



Karen Eastham - Curriculum Vitae

Background

Karen has a rich experience in training, development and research encompassing the management, nursing and equine fields. Committed to improving service, and health in whichever field she is working, Karen takes a holistic, practical yet empathic approach to her delegates and clients - be they human or horse.

Karen is fascinated by the complexity of communication, how it works effectively, how more often it doesn't and what behaviours may happen as a result of mis-communication, and how these can be remedied. As a management trainer she brings a fresh eye to organisational issues, combining her experience of nursing, nursing management and development with equine development and management.

She has a thriving Private Practice as a Stress Management Practitioner taking referrals from the all parts of the NHS and Industry.

Professional Qualifications and Awards

Bachelor of Science in Nursing Studies, Manchester University. Post Graduate Diploma in Practitioner Research. Post Graduate Diploma in Human Givens Therapy / Psychotherapy Counselling. Post Graduate Diploma in NLP Psychotherapy UKCP Accredited. NLP Trainers Certificate. NLP Master Practitioner. NLP Practitioner. ENB 998 - Teaching and Assessing, North Manchester General. British Horse Society of Stable Managers. British Horse Society of Intermediate Instructors. First Aid at Work Trainer. Karen also possesses a range of other nursing, therapeutic and equine qualifications.

Publication

Eastham K.J (1 990) "Dealing with Bereavement in Critical Care" Intensive Care Nursing Journal: Vol. 6: No 4: Pages 185 - 191.

Relevant Research Undertaken

"Patient Focused Care - A Model for best clinical practice in Orthopaedics at Chorley District General Hospital".

Recent Relevant Experience

Pendleside Hospice:

Karen had overall responsibility for developing a Complementary Therapy service for Palliative Care Patients.

Pennine Acute NHS Trust:

Here Karen took the lead role in developing Complementary Therapies and Stress Management services for staff. This piece of work called for her to work with senior management in role development and strategic policy development.



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Karen facilitated the franchise and teaching of the 'Therapeutic aspects of Nursing' module, validated by the University of Central Lancashire for the Trust. She continued to facilitate the programme successfully.

In addition to this Karen has identified the need, designed and developed a range of training solutions for staff at the Trust including: Reaching your Full Potential, Breaking Bad News, etc.

Fairfield General Hospital NHS Trust:

Heading a multidisciplinary team, Karen developed with them a Trust wide policy to support the development of complementary therapies within the Acute Trust. She was instrumental in writing the first policy draft for consultation and developing the completion of the final draft that was approved.

She was also responsible for developing, and managing a Staff Supportive Therapies clinic within the Occupational Health Department

Sandra Day School of Health Studies:

Karen continues to teach on the Diploma in Cancer Care for therapists. Communication, calmness and care, coupled with professionalism are central tenets to this programme

Northern School of NLP:

Working with this organisation, Karen has delivered a number of Communication Skills Programmes, from Basic to Advanced levels to delegates from all over the UK.

Less Relevant Work:

International Protection League for Horses:

Karen trains staff to handle horses with multiple physical and behavioural difficulties. She also plans the horses' Rehabilitation programme in conjunction with a Vet and Physiotherapist.