

Awarding excellence

The FHT Excellence in Practice Awards were launched in 2011 to recognise the exemplary work being carried out by qualified FHT members who practice in the fields of complementary, holistic beauty and sports therapy. We wanted to commend our members who have so much to offer the therapy community in terms of the excellence of their everyday work; new ideas and projects being implemented to improve the health and well-being of the general public; and research being carried out to help prove the effectiveness of different therapies. Open to all FHT Members, Fellows and Associates, the Awards were based on six 'hallmarks of excellence': client service, leadership, innovation, research, people development and representation.

The FHT Excellence in Education Awards were introduced this year, to reward the highly commendable work being carried out by therapy students and tutors. The Excellence in Education awards recognise some of the industry's most dedicated students and lecturers, and also place a spotlight on the exacting standards of the training providers behind these individuals. The Education Awards include Tutor of the Year, Student of the Year and three case study awards.

All of the shortlisted entries for the Practice and Education awards were reviewed by a panel of judges appointed by the FHT, drawn from a variety of professional backgrounds, who looked in particular for evidence of impact and outcomes when assessing submissions.

Jennifer Wayte, President of the FHT and panel judge, said: 'The 2012 FHT Excellence in Practice Awards has revealed the very special talents and commitment of our members, in all of the hallmarks of excellence. For 50 years, FHT members have been diligently addressing their clients' needs, helping to support and improve their health and well-being. The three winners epitomise all that is excellent about FHT members and we hope the awards will also serve to promote good practice and inspire others.'

'Having sat on both sides of the training fence, as a student and lecturer and practitioner, I know that excellence in practice does not begin the moment someone qualifies – it begins the very first day of their training. That's why it is equally important that high training standards and excellence in education are recognised and rewarded – the reputation and future of our industry depend on it, as do therapist employers and clients.'

The FHT would like to thank all those members, students and lecturers who entered the 2012 Awards for the wonderful work you do. Winners were presented with their awards, certificates and £500 cheques at the FHT Gala Dinner this month. More information about our 2012 Award winners will be made available online and in future issues of IT.



Par excellence

Announcing the 2012 FHT Excellence in Practice and Education Award winners and highly commended

And the winners are.....

2012 Excellence in Practice Awards

Sally Kay, BSc, FFHT, received an Excellence in Practice Award for the research and development of an innovative reflexology technique called reflexology lymphatic drainage (RLD), to help with the management of secondary lymphoedema following treatment for breast cancer. Sally then presented the research findings to more than 70 delegates, including the heads of CAM departments, leading academics and researchers, at the CAMSTRAND 2012 conference. Sally has since developed a one-day training course teaching RLD, has been asked to present in other parts of the UK, and is planning a



large-scale randomised control trial (RCT) to provide evidence that supports her findings further.

An Award was given to Lisa Lees, MFHT, for founding and managing Pure Essence, a complementary therapy service providing aromatherapy to children with life-limiting conditions and complex health needs. Lisa is very passionate about Pure Essence, taking great pride in tailoring treatments to meet the needs of the child and their family. Regular home visits made as relaxing as possible really benefit both the child and the parents, with sessions offering stability and something positive to look forward to. Through Pure Essence, Lisa aims to provide children with deep relaxation from chronic



pain and muscle tension, while reducing stress and anxiety, and to inform parents about homecare techniques and oils. Part-funding from the NHS and local council is a testament to both Lisa's skills and the effectiveness of complementary therapy with this client group.

Nicolle Mitchell, MFHT, was awarded a hallmark of innovation for developing and running her course, *Massaging People who have Dementia*. Having discovered there was no specific training in how to best deliver a treatment comfortably to someone who lived with dementia, Nicolle developed a course that brought together compassionate communication and nurturing integrated massage. Through her training, Nicolle encourages therapists, healthcare professionals and carers to connect confidently with people living with dementia through meaningful touch, and to help reduce anxiety, increase well-being and improve their quality of life. Nicolle constantly researches and explores skills, legislation and approaches that help improve the treatments and training she offers in this field.



2012 Excellence in Education Awards

Tutor of the Year: Tina Parsons, from the Burghley Academy

With an incredible CV spanning more than 30 years in the beauty industry, a natural career progression led Tina to find her place in the industry – educating the therapists of the future. Tina set up and managed the beauty therapy department at the Peterborough Regional College before creating her own training school, Burghley Academy, quickly becoming well-known for her high standards and attention to detail. She became a consultant for Habia, writing new standards for beauty and holistic therapies, and worked closely with the Prince's Trust as a mentor for young people entering the world of business.

Gaining recognition from the industry, Tina won a number of awards including a National Training Award, Investors in People Award, Community Therapist of the Year at the National Beauty Awards, and the Evening Telegraph Customer Care Award. Her engaging and stimulating teaching style also culminated in her producing four educational books published under Thomson Learning. Although Tina has seen much change in the industry, she has held firm her values and ethos, offering the highest standard of training to ensure the continuation of an industry she is proud to be a part of.



Highly commended: Kate Barratt-Smith from Bury College

Kate has demonstrated an ongoing commitment to helping students to realise their full potential, developing and coaching a number of gold, silver and bronze medal-winning aromatherapists and reflexologists for the World Skills Championship finals. Dedicated to delivering excellence in education, Kate co-developed and delivers a part-time foundation degree in complementary therapies, in conjunction with Bolton University. Kate has built strong bonds in the industry to further work experience and career opportunities for students, and mentors former students who wish to make the transition into teaching.



Student of the Year: Caroline Tiler-Ansell, MFHT, nominated by lecturer, Cassie Hudson

Despite a series of financial, legal and emotional challenges affecting her health, Caroline worked hard to overcome her personal issues to continue studying a



The 2012 President's Cup

At the FHT Awards ceremony, Jennifer Wayte was delighted to present a special President's Cup to FHT advisor and member, Herman Fenton, for his unstinting support and work on behalf of the FHT.

A former soldier, professional fencer, therapy teacher, and board member of the lead body for sports and remedial therapies, SRTC, Herman attends many national and international sporting events in his capacity as a therapist, promoting the FHT and sports therapy wherever he goes. He has also played a key role in bringing the FHT together with organisations such as the British Athlete's Commission (BAC) and British Veterans Recognition Card (BVRC), to create schemes that are mutually beneficial to FHT sports therapist members seeking work, and BAC and BVRC members seeking much-needed treatments from professional therapists.

Jennifer commented: 'As president, my role involves much behind-the-scenes work, to benefit and protect the interests of our members. Herman has sat beside and supported me in this work on many occasions, and I felt that it was time that he received the recognition he so rightly deserves.'

- Jennifer will talk more about the 2012 President's Cup in her next President's Welcome (IT January 2013).
- Read about Herman's work at www.fht.org.uk/rr/sports/hermanfenton



Level 3 diploma in complementary therapy at Kirklees College. Although signed off work because of a number of stress-related problems, Caroline showed great resilience and commitment to learning as she determinedly continued her studies, even when at times she wanted to give up. Caroline is a fantastic example of not only overcoming adversity but also achieving in the process, and was commended for her excellent standard of work, high level of skill and ability to apply herself with a great deal of energy (see page 48 for an interview with Caroline).

Highly commended: Sarah Moon, FHT Student Member, nominated by lecturer Collette Somers

Sarah was recommended for student of the year for overcoming many health obstacles and blossoming into an outstanding and professional student and therapist while studying a Level 3 diploma in body massage. With dogged persistence, Sarah overcame her own apprehension regarding her massage skills and concerns about her physical strength and ability to remember sequences, and developed a deep, relaxing massage style so good that many clients requested her above other students.

Case studies



Beryl Johnson, FHT Student Member from Northern Regional College, was nominated by her tutor, Amanda Black

While studying a Level 3 diploma in reflexology, Beryl exhibited excellent observational skills and sensitivity to changes in the reflex areas, and her logical and coherent record of the 10 reflexology treatments made it very easy to track the client's progress. Having taken a very in-depth client history to ensure the most suitable treatment plan, Beryl allowed – and encouraged – the client to talk, which helped enhance the positive results from the sessions. Beryl took a very holistic approach to treatment, considering all aspects of her client's lifestyle to enhance their well-being.



Philip Kilby, FHT Student Member from Burton College, was nominated by his therapy lecturer, Sue Wilson

As part of his foundation degree in complementary therapies, Phillip carried out six aromatherapy treatments in a case study that was thorough, insightful and showed a real empathy and care for his client. The case study was reinforced with multiple references to strong research and published studies that supported his choice in essential oils, carefully choosing and adapting essential oils in accordance to the client's changing needs. An excellent essential oil profile was included for each oil, providing a comprehensive record of use, including in-depth information such as botanical family, chemical composition, properties and indications.



Louise Summerscales, FHT Student Member from West Nottinghamshire College, was nominated by her therapy lecturer, Caroline Bradley

As part of a Level 3 diploma in Swedish massage, Louise carried out a case study that revealed very interesting observations above and beyond the practical elements of massage. Louise was very reflective, sensitive to the client's individual needs and had an ability for discovering problems that the client had got so used to that they didn't specifically mention them. Louise demonstrated empathy with her client, carefully considering how they were feeling before making an effort to make them feel more at ease, indicating great potential as a rounded therapist taking a holistic approach to her client's treatment.



2013 Awards
The 2013 FHT Excellence in Practice in Education awards will open in late spring next year and be announced in the New Year – keep an eye out in our next issue of IT and on our website.



New 2012 Tutor Packs

Request your free teaching support material online today..

At the FHT, we recognise the vital role that therapy tutors play in educating students about the importance of insurance and professional recognition, both now, and when they qualify. To make this task a little easier, the FHT has a number of free resources that we think will prove useful to both therapy tutors and their students, including:

- A 2012/2013 academic year wall planner, for those all-important dates;
- FHT membership application forms, for students and recently qualified therapists;
- Back-copies of the FHT's membership journal, International Therapist; and
- A short DVD film and lesson plans, both of which will teach students the importance of insurance and professional representation.

All items can be ordered online – visit www.fht.org.uk/student and fill out our short, online FHT Tutor Request Form. Here you will be able to access some other useful resources, including A&P revision crosswords.

We're also delighted to tell you that your students can still benefit from FREE case study insurance when they join the FHT as a Student Member for just £24.99, AND they will get this money back when they qualify and upgrade to a full membership

The collage features several items: a large wall planner for the 2012/2013 academic year with the slogan 'Growing professional excellence, together'; multiple covers of the 'International Therapist' journal; a DVD titled 'Easing aching heads: A holistic approach to headaches'; and a 'FREE' membership application form with the text 'for step by step support, now and when you qualify' and 'Student insurance when you join the FHT'.

(terms and conditions apply – visit www.fht.org.uk/student).

Please also keep an eye open for a poster we'll be sending out a little later in the year,

promoting our 2013 FHT Excellence in Education awards. With categories open to both students and lecturers, this could be your chance to shine!