

Continuing Professional Development Seminar Series

## The Phytotherapy of Sleep

Saturday, 24 March 2018, 10.00 am to 4.30 pm  
Mary Ward House, Lethaby Room, 5-7 Tavistock Place  
London WC1H 9SN

### PROGRAMME

- 9.30 am **Registration & Coffee**  
Chair: Dr Chris Etheridge
- 10.00 am Dr Phil Deakin: *A Ruffled Mind Makes a Restless Pillow.*
- 10.45 am Iulia Barta: *A Herbal Medicine Approach to Insomnia.*
- 11.30 am **COFFEE BREAK**
- 12.00 am *Case History:* Helen Compton: *Efficacy of Herbs in Withdrawal from Orthodox Sleep Medication.*
- 12.20 am Julian Barker: *The Management of Sleep using medicinal plants to entrain Circadian Rhythms.*
- 12.40 pm **Discussion**
- 1.00 pm **LUNCH**
- 2.00 pm The Founder's Lecture: Brian Lamb: *"The Body in Unity and The Unifying Herbs"*.
- 3.00 pm **TEA**
- 3.30 pm Bernadette Dowling: *"Ficus carica and Sleep, a thing of the past?"*
- 4.15 pm **Discussion**
- 4.30 pm **FINISH**

#### **Fees including lunch:**

**EHTPA Members [CPP etc], BHMA & NIMH Members** £70.00.

**Non-EHTPA Members** £90.00.

**CPP Students** £25.00 (or £10 without lunch).

**Non-CPP Students** £45.00 (or £30 without lunch).

**New Practitioners** [1<sup>st</sup> year only - Year qualified: ] £60.00.

Attendance at this event will attract 4 CPP/CPD credits.

CPP Members: on the day, please obtain an authorised signature on your ticket.

Please send cheque payable to College of Practitioners of Phytotherapy, to:  
Pam Bull, CPP, Oak Glade, 9 Hythe Close, Polegate, East Sussex, BN26 6LQ.

Tel: 01323 484353. 10 am – 5 pm. Email: [pamela.bull@btopenworld.com](mailto:pamela.bull@btopenworld.com)

[www.thecpp.uk](http://www.thecpp.uk) [Card facilities are available]