



COMPLEMENTARY
THERAPY AWARDS 2018

Winners' Guide

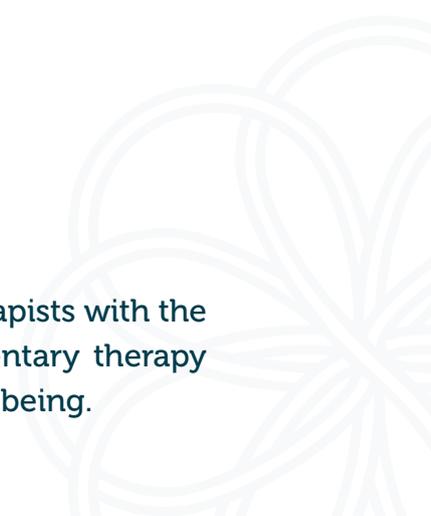
www.complementarytherapyawards.co.uk

 @CompTherapyAwds

#CompTherapyAwds



A new awards programme for all UK-based complementary therapists with the aim of recognising best practice and showing how complementary therapy can help people to retain or regain their health and well-being.



The award for mental health and well-being

Winner **Naji Malak**

Co-founder, CEO, Stand Easy Military Support

Stand Easy Military Support

The stark realisation that more serving and veteran military personnel were taking their own lives as a result of Post-Traumatic Stress Disorder (PTSD) than were dying in battle led to this project to develop a treatment to remove the trauma.

The treatment involves using an extremely focused acupuncture technique which alleviates many of the symptoms of PTSD. This is then followed up using further acupuncture treatments as required, which are designed to enhance feelings of wellbeing. This project has allowed the organisation to offer a non-talking treatment that helps release shock and trauma, improves mental health and allows patients to live fuller lives, potentially easing the burdens elsewhere in the welfare system.

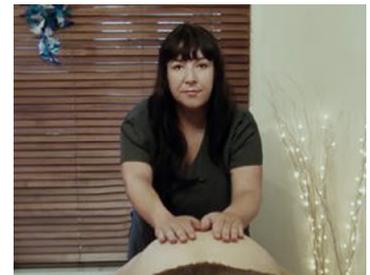
Achievements

The trauma can be lifted in between one and three treatments, when patients report the feeling that a weight has been lifted. Post treatment, sufferers reported a significant reduction in symptoms such as nightmares, flashbacks, anxiety, hypervigilance and anger. They felt able to engage more readily with the people around them while being able to maintain more equilibrium. Where the condition has led to unemployment or long-term sick leave, patients have been able to return to work and lead productive lives. Families of sufferers also report a more relaxed home atmosphere, allowing a more peaceful and harmonious family life.

Further details

Contact hinajimalak@gmail.com

Finalists



Therapies4Forces relaxation and wellbeing events

Zoe Warner, founder, Therapies4Forces

Special mention

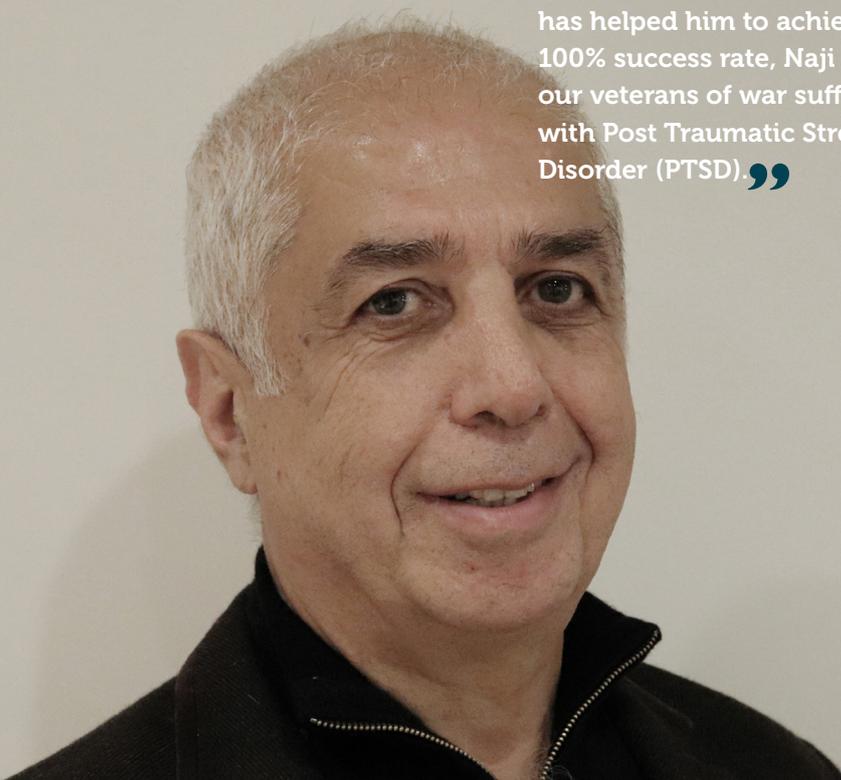


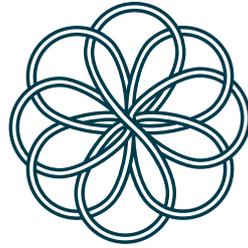
Massage for Dementia

Nicolle Mitchell, holistic massage practitioner & trainer, Massage for Dementia

Contact nicolle@tlcinabottle.co.uk

“ Through using a special acupuncture technique that has helped him to achieve a 100% success rate, Naji helps our veterans of war suffering with Post Traumatic Stress Disorder (PTSD). ”





COMPLEMENTARY THERAPY AWARDS 2018

Thank you to our judges



Johann Ilgenfritz | Angela Green | Nicola Hall | Philip Coulthurst
Mary Dalgleish | Beverley Turner | Paul Hitchcock | Tracey Smith
Leyla El Moudden | Dr Amit Bhargava | Brittany Spence