

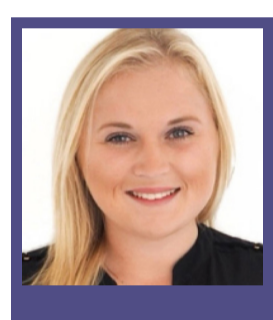


Change to CNHC's CPD Policy

On 25 February 2019, we emailed all CNHC registrants to inform them of an update to our Continuing Professional Development (CPD) Policy. This update was agreed at the CNHC Board meeting last month.

The requirement for 5 hours general learning has been updated so the policy now reads: "The other five hours **may** be more general learning" instead of "**must**".

To view the updated policy, click [here](#).

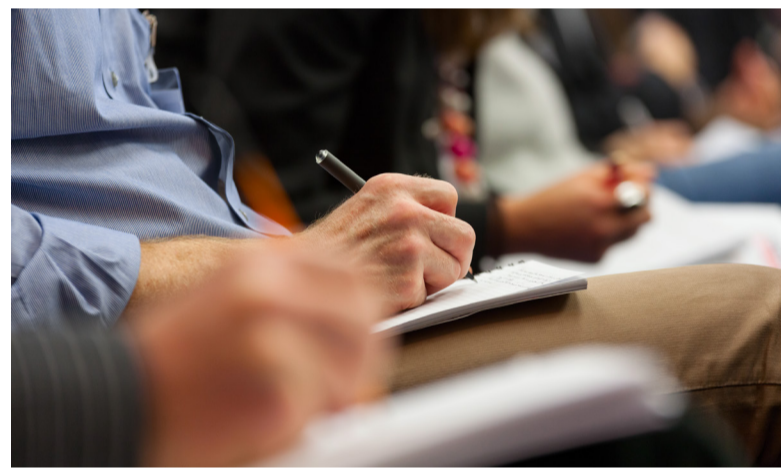


New blog from Georgia Riley

Our latest blog is from CNHC Local Champion and CNHC registered Hypnotherapist, Georgia Riley. While many practitioners choose to train in complementary therapies later in life, Georgia decided to study hypnotherapy early on in her career.

Read all about her journey on our blog [here](#).

Next PSB bi-annual meeting



The next meeting of the Profession Specific Boards (PSBs) will be taking place on Tuesday 19 March. The agenda and group work topics will be distributed prior to the meeting date.

We look forward to catching up with the PSB members that can attend.

Advertising guidance from CNHC

CNHC registrants are bound by our Code of Standards, Ethics and Performance, which requires you to ensure that your marketing materials and advertising content meets the Advertising Codes - which apply to all advertisers in the UK. If you haven't already done so, we recommend you read our [Advertising Guidance](#). If you work with people who have cancer and you advertise your work, it is also important that you read the [CNHC Guidance on the Cancer Act 1939](#).

For all of our guidance available to CNHC registrants, visit our website [here](#).

Join our Network of Local Champions

Are you looking for a new opportunity to network this year? Then we want to hear from you! We are expanding our [Local Champions group](#) and are looking for eager CNHC registrants to help us spread the word about Standing up for Standards.

If you are interested in finding out more, please get in touch with Carolyn Watson, Communications Manager: carolyn.watson@cnhc.org.uk

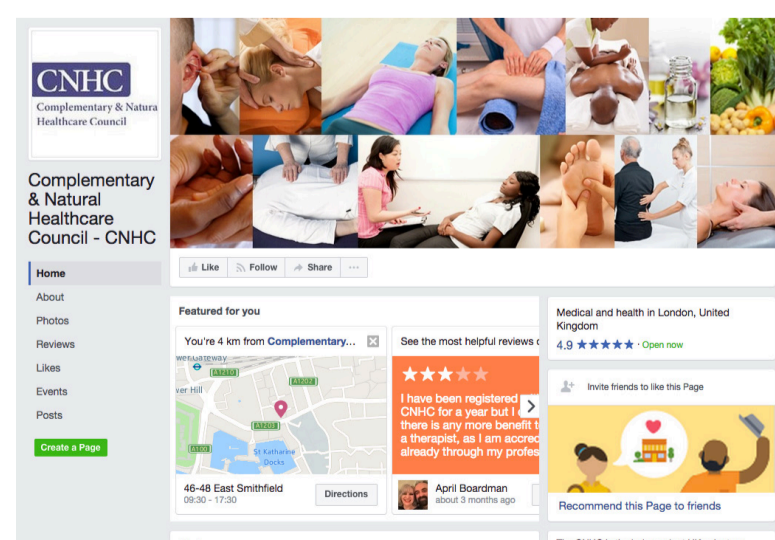
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Welcome to the March 2019 edition of newsupdate

CNHC Chair, Michael Watson

As another month ticks by we are starting to notice more telltale signs of spring – it is so delightful to see the daffodils in bloom. And with the additional daylight upon us, how do you plan to spend that time?

This month CNHC will be attending the Health & Wellbeing at Work Conference at the NEC in Birmingham and the Social Prescribing Conference at the Royal Society of Medicine. Plus, our Chief Executive, Margaret Coats will be attending the Academic and Research Conference hosted by the Professional Standards Authority (PSA), and the next meeting of the Accredited Register (AR) Collaborative (which she chairs). There are also several meetings scheduled with our Profession Specific Boards, including one of the bi-annual meetings for all PSB members. I look forward to reporting back on the outcomes of these meetings.

This month's newsletter includes a feature on Medical Practitioners who are also registered with CNHC. We were very interested to hear why they chose to seek training in complementary therapies and also register with us. I hope you find their words as inspirational as I did.

Wishing you another successful month.

Best Wishes,

Michael Watson



Michael Watson

Medical Practitioners registered with CNHC

CNHC registrants come from a variety of backgrounds and many have different reasons as to why they choose to register with us. With an ever-growing focus on prevention and wellbeing to address the health issues of the nation, we wanted to find out why nearly 30 Registered Medical Practitioners decided to seek additional training in complementary therapies and become registered with CNHC.

Since January, we have been in touch with our practitioners who are also registered with the General Medical Council (GMC) in order to find out more about them. Specifically, we wanted to know why they decided to train in complementary therapies - in addition to their medical qualifications. There is a range of reasons why they chose this path and below are some of their stories.

Adam Carey, CNHC registered Nutritional Therapist



Adam qualified from Oxford in 1998 and went on to become accredited in Obstetrics and Gynaecology, with specialist interests in nutrition and endocrinology. He describes himself as a doctor who focuses on wellbeing and human performance. Since leaving the NHS, he has worked as a Nutritional Therapist to elite athletes and started a business that takes this healthy approach to human performance into the corporate world. As a GMC registrant, he sees regulation as a good thing and the only way to really raise standards – which is why he maintains his registration with CNHC.

Adam commented: *"I think it's really important that the public know where to go to find properly trained, qualified and insured practitioners. All nutritional therapists working with me are encouraged to be CNHC registered as I think it's essential to bring this credibility into the organisations we work with."*

Kathleen Skinner, CNHC registered Hypnotherapist



Kathleen is trained in Paediatrics and Public Health Medicine but realises that there is more that can benefit patients than traditional treatments alone. She spent several years at the start of her career working overseas doing Humanitarian Aid. Upon returning to the UK she worked as a doctor in the NHS, and after challenges she experienced in her own life, she chose to study hypnotherapy. She has found hypnotherapy helps her clients get back in touch with their mind body connection and empowers them to take their physical and mental health back into their own hands.

Kathleen commented: *"The CNHC was set up with government support to protect the public. As complementary therapies are not statutorily regulated, this oversight of the quality of practitioners is very important to me and essential for the safety of clients."*

Mark Chambers, CNHC registered Hypnotherapist



Mark qualified in 1981 and practised as a GP / GP trainer until 2017 but has been interested in clinical hypnosis and other complementary techniques all of his career. While practising as a GP, Mark trained in several complementary fields and integrated these skills into his clinical and teaching practices. Since retiring 18 months ago, he has been running a small private complementary practice. Throughout his work in General Practice, he has found that clinical hypnosis and complementary techniques are very useful resources, especially for patients who have exhausted mainstream treatments and are interested in exploring how complementary approaches might help.

Mark commented: *"As the practice of clinical hypnosis and many complementary techniques are not statutorily regulated, the CNHC is attractive in that it is voluntary and provides some accountability for practitioners and potential clients."*

Emanuele Garbelli, CNHC registered Healer



Emanuele was introduced to healing by a former colleague. Being curious and open minded, he went along to the first part of a diploma training course his colleague was attending. He was instantly captured by the vivid experiences, the accurate feedback, and the rest is history as they say! While researching regulatory bodies, he came across CNHC and the Quality Mark and felt it was essential to register as he wanted to be officially recognised for this additional skill.

Emanuele commented: *"As a registered medic I have to go through many hoops with the GMC in order to maintain my license. There was no question in my mind about joining CNHC, as it provides the public with confidence in my training and skills as a Healer."*

2019 RSPH Awards are open for entries



The Royal Society for Public Health (RSPH) Health and Wellbeing Awards are now open for entries. We encourage CNHC registrants to consider applying for an award, especially if you have been involved in a research project or relevant study. Find out more and apply [here](#).

Contact CNHC

Email: info@cnhc.org.uk | Phone: 020 3668 0406 | Website: www.cnhc.org.uk

Address: 46-48 East Smithfield, London E1W 1AW