



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

## **Calendar of Events Winter/Spring 2012**

**Events for those interested in their health and well being**

### **SOUTH BUCKS and DISTRICT**

**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 talks are open to everyone; FHT members, members of other therapy associations and the general public. The entrance fee for each of the talks is £5 for FHT members and £8 for non-members. Therapists will gain 2 CPPD points for each talk they attend. Everyone is invited to stay afterwards and have a cup of tea and chat with fellow therapists.

**Date : Monday JAN 9th. 2012. 8 p.m.**

**Venue: Rossetti Hall 38 New Pond Road, Holmer Green HP15 6SU**

**TOPIC: How to read feet by Jane Sheehan.** Learn the secrets that your feet reveal about your emotions and personality with Jane Sheehan. Jane is author of "Let's Read our Feet" "The Foot Reading Coach" and "Sole Trader: The Holistic Therapy Business Handbook". You may have seen her featured recently in the FHT magazine "International Therapist" and on Channel 5's "Live with Gabby". In this talk, Jane is going to share with you how reflexology led her into foot reading, then you will be given some foot reading interpretations that you can start using in your own practice straight away. There will be time at the end of the talk for your foot reading questions. Although some "theory" talks can be dry and dull – this is definitely not one of them! It's a vast subject and Jane is going to try to cram in as much information as she can in the allotted hour. Whether you're an experienced therapist or just starting out, there'll be something in this talk for you.

**Date : Monday FEB 20<sup>th</sup> . 2012. 8 p.m.**

**Venue: Rossetti Hall 38 New Pond Road Holmer Green HP15 6SU**

**Topic: ' The Healing Codes' an explanation by Helen Shrimpton.**

Helen Shrimpton spent the majority of her career as a hairdresser and salon owner. At the age of 24 starting a business that expanded to include 3 salons and 43 staff at one time. This led to what seemed like irreversible effects of mental/emotional stress and many physical problems. Aged 31 Helen embarked on a journey of discovering many different therapies, and is both qualified and experienced in Crystal Healing, Theta Healing, Aromatherapy, Bach Flower Remedies and more and is also a Reiki Grand Master. Also being Clair-sentient and Clair-cognizant Helen had for many years known when people were unwell and know what the reason behind the illness was, but it was only following a course on "The Healing Codes" that Helen found a very quick easy way to help people to re-programme their cellular memories! This system is the simplest quickest way to dissolve fears and phobias, to heal the physical and emotional bodies and some minor things can literally be gone in under 10 minutes!! Having worked with the codes and integrated it into the other healing modalities she uses, Helen now teaches her clients how to do this themselves to improve many different areas of their lives.

**Date : Monday APRIL 2nd. 2012 .8.p.m.**

**Venue: Rossetti Hall 38 New Pond Road, Holmer Green HP15 6SU**



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## **Topic: How to use the ALASKAN ESSENCES by Jo Ketterman.**

Originally trained as a nurse at St Mary's Hospital in London, Jo Ketterman then went on to specialise in Midwifery. Working at the West London Hospital led Jo to more natural childbirth and a holistic view of care. Following the birth of her own child, she decided to pursue this further and study Homeopathy. Since qualification, 12 years ago, Jo has built a thriving practice caring for the needs of the whole family. She also lectures at Lakeland College of Homeopathy and is part of the editorial team for the professional journal Homeopathy In Practice. Jo is a professional member of the Alliance of Registered Homeopaths and co founder of Laceys Yard, Centre for Creativity and Wellbeing in Chesham. Jo took The Practitioner's Development training in Alaskan Essences, and has been using these powerful essences for 6 years now as part of her practice and in space clearing. The Alaskan essences are a unique range as they are made from Flowers, gems and Environmental sources. Coming from Alaska, they have a purity and vibrancy which makes them powerful agents for healing and change.

**Date : Monday MAY14th 2012. 8.pm.**

**Venue: Rossetti Hall, 38 New Pond Road, Holmer Green HP15 6SU**

**TOPIC: EFT revisited and updated by Peter Donn.**

EFT Master Trainer and practitioner Peter Donn will talk about the mother of Energy Psychology treatments Emotional Freedom Techniques (EFT). EFT has been spreading rapidly over the past decade due to its reputation of offering its users rapid – and often permanent – relief from stresses of all kinds – including daily stress, past traumas, future fears and even physical issues. It can be used as self-help and for more complex issues with a practitioner. The field of possibility is endless – from relationship challenges to blocks to abundance to weight loss to help with cancer. Extraordinarily shifts using EFT can often occur in minutes, with most traumas clearing completely within 1 or 2 sessions if done with an EFT therapist. For those new to EFT we will have a chance to experience its effects and I will share a way to learn it for free. For those with experience using EFT we will look at how to work with more complicated and challenging issues. We will also look at some of the latest developments in the field, and some innovative ways to use EFT. We will have a Q & A session so your specific questions can be answered. [www.eft-courses.org.uk](http://www.eft-courses.org.uk). 01923 260 050.

**Date : Monday JUNE 18<sup>th</sup> . 2012. 8 p.m.**

**Venue: Rossetti Hall, 38 New Pond Road, Holmer Green HP15 6SU.**

**Topic: Massage with LAVA Shells by Alison Smart.**

We are the UK sole distributor for self- heating massage tools. Alison Smart is the Director of Lava shells which is based in Oxfordshire. Tonight we will demonstrate how the self-heating tools work in massage. A demonstration will be given to how the tools heat up and how the angles are used to perform a deep massage or adapted to a gentle massage to save the therapists hands during a treatment. We will showcase face shells, body shells, hot and cold and our newest treatment the heated bamboo. Natural minerals are used which give long lasting results. They boost the complexion and hydrate the skin and alleviate lymph, sinus and puffiness issues. We will present opening costs and the training that is required for each course.

**Please note:** This support group is for complementary practitioners, students and people who have an interest in complementary health, fitness etc. 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](http://www.fht.org.uk) or call 0870 4202022

Should you have friends who might be interested please bring them along. For more information telephone **Heather Lawson on 01494 891005**. No need to book, just turn up.



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