

diffusion

the newsletter of

RAWORTH INTERNATIONAL

College of Natural, Nutrition & Sports Therapies

School of Natural Therapy
School of Sports Therapy
School of Nutrition Studies



CPD & Short Course Notice Board

Look out for new courses including:

- First Aid
- Natural Product Making Workshop
- Infertility and Traditional Gynaecology for Aromatherapists
- Introduction to Feng Shui
- On-Site Massage
- Facial Massage with Acupressure
- Thai Massage Workshop
- Crystal Reflexology
- Mood & Food
- Fun Food for Little People
- Back Massage Masterclass
- Acupressure for Pain Control
- Maternity Reflexology
- Healthy Eating for Preconception and Pregnancy
- Breakfast and Beyond
- Eating for Stress Management
- Introduction to Crystal Healing
- Reflexology and Traditional Chinese Medicine
- Ayurvedic Reflexology
- Updating Nutritional Therapy Knowledge eg:
 - Pharmacology
 - Research Skills
 - Biochemistry
 - Pathophysiology
 - Nutraceuticals
 - Management of Specific Disorders
- Blending Oils
- Hand Sugaring
- Designing your Website
- Core Stability Workshop
- Introduction to Counselling
- Nutrition Workshop Taster
- Aromatherapy field trip to Kew
- Pathology for Complementary Therapists



Message from Raworth Principal Vivienne Parker

Good News for 2008

The year 2008 promises to be an exciting year at Raworth. We are constantly evaluating, fine-tuning and improving the training courses we offer to ensure that we remain, not only the "Rolls Royce" of training, but also an acknowledged leader in new educational developments within our profession.

We are keenly aware that we live in an ever-changing world, with new demands and priorities. Our aim is to prepare our therapists to respond to these challenges with sound skills and robust qualifications relevant to the 21st century.

For those already qualified, we have also launched an exciting series of CPD courses.

Our Sports Therapy courses have been developed to fit in with a planned university degree link, while keeping the Raworth emphasis on practical therapy skills and qualifications.

The Nutritional Therapy course is on track to be one of the first courses to receive accreditation by the regulatory body (currently the Nutritional Therapy Council, NTC).

In the Reflexology course, as well as introducing the concepts of Traditional

Chinese Medicine and the use of acupressure points on the feet and hands, we now also include an introduction to the Ayurvedic Five Elements and chakras. We have also expanded the coverage of Reflexology to the increasingly popular field of conception and pregnancy.

The Aromatherapy course has been developed in a similar way to encompass the concept of universal energy within a holistic approach. This is integrated with a thorough understanding of essential oil sciences and the therapeutic use of essential oils.

We have even been able to reduce our fees in a number of areas because of more effective integration of course material. In terms of cost per teaching hour, we are highly competitive. Our courses not only include extensive hands-on practice and theory but also opportunities to practise in clinics involving the public.

Contact us by telephone, email or in writing, or visit our website and, of course, you are always welcome to come and see us to discuss how you can become a fully trained and confident therapist.

Book Review

Energy Medicine in Therapeutics and Human Performance

James Oschman,
Butterworth Heinemann, 2003

(review prompted by a recent reprint)

Dr. Oschman is a biophysicist and biologist who, many years ago, embarked on a quest to understand and explain how healing comes about under the influence of "energy medicine." Dr. Oschman's presentations are controversial and during the last two decades his ideas and suggestions have often been criticised by the medical and scientific community. At the same time he has been praised and supported by those who continue to question healing mechanisms in the body. Many of these are eminent people at the forefront of medicine as well as complementary therapy. This book presents a wide range of scientific and medical research as well as hypotheses to support possible mechanisms for the healing process that may be working alongside more conventional understanding.

Oschman puts forward the concept of a "living matrix" involving connective tissue acting as a super highway for energy transfer that would also account for meridian pathways and the Ayurvedic nadis. This is a concept he has been promoting for some time. There is the suggestion that communication is also taking place via a network involving perineural cells surrounding each neuron alongside classical nerve transmission. He cites and describes a wealth of research and findings to try and support his theories. He acknowledges that we still have a way to go before we really understand all that is involved and you may question his ideas. It is for the background material alone that this book is worth reading. At the very least it gives us much food for thought and some of the material is now undisputed.

To start us off, Oschman cites the recognition many years ago of the

existence of electric currents within the body and how these generate magnetic fields around us. Then came the discovery that pulsing electromagnetic fields could kick-start the healing process in fracture situations that had previously failed to heal. The suggestion is that these fields are favourably affecting the body's electric currents so as to promote the healing process (electric currents can generate magnetic fields – Ampère – and magnetic fields can generate electric currents – Faraday). Pulsing electromagnetic fields produced by the hands of some touch therapists have been shown to be of a similar strength and frequency to those produced by various electromagnetic clinical devices. (Oschman is not a therapist, he offers himself as a subject.) These examples provided much of the inspiration for him to investigate further, spending time with researchers and complementary therapists, examining previously reported research and generally encouraging people from different fields to talk to each other. The intention is to build a body of evidence that will move us forward in our understanding of the healing mechanism.

It is a book that needs to be read from beginning to end to see the emerging picture he paints, but for those not of a scientific background, sections can be passed over, and there is much that is repeated to bring it into different contexts. We might dispute or question some of Oschman's suggestions but there is enough sound evidence to give us material to talk about when trying to explain how our energy therapies might be working. We should also remember that many an eminent scientist first had his theories shot down and ridiculed only to be given worldwide recognition later, Albert Einstein to name but one.

Helen Harris

Raworth Goodies Student Web Site

The current Nutritional Therapy Diploma weekday class are putting their own web site (called Raworth Goodies) to ever increasing use to help them with their studies. Raworth Goodies was set up a year ago during these students Dietary Therapy Diploma course.

They were inspired to do this by their Biochemistry tutor Tim Taylor, who set up a web site for them to use for questions and answers and exchange of comments.

Student Sheila Sheppard still manages the Raworth Goodies site on behalf of the student group and students are definitely planning on continuing its use right through their Nutritional Therapy Diploma phase. It will also act as a support network when they are working as fully qualified nutritional therapists.

The site has different 'headings' and has been used extensively to share updating information for course work and especially for research and evidence gathering for their clinical practice client work. This all helps to ensure that the Raworth graduate Nutritional Therapists are really using evidence-based practice to the full.

They are able to effectively share relevant research, so increasing the scope of explanations and treatments they can offer their clients. We are finding that other Raworth groups are now also considering setting up such support sites.

Student-centred activity is really in keeping with the Raworth philosophy of fostering a good team spirit and sharing ethos, within the classroom setting.

Emma Charlton

Aromatherapy Tutor



On a cold January morning, when I made my new year's resolution to do more teaching, I had no idea that spring 2007 would bring me such a new and exciting challenge. I am therefore very pleased to have joined the teaching team at Raworth! Over the last ten years Janetta Bensouilah, supported by Philippa Buck, has taught a very high quality aromatherapy diploma course and I feel very honoured to be taking over from her. Our teaching styles inevitably differ, we are different people after all, however I

intend that the quality of aromatherapy teaching will remain as high and well regarded as it was under Janetta. You may see a few small changes to the course over the next year or so, particularly in phase two where we are planning to extend the more practical side of being an aromatherapist with some extra blending and essential oil study days.

I completed my own aromatherapy training at the Institute of Traditional Herbal Medicine and Aromatherapy (ITHMA) in London at the beginning of 2000. For the first couple of years I combined working in the mental health housing sector with working part-time as an aromatherapist at a busy multi-disciplinary therapy centre in Barnes, London. Then five years ago I plucked up the courage to put mental health work behind me and increased the aromatherapy side of my business. I now combine an exercise promotion job with running a busy private complementary

therapy practise in South West London. I'm on the massage teaching team at ITHMA and I co-ordinate a network group of aromatherapists in South West London. One of the more unusual sides to my aromatherapy work is that each summer I help a friend organise the healing area at a five day festival. Although hard work this is always a highlight of my year! Leading massage workshops at festivals is definitely a lesson in flexibility and creativity – I've had anything between five and forty five people turn up, all wanting to learn back massage!

I have enjoyed my first term at Raworth and look forward to meeting many more staff and students on future courses. If you've got any questions about aromatherapy in general, or about the course, please do contact me.

Establishing a Website is Easy

By Helen Harris

As a practising reflexologist and polarity therapist I've tended to depend on word-of-mouth and the odd leaflet drop to bring in new clients but since establishing my own website (www.reflexology-polarity.co.uk) it's made a significant difference to the rate of acquiring new clients. There's a tendency among us to believe that it'll cost several hundred pounds with a web designer but I used an organisation called WebHealer who target their services at the complementary therapy market.

They have a very easy and welcoming approach to therapists thinking about using this form of marketing (is there any other these days?). They offer a free trial for a fortnight based on a selection of web page formats. Building the site with text is pretty straightforward – if you

already have a flyer, you can start by using text from that. If you're used to handling picture files, you can easily add these in. If you decide you want to keep and develop the site after the fortnight, you sign the contract and pay an initial fee (currently £50) then a monthly sum depending on the number of web pages you have (£10 for 5 pages).

You don't need to go live at the end of the trial period, but you may be pleasantly surprised at what you've achieved with your site in that time. WebHealer are extremely helpful at getting you to decide on words in your text and hidden words to help place you well up the search engine lists. If you want to customise your site (I did this with the banner) they can do that as well at relatively little cost. The beauty of their approach is that *you* are in charge of your site contents and can easily edit

the pages whenever you want by logging in under an administration page.

Have a look at what they propose www.webhealer.net or look at www.phdinteractive.co.uk to see other therapists' sites – it could make all the difference to your business. Like me, you may also find it a good exercise in making you think about what it is *you* have to offer and give your confidence a boost at the same time! A number of us at Raworth have used WebHealer with great satisfaction.

Please note, I'm not on commission for this article – I want to encourage the more hesitant of you to move forward with your marketing and let the world at large benefit from your Raworth training! Feel free to contact me if you want to know more about my experience in putting my own site together.

Reflexology Course Developments

CD-ROMs are now being used as part of the teaching material for the Raworth Reflexology course. The first one covers the Raworth reflexology sequence. This is given to students on Day 1 and is proving very popular in helping them get up to speed with basic techniques and the order of working the feet. For the Intermediate and Advanced Phases we have a second CD-ROM with more advanced techniques that students learn while progressing through the course. As we all need to look after our own health and well-being and reflexologists should be doing so by working their feet, students are now taught a 10 minute self-treatment, which is included in the second CD-ROM

As past students have shown an interest in these recordings, we're making them available to you at a cost of £15 each. If you've not been practising reflexology for a while and want to get back up to speed, or if you qualified some time ago and want to learn some of the intermediate and advanced techniques we now teach, you should find these recordings very worthwhile. It may be that you recently qualified but were so busy concentrating on your case studies, you didn't get round to practising some of the additional techniques you were shown, in which case you too could benefit from the second CD-ROM.

These discs can be run on a PC or laptop using standard media player software. Running time for each is about 40 minutes. Contact Val in student reception to buy, or if you want to know more, contact Helen Harris at:

helenrharris@blueyonder.co.uk
(don't forget the "r" in the middle).

The specialist subjects of the Advanced Phase of the Reflexology Practitioner's Diploma are now being offered as optional CPD days (Continuing Professional Development) with the main Practitioner's course now covering eleven days of reflexology. There are three CPD topics. Traditional Chinese Medicine and Reflexology introduces the principles of TCM and the use of acupressure points on the feet and hands. Ayurvedic Approaches to Reflexology looks at the application of the Ayurvedic Five Elements and chakras to reflexology treatments. Reflexology for Conception and Pregnancy covers background knowledge and reflexology techniques that can be used in this increasingly popular area of work for reflexologists.

Helen Harris
Reflexology Course Coordinator

getting in touch . . .

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Tutor & Student News

Tutor **Helen Bullen** is on the Sports Massage Association (SMA) Council and our Sports Massage Remedial Bodywork Diploma continues to be accredited by SMA and examined at the required level 4 standard. For more information see www.sportsmassageassociation.org

Philippa Lock, who graduated with the Advanced Diploma in Clinical Sports Therapy in Nov 2005, gained membership of the Society for Sports Therapists (as many of our graduates do) and has been featured on their website under the heading 'profile of a sports therapist'.

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Natural Therapy for the Important Times of your Life

By Vivienne Parker

A while ago I told you how pleased I was that I had taken the decision, (as a mature student) to change career and come to Raworth to train as a complementary therapist. Now I have yet another reminder of the fantastic rewards of complementary therapy because I have just been with my daughter as an additional birth partner, during the birth of her first child.

Obviously a very emotional experience for us all but the whole experience was made even more amazing because I was able to be with her not only as a mother but as a therapist, using massage, reflexology and acupressure throughout, to help her deliver her baby without any medical intervention, despite a slightly difficult presentation. I now feel so close to my daughter, new grandson and son-in-law in an even more special way and my Raworth 'conversion' to complementary therapy has been a part of that very special feeling.

I was not trained specifically in maternity reflexology or massage so I was really pleased and touched by a wonderful offer of hands-on help from one of the Raworth tutors, Helen Harris, who came over to us and helped to get my daughter properly established into labour. So here was yet one more special input from Raworth and it has made me think about doing some maternity therapy training, some time in the future. What better thing can we do than to help mother and baby experience as natural and satisfying a birth as possible, using our complementary therapy skills?

I can now add this to the other wonderful rewards I have had using complementary therapy and each time I think of this, I thank Raworth College for coming into my life.