

Human microbiome seminars for natural healthcare practitioners

with Viola Sampson BSc RCST BCST



I am delighted to be offering a series of three seminars for complementary and natural healthcare professionals in 2019. All three seminars on the human microbiome are linked, but can be taken separately. The second and third seminars build on the first, and so require some prior understanding of the human microbiome. An important focus of each seminar is on how to apply this new knowledge into our individual healthcare practice. Please see overleaf for full seminar outlines, learning objectives and testimonials.

Our overlooked organ: the human microbiome

Saturday 30 March 2019, 1:00–5:30pm

This seminar serves as a foundation in understanding the microbiome and its importance in our work as healthcare professionals.

Gut feelings: the microbiome-gut-brain axis

Saturday 1 June 2019, 1:00–5:30pm

This seminar explores the role of the microbiome in psychoemotional health and wellbeing.

Rhythms of light, dark and the body clock

Date tbc (Autumn 2019)

This seminar looks at the role of the microbiome and disruptions in our circadian rhythm in sleep disruption and mental health.

Venue: Brighter Spaces, 2A Prebend Street, Islington, London N1 8PT.

Fees: £95 booked singly, £175 for two booked together.

Book: www.violasampson.com/book-online

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About me

As a craniosacral therapist and microbiome analyst, I am committed to integrating the latest research into my practice and teaching. I draw on my background working with bacteria as a biomedical research scientist, as well as cutting edge trainings on the microbiome and peer-reviewed medical literature. I have been teaching popular and engaging seminars for natural healthcare practitioners on the fascinating, invisible world of the microbiome for the past 4 years, and am passionate about facilitating conversation between practitioners of different disciplines about this exciting, emerging field.

For more information on my background and practice, please see www.violasampson.com

SEMINAR 1 – Our overlooked organ: the human microbiome

The very basis of our understanding of health and disease is being transformed by an explosion of groundbreaking medical research. Extraordinary new discoveries about beneficial bacteria, viruses and fungi living deep within and throughout the human body, have huge ramifications for practitioners in conventional and complementary medicine alike. Disruptions in this community of microscopic life, known as the human microbiome, are now implicated in a multitude of conditions – from digestive disorders such as IBS and Crohn's, to autism and chronic lung conditions, from inflammatory and autoimmune diseases such as rheumatoid arthritis and ME/CFS, to cancers and even mental health. Yet just as its huge significance is dawning on us, we are realising the microbiome is becoming dangerously degraded due to poor understanding, standard medical practices, diet and lifestyle choices. What does all this mean for our complementary healthcare practice and our models of health and healing? With microbes outnumbering our human cells, it's time to expand our perceptual fields and relate to the human individual as part of a vast, invisible ecological system – continuous with soil, sea and air.

By the successful completion of the seminar, the student will be able to:

- Describe the scale and significance of microscopic life in human health
- Categorise the different kinds of microbes that make up the human microbiome
- List a range of microbial communities around the human body
- Describe how microbiome research has evolved over the last decade and the new testing methods available
- Identify roles of the microbiome in vital processes and systems of the body
- Name a range of pathologies associated with changes in the microbiome
- List the roles of the gut microbiome in health
- Give examples of how fecal transplants have contributed to gut microbiome research
- Broadly evaluate different foods and diets for their effect on the gut microbiome
- Explain the difference between prebiotics, probiotics and probiotic foods, using examples
- Describe the process of seeding the microbiome, and formation of the prenatal and perinatal microbiome
- Explain the impact of medical intervention at birth and ways parents can support the healthy seeding of the microbiome
- Discuss how the microbiome develops during the first three years of life
- Summarise the predicament of the modern microbiome – the impact of diet, lifestyle and environmental changes and the role of the complementary therapy community in education and support
- Explore implications for healthcare practice, including responsibilities, ethics and boundaries concerned with education and advice
- Consider the human individual holistically, as a vast open ecosystem
- Explore the relevance of the microbiome with other practitioners of other modalities, and discuss implications and goals for practice.

SEMINAR 2 – Gut feelings: the microbiome-gut-brain axis

How might orienting to the gut microbiome support digestive health, restful sleep and psychological wellbeing? We will explore pathways of communication between the gut microbiome and the central nervous system, known as the 'microbiome-gut-brain axis. Through this lens, we will look at common scenarios in clinical practice, including digestive issues, irritable bowel syndrome (IBS), small intestinal bacterial overgrowth (SIBO), as well as sleep disruption, stress, trauma, depression and anxiety. Our primary focus will be the application of this understanding in practice. This seminar deepens into material from the previous seminar while remaining accessible to those new to the subject.

- Confidently describe the communication pathways of the microbiome-gut-brain complex and apply this knowledge in practice.
- Illustrate the role of bacteria in shaping our behaviour and mental health
- Describe how microbes interact with each other and with us
- Consider the action of the vagus nerve together with the microbiome – as one functional unit
- Assess meaningful interventions to support digestive health and psychological wellbeing
- Recognise which details in a case history indicate the potential benefit of attending to the gut microbiome
- Understand digestive issues commonly seen in clinical practice, including IBS, and SIBO
- Explore the two-way relationships between the gut microbiome and the stress response system, including the role of the vagus nerve
- Discuss the relevance of the gut microbiome in anxiety, depression, sleep disruption, Adverse Childhood Experiences and PTSD

SEMINAR 3 – Rhythms of light, dark and the body clock

In the electric excitement of a modern lifestyle, we are increasingly disconnected from the cycles of nature, not least our sleep-wake cycle. Our circadian rhythm, established by our body clock, plays an important role in hormonal and digestive health, as well as mental health and restful sleep. This seminar will look at how diet, working patterns and lifestyle choices can disrupt the body rhythms and hormonal shifts that govern our sleep-wake cycle, and how electric light and smartphone screens can confuse the body clock.

We will explore the different components of the body clock – including the role of the pineal gland, the gall bladder and the gut microbiome. We will discuss how orienting to these aspects of our body clock might support clients with hormonal conditions, digestive issues, metabolic disorder, sleep problems and jet lag. In discussion, we may also touch on the wider context of society's relationship to night and darkness, and see how that might affect our work as therapists and our clients' processes.

Here's what people have been saying about my seminars and workshops:

"Very well and clearly presented. Covered a lot, yet not overloaded. I like Viola's method and approach to teaching – calm, clear and light hearted. The best CPD course I have ever done here!"

"It opened up a whole new understanding... I think this will add a new dimension to my skills as a practitioner."

"Fantastic – a very complex subject presented in a clear, informed and engaging way. A huge range of information carefully distilled, with lots of follow up information for further exploration."

"An amazing thing to tune into – you have opened up a new world to us!"

"I love all the detailed information, gems of info – unknown 'til now, interspersed with video and visual content. I am very grateful for this fascinating presentation and as Viola says; this missing piece of the puzzle."

"It has provided me with information that will change the way I work and view the human body."

"What a brilliant day, light, refreshing, immaculately presented and organised, and so positive."

www.violasampson.com