



Federation of Holistic Therapists
The UK's largest professional therapist association

Calendar of Events Spring 2012

Events for those interested in their health and well being

Blackburn Local Support Group

What's on, where and when and for whom?

Below are the events for the next half-year for the local support group of the FHT. The events and talks are open to everyone; FHT members, members of other therapy associations and the general public. Many of the talks lead onto full day or weekend workshops for those wishing to take certain subjects a little further. The entrance fee for each of the talks is now £3 for FHT members and £4 for non-members.

We meet at 6.30 – 8.30pm, in the University Centre lecture theatre which is situated behind and to the left of the reception area with Jennifer Barnes FHT coordinator. Parking directly outside the building is free after 4pm however it does get quite busy. Please note the new one way system in front of the building. You will need to enter from the side with the UGO supermarket, not the entrance by the new health centre. We are pleased to announce that Zoe Weremiej is starting as a new joint coordinator with Jennifer from January. Zoe is an experienced self employed therapists and is on the first year of the degree programme.

Merry Christmas and a Happy New Year! We hope you have a great holiday season.

Date: Tuesday 10th January

Venue: University Centre, Lecture Theatre

Topic: TBC

Date: Monday 20th February

Venue: University Centre, Lecture Theatre

Topic: Working with clients and horses



Federation of Holistic Therapists

The UK's largest professional therapist association

Juno Equine assisted coaching. In our programmes our horses are our team members and they become a bio-mechanism, a mirror or metaphor for personal growth. The coaching primarily focuses on acknowledging and mastering our innate personal power in order to harness our potential and then apply it to achieve our future goals. In today's society, the ability to "succeed" has been focused on our intellect, our logical approach to situations and our scholastic achievements but now as we look around us we see that this is not enough and that many people are not coping using this left brain facility alone. The focus of our work is experiential using emotional intelligence as highlighted by our team members - the horses. The horse vibrates at a higher frequency, an energy that equates to a sense of serenity, self confidence and calm unhurriedness.It represents the Alpha frequency of Mother Nature which is the human natural state. We link this equine experiential personal development work to the exploration of culture, community and environment to aid personal and group development.

The Juno professionals have between 20 and 35 years experience of working with all of the groupings of people mentioned above and within the private sector. Working with people "on the fringes of society" and experiencing social exclusion due to mental health issues, socio-economic, socio-cultural, learning disabilities and substance dependency has contributed to a major portion of their work as well as those who wish to make mainstream changes to their lives. They have experience of working within education with those persons at risk of exclusion and have worked with partner organisations in France, Germany and Turkey as well as within the UK. Juno has over 12 months experience of working in collaboration on residential workshops for adult learners on Leonardo da Vinci projects. The organisation has 20 years of experience of working in workshop environments (some of which were residential).

Catherine Howley and Catherine Birtwistle are:

INLPTA qualified Neuro Linguistic Programming Master Practitioners

Accredited Life Coaches (Newcastle College)

City and Guild Level IV Information, Advice and Guidance practitioners

Webster Stratton Parenting practitioners

Sirroli accredited Enterprise Facilitation Coaches

Catherine Birtwistle is an EAGALA accredited Equine Coach

Catherine Howley is an accredited adult trainer and practitioner Provocative Therapy for Excellence in Communication and Magical Spelling.

They have combined over 80 years of equine experience and 53 of mentoring!

Date: Monday 12th March

Venue: University Centre, Lecture Theatre

Topic: Dr Joe Delaney – back by popular demand



Federation of Holistic Therapists

The UK's largest professional therapist association

Date: Tuesday 15th May

Venue: University Centre, Lecture Theatre

Topic: Jacqueline McMullin – the benefits of aloe vera

Jacqueline is a first year student on the Complementary Medicine degree. She runs her own business selling aloe vera based products to clients through the 'forever living' brand. Jacqueline will give us an interesting insight into the diverse properties of aloe vera and bring a range of products for us to try.

Date: Monday 11th June

Venue: University Centre, Lecture Theatre

Topic: Jayne Johnson - Drumming up our Nature Souls

This evening session will be an opportunity to experience:

- The therapeutic use of drumming
- Connecting with nature through Shamanic practice · Ways of discovering our authentic soul selves
- Having fun!

Jayne Johnson has worked in the field of self development for over 12 years. She is a fully qualified ERT practitioner and an experienced and skilled Shamanic practitioner. She regularly runs workshops on Shamanism and has a keen interest in nature and in finding an embodied and sustainable way of life. Tel 01254 725453 www.jaynea.co.uk

Filomena Ianni is an experienced counsellor & psychotherapist with a background in Mental Health Services, now in independent practice. She is trained in ERT and has a passion for working creatively and with the forgotten knowledge of our body. Tel 01422 845155. www.fullcircle.uk.net

Please email Jennifer if you are interested in attending the two day complementary therapies CAMSTRAND conference in Cardiff 28-29th March.

<http://www3.uwic.ac.uk/english/health/ct/pages/camstrandconference2012.aspx>

The two day event including workshops and speakers such as Dr Peter Mackereth, evening formal dinner and coach from Blackburn return will be £144. At the moment the Travelodge has a £19 per room deal which sleeps 2-3 people which is very cheap! Please contact Jennifer if you are interested. Also, look out for the FHT 50th anniversary celebration event 7-8th July. If there is enough interest we can investigate group travel and accommodation too.



Federation of Holistic Therapists

The UK's largest professional therapist association

If you would like any social activities in addition to the meetings such as cake and coffee at Blakeys, day trip to aromatherapy farm, therapy swap etc then please let me know and we can arrange these for an evening or weekend.

Please Note:

If you have just picked up this leaflet from a clinic or retail outlet you may well be wondering what all this is about. The Blackburn local support group is for practitioners, students and people who just have an interest in the complementary health, fitness and beauty. You do not have to be a member of the FHT to attend, however to find out more about our association visit our web site at www.fht.org.uk or call 0844 875 2022

Should you have friends who might be interested please bring them along. For more information telephone Jennifer Barnes on 01254 292822. No need to book unless other wise stated, just turn up and enjoy.