



Free Forum: Natural Medicines and Therapies for Women

Sunday 7 February 2010, 1.30pm – 4.30pm

Red Rattler Theatre, 6 Faversham Street, Marrickville

Women have been using alternative therapies throughout the history of the world. Most traditional modalities pre-date modern medicine. Creative Womyn Down Under (CWDU) presents an informative question and answer discussion with four queer women who will provide insight into how alternative therapies can help to remedy women's health issues. Facilitator Georgina Abrahams, Director CWDU will be joined in this interactive session by Chris Fysh – acupuncture, Tracie O'Keefe – hypnotherapy, psychotherapy; Sharon Smith – naturopathy, massage; and Ellen Scott – osteopathy, homeopathy. Bring along your questions and take a look at your health from alternative perspectives. Topics may include managing menopause; back pain; quitting smoking; pregnancy; migraines; general physical and mental health issues. Please register your interest in attending and any questions for speakers to consider by email to georgina@creativewomyn.net or phone 9557 2774. Suggested gold coin donation at the door towards Red Rattler.

Acupuncture

My name is Chris Fysh and I'm an acupuncturist (Diploma of Applied Science Acupuncture). I trained in traditional Chinese TCM Acupuncture graduating in 1989 and have since done post graduate studies in Japanese Acupuncture, the main difference being the needle technique. It is much gentler than the Chinese needling technique but diagnosis is still very similar, using pulses, tongue and hara (abdomen). I love what I do and have for 20 years now been working both privately and communally (women's health centres, aboriginal medical centres, detoxes and rehabs).

Acupuncture treats a wide range of 'problems' physical, emotional and spiritual. You need to treat all of these aspects of a person to do the best you can by them. Just about anything and everything will fit into one of those three categories so that's what I aim to treat when a person comes for treatment. Treating the whole person, not just symptoms. *ps it doesn't hurt :-)*

Hypnotherapy & Psychotherapy

Dr Tracie O'Keefe DCH, ND holds a Degree in Clinical Hypnotherapy, a Post-Graduate Advanced Diploma in Psychotherapy & Hypnosis, a Doctorate in Clinical Hypnotherapy, is a qualified Counsellor, Couples and Family Therapist, Sex Therapist, Naturopath, Medical Herbalist, Medical Nutritionist, Body Therapist, Aesthetician and a registrant of the Australian ANPA, ASOCHA, PACFA, CCH, AAPA, AAMT, ASSERT registers.

Tracie is Director of the Australian Health and Education Centre, Sydney where she practices and is an internationally recognised researcher and author in the fields of

hypnosis, psychotherapy, and sex, gender and sexuality identity. Before coming to Australia in 2001 she was a resident therapist at the London Medical Centre in the UK for many years having become involved in a counselling group at college in 1970. She will demonstrate the use of fast Clinical Hypnotherapy used with Brief Solution Focused Therapy in helping people overcome their difficulties and achieve their goals.

Naturopathy & Massage

My name is Sharon Smith. I am a qualified Naturopath and Massage Therapist. I have been in practice for a little over 10 years. I'm currently practicing at Balmain, Leichhardt and Hurlstone Park. I also work with asylum seekers and refugees. My main modalities are herbal medicine, homoeopathy, nutrition and iridology.

Naturopathy works with our body's intrinsic ability to heal itself and seeks to restore balance in our physical body, mind and spirit. I was lead to studying Naturopathy through a fascination with home remedies, traditional healing practices and a commitment to empowering individuals and communities to find solutions that work best for them.

Osteopathy & Homeopathy

Ellen Scott is a recently qualified Osteopath with an extensive background in yoga, meditation homeopathy and bodywork. She is a member of the Australian Osteopathic Association. Osteopathy treats the whole person, by aligning the structure, relaxing the muscles and increasing mobility of the joints. This practice stimulates the body's own ability to heal itself. Ellen's deep interest is in the interface between the body, mind and spirit.