

Hestercombe Speakers 2017

Hilary Abbey

Hilary Abbey qualified as an osteopath in 1979 and currently works at the British School of Osteopathy where she is the Project Leader for 'OsteoMAP' (the Osteopathy, Mindfulness and Acceptance-based Programme for patients with persistent pain). Hilary has a long-standing interest in chronic pain and the psychosocial aspects of healthcare. She is in the final year of a Professional Doctorate research study and is exploring how to integrate Acceptance and Commitment Therapy (ACT) and mindfulness-based interventions with routine manual therapy practices.



Dr Alyson Norman PhD, MSc, BSc, C.Dip (Inst NH)

I am a psychologist who completed a PhD designing an online psychosocial intervention for adults with appearance concerns associated with having a visible difference. I am currently a Lecturer in Psychology at Plymouth University and a visiting lecturer at the University of the West of England. My other pursuits include my private work as a trained counsellor. I have experience of working with a variety of individuals from diverse backgrounds, seeking help for a great range of issues and problems. In particular, I have worked with those with brain injuries and their families, and those with drug and alcohol problems.

Professional Qualifications

BSc Psychology, University of Southampton

MSc Psychological Research Methods, University of Exeter

Diploma in Counselling, Institute of Natural Healing

PhD in Psychology, University of the West of England

Specialist Training

- Appearance concerns
- Resilience training
- Drugs and alcohol counselling
- Brain injury recovery