

**Host:**

- Mike McGlynn (Lecturer, Module Leader, Personal Academic Tutor and Dissertation Supervisor on the BSc (Hons) Integrative Healthcare degree)

**Guest speakers:**

- Teresa Elliott (BSc (Hons) Integrative Healthcare graduate of 2019 and lecturer at Moray College UHI)
- Dr. Tamara Agnew, Co-Director of Alui Altum Consultancy and Academic at the College of Nursing and Health Sciences at Flinders University, Australia

**[Mike McGlynn]**

This podcast has been brought to you by Moray College UHI. In this episode we'll be talking about integrative healthcare and how the changing landscape in education and research are influencing this growing field. I'm Mike McGlynn, one of the lecturers and module leaders on the BSc (Hons) Integrative Healthcare programme based at Moray College UHI and I'm joined today by Dr. Tamara Agnew of Alui Altum Consultancy and the College of Nursing and Health Sciences at Flinders University in Australia, and Teresa Elliott, one of the first graduates of BSc (Hons) Integrative Healthcare programme at Moray College UHI and a new member of the teaching team on the programme. Dr. Agnew is co-director of Alui Altum Consultancy. She is also a research associate at Flinders University, an advisory board member of the Tisserand Institute and an independent essential oil consultant. She holds a first-class honours degree from Edinburgh Napier University in Scotland, and a PhD from the University of South Australia. Dr. Agnew has experience of research and complementary medicine, clinical trials, digital health for healthy ageing and wellbeing, and dementia research. Teresa graduated with first class honours in 2019 with her dissertation focusing on the role of integrative healthcare in managing chronic pain conditions and reducing analgesia prescribing costs. She has recently joined the teaching team on the integrative healthcare programme and has been a great addition to this team. So today, we are going to be looking at the topic of integrative healthcare. Health care practitioners face increasing challenges that require innovative approaches to address the healthcare needs of the 21st century population. Integrative healthcare is a growing field which applies our research and evidence based framework to complementary therapies to develop an approach that can integrate with conventional health care to help address key areas of need, such as chronic pain conditions. Here at Moray College UHI we developed the BSc (Hons) Integrative Healthcare programme to combine the best elements of complementary therapy practice with the rigorous approach needed to develop reflective, inquisitive and effective integrative healthcare practitioners. Today we're going to explore the impact of education and research in this field. So welcome to you both. I'm going to begin by asking a couple of questions, and we'll see where the interview takes us. So both of you, I'm going to ask you to tell me a little bit about your background and what led you to want to work in this industry. And Tamara I'll start with you if that's okay.

**[Dr Tamara Agnew]**

Okay, so I studied complementary healthcare at Napier in Edinburgh. And I got, I mean, the reason I started to study that was really, I've always been, I'd always enjoyed complementary medicines, or had essential oils, I didn't know too much about them. And then I had a baby. And I decided that I needed to do something that I could stay at home, and then like work from home with her. And as it turns out, then I finished that degree over there and got a first-class honours degree and thought I can do a PhD. So I came back to Australia, and applied to do a PhD with UniSA at the time, my co supervisor with Matthew Leach, who is a bit of a guru in the field of neuropathy and I hooked up with him and a few other people and got a scholarship and did my PhD. And the reason I wanted to do that was really because I got to the end of my honours degree. And I had done some in clinic at uni, and I had done some work with a woman who had told me some information that I just didn't know how to deal with. And I just felt I just didn't have the capacity to deal with. And I decided at that point that I didn't know what to do if I had clients who came in and I didn't know what to do, and I felt like I'll be letting them down. So I decided then, kind of then and there that I didn't want to be a clinician and that I really wanted to put my knowledge to use in helping larger groups of people. So that is why I decided to do a PhD.

**[Mike McGlynn]**

That's absolutely fascinating. I mean, I've known you for a long time. And I know your passion in the subject and it's quite inspiring actually. Some of the research that you've carried out has been absolutely phenomenal. Can you tell me a little bit about your research into the use of essential oils for skin conditions?

**[Dr Tamara Agnew]**

So that was my honours project. I started doing that in my honours degree and I wanted to, so basically I kind of went oh, I think I'm pretty lazy, so I'm going to do an RCT [randomised controlled trial] because like everybody else in my class were doing things like interviewing people and massaging people. And I'm like, I don't want to do that. So I did an RCT, or at least a very small pilot sort of study. And the benefit of doing that was that I could take that then to UniSA. And that's what I did then for my PhD as well was kind of use the pilot, not the data, but the experience of having done that RCT much smaller. And I took that to UniSA and did the same thing again. But this time, instead of just looking at the skin condition itself which is acne, I looked at the psychosocial effects as well. So not just how essential oils could treat the skin, but how it could treat whether or not it had any effect on how they felt about themselves. And the results were quite interesting, they are being prepared for publication because I'm preparing for another research project that might lend itself to acne research. But basically, there was no change in the severity of the acne, but there was definitely a change in the skin condition. So when people were coming with very dry flaky kind of acne skin, they were coming back with very nice, still acne, but just a lot better, they felt better about it. In hindsight, I probably would have measured something differently. But what I did was created an instrument that could be used to assess the severity of acne online, because I needed to get

independent people to be able to measure that for me. And what I should have maybe did in hindsight is got them to tell me how long it took to clear, which might have been a better indication of whether or not this was working. But everybody, everybody's quality of life scores improved, regardless of the fact that their skin didn't. And that could be a result of just being in a trial and being heard. Or it could be because essential oils, were actually making them feel better. Or it could be that their skin was looking, was looking better. And they felt better. It could be a number of reasons. But whatever it was, they were happier. And the quality of life people with acne experience is significantly lower than the general population so it was kind of getting up to areas of normal, so that pretty cool.

**[Mike McGlynn]**

That's fantastic. I mean, I suppose the nature of research is hindsight is a wonderful thing. And you'll always look back on your research and identify what you could have done differently. But the very fact that you improve quality of life for a group of people who do have significantly lower quality of life is fantastic, and actually has applications in a range of different fields as well. That's brilliant. Thank you very much. Okay, so Teresa coming back to you, tell us a bit about yourself and your interest in this growing field.

**[Teresa Elliott]**

Okay, so, um, when I decided to come and study, I just wanted to learn how to massage, that was as complicated as it got actually, and that's what I started doing. And the passion that I had was for remedial massage. And then, as I worked along the programme, realised, actually I had quite an interest academically in research and studying and everything else and taking that further. And then the degree programme was kind of validated and went ahead, and I thought, yeah, okay, well, actually, I think I was convinced by my lecturers, yeah, you could totally do this, you can do this. And I ended up taking that further. And what came from that, will never ever, I've never ever really get my head around that I don't think because that passion for integrative healthcare, how to apply what I was doing already and was developing as a business with actually helping people just grew and grew and grew. And I've got a background in counselling, so actually, that developed as well. And combined with the whole mind-body connection, talking about quality of life, I looked specifically, within my degree, at chronic pain, that definitely became a focus for me. Combining all of that has kind of taken me to where I'm at now. Yeah, with still a huge interest and that kind of a thirst for more knowledge, more research that drives me in everything that I'm doing now. And now I'm lecturing as well, actually.

**[Mike McGlynn]**

It's absolutely brilliant, because looking back, you started as a part time HNC student. So it was as you say, that was as far as your aspirations went at that time. And you then progressed on to

complete the, or be one of our first graduates of the BSc (Hons) Integrative Healthcare programme, and achieving a first class honours degree. Just shows you know it's fantastic, absolutely fantastic. And it's been a pleasure of mine to be part of that journey throughout your whole time with us at Moray College UHI. And one of the things that I enjoy the most is supporting people and helping people through that journey. It gives me so much pleasure to be able to support people and see the innovation that comes through. I just absolutely love my job because of that.

**[Teresa Elliott]**

I think it's- because I've got a different perspective, obviously, because I was the student but coming along, I would never have thought that this was something that I would end up doing or how far it would go. And sitting here now, I'm now lecturing and I'm like, oh my god, yeah, where did that come from? But actually, it's absolutely possible.

**[Mike McGlynn]**

It truly, truly is. A lot of the time people look at this field, and they'll maybe think as you did, and I suppose as you did as well Tamara, and at the start of my journey as well, that it's about massaging people, and that's as far as you as you think. But there's so far that you can go in this field, you can help so many people, whether it be on an individual basis, or whether it be on a group basis or global basis. I'm just looking at the two of you and the way that you both practice just exemplifies that. Tell me a little bit about your current role, because we've talked about your background there Tamara, particularly there, but what is your role at the moment? What do you do just now in the field?

**[Dr Tamara Agnew]**

So the pandemic has created significant job losses in the university sector. So I am still lecturing at the university in social health research. So I at the moment am teaching health science students, qualitative research methods. My background is quantitative research but I've had to learn a lot about qualitative research as well. And I have previously throughout my whole PhD tutored, so in areas of population health and public health and sociology, and all those kinds of topics that students go, I don't understand why we're doing this. But really, the reason why you're doing this is because you need to understand your role as one individual in a much bigger system. I think, a lot of people who enter into these kinds of degree programmes or even if they're not doing it as degree, but as another, here in Australia it's TAFE, or private colleges. But they think they're going to come out and they work in their own practice. And what they don't really understand, I feel, is that they are representing a profession. And therefore we don't work in silos, we really don't work in silos, like everything we do, whether we are a massage therapist, or reflexologist, or, you know, we're running a spa, or whatever it is we do, we're working and representing a whole group of people who are trying to be recognised

professionally. And so that is my core focus and that is the purpose of Alui Altum is to try and increase the profile of complementary medicine therapists in Australia, by helping them, well helping to increase the evidence base for a start, but also helping them to kind of come together and network and work together. And it's hard. I know, here, like you were talking earlier about working rural and remote and in Australia, you don't get much more rural or remote than here. And you get people who are so worried about passing off clients who they might not really have the capacity to deal with. But really, they should, you should, you're working, you're part of a network. And I feel that's really what I'm one of the things that I'm really focused on. And I suppose in that respect to sort it sits into the integrative healthcare model of being able to work in groups and teams

**[Mike McGlynn]**

I would fully agree. And one thing that I, I suppose, whenever I'm teaching is the importance of research, professional practice, and essentially collaboration with peers. Again, it goes back to the expectations when people come onto courses such as this, they don't always expect to be in looking at research and research skills. But actually, it goes a long, long way to bring credibility to the profession, or professions. And raising awareness of that is key to that credibility. And that credibility is how we're then going to be able to progress the field further. So I think that's absolutely fascinating. Your work is leading the field. I love it.

**[Dr Tamara Agnew]**

Hope so!

**[Teresa Elliott]**

I think actually, that I'm a prime example of that. I came into this thinking I just wanted to do massage, and then over time have learned and learned and learned and actually yeah, I'm absolutely there. It is about research, it is about expanding that base, it is about a proven efficacy or whatever else that it is, it's not just about going and doing a massage for somebody. But then the clients that I see, it's about their attitudes as well, because a lot of them will just think "I'm just going to go for a massage, and it's not an essential service". But actually, when I'm treating them and I'm treating them for pain, and they see the difference, that's different for them then. So in increasing the kind of information that they have available and understanding about that as well. All of that is a factor within it.

**[Mike McGlynn]**

Absolutely. Absolutely. And that is a big part of the degree programme that we have here. The BSc (Hons) Integrative Healthcare programme focuses yes on the therapies, it focuses yes on the practice, but it also focuses on the understanding of the practice and how it can be taken

further. It's really interesting that what we've done is we have integrated research and reflection into every level of the programme. So if you exit after one year, you can exit with the Certificate of Higher Education in Integrative Healthcare. If you then continue on for another year, you can exit with a Diploma in Higher Education in Integrative Healthcare. Further years the BSc Integrative Healthcare. And then finally, you've got the BSc (Hons), so an honours degree in Integrative Healthcare. And each of those levels will have integrated the appreciation for research and the evidence base alongside the art of the therapies. We don't want to remove the holistic nature of these therapies. But we do want to ensure that we are taking an evidence-based approach to how we work, again to raise that credibility. And it is through people graduating with qualifications such as these that they're able to then take it further such as yourself Tamara, and such as yourself, Teresa and myself as well. I don't know if I mentioned but I know that you mentioned Tamara that I studied the degree in complementary healthcare at Napier University with Tamara as well. And that embedded my appreciation for research evidence and basically being able to help as many people as possible.

**[Dr Tamara Agnew]**

Yeah, I think that what's important for students who are, like teaching them to be good consumers of research, that's what we talk about. Because at the end of the day, if you are having to defend a decision that you have made in the clinical practice, and you cannot base it in any kind of evidence, and you can say, only it was intuition, like fine, you weren't born with intuition to be fair, you learned it. But if you can't support yourself in your actions in the decisions that you make, whether or not, I don't know, whether you're applying an essential oil that causes harm, you need to be able to base what you're doing in some form of evidence. And that's why we need students who might not ever come out and be researchers to be consumers of research, but also teaching them some disciplines about being a research ready practice. So in a research ready practice is one where you are ready to be able to kind of jump in and participate as a way of living in of one style studies these days where lots of people will start to do things in their own clinical practice, and we can start to pull it together, it's almost like a systematic review of data that's coming from all over the place. So in order to understand and be part of that, and we need we need clinicians to be part of it because we need, because they are the frontline, they're making the observations and they say, hey, this is working - maybe we should look at this more. And that's where it comes from.

**[Mike McGlynn]**

I remember one of the big things that we, that was talked about when we were a uni was the critical mass of anecdotal evidence. Because everyone out there, every practitioner there has their own experience and they know what works for them and their clients, but is there evidence? Is there published research that supports that? Not necessarily. So, as you say, using that as the basis then for further researchers, it's, it's going to be absolutely important. But you're right. We're not looking to produce primarily researchers, we're looking to produce amazing, good quality, effective reflective practitioners. And that is the key goal. And some of

those people will then go into research, some of them will go into very successful private practice, some of them will go into integrative healthcare practices, and there's space for all of these things. And that's part of what I believe higher education is about, it's about helping people to achieve their goals and their aspirations and their potential. Not just teaching people to be carbon copy clones, if that makes sense.

**[Dr Tamara Agnew]**

That's what we call transferable skills.

**[Mike McGlynn]**

Yes, exactly. So I mean, I mean, leading on from that bit what, what would you say would be the key skills that a therapist would need to have and I'll come to you, Teresa for that, because as Tamara knows, she's not primarily a clinician, but Teresa, you have a lot of experience working in the front line with clients. What's what skills and attributes do you think that a modern clinician needs to succeed in their practice?

**[Teresa Elliott]**

I think probably one of the biggest skills is adaptability, being able to adapt their practice as to how their clients might need, but also being able to adapt it within whatever provision, healthcare provision and everything else that they might be getting or working with other people. So other professionals, whether that's GPs, or whether it's osteopaths, whoever it is, other professionals, being able to work with all of that. Being able to listen to the client, actually, what are they needing, and to be able to hear, maybe things that they're not able to vocalise. So I'm coming in with this pain, but actually, what else is going on for them, because there's a much wider part of that, that plays a significant role in how bad their pain is, for example.

It could be that there's other stuff going on at home, or there's other things, or they've got financial worries, or all these other things that you maybe can't quite influence, but they still play a key part in how bad they are with you. So you need to be able to listen to all of that, what is said and what is unsaid. I think that yeah, that for me is absolutely key.

**[Mike McGlynn]**

Absolutely. I fully agree. And do you think that your education in integrative healthcare has helped you to develop and hone those skills?

**[Teresa Elliott]**

Oh, God, absolutely. It's totally, it's completely broadened my perspective. So whereas initially, yeah, okay, so I'm going to do this massage, and it's going to provide somebody some relaxation, or maybe I'm going to release the tension in their neck. That was what my focus would have been. That was what I was doing. That was what they were paying me for. But actually, as I've studied in it, and things have gone on, now I'm looking at things from a much, much wider perspective, looking at what else could be going on, how else can I help somebody? And how that can link in with other healthcare needs and anything else. It's completely kind of revolutionised how I would have practised actually.

**[Mike McGlynn]**

I think that's absolutely brilliant. Do you think that's then given you the confidence to then go out and work with other healthcare providers and healthcare practitioners?

**[Teresa Elliott]**

Yeah, definitely. It gives you that belief in yourself. And actually, as you're working with your clients, and you see what's happening, and how you're able to kind of do that, how you broaden things, that definitely boosts your own confidence, it kind of puts you on a more level footing with other professionals, and we're all about healthcare, that's what it's about, we're all about helping improve the health of our clients or our patients and everything else. So it gives you a level playing field, then, it's different from, say, a GP, but it doesn't mean that it's any less effective.

**[Mike McGlynn]**

Absolutely, absolutely. That's fantastic. And Tamara thinking about that, as well, I've been thinking about your education, how well do you think that your education and each level of your education prepared you for your current career and your current aspirations?

**[Dr Tamara Agnew]**

I couldn't be where I am without having completed the courses that I've completed. You can't do a PhD without an honours or a Master's. So you know, just I couldn't have got to here without that. And I think, interestingly, I think about when David Colquhoun decided to shut down all the courses in the UK, and him saying that we could still do research in complementary medicine, and just need researchers to do the work but it's like you actually need to have a little bit have an understanding of the underpinning philosophies of the approaches that clinicians take. It's not just about, you know, does intervention A treat symptom A, because we don't look at the world like that, we don't have a, we don't follow the biomedical model. So, in order to be able to undertake an RCT, using essential oils as one of your main interventions, you have to start to become quite creative in the ways that you can get that rigour by using it

an intervention that smells nice. You know, so it was, it's challenging, and I don't think that a researcher, which, you know, maybe they would, maybe they are as creative as we are, but I don't think they're got the right underpinning knowledge. And to be honest with you, I would never get a job working in a field that was too outside of where I am now. Because, I mean, I have a health science kind of background, so I can work in that health science area, but I can't just walk in one day and decide, I can do research in medical science, they would not employ me, so that idea that researchers can do research in complementary medicine is not actually true.

**[Mike McGlynn]**

I suppose as part of the whole education world, but the higher up in education, the higher qualified you are, the more specialised you are. Okay, so the next thing I want to ask about is that our students and our applicants are going to want to know where they can take their careers post education. So I just want to ask you, what opportunities do you believe that are out there for graduates of an integrative healthcare programme? Teresa, I'll come to you first, as a more recent graduate. Tell us a little bit about your experience and about the opportunities that you know are out there for graduates of an integrative healthcare programme.

**[Teresa Elliott]**

Okay, so the predominant side of my business is that I run the business, working as a hands on therapist, but what it's given me is links and connections with other local healthcare practitioners, whether that's within GP surgeries, or nurses, or whether it's up at the local hospital or anything else, it's provided those connections. So working alongside them, increases the kind of my self-employed business, it increases the clients that I see, the type of clients that I see, and makes it much more diverse. So that's kind of one side of what I do. But also, I'm now lecturing. So I'm lecturing on the integrative healthcare degree. So I have two roles, then, with what I'm doing, and it kind of gives me a really wide, diverse kind of opportunity as to how I want to progress that in either way, and they both complement each other really well as well.

**[Mike McGlynn]**

That's excellent. Cause I mean, you talked earlier about how you're also a counsellor, and I mean, that has, you've been using some really innovative practice, working with clients remotely, during the pandemic. And your business has taken off, as you say, working with a huge range of clients. And the connections that you've made with people within the NHS, for example, are going to be invaluable, I would say, would you agree?

**[Teresa Elliott]**

Yeah, absolutely. They're absolutely invaluable, because that's kind of key to progress in this and taking integrative healthcare forward. It's that, it's that increasing that knowledge for me locally, with other healthcare professionals, so that they can see what I'm doing. And I can see where I can fit in with them. That's exactly what the whole programme is about. And the pandemic has kind of put a lot of stops on things, but it's also it's brought up new ways of working. So working remotely, working online, I might not be able to do a hands on massage with somebody, but there's so other many ways that I can help them with whatever is going on. Whether that's working through video calls, looking at even things like meditative practices, whether it's counselling online, it's that whole holistic need that our client has can still be addressed, even though we've been working through the pandemic. And that's where the business has kind of gone over the last little while, while I haven't been able to do hands on practice.

**[Mike McGlynn]**

Thank you very much. Tamara, what do you think about the opportunities that are out there for a graduate of an integrative healthcare programme?

**[Dr Tamara Agnew]**

Well, obviously, I think that there are opportunities outside of clinical practice as well. So like you say in teaching, and I mean research, obviously, but also management, working in policy, working in getting into areas and trying to, you know, kind of chip away and make change. And you don't have to really stick completely into your own. So I am an aromatherapist, I have an aromatherapy qualification. I mean, you said you opened with independent and essential oil consultant, but it's kind of less and less part of my life, although I still make stuff around the house for the kids so, you know. But, yeah, so that's less than less part of what I do these days. And more and more I'm getting into consulting or getting into - I'm a researcher, and I'm lecturing. I'm just yeah, I think there's, you just got to be creative, the world's changing, and we don't have to stick in our little animal holes these days, there's so much more opportunity for people who come out of university with skills that are transferable. And yeah, there's so many different ways of applying them. So just think, don't think small, think big.

**[Mike McGlynn]**

I completely agree with that. And one of the big things that our programme leader, Rosemary, always says, think of your future, think of your vision, always have a five year vision in place. Think about how far you can take it and how far and what you need to do to get there. And from what you're saying there, Tamara, a lot of that is about identifying those opportunities yourself and making those opportunities. And that is something that, some skills that people will develop as they extend their education and become more qualified and change their outlook on life. And that leads on to another point, one of the things that I always think about a

university education is it changes who you are, you start off as a person, and you become a completely different person by the time you finish your education. And I say finish your education, you never finish it. You're always, always learning, every day, every minute of every day of your life. And I think that that's something that you develop as a lifelong learner through education. Education begets education, shall we say?

**[Teresa Elliott]**

I think it gives you the ability to kind of completely broaden things to look at things from different perspectives, and to see that it doesn't have to just be a kind of tunnel vision dream or whatever else, it can be so much bigger than that. And then what do you want to do with it? So gives you possibilities.

**[Mike McGlynn]**

Absolutely, absolutely. I want to ask you both and I'll start with Teresa, why should people consider studying at the integrative healthcare degree programme?

**[Teresa Elliott]**

Oh, that's a huge question. That's there's not enough time in the day. So if you want to broaden your horizons, look at endless possibilities, and kind of either, whether you're starting from scratch or developing, you're already a therapist, and you want to develop it and take it further. It's absolutely the place to be. It will change your life, it will change your practice or give you a business or create possibilities. Yeah, it will do all of that and more and you will grow as a person as well through all of it. I would definitely recommend it.

**[Mike McGlynn]**

Fantastic. Thank you. And Tamara, same question to you. Why should a prospective student or why should people consider studying or entering the integrative healthcare industry?

**[Dr Tamara Agnew]**

Well, I mean, it could be a small nugget of something that you want to do so like when I started I wanted to, I just wanted to do a job that I could work from home with and it's changed quite considerably. Although I am still working at home at the moment but anyway. I think that it's, I think that by entering into a degree programme that focuses on complementary medicine as an approach to health and wellbeing in preventative medicine teaches you a lot more than what you might learn in a kind of a more traditional medical degree. So you're going to learn more about how health impacts a person's life, and you're going to learn a whole lot about not just

how health impacts their life, but how life impacts their health, I think that there's just so much more to it. It's like you were saying earlier, all these things that can impact health. It's so much bigger than what someone comes in with a sore back, you know, it's so much more than they think it is. And I think that by understanding that underlying philosophy of that, of that health is so much more than just the presentation of a symptom. That, and that's I think what you get out of learning complementary medicine, what you get out of getting a degree is a whole lot more skill. So you can go and you can do your certificate or your diploma, but by going on and actually completing a degree, you're getting a whole lot of more skills that will help you in your practice. And what is really interesting in some research that I've been reading recently, is that a practice, a practitioner or clinician who has areas of research in their background, or who has that kind of qualification that allows them to look critically and think critically about what it is it's presenting to them, they're so much more attractive to a client. So a client will, you know, if you've got two practitioners side by side, and one is sort of saying shouting out, hey, I'm evidence based, hi, I participate in research, I am a really good consumer of research, I try and keep my skills up to date, that person will do better, because there's a lot more, there's a lot more to be confident about, I think, and I'm not saying just a certificate or a diploma, I'm not saying that at all, but I just think that you can extend that practice so much more. And it teaches you to as well be much more confident. It teaches you how to speak a language that is quite difficult to understand in speaking to other practitioners or clinicians, it teaches you how to be able to stand up for yourself. So there is a lot of reasons why you should study. If that is what you want to do, then a degree programme is certainly a really good way. And you know what, four years is nothing it does, it goes by in the in the blink of an eye, honestly, I mean, I've been studying for 10 years, and I can't even believe it is like 10 years, who would have thought when I left school going "I am not going to do another day of study ever" and then I've been studying for 10 years and I'm like nearly 50 and it just goes by so quick. And honestly, it's such a great experience as well, there's a lot of fun to be had at university on top of all of what you get out of it, you get the experience of it as well. It's a very interesting thing. We've be doing a series of podcasts speaking to PhD holders and what they got out of it and they got so much more than just a qualification and that is really important, what you get out of a degree is so much more than your qualification.

**[Mike McGlynn]**

Fantastic. And do you want to make a plug for your podcast?

**[Dr Tamara Agnew]**

Oh, yeah. My podcast is called Career Sessions. You can find it at [careersessions.com](http://careersessions.com) and we've interviewed 12 multidisciplinary academics from a very wide range of fields, from the arts, from we've got a naturopath, we've got hard science, chemistry, nanotechnology, we've got dieticians and we've got such a huge range of people that talk about what they got out of a PhD and what they would do and what advice they would give to anybody who is considering undertaking it.

**[Mike McGlynn]**

Excellent. Thank you. So for anyone interested, you can find Tamara's podcasts at [careersessions.com](http://careersessions.com). Excellent. Okay. So thank you both. I have really enjoyed my time with you. And one of the things I will say is that part of your degree programme, or any level of education that you exit with, you'll be working with some amazing people that will become friends, you'll be friends with lifelong.

**[Dr Tamara Agnew]**

Oh can I add one other things to add in to, into the report is that this is such an emerging field, that anybody who studies at this stage is really blazing a trail for anyone who comes behind them where we are the, we are the, what's the word? The pioneers. We are the pioneers and I think that's also another reason why doing a degree in this area is really, just really good.

**[Mike McGlynn]**

I absolutely agree, I couldn't agree more, in fact, and having worked with a range of people, a range of students over the past four years on the degree program, seeing the innovation that's coming out and the progress they're making is amazing, all across Scotland and all across the world, it's fantastic. So just to summarise we've gone a bit around the houses with this podcast but it's been very enjoyable and hopefully all of our listeners are finding it useful in helping them make a decision on what they want to do and hopefully they find it inspiring seeing what two amazing practitioners and academics have done with their education and taken forward within the field of integrative healthcare and complementary therapies. So if you are looking to join our program just, you can just have a look at the Moray College UHI or the UHI websites and search for integrative healthcare and you can apply online. So thank you so much to Dr Tamara Agnew and to Teresa Elliott for your contributions.

**[Dr Tamara Agnew]**

Thank you for having me that's been fun.

**[Teresa Elliott]**

Thank you.

**[Mike McGlynn]**

A pleasure as always. To listen to more podcasts or find out about any of the courses that we've mentioned today just visit [www.moray.uhi.ac.uk](http://www.moray.uhi.ac.uk), that's [www.moray.uhi.ac.uk](http://www.moray.uhi.ac.uk). Thank you for your time. Enjoy.

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