

Valerie Ann Worwood 医师



Valerie Ann Worwood is considered one of the world's foremost authority on aromatherapy and essential oils. Her client list includes well-known actors, models, musicians, royalty, and heads of state. A practicing aromatherapist, reflexologist, and doctor of alternative medicine, Worwood owns and operates her own clinic in Romford, England. She is presently conducting research on aromatherapy and its effects on endometriosis and infertility. Among her many other credentials, Worwood is a former Chairman of Research and a Fellow at the International Federation of Aromatherapists, consultant to several European beauty and health clinics.

Valerie's research into the effects of essential oils have been conducted on such subjects as the Effect of Essential Oils on Psychological Trauma, the Effects of Essential Oils on Female and Male Reproductive Problems, and the Unexplained and Undetermined Infertility and Essential Oil Use in Pregnancy. She is presently teaching her methods on female reproductive problems and Aroma-Genera and its effects on human personality, memory, trauma, and consciousness. She is the consulting aromatherapist to research projects such as a 200-patient study at a psychiatric hospital in the UK on the Effects of Aromatherapy against conventional Anxiety Management. Her current activities include on-going teaching and lecturing worldwide on the benefits of aromatherapy and essential oils. She truly believes that essential oils are gifts of the earth that can literally save the world.

*Her first American publication, *The Complete Book of Essential Oils and Aromatherapy* (New World Library 1992), has sold over 250,000 copies in the U.S. alone. She is also the author of *Scents & Scentuality*, *The Fragrant Mind*, *The Fragrant Heavens*, *Essential Aromatherapy*, *The Bride's Big Day Bliss Box*, and *The Pampered Pregnancy Bliss Box*.*

Valerie Ann Worwood 被公认是目前世界上极富盛名的芳香疗法和精油作家之一。她学有专精，同时兼具芳香疗法治疗师、反射疗法治疗师、自然疗法治疗师以及伦敦州郡生理学会的会员。她在英国的伦弗与阿沙克斯分别主持了自己的诊所，致力于研究芳香疗法及其对子宫内膜异位和不孕症的治疗效果。Valerie 于1991年担任IFA主席，在任期中制定了许多专业芳香疗法的学习计划，并担任英国子宫内膜异位研究学会的研究成员，在英国、美国和澳洲发表了许多相关领域的研究成果。

Valerie 对精油理疗上的研究专注在情绪创伤的治疗、男女两性生殖系统问题、无法确知问题原因的不孕症、以及怀孕期的芳香理疗等领域。她的工作坊和培训课程极受海内外学生们的欢迎，主要课程内容在传授她在女性生殖系统问题上的治疗方法，以及精油对性格、记忆、知觉、情绪、创伤等等精神层面的理疗。此外，Valerie 也积极参与许多公益和公众事务。目前她正在和英国精神科病院合作，对200名精神病患者，利用精油来减缓他们的焦虑情绪，而进行一个长期的研究计划。

Valerie 除了研究和讲学之外，将多年来在芳香疗法上的研究和实践心得，著作成书，传授给后进，也是她致力的工作之一。她的第一本在美国出版的书《*The Complete Book of Essential Oils and*

Aromatherapy 》(New World Library 1992)，销售了 25 万余册，足见其品质和受欢迎的程度。

目前，Valerie 已出版了 10 余本和芳香疗法相关的书籍，其中『《芳香疗法配方宝典》《芳香疗法情绪心理配方宝典》《宝贝孩子的芳香疗法》』中文版已在内地及港台地区发行，受到许多学习芳香疗法或专业工作者的喜爱与推崇。

2008 年 4 月 20 日至 21 日在新加坡 IFA 年会上，金老师担任多数外籍老师的中文翻译，结识讲员之一的 Valerie 老师，自此，Valerie 在内地及台湾的专业课程，都由金老师专任翻译讲解。



2015. 10. 09 The Emotional Body Workshop



2015. 10. 10 细胞及祖传记忆 Cellular and ancestral memory