



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

Katie Griffiths

Katie Griffiths, is a qualified and practising osteopath. Prior to re-training as an osteopath, Katie worked as a corporate communications specialist in numerous private and public sector institutions. Katie will give an overview on the Institute's lobbying of the ASA in reviewing their guidance on the marketing of osteopathic practice, and an update of other key development projects currently being undertaken by the Institute on behalf of the profession.

Caroline Stone

Caroline has been an osteopath for 30 years working in private practice and in osteopathic education in several countries. Her interest is how osteopathic practice can benefit a wide range of health problems, such as in people who have concerns with a variety of non-musculoskeletal system complaints. She focuses on the traditional osteopathic practice aimed at combating ill health, aiding management of chronic medical conditions, supporting recovery from infection, illness and surgery, helping to manage issues relating to pregnancy and birth, women's and men's health in general, as well as quality of life issues and many functional problems outside the realms of 'low back pain' and 'sports injuries'.

She has lectured at many osteopathic education institutions and has held positions of responsibility including Principal, Vice Principal and Head of Clinic. She lectures nationally and internationally at post graduate level, contributes to continuing professional development, has published books and articles. She is a founding member of the Visceral and Obstetric Association, which is a clinical special interest group for osteopaths. She has a interest in visceral osteopathy and how the body and its structure can interact with the body's physiology. How working manually on the body framework can aid physiological and homeostatic self-regulation – i.e. helping the body to help itself, promoting better health and function.