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IFPAroma 2017

INTERNATIONAL CONFERENCE SEMINAR DAY *and* TRADE SHOW

Sat & Sun, 2nd & 3rd September 2017
Regent's University, Regent's Park, London NW1



Conference Organiser: Gabriel Mojay, IFPA Chairman



Robert Tisserand

Leading essential oil expert & author of 'Essential Oil Safety' (USA/Czech Rep)

Conference lecture: **Essential oil safety ~ Avoiding adverse skin reactions**

Sunday seminar: **Essential oil chemistry and pharmacology ~ Beyond functional groups**



Julia Graves

Director of the Naturopathic Earthquake Survivor Relief Clinic and author of 'The Language of Plants' (France)

Conference lecture: **Flower Power ~ Using essential oils in disaster relief in Haiti**

Sunday seminar: **The Language of Plants ~ Understanding how aromatic plants reveal their medicinal properties**



Angela Green

Clinical Lead in Complementary Therapies at the Velindre Cancer Centre, a specialist cancer hospital based in Cardiff (Wales)

Conference lecture: **Aromatherapy in cancer care: Anxiety management**



Anita James

Owner and CEO of Essentially Holistic (England)

Conference lecture: **The Further Adventures of Smell Woman ~ Aromatherapy and Massage to support emotionally- and behaviour-challenged children**

Places are limited ~ book your's today!...

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INTERNATIONAL CONFERENCE SEMINAR DAY *and* TRADE SHOW

Sat & Sun, 2nd & 3rd September 2017
Regent's University, Regent's Park, London NW1

The **International Federation of Professional Aromatherapists** is pleased to announce its 2017 International Conference, Seminar Day and Trade Show at Regent's University, London. The Conference will feature Robert Tisserand and other leading speakers, and offer IFPA Members and aromatherapists an opportunity to deepen their knowledge of clinical aromatherapy and current topics.

Conference Venue

Surrounded by lawns, formal gardens and tree-lined lakes, **Regent's University** is located in London's beautiful Regent's Park ~ a 10-minute walk from Baker Street and Regent's Park Tube Stations.



Conference and Seminar Fees

Saturday Conference:	Members: £75 incl VAT	Non-Members: £90 incl VAT
Sunday Seminar:	Members: £125 incl VAT	Non-Members: £150 incl VAT
Full 2-day Attendance:	Members: £185 incl VAT	Non-Members: £225 incl VAT

Conference and Seminar Fees include morning and afternoon tea/coffee.

Lunch is not included; the University cafeteria has a good selection of hot and cold dishes, salads and sandwiches, hot and cold drinks; and across the street in the park is a Benugo cafe/restaurant.

Payment Options

- Make a bank transfer:** **Account Name:** IFPA; **Sort Code:** 402419; **Account No:** 41517023
Please confirm your payment at admin@ifparoma.org stating your name, address and phone no.
- Pay with a card online:** Use the PayPal card payment link at www.ifparoma.org/ifparoma2017
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- Pay with a cheque by post:** Send your cheque payment to **IFPA, 82 Ahsby Road, Hinckley LE10 1SN**
Please confirm your payment by email to the IFPA Office stating your name, address and phone no.

Conference and Seminar Fees are 80% refundable until 1/8/17, after which they are all in cases non-refundable.

Conference Schedule & IFPA AGM

Saturday, 2nd Sept 2017, 9 am – 4.30 pm

- 9.00 Registration
- 10.00 **Welcome** and opening comments by Gabriel Mojay, IFPA Chairman
- 10.10 **Anita James: *The Further Adventures of Smell Woman ~ Aromatherapy and Massage to support emotionally- and behaviour-challenged children***
- 11.00 Morning tea & coffee
- 11.30 **Julia Graves: *Flower Power ~ Using essential oils in disaster relief in Haiti***
- 12.30 Lunch
- 2.00 **Angela Green: *Aromatherapy in cancer care ~ Anxiety management***
- 3.00 Afternoon tea & coffee
- 3.30 **Robert Tisserand: *Essential oil safety ~ Avoiding adverse skin reactions***
- 4.30 **Thanks** and closing comments
- *****
- 5.00 **IFPA Annual General Meeting (AGM)** (Members only; attendance is free)
- 7.00 AGM close
- *****

Conference Programme

Saturday, 2nd Sept 2017, 9 am – 4.30 pm

- 10.00 **Welcome** and opening comments by Gabriel Mojay, IFPA Chairman and Conference Organiser
- 10.10 ***The Further Adventures of Smell Woman ~ Aromatherapy and Massage to support emotionally- and behaviour-challenged children***

Anita James, Owner and CEO of Essentially Holistic (England)

Anita presented *Aromatherapy in Early Years Education* at IFPA's annual Conference in Cardiff in 2008. She returns to share her further adventures over the past nine years working in schools with children ranging in age from 3 to 18 years. Schools and pupils face increasingly challenging behaviours, and changes in society and lifestyle have created issues that impact on children's everyday lives in various negative ways. Anita shares what happens when Smell Woman needs supernatural powers to deal with the many schools that want to work with her. Looking to the future, she shares her vision of a school that has embraced 'nurturing' as its educational ethos, with a will to include growing and harvesting alongside its aromatherapy project.

"I'm Anita James. Aromatherapy has changed and shaped my life for the past seventeen years and created my alter ego 'Smell Woman'. Born and raised in Derbyshire, I've always been surrounded by gardens, allotments and open farmland. The scent of roses takes me straight back to being a child helping my grandfather in the greenhouse. After a stressful and life-changing time in 2000, returning to my love of plants and the natural world, in order to grow a new life, seemed the right path for me. In 2001 I gained an Aromatherapy Diploma from Shirley Price Aromatherapy, Essentially Holistic was launched in 2002, and my aromatic journey began. I'm as passionate today about aromatherapy as when I first started training all those years ago. I am particularly interested in incorporating aromatherapy into everyday situations, and in 2003 I set up a project at the local infant school. Smell Woman was also born! I work alongside the specialist support team providing aromatherapy to special needs children. I'm a firm believer in inspiring learners through active learning; in 2005 I began teaching aromatherapy and holistic therapies courses. In 2013 my company Essentially Holistic received accreditation and became an IFPA school."

11.00 Morning tea & coffee break

11.30 Flower Power ~ Using essential oils in disaster relief in Haiti

Julia Graves, Director of the Naturopathic Earthquake Survivor Relief Clinic and author of 'the Language of Plants' (France)

Julia presents the groundbreaking work of the Naturopathic Earthquake Survivor Relief Clinic in Haiti, which Julia and her colleagues founded after the earthquake seven years ago. First mobile and now permanent, it has offered free naturopathic treatment to over 40,000 impoverished people. The use of essential oils has played a significant role in the treatment and healing of most of the patients, and had been indispensable in combatting constant epidemics ranging from cholera and chikungunya via Zika and vaginal infections to hemorrhagic conjunctivitis, skin lesions and plastic poisoning. Haiti is one of the poorest countries on the planet, and the results that natural remedies yield in a starving population and unhygienic environment is astounding and encouraging.

Julia Graves is a master herbalist and flower essence creator with a background in several modalities. Known for her lively and clear teaching style, she was raised in Germany by an herbalist mother and orthopedic surgeon father. Julia studied herbalism, traditional European medicine, anthroposophic massage and cupping as a teenager. She then studied medicine at Kiel University for four years. She wrote her doctoral thesis on her ethnomedical field research on traditional midwives and healers in a remote area of Zimbabwe. Thereafter, Julia trained as a Gestalt psychotherapist. While working for Findhorn Flower Essences in their early days, she trained as a flower essence practitioner as well as a flower essence creator. Julia has since developed her own line of flower essences, the Lily Circle, as well as kits of flower essences for Mayan Uterine Massage. Her international teaching activities include flower essence and cupping trainings in Minnesota, co-teaching herbal summer schools with Matthew Wood at her farm in France, the International Herbal Symposium and Women's Herbal Conference, lecturing at Herbfest in Britain and Botanica 2014 in Dublin, as well as at the Vermont Center for Integrative Herbalism. In 2010, she founded the Naturopathic Earthquake Survivor Relief Clinic in response to the devastating earthquake to Haiti, and has headed the clinic that has since offered free treatment to over 40,000 people. Julia is the author of *the Language of Plants* (2012), a detailed guide to the doctrine of signatures, and brings over 30 years clinical experience to her teaching.

12.30 LUNCH

2.00 Aromatherapy in cancer care: Anxiety management

Angela Green, Clinical Lead in Complementary Therapies at the Velindre Cancer Centre, a specialist cancer hospital based in Cardiff (Wales)

Angela will discuss the many symptoms and concerns arising from a diagnosis of cancer and its subsequent treatments. Essential oils may be used both to alleviate physical symptoms and to provide emotional support, thereby improving quality of life — not just for the person experiencing cancer treatment, but also for their family, friends and the staff caring for them. Many patients referred to the complementary therapy service at Velindre Cancer Centre suffer with anxiety. This can be anxiety over the diagnosis itself, the treatments they have to undergo, needle phobia, or fear of the unknown and for the future. In 2012 almost 45% of patients were referred to the Velindre Cancer Centre's complementary therapy service with anxiety, and more than 55% of aromasticks given to patients were for this reason. This presentation will provide an overview of some of the essential oils used to treat anxiety and needle phobia, and will demonstrate ways in which they have been successful, using a small number of case studies.

Angela Green has worked at Velindre NHS Trust since 2005, one of the 10 largest regional clinical oncology centres in the UK, and the largest centre in Wales providing specialist cancer services 1.5 million people. Angela's current areas of responsibility as Clinical Lead include working alongside a multidisciplinary team, consultants and allied health professionals to offer a fully-integrated service utilising complementary therapies in supporting patients and assisting in the alleviation of side effects and symptoms of treatment. She is responsible for the implementation and management of the complementary therapy team and department and has been instrumental in the development of the cancer centre as a centre of excellence for education, both in the development and delivery of clinical complementary therapy courses and in facilitating external courses to qualified therapists. This includes the development of the award winning Foundation in Complementary Therapies course accredited at Level 4, which won the Federation of Holistic Therapists (FHT) Excellence in Practice Award in 2013. The Complementary Therapy team also won FHT Excellence in Practice Special Recognition Award for Employee of the Year in 2016.

3.00 **Afternoon tea & coffee break**

3.30 **Essential oil safety ~ Avoiding adverse skin reactions**

Robert Tisserand, Leading essential oil expert & author of *Essential Oil Safety* (USA/Czech Rep)

Robert will discuss the vitally important topic of the dermal safety of essential oils. Phototoxicity, irritation and allergic reaction are the principal types of adverse skin reaction that can occur from topical use. Even if you have never seen one as a practitioner, you should know what these look like, how to avoid them, and what to do if it does happen. And you should know how to advise others on the safe use of essential oils. Irritation and phototoxicity are relatively simple to avoid, but allergic reactions are a challenge because they are much more unpredictable. The idea that Lavender and Tea Tree are safe to use undiluted turns out to be a complete fallacy. Prevention is especially important, as skin contact allergies generally don't go away once the immune system has been primed.

Robert Tisserand is an international speaker, educator and consultant. In 2010-2014 he inspired live audiences in the UK, USA, Canada, Australia, Brazil, the Czech Republic, China, Hong Kong, Taiwan, Korea and Japan. He tracks all the published essential oil research and collaborates with doctors, herbalists and pharmacologists, integrating scientific data with holistic principles. Robert has 40 years of experience in essential oil blending and aromatherapy product development. He is a co-author of the 780-page book, *Essential Oil Safety*. Robert has been instrumental in bringing widespread professional and public recognition to aromatherapy. During his 15 years as a massage therapist, he wrote one of the first books on aromatherapy, in 1977. *The Art of Aromatherapy* is now published in twelve languages. In 1974 he established the Aromatic Oil Company (a predecessor of Tisserand Aromatherapy) and in 1988 he founded The Tisserand Institute, setting new standards for vocational aromatherapy education. Also, in 1988, he launched *the International Journal of Aromatherapy*, which he published and edited for 12 years. In the 1990s, Robert orchestrated three international AROMA conferences at British Universities, each attracting some 300 attendees.

Robert is on the International Advisory Board of *Complementary Therapies in Clinical Practice*, and is a member of the Natural Perfumers Guild. In recognition of his pioneering work, he has been awarded Honorary Lifetime Membership of the International Federation of Professional Aromatherapists (IFPA), the International of Aromatherapists (IFA) and the Alliance of International Aromatherapists (AIA). He was privileged to receive a Lifetime Achievement Award from the AIA in 2007, and is a member of the AIA Research Committee.

4.30 **Thanks and closing comments** comments by Gabriel Mojay

5.00 **IFPA Annual General Meeting (AGM)** (*Members only; attendance is free*)

IFPAroma 2017

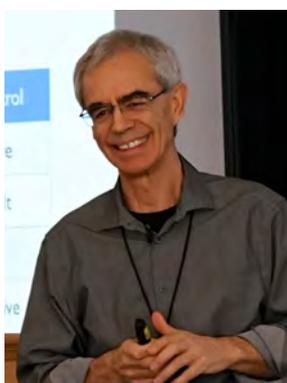
INTERNATIONAL CONFERENCE SEMINAR DAY *and* TRADE SHOW

Sat & Sun, 2nd & 3rd September 2017
Regent's University, Regent's Park, London NW1

Seminar Day

Sunday, 3rd Sept 2017, 9 am – 4.00 pm

IFPA presents a choice of two exciting Sunday Seminars:



Robert Tisserand

Leading essential oil expert & author of 'Essential Oil Safety' (USA/Czech Rep)

Essential oil chemistry and pharmacology ~ Beyond functional groups

Understanding the pharmacological effects of an essential oil constituent is often very revealing about the action of the whole oil, though there are questions about the extent to which we can meaningfully extrapolate. Functional Group Theory (FGT) – which chemical families have which effects - was first proposed for essential oils in 1990. Many regard it as an established theory, and it is indeed a teaching tool used by several established schools.

The idea that the pharmacological action of a molecule depends on its molecular structure does make complete sense. However, in the light of what we know today, the notion that this is determined only by the functional group looks extremely shaky, and current evidence does not support it. In fact, simply knowing the effects of single constituents makes much more sense than FGT, and new research offers some fascinating insights.

Constituents do often interact with receptor sites or membrane proteins, and of key interest are transient receptor potential (TRP) channels. These used to be considered simply as detectors of temperature or irritation, but we now know that they are also therapeutically functional. The action of constituents in relation to TRP channels tells us much about both known and potential therapeutic effects.

In this special one-day seminar, Robert Tisserand explores the chemistry and pharmacology of essential oils asking, *to what extent can the medicinal activities and indications of essentials be explained by the functional groups, at all?* His astute and thorough analysis in this regard provides eye-opening therapeutic insights for all practitioners working with essential oils.

Seminar Schedule

8.30	Registration
9.00	Morning session (incl 30-min tea/coffee break)
12.30	Lunch
1.30	Afternoon session (incl 30-min tea/coffee break)
4.00	Seminar close



Julia Graves

Director of the Naturopathic Earthquake Survivor Relief Clinic and author of 'The Language of Plants' (France)

The Language of Plants ~ Understanding how aromatic plants reveal their medicinal properties

It is good for aromatherapists to remember that essential oils come from plants, not from a bottle, and that the aromatic molecules do not come from a lab, but from Nature.

In this workshop, we will learn how plants and aromatic medicinals show us what they heal. Nature has her own sign language. This language is planetary, all human cultures have read it in the same way. One American Indian medicine man called someone who did not know how to read plants “illiterate in the woods”. Luckily, the Language of Plants is easy and straightforward. In this class, we will learn how to read it based on a number of plants we know so well in aromatherapy and also venture out into the plant to see what the plants there have to tell us. Be prepared to open your eyes to Nature!

Understanding the Language of Plants sprang from my love for nature, healing and foreign languages. Working with healing plants since childhood, I became aware that they actually show you what they are good for - with visible signs. And I wanted to know what Nature had to tell me. I discovered that the same characteristics have been traditionally recognized world wide to mean the same thing, such as blood red plant parts being healing to the blood and circulation. In the middle ages, this was called the doctrine of signatures. A sign language - like that of mute people or gorillas - it is practical, straight forward, and no-nonsense. Finding only bits of information scattered here and there, I set out to put all the pieces of knowledge from the various planetary traditions together. To my amazement, a clear and coherent system emerged: nature's own system, nature's own sign language.

All one needs to understand plants is one's senses – to look, taste, smell, observe. No clairvoyance or mystical skills are necessary. Just being in nature with a still, open mind and clear senses is enough. Paracelsus calls this reading the pages in the book of nature. The only thing one needs to accept is that an analogy between outer and inner characteristics can be meaningful – as above, so below; as outside, so inside. Nature herself is not reductionistic, her language is holistic and artistic. It is easy to learn.

Plants have their own wisdom. They “know” who they are and what they do. Unfortunately, many who use healing plants cannot recognize an herb even if they step on it, and they have never been shown that plants communicate what they heal. Teaching plant healing over the decades, I realized that unlike others I knew how to “speak plant”, knew that there is a meaningful relationship between symptom patterns and the pattern of the plant's appearance. Wanting to mediate between nature and people, I wrote this practical how-to guide as a gift to plant lovers to read nature the way the ancients did. Seeing my students catch on immediately has given me the confidence to say: the aptitude to learn the language of plants is part of our innate birth right as beings of nature.

My hope is that this workshop will spark a renaissance of true holistic relationships to plants, embracing nature as meaningful and alive. When a healer thus trained in reading nature finds the healing plant that is the exact energetic match to the energetic distortion of the ailing person, true holistic healing takes place *in quantum leaps*.

Seminar Schedule

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- 9.00 **Morning session** (incl 30-min tea/coffee break)
- 12.30 **Lunch**
- 1.30 **Afternoon session** (incl 30-min tea/coffee break)
- 4.00 Seminar close