

2019 AIA Conference and Wellness Expo – Pre-Conference Workshops



Research Made Simple with Jane Buckle (Workshop full)

Location: DoubleTree Hotel from 9 am - noon

How to start. How to finish and how to avoid a muddle in the middle. I will cover how to conduct a publishable case-study, case-series, feasibility study, pilot study, and randomized, controlled trial. Please bring your research ideas to share and explore in this workshop. **3 CPDs**

Learning outcomes

Student will be able to

1. Outline their own research idea
2. Select a research format for it
3. Choose an outcome measure for it

Dr Jane Buckle PhD RN published one of the first clinical aromatherapy studies in a nursing journal. By 2005, she was a post-doctoral Research Fellow at the University Pennsylvania. She has advised and supported over 700 student clinical aromatherapy studies and has reviewed for many journals. She officially retired in 2016, but her interest in research remains.



Increasing awareness of the biochemistry of essential oils and how compounds can affect our choices

Location: DoubleTree Hotel from 9 am - noon

There is no doubt essential oils are very complexed and there is plenty to consider when choosing the right oil for yourself, your family or your client. In this workshop, Melani will take you back to basics, the essential oil chemistry, give it some colour, value and fun to build a solid foundation for you to rely on when in doubt which oil to choose. You will learn how and why essential oil chemistry influences our choices as well as how to use that information to your advantage. She will also show you some related features in her unique platform for blending (DropSmith) and give everyone a full free month to play with it. The purpose of DropSmith exercises is to broaden your perception of essential oils and to make essential oil chemistry fun, approachable and understandable. **3 CPDs**

Learning outcomes

1. reviewing basic essential oil chemistry; understanding the uniqueness of a single chemical component but keeping in mind the influence of functional group
2. learning essential oil synergy; considering many aspects of essential oil as a whole and then looking at properties of chemical components that make it up to compare how much they really go hand in hand (you may be surprised) to help you make more efficient choices
3. recognising smarter blending; once we understand the above mentioned we'll look at practical blending tips and in which cases you are actually diluting your effect by adding oils
4. practical work and workbook to take home for further development

Melani Kovac, Aromatherapist and DropSmiths' founder devoted her last 10 years solely to promoting and teaching aromatherapy. To serve this purpose she's founded Aromainstitut through which she organises and supports different

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aromatherapy projects, collaborates with colleagues, non-profit organisations, homes for the elderly, hospitals, universities and anyone who can benefit from aromatherapy or is hoping to incorporate aromatherapy in their work. Her IT background, curiosity as well as working as an educator for a very wide variety of students along with collaborating with distillers, sellers, nurses and scientists inspired her to create a global online platform for all essential oil users and sellers - Dropsmith. Her goal is to make aromatherapy simple, fun and as precise and safe as possible.



Treating mental and emotional concerns with essential oils with Peter Holmes

Location: DoubleTree Hotel from 1pm – 4 pm

Mind and emotions powerfully influence physical symptoms and the outcome of physical disorders. Essential oil olfaction, using mild inhalation techniques, is the delivery method of choice for a large range of pathogenic emotional states and negative psychological conditions. Key to accurate oil selection is knowledge of its fragrance and pharmacology profile. **3 CPDs**

Learning outcomes

Student will be able to

1. Understand the fundamental difference between using essential oils by olfaction for a psychological effect, and by internal delivery for their physiological functions.
2. Understand the psycho-neuroendocrine actions of many important essential oils: how they modulate peptides (hormones and neurotransmitters) in various brain centres.
3. Be able to relate the psycho-neuroendocrine actions of essential oils to their chemistry and olfactory profile.
4. Understand specific treatment options with essential oils by olfaction for some pathogenic emotional states, such as excessive anger, unresolved grief and manic elation; for psychological states such as confusion, apathy, low self-confidence and self-esteem; and for states of unresolved shock and trauma.
5. Know the treatment principles with essential oils for common defined disorders, such as anxiety, depression, bipolar disorder, ADD, dissociation, obsessive-compulsive disorder (OCD) and post-traumatic stress syndrome (PTSD).

Peter Holmes LAc, MH is a medical herbalist, essential oil therapist and practitioner of Chinese medicine with over 30 years' experience of using botanical remedies and essential oils in clinical practice. Peter has focused on both the physiological and psychological aspects of using essential oils, and in particular has pioneered the use of essential oils with acupuncture and bodywork. His original training included studies with medical herbalist and pharmacist Henri Verdier in Paris, France; medical herbalist Christopher Hedley in London, England; and Chinese medicine practitioners and experts such as Naburo Muramoto, John and Angela Hicks, Ted Kaptchuk, Elisabeth Rochat and many others.

Peter brings to his courses and seminars on herbal and essential oil medicine many years of study, clinical practice and teaching experience. He is also passionate about field research in the countries that produce essential oils and about sourcing genuine artisan essential oils for his students and his own practice.

Peter is author of several acclaimed textbooks on herbal and essential oil medicine: *Aromatica*, *Clinical Aromatherapy*, *The Energetics of Western Herbs* (2 vols.), *Jade Remedies* (2 vols.), and *The TCM Materia Medica Clinical Reference and Study Guide*. Peter lives near San Francisco and divides his time between teaching, writing, practicing and field research.