

# WELLBEING AND ALTERNATIVE THERAPIES DEFINITIONS

## Healthcare Professionals

The **Healthcare Professional** that **you** choose must be registered with/a member of one of the professional organisations recognised by Westfield Health for **you** to be eligible to claim on **your plan**.

Registration/membership must be relevant to the treatment/service that they are providing.

Whilst these professional organisations aim to ensure best practice, there is no statutory regulation of these therapies/services. **We** therefore strongly recommend that **you** also check whether **your** chosen **Healthcare Professional** is adequately trained and holds any necessary liability insurance.

The **Healthcare Professional** cannot be **you**, **your partner** or a member of **your** family.

For each therapy/service please ensure that **your Healthcare Professional** is a member of/registered with:

### Acupressure

Association of Physical and Natural Therapists (APNT)  
British Acupuncture Council (BACC)  
British Association of Beauty Therapy & Cosmetology (BABTAC)  
British Complementary Medicine Association (BCMA)  
British Medical Acupuncture Society (BMAS)  
British Register of Complementary Practitioners (BRCP)  
Federation of Holistic Therapists (FHT)  
Institute for Complementary and Natural Medicine (ICNM)

### Allergy Testing and Food Intolerance Testing

British Association for Applied Nutrition and Nutritional Therapy (BANT)  
British Complementary Medicine Association (BCMA)  
British Institute for Allergy and Environmental Therapy  
Complementary and Natural Healthcare Council (CNHC)  
General Pharmaceutical Council (GPhC)  
Nursing and Midwifery Council (NMC)  
Nutritional Therapy Council (NTC)

### Aromatherapy

Aromatherapy and Allied Practitioners' Association (AAPA)  
Association of Physical and Natural Therapists (APNT)  
British Association of Beauty Therapy & Cosmetology (BABTAC)  
British Complementary Medicine Association (BCMA)  
British Register of Complementary Practitioners (BRCP)  
Complementary and Natural Healthcare Council (CNHC)  
Complementary Therapists Association (CTHA)  
Federation of Holistic Therapists (FHT)  
General Regulatory Council for Complementary Therapies (GRCCT)  
Institute for Complementary and Natural Medicine (ICNM)  
International Council of Holistic Therapists (ICHT)  
International Federation of Aromatherapists (IFA)  
International Federation of Professional Aromatherapists (IFPA)  
International Holistic Aromatherapy Foundation (IHAF)

## Hypnotherapy

Association for Professional Hypnosis and Psychotherapy (APHP)  
British Complementary Medicine Association (BCMA)  
British Hypnotherapy Association (BHA)  
British Institute of Hypnotherapy (BIH)  
British National Register of Advanced Hypnotherapists (NRAH)  
British Register of Complementary Practitioners (BRCP)  
British Society of Clinical and Academic Hypnosis (BSCAH)  
British Society of Clinical Hypnosis (BSCH)  
Clinical and Therapeutic Hypnosis Association (CTHA)  
Complementary and Natural Healthcare Council (CNHC)  
Complementary Therapists Association (CThA)  
Federation of Holistic Therapists (FHT)  
General Hypnotherapy Register (GHR)  
Hypnotherapy Association (HA)  
Hypnotherapy Society (HS)  
Institute for Complementary and Natural Medicine (ICNM)  
National Council for Hypnotherapy (NCH)  
National Guild of Hypnotherapists (NGH)  
National Register of Hypnotherapists and Psychotherapists (NRHP)  
National Society of Professional Hypnotherapists (NSPH)  
UK Confederation of Hypnotherapy Organisations (UKCHO)  
Working Group for Hypnotherapy Regulation  
World Federation of Hypnotherapists (WFH)

## Indian Head Massage

Association of Light Touch Therapists (ALTT)  
Association of Physical and Natural Therapists (APNT)  
British Association of Beauty Therapy & Cosmetology (BABTAC)  
British Complementary Medicine Association (BCMA)  
British Register of Complementary Practitioners (BRCP)  
Complementary and Natural Healthcare Council (CNHC)  
Complementary Therapists Association (CThA)  
Federation of Holistic Therapists (FHT)  
General Council for Massage Therapies (GCMT)  
Institute for Complementary and Natural Medicine (ICNM)  
International Council of Holistic Therapists (ICHT)  
National Association of Massage & Manipulative Therapists (NAMMT)  
Scottish Massage Therapists Organisation (SMTO)

## Nutritional Therapy

British Association for Applied Nutrition and Nutritional Therapy (BANT)  
British Association of Beauty Therapy & Cosmetology (BABTAC)  
British Complementary Medicine Association (BCMA)  
British Register of Complementary Practitioners (BRCP)  
Complementary and Natural Healthcare Council (CNHC)  
Complementary Therapists Association (CThA)  
Federation of Holistic Therapists (FHT)  
Federation of Nutritional Therapy Practitioners (FNTP)  
Institute for Complementary and Natural Medicine (ICNM)  
Nutritional Therapy Council (NTC)

## Reflexology

Association of Light Touch Therapists (ALTT)  
Association of Physical and Natural Therapists (APNT)  
Association of Reflexologists (AoR)  
British Association of Beauty Therapy & Cosmetology (BABTAC)  
British Complementary Medicine Association (BCMA)  
British Reflexology Association (BRA)  
British Register of Complementary Practitioners (BRCP)  
Centre for Clinical Reflexology (CCR)  
Clinical Association of Reflexologists (CAR)  
Complementary and Natural Healthcare Council (CNHC)  
Complementary Therapists Association (CTHA)  
Federation of Holistic Therapists (FHT)  
General Regulatory Council for Complementary Therapies (GRCCT)  
Institute for Complementary and Natural Medicine (ICNM)  
International Council of Holistic Therapists (ICHT)  
International Federation of Reflexologists (IFR)

## Reiki

Association of Light Touch Therapists (ALTT)  
British Association of Beauty Therapy & Cosmetology (BABTAC)  
British Complementary Medicine Association (BCMA)  
British Register of Complementary Practitioners (BRCP)  
Complementary and Natural Healthcare Council (CNHC)  
Complementary Therapists Association (CTHA)  
Federation of Holistic Therapists (FHT)  
General Regulatory Council for Complementary Therapies (GRCCT)  
Institute for Complementary and Natural Medicine (ICNM)  
International Council of Holistic Therapists (ICHT)  
Reiki and Seichem Association (RASA)  
Reiki Healers and Teachers Society (RHATS)  
UK Reiki Federation

## Sports Massage

Association of Chartered Physiotherapists in Sports Medicine (ACPSM)  
Association of Physical and Natural Therapists (APNT)  
British Association of Beauty Therapy & Cosmetology (BABTAC)  
British Register of Complementary Practitioners (BRCP)  
Complementary and Natural Healthcare Council (CNHC)  
Complementary Therapists Association (CTHA)  
Federation of Holistic Therapists (FHT)  
General Chiropractic Council (GCC)  
General Council for Massage Therapies (GCMT)  
General Osteopathic Council (GOsC)  
General Regulatory Council for Complementary Therapies (GRCCT)  
Institute for Complementary and Natural Medicine (ICNM)  
Institute of Sport & Remedial Massage (ISRM)  
International Council of Health, Fitness & Sports Therapists (HFST)  
National Association of Massage & Manipulative Therapists (NAMMT)  
Physiotherapist registered with the Health Professions Council (HPC)  
Scottish Massage Therapists Organisation (SMTO)  
Society of Sports Therapists (SST)  
Sports Massage Association (SMA)  
Sports Therapy Organisation (STO)