



Speaker Profile: William Collinge

William is president of Collinge and Associates, Inc., an independent research and consulting organization based in Eugene, Oregon and supported by the US National Institutes of Health. His work focuses on integrative approaches to caregiving and well-being for individuals and families.

William led development of the award-winning multimedia program [Touch, Caring and Cancer: Simple Instruction for Family and Friends](#), sponsored by the US National Cancer Institute. The research found that family carers at home can learn safe and simple methods of touch that help loved ones with cancer significantly reduce symptoms and treatment side effects. He has also developed an online symptom reduction program for people with fibromyalgia, chronic fatigue syndrome and other chronic conditions. The program can be accessed at [AwareHealth.org](#).

William also has a private practice of health-related psychotherapy and mind/body medicine in Eugene, Oregon, and has extensive experience working with people with cancer, fibromyalgia, chronic fatigue syndrome, HIV/AIDS, and other conditions, as well as Veterans and their families. He has led workshops and retreats across North America, in Hawaii, New Zealand and the UK, and has authored four books, most recently, [Partners in Healing: Simple Ways to Offer Support, Comfort and Care to a Loved One Facing Illness](#).

His keynote in Canberra will survey the major types of integrative therapies currently being used in palliative care by patients and family members. He will review current understanding of mechanisms of action, specific applications in palliative care populations, the state of the evidence, and challenges and facilitators of effective delivery. Modalities addressed include biofield therapies, acupuncture, expressive arts therapies, aromatherapy, massage, movement approaches, and mind/body interventions. The practical workshop on Saturday will teach participants how they can organize and lead carer education workshops based on the Touch, Caring and Cancer program.