



Introduction into Integrated Medicine for Healthcare Practitioners

Dates 26/27 January 2022 (via Zoom)

9/10 February 2022 (via Zoom)

A short, practical introduction to Integrated Medicine, for GPs and other registered healthcare professionals delivered virtually.

For further details please contact
The Academic Unit,
The Royal London Hospital for Integrated Medicine
60 Great Ormond Street
London WC1N 3HR
Telephone 0203 448 2311, Fax 0203 448 2312
Email: janet.joseph1@nhs.net
www.uclh.nhs.uk/rlhim

Special introductory price: £560 for 4 days, £300 2 days, £150 individual days. Early bird £500 by 30/11/21

Introduction into Integrated Medicine for Healthcare Practitioners

This course is a short and practical introduction to lifestyle pillars of health and a variety of complementary therapies. The course is aimed particularly at GPs and medical doctors, but will be of great value to other health professionals and medical students interested in lifestyle medicine and complementary and alternative medicine (CAM).

It is taught by experienced medical staff of the Royal London Hospital for Integrative Medicine and will take place online (via Zoom) over 4 days.

This enjoyable and intensive course will enable you to

- Improve your ability to help patients with common conditions
- Better understand and try different complementary therapies
- Increase your patients' choice of treatments
- Encourage patient responsibility for their health and self-care
- Review the evidence-base for some complementary therapies
- Advise and refer appropriately
- Reflect on ways to look after yourself

Daily schedule

Due to ongoing need for additional precautions against COVID-19 within UCLH hospitals, the course will take place online via Zoom. Presentations (but not discussions) will be recorded and made available to the attendees for 1 month after the last day of the course.

Each day will include a balance of

- Brief presentations from experienced practitioners, introducing their specialised therapies and giving examples of easy-to-apply techniques that you can use.
- Discussion of evidence, effectiveness and indications for treatment or referral.
- Reflection on ways to look after yourself with simple techniques and exercises.

Examples of topics covered and range of presenters:

Lifestyle Medicine

Food as Medicine - a holistic approach to a healthy diet with Tracy Kelly, registered dietitian.

Sleep as Medicine - effective evidence-based approach to treating common sleep problems with Dr Hugh Selsick, Consultant psychiatrist and Specialist in Sleep medicine.

Exercise as medicine with Dr Nicholas Straiton, specialist doctor in integrative musculoskeletal medicine.

Rest as medicine with Klara Campbell, senior occupation therapist.

A discussion of clinical uses and a short practice in the following complementary and alternative therapies:

Autogenic Training with Jane Bird, Autogenic Trainer and author.

Everyday Acupuncture with Dr Mike Cummings, Medical Director, British Medical Acupuncture Society.

Tai Chi with Dr Lisa-Renee Sharpe, consultant paediatrician and Tai Chi master.

Yoga with Anji Gopal, musculoskeletal clinician and yoga teacher.

Hypnotherapy - Dr Saskia Kloppenburg-Veith, consultant in internal medicine.

Mindfulness - Lara Geordiades registered nurse and mindfulness therapist.

Other:

Mind Body medicine with Dr Christos Sideras, consultant psychiatrist.

Research in Complementary and Alternative Medicine with Prof John Hughes, Director of Research for the RLHIM

Natural remedies - self help or self harm? with Dr Ekaterina Mishanina, Specialty Doctor in Integrative Medicine and Education Co-Lead for the RLHIM

Provisional programme (Topics and time to be confirmed closer to the time)

Introduction into Integrated Medicine for Healthcare Practitioners

Wednesday 26 January 2022

Via Zoom

Time	Subject
AM	Registration
	Virtual tour around the hospital and a pharmacy visit
	RLHIM history and services
	Research in CAM
	Introductory talks by the Clinical leads in Adult and Children services
PM	Food as medicine – a holistic approach to healthy eating
	Update on dietary guidelines in common conditions
	Mindfulness - clinical uses and a short practice

Thursday 27 January 2022

Via Zoom

Time	Subject
AM	Sleep as medicine
	Autogenic training - clinical applications, short practice
PM	Acupuncture - clinical application, short practice
	Natural remedies - self help or self harm?

Wednesday 9 February 2022

Via Zoom

Time	Subject
AM	Mind body medicine
	Persistent physical symptoms – what might be going on?
	Placebo effect as a therapeutic tool
	Spiritual aspects of healing
PM	Exercise as medicine
	Tai Chi - clinical uses; short practice
	Yoga - clinical uses; short practice

Thursday 10 February 2022

Via Zoom

Time	Subject
AM	Rest as medicine
	Rhythm and a dynamic balance of the autonomic nervous system
PM	Hypnotherapy - clinical applications; short practice
	Bringing it all together
	Where to go from here

The Royal London Hospital for Integrated Medicine is the Europe's largest publicly funded provider of complementary medicine and is staffed by medically qualified practitioners. It was founded in 1849 and incorporated into the NHS in 1948. Patient referrals are by Choose & Book. Private appointments are also available.

For further information about referrals, courses and research please visit our website or contact:

The Academic Unit
The Royal London Hospital for Integrated Medicine
60 Great Ormond Street
London WC1N 3HR
Telephone: +44 0203 44 82311
Email: janet.joseph1@nhs.net
web: <https://www.uclh.nhs.uk/rhim>

The Royal London Hospital for Integrated Medicine

Introduction into Integrated Medicine for Healthcare Practitioners

**Dates 26/27 January 2022 (via Zoom)
9/10 February 2022 (via Zoom)**

BOOKING FORM

First Name _____ Surname _____

Address _____

Post Code _____ Telephone _____

Email _____ Speciality _____

Please reserve me a place on the Integrating Complementary Medicine in Everyday Practice course on the following days

Cost: £500 (special early bird price for 4 days if booked by 30/11/2021) 26, 27 January 9, 10 February, 2022 **(Virtual via Zoom)**

Cost: £560 (special introductory price for 4 days) 26, 27 January 9, 10 February, 2022 **(Virtual via Zoom)**

Cost £300. Any two days. Choose from: 26 Jan 27 Jan 9 Feb 10 Feb

Cost £150. Any individual day. Choose from: 26 Jan 27 Jan 9 Feb 10 Feb

I enclose payment to **UCLH NHS Foundation Trust** (*please tick one box below*)

Cheque enclosed for £

I wish to pay by credit/debit card and will call with my details

PLEASE SEND YOU COMPLETED APPLICATION FORM TO:

The Academic Unit (Ref CAM), The Royal London Hospital for Integrated Medicine, 60 Great Ormond Street, London WC1N 3HR. Telephone 0203 44 82311 or email to janet.joseph1@nhs.net