

FootPrints

The Journal of the Reflexology Association of Australia



www.reflexology.org.au

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Acupressure for Digestion and the Immune System

RAoA 2020 National Workshop

One (1) day workshop with John Kirkwood – **8 CPT RAoA Activity 1 (8 hours)**



Conditions of the digestive system and the immune system are common presentations in the clinical setting. Five Element Acupressure offers an effective way of supporting these important systems of the body and of treating conditions that can arise when they are out of balance.

This one day workshop includes:

- A theoretical overview of the basic principles of Chinese medicine
- Instruction in the techniques of Five Element Acupressure
- You will learn acupoints from different parts of the body including head, torso, back, legs and feet, arms and hands and treatment patterns to address common Digestive disorders and how to treat issues of the Immune system from the Five Element perspective.

The workshop will be useful for Reflexology practitioners as well as other practitioners – Remedial Massage, Bowen, Shiatsu, Aromatherapy and more ...

Dates and Locations:

Limited to 26 attendees per workshop.

Launceston—Sunday 23rd February 2020 – 4 High Street, Launceston TAS (LINC)

Melbourne 2 workshops – same workshop each day—Saturday 14th and Sunday 15th March
103 Evans Street, Brunswick VIC (Australian Shiatsu Centre)

Brisbane—Sunday 22nd March 2020 89–95 Gregory Terrace, Spring Hill QLD (Motel on Gregory)

Sydney—Sunday 29th March 2020 – 2 Ernest Place, Crows Nest NSW (Crows Nest Centre)

Adelaide—Sunday 28th June 2020 – 19 Green Street, Brompton SA (19 on Green)

Perth—Sunday 26th July 2020 – 443 Great Eastern Highway, Redcliffe WA (Owen Homoeopathics)

The day begins with a Theoretical Overview – 1.5 hours

The complex system that is Chinese medicine has a different view of the human body from that of western medicine. These differences need to be understood and appreciated in order to treat in a holistic way and not just to alleviate symptoms.

Practical – Acupressure for Digestion – 3 hours

In this segment you will learn the specific differences between the Chinese medicine and the western views of the processes of digestion and how to treat conditions such as constipation, diarrhoea, nausea, vomiting, indigestion, reflux, bloating, gas, poor assimilation and eating disorders.



Practical – Acupressure for the Immune System – 3 hours



In the final segment you will learn how Chinese medicine recognises that all of the internal organs play immunity, and how to support specifically the Triple Heater, Lung, Spleen and Kidney



About the Presenter: John Kirkwood has been practising and teaching acupressure for 35 years. Originally trained in Jin Shin Do Bodymind Acupressure in California, he went on to study with a range of teachers of bodywork and acupuncture before returning to Australia to practise and teach his own style of Five Element Acupressure. John now teaches in five states while maintaining a clinic in the Adelaide Hills. He is the author of two books published by Singing Dragon Press: *The Way of the Five Elements* and *The Way of the Five Seasons*.



Early Bird registrations

\$220 RAoA Members

\$240 Non-members

On-line registrations open NOW! Book early and \$AVE

www.reflexology.org.au

For more details regarding this workshop please read article inside FootPrints

From the President's desk



Welcome to the Spring edition of *FootPrints*. During this time I had an amazing trip away at Fowlers Bay where fishing was the main event of the day. No internet. The only place to get phone reception was at the jetty. Highlight every day was 20 to 30 whales in the bay. At times the whales were just off the end of the jetty. Long walks on white sandy beaches with only a few sets of footprints on them. We were told that local whale watching tour EP Cruises has the closest distance to whales permit in Australia. At the head of the Bight over 100 whales were seen. A whale of a time. Many times in a conversation with other holiday makers and locals, reflexology popped up. Followed with “how do I find a reflexologist?” Google RAOA. Click on Find a Practitioner. A book was read. 5th edition (2016) *Law and Ethics in Complementary Medicine* by Michael Weir. A handbook for practitioners in Australia and New Zealand.

News from **CPT Committee**: The National Workshop for 2020 is *Acupressure for the Digestive and Immune Systems*, presented by John Kirkwood. These workshops will be held in each Branch location, organised by the RAOA. It has been exciting to hear there has been some communication from members regarding international presenters interested in coming to Australia. Keep sharing your interests with the CPT Director.

There is a short report in this issue on the two day **Board meeting** held in June. Staff reviews were done in July. Ashleigh is no longer in the RAOA office as she's moved on. If you have an interest in the RAOA Facebook page please let us know as we could well do with help from a volunteer or two. Michele shares some of her roles with accounts contractor, Vera. Vera has been busy with *Zen Reflexology* and AGM registrations. Thank you both for the extra time put in to get some tasks completed.

While in Melbourne I caught up with Victorian Branch Chair, Catharine Brown. Catharine is working with a small committee who are keen on organising events for Victorian members; well done to them. The Board has nominated Lynda Kidd to represent the RAOA as a member on the Natural Therapies Review Expert Advisory Panel (NTREAP). Once the panel is established the next steps in the review process will be confirmed.

Short wrap on **Annual Branch Meetings**: NSW had a successful ABM speaker day with 44 members attending. Guest speakers presented on various subjects including Facebook marketing, mindset for your business, foot mobilisation techniques and Moxa demonstrations. There

were three trade tables participating and the annual raffle raised \$600.

WA trialled a half-day workshop followed by the ABM. Nineteen people attend the ABM. New Chair is Joanne Siggs.

Tasmania had a reasonable turn out this year with 11 people. They felt this was good, considering the ABM day is usually the least attended meeting as everyone wants to avoid being asked to put their hands up! The meeting was followed by a general branch meeting and a mini four-hour workshop.

Qld/NT held a successful day with excellent presentations. Chair position is a shared role between Eb Smith and Vera Emmi.

SA had 34 per cent (11) members in attendance, a good outcome considering it is small in numbers. There are two new PMs (recent graduates) on our committee, so it will be great to have some fresh ideas within the group. The ABM followed with a Branch Meeting and appointed positions. Branch Meeting was then followed by a two day workshop *Advanced Foot Reading* with Sam Belyea from The Foot Whisperer. A fantastic workshop enjoyed by all.

Short wrap on **Branch Chairs**: the skype meeting on 14 July was well attended. Covered at this meeting were: Branch Treasurer is now Branch Administration Assistant; budgets for all branch events; Father's Day ideas had feedback that Facebook works well; and EPE (education practicum exchange) Groups are now all online under the Calendar of Events.

For WH&S we need to make sure any active EPE group is recognised on the website and in branch newsletters; and for World Reflexology Week Victoria has organised a pamper day for staff and residents in an aged care facility.

National Conference 2020 – 16 to 18 October Sydney – there will be live interviews from/with the presenters on the National Conference Facebook page. We also discussed social media for non-members and members.

There are many boxes to tick and/or check when we move house. Here is a reminder for members moving location to cancel your business listing with Yellow Pages. Once moved if you receive appointment enquiries the best practice is to refer these people to the RAOA web site with directions on how to **'Find a Practitioner'** in their area.

I end this message with the wish that you enjoy the season of spring wherever you live.

Susan Jean Ramsey

October 2019

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Front cover – Photo courtesy of Pixabay.com.

Report—Director’s Board Meeting, June 2019

By Susan Jean Ramsey

I started my journey from home, Streaky Bay, on Thursday midday with the plan – like any other trip – to attend a Board Meeting for the RAOA. Drive three hours, fly to Adelaide, then a flight interstate. The weather was non-stop rain with the highway flooded in several areas. Police at one point. All went to plan!

Directors held a two day meeting on 22 and 23 June 2019 at Best Western Airport at Attwood, Victoria. Chair for this meeting was Catherine McIver. Minute Secretary was Lynda Kidd.

The main points from this meeting were business risk, strategic plan, policies and procedures and a new business model. Actions being the strategic plan and policies and procedures are to be reviewed. Other items included:

- ◆ Lynda attended the 2nd World Reflexology Consortium meeting by skype
- ◆ A letter was sent to Australian Industry Skills Committee in reference to their suggested review of the Diploma of Reflexology and possible inclusion

of a Certificate IV for additional pathways to enter the reflexology profession

- ◆ SA and QLD/NT branch will hold their directors election in August
- ◆ The Board will hold more regular skype meetings instead of the face-to-face meeting in June 2020. They will hold one full day in June by Skype
- ◆ The BC1 document (Branch Committee information) was approved. The Board has allocated support for Branch Committees without a Director. Victoria – Lynda Kidd. Queensland/NT – Maxine Blanchard
- ◆ The Board approved a new web server. The old RAOA web server was shut down on 31 July 2019 and all data deleted. This was due to changes in the economic viability of the IT services industry. This meant that the RAOA had to source and move to a new server prior to the end date. This was done smoothly behind the scenes. Thank you James Flaxman our web-administrator and Ken with his IT skills for completing this task.



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Date: 5th & 6th February 2020
Location: Williamstown, VIC
Exchange: \$440 | Early Bird \$410

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www.asrr.com.au

Starting young—reflexology for children and teenagers

Treating children for a range of conditions and needs is universally described by reflexologists who work with the young as something they cherish. For the professional reflexologist, it also brings particular responsibilities and requirements.

Special considerations include legal requirements for parental or guardian consent to treat, their presence in treatment and the need for the reflexologist to be alert to signs of childhood conditions and the specific challenges young people face.

In this series of personal accounts and case studies, RAoA members from around Australia share some of the considerations, challenges, conditions and good results they have witnessed.

For new reflexologists starting out, offered here are gems of experience. For long standing practitioners, here are stories and case studies to enjoy and share.

Reflexology combined with educational psychology

Long before Bobbie Stanton became a qualified reflexologist in 2007, she worked in private practice as an educational psychologist working with families and children.

The combination of these skills has led her to specialise in working with children with learning or behavioural challenges.

“I commenced training in reflexology with the Australian School of Reflexology in 2007, did my Diploma by correspondence and then went on to complete a Diploma of Facial Reflexology with Lone Sorenson, who I continue to learn from,” Bobbie said.

“While operating a mobile practice visiting clients in their homes, I have undertaken further studies and last year went to Japan and Oman with Lone Sorensen to work with children and teach family members to implement Temprana individualised programs for each child.”

Temprana is a program of therapy using foot, hand and face reflexology developed by Sorensen. It is based on neuro-anatomy and traditional oriental therapies and is combined with nutrition and brain gym.

Based in Sydney and with her background in educational psychology, the decision to specialise was an obvious one.

“I specialise working with children with anxiety. When incorporating reflexology in my practice I work with the parent as the person who observes my work with their child and in between sessions, the parent is asked to carry out the protocols I recommend,” she said.

“At the beginning of 2018 I was approached by a family with a 12 year old boy with severe intellectual needs. The first session involved the parent receiving a treatment so that they have first hand experience on the type of pressure to apply. The second step was to model the protocol with the boy, before the parent practices it with their child. My protocols include face, feet and hands.

“As an educational psychologist who incorporates reflexology in my practice, I find I have many clients

whose children have learning or behavioural challenges. The age range in my work is between five and 13 years of age,” Bobbie explained.

“When I set up my private practice as an educational psychologist in 1998, the referrals were from families with children largely in the catholic system in primary and high school. I began to incorporate reflexology after completing my training in 2007 and incorporated the treatment plans for families who are open to the idea. Treatments are for an hour and I ask that a commitment of six to eight sessions is made.

“Working with children is a lot of fun. The ones that are open to reflexology look forward to the experience and quite often will have the water in a bowl waiting on my arrival to soak their feet. The parents also look forward to the weekly sessions as they begin to learn new protocols,” she said.

“When working with children I incorporate books on the different body systems such as respiratory or nervous system, so their knowledge about the working of the body increases.

“The young people that I continue to work with also enjoy the idea of learning to breathe deeply to assist the blood cells moving the oxygen around the body to assist the body to detoxify.”

According to Bobbie, critical factors for working with children include ensuring that her insurance is up to date and relevant, that her First Aid Certificate and Working with Children checks are current, her professional association memberships are up to date and that she has a variety of hands-on resources for children.



Instilling a love for reflexology from an early age

By Susan Archer

Working with children can be both challenging and a delight. I have been fortunate to work with children for over 30 years in the children's services industry and in recent years as a reflexologist.

In my experience, children love reflexology. The more they try it the more they relax into the routine and begin to immerse their bodies into the session.

I have learnt a few basic techniques that support children in feeling comfortable in attending a session.

Even though this sounds basic, I always introduce myself to the child first, then the parent. This places the child at the center of the session right from the start. With teenage clients I ask permission to hold their hand and apply different techniques and explain the pressure and movement I will be using on their feet. I inform them that I can stop at any time they want.

Holding the solar plexus point to help calm them down is of course a good effective technique. I like to provide them with a folder with mini foot/hand map versions they can keep; it also works to put this map on their lap which they can follow during the session, if they want to. I find teenagers particularly like doing this and it opens up the opportunity for further conversation as the session progresses.

I have three small bowls on my trolley. The first bowl has a variety of crystals, the second has smooth rocks (mini hot rocks) and the third a variety of objects that children can often identify or find interesting. This promotes the opportunity for them to chat and helps break down any barriers. The children know that they can ask for these bowls at any time and I have observed that after the third visit they no longer need these because they feel comfortable and can chat and interact quite naturally.



Currently, I am working with a few teenage boys who attend as they are experiencing anxiety, depression and bullying in the school environment.

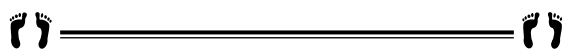
Initially these boys have each been reluctant to attend; one was rather solemn and guarded upon arrival. After many weeks they now both enjoy their sessions and one said "reflexology makes his feet feel fancy!" They turn up on frosty, cold Tasmanian Saturdays, eager to have their sessions. The commitment to attend impresses me every week.

The parents that attend are always interested in learning what they can do at home to support the child. They enjoy the homework and for my teenaged clients I encourage the parents to work the brain, spinal cord, solar plexus and diaphragm reflexes.

Each visit I have a short list for the parents to work so they too feel an active and important part of their child's session. Once they observe their children enjoying the sessions they too will go and experience reflexology themselves.

One mother commented that she believes in supporting her son's reflexology sessions as it is an important part of her son's tool kit in life to help him remain calm in this hectic world we live in and support his health choices.

Susan Archer is a reflexologist in Hobart, Tasmania.



Cherish your children for they are the footprints you will leave behind.

Taylor Evan Fulks

Liam's Story: living with Lennox-Gastaut Syndrome

By Sue Ehinger

Liam first received reflexology from Ann Jooste-Jacobs at Bear Cottage, a respite and palliative care centre for children with life-limiting conditions and their families in Sydney. Affiliated with the Sydney Children's Hospital Network, it provides 24-hour paediatric care in a relaxing and caring environment.

To everyone's great surprise, Liam, who does not enjoy being touched and who can't stay still for any length of time at all, received a full hour of gentle reflexology and loved it. As the family lives near me, Ann referred him to me for further treatments.

Liam is 11 years old and was diagnosed with severe autism just before his second birthday. With therapy, he was doing extraordinarily well until his first seizure, which was a month before his fourth birthday. Then, in the month leading up to his birthday he had 70 seizures and was eventually diagnosed with Lennox-Gastaut Syndrome. He has also been diagnosed with verbal and motor dyspraxia.

Lennox-Gastaut Syndrome is a complex, rare and severe childhood-onset epilepsy. It is characterised by multiple and concurrent seizure types, cognitive dysfunction with frequent seizures occurring daily. Typically, it presents in children aged three to five years and most often occurs secondary to brain damage. The brain damage can occur from perinatal insults, encephalitis, meningitis, tumour or brain malformation. Liam had a traumatic birth and also has an inoperable lesion on his thalamus.

After diagnosis the family had years of trying every suggested medication including steroids and medical cannabis, the ketogenic diet and every conceivable other treatment available. Liam has a vagal nerve stimulator (a pacemaker attached to his vagus nerve for seizure control) and has recently undergone a full corpus callosotomy.

At the moment Liam has the best seizure control yet. Although he has the odd bad day, he might go one to three weeks seizure free. Now he is finally starting to regain some of the verbal and other advances that he lost when the seizures began.

When I first met Liam and his parents I was struck by their devotion to providing the most loving and caring environment for him. Each week his mother Anne arrives together with a carer for Liam as it is too dangerous to drive anywhere with him without help in case he has a seizure in the car. Despite the hardships involved in his day-to-day care, Anne always has a smile on her face and is ready for a playful joke with him.

The most dangerous time for Liam is at night when, unobserved, his pulse and blood oxygen levels can drop so low that he could die.

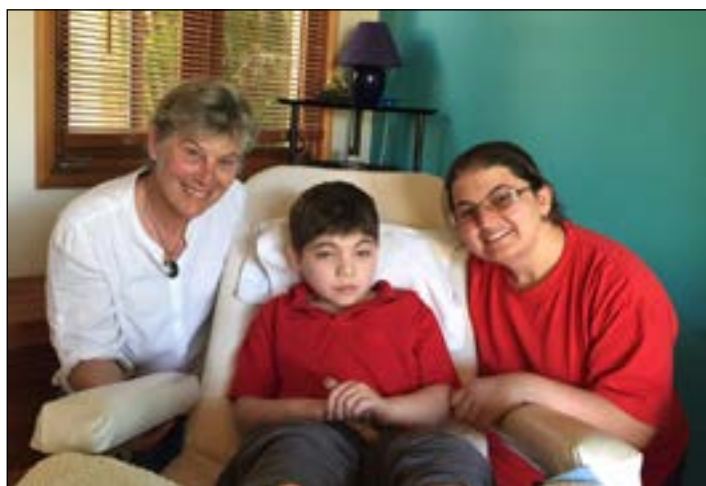
Anne tells me that Liam's life has been saved countless times by a pulse oximeter which is attached to his finger at night and when otherwise unobserved. The oximeter sends out a warning signal if his pulse changes or his oxygen levels drop.

Anne wrote to the CEO of the American company that produces this equipment and was surprised to receive a phone call from him inviting the family to fly to Los Angeles including a trip to Disneyland. What an amazingly generous offer!

When Liam arrives for his treatment he knows exactly which chair is his and gets ready straight away. The treatments are gentle of course and cover the meridians in the lower legs and all body system reflexes with particular focus on the head zones and colon (he tends to constipation). He loves the ankle loosener – "it tickles", he giggles. He is keen to show me his latest bandaid; "it hurts" he says, although the bandaids are primarily a placebo.

I asked Anne this week why she continues to bring Liam despite her very busy schedule and she said that it is the only time during the week when he is quiet and still for an hour and the quietness continues for some time afterwards.

So although I realise reflexology will have little impact on his seizures I am happy that the family sees the benefit. From my perspective it is an honour and a humbling experience to be involved in his care.



Sue Ehinger with Liam and his mum, Anne



Working with children and youths with a 'special need'

By Susan Jean Ramsey, author of *Little Hands That Heal*

I have been working with children of all ages for more than three decades. Natural healing and wellbeing is received, given and learnt from a very young age and I've found that often what is learnt young is retained throughout life. It's a wise and wonderful pattern to leave as a legacy to family, friends and the community.

Today's youth live in environments filled with IT, competitive sports, advanced tertiary learning for better employment choices and the pressure of doing the best they can in all situations.

Social lifestyles are very active and often shared in larger groups such as music festivals, school and sporting events. In short, all this puts strain on our youth's mental and physical wellbeing. Their immune systems work harder, there is often less sleep to recharge their batteries and therefore their function to think clearly and efficiently is less active than it could be.

I have found that reflexology helps our young people feel more confident, comfortable, less stressed or anxious; more able to think clearly; have better motor skills, increased energy and better endurance. When unwell, reflexology helps speed up the body's natural healing processes – enabling a shorter time frame for recovery, getting back to normal more quickly.

The wonders of reflexology improves circulation, lymphatic drainage and nerve conduction – helping to build the immune system and allowing the body to rest and heal. Reflexology = stimulation of the nerve endings and it's a safe and effective way to promote and maintain good health and wellbeing.

Some of the challenging issues and symptoms of the growing years include: asthma, acne, eating disorders, stress, anxiety, suicide, bullying, smoking, drug abuse, alcohol abuse, peer pressure, Type 2 Diabetes, colds and/or flu symptoms, allergies, hygiene, dental, puberty, growing pains, endurance, anger and/or frustration, perspiration, menstruation, warts, headaches, constipation, aching legs, wound healing, bruising and worry of any kind.

Some of the treatments I have provided are:

- ◆ Ear reflexology for digit strain from playing musical instruments, such as saxophone and piano, or IT devices
- ◆ Ear, hand and foot reflexology for lymphatic drainage after a motor vehicle accident (damage to knee and foot) due to being run over by a 4WD
- ◆ Ear, hand and foot reflexology for children for sport and education endurance

- ◆ Ear, hand and foot reflexology for children with disabilities to improve function, reduce pain and to help with the healing following various surgeries
- ◆ Foot reflexology for growing pains, and allergies
- ◆ Ear reflexology for asthma or shortness of breath.

Angus' story

There is one very special young person whom I met at about age four through his grandmother. Shy and cute, he sat on the inside clinic step while his grandmother had a treatment. I was asked if reflexology could help Angus.

Angus has Cerebral Palsy (right hemiplegia from stroke in utero). I said it was worth a try and so Angus started receiving reflexology around October 2013. He continued to attend fortnightly reflexology sessions from August 2014 and is now aged 13 years.

In September 2017 Angus had right calf and hamstring lengthening surgery. The main problem was a tightness in the right leg and back (left spine, right neck) and right arm. Before the surgery the pain was especially in the foot and ankle. It is still present but not as severe.

After every treatment Angus says, "I feel like I have a new body!" After the reflexology treatment, Angus feels like he has more circulation, a lot less pain and more flexibility. He knows that reflexology makes a difference and within a few weeks starts asking when he is going to receive reflexology again (especially before surgery).

In 2018, Angus won the Novita President's Award for Excellence in Rehabilitation and Attitude.

There is no scientific proof that reflexology has assisted Angus in improving his health and confidence to a level that he has gained the following achievements, but the list is impressive considering his reserved beginnings:

- ◆ State record holder for 200m Freestyle
- ◆ Made state and national times in numerous swimming strokes in 2019
- ◆ Part of SA Team Competency in Melbourne for National School Sports in 2019
- ◆ SAPSSA swimming for three years and hockey for two years
- ◆ Plays hockey U15's and U18's, plus Captain of U15's.

It is an absolute honour to work with young people, most rewarding to see the improvements as they mature and so delightful to watch their achievements.



Susan Ramsey with Angus



Reflexology brings big benefits to little kids

By Salena Poyser

A newly qualified reflexologist, Salena Poyser has jumped in the deep end! After recently qualifying with the Australian School of Reflexology, Salena relocated to the Gold Coast, opened her doors as Holistic R&R – Reiki and Reflexology and is watching her fledgling business grow. Here she shares three case studies for children ranging in age from 18 months to five years – achieving fantastic results for insomnia and tantrums.

Katie was 18 months old and suffered from teething and sleepless nights. After six sessions she was back to normal sleep patterns, teeth cutting through without pain and her general well-being improved. During the sessions, I noticed spots along the spine reflex which I showed to her Mum. That same day she had this checked out and received a Hand Foot and Mouth disease diagnosis. After ten days and a few more reflexology treatments, her GP was amazed at how quickly the virus left Katie's system.

Chelsea was three years old and suffered with severe tantrums; she could be up for at least three hours each night between 2 and 6am. She responded so well to reflexology that her tantrums reduced from two a day to maybe one per week! After delving deeper into Chelsea's world, her Mum and I worked out that she likes continuity and routine and as soon as it is disrupted, she reverts back

to previous behaviour. I learnt she also has trouble clearing her bowels, so working on her colon/digestive system has helped her. Following treatments, Chelsea is happily sleeping from 6.30pm to 5.30am when her Dad kisses her before he leaves for work.

Kylen, who is five years old, has been rocking himself to sleep since he was a baby and has long suffered from severe night terrors. He has responded well to his reflexology treatments and loves the Brazilian Toe Hold which his body demonstrated 'clearing' beautifully.

I was treating Kylen fortnightly when I noticed a pattern; his reflexes changed every fortnight and I learnt while chatting to his Mum it was always after a weekend with his Dad and the 'new family' that his sleep and night terrors deteriorated.

After gaining Mum's confidence to chat on an emotional level, I felt a lot of anger in his liver and fear in his kidneys. I enquired what happened around the time Kylen was six months when the rocking began. His Mum was shocked to remember that's when Kylen's father had left the family.

After a series of reflexology sessions, he became more relaxed and confident. The night terrors diminished and although he was still rocking himself to sleep, in our sessions he fell asleep without any rocking motions.



Kylen aged five, suffers fewer night terrors with the benefit of reflexology.



Katie with her Mum, Celine. Reflexology treatment helped with sleep and other issues.



Philippines outreach program for kids 'a work of heart'

By Sabine Deharte

I first met Tina Allen, the founder of the Liddle Kidz Foundation, in 2017 when she came to Perth for a series of workshops. I was extremely impressed and inspired by her; the work she is doing to promote pediatric massage and nurturing touch around the world has made a huge difference to the life of many children over the years.

When she told us that they regularly organise outreach programs to some of the more underdeveloped parts of the world to work with kids in orphanages and healthcare facilities, I knew right there and then that I wanted to be part of that one day.

Then earlier this year I got an email which explained they are planning another trip to the Philippines in December this year and were seeking volunteers to apply. I did, but knowing that thousands of others would as well, I never thought I would ever hear back.

Well, I was wrong, because shortly after I had Tina Allen on the phone offering me a spot in the program! I was dumbfounded and speechless at first and didn't know what to say! Now the excitement set in; I am going to the Philippines!

We are now 30 therapists from all over the world, chosen from 4,200 applicants, from different modalities – all spending three weeks in the Philippines trying to make a difference in the life of underprivileged children. I am the only reflexologist with just two other Australian therapists in the group.

We will also be working with families and care givers so they can continue our work once we are gone again. We will start our work in Cebu City and travel throughout Cebu, Camotes, Manila, Batangas and Quezon.

The effects of this program can be amazing. Volunteers from a previous Liddle Kidz outreach to Vietnam learned

this when the director of one of the charity centres they visited told them of a big change that happened once the caregivers there had incorporated the techniques they had learned: the rate of hospitalisation among the kids from the centre had dropped from approximately 40 per year to just two to three per year!

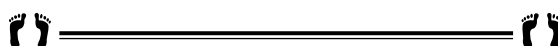
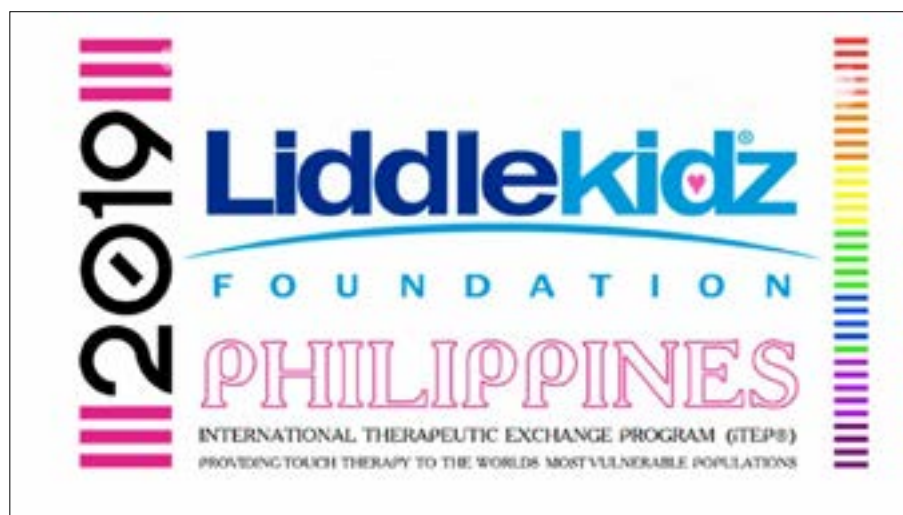
After the first excitement I started to panic. Taking on the role as an Ambassador for the Liddle Kidz Foundation comes with the responsibility to raise some serious funds to sustain this program. How was I going to raise all this money?

First, I set up a GoFundMe site and donations are slowly trickling in from supporters all over the world. The next step was to organise a major fundraising event. I decided to set up a wellness day where a smorgasbord of different therapists can pamper the public for a donation. I asked fellow therapists and friends and soon had a team together that was willing to donate a couple of hours of their time.

The local High School offered to donate a venue and **PAMPERTHON** was born. The event was held on 31 August and offered foot reflexology, facial reflexology, Japanese cosmo facelifting, skin care consultations, Bowen Therapy, Emmet Technique, massage and Indian head massage.

There will be much more to organise before I take off at the end of November and I promise to share my adventures with *FootPrints* readers when I get back.

About Sabine. Sabine is a Perth-based reflexologist and also offers Japanese cosmo facelifting. If you would like to support the project or want to learn more, contact Sabine at sabinedemarte71@gmail.com or check out: <https://www.gofundme.com/liddle-kidzr-foundation-a-work-of-heart>



The 2019 FootPrints CPT Quiz will be available from 1 December via the RAoA website and this year it can be completed by downloading the paper questionnaire OR ONLINE! At just \$20 to participate, our FootPrints CPT Quiz is a simple and inexpensive way to earn up to 5 CPT points.

The quiz has been developed for you to refresh and extend your knowledge by having a good re-read of our national *FootPrints* journal. The questions will cover the January, April, July and October 2019 Footprints editions. If you cannot locate your copies, please contact the National Office to request the missing editions be emailed to you.

From December, you can follow the links on the RAoA website to visit the quiz information page. The process will be very simple, if you wish to complete the paper version of the quiz follow the numbered steps to download, print, complete and return your entry. To complete it online, follow the numbered steps to complete and pay for your quiz fully online which is setup in a similar process to completing an online workshop registration followed by payment options including credit card.

The multiple choice and true/false questionnaire format is easy to complete and makes for a fast marking process at National Office, meaning our marking turnaround should be even faster than last year. We will endeavour to return your quiz results within a few weeks upon receipt of your quiz and payment with the exception of the office closure over Christmas and New Year.

The closing date for participation is 31 March 2020. Please ensure you complete your quiz online before this date or if using the paper method you will need to post your completed paper to National Office well before this date so it arrives in time. Payment is required at time of lodgement and quizzes received after this date will not be marked.

The quiz falls into Activity 9 of the current CPT Program and if you answer all questions correctly you will gain 5 CPT points.

Thank you for supporting the FootPrints CPT Quiz event and we look forward to receiving your papers. If you have any questions please do not hesitate to contact us: membership@reflexology.org.au or cpt@reflexology.org.au

Good luck everyone!—CPT Committee



Can reflexology help tinnitus?

Tinnitus is a condition, or to be more precise, a symptom of underlying condition(s) involving a sensation of sound when no external sound exists. Tinnitus sufferers can hear phantom noises in the ears which have been variously described as ringing, buzzing, whistling, hissing, clicking or whooshing. The noise may vary in intensity from a low background noise to a high pitched squeal, and may be in one or both ears.

Occasionally the sound is so intense that it can interfere with the ability to concentrate or hear. These sounds can be constant or irregular and it is thought to affect almost 10 per cent of the population to a greater or lesser degree.

As with any condition we would recommend consulting a doctor, who may find a cause and be able to treat the tinnitus. But in many cases, there is no specific treatment. It may simply go away on its own, or it may be a permanent condition that the subject has to learn to “live with.”

Reflexology often becomes a last resort for clients who have tried every conventional method of dealing with their

condition without success. And Alec certainly fell into this category when he came to book his first appointment. Suffering from tinnitus continually with no relief, he had been unable to concentrate and his sense of balance was so impaired that he had lost his job as a painter and decorator.

As a result of the volume of debilitating noise in his head his sleep was disturbed and he had reached the stage where he had actually considered suicide.

Conventional medicine had been unable to find a solution and so a friend suggested he try reflexology. Over the course of six treatments the tinnitus improved to the extent that he was able to sleep normally and he had begun to look for a new job. This all took place around ten years ago and Alec has been free of the condition for most of that time only returning for the occasional ‘top-up’ reflexology treatment.

Reproduced as an extract with permission from www.professionalreflexology.org

Acupressure for digestion and the immune system

RAoA 2020 National Workshop

One (1) day workshop with John Kirkwood
8 CPT RAoA Activity 1 (8 hours)



"Professional Reflexology
...better health naturally"

The RAoA are pleased to bring you the 2020 National Workshop with John Kirkwood.



John Kirkwood has been practising and teaching acupressure for 35 years. Originally trained in Jin Shin Do Bodymind Acupressure in California, he went on to study with a range of teachers of bodywork and acupuncture before returning to Australia to practise and teach his own style of Five Element Acupressure. John now teaches in five states while maintaining a clinic in the Adelaide Hills. He is the author of two books published by Singing Dragon Press: *The Way of the Five Elements* and *The Way of the Five Seasons*.

Digestive and immune system disorders

Conditions of the digestive system and the immune system are common presentations in the clinical setting. Five Element Acupressure offers an effective way of supporting these important systems of the body and of treating conditions that can arise when they are out of balance. The knowledge from this workshop can be incorporated into your current practice and enhance your current treatment protocol, allowing for optimum results.

This one day workshop includes:

- ◆ A theoretical overview of the basic principles of Chinese medicine
- ◆ Instruction in the techniques of Five Element Acupressure
- ◆ You will learn acupoints from different parts of the body including head, torso, back, legs and feet, arms and hands and treatment patterns to address common digestive disorders and how to treat issues of the immune system from the Five Element perspective.

The workshop will be useful for Reflexology practitioners as well as other practitioners – Remedial Massage, Bowen, Shiatsu, Aromatherapy and more ...

Information about organ and system dysfunction that is identified from the feet can then be applied more broadly through the acupoints of the meridian system. Practitioners will also find this of benefit since assessment of imbalances can be made through symptoms and by palpation of acupoints.

The day begins with a theoretical overview – 1.5 hours

The complex system that is Chinese medicine has a different view of the human body from that of western medicine. These differences need to be understood and appreciated in order to treat in a holistic way and not just to alleviate symptoms. This segment of the workshop will include the following.

- ◆ Brief history of Chinese medicine
- ◆ Principle of yin and yang and its clinical implications
- ◆ The concept of Qi, its nature, function and sensation
- ◆ The Five Elements - Water, Wood, Fire, Earth and Metal
- ◆ Principle of Resonance and its uses in diagnosis
- ◆ The 12 primary meridians system
- ◆ Acupoints, their categories, characteristics, location and ways of influencing them
- ◆ Five Element Acupressure treatment method
- ◆ Benefits and contraindications of acupressure.

Practical—Acupressure for digestion – 3 hours

In this segment you will learn the specific differences between the Chinese medicine and the western views of the processes of digestion and how to treat conditions such as constipation, diarrhoea, nausea, vomiting, indigestion, reflux, bloating, gas, poor assimilation and eating disorders. In this segment we will look at the following.

- ◆ Chinese medicine perspective of the functions of stomach and spleen organs
- ◆ Pathways of stomach and spleen meridians
- ◆ Emotional associations of stomach and spleen imbalance
- ◆ Roles of small intestine, large intestine and liver in digestion
- ◆ Locations and uses of about a dozen important acupoints
- ◆ Demonstration of point combining in treatment
- ◆ 90 Minute practice: students give and receive a 45 minute treatment.



Continued on page 11



Practical—Acupressure for the Immune System – 3 hours

In the final segment you will learn how Chinese medicine recognises that all of the internal organs play a role in immunity, and how to support specifically the Triple Heater, Lung, Spleen and Kidney.

- ◆ Chinese medicine perspective of the immune system
- ◆ Role and function of the triple heater in immune defence
- ◆ Role and function of the lung in defending against external pathogens
- ◆ Role and function of the spleen in fighting infection
- ◆ Role and function of the kidney in constitutional health
- ◆ Locations and uses of about another dozen important points
- ◆ Demonstration of short treatment patterns for supporting immunity
- ◆ 90 Minute practice: students give and receive a 45 minute treatment.




Early Bird registrations	\$220	RAoA Members	\$240	Non-members
Standard registrations	\$245	RAoA Members	\$270	Non-members
Late registrations	\$280	RAoA Members	\$310	Non-members

On-line registrations open NOW! www.reflexology.org.au

For assistance with on-line registration contact National Office admin@reflexology.org.au or Ph 07 3396 9001


For assistance with accounts and payments contact accounts@reflexology.org.au or Ph 0409 375 545

For workshop enquires please contact: CPT Director cpt@reflexology.org.au



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Reflexology for cancer attracts interested audience

By Gretel Ann Spiegel

The Reflexology Association of New Zealand, Nelson branch recently held its 2019 National Conference and invited me to be one of their keynote speakers and to present several workshops.

Their members were eager to learn about cancer, how reflexology is assisting cancer patients and to hear about my experience as a reflexologist working in the Integrative Oncology setting at the Chris O'Brien Lifehouse in Sydney.

So in June I flew across the ditch for an extra long weekend and experienced a warm welcome and hospitality from a group of 80 reflexologists who had gathered from all over New Zealand.

On the Friday prior to the conference opening I presented a half day workshop *Twelve holistic healing techniques to enhance your reflexology practice*. This was attended by 20 enthusiastic practitioners.

The following morning I delivered a keynote speech *Integrative medicine and the role of the reflexologist*. I shared the story of how the Chris O'Brien Lifehouse was developed, how it has grown as an Integrative Oncology Centre offering a variety of complementary therapies as supportive care for patients and how reflexology has found a role in this setting.

Later that day I delivered a ninety minute workshop three times: How to support cancer patients at the different stages of their disease using reflexology techniques for

symptom management of various cancers and treatment side effects.

It was exciting to deliver my keynote address and the workshops to such a warm and responsive audience. They were inspired by my reflexology journey and laughed at my anecdotal stories such as how I earned the nickname 'the bowel whisperer'.

I encouraged them all to seek charitable funding to assist with setting up reflexology programs, to carry out case studies, to carry out research and to knock on the doors of cancer care centres and hospitals to offer their professional services. I encouraged them to be persistent because I have learned from my experience it only takes one person to change your life, and also never to be disheartened when you hear the word no.

Reflexologists worldwide love to dance and party and Saturday night was a fun night of celebration mildly described as a 'mid-winter Christmas dinner with wearable arts'.

Over the weekend I particularly enjoyed the Maori songs and prayers that were presented and I was impressed how all the New Zealanders in the room stood up to join in and sing along in unity; it was very touching. The weekend was a fantastic and enjoyable opportunity for me and I look forward to connecting with our New Zealand cousins in the future.



Gretel Spiegel was invited to speak about reflexology for cancer at the RANZ conference in June this year.



Call for member case studies and articles

In the January issue of *FootPrints*, we're looking for stories about how reflexology has helped support clients with cancer, or a history of cancer. We'd love to hear from you; please share your case studies, book reviews or knowledge with colleagues in the industry.

Email *FootPrint's* Editor at footprint.articles@reflexology.org.au to discuss your contribution. The deadline will be mid November. Remember this may attract CPT points!

Advanced Foot Reading Workshop a hit in Adelaide

By Gemma Green

A two day workshop in Adelaide by 'foot whisperer' Sam Belyea attracted reflexologists to South Australia's annual branch meeting and workshop weekend in June.

The day started with introductions and Sam Belyea describing his journey to becoming a foot reader, from studying to become a physiotherapist to training with Dwight Byers. This culminated with Sam setting up his own studio, The Foot Whisperer Reflexology Institute in Tampa, Florida.

We moved onto learning about the Horizontal and Vertical Zones of Influence of the feet and how they intersect to create a map of the reflexes and the influencing factors relating to pain and tension.

Sam also brought in *The Elements in Bodywork—Earth, Air, Fire and Water* and we looked at the nature of a symptom reflecting in the zones and methods of balancing these elements in daily life.

We paired up to look at significant markers on our feet, where they are, how to read them and what they reflect in our body.

On the second day Sam answered questions and was able to give in-depth analysis on specific pathologies and how to link them using the Horizontal + Vertical + Element = the Extremities Experience Statement.

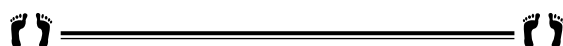
We went on to map the face, hands and ears and learnt that by using this combination of visual assessment we were able to create a broader picture of the client's timeline.

By using this in conjunction with SOAP notes (subjective / objective / assessment / plan) and the advanced foot reading consultation method, we were able to consolidate information into a holistic consultation that focused on the client's emotional, mental and physical state, including how to provide constructive feedback to the client.

The final afternoon was spent putting this into practice and sharing our insights with each other. The members who attended were immensely pleased to expand their skills through Sam's wonderful knowledge. And as Sam says, 'may the feet be with you!'



At Sam Belyea's workshop, from left: Marie Steinke, Lynne Owens, Desley Heitmann (behind), Sam Belyea, Anita Smith, Amanda Wilson, Pamela Nish, Karen Neimann, Gemma Green and Vera Emmi



Exploring heel bone fractures

One of the most common serious foot injuries is a depressed heel bone. In this extract from www.footeducation.com, we learn how it presents and how it's treated by specialists.

A typical depressed calcaneal (heel bone) fracture (Figure 1) is perhaps the most serious common foot injury. Depressed (crushed) calcaneal fractures occur when the heel is directly or indirectly loaded with excessive force, such as in a fall from a height or in a motor vehicle accident where the heel may be driven into the floorboard.

There are both non-operative and operative treatments available for this injury. Operative treatment allows for the bone fragments to be repositioned so that they can heal in an improved position (it does not speed bone healing which usually takes 8–12 weeks).

Surgical complications such as wound breakdown or deep infection are not uncommon, and can be extremely serious. Complications are higher in patients who are smokers, diabetics, have vascular disease, or who have excessive swelling. The long-term prognosis is somewhat guarded with both operative treatment and non-operative treatment, with some hindfoot stiffness and pain being common.



Figure 1A: X-ray of foot showing a normal calcaneus from the side



Figure 1B: X-ray of a depressed calcaneus fracture

How a fractured heel bone presents

Patients who have suffered a calcaneus (or heel bone) fracture present with acute pain and a large amount of swelling over the heel. They are usually unable to bear weight on the involved foot.

The fracture itself occurs when the lower bone of the ankle (talus) gets driven into the upper part of the heel bone (calcaneus). This causes the calcaneus to break (Figure 2). People often break their calcaneus when they fall from a height onto their feet. The calcaneal bone is somewhat analogous to a complicated shaped egg. It has a hard shell (cortical bone) on the outside, and very soft cancellous bone on the inside. When it breaks, there is a primary fracture line running from the inside distal part of the calcaneus to the outside hind part of the calcaneus (Figure 3).

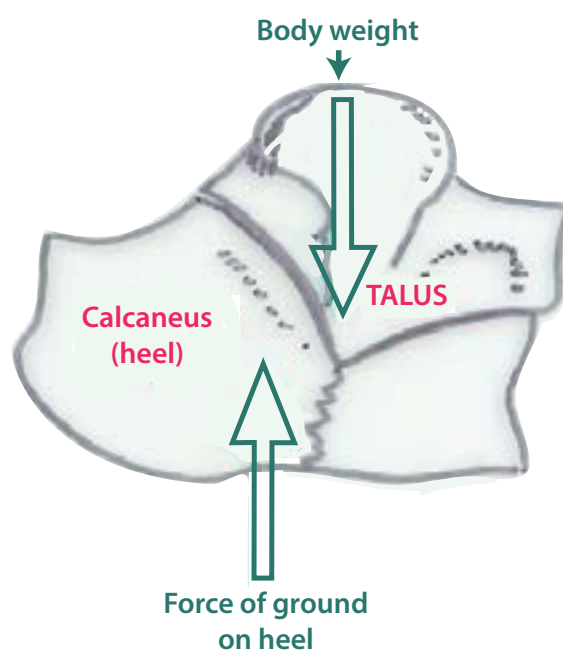


Figure 2A: Mechanism of Typical Calcaneal fracture—Side view

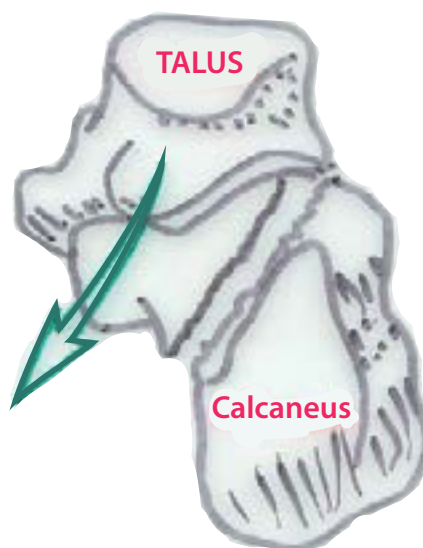


Figure 2B: Mechanism of Typical Calcaneal fracture—Viewed from the back

Continued on page 15

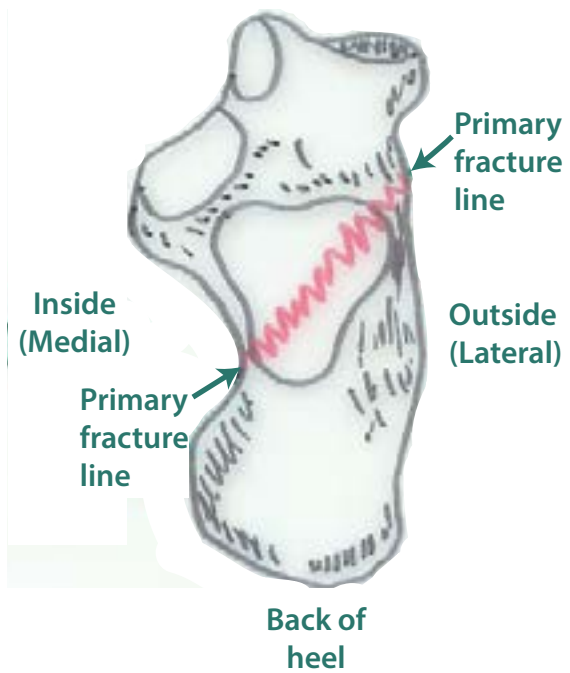


Figure 3: Primary Fracture line viewed from the top (also showing secondary fracture lines)

In addition, there is often a series of other fracture lines. The calcaneus, in many ways, breaks the same way as an egg would break into a number of different pieces. The fracture pattern will vary for each patient and injury.

In patients with calcaneus fractures the physical examination usually demonstrates tremendous swelling around the involved heel. In some patients, there will be a break in the skin, representing an open fracture. Open fractures constitute an orthopedic emergency.

Usually, the sensation in the foot is intact. In addition, blood supply to the foot is usually intact, although this does need to be assessed following the injury. It is also common to have other injuries, such as a fracture involving the ankle or another part of the foot.

A lumbar (lower) spine fracture will occur in about 10% of patients who suffer a calcaneal fracture. This is a fracture in the lower to mid back which essentially crushes one of the vertebrae. The same mechanism that produces a calcaneal fracture will predispose a patient to having a lumbar burst fracture.

Imaging

X-rays are helpful when a calcaneal fracture is suspected. Typically, a lateral x-ray demonstrating the foot from the side (Figure 4), as well as an axillary heel view showing an end-on view of the heel are taken. This allows the basic fracture pattern to be identified.



Figure 4: X-ray of fractured calcaneus from the side

To more thoroughly understand the fracture pattern, particularly if surgery is a possibility, a CT scan will be ordered (Figure 5). On the CT scan, the number of fracture lines extending through the posterior facet of the calcaneus, which forms a mobile joint with the talus, is important.



Figure 5: CT scan of fractured calcaneus

Non-operative treatment

Calcaneal fractures can be quite difficult to treat, and the recovery can be prolonged. It is not uncommon and, in fact, may be the norm to have some element of post-traumatic [subtalar arthritis](#) as a result of this injury.

Continued on page 16

Non-operative management of calcaneal fractures does not mean NO treatment. Non-operative management includes a prolonged period of non-weight bearing to allow the fracture to heal. This typically needs 10–12 weeks to allow the calcaneal fracture to heal enough to bear weight. During that time, the patient is treated with appropriate pain control. This includes elevation to limit swelling, ice to decrease the swelling and improve local symptoms, and pain medication.

An important active part of non-operative management is early work to optimise range of motion. These exercises are often as simple as drawing out a **figure-of-eight** with the big toe, as well as using a towel over the toes to bring the foot up towards the shin (dorsiflexing the ankle).

Operative treatment

Operative treatment involves reconstructing the shattered calcaneus in order to return its pre-injury shape and restore the subtalar joint, which is on the top part of the calcaneus and allows side to side motion of the foot. Surgery is designed to increase long term function and decrease the risk of arthritis in the future. For each patient, this treatment needs to be individualized.

Operating through excessively swollen tissue has been shown to significantly increase the risk of wound healing problems and infection. For this reason, it is often standard practice to wait until the soft-tissues swelling has settled, which can be 10–14 or more days after the injury.

Operative treatment is usually performed through an incision on the outside of the heel. The fracture fragments of the calcaneus are systematically reduced back into their original position. If they cannot be anatomically reduced, this will significantly reduce the effectiveness of the surgery, often to the point where non-operative

management should be undertaken. After the bones have been repositioned, they are fixated with a combination of screws and plates. The fixation is customized depending upon the fracture pattern.

Following surgery, the recovery time is similar to that for non-operative treatment. Essentially, the patient needs 10–12 weeks of non-weight bearing to allow the fracture to heal.

Surgical complications

Complications of operative treatment are not uncommon. The major complications include:

- ◆ Deep wound infection: Because of the tenuous skin over the outside of the heel, wound infection often goes down to the bone potentially leading to osteomyelitis (bone infection).
- ◆ Wound healing can be an issue because the soft-tissue on the outside of the heel has a tenuous blood supply.
- ◆ **Sural Neuritis**: The sural nerve, which innervates the outside of the foot, is often stretched or injured in the surgical approach, and can become scarred or injured in the course of the surgery.
- ◆ Nonunion of the calcaneus is possible, although it is uncommon.
- ◆ **Subtalar arthritis** is not so much a complication as it is a common long-term effect of the injury, leading to pain and stiffness in the hindfoot. This will manifest itself with symptoms when the patient stands for a prolonged period of time, or walks on uneven ground. This could be a problematic symptom for patients that are on their feet a lot. For these patients, it may even be necessary to eventually perform a primary subtalar fusion.
- ◆ Deep Vein Thrombosis (DVT)
- ◆ Pulmonary Embolism.

This extract is part of a longer article **Calcaneous fractures**,
reproduced with kind permission of www.footeducation.com



Reflexology New Zealand — 2020 Conference

Save the Date—Friday 26th – Sunday 28th June 2020

Venue: Quality Hotel, 10-20 Gladstone Road, Parnell, Auckland
<http://www.theparnell.co.nz>

Accommodation Costs from \$173 /night (sleeps 2)
to \$255 night (sleeps 4 plus has a kitchen)
Quote reference 3792195 with hotel directly



Post Conference Workshops with Sam Belyea
Mon 29th and Tues 30th June

For conference details contact:
Steph Gowan +64 21 287 7400
Email: gowan@xtra.co.nz
Alison Cross +64 21 246 7106
Email: alisoncrossreflexology@xtra.co.nz

CPT News

Do you have an interest in working with children?

The opportunities for Continuing Professional Training (CPT) in our field are many and varied. As a way of growing your business children present as a whole new group of clients with specialised needs. You need to feel confident you have the skills to work with them.

Children can present with a huge range of conditions that reflexology can assist with. Common cold, growing pains, aching legs, headaches, anxiety/depression, ADHD, ADD, ASD, tummy aches and pains, constipation, concentration and focus; digestive disorders, ear ache, asthma, allergies, difficulty sleeping, anger, hormone imbalance (especially teenagers); improvement in endurance with sport ... and the list goes on!

Education opportunities are available to improve your skills and knowledge of these conditions that are common to today's children. The internet is an amazing tool for locating workshops, webinars and general information relating children's conditions. Whilst it is not expected that you be a professional in all fields, learning about these conditions will assist in your relationship with your 'child clients'.

You may also wish to research and learn about suicide prevention, basic counselling skills, reflexology for babies, the importance of a healthy diet and in some cases, supplementation. Work with other professionals and/or build a network of other professionals with whom you can refer to and who can refer to you.

Obtaining a Working with Children Permit is a must if you do not have an adult present during treatment. The application process is simple. Be sure to find the one relevant to your State or Territory.

You can expand your practice to work with children and youth as a reflexologist and/or teach them wellbeing.

Offer your knowledge as a guest speaker to kindergartens, young mothers groups, children gymnastic centres and schools. As a reflexologist advertise yourself as a practitioner with an interest in working with children.

Working with children hints and tips:

- ◆ One of the easiest tools to have on hand to work with children is the Ear Chart. When you explain the ear looks like a baby and all the nerve endings are on the ear to help, a child will respond. You can colour the area you will be working. Give the piece of paper to the child to take home.
- ◆ Next visit trace the hands or feet and do the same.
- ◆ If the child doesn't want you to work on their feet, try ears and hands.

- ◆ Engage with your child clients just as you would with an adult client. What are their hobbies? What do they like to do? Baby steps ... don't overpower them with lots of questions. Ensure your treatment session is a quiet and relaxing experience for them as they will be the ones who determine whether their parents make another appointment with you.
- ◆ Once you have established a rapport with them, you will become one of their best buddies and they will look forward to their regular reflexology treatments.

Here are some sites that may be helpful, just to get you started:

<https://kidshealth.org>

<https://www.childrens.health.qld.gov.au/chq/health-professionals/conferences-training/>

<https://www.childrens.health.qld.gov.au/chq/information-for-families/>

<http://www.positivehealth.com/article/reflexology/reflexology-for-children-and-babies>

Breaking news just to hand!!!

Reflexology for Babies and Children Practitioner and Instructor Training

A two day intensive session with Sue Ricks in Sydney as part of the post 2020 Conference workshops.

This intensive course covers the practicalities of working with babies, children, parents and their carers. It also includes baby anatomy, legal aspects of working with children, practical and theoretical considerations as well as extensive practical techniques.

Qualified reflexologists—at the end of the course (upon successful completion of the course) you will become a Certified Baby and Child Reflexology Practitioner (CBCRP) and a Certified Baby and Child Reflexology Instructor (CPCRI).

Remember to check out the CPT Calendar of events and other info about CPT opportunities and our Footprints Quiz info in this journal!!

Also see the RAoA on-line educational Calendar of Events <https://www.reflexology.org.au/education/education-events>

CPT Committee: Catherine McIver, Vera Emmi,
Karen Riley and Marie Steinke



Tell me and I forget, teach me and I may remember, involve me and I learn.

Benjamin Franklin

What makes our members tick?

In each issue of FootPrints, we invite members to tell us a little about themselves.

Misha Frankel, Sydney

1 How did you come to be a reflexologist?

I went to a Nature Care College Open Day and after receiving a brief taster was hooked and immediately changed the course I was on to reflexology. That was the start of my new career.

2 Where do you live?

In the leafy suburb of Westleigh in Sydney. Having the brightly coloured Lorikeets and King Parrots come to eat out of my hand is so special. It makes one realise the importance of being quiet and simply being in the moment.

3 What grounds you?

Walking is one aspect but a deeper one is meditation and being open to experience the inner being within. In the late 1980's I started reading different books looking for a deeper meaning to life, but it took another 10 years before I had enough courage to change. Taking an energy healing course and exploring different meditation practices proved to be the backbone of my future self.

Spiritual awareness, awakening intuition and creativity



gave me courage to start something new. That is when reflexology entered my life. I studied part time at night and looked upon it as a hobby but, when I gave up my office job in 2004, reflexology became my new focus and profession and I haven't looked back. Combining reflexology and energy together just happened and seemed so natural and normal to me that I did not question it and *Connecting Energy Reflex Therapy* was born.

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

That's hard to answer because I grew up in a different country with a post-Victorian attitude to life, coupled with racial and religious undertones that impacted on freedom. In retrospect I realise as a 15 year old I was innocent, and without knowledge to support me, felt insecure. Firstly I would extend love and compassion towards her and advise that the most important thing she could do was to listen to her heart, follow her intuition and in time courage will give her the strength to step out on her own, so instead of waving like the wheat in the wind, she'd become stable like a tree.

Maxine Blanchard, NSW, Board member

1 How did you come to be a reflexologist?

I was studying my Diploma of Remedial Massage 2002 when we did a window subject into reflexology; I was totally caught by surprise on how effective and powerful it was on curing my long term neck problem. I changed my Diploma to Reflexology and I haven't looked back.

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

Australia is a beautiful country and I grew up in Wentworthville, Sydney. When I was 12 we travelled to Queensland by car and I fell in love with Australia's east coast country. At 21 I headed straight to Lennox Head where I lived for 12 years. I travelled from there to various states and settled in Grafton, Clarence Valley, NSW because of the rich natural environment and hidden world heritage weekend adventures with my family and friends. A bonus is having access to Pacific Highway to Sydney, Brisbane and airports; an exciting point for me at the time was no traffic lights from Tweed Heads to Taree ☺. I've been here for more than 15 years while my children have been growing up; it's a great, clean, fun, spacious area.



3 What grounds you?

My FEET are what grounds me first ☺ then my everyday responsibilities which are my daughter, my son, my son's cat and my daughter's dog. My extended family and friends and the friends I haven't met yet.

When I'm most stressed and need grounding I'll meditate to centre myself. I find R&R in gardening in my rose garden and walking, exploring with my social walking/ hiking group of friends. My favourite place is my heritage home, named *First Resort*.

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

As this was a most unpleasant time in my life, I don't think I have any advice. I know in my heart I did the best I could. I would however congratulate and pat my shy 15 year old me on the back, for achieving and consistently focusing on taking the beginnings of first steps to cement a 20 year career in pastry cooking by applying for an apprenticeship and succeeding. Well done my 15 year old me, I thank you so much for finding the courage during the hardest time in your life. These actions did put me on a path of freedom to choose wherever I wanted to live. I'm very grateful to you.

RAoA National Conference 2020



Come and be a part of the Reflexology Association of Australia's 13th National Conference.

The 2020 Conference has the stunning harbour City of Sydney NSW as its backdrop, giving opportunity for all to mix business with pleasure!

The 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'.

This Conference will provide all delegates with fantastic access to renown international and local speakers, explore trending Reflexology techniques, the latest research update, current business building support programs, additional modality ideas and an opportunity to expand your networking circle.

It's an event not to be missed, mark the dates in your calendar, be inspired and live your passion for Reflexology!

Conference Dates

Friday, 16 October 2020 – Early Registrations & Cocktail Welcome Reception

Saturday, 17 October 2020 – Full Delegate program + AGM & Gala Dinner

Sunday, 18 October 2020 – Full Delegate program

Pre & Post Conference Workshops

Wednesday, 14 October 2020 – Lynne Booth (UK) – VRT basics 1day fast track.

Thursday, 15 October 2020 – Lynne Booth (UK) – VRT movement in minutes.

Friday, 16 October 2020 – Janice Hill (NZ) – 1 day Reflexology & Colour workshop

Monday, 19 October 2020 – Helen Callanan – 1 day Introduction to Preparing the way – End of life Doula.

Tuesday 20th – Wednesday 21st October – Sue Ricks (UK) 2 day workshop "Reflexology for Children & Babies".

VENUE

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marketing@reflexology.org.au

2019	PRESENTER	TITLE	LOCATION/CONTACT
October 17–20	NSW/ACT Branch	Sydney Mind Body Spirit Festival Volunteers Needed	ICC Darling Harbour, Sydney Natasha tashreflexology@hotmail.com or 0407 897 939
October 19–20	RAoA National AGM	National Annual General Meeting and Workshop Weekend	Hobart, TAS. Information and registrations online now www.reflexology.org.au
October 25–27	RAoA WA Branch	Conscious Living Expo Volunteers Needed	Claremont S' Grounds Exhibition Cntr, Perth, WA Jo soleattention@bigpond.com
November 10	RAoA SA Branch	Branch Meeting & Workshop Day	South Plympton, SA
November 17	RAoA TAS Branch	Branch General Meeting & Xmas Breakup	Venue TBA, TAS
November 17	RAoA NSW/ACT Branch	Branch General Meeting	Crows Nest, Sydney NSW
December 1	RAoA Qld/NT Branch	Branch Meeting, Workshop & Xmas Breakup	Wynnum, QLD Information and registrations online now www.reflexology.org.au
December 8	RAoA VIC Branch	Branch Meeting, Workshop & Xmas Breakup	SWell Centre, Minona St, Hawthorn VIC (formerly Habitat Uniting Church)
2020	PRESENTER	TITLE	LOCATION/CONTACT
February 5–6 2020	Lee Anthony Taylor	Effective Reflexology™ See advertisement for details	Melbourne VIC Lyn Fava info@asrr.com.au 0412 353 385 www.asrr.com.au
February 23	John Kirkwood – RAoA National Workshop	"Acupressure for Digestion and the Immune System"	Launceston, TAS Information & registrations online now RAoA website www.reflexology.org.au
February 28–March 1	RAoA Qld/NT Branch	Brisbane Mind Body Spirit Volunteers Needed	BCEC, Southbank, Brisbane Emma totallygrounded@hotmail.com
March 14	John Kirkwood – RAoA National Workshop	"Acupressure for Digestion and the Immune System"	Brunswick, Melb. VIC (2 dates available) Information & registrations online now RAoA website www.reflexology.org.au
March 15	John Kirkwood – RAoA National Workshop	"Acupressure for Digestion and the Immune System"	Brunswick, Melb. VIC (2 dates available) Information & registrations online now RAoA website www.reflexology.org.au
March 22	John Kirkwood – RAoA National Workshop	"Acupressure for Digestion and the Immune System"	Spring Hill, Brisbane, QLD Information & registrations online now RAoA website www.reflexology.org.au
March 29	John Kirkwood – RAoA National Workshop	"Acupressure for Digestion and the Immune System"	Crows Nest, Sydney, NSW Information & registrations online now RAoA website www.reflexology.org.au
June 26–28	Reflexology New Zealand	2020 NZ Annual Conference	Auckland NZ
June 13 & 14	Dr Lyndall Mollart	Maternity Reflexology 1 See advertisement for details	Melbourne VIC Lyn Fava 0412 353 385 www.asrr.com.au
June 28	John Kirkwood – RAoA National Workshop	"Acupressure for Digestion and the Immune System"	Brompton, Adelaide, SA Information & registrations online now RAoA website www.reflexology.org.au
July 26	John Kirkwood – RAoA National Workshop	"Acupressure for Digestion and the Immune System"	Redcliffe, Perth WA Information & registrations online now RAoA website www.reflexology.org.au
October 16–18 2020	RAoA National Conference Various speakers	International Speakers: Lynne Booth (UK) Sue Ricks (UK) Janice Hill (NZ)	Darling Harbour, Sydney NSW Registrations open 2nd December 2019 Early expressions of interest email accounts@reflexology.org.au
14–16 and 19–21 October	Pre and Post 2020 Conference Workshops	See article in this issue of FootPrints	TBA

Welcome New Members

June–August 2019

First Name	Surname	Suburb	State
Lynne	Forrest	Glandore	SA
Swathy	Madipakkam	Vermont	VIC
Nicole	Pardilanan	Tamborine	QLD
Lauren	Pitman	Corrigin	WA

First Name	Surname	Suburb	State
Samantha	Tzilantonis	Wantirna South	VIC
Kate	Webb	Werribee	VIC
Ines	Zimmermann	Boyanup	WA

BRANCH NEWS



NEW SOUTH WALES/ACT



Wow this year has really flown past! The NSW branch has been busy over the winter months with lots of forward planning for next year and of course the National Conference in October 2020.

Thank you to all of our members that volunteered their time at the Sydney *Mind Body Spirit Festival*. It's always such an amazingly inspiring event to share the joys and benefits of reflexology to the public.

We have another opportunity for you to volunteer in March 2020 as we are doing an earlier *Mind Body Spirit Festival* due to the October dates next year clashing with the conference. If you want to volunteer and get some

CPT points at that event which is happening 12–15 March 2020, email Natasha Randall early on tashreflexology@hotmail.com

Our last General Meeting of the year will be on Sunday 17 November at 10am at Crows Nest Community Centre. Our guest speaker will be Shona Lee who will be presenting an interactive discussion sharing her knowledge as a Feldenkrais practitioner about how we distribute pressure through the different parts of our feet. We will also be having our annual Christmas lunch (optional) after the meeting; more details will be sent out to members via the NSW newsletter.

Karen Riley

As this edition of Footprints hits your **TASMANIA** mailbox, this year's National AGM in Hobart will be imminent and we hope those attending are enjoying the program our small local team put together. Thank you to all those attending for supporting our Tassie event.

Our August Meeting and workshop event was on *Light Language* presented by Cheryl Semmens. I was unable to attend but those who did found it an interesting and different type of energy work to what they'd previously done. For some this was a new beginning/opening into this work and for others it built on past experiences.

Details of our next meeting and CPT opportunity, scheduled for Sunday 17 November in Campbelltown, will be on the website so please keep an eye on your inbox as we get closer. Current plans are for an Educational Practicum Exchange (EPE) session on Zen reflexology revision combined with our annual Christmas social lunch and Secret Santa (subject to numbers).



Our February meeting will be held in Launceston on Saturday evening 22 February prior to the National Workshop scheduled for Sunday 23 February 2020. Please consider joining us for an informal networking dinner in conjunction with the meeting – all welcome and venue to be advised.

The national workshop *Acupressure for Digestion and the Immune System* will be presented by John Kirkwood. John has been teaching and practising acupressure for 35 years and runs a clinic in the Adelaide Hills. Conditions of the digestive system and the immune system are common presentations in the clinical setting and in this workshop you'll learn how information about dysfunction identified from the feet can be applied more broadly through acupoints and used for assessment of imbalances. An overview of the principles of Chinese medicine and the five elements will also be included.

Happy spring season to all.

Sarah Blain

As I write this we are on the doorstep of spring! All the ideas and plans germinated and nourished in the dark of winter are about to flourish in the warmth of spring. I hope your reflexology plans and ideas blossom.

Our branch hosted a *Prenatal Therapy and Metamorphosis Workshop* on August 11 at New Gisborne. It was an exciting morning with the biggest fall of snow in the area for many years. There were 16 participants who travelled from far and wide by train, bus and cars. The workshop was held in a mini theatre which was a little dark. However, considering the topic, it reflected the womb. Janina Pappas presented the topic with a sound depth of knowledge. It is a wonderfully relaxing modality. It can be a



VICTORIA

standalone or incorporated in a reflexology treatment with extended time. The feedback on the whole day was positive for the venue, presenter and usefulness of the topic.

We are planning a workshop and general meeting for 8 December. The theme will be self-care practices that benefit ourselves and can be passed on to clients. We are planning aromatherapy, Tai Chi and some energy work.

In October we will have an activity for Seniors Week on Monday 7 October and Tuesday 8 October. Please contact Christine Champion on 0420 715 259 or cchampc@optusnet.com.au if interested in a morning or afternoon shift.

Cate Brown and Maureen Wilson



QUEENSLAND/NORTHERN TERRITORY



Greetings from Queensland and the Northern Territory. A number of our members are feeling very Zen at present after participating in fellow Queenslander Louise Denison's very informative *Zen Reflexology* workshop on 24 and 25 August in Brisbane. In addition to learning the subtleties of locating the meridian points, we were all uplifted by the aroma of Louise's specially blended aromatherapy foot cream. We explored a hand and foot combination treatment framework which we can incorporate into our sessions to enhance the flow of energy created by reflexology.

Our next Branch meeting in December will further explore this theme with Vera Emmi presenting a workshop on Facial Acupoint Massage (face and neck) which will cover 40 acupressure points. Physical, mental, emotional and spiritual aspects will be addressed as well as stimulation, sedation and relaxation using the points. Lymphatic

drainage and relieving skin congestion will also be covered. By the time we are into Christmas festivities, we will have covered face, feet and hands and will have new gifts to offer our clients.

Although members provided reflexology services at Homeless Connect last year and were ready to join in again in June, some changes by the organisers meant we didn't have an opportunity to participate this year. This was disappointing, but we shall see what next year brings.

Reflexology in the Park events continue to be held with both reflexologists and the community enjoying having an al fresco experience near a reflexology path. The *Mind, Body, Spirit Festival* in February/March 2020 is our next opportunity to engage the community and offer them an experience in reflexology. The Branch Committee will soon commence active planning for this event and future educational opportunities for our members.

Suzanne Jewell

Hello and wishing you well from the west.

We held a study day on August 25 entitled *Gorgeous Guts and Fascinating Fascia*. We were treated to two speakers who shared their passions with us and we had an excellent day.

First we had Dayna Willesee, who is a Bowen therapist, reflexologist and aromatherapist. She shared information about our fascia, what it is, how it works and how to keep it healthy. Dayna went on to demonstrate her unique style of Bowen therapy. Dayna is very knowledgeable and her presentation was most informative.

Next we had Barbara Vicary who shared her knowledge of raw food and its value in our diet. Barbara's talk was very

WESTERN AUSTRALIA



engaging and her passion for gut health and wellbeing was infectious. We had a cooking demonstration and taste-test of some of Barbara's homemade fermented foods. I'm sure everyone went home inspired to make some of the recipes she shared with us, as I did.

Now our efforts are concentrated on the *Conscious Living Expo* coming up at the end of October. We are having a booth and hope to have plenty of volunteers to help us over the weekend. It's always a great way of informing the community about the huge benefits of reflexology and we will also be offering treatments. Take care and keep up the good work.

Joanne Siggs

Greetings from cold, wet and sometimes sunny South Australia.

Since my last report we have had both our State ABM and also State Branch Committee Meeting on 8 June 2019.

Our 2019/20 South Australian Branch Committee are: Chairperson Pamela Nish, Vice Chairperson Gemma Green, Secretary Amanda Wilson, Branch Admin Assistant James Flaxman and State Director Susan Jean Ramsey, Footnotes Editor Elaine Tscharke, General Committee Anita Smith and Christine Clayton-Clark.

We thanked the Conference Committee for their efforts in organising the 2018 National Conference and Certificates of Appreciation were presented to Elaine Tscharke, Christine Clayton-Clarke, Gemma Green, Christine Spencer, Lynda Kidd and Pamela Nish. A Special Achievement Award was given to Marie Steinke for her valued contribution

SOUTH AUSTRALIA



as the Conference Convenor. We are now looking forward to the *Zen Reflexology Workshop* with Louise Dennison on 28 and 29 September and our final 2019 Branch Meeting and CPT on Sunday 10 November at Bert Heister's home beginning with a BYO BBQ lunch at 11.30am followed by our Branch Meeting at 1pm and Practicum Exchange from 2-5pm.

Our two day *Advanced Foot Reading Workshop* with Sam Belyea, the Foot Whisperer from Florida, USA was well received by all who attended. Read more about this on page 13 of this issue of *FootPrints*.

We are so grateful for all the opportunities we have shared this year to advance our skills and knowledge as we promote reflexology and its many benefits here in South Australia.

Elaine Tscharke

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Copy deadlines

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. 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

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

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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Please know that Directors can be contacted to clarify concerns

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www.nationalconference.reflexology.org.au

Early expressions of interest can be emailed to: accounts@reflexology.org.au

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

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

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

We will achieve our mission by:

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

It's all happening from **February** 2020

RAoA National Workshop—“Acupressure for Digestion and the Immune System” with John Kirkwood is coming to Launceston, Melbourne, Brisbane, Sydney, Adelaide and Perth in 2020. Refer inside this issue for workshop details!

23rd February 2020 – LAUNCESTON

14th and 15th March 2020 (2 workshops) – MELBOURNE Brunswick

22nd March 2020 – BRISBANE Spring Hill

29th March 2020 – SYDNEY Crows Nest

28th June 2020 – ADELAIDE Brompton

26th July 2020 – PERTH Redcliffe

Online registrations and payment will be available from 14th October 2019 via the RAoA website

www.reflexology.org.au



❄️ **RAoA Office Christmas Closure 2019** ❄️

Please be advised the National Office will be closed from 4:30pm Wednesday 18 December and reopening for business Monday 13 January.

Due to our closure preparations, any merchandise orders received after 12 December will not be sent until the New Year, so please place your orders early December to ensure pre-Christmas despatch!

Wishing you all a safe and wonderful time with your family and friends doing what you enjoy!

Michele and Vera – RAoA Admin and Accounts, and the FootPrints team.

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