

# FootPrints

The Journal of the Reflexology Association of Australia



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

April 2022

Volume 26 No. 2

# Dates and Events to remember

The RAOA is committed to bringing you educational workshops and CPT events giving you the opportunity to increase your knowledge base and add new treatment services to your clinics. Please support these upcoming RAOA workshops, webinars and events.

## RAoA 2022 National Workshop – Thai Foot Reflexology Massage

Registrations are open via the RAOA website [www.reflexology.org.au](http://www.reflexology.org.au)

**Presenter/trainer: Corrine Brown** (Institute of Holistic Therapies) **RAoA PM**

**Brisbane Sunday 10 July 2022**

**Perth Sunday 17 July 2022**

**Melbourne Sunday 24 July 2022**

**Sydney Sunday 14 August 2022**

**Adelaide To be advised in due course** – contact [accounts@reflexology.org.au](mailto:accounts@reflexology.org.au)



**Early Bird \$235 (RAoA members) includes a wooden reflexology stick, morning and afternoon tea, workshop notes, theory and practical training.**

**7 CPT Activity 1**

## Branch workshops and Annual Branch Meeting (ABM) dates



**1 May 2022 Tasmanian Branch – workshop**

**15 May 2022 Western Australia Branch – ABM and workshop**

**21 May 2022 New South Wales/ACT Branch – pre-ABM workshop**

**22 May 2022 New South Wales/ACT Branch – ABM and speaker day**

**22 May 2022 South Australia Branch – ABM and workshop**

**5 June 2022 Queensland/Northern Territory Branch – ABM and workshop**

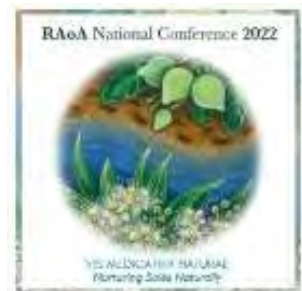
**26 June 2022 Victorian Branch – ABM and workshop**

Registrations online via the RAOA website [www.reflexology.org.au](http://www.reflexology.org.au)

## 2022 RAOA Conference – Komo Hotel, Redcliffe (Brisbane)

**21–23 October 2022** (full registrations 20 CPT see CPT program or website for other CPT options)

- ❖ International, interstate and local presenters—see inside this issue for details – more to be announced as confirmed
- ❖ Pre and post conference workshops (to be announced in due course)
- ❖ 30 minutes from Brisbane Airport with connecting transport available
- ❖ Plenty of esplanade accommodation options
- ❖ Conference space looks directly out onto Moreton Island with access to outdoor areas to breathe in sea air, take walks along the foreshore, and explore the Peninsula.



Registrations online via the RAOA and/or Conference website [www.reflexology.org.au](http://www.reflexology.org.au) ... or ... <https://nationalconference.reflexology.org.au/>

# From the President's desk



I start each new day knowing reflexology is a therapy that will help everyone somehow. Just be positive as Covid is still very much a part of life and living and I'm also sending love and light to those of you affected by the flooding in Queensland and New South Wales.

Your board of directors, staff and contractors have been working hard to keep business and tasks on track and our new staff member, Lisa, has settled in well. Lisa is comfortable and confident in her role, is always learning and eager to learn new things and on track with her duties. Her probation period (six months) is going very well. Max Employment have been brilliant in helping with training and checking in on Lisa and myself to offer any support. Max feel that Lisa was a good match for the RAOA position. Amy Conlon, our casual staff member, finished in her role on 17 February. Admin Directors are now researching a position for a casual (ad hoc) office employee.

The Thai workshops for Adelaide, Sydney, and Brisbane have been re-scheduled due to Covid so keep an eye out for the new dates. At the International Reflexology Consortium meeting on 4 February terms of reference were finalised and Australia has six states, one territory and one capital. The USA has 50 states.

On 27 February New South Wales and Queensland branch chairs met and Tiziana Hill joined the meeting to keep the connection with Tasmanian members. The main item discussed was social media. 2022 dates for branch ABMs and workshops are as follows:

- ◆ Tasmania – 1 May (workshop)
- ◆ WA – 15 May (ABM and study day)
- ◆ NSW/ACT – 21 May (workshop) and 22 May (ABM and speaker day)
- ◆ SA – 22 May (ABM and workshop)
- ◆ Queensland – 5 June (ABM and workshop)
- ◆ Victoria – 26 June (ABM and study day).

The Board has researched the dates of the National Conference since becoming a national association and the first National Conference was held in 1994. This date is missing off the Bell and so will soon be engraved on the handle. The Bell and Plaque were a gift from Western Australia.

Our public free e-Newsletter was reviewed by the Board. The Title 'Aussie Reflexology' will be changed to 'Friends of Reflexology'. Your clients, family, friends or business associates can subscribe via the RAOA website under News.

There is a positive future for gaining CPT with Branch ABMs, workshops, webinars, and the national workshop. The Board is looking forward to feedback from members on the Thai Foot Reflexology Massage workshop.

The RAOA finances are in order. Employee expenses increased last quarter (including Michele's payout and staff training) by around \$5,000. The RAOA qualifies for a government New Staff subsidy for Lisa of \$10,000 via Max Employment. Max has offered staff training and support.

A Board decision to change Insurance Providers has saved the RAOA \$5,000 and Zoom meetings have also proved to be a 'silver lining' by providing big savings to the RAOA over the last two years. Board meetings and the Annual General Meetings have been held by Zoom and this has helped the RAOA finances by a significant amount. The Board will continue to meet regularly by Zoom. This practise has been seen to keep tasks on track. Well done all Directors.

I hope you were lucky with the People's Choice Lottery! August 2022 will be the next lottery so watch for this on the website and social media.

*Susan Jean Ramsey National President*

## What have the Directors of the RAOA been doing for you?

### Education Working Party

The Education Working Party and myself as Director have been dedicated to staying in touch and supporting our hard working reflexology colleges and training facilities. COVID has hit most businesses hard over the last few years and education is no exception, particularly for colleges running face to face bodywork modalities. We have also been discussing and advising members enquiring about running introductory courses for their clients and local communities, and following updates regarding state-based vaccination mandates for tertiary education. We continue to remain committed to supporting education of reflexology within our association and Australia.

*Sarah Hackney*

### Administration Director

It's almost a year since I joined the RAOA board as WA Director and it's been eventful, weathering the vicissitudes of covid, albeit we in the west are aware how fortunate we

*Continued on page 2*

April 2022

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Front cover – Photo courtesy of [www.pexels.com](http://www.pexels.com)

are. We had a successful study day in February covering various topics, including how to use social media and develop a website, pregnancy and gentle touch reflexology for babies. Hopefully as the country adapts to the new normal we'll all be meeting in person to continue to spread the word about the magnificent benefits of reflexology.

*Debbie Helm*

### **Continued Professional Training Working Party (CPT WP)**

Hi to all our members, I realise to many of you it doesn't look like too much is happening, but rest assured that I am doing all that's within my power as a director along with the CPT WP to make CPT streamlined and as easy to understand as possible. For any member that feels this is not good enough, I say this, if you want to change something, you must be willing to step up. I invite you to join me and the CPT WP to work on these processes to support all members. If you have any ideas for webinars, please contact me on [cpt@reflexology.org.au](mailto:cpt@reflexology.org.au) or any members of the CPT WP.

*Vicki Protheroe*

### **National Conference Committee**

We have finalised the theme to our conference and it is *Vis Medicatrix Naturae*—Nurturing Soles Naturally. Thanks to Sharon Campbell, Emma Pavey, Claire Siertsema and Alex Collier. The keynote speakers have been approached and presenters' agreements have been signed. This *FootPrints* edition will reveal the presenters' names and the topics they will be presenting. Alex and Vera have been working on our website, this will go online and be ready for registrations soon. Claire has sent out to all QLD/NT members our sponsorship/supporters letter requesting donations or sponsorship money, so if you have not received the letter, please ask me or a member of the committee to send you one. I am asking each QLD/NT member to ask one business or friend if they can support us in any way. Thank you for those members that have contacted me and offered your assistance, it is much appreciated. Thank you to all the members that supported the People's Choice Lottery the last time I visited the site we had raised \$1,600. The lottery closed on 24 February and it will be drawn in March. This is all I have to report at this stage, there is much more going on in the background behind the scenes. We, the committee, are determined to deliver the best National Conference possible.

*Vicki Protheroe*

### **Promotions Working Party**

- ◆ Several discussions have been had about placing the Self-Help tips onto the menu bar on the website. This is still ongoing as some hurdles have to be overcome in regards to how new data bases are handled. PWP is working with Ken and James to help solve this issue. There is a suggestion to add these to the website as reflexology is not only used on hands and feet: Auricular Reflexology, Thai Reflexology, and Facial Reflexology.

- ◆ A Directory advertisement has been placed in True Natural Health. We change the wording each quarter. A one-page article and advertisement is to be placed in the latest Bowling Magazine. We have been lucky enough to be given a full page for the price of a quarter page. This magazine is provided to Bowling Associations Nationally with over 600,000 bowlers and 60,000 subscribers. The next issue is February to April. It is available on-line also. Thanks to Sue Cardwell in Wodonga who provided two treatments to the editor Ros Wren who had never experienced Reflexology. Promotion WP wrote to Diabetes Australia to ask if we could add a link to their website under feet/useful links. Our request was denied as the RAOA does not have enough technical expertise.
- ◆ Instagram: We are continuing to post on Instagram at least once a week. I am still learning. Can you please check out the association's link and tag and follow? We are following themes and calendar of events for the year.
- ◆ Review of brochures: This is ongoing and we are looking into the cost factor and maybe purchasing less quantity.
- ◆ Promoting professional reflexology: We are looking into reaching other types of therapists and advertising in other journals and encouraging them to become professional reflexologists.
- ◆ Style Guide: We are working on a style guide which will be a resource document to be used by RAOA staff and Directors to ensure all material produced is consistent and will have a professional look.
- ◆ Members Survey 2022 is ready. 1 CPT point entitlement.
- ◆ Go Fund Me: This has almost been set up to go and share and we are waiting to finalise a couple of points to do with finance. When completed we will advertise on Facebook and Instagram, eNewsletter and *FootPrints*. The target amount needed to have UniSA run a controlled research study is \$80,000. The topic is Mental Health and efficacy of Reflexology. We are investigating Mental Health organisations to see if they are interested in partnering with us.

*Marie Steinke.*

### **Research Working Party**

- ◆ EndNote Journals are to be made available to members on the website. Many hours have been spent with EndNote support and Ken working out the easiest and cost-efficient way to achieve this and there has been a lot of work behind the scenes.
- ◆ Chemically Induced Peripheral Neuropathy Research Project is being conducted by Queensland University of Technology and Marie has asked for a copy of the Journal when published. We have also contacted Bond University for a copy of the journal of research done by RAOA in 2014. Response received: "The significance of the results was not

*Continued on page 3*

strong and most likely a reflection of Hawthorne or Halo effect. As such you may not see benefit in pursuit of further publication.” No journal was ever done. (Halo effect is when one assumes that a good-looking person in a photograph is also an overall good person. This error in judgment reflects one’s individual preferences, prejudices, ideology, and social perception. The Hawthorne effect occurs when people behave differently because they know they are being watched.) References—Sackett Catalogue of Bias Collaboration, Spencer EA, Mahtani K, Hawthorne effect. In: Catalogue Of Bias 2017:

<https://catalogofbias.org/biases/hawthorne-effect/>.

<https://thedecisionlab.com/biases/halo-effect/#:~:text=An%20example%20of%20the%20halo,%2C%20ideology%2C%20and%20social%20perception.>

- ◆ Jesus Manzaneres is conducting a global research project about Chronic Obstructive Pulmonary Disease and asked if RAoA would be interested in participating. Marie responded with questions and as yet I am awaiting a reply.

Marie Steinke.



## Board Report

Directors had a one day Zoom meeting on Friday 18 February 2022. The planned two day face-to-face meeting was cancelled due to Covid-19. All reports were read and noted.

The Board received a resignation from Lynne Owens. Thank you Lynne for your time on the Board, we will miss your secretarial skills and your keeping us on track with actions. Best of luck with your extra work and family commitments.

Membership fees will increase by CPI annually from 2022/2023 renewals. Professional Members (PM’s) will receive one free webinar per membership year.

New Administration and Membership Officer, Lisa Allan has settled into her office role very well. Casual employee Amy Conlon has now left the RAoA office.

April is Ruth Hull’s last issue as Editor of *FootPrints*. Thank you Ruth for the last 12 months in your editing role.

Members please check ‘Positions Vacant’ on the website. Directors are urgently required for New South Wales, Tasmania, and Victoria. CPT points are gained for being a Director or being on the RAoA working parties. We need a Finance Director urgently.

Angela Clark popped in to the meeting and gave a social media update. To lift the profile of reflexology and the

OCTOBER  
21ST, 22ND  
23RD

KOMO  
Welcome  
CUSTOMER  
PARKING BELOW  
ENTRY VIA GUYTON STREET

RAoA National Conference 2022

vis medicatrix naturae  
Nurturing Soles Naturally

RAoA National Conference 2022 is set against the beautiful backdrop of Moreton Bay and physically embodies the conference theme of *vis medicatrix naturae*

Komo Hotel  
99 Marine Parade, Redcliffe QLD

- ☀️ Presenters and post conference workshops to be announced shortly.
- ☀️ 30 minutes from Brisbane Airport with connecting transport available.
- ☀️ Plenty of esplanade accommodation options.
- ☀️ Conference space looks directly out onto Moreton Island with access to outdoor areas to breathe in sea air, take walks along the foreshore, and explore the Peninsula

Save these dates and start visualising your Conference 2022 experience

RAoA, members need to be interactive with Instagram and Facebook posts.

A review of the Strategic Plan was approved.

The 2022 Membership Survey is in progress.

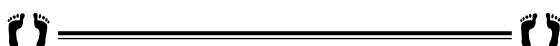
The venue for the Annual General Meeting to be held on 22 October 2022 is Mon Komo, 99 Marine Parade, Redcliffe (Brisbane), Queensland. The AGM is part of the National Conference program – check the Conference website for details and updates. All members are welcome to attend the RAoA AGM free of charge either in person or via Zoom. Zoom will be available for those who are unable to attend in person. Registration for attendance to the AGM will be via the conference registration page.

The Education Working Party has prepared a guide for Introductory Reflexology Courses. Interest has been shown in this and it is a welcome document. “The first learning if done well can lead to a life-long career.” (Susan Ramsey)

An update of the RAoA Website is in progress at an estimated cost of \$10,000 to \$25,000.

RAoA’s position on vaccination is that members should consult their State or Territory guidelines.

On behalf of the RAoA Board – Chair Susan Ramsey



**D**ear members,  
Please review the information below regarding the status of all the Complementary Modalities being reviewed. I have added a link to the review which was done for aromatherapy for you to look at.  
Regards  
*Marie Steinke – Director Research*

Dear stakeholders,

The Natural Therapies Review Expert Advisory Panel (NTREAP) meeting took place on 21 February 2022. No one from the medical side attended but Medicare did.

The evidence review of Natural Therapies up to 10 February has been finalised and evidence evaluation for Pilates and Rolfing is due in April, for Thai Chi in June and for Naturopathy in September 2022. Reflexology was started in January 2022.

The next meeting will be held in June or early July and completion of the Review is estimated to be late 2022.

A person from Medicare spoke and said that even if the modality is seen to be effective by the Review Committee and the government approve it, the health care fund still has to accept it and be willing to pay the funds.

Further to the information provided on 20 October 2021 the Department would like to provide you with an update on recent progress and upcoming work with the Review. Below is a table updating the progress status for each therapy within the Natural Therapies Review since the email to stakeholders of 9 June 2021.

### Summary of progress to date (table) and upcoming work (dot points)

#### Table Legend :

S – Started (for outcomes prioritisation only, 1/2 = stage 1 (outcome domains)/stage 2 (outcome measures)

✓ – Completed

■ – Updated status since stakeholder email of 9 June 2021 (where X is the current status)

Natural Therapy	Reviewer procurement	Research protocol		Prioritisation		Evaluation reports	
		Draft	Final	Conditions/pop'ns	Outcomes	Draft	Final
Pilates	✓	✓	✓	✓	✓	✓	S
Rolfing	✓	✓	✓	Not required	✓	✓	S
Tai chi	✓	✓	✓	✓	2		
Yoga	✓	✓	✓	✓	2		
Western herbal medicine	✓	✓	✓	S			
Shiatsu	✓	✓	✓	Not required	1		
Naturopathy – Review A (interventions)	✓	✓	✓	✓	✓		
Naturopathy – Review B (selected complementary medicines)	✓	S		✓			
Aromatherapy	✓	✓	✓	Not required	1		
Homeopathy	✓	✓	S	S			
Iridology	✓	✓	S				
Reflexology	S						
Kinesiology	Approach to market in February 2022						
Buteyko							
Alexander Therapy							
Feldenkrais							
Bowen Therapy							

In reviewing the first draft evidence evaluations the NHMRC's Natural Therapies Working Committee (NTWC) has provided the reviewers with broad feedback on the structure, format, consistency and presentation/wording of results ready for consideration by NTREAP. NTREAP will also continue to provide out of session input as required on prioritisation of populations/conditions and outcomes (both outcome domains and measures).

Work in 2022 includes:

- ◆ January –
  - ◇ reviewer contracted – reflexology
- ◆ February –
  - ◇ Approach to market for reviewer/s – Alexander Technique, Bowen Therapy, Buteyko, Feldenkrais and kinesiology
  - ◇ PROSPERO publication of final research protocol – homeopathy

- ◇ review of final evidence evaluations – Pilates and Rolfing (NTREAP meeting on 10 February 2022)

- ◆ March –
  - ◇ PROSPERO publication of final research protocol – iridology

Kind regards

*Natural Therapies Review Expert Advisory Panel  
Secretariat*

Please find some resources and links to updated Natural Therapies Review related material for your information:

- ◆ aromatherapy final research protocol PDF (attached) and PROSPERO link – [https://www.crd.york.ac.uk/PROSPEROFILES/268244\\_PROTOCOL\\_20210823.pdf](https://www.crd.york.ac.uk/PROSPEROFILES/268244_PROTOCOL_20210823.pdf)

(For information on the research protocols available see the NHMRC Natural Therapies Review webpage.)

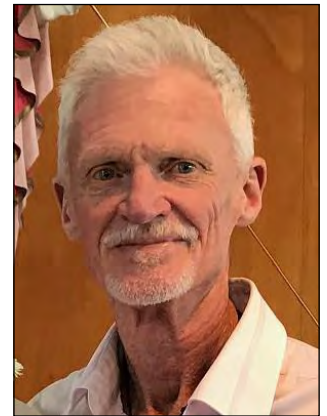


## Ian Gilbert Reflexology Foot Path

### Stretton Community Park—Brisbane

Ian Gilbert was an employee of Brisbane City Council for almost 40 years and designed the reflexology path, making it the first in Australia. Ian was a qualified reflexologist and the Queensland State Branch Director for the Reflexology Association of Australia Limited from 2007 to 2009. He received an outstanding achievement award in recognition of his valuable contributions to the association.

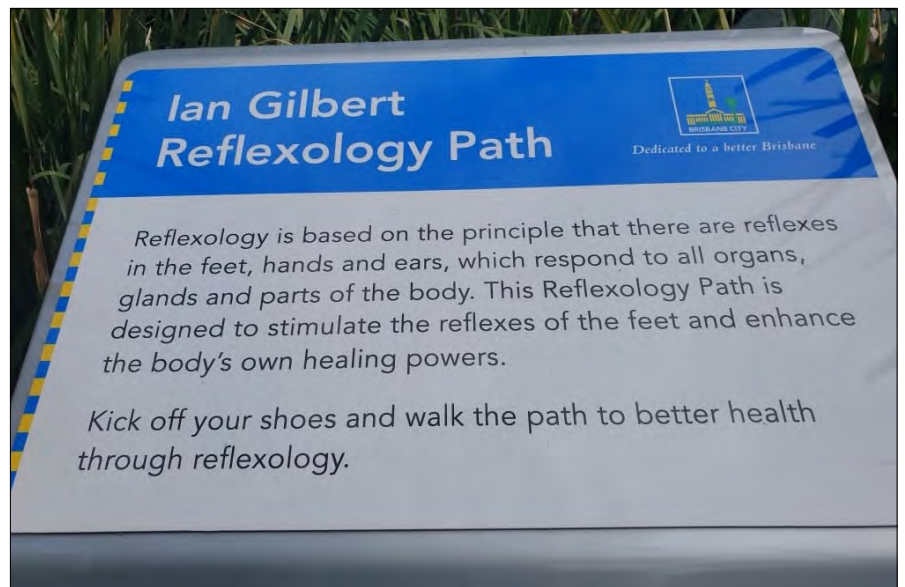
It was proposed by the Brisbane City Council to erect a path name and sign and informal panel within the Stretton Community Park in his honour. Ian worked in the south regional team where he was described by his co-workers as a very good, diligent worker. He was certainly very proud of his work with the Brisbane City Council and he worked very well with his team members too. Ian was recognised by the Lord Mayor for his contribution in initiating, designing and supervising the construction of the reflexology path. The Council agreed that this was a fitting tribute to him and a nice legacy for one of their staff members.



At the time of his passing Ian was married to Val – theirs was a true love story. They met when Ian was 17 and Val was 15. Unfortunately Val’s mum wasn’t too happy about their relationship and they parted ways. As true love goes, they found each other again in 2010 on Facebook, nearly 50 years after their first meeting. Val told us that she never forgot her “first love”. Sadly, two weeks after their second meeting Ian was diagnosed with cancer of the oesophagus. Val cared for him throughout his treatment to the other side of his operation which gave him a bit more time.

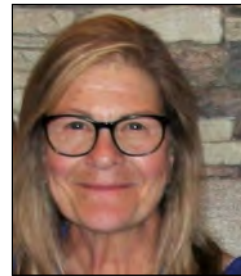
Ian and Val lived in many different places during their time together including New Zealand, Auckland and Wellington, travelling the Island from top to bottom. Ian loved the outdoors and loved reflexology – he even had the word tattooed on his arm in Chinese and his registration number on his vehicle read “Reflex”. She recalls how he would treat her feet as she suffered with Parkinson’s. She added “he would look at someone’s feet before their face sometimes I’m sure.”

Ian and Val married in 2013 and in 2017 returned to Australia after she gave up her job to take care of Ian full time. Sadly his health began to deteriorate and he passed away on 20 December 2018.



# Sleep your way to better health

By Linda Frank, RF, NBCR, CREd.



It's the single-most important thing we can do for our health. And it's free.

The quantity, and quality, of our sleep can:

- ◆ Reduce, or magnify, pain
- ◆ Lessen, or increase, cravings for junk food
- ◆ Boost, or wreak havoc on, mood, energy and our immune system
- ◆ Improve, or fray, memory.

And, as they say in the Ginsu knife commercials on late night tv, "wait, there's more".

A lack of sleep has been shown to alter DNA. Those of us who avoid genetically modified food may be inadvertently modifying how our chromosomes and genes perform simply by not getting enough sleep.

In one experiment in which study participants slept less than six hours for one week, distortions were found in the activity of 711 genes. The genes that were turned down were those that help stabilize metabolism and optimal immune function. They also regulate cholesterol.

Run an internet search for "the role of sleep on cholesterol" and you'll find a plethora of studies. Who knew?! I'm one of more than 100 million Americans with elevated cholesterol. Yet no doctor, to my recollection, has ever asked me about the quality and quantity of my sleep! This, it turns out, is a common occurrence. While doctors often ask patients about diet and exercise, zero percent of those polled said their doctor asked them about their sleep habits.

One in three Americans lives in a chronic state of sleep deprivation, with chronic defined as occurring for three months or longer. Chronic sleep loss is linked to heart disease, cancer, respiratory diseases, stroke and Alzheimer's disease.

For those of you who are young, perhaps these references to mortality seem too far into the future to make changes to your lifestyle now. But how about the fact that "junk sleep makes you crave junk food" by ramping up a hormone that makes you eat fat-storing foods, even after just one night of bad sleep.

And for all of you who do sports, athletes who slept for eight or more hours a night were 68% less likely to get injured than those who slept less.

Driving on too little sleep is more dangerous than driving drunk, says neuroscience professor Matthew Walker in his best-selling book *Why We Sleep*. Walker explains how drowsy drivers often fall into something called



Image source: www.pexels.com

micro-sleeps. At 55 mph, one micro-sleep of four-to-five seconds can translate into driving more than 100 yards down the road totally asleep.

Attempting to regulate sleep with substances has drawbacks, so it's best to regulate your sleep cycle naturally. I realize that sounds like WC Fields' cheeky advice that the best way to cure insomnia is by getting more sleep! But seriously, every set of recommendations I've looked at for sleeping better puts at the top of the list simply going to bed at the same time every night and arising at the same time every morning.

Also widely-recommended is avoiding pre-bedtime exposure to screens that emit blue light, like smartphones and computers, or using a blue-light filter. Looking at a blue-light screen before an early-morning drive, however, can help expedite the shut-down of sleep-inducing melatonin and thereby facilitate faster/better wake-up.

Setting your phone on airplane mode before bedtime will eliminate the pinging of incoming texts and emails that's been proven to release stress hormones that make you more awake.

For eons, decreases in both light and temperature have been nature's way to signal the flow of sleep hormones. Lowering room temperature and donning a sleep mask if there's light you can't avoid, may work wonders.

These suggestions are just a few of the many available, most of them free and most surprisingly easy to do (if it weren't for our nervous system's wonderful propensity for expediency that manifests in the form of habits). Be gentle with yourself as you create new habits. They take time, and persistence.

If you've been willfully, willingly or unwittingly getting less than seven hours of sleep a night, or sleeping restlessly, now's a good time to learn how to get more, and better, sleep. It may be as close to a silver bullet as we could hope for, for better mental and physical health.

## Postscript:

After this article was first published, I encountered an article about our pre-electricity ancestors sleeping in two distinct cycles, referred to in old texts as *first sleep* and *second sleep*. I had started to develop my own *bi-phasic* pattern of awakening in the wee hours, which I had decided was a great time to do hand and/or ear

Continued on page 7

reflexology, meditate, and use my soft MFR (myofascial release) balls on my back and neck. An hour or so later, I'd be back to sleep.

I so ardently began to look forward to filling this unusual awake time with self-care that I had to caution myself against making it a habit.

Now, it turns out, it may not be such a bad habit to develop after all!

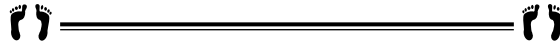
I wanted to mention it in case some find themselves having to get up in the middle of the night rather than lay awake fretting. As long as you're getting back to sleep,

there's apparently "evidence" that sleeping in blocks of time rather than straight through may still provide everything that seven-plus hours of monophasic sleep does. This is yet another example of what Mel Bucholz, a mental health practitioner I studied with years ago, said: "There's only one way to do something correctly, but there are many ways to do that one way."

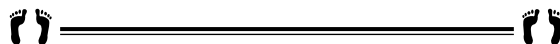
**Resources:** *Why we sleep* by Matthew Walker, PhD; National Institutes for Health; Center for Disease Control; PureWow.com; WebMD.com; Time.com; The New York Times; The Sleep Foundation.

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*Linda Frank is a Washington-State and ARCB National Board Certified Reflexologist Massage Therapist, and the Founder/Director of Reflexology Academy NW in Tacoma, WA, USA. Linda educates about reflexology and other self-help modalities locally, nationally and internationally via print, tv, radio, and by in-person and Zoom presentations.*



**FootPrints needs a new Editor ... do you want to give it a try?**  
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REIKI 1 - 2 DAY WORKSHOP - 27TH MARCH & 3RD APRIL

REIKI INFUSED WELLNESS RETREAT - KANGAROO VALLEY - 20TH - 22ND MAY (NO REIKI EXPERIENCE NEEDED)

REIKI 2 - 2 DAY WORKSHOP - SUN 21TH & 28TH AUG

REIKI 3A MASTER LEVEL - SUN 30TH OCT & SUN 13TH NOV

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# The road back

By Shannon Thompson RF, NBCR, Redmond WA, USA

*After 34 years of epilepsy, a patient becomes seizure-free using reflexology*

**M**y path to reflexology was accidental and life changing. It started with a cold in 2017. I had worked 20+ years in IT and was on a stressful software development project with a very tight timeline. As can happen when you are working too hard and burning your candle at both ends, I felt a cold start to come on, and it felt like it was going to be a humdinger. My schedule had no time for a cold so I did the silliest thing ever: I Googled, “How to get rid of a cold fast” and up popped an article from a foot reflexology website with the same title. The article suggested that I rub a small group of points on my feet four times a day, each day, until all symptoms of the cold had passed. In desperation, I did exactly as the article described and in two days the cold was gone and I felt great.

This made me curious – since the late 1980’s I had been dealing with adult-onset epilepsy that was progressing and for which the neurologists had no answers. Could this reflexology thing help that?

In my late 20’s and with no instigating factors, I started having auras – small focal seizures that were isolated to one area of my brain. When they happened, I would be conscious but spacey, having tingling sensations run down my body or feel altered sensory responses in hearing and touch. They would pass and I would ignore them and continue on with life.

When I was 30, I had my first grand mal seizure. A grand mal – French for ‘great evil’ – is when an aura starts in one area of the brain and then spreads across the entire brain in a dramatic electrical storm of activity. All neurons fire and the patient will typically lose consciousness, go into convulsion, their body thrashing, teeth clenching, and shaking violently.

That seizure began my long journey through the neurology medical industry with doctors, and tests and medications. Many tests – CT scans, MRIs, and monitored EEGs where I was hospitalized for a week with electrodes attached to my head, removed from all medications and then video watched and monitored, in hopes a seizure would trigger and provide data of where it was originating from within my brain. Other tests included a cerebral angiogram where a small device was inserted into my femoral artery and fed up through my vascular system to the carotid arteries at the base of my skull at which point they squirted dye into my brain and took pictures, looking for any sort of obstruction, tumor, or plaque in the venous pathways that could explain the seizures.

But nothing was found and the neurologists could not explain why a young, healthy athletic person would suddenly start having seizures ‘out of the blue’. In fact, the neurologists freely admitted that there is more unknown about the brain than is known. Portions of their treatment had an element of trial and error, watch and learn as they tried various treatments on me to understand what was going on.

The main methods of treating seizure disorders today are drug therapy or brain surgery of some form. With surgery, they will sometimes remove entire lobes of the brain in an effort to address the site of seizure origination. But even this extreme approach to eradicating seizures followed by an incredibly difficult and long recovery, cannot guarantee against their return later down the line. And typically, the patient needs to remain on medication for the rest of their lives.

Seizure medication attempts to work in a few different ways: altering electrical activity; changing chemical transmissions between synapses; or just generally slowing down brain activity in the hopes that if a seizure triggers, it won’t spread to the entire brain causing a grand mal. The medication can be so specific that it just targets one area, so doctors will layer medications – prescribing two or three different medications at the same time – in an attempt to give greater coverage.

Over the years, the neurologists had prescribed several medications for me, which hadn’t stopped the seizures and often made them worse. A little medication seemed to be slightly helpful, but if they tried to push the dosage too high, the seizures would get worse. If they tried the layering method, the seizures absolutely got worse.

In 2016, the seizure activity dramatically increased by 30% over the previous year without explanation. The seizures became so erratic and uncontrolled by medication that I had to stop driving. This reduced me to running my life on a bicycle and bus in the cold, rainy Pacific Northwest. I ended up surrendering my job because it required driving and the jobsite was beyond biking range and no bus went out that far. My neurologists had no answers as to what was happening and re-ordered all the brain tests again. At the end of that year – and USD 135,000 later – we knew no more than from when we had started.

And yet, through all of this, I believed that the seizures were a *symptom* of something gone awry in my body, and not the *root cause* of all that was going on. I felt that all the treatments and all the medications were only an attempt to address the outward expression of an internal imbalance, and by not addressing the base internal issue, all these efforts would continue to fail.

So that day in 2017 when I stumbled onto that reflexology website and my cold cleared up by “rubbing my feet”, it caught my attention. While the website said nothing about epilepsy, the author had recently published a book about doing reflexology on yourself, so I picked up a copy and began doing the routines that she described.

Within the first month there was a noticeable change—the constant ‘vibrating’ and instability that was ever present in my body seemed to calm down. I was still having auras and seizures, but there was a shift.



*Continued on page 9*

The routines took about an hour to complete, and I was doing them three to five times a week and charting results. Since 2012, in an effort to gain insight and pick up activity patterns, I had been keeping meticulous notes and spreadsheets, recording everything from seizure activity, precipitating factors to each seizure and aura; various treatment options I tried; sleep, diet, physical activity, medication intake, stress levels – to anything I could think of that might give me data as to what could be causing the seizures.

Similarly, when I started reflexology, I logged my sessions, tracked the sensitive points and any changes to sensitivity, and any changes in the seizure behavior.

As I worked the points, doing three to five hours per week of consistent reflexology, stunning changes began to occur:

- ◆ After 6 months, seizure activity dropped 50% from the previous year
- ◆ 6 months after that, I weaned myself off all seizure medications\* and activity continued to drop
- ◆ After 18 months, seizure activity dropped another 50%
- ◆ After 24 months, seizure activity dropped down to a handful of events for the year
- ◆ After 2 years and 11 months – I became and remain – completely seizure and medication free\*\*.

\* I do not recommend anyone stop taking their prescribed medication without first talking with their doctor for guidance.

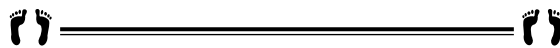
\*\* Visit my website to read my full account of recovery and to see an illustrated timeline and seizure count of activity before and after reflexology (<https://www.thecenteredsole.com/my-story/>)


For 34 years I had dealt with epilepsy and doctors and medication and the condition only worsened. In less than 3 years of consistent reflexology, I became seizure and medication free.

Based on this incredible turnaround, I became certified and opened a part-time practice in 2019. My drumbeat to clients – and anyone doing reflexology – is *Time and Consistency*. Disorders in our bodies don't just show up overnight. By the time we see outward signs of disease, it has already been in our bodies for a long time. Diseases – the diabetes, the high blood pressure, the GERD, the epilepsy, etcetera – are *symptoms* of an inward imbalance. And just as disease starts on an energetic level of a body system being out of balance over a long time, which eventually manifests into outward disease, so does the process of healing take time and start on an energetic level. Being consistent in working the points and keeping at it is key to healing.

If my clients are willing, I will add in homework – a core set of points that relate to their specific issue – and ask that they work them between sessions. I keep it to 15 minutes or less so they will not become overwhelmed and give up. I have found that this can accelerate their healing.

I believe, as reflexologists, that as we practice on our clients with precision and focus, we can cause change and bring homeostasis to their bodies. I believe that consistent reflexology literally retrains cells and energy flows and guides the body back into balance. And when in balance, the incredible machine that is our body can then heal itself.





Online Training Courses  
**Baby Reflexology**  
**Baby Reflexology Instructor**

- Self Guided Tutorials
- Ongoing Support
- Certified Training


golden egg holistic  
goldeneggholistic.ie

**Reflexology for Babies and Children (Online Training).** Course content includes comprehensive self-guided videos and tutorials explaining contraindications, Baby Reflexology Techniques for babies with digestive ailments through to Teenagers with hormonal imbalances.

**Baby Reflexology Instructor (Online Training).** Suitable for Reflexologists who have taken the Reflexology for babies and children training with Catriona Plunkett. The instructor training is suitable for those who would like to teach Baby Reflexology classes. Through detailed tutorials, demonstrations and videos, the therapist will learn how to teach classes for parents and caregivers. Routines, techniques, marketing and week by week class plans are included. Free printable handouts and charts included. Free access to our private Baby Reflexology and Instructor facebook group on ongoing support.

Contact Catriona Plunkett [info@goldeneggholistic.com](mailto:info@goldeneggholistic.com)  
[www.goldeneggholistic.com](http://www.goldeneggholistic.com)

Approved by RAoA for 8 CPT each course (Activity 9)



# RAoA National Conference 2022

21–23 October 2022

**Venue: Mon Komo Hotel, 99 Marine Parade, Redcliffe (Brisbane) Queensland.**

Information will be updated as we continue to confirm our program, please check regularly.

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

<https://nationalconference.reflexology.org.au/>



## Meet our international speakers



### Carol Samuel

Carol is highly regarded in the field of reflexology and is an accomplished practitioner in several different complementary modalities. Amongst her many accomplishments she holds a PhD in 'Reflexology and Pain Management'.

Carol has published in both National and International press and in peer reviewed journals. She is an invited speaker at a variety of conferences both medical and complementary and works to bridge the gap between orthodox medical practices and complementary support through science and clinical reasoning.

In 2021 she published her first book '*The Tenacious Student Non-academic to PhD*'.

Awards gained:

- ◆ 2014 Federation of Holistic Therapists (FHT) Excellence in the field of research
- ◆ 2017 Association of Reflexologists (AoR) Excellence in the field of research
- ◆ 2018 runner-up in the National Complementary Therapy Awards 'Pain management, injury prevention and rehabilitation'
- ◆ 2019 Federation of Holistic Therapists 'Tutor of the Year'.

### Helen Mary Perkins

Helen Mary Perkins is an experienced and internationally respected tutor having trained in reflexology in 1986. Soon afterwards she moved to Australia and enjoyed learning about the culture and traditions of the indigenous people. Their use of sound and intuition in ancient rituals inspired Helen who was already using her own speciality called Reflex Resonance Technique. Each organ and part of the body has its own energy field and, when healthy, will vibrate a harmonious sound. If there is injury, or a person is stressed or unwell, this vibration is different. While intuition is critical, it is the use of sound which is unique.

Returning to the UK in the early 2000's, she started a complementary therapy service at her local hospice in neurological day services, as well as her own private practice in reflexology and Bowen technique. She is a past director of the Association of Reflexologists and has life membership.



## Meet some of our interstate and local speakers



### Greg Trevena

Greg Trevena is an Australian essential oil specialist having started the business 'Essentially Australia' in 2012. Prior to this Greg created the business 'Refreshed Lemon Myrtle' which he created in 2000 then sold in late 2009.

Greg will be providing his experience and knowledge from over 20 years of using and promoting lemon myrtle. He now grows, distils and retails lemon myrtle essential oil and other Australian essential oils with a plantation and distillation equipment at his Byron Bay hinterland plantation.

Some of the Australian essential oils he grows and distils are found through no other company in the world. These oils are unique and highly aromatic.

The road to the development of some of these new Australian essential oils has at times been long and difficult but the end result is a range of remarkable and highly attractive Australian essential oils.

*Continued on page 11*

## Kristy Hollis

Kristy is a herbalist, naturopath and flower essence therapist with over 20 years of experience in clinical practice. Her clinical interests are women's health, fertility, and stress support. Kristy has been on the Complementary Medicine Association board for seven years, with the last four years as president.

Kristy is passionate about incorporating herbs into everyday life so she developed a range of organic herbal tisanes which are for sale at numerous outlets around Darwin. When she isn't working she's enjoying 'grounding' time in nature, or chilling with her husband and friends with good food and wine. It's all about B-A-L-A-N-C-E!



- ◆ Dip Herbal Medicine
- ◆ Dip Natural Medicine
- ◆ Adv Dip Flower Essence Therapy
- ◆ Cert IV Reflexology
- ◆ Animal Nutrition Certificate
- ◆ Assoc Dip Applied Science.



## Marie Duggan

Marie is a complementary therapist, lecturer and author of oncology workshops and eLearning in reflexology, massage and reiki, practising and teaching in cancer care, disabilities and mental health. In 2007 Marie was reflexologist at the Holistic Cancer Care Centre at James Cook Hospital in the UK, treating patients undergoing surgery, radiotherapy and chemotherapy in the hospital, haematology wards and holistic centre.

In 2010 she moved to Sydney, Australia and was subject matter expert on the Integrative Medicine Steering Committee at the \$200 million purpose-built 'Chris O'Brien Lifehouse', designing protocols, guidelines and contra-indications for reflexology and reiki, and creating a workshop which she delivered across Australia. In 2013 Marie returned to the UK, where the FHT accredited her workshop. Marie delivered it throughout the UK and after therapists requested an online version. Marie launched 'Complementary Therapies in Cancer Care' for reflexology, massage and reiki, the first eLearning training in this field.

## Greg Bantick

Greg Bantick began his training and clinical practice in Chinese medicine in 1975. He was part of a small group that set up the first college in Brisbane in the late 70's. He has spent time in China and Japan, and taught around the world. He spent most of 20 years training, practicing and teaching in the U.S., where he held senior academic positions in two of the finest colleges. In 1982 he spent time training at Kokutaiji Zen Monastery in Japan. For over 17 years he lived as part of the lay community of the Zen Center of San Diego training and teaching with Joko Beck. He has taught meditation in schools, work places and in intensive rural retreats. Greg has experience facilitating group work and providing the space to explore feelings around difficult patient interactions.



## Sonia Bailey

Sonia began her studies in reflexology in 2005 and also did training in Metamorphosis which was developed by Robert St John in the last century. She fell in love with Metamorphosis straight away and did further training with Lynn Hatswell. Sonia believes that the ideas behind Metamorphosis coincide with our expanded consciousness today and she is personally interested in a more expanded view of life, particularly consciousness and how that relates to our bodies and our lives.

Sonia has been a professional reflexologist since 2006 and her reflexology studies include: Lymph Drainage, Hormone Balancing, Maternity & Baby Reflexology, Facial & Hand Reflexology, Anatomy & Physiology; Biomechanics of the Feet; Reading the Feet; Brazilian Toe Technique; Foot care/Hygiene & Foot Exercises. She has also studied Metamorphosis; TCM Meridian Therapy; Australian Bush Flower Essences (Level 1 & 2); Aromatherapy; Ailment Metaphysical Reasons; Emmett Technique for reflexologists; Myotherapy and other minor studies.

From 2008–10 Sonia held the position of Queensland Chairperson for the RAOA. In 2013, she became a director of RAOA and was the national president from 2014–17.

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

<https://nationalconference.reflexology.org.au/>

How can I grow my business?

Don't feel comfortable selling? You don't need to ...

## "Let your Merchandise do the Talking"

How can I get new clients?



**Reflexology and Cancer Care**



Reducing stress and anxiety and improving your quality of life.

Do you find that sometimes you don't quite know how to acquire those additional clients? Do you sometimes feel too shy to say anything or think you're being too pushy?

### How about using the RAoA brochures and ...

## "Let your Merchandise do the Talking!"

The "**Reflexology and Cancer Care**" brochure is a great marketing tool. These brochures explain in easy to understand language how Reflexology can assist with improving daily wellbeing and maintaining vitality through the aging process.

It is a wonderfully relaxing therapy that works on many levels: soothing, calming, balancing and revitalising and will benefit your whole body. You may feel like you are being nurtured during a reflexology session, however do not underestimate the powerful effects this treatment can have on all your body systems.

Reflexology is often offered in hospitals, hospices and clinics to patients with a cancer diagnosis

Here are just some of the ways to use these RAoA brochures to gain business.

Hand them out to:

- local Seniors Clubs and Associations. Ask to display brochures there, or to hand out brochures to members.
- hand them out at Tai Chi, Yoga, Pilates and/or Line Dancing classes.
- current clients to pass on to people in their lives who have a Cancer diagnosis—parents, neighbours, friends.
- your workplace (if you work elsewhere as well).

or

- ask to have them on display at gyms, doctors' offices, retirement homes, dentists, optometrists, and any other local businesses you can access or in close vicinity to where you operate your reflexology practice.
- do letterbox drops in local retirement homes or aged care facilities in your neighbourhood.

One simple marketing idea is to offer pre-paid packages to Palliative clients or their relatives for a discounted price or added benefits. For example, pre-pay for 5 and receive the 6<sup>th</sup> free. If pre-paying is not in the budget, then maybe a free treatment with every 7 paid. The possibilities are endless and up to you to decide what you would like to offer.

***Therefore, it doesn't really matter if you love or loathe selling. It can be as simple as finding moments to share information. Stock up on your RAoA Cancer Care brochures now and start handing them out. It may be the 'seed' you need to plant to gain new business.***

- 25 × Cancer Care brochures – \$9.50 – plus Postage & Packaging.
- 100 × Cancer Care brochures – \$28.00 – (that's only 28 cents a brochure) plus P & P.
- Other RAoA brochures and quantities available. Log onto the RAoA website and have a look at these brochures and let your Merchandise help you get your next clients.

Purchase via shopping cart at: [www.reflexology.org.au](http://www.reflexology.org.au) using your membership log-in details. The shopping cart will automatically work out your postage and packaging fee.

Or download the PDF order form and email it to [merchandise@reflexology.org.au](mailto:merchandise@reflexology.org.au)



It takes less than 21 MINUTES to discover 21 BENEFITS of RAOA MEMBERSHIP!

YES, THAT'S RIGHT, 21 BENEFITS!

YOUR INVESTMENT @ UNDER \*\$4.50 PER WEEK IS EQUIVALENT TO THE COST OF ONE COFFEE A WEEK

21 Benefits of Membership with the Reflexology Association of Australia. The ONLY Association in Australia 100% dedicated to Reflexologists

### 1. MEMBER SUPPORT HELPLINE

✓ Professional    ✓ Intermediate    ✓ Associate    ✓ Student

The special circumstances of membership-based and cause-driven bodies mean that having a reliable and knowledgeable source of support is a must. The Reflexology Association of Australia Limited has a team of professionals who, with their many years of practical knowledge and experience, are able to assist with most queries. The helpline is accessible Tuesday to Friday on 07 3396 9001. Directors are also available, should you require, with direct access to Directors via email or phone.

### 2. 'FIND A PRACTITIONER' REFERRAL SYSTEM

✓ Professional    ✓ Intermediate (conditional)

Listing on our 'Find a Practitioner' database, either via the website or by the public contacting the National Office. The National Office regularly receive telephone enquiries for professional reflexologists. This member benefit results in increased business and referrals to you as it distinguishes you as a professional reflexologist to the public.

The "Find a Practitioner" referral system is available to all Professional members and those Intermediate members who have Insurance and First Aid.

### 3. DISCOUNTED INSURANCE PREMIUMS

✓ Professional    ✓ Intermediate    ✓ Student

Gallagher offer special insurance premiums to Professional, Intermediate and Student RAOA members. Additionally, due to our partnership agreement, the RAOA receive a small commission which is then used for the benefit of all members.

<https://www.reflexology.org.au/insurance-policies-details>.

### 4. MERCHANDISE

✓ Professional    ✓ Intermediate    ✓ Associate    ✓ Student

Promotional items such as RAOA branded polo shirts, RAOA branded name badges, brochures, gift vouchers, receipt books and educational resources (charts, DVD/CD's) are all part of raising both your professional image and the awareness that you belong to a professional organisation. Access to the RAOA merchandise does reduce individual promotional costs as we can order in bulk and create a consistent professional image.

Some items are limited to Professional members and those Intermediate members with Insurance and First Aid. Check on our on-line shopping cart or on the PDF Merchandise Order form for the details of those items.

### 5. ADVOCATING REFLEXOLOGY AS A VIABLE and VALUABLE COMPLEMENTARY THERAPY TO ALLOPATHIC MEDICINE

✓ Professional    ✓ Intermediate    ✓ Associate    ✓ Student

**Political Advocates:** The RAOA will actively support its members in the political arena if and when required at a national level.

RAoA is constantly monitoring current government and medical trends and sends submissions promoting the benefits of reflexology, particularly in relation to its potential as a viable supplement within the health care system. When there is negative publicity against natural therapies, RAOA responds to down play the negativity.

RAoA has a Memorandum of Understanding (MOU) with the Network of Researchers in the Public Health of Complementary and Alternative Medicine (NorphCAM) and is a support partner with the Practitioner Research and Collaboration Initiative (PRACI).

**NorphCAM** focuses on examining the role of CAM in Health Care, linking researchers and practitioners to promote and advance public health and health services research and research capacity building relating to CAM.

**PRACI** is the world's largest complementary healthcare practice-based research network and is committed to:

- ◆ Strengthening the development of meaningful and practice relevant research in complementary healthcare
- ◆ Supporting productive communication and engagement between complementary healthcare practitioners and researchers
- ◆ Stimulating and developing a sustainable research culture within complementary healthcare in Australia
- ◆ Facilitating the development of research networks in a range of complementary healthcare fields across Australia and internationally
- ◆ Progressing broad rigorous scientific investigation to information complementary healthcare.

The PRACI network includes over 750 practitioners from 14 health professions of which Reflexology is one.

### 6. WEBSITE MEMBER ONLY PORTAL

✓ Professional    ✓ Intermediate    ✓ Associate    ✓ Student

This gives access to a wide database of articles and research available **only** to members. This is a great tool to use in marketing your business at clinic level. In addition, RAOA forms, electronic issues of *FootPrints*, and our on-line Merchandise shopping cart ordering makes interaction with the RAOA simple and convenient. You can register for national workshops, national webinars and branch workshops, along with shopping for your merchandise, all with a flick of the keyboard 24 hours a day.

### 7. RAOA ORGANISED WORKSHOPS – National and Branch

✓ Professional    ✓ Intermediate    ✓ Associate    ✓ Student

Educational workshops and seminars are at the core of the RAOA. Workshops, seminars and study days deliver knowledge, networking and inspiration to members

\* Based on professional membership renewal fees

and are a valuable investment with many benefits to members and the wider community. RAOA Professional, Intermediate, Associate and Student members receive discounts to national and branch workshops – all listed in the comprehensive RAOA event calendar, national e-newsletter, Events page on the RAOA website and local branch newsletters. In addition, face-to-face sharing of information and knowledge occurs at the many local branch meeting days, Educational Practicum Exchange (EPE) groups, networking events and the National Conference. These are held all over Australia. An affordable way to increase your knowledge base!

To find a workshop or EPE near you, please see the RAOA website [www.reflexology.org.au](http://www.reflexology.org.au), branch newsletter or contact your branch chairperson, a director or National Office. Click below for our education events calendar.

<https://www.reflexology.org.au/education/education-events>

## 8. NATIONAL CONFERENCE

✓Professional    ✓Intermediate    ✓Associate    ✓Student

The association's own National Conference provides the opportunity to attend and network with fellow reflexologists as well as gain valuable information from seminars and presenters. Speakers cover a variety of topics and are leaders in their field. Members have access to discounts for delegate registration, including early bird member discounts. Held in a different state every two years, this is a great opportunity to listen to international speakers and attend pre- and post- conference workshops.

## 9. FOOTPRINTS JOURNAL

✓Professional    ✓Intermediate    ✓Associate    ✓Student

The RAOA Journal *FootPrints*, is the association's quarterly magazine. *FootPrints* is dedicated to all things reflexology and contains relevant and leading-edge sector news and information specifically dedicated to the modality of reflexology. Each issue shares articles and case studies, tips for client growth, research and updated abstracts from around the world. *FootPrints* is emailed electronically to all members.

## 10. RAOA MONTHLY E-NEWSLETTER (KEEPING YOU UP TO DATE AND INFORMED)

✓Professional    ✓Intermediate    ✓Associate    ✓Student

The four issues of *FootPrints* are supplemented by monthly e-newsletters, which contain news, updates, forthcoming member events, member benefit notices and member support queries. Between the four issues of our *FootPrints* Journal and monthly e-newsletters we've got you covered with up to date information and news. Both *FootPrints* and the monthly e-newsletter are a vehicle for sponsors and supporters to advertise as well as a valuable marketing resource at clinic level.

## 11. PARTICIPATE AT COMMUNITY EVENTS such as HEALTH AND WELLNESS EXPOS

✓Professional    ✓Intermediate (conditions apply)  
✓Associate (conditions apply)    ✓Student (conditions apply)

RAOA participates in various health and wellness expos around Australia, e.g. Mind Body Spirit (MBS), Women's Health Expo, Conscious Living Expo and various other community events. This is a great opportunity for our members to showcase "professional reflexology" to the

public. These events are supported by the RAOA and organised by our branch committees and/or national office.

## 12. ACCESS TO INDUSTRY DISCOUNTS FOR RAOA MEMBERS

✓Professional    ✓Intermediate    ✓Student (Associate members please contact our National Office for your applicable benefits)

RAOA are dedicated to increasing the benefits of membership and have been successful in building relationships with suppliers and supporters to offer exclusive member ONLY advantages.

**Gallagher Insurance**—Discounted insurance rate for RAOA members and other special offers such as free webinars.

**Musculoskeletal Australia (MSK)**—Member prices for registration at all events, workshops and webinars. When registering, you must quote the RAOA Health Professional Membership Number for the discount to be applied (contact RAOA Office for number). Includes access to information and resources about arthritis and musculoskeletal conditions.

**Australia Wide First Aid and CPR First Aid**—RAOA members in most states can complete their HLTAID011 (previously HLTAID003) First Aid Course at a discounted price. Contact national office for pertinent information and discount code to be used when booking.

**Caronlab**—High quality massage oils that wash easily from clinic towels and linen. RAOA members receive special practitioner pricing.

**Aussie Pharma Direct**—Offering all RAOA members 10% discount across its range e.g. masks, hospital grade surface spray and hand sanitiser, air purifiers and more.

**Perfect Potion**—RAOA members can apply to become part of the Practitioner Program to receive discounted products and authorisation to become a reseller within your clinic.

**McDowells Herbal Treatments**—Herbal support for people, horses, dogs, cats and much more. It's the trusted name in herbal medicine and Australian owned.

**Other Association Journals**—Log in to read what's going on with other associations – be it reflexology or other.

<https://www.reflexology.org.au/member-benefits>

## 13. ADVOCATING REFLEXOLOGY AS A CAREER NATIONALLY with APPROVED TRAINING ORGANISATIONS

✓Professional    ✓Intermediate    ✓Associate    ✓Student

RAOA is in regular contact with registered training organisations nationally. Did you know that the RAOA has its own Certificate of Clinical Reflexology taught by several providers around the country, ensuring a high standard of education in Australia?

The RAOA also sponsors the Annual Trevor Steele Award, an opportunity for approved training organisations to nominate their stand-out students for consideration to win this financial prize.

<https://www.reflexology.org.au/education/schools-and-courses>

## 14. OPPORTUNITY TO BECOME A CERTIFICATE OF CLINICAL REFLEXOLOGY SCHOOL

✓Professional

Are you interested in becoming a Certificate of Clinical Reflexology School? Those graduating with this Certificate are eligible to become professional Members with the

Continued on page 15

RAoA. Find out more at <https://www.reflexology.org.au/education/certificate-of-clinical-reflexology>

## 15. LOCAL NETWORKS AND INTERNATIONAL CONNECTIONS

✓Professional ✓Intermediate ✓Associate ✓Student

Sharing and networking in Australia happens at branch meetings at various venues, branch study days/workshops and national workshops, webinars and our RAoA National Conference and national AGM day.

RAoA has a reciprocal membership arrangement with the Association of Reflexologists (AOR), UK. This means that members wishing to relocate to, or register with, AOR have valid qualifications and will be recognised at the equivalent membership level to their Australian membership category. If an AOR member wishes to join RAoA the same validation exists.

Joining an overseas association gives ready access to a much greater range of information and research.

TSARS and Reflexology New Zealand are some of the association newsletters which are available on the RAoA website. These can be accessed by all RAoA members.

## 16. COMMITTEE OPPORTUNITIES—National and Branch

✓Professional ✓Intermediate ✓Associate

The RAoA is a not-for-profit organisation and built on volunteering members. Help keep this legacy going by joining a national or branch committee. CPT points can be gained.

Committees and Working Parties such as CPT, Education, Finance and Research, provide the opportunity to discuss key issues or particular areas of interest with peers. Contribute your ideas, experience and knowledge and shape the future of your association for the good of all and our wonderful modality. 'Have your say, do your bit, make it happen!'

At a branch level we have branch meetings and branch committee meetings, either as part of study/workshop days or at separate arranged times. There is also the opportunity for members to volunteer for committee positions such as Chairperson, Secretary, Branch Admin Assistant, Events Co-ordinator/Events team, CPT/Education organiser, Welcome Mentor and Newsletter Editor. Share your knowledge or gain additional knowledge by volunteering for a role on a branch committee. Alternatively, attend your branch meetings and contribute your ideas to the future of the RAoA.

## 17. ASSOCIATION SURVEYS

✓Professional ✓Intermediate ✓Associate ✓Student

RAoA member surveys aim to find the opinions of members on issues that affect, or may affect, the ability to be a successful reflexologist while adding detail to the limited available data for the reflexology profession in Australia. The survey results are used by the association to make considered decisions and responses to member feedback and to advocate or campaign better on behalf of members

to government, medicos and the public. These surveys are important tools because of the detailed information they provide for the board, branch committees and national office staff.

## 18. RAoA PRIVATE FACEBOOK GROUP

✓Professional ✓Intermediate ✓Associate ✓Student

Members have access to our private Facebook Group. Members can post questions to both the RAoA and to fellow members for guidance and support on anything related to reflexology and reflexology practice. Likewise, members can also post replies to other members' enquiries. This acts as a 'support group' between reflexologists and student reflexologists. Educational and business-building resources are also shared here.

## 19. USE OF THE RAoA LOGO

✓Professional

Professional members are eligible to use the RAoA logo in their marketing material. This helps add further professionalism to you and your brand and most importantly highlights to the public that you do have insurance, a current first aid certificate and that you are participating in current ongoing education practices. Using the RAoA logo provides assurance to the public that your professional services are compliant with the RAoA approved and recommended standards and the National Code of Conduct for Healthcare workers requirements.

## 20. MENTORING

✓Professional ✓Intermediate ✓Associate ✓Student

This is a valuable resource within our membership. We are thankful for the many years' experience of our longstanding members, as well as the reflexologists who have undertaken detailed training in specific areas of health such as cancer care, maternity and other speciality reflexology techniques. Our own resources offer the ability to assist new graduates with mentoring at events, local branch meetings or workshop days. You may even contact a mentor via email for that one-to-one assistance.

## 21. THE ONLY ASSOCIATION 100% DEDICATED to REFLEXOLOGISTS—investing in your future

**Personalised service**—The RAoA has a membership base of approximately 600 members. Being not as large as some other associations, this means we take the time to **listen** and **assist** our members. At the RAoA we live and breathe reflexology. This includes promoting professional reflexology to increase awareness of the individual health benefits (thereby increasing your client base), and we also work to ensure that awareness is increased to identify you as a professional reflexologist. Your membership fees support these ongoing campaigns and dedication.

### Affordable benefits VS equivalent cost!

**Annual Professional Membership—less than \$4.50 a week = 1 x coffee/tea a week**

**Annual Intermediate Membership—\$4.33 per week = 1 x coffee/tea a week**

**Annual Associate Membership—\$1.77 per week = less than 1 x coffee/tea a fortnight**



# CPT News—April 2022

By Vicki Protheroe, Director CPT

## IS CPT STILL IMPORTANT TO MY PROFESSIONAL PRACTICE?



Short answer to this question is **YES!!**

This is a question many of our members are asking when they are discussing the recent reforms in the area of Health Fund rebates and how it affects us as professional practitioners and our businesses. The CPT working party and the RAOA Directors feel that it is still important for the following reasons.

### ◆ Review of Health Fund Rebates!!

It seems as if it's been years waiting on the results from the government review, but reflexology is up next to be reviewed and our committee has put a lot of time and effort in ensuring that reflexology be reviewed, so at the 11th hour please don't give up on a miracle.

We have been given reason to hope that this review could have a positive result and therefore feel it is important for members to keep operating as they have in the past, as if rebates still exist. If we let the quality of our CPT program (which has always had high commendations from the Health Fund industry) slide and rebates are returned, we may find it difficult both individually and as an organisation to claw back our high professional standing in the industry.

### ◆ You are a professional even without Health Fund rebates!!

You are a professional reflexologist, and so need to conduct yourself in the professional manner in which you were trained. Being responsible for the work you do, the decisions you make and foreseeing the consequences of your actions when working with your clients is imperative as a professional therapist.

CPT ensures you keep up with industry changes and continually enhance your ability to provide the highest level of care and service to your clients, while promoting reflexology as a valuable modality. It also gives you tools to build strong relationships with your clients and other health professionals, and gives you a network to call upon for support when necessary. Your RAOA professional membership makes sure you're confident when you trade as a reflexologist.

### ◆ Would a previous PM regain their qualifications as a PM?

If you are considering dropping down to an associate member (AM) please reconsider. There is a possibility that you may not re-qualify as a professional member (PM) should Health Fund rebates be regained, previous PM membership does not automatically qualify you for this category of membership.

If you're feeling that you no longer need to be a PM because we no longer have Health Fund rebates, we ask you to consider the many benefits to being a member of a professional organisation and to look at 'The 21 Benefits of Membership in the RAOA' in this issue of *FootPrints*.

We have all been under a variety of stressors in the past two years that have taken their toll on our health and well-being and as professional reflexologists you are all aware that our trade is required more now than ever before.

### ◆ Why undertake CPT?

The need to continue as a PM is to comply with the National Code of Practice for unregistered health professions.

The purpose of the National Code is to protect the public by setting minimum standards of conduct and practice for all unregistered health care workers who provide a health service and for registered health practitioners who provide a service unrelated to registration.

Please refer to the CPT News in January 2019 *FootPrints*.

Each state can google their own state information – national code of conduct for unregistered health professions and national code of conduct for health professionals.

### ◆ Why can't I roll over my CPT points, if I complete more than 20 CPT points?

The RAOA is a small organisation of some 600 members. The current CPT computer IT system does not provide a roll over system and having one formulated would incur a significant expense. To date this is not available to us. It is noted that the few organisations that do have these systems have thousands of members.

### ◆ CPT points are never lost

We have always advocated that members record all their CPT points and not just the 20 minimum required each year. This enables you to add value to your business through the events you attend and to keep yourself informed on new advancements in technology or practices.

### ◆ Why can't we have CPT concessions during COVID?

Some members feel they should have concessions for the past couple of years and while we understand that all states were under different state laws, this was not under our control. The RAOA feel compassion and empathy toward all our members and for this reason we have organised webinars for members to attend, and the annual general meetings have been held via Zoom and been free for all members to attend, with CPT points being awarded.

We also have the *FootPrints* Quiz which is only \$20 with up to 5 CPT earned for all questions answered correctly (.25 CPT per question).

The National 2020/2021 workshops were postponed in some states, however all eventually proceeded and were held in 6 states – Brisbane, Sydney, Melbourne, Launceston, Adelaide and Perth. Due to additional numbers of



attendees, two of each of the 2020/2021 (same workshop) were held in Brisbane, Melbourne and Perth. Every branch has held face to face workshops in both 2020 and 2021 with some branches also holding Zoom branch meetings – all accruing CPT points.

Members are also welcome to attend any committee meeting, working party meeting and branch meetings - all these events will accrue CPT points.

Our National and Branch Committees are always looking for members to assist and participate with activities and to contribute to their committees. We welcome all levels of membership.

Reading a book related to reflexology, writing an article for *FootPrints* – all these activities allow you to acquire CPT points without leaving your home.



One EPE group thought outside the box and had their EPE group via zoom to cater for members in outlying areas and during lockdown situations. This kept their community group in touch with all members, with the bonus of an educational component to their networking sessions.

While some EPE groups have met less often over the past two years due to restrictions, we are aware that many EPE groups are still active and meet regularly. For an EPE group near you, visit the RAOA website <https://www.reflexology.org.au/education/education-events> no member login required.

If your area does not currently have an active EPE group, contact the national office to find out how you can start up an EPE group.

**Key calendar dates for your CPT planning are listed on the inside front page of this issue of *FootPrints*:**

- ◆ Branch ABM's and branch workshops
- ◆ National workshop—2022 Thai Foot Reflexology Massage
- ◆ National Conference 21–23 October 2022

If you have any questions regarding CPT please download the CPT FAQ via the CPT tracker section or email the national office [admin@reflexology.org.au](mailto:admin@reflexology.org.au) for a copy.

Alternatively contact the CPT Director on 0488 221 744 or [cpt@reflexology.com.au](mailto:cpt@reflexology.com.au)

*CPT working party: Vicki Protheroe, Catherine McIver and Vera Emmi*



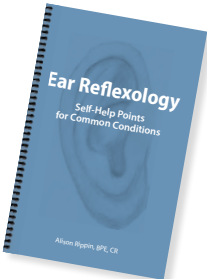
★ Introducing My New Book ★

# Ear Reflexology

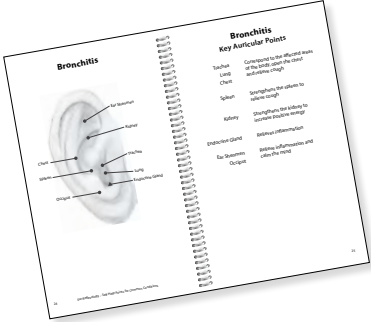
## Self-Help Points for Common Conditions

by Alison Rippin, BPE, CR

This book takes the guesswork out of you trying to find key auricular points to work on. It's designed to allow you to receive the health benefits and results you are looking for faster.



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# 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.

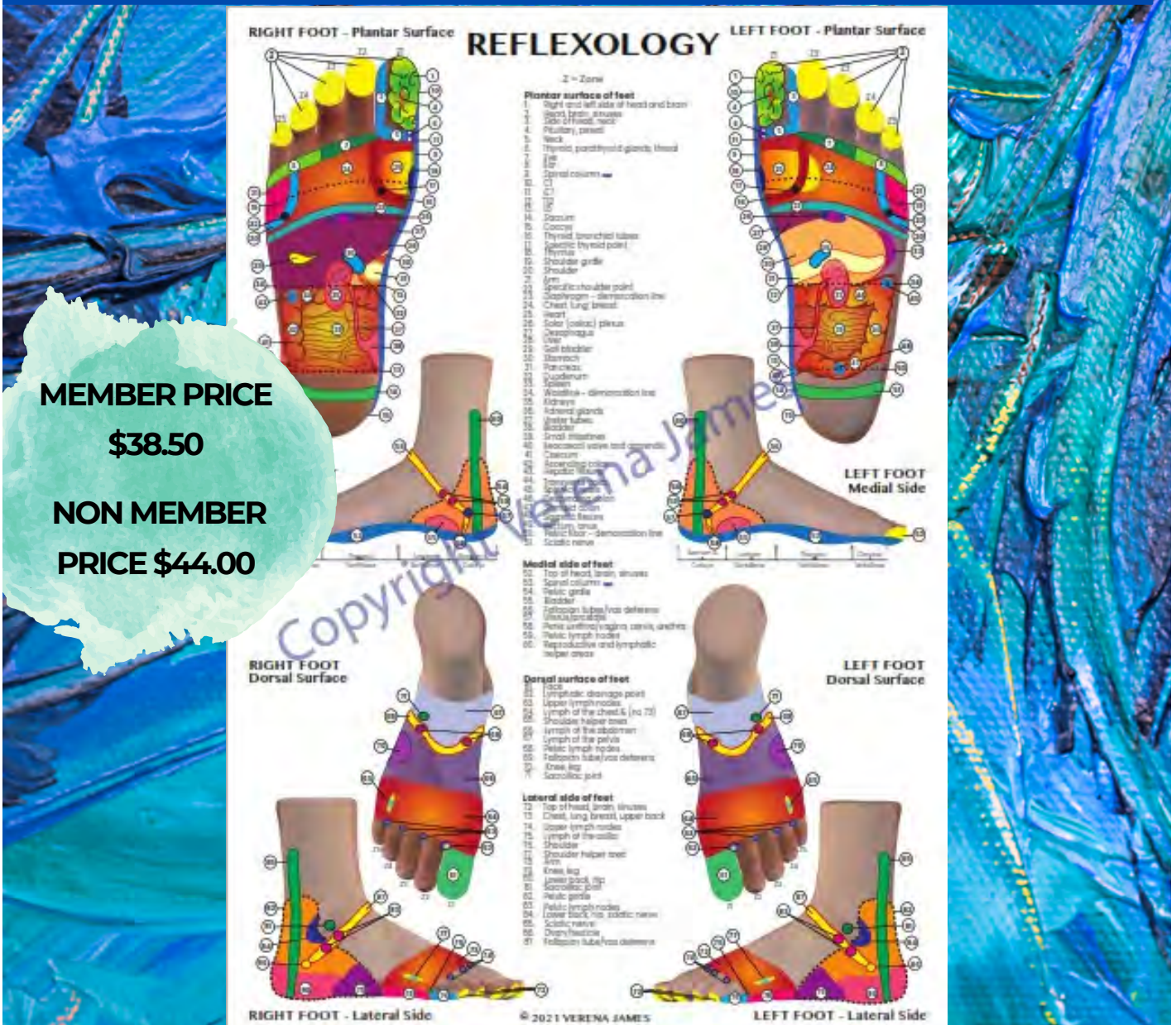
Place your advertisement with the RAOA Marketing and Advertising Co-ordinator—  
[accounts@reflexology.org.au](mailto:accounts@reflexology.org.au)



2022	PRESENTER	TITLE	LOCATION/CONTACT
April 10	Catriona Plunkett (Ireland) RAoA National Webinar	"Understanding and treating digestive ailments in babies and children" (with reflexology)	Registrations online via RAOA website homepage <a href="http://www.reflexology.org.au">www.reflexology.org.au</a> (no log in)
May 1	RAoA TAS Branch	ABM (Annual Branch Meeting) and study day	Body Stillness, 4/9 View Street, Sandy Bay (Hobart) Information and registrations are online via the RAOA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
May 15	RAoA WA Branch	ABM (Annual Branch Meeting) and study day	Caversham Community Centre, 135 Suffolk Street, Caversham 6055 Information and registrations are online via the RAOA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
May 21	NSW/ACT Branch pre-ABM Workshop Day	"Structural Release Technique" presenter Tony Pullin	Crows Nest Centre (Fuller Room), 2 Ernest Place, Crows Nest (Sydney) Information and registrations are online via the RAOA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
May 22	NSW/ACT Branch ABM (Annual Branch Meeting) and Speaker Day	Speakers: • Cherel Sue Waters • John Bancroft • Jayne Tancred • Lynda O'Dell	Crows Nest Centre (Johnson Hall), 2 Ernest Place, Crows Nest (Sydney) Information and registrations are online via the RAOA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
May 22	RAoA SA Branch	ABM (Annual Branch Meeting) and workshop day	Hawthorn Community Centre, 5 Frimley Grove, Hawthorn (Adelaide) Information and registrations are online via the RAOA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
June 5	RAoA QLD/NT Branch	ABM (Annual Branch Meeting) and workshop day	Wynnum Community Centre, 105 Florence St Wynnum (Brisbane) Information and registrations are online via the RAOA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
June 26	RAoA Vic Branch	ABM (Annual Branch Meeting) and workshop day	Habitat Uniting Church, 2 Minona Street Hawthorn (Melb). Information and registrations online via the RAOA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
July 2022	ITEC ASRR	Diploma in Reflexology for the Complementary Therapist	Williamstown VIC <a href="mailto:info@asrr.com.au">info@asrr.com.au</a> <a href="http://www.asrr.com.au">www.asrr.com.au</a> Phone Keri Wood 0411 857 058
July 10	Corrine Brown – RAOA National Workshop	"Traditional Thai Foot Reflexology Massage"	151 Boundary Road, Bardon (Bardon Counselling & Natural Therapy Centre) Information and registrations are online via the RAOA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
July 17	Corrine Brown – RAOA National Workshop	"Traditional Thai Foot Reflexology Massage"	Owen Homoeopathics 443 Great Eastern Highway, Redcliffe (Perth) WA Information and registrations are online via the RAOA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
July 24	Corrine Brown – RAOA National Workshop	"Traditional Thai Foot Reflexology Massage"	Australian Shiatsu Centre, 103 Evans St, Brunswick (Melbourne), VIC Information and registrations are online via the RAOA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
August 14	Corrine Brown-RAoA National Workshop	"Traditional Thai Foot Reflexology Massage"	Crows Nest Centre (Fuller Room), 2 Ernest Place, Crows Nest Sydney Information and registrations are online via the RAOA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
August 21 and 28	Karen Riley	Reiki 2	2/44 Edward St, Summer Hill Sydney 2130 <a href="http://www.heartcentrednaturaltherapies.com.au">www.heartcentrednaturaltherapies.com.au</a> Phone Karen 0415 657 251
August 28	RAoA SA Branch	Workshop day and branch meeting	Hawthorn Community Centre, 5 Frimley Grove, Hawthorn (Adelaide) Information and registrations online closer to the date <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
October 21–23	RAoA National Conference	International Speakers: Carol Samuel (UK) Helen Mary Perkins (UK) Various other speakers – see inside this issue of <i>FootPrints</i>	Komo Hotel, 99 Marine Parade, Redcliffe Qld (Brisbane) Information and registrations via the conference website <a href="https://nationalconference.reflexology.org.au/">https://nationalconference.reflexology.org.au/</a> or <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
Online training	Marie Duggan	Online Cancer Care Training Courses	<a href="http://www.butterflytouchtherapistraining.com">www.butterflytouchtherapistraining.com</a> <a href="mailto:marie@butterflytouchtherapistraining.com">marie@butterflytouchtherapistraining.com</a>
Online training	Catriona Plunkett (Ireland)	Reflexology for Babies and Children and Baby Reflexology Instructor	Contact Catriona Plunkett <a href="mailto:info@goldeneggholistic.com">info@goldeneggholistic.com</a> <a href="http://www.goldeneggholistic.com">www.goldeneggholistic.com</a>
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>

# New Reflexology Foot Chart

Verena James has been a long time RAOA member. She has worked with Reflexology for 30 years and the large majority of that period has been in a medical clinic working alongside a doctor and other allied health professionals. Verena believes that she is very fortunate to have had this experience as it has shown her just how powerful reflexology treatments are on a huge range of health/medical conditions along with how well reflexology works independently and also alongside other therapies. This reflexology foot chart incorporates some of Verena's own findings.



**Prices in \$AU & postage additional**

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# Colour Reflexology

By Keri Wood

To allow all the reflexes in the hands and feet to fully relax, colour therapy is applied using a special light box. Each of the colours can be used to support separate body areas and chakras (energy systems). Benefits include relief of tension in the face, neck and shoulders, and this therapy helps to relax and balance the entire body.

In colour reflexology we can provide additional support for those body areas that show tension or stress. Colour therapy adds an extra element to any treatment but works

particularly well with reflexology as it can complement this treatment in a way that doing each of these modalities at separate times would not be able to accomplish.

Colour towel therapy works well for fibromyalgia by reducing pain so that more reflexes can be worked. Colour torches can be used to relax the vagus nerve bringing very quick, deep stress relief, and shingles, rheumatism, and even skin conditions all respond well to colour charged water.

*Keri Wood ([www.asrr.com.au](http://www.asrr.com.au)) is principal of the Australian School of Reflexology and Relaxation and has been qualified in crystal therapy, aromatherapy and reflexology since 1996. She uses her experience to help train therapists and carers to work with crystals, oils and reflex-point therapy.*



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## GENERAL INTEREST

Foot or Hand Reflex Workshops  
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<https://events.humanitix.com/hand-reflexology>

## iTEC PROFESSIONAL QUALIFICATION

- Diploma in Reflexology for the Complementary Therapist July 2022 Williamstown
- June 2022 Perth
- May 2022 Geelong

## WEBINAR

Baby Reflexology  
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Teacher training  
<https://www.trybooking.com/BWULQ>

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## Welcome new members

January–March 2022

First Name	Surname	Suburb	State
Justine	Williams	Forest Hill	VIC
Megan	McQuillan	Trinity Beach	QLD



# RAoA National Workshop 2022

## Thai Foot Reflexology Massage

Presenter - Corrine Brown (Institute of Holistic Therapies)

Activity 1 = 7 CPT RAOA CPT Program 7 hours (8.30am registration and set up, 5pm finish)



### WHAT IS TRADITIONAL THAI FOOT REFLEXOLOGY MASSAGE:

It is a combination of Thai massage, foot massage and reflex points therapy. Thai foot massage incorporates elements of Thai massage, Chinese massage, shiatsu, reflexology and yoga techniques.

Similar to the meridians of traditional Chinese medicine that carry qi/chi, the Thai medicine energy lines known as *sen* run throughout the entire body with specific points ending at the hands and feet. Thai foot reflexology massage opens these channels, stimulates the activity of internal organs and is beneficial for optimum internal health.

A typical treatment session begins with a gratitude prayer, warm foot bath, varying finger/hand pressure massage with a special Thai balm, and a traditional wooden (teak) stick for specific acupressure to stimulate organ reflex points on the soles of the feet. Gentle stretching and massage along the Thai *sen* energy lines on legs and feet, shoulders, back, arms and hands, neck, face and ears are part of the session. What's there not to love about all this?

### This one day training is suitable for:

- Reflexologists
- Massage therapists with a basic knowledge of foot reflexology
- Facial/beauty therapists with a basic knowledge of foot reflexology
- Aromatherapists with a basic knowledge of foot reflexology
- Reiki practitioners with a basic knowledge of foot reflexology
- Bodyworkers with a basic knowledge of foot reflexology
- Anyone with a basic knowledge of foot reflexology

### You will learn:

With your existing knowledge of leg and foot massage and reflexology techniques, you will incorporate the wooden tool and some basic Thai massage techniques and stretches and:

- Learn traditional Thai foot reflexology massage as taught in Wat Po Thai Traditional Medical and Massage School in Bangkok, Thailand
- Transport yourself to Thailand by immersing briefly in Thai history, culture and the development of this beneficial ancient healing therapy

Continued on page 22

- Learn precautions, benefits and considerations
- Learn a gratitude healing prayer
- Have a brief insight into the 10 Thai energy lines (sen lines)
- Learn a clear, easy-to-follow, step-by-step treatment sequence with "opening and closing the pathways of energy" (basic Thai massage techniques), warming up techniques for the feet and stimulation of the 23 reflex points that correspond to all areas of the body with a smooth wooden stick (Thai Foot Reflexology)
- Learn a treatment performed in the traditional Thai massage style using a smooth wooden stick, cream and medicated balms
- Cover areas of massage briefly including the legs and feet, shoulders, back, arms and hands, neck, face, head, and ears (basic Thai massage techniques).

### About the Presenter:

Corrine Brown is the founder of the Institute of Holistic Therapies (Australia). Her health and wellness journey began in 1988 and she has since spent 27 of those years as an international examiner for a prestigious diploma (Zurich-based non-profit organisation) recognised in over 40 countries.

As a holistic counsellor, Corrine embraces all aspects of health, beauty & complementary therapies and travels widely facilitating workshops and trainings in Australia and overseas. She is an Australian certified and qualified workplace trainer and assessor, and holds a UK certified teachers diploma. Corrine has taught at various colleges and trained many individuals, therapists, proprietors, spas, tutors, schools and World Skills competitors both locally and internationally.

Passionate about life and quality living, 2021 is her 15<sup>th</sup> year volunteering at Peter MacCallum Cancer Centre and Palliative Care Victoria and her experiences from here present the best learning foundations which she brings into her holistic trainings.

Corrine trained at Wat Po Traditional Medical School, Thailand in 2008. After years of incorporating these techniques in her treatments and case studies, she teaches from her accumulated experiences honouring the traditional rituals and culture. Corrine is a professional member of the Reflexology Association of Australia.

### Workshop dates and locations:

**Brisbane – Sunday 10 July 2022** – 151 Boundary Road, Bardon QLD (Bardon Counselling & Natural Therapy Centre)

**Perth – Sunday 17 July 2022** – 443 Great Eastern Highway, Redcliffe WA (Owen Homoeopathics)

**Melbourne – Sunday 24 July 2022** – 103 Evans Street, Brunswick VIC (Australian Shiatsu Centre)

**Sydney – Sunday 14 August 2022** – 2 Ernest Place, Crows Nest NSW (Crows Nest Centre)

**Adelaide** – TBA – see website and e-newsletter for updates

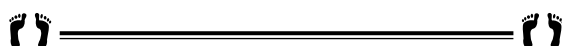
	Early Bird	Standard	Late Fee
Current RAoA Member Price (PM, IM, AM, Students)	\$235	\$265	\$305
Non- RAoA Members Price	\$270	\$300	\$340
Brisbane	To 9 June 2022	10 June to 30 June	1 to 6 July
Sydney	To 14 July 2022	15 July to 3 August	4 to 10 August
Adelaide	TBA	TBA	TBA
Perth	To 22 June 2022	23 June to 6 July	7 to 17 July
Melbourne	To 29 June 2022	30 June to 13 July	14 to 20 July

Includes:

- 1 day theory and practical training
- Morning and afternoon tea
- Wooden reflexology stick (to be used during the workshop – supplied courtesy of RAoA)
- Workshop notes
- Certificate of Attendance

Register online via the RaoA website (no login) [www.reflexology.org.au](http://www.reflexology.org.au)

For workshop enquiries contact National Workshop coordinator [accounts@reflexology.org.au](mailto:accounts@reflexology.org.au)



# BRANCH NEWS

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Hello to all our members,  
Wishing you all a good New Year,  
from all of us here in WA.

We started our year on 19 February with a study day on websites and multimedia. It was presented in an easy and interesting way by both speakers, in the morning. Then we had talks on 'Mother and Baby Prebirth Reflexology and Gentle Touch For Babies and Children'. It was a most successful day.

A big thank you goes to my committee, for taking over and organising a Christmas get together in November 2021, and also for finalising the February study day while I was nursing a fractured ankle. Team work at its best.

Our ABM is Sunday 15 May 2022 and we are looking forward to an interesting day. We have our own Catherine Chandler presenting the 'Importance of Hormone Balancing' – a very important aspect of our work in these times. Catherine is a long-standing registered nurse and reflexologist.

## WESTERN AUSTRALIA



We also have our meeting for the nomination of the new committee. Most of the present committee will be stepping down and we need new blood to step up. So please send in your nominations as soon as you receive your forms. Head office are very helpful and supportive and both Admin and Accounts have helped us through any problems we have had. You learn a lot and the camaraderie of the committee is very empowering. The present committee will still be available to you for any help you may need.

As we are such a large state and members too far out to be able to attend meetings etcetera, we are using Zoom more and more. It is useful in that aspect, but meeting in the physical as much as possible is more beneficial. So being far out is no problem if you wish to become a committee member, you can be with the committee on Zoom.

I hope all our members in Australia are coping with these confusing times, and wish you health and happiness wherever you are.

*Carol-Anne Brand*



## QUEENSLAND/NORTHERN TERRITORY



Queensland/Northern Territory/Northern NSW Branch ended 2021 with an amazing workshop from our member and podiatrist Carmen Stout on Foot Mobilisation Techniques in Reflexology. After learning the history and background of this therapy along with the benefits and contraindications and some revision of anatomy and physiology, Carmen taught us the 10 steps and protocols of Foot Mobilisation Therapy. The protocols and sequence for assessing and treating the feet form a gentle, systematic process to assess and treat every joint in the foot and ankle. It was an absolute delight to be able to deliver and receive these 10 techniques. Our members had a fabulous day of learning and sharing and, of course, Secret Santa was again a great hit as were the yummy treats made by Emma Pavey.

Our conference committee is hard at work planning to hopefully deliver our best conference yet, even amongst these interesting times. Our presenters have fairly much been secured, and the venue is just stunning at The Komo on the foreshore in Redcliffe. We look forward to seeing you all in October 2022.

We look forward to the possibility of being able to once again hold our regular Reflexology in the Park events that

were organised by Emma Pavey with some restrictions being lifted in March. It was lovely to hear from our member Kylie Knight that a new reflexology path has recently been completed in Capalaba by the local council. The reflexology path in Stretton, the first in Australia, has been aptly renamed to the Ian Gilbert Reflexology Path as a memorial in his honour. Ian was a long-time member of our association and worked for the Brisbane City Council for 40 years. He designed these paths and received recognition from the Lord Mayor and the Reflexology Association for his passionate dedication and contributions.

Planning is currently underway for our ABM in June, and we are hoping to secure a presenter to concentrate on the business side of reflexology, focusing on social media trends, marketing, website design and content as well as what we need to grow our businesses.

We look forward to being able to contribute to our communities and our members once again with more public events and learning and professional development this year. Happy Easter to you all.

*Claire Siertsema*



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Half page (inside) 13 cm deep × 18 cm wide \$130.00 per issue\*  
Quarter page (inside) 13 cm deep × 8.5 cm wide \$70.00 per issue\*  
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 [accounts@reflexology.org.au](mailto:accounts@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.

## Copy deadlines

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

### FootPrints Editor—Articles only

Email: [footprints.articles@reflexology.org.au](mailto:footprints.articles@reflexology.org.au)

### FootPrints Advertising & Subscriptions Accounts

Email: [accounts@reflexology.org.au](mailto:accounts@reflexology.org.au)

### Desktop Publisher

Margaret Clift

Email: [margclift@gmail.com](mailto:margclift@gmail.com)

## 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.

## 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)

### Branches

<b>NSW/ACT</b>	Chairperson:	Angela Clark
	Phone:	0406 949 311
	Email:	<a href="mailto:angelaclark.reflexology@gmail.com">angelaclark.reflexology@gmail.com</a>
Committee Secretary	Anne Moorcroft	
	Phone:	0407 750 008
	Email:	<a href="mailto:amoorcroft@optusnet.com.au">amoorcroft@optusnet.com.au</a>
General Secretary	Amanda Brand	
	Phone:	0417 236 773
	Email:	<a href="mailto:amanda.brand@pandl.com.au">amanda.brand@pandl.com.au</a>
<b>QLD/NT</b>	Chairperson:	Claire Siertsema
	Phone:	0409 573 928
	Email:	<a href="mailto:claire.siertsema@bigpond.com">claire.siertsema@bigpond.com</a>
	Secretary:	Sue Jewell
	Phone:	0429 499 285
	Email:	<a href="mailto:jewell.touch@gmail.com">jewell.touch@gmail.com</a>
<b>SA</b>	Chairperson:	Amanda Wilson
	Phone:	0433 343 790
	Email:	<a href="mailto:amanda.wilson8@outlook.com">amanda.wilson8@outlook.com</a>
	Secretary	Anita Smith
	Phone:	0429 678 302
	Email:	<a href="mailto:anitapicksmith@hotmail.com">anitapicksmith@hotmail.com</a>
<b>TAS</b>	Chairperson:	TBA
	Phone:	
	Email:	
Minute Secretary	TBA	
	Phone:	
	Email:	
<b>VIC</b>	Chairperson:	Cate Brown
	Phone:	0408 209 718
	Email:	<a href="mailto:catharinebrown61@gmail.com">catharinebrown61@gmail.com</a>
	Secretary:	Janet Burgess
	Phone:	0410 595 702
	Email:	<a href="mailto:jburgess21@gmail.com">jburgess21@gmail.com</a>
<b>WA</b>	Chairperson:	Carol-Anne Brand
	Phone:	0411 731 808
	Email:	<a href="mailto:carol.annreflex60@gmail.com">carol.annreflex60@gmail.com</a>
	Secretary:	Heather Hanvey
	Phone:	0402 089 946
	Email:	<a href="mailto:heatherwellbeing@gmail.com">heatherwellbeing@gmail.com</a>

### Branches

If there has been a change in the above directory, kindly email [admin@reflexology.org.au](mailto:admin@reflexology.org.au)

## Board of Directors 2021–2022

Please know that Directors can be contacted to clarify concerns

### President

Susan Ramsey  
[president@reflexology.org.au](mailto:president@reflexology.org.au)  
0417 855 931

### Administration and WHS:

Debbie Helm (WA)  
[debbie.helm@outlook.com.au](mailto:debbie.helm@outlook.com.au)  
0423 275 613

### CPT:

Vicki Protheroe (QLD)  
[cpt@reflexology.org.au](mailto:cpt@reflexology.org.au)  
0488 221 744

### Education and Board Secretary:

Sarah Hackney  
[education@reflexology.org.au](mailto:education@reflexology.org.au)  
0414 250 403

### Research and Promotions:

Marie Steinke (SA)  
[research@reflexology.org.au](mailto:research@reflexology.org.au)  
[promotions@reflexology.org.au](mailto:promotions@reflexology.org.au)  
0438 121 214

### Finance:

Vacant  
[finance@reflexology.org.au](mailto:finance@reflexology.org.au)

(Non-Director position):

**Governance, Company Secretary and Webmaster:** James Flaxman  
[webadmin@reflexology.org.au](mailto:webadmin@reflexology.org.au)  
0403 160 367

## National Office Admin Staff Contacts

PO Box 253,

Wynnum Central, QLD 4178

Hours open:

Tuesday–Thursday 10.00am–4.00pm

Friday 11.00 am–3.00pm

Phone: 07 3396 9001

### Membership and Administration—

Lisa Allan (staff)

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

### Accounts, Merchandise and Advertising—Vera Emmi (contract)

[accounts@reflexology.org.au](mailto:accounts@reflexology.org.au)  
[merchandise@reflexology.org.au](mailto:merchandise@reflexology.org.au)  
[marketing@reflexology.org.au](mailto:marketing@reflexology.org.au)

Reflexology Association of Australia Limited- Merchandise Order Form

Price list as of 01.02.2022

See website for Terms and Conditions

Code	Merchandise Item	Current Price	Colour	Size	Qty	Total
1001	Professional Receipt Book – includes 100 receipts (PM/IM conditional)	\$12.00				
1002	Full Colour Reflexology Brochures (100) (PM/IM conditional)	\$28.00				
1003	Full Colour Maternity Brochures (100) (PM/IM conditional)	\$28.00				
1004	Full Colour Stress Brochures (100) (PM/IM conditional)	\$28.00				
1005	Full Colour Senior Brochures (100) (PM/IM conditional)	\$28.00				
1006	Full Colour Sports Brochures (100) (PM/IM conditional)	\$28.00				
1044	Full Colour Cancer Care Brochures (100) (PM/IM conditional)	\$28.00				
1007	Full Colour Mixed Brochures (5 of each brochure = 30) (PM/IM conditional)	\$11.50				
1008a	Reflexology Brochures (25) (PM/IM conditional)	\$ 9.50				
1008b	Maternity Brochures (25) (PM/IM conditional)	\$ 9.50				
1008c	Stress Brochures (25) (PM/IM conditional)	\$ 9.50				
1008d	Senior Brochures (25) (PM/IM conditional)	\$ 9.50				
1008e	Sports Brochures (25) (PM/IM conditional)	\$ 9.50				
1008f	Cancer Care Brochures (25) (PM/IM conditional)	\$ 9.50				
1009	Business Essentials Pack <b>20 each x 6 Brochures, 1 x receipt book, 1 gift voucher book &amp; envelopes (25), 4 x GV promotional flyers, 20 x bookmarks, 1 x gold lapel pin with RAoA logo, 1 x Foot &amp; 1 x Hand Notepad, 1 x RAoA Pen</b> (PM/IM conditional)	\$96.50				
1010	Essentials Pack 1 - 1 x Receipt Book, 1 x Mixed Brochures (PM/IM conditional)	\$21.00				
1011	Essentials Pack 2 - 1 x Receipt Book, 1 x Gift Vouchers (25pack) (PM/IM cond)	\$33.50				
1012	Appointment Bookmarks (20 Full Colour bookmarks in a pack)	\$11.00				
1014	DECAL sticker for Professional Members (PM only)	\$ 5.00				
1015	Gift Vouchers 25 Vouchers & Matching Envelopes plus 4 non-laminated flyers – Generic, Mother's Day, Father's Day and Christmas (PM/IM conditional)	\$25.00				
1036	Gift Voucher flyers –set of 4 laminated - Generic, Mother's Day, Father's Day and Christmas	\$16.50				
1016	Gold Lapel Pin (RAoA logo)	\$10.00				
1018	Notepad A5 x 50 sheets (with RAoA logo)	\$ 4.00				
1037	Notepad A5 x 50 sheets – Foot pad (with RAoA Logo)	\$ 4.00				
1038	Notepad A5 x 50 sheets – Hand pad (with RAoA Logo)	\$ 4.00				
1035	Pens (RAoA Logo) – 5 pack	\$ 9.00				
1019	Pens (RAoA Logo) – 10 pack	\$14.00				
1020	Polo Shirts –White or Royal Blue with logo. <i>White in stock: Royal Blue limited</i>	\$44.00				
1041	Polo Shirts – Royal Blue with white and black mesh knit contract on side panels	\$44.00				
1021	Professional Name Badge (PM/IM conditional) – special order	\$30.00				
1045	Sticky Notes – flower shape 5 colourful sticky note colours – RAoA logo on cover	\$ 3.50				
1023	"Acupressure and other protocols for Shoulder Pain & Injuries" self-directed learning CD/DVD by Vera Emmi (CPT Points – Activity 9 & 20)	\$33.00				
1024	"Acupressure & other Protocols (and more) for Sinus/Sinusitis" self-directed learning - CD/DVD by Vera Emmi (CPT Points – Activity 9 & 20)	\$36.50				
1025	Ingham Chart – A4 – Hand and Foot (set – 1 of each) (1 x CPT Activity 20)	\$30.00				
1026	Ingham Chart – Wallet size (One side Foot and other side Hand)	\$ 5.00				
1027	Ingham Chart – Wall Size A1 Hand (limited available) (1 x CPT Activity 20)	\$45.00				
1031	Foot chart A4 – double sided (planter one side, dorsal/lateral/medial other side) West Australian School of Reflexology (1 x CPT – Activity 20)	\$16.50				
1032	Hand and Ear Reflexology Chart – West Australian School of Reflexology approx. 465mm x 600mm (1 x CPT point – Activity 20)	\$30.00				
1033	Foot Chart – Reflexology Academy of Southern Africa –465mm x 600mm (1 x CPT)	\$30.00				
1039	Foot Wall Chart A1 size – Perth School of Reflexology (1 x CPT – Activity 20)	\$44.00				
1046	Foot Wall Chart A2 size –(planter, dorsal, medial & lateral) – 420mm x 595mm by Verena James (1 x CPT – Activity 20)	\$38.50	NEW!			

Email [merchandise@reflexology.org.au](mailto:merchandise@reflexology.org.au) for full PDF copy or visit the website – member login required

# 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 from **May** 2022

*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!*

**1 May 2022—TAS Branch—Hobart**  
**15 May 2022—WA Branch—Caversham, Perth**  
**22 May 2022—NSW/ACT Branch—Crows Nest, Sydney**  
**22 May 2022—SA Branch—Hawthorn, Adelaide**  
**5 June 2022—QLD/NT Branch—Wynnum, Brisbane**  
**26 June 2022—VIC Branch—Hawthorn, Melbourne**

**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 President's desk	1	CPT Education—Calendar of Events	18
Board Report	3	Colour Reflexology	20
Complementary modalities	4	Welcome new members	20
Ian Gilbert Reflexology Foot Path	5	National Workshop 2022—	
Sleep your way to better health	6	Thai Foot Reflexology Massage	21
The road back	8	Branch news	23
RAoA National Conference 2022	10	FootPrints—Contacts, deadlines, advertising	24
21 minutes, 21 benefits	13	RAoA contact details—Board, Branch,	
CPT News—April 2022	16	National Office	24