

HARPENDEN
COMPLEMENTARY
PRACTITIONERS
GROUP



Register of Practitioners

March 2010



Your Guide to Local Complementary Health &
Well-being Practitioners

WELCOME

Contents and Welcome	Page	2
Therapies & Services	Pages	3 to 9
Members' Website Addresses	Page	10
Find a Practitioner	Pages	11 to 14
Membership details & Code of Ethics	Page	15

WELCOME

Harpenden Complementary Practitioners Group (HCPG) provides you with information about local complementary health practitioners and their services in Harpenden and surrounding areas. All professional members of the Group are fully qualified and have public liability insurance.

If you are new to complementary therapies and would like to have a better understanding of them, please have a look at the information available on the 'Therapies and Services' pages (3-9). Then select a complementary health practitioner in your area from the 'Find a Practitioner' pages (11-14).

All our practitioners are approachable, empathetic professionals who understand the importance of client confidentiality. They would be delighted to answer any questions you may have and are encouraged to refer clients to another practitioner if they feel it would benefit the client. There is a wide choice of therapies available and some treatments are more suitable for a particular condition than others. Many of our complementary therapies are approved NHS therapies, used every day in hospitals and hospices.

The group also provides support for its members in the form of meetings and talks on a range of subjects. Many meetings are open to the public providing an opportunity for local people to get to know practitioners. See our website for dates and more information. www.hcpg.org.uk

OUR AIMS

- Offer members of the public, the media and caring professions the opportunity to deal with highly respected, professional complementary health practitioners through direct contacts, interviews, health fairs, press releases, demonstrations and taster days.
- Provide a forum for practitioners to exchange views and expertise.
- Encourage referrals to complementary health practitioners.
- Explore the possibility of establishing a 'Centre for Complementary Therapies' in the area.

CONTACT US

Group Secretary Papu Jordan Telephone 01582 623985.

ACUPUNCTURE

An ancient system of healing, developed over thousands of years, as a part of the traditional medicine of China, Japan, and other eastern countries. It has evolved into a system of medicine that restores and maintains health by the insertion of fine needles into acupuncture points just beneath the body surface. These points are in very specific locations and lie on channels of energy. Moxibustion, the warming of acupuncture points through the use of smouldering herbs, is often used to supplement needle treatment. Acupuncture is used to treat a wide variety of acute and chronic conditions, and is also beneficial in the prevention of illness.

AROMATHERAPY

The use of essential oils derived from plant sources such as trees, citrus fruits, herbs and flowers. All of which can have specific effects on the mind, body and spirit. The oils can be applied by massage, bathing, inhalation and in compresses. An Aromatherapist will, after consultation with the client, combine oils that will be of specific benefit to their needs. An Aromatherapy massage lasts between one and one and a half hours and, according to the oils used, can be relaxing, uplifting, stimulating or sedating.

BABY MASSAGE TUITION

Fun and relaxing for both baby and parent, baby massage can also help with digestion, colds, sleeping problems, bonding, baby's development, communication skills and senses. Please enquire about individual and group classes.

BACH FLOWER REMEDIES

Dr Edward Bach discovered the 38 Flower Remedies in the 1930s, each for a specific emotional and mental state. A combination of five of the remedies for difficult and demanding situations he called Rescue Remedy. Each remedy treats the individual, not the disease or its symptoms, working specifically on the emotional condition of the person concerned. They transform negative attitudes into positive ones, stimulating the body's own potential for self-healing. The remedies are completely safe and can be used by children, adults and pets.

CHINESE HERBALISM

Traditional Chinese herbs can be used alone or with acupuncture. The herbs are mainly plants, vegetables and minerals with known healing properties, combined in a formula to produce a powerful, balanced effect. Herbs are used to treat both acute and chronic conditions. Herbs also enhance the immune system and increase the quality of life, so that patients experience improvements in mood and energy.

COUNSELLING

Counselling enables clients to explore difficulties they are having, distress they are experiencing, or perhaps, dissatisfaction with life or loss of a sense of purpose. The counsellor offers an emotionally supportive atmosphere that helps to build a safe and collaborative relationship in which it is possible to investigate the client's issues. The client has an opportunity to explore various aspects of their life and the associated feelings. The counsellor may help the client to see matters from a different perspective and to identify new options. The client's autonomy is strengthened and the client can gain self-respect and a sense of enhanced value and capacity. Counselling may end after a few sessions, or may continue for several months.

THERAPIES AND SERVICES AVAILABLE

Metaphysical (Spiritual)

This therapy is practiced by a Counsellor who is conscious of a limitless spiritual creative power and uses it constructively to bring good into the lives of others and themselves. Blockages, caused by experiences of conflict and difficulty, are cleared from the Energy of life. The Counsellor uncovers repeat patterns and shadow personalities. Using definite spiritual laws and principles they bring about change in a person's life. The tools learnt can be applied to all circumstances and used throughout a person's life.

Psychodynamic

Derived from psychoanalysis this is one of the core therapies used within the NHS. A psychodynamic counsellor gains insight into the unconscious patterns that have evolved since childhood. Memories and other evidence of early relationships are used to make sense of current concerns. The process of change occurs as patients become more aware of the power of the unconscious to influence their behaviour, including defence mechanisms instincts and rules for life. They are then better able to control their actions and responses. Counsellors work with both long and short term clients.

CRYSTAL HEALING

In this busy, hectic world we all need to return to a harmonious state of mind and body. Crystal healing is a very relaxing therapy that promotes harmony. It works through the application of resonance, i.e. applying one vibrating substance to change the frequency of another, thereby bringing the affected part of the body into balance. Crystal healing provides many benefits including relaxation, re-balancing and revitalizing the body. It helps in the release of blocked energies, and enables the healing of mental anguish, thus resulting in inner peace and tranquility.

EMOTIONAL FREEDOM TECHNIQUES (EFT)

This therapy is sometimes described as acupuncture without the needles. We tap on meridian points whilst using focussed wordplay to rebalance disruptions in the body's energy fields. It provides natural lasting relief for physical pain and has a proven record in neutralising fears, phobias, traumatic memories and addictive cravings amongst others. Chronic health problems respond well to EFT, often where other approaches have failed. When applied by a trained therapist you can expect to see gentle and efficient results within a short time. It can be experienced and learnt in one-to-one sessions, or by attending an approved workshop.

FACIAL HOLISTIC THERAPY

This can be used on its own or with another treatment. It aids physical health and well-being and induces relaxation. It helps to counteract stress in our lives and will help to eliminate the resulting problems such as insomnia, migraine, headache, tension and sinus problems. Regular treatments will stimulate nerve endings in the skin, improve elasticity, increase circulation and cellular activity.

Japanese Cosmo Lifting

Japanese Cosmo Lifting is a natural, non-surgical, face-lifting treatment which unites traditional healing methods from the Orient with the modern science of Neurology. By awakening the 35 different acupressure points on the face, it stimulates impulses through the central nervous system, strengthening muscle tone and underlying tissues to help fight the effects of ageing. Not only does it help to lift and rejuvenate the face, it also triggers the release of endorphins and serotonin, leaving one feeling calm and relaxed. It aids improvements to blood circulation, helps with the elimination of toxins, oxygenises facial tissues and stimulates the production of collagen and elastin, fighting the ageing process naturally.

FOOT REFLEX-MASSAGE THERAPY

A therapeutic combination of specific reflexology points and massage of the feet and legs to help reduce stress. This treatment can be especially helpful for headaches, anxiety, back ache and many other conditions.

HEALING

There are several forms of healing available within the group. Healing is a completely natural process. Effectively it is a flow of beneficial energy between healer and recipient which deals with 'dis-ease' at the deepest level and frees the body's natural resources in the most effective way for that person. All beings have a remarkable capacity for self-healing; it is this capacity that the healer seeks to tap.

Energy Healing

Energy Healing combines body-centred psychotherapy techniques together with energy work on the seven levels of the human energy field using the model of Barbara Brennan. The client is encouraged to directly participate in the healing at a conscious level which leads to resolution and clearing of issues in a very deep way. Although it is a journey taken by the client and practitioner together, it is led by the client.

Guided Self Healing

This therapy works on all levels of being and helps you gain more self awareness and self acceptance. It recognises that most of our present difficulties have roots in trauma from our past, and it helps to find the cause of the difficulty, unblock the blocked energy, and then dissolve and release the difficulty. It can also involve finding and working on limiting beliefs.

HERBAL MEDICINE

An holistic therapy which takes into account the physical, emotional, dietary and spiritual dimensions of disease. It aims to treat the cause of illness and not just the symptoms, helping the body to adjust gradually to a new and more healthy level of functioning. Herbal medicine uses whole plant extracts mainly of Western herbs such as Nettle, Echinacea and Yarrow, to treat disease. The role of the modern Medical Herbalist is quite similar to that of a G.P. in that we are able to undertake diagnosis and prescribe remedies to treat most common medical conditions from eczema to anxiety, and from IBS to PMS.

THERAPIES AND SERVICES AVAILABLE

HOMEOPATHY

A popular alternative to conventional medicine, it is a gentle method of stimulating the body's own healing power by using non-toxic natural remedies. These remedies help restore any imbalance in the system, whether on a mental, emotional, or physical level. They work gently and without side effects and are therefore suitable for people of all ages, as well as for animals.

HYPNOTHERAPY

A safe, effortless and rapid way of enabling the client to recognise and break free from any destructive thought patterns that spoil their quality of life. Most other forms of therapy are carried out at a conscious level. Hypnotherapy allows us to work easily with the remaining 90% of our mind (the unconscious mind) which runs most of our lives - and is the seat of most of our problems. Common applications include: confidence, sleep, weight control, phobias, smoking cessation, anxiety, stress, IBS and allergies.

INDIAN HEAD MASSAGE

A 4000-year-old practice still used in India today. It is a wonderfully relaxing therapy. It can provide relief from aches, pains and stiffness, improve sleep, clear sinuses, alleviate headaches and migraines and relieve symptoms of stress, depression and anxiety. It can also soothe and comfort and re-balance energy flow giving a deep sense of peace, calm and tranquillity. It is totally safe, taking approximately 30 minutes to complete.

IONIC DETOX

Detoxing is a natural daily function of the body which takes place via the kidneys, liver, colon, lungs, lymph and the largest organ of the body - the skin. This normal function of the body can become compromised through ill health, the overuse of antibiotics, stress, tension or a sedentary/toxic lifestyle. To maintain or regain optimum health, this detoxing foot spa treatment clears the lymphatic system and rebalances the cells of the body so that the normal physiological functions can perform again at their optimum level. The detoxing process helps to release the build up of chemical toxins such as aluminium, nitrates, mercury etc. and can then help to promote vitality, energy, natural healing and restful sleep. It is a powerful aid to regaining or maintaining your natural good health.

LIFE COACHING

A down-to-earth practical and effective approach to personal development and growth, putting you in touch with your potential and helping you achieve it. Life Coaching helps you improve your self-awareness, self-confidence, personal and professional success. It enables you to manage life change, create strategies and effective ways to overcome any setbacks in life, and achieve personal happiness and fulfilment. Working with a Life Coach in a completely non-judgemental and confidential environment is a liberating and powerful experience.

MASSAGE (THERAPEUTIC) INCLUDES CHAIR, CLINICAL, DEEP TISSUE, HOLISTIC, HOT STONE, PREGNANCY, SPORTS, SWEDISH

Using the power of touch to improve your overall feeling of well-being and comfort, it improves circulation, lymph drainage and digestion and helps boost the immune system. Tension in the muscles whether it is caused by injury, stress, recovering after illness or just daily life, can make your whole body feel out of sorts. The ability to control stress leads to an improved outlook on life and higher self-esteem.

Chair Massage

An acupressure style massage to the shoulders, neck, back, arms, hands, scalp and hips, it uses no oils, does not require you to remove your clothing and will leave you feeling relaxed and refreshed. Taking only 15 minutes this massage can be performed anywhere and is ideal for the workplace.

Pregnancy Massage

Carrying tension in our shoulders, neck, back, legs uses up our body's vital energy and being pregnant can add extra strains. The therapist uses various techniques to help relax and relieve tense & tired muscles, which benefits the whole body and helps switch off from busy lives. Promotes a sense of well-being for both mother and baby.

Sports Massage

Reduce tension in muscles using a variety of techniques and pressures to return muscles to their full function. Regular sessions can help avoid injury and trauma, aid relaxation and reduce anxiety. Deep friction massage is an excellent method used to break down scar tissue following an injury or an operation.

Swedish Massage

Increase your overall feeling of well-being by improving circulation, lymph drainage and digestion, boosting the immune system. By removing tension in the muscles whether caused by injury, stress, recovering after illness or just daily life, helps you control stress and leads to an improved outlook on life and higher self-esteem.

MEDITATION

Meditation is the practice of stilling the mind from the disturbances of our conscious thoughts and instead, tuning in to our inner selves in order to create harmony, balance and peace. Through the stillness comes a deeper understanding of ourselves and others, tranquillity and freedom from life's stresses and tensions. When this technique is practiced, it provides a natural escape to a better place available to you at any suitable time.

NEURO LINGUISTIC PROGRAMMING (NLP)

The study of how people think and do the things they do. The NLP practitioner works with the client to identify the client's existing strategy for obtaining the behaviours they do not want. The client is then assisted to change the strategy to obtain a different result. NLP has numerous applications, including removal of phobias, gaining confidence, overcoming examination nerves, increasing self-esteem, responding differently in relationships, clarifying and achieving personal goals, developing specific skills. NLP interventions do not usually require the client to enter long-term commitments to therapy.

THERAPIES AND SERVICES AVAILABLE

Energetic NLP

In NLP we learned that there is a structure that underlies and creates our experience and that by discovering that structure we can change our experience. In the same way, energetic work gives you access to a deep fundamental structure that is the foundation for all of our experience. By changing that structure you can profoundly and deeply change your life and the lives of your clients. When used together with NLP, you achieve results that are greater than either one system alone can achieve.

NUTRITIONAL THERAPY

Our health is inextricably linked to what we eat, which is affected by our attitudes, lifestyle and habitat. Modern food production methods have changed the quality of our food just as the development of convenience foods has changed our diets. If our body does not get the nutrition it needs, our health can suffer and illness will follow. Nutritional therapy is about understanding the complexities surrounding diet and health. The nutritional therapist will guide you and will devise a dietary programme that is tailored to meet your individual needs, suggesting foods and, if necessary, supplements of the right type and amount so that your body can function optimally. Many therapists offer food intolerance testing as part of their service. Please enquire with them to find out more.

OSTEOPATHY

Osteopathy is a safe and effective way to treat physical pain. It is an effective form of treatment for back pain, sports injuries, headaches, pregnancy pain, arthritic pain and repetitive strain injuries. Using a highly developed sense of touch problem areas will be identified in the body. Treatment will consist of gentle stretching, mobilisation and, where appropriate, gentle manipulation to correct imbalances in the body and facilitate healing. Osteopathy is a truly holistic system of healthcare that emphasises the structural integrity and harmonious mechanical function of the body to promote and assist in an individual's capacity for self-healing. It can be received regardless of a person's age or health problems.

PSYCHOTHERAPY

Psychotherapy addresses a wide variety of emotional and psychological concerns. Through working with the therapist, and the supportive relationship that is established, tensions and holding patterns can be freed, connections to the past may be seen and understood, and a sense of potential opened up. Psychotherapy can be brief or longer term, depending on the individual client. Common issues addressed include stress and anxiety, low self-esteem, depression, grief, relationship problems, negative patterns, or a desire for a more abundant and fulfilling life. Body psychotherapy recognises that body, mind and spirit are all linked and that, as well as verbal exploration, it is often fruitful to sense how our body and breath feel and respond as we tune in to our questions and issues.

REFLEXOLOGY

An ancient therapy based upon the theory that areas on the feet and hands relate to the organs and all parts of the body. By applying pressure with thumbs and fingers, the Reflexologist can aid relaxation, improve the functioning of all the body's systems, assist in the elimination of toxins and stimulate the immune system, allowing the body to restore balance and heal itself. A treatment lasts between 45 and 60 minutes. Some therapists are qualified to provide treatment to pregnant women.

REIKI HEALING

Reiki (pronounced 'ray-key') is a completely natural therapy used to promote better health and a feeling of well-being by the laying-on of hands. This therapy brings about a feeling of peace and calm to the receiver who can be seated or laying down. The therapist will gently lay their hands on the receiver and work their way along specific points on the body from the head to the feet. This therapy does not use oils or lotions nor does it require any clothing to be removed. Reiki cannot harm you in any way and effectively returns the mind and body to a state of peace and harmony. Reiki can also be learnt by individuals for self-healing purposes, as well as a pathway towards self development and spiritual growth.

SEEING SPELLS ACHIEVING

A delightfully quick way to learn to spell, read, do mental arithmetic, improve your artistic abilities and memory through visualisation. Everyone can do it and it's FUN. You can overcome minor challenges and even dyslexia and dyscalculia in minutes not months. A tried and tested technique that all the best spellers and readers use already; schools are now starting to teach this too.

SELF AWARENESS

There are many therapies and practices available to us today to help people in their search for healing when something in their life becomes unbearable. Perhaps a relationship or illness reaches crisis point and we realise that what we have been doing before no longer works for us and we need help! So we start to look for another way to cope. The Metaphysical Society for the Expansion of Consciousness supports a course of 6 workshops and issues a diploma for ongoing training as a Metaphysical Counsellor.

TIME LINE THERAPY

This is an especially fast and effective process for changing the chain of events leading to a certain set of unwanted behaviours or internal states. The process is very simple and normally the client is fully alert with eyes open. The intervention will release negative emotions from the past (fear, guilt, anxiety, sadness, etc.). It can release limiting decisions that keep us from having what we want. It will also assist clients to create a future the way they want it. Many kinds of issue can be resolved within two or three sessions of up to two hours each. Time Line Therapy™ is a registered trademark of Tad James and is exclusively licensed to the Time Line Therapy Association.

THERAPIES AND SERVICES AVAILABLE

MEMBERS' WEBSITE ADDRESSES (in surname order)

Mary Barton	www.marybarton.co.uk
Carole Brown	www.bluebird-nip.co.uk
Gillian Brown	www.gbosteopathy.co.uk
Alison Crafts	www.alisoncrafts.co.uk
Kim Crundall	www.balancenutrition.co.uk
Lindy Fox	www.harmonize-us.co.uk
Karen Haynes	www.intuitiveenergytherapies.co.uk
Kate Henley	www.katehenley.co.uk
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Robin How	www.robinkhow.co.uk
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Diana Kingham	www.optimiseyourlife.com
Sarah Knowlson	www.hertshealinghands.co.uk
Michelle Lake	www.mission-nutrition.co.uk
Joanne Mullins	www.vitalitytherapy.co.uk
Ann Ita Rodgers	www.airacupuncture.co.uk
Sejual Shah	www.healthyinmind.com
Chris Taylor	www.healingherts.co.uk
Paula Werrett	www.thenutritionlink.co.uk
Norman Whitwood	www.lifeandcareerscoaching.com

PRACTITIONERS CONTACT DETAILS



All practitioners are qualified and insured. Many make home visits, please ask.
Location codes relate to where a practitioner is based and are provided to help you decide between practitioners dependent on where you live.

A - St Albans, B - Brookmans Park, H - Harpenden, Ha - Hatfield, L - Luton, R - Redbourn, W - Welwyn, Wh - Wheathampstead, Wi - Whitwell

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COUNSELLING (Including Psychodynamic and Metaphysical)			
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MEMBERSHIP OF THE GROUP IS OPEN TO:

Practitioners (Professional Member)	£40.00 p.a.
Students studying for qualifications (Student Member)	£10.00 p.a.
Interested members of the public (Associate Member)	£6.00 p.a.
Non practising Practitioners	£20.00 p.a.

Contact Membership Secretary Chris Taylor on 01582 762060.

MEMBERSHIP BENEFITS

- Regular bi-monthly meetings on a variety of topics
- Inclusion in the Register of Practitioners
- Receive the support of other Practitioners
- Forum and workshops to exchange views and learn about other therapies
- Opportunity to market your business to a wider audience
- Inclusion in Group website with links to your own if you have one

PROFESSIONAL MEMBERS CODE OF ETHICS

Each Practitioner:

- Is encouraged to maintain the highest standards of personal conduct and presentation in all dealings with clients
- Has a responsibility to maintain the good reputation of the Harpenden Complementary Practitioners Group
- Must preserve the confidentiality and anonymity of a client and all material relating to that client, unless the client otherwise agrees
- Must ensure that a client is made fully aware of the method of working, the duration and nature of the consultation, and the fees involved before any work is undertaken
- Must refrain from offering any medical advice to a client unless the relevant skills or qualifications have been obtained
- Must maintain Professional Liability Insurance at all times

Disclaimer:

The HCPG does not accept liability on behalf of its members for any claim whatsoever. Nor does the Group accept liability for any personal loss or injury or damage whatsoever to any of its members or their guests at any time.

HARPENDEN COMPLEMENTARY PRACTITIONERS GROUP

SEE INSIDE FOR PRACTITIONERS IN THESE AREAS:

- Brookmans Park
- Hatfield
- Harpenden
- Luton
- Redbourn
- St. Albans
- Welwyn
- Wheathampstead
- Whitwell



Contact Membership Secretary for more information:

Telephone Chris Taylor on 01582 762060

REGISTER OF PRACTITIONERS MARCH 2010

www.hcpg.org.uk