

# FootPrints

The Journal of the Reflexology Association of Australia

**RAoA AGM and  
Workshop Weekend**

**Hobart Tasmania, 19–20 October 2019**

**Details inside—book NOW!**

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



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

**July 2019**

Volume 23 No. 3

# RAoA proudly brings you the 2019 National Workshop – “Zen Reflexology”

**BOOK TODAY! Don't miss this highly recommended and commended workshop**  
**Read below the comments from those who have already attended this workshop**  
**On-line registrations via <https://reflexology.org.au/zen-info>**

**17-18 August 2019 – SYDNEY** – Crows Nest Centre, Crows Nest

**24-25 August 2019 – BRISBANE** – Motel on Gregory, Spring Hill

**28-29 September 2019 – ADELAIDE** – 19 on Green, Brompton

**All welcome – no previous Reflexology experience required!**

**Early Bird \$395.00 (PM, IM & SM) add \$45 for AM's and non-members**

**Standard fee \$430.00; Late fee \$480.00 – add \$45 for AM's and non-members**

**Sydney and Brisbane early bird until 14<sup>th</sup> July and 21<sup>st</sup> July respectively**

**Adelaide early bird until 25<sup>th</sup> August.**



**18 CPT Points – Activity 1**

## Some feedback from the Melbourne and Perth workshops attendees:

- I could feel the energy so I am confident that it works and know it will benefit my clients.
- Great to see how this can be used as a stand-alone – with or without Reflexology.
- Great workshop – best I've experienced yet. Thank you
- Brilliant. It has opened a whole new world of giving through touch.
- Zen Reflexology will be introduced into my coaching session as a way for clients to feel a deeper connection quickly/quicker and thus feel able to open up and release.
- I think this is the best workshop I have done (and I've done a few!). I found it fascinating and am looking forward to using these new techniques.
- It was really interesting and I found it easy to learn and very practical. I feel this has increased my knowledge and understanding of the acupressure points I already use. Thank you so much
- Vera good, informative and lots of practice – feel confident to do it.
- Very interesting and valued the time spent learning the points.
- Louise was very clear and was easy to understand. She kept the workshop running smoothly and kept to time brackets. Information and practical were brilliant.
- Very interesting and easy to understand thanks to Louise. I will use techniques on my clients and know they will benefit greatly.
- Louise was an exceptional presenter, the course was very informative and a fascinating, interesting topic. Looking forward to applying these new techniques to my practice. Thank you so much for your time, knowledge and experience.
- Valuable workshop with knowledgeable presenter who took the time to ensure everyone gained enough insight in the time she had. Unit on hands and the meridians was very beneficial.
- Great class really love it!
- Louise is the best teacher ever, such a complex topic, so well laid out. Thank you.
- Very valuable – enjoyed my weekend and can't wait to incorporate it into my practice.
  - Amazing. Best workshop ever!!



**"Professional Reflexology  
.....better health naturally"**

**Book now! – Click/open this hyperlink**  
**<https://reflexology.org.au/zen-info> or visit the**  
**RAoA website [www.reflexology.org.au](http://www.reflexology.org.au)**

**zen**  
Reflexology

# From the President's desk

Welcome to the middle of winter! Did you know there are 20 regular RAOA events happening at 20 locations throughout Australia with more than 18 members listed as contacts? The Board acknowledges and thanks these members for volunteering time and skills to keep the momentum of reflexology going strong.

You may be asking if **Continual Professional Training (CPT)** is still a requirement post private health insurance (PHI) changes? We believe it's extremely important, and if you turn to page 14, our CPT Director, Catherine McIver, puts forward some strong reasons to keep monitoring your CPT. As a professional practitioner you are responsible for your ongoing professional development and recording your CPT achievements will assist your self-assessment each year.

There have been discussions about the roll-over of CPT points now there are no PHI rebates for reflexology. The short answer is that for now there will be no roll-over of CPT points. This is in readiness/hope for the return of rebates. Our Association was praised many times when audited on the proficiency of our CPT Program.

The national workshop *Zen Reflexology* has been well attended with positive feedback from Perth and Melbourne attendees. Be sure to book your registration for Brisbane and Sydney in August and Adelaide in September.

The **Chairs Skype meeting** was held Sunday 24 March: five chairs attended and one sent notes. These meetings bring Branch Chairs together, giving them the opportunity to share what's happening in their branch. Topics covered were: the ABMs; fees; the forthcoming AGM in October in Tasmania; World Reflexology Week; workshop plans from each branch; and a chat about our regional representatives. Other discussions included encouraging members who are keen to organise international speakers to discuss the options with the CPT Director.

Your Chairperson is doing an amazing job! Getting involved with your Branch Committee allows you to find out what is happening in your branch first hand. I was excited to hear each branch is doing something completely different yet rewarding. If you are a travelling reflexologist in Australia you would have loads of opportunities while travelling to tap into events.

**Directors.** The RAOA is fortunate to have two returning Directors join the Board. Catherine McIver CPT from Western Australia and Lynda Kidd from Tasmania. Lynda Kidd is Director of the Promotions and Research Committees. Since taking up this role, the Promotions and Research Committees have both progressed some

important and interesting initiatives, which you can read about on pages 3 and 4 in this issue.

The Board met in Adelaide for a two-day meeting on 23–24 February. There's a full report to read later this issue but a key outcome was the Board's decision to give Professional Members a once-off \$10 discount when renewing their membership for 2019–2020. In light of the recent removal of health fund rebates for reflexology, membership fees for 2019–2020 will not increase. The Board is in discussion with the new Review Board of public health about possible re-acceptance for health fund rebates for reflexology.

The Directors also met in Melbourne for a two-day meeting 22–23 June. As Director for Work Health and Safety I remind all members to conduct your annual work health and safety check of your business and working environment to ensure it is safe and compliant. The RAOA Office Annual WHS Audit was completed in April. The National Peak Body Skills Council has been in contact with the Education Committee. They will be including the RAOA in the next round of consultations on the HLT Training Package for Reflexology.

**National Conference 2020**, 16–18 October. Have you noted the date and started planning your trip to Sydney? The National Conference Committee is busy working to produce an awesome event. Use this event as quality time to reunite with colleagues, to learn from the speakers and to meet new reflexologists. A reminder too that the People's Choice Lottery is an Association fund raiser and tickets can be purchased online.

**ABMs 2019** have been held during the months of May and June; a wonderful opportunity to spend time with colleagues. I encourage all members to take the challenge of being involved with Branch and/or National Committees and thank those who have stepped down.

**Admin Office**—Congratulations to Ashleigh and Cam, proud new parents to a healthy baby boy born Saturday 11 May. We welcome baby Dorian into the world of reflexology.

I am looking forward to seeing members at the AGM on 20 October 2019 in Hobart. Early Bird fee ends 18 August. Keep warm and enjoy these winter months.

Susan Ramsey



July 2019

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Front cover – Photo courtesy of Pixabay.com.



# NATIONAL CONFERENCE 2020 16-18TH OCTOBER SYDNEY.

Announcing our first 2 International Keynote Speakers

**Sue Ricks (UK)**

**Lynne Booth (UK)**

**Conference Theme: 2020 Vision to the Future**

"Expand the horizons of what makes a reflexologist and allow inspirational growth for future generations of practitioners and students."

An opportunity for members to play an intrinsic role in the future of the Australian Complementary Therapies industry.

Start planning to join us now.

**MORE INFORMATION & WEBSITE COMING SOON**

**REGISTRATIONS OPEN END 2019**



## Join in — *Committees is where it all happens!*

*What is it that makes a profession respected, understood and accessible? By maintaining high standards, acting ethically and professionally, communicating well and learning continuously, we all represent our profession. Through membership of the Reflexology Association of Australia (RAoA) we can achieve even more. Read on to find out what our committees are planning and to consider how your special interests and strengths can help our profession prosper.*

### Promotions

**Who?** Lynda Kidd (Director)—Tas, Sue Archer—Tas and Sue Ehinger—NSW. More members are welcome; please contact [promotions@reflexology.org.au](mailto:promotions@reflexology.org.au)

**When?** Meeting on skype Wednesdays around 1.30pm every 4–6 weeks.

**What?** The Promotions Committee is a committee of the Board established in accordance with the Company's Constitution.

#### Main purpose?

- ◆ To develop and promote an awareness and understanding of professional reflexology within the Australian community
- ◆ To represent the interests of the reflexology profession within the public and political arena
- ◆ To promote co-operation with international reflexology bodies.

#### Current activities

The Promotions Committee develops and investigates ideas to promote reflexology to RAoA members and the general public. A national promotional program proposal has recently been developed, with some elements in planning.

The proposal for which planning is underway is a three-part World Reflexology Week (September 23–29) campaign with a focus on reflexology for children and babies. This will be underpinned by any local activities branch committees and individuals might want to pursue.

First, a cinema fundraising event for children is being presented to state branches at their ABMs and it is hoped that several states will come on board to organise such

an event for a local children's charity. The concept is to sell cinema tickets in conjunction with the charity and, on the day, run a promotional screening which promotes reflexology and how it can help children.

The children's charity that is being supported in the local community may also give a promotional screening. Fundraising helps spread the word about reflexology to the general public through the advertising of the events as well as at the event.

In preparedness for the cinema fundraiser, the Promotions Committee is organising the production of 1–2 minute high quality video interviews featuring passionate reflexologists and reflexology clients. As well as for cinema use, these videos will also be available for Facebook, RAoA website and other media. The RAoA has purchased a lapel microphone to ensure that we have quality recordings.

Second, a bus advertising campaign targeting all states and territories was also investigated, but at a national cost of around \$16,000. It has been postponed until the funds can be made available.

Third, the October *FootPrints* journal will feature children's health and reflexology as a main theme. If you have an experience with reflexology and children/youth that you would like to turn into an article, please contact us as soon as possible. Sue Ehinger and Lynda Kidd are happy to help you turn your ideas into articles, or contact the *FootPrints* Editor ([footprints.articles@reflexology.org.au](mailto:footprints.articles@reflexology.org.au)) if you have an article that you would like to submit.

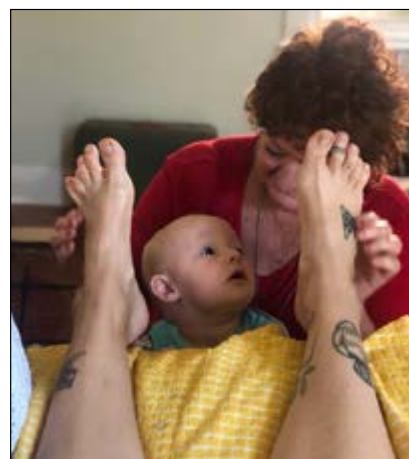
It is hoped that next year this will have developed into an annual national event, with a different theme each year.

## Reflexology Week theme revealed

As this picture shows, it's never too early to experience the wonder that is reflexology – whether as a therapist or client! This year's World Reflexology Week is 23–29 September and the RAoA Promotions Committee's selected theme is reflexology for children and babies.

The committee has invited each state's branch committee to consider conducting a fundraising activity for a children's charity or local children's hospital to help promote reflexology for the young. Maybe you could consider this as a focus for your World Reflexology Week activities in your business, local community or through your branch. Let us know how it goes, take photos and share your stories in a future issue of *FootPrints*.

*Pictured are Pamela Nish and grandson, Arlo*



## Research

**Who?** Lynda Kidd (Director)—Tas, Maxine Blanchard—NSW, Susan Jewell—Qld, Amanda McCarthy—Qld, and Gretel Spiegel—NSW. Although not on the committee, Hollie Kelly has volunteered to summarise journal articles.

**When?** Meetings on skype, Tuesday nights about 4–6 weeks apart.

**What?** The Research Committee is a committee of the Board established in accordance with the Company's Constitution.

**Main purpose?** The purpose of the Research Committee is to promote research and developments that support reflexology. This includes:

- ◆ Promoting and supporting the research goals listed in the RAOA Strategic Plan
- ◆ Being a key mechanism for developing and promoting research and knowledge transfer
- ◆ Identifying, supporting and presenting evidence-based research in reflexology practice and public recognition.

**What does the Research Committee do?**

The Research Committee collects and disseminates academic research study articles to RAOA members on request or via the website, wherever possible. Some journals charge a fee for downloading articles, which means the committee is somewhat restricted to what they can download. A request for a budget to increase our access to professional journals has been forwarded to the RAOA Board for consideration. We are currently summarising recent articles to create a submission to the Government and health funds to reclaim the right for our clients to receive health fund benefits.

The Research Committee follows up on potential avenues where reflexologists may be able to participate in Complementary and Alternative Medicine (CAM) studies. The committee may also assist universities in their reflexology research studies by supplying support material and recommending practitioners to be support researchers. Unfortunately, the research project requests received by the committee have so far not been reflexology focussed. The committee is hoping to change this in the near future. Jon Wardle and Jon Adams, Professors of Public Health Research at University of Technology Sydney, have research studies that can be converted to reflexology, but such studies require funding of \$5,000 or more per study.

The committee would like to see one or two robust research studies be included in the RAOA's budget however as budgets are tight, this is not feasible at the moment. Instead, the committee is currently working with Jon Wardle to try and organise a grant from the Government's grant pool for research into those modalities that were removed from health fund benefits. More news of this will follow as we progress what is a lengthy procedure.

The Research Committee has finalised documents for members to use if they choose to do an anecdotal case study research. Anecdotal studies are informal studies conducted without rigorous protocols. They still have their place in the research field, as they help alert researchers to a phenomenon worthy of further study. Results from these case studies can be included in our FootPrints and other health magazines. The Research Committee has a team prepared to help members turn their research projects into articles ready for publishing. The case study forms are now available on the RAOA website.



## New study reveals how brains distinguish touch

*The findings of a neuroimaging study released earlier this year reveals brain activity is reduced when we experience self touch, as opposed to the touch of another person. The findings from scientists at Sweden's Linköping University shed light on how the brain is able to distinguish between tactile sensations generated by the touch of another and personal touch. A report from Neuroscience News.*

Our brains seem to reduce sensory perception from an area of our skin when we touch it ourselves, according to a new study from Linköping University in Sweden published in the journal *Proceedings of the National Academy of Sciences*. The finding increases our understanding of how the brain distinguishes between being touched by another person and self-touch.

The scientists examined what happens in various parts of the nervous system when a person is touched by another person and compared this with corresponding self-touch. They have shown that the brain reduces the processing of the sensory perception when it comes from self-touch.

The skin contains sensory receptors that react to touch, pressure, heat and cold. Information about touch is transmitted from these to the spinal cord and on to the brain, where the perception is processed in several steps in different regions of the brain.

The researchers carried out several experiments in which healthy volunteers lay in a magnet resonance camera, which recorded images of brain activity (fMRI). The participants were requested to stroke their arm slowly with their own hand or were told that a researcher would stroke their arm in a similar manner. The researchers investigated

*Continued on page 5*

# Education

**Who?** Maxine Blanchard (Director) – NSW; Vera Emmi – Qld; Heather Edwards – Qld; Sarah Robinson – Qld; and Louise Dennison – Qld.

**When?** Approximately six times a year, mostly by Skype. In between meetings the committee communicates via the Forum and/or by emails.

**What?** The Education Committee is a committee of the Board established in accordance with the RAOA's Constitution.

**Main purpose?** The committee's role is to assist the Board to:

- ◆ Maintain uniformity and high standards of training in reflexology within Australia
- ◆ Maintain a high level of professional practice of reflexology in Australia
- ◆ Promote and support the education goals in the RAOA Strategic Plan
- ◆ Be a key mechanism for developing the strategy, agenda and policy to promote a culture of sustained excellence in education and knowledge transfer.

**The Education Committee's main focus is to:**

- ◆ Be a key group for ensuring members' education levels comply with RAOA education standards including new member applications
- ◆ Increase the number of schools teaching Certificate of Clinical Reflexology (CoCR)
- ◆ Increase the number of reflexology students and graduates
- ◆ Communicate and assist existing CoCR schools, including promotional opportunities within the RAOA
- ◆ Interact with Registered Training Organisations (RTOs) who deliver the Diploma of Reflexology

- ◆ Interact with the Australian Industry Skills Council (Government) when required
- ◆ Keep education documents up to date
- ◆ Review all applications for RPL Membership with the RAOA
- ◆ Review Trevor Street Award applications
- ◆ Establish ways to have CoCR schools, which would assist in growing our RAOA membership numbers.

## Current activities

The Education Committee has received some applications for teaching industry-accredited Certificate of Clinical Reflexology (CoCR). The Committee's role is to ensure all applications meet the RAOA Education Standard. The RAOA Education Standard sets the course units of competence and minimum hours. The application is reviewed by the Education Committee ensuring sufficient evidence is provided by the applicant regarding how the course will be delivered.

Another focus has been to extend the number of reflexology associations overseas with whom we have reciprocal benefits.

We have been busy reviewing and updating education documents over the past eight months. There are approximately 50 or more documents and this has taken some considerable time. The documents include procedures and protocols relative to the CoCR, Trevor Steele Award, Assessors, PM Membership RPL and other in-house documentation. Gladly, this task is on its way to completion.

**Contact:** [education@reflexology.org.au](mailto:education@reflexology.org.au)



*New study reveals ...  
Continued from page 4*

how these types of touch were linked to activity in different parts of the brain.

"We saw a very clear difference between being touched by someone else and self-touch. In the latter case, activity in several parts of the brain was reduced. We can see evidence that this difference arises as early as in the spinal cord, before the perceptions are processed in the brain", says principal author Rebecca Böhme, postdoc in the Department of Clinical and Experimental Medicine and the Center for Social and Affective Neuroscience, CSAN, at Linköping University.

The results are compatible with a theory that suggests that the brain attempts to predict the sensory consequences of everything we do. This means that it does not attach as much importance to sensory perceptions that are caused by our own bodies, since the information from these is expected.

*This article is an extract of a longer article, reprinted with thanks to NeuroscienceNews, January 2019, available at <https://neurosciencenews.com/touch-distinguished-10603/>*



*Scientists at Linköping University have examined what happens in various parts of the nervous system when a person is touched by another person and compared this with corresponding self-touch. Photo: Thor Balkhed/Linköping University.*

# Continual Professional Training (CPT)

**Who?** Catherine McIver (CPT Director)—WA, Vera Emmi—Qld, Karen Riley—NSW and Marie Steinke—SA. To enquire about joining the committee, email [cpt@reflexology.org.au](mailto:cpt@reflexology.org.au).

Some of the skills that CPT Committee members require:

- ◆ Experience as a trainer; Cert IV TAE an advantage but not necessary
- ◆ An interest in professional development of members
- ◆ A sound understanding of the CPT program, or interested in learning it and
- ◆ The ability to recognise CPT opportunities (trainings and workshops) and share with CPT Committee via the CPT Director.

**When?** Meetings are held twice a year by Skype. In between meetings, communication is via email, Skype and the CPT Forum.

**What?** The CPT Committee is a committee of the Board established in accordance with the RAOA's Constitution.

**Main purpose?** The CPT Committee's role is to:

- ◆ Provide opportunities for ongoing professional development for members and a supportive network for reflexologists
- ◆ Promote and support the CPT goals outlined in the RAOA Strategic Plan and
- ◆ Be a key mechanism for developing the strategy, agenda and policy to promote a culture of sustained excellence in CPT opportunities and CPT program to members.

This is done by:

- ◆ Identifying and recommending continuing professional training opportunities
- ◆ Being on the lookout for presenters, workshops, webinars, seminars and merchandise, specific to reflexology and reflexology practice and
- ◆ Advertising and promoting CPT opportunities.

## Activities

Some of the things the CPT Committee does includes:

- ◆ **Keeping the CPT tracker and the CPT FAQ accurate and relevant.**

Your committee ensures the electronic and paper copies of the CPT tracker are accurate and clear to follow. We are constantly reviewing and updating the program, taking into account your feedback. We have been proud of the quality of our program that has had us highly respected by other professional organisations and the health funds. A Frequently Asked Questions document has been formulated to answer questions you may have.

## ◆ Annual National Workshop 2019

The CPT committee specifically organises a national workshop annually. The 2019 Zen workshops have been very successful so far this year (as you can see from the great



feedback outlined on the inside front cover of this issue!!) and there are still three to come, so take the opportunity to enrol if you have not yet done so.

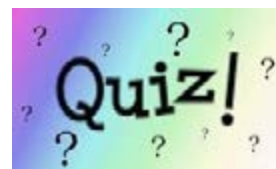
## ◆ Annual National Workshop 2020

We are very excited to have John Kirkwood who is an acupressure practitioner and teacher with 35 years' experience as our 2020 National Workshop presenter. His workshop *Acupressure of the Digestive System and Immune System* will be a one day event, as it is a conference year. Dates are in the inside back cover with all the detailed information on this great workshop in the October edition of FootPrints.



## ◆ FootPrints Quiz

Putting together the FootPrints Quiz is an interesting and time intensive activity for our committee members. We hope you enjoy searching out the answers! Feedback on how we can improve this activity is welcome.



## Where to from here?

As a committee we are very aware that the loss of health fund rebates has raised many questions about whether or not CPT is still important and whether it should now change as we do not have to comply with their rules. As mentioned in *CPT News* in this edition, there are very good reasons for keeping our program as it is until the new review of that decision has been undertaken. Please read it and consider carefully your options at renewal time.

We have seriously looked at the often suggested, quite valid roll-over of points to a second year. Apart from online tracker programming issues, the Committee strongly feels that until we are certain that we won't get rebates back, we can't consider this further.

## What can you do to help the CPT committee?

- ◆ Make suggestions to add to or improve the CPT program. Your input is always welcome.
- ◆ If you have an overseas presenter that you are passionate about bringing to Australia contact the CPT Director. Work with us to give you the opportunity to organise a professionally run workshop. We have a process in place to assist in the smooth organisation of workshops and arrange advertising. The presenter and you will have support and a network to assist in ensuring a successful series of workshops.
- ◆ Remember all of our workshops and events are open to non-members. Invite your friends who have an interest as well as practitioners in reflexology and other modalities that you network with.

# Finance



## Who is on the Finance Committee?

The Finance Committee has six committee members —Alison Torre (Director) WA; Vera Emmi – Qld; Heather Edwards – Qld; Jacqui Baldwin – NSW; Ingrid Turner – NSW; and Eb Smith – QLD.

## When does the Finance Committee meet?

The Finance Committee meets via Skype, approximately five times a year. In between Skype meetings, the committee communicates via Forum and emails.

## What is the Finance Committee?

The Finance Committee is a committee of the Board established in accordance with the Company's Constitution.

## What is the main purpose of the Finance Committee?

The aim, purpose and intentions of the Finance Committee is to:

- ◆ Assist the Board to discharge its responsibilities according to the Reflexology Association of Australia Limited Constitution and By-Laws 13
- ◆ Promote and support the financial goals in the RAOA Strategic Plan
- ◆ Be a key mechanism for developing the strategy, agenda and policy to promote a culture of responsible budgeting, financial planning and financial reporting
- ◆ Provide financial oversight for the organisation.

## What does the Finance Committee do?

- ◆ Creates and updates policies that help ensure the assets of the organisation are protected
- ◆ Ensures policies and procedures for financial transactions are documented, reviewed when necessary and updated as necessary
- ◆ Ensures approved financial policies and procedures are being followed
- ◆ Makes recommendations on ways to reduce expenses and increase income
- ◆ The Committee liaises with the Finance Director who advises the Board on:

- (a) The financial status of the Company
- (b) Recommendations for the budget
- (c) Advice on budgetary inclusions.

- ◆ Discusses financial matters that arise for RAOA.

The skills required to be on the Finance Committee are:

- ◆ Experience in finance, for example business operator or manager, previous work experience in the finance industry or life experience with finances (preferred but not essential)
- ◆ A sound understanding of financial records such as profit and loss, balance sheet and GST reporting
- ◆ A sound understanding of budgets, budgeting and understand costings in order to make informed decisions and
- ◆ Able to recognise income opportunities and ways to reduce expenses and share with Finance Committee via Finance Director.

## Recent and upcoming activities:

- ◆ Established additional income sources for the RAOA
- ◆ Reviewed and updated various policy and procedure documents
- ◆ Review of the Branch Treasurer position, now Branch Administration Assistant, and as a result formulated new documentation and procedures relative to the Branch Administration Assistant role
- ◆ Reviewed other Branch position roles relative to financial matters
- ◆ Preparation for end of financial year is underway in July
- ◆ Preparation of the 2020 financial year budget in August
- ◆ Liaise with the Company Accountant and Auditor regarding the end of financial year financials – July to September and
- ◆ Present the audit reviewed financials and the Auditors' Report to the members at the AGM, October in Hobart TAS.

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





# Conference

**Who?** The 2020 Conference Committee consists of five NSW/ACT members: Director Maxine Blanchard, Chair Karen Riley and general committee members Jacqui Baldwin, Graeme Murray and Ingrid Turner.

All members are recognised for the specific skills they bring to the committee – event management, marketing, business networking, communications and administration management.

**When?** The Committee meets on a monthly basis with business reported to Directors at Board meetings.

**What?** The Conference Committee is a committee of the Board established in accordance with the RAOA's Constitution.

### Main purpose?

It is our aim to meet the Board's expectations to ensure corporate governance is observed and to achieve the aims of the Conference Committee Terms of Reference to produce a profitable conference that provides professional development for members.

Our focus is the **2020 National Conference, Sydney 16–18 October 2020**. The conference theme is *2020 Vision to the Future "Expand the horizons of what makes a reflexologist and allow inspirational growth for future generations of practitioners and students"*.

### Current activities

We are busy organising all elements of this event, establishing a budget, booking a suitable venue, arranging catering services and entertainment, confirming key note speakers and presenters, sourcing appropriate trade exhibitors, seeking sponsors to support costs and delegate bag inclusions, raffle prizes, marketing and communication of our wonderful event to the world!

Behind the scenes we have secured the conference and Friday night networking/cocktail party venue, the Saturday night gala dinner event, two international key note speakers and other presenters, and exhibitor trade tables are filling fast! Once again RAOA is running the People's Choice Lottery so please support the fund raising efforts and purchase a ticket.

Conference information will be announced as details are confirmed and continually updated in *FootPrints* advertisements, the RAOA public, members and conference Facebook pages, RAOA eNewsletters and the RAOA webpage. The Conference webpage is coming soon!

Early Bird registrations will open later in 2019.

The Conference Committee is very excited about the program that was once a dream and is now quickly becoming a reality. So get excited and join us on this journey, see you in October 2020!



Maxine Blanchard



Ingrid Turner



Jacqui Baldwin



Graeme Murray



Karen Riley

# Branch Committees



**W**hile the Reflexology Association of Australia is a national organisation, it has branches in each state/territory. Specifically, our six branches are found in: Victoria, New South Wales and Australian Capital Territory, Queensland and Northern Territory, South Australia, Western Australia, and Tasmania.

Like the National Committees, the Branch Committees are committees of the Board.

**Who?** Elected members from within each branch sit on each Branch Committee.

- ◆ Qld/NT: Chair position vacant. Eb Smith vice-chair
- ◆ NSW/ACT: Karen Riley
- ◆ Victoria: Cate Brown
- ◆ Tasmania: Sarah Blain
- ◆ South Australia: Pamela Nish
- ◆ Western Australia: Joanne Siggs

Branch Committees shall comprise of:

(a) Director to serve on the Board of RAoA  
 (b) Other committee members may be composed of:

- ◇ Branch Chair
- ◇ Branch Vice-Chair
- ◇ Branch Secretary
- ◇ Branch Administration Assistant
- ◇ Education/CPT Coordinator
- ◇ Branch Newsletter Editor
- ◇ Special Events Co-ordinator
- ◇ Librarian
- ◇ Welcoming Mentor – new members.

Positions such as Education/CPT and Special Events Coordinator may also choose to form sub-committees to share duties.

**When?** Meetings are held regularly, some face to face and some by Skype.

**What?** Branches represent members at a local level, provide assistance to members for CPT opportunities, provide a forum for discussion and learning on matters relating to reflexology, take advantage of any local publicity opportunities and further the aims and objectives of RAoA locally.

Branch Committee members are the conduit between the branch and its members and the Board. This means that any comments, concerns, suggestions and/or complaints are conveyed to the Branch's Director/s and passed on to the Board where appropriate.

Liaison between RAoA Branch Members and the RAoA Board of Directors is the responsibility of the Director/s.



## Branch activities

- ◆ Organise dates for the coming year's Committee Meetings. Each Branch meets at different intervals – some via Skype meetings and some via face-to-face meetings. Committees also communicate via email and the RAoA Branch Forum
- ◆ Organise dates for the coming year's workshop/study days and general members meetings
- ◆ Organise the date for Annual Branch Meeting (ABM) and ABM workshop day
- ◆ Hold an Annual Branch Meeting in May of each year to elect their Branch Committee for the next 12 months
  - ◇ Notify members of the Annual Branch Meeting 28 days in advance
- ◆ At the Annual General Meeting (AGM) in each Branch:
  - ◇ Prepare for the AGM
  - ◇ Discuss options for educational information/theme/presenters
  - ◇ Be aware that this event can take up to one year or more of planning
- ◆ Organise appropriate venues and other requirements, such as catering, speaker and presenters for Branch workshop days, study days and the ABM
- ◆ Organise other events as discussed between committee and members, such as Mind Body Spirit Festival, health expos and World Reflexology Week.

## Nominations

All Professional and Intermediate Members (PM/IM) may nominate themselves or another member for a role on the Branch Committee. Associate Members can be nominated by a PM or Intermediate Member (IM). PMs and IMs are eligible to vote. In order for a vote to be taken a quorum of 15 per cent of state/territory members must be present.

## Continuing Professional Training (CPT) Points

CPT Points can be gained for:

- ◆ Volunteering for Branch Committee positions. Points are allocated at 1 CPT per hour, maximum as per CPT Program
- ◆ Attending meetings – Committee Meetings, General Branch Meetings and Annual Branch Meeting – 1 CPT per hour (up to 2 hours per meeting)
- ◆ Duties related to your role, for example a Health expo organiser, study day organiser, Branch workshop organiser – 1 CPT point per hour.

A log/diary with dates and times is required for auditing purposes.

# Don't shoot the messenger

Respected reflexologist and teacher, Lee Anthony Taylor, offers his insights into why pain is integral to our current way of life and how we can better understand its powerful message regarding our spiritual wellbeing.

In order to gain a greater understanding of the purpose of pain, we need to let go of and re-evaluate our current models of thinking on the subject. We have tended to see pain as the cause of our suffering rather than the expression of it. If we look deeper into the meaning of our pain, we can see how much there is to be gained by listening to the potent message that comes with it.

To ignore it, or suppress it, is to merely provoke the body into finding another way to tell you there is a problem. No-one likes the idea of being in pain or having to cope with constant suffering; and our natural instinct is to find ways to make it disappear. So why is it so necessary in our lives?

## The physiological response

There are mechanisms in place within the physical body to detect and to diffuse pain when it is felt at a conscious level. Some are explained in terms of a *physiological* response to the stimulus of pain.

## How the brain recognises pain

Pain is described in the dictionary as an emotional experience associated with actual or potential tissue damage. It motivates us to avoid potentially damaging situations, protect a damaged body part while it heals, and steer clear of those situations in the future.

There is an *International Association for the Study of Pain* that categorises pain in five ways according to:

- ◆ Its duration and severity in chronic and acute cases
- ◆ Its anatomical position such as a headache or lower back pain
- ◆ The body system involved, e.g. rheumatic pain
- ◆ The cause – this can be very difficult to locate and is the source of much criticism for the classification system
- ◆ Whether it is intermittent or constant pain.

The brain has key centres that acknowledge pain in its different forms and stimulate the body to take appropriate action. Most of the transmission of the pain occurs in the dorsal horn of the spinal column. There is also currently an understanding that the thalamus, found in the midbrain, is responsible for regulating and inhibiting strong pain impulses.

Scientists have various classifications for the expression of pain. They include:

- ◆ **Nociceptive pain** is caused by stimulation of the peripheral nerve fibres that respond to either thermal (heat or cold), mechanical (crushing of the tissue) or chemical events (external substances reacting with the body)
- ◆ **Neuropathic pain** affects much more of the central nervous system involved in bodily feelings and can best be described in terms of strong emotional response like burning, tingling, stinging or stabbing. An example of neuropathic pain would be to bang your funny bone. Phantom limb pain is a type of neuropathic pain where

the brain no longer receives signals from the amputated body part

- ◆ **Psychogenic pain** is much more related to mental and emotional anguish caused by a possible underlying physical condition. It has a psychological basis but is no less real than physical pain, for example, chronic tension headaches.



## The pain gate theory

In 1965, Melzack and Wall introduced their 'gate control' theory of pain and explained it in terms of the size of the nerve fibres that transmitted the pain. They said that thin diameter nerve fibres carried pain while thicker diameter fibres gave details about touch, pressure and vibration.

The information was taken to two separate parts of the dorsal horn of the spinal cord known as the inhibitory cells and the transmission cells.

When signals from both thin and thicker fibres stimulated the transmission cells to a certain point, then pain would be acknowledged. The role of the inhibitory cells was to provide a buffer against too much pain. The transmission cells would open the gate to the pain, but the inhibitory cells would close the gate.

## The religious connotation

It is worthwhile mentioning at this point the significance of the historical religious connotation placed on pain. We mere mortals traditionally placed our trust in a God who, according to *Old Testament* scripture, both loved us unconditionally and would punish us resolutely for our weak will and for our indiscretions. He sent us pain to remind us of that mortality and of his power and, in Christian terms, even sent Jesus to die for us and take away our pain and suffering.

This will have had an ingraining effect in Western culture to make us believe that pain equates with some form of punishment; that somehow we have strayed from the path that God has set out for us and that there are consequences for this. Even today, it keeps us in a role of subjugation and unworthiness, where we have to constantly cleanse and sacrifice in order to avoid the hurt. However, it is just a state of mind.

My personal belief is, just like the philosophy of the holistic principle, that God is all about unconditional love – there can be no exclusions to this concept. Traditional interpretations of God drove a wedge between us and our creator. However, the new model can present a different explanation.

*Continued on page 11*

Regardless of your viewpoint on God, and your religious beliefs, as a complementary therapist there has to be a consensus that the universal energy that created us has only done so for the good of the cosmos. The idea of universal suffering is a man-made construct based on the teachings of a few holding the power, namely the Church, both historically and perhaps even today; and the rest of us living in fear that we will be damned for being of mortal flesh.

### The spiritual significance of pain

This new model that I have alluded to is formulated by our emergent spiritual unfolding. Even if we take God out of the equation, we can see pain in a different light. What I find especially exciting about the latest paradigm is that we have the opportunity to see, possibly for the first time in many thousands of years, how useful pain can be in helping us to get back on track with our lives.

We have a purpose here on this planet, at this time. Every single one of us can contribute to the evolution of both the human race and the better application of universal energy. But, in order to do this, we have to do some major soul-searching about what has real meaning and value in our lives.

Pain, and its associated illness, is a key indicator to the degree of separation between us and our spiritual truth. It highlights very clearly how far off our 'track' we are with our purpose and, at a spiritual level, starts to provide solutions as to how we can get back on course.

As therapists we can use *correspondences*\* to translate the information that comes from the pain and suffering and

build up a vocabulary of terms about why illnesses affect specific parts of the body in specific ways.

Acknowledgement of a problem provides a significant part of the solution, in my opinion. At this time, we are trapped by fear when it comes to confronting our demons. When we can face up to our illnesses and view them honestly, rather than denying their existence or suppressing the message contained within, then we will have a new relationship with pain that is both intuitive and truthful. This is not something that will happen overnight but we have to start with small painful steps.

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### About Lee Anthony Taylor

*Born in England, Lee Anthony Taylor tried reflexology while meditating on the banks of the river Ganges in India many years ago. What started off as a simple head massage turned into a foot treatment with the most amazing results and benefits. He immediately left a high-flying job in London and began to train as a reflexologist within weeks of his return. He's never looked back. Since then, he has become an internationally-renowned speaker, presenter, author and teacher within the reflexology world but still retains his roots as a practitioner.*



## Report—Directors' Board Meeting, 23–24 February 2019, Adelaide

By Susan Ramsey, President

The new Board met for the first time on Friday 22 February in Adelaide.

A review of director portfolios was undertaken early February and are as follows: Alison Torre (WA) – Finance, Catherine McIver (WA) – Continual Professional Training, Maxine Blanchard (NSW) – Education and National Conference, Lynda Kidd (Tas) – Research and Promotions, and Susan Ramsey (SA) – Chair to the Board and President. James Flaxman, Company Secretary, was with the Board all day on Saturday.

With continuity of the vision for the association and reflexology in general, the two day meeting worked through a full agenda. This included discussions on the operational and governance aspect of the association. Reports were read and accepted from Admin Office, accounts contractor, Board committees, 2020 National Conference, Web Admin and Branches as well as from the President and Finance Director.

Since reflexology has been removed from health fund rebates, the board held discussions on the risks facing the RAOA as an association. The Board formulated a risk matrix for use in RAOA strategic planning and business model. This was followed by a review and discussion of the 2015–2020 strategic plan. The Board created a new strategic plan for 2019–2025 with a new vision and mission. James with his IT skills placed the new vision and mission on the RAOA web site during the meeting. The risk audit and strategic plan will assist the new Board in moving RAOA forward and with the creation of the business plan.

A new business model is required to allow the RAOA to move forward. The discussions held in readiness to develop the new model included: growth strategies from the previous meetings; what to achieve in 2019 and 2020

Continued on page 12

(strategic plan); the fall in membership of students and PMs (from admin graphs); the amalgamation with other modalities; the role of chairs and directors (where do they fit into the plan?); and the direction in which the RAOA should now be headed.

Directors created a SWOT analysis and listed additional points for consideration. Having collated these ideas the Directors are now working on finalising the business plan through the forum and future skype meetings.

The Promotions Committee has been busy working on a national advertising campaign for World Reflexology Week. Although their ideas had to be limited due to lack of available funds, the committee still hopes to organise several two minute videos for RAOA website and other advertising portals ready for September.

The stress brochure format has been revised to align with other brochures and will soon be available from the Admin Office.

The Board acknowledges that there are other documents, including policies and procedures, that need

to be reviewed and updated on a regular basis and will continue to work on these documents between meetings.

The Board meeting also included a professional training and self-reflection session for the Directors on professional communication, behaviours and interactions with peers and other stakeholders.

On reflection, most items on the agenda were achieved at the meeting. The Directors felt the new team were, and will continue to be, productive and that the actions to be followed up seem achievable. The Board planned to meet again on 22 and 23 June 2019 in Melbourne to work on strengthening the association further for the benefit of all members.

In addition to the Board meeting, the President received an invitation to attend the inaugural World Reflexology Consortium (by Skype) to discuss how associations in other countries compare with each other. This meeting has taken over 12 months to organise. Due to other commitments of the President, Lynda attended the meeting. The minutes from this consortium will be available through the forum when they are received from the organiser.

*Written by Susan Jean Ramsey on behalf of the RAOA Board of Directors February 2019.*



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# CPT Complementary Therapies in Cancer Care e-Learning for Reflexology and Register for Clinical Practice



As complementary therapists we need to keep our skills updated, and maintaining certification requires Continuous Professional Training (CPT). However, it can be difficult to know what to train in and therapists are increasingly required to make their skills more specific.



RAoA CPT Approved

Cancer is a global problem with more people being diagnosed each year, touching more lives, which is why cancer care beckons to therapists. Yet most therapists don't know whether their skills are appropriate, or how to adapt their treatments; while other therapists have the skills but lack the confidence to apply them. As a result, therapists miss the opportunity to participate in very rewarding work, while patients miss out on the relief, relaxation and improved quality of life complementary therapies can provide.

I hope that by the time you have read this article, you will share my vision of how therapists can develop their skills in their own time, home and pace through an e-learning platform; gain confidence and participate in rewarding work through clinical experience.

My name is Marie Duggan, I am an accredited CPT provider and complementary therapist in cancer care. My journey began in complementary therapies in 1997 after my mother died from lung cancer. You can imagine my mother's shock when, aged only 55, she was diagnosed with cancer with only six weeks to live. She was an incredibly determined woman who accepted living with a life limiting condition but would not accept she was going to die so soon. She started experimental chemotherapy; aware that it would extend her life not cure it.

I had to persuade her to visit our local hospice as she felt it would be all tea and sympathy. On her first visit we were given the warmest welcome, were shown around and observed people laughing and socialising. We saw the hairdressers, a beauty room and last but not least, a therapy room offering Aromatherapy Massage and Reiki. It was a place of unconditional support, love and light.

Mum received weekly Aromatherapy Massage and Reiki and acknowledged these treatments would not 'cure' her but described the sessions as 'me time'; a place she could go and feel calm, accessing stillness and peace. At the time I thought "What an amazing gift to give someone". Mum died just over 12 months later.

Seeing the relief mum received inspired me and I trained in Aromatherapy massage, various massage techniques, Reflexology, Reiki and Craniosacral therapy. My first experience of treating patients with cancer was as the Reflexologist at the Holistic Cancer Care Centre

in Middlesbrough, UK. I delivered treatments to patients going through surgery, chemotherapy and radiotherapy.

In 2010, I moved to Australia and joined the Chris O'Brien Lifecare in Sydney, a \$200 million purpose-built cancer centre. As Subject Matter

Expert on the Integrated Medicine Steering Committee, I delivered the guidelines, best practices and contraindications for Reflexology and Reiki in cancer care. We uncovered a pressing need for appropriately trained therapists, so using the guidelines, I created a CPT cancer care workshop accredited by the RAoA and delivered it to therapists throughout Australia and in the UK.

In 2013, I returned to the UK and my course was accredited for reflexology, reiki and massage. In 2015 I was awarded the FHT Excellence Award for 'Accredited Training Provider of the Year'.

I received many requests from therapists who, being challenged by travel and accommodation costs, asked if I could offer this as an e-learning. On February 19th 2019, after three years of development we went live with the CPT e-learning 'Complementary Therapies in Cancer Care' for Reflexology, accredited with the RAoA.

The e-Learning solution combines theory and practical, using audios, powerful recordings from patients, videos and patient case studies backed up by continuous assessments, with practical and theory hand-outs.

Clinical Practice Register: Many therapists wish to gain confidence under the umbrella of a clinical lead. Our vision is to establish a clinical practice training pathway local to all therapists, made possible via a Clinical Practice Register, for therapists and participating centres.

This initiative involves a mutually respectful exchange of skills, where, in exchange for 20 hours voluntary reflexology treatments, a therapist will be observed by a hospice/cancer care centre clinical lead during their hands-on experience. The therapist receives their 'Clinical Practice' certificate from the Hospice, Hospital or Cancer Care Centre.

The Clinical Practice program is an optional opportunity and NOT a requirement for completing the eLearning course. It is a work in progress and subject to centre participation.

For further information go to: [www.butterflytouchtherapisttraining.com](http://www.butterflytouchtherapisttraining.com)

Contact: [marie@butterflytouchtherapisttraining.com](mailto:marie@butterflytouchtherapisttraining.com)

Marie Duggan ATL, I.I.H.H.T, I.C.H.T, CST and Reiki Master Teacher; Member of RAoA, CThA, FHT, UK Reiki Fed & CNHC.



# CPT News

By Catherine Mclver, Director CPT

## Is CPT still important to my professional practice now we no longer have health fund rebates?

This is a question many of our members are asking of themselves and each other when they are discussing the recent reforms in the area of health fund rebates and how it affects us as practitioners and our businesses. We feel that it is still important for the following reasons.

### **This decision could be overturned in a year or two.**

There is soon to be a review of the decision to remove a number of natural therapies from the health fund rebates supported by the government. Your board and research committee members are actively working to ensure reflexology is on the list of the modalities being reconsidered.

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

### **You are a professional even without health fund rebates.**

You are a professional reflexologist and as such need to respect your skill and to conduct yourself as one. Being

responsible for the work you do, the decisions you make and foreseeing the consequences of your actions when working with your clients is imperative as a professional therapist.

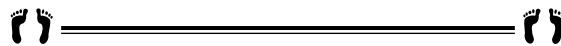
Ongoing professional and personal development ensures you keep up with changes in your industry and continually enhance your ability to provide a high level of care and service to your clients and promote reflexology as a valuable modality. It also gives you tools to build strong relationships with your clients and other health professionals and makes sure you are confidently plying your trade as a professional.

The National Code of Conduct for Unregistered Health Practitioners requires health care workers to maintain the necessary competence in their field of practice.

### **Would you qualify as a PM as a new member?**

If you are considering dropping down to an IM when renewing, please reconsider. There is a possibility that you may not qualify as a PM should health fund rebates be regained. If you have an older qualification and drop to an IM you may have difficulty re-qualifying for PM. Previous PM membership does not automatically qualify you for this category of membership. If you need clarification of your specific position on this matter please contact our membership officer on [membership@reflexology.org.au](mailto:membership@reflexology.org.au)

*CPT committee: Catherine Mclver, Vera Emmi, Karen Riley and Marie Steinke*



## Wanted: FootPrints contributions

Are you an avid reader of books or articles on reflexology? Do you have a great store of case studies or great experiences to share about your reflexology practice or your business success?

*FootPrints* is constantly on the lookout for contributions that help make it a journal that is rich, interesting and relevant to reflexologists. Please share your ideas or contributions with us. This might range from writing articles through to referring us to excellent emerging information.

We're re-introducing features each issue and our October 2019 issue will look at reflexology for children and babies. If you specialise or have experience working in this area, please contact *FootPrints* with your contributions.

Future issues will also look at different forms of reflexology as well as blending reflexology with other modalities. We're also taking a look at what it means to work in rural and remote regions. What are your challenges? How do you manage as a professional reflexologist when distant from larger towns and cities?

Do you have an idea for a future feature? Are there areas you're expert in that rarely get covered?

**Contact *FootPrints'* Editor, Tiziana Hill, by email at [footprints.articles@reflexology.org.au](mailto:footprints.articles@reflexology.org.au)**

# RAoA Annual General Meeting (AGM) and Educational weekend

Hobart, Tasmania Saturday 19 and Sunday 20 October 2019

The RAOA invite you to join us at the 2019 National Annual General Meeting (AGM) and two-day workshop in beautiful Hobart. Learn and earn! Not only will you gain CPT points, you will also have the opportunity to attend the Members Annual General Meeting plus learn lots of valuable information from the following presenters who are experts in their respective fields. Maybe even 'linger longer' and enjoy the sights of Hobart!



**Ruth Casper—Chakras and reflexology.** Ruth has a natural therapies practice in Tasmania and enjoys integrating the benefits of reflexology, aromatherapy and remedial massage into her sessions. In 2014, her knowledge and experience of Chakra energies was deepened by becoming an accredited Chakradance® facilitator. Ruth believes that our body and mind possesses natural self-healing wisdom; but the body can only do this if we let it. She has found that Chakra work through reflexology is a direct and powerful way to help clients re-balance and re-align their subtle energies. She is delighted to have the opportunity to share and explore these beautiful synergies with you at the AGM workshop to be held in October.

Ruth's workshop will explore the subtle energies of the seven main Chakras. In particular, how balances, imbalances and interactions may manifest in our behavioural patterns and our physical and metaphysical selves. Workshop participants will then be guided to develop their own unique and intuitive ways to re-balance and re-align Chakras through reflexology. There will be time for hands-on experience to put into practice these deepened reflexology treatments straight away! A great way to learn and earn yourself a treatment!



**Bill Pearson—Medical Qigong – gathering and releasing Chi.** Bill has been studying, teaching and practicing Medical Qigong for over 20 years. He has been a TCM practitioner registered with the Chinese Medicine Registration Board and is the Principal of Jian Shen Tai Chi – Qigong School in Glenorchy Tasmania.

Bill has taught workshops throughout Australia, Tokyo and Osaka and the Minzu University in Beijing. Some of the workshops have been with people living with Parkinson's, The MS society, government departments, hospitals and performing arts schools and centres. Bill is a man of many talents and has also studied and graduated from NIDA, acting and writing for stage and television in Australia and England.

Bill's workshop looks at the organ systems of our bodies, gathers Qi from around us, brings it into our bodies and distributes it along the meridians of Traditional Chinese Medicine thus restoring, harmonising and balancing. If imbalanced, illness etc. is a direct result of stagnation (body, mind and spirit or a combination of all of these) Medical Qigong was created to clear the stagnation and to restore balance and harmony.

Bill will be conducting a Tai Chi session on Saturday morning. What a fabulous way to start the weekend!



**Philip Boyd—Wrist and forearm mobilisation.** Philip has been practicing massage since 1992 and has been instructing Pilates since 2001. He was a tutor in various remedial massage techniques at Island Health College.

In his massage work Phil has specialised in musculoskeletal techniques. He has had extensive training and experience in the use of Muscle Energy Technique (MET) to assess and correct postural and movement dysfunctions.

Phil brings his extensive knowledge and experience of working with mobilisation techniques to hands to the AGM weekend workshops. In his *wrist and forearm workshop* you will learn practical techniques that can be easily incorporated into a hand reflexology session.

Philip will give a brief overview of the anatomy of the wrist and forearm, looking at the function of the carpal bones and the radius and ulna. You review the assessment of dysfunctional movement patterns and learn mobilisation techniques to free up restrictions. Participants will experience deep tissue techniques to release adhesions in the tendons and Phil will demonstrate spray and stretch treatment of tennis elbow. There will also be an opportunity to practise wrist and finger exercises and learn about the carpal tunnel stretch. An excellent opportunity to gain additional knowledge to add to your existing practitioner skills.

**BOOK NOW! To register and pay for the 2019 AGM and Workshop Weekend go to the RAOA website <https://www.reflexology.org.au/> or direct link <https://reflexology.org.au/agm-info>**

**Don't miss out on Early Bird—the Early Bird fee will fly to Standard fee on 19 August therefore please book and pay BEFORE 18 August!**

Continued on page 16

Your registration investment includes:

- ◆ Morning tea, lunch and afternoon teas
- ◆ A great opportunity to network with your peers
- ◆ Two workshops to choose from each day, with the above speakers
- ◆ Workshop notes from your chosen sessions
- ◆ Certificate of Attendance.

**Additional details** such as venue, program and fees are on the website. As this is a catered event, registrations close 9 October 2019.

- ◆ For assistance with **online registrations** please contact the RAoA National Office [admin@reflexology.org.au](mailto:admin@reflexology.org.au) or phone 07 3396 9001
- ◆ For **payment or accounts inquiries** please contact Accounts [accounts@reflexology.org.au](mailto:accounts@reflexology.org.au) or phone 0409 375 545.
- ◆ Should you wish to attend the **AGM only** please contact [accounts@reflexology.org.au](mailto:accounts@reflexology.org.au) for your name to be added to the list.



## Reflexology tips: skin, depression and sleep

By Karen Ball

**S**tress wears on you – you'd have to be living under a rock not to know that. But, are you aware of how chronic stress, depression and lack of sleep affect your skin?

Intense or chronic stress increases the production of cortisol, which decreases the skin's ability to repair itself. Stress causes you to tense your facial muscles, often without realizing it. Those repeated frowns and grimaces ultimately will leave their mark in the form of permanent lines.

Here are a couple of easy counteractive measures:

- ◆ Reduce stress and anxiety by exercising
- ◆ Include gentle instructions to consciously breath when giving reflexology sessions. That will drive more oxygen to the skin cells for healing. If you notice clients with taut facial muscles, give some attention to the reflexes of the jaw and temple.

**Depression** is associated with a decrease in growth-hormone synthesis, which inhibits the ability of the skin to repair itself at night. Here are a couple of counteractive measures:

- ◆ Seek out professional help to resolve the causes of depression; keep a referral list in your office to share with clients wishing to work through their mental health issues
- ◆ Regular exercise – proven to help defeat depression
- ◆ Reflexology is a wonderful antidote to depression. It allows people to feel themselves in a whole, relaxed state; the way one should feel; the way we were born to be.

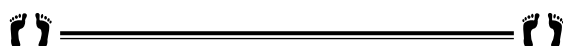
**Lack of sleep.** Without enough deep sleep, the skin can't properly undo daily damage. Sleep deprivation puts the body into stress mode, causing more cortisol to be produced. And that takes us right back to the top of this article! Here are a few preventive measures:



- ◆ Get more sleep – turn off all electronic devices at least ½ hour before going to bed. Do not read with a Kindle
- ◆ Improve your sleep hygiene. Remove all electronics from your bedroom; sleep in a very dark room; drop the room temperature to 20 or 21 degrees Celsius
- ◆ Sleep on your back – a “smooshed” face looks creased
- ◆ Try a short hot bath soak – 10 minutes – before heading to bed. Add some relaxing essential oils to the bath water, or spritz them on your pillowcase
- ◆ Work on your own reflexes before going to sleep. Focus on the central nervous system, diaphragm and solar plexus reflexes to promote sleep, reduce stress and combat depression. Add in the lymphatic and liver reflexes to help with skin health.

This is useful information to share with clients; please feel free to copy or re-write in your own words. Clients really appreciate educational tips.

Reprinted with kind permission of Karen Ball, Academy of Ancient Reflexology.





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[www.aromaticaaustralia.com](http://www.aromaticaaustralia.com)

# What makes our members tick?

*In each issue of FootPrints, we invite members to tell us a little about themselves. In this issue we chat to two more Directors.*

**Alison Torre, Western Australia, Board member**

## 1 How did you come to be a reflexologist?

After receiving a lovely reflexology massage from a recently qualified reflexologist at the Hillary's Wellness Expo and wanting to do a career change myself, I decided to step out of my comfort zone and do the Certificate IV in Reflexology in 2015 in Duncraig.

## 2 Where do you live?

I live in Perth with my partner and son. My parents left Whyalla, South Australia in 1969 for a job opportunity and we stayed ... but all of my extended family live in South Australia.

## 3 What qualities do you most value in your best friends?

Oh that's easy: honesty, sincerity, supportive friends and gosh I love to have a good laugh!



*Alison Torre enjoying sunset on the water near Athens, Greece.*

## 4 What grounds you?

I go to the gym most mornings to clear the head and prepare myself for the day, weekly yoga and a daily walk in the evening with my partner and my two pooches, a two-year-old Border Collie called Percy and a 13 year old Beagle called Lou. I love travelling too and recently went on a wonderful holiday in Greece and Germany. I definitely have the travel bug and wish the world wasn't such a big place as there are many places on my bucket list!!

## 5 What would you tell yourself aged 15, that you know now?

That Mum definitely knows best!!! I wish I could tell my Mum that now as she passed away too young at the age of 51; I would love to have shared my reflexology journey with her.

---

**Lynda Kidd, Tasmania, Board member**

## 1 How did you come to be a reflexologist?

I attended an interest-only massage course and was paired with a professional reflexologist for the session on reflexology. The changes that I felt after that session made me curious. I did an interest-only course of reflexology and worked on my children. I had some amazing results and so I enrolled to study a certificate of reflexology with Di Yaxley. That was over 23 years ago and I am still practicing professional reflexology and receiving reflexology for my own health benefits!

## 2 Why do you choose to live and be where you are?

I live in Hobart, Tasmania. I came here 32 years ago from WA because I met a wonderful man who swept me off my feet. I am pleased to say we are still together and have three wonderful children. When I first moved here, it was like a home coming. My great-grand parents and families were among the original settlers of Tasmania, so I have family connections to Tasmania.



*Lynda at the Taj Mahal on a recent visit to India.*

## 3 What qualities do you most value in your best friends?

Best friends come in different packages and are in our lives for different reasons. A girl guide song sums this up for me; make new friends but keep the old; some are silver and some are gold. They all add joy to my life in different

ways. There are those who I can talk freely to, others who brighten up my day with their humour, some give me words of wisdom in times of need, and others just there in the background caring and sharing in simple ways. I value all these friends!

## 4 What grounds you?

Swimming in the ocean is what I do to connect to the earth and recharge myself. I love the clear blue water and the fact that it goes on forever. I love the way the waves come from nowhere and are strong enough to ride back to shore. I love floating on the vast water plane and being part of the ocean itself.

## 5 What would you tell yourself aged 15, that you know now?

My 15 year old self didn't really need any advice. She was sensible, clever, reserved, and very happy-go-lucky. My 40 year-old self, however, needed many words of advice. She got stuck and didn't know how to get out of it. My advice to her would be that life changes all the time. This period in your life will pass and set you on the right path for the next adventure in your life. Ten years is not as long as you think it is. I would also tell her that the life cycle she was on is the right one for her and that it will evolve into a very fortunate life with many opportunities.



(Port Arthur convict penitentiary)

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**Venue:** The Old Woolstore, 1 Macquarie Street, Hobart



**Registrations are now open on website** – see website for fees and further details

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July 21	RAoA NSW/ACT Branch	Branch General Meeting	Crows Nest, Sydney NSW
August 11	RAoA VIC Branch	Prenatal Therapy and Metamorphosis	New Gisborne VIC Registrations online <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
August 17–18	Louise Dennison – RAoA National Workshop	“Zen Reflexology”	Crows Nest, Sydney NSW Information and registrations online now RAoA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
August 18	RAoA TAS Branch	Branch General Meeting	Venue TBA, TAS
August 22 & 28	Sue Ehinger	“Integration of Microsystems for Muscular-skeletal Conditions”	Williamstown VIC Lyn Fava <a href="mailto:info@asrr.com.au">info@asrr.com.au</a> or 0412 353 385
August 24–25	Louise Dennison – RAoA National Workshop	“Zen Reflexology”	Spring Hill, Brisbane QLD Information and registrations online now RAoA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
September 10	RAoA NSW/ACT Branch	Branch General Meeting	Crows Nest, Sydney NSW
September 19–22	International Council of Reflexologists (ICR)	17 <sup>th</sup> ICR International Conference	Anchorage, Alaska <a href="https://icr-reflexology.org/conference/">https://icr-reflexology.org/conference/</a>
September 23–29		World Reflexology Week	
September 20–23	Sue Ehinger	Facial Reflexology 3 and 4	Australian School of Reflexology (Sydney) Irene Tasho <a href="http://www.reflexologyaustralia.com">www.reflexologyaustralia.com</a>
September 28–29	Louise Dennison – RAoA National Workshop	“Zen Reflexology”	Brompton, Adelaide SA Information and registrations online now RAoA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
October 19–20	RAoA National AGM	National Annual General Meeting and Workshop Weekend	Hobart, TAS. Information and registrations online now <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
November 1–5	Aromatica Australia	National Conference	Gold Coast, Qld Email: <a href="mailto:aromatica.australia@gmail.com">aromatica.australia@gmail.com</a> <a href="http://www.aromaticaaustralia.com">www.aromaticaaustralia.com</a>
November 10	RAoA SA Branch	Branch Meeting and Workshop Day	South Plympton, SA
November 17	RAoA TAS Branch	Branch General Meeting and Xmas Breakup	Venue TBA, TAS
November 17	RAoA NSW/ACT Branch	Branch General Meeting	Crows Nest, Sydney NSW
December 1	RAoA QLD/NT Branch	Workshop Day and Branch General Meeting	Wynnum Community Centre, Wynnum (Brisbane) QLD Registrations will be online <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
December 8 <sup>th</sup>	RAoA VIC Branch	Workshop, Branch General Meeting and Xmas Breakup	SWell Centre, 2 Minona St, Hawthorn VIC Registrations will be online <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
2020	PRESENTER	TITLE	LOCATION/CONTACT
February 12–13 2020	Lee Anthony Taylor	Effective Reflexology™ See advertisement for details	Williamstown VIC Lyn Fava <a href="mailto:info@asrr.com.au">info@asrr.com.au</a> or 0412 353 385
October 16–18 2020	RAoA National Conference – “Vision to the Future”	Keynote Speakers: Sue Ricks (UK) Lynne Booth (UK) Various other speakers	Darling Harbour, Sydney NSW Registrations open end of 2019

## Welcome New Members

March–May 2019

First Name	Surname	Suburb	State
Irene	Downs	Killarney Heights	NSW
Marie	Duggan	Deagon	QLD
Suzanne	Jamieson	Brookwater	QLD
Katie	Lorentz	Viewbank	VIC
Fionna	McColl	Jingili	NT
Julie	Siebuhr	Tingalpa	QLD
Ronel	Spence	South Hedland	WA

# BRANCH NEWS



## NEW SOUTH WALES/ACT



It was wonderful to see so many NSW members and student members attend our ABM day in May. We certainly had a packed day of speakers covering lots of new skills for us to integrate into our practice from mindset awareness, online marketing as well as manual foot mobilisation techniques and moxa demonstrations.

I'm blessed to say that most of last year's committee has stayed on in their roles. We are still looking for a newsletter editor so please get in touch if you want some more information about this role. This role can be done remotely if you don't live near Sydney and can attend

meetings via Zoom.

We now move on in the year where the focus becomes the Mind Body Spirit Festival on 17–20 October in which we are still seeking volunteers for three hour blocks on our stand. All volunteering at this event attracts CPT points. Please get in touch with Natasha Randell to volunteer at [tashreflexology@hotmail.com](mailto:tashreflexology@hotmail.com)

I also look forward to seeing members at our July Sunday general meeting on 21 July at Crows Nest Community Centre. We will follow this meeting with a casual lunch meet up afterwards. More information will be circulated nearer the date.

Karen Riley

## WESTERN AUSTRALIA

Hello from the west! On May 19 we held our ABM and study day. The committee trialed a half-day study day which proved popular with a good turnout.

Entitled *Props to Include in your reflexology practice*, we started our day with a talk and demonstration of a Kansa bowl by Dot Neems. We all paired up to swap a treatment using a Kansa bowl and some ghee and were delighted by how soothing and relaxing the warmth generated by the bowl felt on our feet.

Next Sarah Hoey showed us how to incorporate ice into our reflexology practice. Sarah shared an experience she had using ice and reflexology with a remarkable outcome and we were all keen to try it. I'm sure our attendees are eager to incorporate this technique with their own clients.

Catherine McIver showed us the basics of using a Thai Reflexology Stick and Jan Round and Michelle MacGregor talked to us on the benefits of using a golf ball for Plantar Fasciitis. Carol-Ann Brand provided us all with a golf ball



so we could give it a go. A big thank you to all our presenters for showing us some varied and interesting techniques for us all to use.

On to our ABM and the election of our new committee. Jill Jones has been a wonderful Chairperson for us in WA but after three years in the position she felt it was time for some 'new blood'. The old committee stood down and it was great to see so many of them happily re-elect for positions; a big thank you to them all. After some consideration I felt I could take on the role of Chair with such good support from the rest of the committee. Kristie Frean has joined the committee for the first time as secretary which leaves all positions filled other than Vice.

I am looking forward to our first meeting in June where we can generate some study day ideas for the year ahead, so watch this space and please feel free to contact any of the committee if you would like to put forward an idea to include for a study day in WA. Stay safe and well over the winter months.

Joanne Siggs

Winter in Victoria; such a fabulous season for making a cosy treatment space. Warm hearty soups, and dandelion coffee. The word 'Hygge' comes to mind. It's a Danish word that means a *quality of coziness and comfortable conviviality that engenders a feeling of contentment or well-being* (Google dictionary).

It is a time for nurturing the ideas, projects and the light within, ready for show time in Spring.

The Vic Branch had a fabulous AGM that included presentations on Auricular protocols for acute, post-acute and chronic conditions. Assessing the pulse on the foot and its response to working the reflexes was from Bryan O'Neill.



## VICTORIA

Then an introduction to Jin Shin Jyutsu's *Harmonising life energy of mind, body and spirit* by Teena Croker.

Our working party has increased from three to five and is busy collaborating to bring the August workshop on Pre-Natal and Metamorphosis. This will be held in New Gisborne on 11 August with bookings at the RAoA website.

The following meeting will be on 8 December for end of year celebrations and training.

At our general meeting we discussed getting involved with some websites like ATMS, Shiatsu, Your Health Your Choice to continue objections to health care rebates. Also how we can establish ongoing collection of evidence-based data to support the industry. Happy footing.

Cate Brown



## QUEENSLAND/NORTHERN TERRITORY



Hello from Qld-NT Branch! Our stand at the Mind Body Spirit event in March was once again extremely popular with the public. This event has gone from strength to strength and this year saw our branch net the largest profit to date from these intense three days. I was disappointed to learn that some members who initially volunteered to be on the roster subsequently withdrew, which left our events co-ordinator scrambling to fill time slots at short notice.

I would like to express my thanks and gratitude to Emma and those members who did help out and pull extra shifts to keep the beds full and the customers happy.

*Reflexology in the Park* continues to put reflexology into the public eye. Second-monthly sessions are held throughout the year in the shade of some beautiful trees and alongside a reflexology path.

The Annual Branch Meeting was held on Sunday 26 May. Our committee organised a successful event despite lower than usual attendance (I blame the election). The two presenters kept everyone engaged, approaching the topic of hormone imbalance from different angles.

We are again attending Homeless Connect, which is on 27 June at Doomben Racecourse. Homeless Connect brings together businesses and community groups at a one-day event. It provides free services to people experiencing homelessness, or those at risk of homelessness. Volunteering at this event is an incredibly rewarding experience. Contact our events co-ordinator to put your name down, even if it's only for an hour, to help people who are less fortunate than yourself.

Wendy Dalzell

## TASMANIA

After a lovely mild autumn, the winter weather finally hit with a sudden bang at the end of May with snow on the peaks and some welcome rain. Our May ABM day was held on Sunday 19 May at Campbelltown to the accompaniment of a roaring wood fire which the venue had kindly prepared for our arrival. Our meeting was followed by a workshop presented by Joan Marshall on *Extending Practice with Emotional Freedom Technique (Meridian Tapping)*.

The new Branch Committee for 2019–2020 year sees a reshuffle of positions. With Lynda Kidd stepping down, Sally Stubs has taken on the role of *Minute Secretary* and Sue Archer has taken over from Sally as *Correspondence Officer and Librarian*. I have retained the roles of *Chairperson* and *Branch Administration Assistant* (formerly Branch Treasurer). At the ABM meeting we acknowledged the contribution to our branch activities during the year from the following people: Pamela Skeggs, Helen Justice, Veronique Tabor, Tiziana Hill, Susanne Jetson and of course the 2018–2019 Committee/AGM Sub-Committee members: Lynda, Sally, Susan and Sarah

Our next Tasmania Branch CPT activity will be a mini workshop on Light Language presented by Cheryl Semmens. This workshop *“is designed for the spiritual seeker. Light*



*Language communicates from heart to heart resonance, (unconditional love) illuminating the cells of the body to remove any blockages or dis-ease that no longer serves you; leaving all the past behind. It is the subtle vibrations of the Universe nudging us to step into our higher path, walking with reverence and truth toward what we were destined for.”* It will be held on **18 August 2019** at Campbell Town Bowls Club.

Following that will be our, Tas Branch-hosted, national AGM weekend in Hobart on **19 and 20 October**. There has been plenty of publicity about this event in Footprints and your email inbox! There are two workshops for you to choose from each day. Sessions will incorporate practical techniques and the registration fee includes morning tea, lunch and afternoon tea. This will be a fun weekend with plenty of opportunity for networking.

We wind up the year on **17 November** at Campbelltown again with an Educational Practicum Exchange (EPE) session on Zen reflexology revision. There will be a general meeting before the EPE and our annual Christmas social lunch and Secret Santa.

Sarah Blain

My previous *FootPrints* words were written in the heat of the South Australian summer. I now find myself sitting by the warmth of the wood fire, enjoying the benefits of the recent rain and the resulting greenery outdoors and the joy of the farmers as the winter season unfolds.

Reflecting on reflexology in South Australia our next SA Branch event is our Annual Business Meeting on Saturday 8 June. This will be incorporated with a two day Advanced Foot Reading workshop by Sam Belyea—Foot Whisperer.

## SOUTH AUSTRALIA



I will share the experience in the next Footprints edition. Later in the year on 28 and 29 September at Brompton we will have Louise Dennison's Zen Workshop.

Our final event for 2019 will be a SA Branch Meeting and CPT half day on Sunday 10 November at Bert Heister's home. We look forward to these learning opportunities supported by our South Australian members and non-members.

Elaine Tscharke

## FootPrints Journal

ISSN 1039-2092

Published by the Reflexology Association of Australia, Limited

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

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#### Attention contributors to FootPrints

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

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

The Reflexology Association of Australia is committed to the belief that reflexology can be of great benefit to the health of all Australians. It publishes a referral register on its website ([www.reflexology.org.au](http://www.reflexology.org.au)) and has a referral phone service (1300 733 711) for members of the public who wish to consult a qualified practitioner.

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# Dates and Events to Remember

The RAOA is committed to bringing you Educational workshops and events so that you, our members, have the opportunity to increase your knowledge base and add new treatment services to your existing clinic while also networking with other like minded practitioners.

Please support these upcoming RAOA Workshops and Events.



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## 2019 National Workshop—ZEN REFLEXOLOGY with Louise Dennison

17-18 August 2019 – SYDNEY Crows Nest  
24-25 August 2019 – BRISBANE Spring Hill  
28-29 September 2019 – ADELAIDE Brompton



Registrations open via the RAOA Website <https://reflexology.org.au/zen-info>



## RAoA AGM and Workshop Weekend

Hobart Tasmania 19-20 October 2019

Registrations open via <https://reflexology.org.au/agm-info>

## Acupressure for Digestion Acupressure for the Immune System

### **RAoA 2020 National Workshop** *One (1) day workshop with John Kirkwood*

Launceston – Sunday 23<sup>rd</sup> February 2020  
Melbourne 2 workshops – same workshop each day – Saturday 14<sup>th</sup> and Sunday 15<sup>th</sup> March  
Brisbane - Sunday 22<sup>nd</sup> March 2020  
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16th—18th October 2020

SYDNEY NSW

2 of the International Keynote Speakers are:

Sue Ricks (UK)  
Lynne Booth (UK)



More details coming. Online registrations available November 2019

# Reflexology Association of Australia

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

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

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

**We will achieve our mission by:**

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

Stay connected...

Renew your RAOA  
Membership NOW!



Don't let your membership lapse – stay connected with the support, industry news, resources, public referrals, member discounts and education opportunities we can provide! Our secure online renewal procedure is now open so you can renew your membership for the upcoming 2019–2020 Membership Year!

It only takes a few minutes to complete and you can renew at any convenient time. Simply login to the RAOA website using your member login and click on the "Membership Renewals NOW OPEN" button and follow the prompts.

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

## INSIDE THIS ISSUE

From the President's desk	1	CPT Complementary Therapies in Cancer Care	13
Feature: Promotions	3	CPT News	14
Reflexology Week theme revealed	3	Wanted: FootPrints contributions	14
Feature: Research	4	RAoA AGM and Educational weekend	15
New study reveals how brains distinguish touch	4	Reflexology tips: skin, depression and sleep	16
Feature: Education	5	What makes our members tick?	18
Feature: Continual Professional Training (CPT)	6	Trade Space	20
Feature: Finance	7	CPT Education Calendar of Events	21
Feature: Conference	8	Welcome New Members	21
Feature: Branch Committees	9	Branch News	22
Don't shoot the messenger	10	FootPrints—Contacts, deadlines, advertising	24
Directors Board Meeting, 23–24 February 2019	11	RAoA contact details—Board, Branch, National Office	24