

BSEM Training Day: Spotlight on the Gut

18th May 2018: 9:30 – 17:00 – Hallam Conference Centre, London

BSEM has been training doctors and other health care practitioners in the application of nutritional and environmental medicine since 1990; after a break we are pleased to announce that training is being resumed in a new improved format. Over recent years BSEM has built strong relationships with affiliated organisations. This enables our relatively small society to be able to offer access to some of the best training programmes available worldwide. Since 2017 our members have had access the Foundation Level Course of the Australasian College for Nutritional Medicine (ACNEM). We are also contributors to the Scopro curriculum – a clinical environmental medicine learning tool embraced by the European Academy for Environmental Medicine (EUROPAEM) and the German Association of Environmental Physicians (DBU). The programme has been available in Germany since 2015 and the English version is planned to go live at the end of this year!

BSEM has over 35 years of history and we are delighted that the principles of our teachings are now reaching literally thousands of doctors worldwide thanks to the joint efforts of the various like minded organisations such as the Institute for Functional Medicine, EUROPAEM, Australasian College for Nutritional Medicine and many others. As a small charity we do not see our offerings in competition with any of the institutions above. Quite the contrary our work is carried out in the spirit of collaboration and with the aim of bringing our specific area of expertise to the many doctors and healthcare practitioners who are becoming aware of the benefits of our approach to health. In fact what has kept the society together over the last 5 years despite our many constraints was the close knit connection both within the BSEM membership and the ever-expanding ecological medicine community.

We are proud to be able to offer supportive peer group working in different ways. This includes arranging peer supervision groups and facilitating sitting in with BSEM doctors for our trainees.



BRITISH SOCIETY FOR
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It is the personal relationships and networking opportunities that have made BSEM special to us over the years and the practical training days were always a major part of it. Which is why we are delighted to be able to resume practical training in a new format: by BSEM members for BSEM members.

The society will hold a minimum of two practical training days per year, in May and November. Each day is focused on one topic e.g. the gut, allergies and intolerances, the cardiovascular system, autoimmunity etc.. The morning will consist of lectures on the practical application of ecological principles to the common conditions related to the day's topic! The main aim of the morning will be to put the theoretical knowledge gained from the online training into practice. This will include the very basics such as history taking and full patient assessment, dietary recommendations both specific and general, investigative tools available and their relative usefulness and limitations, what supplements to consider and where to source and how to administer them. The afternoon is dedicated to discussing specific cases (trainee's cases are prioritised) in form of a 'Masterclass' where more experienced members will form the panel. Please submit questions and bring along cases; there will be ample opportunity to discuss them. The day will end with a final lecture on the topic on a more advanced level from one of our special guests! And please keep the evening free; there is often a spontaneous gathering for dinner afterwards!

We look forward to seeing as many of you as possible. Do book early as the spaces are limited!