

ACPEM & the CTSG within ACPEM

AGM & Study day

Friday 5th April 2019

In the CSP council chamber, 14 Bedford Row,
London, WC1R 4ED



The Association of Chartered Physiotherapists in Energy
Medicine invite you to join us for an exciting day of
reconnections and presentations

Places will be limited so please reserve your place at
<https://webcollect.org.uk/acpem> click EVENTS (top right)

Please bring a yoga mat and a pillow.

Members
£35

Non-members
£55

Includes lunch

Connecting

*with ourselves, with the group and
with the energetic world around us through workshops on
yoga, meditation, sensing & integrating positive thoughts.*

Throughout the day we will have a series of presentations led by experienced
ACPEM Physiotherapists and special guest Psychotherapist Trevor Munro Clark.

The afternoon will include an open session for putting learning into practice.
Time to share treatments and stories within small groups, to swap on a one to one basis or
perhaps experience multi-therapist bodywork.

Experience, listen, observe, sense, feel, do – the choice is yours.

Please come with a willingness to share and to participate in a short AGM
to strengthen the group whilst earning valuable CPD hours
and experiencing invaluable peer support.

Join us if you can

Those who wish to can join together for an evening meal
to get to know each other better and to appreciate the ACPEM effect.
The open-hearted warmth of the people who make up this wonderful network.

ACPEM Friday 5th April 2019
planning for the day - in a flexible way



9 - 9.30 am **welcome** teas, coffees and catch-ups

10-11.30 am

An experiential introduction to Yoga practices with reflection on the healing energy behind these and a cleansing meditation using Tibetan healing bowls - with ACPEM physiotherapists Stefan Latinowski, Victoria Hillier and Tracy Maunder

11.30 -11.50 am **coffee break**

11.50-12.30 **AGM** and discussion time

12.30-1.30 pm **lunch together**

1.30-3 pm

"Thinking Positively" is an integrative approach, utilising aspects of Cognitive Behavioural Therapy, Mindfulness, and the Visualisation Techniques from Positive Memory Training - with psychotherapist Trevor Munro-Clark, who works in the NHS and privately. Trevor has provided teaching to a wide range of professionals in the NHS, private and charitable sectors. <http://thinkingcognitively.com>

3-3.20 pm **tea break**

3.20-4 pm

An introduction (theory and practice) to Barbara Brennan's approach to healing through the energy field made popular through her books, Hands of Light and Light Emerging with physiotherapist David Winstone.

4-4.45 pm

Practical swaps with a personal focus – try something that you learned today or participate in some ACPEM style intuitive work. Or just catch up with friends old and new.

4.45-5pm

Close of the day and farewells until next time!

Please bring a Yoga mat, blanket and cushion if you can.

We are delighted to be able to use the council chamber at the CSP in Bedford Row, London.

Don't miss this opportunity to share this special day with ACPEM in our professional home.

To book you can type <https://webcollect.org.uk/acpem> into your browser and follow the study day link on the top right of the page – payments are securely deposited into the ACPEM bank account.