

# Dr Elizabeth Thompson

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Chief Executive &  
Integrative Medicine Doctor



National Centre for  
Integrative Medicine

Inspiring health and wellbeing



**Wellbeing**  
1-2-1 appointments with  
(holistic Doctors and other)  
healthcare practitioners.

MORE



**Education**  
IM qualifications and CPD for  
professionals.

MORE



**Community**  
Small group workshops and  
creating a social impact.

MORE



**Membership**  
A collective voice changing  
healthcare.

MORE







**CONVENTIONAL**

**LIFESTYLE**

**INTEGRATIVE  
MEDICINE**

**HOLISTIC**





Naming burnout





**Holistic Approaches**



Spirit

Body

Mind









pupating







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## Education

Integrative Healthcare qualifications and CPD for healthcare professionals

NCIM is an accredited teaching centre and offers education and training for healthcare professionals to develop and broaden your practice.



# Diploma in Integrative Healthcare





## The IH Diploma aims to provide

Historical and world view of Integrative Medicine

Extending existing holistic consulting skills

A wide range of integrative approaches & management of a range of common conditions

Holistic management in the community including social prescribing and group medicine

Self-confidence and skills in holistic assessment

Leadership and self care

## NCIM Diploma in Integrative Healthcare Education Team



Dr Elizabeth Thompson



Dr Alastair Gray



Megan Odell



Dr Duncan Still



Dr Sally Moorcroft



Kiriaki Marselou



Dr Nikki Curtis



## Lifestyle & Holistic Approaches to Health and Wellbeing include...

Traditional Chinese Medicine

Meditation

Osteopathy

Arts in Health

Yoga

Mindfulness

Ayurveda

Movement

Green Care

Functional Medicine

Acupuncture

Hypnosis

Nutrition

Breathwork

Qi Gong

Massage

Homeopathy

Naturopathy

Craniosacral Therapy



# Health and wellness as core concepts within the Integrative Healthcare Model:

- Balance
- Wholeness
- Integration
- Connectedness
- Harmony





Healthy  
Feedback  
Loops

Attributes of complex adaptive and  
resilient systems...



Understanding burnout

Dysautonomia now defined and the dysfunction of the autonomic nervous system

The balance of the sympathetic and parasympathetic nervous system important in heart health and long Covid

Understanding the role of magnesium

Changes in GABA and the role of medicinal mushrooms

Bowel and mental health and the microbiome

A low insulin lifestyle to support health and wellbeing

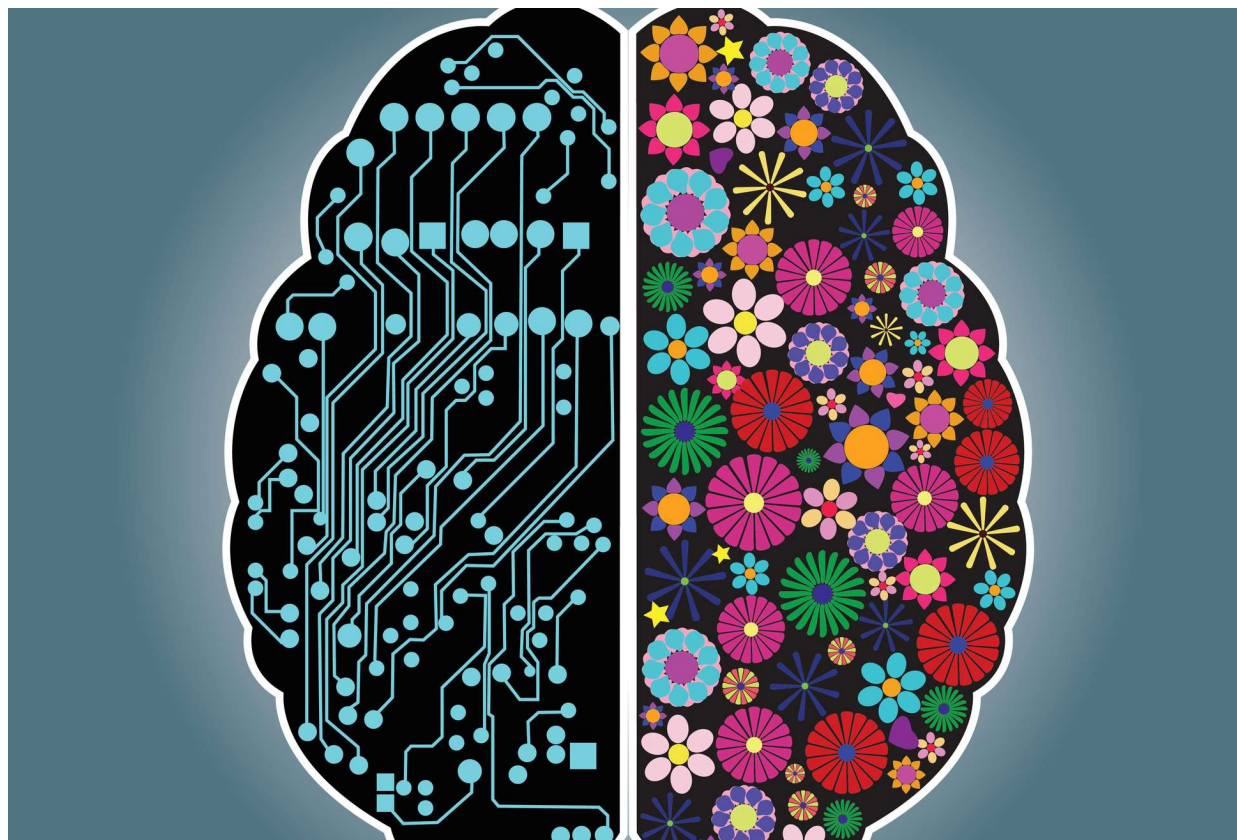
Understanding your personal journey and what took you to a place of overstretch





# Sword and the chalice – intervention and holding





stimulating  
both left and  
right brain  
and finding  
balance in  
decision  
making





## Wellbeing

Patient appointments with the Integrative Clinical Team

Holistic consultations with a qualified clinician or therapist to help you understand the full picture of your health and co-create a plan for wellness tailored to your needs.

# NCIM Integrative Clinical Team



Dr Elizabeth Thompson



Dr Duncan Still



Kiriaki Marselou



Dr Nikki Curtis



Dr Roger Smith



Anna Thomson



Audrey Dickinson



Bárbara Pereira

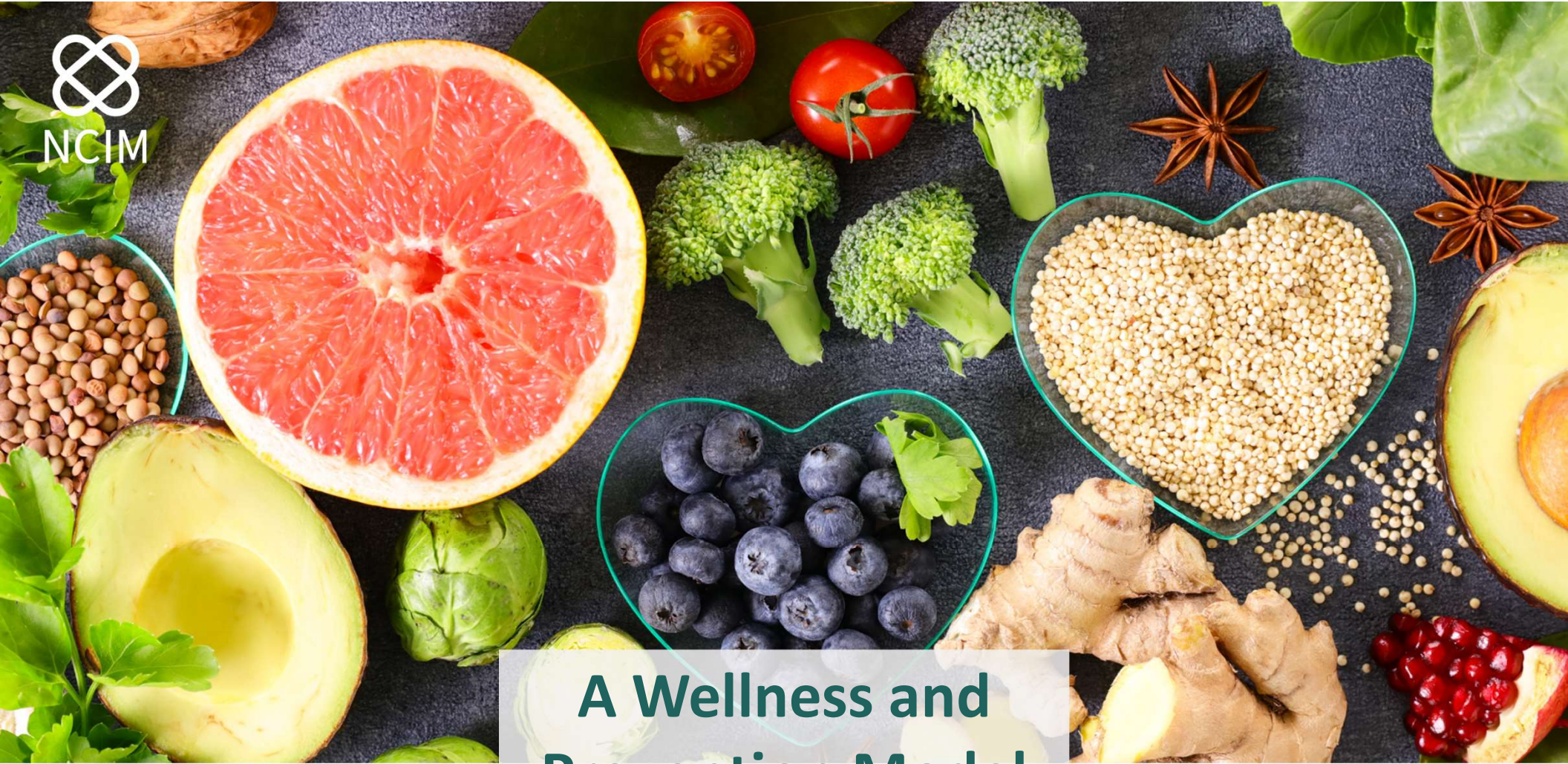


Chris Barker

A wide-angle photograph of a coastal landscape under a clear blue sky. In the foreground, a large, dense patch of small purple flowers, likely sea purslane, grows on a grassy dune. Several gnarled, wind-swept trees with dark green foliage lean heavily to the right, their trunks showing signs of weathering. The background features a sandy beach, a rocky outcrop, and a distant view of a town or village across a body of water.

## Building Resilience





# A Wellness and Prevention Model



## Community

Making Integrative Healthcare more accessible in community settings

NCIM delivers online and in-person wellbeing programmes tailored to the needs of communities (Breathwork, Mindfulness, Food for Mood, Sleep, Nature Connection).

Many of our programmes are funded by charitable grants which means we can offer them for free or at low cost.

- Improve mood and sleep
- Reduce stress
- Learn new self-care tools
- Connect to community and flourish!



Resourcing  
individuals and  
communities  
with social  
prescribing  
and group  
medicine







# The Pandemic and Mental Health

A Wellbeing Programme in Bristol for people 55yr+ whose mental health has been affected by Lockdowns

Food for Mood (East Bristol) - 20 February

Food for Mood (South Bristol) - 23 February

Food for Mood (North Bristol) - 24 February

Breathe for Wellbeing (South Bristol) - 19 April

Nature Connection (East Bristol)- 13 March

Mindfulness for Life (Online) - 14 March



Funded by

St Monica Trust

[www.ncim.org.uk/events](http://www.ncim.org.uk/events)



NCIM







# Participant feedback

- now have tools to help myself and share with others
- remarkable improvement in sleep and mood
- able to cope with stressful situations better
- more at ease with myself
- able to stop and take a breath
- I need to drink less alcohol and look more seriously at food intake
- Even if my mood takes a dive, I know that eating, cooking and living well, can pick me up and put me in a healing pathway .

## Membership

Transforming healthcare together with the  
Society for Integrative Healthcare





## Integrative Medicine...

Brings together, in a mutually respectful way, conventional, lifestyle and holistic approaches to support health and wellbeing

- Prioritises wellness and resilience
- Supports balance and vitality
- Optimises health and reduces disease risk
- Empowers patients and clinicians by offering diversity and choice





National Centre Integrative Medicine's new home co-locating with Penny Brohn UK



# Diploma Learner Group and the Sacred Space





**Fellowship** of the  
National Centre for  
Integrative Medicine

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Co-creating Sustainable Healthcare









**Knowledge and connection can empower people**



Working in strategic partnership with HWT  
to widen access to Integrative Healthcare



# Future Challenges!



## Future Challenges

Reducing our healthcare carbon footprint requires reducing the use of pharmaceuticals.

The diversity offered by the Integrative Healthcare Model can broaden the options in healthcare with the potential to improve Human and Planetary health.

Prescribing activities rather than drugs is a key element within the Integrative healthcare Model

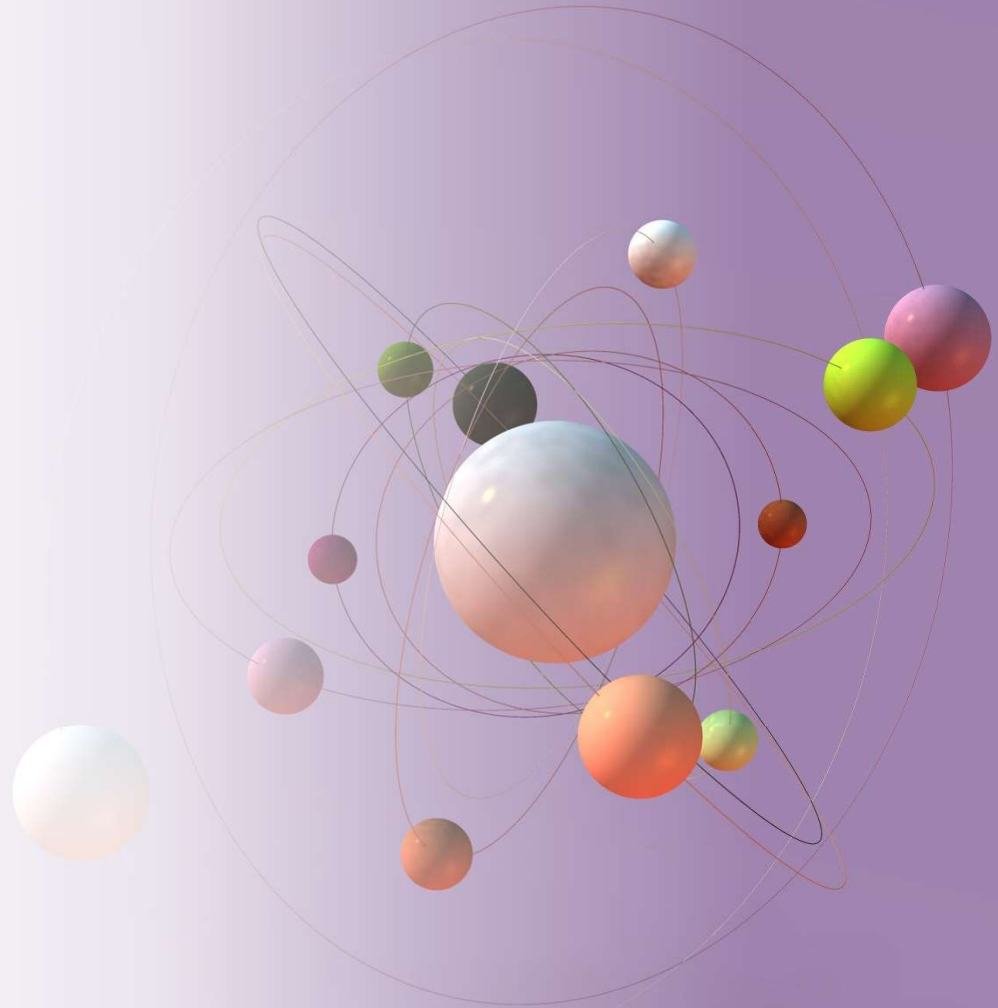


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## Future challenges

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- Let's not replace one fix it/rescue model with another that focuses on testing and supplements
- Let's keep the model broad and let the whole system approaches teach us about complexity, meaning making and mystery
- Let education and knowledge be the path forward for health care professionals and the public
- Let's resource communities with group medicine and social prescribing
- Let's enable people and ourselves to find more balance in our own lives and those of the people we care for
- Let's collaborate across the different sectors of activity to create sustainable change that supports human and planetary health







# Contact us

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