

Continuing Professional Development Seminar Series  
**The Therapeutic Relationship and Practitioner Resilience**  
Saturday 18 March 2023

**Speaker Biographies**

**Benn Abdy-Collins MCPP**

Benn qualified from the School of Phytotherapy full-time class of 1993. In practice, he soon discovered that there are key ways to engage with patients – presence and use of listening skills – to follow intuitive understanding of what needed to be asked and said. His work focuses on hearing his patients, and the importance of treating the individual. Listening, and an interest in trauma and dealing with death, has led Benn to be an experienced Funeral Celebrant, and most recently, a Suicide Bereavement Liaison Officer. His skills gathered from being a herbalist have proved very useful foundation in these role extensions.

**Anna Betz MCPP DipISW**

Anna has been in clinical practice as a Medical Herbalist since 1989. She has lived and worked as a community herbalist in different parts of the world including for 6 years in Turkish Cyprus. She has organised events to raise awareness of Health as a Commons and collaborated with Living Medicine. In 2017 Anna qualified in Endobiogenic Medicine and became a co-founder of the [Endobiogenic Society in the UK](#). From 2005-2021 she worked in NHS Older People's Mental Health Services in London where she co-initiated, designed and facilitated a project known as Brainfood. Due to its success, the [APPLE Tree Programme](#) for the active prevention of dementia (1) was born and is presently part of a Randomised Controlled trial at UCL. Anna coaches and supervises the facilitators regarding dietary and lifestyle changes. She works part time with [WellBN](#), a progressive primary care practice in Brighton where she has facilitated many Brainhealth and Diabetes prevention workshops since 2016. Presently she co-facilitates a 2 year Chronic Trauma pilot project and takes patients on foraging walks. Growing co-creative and thriving communities where individual, communal, organisational, and social evolution can meet and where people support each other in unfolding their potential is Anna's passion. 1. <https://assets.researchsquare.com/files/rs-1185637/v1/3cea4bb9-7794-42a9-801c-90261d9a1094.pdf?c=1656424751>

**Peter Conway FCPP**

Peter graduated from the College of Phytotherapy in 1995 and ran a clinical practice in the UK for over 20 years before emigrating to Canada in 2015. He is a former President of the College of Practitioners of Phytotherapy and the author of 'The Consultation in Phytotherapy' (2011). Peter continues to practise and teach on Vancouver Island where he is grateful to live by the Pacific ocean on the unceded territory of the Stzuminus First Nation.

**Dr Chris Etheridge PhD MCPP**

Chris holds a first class honours BSc and a PhD in Medicinal Chemistry from Imperial College, London. He was a Lecturer and Research Fellow in Gene Therapy at Imperial's Department of Chemistry and at the Department of Biochemistry and Molecular Genetics at St Mary's Hospital from 1995-2002, where he taught on the undergraduate and postgraduate courses. He published a diverse range of research in areas including synthetic, medicinal and biological chemistry, and biochemistry. After this, Chris completed his professional training on the four-year Herbal Medicine degree programme at the College of Phytotherapy, East Sussex, where he graduated in 2006 with a first class honours BSc. His dissertation on quality control in herbal medicine was subsequently published. Chris currently works fulltime as medical herbalist and runs two busy practices in Central London and Epping. Chris is President of the College of Practitioners of Phytotherapy (CPP) ([thecpp.uk](#)), Chair of the British Herbal Medicine Association (BHMA) and Chair of the Herbal Practitioner Supplier Section ([bhma.info](#)), and Chair of the European Herbal Traditional Medicines Practitioners Association (EHTPA) ([ehtpa.eu](#)). He is also a member of the British Pharmacopoeia's Expert Advisory Group on Herbal and Complementary Medicines ([pharmacopoeia.com/technical-advisers-to-the-bpc](#)). Chris is a guest lecturer at: University of Westminster ([westminster.ac.uk](#)), Lincoln College ([lincolncollege.ac.uk](#)), Centre for Nutrition Education (CNELM) ([cnelm.co.uk](#)), the Institute of Optimum Nutrition (ION) ([ion.ac.uk](#)), the Northern College of Acupuncture ([chinese-medicine.co.uk](#)) and The Haven ([thehaven.org.uk](#)). He is a writer for the charity Action for ME ([afme.org.uk](#)) and scientific advisor for Advanced Orthomolecular Research ([aoreurope.co.uk](#)), Potter's Herbs ([pottersherbs.co.uk](#)), the UK Tea and Infusions Association ([tea.co.uk](#)), Twinings tea ([twinings.co.uk/tea](#)), the

Health Supplements Information Service ([hsis.org](http://hsis.org)), Neolife ([us.gnld.com](http://us.gnld.com)), Puresentiel ([puresentiel.com/uk/](http://puresentiel.com/uk/)) and the charities Yes to Life ([vestolife.org.uk](http://vestolife.org.uk)) and Kids Integrated Cancer Treatment.

#### **Roberta Hutchins BSc MCPP MHGI**

Roberta began her career in the field of herbal medicine in 1997 as a Research Assistant at the Centre for Complementary Health Studies at Exeter University. She worked on publications for the [British Herbal Medicine Association](#) (BHMA) and the [European Scientific Cooperative on Phytotherapy](#) (ESCOP) whilst training in herbal medicine. Roberta graduated with a first class honours BSc in herbal medicine from Middlesex University, completed her clinical training with the College of Phytotherapy and has been practising herbal medicine in Exeter since 2004. She also worked for several years as Editor and data input coordinator for Plant Medicine, which incorporated the EXTRACT database, reviewing and assessing the traditional and scientific evidence for herbal medicines. Roberta has continued to work for the BHMA and ESCOP, as Company Secretary of the BHMA since 2007 and as Editor of the ESCOP monographs since 2011. Recognising that people suffering from anxiety, depression, and many health problems related to stress were forming the backbone of her practice, she decided to train in a form of very effective Counselling & Psychotherapy. Roberta found the Human Givens approach to be a really effective way to do this and started her Human Givens training in 2009, completing her diploma with Distinction in 2019. Roberta has also been teaching weekly classes in gentle yoga for the last ten years via [www.bewelldevon.co.uk](http://www.bewelldevon.co.uk).

#### **Ginny Kemp MCPP MNIMH**

Ginny has a Bachelor of Medical Science from The University of Birmingham (2003) and qualified as a Medical Herbalist through the College of Phytotherapy/UEL degree course in 2007. She has been in practice ever since. Initially she consulted at Hydes Herbal Clinic in Leicester for 7 years before setting up her own practices in Stamford, Lincolnshire, and near Market Harborough, Leicestershire. Whilst studying Herbal Medicine Ginny worked in all areas of sales and production at Rutland Biodynamics and experienced the processes required to meet GMP. Her phytochemistry research dissertation looked at the Stability Of The Flavonolignan Complex Silymarin In Commercial Tinctures Of *Silybum marianum*, the results of which were published. Ginny regularly give talks on herbal medicine, works with a corporate health and well-being company to bring well-being into the workplace and has run workshops in making herbal medicines. Ginny is currently a Council member of both the CPP and EHTPA.

#### **Alex Laird BSc FCPP**

Alex is a practising medical herbalist/phytotherapist and founder director of the charity Living Medicine [www.livingmedicine.org](http://www.livingmedicine.org). She wrote *Root to Stem: a seasonal guide to natural remedies and recipes for everyday life* (Penguin 2019), lectures and has published herbal medicine research. In 2000 she set up and still runs the UK's first herbal teaching clinic in dermatology at Whipps Cross Hospital and the Breast Cancer Haven herbal medicine clinic. She was originally a TV producer, then an aromatherapist with clinics at Chelsea & Westminster Hospital and at two London HIV/drug centres. Living Medicine reskills people in how to use food and herbs in everyday self care, exchanging knowledge between cultures. Its long-term vision is to create Britain's first world herbal medicine/food garden as a national centre linked to a web of community healing gardens. Alex's driving passion is discovering how life is designed at all levels - reconnecting to each other, our rhythms, food and nature to follow our design is at the heart of resilience.

#### **Dr Anna Ludvigsen MCPP**

Anna is a medical herbalist, psychiatrist, and award-winning medical educator at the University of Nottingham medical school. She is passionate about the impact of the therapeutic relationship on treatment outcomes and has developed a simulation-based training program for healthcare professionals to improve their therapeutic skills. This programme is now part of the mandatory training for doctors in the East Midlands and has been used to coach over a thousand individuals. Anna has observed that common problems in consultations often stem from the internal fears and subconscious biases of the practitioner. By exploring these obstacles with care and compassion, they can be overcome, leading to improved patient outcomes and practitioner wellbeing.

#### **Paula McCreary MNIMH**

Paula is a medical herbalist with a small practice in West Wales. She enjoys making her own herbal products which she sources locally. Paula has specialised in treating fatigue-based conditions and working with grief. Qualifying as a medical herbalist from Lincoln University in 2015, she holds a first-class BSc (Hons) in Herbal Medicine and received a MSc in Research Skills from Swansea University in 2012. Paula also works as clinical supervisor for

Heartwood and for Betonica where she is head of year and teaches Research Skills and Reflective Practice. She has a passion for working with practitioners and students to build skills and tools to support them in practice. Her background in social work and teaching gives her a unique perspective on herbalism which is firmly grounded in research. Paula has been an educator in social care and health for many years and lectures for several UK universities, specialising in teaching reflective practice, practice-based learning, values, ethics and professionalism. Last year Paula joined the NIMH Council and is enjoying the opportunity to bring her special interests in education, mentoring and research skills to the Institute.

**Jackie Saul-Hunt MCPP**

Jackie has been a practising herbalist for more than 25 years, running her clinic in East Sussex, as well as teaching on many different courses over the years. She has a special interest in the practical use of Schedule 20 herbs. Jackie is also a community development worker, involved in the 'Make it Happen' project based in and around Rother in East Sussex which aims to help turn ideas into reality for community groups or individuals. Jackie also leads on the 'I Know How' Interreg project to assist people with a cancer diagnosis returning to work. Her main interests include running around the local footpaths especially with various teenagers in tow (mostly trying to catch them up these days), and swimming in the local rivers as well as a lifelong interest in finding plants that are good to eat and make medicine from.