



LECTURER PROFILES  
The Diploma in the Study of Integrated Medicine 2009-2010

**FIM's academic partners at the University of Buckingham Medical School**

**Professor Karol Sikora**

Dean of the University of Buckingham Medical School, Medical Director of Cancer Partners UK and Honorary Consultant Oncologist at Hammersmith Hospital, London. Professor Sikora has been a long term supporter of integrated cancer care and has invited the creation of this course as he feels that there is an urgent need for effective holistic strategies in the treatment and prevention of disease as the NHS nears collapse under the ever increasing burden of lifestyle-related illness.

**Professor Andrew Miles**

Professor of Public Health Education and Policy and Associate Dean of Medicine (Public Health) at the University of Buckingham; also National Director of the UK Key Advances in Clinical Practice Series and Editor-in-Chief of the *Journal of Evaluation in Clinical Practice*.

**FIM Director**

**Dr Rosy Daniel**

Medical Director of the Integrated Health Trust and Director of the Faculty of Integrated Medicine Dr Daniel has co-written the Diploma with Dr Mark Atkinson and Dr Ruth Sewell. Dr Daniel is an IM consultant specialising in the support and empowerment of people with cancer, she was a founding member of the Prince of Wales' Foundation for Integrated Health steering group and was Medical Director of the Bristol Cancer Help Centre (1993-1999) and has since pioneered a proactive health coaching model for the prevention of illness and promotion of optimum health known as Health Creation for use by individuals and organisations.

**FIM course leaders**

**Dr Mark Atkinson**

Dr Atkinson is an Integrated Medicine Consultant specialising in drug-free approaches to mental health, addictions and emotional well-being. He is the founder of The Academy of Human Potential and Chairman of The British Society of Integrated Medicine.

**Dr Ruth Sewell**

Dr Ruth Sewell is a holistic psychotherapist and nurse who has specialized in the academic study and teaching of Integrated Healthcare and the research of women's emotional responses to cancer treatment. She is FIM Course Tutor.

## **FIM lecturers**

### **Boo Armstrong**

Currently working at the Prince's Foundation for Integrated Health, Boo Armstrong also heads up Get Well UK, which led the UK Government's first integrated health project in Northern Ireland and produced ground-breaking results.

### **Professor John Cox**

Professor Cox has made significant contributions to the development of science, teaching and research in psychiatry and was recently elected Secretary General of the World Psychiatric Association (WPA) and has recently written on the subject of 'Medicine of the Whole Person'.

### **Dr Michael Dixon OBE**

Chair of the NHS Alliance since 1998, Michael is a senior associate of the Kings Fund and Medical Director of the Prince of Wales Foundation for Integrated Health. He also works as a GP in Devon at the Culm Valley Centre for Integrated Health. He is Honorary Senior Fellow in Public Policy at the Health Services Management Centre, Birmingham University, Honorary Senior Lecturer at the Peninsula Medical School and Visiting Professor at Westminster University.

### **Dr Damien Downing**

Dr Damien Downing is President of the British Society for Ecological Medicine, Editor of the *Journal of Nutritional and Environmental Medicine* and Medical Director of the Alliance for Natural Health.

### **Dr Kim Jobst**

Dr Jobst is an Integrated Medicine Consultant specialising in investigation and management of acute and chronic medical problems, including dementia and neurogenerative diseases. He was a founding member of the Prince of Wales' Foundation for Integrated Health steering group and is Editor-in-chief of the *Journal of Alternative and Complementary Medicine: Research on Paradigm, Practice and Policy*.

### **Dr Chris Johnstone**

Dr Johnstone works part-time as a doctor in the NHS drug and alcohol unit in Bristol, is a Visiting Teaching Fellow in behaviour change at Bristol University Med School. He is a trainer and lecturer in motivational interviewing and positive psychology – his happiness lectures are highly recommended!

### **Dr Michael Loughlin**

Dr Loughlin specializes in political philosophy, epistemology, metaethics and philosophy of science as applied to foundational problems for management and organisational theory and bioethics. He examines the philosophical problems associated with Quality of Life measures; makes a philosophical critique of Evidence-based medicine; and teaches medical epistemology.

### **Dr Carmel Martin**

Dr Martin is an Associate Professor of Family Medicine at the Northern Ontario School of Medicine and Clinical Professor (pending) at the Department of Public Health and Primary Care, Trinity College, Dublin. She is active in clinical general practice and her research has focused on primary health care and chronic care, the nature of health in body, mind, society and the environment, and meaning and 'sense making' about personal health. She is Co-editor of the Forum on Systems and Complexity in Medicine and Healthcare.

### **Simon Mills**

Mr Mills graduated in Medical Sciences and trained with the National Institute of Medical Herbalists. He has taught widely and held positions on many professional boards, including the Herbal Medicines Advisory Committee, European Scientific Cooperative on Phytotherapy (ES COP) and was President of the British Herbal Medicine Association 2004 -2006.

### **Professor David Peters**

The UK's first Professor of Integrated Healthcare and a leading expert in CAM. He has trained as a GP, a homeopath and an osteopath, and currently serves as Clinical Director of the University of Westminster's Polyclinic and Editor-in-Chief of the BHMA journal *Holistic Health*.

### **Pat Pilkington MBE**

Pat Pilkington the co-founder of the Bristol Cancer Help Centre with Penny Brohn where she continues to support and inspire patients on their spiritual healing and transformational journey.

### **Professor Nicola Robinson**

Professor Robinson is Head of the Centre of Complementary Healthcare and Integrated Medicine (CCHIM). Her doctoral work was in immunology. She is a registered acupuncturist with the British Acupuncture Council and in 1993 she was given an Honorary Membership of the Faculty of Public Health Medicine for her contribution to epidemiology and health services research.

### **Professor Julie Stone**

A lawyer by background, Professor Stone is an independent consultant in healthcare law, ethics and regulation and a Visiting Professor at Peninsula Medical School. Formerly Deputy Director of the Council for Healthcare Regulatory Excellence, she was instrumental in helping shape the post-Shipman regulatory landscape. She is a national and international expert on the regulation of complementary and alternative medicine, and has published widely in this field.

### **Professor Harald Walach**

A research professor in psychology at the University of Northampton, Professor Walach has researched CAM evaluation and methodology of evaluation. He is currently the co-ordinator of the European Office of the Samueli Institute, President-Elect of the International Society for Complementary Medical Research and the Editor of the journal *Research in Complementary Medicine*.

### **Dr Alan Watkins**

Dr Watkins is an Integrated Medicine Consultant and an international expert in health and performance. He is a qualified doctor and psychologist with a PhD in immunology. He is currently an Honorary Senior Lecturer in Neuroscience and Psychological Medicine at Imperial College, London working in the corporate field through his organization 'Cardiac Coherence'.

### **Jane Wilkinson**

Ms Wilkinson has worked for the National Primary Care Research and Development Centre, University of Leeds, College of Health, King's Fund, and Policy Studies Institute. In 2005, after completing a 3-year Department of Health funded project on clinical governance, Jane established the iCAM Unit at the University of Westminster, a centre for research, knowledge transfer, CPD and networking in the complementary and integrated health sector. She now continues this work independently supporting CAM practitioners in the professionalisation of their practices ready for integration into the NHS.

**Dr Catherine Zollman**

Dr Zollman is a Bristol GP, trustee of the BHMA, Fellow of the Prince of Wales' Foundation for Integrated Health and was selected as the first Bravewell Fellow to train on Andrew Weil's course in Arizona.