

## CURRICULUM VITAE

**NAME:** Beverley de Valois PhD LicAc MBAcC MIFPA

**WORK ADDRESS:** The Women's Clinic @ Uxbridge

### QUALIFICATIONS:

- 2007 PhD , Thames Valley University, London  
*Using acupuncture to manage hot flushes & night sweats in women taking tamoxifen for early breast cancer: two observational studies*
- 2004 PgCert in Research Methods  
Thames Valley University, London
- 2002 PgCert in Chinese Herbal Patent Remedies  
College of Integrated Chinese Medicine, Reading
- 2002 Certificate - NADA Acupuncture Detoxification Specialist  
NADA UK
- 1999 Licentiate in Acupuncture (LicAc)  
College of Integrated Chinese Medicine, Reading
- 1995 Diploma in Aromatherapy Massage and Bodywork  
Institute of Traditional Herbal Medicine and Aromatherapy, London
- 1995 Diploma in On-Site Massage  
Academy of On-Site Massage
- 1985 MA Aesthetics (Distinction)  
University of Reading
- 1984 BA (Hons) (1st Class)  
English Literature, Kingston Polytechnic (now Kingston University)

## **PUBLICATIONS**

### **Published Research & Related Papers:**

- Walker, G., de Valois, B., Davies, R., Young, T. & Maher, E.J. (2007). Ear acupuncture for hot flushes - the perceptions of women with breast cancer. *Complementary Therapies in Clinical Practice*, 13(4), 250-7. DOI: 10.1016/j.ctcp.2007.06.003
- de Valois, B. (2006) Serenity, patience, wisdom, courage, acceptance: reflections on the NADA protocol. *European Journal of Oriental Medicine*, 5(3), pp. 44-49.
- Walker, G., de Valois, B., Davies, R., Young, T. and Maher, J. (2005) Opinions of research participants about study paperwork. *Bulletin of Medical Ethics*, No. 205, February, pp.21-24.
- de Valois, B. (2004) A case study: using essential oils to treat scalp eczema. *International Journal of Aromatherapy*, 14(1) pp. 45-47.
- Walker, G., de Valois, B., Young, T., Davies, R., Maher, E.J. (2004) The experience of receiving traditional Chinese acupuncture. *European Journal of Oriental Medicine*, 4(5) pp. 59 –65.
- de Valois, B. & Clarke, E. (2001) A retrospective assessment of 3 years of patient audit for an aromatherapy massage service for cancer patients. *International Journal of Aromatherapy*, 11(3), pp.134-143.

### **Abstracts:**

- de Valois, B., Young, T., Robinson, N., McCourt, C. & Maher, E.J. (2007). Using acupuncture to manage hot flashes and night sweats in women with early breast cancer. *Journal of Alternative & Complementary Medicine*, **13(8)**, pp. 863-4 [abstract].
- de Valois, B., Young, T., Robinson, N., McCourt, C., & Maher, E.J. (2007) Using acupuncture to manage menopausal symptoms in women taking adjuvant hormonal treatment for early breast cancer. *Psycho-oncology* 16: pp. 262-274 [abstract].
- de Valois, B., Young, T., Robinson, N., McCourt, C., & Maher, E. J. (2005) Evaluating the effects of the NADA protocol on physical and emotional wellbeing in women undergoing adjuvant treatment for early breast cancer. *Focus on Alternative and Complementary Medicine* 10(Supplement 1), p.14 [abstract].
- de Valois, B., Young, T., Robinson, N., McCourt, C., Ashford, R., Maher, E.J. (2003) Using the NADA protocol to manage menopausal side-effects in women with early breast cancer. *Focus on Alternative and Complementary Therapies*, 9(Supplement 1), pp. 9-10 [abstract].
- de Valois, B., Young, T., Hunter, M., Maher, E.J. (2003) Evaluating physical and emotional well being in women using traditional acupuncture to manage tamoxifen side-effects. *Focus on Alternative and Complementary Therapies*, 8(4), p. 492 [abstract].

de Valois, B., Young, T., Hunter, M., Lucey, R., & Maher, E.J. (2002) Using traditional acupuncture to manage hot flushes in women taking tamoxifen. *Focus on Alternative and Complementary Therapies (FACT)*, 8(1), pp.134-135.

### **Book Chapters:**

de Valois, B. (2007). Acupuncture. In *Enhancing cancer care: complementary therapy and support*, Barraclough, J. (ed). Oxford University Press: Oxford, pp. 85-95.

### **General Articles:**

de Valois, B. (2005) From Vision to Reality – The 20th annual NADA conference. *British Acupuncture Council News*. June, Summer, p.8-9.

de Valois, B. (2003) Building bridges with the BMAS. *British Acupuncture Council News*, 8(3), pp. 23-24.

de Valois, B. (2003) Evaluating aromatherapy in palliative care. *In Essence*, 2(1), pp. 22-26.

de Valois, B. (2003) The 5<sup>th</sup> International symposium on aromatherapy and medicinal plants, 21-23 March, 2003, Grasse, France. *International Journal of Aromatherapy*, 13(2/3), pp. 60-61.

de Valois, B. (2003) The 5<sup>th</sup> International symposium on aromatherapy and medicinal plants. *In Essence*, 2(1) pp. 11-13.

de Valois, B. (2003) Traditional and medical acupuncture: exploring clinical and research perspectives – 27 February 2003. *British Acupuncture News*, 8(2), pp. 22-23.

de Valois, B. (2003) Using traditional acupuncture for hot flushes and night sweats in women taking tamoxifen – a pilot study. *British Acupuncture News*, 8(1), p. 24.

de Valois, B. (2003) The 9<sup>th</sup> annual symposium on complementary healthcare – Peninsula Medical School, Universities of Exeter & Plymouth, 4 - 6 December 2002. *British Acupuncture News*, 8(1) p. 24.

de Valois, B. (2002) A case in point. *British Acupuncture News*, 7(5) p. 21.

de Valois, B. (1999) The 6<sup>th</sup> annual symposium on complementary health care, University of Exeter, 2-4 December 1999. *British Acupuncture News*, 5(1), pp. 20-22.

### **PHD THESIS**

de Valois, B. (2006). Using acupuncture to manage hot flushes and night sweats in women taking tamoxifen for early breast cancer: two observational studies. In *Centre for Complementary Healthcare and Integrated Medicine*. Thames Valley University: London.

## **GRANTS OBTAINED:**

Department of Health Research for Innovation, Speculation, and Creativity (RISC) programme for exploratory research into using acupuncture and moxibustion to promote well being and improve quality of life in patients with secondary lymphoedema. 2007.

## **CONFERENCE PRESENTATIONS**

- Using the NADA protocol to manage hot flushes & night sweats in women taking adjuvant hormonal treatments for early breast cancer. 13<sup>th</sup> Euro NADA Conference, Helsinki, Finland, 23-25 August 2007
- Research Blues: What does quantitative research contribute to our clinical understanding of traditional acupuncture and should we be doing research in the NHS? Authenticity, Best Practice, and the Evidence Mosaic: The Challenge of Integrating Traditional East Asian Medicines into Western Health Care, University of Westminster, London, 21-22 April 2007.
- Research Blues: the tension of being an practitioner-researcher (discussion paper) Authenticity, Best Practice, and the Evidence Mosaic: The Challenge of Integrating Traditional East Asian Medicines into Western Health Care, University of Westminster, London, 19-20 April 2007.
- Using acupuncture to manage menopausal symptoms in women taking adjuvant hormonal treatment for early breast cancer, British Psychosocial Oncology Society (BPOS), Edinburgh, 14 December 2006.
- Using the NADA protocol to manage tamoxifen related hot flushes & night sweats in women with early breast cancer (plenary session), NADA UK Annual National Conference, NADA UK, 3<sup>rd</sup> December 2005.
- Using NADA to treat hot flushes in women with early breast cancer (workshop), NADA UK Annual National Conference, NADA UK, 3<sup>rd</sup> December 2005.
- Evaluating the effects of the NADA protocol on physical and emotional well-being in women undergoing adjuvant treatment for early breast cancer, 12<sup>th</sup> Annual Symposium on Complementary Healthcare, Peninsula Medical School, Universities of Exeter and Plymouth, Exeter, 19-21 September 2005
- Hot Flushes: are they the tip of the iceberg in treating women with breast cancer? 10<sup>th</sup> Annual British Acupuncture Council Conference, Cirencester, 17<sup>th</sup> September 2005.
- Using the NADA protocol to manage menopause-like side effects in women with early breast cancer' and 'The NADA protocol: moving from vision to reality in managing tamoxifen side effects in women with early breast cancer', NADA's 2005 Annual Conference: From Vision to Reality, National Acupuncture Detoxification Association (NADA), New York, USA, 15th-16th April 2005.
- 'Using the NADA protocol to manage menopausal side effects in women with early breast cancer', 11<sup>th</sup> Annual Symposium on complementary health Care, Peninsula Medical School, Universities of Exeter & Plymouth, Southgate Hotel, Exeter, 17th-19th November 2004.

- 'Acupuncture, Hot Flushes & Adjuvant Treatments for Breast Cancer, Clinical Governance Meeting, Cancer Treatment Centre, Mount Vernon Hospital, 30th September 2004.
- 'Auriculotherapy and the NADA protocol', Diversity and Debate in alternative and complementary Medicine, Alternative & complementary Healthcare Research Network (ACHRN), Nottingham University, 1st July 2004.
- 'Branching out: A trial of the NADA protocol for women experiencing the menopausal side effects of tamoxifen', ARRC 8th Annual Symposium, Acupuncture Research Resource Centre (ARRC), London, 6th March 2004.
- 'Using traditional acupuncture to manage the hot flushes and night sweats in women taking tamoxifen – a pilot study' and 'Clinical observations on treating breast cancer survivors: a traditional acupuncturists' perspective', Acupuncture in Cancer Care: An Open Forum, Cancer Bridge, Hexham, 13th December 2003.
- 'Evaluating physical and emotional well-being in women using traditional acupuncture to manage Tamoxifen side effects', 10th Annual Symposium on Complementary Health Care, Peninsula Medical School, University of Exeter and Plymouth, Royal College of Physicians, London, 21st November 2003.
- 'Research into Complementary Therapies', National Study Day: Cancer Network, West Herts. Hospitals NHS Trust, Mount Vernon Hospital, 4th November 2003.
- 'Role of complementary therapies', National Study Day: How to manage cancer symptoms & side effects of treatment, West Herts. Hospitals NHS Trust, Mount Vernon Hospital, 14th October 2003.
- The Prince of Wales's Foundation for Integrated Health, Complementary Medicine and Women's Health: Evidence of Integration, July 2003, 'Using traditional acupuncture for Tamoxifen related hot flushes'.
- Mount Vernon Hospital, Physiotherapists meeting, May 2003, 'Using traditional acupuncture for hot flushes and night sweats in woman taking Tamoxifen - A pilot study'.
- British Medical Acupuncture Society Spring Scientific Meeting, Spring Scientific Meeting, April 2003, 'Using traditional acupuncture for hot flushes and night sweats in women taking tamoxifen – a pilot study'.
- Lynda Jackson Macmillan Centre, Prostate Support Group, April 2003, 'Using traditional acupuncture to manage side effects of cancer treatment'.
- Cancer Treatment Centre Mount Vernon Hospital, Mount Vernon Hospital Breast Cancer Network Meeting, April 2003, 'Report on trial using traditional acupuncture for hot flushes and night sweats in women taking Tamoxifen'.
- 5e Symposium International d'Aromatherapie et Plantes Medicinales, March 2003, 'Aromatherapy massage: an added dimension to cancer care'.
- 7th Annual Acupuncture Research Symposium, November 2002, 'Sweating it out – the challenges of developing and applying a research protocol for treating the side effects of Tamoxifen in women with breast cancer'.

- 1st Annual Conference of the International Federation of Professional Aromatherapists, October 2002, 'How less can be more – clinical audit and aromatherapy for people with cancer'.
- 6th Annual Acupuncture Research Symposium, October 2001, 'Research is always a compromise – how a trial of acupuncture for hot flushes changed shape'.

#### **POSTER PRESENTATIONS:**

- Using acupuncture to manage hot flashes and night sweats in women with early breast cancer, 2007 Annual Conference of the Society of Acupuncture Research, University of Maryland at Baltimore, Baltimore, Maryland USA, 9-11 November 2007
- 'NHS & Academic collaboration in Acupuncture Research', British Acupuncture Council Annual Conference, British Acupuncture Council, London, 24th-25th September 2004.

#### **CURRENT RESEARCH:**

Beverley conducted a series of acupuncture research projects at the Lynda Jackson Macmillan Centre, a cancer drop-in and information centre associated with Mount Vernon Hospital. These focussed on evaluating the a variety of forms of acupuncture to manage the menopausal-type symptoms (mainly hot flushes and night sweats) experienced by women taking Tamoxifen and aromatase inhibitors as an adjuvant treatment for breast cancer. This work was the subject of her PhD at the Centre for Complementary Healthcare and Integrated Medicine (CCHIM), awarded by Thames Valley University in January 2007.

She is now working on exploratory research to investigate the use of acupuncture and moxibustion to promote wellbeing and improve quality of life in patients with secondary lymphoedema. This is funded by the Department of Health's Research for Innovation, Speculation and Creativity (RISC) programme.

#### **TEACHING ACTIVITIES:**

- 2003 – Senior Lecturer, Centre for Complementary Healthcare and Integrated  
2007 Medicine (CCHIM) Thames Valley University, London
- 2002 - Guest lecturer at Raworth College of Complementary Therapies, Dorking,  
2007 Surrey
- 1998 - Lecturer, Anatomy and Physiology, Institute of Traditional Herbal Medicine  
2000 and Aromatherapy (ITHMA), London

## **PROFESSIONAL DEVELOPMENT ACTIVITIES SINCE 2000**

### **Current study**

- Certificate of Personal and Professional Development (CPPD) in the Management and Care of People with Lymphoedema. Thames Valley University.

### **Courses taken since 2000**

- 2001      Clinical use of needle technique, CICM, Reading  
Acupuncture in pregnancy and childbirth, College of Traditional Acupuncture (CTA), Leamington Spa  
First aid awareness training, Watford General Hospital  
Western pathology and drug treatment: an energetic perspective, CICM, Reading  
Colour, Sound, Emotion, Odour Carnival, CTA, Leamington Spa  
Health and Safety Training, Mount Vernon Hospital (MVH), Northwood, Middx  
Indian Head Massage, Institute of Traditional Herbal Medicine and Aromatherapy (ITHMA), London
- 2002      The Treatment of Musculo-Skeletal Conditions, CICM, Reading  
Auricular Acupuncture for Substance Misuse, CICM, Reading  
Treating Possession with Acupuncture, CTA, Leamington  
Clinical Training, Watford General Hospital  
Clinical Trials in Cancer, MVH  
Management of Cancer and its Side Effects, MVH  
Lymphoedema Management, MVH  
PgCert in Chinese Herbal Patent Remedies, CICM, Reading
- 2003      Five Elements Acupuncture, CICM, Reading  
Patent Herbs with Giovanni Maciocia, London  
Research Methods: Quantitative Methods, TVU  
Research Methods: Developing a Research Proposal, TVU  
Writing for Publication, TVU  
Massage in Pregnancy, ITHMA, London  
Advanced Acupuncture Seminar: Auricular Acupuncture, London  
Research Methods: Survival Skills for Researchers, TVU  
Research Methods: Research Tools & Techniques, TVU
- 2004      Research Methods: Applied Research Philosophies, TVU  
Acupuncture and the Treatment of Male Disorders, CICM, Reading  
SPSS Training, TVU  
Research Methods: Qualitative Methods, TVU  
Facial Rejuvenation Acupuncture with Virginia Doran, CTA, Leamington  
Practical Skills and Life Support Training, Watford General Hospital

- 2005 Acupuncture and Fertility Workshop, London  
Systematic Research Synthesis, Institute of Education, University of London
- 2007 Endnote Training, Adept Scientific, Hertfordshire  
PhD research examining the use of acupuncture to manage hot flushes and night sweats in women taking tamoxifen for early breast cancer. Registered 2003, completed January 2007.

### **Conferences attended since 2000**

- 2001 Acupuncture and science: fundamental contradiction or creative tension? Organised by the BAcC and Exeter University, London  
Register of Qualified Aromatherapists (RQA) Annual Conference and Annual General Meeting, London  
British Acupuncture Council Annual Conference and AGM, London  
6<sup>th</sup> Annual Acupuncture Research Symposium, Acupuncture Research Resource Centre (ARRC), London  
8<sup>th</sup> Annual Symposium on Complementary Healthcare, Exeter
- 2002 (RQA) Annual Conference and Annual General Meeting, London  
Symposium of Complementary Therapies in Palliative Care: Developing National Evidence, Prince of Wales Foundation for Integrated Medicine, Manchester  
1<sup>st</sup> Annual Conference of the International Federation of Professional Aromatherapists (IFPA), Harrogate  
7<sup>th</sup> Annual Acupuncture Research Symposium, ARRC, London  
9<sup>th</sup> Annual Symposium on Complementary Healthcare, Exeter
- 2003 Developing Clinical Governance in Primary Care, King's Fund, London  
Developing Clinical Governance for CAM, King's Fund, London  
Traditional and Medical Acupuncture: Exploring Clinical and Research Perspectives, London  
5th Symposium International d'Aromatherapie et Plantes Medicinales, Grasse, France  
British Medical Acupuncture Society (BMAS) Annual Spring Scientific Meeting, Coventry  
Complementary Therapies and Women's Health, Prince of Wales Foundation for Integrated Health, (POWFIH) London  
10<sup>th</sup> Anniversary Celebratory Symposium for the Lynda Jackson Macmillan Centre, Northwood, Middx  
British Acupuncture Council Conference & AGM, London  
10<sup>th</sup> Annual Symposium on Complementary Healthcare, London
- 2004 Acupuncture in Cancer Care: An Open Forum, Cancerbridge,  
8<sup>th</sup> Annual Acupuncture Research Symposium, ARRC, London  
Diversity and Debate in Alternative and Complementary Medicine, Alternative and Complementary Healthcare Research Network (ACHRN) Conference, Nottingham University

- British Acupuncture Council Conference & AGM, London  
 11<sup>th</sup> Annual Symposium on Complementary Healthcare, Exeter  
 IASTAM Asian Medicine London Regional Conference, London  
 CAM and Cancer Care, POWFIH, London
- 2005 NADA's 2005 Annual Conference: From Vision to Reality, National  
 Acupuncture Detoxification Association (NADA), New York  
 10<sup>th</sup> Annual Acupuncture Research Symposium, ARRC, London  
 Diversity and Debate in Alternative and Complementary Medicine,  
 ACHRN, Nottingham University  
 British Acupuncture Council 10<sup>th</sup> Anniversary Conference, Cirencester  
 12<sup>th</sup> Annual Symposium on Complementary Healthcare, Exeter  
 NADA UK Conference, London
- 2006 British Psychosocial Oncology Society (BPOS), Edinburgh, 14-15  
 December 2006
- 2007 Authenticity, Best Practice, and the Evidence Mosaic: The Challenge of  
 Integrating Traditional East Asian Medicines into Western Health Care,  
 University of Westminster, London. Invited participant in workshop on  
 19-20 April, speaker at open conference on 21-22 April.  
 13<sup>th</sup> Euro NADA Conference, Helsinki, Finland, 23-25<sup>th</sup> August.  
 British Acupuncture Council Annual Conference, Cirencester, UK, 15-  
 16<sup>th</sup> September.  
 Assessing complementary practice: building consensus on appropriate  
 research methods, King's Fund and The Prince's Foundation for  
 Integrated Health, London, 22-23<sup>rd</sup> October.  
 2007 Annual Conference of the Society for Acupuncture Research. The  
 Status and Future of Acupuncture Research: 10 Years Post-NIH  
 Consensus Conference, University of Maryland at Baltimore, Baltimore,  
 MD, USA, 9-11<sup>th</sup> November.

**OTHER PROFESSIONAL ACTIVITIES:**

- ◆ Member of the editorial review team for the International Journal of  
 Clinical Aromatherapy (IJCA)

## **PREVIOUS WORK EXPERIENCE:**

### Academic

- ♦ January 2003 to May 2007  
**Centre for Complementary Healthcare and Integrated Medicine,  
Thames Valley University**  
Senior Lecturer in complementary healthcare.

### Cancer

- ♦ February 1996 to August 2003  
**North Middlesex University Hospital NHS Trust, London**  
Team member of the Macmillan Cancer Care team providing aromatherapy to inpatients and outpatients attending the hospital for active and palliative treatment
- ♦ May 1999 to January 2001  
**Lynda Jackson Macmillan Centre, Mount Vernon Hospital**  
Complementary therapy co-ordinator for services, responsible for providing complementary therapies to patients attending Mount Vernon Hospital for active and palliative cancer treatment
- ♦ January 2001 to present  
**Lynda Jackson Macmillan Centre, Mount Vernon Hospital**  
Research Acupuncturist, responsible for conducting studies to evaluate the effectiveness and acceptability of using acupuncture to manage side effects of cancer treatment.

### Acupuncture - October 1998 to present

Runs The Women's Clinic @ Uxbridge, her private practice specialising in providing complementary therapies for women's health issues.