



## **Ref: British Cupping Society welcome letter**

Dear fellow health professionals,

I am delighted to welcome you to the British Cupping Society (BCS). The BCS was established in response to the growing interest in Cupping Therapy amongst health professionals and the wider community.

The British Cupping Society has gained recognition both nationally and internationally as an organisation representing the practice of Cupping in the United Kingdom. Our aim is to preserve, protect, improve and promote the safe practice of Cupping for the benefit of society as a whole. The BCS provides leadership in the skills of Cupping by promoting an Evidence Based Approach to Cupping Therapy whilst upholding key traditional elements of the practice. In order to further these aims, we intend to implement our policies and plans to ensure the professional growth and success of Cupping.

The BCS is an autonomous body founded and managed by a team of qualified medical and health professionals. It utilises funds generated to promote the practice of Cupping Therapy through an array of activities, including research, lectures, seminars, conferences, TV appearances, courses and workshops.

Attached with this letter are details of the workshop and registration form for our next workshop. Please do visit our website ([www.britishcuppingsociety.org](http://www.britishcuppingsociety.org)) and register for free to receive latest information about the various BCS activities.

We look forward to your participation.

Yours Sincerely,

**Hasan Abdulla**

Events Manager,

British Cupping Society

**Tel:** +44(0) 7915085353 - **E:** [info@britishcuppingsociety.org](mailto:info@britishcuppingsociety.org) **W:** [www.britishcuppingsociety.org](http://www.britishcuppingsociety.org)



## Ref: Cupping Therapy Workshop Overview

Dear Sir/Madam

Thank you for your interest in the 'Cupping Therapy: An Introduction' workshop that will be taking place on **Saturday 15<sup>th</sup> October 2011** at St. George's, University of London, Medical School SW17 0RE.

This cupping workshop is unique; designed and managed by experienced Medical Professionals. It will encompass both theory and practice offering an excellent opportunity to gain '**hands-on**' experience with the different types of Cupping Therapy on volunteer subjects, supervised by a team of specialists. The BCS team has decades of experience in alternative medicine. Having established themselves in the UK as Cupping Therapy specialists, our practitioners have earned international recognition. You will have a chance to observe, ask questions and then practice yourselves under their supervision.

Your participation will ensure that the workshop is interactive and enjoyable and, most importantly, beneficial. Our practitioners are aware that this will be the first exposure to Cupping Therapy for some, whereas others maybe more familiar with it, and thus the workshop has been carefully tailored to cater for all needs.

### Overview of the workshop

Once you have registered, you will receive a pre-course material via email. You will see that the course has been split over a period of *five days*, the first four of which are *self directed*, introducing the fundamentals of Cupping, its origins and practice, and basic medical knowledge and hygiene. The final day of the workshop will conclude with practical application of Cupping.

Upon successful completion of the 'Introductory Workshop', participants will be invited to attend future more 'Advanced Cupping Therapy Workshops'. Details of these workshops will be given at the end of the 'Introductory Workshop'.

### Who is this workshop designed for?

Exclusively for Health Professionals who:

- Have an interest in Alternative Medicine
- Are eager to broaden their portfolio and repertoire of skills

### Workshop Fees

Special discounted price:

- **Staff** £250. **Late Fees: £275**(Closing date for entry is **October 10<sup>th</sup> 2011**)
- **Students** £175. **Late Fees: £200**
- (Payments made payable to the **British Cupping Society** online transfer. Return all completed forms as recorded delivery to the address at the bottom of the page. Please keep receipts of all correspondence).

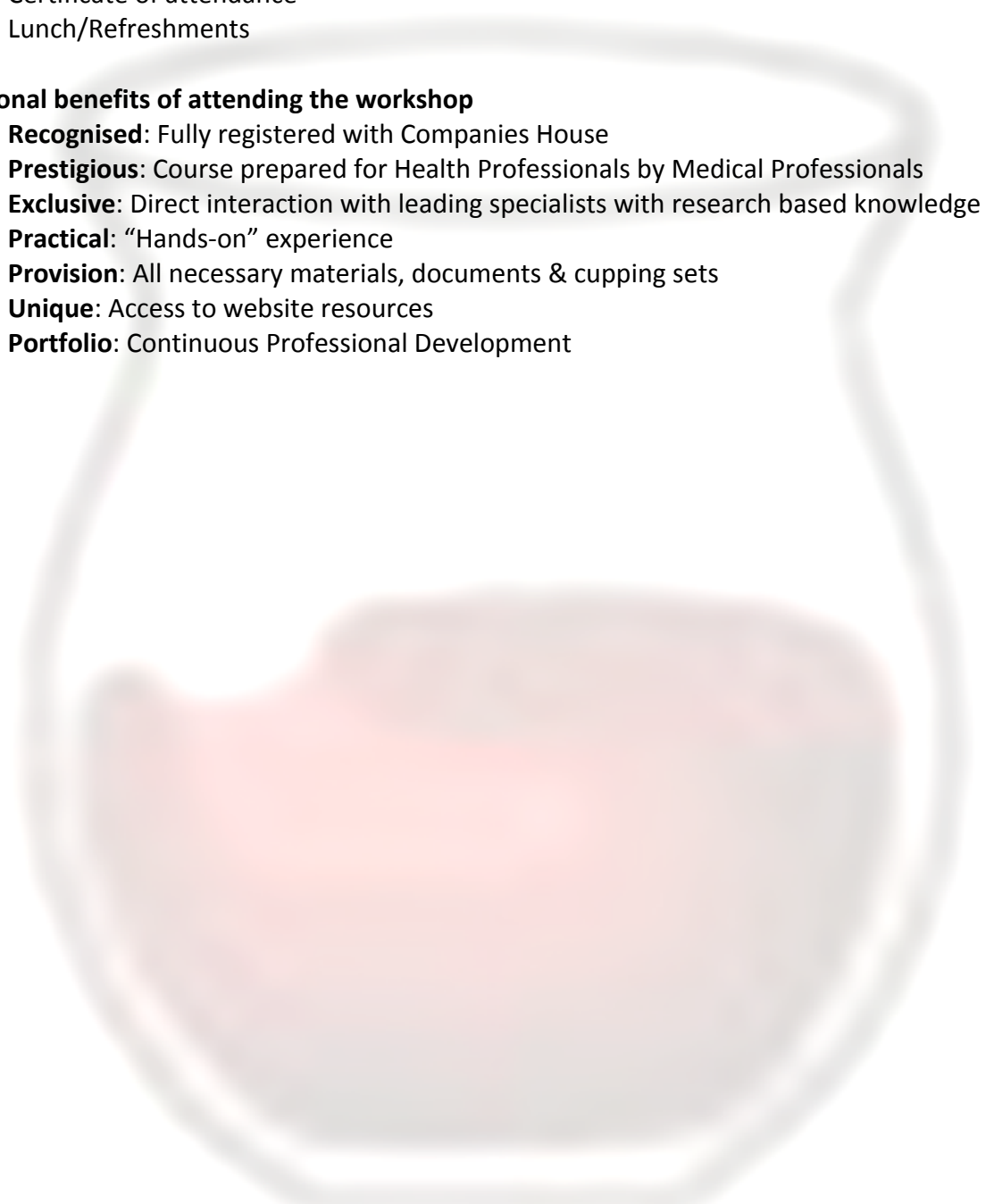


**You will receive**

- Self-Directed study pack and document case
- Practical cupping set
  
- Certificate of attendance
- Lunch/Refreshments

**Additional benefits of attending the workshop**

- **Recognised:** Fully registered with Companies House
- **Prestigious:** Course prepared for Health Professionals by Medical Professionals
- **Exclusive:** Direct interaction with leading specialists with research based knowledge
- **Practical:** “Hands-on” experience
- **Provision:** All necessary materials, documents & cupping sets
- **Unique:** Access to website resources
- **Portfolio:** Continuous Professional Development





**Self Directed Study and complete structure of the workshop**

|       | Time                | Contents                                                                                                                                                                                                                                                                                                                                                                                         |
|-------|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Day 1 | Self Directed Study | Introduction to cupping, historical background, theories and types of cupping                                                                                                                                                                                                                                                                                                                    |
|       |                     | Introduction to the structure and function of the skin                                                                                                                                                                                                                                                                                                                                           |
|       |                     | Benefits and contraindications, time of application of cupping. Age and gender issues.                                                                                                                                                                                                                                                                                                           |
| Day 2 | Self Directed Study | Structure of the lungs and respiratory system                                                                                                                                                                                                                                                                                                                                                    |
|       |                     | The function of the respiratory system                                                                                                                                                                                                                                                                                                                                                           |
|       |                     | Structure of the heart and circulatory system                                                                                                                                                                                                                                                                                                                                                    |
|       |                     | The function of the circulatory system                                                                                                                                                                                                                                                                                                                                                           |
|       |                     | The relationship between the respiratory and circulatory systems                                                                                                                                                                                                                                                                                                                                 |
|       |                     | The concept of hygiene and sterilisation before and after the application of cupping                                                                                                                                                                                                                                                                                                             |
| Day 3 | Self Directed Study | Introduction to the structure and function of the musculoskeletal system                                                                                                                                                                                                                                                                                                                         |
| Day 4 | Self Directed Study | Structure and function of the nervous system                                                                                                                                                                                                                                                                                                                                                     |
| Day 5 | 9:00-9:30           | Workshop registration and refreshments                                                                                                                                                                                                                                                                                                                                                           |
|       | 9:30-12:00          | <ul style="list-style-type: none"> <li>- Introduction to cupping, historical background, theories of cupping</li> <li>- Types of Cupping</li> <li>- Benefits and contraindications, time of application of cupping. Age and gender issues. Misconception and bad practice in cupping therapy.</li> <li>- Practical demonstration of dry cupping</li> <li>- Application of dry cupping</li> </ul> |
|       | 12:00-1:00          | Lunch break                                                                                                                                                                                                                                                                                                                                                                                      |
|       | 1:00-3:00           | <ul style="list-style-type: none"> <li>- The concept of hygiene and sterilisation before and after the application of cupping</li> <li>- Demonstration and Application of wet cupping</li> </ul>                                                                                                                                                                                                 |
|       | 3:00-3:30           | Coffee break                                                                                                                                                                                                                                                                                                                                                                                     |
|       | 3:30-4:30           | Practical Application of Wet Cupping on volunteers                                                                                                                                                                                                                                                                                                                                               |
|       | 4:30-5:00           | Conclusion and evaluation of the course                                                                                                                                                                                                                                                                                                                                                          |



## REGISTRATION FORM (PLEASE WRITE CLEARLY)

Please return completed form to: **British Cupping Society, 6 Staceys Mount Billericay Essex CM11 2XH.**

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| <b>Title</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  | <b>Occupation (Specialty) &amp; Reg. Number</b> |  |
| <b>Name</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |                                                 |  |
| <b>Organisation</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  |                                                 |  |
| <b>Postal Address</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  |                                                 |  |
| <b>Telephone</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  | <b>Fax</b>                                      |  |
| <b>Email</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |                                                 |  |
| <b>Local Authority Area</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |                                                 |  |
| <p><b>Please note that only completed forms sent by post or email applications using this form will be processed – verbal applications will not be accepted.</b><br/>         The closing date for registration is <b>October 10<sup>th</sup> 2011</b>. Late applications will only be considered subject to availability.<br/>         Completion and return of this form confirms I would like to attend the following event on <b>October 15<sup>th</sup> 2011</b>:<br/> <b>Cupping Therapy: An Introduction Workshop. On the Day of the Workshop, please report to: Venue: St Georges, University of London. Hunter Wing, Level 5, Physiotherapy Labs</b><br/> <b>Bank Payment Details:</b><br/>         BANK NAME: <b>The Co-operative Bank</b> BRANCH: <b>London</b><br/>         BANK ACCOUNT : <b>65328154</b> SORT CODE: <b>08-92-99</b><br/>         BANK ADDRESS: <b>Skelmersdale, WN8 6WT</b> P.O. BOX: <b>250</b><br/>         Cheques also payable to the British Cupping Society. Return all applications via <b>recorded delivery</b>.</p> |  |                                                 |  |
| Dietary, accessibility or any other requirements:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |  |                                                 |  |
| <b>Where did you hear about the course?</b> _____                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |  |                                                 |  |

If you have any queries about this event, please contact the BCS on **++44 (0) 791 508 53 53** or email: [info@britishcuppingsociety.org](mailto:info@britishcuppingsociety.org). In the event you wish to cancel your registration please contact us immediately prior to the date of the workshop. Cancellations beyond workshop date maybe rejected and charges applied.

**Data Protection Statement:** Your details will be collected for the purposes of administering this event only and will not be shared with any third parties. If you wish to remove your details or have any other queries about this, please contact BCS on **+44 (0) 79 1716 1642** or email: [info@britishcuppingsociety.org](mailto:info@britishcuppingsociety.org).

Tick here if you *do not* wish to be added to the BCS mailing list