

FootPrints



The Journal of the Reflexology Association of Australia

VOLUME 14 No. 3

September 2010

Inside this Issue

- | | | | |
|----|---|----|--|
| 1 | From the President's desk... | 12 | Case study—Parkinson's Disease |
| 2 | Branch contact details | 15 | Does Reflexology improve the 'quality of life' for lung cancer patients? |
| 2 | Testimonial | 19 | Finding your passion—again! |
| 3 | Dance with Reflexology—Maternity Reflexology | 20 | CPT Education and World-Wide Conferences—Calendar of Events |
| 4 | The value of care and caring | 21 | Advertising my business |
| 7 | My journey with Reflexology | 22 | State matters |
| 8 | Extract from a Reiki magazine | 24 | FootPrints—Contacts, guidelines and deadlines |
| 8 | Getting to know members of your Board | | |
| 10 | Diploma of Reflexology: What you always probably didn't want to know! | | |



Your friends in insurance for over 20 years

You'll enjoy doing business with us because we keep it simple.

- Quick health fund recognition in conjunction with Australian Natural Therapists Association
- A complete package for your business, your property and for you
- No applications forms, we'll take care of the paperwork
- Experienced staff who talk your language

What's more our premiums start from under \$200 for \$10million of Public Liability and \$1million of Professional Indemnity

For more information please contact one of our specialised insurance brokers.

T 1800 222 012

E naturaltherapists@oamps.com.au


OAMPS
INSURANCE BROKERS

From the President's desk...



Dear members,

This year so much has happened in the way of keeping members connected with each other and in helping you all reach your CPT commitments more easily. The most recent of these developments is our Facebook page. This is already proving very successful and I encourage you to have a look and join in the conversations and exchanges. James Flaxman has made an easy link via our web page, just look for the Facebook icon which, to novices like me, is a small 'f' in a box!

While on the web have a look at our special interest group forums on the members pages. This is another area of exchange and information. It is very exciting to me that people with definite interests in specific areas can get together this way as it helps spread the knowledge base we have. I am hoping that in the longer term it might encourage more Skype groups to develop. We already have two Skype groups meeting regularly, one hosted from NSW and one hosted from WA. These groups have been very successful, especially for people in remote areas who find earning CPT points difficult.

The Coffee Club groups are very popular in WA and three are running there monthly. This has proven to be a very enjoyable way of gaining CPT points.

We have a number of large issues coming up for the Association. One is the updating of the constitution, which we will be voting on in the AGM at the national conference in October. Another large topic that requires some input from our members is the educational direction of the RAOA. Are we on the right track and if we are how can we enhance it? We would also like input from members about our continued participation in the inter-association meetings being held with a large number of other complementary therapy groups. To give us time to discuss these and other matters with members more fully than we are able at the AGM, we are holding a Special Forum on the evening prior to the AGM. You will all receive invites with all the details. If you are attending the conference or are able to be in Queensland at that time, we would love you to come and have your say.

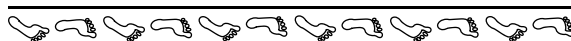
Last but definitely not least ... the National Conference. Queensland conference committee, ably led by Kate McKnight, have done a superb job bringing this to fruition. There are very few, if any, places left. If you still would like to attend, I would advise you to get in touch with the conference committee and see what can be arranged!

I am looking forward to seeing as many of you as possible at the conference.

Until then, remember that when we have awe, we have contentment.

Regards,

Anne Young
President



Board of Directors 2010–2011

President

Anne Young (WA)
0400 811 020
president@reflexology.org.au

Vice President

Susan Ramsey (SA)
0417 855 931
vicepresident@reflexology.org.au

Treasurer

Glenda Hodge (QLD)
0414 822 015
treasurer@reflexology.org.au

Secretary

Judee Hawkins (NSW)
0412 187 238
secretary@reflexology.org.au

Promotions & Publicity

Jo Impey (VIC)
0417 365 734
promotions@reflexology.org.au

Margaret Watson (VIC)

0418 125 412
reflexol@dcsi.net.au

Research

Heather Edwards (QLD)
0424 678 450
research@reflexology.org.au

Directors

Janice Dance (TAS)
0438 789 313
dancewithreflexology@gmail.com

Christine King (WA)

0419 929 310
bluesky_training@westnet.com.au

Contact Hotlines

Administration Manager

Jenn Cooper
PO Box 253
Wynnum Central, QLD 4178

Phone: 07 3396 9001

Fax: 07 3393 5468

All membership enquiries **AND**
applications, changes of address
Email: membership@reflexology.org.au

Practitioner Register

Phone: 1300 733 711

CPT enquiries

Email: membership@reflexology.org.au

**Website Administrator and
Company Secretary**

James Flaxman
Email: webadmin@reflexology.org.au

September 2010

All Rights Reserved

The opinions expressed in this journal are of each author and not necessarily endorsed by the Reflexology Association of Australia. Advertisements are solely for the information of readers and are not endorsed by the Reflexology Association of Australia.

Front cover: 'Footsteps upon the Earth'—a painting created in 1999 by Wendy Lockett (RAOA member since 1997) using mixed media (pastel plus pigment ink).

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)

State Branches

- NSW** Address: PO Box 366, Cammeray, 2062
 Chairperson: Gretel Spiegel
 Phone: 0421 362 333
 Email: gretsky7@bigpond.com
 Secretary:
 Phone:
 Email:
- QLD** Address: P.O. Box 253, Wynnum, Central QLD 4178
 Chairperson: Cathy Boyle
 Phone: 0410 507 617
 Email: cathboyle@optusnet.com.au
 Secretary: Blanche Pratt
 Phone: 0420 995 422
 Email: blanche.pratt@hotmail.com
- SA** Address: PO Box 104, Mundulla, 5270
 Chairperson: Margaret Rowett
 Phone: 08 8753 4093
 Email: maryfield@internode.on.net
 Secretary: Christine Clayton-Clarke
 Phone: 08 8664 0075
 Email: cclayton-clarke@helpinghand.org.au
- TAS** Address: 133 Lennox Ave, Lutana, 7009
 Chairperson: Gaye Webb
 Phone: 03 6273 5032 (Mob: 0419 574 562)
 Email: gayewebb6@gmail.com
 Secretary: Lynda Kidd
 Phone: 0417 374 058
 Email: lmkidd@utas.edu.au
- VIC** Address: PO Box 66, Bentleigh, 3204
 Chairperson: Samantha Langridge
 Phone: 0412 018 969
 Email: pressurepointreflexology@hotmail.com
 Secretary: Amanda Barnett Wood
 Phone: mob 0449 972 982; clinic 9533 4431
 Email: imprintz@hotmail.com
- WA** Address: PO Box 1032, Leederville, 6901
 Chairperson: Tyna King
 Phone: 08 9495 4496
 Email: tynadave@optusnet.com.au
 Secretary: Michelle Hilder
 Phone: 08 9354 9440
 Email: km.hilder@bigpond.com

Testimonial

Dear Editor,

I had an e-mail from a very happy client that I thought would be great to share.

Cheers

Michele Bailey
 Launceston, Tas.

The value of reflexology for me...

For years I had the firm opinion that Reflexology and Reiki were of smoke and mirror value to a true man, but in October 1992 I was in Osaka Japan and had a continually stabbing pain under my left shoulder blade that caused me agony.

At dinner one evening with a client and his wife I was wincing and his wife enquired as to what my problem was and as I finished explaining she simply said lie down (on the tatami matting) and she did Reiki on my shoulder for about 10 minutes then said "sit up" which I slowly did - without the agonising stab.

She said that this was just an initial treatment and that every day for the next 3 days I was to visit her for more treatment which I did.

I was amazed.

The other issue was that from about 24 years of age (following military service and other strenuous activities) I had a lower back problem that continued to nag me and for which multiple visits to GPs failed to resolve. By 2009 it had become such an issue that begrudgingly I visited Michelle Bailey (a Natural Therapy Practitioner in Launceston) to 'try her out'.

Amazingly after three sessions with her the pain and discomfort were gone, I had put up with it for almost 40 years taking various prescriptions and medications, for only \$180-00 and 3 hours of Reflexology I gained exquisite relief.

Of course, if I now over-do garden work or lifting then the ache returns - for which I then return to Michelle and regain the relief.

For me Reiki and Reflexology are the best things since 'sliced bread', as they have really worked for/on me.

M.T.
 Riverside TAS

State Branches

If there has been a change in the above directory, kindly advise Jan Cullen by email
 jan.cullen@mallesons.com or by phone 0417 283 203.

Dance with Reflexology—Maternity Reflexology

by Jenny Arnott

Here in NSW we had a special treat this year when Janice Dance came and gave a workshop on Maternity reflexology. All of the participants came from different backgrounds and with differing experiences. Some of us had previous experience with working with pregnant clients or those trying to conceive and some had not. One lady even rang up on the morning to book in at the last minute (when she had her pre-existing plans cancelled due to the rain that day). As luck would have it she had a call from a pregnant client that was due to give birth any day and arranged to visit her in the afternoon on the way home from the workshop. She was in an ideal situation to ask Janice specific questions relating to her client's situation. Talk about putting into practice the tools we are given straight away!

Well, were we in for a fun and informative day. I'm sure *'none of us will quickly forget the plumber's plunger'* that she brought along as a visual aid. You'll just have to try and attend a workshop yourself if you want to know what that is about!



Janice feels strongly that we should be encouraging our clients to aim for an 'uneventful' birth. Pregnancy and birth should be uneventful—special without a doubt—but uneventful from the point of complications and unnecessary interventions. We all know that the changes a woman's body undergoes during pregnancy are profound and can affect every cell of her body. What we, as reflexologists, are aiming to do is to assist in managing the uncomfortable side-effects that these changes can result in. *'Janice packed the day with information and stories from personal experience'*.

Janice took us on a journey through the gut and how bad an unhealthy diet really is for our bodies and how it affects fertility. For example, an adequate intake of Vitamin C in men can improve sperm count as a lack of Vitamin C can cause sperm to clump thereby reducing fertility. In women Vitamin C can assist in improving hormone levels. I, for one, found the explanation of the physiology of the gut improved my understanding more than any in the past. The rest of the morning Janice took us through an abundance of information which included the hormonal changes that happen in the pregnant body and how these changes influence pregnancy. I knew from personal experience what uncomfortable symptoms a pregnant woman can experience, but now feel more confident through the information gained what is actually happening in the body and why.

Whether this is chest pain, headaches, dizziness and difficulty in breathing resulting from changes in the chest circumference, displacement of the heart and a rise of 4 cm of the diaphragm all caused by the uterus as it grows and exerts pressure upwards from below; or whether it is the changes in digestion caused by changes in hormone levels. We were taken on a journey through all the body's systems explaining which changes can cause what type of discomfort, and the environmental cycles and how they affect fertility and pregnancy.



Janice discussed how our emotions and perspectives can have a profound effect on how we expect to feel and how we cope with pain and birth. We had an interesting discussion on pain where we talked about how painful childbirth is perceived to be and how these perceptions can influence how much more pain is actually felt. In an exercise we experienced how by changing our perspectives and thoughts, we can reduce stress, relax the body and bring more balance into the process, thus reducing the amount of tension perceived. We learned to pay attention to the tension!

Today's society lives on a permanent diet of stress compared to the cave man. Driving a car and being on alert all the time can be stressful to the body, whether driving on a sunny Sunday viewing picturesque countryside or in the thick of the city traffic. In today's actions our bodies are often permanently primed for fight or flight. We need to change how we think and slow down the pace of our lives and the pace of our breathing, even when we are in the middle of stress. If we can get our clients, especially our pregnant ones, to do this too, then they will be on the road to a healthier, happier outcome.

In the afternoon Janice took us through various hands-on exercises including Susanne Enzer's gentle and effective endocrine balance. Applying this with the research of hormone interplay made this exercise especially important in the role of balance towards conception, pregnancy and birth. All too soon it was time to pack up and go home. *'We all would have loved to stay longer, two days still would have been too short!'* Since the workshop, I have been going over the comprehensive notes and additional information that Janice also left us.

I've personally attended the first part of Lyndall Mollart's course on Maternity Reflexology, and found that Janice's one day workshop beautifully complements what I have learned so far. I feel that in some areas I now have a much better knowledge base and am now looking forward to completing the second part of Lyndall's course later this year in NSW. Janice's workshop, whilst focused on Maternity reflexology, could brilliantly be used in everyday applications. I have included most of the feedback from other participants in this article but would like to add *'The workshop didn't detract from Susanne's Maternity Reflexology Course, surprisingly it beautifully complemented it.'*

I'm sure that all of us who attended the workshop will agree that Janice brought passion, energy and enthusiasm to the workshop which made it the successful day it was. I can only recommend that you try and get to her workshop if she is giving one in your state. You won't be disappointed and will be the richer for the experience. Consider adding Maternity Reflexology to your reportage, it is an untapped area where women greatly require our expertise to facilitate confidence in their ability to create an uneventful conception, pregnancy and birth. Janice, Lyndall and Susanne make us the experts encouraging us that babies everywhere in the majority of cases can experience the 'uneventful' event!



The value of care and caring

by Carol Donnelly, BN, Cert Ed., MAR, MIRIL
Suaimhneas Reflexology, Dublin, Ireland.

Working as reflexologists with those living with and affected by cancer much of what we do relates to the word **care**.

A search of 'Cassells Concise English Dictionary'^a for a definition of the word *Care* provides a variety of **nouns**: *grief, trouble, solicitude, anxiety, object of regard, serious attention, protection*; but also a few **verbs**: *to be anxious, to be concerned about, to provide for, to attend upon, to have affection, respect or liking for, to be willing to*.

Reading the definitions for the nouns the majority would seem applicable to working with those touched by cancer. People who are diagnosed with cancer often experience *sadness and mental distress due to loss or disappointment (definition of grief)* and anxiety itself can be a result of this diagnosis. People who are ill (needless to say) require serious attention and need to be afforded protection at this difficult time of their lives. In carrying out his/her role the reflexologist **will** be *concerned about, provide for, attend upon, have affection, liking for* the client. But, **how** do we care for clients and what do we mean by caring?

Putting words more simply, care implies carrying out some sort of an 'act' or assisting someone with the intent of improving their condition or life situation. Reflexology is described as being a non-invasive/non-intrusive complementary therapy. This, in itself, implies caring. Our intent is to do no harm. In providing the therapy and in *doing no harm* we establish a therapeutic relationship with the client. Any meaningful relationship requires trust and perhaps provision of help of some type or other. Working with clients and families of clients with cancer, this relationship also aims to assist, perhaps, with alleviating pain (emotional as well as physical), assisting with relief from side effects of chemotherapy, providing a coping skill (e.g. suggesting hand reflexology points) or, perhaps, just offering 'time out' from the rigours of treatments and a time to simply 'be'.

It is important to remember how vulnerable are clients who live with cancer. Having an awareness of this vulnerability is in itself caring. When people are diagnosed with a life-threatening or life-limiting condition they often first experience shock, disbelief and perhaps question God or others with a 'why me'. After the shock of diagnosis wears off they may look for a variety of ways to deal with the illness. As reflexologists we do not offer cures nor false hope. This is not ethical behaviour. People who are diagnosed with cancer need to know facts in order to best deal with the illness. Hope is a vital quality which affects our attitudes to dealing with such a difficult illness. Knowledge about treatments and what lies ahead can play a role in providing hope.^b Use of words like 'healing' may lead to misunderstandings.

As reflexologists we understand this term to mean an inner process by which a person becomes whole. We view it as encompassing mind, body and spirit. Whereas the spirit (or 'matters of the heart') may be healed with reflexology, we could unintentionally mislead a person if they presumed the illness would be healed.

On a personal level, caring permits me to put my heart into my work. When I listen to a woman tell me that she has received a diagnosis of recurrence of her breast cancer I immediately want to hold her feet in my hands to support her and just to be there for her. Simply holding her feet connects me to her physically and allows that part of me which says 'Care for her' to feel it is doing something. Thomas Moore says that, 'Care has a sense of on-going attention.'^c In simply being there and paying attention I am doing something. I feel that an important part of my work is using my hands as an extension of my heart.

Often when people live with cancer or are caregivers for someone with cancer they may become more aware of the spiritual part of themselves.^d Frequently I feel called to explain that by spirit I am referring to matters of the heart or the spark within that makes them who they are. So, when working with those affected by cancer the reflexologist could also be providing spirit-nurturing care. People who are ill may be fearful, may look for reasons why or search for a meaning for this illness. They may have fears about dying or may have other particular needs around death.^e Reflexology may provide these clients with some peace of mind or time out. For others the benefit may be that they feel better able to cope or perhaps come to terms with their illness and make the most of whatever limited life remains.

We experience life and therefore ourselves through our soul. Sometimes being aware of symptoms like the tone of comments made, side effects from chemotherapy treatments or simply noting how people are today, *right now*, is actually listening to a message from the soul. Hearing a client's extreme distress over losing control of her ability to cope with a depression she has lived with for many years because of the effect of the drugs used along with chemotherapy can be a heart-wrenching experience. Such an experience allows me to understand why the remarks made by the client to the receptionist and the nurses in the chemotherapy unit may have been so cutting. Understanding is caring.

The personal gain from providing care to this special group of clients is humility and self-worth. Through providing reflexology or simply by listening empathetically to a client's story I feel I am doing something which is,

c Moore, Thomas. *Care of the Soul*. 1997. Piatkus Ltd.

d Taylor, Elizabeth J. *Spiritual Needs of Patients with Cancer and Family Caregivers*. *Cancer Nursing*. Vol 26. No.4 2003.

e Wright, Lorraine M. *Spirituality, Suffering, and Illness*. 2005. F A Davis.

a Cassells Concise English Dictionary. Cassells. London.1994.

b Joy, Fiona. *Spirituality—The Nurse's Role in Caring for the Spiritual Dimensions of Cancer Patients*. March 1999, Limerick Regional Hospital.

Continued on page 5

Reflexology Association of Australia

My journey with Reflexology
Continued from page 4

in itself, caring. I vividly remember a client, a member of the clergy, telling me that what he considered his greatest benefit from reflexology was the caring human touch. How simple and yet how profound. Reflexology treatments can be both life-giving and life-receiving (for as we give we receive) and, therefore, healing for both giver and receiver. This, therefore, is caring.

Working in cancer care it is important to reflect on what we do. Reflection helps one to learn more about oneself, how we respond in situations and how we can change what we do to improve work and personal experiences. Wright states that, 'Inviting, listening to, and witnessing stories of illness and suffering provide a powerful validation of an important human experience'.^f Working as a reflexologist in cancer care leaves no doubt that death is a part of life. By experiencing the worst, the trauma, the suffering and the illness, we also see the best in people and the variety of ways they cope despite everything. Through reflection the reflexologist can then assess the impact of this caring behaviour and perhaps identify its worth.

When I reflect on what many of my clients and their family members are going through or have gone through I often wonder HOW do they do this? How can they cope with the pain of the illness, the pain of changed body image, the discomfort of the numbness resulting from drugs, the pain to the soul and every other trauma they experience? They have given me priceless gifts by sharing these experiences of illness with me. I am moved by and impressed by every one of them. They have courage, patience and are often changed in unknown ways by this illness. They are all amazing people and I thank them all. It is because of them that I love my work. The work itself is a reward.

'My soul showed me that Love prides itself not only in the one who loves, but also in the beloved.' Kahlil Gibran^g

CARE =

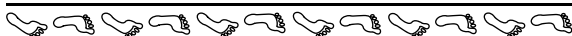
- Compassion** for my client
- Ability** in my hands, with my skills
- Respect** for my client, their values, culture and traumas
- Experience** of life to improve all that I do

Bibliography

- 1 Cassells *Concise English Dictionary*. Cassells. 1994. London.
- 2 Joy, Fiona. *Spirituality—The Nurse's Role in Caring for the Spiritual Dimensions of Cancer Patients*. March 1999, Limerick Regional Hospital.
- 3 Moore, Thomas. *Care of the Soul*. 1997. Piatkus Ltd.
- 4 Taylor, Elizabeth J. *Spiritual Needs of Patients with Cancer and Family Caregivers*. Cancer Nursing. Vol 26. No.4 2003.
- 5 Wright, Lorraine M. *Spirituality, Suffering, and Illness*. 2005. F A Davis.
- 6 Gibran, Kahlil. *Thoughts and Meditations*. 1968. Bantam Books.
- 7 Coberly, Margaret. *Sacred Passage*. 2003. Shambhala. Boston. ☸

f Wright, L. Ibid

g Gibran, Kahlil. *Thoughts and Meditations*. Bantam Books. 1968.



ENAR

REFLEXOLOGY?

Like You,

ENAR is hands-on, natural, non-invasive, non-toxic, interactive, penetrating, intelligent and truly works.



ENAR, the Reflexology Tool uses 'Reflex Bio-feedback' to ensure Nerve Innervation. Healthy Innervation ensures Adaptive Regulation, basis of Pain Relief, Homeostasis and Sustained Healing

Easy to learn, Simple to use, Very Versatile. ENAR finds and treats 'Key Points:' creating "Dramatic + Sustained Results"

- **Chronic Pain,**
- **Related Disability,**
- **General Health**

*Macquarie University formal research trials.**

(2004 ENAR Study Chronic Neck Pain, Disability, Dysfunction and General Health)



ARTG 91686
Therapeutic medical device for pain and dysfunction.
If pain persists see your health practitioner.



TRY-RENT-BUY

If you want more Reflex in your Reflexology with Acute and Chronic Painful Problems, incl your own thumbs, hands, neck and back, and more complex problems, Rent and Try ENAR for just \$7 a day, for 2 months, And when you are satisfied it works really well for you, we'll turn your rental payments into an ENAR deposit. Or, Buy ENAR outright in Autumn for \$990 (\$200 off)

FREE DVD Info Pack
CALL 1300 305 107
www.enar.com.au



STOP  PRESS

RAoA is now on Facebook

Look us up under Reflexology Association of Australia (Facebook).

It's going to be a fun, interactive and interesting page.

We need people to write on the wall (reflexology related stories and testimonials) so don't be shy. Just don't mention clients' names (for confidentiality reasons).

Join us and tell all your clients (and friends).

We are going to need someone (or two) to help us come up with ideas, thoughts for the day, clinic tips, self-help techniques etc to keep our page up-to-date and exciting—so if you are interested and have a flair for this, please email Robyn at rgreenst@bigpond.net.au. We would love to work with you.

If you have (reflexology related) pictures or photos, we would love to put them on Facebook so email them to Robyn at rgreenst@bigpond.net.au.

See you on Facebook!



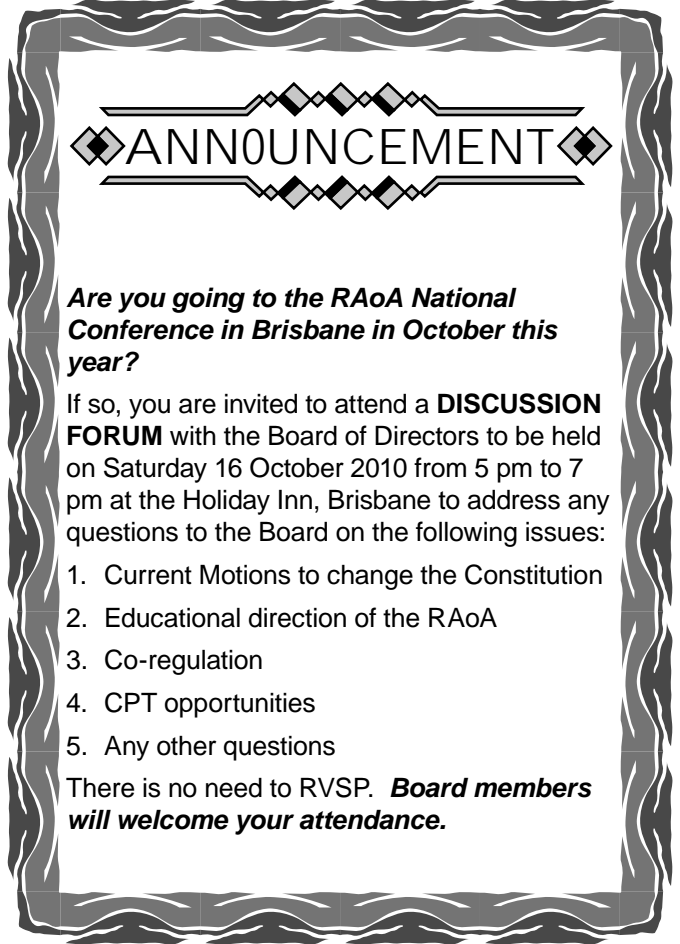
ANNOUNCEMENT

Are you going to the RAoA National Conference in Brisbane in October this year?

If so, you are invited to attend a **DISCUSSION FORUM** with the Board of Directors to be held on Saturday 16 October 2010 from 5 pm to 7 pm at the Holiday Inn, Brisbane to address any questions to the Board on the following issues:

1. Current Motions to change the Constitution
2. Educational direction of the RAoA
3. Co-regulation
4. CPT opportunities
5. Any other questions

There is no need to RVSP. **Board members will welcome your attendance.**



THE CONFERENCE IS FULL

Wow! This is the first time an RAoA Conference has reached 200 attendance! **This is a record!** The Committee has been overwhelmed with the response, and the venue is now bulging at the seams! We regret that we have had to close the registrations - the venue just cannot fit anymore in!

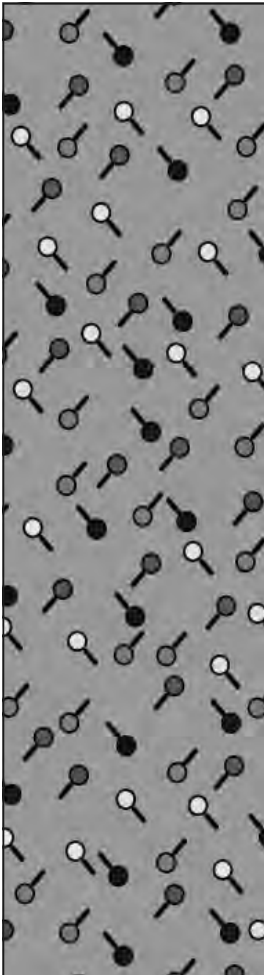
Our sincere regrets to those who have missed out. We are offering a CONFERENCE WAITING LIST in the event of someone cancelling unexpectedly. If you would like to go on this list, please email Leanne Brown at woltherapies@bigpond.com with your member number, name, and contact details.

Thank you to all who have registered - we are looking forward to a great conference ... **SEE YOU THERE !**

for any other enquiries contact
Kate McKnight

2010brisbaneconference@reflexology.org.au

Conference Hotline: 0403 277 823





My journey with Reflexology

by Wendy McGarvie

Up late into the early hours one morning, I felt the need to let as many people as possible know about the wonderful journey I've had being trained as an Advanced Reflexology Practitioner. I had an industrial accident in 2003, having been diagnosed with a prolapsed disc at C6-C7 and unable to do the heavy physical work I was used to. Following the injury I retrained after my partner Al suggested Reflexology as a new career path (he was practising reflexology in the 1980's and felt it would really suit me too).

My background has been nursing, basic counselling, training with Beyond Blue Depression Awareness and working at length with at risk youth. Prior to that, while bringing up my two beautiful children as a single mother, I promoted educational products to parents and schools. Back in the 1970's – 80's I spent 12 years in Darwin with a very diverse employment history, all interesting and fun.

I now live in 'Portland', south western Victoria, a beautiful hidden part of the earth, a real treasure to be discovered. I was born here, left when I was 17 years old, and returned again 18 years later.

Okay, now regarding Reflexology—Travel for training at A.S.R.R in Box Hill was a 10 hour round trip once, twice or three times a month depending on where we were in our study path. 55,000 kms plus accommodation, fuel, fees, equipment and some extra travel and training. I spent \$21,000 to become an Advanced Reflexology Practitioner. It's been well worth this figure just to be a part of the positive experiences gained from treating so many wonderful personalities with such varied ailments, from every age group. I've had many highlights in the past five plus years. As soon as training started I was practicing as a student reflexologist, requested to guest speak at different functions and even within the hospital arenas. I was able to address a local Autism support group, or talk about reflexology at a day for Alzheimer's and other groups too. Our 'FootPrints' and 'Footage' editions always came in handy in the early days especially with details and case studies. I thank the Association for these experiences. As a student, I was asked to treat some elderly folk at a small local hospital. I worked there for 12 months, once per month and all payments were donated directly to the hospital. It felt great to give to the elderly and develop good public relations.

My daughter-in-law Marina, pregnant with her first child, requested reflexology during pregnancy and also for her first labour. What a wonderful pleasure and experience that was. In attendance for the birth was Josh my son of course, and my daughter Justine too. It was a two hour labour, trouble free, with a beautiful healthy boy 'Ravi'. Through Marina's second pregnancy nine months later, reflexology was carried out fortnightly and two weeks prior to due date Marina requested hypnotherapy for pain. When she went into labour, reflexology was carried out by myself and my son who took over whilst I entertained 18 month old 'Ravi'—so the four of us were in attendance!

To greet baby girl 'Saskya' with a one hour labour and two pushes, no pain relief again, no intervention or medications of any kind and Marina was out of hospital with two beautiful healthy children in 36 hours. Many of you will understand what a magical pleasure these experiences were.

My most mature clients are one lady in her 100th year whom I see monthly. She does high kicks after her treatments to show how good she feels. Then a lady in her 95th year comes out to our clinic fortnightly—brought by her daughters. The family can see great improvements in her **whole** well-being and she knows too, how much better she is, being able to reduce certain medications.

I've had many of my clients since commencing training, as I was always requiring case studies. One lady felt she was suffering depression, didn't want medication or other treatments, tried reflexology and loved it. Five years later she still comes every second week and said it's the best thing she's ever discovered. She travels for over an hour and a half for treatment.

Another case study was a man over 50 with restless legs, insomnia, diabetes, insulin dependent, on haemodialysis 3 times per week, loss of sensation in left leg from knee down. My partner, Al, is great for recruiting new clients, who suggested for this man to see me. It took nine weekly treatments before he felt the pituitary reflex in his left great toe and he gradually got all his sensation back. His Renal specialist in Geelong told him whatever he was having done, to continue and of course, he shared that it was Reflexology. His nerve innovation and circulation had improved so much. His restless legs stopped after treatment and he was now sleeping and in general feeling much better. He was still continuing haemodialysis but coping well in all areas of his compromised health. He was on the list for a kidney transplant which would be a long wait. His wife decided to see if her kidney would be compatible, and it was! So in December 08 she gifted her kidney and a man who hadn't passed urine for 5 years was able to stand with the other men! They hadn't travelled in 16 years and have now been overseas twice (we saw them both last week for a reflexology treatment). That was a most special association and a journey with others that is a one in a million—so does that make you smile too?

There are so, so many wonderful experiences. I work, and have done now for twice a month, at a local hospital seeing elderly, for over two years. This started as one day per month and I have been asked now to organise a day for staff members to be treated in their work day—the barriers are being broken down, so just knock on those doors and **ask!**

China in 2007, Wow! 3 Weeks, 1st cross cultural study tour which you would have read about. It was an absolutely fabulous trip of a lifetime, shared with a great

Continued on page 8

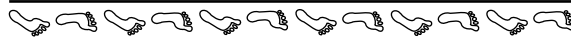
*My journey with Reflexology
Continued from page 7*

bunch of professionals. There are continual contacts forming in and out of the association from that trip. Cairns International Conference 2007 was unbelievably educational and inspiring. 180 people from 18 countries, memories and learning's for a lifetime. It was just wonderful. Seriously, I feel like I could write a book on my five years of practice and how I have encountered so many positive and spiritual people from all walks of life, who care so much about themselves and others in a journey for that greater good and uplifted sense of well being.

I have also treated many who have had and recovered from cancer following surgery and traditional treatments—their specialists agreeing that they can continue with reflexology as soon as they feel ready. Some have been told they won't get sensations back in hands and feet (loss of sensation sometimes happens

following chemotherapy with increased doses) and excitingly many do get that sensation back with regular reflexology treatments.

We practice in a little clinic in the bush that Al and I built. The property is called 'Heaven' and the business name 'Healing Hands in Heaven'. We are on six acres with trees established over 30 years, our clients looking out into the bush with a natural spring in view. This year we've had butterflies by the thousands, abundant bird life, koalas, echidnas, the odd wallaby and frogs in the natural spring. What a wonderful dream we had 5 years ago which has been realised. We had knockers say clients wouldn't drive out of town to our bush clinic. How wrong they were! We just gradually put steps into place and now have the most wonderful working environment, amongst nature, so peaceful and relaxing. Hold onto your dreams and everything happens for a reason. 🙏

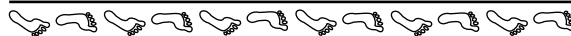


Extract from a Reiki magazine

by Professor Marc Cohen MBBS (Hons), PhD (TCM), PhD (Elec. Eng), BMed Sci (Hons.), FAMAC, FICAE

Marc is a registered general practitioner with degrees in western medicine, physiology and psychological medicine and PhDs in Chinese medicine and biomedical engineering. He is currently Foundation Professor of Complementary Medicine at RMIT University where he performs research and leads the worlds first online Master of Wellness Program.

'The world is currently facing a series of crises that suggest a new paradigm for operating in the world is needed. In healthcare this will mean moving from an illness model that focuses on a medical industry that deals with pain and established diseases to a wellness model that embraces joy and fulfilment from life and deals with lifestyle and preventative measures. It has been said that the 'currency of wellness is connection' and this can be applied to our connection between ourselves and our community and environment as well as connection between practitioners and patients and between practitioners from different disciplines.'



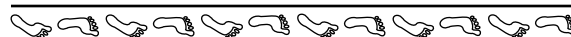
Getting to know members of your Board

Heather Edwards, Research Director



With my long history in reflexology in Australia and the development of our Association, it is with much pleasure that I have taken the position of Research Director on the Board. My passion in reflexology is education of practitioners and the public, be that for their own awareness and usage or to use on their family and friends. I believe that it is now time for us to improve our research skills and work together to validate our fantastic modality in order to gain the credibility to work alongside today's accepted medical practitioners. It seems that just when I think that I can sit back and "smell the roses" the universe has another reflexology task for me, not that it took too much thought! I take this opportunity to thank, Ray, my husband of 40 very happy years, and my family, for their ongoing support and encouragement.

I look forward to serving you all worthily.



Maternity Reflexology Conference



UK first Maternity Reflexology Conference

Making babies
Fertility / Infertility

Carrying babies
Pregnancy Reflexology and working with pregnant feet

Birthing babies

Birth and Birthing support from you the Reflexologist

Mothering babies

Postnatal Reflexology care

International Maternity Reflexologists speakers including:

Susanne Enzer, Denise Tiran, Lena Chandler, Lyndall Mollart, Gill Thomson, Jenni Grant, Chris Roscoe (VRT) Cheryl Cole, Moshe Kruchik, Teresa Huelga & Mirela Marcos Spanish Midwife/Reflexology therapists

6-7th November 2010

University of Reading, Park House, Whiteknights, Reading, RG6 6AQ. UK

Day 1 Full conference with experienced Maternity Reflexology speakers from the UK and Overseas 9.00—6.00 pm

Day 2 Morning Workshop with four different workshops to choose from 9.00—1.00 pm

2 - 6pm Postnatal issues & speaker panel question time

www.maternity-reflexology.com

Reflexology World

Celebrating 12 Years of Publication

The benefits of subscribing:
4 issues per year,
10% off our books in the Book Catalogue,
Free referral listing on the website,
Plus news and information on reflexology from around the world.

Each issue is approximately 32 pages with case studies, in depth articles, book & product reviews, conference reviews, articles on techniques and much more.

Submit your case studies for publication and receive a free 1 year subscription on publication.

Subscribe Online
www.reflexologyworld.com

Reflexology Book Catalogue Now Available To Download visit our website.
Or for a copy telephone 0401-188835

Japanese Reflexology Workshop

—Techniques to enhance therapeutic effects by using hands and tools—

Presented by Kiyoshi Yoshida from Japan



Date: 18th (Mon) October 2010

Time: The workshop is available at two different times:

* Morning Workshop 9:00 am–12:30 pm
(registration from 8:30 am)

* Afternoon workshop 1:30 pm–5:00 pm
(registration from 1:00 pm)

Place: Holiday Inn, Fraser Room
159 Roma St. Brisbane, QLD

Price: \$80.00—for those who attend the Conference
\$90.00—for those who don't attend the Conference

Contact: Tomoko Nakagiri Mobile: 0402219007
E-mail: sathya3702@hotmail.com

Booking is essential—payment to be made at the door
(no credit cards thank you)

Kiyoshi Yoshida is one of the Keynote presenters for the Reflexology Association of Australia National Conference 2010. He has taught more than twenty thousand people throughout Japan, through seminars and personal sessions.

Contents of the workshop:

- Introduction: Using Qi Gong practice to protect your fingers and hands.
- Practical techniques using hands and tools to enhance the effect of the important reflex points, such as pituitary, sinuses, and so on.
- How to use self-care tools with treatment.

Things to bring:

- Bring Your Own Kansokuho Tools if you have those (Wood/Ceramic Sticks). Alternatively, they can be purchased at the workshop—Wood Stick \$15, Ceramic Stick \$25, Black Wood Stick \$30 (special price) and so on...
- Two hand towels, moisturizing cream (if you prefer to use your own).

Diploma of Reflexology: What you always probably didn't want to know!

by Dr. Christine King (Ph.D)
BlueSky Training, Bunbury WA.

There are many discussions on the Government Accredited HLT Courses and the Diploma of Reflexology however, I often wonder if these discussions are based on knowledge or word of mouth. The purpose of this article is to give some personal insight into the benefits and disadvantage of Government Accredited Courses and some insight into the HLT Diploma of Reflexology and what it consists of. The paper will also look at the alternative of the HLT Certificate 4 Reflexology and the possibility of this qualification being part of the HLT Industry Accredited courses.

These opinions are mine and are open for discussion as well as consideration. The main aim is to inform people, at least a little, about the Diploma and Government Accreditation.

Government Accredited Courses

Government Accredited Courses are part of the Health Package and they are Nationally Accredited Courses. The courses meet the same requirements in every state and from July this year colleges may offer their courses in any state or territory in Australia except for Victoria where they need to register within that state.

The advantages are:

1. National Standards that are accepted by industry, government, and government and private institutions such as hospitals, hospices and aged care.
2. Liaison between Industry (such as RAOA), Government, Employers, Employees and Students.
3. Auditing which checks the quality of the training or at least that the Registered Training Organisations (RTO) are meeting the requirements of the training package.
4. Ensures trainers are qualified in the area they are teaching as well as in training, assessment, delivery and assessment strategy.
5. Maintains and updates requirements for training.
6. Sets quality standards in consultation with Industry.
7. Ensures training providers are financially secure and maintain finances to return funds to students if they are 'financially challenged'.
8. Check for risk with Registered Training Organisations (RTO).
9. Have a backup of all qualifications on their database so that students' results are recorded Nationally.
10. Provide information on partnering in that you do not need to be an RTO yourself but can partner with an RTO. Many small providers do this and I have previous to being an RTO had an Auspicing /partnering agreement with TAFE.

These are a few of the advantages but the main ones in my opinion.

Disadvantages

1. The main disadvantage is the amount of work involved in being an RTO.
In my experience it means being organised and having a very good liaison person who helps you through the paperwork maze. All the documentation is on the web it is just finding it! There are documents to take you through every part of application, requirements and meeting standards and conditions and how to partner with an RTO. I do it myself and do not use a consultant, however, I do email and talk to my liaison person often.
2. The cost of the qualification for students.
3. The cost and time for the person running the RTO. However, it could be debated if you don't have these maybe you shouldn't be training in the first place!
4. You must meet requirements but there is not much that is not included in the qualifications so as long as you meet requirements you may teach in any manner you like and include most subjects/topics you see as vital to Reflexology Training.
5. You may have to include aspects of training you are not qualified to cover or do not see the relevance to Reflexology.

How did the Government Accredited Course come about?

The RAOA worked with the Industry Accreditation Council to design the course. This does not mean everything was approved by the RAOA but they were involved and all members of the RAOA could see the documents and have a say. I applied for and received the documentation and followed the process although I must admit it was sometimes difficult to work out what was happening in the course design. Regardless of what people now think we do have a Government Accredited course that is being accepted by the Health Benefit Funds and I believe we have to make the most of it.

This does not mean we cannot make changes and look at another level of qualification as the Certificate 4 but it does mean we have a structure to work within that more and more Health Benefits require now and in my opinion will continue to do so in the future.

The Diploma

The Diploma consists of 21 units;

1. Four Reflexology units designed by the RAOA participants primarily and consists of Work within a Reflexology Framework, Prepare, Provide and Monitor and Evaluate a Reflexology Treatment

Continued on page 11

Reflexology Association of Australia

Diploma of Reflexology
Continued from page 10

2. Four Communication units that cover client communication, referrals, legal and ethical requirements (required by legislation) and professional expertise.

In my opinion these are important in the client and therapist communication.

It does also include a Services Questionnaire that most students don't like and this aspect of Communication may not be as relevant to the small therapy practice. Again it could possibly be excluded from a Certificate 4.

3. Two Anatomy and Physiology units: one A&P and one Pathology. The Pathology unit is on medical conditions and is not a difficult unit and can be very relevant to treating people with specific conditions. The other unit is the Anatomy and Physiology that we all love! These may be a higher level than we require but knowing the systems is important. I, personally, would like to see another unit for Anatomy and Physiology that relates to Complementary Therapies rather than having the same unit as Nursing as we are not going to be nurses or at least not as part of this qualification!
4. Professional Practice relates to running a therapy practice including personal health and business planning. There are debates about these units but if you don't have a business plan you probably don't have a business! I am biased as I have a business background but I do believe this. However, if a Certificate 4 were introduced this could be one of the areas that could possibly be excluded or reduced in difficulty.

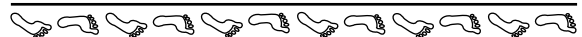
5. Occupational Health and Safety. We need this as it covers risk analysis and basic safety. It is a requirement for all business. It also is mainly common sense and not difficult! Even basic skills such as how to put up a massage table safely without using your back, need some attention!
6. Infection Control. Essential and part of legislation. Hand washing, bacteria, how many times have I seen Reflexologists using jars of cream/lotion and putting their fingers in the jar! More infection control is needed in my opinion!
7. First Aid we all need for our insurance.
8. Electives—three (and there is a choice). These are in the Diploma, and I have Chronic and Life-Challenging Diseases that cover Diabetes, MS and Cancer. We go to the MS Association and work with people with MS. We also include case studies and Palliative care, care teams and much more on these medical conditions but you can include Health Terminology and a choice of topics. These would not be included in a Certificate 4.

Where from now?

In my opinion the Government Accredited Qualifications are here and unless industry want to do the auditing and vet the courses why replace a potentially good system. So you think it has too much in it then consider a Certificate 4 and look at partnering with an RTO. Don't complain, have your say but know what you are talking about! Do a little homework. In two years the new HLT package comes out and we can make changes. I propose introducing a Government Accredited Certificate 4 that will cost less and take less time and remove some of the aspects that are not as relevant to a very small business. **I challenge you to have your say!**

There is an opportunity to discuss education at a Discussion Forum on the Saturday at the conference at 5.00 pm. The constitution and inter-association discussion regarding co-regulation will also be discussed. Or email me: bluesky_training@westnet.com.au

Happy learning, there is never too much education in my opinion!



Advanced Facial Reflexology Courses with Lone Sorensen

February 2011
Sydney

Complete your Diploma with Lone and/or attend:

- Facial Reflexology for Eye Conditions
- Japanese Cosmo Face Lift

First time in Australia for both these courses



See our website for more details
The Australian School of Reflexology
www.reflexologyaustralia.com
or phone 02 4976 3881

Metamorphosis Class with Cindy Silverlock in Auckland, NZ

Nov. 6 & 7, 2010

Cindy studied with Robert St. John and has devoted the last 20 years to knowing the work in daily living. It is the backbone of her marriage and her approach to well-being. Her teaching inspires.

Register: Steph Gowan - gowan@xtra.co.nz
Info: Cindy Silverlock - cdsilver11@gmail.com

Book & DVD ~ www.MetamorphosisCenter.com

Sponsored by RNZ, Auckland www.reflexology.org.nz

Case study—Parkinson's Disease

by Verena Newcombe

I recently completed a case study focusing on Parkinson's Disease, which is often referred to as the 'Shaking Palsy'. It is a chronic degenerative disease characterized by slowness and poverty of movement, muscular rigidity, postural instability and tremor. This movement disorder is associated with a slow, short stepped, shuffling gait pattern with lack of arm swing and often a stooped posture with a mask-like expressionless face.

The disorder results from the loss of cells in a part of the brain, known as the substantia nigra which is responsible for producing dopamine, a chemical messenger which transmits signals within the brain that allows co-ordination of movement.

When dopamine levels are low, nerve cells transmit signals abnormally, making it difficult for a person to control muscle movements. Movements such as walking, talking, swallowing, using a pen (which we would typically perform without even thinking) no longer function with regularity.

Every person living with Parkinson's experiences a different range of symptoms. Medication does not slow the progression of the disease. It merely serves to control symptoms.

SYMPTOMS

There are four cardinal symptoms of Parkinson's Disease:

- ◆ RESTING TREMOR (*may be external or internal*)
- ◆ MUSCLE RIGIDITY (*a lead pipe stiffness of muscles normally more on one side of the body. When a rigid joint is moved slowly and gently there is a jerky resistance that can be felt, known as cog-wheeling. This is often a key indicator for doctors*)
- ◆ BRADYKINESIA (*slow movements / difficulty initiating movements*)
- ◆ POSTURAL INSTABILITY (*balance problems, a stoop, shuffling gait with poor arm swing*). The posture is called 'simian' to describe the ape-like forward flexion, immobility and lack of facial expression

Other symptoms include:

- ◆ GASTROINTESTINAL PROBLEMS (*constipation, heartburn, difficulty swallowing and weight loss*)
- ◆ SPEECH (*initially monotone but progressing to dysarthria—difficulty in articulating speech to loss of speech entirely*)
- ◆ DRIBBLING (*excessive salivation*)
- ◆ MASK-LIKE EXPRESSIONLESS FACE
- ◆ EYE PROBLEMS (*dry, sore eyes due to lack of blinking*)
- ◆ URINARY DIFFICULTIES (*especially in men—frequency/incontinence/retention*)
- ◆ EXCESSIVE SWEATING
- ◆ DIFFICULTIES READING AND WRITING

- ◆ SLEEP DISTURBANCES (*vivid dreams, hallucinations*)
- ◆ SEXUAL DIFFICULTIES (*impotence*)
- ◆ COGNITIVE IMPAIRMENT (*memory difficulties, inability to follow complex instructions*)
- ◆ DEPRESSION
- ◆ ANXIETY
- ◆ MUSCLE and BONE PAIN
- ◆ DIFFICULTY IN PERFORMING SIMULTANEOUS TASKS which are normally simple such as walking and talking
- ◆ FATIGUE (*on a cellular level: the body is working overtime just to accomplish the simplest of tasks such as taking a shower or answering the phone*)

Parkinson's symptoms manifest differently in each individual. Many experience some symptoms and not others. Even the pace at which the disease worsens varies on an individual basis.

The six symptoms, common to all of my three clients (aged 70–75), which I focused on in my case study were:

- ◆ Tremor
- ◆ Constipation
- ◆ Rigidity
- ◆ Balance
- ◆ Speech
- ◆ Mobility

My study revealed that there were some common tender reflexes which I could feel were like crunchy pebbles under my fingers. These were the Pituitary, the Spine plus Sigmoid and Descending Colon.

It is interesting to note that as the Pituitary is the master of hormone glands, in Parkinson's disease there is a disruption of chemical messengers in the brain. The Spine contains the nerves supplying the lower areas of the body and the legs in addition to relating with problems associated with the colon, urinary tract and reproductive glands. The sigmoid and descending colon, of course, are directly related to constipation problems.

Parkinson's Disease is a neurological disorder and I believe Reflexology to be of assistance in improving nerve and blood supply throughout the entire body. The Pituitary and Spinal area were key zones that I had identified to work on in my initial treatment plan.

All clients were taking a regime of medications which in themselves yield a toxicity within the bodily systems. Stress and anxiety also release toxicity into the body. I believe the Lymphatic Drainage given in the Reflexology treatment to be very effective in assisting to remove these toxins.

Continued on page 13

Reflexology Association of Australia

Case Study—Parkinson's Disease
Continued from page 12

During the course of the case study, all three clients had a major stress trigger. At this time of heightened stress all symptoms worsened significantly for all three clients indicating that stress is a major factor in increasing the severity of the symptoms. Also interesting to note is that for each Parkinson's Disease sufferer it was their individual most distressing symptoms which worsened the most.

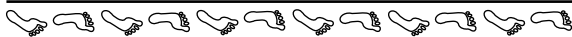
At the conclusion of the eight treatment sessions, for all three case study participants, there was significant improvement in constipation, tremor and rigidity. Clients all reported on the benefits of the improvement in symptom distress and lessening of anxiety that was obtained by the Reflexology treatments.

In conclusion, I believe that in addition to medication, a positive attitude and a balanced diet, Reflexology can play a valuable role in the health management of this debilitating disease.👉



"How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and the strong. Because someday in life you will have been all of these."

George Washington Carver



Reflexology for People Living with Cancer

International Presenters:

Carol Donnelly & Ursula Courtney

When: 3 weekends in March / April 2011

Where: 3 Venues: Brisbane, Adelaide, Hobart

Fee: \$285

Following on from well received workshops in Perth, Sydney and Melbourne (April 2009) Carol and Ursula intend to present similar workshop in the above venues in March / April 2011. The 2 full day workshops will provide the Reflexologist with tools to expand your reflexology work and diminish fears you may have had about working with people living with cancer.

Presenters:

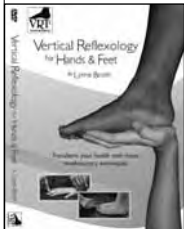
Carol Donnelly BN, MIRIL, MAR, ITEC dip., Cert. Ed. Principal Tutor and Director of her school, Suaimhneas Reflexology in Ireland.

Reflexologist in ARC Cancer Support Centre, Dublin.

Ursula Courtney R.G.N; M.Med.Sc, MBA. Currently the Director of Courtney Health and Cancer Consulting. For 11 years Director of Services in ARC Cancer Support Centre.

Contact: Libby Stark, starkrags@bigpond.com or 0434 900 911

Press Release



Vertical Reflexology for Hands and Feet DVD by Lynne Booth

Best-selling author of *Vertical Reflexology*
and also *Vertical Reflexology for Hands*



An acclaimed five-minute technique to transform your health
Revolutionary vertical reflexology technique brings
relief for back pain and sports injuries

DVD Special price \$44.00 Including Postage

"I have seen a few productions like this on reflexology, but this is by far the most professional I have ever seen. If you had never set eyes on any type of reflexology book or didn't even know what the subject was about, by viewing this DVD you would be able to follow the instructions and explanations quite easily as they are so clear. The settings too are quite special, some of them are in the "Nursing Home" where Lynne works, others are set outside in the English countryside in Spring, with carpets of bluebells in the background, very, very beautiful. If you wanted to learn about VRT buying this DVD is certainly the way to do it, as well as having Lynne's books as a backup for finer detail. In conclusion: This is one DVD you have got to have in your collection – a first class production."

Graeme Murray – extract from his review – *Reflexology World* Sept. 2009

Cherel Sue Waters – Authorised VRT Tutor in Australia is now holding VRT Master Classes for 4 to 6 people who have completed the Basic VRT course. If you would like to have Cherel come to your home state / town and run a Master class it is as simple as:

Registering your interest in a VRT workshop in Australia or to Order a DVD:

e-mail Cherel Sue Waters: cwreflex@iprimus.com.au or Phone 02 4341 2209

www.boothvrt.com —Home page includes film montage of DVD excerpts

*Beautiful inside,
beautiful outside.*

Its a new era for Kumfs
as we re-emerge as
Ziera.

We will retain many of
our well loved styles and
will continue to focus on the
perfect pairing of comfort and
style that has been at the heart
of our business since 1946.



AMALFI



We're launching the Soft
Journey® footbed — a unique
cushioning system of gels,
rubber and shock absorbing
materials designed
to give that wondrous,
walking-on-air feeling.

SHERBERT



Visit us at www.zierashoes.com



JACKLYN

SHAKE



ZIERA®

A new era of Kumfs

Does Reflexology improve the 'quality of life' for lung cancer patients?

by Carol Mulvihill

Reprinted with the kind permission of the author and Reflexology Across America - RAA News Magazine - Autumn 2009

Subject's Age: 70

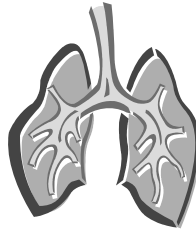
Subject's Occupation: Retired bank executive

Immune Recovery and Wellness, P.C. (email: irw@immuneclinic.com) reports on a study performed at Stobhill Hospital, Glasgow comprising of a group of cancer patients with various tumor types. The study was designed for patients in the palliative stage of cancer. Divided into two groups, both received a series of treatments. One group received placebo treatments and the second received reflexology. Both groups completed a self-assessment scale relating to 'quality of life' prior to and after treatment. Both also reported improvement. However, the reflexology group reported a greater benefit than that of the placebo group.

A Reflexology Research Project was compiled by Indiana University, Purdue University Indianapolis Reflexology Program reflexologists in September, 2007. Among research projects reported was one conducted by Scholl of nursing at East Carolina University, Greenville NC. This study focused on pain/anxiety relief for breast/lung cancer patients. A group of patients received a series of reflexology treatments by certified reflexologists with no changes to patients' medications and all reported a significant decrease in anxiety after their sessions.

Cancer is a generalized term for a group of over 100 diseases that can form or grow from cells in any part of the body. Various factors are involved in triggering normal cells to lose control and become cancerous cells. As cancers form they are identified in relation to the tissues in which they develop. Breast, lung, pancreatic and colon cancers are examples of just a few. The effects of cancer and its treatment/s can be devastating. Different types of cancers grow at different rates and respond to treatments differently. There are several forms of conventional medical treatments available for cancer. Unfortunately, these treatments are usually accompanied with severe side effects. Often times medications are prescribed to alleviate the side effects, and in turn, many times, the medications prescribed have side effects as well.

My subject is a 70 year old, female, lung cancer patient who has been diagnosed with stage 4 lung cancer and has endured both Chemotherapy and Radiation Therapy and is currently waiting and preparing to have surgery. She has a heart condition for which she is prescribed two medications and those are the only medications that she is taking. She has led a very active lifestyle, is a highly educated, retired bank executive. Once diagnosed, decided she would, as she does with all life situations, adopt a 'positive mental attitude' approach, in an effort to support her healing process.



The first phase of her treatment was Chemotherapy. No report of pain, nausea or vomiting. This subject claims that she blocks out pain and simply doesn't experience it and doesn't take any sort of prescription or over the counter medication for pain, nausea or vomiting. However, one side effect that she did experience during this treatment was that she lost all of her hair almost immediately. She also experienced a burning sensation throughout and over her entire body from which she is still recovering. The physical evidence of this side effect is a blotchy, reddish, discoloration of the skin. She also reported that she was incredibly tired and sleepy while undergoing this phase of treatment. Even on good days a nap was in order and, oftentimes, more than one.

The second phase of treatment was Radiation Therapy. Subject still reports no pain, nausea or vomiting. Her greatest complaint is that she feels that she has to be constantly on the move. She has difficulty just sitting down to relax or to simply feel relaxed in general. Some of the activities that she takes part in on a daily basis in an effort to work off the feeling of restlessness and to remain on the move are gardening, re-arranging furniture, cleaning house, (more like Spring cleaning) shopping and dining out with friends. She feels as though she has to keep going and says she just can't stop and relax. Sleep is somewhat restless and intermittent. What she desperately would like to achieve at this point is to be able to relax. This would be one key to improve her 'quality of life'.

The following guideline was designed, in part, during the first session to accommodate this particular subject, as a scale for assessment to be completed prior to the first session and then to be used as a daily log assessment by subject. Case report guidelines will be sent with the subject weekly and returned to the therapist on a weekly basis prior to sessions.

Case Report Guidelines (1-4 completed within 30 minutes of rising/ 5-6 within 30 minutes prior to bedtime):

1. Time to bed
2. Time to rise
3. Quality of sleep (restful or intermittent/interrupted)
4. You feel now (rested or tired)
5. Rate the following; 1-10 (1-3 mild, 4-6 moderate, 7-10 severe) (or 0 if not presenting with a problem)

| | |
|--------------|--------------------|
| Anxiety | (1-least, 10 most) |
| Pain | (1-least, 10 most) |
| Nausea | (1-least, 10 most) |
| Depression | (1-least, 10 most) |
| Stress level | (1-least, 10 most) |
| Fatigue | (1-least, 10 most) |

Continued on page 16

Quality of life for lung cancer patients
Continued from page 15

Relaxation (as explained—ability to relax graded as...
1 as least, 10 as most)
Level of energy (exhausted—How exhausted are
you? ... 1 as least, 10 as most)
or (energized—How energized are you? ... 6–10 least
to most)
List of medications

Initial Check In: (subject's First Day Report/prior to first session)

1. Time to bed—10:00 P.M.
2. Time to rise—6:00 A.M.
3. Quality of sleep—Intermittent/Interrupted
4. You feel now—Rested
5. Rate the following (as presented above)
 - Anxiety—0
 - Pain—0
 - Nausea—0
 - Depression—0
 - Stress Level—0
 - Fatigue—0
 - Relaxation—4
6. Level of energy—between exhausted and energized—
she chose to grade energized as 10
List of medications—takes two medications, one for
irregular heart beat and coumadin.

THE STUDY

Weekly, one hour reflexology sessions to be conducted at the same time on the same day each week for a minimum of 5 consecutive weeks. Subject will complete a Case Report Guideline form daily, provided by therapist, to track progress.

During the first session all techniques, stretching and relaxation exercises were arranged in a specific order to be used thereafter as the model for the entire study. Reflexology is the only modality to be used. At the onset of this session, I observed that there seemed to be a great deal of tension in the muscles and resistance to ROM and stretching techniques. The subject, at times, reacted in anticipation and would move her foot in the direction in which she thought it was going to be moved. Through most of the session the subject was very conversational. Nearing the end of the session, she became less conversational and was a little less resistant to the techniques.

When the session was completed, her comment was, *'I'm surprised that my whole body can get so relaxed from you working on my feet.'* Also, subject acknowledged that it was difficult to allow guided movement and that she did realize that she was resisting.

Session two—The subject reported (on previous week, after first session) that there was an immediate improvement in restful sleep. Her ability to relax has moved from the initial grading of 4 to an 8, and the energized rating of a 10, has moved to a more comfortable 9 for the first few days. After day 3 she began to notice that her ability to relax was becoming

more difficult. The grading for relaxation had dropped from an 8 to a 5. Even her energized grading dropped from 9 to an 8. Though the previously noted gradings had changed, she reported that sleep was still restful. Though subject blocks out pain, she did mention that she was experiencing a little pain in muscles due to re-arranging furniture in her house.

During this session, I observed that the subject still seemed tense and had difficulty relaxing and still moved her feet in anticipation during ROM and stretching techniques. She also was very conversational and seemed less tense, especially in response to ROM and stretching techniques.

Session three—Subject reports (on previous week, after second session) that she continued to get more restful sleep. Relaxation grading moved up from a 5 to an 8. It remained until day five and then moved down to a 7 and on day six, moved back up to a 9. The grading for the energized level was teetering on 8 and 9 for the first few days. After day three it fluctuated between 9 and 10.

As the session began the subject was again very conversational. She was still seemingly resistant to ROM and stretching techniques. However, the conversation and tension in muscles and resistance to ROM and stretching techniques subsided earlier on in this session than in any of the previous sessions.

Session four—Subject reports (on previous week, after third session) that she continues to be getting restful sleep. Her relaxation grading was immediately moved up to a 10 after the last session. It did move down to an 8 on day two and remained there for the rest of the week. The energized level moved down to a 9 and that's where it remained. Overall she reports noticing that the ability to relax is lasting longer between sessions.

I observed that the subject was conversational in the beginning of the session and it tapered off much earlier than in previous sessions. There was much less resistance to the ROM and stretching techniques. At the end of the session we agreed that her ability to focus on relaxing was much less challenging.

Session five—Subject reports (on previous week, after fourth session) that sleep is still restful. Also, though she was more capable of relaxing during the last session, her relaxation capability decreased slightly from an 8 to a 7 for the next two days. The rest of the week she reported at an 8 except for day four and it was then at a 9. All days, during this report period, of the energized level she reported at a 9, except for day six, which was at an 8. She openly discussed how much easier it is to relax and stay more calm, and that feeling is lasting even longer between sessions.

I noticed during this session that the subject was much more relaxed just shortly after the session began. Conversation was minimal in the beginning of the session and completely subsided. The general response to ROM and stretching techniques was much less tense in the beginning of the session and continued to improve as the session progressed. Anticipation of movement was far less in comparison than to the initial visit.

Continued on page 17

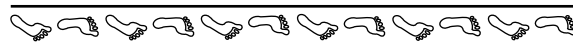
Finally—Subject reports (on previous week, after fifth session) that sleep is continuing to be restful and uninterrupted. She still feels rested when waking. Relaxation level was at 9 for the first couple of days and moves down to 8 on third day and then finally to 7 for the rest of the week. Energized level is consistently held at 9.

In summary, the subject has never received reflexology treatments prior to this experience. Now that she has, she feels that reflexology has helped considerably. She has definitely noticed a difference in her ability to get more restful sleep and to achieve relaxation more easily. During the process of treatments she mentioned that, to her, it seemed as though anxiety and fatigue were closely related to relaxation, even though she continued to rate them on the scale as not being experienced (chooses not to focus on negatives). She has expressed that she is more aware of how to focus on relaxation and achieving it. She would like to continue with sessions on a regular basis.

In my observation, this subject, has chosen to have a very positive focus. She didn't present initially with symptoms that she was willing to acknowledge. She reported with no anxiety, pain, nausea, depression, stress or fatigue, in part as an effort not to focus on the negative. Special notations were made on the daily log information forms specifically for that reason. Her most specific request

was to be able to relax and believed her ability to do so was difficult. The initial report shows, though she reported rested upon waking, her sleep was intermittent and interrupted. After the initial session she reported that it had become more restful, and that report stayed the same throughout the remainder of the sessions.

The sessions proved to be a progression of relaxation accomplishments in themselves. During the first session, she was very conversational—the entire session, a tremendous amount of tension in the muscles of the feet and a great deal of resistance to ROM and relaxation techniques. She actually resisted against the techniques so strongly she would anticipate the direction of the moves, either during initiation of the technique or prior to it, if possible. As the sessions progressed through the study, muscle tension and resistance began to decrease. There was notable improvement with each session. Conversation began to taper off earlier on with each session as well and it became easier to observe breathing patterns. More calm, steady breathing became apparent earlier on in the sessions and that progression continued throughout the study. By the last session of the study there was a considerable and notable decrease in all; far less tension in the muscles of the feet, less resistance to ROM and relaxation techniques, less conversation and calmer, steady, relaxed breathing. Overall this subject has improved her ability to achieve more restful sleep and relaxation and has improved her 'quality of life'. ☺



Australian College of Chi-Reflexology

www.chi-reflexology.com.au

Advanced Clinical Chi-Reflexology Training

Add Clinical skills to your treatments, including balancing the whole system at the end of a treatment.



Also Post-Graduate (CPD/ CPE) programme in:

- Advanced Reflexology theory and practice
- Chi-Reflexology
- Sports Reflexology
- Australian Bush Flower Essences and Chi-Reflexology

Chi-Reflexology training now available in Western Australia

Chi-Reflexology is a unique and original approach developed by Moss Arnold, which combines a re-examination of the theoretical and practical fundamentals of Reflexology with the Chinese philosophy, including TCM (Traditional Chinese Medicine)



Chi-Reflexology book, chart and DVD also available

Contact: Moss Arnold,
Principal
P: 02 47 54 5500
E: info@chi-reflexology.com.au

2010

Workshop Calendar

Bach Flower Institute Australia

What are Bach Flower Remedies?

When we feel fulfilled, happy and positive, we tend to enjoy better health. Sometimes we need a little help to stay in balance and move forward. That's when Bach Flower Remedies can help. Created by a Harley Street doctor in the 1930's, the Bach Flower Remedies are 38 plant and flower based remedies that can help you manage the emotional demands of everyday life. Each remedy aids a specific emotion. You can take them individually or mix them together to match the way you feel.

Recent research into the links between emotions and the immune system supports the view that emotional and physical health are linked. More and more medical experts now agree that a healthy mind really does ensure a healthy body. Bach Flower Remedies can help you take control of the way you feel and get more out of life.

Learn more about Bach™ Flower Remedies by attending a Bach International Education Workshop. This is a three tier training programme organised by The Bach Flower Institute of Australia in association with Bach Flower Remedies.

DISTANCE LEARNING PROGRAMME · LEVEL 1

Price: \$315

Pre-requisites: None

ADVANCED WORKSHOPS · LEVEL 2

Price: \$275

Pre-requisites: Level 1

Duration: 2 Days

LEVEL 2 DATES:

S.A: July 10th · 11th St Mark's College, Adelaide

NSW: July 17th · 18th North Sydney Community College, Sydney

PRACTITIONER TRAINING · LEVEL 3

Price: \$1,100

Pre-requisites: Approved Levels 1&2

Duration: 3½ day course followed by six months of supervised home study

LEVEL 3 DATES:

VIC: January 27th · 30th 2011 Queens College, Melbourne

Animal Lovers Exciting News ~ Bach Flowers for Animals Coming Soon!

Register your interest:

More details will be sent to all who register interest as soon as the course, dates and venues have been finalised.

To enrol in any of the Bach Flower Institute workshops or for more information please contact:

Email: BachFlowerInstitute@mandp.com.au
 Free Call Australia 1800 357 492
 Telephone +61 3 9427 7422

Bach Flower Institute Australia & New Zealand
 PO BOX 2007, South Melbourne VIC 3205



Finding your passion—again!

©Apple Blossom (Amanda Phillips)

Remember when you first began studying reflexology? The desire to learn was strong; it was something new, and a challenge to complete. You strived to put your all into achieving and mastering this new interesting healing modality. You would practice all the time, read over your notes and digest every little piece of information on reflexology that came your way. You would catch yourself bragging about the wonderful benefits to all your friends. And be left in awe at the magic that reflexology had on people. You completed the course, put your certificate up and sat there proud as punch. Your treatment room was decorated with enthusiasm, towels ready and a bucket full of motivation.

But then something changed! Your notes got tucked away into the back of a drawer. The treatment room started to collect dust and slowly became a storage room for everything else. You stopped re-supplying your stock of wipes and cream, and even found yourself being slack in the marketing department. 'Yeah, yeah', you would sit there and say, 'word of mouth will be enough'. But it wasn't!

Then it suddenly dawned on you—your initial passion for reflexology was lost somewhere in oblivion. It was mixed up and entangled with all your other duties—the day-to-day chores, being a mum, a wife, running around here there and everywhere. The door had slammed shut on something which you once had a lump sum of passion for.



So how does one rekindle this burning desire, the flame within, which brought so much joy into your life and others?

1. Think back to the beginning. What brought you to the world of reflexology in the first place? Did you study this modality just for something to do? Was it to change career? Or were you just simply fascinated with it? Get a piece of paper and write down the answer to these questions. Re-discover what originally opened the door to reflexology.
2. Has reflexology helped you and others in your life? Ponder over all the lives you have changed and the clients you have greatly helped. Was there someone with diabetes whom you helped to balance their sugar levels? Was there a young boy who stopped wetting his bed through the treatments you gave him? Perhaps you helped an old man with his aches and pains associated with arthritis? Recall how the power of reflexology has helped with many different situations. This will help you to BELIEVE once more that reflexology is a beautiful way to heal.

3. Jot down the benefits reflexology has on the mind, body and spirit. For example:

Mind—relieves stress and tension, reduces insomnia, clears mind clutter, reduces phobias, maintains homeostasis and calms and relaxes.

Body—improves circulation, boosts nerve and blood supply, alleviates aches, pains and headaches, boosts the immune system, balances hormones and flushes out toxins.

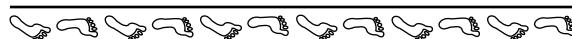
Spirit—balances chakras, releases blockages, connects self to higher consciousness, guides and angels, healing on all levels and re-sets your true life path.

4. Pull out your marketing and freshen it up. Re-design your logo and add a little spark and shine to your brochures. Decorate them with stickers and glitter, or use brightly coloured paper. Get noticed! Then get out there and hand them out again to everyone you know, the community, health centers, schools, kindergartens and sporting centers. Be brave! For the only person that will stop you is YOU!!! Once clients start to call you up, you will be physically forced to re-begin in the world of reflexology.
5. Voluntary work—how about getting out in the community and doing a bit of voluntary work? Approach your local nursing home. The elderly love the feeling of 'touch'. It may be the only stimulation they get all day. It breaks my heart when I enter a nursing home and see people left to stare at the four dull painted walls. Take them away on a journey from the mundane. Just imagine how much a reflexology treatment would do for them. Put a smile back on their face, even if it is only for that day. You will make a huge difference and a change to their life. Set up regular clients and appointments so that your enthusiasm for reflexology continues to flow.
6. Have a reflexology treatment yourself. It is very rare for a reflexologist to get a treatment of their own. Remember that blissful feeling of sitting back and having your feet pampered in a loving way. Think of the massage-like technique which puts you in another dimension. And the peaceful time away from your everyday matters. As you lie back during your treatment, make a mental note of all the feelings you get. This will help you to re-awaken your senses to why someone would even come to you in the first place for a treatment.

Fellow reflexologists, take the above steps and utilise them in a positive way.

Allow them to re-boot and refresh your LOVE and PASSION for reflexology.

Get out there! You can do it! BELIEVE!!!



CPT Education and World-Wide Conferences —Calendar of Events



Inclusion in the CPT Calendar of Events is a further bonus for advertisers

Place your advertisement with FootPrints Advertising Coordinator
Judee Hawkins—footprints@reflexology.org.au

| 2010 | Presenter | Title | Location/Contact |
|--|---|--|---|
| 10-13 September | Australian School of Reflexology | Facial Reflexology I & II | Sydney NSW Contact Sue Ehinger - 02.4976 3881 (www.reflexologyaustralia.com) sue@reflexologyaustralia.com |
| 18-19 September | Australian College of Chi-Reflexology | Maternity Reflexology | Springwood NSW 02.4754.5500 - Moss Arnold (www.chi-reflexology.com.au) moss.arnold@chi-reflexology.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) |
| 16-17 October | Australian College of Chi-Reflexology | Biomechanics | Springwood NSW 02.4754.5500 - Moss Arnold (www.chi-reflexology.com.au) moss.arnold@chi-reflexology.com.au |
| 18 October (Monday) | Kiyoshi Yoshida from Japan | Japanese Reflexology Workshop | Holiday Inn, 159 Roma Street, Brisbane (Fraser Room) Contact: Tomoko Nakagiri 0402 219 007 sathya3702@hotmail.com |
| 6-7 November | Maternity Reflexology Conference | United Kingdom | Reading, U.K. (University of Reading, Whiteknights, Reading) Contact: Lyndall Mollart www.maternity-reflexology.com |
| 6-7 November | Cindy Silverlock (sponsored by RNZ Auckland www.reflexology.org.nz) | Metamorphosis Class | Auckland, New Zealand Register: Steph Gowan - gowan@xtra.co.nz Information: Cindy Silverlock - cdsilver11@gmail.com |
| 4-5 December | Touchpoint (Peter Lund Frandsen/Dorthe Krogsgaard) | Round about: The Spine - Back Pain | Melbourne, Victoria Contact: Mafalda Bojanic - 0408.329.847 mafalda@optusnet.com.au (www.touchpoint.dk) |
| 7-8 December | Touchpoint (Peter Lund Frandsen Dorthe Krogsgaard) | Round about: Stress | Brisbane, Qld. Contact: Mafalda Bojanic - 0408.329.847 mafalda@optusnet.com.au (www.touchpoint.dk) |
| 18 December | Australian College of Chi-Reflexology | Spiritual/Crystal Reflexology | Springwood NSW 02.4754.5500 - Moss Arnold (www.chi-reflexology.com.au) moss.arnold@chi-reflexology.com.au |
| 2011 | Presenter | Title | Location/Contact |
| 27-30 January | Bach Flower Institute | Level 3 Workshop - Melbourne | Melbourne, Vic. (Queens College) Contact - 1800 357 492 BachFlowerInstitute@mandp.com.au |
| March 2011 (Weekend dates to be advised) | Carol Donnelly & Ursula Courtney (from Ireland) | Reflexology for People Living with Cancer | Brisbane, Adelaide, Hobart Contact (for Brisbane workshop) Libby Stark - 0434 900 911 starkrags@bigpond.com |
| April 2011 (Weekend dates to be advised) | Carol Donnelly & Ursula Courtney (Ireland) | Reflexology for People Living with Cancer | Brisbane, Adelaide, Hobart Contact (for Brisbane workshop) Libby Stark - 0434 900 911 starkrags@bigpond.com |
| April 6 - 21 (16 days) | Deborah Johnston - Tour Manager/Coordinator/Reflexologist | Chinese Reflexology Study Tour - China 2011 | China, Shanghai, Tai Shan, X'ian, Beijing. Contact Deborah Johnston mobile : 0402 065 684 orientaljourneys@netspace.net.au closing date: 20 November 2010 |



Did you know?

In babies, the Babinski reflex is necessary in preparing the feet for walking. It is also strongly linked to the vestibular system (the sensory system in the inner ear that detects movement of the head and helps control balance) hence sense of balance, whole body co-ordination and stabilisation.

Babinski effect is the reflex curling upwards of the toes (instead of inwards) when the sole of the foot is stroked. It is normal in infants below the age of two but a pathological condition in adults. Babinski was a French neuropathologist 1857-1932.

Reprinted with kind permission of Susanne Enzer

Advertising my business

by Heather Edwards

Here is the essence of a letter that I received some months ago:

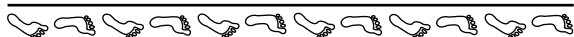
I thought I would like to let you know that this morning I went to a pathology collection centre not far from home to undergo a test. While waiting for my name to be called I had time to put my business cards neatly on top of a pile of magazines. Being a Saturday, there was no person on reception. Later while waiting for the second part of my test, a contract cleaner came in and as I noticed, did not think what she was doing. The cleaner went out, came back with a scrap magazine, piled the other magazines neatly and put my business cards onto the scrap magazine and into a garbage bag. I avoided saying anything to her. She actually put one scrap piece of paper between the pages of a magazine. A litterbug doing a job as a cleaner! She did not bother to read what was on the business cards. It could have been for her benefit. She obviously did not care that there are other people who may be interested in reflexology? She has given the job of cleaner a bad name. I don't think I will place any more cards in that collection centre. I placed a few cards at the medical clinic I visited yesterday. I don't think any cleaner or the receptionist will dispose of them without thinking. As Reflexologists we like to increase our clientele. Beware that there is still selective ignorance in our society.

There are a number of issues here that I feel this letter enables me to address and be of interest to you.

1. One should actually ask permission in most cases to have cards placed in pathology rooms or anywhere. With permission, they would be put on the counter or in a prominent place for collection where the cleaner would not remove them.
2. The cleaner may have had instructions to remove business cards or brochures that did not belong.
3. It could be a policy of the centre that the cleaner was merely fulfilling, or a policy in the cleaner's contract.
If ever you actually find yourself in such a situation, it would be wise to speak to the person removing your cards and retrieve them.
4. The most beneficial way to encourage good distribution of your advertising material in any business place is to give sample sessions to the owner and/or staff. If they are happy they will encourage people to take your cards and information.

If cards or any other advertising material is just left on top of magazines, etc., you should understand that they really may just be considered clutter and definitely not a valid means of advertising. In that respect they would be thrown away and you would need to consistently go back and leave the cards around. Leaving your cards in this way might gain one or two clients but it will cost you many visits and cards.

What you may think is important is relevant to your sphere of interest/wisdom—we should never assume that we are right!



Touchpoint



Round about: The Spine



Examining the back
Spine reflex on the foot
Nerve reflexology
Spine on the lower leg
Muscle reflexes
The Psoas muscle
Sacro-iliac joint
Autonomic nervous system
Postural adjustment

More info and webshop: www.touchpoint.dk

Dorthe Krogsgaard and Peter Lund Frandsen present :

Round about: The Spine - Back Pain

Melbourne 4 + 5 December 2010
Perth 11 + 12 December 2010

Round about: Stress

Brisbane 7 + 8 December 2010

For more info see the loose insert in this journal or our website.

We also welcome you to visit our stall at the RAOA conference in Brisbane

www.touchpoint.dk

Elite Training for Beauty, Day Spa & Natural Therapies

Nationally Recognised Training
Austudy & Abstudy approved
Full time/Part time Courses

DIPLOMA & CERTIFICATE

Aromatherapy Reflexology
Beauty Therapy Spa Therapy
Remedial Massage

SHORT COURSES & WORKSHOPS

Introduction to Aromatherapy, Basic
Massage, Indian Head Massage,
Hot Stone Therapy, Reflexology
for Relaxation, Basic Facial



Australasian Academy of
Wellness Therapies

Call 08 9473 9999

www.aaowt.edu.au
email: courses@aaowt.edu.au

STATE MATTERS

At our ABM on Sunday 30th May, a new committee was elected for office 2010-2011. The majority of last year's committee were returned with few changes.

After the AGM and ABM, Michelle Bailey demonstrated her skills to members on the Horstmann Technique. Three members volunteered to be clients while Michelle showed the rest of the class how to balance the chakra energy by releasing stagnation in the hips, arms, shoulders and the feet. This was done by gentle rotation movements much to the benefit of the three clients. Each felt they could feel a shift or release of blockage in the areas where Michelle worked and each felt good after receiving such a wonderful therapy.

Workshops

Due to ill health, Sharon Tay has postponed her workshop 'Face Reflexology and Reflexology for Older People' until 2011. The date and place of venue will be confirmed at the next state branch meeting in August.



TASMANIA

World Reflexology Week

Once again, members in the southern region will hold an open day for the public to visit the Adult Education Centre in North Hobart on Friday 24th September. Our theme this year is 'Caring for Nurses'. We will be inviting nurses from all arenas to come along and enjoy the benefits of reflexology for a small donation. Sharon Tay has already taken bookings for this event. A wonderful experience for members to participate and meet members from the nursing faculty and members of the public, earning CPT points at the same time.

Table Topics

In the southern region 'Table Topics' have started and will be held on the third Monday of each month with a

topic relating to reflexology for discussion over a meal. Members are asked to bring along some ideas on: research, study or by experience about the topic being discussed for each meeting. The first evening was held on Monday 21st June. The topic discussed was Vitamins D and B. The next two meetings will be: Monday 19th July—Topic: The Lymphatic System, and Monday 16th August—Topic: The Colon. Meeting for July will commence at 7pm inside the Sandy Bay One restaurant. For more details phone Lynda Kidd on 0417 374 058. This is another great way to earn CPT points and enjoy the company of colleagues for a social get-together and education night.

For details of our meetings, dates and times, these are regularly updated on the RAOA website—under Tasmanian Branch meetings. Our current Committee members and their contacts are published in the Tasmanian newsletter 'Footrubbers' also on the RAOA website—Tasmanian Branch-newsletters.

Sharon Tay



NSW Branch had a very successful ABM weekend in May this year. Our Sunday workshops were both fully booked out and the ABM meeting on the Saturday was very well attended. Huge thanks to all those involved with every aspect of the organisation for this. It does not happen overnight and only comes together with many volunteer hours put in beforehand and on the day. A new Committee was elected and we look forward to a productive year in NSW.

The July General Branch Meeting played host to Francoise Nicoloff who spoke to us on the Tomatis method. We learned that a major relationship exists between the ear and the voice, and that many disorders relating to dysfunction of the ear can be improved or remedied by use of this method which involves retraining the ear and re-patterning the nervous system with a sophisticated device designed by Dr Tomatis, called the 'electronic ear'.



NEW SOUTH WALES

Our branch is in the throws of organising our 20th Anniversary Celebrations scheduled for later this year. A date in November has been decided upon, so as to leave October free for all those looking forward to visiting our colleagues in Queensland at the Conference. Keep an eye on your emails and on our State Newsletter 'FeetSpeak' for further updates on this.

In September the Branch has organised a Rose and Essence Workshop run by Jessica Holmes in Wahroonga. See the NSW section of the website for further information on this if you are interested in attending.

Many thanks to Doris Litzki for all the hard work she has put in to get this weekend organised. Timing was everything on this occasion as the workshop will be held in Jessica's rose garden. Truly a delightful sensory weekend awaits those that are attending.

During the first week in November NSW will be manning a stand at the MBS Festival here in Sydney. Volunteers are very welcome not only from NSW but if you are visiting from another State and would like to catch up with some of our members here, and earn CPT in the process, please contact our Branch as we would love to see you.

I hope you are all enjoying the spring weather now that winter is behind us. The milder weather is much more conducive to a barefoot walk on the grass or along the beach. I for one am looking forward to feeling the warm sand between my toes again!

Jenny Arnott





WESTERN AUSTRALIA

WA had their ABM on 16th May 2010. We had guided meditation by Catherine McIver and 2 guest speakers: Simon Cribb talking on Colorpuncture and Anna Petterson talking about Solaris Care Cancer Support Centres & C14 Research Project.

Our new committee had their first meeting on 2nd June to organise the upcoming year. Dates for our newsletters, study days, committee

meetings and the ABM were all discussed and set; as well as themes for the study days.

25th, 26th & 27th June saw RAOA represented by volunteers at Every Woman Expo at the Perth Convention Centre.

The first study day with the theme of the Skeleton was 10th July. Our first for a long time to be held on a Saturday – with a turnout of 26 people, which was a good effort due to people's work commitments. Our guest speakers were Barry Harwood on 'Things You Did & Didn't Know About the Skeleton'; Anne Young with her Musculoskeletal Reflexology, we had a rundown and a practical; Scott Campbell-Lloyd, a chiropractor,

discussed the spine and shared what he does; and Nicolette Madry told us about Craniosacral Therapy.

Our next study day in Perth is Sunday 14th November and the theme is Energy.

The South West branch had their meeting at Bridgetown on 15th August with an educational theme of Endocrine Balancing.

We have 3 Coffee Clubs running—in Perth, Mandurah and now in Bunbury. There are also regular Foot Swaps happening around Perth and down in the South West. Relay for Life is on 6th & 7th November in Bunbury, and Kalparrin on 21st November in Rockingham.

Tyna King



VICTORIA

The beginning of a new RAOA year has begun and it already seems to be flying by. In Victoria this means for the first time in a number of years we have a committee with every position filled, and both Victorian directors positions filled. All of the committee members are very enthusiastic and looking forward to the coming year and we have hit the ground running.

The wonders of technology means that people living outside Melbourne can be actively involved in our committee, with one of our directors and our new treasurer both living in country Victoria. This is a fantastic change that goes to show that any of our members regardless of their location can be included in all aspects of our Association if they wish to be.

We had a fantastic ABM day at the beautiful Augustine Centre, which included a Crystal Bowl Healing and three other interesting speakers where we had more than

50 members in attendance. We now have an exciting year planned for our members with some interesting speakers for our general meetings and workshops already booked covering a number of diverse subjects. We also have a special events co-ordinator who has some very exciting plans for different events our members can become involved in starting with a great idea for World Reflexology Week which the committee is finalising at present. Stay tuned for further developments.

Samantha Langridge



SOUTH AUSTRALIA

Welcome everyone to another year of Reflexology. We have lots of new faces on our SA Committee and have said goodbye to some old faces. Hoping we come up with new ideas.

Emma is going to present a Metamorphic Workshop on 11–12th September. We are all looking forward to seeing Emma and learning new skills.

On 25th July I was on a committee bringing our first 'Tariara Healthy Living Expo' to our town and surrounding areas. We had 23 sites of alternative themes and therapies. I was so proud to be able to have our National Banner on the stage for all to

see, promoting Reflexology. Just an advantage of being on the committee. We had a continual stream of people from 10am–4pm.

My how things have changed. People are changing—isn't it good?.

I gave a 15 min Reflexology experience all day and was so proud to be able to share this great therapy.

Hope all States have a rewarding year.

Margaret Rowett



FOOTPRINTS JOURNAL

ISSN 1039-2092

Published by the Reflexology Association of Australia, Limited

Guide to contributors

Contributions of articles, case studies, book reviews, personal experiences and letters to the Editor are welcome. The following guidelines will help make the editing and publishing process easier for all:

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@mallesons.com) 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.
5. Any graphics, diagrams, graphs or photographs that are not the work of the author must be accompanied by written permission by the original author for their use in FootPrints.
6. If an article has been previously published, written permission from the author/other publication will be required. The Editor must be informed if an article is currently under consideration by another publication.
7. The Editor reserves the right to make alterations to or reject an article for publication. Where substantial changes have to be made, the Editor will show the final copy to the author, time permitting.
8. Advertisements are to be submitted as required size in PDF or EPS format.
9. Advertorials will not be accepted.

Advertising sizes and rates

| Display: | | Current price: |
|--------------|---------------------------|-----------------|
| Full page | 26 cm deep x 18 cm wide | \$250 per issue |
| Half page | 13 cm deep x 18 cm wide | \$137 per issue |
| Quarter page | 13 cm deep x 8.5 cm wide | \$75 per issue |
| Eighth page | 6.5 cm deep x 8.5 cm wide | \$50 per issue |

◆ All rates include GST

◆ Members of the Reflexology Association of Australia receive a 10% discount on the above rates only.

Inserts

| | |
|----------------------------|-----------------|
| Per A4 sheet to all States | \$250 |
| To an individual State | \$0.63 per copy |

FootPrints is distributed to approximately 1,100 members Australia-wide.

Advertising contacts:

General advertising—inside cover pages and inserts contact Judee Hawkins. **Email:** footprints@reflexology.org.au or **Mobile:** 0412 187 238.

FootPrints Editor

Jan Cullen

Mobile: 0417 283 203

Email: jan.cullen@mallesons.com

FootPrints Advertising & Subscriptions

Judee Hawkins

Mobile: 0412 187 238

Email: footprints@reflexology.org.au

Desktop Publisher

Margaret Clift

Phone: (02) 9858 2620

Email: margclift@gmail.com

Advertising policy

- ◆ As only a limited number of advertisements and inserts can be accepted it is advisable to book early.
- ◆ All advertisements including inserts must be booked in advance and copy provided to the Advertising Coordinator, Judee Hawkins. Mobile: 0412 187 238 Email: footprints@reflexology.org.au
- ◆ Payment must be received by the date shown on the tax invoice issued; otherwise the advertisement will not be printed.
- ◆ Display advertisements must be submitted by the copy deadline (see below).
- ◆ FootPrints is distributed at the end of the month of issue, i.e. March, June, September and December.

Copy deadlines

| | |
|------------------|------------|
| March issue: | February 1 |
| June issue: | May 1 |
| September Issue: | August 1 |
| December issue: | November 1 |

Get the most out of your CPT points

Extension Days & One-on-One training with Sue Ehinger



Combining Microsystems



Chinese Reflexology



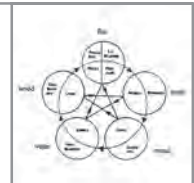
Auriculartherapy



Facial Reflexology



Using TCM with Reflexology



Maternity Reflexology



BOOK NOW for 'Using TCM with Reflexology' Nov 27 & 28, Sydney

Incorporating TCM into a reflexology session can be simple yet reward you with very positive results in your clinic.

Please see our website for case studies and course details.

The Australian School of
Reflexology
Postgraduate studies

For more information
phone 02 4976 3881 or visit:
www.reflexologyaustralia.com

The Reflexology Association of Australia

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

The Reflexology Association of Australia has been in existence since 1989, when it was first incorporated in Victoria and subsequently in all other states. As a national body, the Reflexology Association of Australia Limited was registered in July 2002 to further the aims and objectives of the Association, namely:

- ♦ To develop and promote an awareness and understanding of reflexology within the Australian community
- ♦ To represent the interests of the reflexology profession within the public and political arena
- ♦ To establish and maintain uniformity and high standards of training within Australia
- ♦ To maintain a high level of professional practice
- ♦ To serve and protect the needs of all members within the national structure
- ♦ To act as a central information and resource body for all members
- ♦ To act as an advisory body within the jurisdiction of the national body
- ♦ To promote co-operation with international reflexology bodies
- ♦ To establish and maintain relevant national databases of practitioners
- ♦ To provide ongoing professional development for members and a supportive network for reflexologists
- ♦ To promote research and development which support reflexology

The national magazine “FootPrints” is published quarterly. It keeps members informed about developments in the field of reflexology both nationally and internationally, and provides a platform for their news and views.

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) and has a referral phone service (1300 733 711) for members of the public who wish to consult a qualified practitioner.