

CURRICULUM VITAE

For Aly Whitley

RMN NHF Dip(ITEC) EFT NLP

July 2015 - date

Amchara health & detox retreat Somerset UK & Gozo Malta

I currently work as Naturopath, Emotional health support practitioner and phlebotomist on the health team at this detox and health retreat. My role involves caring for clients, individual physical and emotional health needs and supporting them safely through their detox.. The position involves giving talks on all aspects of healthy living including fasting, sugar, digestion and breaking their fast, and facilitating individuals in their preparation to return home and make permanent and positive changes in their lifestyle

July 2014 – date

Amchara health & detox retreat Somerset UK & Gozo Malta

I am a physical and emotional therapist at this detox and health retreat. My role involves providing a selection of therapies and treatments to clients and supporting them through their detox.

July – 2012 – 2015

Weight , stress & anxiety management coach

During this time I worked in corporate and work place wellbeing. Using a combination of nutritional advice, NLP, EFT and hypnotherapy.

2002 – 2012

This time was spent raising my daughter and supporting my husband and his business as a falconer on our farm. My role was administrative and involved hosting experience days and everyday maintenance on the farm, and being wife and mother.

2002 – 2006

Self employed p/t therapist , delivering treatments and therapies to guests at Bovey Castle on Dartmoor Devon. The hotel had just been taken over by Peter De Savory and it was very busy at the time with celebratees and international guests.

1992 – 2002

Community Psychiatric Nurse

Community intervention, assessment and treatment for the elderly in the community. Working independently within a multi disciplinary team and providing supervision for junior members of staff.

1987 – 1992

Weight training instructor P/T

Agency staff nurse P/T

1982 – 1987

Student nurse and Staff nurse at Broadmoor Psychiatric Hospital. Included community nursing in Berkshire based at local GP surgery and general nursing at Basingstoke district general Hospital.

1974 – 1982

Teignmouth Grammar School

QUALIFICATIONS

RMN	Registered Mental Health Nurse
ITEC diploma	Massage
“	Aromatherapy
“	Reflexology
“	Diet and Nutrition
Diploma	Indian head massage
“	Hot stone massage
“	Colonic Hydrotherapy
“	Warm Bamboo massage
“	NLP
“	Advanced Naturopathic Nutritional Therapist
Certified	Hypnotherapist
advanced certificate	in Emotional Freedom Therapy EFT
Level 3	Phlebotomist

Studied Naturopathic nutrition for 3 years with The Northern School of Natural Medicine in 2000.

Studied with The Nutritional Healing Foundation, completing the advanced course 2016.

SIBO Clinical strategies with Dr Allison Seibecker

Weight Training instructor (Bisham Abbey 1984)

HOBBIES

Rowing

Stand up paddle boarding

Sailing

Walking

Horses

Nature = peace and quiet

Aly Whitley

07711534034

alywhitley@gmail.com

info@simplysuperyou.co.uk