



## Professional Development Day

**Saturday 15<sup>th</sup> October 2016**

**Claverdon Church Centre,  
Claverdon, Warwickshire,  
CV35 8PD**

**10:30 – 17:00 hours**

**Welcome at 10.15am**



### **Improve Your Practice:**

**£50.00 non-members - refreshments and light lunch included**

**Ways to make your operations more professional covering a wide variety of topics:**

#### **10:30 – 11:30 Taking effective clinical records:**

Guest Speaker: Jan Cafaero *Dip. Physiotherapy, MBTPA*

##### **Description:**

In this session we will practice using some techniques, which are designed to make our note-taking easier and more effective. These techniques help us take notes which are concise and easy to navigate, but dense with useful information. It will be a practical session, so hopefully we can go away and start using these skills in our next Bowen treatment.

Jan trained as a physiotherapist, and worked in the NHS for some years. However, there was always something missing for her, and after a break to raise her kids she retrained in Bowen. The holistic approach and wonderful results suit her a lot better.

One of the things she did hang onto from her physio training is an interest in note-taking, and how it can affect our clinical practice - for better or worse. She has adapted her NHS note-taking disciplines to Bowen, and is happy to share these techniques with anyone who feels they 'could do better' in this department.



#### **11:30 – 12:30 Small Business Finance and related issues:**

Guest Speaker: Paul Birnie *MA., FCMA, FCCA*

##### **Description:**

Paul trained with the Associated Biscuits Group (Jacobs, Huntley & Palmers, Peak Freen) and qualified as a cost and management accountant in 1972.

He was elected a Fellow of the Institute in 1978 and in 1993 passed the Chartered Institute of Marketing examinations. Paul has also been awarded a Masters' degree in Company Direction and qualified as a Fellow of the Association of Certified Accountants. Since training at Associated Biscuits, Paul has worked for Hotpoint and a number of small to medium industrial businesses as either Financial Director/Manager or Managing Director. Until in 1999 he set up his own business to carry out interim management assignments for a diverse range of companies. The last of these assignments was for Wensleydale Dairy where Paul was asked to stay on as Finance Director in 2004. Paul will retire from this post in mid.2016.



Continued over:-

## **12:30 – 13:30 Lunch** (A light lunch of sandwiches etc.)

### **13:30 – 14:30 Who are you? Body language/communication:**

Guest Speaker: Karen Frodsham *BSc (Hons) Psychology Reg. MBACP (Accred)*,

#### **Description:**

Karen is an experienced BACP accredited counsellor having worked in a health care setting and private practice for over 14 years. Her health care experience is in Primary care based in a GP's surgery and has been in Secondary Care for a Maternity Unit. She works with clients face to face with either short, medium or long term contracts. Karen has led various workshops since becoming a counsellor for trainee & qualified midwives, GP Surgery staff, Drs on Obstetrics & Gynaecology rota in the Yorkshire region, a local church leadership team and the charity APEC. Karen has worked in the NHS for all of her working life first training to be a nurse and then a midwife, having observed many changes over the years as the organisation has developed into what it is today.



Outside of work music plays a large part in Karen's life from singing bass in a barbershop chorus and quartet to playing musical instruments. She enjoys watch F1, Tennis and the Six Nations, having watched a couple of live events over the years. Karen has developed an interest in Sculpture and visits exhibitions at Chatsworth and the Yorkshire Sculpture Park. Cooking is a passion whether it is entertaining friends, making Christmas cakes and preserves. Karen also enjoys reading, in particular historical novels, crime/espionage and biographies.

### **14:30 – 15:30 Ergonomics and human factors:**

Guest Speaker: Jackie Knott *PhD, DIC, Former CMIOSH, MBTPA, Manual Handling Trainer and Instructor*

#### **Description:**

Based in Hertfordshire, Jackie has been a Bowen Therapist since August 2007 (Cert ECBS) and achieved Emmett Technique Practitioner status in May 2013. She is currently registered with the Complementary and Natural Healthcare Council. She attained a BSc and PhD in Biochemistry; the latter requiring time to be spent at the University of Massachusetts Medical School USA studying inflammatory responses. Subsequently working for the North East Thames Radioimmunoassay Unit based in St Bartholomew's Hospital, London she assisted the development of diagnostic tests to support the newly emerging IVF programmes, before undertaking Research and HSE roles in Glaxo group companies for over 20 years. A former HomeStart Watford and Three Rivers children's charity Volunteer and Trustee, she joined the BTPA Committee in October 2013 to assist prepare the BTPA Safeguarding support advice (Welfare of the Vulnerable) and has established the Business Support/Management section of the BTPA Website Members Area. Jackie is currently the BTPA Chair.



## **15:30 – 16:00 Tea break**

### **16:00 – 17:00 Bowen and Yoga – Supporting Clients on their Healing Journey:**

Guest speaker: Claire Phillipson *MBTPA DipDYT*

#### **Description:**

Claire is a Bowen Therapist and Dru Yoga teacher. Dru Yoga is a graceful, accessible and potent form based on flowing movements, directed breathing and visualisation. It is designed to be practiced by people of all abilities, fitness levels and age groups.

A Bowen treatment is just the start of a healing journey for your clients. Those who do best are often those who make other positive changes to their lives, who participate in their own recovery, increasing resilience and reducing the risk of re-injury.

Whilst yoga is a vast and complex modality, there are many simple yoga-based movements and techniques that you may safely introduce in your role as therapist. In this informal session, through practical demonstration and participation, Claire will introduce you to tools with which you can support your clients – and yourself – to better health and wellbeing.



**Each presentation will include a question and answer session**

# Professional Development Day

## To be completed by all delegates

Name:.....

Address: .....

.....

.....Post code: .....Phone No: .....

Email address: .....

Please state if you have any dietary requirements: \_\_\_\_\_

### Improve Your Practice: 10:30 – 17:00

*(The maximum number for this day will be 70 delegates)*

**Please reserve me a place on the Development Day: - Please tick**

Non-BTPA members <i>(£10 refundable for those signing up for membership on/or before the day)</i>	£50.00	
	<b>Total</b>	<b>£</b>

Please tick:-

Cheque payable to BTPA

BACS payment. Bank: HSBC, Sort code: 40-34-24, A/C 31399896, Please use your membership no./name as reference.

Post booking form to: **BTPA, PO BOX 3856, Marlborough, SN8 9DT**

Or scan and email, if paying by BACS, to: [membership@bowentherapy.org.uk](mailto:membership@bowentherapy.org.uk)

*Cancellations made within 14 days of the event will be non-refundable, unless we are able to fill your place.*

**www.bowentherapy.org.uk**

**Tel: 0844 561 7173 / 01672 513980**

**For office use:** Date rcvd.....Paymt rcvd.....Recpt no.....