

CPP Continuing Professional Development Seminar Series
"What on Earth is Evidence-Based Herbal Medicine?"

Saturday, 2 October 2010, 10.00 am to 4.00 pm

Biographies of Chair/Speakers

Peter Conway, President of CPP

Peter Conway studied with the College of Phytotherapy on their full time course, graduating in 1995. Since then his work in herbal medicine, outside of his clinical practice in Tunbridge Wells, has centred on herbal education and politics. Peter was formerly a tutor at the College of Phytotherapy and helped to design the BSc Herbal Medicine programme at Napier University in Edinburgh. Peter was a member of the working group responsible for developing the National Professional Standards in Herbal Medicine with Skills for Health in 2003. In 2006 he was appointed to the Department of Health Steering Group set up to recommend on the regulation of herbal medicine and acupuncture. He has written several books relating to herbal medicine and his latest, *The Consultation In Phytotherapy*, is due out in August 2010. Peter is the current President of the College of Practitioners of Phytotherapy and a Director of the European Herbal and Traditional Medicine Practitioners Association.

Christine Little

Christine has a nursing background and is currently employed as a Senior Lecturer at Bournemouth University. The vast majority of her clinical experience is in intensive care nursing, which she practised for many years at both Bournemouth and Poole General Hospitals. Christine joined Bournemouth University in 1992. At that time, she taught mostly in the natural sciences (anatomy and physiology) and she taught critical care nursing to post-qualified students. During the last 10 years or so she has been increasingly involved in teaching research methods to post-qualifying and post-graduate health care students and in supervising research students at Masters and PhD levels. She has also been studying traditional acupuncture, which she hopes to complete this year.

Christine's interest in herbal medicine stems from her exposure to lay herbalism during childhood. Academically, she has completed Cochrane systematic reviews on the effectiveness of herbal medicines in arthritis and her experience of the systematic review process was partly responsible for influencing the focus of her subsequent PhD study. Specifically, her PhD, which she undertook at Southampton University, drew on the philosophy of hermeneutic phenomenology to explore the reasons for people's use of herbalism in the context of contemporary UK health care. Currently, Christine continues her academic role in conventional health care but hopes, in the future, to engage in the practice of acupuncture and to contribute to the academic community in a CAM context.

Simon Mills

Simon is a Cambridge graduate in medical sciences who has been a herbal practitioner since 1977. In 2006 he was appointed as a professional member of the statutory Herbal Medicines Advisory Committee. In 1987 he co-founded and then directed the Centre for Complementary Health Studies at the University of Exeter. In 2003 he was a Senior Teaching Fellow at the Peninsula Medical School at the Universities of Exeter and Plymouth where he developed the first taught MSc programme in Integrated Health Care in any medical school in the UK. Since January 1997 he has been Secretary of the European Scientific Cooperative on Phytotherapy (ESCOP) and was Chairman and President of the British Herbal Medicine Association. In the past he has been President of the National Institute of Medical Herbalists and of the College of Practitioners of Phytotherapy. He has written many books and articles, including a modern classic and best selling textbook with Kerry Bone *The Principles and Practice of Phytotherapy* and the award winning *The Essential Guide to Herbal Safety*. He co-produced the 1996 edition of the British Herbal Pharmacopoeia and was co-author of reports published in 1997 and 2000 for the UK Department of Health: Professional Organisation of Complementary and Alternative Medicine in the United Kingdom. He has published widely in the scientific literature including controlled clinical trials and other primary research, and lectures around the world. In 1996 the Prince of Wales appointed Simon as Chairman of the Regulatory Working Group on his Foundation for Integrated Medicine. In 2000 he was Special Adviser to the House of Lords Select Committee on Complementary and Alternative Medicine. In 2001 he founded the first Masters of Science in Herbal Medicine in the USA and currently commutes there 5 times a year. Over 20 years he has built the Plant Medicine project (www.phytotherapy.info) to disseminate the EXTRACT database of clinically relevant information on herbal medicine. This is now the key part of a major Department of Health project to develop new ways to encourage self care.

Dr Andrew Flower

Andrew graduated in 1992 in herbal medicine and acupuncture and undertook further clinical training in Taiwan and China. He recently completed a PhD at Southampton University investigating the role of Chinese herbal medicine in the treatment of endometriosis. This involved developing professional consensus on best practice, a Cochrane systematic review of Chinese clinical trials, and a feasibility study to test a novel way of delivering individualised herbal decoctions within the context of a RCT.

Andrew is a past President of the Register of Chinese Herbal Medicine and has recently returned to Council to help promote education and CPD. He currently divides his time between research work and private practice in London and Hove, where he has a special interest in supporting people living with cancer, and in gynaecology.