



# Delegate Booklet

Conference 2019 - Bristol



<b>9.15am</b>	Registration, refreshments, exhibitions, meeting old & new friends
<b>10.05am</b>	Welcome by Earle Abrahamson
<b>10.15am</b>	Keynote – Dr Toh Wong on Integrated Health
<b>11am</b>	Morning Tea
<b>11.15am</b>	First Aid for Massage Therapists (Part One) – Alex Brazkiewicz
<b>11.30am</b>	<b>Morning Workshops</b> <ul style="list-style-type: none"> <li>• Alexander Technique: Freedom and Ease for Massage Therapists - Belinda May and Jane Morris</li> <li>• Boundaries: Creating and Enforcing them with Kindness – Katherine Creighton Crook</li> <li>• Prolong Your Massage Career with Hands Free – Darien Pritchard, Leora Sharp and Craig Foden</li> <li>• Going into Teaching – Sarah Cohen and Jennie Parke Matheson</li> <li>• Limitless Confidence – James Brown</li> <li>• Supervision as Self Care – Sharon Bull</li> </ul>
<b>2pm</b>	Lunch
<b>3pm</b>	<b>Afternoon Workshops</b> <ul style="list-style-type: none"> <li>• First Aid for Massage Therapists (Part Two) – Alex Brazkiewicz</li> <li>• Create Your 90 Day Marketing Plan – Katherine Creighton Crook</li> <li>• Exercise Prescription – Tim Allardyce</li> <li>• Integrated Health – Earle Abrahamson and Gerry Andrews</li> <li>• Massage for Hospitals and Hospices – Jennie Parke Matheson</li> <li>• Womb and Fertility Massage Therapy – Clare Spink</li> <li>• Mind, Body and Movement Clinic – Frances Collier</li> </ul>
<b>5.30pm</b>	Afternoon Tea – Meet your Regional Teams
<b>6pm</b>	Closing Remarks and Prize Giving
<b>6.15pm</b>	Conference Close

# Message from the Chair

Earle Abrahamson



*The MTI annual conference serves not only as an opportunity for colleagues and members to network, learn, and develop, but also as a commitment to the values that underpin the MTI ethos.*

*This year the conference theme celebrates the journey we travel individually and collectively to enable us to sustain a positive, healthy and productive career in Massage Therapy. For many, the journey is punctuated with choices, decisions, barriers and opportunities. How we get to where we are going is part of the journey not the destination.*

*Our MTI schools teach the core curriculum and inspire the next generation of therapists to achieve and believe in their skills and knowledge. As an organisation MTI prides itself on providing the grounding for a successful future in Massage. This is supported through regional group activities, on-line learning, "Ask the Expert" and regular newsletters, blogs and videos. Through our ever-expanding community of practitioners, we learn to develop new ideas and approaches to treatment, consolidate yet refresh our knowledge, and work to apply skills that build trust in those who are lucky enough to receive them.*

*This year the conference connects multiple avenues of practice by exploring confidence, hands-free massage, supervision, marketing, integrative health, exercise prescription, Alexander Technique, learning to teach, mind body and self-care help as well as fertility massage. In times of uncertainty and doubt, it is fitting to know that we are able to provide a programme that caters to our diverse scopes of practice and skillsets.*

*On behalf of the board we wish you a wonderful day, filled with learning, networking, and inspiration to face the future with confidence and renewed passion for massage.*

*I conclude with the words of Milton Berle, American Comedian, who best captured the MTI ethos of creating opportunities when he wrote:*  
**"If opportunity does not knock, build a door."**

# Our Keynote Speaker

Dr Toh Wong MBChB (Hons) MRCGP DRCOG DCH LMCC PGCCE  
on Integrated Health

General Practice in the UK is facing its most challenging time in many years, with GPs retiring and leaving with no GPs to replace them. Complementary Therapies like massage will play an increasingly important role in the general well-being of patients now that Social Prescribing pioneered only 3 years ago by the College of Medicine, is now National Policy. This recognises that a patient's health is not just influenced by physical and psychological factors, but also by social factors and has been shown to reduce workload on General Practice and the NHS when done effectively. It appreciates more self-care and social support and may birth a new type of partnership between doctors and voluntary and other health sectors.



It is a time to forge new relationships between complementary therapies and conventional medicine. The time of individualised healthcare by personal choice and for the good of the individual is already here and growing, and integrated health will be a large part of this. For this to be realised, greater and stronger relationships need to be forged between all parties involved and a new type of health coaching may need to be learned by all involved in healthcare and well-being. Using established and new methods of coaching, change work, or the ability to recommend and point people in the right direction of the people who can work best with them, this represents a new form of integrated healthcare.

The question now is why and how and what can you do to move this new relationship in integrated health forwards? What can you learn? Who can you learn from? Who do you speak to? What benefits will you and the world reap when you have done this?

**Dr Toh Wong is the organiser of the Integrative Health Convention, General Practitioner, GP Trainer, Medical Acupuncturist, Clinical Hypnotherapist, NLP trainer, Co-founder of Neurolinguistic Healthcare, Council Member College of Medicine.**

# Workshop Leaders

## Earle Abrahamson

[www.hands-on-training.co.uk](http://www.hands-on-training.co.uk)

Earle is a senior lecturer in sports therapy. He is also the national chair of the MTI, Vice-Chair of the General Council for Sport Tissue Therapists, and sits on the board for soft tissue therapy at the Complementary and Natural Health Care council. He is an internationally published author, therapist, Psychologist and teaching fellow. Born and raised in Johannesburg, Earle gained qualifications and expertise in physical education and soft tissue therapy, clinical psychology and educational practices.

Earle was a medical gamemaker for the London 2012 Olympic and Paralympic Games, physical therapy team member for the London 2017 Athletics championships.

He is a director at Hands-on Training an MTI accredited school. Together with Jane Langston, he has authored anatomical textbooks and is a director at Learn Anatomy UK. He is the recipient of the Turnitin Global Innovation award for student engagement and a principal fellow of the higher education academy.



## James Brown

[www.powa.academy](http://www.powa.academy)

James Brown is an entertainer, author, speaker and consultant who blends together the skills of magic, con artistry and suggestion.

For over 20 years he's been widely regarded as one of the finest close-up magicians in the world as well as in high demand for media consultation and corporate training.



## **Tim Allardyce**

**[www.rehabmypatient.com](http://www.rehabmypatient.com)**

Tim is the clinical director at Surrey Physio. He originally started working as a physiotherapist in 2000, and qualified as an osteopath in 2002 from The British School of Osteopathy, where he gained a reputation for producing superb results, and started treating his lecturers and clinic tutors.



He joined the HCPC in 2005 and achieved his Masters in Sports Physiotherapy in 2012 from Bath University. In 2016 he became a non-medical prescriber qualifying from London South Bank University.

Tim took over control of Surrey Physio in April 2008. He brought in his own physio's and admin staff and set up a system of training for all the physios. With the help of a great team, Surrey Physio has now expanded to fifteen locations in the Surrey, London and Greater London areas.

Tim is a Trustee for the Osteopathic Foundation, a charity to support students training to be an osteopath. He is also a Trustee for the Family Initiative, to support families especially Fathers during and after their baby is born.

Tim is a physio, osteopath, injection therapist, rehab specialist, medication prescriber, and acupuncturist. He has been to four Olympic Games, one Commonwealth Games, one European Games, one Islamic Games, and many World Championships.

## **Gerry Andrews**

**[www.massagetherapyleeds.com](http://www.massagetherapyleeds.com)**

"Only connect!" Helping people connect – with themselves, with others and with what's going on around them – is Gerry's passion.



Working as a holistic massage therapist and Body-Mind coach, using bodywork and coaching (including Clean and Solution-focussed approaches) and blending Eastern and Western approaches and modalities, Gerry helps people move from being 'stuck' to 'flow', connecting body, mind and spirit.

Gerry is passionate about working in an integrated and holistic manner, not only connecting the whole person - body, mind and spirit – but also connecting across professional specialisms and modalities, especially to address chronic pain. He was Regional Rep for the MTI Northern region (2014-2016) and has given various presentations on his work at the Back Pain Show in Birmingham, Leeds, York, and Ilkley Complementary Medicine Festival. In 2018, Gerry delivered a workshop at the inaugural Integrative Health Convention in London last October, which has led to Dr Toh Wong speaking at our MTI Conference this year and to the workshop on Integrative Health.

## **Alex Brazkiewicz**

**[www.eastwesthealthcare.info](http://www.eastwesthealthcare.info)**

**[www.holoshealthcare.co.uk](http://www.holoshealthcare.co.uk)**

Alex and Judi Brazkiewicz formed both East West Healthcare and Holos Healthcare & Training Ltd 2004 to deliver high quality First Aid at Work and associated training.



Alex is a Paramedic, Classical Acupuncturist, Tuina practitioner, Lecturer, Martial Arts instructor and currently a 4th Year Osteopathy student. He served over 18 years as a front-line Paramedic with London Ambulance Service and has been teaching First Aid for over 30 years.

He has studied Classical Chinese Medicine & Channel Theory in Beijing with Prof Wang Ju Yi having a special interest in integrating the best of both Eastern and Western medical paradigms especially in the area of sports injuries and pain management.

## Sarah Cohen

Sarah Cohen trained with Bristol College of Massage and Bodywork in 2004 and practises in Worcestershire.

She has been involved with teaching massage since 2006, initially in Birmingham with the Meridian School of Massage and Bodywork and subsequently with BCMB in Bristol. She has been instrumental in setting up a secondary campus for BCMB in Worcester where she has been since 2008. Since 2011 she has been the New Tutor Officer for MTI guiding many people through the process of becoming accredited as an MTI tutor.



## Sharon Bull

[www.touchenergy.co.uk](http://www.touchenergy.co.uk)

Sharon is the MTI SW Rep, a Supervisor & Tutor, and founder of touchenergy & The Unfurl Programme. She is passionate about the power of touch and mindbody connection for our physical, emotional and mental wellbeing through her own health journey.

For the past 6 years she has worked with unpaid carers through local NHS and Social Services contracts. She continues to deliver wellbeing and personal development coaching and workshops through The Unfurl Programme, enabling people to better live life and manage health issues, stress, pain and anxiety.

Sharon was formerly Principal of the Academy of Natural Health (MTI founder school) and brings a unique, engaging and mindful approach to relevant, creative CPD workshops. Her experience and practice with supervision is to deepen self-awareness and connection with yourself and your clients. She is passionate about support and selfcare for practitioners and promoting massage within health and social care fields. Sharon is currently working with MTI to establish peer supervision groups through the regions and offers group supervisions or individually online.





## **Katherine Creighton Crook**

**[www.mymassagementor.co.uk](http://www.mymassagementor.co.uk)**



Katherine Creighton Crook knows exactly what it's like to be a therapist who graduated ready to serve clients, realising that there is SO MUCH MORE to it than having mad massage skills (also known as the business/marketing/admin stuff).

She started her own clinic in 2010, growing it from just her in a room a couple days a week to 3 locations, 2 national awards, a team of dedicated therapists, a guest lecturer position on Westminster University's Complementary Therapy Degree and, MOST importantly, hundreds of clients served – all while raising two boys (now 4 & 7).

Katherine believes that if you've decided to help people live better lives (aka being a massage therapist), you deserve to be able to do that, full time, without living off beans on toast or working all the hours in a day. With her membership platform for massage therapists, she helps other massage therapists build their dream massage practice saving them a ton of time and heartache along the way.

## **Craig Foden**



Craig became acutely aware of the healing and restorative potential of professional massage after receiving an inspiring treatment for a painful lower back due, in part, to poor 'drum kit' seated posture.

His interest in martial arts practice, consolidated with his interest in flowing bodyuse, movement, anatomy, physiology and pathologies, inspired him to seek out and qualify in holistic & therapeutic massage at the Sheffield Centre for Massage Training (SMCT) (2005). Now as a registered practitioner/tutor with the Massage Training Institute, he delivers Soft Tissue Therapy and injury rehabilitation in clinic as well as advanced Diploma studies in Sports Remedial Massage with SCMT. Craig has also tutored with Bodyology School of Massage London.

Continuing skills development lead Craig to study with Darien Pritchard, and witnessing how hands free techniques have been intrinsic in saving massage therapists careers, he recommends implementing these methods into your practice!

**Frances Collier**  
[www.francescollier.com](http://www.francescollier.com)

Frances's bodywork technique is based upon respected studies of movement practices – dance, fascia and manual therapy, functional anatomy, yoga and neurolinguistic programming – and deeply complemented by her knowledge as a performer, trainer and therapist. The focal point in Frances' practice is to break patterns and habits and allow for efficient and long-lasting improvement by developing a personal and bespoke approach that integrates all aspects of the person's life and individual circumstances.

Having graduated as a professional dancer from London's Rambert School in 1994, Frances spent two decades dancing full-time. Her professional experience covers performing a wide range of ballet, contemporary dance and musical theatre, as well as being rehearsal director and choreographer.

As part of her career path, giving and receiving bodywork has always been an essential key to keeping physical health on track and has led to her practical on-and-off-stage-understanding of injury management and prevention. This has resulted in a natural progression towards studying movement coaching and hands-on manual therapy, which have now become her speciality.



**Belinda May and Jane Morris**  
[www.freedomandease.co.uk](http://www.freedomandease.co.uk)  
[www.alexandertechniquesomerset.co.uk](http://www.alexandertechniquesomerset.co.uk)

**Belinda** is Chair of the Society of Teachers of the Alexander Technique and has been teaching the Alexander Technique for 20 years. She is the assistant director of the Bristol Alexander School.

Belinda teaches 1:1 lessons as well as running group workshops with Jane Morris, both for the general public and for those working in specialist areas. She loves helping clients find balance and poise in movement and thought, and ways to approach life with freedom and ease, less strain and pain.

**Jane** has been teaching Alexander Technique since 2017 and is a member of the Council for the Society of Teachers of the Alexander Technique. Her passion is teaching Alexander Technique to help clients reduce their pain, improve their well-being and increase their zest for life. She does this via individual 1:1 lessons and together with Belinda May, through tailored group classes.



## **Darien Pritchard**

**[www.handsfreemassage.com](http://www.handsfreemassage.com)**

**[www.dynamicmassage.co.uk](http://www.dynamicmassage.co.uk)**



Darien has been a bodyworker since 1977. He is a pioneer in focusing on the massage practitioner's body use as an integral part of massage training and in Hands Free Massage.

He is the co-author of the student text Anatomy, Physiology and Pathology for the Massage Therapist and wrote the career-maintenance reference book Dynamic Body use for Effective, Strain-Free Massage. Darien is a past co-director of the MTI and since 1993, he has been a guest teacher on the massage training course at the Royal National College for the Blind.

His approach to bodywork has been influenced by the study of Yoga, Tai Chi, creative dance and training in the Feldenkrais Method® of movement awareness. Darien teaches an extensive Hands Free Massage training course which combines depth and movement into comprehensive treatment approaches, designed to release muscle tension, restore mobility to joints, promote suppleness and rebalance the body.

## **Clare Spink**

**[www.fertilitymassage.co.uk](http://www.fertilitymassage.co.uk)**



Clare Spink is the founder of Womb & Fertility Massage Therapy, which is a unique treatment culminating over 15 years' work in the natural health field.

Her extensive and international research and training has enabled an understanding that many fertility problems are the result of physical or emotional trauma, including scar tissue, digestive complaints, stress and anxiety.

Clare developed a treatment that combines leading edge techniques, including womb massage, pulsing, rebozo and guided visualisations massage along with emotional healing to enhance successful conception and womb healing. Womb & Fertility Massage Therapy has currently been taught to over 400 therapists worldwide, who each share Clare's passion and desire to help couples to conceive.

Clare is driven to helping women to reconnect and heal their womb. Believing that our wombs are our creative centre whereby all life & ideas are created, Clare coined the phrase "*Heal the Womb, Heal the Woman*".

## **Jennie Parke Matheson**

**[www.white-wave.org.uk](http://www.white-wave.org.uk)**

Having had a career in the performing arts, Jennie retrained 12 years ago, initially as an energy Healer and then added massage therapy. Jennie established her business, White Wave, in 2008.

To augment her energy work she studied Chakra Psychology & Crystal Therapy, and explored Feng Shui, Dowsing and Earth Healing.

Jennie is trained in Deep Tissue Massage, Hot Stone, Pregnancy and Indian Head Massage - and recently added Manual Lymphatic Drainage.

She delivers 1+1 or small group training in massage for use in hospitals & hospices, having worked at the Royal Free Hospital in Hampstead in 2013-14, giving massage on the wards. She now trains ward volunteers for the NW Anglia NHS Trust.

She specialises in working with clients with autism & dementia, and runs workshops for the Kith & Kids Charity.

With Earle Abrahamson, MTI's chair, Jennie founded Hands-On Training in 2012 – and as an accredited MTI Tutor teaches the practical & business elements of the MTI Diploma Course in Holistic Massage, plus a diverse range of CPD workshops.



## **Leora Sharp**

**[www.handsfreemassage.com](http://www.handsfreemassage.com)**

Leora has been a massage practitioner since 2008. In the same year she trained in Hands Free Massage. She was so blown away by the tools and techniques, she offered to be Darien's assistant, she needed to help spread this amazing work!

Her initial training at the Bristol College of Massage and Bodywork was superlative. However, due to her stature and small hands, she knew she needed other tools to help extend her career. Without attending the Hands Free training her massage career would have ended very quickly.

She loves teaching this work and is eternally grateful for the opportunity to do so. Alongside her private practice at Neal's Yard in Bath, she also designs websites and runs workshops for complementary health professionals. She founded and facilitates the Bath Practitioner Group, a support network for massage therapists.



# Could this be you?



Do you have an area of expertise in the fields of bodywork, therapy, wellbeing or business that you would like to offer as a workshop for your fellow MTI members? Do you perhaps know a teacher or practitioner with something to share that you think would benefit the membership at a future MTI Conference, or maybe even at a Regional group event?

Perhaps there is something you are itching to add to your CPD that you would like MTI to offer as a workshop? Let us know!

Please send your ideas to [register@massagetraining.co.uk](mailto:register@massagetraining.co.uk) to be added to our database of potential exciting Conference and workshop offerings.

# The Regions

We have regional groups around the country; these groups are run by MTI members, for the benefit of other MTI members. Each group has a regional representative who meets with the Practitioner Association Council to discuss MTI membership and ways to continue to improve the benefits our members receive.

## The main roles of Regional Teams are to:

- Liaise with MTI practitioners in the local area
- Organise events for practitioners in the region
- Attend National Practitioner Council meetings to discuss the future of MTI and give feedback from practitioners in your area
- Visit MTI schools to promote MTI to students.

**To find out about regional events in your area visit the website - [www.massagetraining.co.uk/events/](http://www.massagetraining.co.uk/events/)**

## East Anglia Team - [eastanglia@massagetraining.co.uk](mailto:eastanglia@massagetraining.co.uk)



Kerensa Martin



Laura Richardson



Kit Adam



Rebecca Maxwell

## London & Home Counties Team - [london@massagetraining.co.uk](mailto:london@massagetraining.co.uk)



Gary Rollins



Nadia Faucher

## Midlands Team - [midlands@massagetraining.co.uk](mailto:midlands@massagetraining.co.uk)



Niki Cope



Anne Bradshaw

**Could  
this be  
you?**

Midlands is recruiting for new Regional Team Members. Speak to Katrina at the Conference or email the Midlands team.

## North Team - [north@massagetraining.co.uk](mailto:north@massagetraining.co.uk)



Kelly Dorset

**Could  
this be  
you?**

North is recruiting for new Regional Team Members. Speak to Kelly at the Conference afternoon 'Tea with the Teams' or email the North team.

## Scotland Team - [scotland@massagetraining.co.uk](mailto:scotland@massagetraining.co.uk)



Natalia Duncan



Palden Darvish



Emma Veitch



Carlynn Young

## South West Team - [southwest@massagetraining.co.uk](mailto:southwest@massagetraining.co.uk)



Sharon Bull



Lisa Goodwin



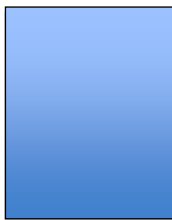
## Wales Team - [wales@massagetraining.co.uk](mailto:wales@massagetraining.co.uk)



Sue Attrill



Catherine Spiteri



Fran Higginson



Jessica Sainsbury-Thomas

## West Country Team - [westcountry@massagetraining.co.uk](mailto:westcountry@massagetraining.co.uk)



Alice Mould



Cinzia Apreda



Heather Newson



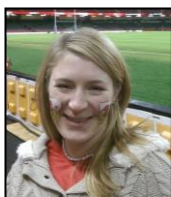
Martin  
Plocienniczak

## Thank You!

A big 'thank you' to the following folks who have given their time to the Regional Teams and have stepped down this year.



James Witham  
East Anglia



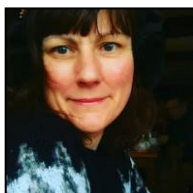
Heather Ward  
Wales



Jitka Godoy  
West Country



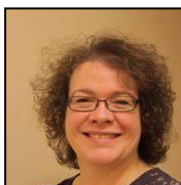
Dovile Arlauskaitė  
West Country



Libby Lane  
South West



Claire Feldkamp  
North



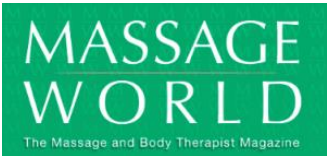
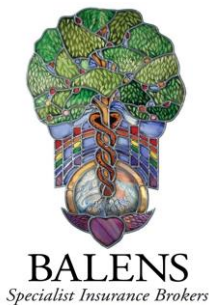
Jane Smith  
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Diane Fullarton  
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Why not give the Alexander Technique a try today? To find out more find us on Facebook at Freedom and Ease or [www.freedomandease.co.uk](http://www.freedomandease.co.uk) or contact us:

**Jane Morris MSTAT:** [jane@freedomandease.co.uk](mailto:jane@freedomandease.co.uk) or **07775430877**  
**Belinda May MSTAT:** [belinda.e.may@gmail.com](mailto:belinda.e.may@gmail.com) or **01761 463 385**

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- a **roadmap** of what to do when
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- with **live calls** & a forum for support, so

*... I could stop guessing &  
know exactly what to do?"*

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(EFAW) courses held regularly at:

- ◆ London;
- ◆ Bristol;
- ◆ Worcester;
- ◆ Reading and
- ◆ Leamington.

Cost £75 per person or £120 for 2.



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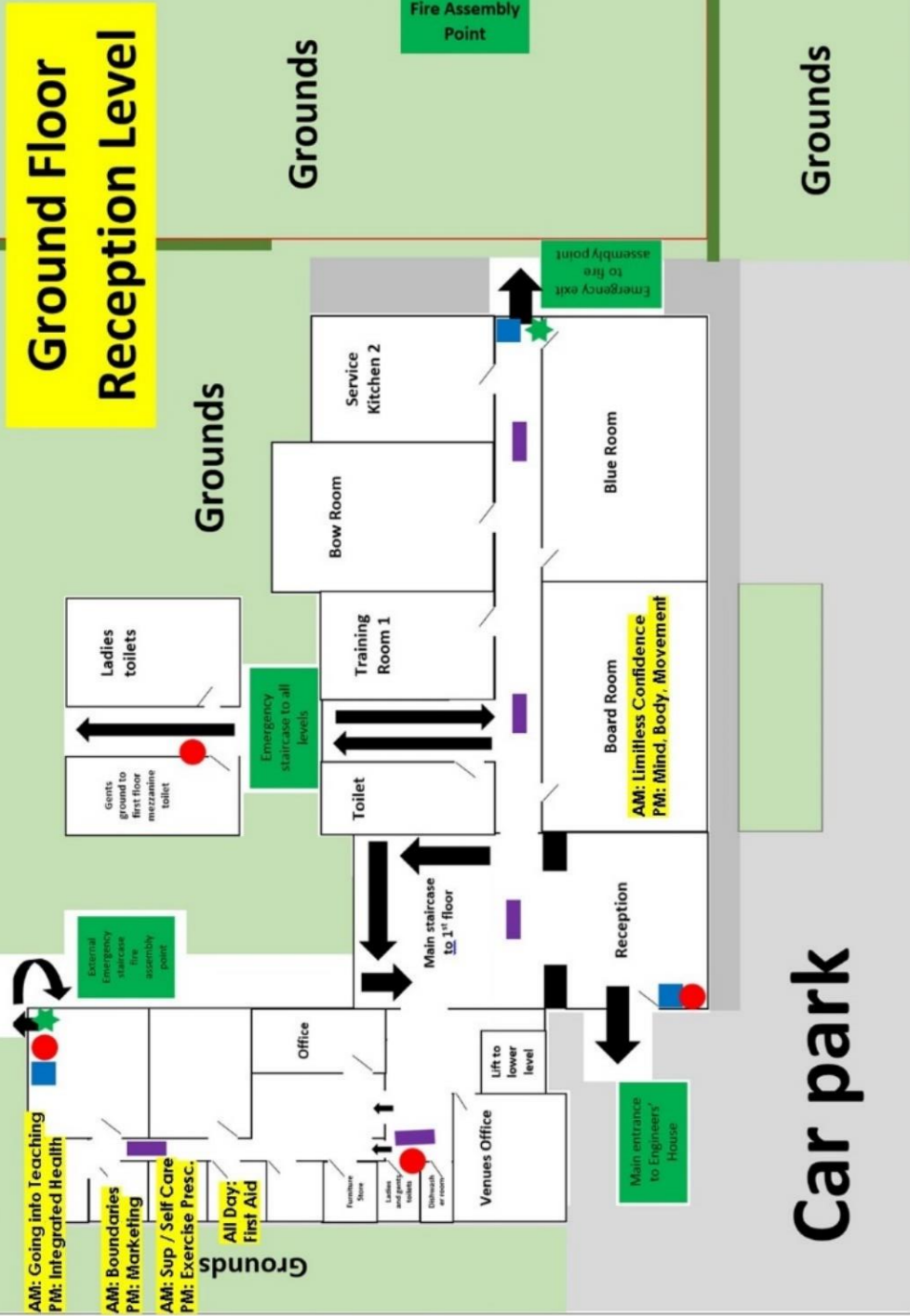
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- ◆ East West Healthcare was formed in 2004 by **Alex BRAZKIEWICZ** (a Paramedic, Acupuncturist, Tuina practitioner, Lecturer and currently a 4<sup>th</sup> Year Osteopathy student) to run alongside Holos Healthcare & Training Ltd. He has been teaching First Aid for over 30 years and has studied Classical Chinese Medicine & Channel Theory in Beijing with Prof Wang Ju Yi;
- ◆ East West & Holos deliver **HIGH QUALITY** First Aid training in a **FUN** and **INFORMATIVE WAY** at a **FAIR PRICE**. East West also delivers **CPD TRAINING** for Healthcare Professionals
- ◆ For further information, email [info@eastwesthealthcare.info](mailto:info@eastwesthealthcare.info), or log onto our website [www.eastwesthealthcare.info](http://www.eastwesthealthcare.info)



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Reception Level**





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