



# FootPrints

The Journal of the Reflexology Association of Australia

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JUNE 2010



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Three hands are shown in a circular arrangement, palms facing inward, framing the central text. The hands are rendered in a grayscale, semi-transparent style.

# A holistic approach to your insurance

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## From the President's desk...



Hi everyone!

The Board met in Sydney at the end of March and spent three days nutting out business for us all.

Perhaps one of the decisions to have the biggest immediate impact on us is that the Board decided not to raise the fees by the CPI this year. This is due to the fact that we are currently in a very healthy financial position. The policy regarding annual fees has been rewritten so that the Board has that leeway in its decision making regarding the fees. Part of the reason for our healthy state is that we have spent very little on products such as receipt books and brochures recently. This situation obviously fluxes so that we can keep supplies steady.

Another huge topic we discussed was membership levels. We are currently keeping all as it is, with no changes. The main difficulty we have is that our constitutional criteria for Professional Membership is Cert IV in Reflexology and the health funds now require individuals to have the Diploma in order to be eligible for a provider number. A lot of discussion took place on the topic of educational levels and whether we have the right mix for the Association. This is a very vexed question for us as, on the one hand, we wish to be acceptable to mainstream health (a push by members) and, on the other hand, we wish to keep our autonomy and, more importantly, our art intact. There has been considerable dissatisfaction with the Diploma of Reflexology in relation to its cost and its content. We are considering many options at present and would welcome comments from members on this. Please direct all comments to Anne Young and to Kim Rusten and Heather Edwards. We will continue to discuss this and we invite input from members.

There is a detailed report on the inter-associations meetings held in March in the general Board Report to be delivered at the ABMs in May. If you have any questions, please direct them to your state Director.

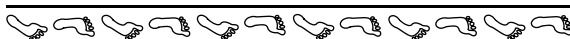
Don't forget to register for the National Conference. The first RAoA research project data will be presented then—very exciting for all involved.

Life is so exciting! WA has enough members to qualify for a second Director according to the constitution. Congratulations WA!

I will close off by reminding us all of what a great volunteer team we have in the RAoA working both at state level and nationally. My thanks to all for the fabulous work you all do. It's wonderful to see what can be achieved when the heart is pure. It's a great life—treasure it!

Best wishes

Anne Young  
President



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**June 2010**

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**This issue:** Front cover created by Margaret Clift.

# REFLEXOLOGY ASSOCIATION OF AUSTRALIA LIMITED

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

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## Association Awards

	Life Membership	Outstanding achievements
<b>NSW</b>	Sue Ehinger Graeme Murray Cherel-Sue Waters	Joan Harwood Ronda Mackay Judee Hawkins 2009 Ann Jooste Jacobs 2009 Misha Frankel 2010
<b>QLD</b>	Heather Edwards Sharon Stathis Tissa Hennig Joan Boardman Smith	Don Stretton Julie Bidwell Jan Williams Glenda Hodge Ian Gilbert Miranda Mann Irene Bull Patricia Maclean Margaret Coventy 2008 Catherine Lee 2008 David Wong 2008 Claire Siertsema 2009 Jan Kiss 2009
<b>SA</b>	Joyce Lockett Rosemary Urban (deceased)	Suzanne Pfitzner Susan Jean Ramsey 2006 James Flaxman 2008
<b>TAS</b>	Pamela Skeggs Dianne Yaxley	Gaylene Webb Vicki Delpero
<b>VIC</b>	Dee Leamon Carol McBain Josie Magazzu (deceased) Marion Bond Trevor Steele (posthumously) Emma Gierschick	Natalie Baker Samantha Landridge Karen Fothergill  Marion Bond
<b>WA</b>	Keith Solomon Brigitte Johnson Lynn Hatswell	Patrica Bell Flora Toft Gladys Duncan Chris Aubrey Des Bradley Lis Anderson Maried Spooner 2008 Catherine Chandler 2008

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

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

### 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.

# Crystals and the feet

by Apple Blossom (A. Phillips)

Crystals are one of the most natural forms found on our Earth. They are a precious gift which we should all embrace. Over the years, man has recognized the energy which radiates in and around crystals and their individual healing properties. Below I have listed crystals which are wonderful in the treatment of feet.

## APOPHYLLITE

Clear white, green or yellow hues. Pyramid like clusters.

Ever wanted to try such a challenging adventure such as fire walking? Then use Apophyllite to help you reach a sound meditative state of mind. This will help one to have the courage and control needed during fire walking. The most important aspect of this stone is that it provides a cool energy around the feet—helping to alleviate the after affects of treading over hot coals.

## BRECCIATED JASPER

A combination of Jasper mixed with Hematite properties. Red, brown, yellow, green, blue or purple colouring.

Simply put, this stone helps to keep your feet on the ground, connecting you to the foundation of Mother Earth.

## CORNETITE, FERSMANNITE, FOSSIL & HEULANDITE

Various shapes and colours.

All these stones assist with alleviating problems associated with disorders of the feet. For example, arthritis, plantar fasciitis, bunions, swelling and other podiatry conditions.

## ONYX & PIETERSITE

Onyx comes mainly in shades of black and grey tumbled polished stones. Pietersite is blue/black formed in crystallized masses.

Both these stones provide a healing affect on the feet, helping the body to find a state of homeostasis to begin the natural healing process.

## PECTOLITE

Blue, red, green or white needle-like shaped groupings.

Helps to identify the meaning of painful spots on the feet in relation to what area of the body may be affected. If we look at a painful spine reflex on the foot, it may mean there is an underlying problem within the nervous system. Pectolite also helps to open acupressure and acupuncture meridians at the feet.

## SARCOLITE

Light pink hues in small tetragonal crystal shapes.

For a foot bath made in heaven, add this stone to the water while you soak your sore and tired feet. Every Reflexologist should have Sarcolite! It also stimulates the meridians of the feet, assisting healing.

## SCHEELITE

White, yellow, red, green, purple or orange hues. Shape varies.

Scheelite helps to lessen blockages in nerves, to allow for improved circulation throughout the body. This process provides a better supply of blood to the muscles of the feet.

## STRENGITE

Violet red. Shape varies.

It is believed we all have seven major energy centers situated within our body called chakras. They are often described as spinning vortices, wheels of light or like petals which open and close. Each performs a specific function. As well as these major chakras, we also find minor ones, such as those found at the feet. Strengite can be used to help activate the feet chakras, while also aligning the associated meridians.

## SMOKY QUARTZ

Grey to black quartz crystal forms.

One of the best stones for grounding! It grounds the energy of the base (root) chakra with that of the Earth chakra situated beneath your feet. Use this stone to make this link stronger and to activate the minor chakras found in the feet.

## SUNSTONE

Orange and reddy brown tumbled stones.

Suffer from aching and rheumatic feet? Then try using a piece of Sunstone. Its energy is warm like that of the Sun, providing healing to ease pain and discomfort.

Ways to incorporate the above crystals into a Reflexology session:

- ◆ Add to foot baths
- ◆ Use as a massage tool
- ◆ Place near bottom of feet
- ◆ Use wand form to direct healing energy
- ◆ Allow client to roll feet over stones

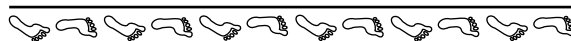


**NOTE:** Please stop use of crystals during treatment should the client begin trembling, sweating, feel disorientated or become overly chilly.

For more info:

Love is in the Earth – Melody – 1995  
Crystal Bible – Judy Hall – 2003  
Crystal Awareness – Catherine Bowman – 1997  
Crystals & crystal healing – Simon Lilly – 1998

Amanda is a Reflexologist, with a diploma in crystal healing.



# A Tour of the RAoA Website: Accent on Research

Miranda Mann & the Research Committee

Recently, I had the opportunity to fully explore the RAoA website. I had attended a Research Committee meeting which meets regularly and was welcomed as an RAoA member with an interest in research. With enthusiasm rekindled, I volunteered to help find information for a handout, to be available for Ageing and Retirement Expos.

The first step was a visit to [www.reflexology.org.au](http://www.reflexology.org.au). As I hadn't fully checked out the updated website as an online member before, I perused the site and was pleasantly surprised at the ease of finding my way around. I soon reacquainted and updated myself with all the relevant aspects of reflexology practice. This included being able to register and pay insurance online. A quick run through the current Reflexology Training Colleges, and I realised that Certificate IV is being phased out, and the need to keep up my registration was reinforced! The website is also 'user friendly' to site newcomers, with a listing of practitioners and easy to understand background information about, and benefits of, reflexology outlined under MODERN PRACTICE.

## SEARCHING FOR INFORMATION

A search for information relevant to aged care produced the following useful headings:

HISTORY had a good concise account of how reflexology has evolved.

FOOTPRINTS MAGAZINE had 2 listed articles of relevance on headaches and stress.

In NEWS AND RESEARCH, there were more recent articles, including a large Danish study on the effectiveness of reflexology for treating headaches.

A 'zoom' in on the brochure under MERCHANDISE and the techniques and benefits were explained.

An abstract from a linked website under RESEARCH HIGHLIGHTS yielded an informative account of an English study on managing anxiety in the elderly with reflexology.

The subheadings under RESEARCH include SEARCHING FOR DATA section which provided a useful "Key List," to use when exploring topics in the FOOTPRINTS INDEX and/or RESEARCH FINDER. Luckily, for members, all articles in Reflexology Journals may be sourced with a phone call or email [research@reflexology.org.au](mailto:research@reflexology.org.au) to the research committee as are many of the articles listed in the 'Research finder'.

I found to my dilemma that apart from this useful resource, the reflexology related material on the internet is more difficult to access due to copyright and most often less specific to reflexology. With anything further than abstracts, and even for these, payment is required either for the article or to register/subscribe to relevant websites. The RAoA site is the better way to look for reflexology related research information.

In the meantime, on a lighter note! and HIGHLY RECOMMENDED, is a visit to the RAoA website and a check on the CONFERENCE DETAILS. If you haven't already done so, watch the DVD. It's brilliant and such a treat! If I wasn't living in Queensland, I would definitely want to pay a visit!

**If anyone finds a good article regarding the effects of reflexology please forward it to the research committee for submission to the web site.**



The year seems to be flying by and the National Conference is fast approaching. If you haven't already booked your place, please remember to do so. Conference details are in this edition of FootPrints.

We need new inspiration for the front covers of upcoming editions, so if you are out and about and see something that you think would look good on the cover of FootPrints, take a photo and send it to me. However, we need quality photos and, unfortunately, photos taken with a phone camera are unlikely to reproduce very well on the cover of FootPrints.

Photos need to be taken with a camera which is set to take 'large' or 'highest quality' photos. The photo then needs to be saved onto a computer without compressing the photo and without telling the computer that you want to email the photo. The photo then needs to be



## Editor's corner

attached to an email—again, without compressing it and without telling the computer that you want to email the photo. If the photo has been saved and attached to

an email properly, then only one or two photos will be able to be emailed at a time because the photo file size should be large. Please don't despair about the above instructions—just call me if you need assistance.

I would like to remind our readers that the Advertising/Subscriptions/Accounts Co-ordinator and myself are volunteers. We work hard to make sure you are supplied with an interesting and informative journal. We always welcome constructive criticism and members' views on what they would like to see in the journal. However, we will not tolerate personal insults and what I deem to be verbal abuse. Complaints of this nature are sent directly to the Board.

Jan Culler

# The power of .... touch

by Judee Hawkins

We all have the age-old instinct to rub a painful area and the immediate sensation produced by this action gives us a feeling of comfort and well being. Modern research has revealed aspects of touch and touch-based therapies give validity and new insights into this ancient wisdom and practice.

Touch must be one of the most fundamental senses to our well-being. We tend to reach out unconsciously to touch new things—touch is one of the first senses a baby has, and a child's first introduction to the world presents many different new objects and textures to touch. This sense offers vital contact between child and parent and is crucial to developing relationships and learning.

Humans are, by nature, intimately related to each other and their environment by a sense of touch.

The ability to feel and discover the world around us can give the blind or visually impaired 'eyes' in the fingers and it is often said that blind practitioners of touch-related therapies often make the best therapists.

Touch is such a vital sense that vast areas of the brain are solely devoted to the integration of touch messages with other brain areas associated with emotions, memories and imagination.

It is interesting to note that beneficial effects can be felt by the giver as well as the receiver but this aspect is often overlooked, with the focus of interest being on the recipient rather than the giver.

Whatever age or life stage we are at, touch as a form of communication is necessary. We use it every day to greet people, to show people that we love them and to soothe and care for those who have fallen ill. Without touch we feel isolated, alone and insecure and even the briefest touch can help lift our spirits.

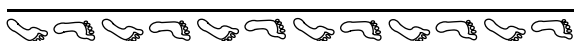
## Physical effects of touch

The very action of touching another person connects you to that person's energy field. Research at the Institute of Neurology in Britain has shown that receiving touch from another stimulates the brain far more than if you were to touch yourself.

Treatment can be simply laying on of hands. The power of touch is greatly underestimated. It is not unusual to see people unconsciously drop their tense shoulders simply by placing a hand on the shoulder or back.

## Emotional effects of touch

There is no doubt that our emotional outlook is altered when we are touched. It is no coincidence that people tend to open up and discuss personal and emotional problems. Some people may even release quite powerful emotions through laughter or tears. Therefore, the overall effect of touch is both a mental and physical therapy.



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# EFT and Reflexology

by Deirdre Brocklebank

The connection between reflexology and the meridians has been well established and documented. Some excellent references are 'The Art of Reflexology' by Inge Dougans and 'Chi-Reflexology - Guidelines for the Middle Way' by Moss Arnold. The nexus for the link between reflexology and acupuncture is the concept of energy channels (meridians) that is pivotal to both these practices. Both act on the premise that this vital energy, considered the foundation of health, traverses the body in exact and orderly patterns. Both practices assert that illness or pain is caused by blockages within these energy channels and both work holistically to restore the body's own healing potential.

As all reflexologists know, the effects engendered by stimulating the feet are attributed, in part, to stimulating the reflexes which represent a perfect microcosm of the body on the feet. Effects are also due to stimulating the six meridians in the feet. These meridians penetrate the major organs of the body. Consequently, the stimulation facilitates clearing blockages along meridians and encourages the vital body energy to flow unimpeded. By incorporating this knowledge into the practice of reflexology, one is able to correct energy imbalances through regular reflexology treatments together with advice on lifestyle factors that contribute to them.

I have found that this knowledge about meridians can also be extended to the application of the Emotional Freedom Techniques (EFT) with reflexology. I am a practising reflexologist and I have been using EFT for about eight years, either on its own or in a session including reflexology. I may also apply other modalities including Theta Healing, Pranic Healing and Reference Point Therapy depending on the client's needs. I also use Bush Flower Essences and I am currently looking at the potential for healing offered by essential oils.

For those who don't know, EFT is a meridian energy therapy and it is highly effective for resolving negative emotions such as anger, grief, fear, guilt, stress, jealousy and depression and it can also reduce physical pain. It can also be applied to 'feeling stuck', energy and motivation, attracting abundance and enhancing performance in work, sports and creative pursuits.

The premise on which EFT is based is that emotional distress is due to a disruption in the meridian energy system and this can give rise to physical as well as emotional symptoms. EFT balances the disrupted meridians by tapping into the system through specific acupuncture points. This assists in releasing stress from both the body and mind (conscious and subconscious), as the meridian system communicates with every organ and physiological system in the body.

EFT and reflexology have worked well together for the benefit of my clients as they are both holistic, meridian based touch therapies which recognise the mind/body connection. The mind/body connection is particularly obvious when doing EFT as physical pains which manifest during a session can often be quickly resolved by tapping for the physical pain itself and/or for the emotions

associated with the pain. For example, one of my clients had been suffering from sharp pain in her left shoulder and while doing EFT she realised that the pain intensified when she was thinking of or talking about her mother. Once she addressed the issues around herself and her mother the pain disappeared and did not reappear in future sessions of EFT with her.

I also noticed that the previously mentioned client, like many of my other clients who had been dealing with physical pain plus very intense emotional issues, obtained a very deep sense of wellbeing and peace from the reflexology following the EFT in the same session. I believe that the benefits of the reflexology for those clients were enhanced by the EFT work before it. This is supported from the feedback from a colleague after she attended one of my EFT workshops. She used the technique on two clients and she told me that 'both seemed to feel a lot calmer afterwards'. One of them even went to sleep during the ensuing reflexology, which is quite unusual for her, as damage to her lower back usually starts her right leg jumping after a while, and we have to do VRT to finish.' [VRT – (Vertical Reflex Therapy) is applied while the person being treated is standing, or at least putting pressure on their feet or hands.]

Sometimes my clients may feel very tired after EFT particularly if they have resolved and let go of very deep emotional issues. I have found that they can be significantly re-energised by the reflexology following the EFT in the same session.

EFT can be effectively applied during a reflexology treatment to clear very tender reflexes. For example, a client's kidney reflexes were very tender and she said that she felt afraid. We had been dealing with issues of fear earlier in the same session using EFT and so I asked her to think of those issues while she tapped on her Collar Bone points (K 27), while I worked the kidney reflexes in her feet. The tension cleared almost immediately from the reflexes. She then developed a pain in her actual spleen. I asked her to tap the Under Eye points (St 1) while I worked the spleen reflex in her foot. NB I was applying the principle of partner organs and the stomach is the partner organ to the spleen. Again the pain cleared almost immediately.

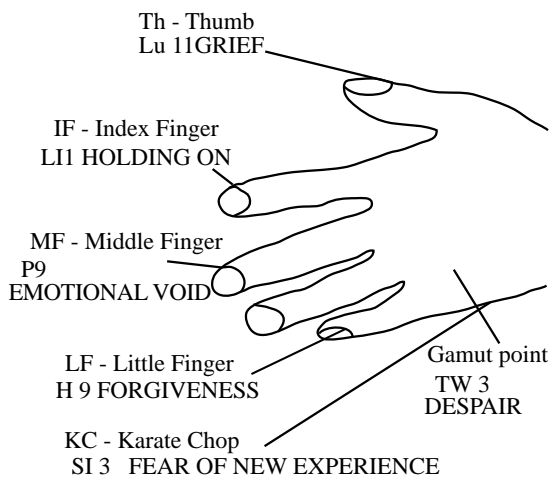
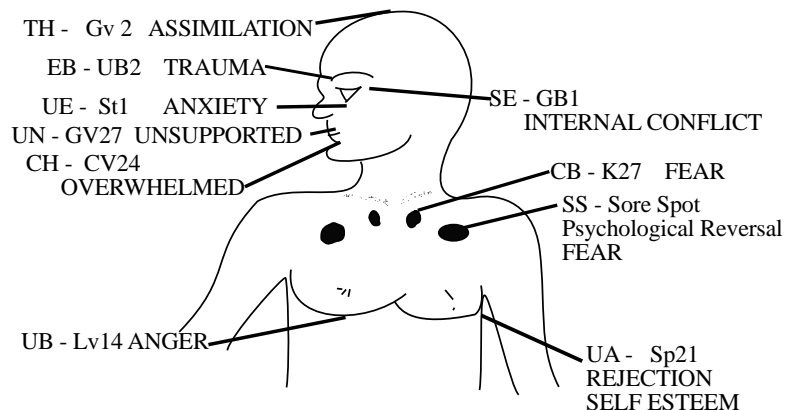
Reflexologists apply their techniques to the hands as well as to the ears and feet. EFT also utilises acupuncture points on the hand meridians in addition to acupuncture points on the body and face. These acupuncture points are associated with key emotions according to kinesiology and principles of Chinese medicine. Refer to the following diagrams. NB I am still exploring the potential for applying EFT points on the hands with reflexology. This could include the client tapping or holding their hand points while I work their corresponding foot reflexes. For example, they could tap the Thumb point (Th) on the side of their thumb nail (LU 11) while I work their lung reflex for emotional and/or physical lung related conditions.

*Continued on page 7*

# Reflexology Association of Australia

EFT and Reflexology  
Continued from page 6

## MERIDIANS TAPPING POINTS LOCATIONS



With the exception of the points on the Governing and Central channels, all the EFT tapping (acupuncture) points in the head and body are on meridians that also go through the feet. I have, therefore, been exploring during a reflexology treatment, either tapping or holding the points on the feet which are on those meridians.

For example, I have had clients tap or hold the Eye Brow (EB) points on the Urinary Bladder (UB) meridians while I tap or hold UB 67 on the lateral side of their small toe nails. The Side of the Eye (SE) point is on the Gall Bladder (GB) meridian so I tap or hold GB 44 on the lateral side of their fourth toe nails. The Under Eye (UE) point is on the Stomach (St) meridian so I tap or hold St 45 on the lateral side of their second toe nails. Refer to Table 1.

The potential for this approach was demonstrated to me when I applied it with a particular client who became very emotional during seated reflexology while she was thinking about her step father. He was dying at the time and she was deeply affected by this. Even though we had done some EFT tapping on this issue before the reflexology, it was obviously still an intensely emotional issue for her. I asked her to tap the EFT points on her

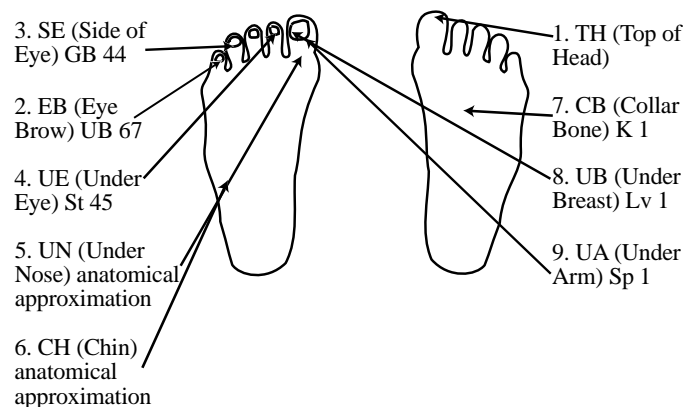
face and body while focussing on her step father's condition. As she did that I held each of the equivalent points on the feet as indicated above. She found that she quickly became calmer and felt a lot better after one round of the EFT combined with me holding her meridian points in her feet.

As previously mentioned, the acupuncture points on the feet are on the actual meridians and don't, therefore, necessarily correspond to the anatomical positions of the EFT points on the face and body. For example, the Under Arm (UA) point is actually on the spleen meridian so I held the Sp1 acupuncture point located medially on the big toe rather than the anatomical under arm equivalent. Likewise, the Under Breast (UB) point is on the liver meridian so I held the Lv1 acupuncture point located laterally on the big toe rather than the anatomical equivalent.

As also mentioned previously, the Governing and Central vessels are only located in the trunk and head and so there are no corresponding meridian points in the feet to these points. However, I have found it very interesting that on several occasions when clients have been experiencing strong emotions during seated reflexology,

TABLE 1

	Vessels	E.F.T points	Emotions
	Central (REN)	CH	Overwhelmed
	Governing (DU 20)	TH	Assimilation
	Governing (DU)	UN	Unsupported
	<b>Meridians</b>	<b>E.F.T points</b>	<b>Emotions</b>
	Lung	Th	Grief
	Large Intestine	IF	Holding On
	Stomach	UE	Anxiety
	Spleen	UA	Rejection
	Heart	LF	Forgiveness
	Small Intestine	KC	Fear new experience
	Urinary Bladder	EB	Trauma
	Kidney	CB	Fear
	Pericardium	MF	Emotional void
	Triple Warmer	Gamut	Despair
	Gall Bladder	SE	Internal conflict
	Liver	UB	Anger



Continued on page 8

that tapping the top of the big toes (which equates with the Top of Head point—Governing 20), is very powerful and calming. One good example of this was with a client who became very emotional while I was holding the Lumbar 5 point with the knee/leg/hip/lower back point in precision reflexology. She recalled in detail her rape when she was 16. She talked about the event while tapping on her TH to KC points on her face, body and hands. I alternated between holding the K1 (Solar Plexus) points bimanually and tapping the TH point equivalent on the top of the big toes, also bimanually. She felt a release in the tension that she had been feeling in her bowels and considered that it had an emotional rather than a physical cause. She had told me when she arrived for the treatment that she thought the discomfort was due to a gastric upset.

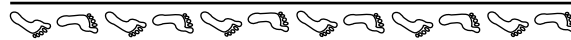
Sharon Strathis has kindly informed me since I first wrote this article: *'It is interesting to note that you mention tapping the top of the big toes. In the Ayurvedic system, this is where two major nadis (energy channels) have their apertures to the exterior. Working these nadis has a profound effect on the movement of energy (prana/chi) on the associated side of the body. The apertures are also located at the tip of the thumbs close to the nails.'*

I may also tap across or hold below the nail on the dorsal aspect of the big toe for an approximate, anatomical equivalent for the under nose and chin points which are on the Governing and Central vessels respectively. The associated main emotions are feeling unsupported on the Under Nose (UN) and feeling overwhelmed on the Chin (CH) points

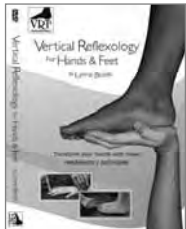
I have also found EFT to be very effective if a client applies it to themselves when I am giving them VRT. For example, one client had a very sore right knee and lower back. Her knee/leg/hip/lower back reflexes on both her feet were very tender. I worked these reflexes as she focussed on the discomfort in these reflexes as well as in her actual knee and lower back, while she tapped on the SE (gall bladder meridian point) alternatively with the EB (urinary bladder meridian point). I asked the client to tap these points as they are on the meridians that pass through the areas which were painful in her body. The tension in the reflexes cleared very quickly as did the actual physical pain in her knee (lateral side) and also in her lower back.

I am continuing to explore the potential for healing which is offered through reflexology and the other modalities that I use for the best outcome for my clients, while having F.U.N. (Freeing Unwanted Negativity) as I do this.

Deirdre Brocklebank  
BA, Diploma of Reflexology, Diploma of Facial Reflexology,  
Cert IV in Assessment and Workplace Training, EFT  
Practitioner and teacher, Theta practitioner



## Press Release



### Vertical Reflexology for Hands and Feet DVD by Lynne Booth

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*"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:**

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**[www.boothvrt.com](http://www.boothvrt.com) —Home page includes film montage of DVD excerpts**

# Stroke of patience

by Natasha Acott PM RAoA

The below detailed stroke client, contacted me shortly after Christmas after reading an article about how beneficial foot reflexology can be in the case of stroke patients.

After having completed the full Facial Reflexology Diploma with Lone Sorenson last year, and becoming aware, from her experiences of how beneficial it can be to treat the face in cases of brain related issues, I thought this might be an excellent opportunity to try it out.

My stroke client (lets call her D for confidentiality purposes), had a stroke in her right fronto-parietal region in 2004. Two weeks later she had another stroke, and two weeks after that she had an insertion of right parieto-occipital V-P Shunt (as her brain cannot drain fluid back into the body. This shunt assists the body in draining adequate fluid away from her brain when she is in a vertical state, and this flows down and into her abdomen).

D's entire left side has severe numbness and floppyness, toes are also tightened and clawed and there is very little sensation in limbs and extremities. Severe cramping in left hand and foot happens from time to time.

Since onset of these strokes, she has had visual problems—she has restricted outer vision.

Her jaw-line has changed considerably (her bite is out), thereby changing the shape of her whole face. There is a slight droopiness still apparent on the right side of her face.

Incontinence is also an ongoing symptom since her stroke.

Poor quality sleep is a nightly occurrence, as D must wake and get up often to go to toilet.

Anxiety attacks when out in public are the norm, as she fears for something to hold onto and of falling down. She cannot get up if she falls.

Prior to her first stroke in 2004, Diane had been doing regular yoga for 20 years and had a private teacher. She also walked 1 hour per day to and from work.

Diane is a non-smoker and drinks alcohol 1x per week.

## AIM OF TREATMENT

To relax and nourish the sympathetic nervous system, along with attempting to bring more sensation and restore freer movement to her entire left side of the body (esp. upper and lower limbs).

### Findings following initial facial reflexology treatment:

D was happy to try out the facial therapy.

I found the 'Biggest Deposit (Grade 5)' as a large round hard lump over her RIGHT GALLBLADDER in step 2 (South American map) of diagnosis.

### This is my base treatment plan using Facial Reflexology:

Steps 1-6

Intestinal link after step 3- (HO)

N points for frontal 106-26

N points for Occipital 365 - 8

N points for Parietal lobe 365 - 50

Yamamoto - Pelvic, arms and eyes.

Cranial lines and points—Yellow (for frontal = movement)

Step 7

Client felt slight tingling on her left side during first treatment and was able to stretch out left hand better (only with help) following treatment. Feelings of calm and lowered anxiety were immediately noted and remained for 1–2 days following treatment.

D felt extremely comfortable with the Facial Reflexology, hence committing to a more intensive treatment plan of 2x treatments per week for 5 weeks.

The above treatment plan is followed exactly in each treatment session. Duration of each treatment is approx. 1 hour.



## CONCLUSION of stage 1

client undertook 2 sessions p/wk

- ◆ Reduction of anxiety—progressively improving throughout duration of treatments
- ◆ More recurrent muscle aches in right and especially left sides
- ◆ Eyes clear/brightening
- ◆ No ear-ache as previously experienced
- ◆ A deeper quality sleep described by client—only waking 1x per night
- ◆ More confidence with walking/general balance—steady improvement
- ◆ Taken up a Meditation group—regularly
- ◆ Bladder control improved through night from 3–4 times to 1–2
- ◆ Walking around block—1–2 times on a weekend, plus during the week with carer.
- ◆ Comment received of face looking bright
- ◆ Comment received by daughter of notable voice improvement/strength/clarity over telephone
- ◆ General improvement in mental state, sleep pattern, balance and bladder control
- ◆ Left hand is opening up (only with help from D)
- ◆ Foot no longer 'freezes' at all—no cramping in hand or foot as previous

Due to the 6 year gap since onset of stroke to the present time, the healing is expected to take a considerably longer time. The Yamamoto method, taught by Lone in the second part of Facial Reflexology, explains how crucial it is that this work be carried out as soon as possible

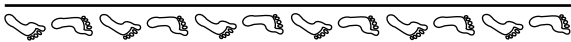
Continued on page 10

Stroke of Patience  
Continued from page 9

following such a stroke onset. Therefore, considering the odds are stacked up, I am satisfied that the subtle changes already experienced by D are a small success.

After 8 treatments, it appeared that a real healing crisis was beginning to take effect with the initial 'euphoria' as described by client, now sinking and more achiness in limbs (esp left side) and fatigue, settling in.

However, I have presented this case study to display 'patience' and how much of it we, as therapists, need to provide consistency and ongoing support to our clients in cases such as this. Months and months of accurate and unswerving work with this client are in store, but I am sure, with a therapy such as Facial Reflexology, that subtle results are already a super start. 🙏



*'Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around'.*

*Leo Buscaglia.*

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# 'Reflexology—Celebrating Research'

This is your Conference in 2010

by Kate McKnight, Conference Chairperson

The Reflexology Association of Australia can look forward to another exciting conference which is now in clear view on the reflexology calendar. The theme is *Reflexology—Celebrating Research* which aims to look at the direction of reflexology and its journey through the eyes of practitioners and researchers alike. The conference is being held in the beautiful city of Brisbane on 15–17 October 2010. Queensland welcomes you to the conference for a weekend of shared inspiration.

## How it all began

On March 2, 2009 a small group of reflexologists gathered to discuss the future directions of reflexology and the themes we wished to explore for the approaching conference. Research was an area that seemed most timely for reflexology. This idea has proven to be insightful because research is something that now seems to be on everyone's minds within all areas of preventative healthcare.

Examining research and what it means from many different viewpoints seemed an exciting concept for reflexology and for the Association. What a meeting our first gathering turned out to be! It was very clear from its embryonic beginnings that this conference was going to be something out of the box. A very keen team with innovative ideas quickly emerged. Despite the collective apprehension our small group felt about what lay ahead of us, we all held a firm desire to collectively create a conference that focused upon reflexology's next journey. We also wished to include practical experiences that would be fun, inclusive and inspiring.

Once our objectives were clear, our small group took on many tasks to set the process in motion. Several months passed and our group swelled only slightly. We juggled many duties and have all been wearing many hats to make the conference happen.

## E-mail information and registration—the first step in conference communications

Information and registration have been made available through the Conference Overview via e-mail and via the RAOA website. A conference PowerPoint slideshow was also produced to deliver more details about the presenters and their topics. Since January the conference publicity machine has been producing a wealth of information that is very easy to access. Our aim is very clear and focuses on those we would like to see attend this conference ... *you!*

## The electronic age

The aim of utilising technology means making the most of what is literally available at our fingertips. Electronic communication was a decision about being environmentally friendly too. Connecting online keeps us totally immediate and available at all times, along with keeping paper wastage to an absolute minimum. Going green is the way for the future and it is a responsibility that we all must share together.

## Making the Connection

Bringing people together for a true connection and a shared purpose at a conference event is something that takes time and organisation. It is a process of building and planning for positive relationships long before we meet!

The process of sharing the 2010 conference with RAOA members began with conference newsletters. These were delivered by e-mail and also posted on the RAOA website, a bit like a conference blog.

This was the first step in marketing and communication. Brisbane Association members were the first to receive conference online newsletters when planning commenced in March 2009. Once the conference was officially launched in Brisbane and then later at the AGM in Melbourne, the online newsletters became a national initiative heralding news and information about conference developments to all RAOA members around Australia.

This was not done on a whim. It was a new idea that needed approval from the Board and, thankfully, the Board saw the merit in the ideas and solutions put forward to make it all happen!

Including everyone through e-mails, PowerPoint slide shows and the web means that all Association members have an opportunity to become part of this event together even before it begins! A shared experience is a lasting one.

## Presentations

The presentations really do have something for everyone. The conference will explore research from very different viewpoints and experiences. Together we will look to the future and the importance of being involved in reflexology at this very point in time. This is really exciting!

Music will also feature as an important part of this conference. Many of us work with music within our practices as part of the treatment experiences we offer, so the inclusion of music seemed to fit with our objectives in how it contributes to the health outcomes of our clients and ourselves!

We will learn about Padaveda known as 'knowledge of the feet', discover reflexology and Women's Business, explore reflexology as self care, and the fusion of Japanese reflexology—kansokho and Taiwanese reflexology.

We also hope to hear about evidence-based results from our very own RAOA research project currently being conducted within the Reflexology Association by RAOA practitioners. These are just some examples of the varied topics that will certainly contain something for everyone.

Continued on page 12

2010 Conference update  
Continued from page 11

### Conference Program

Along with a host of fabulous presenters, the social functions are also very much part of the weekend and we hope to see everyone join in these events with gusto! The Welcome Reception will be a wonderful evening and will include a Welcome to Country performed by indigenous Elder Dr. Robert Anderson.

On Saturday evening the Footloose Celebration Dinner is going to be a wonderful evening to kick back and enjoy. This event is going to be a lot of fun, fabulous food, entertainment, live music and opportunity for dancing. The Theme is Rock 'n' Roll for some toe tapping and happening moves on the dance floor!

### When to register?

My advice is to send in your registration application form and payment now. Queensland is a popular travel destination and many from near and far may elect to combine their holidays with this conference. The early bird special concludes on June 30th so if you wish to take advantage of this discount, then the time to send in your registration is now.

### Planning

The strength of the RAoA lies within the members who volunteer to keep things running year after year. A day will come when volunteers will be hard to find and indeed this is happening already as our expanding busy lifestyles tend to be hinting at the inevitable. However, for the time

being, volunteers continue to hold up the Association. Building a conference simply would not happen without them.

### Now we are set to go, all we need is you!

Conferences are about different things for different people. A conference can be an opportunity to reignite your passion for reflexology or pave the way to spark ideas and interests in something completely new. For those struggling to collect CPT points the conference provides an opportunity to gather an entire year's worth of points in just one weekend. Most of all this conference is an opportunity for self development and shared experiences with your fellow practitioners.

We can't wait to see you in Brisbane on 15–17 October 2010 for 'Reflexology—Celebrating Research'. Join us for the celebration!

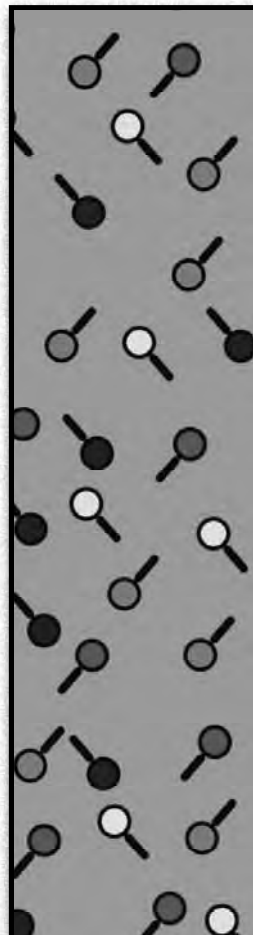
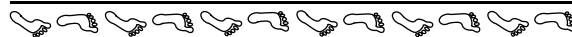
### Questions

Do you have any questions? Visit the conference page on the RAoA website, or contact me on the e-mail below, or call the conference hotline.

E-mail: [2010brisbaneconference@reflexology.org.au](mailto:2010brisbaneconference@reflexology.org.au)

Phone: 0403 277 823

Kate McKnight  
Diploma Reflexology  
Reiki Master  
Cert IV Massage  
Associate Dip Social Science



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Conference registration now available for download  
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# Attention Qualified Reflexologists

## How Footwear Affects Wellbeing

As a Reflexologist you may be aware of how footwear affects wellbeing. How does proper footwear align with the benefits provided through reflexology? According to Auckland University of Technology's (NZ) Head of Podiatry School, Dr Daniel Poratt, foot pain is often linked to poor posture. "Ill-fitting shoes cause people to alter their gait, or the way they walk, and place undue stress on feet," he says. "This throws your body out of alignment. A shoe that is too loose, for example, will cause your foot to roll in. This in turn loads your ankles and your knees, putting extra stress on them. Therefore, it is vital to wear comfortable shoes that are correctly fitted."

The Kumfs shoe brand is synonymous with both comfort and style and was founded by New Zealand podiatrists 60 years ago. Kumfs would like to present Reflexology members with the opportunity to receive some exclusive brochures twice a year.

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# Linking techniques around the spine

by Dorthe Krogsgaard and Peter Lund Frandsen, Denmark

**B**ack pain is one of the most widespread health problems with major costs for the individual as well as society. It has been estimated that 80 percent of the adult western population suffer from at least one incidence of back pain and 10 percent experience a period with chronic low back pain. (Archives of Internal Medicine Feb. 2009).

In December 2010 Dorthe Krogsgaard and Peter Lund Frandsen of Touchpoint, Denmark will be back in Australia to present their 'Round about: The Spine – Back Pain' and 'Round about: Stress' workshops.

Our approach to the treatment of back pain includes a wide palette of reflexology techniques. We work with spine reflexes from various reflexology traditions, we look at connections between the back and other parts of the musculoskeletal system and we bring in reflexes for specific muscles and joints. We also introduce Nerve reflex points (courtesy of MNT-NR International) which provide a rapid analgesic effect and relaxation of tense areas.

In this article we describe the concept of working with multiple reflexes simultaneously. By linking two reflex areas you can often achieve a faster and deeper treatment effect. Here we use back pain as an example.

## Linking of foot reflex and body area

Find the sore area on the back (in Figure 1, it is thoracic 10), and the equivalent reflex area on the foot. If there is acute pain, try to hold a gentle static pressure with the hand on the back, while treating the foot reflex with the other hand. This linking provides an additional energy exchange between the areas, while at the same time increasing the client's focus on the therapy.

You can vary the technique so that the static hold is on the foot reflex, while you massage the back. Or you can hold still in both places and let the energy flow do the work.



Figure 1

## Linking spine reflexes on the foot and lower leg

A fascinating technique is to treat the spine using two different reflex systems together. In this example (Figure 2) we combine a spine reflex on the lower leg (see box) with the classic spine reflex on the foot.

Again, you may choose to keep a steady grip on one place while you treat the other or vice versa, you can hold steady in both places, or you can even work both areas together.

By comparing the findings ( i.e. texture of the tissue, pain, moisture, etc.) from the two different reflex systems you often acquire useful information about the client's condition.

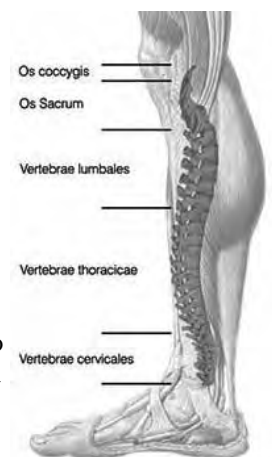


Figure 2

### Facts box – The spine reflex on the lower leg

This spine reflex on the lower leg was discovered by Swedish Karl-Axel Lind and is part in a reflex system where the lower legs and feet reflect the entire body. The feet correspond to the head and the body stretches up along the lower leg.

The spine reflex is situated on the medial edge of the Tibia (Shin bone). The medial malleolus corresponds to the first cervical vertebra (Atlas) and the tail bone is at the top of the Tibia just below the knee joint.



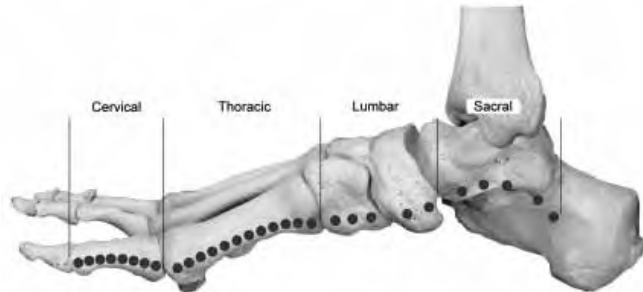
Spine reflex on the lower leg.

© Touchpoint and Medika Nova AB, Anna-Kaarina Lind, Finland

Continued on page 15

### Linking spinal nerve points to other reflexes

One can also exploit the fact that all nerves to the entire body (except the head) comes from the back. One way is to link reflex points for the spinal nerves with other reflex areas, such as organ reflexes or other reflexes that react with pain and/or tissue changes.



Picture 3 Nerve reflex points for the spinal nerves -  
© Touchpoint and MNT-NR International

These linking techniques can be used during the course of a normal reflexology session. It is natural to use them when you encounter a particularly congested reflex area, and/or if the client has many acute pains.

### Round about: The Spine

The workshop includes a wide variety of reflexology techniques, in addition to linking you learn nerve reflex points for the spinal nerves, precise reflexes for back muscles, treatment of the sacro-iliac joint, analysis and correction of posture and gait, assessment of spinal mobility, spine reflexes on the lower leg, and more.

Due to the central nervous system connections, an effective treatment of the back is also the gateway to the treatment of most other problems in the body.

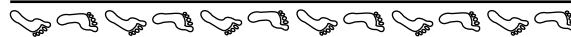
Dorthe Krogsgaard and Peter Lund Frandsen visit Australia again in December 2010 and have scheduled new workshops in Perth, Brisbane and Melbourne.

See more at [www.touchpoint.dk](http://www.touchpoint.dk)

### Facts box—The Spine

- ◆ the most central structure
- ◆ developed in the 3 week of gestation
- ◆ 24 vertebrae + the sacrum
- ◆ 77 joints (24 discs, 50 facet joints, 2 SI-joints, 1 joint between dens axis and atlas)
- ◆ a large number of ligaments
- ◆ 46 muscles (many of which consist of several sub muscles)
- ◆ 62 spinal nerves

*Linking T3 reflex on the lower leg with T3 reflex on the foot. From the DVD "Round about: The Spine"  
© Touchpoint 2010*



### 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.

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# Getting to know members of your Board

**Jan Dance**, Maternity Reflexologist & Tasmanian State Director

**A**dores being with family, her dog and sitting around a fire with good people. Loves easy gardening and getting lost in landscape painting and up-tempo music. Australian champion coxswain and rowing coach from 1972 to today. Drives a R56 turbo Mini Cooper S for medicinal purposes to test the adrenals. Indulgences are drinking Tasmanian fresh water, gulping Tassie air, embracing the sounds and sights of natural wilderness and dangling feet and a fishing line preferably together. Second to this an evening Aromatherapy candle lit spa, sipping aged port with duecto chocolates. She reluctantly attended Susanne Enzer's colour Reflexology workshop in 1993 is now an honorary Maternity Reflexologist teaching others how to create the 'uneventful' pregnancy and birth. Intent on doing more of the above and working with feet way after 2040. Greatest creations: Mark 26, Simon 24 and Gemma 20, building her own website and staying alive!



## Exciting Health Fund News

If your client is saying "my health fund doesn't cover Reflexology", go to the website [www.reflexology.org.au](http://www.reflexology.org.au).

Log in, click on "Healthfunds" in the left hand column. "Provider information (4 Articles)" appears, click to reveal the articles. The last option is a format letter to the Health funds that you can print off and give to clients to sign and send off to their fund. The letter requests the respective Health Fund to include Reflexology services as part of their health cover.

If you do have, or are aware of, a fund that doesn't cover reflexology, please contact Jenn Cooper on telephone 07 3396 9001 or Fax 07 3393 5468.



# Australian College of Chi-Reflexology

[www.chi-reflexology.com.au](http://www.chi-reflexology.com.au)

## Advanced Clinical Chi-Reflexology Training

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- Chi-Reflexology
- Sports Reflexology
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**Chi-Reflexology training now available in Western Australia**

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DVD also available**

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Principal  
P: 02 47 54 5500  
E: [info@chi-reflexology.com.au](mailto:info@chi-reflexology.com.au)

# CPT Education and World-Wide Conferences —Calendar of Events



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

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Judee Hawkins—[footprints@reflexology.org.au](mailto:footprints@reflexology.org.au)

2010	Presenter	Title	Location/Contact
26 June	Australian School of Reflexology	Facial Reflexology Revision	Sydney Contact Sue Ehinger— (02)4976-3881 <a href="mailto:sue@reflexologyaustralia.com">sue@reflexologyaustralia.com</a> <a href="http://www.reflexologyaustralia.com">www.reflexologyaustralia.com</a>
27 June	Australian School of Reflexology	Extension Day	Sydney Contact Sue Ehinger— (02)4976-3881 <a href="mailto:sue@reflexologyaustralia.com">sue@reflexologyaustralia.com</a> <a href="http://www.reflexologyaustralia.com">www.reflexologyaustralia.com</a>
3 July	Australian College of Chi-Reflexology	Spiritual/Crystal Reflexology	Springwood NSW Contact Moss Arnold—(02)4754-5500 <a href="http://www.chi-reflexology.com.au">www.chi-reflexology.com.au</a> <a href="mailto:moss.arnold@chi-reflexology.com.au">moss.arnold@chi-reflexology.com.au</a>
10–11 July	Bach Flower Institute	Level 2 Workshop Adelaide S.A.	Contact BachFlowerInstitute@mandp.com.au 1800 357 492 Venue: St Marks College, Adelaide
17–18 July	Australian College of Chi-Reflexology	Australian Bush Flower Essences & Chi-Reflexology	Springwood NSW Contact Moss Arnold—(02)4754-5500 <a href="http://www.chi-reflexology.com.au">www.chi-reflexology.com.au</a> <a href="mailto:moss.arnold@chi-reflexology.com.au">moss.arnold@chi-reflexology.com.au</a>
17–18 July	Bach Flower Institute	Level 2 Workshop Sydney	Contact BachFlowerInstitute@mandp.com.au 1800 357 492 Venue: North Sydney (Community College)
21–22 August	Australian School of Reflexology	Maternity Reflexology II	Sydney Contact Sue Ehinger— (02)4976-3881 <a href="mailto:sue@reflexologyaustralia.com">sue@reflexologyaustralia.com</a> <a href="http://www.reflexologyaustralia.com">www.reflexologyaustralia.com</a>
10–13 September	Australian School of Reflexology	Facial Reflexology I & II	Sydney Contact Sue Ehinger— (02)4976-3881 <a href="mailto:sue@reflexologyaustralia.com">sue@reflexologyaustralia.com</a> <a href="http://www.reflexologyaustralia.com">www.reflexologyaustralia.com</a>
18–19 September	Australian College of Chi-Reflexology	Maternity Reflexology	Springwood NSW Contact Moss Arnold—(02)4754-5500 <a href="http://www.chi-reflexology.com.au">www.chi-reflexology.com.au</a> <a href="mailto:moss.arnold@chi-reflexology.com.au">moss.arnold@chi-reflexology.com.au</a>
15–17 October	Reflexology Association of Australia	National Conference 'Reflexology Celebrating Research'	Holiday Inn, Brisbane, Queensland Contact Kate McKnight, Chairperson <a href="mailto:2010brisbaneconference@reflexology.org.au">2010brisbaneconference@reflexology.org.au</a> <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
16–17 October	Australian College of Chi-Reflexology	Biomechanics	Springwood NSW Contact Moss Arnold—(02)4754-5500 <a href="http://www.chi-reflexology.com.au">www.chi-reflexology.com.au</a> <a href="mailto:moss.arnold@chi-reflexology.com.au">moss.arnold@chi-reflexology.com.au</a>
6–7 November	Maternity Reflexology Conference	United Kingdom	Contact: Lyndall Mollart <a href="http://www.maternity-reflexology.com">www.maternity-reflexology.com</a> Venue: University of Reading, Whiteknights, Reading, U.K.
4–5 December	Touchpoint (Peter Lund Frandsen/ Dorthe Krosggaard)	Round about: The Spine— Back Pain	Melbourne, Vic. Contact: Mafalda Bojanic—0408.329.847 <a href="mailto:mafalda@optusnet.com.au">mafalda@optusnet.com.au</a> <a href="http://www.touchpoint.dk">www.touchpoint.dk</a>
7–8 December	Touchpoint (Peter Lund Frandsen/ Dorthe Krosggaard)	Round about: Stress	Brisbane, Qld. Contact: Mafalda Bojanic—0408.329.847 <a href="mailto:mafalda@optusnet.com.au">mafalda@optusnet.com.au</a> <a href="http://www.touchpoint.dk">www.touchpoint.dk</a>
2011	Presenter	Title	Location/Contact
27–30 January	Bach Flower Institute	Level 3 Workshop Melbourne	Contact BachFlowerInstitute@mandp.com.au 1800 357 492 Venue: Queens College, Melbourne
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 <a href="mailto:starkrags@bigpond.com">starkrags@bigpond.com</a>
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 <a href="mailto:starkrags@bigpond.com">starkrags@bigpond.com</a>

# Facial Reflexology Training—Sorensensistem<sup>(TM)</sup> Pt I & II

Sydney 12–15 March 2010

Held by the Australian School of Reflexology

**T**wenty practitioners from all over Australia attended Sue Ehinger's 4-day course on Lone Sorenson's Facial Reflexology. There was a sense of excitement and curiosity as the results from Lone Sorenson's groundbreaking research is taking reflexology to new levels.

The post-graduate course was intensive and initially overwhelming (so many points, so many maps!) but with Sue's calm and clear explanations and demonstrations we quickly got into the practical work and all gave and received a treatment daily—usually lasting an hour each. Reactions were discussed the next morning, ranging from totally 'zonked out' to remarkable 'detoxes'. All good – very cleansing, shall we say!

The treatment is relaxing to give and is a break for the thumbs. The client rarely stays awake for the whole treatment and there is no pain or discomfort. The use of rosehip oil/jojoba or any other appropriate nourishing oil is an additional benefit for the client's skin.

We were fascinated by Lone Sorenson's DVD presentation describing her amazing journey from reflexology in Denmark, to the discovery of South American Indian facial techniques in the wilds of Argentina, Cuban rehabilitation clinics and her busy clinic treating thousands of clients. Wonderful success stories all credited to Lone's detailed research and perseverance in discovering (or rediscovering) healing procedures and techniques. Lone's energy is extraordinary considering how little we hear she sleeps. We were amazed to hear of the number of clients lining up at the doors of her clinics. An amazing woman.

A brief outline of the seven basic steps learned are -

1. Stimulation of 20 Neurovascular Points relating to the nerves of the central nervous system. This opens the channels of micro circulation and meridians.
2. Searching slowly and methodically for 'deposits' using the South American Indian facial map. These are blockages that relate back to the source of the client's health issue and often have nothing to do with the presenting symptoms of the day.

3. Stimulation of the zone related to the biggest deposit and its meridian pair. Using a specific technique that Sue has likened to hens pecking around in the soil and coined 'chickin-pickin', we work the area deeply according to the Vietnamese facial map.
4. Stimulation of the cranial nerves of the sensory and motor cortex of the brain—the small concise moves usually have the client in a very relaxed state, many at the snoring stage.
5. Working the muscles, tendons, joints and spinal cord areas we are pressing and stretching the tissue on the face covering the reflexes of the whole body using another Vietnamese map.
6. A lymphatic drainage.
7. Balancing of the brain hemispheres for emotional balance with gentle massage.

In between stage 6–7 there are other possibilities to add on if the client has problems with cranial nerves and/or hormonal imbalances.

The Sorenson system is spreading across the world and we are so fortunate that Sue Ehinger (Australian School of Reflexology) has taken on the teaching of Parts 1 and 2 here in Australia. Sue teaches with great patience and in a relaxed manner and is very open to discussion. We cannot recommend this new technique highly enough to all reflexologists. This is extraordinary material and we are eagerly looking forward to the next steps towards our diploma.

Sincere thanks to Sue and her husband Peter for the organisation and presentation of the 4-day course, as well as the experienced Facial Reflexologists who assisted and complemented the course—Marikje, Bobbie and Natasha.

*Katy Berentsen (Bangalow NSW),  
Karen Border Dujardin (Pottsville NSW)*



# World Reflexology Week—September 2010

## How many people will you help?

Ruairi O'Duil

One of the great things about being a Reflexologist is that there are so many opportunities to learn. Not just CPT and all that stuff but from the wonderful people who put their feet in our hands. Yesterday, I treated a client with lots of life experience. (She'd be most upset if I used words like 'old' or 'elderly'.) She loves her treatments but sometimes I think that I get more from our sessions than her. Yesterday we discussed Regret. As I reflected on our conversation later, I considered Regret and Reflexology.

A key reason for many of us choosing to learn and then practice Reflexology is the desire to help people. As we learned how powerful Reflexology as a modality is, we understood how many people we, as individuals, could actually help. Or rather, could help if only they would come for a treatment. Reflexology has a huge potential for regret for each of us. Regret that we didn't help enough people. Regret that we didn't fulfil our gift. Regret that we got stuck in our unsatisfying job because we couldn't make a living at Reflexology. Regret that we didn't do enough to change things. Regret that we wasted a chance.

Well, we are where we are. We are all treating as many clients as we can. Some, because there are only so many hours a day in which to work. Some, (and I believe that it's many) because there aren't enough clients to help.

So, the questions for you are: Which category do you fall into? If you stay like that will you regret it? If you stay as you are, how many people will you help? Or rather, how many people could you have helped? But didn't?

You're reading this article because, most likely, you're a passionate Reflexologist. You're probably a very good therapist. But how many people know that you are? You may be good at your modality but are you any good at the Reflexology Business? I know that that's a word that causes discomfort for many of you but the Business of Reflexology is simply ensuring that you have people to help.

It seems to me that most Reflexologists are afraid to try to find more clients because they are afraid of turning people off. We get turned off by people we meet who go on and on about things we're not really interested in. We feel they're pushing us into something. We don't want to do that to others and, in fact, don't even want to be thought of as like that so find it very difficult to promote ourselves.

The misunderstanding here is that self-promotion and marketing is not actually about you. Marketing isn't about

what YOU do, it's about what THEY get. You help people. How do they need to be helped?

While it's important to know WHO exactly are the type of people you help and WHAT you help them with, it's much more important to get out there and let people know that you help people. If you give them the opportunity to tell you what they need help with, then you can tell them how you can help them.

This is why World Reflexology Week is such a great opportunity for each of us. Sure, it's a wonderful opportunity to raise awareness of Reflexology but MUCH more importantly it gives YOU the chance, for just one week in the year, to go out into your local community, to tell not sell.

Under the guise of raising awareness for Reflexology, (which will make you look even more selfless and caring!) you can put yourself into a position where people can tell you how you can help them. I know that this makes many of you uncomfortable. The thought of being out alone and exposed in public view is indeed frightening but it needn't be. There are many ways to minimise the stress.

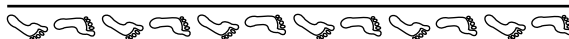
One of the simplest is to share the effort. You must know at least one other Reflexologist. It doesn't matter whether they are in your locality or not. Organise 2 days, one in your community, the other in theirs. There's safety in numbers as they say. You might even have fun.

Another is to practise. Volunteer at one of the State expos. Even a couple of hours will let you see the kind of people you might meet and it might surprise you that they are, in fact, quite normal and you might be able to help. Again, there's safety in numbers and you might even have fun.

The best way to minimise the stress is to be clear about what you're doing and why you're doing it. To have No regrets. To not look back and regret that you've wasted your talent. To not look back and regret that you stayed in your job because you couldn't afford to work full time as a Reflexologist. To not look back and regret that you didn't help enough people.

There is no doubt but that it all requires effort. It is hard to move out of the comfort zone, to change what is into what will be. But there is a simple bottom line. Don't regret that you didn't help all those people because you didn't make the effort to take the opportunity when you could.

World Reflexology Week. Last week in September. Take your chance to tell.🙏



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&amp;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](mailto: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



# Continuing Professional Training—Isolated Members

*Jan Dance, Tasmanian State Director  
on behalf of and for isolated Professional Members*

Members who find it difficult to gain their annual Continuing Professional Training points due to the constraints of distance from major centres often deal with the ongoing challenge to attend Reflexology Professional attainment activities. Often these members have to travel great distances to be at the majority of workshops and seminars. This involves great time costs away from family along with the added expense. This is a circumstance members factor into continuing to practice at PM level, as do other professions to attain Professional status.

CPT rulings are put in place to strengthen an Association's professionalism. For auditing purposes, the Membership Administrator's position is protected when the Professional member signs the declaration as a true and accurate record of their CPT activity throughout the membership year, thus qualifying the member for PM status. It is a document based on trust, ethics and abiding the code of practice. With such an important document that requires an audit process, the guidelines are essential standards to be upheld and honoured. When a member is serious in continuing to be a Professional Reflexology Member there's a will that finds a way, resulting in a body of Practitioners united on the same level of professionalism.

The original CPT discussion panel gave in-depth thought and extensive consideration for isolated members in order for them to gain Professional Membership status. Bending the rules, regardless of the circumstance, opens up prospective abuse of the system and lack of respect for the CPT guidelines and what they represent. Additionally, this opens correspondence floodgates that absorb the time of the Membership Administrator and Board of Directors.

It's not too difficult to obtain CPT points in isolated areas. One has to think outside the square and respect the requirement for what it is, qualification to Professional status. There are numerous ways CPT points can be obtained. Members wishing to retain Professional Member status should consider investing some of the time they would have had to spend on travelling far distances to meetings on other activities, along with revisiting and understanding their CPT education guidelines.

## **Some simple examples how isolated members can obtain CPT points:**

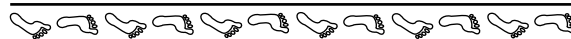
- ◆ During the course of the membership year volunteer in a community-based project.
- ◆ School Fair.

- ◆ Health Expo etc.
- ◆ Provide Reflexology treatments for the consumers of the organizations running events to raise funds. This will add to the member's client base and assist to promote Reflexology whilst earning 1 CPT point per hour. Limit of 10 listed under Item 4.
- ◆ Volunteer to do a presentation/paper/or mini seminar on the benefits of Reflexology, e.g. during World Reflexology Week—5 CPT points per hour. A two hour presentation gains the full limit of 10 listed under Item 8.
- ◆ The above presentation (providing it consists of 950 words) can then be submitted as an article for a state newsletter or Professional Reflexology Journal gaining 3 CPT points per article. Limit of 10 listed under Item 6.
- ◆ Attendance at an adult education training or an on line enrolment course, e.g. specifically relating to building your clinical practice, gains 1 CPT point per hour. Limit of 10 listed under Item 7.
- ◆ Members are reminded that a paid subscription to a professional journal or the purchase of a Reflexology book equates to a maximum of 1 CPT point per subscription or book. Limit 5 listed under Item 11.
- ◆ Link into a Skype monthly meeting to gain 1 CPT point per hour. 1 hour meetings every month for ten months gains a possible 10 CPT points. Listed under Item 2.

In circumstances where a member is isolated and has no contact with another Professional Member, but has access to a retired Reflexologist for a foot swap, the actual foot swap cannot be considered for CPT. However, the information gleaned can be documented and submitted to FootPrints or State Newsletters for publication thereby fulfilling a criterion towards writing an article worth 3 CPT points. Three articles a year gains 9 CPT points.

**NOTE:** A foot swap with a non-professional member is not an official exchange session worth CPT points nor can it be advertised in branch newsletters as such.

Encouraging members to be pro-active with the aforementioned, opens up community awareness of Reflexology as a Profession. This awareness promotes the modality within the community and may ultimately add to the membership base in that area. This, in turn, supports isolated members.🙏🙏



# STATE MATTERS

**A**t our first meeting in February Rosa Cavarretta presented her topic: Meridian Brushing. This was a very informative discussion and members took part in learning how it can be incorporated with reflexology. Rosa demonstrated the process clearly and made it easy to understand, inspiring me to introduce it into my reflexology treatments much to the satisfaction of my clients.

## State delegate

Our state director, Janice Dance, continues to keep in touch with the committee informing us of what is happening at State Delegate meetings even though she is temporarily in Melbourne.

## Workshops

Janice Dance presented her workshop on Maternity Reflexology on Saturday 17th April at Zep's in Campbell Town. The members who attended found the workshop very



## TASMANIA

informative. Janice demonstrated special techniques to apply to the reflex points in simple easy steps that proved to be very effective among those of us on the receiving end during our practical work. Maternity reflexology is certainly a workshop or course for any reflexologist to experience and learn. Thankyou Janice for the 'impressive' visual display and for time you had put into the workshop.

Sharon Tay presents her workshop 'Face Reflexology and Reflexology for Older persons' on Sunday 20th

June at the Adult Education Centre in Hobart. With an increase of older persons in Tasmania this will be a very valuable workshop for our members to attend. Further details and registration forms are available in the Tasmanian section of the RAOA website.

Future meetings and workshops for this year have been added to our section in Calendar of Events. This makes it easier for members in all states to view and have the opportunity to visit our island and attend workshops or meetings. All are welcomed.

At the ABM on Sunday 30th May, members will have the opportunity to learn about Horstmann Technique presented by Michele Bailey.

From our branch to yours, we wish you all good health and 'happy feet'.

Cheers  
Sharon Tay



**A**s my year 'in the Chair' draws to a close, I look back on a year in which I have had the opportunity to learn a great deal and to work with some wonderful, committed Reflexologists—but these memories are also tinged with regret. Regret that I could not have slowed down the clock, so that those special moments/experiences/encounters could have been savoured, explored and reflected on with friends over a good cup of coffee—and then, the ultimate would have been to have had the time to translate the knowledge gained into effective Reflexology practice!

But this is the stuff of dreams and is probably the wish of all valiant committee members who really want to make a positive contribution but are frustrated by complicated lives which leave only scraps of time to pursue passions.....



## SOUTH AUSTRALIA

Nevertheless, the South Australian committee and many of the members have made an amazing effort! In the last three months, our thanks go especially to our Secretary, Simone Fitzgerald, for organising an interesting and valuable training day with Lyndall Mollart on Maternity Reflexology; to our R.A.o A. Vice-President Susan Ramsey for providing a workshop on Traditional Thai Acupressure Hand Points; to our Treasurer, James Flaxman, for giving us a workshop on Lymphatic Reflexology; and also to our member, Elizabeth Ivens, for leading a very informative session examining the interface between Reflexology and

Naturopathy. Not to forget, of course, the support of the members who were able to attend, including several who travel many, many miles to attend these sessions.

Our fundraising efforts have also continued with enthusiasm with members braving the elements in a sponsored walk through the beautiful Adelaide Hills in March and then, later in May, playing bowls (and rewarding our efforts with Burgers and hotdogs!). Thank you again to our Fundraising co-ordinator, Pauline Trent, for creating these opportunities to have fun whilst raising both funds and awareness of Reflexology.

Finally I would like to thank all of our members for their support and encouragement this year. I may not have had enough time to achieve my goals – but I did have a very enjoyable time trying!

Helen Biggins



Here we are already almost half way through the year and well and truly into winter. Time to keep warm, rug up our clients and boost those immune systems.

The first Branch meeting of 2010 was held on 16th February. Our guest speaker, Peta Butson, gave a fascinating talk on the improved results in pain reduction that can be achieved by integrating hand, foot and ear reflexology in a different order depending on the location of pain. Peta had us spellbound for the entire hour and we all took home another great tool to integrate into our sessions with our clients.

In March we were lucky to have Janice Dance from Tasmania come to Sydney and give a workshop on Maternity Reflexology and how to help our clients have an 'Uneventful Birth'. All who attended the workshop were amazed at how much information Janice managed to pack into the day. The day ended all too soon leaving us wishing for more, but amazed at the amount of ground that had been covered.



## NEW SOUTH WALES

Also in March, but this time up in Cardiff, Sue Ehinger gave a one day workshop introducing Facial Reflexology and Chinese Reflexology. Sue tells me that the day went very well. There was only a small group of six people who all had a very useful time. Sue spoke on Facial Reflexology, explaining the 7 basic steps of the process with the face maps from various healing traditions and she also spoke on Chinese Reflexology. Later they swapped treatments. It was a great learning process as the attendees got to experience different techniques as well as of course receiving a session.

In April we had the pleasure of hearing Syann Williams (a voice trainer) speak on how to add strength and clarity to the voice in professional communication. Syann says that 'Voice Training increases the power of your spoken professional communication by

adding strength precision and clarity to your voice—improving your vocal authority'—something many of us can benefit from to assist us in speaking not only to our clients but also giving us confidence in public speaking.

April finished off with the Health and Lifestyle Expo at Darling Harbour. Another huge thank you goes to all the wonderful volunteers that come along and donate their time and skills to make these Expos such a wonderful experience for the public.

Our May ABM will be another action packed weekend. Our guest speakers include Cherel Sue Waters, Elizabeth Shannon, Gretel Spiegel, Sue Ehinger and Dr Marilyn Golden. All the stops have been pulled out for the Sunday workshops which are facilitated by Christine Pope who will give the morning session on Homeopathic First Aid, and Hossain Tefaili taking the afternoon session on Mobilisation of the Foot and Ankle related to Reflexology. A huge thank you goes to all those that put in the immeasurable amount of effort to make it a success.

Jenny Arnot



This is the season for change! Annual Branch Meeting time where committees step down for retirement or re election! There is someone out there waiting their opportunity to volunteer! This is the time for in-depth thought as to whether "I" (being the new person) could actually volunteer for a committee position. We volunteer with enthusiasm, bringing our own personal foot print to that position and in a very short time a whole new world of opportunities has opened up for us and the members. Members are certainly appreciative of the time and dedication committee members contribute to this wonderful Association. Step forward one and all!

Our monthly meetings have been very educational with our February



guest speaker being Rob Vidovich presenting Neuro Skeletal Therapy with Reflexology and from this presentation some members are attending the training of this modality in May. The March meeting with our member Glenda Duffy presenting The Pregnant Client giving us an awareness of pregnancy conditions and contra indications which will be followed up by Janice Dance presenting Pregnancy and Reflexology for our ABM.

The April meeting was with our member Susan Mot presenting Reflexology and Crystals which will also be followed up by a workshop for

members on this topic so there have been some wonderful opportunities for earning CPT points in Qld.!

To date Maxine Kohn has received 30 returns from Qld practitioners who have taken part in the official RAOA Research Project with still 3 weeks to go. The results are looking quite positive.

The Annual National Conference is getting closer and we are very excited that the enrolments are coming in fast now! Make sure you get your early bird discount! Be part of the modern well educated practitioner of Reflexology in Australia!

This is my final contribution for Qld. Matters as I am stepping on a new pathway with Reflexology!

Libby Stark  
Stepping ahead with Reflexology!

**FOOTPRINTS JOURNAL**

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**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@virginbroadband.com.au) using standard Times Roman or Arial fonts. Faxed, pdf and scanned articles are not acceptable.
4. Photographs and line drawings are preferred at 100% size, 300 dpi resolution TIFF, EPS or PDF format. Original, high resolution, camera JPG files only are acceptable—preferably grayscale or high contrast coloured images. Photographs and line drawings should be forwarded as separate TIFF, EPS or PDF files—please do not embed photographs or line drawings into articles.
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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.

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Display:		Current price:
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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.

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Email: margclift@gmail.com

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- ◆ 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

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# 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](http://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.