The Royal London Hospital for Integrated Medicine Europe's largest publicly funded provider of complementary medicine and is staffed by medically qualified practitioners. It was founded in 1849 and incorporated into the NHS in 1948. The hospital has an international reputation for research and education and many hundreds of doctors have integrated homoeopathy and other complementary therapies into their practice as a result of RLHIM training programmes.

Patient referrals are by GP or Consultant letter, or Choose & Book. Private appointments are also available.

For further information about referrals, homoeopathic courses and research go to www.uclh.nhs.uk/rlhim or contact:
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PLEASE SEND YOUR COMPLETED APPLICATION FORM AND PAYMENT TO THE ABOVE ADDRESS:

How to find us

Integrating Complementary Medicine in Everyday Practice
Spring 2016

A short, practical introduction to 6 therapies, for GPs and other registered healthcare professionals taught by nationally recognised medical experts
A short, practical introduction to 6 therapies, for GPs and other statutorily registered healthcare professionals taught by nationally recognised medical experts

This enjoyable and intensive course will enable you to

- Use new and safe practical skills in complementary therapies
- Improve your ability to help patients with common but intractable conditions
- Encourage patient responsibility for their health and self-care
- Increase your patients’ choice of treatments
- Review the evidence-base for complementary therapies
- Advise and refer appropriately
- Incorporate complementary therapies into your PDPs, planning and audit

Why this course is important

Increasing numbers of people are using Complementary and Alternative Medicine (CAM), and the evidence base is steadily growing. CAM offers effective treatments for many common and hard to treat conditions including arthritis, chronic pain, allergies, eczema and stress-related symptoms. This course provides a practical introduction for GPs and other health professionals. You will learn methods that are safe and practical to use in daily practice, and gain the knowledge needed to advise your patients. In addition, many GPs find that the patient-centredness of CAM revives their enthusiasm for the art of medicine and encourages self-care for patients.

The course is aimed particularly at GPs, but will be of value to all statutorily registered health professionals. Representatives of leading organisations for health professionals using CAM, including the University of Westminster, Faculty of Homeopathy, British Medical Acupuncture Society and the College of Medicine have come together to provide an intensive, authoritative six-day course.

Director of Education – Dr Sara Eames

Course Programme

Daily schedule

Monday will begin at 10.30 with an introduction and welcome from Dr Peter Fisher, Clinical and Research Director of RLHIM and Dr Sara Eames, Director of Education.

All other days will start at 9.00 and end at 4.45, with breaks.

Each day will include a balance of

- Brief presentations from experienced practitioners introducing their specialised therapies and giving examples of easy-to-apply techniques and remedies that you can use.
- Extended cycles of practice and discussion, to build confidence in using skills.
- Discussion of evidence, effectiveness and indications for treatment or referral.
- Reflection on ways to look after yourself with simple techniques and exercises.

Topics:

Introduction to the ideas of Complementary Medicine
Dr Professor David Peters, Clinical Director of the School of Integrated Health, University of Westminster and former GP.

Everyday Acupuncture – a Western Perspective
Including practical experience of finding and treating myofascial trigger points, with Dr Mike Cummings, Medical Director, British Medical Acupuncture Society.

An Integrative Approach to Nutrition and Phytotherapy
Herbal medicine: introduction and integrated treatments. With Dr Saul Berkovitz, Medical Herbalist and Consultant at RLHIM.

Practical Homeopathy
Understand the principles and hear the evidence. Learn about and take home easy to use remedies for injuries and atopic eczema, with Dr Sara Eames, Director of Education RLHIM, former GP and President of the Faculty of Homeopathy and Dr Peter Fisher, Clinical Lead RLHIM.

Musculoskeletal Medicine
How complementary therapies and self-care can help in these common problems with Dr Professor David Peters, Clinical Director of the School of Integrated Health, University of Westminster and former GP.

Providing Orthodox and Complementary Approaches in the 8 Minute Consultation: How do we do it?”
Dr Michael Dixon, Chair of NHS Alliance leads a discussion based on experiences from his GP practice in Devon and interactions with government and health service leaders.

Autogenic Training in the Management of Stress-Related Symptoms
Including small group practical sessions with Dr Anne Bowden, RLHIM Physician, Autogenic Trainer and former GP.

Stress and Relaxation: Managing your own Energy
Quick ways to recover your balance between difficult patients or at the end of a hard day – sharing experience with visiting practitioners with Dr Sara Eames and Dr Anne Bowden.