

CONFERR



University of Westminster

with the British Holistic Medical Association and
The School of Integrated Health, University of Westminster



The Power of Touch Conference

The psychophysiology of touch, exploring emotional communication, physical contact, cellular memory, manual messages and tactile stimulation.

Research, theory and practice in bodywork and other touch-based therapies.

Friday 2nd and Saturday 3rd November 2007,
London

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Introduction

Bodyworkers and other therapists often find an embodied source of pain which may have psychological roots. How does emotion get locked into the physical body in ways that are not just imaginary, but physical and physiological? How might such psychosomatic symptoms be understood and worked with relationally in the context of a bodywork consultation? How are bodyworkers contributing to the new paradigm of a whole-person psycho-physiological treatment approach? How does touch impact on the patient's overall well-being? How can we work most effectively with patients who are vulnerable or traumatised?

The focus of this conference is to provide complementary health practitioners and other health workers interested in the power of touch with the most recent research and clinical insight into the capacity of tactile communication to open up emotional and physical pathways of healing.

Chair: Professor David Peters

Programme

Friday November 2 2007

- 4.30 pm **Registration, bookstall and tea**
- 5.00 pm **Introduction to the evening: Professor David Peters**
- 5.15 pm **Dr Peter Mackereth**
Touch Therapies: the curious and fascinated researcher
In this presentation we will examine the theoretical and real life concept of mind-body connection, why it is important to investigate and be respectful of the power of touch in therapeutic work, the research evidence to date on the efficacy of touch, the capacity for touch to influence many systems of the body and the concept of psychoneuroimmunology. Peter Mackereth believes that we can gain some understanding of others through our own bodies and this, too, needs investigating.
- 6.30 pm **Light refreshments, bookstall and reception.**
- 7.30 pm **Babette Rothschild**
Touch is a central feature of many complementary and alternative therapies. At the same time, most practitioners realise that touch can be complex and multi-layered. Combining theory, discussion and practical exercises, this presentation will focus on three central issues: co-operation with 'difficult' clients or patients, particularly those who are anxious and/or have histories of trauma; developing and maintaining a sense of physical boundary and separation between client and practitioner with all types of touch, including the boundary at the edge of the practitioner's hand; helping clients/patients to access and manage touch in their daily lives.

Discussion

- 8.50 pm **Experiential exercise on touch led by Babette Rothschild**
- 9.00 pm **End**

Saturday November 3 2007

- 8.30 - 9.40 am **Social Dreaming Matrix led by Laurie Slade**
Social dreaming is a way of working with dreams. Its applications have been explored extensively in a variety of organisational and conference settings. In social dreaming we meet to share and associate to dreams, making connections where possible.
- 9.00 am **Registration and coffee**
- 9.45 am **Introduction to the day: Professor David Peters**
Including a brief exploration of ethical/boundary issues relating to touch.
- 10.00 am **Bevis Nathan**
What happens when you touch someone?
When two people come together for the purposes of a healing transaction involving touching, we need an understanding of the individual constitution of both those human beings or we will not be able to grasp what goes on during physical contact. The functions of mechanics, kinetics, physiology, psychology, and energetics are not yet well understood, but clearly two underlying principles in the healing-using-touch transaction are constitution and relationship. This presentation will examine these dimensions, considering both the physiological and psychological processes that lead to healing in that context.
- 10.45 am **Roz Carroll**
Touch as human feedback, touch as 'the mother of the senses'
Skilful, attuned touch is one of the most highly developed instruments of human communication and healing. The human hand can receive and convey an extraordinary amount of information. Stimuli to skin receptors are re-transcribed en route to the cortex, especially via association, as they are organised into meaningful patterns, and cross-referenced with information from the other systems and senses. In other words, touch is a form of complex resonant feedback from one body to another. As such it plays a major role in emotional and physiological regulation of the infant and then child, and this extends into its use as part of healing hands-on work with adults.
- 11.30 am **Discussion**
- 11.45 am **Coffee**
- 12.10 pm **Howard Evans**
Cranial sacral touch and the communication of inherent health
Many craniosacral therapists have come to realise that their work offers an extraordinary and evolving approach to health. That evolution has little to do with technique and much to do with the development of the practitioner's state of being in relation to their client. Howard Evans will discuss the inherent health of both therapist and client as an essential aspect of craniosacral work, and the potential for both to connect with this. This requires a perceptual shift in the therapist through which the client is blessed with the feeling of their essential wellness, regardless of their current state; this may be thought of as the bodyworker's equivalent of Carl Rogers's concept of "unconditional positive regard".
- 1.00 pm **Lunch**

2.00 pm

Workshop options

Please select a first and second option and state these on your booking form.

Roz Carroll - Workshop A

Trusting what you sense and sensing what you trust

The practitioner working with touch needs to be attuned to the client's verbal and non-verbal messages. States of anxiety, dissociation, pain, longing, sexual arousal, or the desire to please can inhibit a client's capacity to say how they are experiencing the touch. The practitioner must be aware of many levels in communication and many internal and external pressures affecting the client. This will be an experiential session and an exploration of nuances of touch and talking.

Emerald Jane Turner - Workshop B

Boundaries, touch and mindfulness

Bringing a quality of mindfulness to our practice, from the way we position ourselves in the consulting room to using intentional contracted touch, we will explore how paying attention can enable us to deepen and connect experience. This will be facilitated through experiential exercises and discussion.

Howard Evans - Workshop C

Cranial sacral touch and the communication of inherent health

Dr Andrew Taylor Still, founder of osteopathy tells us: "To find health should be the object of the doctor. Anyone can find disease." In this workshop we will work in pairs with the express intention of finding the health inherent in each of us. There will be a brief explanation of the principles involved, followed by a guided exercise using one craniosacral hold. Each participant will experience the role of practitioner and client. The exercise will be followed by the opportunity to share experiences with the group.

Leon Chaitow - Workshop D

Complex patients in the bodywork practice

How do bodyworkers make sense of the 'chronic everything' complex individual and their functional symptoms? Are containment and/or maintenance the ethical objectives for chronically decompensated patients? How can clinicians protect themselves from burnout when managing and treating such 'heartsink' patients? An interactive group discussion and evaluation of complex patients who choose or require a touch-based therapy.

Bevis Nathan - Workshop E

An overview of the ordinary and extraordinary kinds of touching found in different disciplines

This workshop will explore anthropological, philosophical and clinical considerations, the place of touch within the five senses, touch and the history of healing, touch and child development, touch and language – all of which contribute to our understanding of the psychological impact of touching.

Jane Wood and Caroline Schuck - Workshop F

Are you a pussy cat or a barking dog? Touch as a reflective tool

This is an experiential workshop where we will be encouraging you to reflect on your work, using creative techniques. Come and have fun using mime, roleplay, imagination and toys.

Sylvina Tate - Workshop G

Using reflection to process emotional responses to touch

This experiential workshop will enable participants to engage in reflective practice to explore the source of their emotional responses to touch. Participants will use their own experiences within the workshop to identify possible unconscious sources for their reactions.

David Peters - Workshop H

Daydreams, touch and intuition

Many practitioners might have experienced moments, perhaps while working on a patient's body, or while listening to their story, of daydreaming into the person's memories or feelings. In this workshop we will share some experiences and explore our capacity to pick up feelings and to sense boundaries. We will use simple mental and interpersonal experiential exercises in pairs and small groups to reflect on what we mean by intuition.

Arnold Desser - Workshop I

Exploring boundaries: touch and the therapeutic relationship

We will explore interpreting (and misinterpreting) touch in the context of healthcare, when therapeutic benefit can become a minefield. Participants will be invited to share their experiences, both as clients and clinicians, and consider the impact this has had on their practice.

Elya Steinberg - Workshop J

Touch, affect-regulation and the pleasure principle

The body is essential to the definition of our 'self'. Messages from the body – for instance, through movement and touch – are central in both the healing process and re-establishing the sense of self when this has been undermined. Within biodynamic psychology the self is seen as a single identity, an inseparable, multidimensional combination of body, soul, spirit, mind and emotion. We emphasise the importance of the regulation of all these dimensions to enable a sense of well-being and to restore the capacity for pleasure and self-regulation. In this workshop we will explore the unique contribution of touch within the context of the biodynamic approach, and recent developments in neuroscience, through experience and discussion.

Prue Rankin Smith - Workshop K

Touch and the cellular memory

By presenting several short case studies we will explore how the body retains emotional material at a cellular level and how touch can unlock core life issues that are held in the body. Participants will be encouraged to relate this to their own practice, bringing questions and examples for discussion and possibilities for exploration on the table.

3.30 pm Tea

4.00 pm **Leon Chaitow**

Touching all the bases in chronic pelvic pain conditions

A conjunction of influences can be shown to relate to the onset and persistence of the common clinical phenomenon of chronic pelvic pain. The complex connections in this region make the pelvis and its problems a fascinating region for evaluation of psychosocial, biomechanical and biochemical interconnected links. However, the aetiology is seldom straightforward, and practitioners need to be aware of possible past trauma (physical or psychological) as well as structural features.

We will consider the connection between pain and respiratory function, mind-body feedback processes, the potential functionality of myofascial trigger points, as well as postural and habitual use patterns such as excessive 'core stability' training. Manual and rehabilitation strategies as well as acupuncture, biofeedback, cognitive-behavioural therapy (CBT), relaxation, special exercise, and education will be discussed. Additionally, since some therapeutic measures can be relatively invasive, a number of questions arise on how and when touch therapies are most appropriate, or when mind-focused methods, or indirect functionally-oriented strategies such as postural, motor and/or breathing re-education, might offer best effects.

5.00 pm **Discussion**

5.30 pm **End of conference**

Speakers

Chair Professor David Peters

Professor David Peters trained as a medical doctor and homoeopath and later as a GP and osteopath. He directed the NHS-based complementary therapies development programme at Marylebone Health Centre, and helped found the School of Integrated Health, University of Westminster, where he is Clinical Director. He established and led the Delivery Advisory Group of the Prince's Foundation for Integrated Health until 2006 and has co-authored or edited five books about integrated healthcare. He chairs the British Holistic Medical Association (www.bhma.org), and edits its journal, the Journal of Holistic Healthcare. His interests include the role of complementary therapies and non-pharmaceutical treatments in mainstream medicine, wellbeing – particularly in long-term conditions – and the training of integrated practitioners.

Roz Carroll

is a body psychotherapist, trainer and author. She started out as a biodynamic massage therapist nearly 20 years ago, and has maintained a constant interest in the role of touch in human relationships. She teaches at the Minster Centre, the Chiron Centre, Centre for Attachment-based Psychoanalytic Psychotherapy (CAPP) and Terapia. Her recent publications include chapters in *Revolutionary Connections*, (Ed. Corrigan & Wilkinson) *New Dimensions in Body Psychotherapy* (Ed. Totton), *How Does Psychotherapy Work?* (Ed. Ryan) and *About a Body: Working with the Embodied Mind in Psychotherapy* (Ed. Corrigan, Payne & Wilkinson). Many of her articles are available on www.thinkbody.co.uk.

Dr Leon Chaitow

Leon Chaitow is a practising naturopath, osteopath, and acupuncturist with more than 40 years clinical experience. He lectures internationally and was a senior lecturer at the School of Integrated Health, University of Westminster (1993-2004), where he taught both undergraduate and postgraduate courses in therapeutic bodywork and naturopathy. In 2004, on his retirement from the university he was awarded an honorary fellowship. In 1993, he became the first naturopath/osteopath to be appointed as consultant to a UK government-funded conventional medical practice. A prolific author, Dr Chaitow has written more than 70 books on natural health and alternative medicine. He is Editor-in-chief of the *Journal of Bodywork and Movement Therapies*, and can be contacted via his website www.leonchaitow.com

Arnold Desser

Arnold Desser is an acupuncturist working in NHS primary care, a senior lecturer at the School of Integrated Health, University of Westminster, and course leader at the London Deanery of Postgraduate General Practice Education. He co-created the experiential practitioner-development modules that form the spine of integrated learning on the complementary therapy degree courses offered by the University of Westminster. Arnold Desser is co-author of *Values in Healthcare: a Spiritual Approach* and has facilitated groups interested in this aspect of medical education in India, the USA and the UK. He has a background in systemic family therapy that he brings to his teaching, supervision, training and clinical work at the University of Westminster and in the NHS.

Howard Evans

Howard Evans's involvement in alternative approaches to health started in the late 1970s when a youthful interest in Zen Buddhism led him first to India in search of enlightenment and then to Leamington Spa to study Chinese acupuncture with John Worsley. In 1992, inspired by the work of Stanley Keleman, he started training in integrative and core process psychotherapy. In 1996 he completed his training in craniosacral therapy with Franklyn Sills and in 1997 completed an MA in therapeutic bodywork at the University of Westminster. Since then he has undertaken advanced courses in craniosacral biodynamics with Franklyn Sills and Michael Shea. Howard has been teaching massage since 1994 and, more recently, offering training in craniosacral skills to experienced masseurs and bodyworkers.

Dr Peter Mackereth

Peter Mackereth PhD is the clinical lead for complementary therapies at Christie Hospital NHS Foundation Trust in Manchester. He is a registered nurse, and has worked in intensive care, neurology and oncology. He has completed training in a variety of complementary therapies including biodynamic massage, hypnotherapy, reflexology and medical acupuncture. Peter has an MA in medical ethics and has completed a PhD project examining reflexology and relaxation training for people living with multiple sclerosis. This study gathered data on physiological and psychological outcome measures, which included salivary cortisol, anxiety state, heart rate, blood pressure and quality of life.

Bevis Nathan

Bevis Nathan has been studying healthcare concepts for 28 years, and practising and teaching osteopathic and health philosophy for 20 years. He became fascinated in the concept of touch after noticing patients' considerable touch-hunger, and their widely differing reactions to being touched during osteopathic manipulative therapy. In addition to his various published articles on the subject of touch, his book *Touch and Emotion in Manual Therapy* collects and explores the evidence indicating the profound emotional and psychological impact of touching as a form of healing.

Prue Rankin Smith

Prue Rankin Smith qualified in Roling in 1983, one of the first to do so in the UK. Since then she has continued to develop her work at the body-mind interface by completing courses in psychotherapy at Karuna Institute and becoming a teacher of the Hakomi Method of body-centred psychotherapy. These trainings have influenced her work and integrated into her Roling practice, bringing awareness and a depth of understanding of how touch can unlock core life-issues.

Babette Rothschild

Babette Rothschild MSW LCSW has been a psychotherapy practitioner since 1976 and a teacher and trainer since 1992. She is the author of three books, all published by WW Norton: *The Body Remembers -The Psychophysiology of Trauma and Trauma Treatment* (a bestseller); *The Body Remembers Casebook-Unifying Methods and Models in the Treatment of Trauma and PTSD*; and *Help for the Helper-The Psychophysiology of Compassion Fatigue and Vicarious Trauma*. After living and working for nine years in Copenhagen she returned to her native Los Angeles. There she maintains a small private practice while continuing to lecture, train and supervise around the globe. She has training programmes starting in the UK every May and October. You can contact her by email at babette@trauma.cc or visit her website www.trauma.cc

Laurie Slade

Laurie Slade is a psychoanalytic psychotherapist working in private practice. He is a member of the Guild of Psychotherapists, the Confederation of Analytical Psychologists and the International Neuro-Psychoanalysis Society. He has been exploring social dreaming for the past 7 years in a variety of settings. His paper *Social Dreaming for a Queer Culture* was published in *Self and Society* (November 2005).

Dr Elya Steinberg

Elya Steinberg MD is a biodynamic psychotherapist, integrating body-psychotherapy, Gerda Boyesen methods and bioenergy with conventional allopathic medicine, complementary medicine, healing, holistic reflexology and spirituality. She interweaves alternative and conventional approaches to allow a person to develop and grow as a holistic complex in the course of achieving physical, mental and spiritual health. She is a co-director of the London School of Biodynamic Psychotherapy (www.lsbp.org.uk) and can be contacted at elya.steinberg@virgin.net

Sylvina Tate

Sylvina Tate is teaching fellow at the University of Westminster and leads student and staff practitioner-development within the School. Her passion is reflective practice, and she uses this in facilitating all her teaching groups. She also facilitates reflective supervision groups for staff.

Emerald Jane Turner

Emerald Jane Turner is a trauma specialist who originally trained at the Karuna Institute in the early 1980s. She went on to become a Hakomi body-centred therapist and teacher, and then continued training with a number of somatic trauma teachers including Babette Rothschild. She currently works mainly in the area of trauma with individuals, groups and organisations using somatic approaches (www.ejtassociates.co.uk).

Jane Wood and Caroline Schuck

Jane Wood and Caroline Schuck have facilitated Inspire Workshops since 2000. They are both homoeopaths of 18 years experience, and are trained as supervisors and teachers. They both teach at the University of Westminster on a reflective practice module. Their most recent publication is *Playing, Reflection and Reality* (www.inspire-workshops.co.uk).

Booking form

Name _____

Address _____

Postcode _____

Telephone Number _____

Email _____

Occupation _____

I am booking for the Power of Touch conference as a participant in the following category (please tick one)

Self-funded£200

Organisationally-funded£350

Full-time student£120

Staff Member of School of Integrated Health, University of Westminster£120

Student Member of School of Integrated Health, University of Westminster£80

Member of BHMA£120

BHMA subscription.....£25

My first choice workshop option is _____

Second choice _____

We will try and place you in your preferred workshop

I am a full-time student (Please enclose copy of student ID)

The food provided at the conference will be vegetarian.

Please indicate any dietary restrictions:

I am disabled and need _____

I enclose a cheque made payable to Confer Ltd for

£ _____

OR I would like to pay by credit/debit card

Please deduct £ _____ from card number

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If you are funded by an employer and need to be invoiced please send in this form with employer's full details.

A £20 administration fee will be added.



Information

Venue The Old Cinema, University of Westminster, Regent Street, London W1

Dates November 2 and 3 2007

Times Please see programme for details

Public transport Nearest Tube: Oxford Circus

Price (includes VAT and refreshments):

Self-funded £200

Organisationally funded £350

Full time student £120

Staff Member of School of Integrated Health, University of Westminster £120

Student Member of School of Integrated Health, University of Westminster £80

Member of British Holistic Medical Association £120

BHMA subscription £25

Refreshments will be vegetarian throughout.

Further info Tel 01728 689090
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Environmental Policy

Please see www.confer.uk.com

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Programme Developer: Trish McEntee

Design: Gilbert Courbanally

Organisational Development: Richard Hawkes

Coming by public transport?

To encourage participants to come by public transport we will be raffling a new bike at the event. To enter the draw, show your public transport ticket at our registration table when you arrive.

Booking Conditions

We regret that full refunds cannot be given, but if you cancel your place in writing before September 1 2007, you will receive a 50% refund. Your place is for your own use and may only be given to another person if you give Confer 72 hours' notice of the substitute participant's name.

To book please return with payment to
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