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From the President's desk...



Dear Members

In this, my first message to you all, I would like to introduce the new Board. There has been a large turn over, for a number of reasons. Our past President Libby Stark has stood down in order to smell the roses. Libby has brought a great sense of calmness to Board meetings and under her direction we have continued to progress on the path toward a highly regarded and professional body. We have said farewell to a stalwart of the Company, James Flaxman who reached the end of his maximum term. James has been of immeasurable help to the association in his dual capacity as web administrator and Company Secretary. James continues in these roles ex Board. Judee Hawkins has retired to spend time with family and her beloved river. Judee will be missed, especially in her organisational capacity as Secretary to the Board. Judee is still actively associated with Footprints. Ian Gilbert has also resigned due to work and family pressures. It takes an enormous amount of time being involved on Board business!

So our new Board: Vice President is Susan Ramsey from South Australia. Sue is a dynamic enthusiastic member who travels over 700 km just to attend branch meetings in SA! I am enjoying her robust style. Sue has come with a bag load of initiatives to help better the delivery of Reflexology in Australia.

Our new Treasurer is another incredibly dynamic woman, Glenda Hodge from Qld. Glenda has already proven herself a proactive treasurer going through a phenomenal amount of work and I look forward to our time together.

Heather Edwards, also from Qld, has joined the Board bringing with her an enormous amount of talent. I look forward to getting to know Heather better. Her main area is Research.

Jo Impey of Victoria remains with us thank goodness, and continues her very good work in promotions and publicity. I value her reasoned approach to this area.

Kim Rusten from NSW also remains on the Board. Kim is currently working on a review of the Health Training package with Heather, I know it will be extremely thorough. I have seen some preliminary comments and am confident this submission will be beneficial to the teaching and learning of reflexology in Australia.

We have not yet appointed a secretary to the Board.

Great things are happening in the world of reflexology! RAOA was actually approached by a health fund to supply a reflexologist for a promotion day they were having! Even better, they were paying! As many of you are aware, we passed a major audit undertaken by Medibank Private. The auditor was most impressed by our having professional offices and not working out of someone's back room. This raised the image with which we are perceived to a level of professional status. A direct result of that is reflexologists being given provider numbers not applied for by third party health funds. The RAOA has made a submission to Towards a National Health Care Strategy. You may be interested to know there was a report carried on ABC from the National Health and Hospitals Reform Commission at the end of July. The report promoted the concept of wellness in our health system—a major step forward, I am sure you will agree.

I encourage professional members not to let their membership lapse. New rules brought in by health funds mean that if you did, you would need a current Diploma level to be granted a provider number. Your old one lapses with membership.

It is a very exciting time to be involved in reflexology. Due to the enormous effort of members across Australia, the benefits of reflexology have been experienced by many, many people. The voice of these people is starting to be heard by health funds and governments. Thanks to the dedicated efforts of the members of the first Board and the amalgamation of state bodies, reflexology has moved from a cottage industry to a highly respected complementary therapy. It is our professionalism that is remarked on at all levels. I look forward to continuing this journey with you all.

My regards to you all,
Anne Young
President



Board of Directors 2009–2010

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This issue: Front cover courtesy of Susan Jean Ramsey—Back Beach, Streaky Bay, Western Australia.

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

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Association Awards

	Life Membership	Outstanding achievements
NSW	Sue Ehinger Graeme Murray Cherel-Sue Waters	Joan Harwood Ronda Mackay Judee Hawkins 2009 Anne Jooste Jacobs 2009
QLD	Heather Edwards Sharon Stathis Tissa Hennig Joan Boardman Smith	Don Stretton Julie Bidwell Jan Williams Glenda Hodge Ian Gilbert Miranda Mann Irene Bull Patricia Maclean Margaret Coventy 2008 Catherine Lee 2008 David Wong 2008 Claire Siertsema 2009 Jan Kiss 2009
SA	Joyce Lockett Rosemary Urban (deceased)	Suzanne Pfitzner James Flaxman 2008
TAS	Pamela Skeggs Dianne Yaxley	Gaylene Webb Vicki Delpero
VIC	Dee Leamon Carol McBain Josie Magazzu (deceased) Marion Bond Trevor Steele (posthumously) Emma Gierschick	Natalie Baker Samantha Landridge Karen Fothergill Marion Bond
WA	Keith Solomon Brigitte Johnson Lynn Hatswell	Patrica Bell Flora Toft Gladys Duncan Chris Aubrey Des Bradley Lis Anderson Maried Spooner 2008 Catherine Chandler 2008

State Branches

If there has been a change in the above directory, kindly advise Jan Cullen by email jan.cullen@virginbroadband.com.au or by phone (02)9894 5229

State matters

Please contact Jan Cullen to advise the contact for your State. Jan's email is jan.cullen@virginbroadband.com.au

The National Board has discussed various submissions and decided on the following description for 'Defining Reflexology'.

'Reflexology is defined as an application of a stimulus or stimuli to a reflex point anywhere on the body. For list of variables refer to the Diploma of Reflexology Health Training Package in National Training Information Services.'

World Reflexology Week

September 20–26 2009

by Jo Impey

Victorian State Director, Promotions

In 1994, the President of the International Council of Reflexologists, Bob Flocco formed the idea for World Reflexology Week. The intention is for all reflexologists to do one small thing to promote reflexology on a local level. These efforts made at a local level would then have a global impact, providing an improved awareness of the many health benefits of reflexology.

Since 1999, World Reflexology Week has fallen on the last full week of September for all reflexologists in the world.

In writing this article I hope to encourage all reflexologists to be involved in World Reflexology Week. We can all do something. And there are many ideas and tools available to support your efforts.

The International Council of Reflexologists has a website dedicated to providing tools for use during WRW. Have a look at: <http://www.icr-reflexology.org/wrw.htm> for a list of ideas about how to promote World Reflexology Week within your local community.

Professional Associations around the world, such as the RAOA, use their networks to encourage all members to be involved in some way. Some of us are keen to promote reflexology to a wide audience in the community. From memory, the best example I can recall of this was an event organised in Melbourne by a former board member of the RAOA. Around fifty reflexologists gathered in Melbourne's 'Federation Square', giving treatments to passing members of the public. Melbourne had never seen anything quite like it.

During World Reflexology Week the RAOA supports its members by making available WRW posters (sent out with your membership renewal packs). On the RAOA's website, under the heading of resources, there is also a sample of a press release available for members' use.

World Reflexology Week has often been a time when a dedicated group of reflexologists approach a local paper, community radio station or a local networking group to set up an opportunity to promote the health benefits of reflexology.

World Reflexology Week is a time to pick up your promotional tools and put yourself somewhere highly visible in the community. It's a time to do something a bit left of centre to bring attention to reflexology. Move away from your clinic room and find yourself a public space to promote the modality. And not just to those who know about it. Imagine if every practising member of the RAOA provided five short treatments to people who have never had a treatment before. This sort of work is always fantastic, not only for individual businesses but for all involved in the giving and receiving of reflexology treatments.



If you are not so inclined to initiate an event in your community there are other ways to promote World Reflexology Week.

In our work with clients we often have a few minutes to share some knowledge either in the minutes before or after a treatment. This time is an opportunity to talk about the growing support, interest and acceptance of reflexology from mainstream health providers (including government departments, hospitals, general practitioners and more). When talking to your clients, provide them with an example

or two from the following list of developments in this area.

- ◆ The Australian Government's Department of Health and Ageing lists World Reflexology Week on its annual calendar of events.
- ◆ The Australian and New Zealand's 10th International Annual Mental Health Conference (October 2009), has invited the RAOA to provide an information stall about the benefits of reflexology for people with a mental illness. For further details please look at: www.anzmmh.asn.au/Conference9. A group of our members are working on this at present with an emphasis on providing documented evidence about the benefits of reflexology for clients with a mental illness.
- ◆ In Melbourne there are at least two public hospitals, (Peter Macallum and the Moorabbin oncology day ward) that have embraced the use of reflexology for patients in oncology wards, immediately prior to chemotherapy treatment.
- ◆ Many aged care facilities now recognise the benefits of reflexology in reducing pain and managing symptoms of anxiety for residents with mild to moderate dementia. A study in the New York Journal of Alternative and Complementary Medicine, observed that, 'the residents demonstrated significant reduction in observed pain and salivary alpha-amylase. No adverse events were recorded during the study period'*.

If you have other examples, mention them to your clients. Remind them that you are letting them know as part of a contribution to World Reflexology Week.

There is something each of us can do to add to the global impact of World Reflexology Week in 2009. I hope you enjoy the week.

NB (An apology; this article was intended to be submitted for the June edition of Footprints. However, due to circumstances, this was not possible.) ☹

* Hodgson A. and Andersen S, 'Journal of alternative and complementary medicine', (New York, N.Y.). 01/05/2008; 14(3):269–75

CHINESE REFLEXOLOGY & QI STUDY TOUR

CHINA 2010 • April 21st to 8th May 2010 • 19 days

Tour itinerary arranged by:

Deborah Johnston – Registered Reflexologist &
Director of Australian & Chinese Reflexology Exchange Program,
With Mr Jing Zhang – Managing Director
CIB Cultural Interchange Beijing & Tour Guide Extraordinaire!

Highlights:

Beijing – Inner Mongolia – Huhehaote – Datong - Shanghai

- Traditional Chinese Reflexology Treatments, Demonstrations & Lectures
- CRA – China Reflexology Association
- Shanghai University of Traditional Chinese Medicine – Lectures & Bookshop
- Shanghai TCM Museum
- Xi Yuang Traditional Chinese Medicine Hospital Visit & Treatment
- Plus Sightseeing & many oriental delights:
- Forbidden City, Summer Palace, Great Wall of China
- Buddhist Hanging Temple 1400 years old,
- Inner Mongolian Grasslands, Singing Sand Desert, Camel Ride,
- Shanghai Acrobatics Show, Day Spa & Shopping Galore

Total Cost : AUD \$5300 • Everything is included!

Inclusions are:

Return Airfares*, Chinese Visa Fee, 4 ½ Star Hotels-Twin Share, all train & bus travel, all fees for lectures & training, all meals, all tickets to tourist attractions & entertainment. Most Reflexology/Massage treatments.

With the exception of:

Drinks at “Hutong” Beijing & at “French Quarter” Shanghai, Travel Insurance, Tour Guide Tipping, & Single Room Supplement is AUD\$700 extra - if you prefer your own room.

All enquiries & Daily Tour Itinerary & Information Pack contact:

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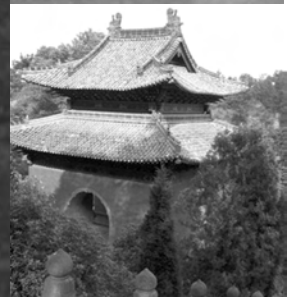
Don't miss this opportunity – Book Early! • 20 people only • Closing date 1st March 2010

Book by Nov 30th 2009 & receive \$50 off the total cost

Booking Fee is \$40.00* to secure your booking

Deposit of \$250* is required by Airlines to secure your seat *non-refundable

CPT Points will be honoured by the RAoA



Reflexology in Australia—Part 1

Excerpts taken from Heather Edward's talk at the International Council of Reflexologists Conference, Cairns—September 2007

As standards in education both nationally and internationally are becoming more and more sought after as the criteria of training for professionals, I believe the development of Reflexology training in Australia since its conception almost thirty years ago. Australia is a multicultural country and the development of our Reflexology training content is likewise.

I recall a conversation with Inge Dougans after her Reflexology and Meridians 2 day course in Brisbane in March 1998 when I requested that on her next visit to Australia we would like to have classes in the practical technique taught by the International School of Reflexology and Meridian Therapy. Her reply was 'But you already have the Original Ingham Method that you use, why would you want to learn another technique?' My reply was 'Australians want to know as much as they possibly can about Reflexology. Our geographical positioning means that we miss out on the interaction particularly associated with South Africa and Europe where many different developments are occurring.' It was with some hesitation and disbelief, I think, that Inge came to schedule technique courses into her next visit to Australia.

History of Reflexology in Australia

The earliest structured history of Reflexology in Australia begins in Western Australia. In 1979 in Perth, Masseur Derek de Bradley learnt some Reflexology from Eugene Moore who had trained in the United States. At Kinesiology classes he met Lynn Hatswell whose interest in the reflexes was stimulated by a course in Prenatal Therapy (now known as Metamorphosis). Derek de Bradley and Lynn Hatswell began to test basic Reflexology with Kinesiology.

In 1980 Deborah Irvine from Maine in the United States taught a 2 day course on Stanley Burrough's Vitaflex Technique, the practice of which goes back thousands of years in Tibet. It is a form of Reflexology working very strongly and deeply into the foot and is closely allied with auricular therapy, chakras and body mind work. It was a two-day course. The treatment lasted about 10 minutes each foot and Burrough's combined this with his own colour therapy and dietary regime for some years in his clinic in Hawaii. The Vitaflex Technique resurged with the arrival of Pierre David to Queensland in 1999. Pierre David was a student of Stanley Burroughs in 1987 in Canada. He developed his course and presented it in Queensland and New South Wales with the aim of registering it nationally. But, as many of us have found, National Registration of courses is a mammoth task. This will be discussed later. For some this technique, with the inclusion of colour therapy, was a great boost to their clinic activities.

In 1980 Derek de Bradley and Lynn Hatswell ran the first half-day introductory classes in Reflexology at the request of interested friends—a very informal affair.

In 1980/81 Lynn Hatswell began to refine the foot charts devised with Derek de Bradley who was now specializing in Applied Kinesiology. She ran one-day introductory courses on an informal basis. There did not seem to be any other Reflexology courses in Perth at that time. By 1982 Lynn was conducting two-day courses and they remained at this level for some time.

In 1983 after attending a Metamorphosis course taught by Lynn Hatswell, Bert Davis and Lynn Hatswell exchanged sessions and information over a year. Soon after this Bert Davis began informal 'foot nights' at his home, combining foot massage, Reflexology and Metamorphosis.

It was April and May 1984 that Australians were first privileged to have the opportunity to attend international seminars in Reflexology. They were presented during April in Sydney and Melbourne and over the first weekend in May in Brisbane by the International Institute of Reflexology (IIR). The lecturers were Dwight Byers, President IIR, and George Balut, Director, with Nancy Byers as a practical assistant. Classes were attended by just fewer than 30 in all three states. I was lucky enough to be one of the participants in the Brisbane class. I remember quite clearly my enthusiasm and fascination. I was so determined to get this right that by the end of the seminar I couldn't touch anything with my thumbs and the soreness lasted for several days. I learnt a valuable lesson—pressure is not important, let it develop as your strength develops with practice, if you deem pressure to be essential. We have since learnt, through the invaluable participation in Chris Stormer's classes, that amazing results can be achieved with very gentle pressure application. Certainly when teaching the students that attend my training, I emphasize the advice to minimize pressure and focus on technique. Once competent in the technique, pressure may be applied, as, and when, required by the individual practitioner.

I also recall how tender my adrenal and kidney reflexes were when Mr Byers showed how to work them on my feet. I'm sure if Trevor Steele were here he would relay similar experiences from his first seminar.

In 1985 the International Institute of Reflexology returned to Australia with seminars in each of the Eastern three capitals. This time Dwight Byers had brought Tony Porter, the United Kingdom Director for the International Institute of Reflexology, to assist him on his lecture tour. Tony was another big man like Dwight with big gentle hands, quite different to the small, chubby, gentle hands of George Balut. I attended the first seminar in Sydney in mid March where I first met Trevor Steele from Victoria. Mr Byers went on to Melbourne then came back to Brisbane in early April and I attended what was then the third seminar. There was a double purpose behind attending two seminars in 1985 for both Trevor and myself, that being, so we could sit our exams in our own capitals. In

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Reflexology in Australia
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those days the requirement to sit the examination was three weekend seminars and twelve months practicing the technique from the time of the first seminar. Unfortunately for both Trevor and me, Mr Byers had not brought any examination papers. Consequently we could not sit our exams.

In 1986 there was no seminar presented by the International Institute of Reflexology in Australia but there was in the United Kingdom. Christine Ritchie, a student from Sydney, gained her Certification with the International Institute of Reflexology while there. The closest contact we had was a letter in June stating the tentative dates for 1987. This was particularly disappointing for me as I was desperate for my official qualification. I might say at this point that I had taken the liberty of working Mr Byers feet before he left Brisbane back in 1985 to find out whether or not he felt I would have passed my examination had I sat. He quite confidently said that I would pass so I had taken that as my cue to get on with the job of spreading the word which I did both by working on feet and doing small introductory workshops and talks. Trevor had been promoting reflexology through his massage work in Victoria.

The proposed dates and venues for 1987 did not include a Brisbane seminar. Of course there was no way I, or the small band (approximately 15) of fellow students who had been meeting at my house for regular practice sessions since the 1985 seminar, were going to have Mr Byers in Australia without visiting Brisbane. After several letters and phone calls it was agreed that a seminar in Brisbane was essential and would be viable.



It was 1987 that the first examinations were held in Australia, firstly in Brisbane. Those who passed were; Alan Polglase, Jack Price and myself. A week later Trevor Steele passed in Melbourne. On the weekend of March 28/29 the first one-day Advanced class was held in Sydney and then on Sunday those of us who already passed assisted in examining the New South Wales seminar students. It was at this weekend that I first met Diane Kibley from New Zealand and also Chris Greene, then from Victoria. Many of you will have read Chris' book 'Overcoming Allergies and Stress-Related Illnesses' or be aware of him for his work with Reflexology, particularly on assisting people with allergies to the 20th Century e.g. Kirsten McFadden as far back as 1984. Chris quite openly admits that he did not pass his Ingham Method exam on that weekend in Sydney in 1987, but he continued to use Reflexology very successfully in assisting his clients to good health and has always encouraged prospective students to contact IIR or RAA.

In January 1988 International Institute of Reflexology students received the following letter:

January 1988

Dear Reflexologist,

Enclosed is the 1988 seminar schedule for Australia.

I will be in South Africa working with our affiliates there, so regretfully I will be unable to conduct the Australian seminars. However, George Balut will be there.

George is one of our best instructors. He greatly enjoys visiting Australia to present these seminars for you on behalf of the International Institute of Reflexology. As a matter of fact, this will be his third trip! We recognize the importance of traveling to your country two years in a row.

I encourage you to attend and bring a friend! It is quite easy to fall into bad habits which is why I recommend attending a seminar whenever possible to keep current. Also, the more you attend, the better Reflexologists you will be.

George and I thank you for your interest and promise to deliver a dynamic presentation!

Yours for Better Health,

Dwight C. Byers
President

Classes were conducted as scheduled with Diane Kibley from New Zealand, Trevor Steele and myself assisting George Balut.

It was in 1988 that Lynn Hatswell attended one of Dwight Byers courses in Perth. By this time a small number of trained and self taught practitioners were operating around Perth. Lynn was teaching two-day courses and Bert Davis was doing more informal training. In 1988 Lynn also developed a 50-hour course for the short lived Australian College of Complementary Medicine.

In 1989 there was another seminar tour, this time taking in only Melbourne and Brisbane. George Balut was the presenter. Before George Balut returned to United States of America he spent five days (19 to 23 March) at Bagarra, Queensland with Diane Kibley, Trevor Steele and myself, training us to present the International Institute of Reflexology seminars, i.e. completing our training in order that we could conduct the seminars without a representative from the United States or United Kingdom being present. After a grueling four days, most of the fifth day was spent exploring the Great Barrier Reef, with a final tying together of ends that night and we were officially on our own—Australian and New Zealand Directors of International Institute of Reflexology. 1989 saw the emergence of the Australian School of Reflexology and Relaxation and Queensland School of Reflexology specializing in teaching the Original Ingham Method. In both Victoria and Queensland regular gatherings were occurring to practice and discuss Reflexology. Victoria moved to form the first official branch of Reflexology Association of Australia under the guidance and wisdom of Trevor Steele in September 1989. This was closely followed by Queensland who held their first meeting under the banner of Reflexology Association of Australia in January 1990. I will discuss the Reflexology Association of Australia's development in more detail later.

1989 saw Trevor Steele and me take Reflexology to the country rather than just making classes available in the capitals. The first class together was held at Turrumurra, New South Wales, in May. Sue Ehinger was the facilitator and an extremely enthusiastic student. This was followed by a class in Daylesford, Victoria in July and one in Brisbane during August. These classes were part of the

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Reflexology Association of Australia

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45 hour course over a period of 12 months. Meanwhile Lynn Hatswell began to teach short certificate courses and Bert Davis, West Australian School of Reflexology, taught 10–50 hour courses. These courses continued over the next few years until the Reflexology Association of Australia produced guidelines and specific hours of training.

In 1990 Trevor and I began seminars on our own unless the groups were 20 or more. Tamworth, Launceston and Townsville were included in the seminar schedule at this time to be followed later by Cairns and Rockhampton.

In Townsville I met Margaret Coventry at the first International Institute of Reflexology (IIR) seminar. Margaret had been 'practicing' reflexology since 1983 when she had been introduced to this fascinating art by Judy Laffan who had been a beauty therapist in New Zealand. Judy had had two lessons in reflexology before coming to Australia and assisted Margaret by working on her sore feet to relieve the pain. Margaret, being a training Nursing Sister, noted that the 'massage' on her feet was not that which a nurse would have given. She also noted almost immediate relief of the foot pain she had been experiencing for several months since the birth of her third child.

Towards the end of 1983 Margaret bought 'Stories the Feet Can Tell' and 'Stories the Feet Have Told' by Eunice Ingham. Margaret therein continued to purchase any books she came across on Reflexology. Her nursing background helped her relate to anatomical systems. She attended a four-night workshop in late 1984 with a couple from Europe who suggested that it was better to work on a dry foot because one had to 'dig in' to stay on the reflex. Margaret remembers doing most of the work with her right hand.

In early 1985 she bought 'Better Health with Foot Reflexology' by Dwight Byers and any pair of feet became a challenge for her. Between 1984 and 1990 she talked to church groups and pre-school groups, helped a lass become pregnant and did small demonstrations. This was the most common form of education during the 80's. It is still well used to educate the public and stir interest in prospective reflexology students who now attend a much more rigorous course of training over many more supervised hours. Since 1990, regular twice-yearly seminars have continued in Townsville with the first advanced course occurring in 1996.

In 1991 Trevor and I continued classes throughout Australia with the highlight of the year being a tour by Dwight Byers to the eastern states during August. During 1991 Sue Ehinger, who had established the Australian School of Reflexology in New South Wales, made contact with Lynn Hatswell and invited her to be a guest lecturer. This led to her meeting with Sandi Rogers from the Victorian School of Reflexology and Herbal Studies, Trevor Steele, Australian School of Reflexology and Relaxation and Heather Edwards, Queensland School of Reflexology, along with others involved in developing Reflexology in the eastern states. In mid November, 15–17, Sandi Rogers

hosted the first Reflexology conference in Australia at the Marie Mill Community Centre, Randall Street, Maribyrnong, Victoria. As a result of West and East coming together during 1991, Trevor had the vision that all Australian states should work together for the benefit of Reflexology and plans were set in motion for a national meeting.

At this point I would like to discuss the actual process of development of the Reflexology Association of Australia. You will recall that I mentioned regular gatherings in both Victoria and Queensland and moves to form an association.

Continuing on—In Victoria the inaugural meeting for an association move was held in the home of Jossie Maguzzo on 7 April 1989 which was the forerunner of many meetings to come. At this meeting, a working party was elected to formulate the criteria for objectives, membership categories and the constitution. The Reflexology Association of Australia was formally incorporated in Victoria on 7 September 1989. Trevor Steele became the first President of the Reflexology Association of Australia in Victoria and Carol McBain, the first Secretary.

Victoria's move was closely followed by Queensland who held their first meeting under the banner of Reflexology Association of Australia on 31 January 1990. Selected words from the minutes of that meeting read:



'Heather Edwards of the International Institute of Reflexology proceeded to advise members that the forming of the RAA was a separate entity from the IIR. We will all be members of the RAA and together built a name with the Australian people. All members of the IIR whether certified or practicing Reflexologists are eligible to join the Association. In the future we shall establish eligibility of outside Reflexologists and people practicing Reflexology from outside the IIR joining the Association.'

In combination with the Victorian Association we should look at forming a branch here in Queensland and keeping these branches in unison with an Australian National Association.'

The Queensland branch of the Reflexology Association of Australia finally became incorporated on 5 August 1991. During 1990–1991 New South Wales were also moving towards an official association. The inaugural meeting, instigated by Sue Ehinger and Graeme Murray, was held in Turrumurra on 11 October 1990 with incorporation occurring late in 1991. Susanne Enzer, having emigrated to Australia from England in 1990, also became an integral part of the development of the RAA and education trends in Reflexology. Su introduced us to Maternity Reflexology and was the first to teach 40 hour certificate courses in Reflexology, specifically for midwives at local hospitals. She was also the one who introduced many of us to colour and light in Reflexology and the use of a Reflexology torch. I recall many happy weekends with Susanne in her beautiful old church in Turrumurra presenting IIR seminars. In later years Sue Ehinger delivered the Australian School of Reflexology's first diploma course along with others, from Susanne's wonderful venue.

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Continued from page 7

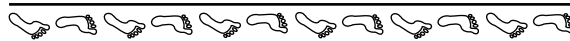
Meanwhile Western Australia had begun moves, in mid 1990, when Flora Casotti and Lynn Hatswell discussed starting a Reflexology Association. In September they invited a steering committee of nine people to begin the proceedings. This culminated in the first meeting of Reflexology Association of Australia WA in December 1990 and incorporation early in 1991—Western Australia had formed an Association quite independently of the eastern states and coincidentally called it the Reflexology Association of Australia. Lynn Hatswell was the first RAA president of Western Australia and she made the following observations:

'Western Australia became incorporated in 1991, chose the name Footnotes for their first newsletter and the name Reflexology Association of Australia for its Association.'

This happened with no knowledge of what was occurring eastwards, across the desert, in Victoria and Queensland. It is interesting to note that Western Australia and Victoria both named their state magazine 'Footnotes'. It would

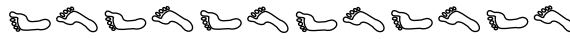
appear in Lynn's words that *'there was perhaps a bit of destiny pattern evolving here'*. To add to this amazing duality Western Australia and Victoria created very similar logo's for the Associations. It was the Western Australian one which became adopted by all states.

The state newsletters have continued over the years but it was in 1992 when Russell McAllister from New South Wales took on the responsibility of producing a national magazine and FootPrints was born. In later years, assisting Russell to provide all states with a national newsletter were Sue Ehinger, Graeme Murray and Val Wallington. FootPrints has been an integral part of continuing education in Australia and we reflexologists owe much to this hard working crew. Russell actually branched out, with Sheryl Thomas, in 1996 and launched Reflexology World which has become a nationally cherished magazine full of informative articles. Congratulations Russell on your ongoing contribution and commitment to the continuing development of Reflexology worldwide.🙏



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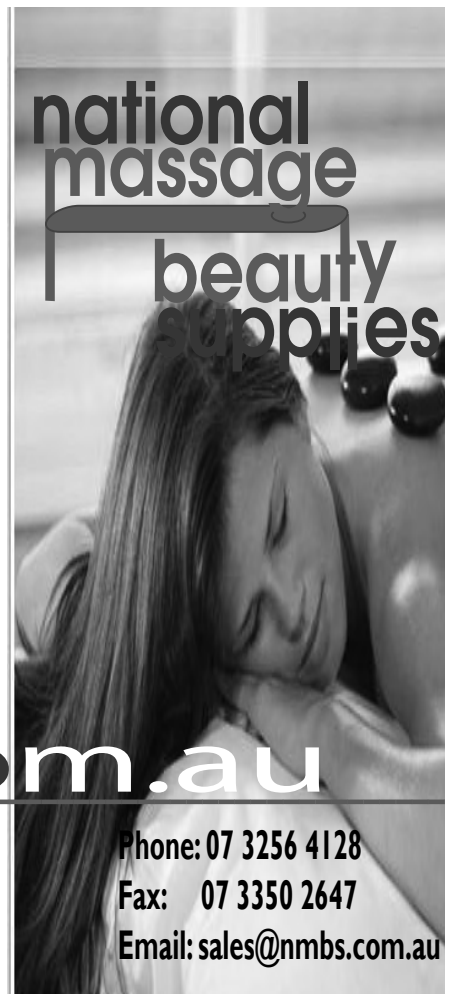


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11–13 October	The Israel Forum of Reflexology	First International Conference on Maternity Reflexology	Tel Aviv, Israel Hotel Kibbutz Shefayim, Tel Aviv www.maternityreflexology.net www.isreflexology.com/en Organised by Israeli Forum of Reflexology
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21–22 November	Australian School of Reflexology	Using TCM with Reflexology	Christchurch, New Zealand Contact Xanthe Ashton xanthe@reflexology.co.nz www.reflexologyaustralia.com
2010	Presenter	Title	Location
12–15 March	Australian School of Reflexology	Facial Reflexology	Sydney Contact Sue Ehinger sue@reflexologyaustralia.com (02)4976-3881 www.reflexologyaustralia.com
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21 April–10 May (19 days)	Deborah Johnson and Mr Jing Zhang	Chinese Reflexology and Study Tour	China Contact Deborah Johnson 0402 065 684 feetsanctuary@optusnet.com.au
15–17 October	Reflexology Association of Australia	National Conference 'Reflexology Celebrating Research'	Brisbane, Queensland Holiday Inn, Brisbane Contact Kate McKnight, Chairperson kennmcknight@bigpond.com www.reflexology.org.au



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Sea change



by Susie Broad

My name is Susie Broad and in 2003 I bought a piece of land at Moore Park Beach, a little seaside area 20 kms north of Bundaberg. At the time I was not sure whether it would just be an investment or whether I would eventually live there. But I have always wanted to live by the beach and quite frankly, this was one I could afford! And the beach is bliss—20 kms and not a house or high-rise in sight—in fact most times when I walk for an hour, I see about 10 people max!!

I made the decision to build when the area got a primary school. This has brought young families to the area, so not everyone has grey hair. I didn't want to live in a one-dimensional community. Once the decision was made, I had to figure out how I would earn a living when I came up here. I knew I wanted to work from home and the Universe popped massage into my head. And so commenced my plotting and planning for my sea change.

At the time I was working full-time as a Call Centre Consultant with the Brisbane City Council. They were wonderful, allowing me to change to part-time and so I commenced study at ACNM (now Endeavour) in 2005 at the age of 56. I loved the study and after I had completed my Cert IV in Massage, I discovered reflexology as my great love and completed a Diploma of Reflexology. I am presently enrolled with AIAS—12 more subjects to go externally and I'll have my Diploma of Remedial Massage. Hopefully I'll finish it before I reach my dotage!

Next came planning the house. I was blessed with an amazing eco-architect, Helen Smith, the younger sister of one of my oldest and dearest friends. She and my wonderful builder made the whole process a total joy. The house is specifically built with my practice in mind. If you turn a capital H on its side, you have my house. One rectangle is me and the other my therapy room, second bathroom, laundry, storeroom and guest bedroom. The rectangles are connected by a covered breezeway and everything is 'midgy-meshed'. Once started, the house was completed without a glitch in three months.

Simultaneously came the Global Financial Crisis and the shares that I hoped would prop me up whilst I took a year leave of absence from Council and build my practice—halved—oops. Time for Plan B. My wonderful employer came to the party and allows me to work 21 hours over Friday, Saturday and Sunday and I stay with my patient brother. I take the Tilt



train down to Brissie on Friday and come back on Sunday night. Monday I am catatonic and Tuesday, Wednesday and Thursday, my clinic is open.

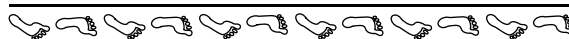
The next challenge was to gain clients. Two dear friends of mine had also built here and they were the full total of people I knew. And then a new marketing strategy—I broke my ankle. You meet a lot of people when you are sitting on the driveway in a wheelchair watering the garden!!!! Meeting people in a country town is as simple as introducing yourself and chat, chat, chatting away. So in my six weeks sick leave, I met quite a few friendly locals.

Very few (actually none!) knew about reflexology, so I set out to give everyone I met a complimentary treatment. I know that sounds a bit of a stretch, however word of mouth in a small community is a powerful tool. One of the first blokes I treated played tennis after it and absolutely annihilated a player he had never beaten—that was the talk of the tennis club and brought me a few hopeful Wimbledon aspirers! Others I've targeted are the couple who sell fruit and veggies from a local farm (who home delivered during my convalescence), the pharmacist (who home delivered my medication), the real estate agent, the hairdresser, the tavern owner and the owners of our one and only brilliant restaurant. We have no doctor, physiotherapist or podiatrist here—not a great place to get sick—closest practitioners are in Bundy, about a 20 minute drive.

Slowly but surely, I'm building regular clients. In fact today my signage went up on my jasmine covered fences—'quiet time' reflexology and massage 0401 641 465. Plan C is to commute for another financial year and take a 'mid career break' from Council which guarantees my job back if I crash and burn. But I'm a dogged old girl – I don't intend to let that happen!

Very best wishes to you all from Moore Park Beach—Centre of the Universe—where kids ride their bikes to school, neighbours talk to each other and share the bounty of their fruit trees, traffic jams are unheard of, kookaburras and other native birds (not crows) wake you in the morning, the surf lulls you to sleep at night, kangaroos graze behind my back fence and the night sky is packed with bright stars.

Off for a walk on the beach—may you all be so blessed. ☺



Foot folk wisdom & trivia ...

Have feet will travel—a declaration made by people who are prepared to live and work away from home

Foot loose and fancy free—a person unencumbered by a spouse or partner. Metaphorically had their fetters of wedded slavery removed.

Reprinted with kind permission of Susanne Enzer

Getting to know members of your Board



Anne Young—A few words about your new President:

My core training is in Physiotherapy, graduating over 30 years ago and to this I have added Diplomas in Reflexology, Aromatherapy and Massage as well as the Cert IV in Workplace Training and Assessment. I am currently enrolled in a Master of Wellness program. My treatment method now is purely complementary, using all my physio skills. I am very blessed to be able to work in this manner.

As well as being the President for the RAA, I am a Director on the Board of the Federation of Natural and Traditional Therapists and the Board of SolarisCare Foundation which delivers Complementary Therapies to Cancer patients and their Carers in Western Australia. I am also on the Complementary Integrated Therapies working group for this Board. I give talks to the health staff of hospitals, throughout Perth on reflexology, and conduct workshops. I am a volunteer for SolarisCare, Foundation which works out of two centres in major hospitals in Perth. On behalf of this Foundation I have presented reflexology to the staff of the WA Government's Minister of Health. I am passionate about reflexology. I love that it works! I am excited about my time as President of this fantastic company of reflexologists and hope to meet many of you over the years.

Glenda Hodge



I qualified with a Certificate IV in 1999 and accepted the role of President of the Queensland Branch of RAA Inc. a few months later. For those first few years, I was very involved in the Association and then fell into the background until about twelve months ago. I am also Qld Branch Secretary and run two Practicum Exchanges each month. I have to smile when people say to me that it must be nice to have time to be able to do all this. Let me assure you, my life oscillates between 'spin' and 'blur', but somehow everything gets done. I also love astrology and the metaphysical approach to life.



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Pregnancy and facial reflexology

by Lone Sorensen

During pregnancy it is essential for expectant mothers to maintain a high level of health and fitness—mentally as well as physically.

A natural and healthy lifestyle based on a well balanced diet, regular exercise, fresh air and sufficient sleep are the essential elements for healthy foetal development and the well being of expectant mothers.

Although many expectant mothers adhere to these basic requirements, many of them still experience a wide range of pre- and post-natal ailments, the most common of which are:

- ◆ water retention;
- ◆ swollen hands and feet;
- ◆ excessive weight gain;
- ◆ constipation;
- ◆ bladder infection;
- ◆ hypertension;
- ◆ type 2 diabetes;
- ◆ nausea and vomiting.

Many of these disorders are quite common and are usually the result of the natural hormonal changes that are to be expected during (and after) pregnancy.

An expectant mother's hormonal system has to work hard to adjust to these changes—this increases her vulnerability.

Hormonal glands are not only essential to the human body's organic functions, they are also essential in maintaining the body's natural chemical balance—hormone production affects us mentally and physically.

Fluctuations in glandular hormone production always result in various forms of emotional imbalance such as:

- ◆ tiredness and lack of libido;
- ◆ mood swings;
- ◆ depression;
- ◆ bipolar dysfunction;
- ◆ hysteria.

Facial reflexology is a form of therapy which, amongst other things, helps and regulates the body's natural hormonal and nervous systems, these have to adapt to accommodate the body's changing state during pregnancy. Regular treatment with facial reflexology throughout pregnancy, provides the opportunity to avoid all of these well known ailments, it assists the body in re-establishing its own natural balance (homeostasis) and helps it to make the necessary adjustments.

Muscular problems during pregnancy are also a common complaint—the main contributing factors are usually; general weight increase, stomach weight, muscular



tension and difficult or strenuous working conditions.

Facial reflexology is also an ideal therapy for the prevention and treatment of the muscular complaints which are often the root cause of pelvic instability, ischias and lumbago.

Facial reflexology therapy is de-stressing and at the same time relaxing, its use ensures expectant mothers a more pleasant and comfortable pregnancy.

The physical and mental well-being of the expectant mother and the healthy development of her unborn child are extremely important factors throughout the pregnancy. Expectant mothers commonly experience emotional and physical imbalances.

Fluctuations in an expectant mother's physical and emotional state are caused by organic and chemical dysfunction, this can result in health problems for both mother and child—this may also cause developmental problems in new born babies.

According to oriental theory, pregnant women should be protected from physical and mental stress and strain throughout their pregnancy.

The reasons for this are that from the moment of conception the foetus begins its development in a continuous five phased sequence, each of the five phases interacts with each other. Each individual phase is responsible for the formation and development of different types of cells. This continuous cyclical developmental activity ensures the healthy growth of the foetus throughout the entire nine months of pregnancy.

This phase is called the pre-natal phase.

In a situation where an expectant mother has been exposed to a stressful situation, dependent upon which pre-natal stage the foetus is in—the foetus's natural developmental process could be adversely affected. This may eventually cause dysfunction or impairment in the unborn child.

The initial pre-natal development phase starts with the lung—large intestine channels (metal element) which are responsible for the development of skin cells.

After 18 days the kidney—urinary bladder channels (water element) begin forming the basis for the development of the cells that form genetics, the central nervous system and skeleton. This is followed by the liver-gallbladder channels (wood element) whose initial cells form the basis for the vital organs and muscles.

The heart—small intestine channels (fire element) are responsible for the formation of the first brain cells, veins and arteries.

The pericardium—triple burner channels (fire element) form the first hormonal glands.

Continued on page 13

Reflexology Association of Australia

Pregnancy and Facial Reflexology
Continued from page 12

In the same moment that the metal element (lung – large intestine) gave life to the first skin cells, the earth element (stomach-spleen) instantly takes up the task of supplying nutrients to all of the new cells that are being formed in all of the elements. The newly formed cells are dependent upon the nutrients provided by the earth element (stomach-spleen) for their survival. Without nutrition the cells would not survive and the fetus would therefore not develop.

The pregnancy would self-terminate and the foetus would be rejected by the body.

In a normal life cycle process that hasn't been interrupted, the water element (kidney– urinary bladder) would then intervene in the metal element's (lung– large intestine) production of skin cells. The wood element (liver-gallbladder) would intervene in the water element's (kidney-urinary bladder) production etc. etc. At the completion of every cycle the whole process starts over from the beginning again and again throughout the entire nine months of foetal development.

The vital energy of the earth element (stomach-spleen) is extremely vulnerable to stress, this is evident in incidents where people are exposed to shock, worry or other stressful situations—in such incidences the earth element (stomach– spleen) ceases to function properly. It is therefore logical that a pregnant woman should not be exposed to these types of experience—this avoids negative influences on the earth element (stomach-spleen). Stress inhibits the earth element's (stomach-spleen) ability to provide nutrition to the cells that play such a vital role in the process of fetal formation.

Other types of emotional fluctuation can also affect the vital energy of other elements; these fluctuations can have an adverse influence on various phases of fetal development—resulting in dysfunction in the particular task of that phase.

It is not uncommon for people who feel deep disappointment or extreme sadness at the loss of someone close to them, to experience changes in their skin production. Anxiety has the ability to influence our central nervous system at a genetic level; this can also affect normal bone production.

Hate and anger influence the formation of vital organs and muscles.

Deep sorrow has a direct effect on the development of brain tissue and the circulatory system.

Frustration has a destructive effect on the formation of hormonal glands.

According to oriental medicine, there are therefore many good reasons for protecting expectant mothers from exposure to emotionally charged situations.

Facial reflexology has a regulating and balancing effect on the vital energy's cycle, it helps the system to maintain a constant and stable 'flow' of vital energy. In other words, facial reflexology has a significant preventative effect when practiced on pregnant women. Reflexology helps to restore the system's energy supply in cases where,

despite preventative measures being taken, an expectant mother should be exposed to a situation that might affect her psychological balance.

An uncomplicated and well functioning body provides the ideal conditions for an uncomplicated and normal birth.

An uncomplicated and normal pregnancy without birthing complications, results in a healthy and well functioning child.

The duration of the birthing process is important.

The birthing process should not take too long; neither should it happen too quickly. It is important that the unborn child not get stuck during delivery, or be subjected to any other kinds of stressful situation such as in breech birthing. Such complications in the birthing process often cause the baby to be starved of oxygen—this could eventually cause brain damage.

Crises and complications during the birthing process could be the root cause of physical and psychological problems that manifest themselves later in life.

The final hours and minutes of the baby's pre-natal phase are decisive and extremely relevant to the child's welfare and development in the post-natal life cycle, which begins the second the child exits the womb—and carries on for the rest of its life.

Difficulties during childbirth that cause a stressful birthing process can eventually result in post-natal complications for the child, such as:

- ◆ socialising difficulties;
- ◆ learning difficulties;
- ◆ hyperactivity;
- ◆ behavioural problems;
- ◆ or even more serious complications—e.g. autism.

By using facial reflexology regularly during pregnancy, you can establish and maintain the physical and psychological balance that is so important for your own well being and the healthy development of your baby.

For many years facial reflexology has been used as a form of preventative treatment for expectant mothers. During this time therapists have been able to collect and formulate data which confirms that women, who received regular treatment with facial reflexology (normally once a week) throughout their pregnancy, apparently suffered less than others from physical, organic or chemical dysfunctions during that period.

Births have also been less complicated, less painful and completed within a normal timeframe.

It is also apparent that the new mothers have no problems with expelling the placenta, their bodies also return to normal more quickly after the birth.

It has been observed that children born to mothers, who have received regular facial reflexology, are often calm and well balanced.

Continued on page 14

For many years, facial reflexology has been successfully used for the treatment of infertility in men and women. Scientific research has shown that in 85% of cases where men and women were unable to conceive, at least one of the partners in the relationship displayed symptoms of long term stress. It is easy to understand why facial reflexology, which is a very relaxing and de-stressing form of therapy, is so successful in the treatment of infertility. It is not only the relaxation element that helps reflexology therapy to be so effective, there are also other elements that play a major role.

Facial reflexology stimulation of specific key points on the face produce a normalisation and eventual increase in the hormonal production especially in the hypothalamus, ovaries and testicles—it is precisely these areas that, in many cases, fail to produce enough hormones because of stress.

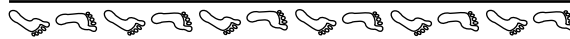
Even newborn babies and toddlers can enjoy the benefits of reflexology.

Many years of practice and experience has shown that reflexology treatments are effective in the general treatment of most common developmental difficulties such as:

- ◆ colic;
- ◆ allergies;
- ◆ breathing difficulties;
- ◆ digestive problems.

Facial Reflexology has proven to be an extremely effective form of treatment for all types of learning disabilities and behavioural problems.

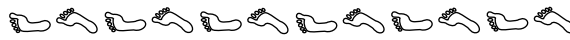
Temprana therapy—which is a combination of; facial, foot and hand reflexology, is used to treat children suffering from brain damage and syndromes.☺☺



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The Reflexology Association of Australia Ltd. Annual General Meeting for 2009

An invitation is extended to all members to the RAOA's Annual General Meeting

Venue: Hotel Urban, 35-37 Fitzroy St, St Kilda
(Next door to La Porchetta Restaurant)

Saturday October 17, 2009 at 2.00 pm until approx. 3.30 pm

The RAOA Board meeting is held during this weekend and it is, therefore, an opportunity to meet members of the Board from other states.

CPT points are available for attendance

An invitation is also extended to all members to dine with the Board at "Soul Mama", in the nearby St Kilda Sea Baths Complex on Jacka Boulevard. Soul Mama is a vegetarian and vegan restaurant overlooking Port Phillip Bay. Please join the Board and other members and enjoy the food, company and the view.

Booking: 7.00 pm

Please **RSVP** to Jennifer Hill for both the AGM and/or Dinner at "Soul Mama" with the Board by **October 3, 2009**. Please leave a contact phone number when leaving a message.

NB: Leaving a message will ensure your rsvp is noted.

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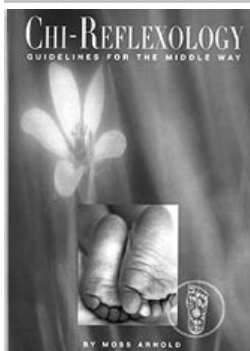
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Reflexology—Questions that need answering:
An open letter to all Reflexologists

CONCERNED REFLEXOLOGIST

Why is there only one level of recognised Reflexology training that is a full Diploma of a minimum of 1000 hours made up predominantly of health care Industry Modules, which have no relevance to the practice of Reflexology?

Does a Reflexologist aiming for relaxation need a full medical Diploma of Reflexology?

Does a Reflexologist working in the Spa Industry need a full medical Reflexology Diploma?

Does a Reflexologist working in private practice need a full medical Reflexology Diploma?

Do we as a profession actually want ONLY one level of professional Reflexology recognized?

Are only “medical” reflexologist professional? If so, then Reflexologists working in other areas and Industries are not? OR

Why should Reflexologists working in other areas and other Industries, to be recognized as professional Reflexologists have to complete a medical Reflexology Diploma?

Why is this the case? What is the logic? Purpose? Motivation? Reasoning? etc.

Is this what the Reflexology profession and members want?

And finally, is this actually in the best interests of the profession?

I have been thinking of such questions and others along these lines lately and decided it was time someone asked them. I have my own answers to such questions, of course and basically there should be at least three levels of professional Reflexology training for different Industries and work situation. All should be recognised as professional at their level of competency!

These levels would start at the bottom and as a suggestion and as a top of discussion ONLY, be something along the lines of –

1. Reflexology for relaxation (and Spa Industry perhaps) – Certificate I or II?
2. Clinical Reflexology – Certificate IV in Reflexology, and
3. Medical Reflexology for working within the health care industry

What has been done to work out the levels of training needed for competency in these areas, other than the health care industry? NOTHING.

It is about time we looked at all levels of training and worked from the bottom up and set minimum standards for all Reflexologists, not just the top.

Wouldn't this be inclusive rather than exclusive?

What is the RAoR doing about this? Anything?

Will this letter fall on deaf ears? I hope not, but suspect so.

There is so many other questions and thoughts on this topic, but

FEET FIRST –

Yours in Reflexology,

Moss Arnold

Reflexologist, Chi-Refleoxlogist, Clinical Reflexologist
Principal Australian College of Chi-Reflexology

RAoA response to Moss Arnold's open letter

Dear Moss,

Thank you for your open letter. You have raised some valid points of concern to yourself and others. I will endeavour to go through the points one by one and hopefully allay some of these.

1. Why is there only one level of recognised Reflexology training, that is a full Diploma of a minimum of 1000 hours made up predominantly of health care Industry Modules, which have no relevance to the practice of Reflexology?

The RAOA does, and always has done, recognise as a professional level of membership Cert IV training provided the reflexologist has Senior First Aid and Insurance cover. A Professional Member is required to maintain a Continuous Professional Education record. If a Cert IV reflexologist does not wish to have Senior First Aid and Insurance cover they are still welcome within the Association as intermediate members. Both PM and IM members have full voting rights. If a reflexologist does not have Cert IV in Reflexology, they may still be an Associate Member.

Health funds are now requiring a higher level of qualification for reflexologists who wish to have a health fund provider number by which clients may claim rebates. This level is generally also the requirement for practitioners to work within regulated health care facilities such as nursing homes and hospitals. There is no legislation or body that prevents practitioners practising outside of this qualification in the public arena. That is, one does not need any qualification to call oneself a reflexologist.

The RAOA has not set a required number of hours to be studied. Other modules help us to be better health-aware practitioners and more able to communicate effectively with our clients.

2. Does a Reflexologist aiming for relaxation need a full medical Diploma of Reflexology?

No, there is no nationally recognised medical reflexology diploma. Again, as we are not a regulated industry, anyone can practice reflexology, with or without training. The RAOA has a standard for its PM and IM members, but one does not have to belong to the Association.

3. Does a Reflexologist working in the Spa Industry need a full medical Reflexology Diploma?

No, the answer is the same as for the previous question. In fact many beauty therapists are giving what they call reflexology to clients. Interestingly, their clients are not calling it that, rather saying they are having a foot massage.

4. Does a Reflexologist working in private practice need a full medical Reflexology Diploma?

No, there is no regulation covering reflexology in any state of Australia. Again, there is no medical Reflexology Diploma.

5. Do we as a profession actually want ONLY one level of professional Reflexology recognized?

The RAOA recognises three (3) membership qualification levels. There is no legislation that requires a practitioner to meet any requirements before commencing practice, although the Association does have a minimum requirement for this.

6. Are only "medical" reflexologist professional? If so, then Reflexologists working in other areas and Industries are not?

No, There is no qualification of medical reflexologist. The RAOA accepts Cert IV as a professional level with criteria attached as mentioned above.

7. Why should Reflexologists working in other areas and other Industries, to be recognized as professional Reflexologists have to complete a medical Reflexology Diploma?

Again, there is no qualification of Medical Reflexologist. There is a Diploma level as a minimum qualification for insurance and, increasingly, health industry policy reasons to work in that in health areas. It depends on the individual institute or organisation the Reflexologist chooses to work in.

8. Why is this the case? What is the logic? Purpose? Motivation? Reasoning? etc.

There is no case, motivation, reasoning, purpose, therefore logic cannot be applied in answer to this. If you are asking why reflexology has been caught up in red tape, my guess is that there are many complementary therapists generally who have lost the trust of their clients. We have become a society which believes one must have a certificate to change a light bulb, why not one for reflexology? By wishing to be accepted by mainstream health professionals as a valid form of therapy, we have had to comply with health industry requirements to work within that arena. Outside it we can still do as we please.

Continued on page 18

Continued from page 17

9. Will this letter fall on deaf ears? I hope not, but suspect so.
I hope my reply indicates that the RAoA Board have heard your concerns and have endeavoured to answer them.
10. What has been done to work out the levels of training needed for competency in these areas, other than the health care industry? NOTHING.
Moss, what would you like to do? There is a review of the training package due in September. The Board is looking for people to help with this. Would you like to be involved? The board always welcomes constructive input. We are all volunteers trying to run practices and this sort of help would be invaluable.
11. What is the RAoR doing about this? Anything?
The RAoA wishes to be involved in the review process of the National Training Package for Reflexology, however, we need volunteers to take this on.
12. Is this what the Reflexology profession and members want?
Members say they want mainstream recognition. Along with that comes regulation. However, there is no legislation that we are required to meet or any standards to practice in the community. The only requirements have come from Government which have given health funds a qualification level required in order to supply rebates on services.
13. And finally, is this actually in the best interests of the profession?
Higher standards are always going to require sacrifices. Witness the nurse degree course, the plumbers licensing removed from total apprenticeship to formal course plus apprenticeship etc.
Reflexology will probably lose a total reliance on intuition and replace it with a sound knowledge base to which we can add intuition. In order for reflexologists to be able to make a living from their practice rather than pocket money this is the way forward. It has meant that some small teaching schools have fallen by the wayside due to the accreditation process.
14. It is about time we looked at all levels of training and worked from the bottom up and set minimum standards for all Reflexologists, not just the top.
We look to those with great skills to continue teaching in a postgraduate capacity. The training we all receive through workshops is invaluable
15. Wouldn't this be inclusive rather than exclusive?
Reflexology is still inclusive in that anyone can learn a short course and treat family and friends. It is only when we ask for money and have client relationships that we become unstuck! Perhaps in its purest form there is no exchange of money. If this is how one treats then no qualification is necessary.
16. Reflexology for relaxation (and Spa Industry perhaps) – Certificate I or II?
This is higher than our Associate Member level
Clinical Reflexology – Certificate IV in Reflexology,
This is our Intermediate and Professional Member Level
and
Medical Reflexology for working within the health care industry
We could introduce a Provider Professional Level and is worth considering as the Health funds will no doubt be looking for some differentiation between Diploma level and Cert IV.

Thank you again Moss for taking the time to write your letter. I hope that you will always feel free to make use of your privilege as a member of the RAoA to put your views forward.

Regards

Anne Young

President
RAoA

The cost of unity

Glenda Hodge, National Treasurer

If my memory serves me correctly, one of the highest hurdles each state had to face as they worked towards a national body was to give up control of their finances at a state level and hand responsibility for their often hard won income over to the National Board.

Pooling our resources and presenting ourselves as a strong and united body of dedicated people was the only path forward. Reflexology would never have achieved the respect, status and acceptance it holds today if we had remained working as individual states.

I didn't take an overt interest in the national body over the years; just a passing glance. They, with a somewhat degree of anonymity, ran the Association for us. I really had no idea what was involved on the national level until I recently took up the role of National Treasurer.

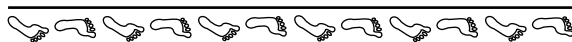
There was so much more going on 'behind the scenes' than I could ever have imagined; so much more to running this Company than I had ever thought about. My understanding and perception of what, why and how the Company did things changed instantly.

Working with and co-ordinating the finances for such a diverse, skilled, focused and energetic group is not always an easy place to sit. Nor with such diversity of goals, plans and hopes of each member, will the Board always be able to please everyone.

May I encourage your comments and suggestions and assure you that, together with the other members of the Board, I will give them due consideration within the financial boundaries of the Association.

As Treasurer I would like to thank every member for their co-operation in the past and ask for your continued trust as we administer the financial situation of this Company. I would like to assure you that the gift of your time and energy as you work to contribute to the growth of your Association is greatly respected. And I would ask that we all focus on the great things ahead, for our strength is in unity and while unity has had its cost, it has brought us all bountiful rewards.

I look forward to being of service. 🙏



Signatories to the RAoA Account

Glenda Hodge, National Treasurer

Over the past few weeks as I have tried to have my name added as a signatory to the accounts, I found every staff member at the Association's bank to be helpful, polite and wanting to accommodate my requirements, but at the same time not all of them understood the bank's policy with regard to deleting or adding signatories to an account.

There are two types of signatories: an authorizing signatory who is able to make changes to the account and a transacting signatory who is only able to sign on transactions. In either case the Association requires two signatures. Because there are members of the Association who are not aware of the correct procedure, and some of the most helpful bank staff are also unaware, deletions and additions to the accounts have been made by the transacting signatories.

At present, the two authorizing signatories to all accounts are Anne Young, the President and myself as Treasurer.

When a person needs to be added as a signatory to the account, one of two things will need to happen:

1. If they are already a customer of the Association's bank, they need to contact me and give me their full name and their customer ID number. That's all they have to do.
2. If they are not a customer of the Association's bank, they need to take 100 points ID to the bank, sign the form which will hold their signature on file, and obtain their ID number. Then forward the ID number and their full name to me.

When I have that information, I, as an authorizing signatory, go to the bank and ask to have that person added to the account. I am given a form which has to be signed by two of the authorizing parties attached to the account. I send it to the other authorizing party who signs it and when it is sent back to me, I sign it and return it to the bank. I also need to present the Minutes of the meeting confirming the changes, to the Bank

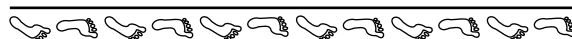
I know from experience that the person needing to be added has been asked to sign this form. It is not necessary. Only the two authorizing parties need sign it. The fact that some bank staff do not understand this has caused confusion to some of our members.

I hope this clears up any misunderstanding that may have arisen regarding who signs what in relation to additions and deletions to the accounts.

Could I also draw everyone's attention to the By-laws regarding signatories. These need to be revised to allow the Administration Manager and the Conference Treasurer to sign.

11.4 Bank Account: Account in the name of Reflexology Association of Australia Limited ABN 50 101 412 319 (RAoA) with National Australia Bank.

- a) Access/Signatories to account as follows:
 - i) National level—all Directors;
 - ii) Branch level—Branch Treasurer;
 - iii) With any two signatories of the above to sign. 🙏



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Book reviews

by Amanda Phillips

by Sue Rusden

Dictionary of Symbols

by Carl G. Liungman

Published by Merkur International KB

During a Reflexology session it has often been noted that symbols may appear on the client's feet. From personal experience I have spotted crosses, numbers and rune stone patterns, mainly found on the metatarsal, chest/lung and heart areas. Possibly to show a metaphysical answer to what one needs to get off their chest, or perhaps what a person may be currently feeling in their heart.

To me, the symbols form almost a branding like imprint, and have a slight reddish tinge to them. It is as though someone (or maybe an angel) has just gently pushed down upon the client's skin and then released the pressure again. Normally the symbols I see are no larger than the size of a ten cent coin and only present themselves for a couple of seconds. Finding the phenomena so fascinating, I decided to research more into the meaning of symbols. For this reason, I am reviewing the book 'Dictionary of Symbols'.

The book acts as an excellent tool and reference of symbols found and used all over the world. It takes you on an interesting journey through the historical background of how symbols originally developed and formed. It has an easy to find directory where each symbol is separated into specific groupings. For example, there are sections on 'Astrological Systems', 'Signs of the Alchemists' and systems of the 'Hobo signs' (sometimes referred to as 'Gypsy signs').

The bulk of the book is then sectioned into concise chapters based on 'symmetry and lines'. I found this allowed for easy thumb-flicking through the book. Each symbol comes with a graphic and detailed picture, often showing different variations on how it can be drawn. A simple explanation of this would be the Cross, which may be shown as + or x and so on. The author Carl G. Liungman has also included a brief and easy to understand description of the meaning of the symbols listed.

From reading the book, you will also discover some interesting facts. For instance, during the end of the 1950's, when the Algerian war of independence occurred, it was noted that the French used a foot print pattern. These were used on the sides of walls and buildings. They were said to represent a secret army, which was once organized by the French who were living in Algeria. The book also mentions that the symbol for the soles of the feet have been found in Nordic rock engravings from around 1500 B.C.

.....And who would have thought that one of the oldest structured symbols is the 'Love Heart'! Funnily enough, it not only stands for love, but is also used as a sign in Sweden to denote a unisex toilet. Who would have known?

'Dictionary of Symbols' is a versatile and useful book. A good read for all practicing Reflexologist's, who may see symbols on the feet and want to learn more about their specific meanings. Might I just add that it also provides some fantastic ideas for business logos. 5 stars!

The Art of Thai Foot Massage

by Simon Piers Gall

Book & DVD Review

The Art of Thai Foot Massage is a refreshing look at Reflexology from an Eastern approach with the book divided into two sections. The first section discusses the theory content and the second section the practical component.

The theory content explores the ancient and modern history of Thai Foot Massage; how Eastern philosophy meets Western Science, the Reflex Points and, most importantly, the Energy Channels known as The Sen Lines.

I really enjoyed looking at the colour photos in this section that brought the history of Thai Foot Massage to life, and how interestingly it developed from various Asian cultures including India and China.

A map of the reflex points with every part of the body numbered makes an excellent quick reference guide for any novice or experienced Reflexologist with some interesting differences from what we are use to here in the West.

The section on the Energy Channels or the Sen Lines, as they are known, gives a very in-depth look at the basis of Thai Foot Massage. Each Sen Line is discussed in detail including a photo of the Sen Line on the foot and leg and the purpose of the energy line.

Part Two of the book, The Practical Component, makes up most of the book. Firstly, it discusses setting up and preparing for a session, consultation including contraindications, after Treatment Care and most importantly the Rhythm and Technique of Thai Foot Massage. It is a good reminder to read how significant it is to prepare your room and yourself to give a Reflexology session and the attention to detail such as preparing a relaxing foot bath for your client and a mantra to bring about concentration to the work at hand.

From here the practical is divided into four sections:

Firstly, The Opening Sequence mainly looks at relaxing the client physically and emotionally, then warming the client in preparation for the more in depth work later on. Each of the 37 techniques in this section has a photo diagram which outlines the Sen Line, what reflex points are covered, how to work the technique and your intention.

The second section deals with working the reflex points using a stick, a device that is generally not used in Western Reflexology. Colour photos demonstrate how to use the massage stick and the 15 techniques again describe the Sen Line, the Reflex points, how to work and what the intention will be. At the end of this section there is a full colour map of the reflex points on the feet and an explanation on how to stimulate these reflex points with your stick

Continued on page 22

Book review—
Continued from page 21

The next section looks at working the Sen Lines on the legs which is to allow the energy that has been released to flow on up throughout the body. Each Sen Line has a colour photo, which reflex points are covered, a 'how to' guide and what your intention will be. At the end of this section it describes how to wrap the feet in towels in preparation for the closing sequence. There are 11 techniques in the closing sequence outlined by a colour photos, which Sen Lines it covers, a "how to" and what the intention should be. At the end of this section there is a description of ten techniques with colour diagram on how to awaken the feet and legs.

The last section of the book, The Closing Sequence, focuses on awakening the client with some gentle stretches and allowing the Sen Lines to stay open. The author keeping the theme with colour photos, an explanation of what Sen Line and Reflex Points are being worked and what the intention will be. The treatment finishes with a prayer intended for your client.

The one thing I really enjoyed about this book was the easy-to-read guide and colour photos for each technique and although a full Thai Foot Massage using all these techniques from this book would probably take about 90 minutes once mastered, as the author has pointed out you can shorten the length of the treatment to an hour or even half an hour by leaving out a few of the techniques from each of the four sections or leave out the techniques from the stick section altogether.

There is also a web-resource page at the end of the book for ongoing information.

I think this book would be a great adjunct to any professional reflexologists' library as it can be used for quick referencing and any of the techniques covered could be easily added to your usual working technique with positive results.

The Art of Thai Foot Massage—DVD Review

I really enjoyed watching the 2 disc DVD that accompanied Simon's book. I am a real visual learner and these 2 DVD's, just like the book, give you all the information you need to perform a Thai Foot massage.

The first DVD is very informative and runs for about 70 minutes, just as in the book discusses the Opening Sequence, The Reflex Points using the stick, the Sen Lines and The Closing Sequence.

The main focus though is with how each technique is to be performed. Each technique is described more clearly and a better understanding as to how much pressure should be applied to the technique. I also appreciated the reassurance to use one's own posture when applying the techniques.

On the whole the presentation was relaxed, informal with good camera angles allowing the viewer to get an excellent learning experience. The focus of disc 2 is basically taking you through how to give a Thai Foot Massage but shortening the length of the treatment to about an hour. Each disc has a bonus feature section with Contact details, DVD Credits, photos of the Reflex Map and Sen Lines.

I think this DVD twin set would be a great reference to have on hand to any reflexologist looking to expand one's knowledge and broaden ones techniques. 🙏



STATE MATTERS

Our Annual Branch Meeting in May was well attended. The meeting on Saturday morning was very well run and we now have a new committee. There have been a few changes in positions as well as some new committee members. We all look forward to working together with the new committee. A more detailed report of the ABM is available in the current edition of FeetSpeak.

Judee Hawkins has relinquished her role as State Director on the Board due to personal commitments. Thank you Judee for your tireless efforts on behalf of the committee over the past few years. You seem to be able to manage a huge workload with incredible ease. I hope we will see you at the occasional meeting, workshop or social gathering.



NEW SOUTH WALES

In June this year we were fortunate to be able to share a most interesting and enjoyable evening with Chris Stormer. We had a very generous two hour session with Chris, covering many topics for our Reflexology toolboxes!! Chris also shared some travel highlights from her most recent trip to Australia and especially our airports!! Chris has written several books on Reflexology, one of the most popular being 'The Language of the Feet'.

Our General Meeting in July included a talk by Jane Hodgett and Bobbie Stanton who had recently returned

from a trip to Barcelona where they attended a Facial Reflexology Seminar with Lone Sorensen. We were given a wonderful insight into what they had learned from their weekend. Bobbie explained a lovely *gold* facial massage that we all would love to afford someday. The evening concluded with Jane and Bobbie demonstrating a hand technique which we were then able to practise in pairs. It was a most enjoyable presentation. Many thanks to both Bobbie and Jane.

Our next General Meeting will be held on Tuesday 15 September. Guest Speaker for the evening will be Kim Rusten discussing Reflexology and the Endocrine System and Cranio-sacral techniques.

Gwen Dean 🙏



Hello from the Tasmanian branch to our colleagues in the mainland. It has been a long time since we last wrote about state matters. A new committee was formed at our ABM on May 31, and we are all very enthusiastic and geared up for the coming events planned for our members.

First of all, we have re-introduced our swap meetings that will take place in the North, North West and in the South of our island. We hope to encourage our members to participate in these meetings. The swap meetings will be held at different venues every month. We have many talented members in our branch, and a few of them have already nominated a time and day to share their knowledge among their colleagues.

Swap meetings in the South

Sharon Tay will be holding the first session on Monday 27 July, at 10am. The topic will be: *Face Reflexology: Reflexology for older persons.*

Gaye Webb will hold the second swap meeting at her clinic in North Hobart, on Monday 17 August. The topic is to be announced.

Contacts: Sharon Tay:
sharontay@netspace.net.au
Phone: 0417 638 692

Gaye Webb: gaye.webb@bigpond.com
Phone: 0419 574 562.

Swap meetings in the North, and North West

First session is on July 27. The topic: *The Digestive System.* Time and venue will be announced later.



TASMANIA

Second swap session is on 31 August. The topic: *The Central Nervous System.* Time and venue will be announced later.

Contact: Helen Clarke
Helen-mc@bigpond.net.au
Phone: 03 64 248 111.

World Reflexology Day

This year we have got in early organising our day for World Reflexology Week. In the south, Sharon Tay and Gaye Webb have organised a venue to hold a World Reflexology Day (WRD) at the Adult Education Centre in North Hobart on Friday 25 September. Our highlight for the day will be focused on volunteers and carers, inviting them from all walks of life to come along to the centre and have their feet, hands or face pampered for 20 minutes. A few members have already volunteered their services for this day, and we hope to see many people turn up for the event.

Meetings

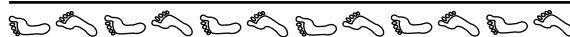
We had a good turn up at our ABM on 31 May. The new committee was elected, and they showed their appreciation to the out-going committee, and we all agreed what a great job they had done. Special

congratulations went to Helen Clarke who held the position of chairperson keeping our Branch together. Helen, as modest as ever, said she had not done much, but on this occasion the members disagreed as we all felt that Helen had done a marvellous job, and we thank you Helen from the bottom of our hearts. Another person we must honour, is Sarah Blain who stood in at the helm to take the role of our State Delegate and National Treasurer, we realised this was a lot to ask, but Sarah you have done an excellent job, and we appreciate your time and dedication to this role. Members are coming forward to share their knowledge as a guest speaker after the meetings. Gaye Webb gave a talk on **Foot Mobilisation** at our February Meeting. Members found Gaye's topic very informative and participated in her demonstrations as clients. At the ABM Sharon Tay talked about her newly released book by Jessica Kingsley publishers titled: **The Carer's Cosmetic Handbook: Simple Health and Beauty Tips for Older Persons.** Sharon talked about her book and how it came about, and she mentioned a few useful hints for the consumer. Her topic was on **Face Reflexology for frail older persons.** Eunice was Sharon's client for the demonstration.

At the next meeting on Sunday 16 August our guest speaker will be Janice Dance. Janice's topic will be **Maternity Reflexology.**

Cheers,

Sharon Tay.



Herbal feet

Crested goosefoot—*Chenopodium crisatum*. Used medicinally by aborigines in Australia. It is made into poultice for septic inflammation and breast abscess.

Crowfoot—*Erodium cicutarium*. A medicinal use for this plant has been in Europe, where an extract has been used to stop uterine haemorrhage: it also was found to be a strong stimulus for uterine contractions.

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FOOTPRINTS JOURNAL

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1. Articles can be chatty and informal, or more formal and educational. They must, however, be accurate, well researched and fully referenced (if applicable).
2. Articles that have not been booked by the Editor for a specific issue will appear in an issue decided by the Editor, as space and topic allow. To appear in a specific issue an article must be submitted for consideration up to 3 months in advance of the issue date.
3. Articles may be sent by email in Microsoft Word format to the Editor (jan.cullen@virginbroadband.com.au) using standard Times Roman or Arial fonts. Faxed, pdf and scanned articles are not acceptable.
4. Photographs and line drawings are preferred at 100% size, 300 dpi resolution TIFF, EPS or PDF format. Original, high resolution, camera JPG files only are acceptable—preferably grayscale or high contrast coloured images. Photographs and line drawings should be forwarded as separate TIFF, EPS or PDF files—please do not embed photographs or line drawings into articles.
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June issue:	May 1
September Issue:	August 1
December issue:	November 1