

# FootPrints

The Journal of the Reflexology Association of Australia



[www.reflexology.org.au](http://www.reflexology.org.au)

April 2024

Volume 28 No. 2



# Reflexology Association of Australia 2024 National Conference



*Regulate and Rewire the Nervous System with Reflexology*

**Rydges Hotel - Geelong**

**Cnr Gheringhap & Myer Streets**

**25-27 October 2024**

## **Speakers**

- Sally Kay (UK) - Reflexology Lymph Drainage (RLD)
- Sue Ricks (UK) - Reflexology for babies
- Karen Middleton (NZ) - Ear Reflexology
- Karen Philipsen Brown (NZ) - Zu Qigong Foot Energy Work
- James Flaxman - The fascia role in restoring balance
- Brenda Seville - "An integrated approach to improving fertility"
- Jasmina Kotorac - Vagus nerve
- Michael Christian - Quantum healing
- Rachael Gibson - Reflexology and equine therapy

# From the Chair's desk



**National Conference 2024** to be held in Geelong Victoria on 26 and 27 October. The AGM will be held on Saturday 26 and attendance is in person only. Great presenters, catchups and of course networking. The Conference Committee have been working tirelessly to make sure it will be a memorable event. I look forward to meeting you at this event. Conferences and AGMs are always something to look forward to. The venue is Rydges in Geelong. Accommodation details can be found on the RAOA website. On-line registration will be available soon.

There is an amazing array of presenters with diverse topics that we will all want to attend.

- ◆ Sally Kaye UK – Lymphatic drainage technique
- ◆ Karen Middleton NZ – Ear Reflexology
- ◆ Karen Philipsen Brown NZ – Zu Qigong Reflexology
- ◆ Sue Ricks UK – via zoom Gentle Touch Reflexology
- ◆ Brenda Seville – An integrated approach to improving fertility
- ◆ Jasmina Kotorac – Vagus nerve roll in the nervous system
- ◆ James Flaxman – The fascia role in restoring balance
- ◆ Michael Christian – Quantum healing
- ◆ Rachael Gibson – Reflexology and equine therapy.

**Natural Therapies Review:** The meeting on 29 February has been rescheduled to Thursday 11 April 2024, due to delays in the provision of draft evidence evaluations. However, the meeting has been extended to two hours which will enable it to also cover the evidence evaluation for naturopathy Review B (selected nutritional supplements). They are proposing to deliver all of the evidence to the Government by the end of June 2024.

**Membership:** As at February Board meeting, we had 397 members made up of: QLD 82; NSW 82; VIC 98; TAS 12; SA 13 and WA 110. Interestingly these numbers are increasing, not only with students but also lapsed members are now wanting to re-join. Welcome to all returning and new members. Be aware that my door is always open for members to contact me with solutions to any problems encountered.

Annual fees this year will remain the same at \$250 for PM, \$225 for IM and \$100 for AM. PM and IM early payment incentive is also staying the same. Any Intermediate Member who wishes to practice as an RAOA member must have insurance, first aid and 10 CPT.

Any unfinancial member will be removed from advertising their business on Find a Practitioner after 31 July.

## Annual Branch

**Meetings** – Thank you to all the Chairs for responding to a request to provide the information needed for your ABMs. Advertising of this information is required to entice branch members to attend the event.

**Students and fee structure** – The Board have decided to have a fee structure for students. If wanting to join from April 1, then the cost would be \$25 per month plus \$60 joining fee and from Jan 1 the cost would be \$150 plus \$60 joining fee. This would then allow the qualified students to begin practicing at a reduced cost.

**Returning members** – If the returning member has not been practising for more than a year, they could have the same fee structure as a student, but would still need to submit current insurance, first aid and documentation to show that ongoing study has been achieved in that time. A free webinar will only be provided to a PM if they pay the full registration by the June 30.

Non-member for less than 3 years:

- ◆ Applicants should have evidence of 10 CPT points per annum for any years other than the one prior to returning to PM for the period of non-registration. Exemption from the CPT program, for one year only, may be applied for in writing to the RAOA national office for maternity leave, serious illness, or on compassionate grounds. A doctor's certificate may be required.
- ◆ A lack of CPT evidence means that the applicant will be required to complete the 'Assessment for Membership' and undergo the practical assessment with an approved trainer and assessor. Discounted fee \$250 (normally \$300 – assessor is paid \$150).

**Board face to face meeting in February** – Thank you to Priyvail Accounting, Sashi and Deepta for all of your continued support. Thank you to Lisa and our new part time employee Lee Pacheco for your on-going support to the members. We now have the phones answered on a Monday.

Thank you to Susan Ramsey for her continued support in helping the Board when needed.

Thank you to all the Directors for their continued support.

*Continued on page 2*

April 2024

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The Reflexology Association of Australia is an independent, non-profit organisation and is not affiliated with any educational institution. It is managed by a national Board of Directors, and has branch committees in each state. All positions are honorary.

Front cover – Cover photo courtesy of Keri Wood. Roslare Beach, Mindarie Perth.

**Afterpay** – From now on there will no longer be part payments offered through the office. We are registering with a company called Afterpay, who will set up a payment plan with you interest free, providing you make the payments on time. You will need to register with Afterpay either on your phone or on your computer prior to purchasing from the Office if you wish to make extended payments.

**Website** – Currently our website is responding very poorly, and there is nothing that can be done about it. Ken, our IT person says that it is like a rickety house and any changes or updates at this stage could cause it to crash completely. As you may know our CPT tracker is not working, so we all must record the event attended from now on onto paper, and hope that we have a record of what we have done during the year. The new website is moving along nicely, but the timeline at this stage is four months.

I wish you all a wonderful break over the Easter holidays.

*MA Steinke*

Marie Steinke



## Directors' reports

### WA/QLD Director's report

At the last ABM a new, enthusiastic committee was formed comprising Christina Hall, Lisa De Pledge, Melissa Beech and Jackie Smartt. Keri Wood later joined as Chair. This committee has been extremely proactive and avidly participates in EPEs and study days. The 2024 ABM is being held on 19 May, and I hope that the committee all nominate again this year, with hopefully some new faces as well.

We had a successful AGM in Perth in October 2023. The speakers were diverse and engaging. National conference and 2024 AGM are being held in Geelong in October. I hope to see lots of interest and attendance from WA.

I am the Board appointed Director for QLD as they only have one member on their committee. We are currently looking at ways for members to gain CPT points with EPEs and study days. The QLD ABM will be in June and we're garnering support to form a new committee. If anyone is interested in becoming involved, please contact either myself or Marie our Chair.

*Debbie Helm*

### CPT Directors' report

The CPT team have been looking at details of UK, Ireland, and US programs to gain further insight and ideas into what can be offered to our members in the CPT restructure. What again came out as a clear point, is that it needs to be much simpler to follow.

A branch or school can have an event for the members with the intention of attracting points. If this is mainstream reflexology it will attract 2 points per activity per hour. If it is an allied health area or alternative reflexology direction this will be 1 point per hour.

These events should be advertised through the Association to give the greatest chance for all to attend and gain the most from these dates.

We have a good team working on this but still value more members or information provided by members in order that we can get this area working better for all.

Thank you.

*Keri Wood and Nonie Crozier*



## Editor's Note:

**We value the readers of this Journal**

We value the variety of work that you do and the interests in different aspects of reflexology that you have.

At times we are let down with several articles not arriving which has been the case with this issue.

We believe that you, our readers have great stories and experiences that would be valuable for us to hear about.

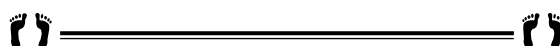
Let us know about what you are doing in reflexology. What you have learnt and what has inspired you?

Your publication also gains you points on the CPD programme, currently under Activity 8. Three to five points can be gained in this way.

What better way to gain recognition for all that you do.



*Keri Wood*  
Editor



# Update on new reflex for PTSD, Long Covid and pain

By Linda Frank, NBCR, NCREd

Here's an update to my article titled [New Reflex for PTSD and Long Covid?](#) that appeared in a previous issue of this magazine.

Since the writing of my article and experimenting with holding this "new" reflex of the Stellate Ganglion on clients, I'm convinced that trying to do a proof of concept during a full reflexology session makes it impossible to separate out whether the desired outcome (reduction of PTSD and/or Long Covid symptoms) came from the static hold of the Stellate Ganglion reflex or from other aspects of the session.

Therefore, I asked a group of educators during a recent NCRE (National Council for Reflexology Educators) meeting if they'd instead experiment *on themselves* (if they had PTSD, Long Covid or CRPS diagnoses) or might consider teaching clients with those diagnoses to hold the reflex on themselves. That way we're isolating the reflex and looking at a response just from that "new" reflex.

## What happened next was astonishing!

Longtime instructor Amy Petersen, upon seeing me hold the Stellate Ganglion reflex on a model foot, declared that this reflex (plus the center tip of the great toe) had years ago **significantly** reduced her post-surgery anxiety and nerve pain.

Amy went on to say that she'd directed her sister, a Reiki master, to hold these points based on her studies with both Dr Manzanares and Dr Martine Faure-Alderson. Her sister first held lateral and medial great toes and tip of great toe for 15–20 minutes three times a week and then in subsequent weeks was able to reduce hold time to 10–15 minutes every other night. "With these combined Reiki and Integrative Reflexology sessions," Amy subsequently wrote in an email to me, "I was able to sleep through the night, often with no pain."

## We are better together

This experience stemming from the NCRE meeting illustrates a couple of important things:

1. How critical it is for reflexology instructors, and reflexologists, to communicate with one another.
2. How reflexology instructors are starting to collaborate with one another – both in the sharing of experience and information, as well as in the education process itself. We now have two students who are going through the [Interstate Teaching Collective \(ITC\)](https://reflexologyacademynw.com/out-of-state) <https://reflexologyacademynw.com/out-of-state> – gaining their education in areas where there is no school accessible to them, working with one educator for their online didactic coursework and with a "clinical instructor" or tutor who lives within reasonable driving distance for their hands-on instruction.

3. How we can co-develop our continuing education. Amy and I have Zoomed and continued to pose questions and musings to one another about the location of the reflexes she selected and the location of the Stellate Ganglion Reflex that came from my musings with Sue Evans of Inspira Academy in Wales resulting in Sue's partner Annie Trigg drawing a Stellate Ganglion reflex location for my previous article. Amy and I now are also wondering whether having someone else hold the reflex might be more powerful than holding it ourselves. This latter musing can/will be a part of our ongoing research on the reflex.

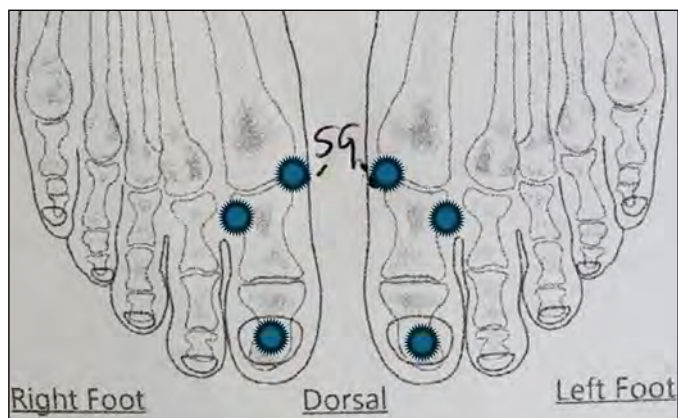
If we can get substantial outcomes using this/these reflexes (Stellate coupled with pituitary/pineal/hypothalamus) we might have somewhat of a silver bullet in our hands for many conditions, eventually moving on to locating reflexes for other ganglia that might help with e.g. IBS.

## Standby for some future honing of the Stellate Ganglion reflex, but meanwhile ...

As of today, my area for holding the Stellate Ganglion reflex on myself is both dorsomedial with my thumb and dorsolateral with my middle finger. After talking with Amy and learning of her experience, I will start holding for longer periods of time, and then also adding my index finger to the great toe toenail which would be for pineal, pituitary and hypothalamus.

The goal is to simulate anesthetization to decrease NGF (nerve growth factor) to lower sympathetic activity and diminish quantities of norepinephrine (NE). According to one [NIH \(National Institutes of Health\) article](#), increased NE can sensitize peripheral nociceptors, causing an increase in perceived pain. Decreasing NGF causes decreased NE which, according to the hypothesis, will decrease pain!

**Reflex Locations:** When holding the reflexes on a family member or friend, just transfer the holds to plantar side equivalencies if you prefer to hold plantar.



Continued on page 3

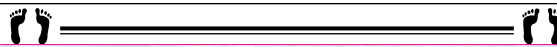
Explanation of reflex locations: Since the Stellate Ganglion sits in front of the vertebral column, we situate the “main” Stellate Ganglion reflex on the dorsomedial aspect of the great toe (see Body Charts vertical illustration of spinal column on the right showing front of vertebrae facing dorsal aspect of the foot and spinous processes facing the plantar surface). Then, if we think “three-dimensionally”, we’d have a corresponding reflex on the lateral side of the great toe. I have found that my body likes this combination of holding both dorsomedial and dorsolateral. The addition of the hold on the middle of the toenail for pituitary, hypothalamus, pineal is inspired by Lynne Booth’s VRT nail on nail technique for pituitary. Learning this technique for pituitary helps me help my students to locate pituitary on the plantar great toe, too, because they can imagine a line going from the dorsal nail to the plantar surface. Again, if we think of accessing points three-dimensionally, we can contact pituitary, hypothalamus and pineal from either dorsal, or plantar ... or medial – which is where Hanna Marquardt locates those reflexes, as do Sue Evans and Annie Trigg in their *Body Charts* book (from which these illustrations come [with my blue dots marking the three hold locations]).



This is one of the values (and at times, frustrations) of having differences in our reflexology maps. I’ve decided for the most part all reflex locations work! They work because of our intention to work them, so wherever you traditionally find/locate the pituitary/hypothalamus/pineal reflex(es), hold there. I subscribe to all three reflexes being essentially in the same location because pineal sits anatomically posterior to hypothalamus; and hypothalamus sits just above the pituitary – hence contacting all three reflexes with one contact, especially if it’s with an index-finger knuckle waggle a la David Wayte’s instruction (and others). I believe the body is smart enough to pull our impulse signal right to the exact spot that’s needed, like a little vortex sucking in the energy via the miraculous fascia system. Try imagining that any time you think you’re having difficulty finding a reflex. As I tell my students, if you’re struggling to find a reflex, take your one hand off the area you’re going for and then just think “\_\_\_\_\_” (whatever reflex you’re aiming for). Voila, they then almost invariably go right to it.

Please email me at [linda@reflexologyforbetterhealth.com](mailto:linda@reflexologyforbetterhealth.com) if you use this reflex on yourself with substantial “static” holds (e.g. 10–15 minutes three times a week) and find relief, or use it on friends and family and they find relief. We hopefully, together, can flush out how to use the Stellate Ganglion reflexes to gain greater control over pain and other nervous system overactivity.

*Linda Frank is a state and national board-certified reflexologist and reflexology educator in Tacoma WA (respectively, Reflexology for Better Health and Reflexology Academy NW). She is a RAA (Reflexology Association of America) Board Director and chairs the RAA Public Relations Committee (which welcomes volunteers for the Committee!)*



One of the greatest gifts you can give someone is the gift of health & relaxation to show them that you care. Reflexology is not a cure for symptoms or illness, rather, Reflexology supports the body’s ability to heal itself.

On this special occasion, why not treat that someone special to a treatment with one of our Professional Practitioners.



Happy Mothers Day

Families today don’t all look the same, like they did in 1950s TV shows—and that’s a good thing. More children than ever are being raised by single parents, adoptive parents, same-sex parents, or blended families. They all deserve respect and support. Some, like LGBTQ families, might feel excluded on Mother’s Day. Support all families by not assuming everyone has a mother and father. Families come in different combinations, but what matters is that the kids are loved and cared for.

Go to our website  
[www.reflexology.org.au](http://www.reflexology.org.au)  
to Find a Practitioner near you

# Menopause reflexology

By Sally Earlam FMAR. BSc. PGCE. (retired RGN)



Hormones are essential for a woman's health, and the changing levels that occur throughout perimenopause and menopause can affect women both physically and emotionally. On top of dealing with falling hormones, we are also faced with the "bad press" that Western society tends to place on menopause, where there appears to be a focus on the "loss" of fertility and worth rather than the transition and the gain of wisdom and freedom.

It is undoubtedly time to challenge this attitude; menopause is not an illness but a natural, gradual process whereby a woman's body moves out of childbearing years and aims to head into a liberated and more relaxed phase of life and healthy ageing. Margaret Mead (an American cultural anthropologist) describes her own positive experience of giving up PMS (Premenstrual Syndrome) for PMZ (Post-Menopausal Zest). However, we cannot ignore the physical and emotional symptoms experienced by many women during perimenopause and menopause. Women need to feel empowered to look for support and not feel they are "ill" or less valued in society. I believe that reflexologists are ideally placed to offer this support.

## A note about hormones

We typically think about oestrogen and progesterone as our reproductive hormones, but we have oestrogen receptors (ORs) around the whole body. ORs are found within cells and receive oestrogen from the bloodstream, which acts as a messenger for different activities. ORs are found in many areas of the body, including reproductive organs, breast tissue, bones, joints, ligaments, tendons, skin, cardiovascular system, thyroid, central nervous system, and gastrointestinal tract. So, it should come as no surprise that as oestrogen levels fall, the symptoms can be far-reaching.



There are a vast number of symptoms associated with perimenopause and menopause. These include hot flushes, night sweats, palpitations, irritability, mood swings, insomnia, irregular periods, low libido, fatigue, anxiety, depression, poor memory, itchy skin, achy joints and muscles, headaches, bloating, weight gain, hair loss, facial hair, gum disease, tinnitus etc. In the long term, blood vessels and lymphatics become less elastic, cholesterol levels can increase, and there can be changes to the liver, including inflammation and fatty liver, higher cortisol levels and increased inflammatory markers that can contribute to many chronic conditions.

However, we have growing evidence that lifestyle choices can make a big difference to menopausal symptoms. This is why, in menopause, women must begin to take control of their lives, prioritise self-care and look at lifestyle factors to maintain optimum health. I describe the Five Pillars of Healthy Menopause:

- ◆ Nutrition
- ◆ Movement
- ◆ Relaxation
- ◆ Sleep
- ◆ Finding purpose.



These pillars provide a framework for working with clients to identify areas where changes could positively impact their wellbeing.

## Reflexology research

There are so many symptoms associated with menopause that this can make research tricky. However, there is good news, as we do have some studies showing that reflexology is beneficial for some menopausal symptoms, including:

*Continued on page 6*

- ◆ an effective therapy for sleep disorders and hot flushes in menopause.<sup>1</sup>
  - ◆ being effective in decreasing vasomotor problems and increasing quality of life in the menopausal period.<sup>2</sup>
  - ◆ foot reflexology technique can be effective in reducing women's depression during menopause.<sup>3</sup>
- Other studies also show similar positive outcomes, so great news for women and reflexology!



### A note about stress and the importance of relaxation

A study has shown that chronically elevated cortisol increases the likelihood of severe menopausal symptoms<sup>4</sup>, so prioritising relaxation is vital.

If we look at the pathway of how hormones are produced in the body, our oestrogens, progesterone, and testosterone are primarily produced in the ovaries and adrenal glands. Production of these hormones requires cholesterol, pregnenolone and dehydroepiandrosterone. However, when the body is under stress, cortisol production commences, and the adrenals will rob the cholesterol, pregnenolone and DHEA to produce the stress hormone, potentially leaving no base ingredients for sex hormone production. Even in menopause, the body continues to make a weak form of oestrogen called oestrone. So, lowering stress can have a profound positive effect on symptoms as it can allow for optimal hormone production.

There are, of course, times when women need to seek medical help or consider HRT, so concerned clients should be encouraged to speak to their GP. However, relaxation is important even for clients on medication.



*Sally Earlam is a retired nurse. She has been a reflexologist for 25 years, a reflexology tutor for 20 years, and has worked for the Association of Reflexologists in the UK for 25 years.*

*She has online courses available (pre-recorded so you study at times that suit you, followed by a Zoom tutorial), and if you are interested in learning more about Reflexology for Menopause or to book this course, please visit [www.sallyearlam.co.uk](http://www.sallyearlam.co.uk)*

### Sally's three top tips for menopause reflexology

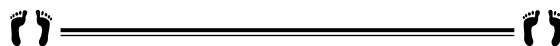
1. Work on relaxation.
2. Give additional attention to the lymphatic reflexes to help ease inflammation.
3. Be ready to discuss lifestyle factors that can affect symptoms and be able to make suggestions if the woman feels ready to take on small changes.

On average, women spend a third to a half of their lives post-menopause, and as we have seen, reflexology can be hugely beneficial at this time. As reflexologists, we can also empower women to feel optimistic about this next phase of their lives and help ensure that they transition well, through to healthy ageing.



### References

1. The effects of reflexology on sleep disorder in menopausal women. Maryam Asltooghi, Zahra Ghodsi. *Procedia – Social and Behavioral Sciences*, Volume 31, 2012, Pages 242–246.
2. The effects of reflexology applied to women aged between 40 and 60 on vasomotor complaints and quality of life. *Gozyuesil E, Baser M. Complement Ther Clin Pract. 2016 Aug; 24:78–85.*
3. The effects of reflexology on depression during menopause: A randomised controlled clinical trial. F Mahdavi-pour et al. *Complementary Therapies in Medicine*, Volume 47, 2019.
4. Cagnacci A, Cannolella M, Caretto S, Zanin R, Xholli A, Volpe A. Increased cortisol level: a possible link between climacteric symptoms and cardiovascular risk factors. *Menopause. 2011 Mar;18(3):273–8. doi: 10.1097/gme.0b013e3181f31947. PMID: 21037488.*



### Foot Gestures

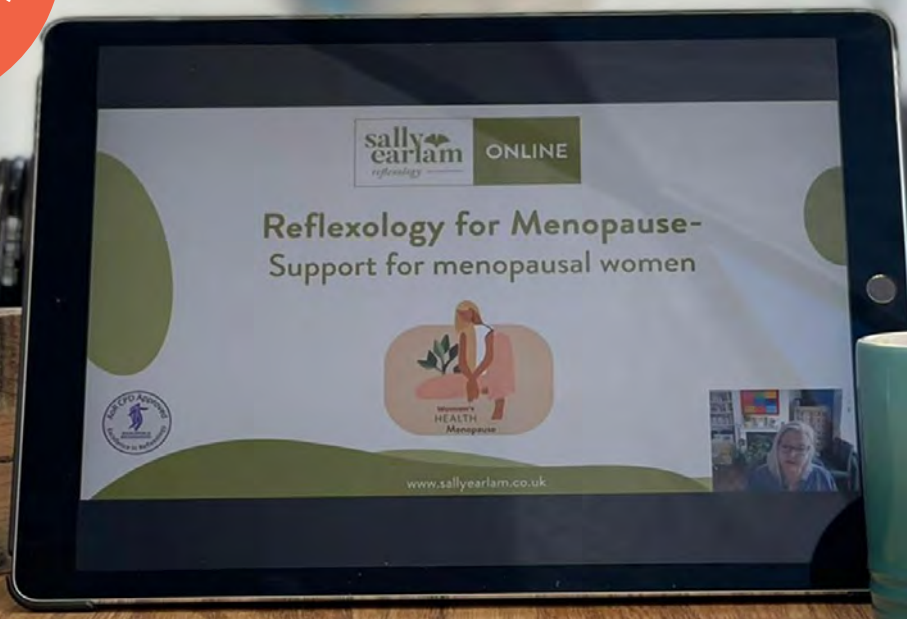
**Stamp one's foot** – a gesture of impatience or bad temper.

Foot gestures have been accorded sexual connotation; different patterns of discreet nudging or tapping the opposite sex under the table or on the train were pictured on 19th century postcards under the title, “the language of love”.

Shakespeare observed: “There's language in her eye, her cheek, her lip, nay her foot speaks; her wanton spirits look out at every joint and motive of her body”.

*From “A compendium of Foot Folk Wisdom & Trivia” compiled by Susanne Enzer*

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Reviews



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**Menopause Reflexology**  
**Maternity Reflexology**  
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- Includes a final Zoom tutorial.
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# Reflexology training returns to Tasmania

After a hiatus of several years, reflexology training has returned to Tasmania, with the delivery of an *Introduction to Reflexology* one day workshop in February. Delivered by local member, Tiziana Hill, for the Australian School of Reflexology and Relaxation (ASRR), five students eagerly gathered in Hobart to learn basic techniques to give family and friends a simple foot reflexology treatment. At least one of those students is continuing on to undertake the Diploma of Reflexology.

The workshops and Diploma are being offered in Tasmania after the local branch made contact with ASRR about the need to fill a vital gap. The Diploma will be made available through online classes, with hands-on reflexology training offered locally by Tasmanian reflexologists who have or will obtain teaching qualifications.

“Our branch has been increasingly concerned at the dwindling number of practicing reflexologists and the natural decline of membership in our small state branch,” Tasmanian branch chair, Tiziana Hill, said.

“With no new reflexologists coming on board, we have been concerned that this vital complementary therapy will die out in Tasmania—a worrisome thought as we have always been a small but vibrant reflexology community.

“In the past we have been generously endowed with excellent training options across the state. Over recent years, we have seen the retirement of Pamela Skeggs in the north, of Lynda Kidd in the south, and the closure of Island Health College in Hobart.

“The February workshop showed us there is an appetite and interest, which we hope to continue building over time,” Tiziana said.

The first workshop was held in February and all five participants finished the day telling us they felt confident enough to give family members and friends a basic foot treatment. Another introductory workshop will be held in late April.



Students gathered in Hobart in February for an *Introduction to Reflexology*, seen here with Tiziana Hill, demonstrating some of the basics.



*I can't change the direction of the wind, but I can adjust my sails to always reach my destination.*  
Jimmy Dean



# International reflexology diploma available in Tasmania

In a first for Tasmania, the internationally recognised *Diploma of Reflexology for the Complementary Therapist* will be offered in 2024.

The Australian School of Reflexology and Relaxation (ASRR) – a specialist reflexology training school accredited to offer this Diploma in Australia – will make the qualification available to Tasmanians in an online and face-to-face hybrid format.

According to ASRR's Principal, Keri Wood, the Diploma gives students the opportunity to train as a professional reflexologist with a qualification recognised both in Australia and internationally.

"Reflexology is a complementary therapy which is based on the principle that reflexes in the feet, hands, ears and face correspond to all physical, emotional and mental aspects of the human body and being", Ms Wood said.

"As the parasympathetic nervous system is engaged through the gentle touch of reflexes, digestion, sleep, elimination, immune activity, oxygenation, and cellular nutrition is activated."

Ms Wood said that graduates are equipped to set up business in multimodality or home-based clinics, aged care, or disability services, corporate or spa industries.

The course takes around 12 months to complete and includes reflexology foundations and techniques, advanced reflexology, anatomy and physiology, workplace health and safety, and business practice.

In face-to-face training delivered by local reflexologists, students learn a range of finger, thumb, and hand techniques to engage with the body's healing processes, bringing balance and relaxation to those who receive a treatment.

The course requires students to spend more than 100 hours in supervised clinic and classroom settings and case studies, delivering reflexology treatments. Final assessments are made by the international awarding body, ITEC.

The course's arrival in Tasmania follows discussions with the Tasmanian branch of the Reflexology Association of Australia, which has been keen to fill the void left by the closure of Tasmania's complementary health college several years ago.

*For further information please contact Keri Wood.*

[Info@asrr.com.au](mailto:Info@asrr.com.au)  
0411 857 058

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The first exciting day of a reflexology diploma course in Adelaide. All of the girls are very excited about being members of the Association.



*Jen Windsor, Leanne Brus Bentley, Krystal Hartley are pictured here with chairperson Marie*

# CPT Education—Calendar of Events

Inclusion in the CPT Calendar of Events is a further bonus for advertisers and includes one free listing for each advertisement placed.



Place your advertisement with the RAOA Marketing and Advertising Co-ordinator—  
[admin@reflexology.org.au](mailto:admin@reflexology.org.au)

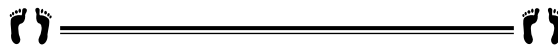
2023	PRESENTER	TITLE	LOCATION/CONTACT
May 05	VIC Branch	VIC ABM (Annual Branch Meeting)	Habitat Uniting Church, 2 Minona Street, Hawthorne. Contact your Branch Chairperson
May 18	TAS Branch	TAS ABM (Annual Branch Meeting)	Breathing Space, 13B Goulburn Street, HOBART
May 19	WA Branch	WA ABM (Annual Branch Meeting)	Terry Tyzack Aquatic Centre, 62 Alexander Drive, Inglewood, W.A. 6052
May 25	Sue Ehinger	Auricular Therapy Workshop (2 full days)—Day 1	Crows Nest Community Centre Contact your Branch Chairperson
May 26	NSW/ACT Branch	NSW/ACT ABM and Speaker Day (Annual Branch Meeting)	Crows Nest Community Centre Contact your Branch Chairperson
June 02	QLD Branch	QLD ABM (Annual Branch Meeting)	TBA Contact your Branch Chairperson
June 16	SA Branch	SA ABM (Annual Branch Meeting)	Enchanting Hands Practice, Gawler
June 23	Sue Ehinger	Auricular Therapy Workshop (2 full days)—Day 2	Crows Nest Community Centre Available via the RAOA website <a href="https://reflexology.org.au/">https://reflexology.org.au/</a>
September 23-29	'Awareness of our wonderful therapy'	WRW (World Reflexology Week) Awareness Day	All six Branches Contact your Branch Chairperson
October 26	RAoA	AGM (Annual General Meeting)	Geelong Rydges Hotel VIC
October 26–27		RAoA National Conference 2024	Geelong Rydges Hotel VIC
Recorded Webinar	RAoA recorded webinar with David Wayte	"Hand Reflexology Masterclass"	Available via the RAOA website <a href="https://reflexology.org.au/hand-info">https://reflexology.org.au/hand-info</a>
Recorded Webinar	RAoA recorded webinar with David Wayte	"Palliative Reflexology"	Available via the RAOA website <a href="https://reflexology.org.au/palliative-info">https://reflexology.org.au/palliative-info</a>
Recorded Webinar	RAoA recorded webinar with Ian White	"Enhancing your practice and your patient's experience with the Australian Bush Flower Essences"	Available via the RAOA website. <a href="https://reflexology.org.au/abfe-info">https://reflexology.org.au/abfe-info</a>
Recorded Webinar	RAoA recorded webinar with Ruth Hull	"Understanding the role of blood sugar imbalances in health and disease"	Available via the RAOA website <a href="https://reflexology.org.au/bsi-info">https://reflexology.org.au/bsi-info</a>



## Welcome new members

February 2024 – April 2024

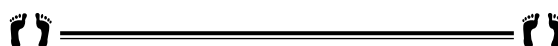
First name	Surname	Suburb	State	
Lalitha	Ganapathy	Glen Waverley	VIC	Student
Leanne	Brus-Bentley	Lower Mitcham	SA	Student
Kimberley	Muskett	Curlewis	VIC	Student
Leanne	Vellacott	Tennyson Point	WA	Student
Jennifer	Windsor	Boston	SA	Student
Melinda	Murphy	Hamlyn Terrace	NSW	Student
Krystal	Hartley	Prospect	SA	Student



## WA's South Perth Coffee Club

Time has had to be changed ...

- ♦ July 18 2024: 6.30–8.30pm—Overview of five elements and emotions
- ♦ August 15 2024: 6.30–8.30pm—Heart – stroke, blood pressure
- ♦ September 19 2024: 6.30–8.30pm—Aged care/kids
- ♦ October 17 2024: 6.30–8.30pm—Chakras
- ♦ November 21 2024: 6.30–8.30pm—Open forum



# Sue Ricks' Mum

By Sue Ricks

**M**um knows best.  
I wonder?

Well, my Mum absolutely loved her dedicated sessions of reflexology throughout her time of chemotherapy and other treatments and so many find it incredibly soothing, supportive, and helpful.

The shock, adjustment and emotion surrounding a diagnosis alone means that being able to offer reflexology throughout the whole process is invaluable.

This is something to aim for – a time when reflexology is offered to all from the beginning of anyone's experience of being diagnosed or going through tests and then treatments, whichever form they take.

The gentle support of reflexology is vastly underestimated by those who do not know about it or have not experienced it and so it is hard for them to know how incredibly beneficial it is during a time of need.



*My mother having reflexology in the garden*

One of the things reported by people going through this process is that it feels like their life has been turned upside down or that their life becomes so new that they can be left reeling by all that is happening. One of the greatest ways we can offer support, kindness and real assistance is helping them from the feet up!

- ◆ My mother reported feeling loved and calmer.
- ◆ My client said she feels more connected to her own healing power.
- ◆ Another client said that she finds it so helpful to cope with her chemo (therapy). Less nauseous and generally better.

Those of us who have been working in this field know that it is the emotional and energetic support that these gentle reflexology sessions offer that can make as much difference as the physical support too.

I remember the first time that I came away from doing a session at a lady's home where I sat in my car afterwards and cried. The lady who I had treated was with her daughter (who had requested the treatment for her mum). Both were in the bedroom and during the time I was there both relaxed, both dozed and both felt better. The mother said she felt better than she had in ages and the burning pain had stopped, her legs felt like her legs and her chest felt "open". However, it was the look on these ladies faces that really got me ... there seemed to be a sense of peace.

Their words and expressions really moved me.

When someone is diagnosed with cancer it not only significantly affects them but their family and friends too. Having a trusted reflexologist around in these times is such a helpful way of assisting all concerned, to navigate the physical and emotional pathways that can feel topsy turvy and disrupted. Practically there are a whole plethora of things to deal with from diary rescheduling, appointments to go to and plans put on hold.

Physically, the effects on someone's body, from digestive or gut changes to anxiety responses with insomnia or a wakeful mind is something that we can work to ease through some gentle reflexology.

I've found that the subtle assistance of reflexology can be key in these and so much more including chemotherapy induced peripheral neuropathy. It truly is marvellous to help anyone access this amazing therapy during these times. I remember teaching a group of children's ICU nurses who specifically worked in oncology care and post operatively. Their feedback about being able to do "so little that did so much" was quite extra ordinary.



*Teaching in children's hospital in the US*

We are so lucky that reflexology is available worldwide.

I write this from the UK, and you are probably reading this in Australia, so even across the world we speak the same language of hope, help and support. We work together to make a difference and be there when people need us and this amazing therapy that we, and they, have access to changes lives positively.

In Gentle Touch Reflexology I recommend some beautiful ways of working in a non-invasive and intrinsically supportive way of the human experience. You can work on either a client's hands or feet. Knowing you can work as effectively on either opens more access and availability as it is more likely that something is available! They may have shoes on or be in a bed that is against a wall (as I found when I arrived at a couple's home!). Luckily, I could work on his hands while we chatted about self-care reflexology and future visits where I could access his feet too.

*Continued on page 12*

One technique that I always recommend is working through the digestive tract. A gentle sweep across the ileum and caecum (bowel area) is so soothing and often eases the discomfort of medication or treatments. Simply sweep/stroke your thumb across and round the area. It's easy and simple to use and makes such a difference.

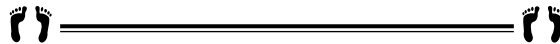
Another technique that is so often underestimated is the simple heel hold. This is a gorgeous and delightfully accessible technique that provides comfort and a stabilising effect. You are simply holding space for someone to come into their own. It is also grounding and practically supportive.

Whilst it is important to note that there is limited scientific evidence to support these claims there is a



Heel hold (in client's garden)

growing body of evidence that is changing things.



## The Journal Club

By Irene Tasho and Leon Botes

The Australian School of Reflexology is proud to announce the introduction and facilitation of a scientific Journal Club. Journal clubs are run by all other health sector worker groups and in some cases are compulsory for education and developmental purposes.

The objective of the Reflexology Journal Club is to keep practising reflexologists up to date and informed about research findings being reported in scientific journals. We will review published literature which explores articles aimed at broadening our knowledge and awareness of current research findings, with the aim of integrating new practices and ideas into our clinical care.

Involvement and participation in the discussion, is aimed at all individual learning needs and abilities. We encourage all attendees to ask questions and to comment on the work which has been presented.

This forum further keeps Reflexologists connected with each other and informed of what is happening in Australia and world-wide.

The meetings will be conducted via Zoom four times



Hand reflexology – bowel sweep

Some cancer patients and individuals receiving palliative care may find that reflexology provides them with a sense of relaxation, stress relief, and a general improvement in a feeling of well-being. It may also help alleviate symptoms such as pain, nausea, anxiety, and fatigue so the more of us who offer it, the better!

My mum would agree and so would thousands more.  
Let's do this!  
With love,

Sue Ricks

[www.suericks.com](http://www.suericks.com)  
[www.suericksacademy.com](http://www.suericksacademy.com)



a year via the Australian School of Reflexology. The article to be discussed, will be sent to all participants two weeks prior to the meeting so that it can be read beforehand. The organisers will assist by finding and preparing a PowerPoint presentation should a participant like to take the lead and present at any of the meetings.

The sessions will be for an hour with the presentation lasting half an hour followed by a half hour of questions and discussion.

We have done a very successful trial run with just the graduates of the Australian School of Reflexology and would now like to open it to all other Clinical Reflexologists.

The Australian School of Reflexology is providing this educational opportunity free of cost. Participants will get one CPT point for participating and two points for presenting the article.

Please email Irene at [irene@reflexologyaustralia.com](mailto:irene@reflexologyaustralia.com) to be placed on the group email list.

# Out and about

New events have been planned and are happening around Australia. These are the pictures from one such event. Please see WA branch for more details.



## In memory of an amazing reflexologist and member of RAOA: Helen Adendorff

I first met Helen, being a new member, at a Qld branch meeting in Brisbane in early 2003. Shortly after that she came to work with me at Reflexology Centre Australia as a practitioner, also assisting with administration for the school. After I closed the school in 2007 Helen went back to work for the Queensland Police force while continuing to see clients for reflexology.

In 2011 Helen took on the job of national RAOA editor of FootPrints continuing for four (4) years. She successfully juggled the sourcing and editing of articles with her work with the Qld Police and the running of her own reflexology clinic. Right from the very first edition she was able to source different articles of interest to our members even though she received little support from previous editors. With her diligent determination our magazine just got better and better thanks to Helen's resourcefulness. It was particularly important for Helen to include locally written articles and she nurtured and encouraged anyone who began to supply case studies and stories of their experiences practicing reflexology. She managed to make contact with world leaders in reflexology research and include them for our benefit and growth within our own practices.

Her first issue was the December 2011 one (Volume 15 No.4) and the final one as the lone editor being the

March 2015 issue (Vol 19 Issue No.1). She did assist the incoming editor, Cecily Rose, as a joint editor for the June 2015 issue (Vol 19 Issue No.2) and continued to be available for assistance as required.

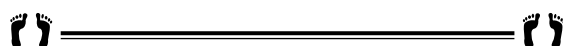
In 2015 Helen received an Outstanding Achievement Award for her service to the RAOA.

Helen was always a strong supporter of RAOA activities and many of you will remember her smiling face and contributions at meeting and conferences.

On 13 March Helen lost her four (4) year battle with cancer. She passed away quietly and peacefully surrounded by family after a short stay in hospital. Her journey was not without some pretty tough and miserable times, but she managed the whole experience with amazing dignity. One of the most upsetting parts of her journey was when she could no longer do reflexology due to arthritis in her hands. I will miss her support and friendship greatly. It was Helen's wish that rather than flowers, donations could be made in her name to Research Melanoma Patients Australia who receive no funding from the government. Use the following link on the Melanoma Patients Australia website: <https://melanomapatients.org.au/get-involved/donate/>

Much love and light on your journey Helen.

*Heather Edwards*



# BRANCH NEWS

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As the days shorten and cool, **TASMANIA** brighter days lie ahead in Tasmania. After a hiatus of several years without reflexology training, the Australian School of Reflexology and Relaxation has brought a Diploma of Reflexology back to the Apple Isle.

At the time of writing, two students have enrolled, and efforts are underway to find more budding reflexologists. With their enrolment, our local branch welcomes two new student members – a pleasing development for our small branch.

Our February event featuring James Flaxman on the *Fascial System for reflexologists* attracted good numbers to our small gathering in Hobart; members from around Australia joined us via Zoom. A reprise of the presentation James made at the Perth AGM weekend, his excellent



deep dive into the fascial system was outstanding and gave us food for thought about incorporating techniques for addressing the fascial system in our treatments.

We have another great presenter coming up at our ABM Day on Saturday 18 May. Phil Boyd will present a hands-on four-hour workshop: *Incorporating MET for the feet and lower limbs into your reflexology sessions*. MET – Muscle Energy Technique – is a simple technique used by remedial massage therapists and others to activate reflexes in muscles, allowing them to relax and lengthen.

Our ABM day brings the opportunity for members to join the committee and contribute in any way, small or large, to help make our branch vibrant and relevant. Information on nominating and attending the workshop will be emailed to members.

Tiziana Hill

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## QUEENSLAND/NORTHERN TERRITORY



No report has been received for this issue.  
If you are interested in volunteering to do reports for your branch, please contact your Branch Chair.



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## NEW SOUTH WALES/ACT



Hello,  
The NSW/ACT branch has had a great start to 2024!

**New Director**—Our February branch meeting was our first opportunity to meet our Board appointed Director, Nonie. We look forward to working with her and have extended our support in helping Nonie recruit a volunteer to join her CPT Working Party.

We will be putting a social media campaign out to our membership base with more information to help fill this important role. In the meantime, anyone on the fence or wondering about the required level of commitment please contact Nonie! [nonie.crozier@bigpond.com](mailto:nonie.crozier@bigpond.com)

**Branch and committee meetings**—We have just held our first general meeting – a bumper packed two hours where we offered our members a speaker, meeting and FP Quiz trifecta for 7 CPT points. Leading our tentative foray into the world of AI generally, and Chat GPT specifically, *Tom Etherington* demonstrated what is essentially predictive texting on acid!

Once we had learned that the prompts must be specific, can be continually refined, revised, and edited we were amazed by the speed with which Chat GPT churned out

paragraphs in response to our tailored prompting. I have the feeling that before long we might have an article or two for future editions of FootPrints.

**CPT workshops and ABM**—Looking ahead we excitedly anticipate *Sue Ehinger's* 2-day CPT Workshop on *Auricular Therapy*. This is a unique opportunity for NSW members to gain this 'musculoskeletal specific' skill set.

For our jam-packed ABM in May, we are proud to be ticking off several branch objectives: to have *Christopher Potter*, a member from Byron Bay, NSW travel to Sydney to present on *Foot and Ankle Health Yoga* from a reflexologists perspective; to offer the opportunity for remote and student members to enjoy a practicum exchange opportunity during the breaks and lunch; for members to be provided with a balance of lecture style and practical presentations to energise the learnings; four presenters, three trade tables, seriously fabulous Raffle Prizes – a day not to be missed.

Lastly, a shout out from me to our hard working, resourceful and dedicated NSW branch and committee members. We would not be able to make any of this happen without you.

Angela

## WESTERN AUSTRALIA

Our year began with a February event to promote reflexology.

The event held, was part of Waitangi Day celebrations so extended to many participants. Rugby players were very excited to learn about the health benefits of reflexology at this event. It was a little sad to see how many had shoulder injuries. But wonderful to hear them tell their friends and family, how great reflexology was for their concerns.

Another great benefit of the day was the number of membership enquiries we received.

Our new coffee club which is kindly being run by Deborah Beech has commenced. Please see the pictures in our out and about section. The regular venue will be at the Coffee Company, Unit 10/2 Gemstone Bvd, Carine WA 6020 at 11am. Contact [deborahbeechht@yahoo.com.au](mailto:deborahbeechht@yahoo.com.au)



for more details. With dates being April 27, June 29, Aug 31, Oct 26 and Dec 28.

Eastern Suburbs EPE's will be 28 Apr and 30 June. Bring your cream and towels to swap a treatment, feet in the consulting rooms or hands seated in the reception area. Location: Maylands Wellness Centre 218 Whatley Crescent, Whadjuk, Noongar Country Maylands WA 6051. Contact: Christina for Info ph. 0409374846 email [christinamariah@bigpond.com](mailto:christinamariah@bigpond.com) or Radha ph 0421 999 249 emails [raghvani2003@hotmail.com](mailto:raghvani2003@hotmail.com)

Our next big meeting will be our ABM on 19 May with details out shortly to all WA members or contact any of the WA committee members for more details.

*Keri Wood*



## SOUTH AUSTRALIA

Greetings from South Australia

We started the year with an invitation to dinner, with Board Directors on 3 February at the British Hotel North Adelaide.

It was lovely to meet the Board of directors' face to face. Keri and Debbie from Western Australia and Nonie from Victoria. Along with Marie Steinke who has worked very hard for the Association and its members. Thank you to you all, and to your families for your continued efforts.

We had our February meeting in a new location at Lower Mitcham. An old school beautifully converted into community rooms. We watched David Waite's short video on sinus techniques. After lunch Pamela Nish shared an aromatherapy recipe for a sinus spray and roll on. We finished the day with a practical exchange. Great day all round.

Our next meeting in June is our ABM which will be held at Amanda Wilson's business, at Gawler. Amanda,

who is a qualified Lymphoedema Practitioner, will be talking to us about Lymphoedema, and the different treatments available to treat the condition.

Plans are in place to have World Reflexology Week in September at Whyalla again. It was a lot of fun last year with a great turnout.

We are all looking forward to this year's National conference in October.

The other exciting news is finally we can now offer a Diploma of Reflexology here in South Australia. Thank you to Marie Steinke, Keri Wood, and Susan Ramsey for all your hard work in making this happen. So far, we have 3 students enrolled to start. Hopefully I get to meet them in person soon and welcome them to the group.

*Anita Smith*



## VICTORIA

Victoria has been experiencing some super warm weather. I am sitting in the air conditioning as I write today. We were hoping to have some extra Zoom meetings for our members this year, but the National Conference preparation has been taking precedent. The conference committee is getting very excited about the fabulous lineup of presenters for this October 25–27 conference.

We have Sally Kay from the UK presenting her lymphatic drainage technique, Sue Ricks is unable to attend in person due to mobility constraints and will present Gentle touch, baby reflexology via Zoom.

We have our own very talented fertility consultant Brenda Seville and two speakers from New Zealand, Karen Middleton talking about auricular reflexology and Karen Philipsen Brown sharing Zu Qigong Reflexology. So, start making your plans to get to Geelong. Registrations hopefully open by the time you read this.

Our ABM is on 4 May. Please consider joining the Vic branch committee. Especially if you are new to Reflexology. We welcome all new ideas. Presenting that day, we have Em Karakan Ambrose on how to promote your business and graphic design. And master the points of the face, head, and hands.

Blessings to all.

*Catharine Brown*

# FootPrints Journal

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## SUBSCRIPTIONS AND ADVERTISING

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Front page “highlight” COL business card size ad \$79.00 per issue†

\* RAoA Members receive 10% discount price for indicated ads

† Option only available to full page advertisers

To discuss our full range of advertising options including Facebook, Premium email-out, National e-newsletter and Branch Newsletters please contact [admin@reflexology.org.au](mailto:admin@reflexology.org.au) to arrange for a consultation to discuss the most suitable advertising options for your business.

Packages are available for advertising with a variety of mediums.

Discounts available for repeat advertisements in consecutive issues.

RAoA members receive additional benefits on all advertising packages.

Advertising prices are subject to change without notice.

## Reflexology Association of Australia Limited

The Reflexology Association of Australia Limited was incorporated in 2002 as a company limited by guarantee (ACN: 101 412 319)

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## Copy deadlines

April issue: Mar 1      October issue: Sept 1  
July issue: Jun 1      January issue: Dec 1

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## Attention contributors to FootPrints

The Guide to Authors of articles for FootPrints has been removed from the quarterly magazine and relocated onto the website [www.reflexology.org.au/fp-contributors](http://www.reflexology.org.au/fp-contributors). If you would like to contribute an article or advertisement to appear in a future issue of the Australian quarterly magazine 'FootPrints', please take time to read the 'Guide to Authors' and 'Advertising Policy'.

If you need more information on contributing to FootPrints, please don't hesitate to email the current Editor of Footprints: [footprints.articles@reflexology.org.au](mailto:footprints.articles@reflexology.org.au)

The Reflexology Association of Australia is committed to the belief that reflexology can be of great benefit to the health of all Australians. It publishes a referral register on its website ([www.reflexology.org.au](http://www.reflexology.org.au)) and has a referral phone service for members of the public who wish to consult a qualified practitioner.

## Board of Directors 2023-2024

Please know that Directors can be contacted to clarify concerns

### Board Chair

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### Board Secretary:

Vacant

### Education and CPT:

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(Non-Director position):

**Board Mentor:** Susan Ramsey  
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Opening hours 8 April to 31 August:

Monday 10.00am–2.00pm

Tuesday–Friday 8.00am–4.30pm

Phone: 07 3396 9001

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Administration Assistant—  
Lee Pacheco

Accounts, Merchandise and Advertising—  
pending

[admin@reflexology.org.au](mailto:admin@reflexology.org.au)



## NEWS AND UPDATES

# RAoA WEBSITE

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### CPT Online Tracker:

AS you are probably aware, we are experiencing some issues with our website.

The CPT online tracker is currently unavailable. We are unable to fix the problem at this stage but will continue to look for a solution.

Please use the paper tracker which you can request from the National Office. You can also contact the National Office for a record of your CPT activities that you have already loaded onto the tracker. We apologise for the inconvenience and appreciate your patience.

### FootPrints Back issues:

Due to these problems, the FootPrints back issues are also not available and therefore we ask that you contact the National Office if you require any of the journals to be emailed to you.

### New RAoA Website is coming soon ...

There is some good news though - we are working on a brand new website which we are hoping to have up and running in approximately five months' time.

### Webinars

We are currently working on getting some new Webinars to add to the website. We will keep you posted.

### eNewsletters & Friends of Reflexology

Do you have anything that you would like to share in either of these newsletters? You can send your information to Lisa at the National Office - articles, photos, news etc. We'll make sure that it gets included in the next edition.

# Reflexology Association of Australia

**VISION for Reflexology:** Reflexology is to be recognised as a major component of an integrated health care system.

**VISION for the Association:** The Reflexology Association of Australia is a leader in integrated health care systems.

**MISSION:** Develop and promote the quality of our practitioners and advance the safe and beneficial contribution of Reflexology to the health of the community.

**We will achieve our mission by:**

- Maintaining a viable and sustainable association.
- Maintaining high levels of training and qualifications.
- Promoting awareness, understanding and usage of reflexology in the general community and the health sector.
- Providing a professional support structure for members.
- Representing and advocating for members in the public, government and health arenas.
- Facilitating, supporting and engaging in research.
- Increasing membership and retaining existing members.



*It's all happening in*  
**MAY 2024**

It's Annual Branch Meeting (ABM) and workshop day time again. The ABM is a very important event for your branch where existing branch committees step down and new committee members are voted in. Have your say at your ABM Day!

05 May 2024	VIC Branch - Hawthorn VIC
18 May 2024	TAS Branch - Breathing Space HOBART
19 May 2024	WA Branch - Inglewood, W.A.
26 May 2024	NSW/ACT Branch - Crows Nest Community Centre
02 June 2024	QLD Branch - TBA
16 June 2024	SA Branch - Enchanting Hands Practice Gawler SA

Registrations and information for all the above workshop and ABM events will be available online via the RAOA website (no login)  
[www.reflexology.org.au](http://www.reflexology.org.au)

## INSIDE THIS ISSUE

From the Chair's desk	1	Welcome new members	10
Directors' reports	2	Sue Ricks' Mum	11
Editor's Note	2	The Journal Club	12
Update on new reflex for PTSD, Long Covid and pain	3	Out and about	13
Menopause reflexology	5	In memory of Helen Adendorff	13
Reflexology training returns to Tasmania	8	Branch News	14
International reflexology diploma available in Tasmania	9	<i>FootPrints</i> —Contacts, deadlines, advertising	16
CPT Education—Calendar of Events	10	RAOA contact details—Board, Branch, National Office	16
WA's South Perth Coffee Club	10		