winners from left: Lynne Booth, founder and originator of Vertical Reflex Therapy (VRT) received a Highly Commended award in the Outstanding Contribution to Complementary Medicine category; Doune Alexander MBE picked up the award for Outstanding Contribution to Complementary Medicine for more than 20 years of promoting natural food and herbal medicine in this country; Kim Holmes, who is studying at the Amatsu Training School, won the Best Complementary Medicine Student Award; and aromatherapist Lynne O'Sullivan, who works at the Open Road in Chelmsford, won the Best Complementary Medicine Practitioner Award.



Above, from left: Chair of the ICNM Trustees, Beverly Martin, Director of Balens Insurance, Joe Balen, and ICNM Chief Executive, Yvonne Wilcox.

Centre: The award for Best Complementary Medicine Company which went to the Helen Rollason Cancer Charity which provides complementary therapies for clients undergoing cancer treatment. Representatives from the charity were unable to attend the awards ceremony.

Centre right: Chair of the ICNM Trustees, Beverly Martin, welcoming everyone to the Awards ceremony.
Right: Lynne Booth, Joe Balen; Doune Alexander; Kim Holmes; Beverly Martin, Lynne O'Sullivan; Yvonne Wilcox.



Fellowships of the ICNM

The ICNM appoints a limited number of ICNM Fellows and Honorary Fellows to people who have worked as ambassadors for the ICNM and the British Register of Complementary Practitioners (BRCP) or who have made an outstanding contribution towards complementary medicine. These Fellowships have been awarded by the Trustees of the ICNM.

ICNM Fellows are:

Maureen Mulligan

Maureen has been an ICNM Advisor for many years and is also the Director of the Irish Institute of Naturopathic Medicine (IINM) in Co Wicklow, Ireland. This Fellowship acknowledges Maureen's worked with people with depression, eating disorders, drug addiction, alcoholism and autism. Last year Maureen was also awarded the ICNM Practitioner of the Year.

Martin Egan

Martin has been an advisor to the ICNM's board of Trustees for a number of years and has worked with the ICNM on complementary medicine research.

Enid Eden

Enid is a founding member of The Keys College of Radionics and has worked in complementary medicine for nearly 50 years. Enid has also been an advisor to the ICNM for many years.

David Monks

The ICNM has awarded this Fellowship to acknowledge David's outstanding contribution to complementary therapy as well as his work as Deputy Chair of the ICNM Trustees.

Angela Blaen

Angela has been an advisor to the ICNM for many years and has also made an outstanding contribution to the work of crystal and light therapy.



Ruth Greene

ICNM Honorary Fellows are:

Ruth Greene

Ruth has been associated with the ICNM for many years. First she was a supporter and then trustee of the Nature Cure Clinic (NCC) some 25 years ago. In 2008, the NCC merged with the Institute for Complementary Medicine (ICM) to form the ICNM, where she has continued to be an invaluable member of the board of Trustees.

George Hill

George, who is from Guernsey, has worked as an advisor to the ICNM for many years and this Honorary Fellowship also acknowledges his contribution in the field of Frequency Medicine. He was also an ICNM trustee for many years.

David Balen

David is Managing Director of Balens Insurance and has been an advocate of complementary medicine for many years. This award acknowledges his work in developing insurance packages for the complementary medicine market.

Kent Regional Meeting

Another ICNM Regional Meeting will take place in Kent on Sunday 16th October 2-4pm. The meeting will be hosted and sponsored jointly by The Banyan Retreat and The Sophrology Academy. If you are interested in attending this meeting, please contact Zanele Woods at zanele.woods@icnm.org.uk



Florence Parot, founder of the Sophrology Academy

If you would like to organise a regional meeting, you could do one of two types of meeting. A networking meeting where local practitioners and therapists meet to exchange views and ideas; or a taster meeting where a group of practitioners get together and offer taster sessions to the public. If you would like to know more about hosting a meeting please contact Yvonne Wilcox at the ICNM on: yvonne.wilcox@icnm.org.uk

New Members

Joanna Williams,
West Sussex: Kinesiology

Mark William Dixon,
Kent: Sound Therapy

Emily Stimpson,
Northants: Massage,
Reflexology, Aromatherapy, Energy Medicine

Gail Nelson-Snell,
Kent: Metaphysical Counselling

Patricia Ann Topman,
Middlesex: Sound Therapy

Milly Biswas,
Hampshire: Sound Therapy

Shuge Zhang,
Essex: Oriental Medicine, Massage, Reflexology

Xiping Zou,
Essex: Oriental Medicine, Reflexology

Ming Cao,
Essex: Oriental Medicine

Hui Meng,
Essex: Oriental Medicine

Ying Zhang,
Essex: Oriental Medicine

Hongbo Li,
Nottinghamshire: Oriental Medicine, Reflexology

Suling Ning,
Nottinghamshire: Oriental Medicine, Reflexology

Jianrong He,
Essex: Oriental Medicine, Reflexology

Rain Webster,
London: Reiki

Renu Vasishtha,
London: Homeopathy

Wendy Anne Simmons,
London: Reflexology

Seby Emmanuel,
Surrey: Indian Medicine

Jacek Sikora,
Dorset: Massage

Cino Chirayath Davis,
Hertfordshire: Indian Medicine

Terry G. Morgan,
Northampton: Massage

Nan Xia,
Cheshire: Oriental Medicine

Gareth Richard Price,
Lincolnshire: Reflexology

Kenneth Brooks,
Worcestershire: Osteopathy

Joby George,
Surrey: Indian Medicine

Maryam Zahoor,
West Yorkshire: Homeopathy

Ruth Hughes,
Hampshire: Homeopathy

Julia Ovenden,
London: Bioregulatory Medicine

Peng Cheok,
Cheshire: Oriental Medicine, Nutrition

Stuart Hughes,
Lancashire: Sports Therapy

Nicola Baker,
Warwickshire: Kinesiology

Gail Nielsen,
London: Massage

Ramesh Harimohan,
London: Indian Medicine

Katarzyna Tkaczyk,
Dorset: Massage

Naomi Thorley,
London: Aromatherapy, Massage

Nilofer Khan,
London: Indian Medicine

Jane Snelling,
London: Metaphysical Counselling

John Little,
Dublin: Oriental Medicine

Ujwala Luthia,
London: Indian Massage

Karen Williams,
Hampshire: Sound Therapy

Lauran Valenti,
London: Sound Therapy

Arzhang Tahmosybayat,
Durham: Sound Therapy

Julia Hutchings,
London: Sound Therapy

Susan Altamore,
Middlesex: Trichology & Dermocosmetology

Sarah Bainbridge,
Yorkshire: Bioregulatory Medicine

Anthar Navarro,
Avon: Sound Therapy

Senior Practitioners

Sanjay Sehgal, India, Homoeopathy

John Milsom, Surrey, Healer Counselling, Psychotherapy and Healing

Sarah Dean, Worcestershire, Allergy Testing and Nutritional Therapy

Tahir Faruqi, South Yorkshire, Massage

Ann Russell, Middlesex, Anma Massage, Amatsu Medicine

Jenny Rose, Kent, Metaphysical Counselling, Healer Counselling

Jennifer Poole, Hampshire, Homeopathy

Carol Ellis, Essex, Reflexology

MEMBER BENEFITS



The hallmark of best practice

- Established in 1989, this is one of the longest running multi-disciplinary register of CAM practitioners in the UK
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- Advertising opportunities on the ICNM website
- Events listing, added to and updated on the website
- Developing programme of conference, events, bridge-building between CAM disciplines and conventional healthcare provision, networking, CPD
- Opportunities for Clinical and published Research
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- BRCP Annual Membership Card
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- Free copy of the ICNM Journal
- 33% off YinYang Skin Care and Therapeutic products
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- Media Pack – which includes "How to write a press release"
- Members may treat policy holders of the Patients' Aid Association without a letter of referral from the patient's doctor
- BRCP Homeopathy and Reflexology practitioners may treat 'Simply Health' policy holders

FURTHER INFORMATION

Visit our website:

www.icnm.org.uk

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