



Patterns and Boundaries

ACPEM National Conference

24-27 April 2015

The Association of Chartered Physiotherapists in Energy Medicine (ACPEM) warmly invites all health care professionals and students to our 2015 conference.

This year we are returning once again to the beautiful, tranquil Ammerdown Centre near Radstock, Bath, a place of hospitality, spirituality and growth.

Website: www.ammerdown.org

This year our Conference focuses on Patterns and Boundaries!

How often have we, together, as professionals and also in our relationships with family and friends, noticed ourselves and others running patterns that are not useful?

How often have we found barriers that we cannot overcome in our lives and seen others also having issues with these? How do we dissolve useless barriers and install new useful ones to make our lives better? How can we help others do this too?

REFLECTIVE PRACTISE BEGINS WITH
YOU



This year we offer not only the wisdom of our Speakers but also a unique opportunity of a Question and Answer open forum with some of the ACPEM Committee on Monday morning. While we are all together it's a great opportunity to air your thoughts, questions and solutions so everyone can learn from each other.

There are also opportunities to share and exchange treatments – something which is not easily available in the course of our working lives.

How often do we get the opportunity to explore what we fail to notice we do and also to learn new ways to enhance our own experiences, therapeutic skills and passions?

Led by a truly impressive group of Speakers with years of experience in their fields, this will be a high energy, interactive series of workshops that will undoubtedly challenge some of our beliefs, inform

our practices and give us ways we may never have dreamed of to really enjoy what we do more and re-energise ourselves.

All this and making new friends, seeing old ones and feeling great in a wonderfully healing space. What a wonderful opportunity for change!

Book now as places are limited!!

PLEASE BRING COUCHES...we need them for sharing time and for presentations.

Our Programme.

Friday arrive between 15.00 and 18.00 for registration and rooms.

Bar open 18.00

18.30 Eve meal, informal meeting friends and sharing.

19.30 AGM

Saturday

08.00 Breakfast

09.30 John Cross - 'Crossing' Boundaries within complementary healthcare



Dr. John Cross has remained at the forefront of orthodox and complementary therapies for over 40 years. He has reached the top of both the acupuncture and physio-therapy professions being awarded a doctorate by the British College of Acupuncture for his work in the integration of Ayurvedic and Chinese medicine in 1987 and a Fellowship of the Chartered Society of Physiotherapy in 2004 for his work on the integration of professional complementary therapies into mainstream physical therapy. He is a founder member of three CSP professional networks and has been President of AACP and Chair of ACPEM as well as being Journal Editor for 4 groups. He is currently President of ACPEM. John is the author of 8 books on acupuncture, acupressure, the chakra energy system and reflected pathways. He offers an advisory service through his web

site and the 'All Experts' organization. He lives in the Isle of Skye where he works a 12 acre croft with his wife Andrea – also a chartered physiotherapist.

“About 4 years ago I was treating a patient who had an acute stomach condition with some acupuncture. She asked what the particular acupoint was I was using (ST 36) and without engaging brain I replied - 'oh that's the Arsenicum point'. I had been a professional homoeopath and had regularly prescribed homoeopathic Arsenicum to patients with exactly the same condition to the one

I was giving acupuncture to. That day proved to be a 'eureka' one as I realised (if I hadn't before) that there are very many homoeopathic remedies that equate with specific acupoints when treating acute syndromes and pain.

In my lecture and workshop I shall describe these points and remedies and show how you can get your patients and clients to self-treat with simple pressure point massage and homoeopathic remedies. I shall follow a power point presentation with a short workshop where I shall show you the various 'depths' of healing that are possible by energy balancing acupoints."

Website:

www.johncrossclinics.com

12.30 Lunch

13.30 Henriette Maasdijk - Patterns and Boundaries in relation to Subtle Energy

Henriette is the founder of the Vibrational Healing Foundation and co-founder of Subtle Life Dynamics. She is of Dutch origin and has worked in the field of subtle energy medicine and inner development for over twenty years.

All of us are continuously affected by the subtle energies of others and in turn affect others with our own. Being able to set and maintain healthy, energetic boundaries is therefore essential know-how for health care professionals in order to be more effective in practice, avoid taking on board unwanted energies or inadvertently projecting anything on subtle levels.

It is of equal importance to be aware of the fact that we are part of an immense, incessantly changing pattern, that we carry smaller patterns within us and that we are constantly creating as well as being affected by patterns. Ancestral patterns, childhood patterns, relationship patterns, disease patterns and thought patterns are just a few of these.



This afternoon workshop will include the following topics

- Becoming aware of the state our subtle boundaries
- How to ground, strengthen and protect one's energy field
- How to start changing unwanted or redundant patterns
- A brief look at how to use crystals for oneself and in one's practice

Meditation and visualization, energy sensing exercises and some work with crystals will be included so participants have the opportunity to experience what is discussed.

www.vibrationalhealingfoundation.co.uk/

17.00 end of session

Bar open 17.30

18.00 Eve meal

Sunday

08.00 Breakfast

9.30 Cai Tomos - gently leads us towards **Setting and Releasing Patterns & Boundaries**



Cai is an Internationally acclaimed professional dancer and choreographer as well as being an Integrative Art Psychotherapist and Specialist in the Therapeutic Application of the Arts. He works with addicts, elderly people, children and other professionals all over the world. I have experienced his methods and they blew my mind.

Cai:

- leads people gently along paths they never thought they could wander happily and challenges their usual Patterns of thinking and doing.
- has some ground-breaking insights to share on setting and releasing Patterns and Boundaries for patients and practitioners alike.
- works in a very practical, experiential and freeing way.
- is also happy to spend informal time talking with us during the course of the Conference.

12.30 Lunch

13.30 Benjamin Sermon - Seeking and Embracing our Patterns and Boundaries - healing your 'self'.

"I am very pleased to be asked back, and the theme of Patterns and Boundaries is very exciting to me!"

"Benjamin is a jazz singer and voice teacher educated at Leeds College of Music. He has become interested in the role of voice in wider health through his practice of disciplines such as Alexander Technique, Tai Chi and Buddhist meditation.



Last year he metamorphosed a diverse group of health professionals, some of whom swore they couldn't sing a note on key, into a group singing clearly in harmony, A Capella and having the time of their lives.

By popular request he is back to lead us through barriers, breaking boundaries and being very much in charge of ourselves at work and play.

Using a combination of simple vocal exercises and material including traditional African a cappella music, his proposed workshop will help us all find a mode of creative self-expression and give greater confidence using our voices for any and all purposes.

In the run-up to World Voice Day in April, he is keener than ever to promote the importance of vocal well-being to the wider community of health professionals."

fizzybeetroot@googlemail.com

16.00 Benjamin Sermons session two.

18.00 End of Session.

18.30 Dinner

19.30 Chill out time, reflection, sharing skills and treatments.

Monday checkout time.....please pack bags and leave at reception or in your cars after breakfast.

8.00 Breakfast and pack

9.30 Looking after ourselves –Question and Answer Open Forum + time for treatment exchanges



An Interactive and experiential session led by Sally England, John Cross and Rodger Duckworth. A long overdue chance to explore and share practical ways to work and our journeys through healing.

12.00 Close of session.

12.15. Close of Conference.

12.30 Lunch followed by fond farewells, photos and pack away.

13.30 Committee meeting – places available - speak to any of the existing committee.