

FootPrints

The Journal of the Reflexology Association of Australia



www.reflexology.org.au

October 2020

Volume 24 No. 4

Reflexology Association of Australia Limited



2020 Annual General Meeting (AGM)

followed by a 1 hour presentation by Helen Callanan – End of Life Doula

Topic: “A conversation digging deeper into all things Life,
Death and Doula”



Cost: Free to RAOA members - registrations essential

Registrations on-line via the RAOA website www.reflexology.org.au

Zoom link will be emailed to registered attendees a few days prior to the event

DATE: Saturday 17th October 2020

Meeting will commence promptly at:

- 9.30am Western Australia (AWST)
- 11.00am Northern Territory (ACST)
- 11.30am Queensland (EST)
- 12.00pm South Australia (DST)
- 12.30pm Tasmania, New South Wales, ACT and Victoria (DST)

Please commence connecting to the meeting from 30 min prior to the times above.

3 CPT points – Activity 2 (meeting and presentation)

2 CPT (meeting only)

From the President's desk



As I listen to the early birds chattering on a cool August morning, I feel excited about Spring and with what the RAOA has achieved during 2020. We have all worked hard.

Covid-19 has made us think outside of the square many times. Your committees and working parties are working together to bring you opportunities to continue learning, training and sharing time with your reflexology colleagues, mostly through virtual technology.

There have been times where small groups have been able to attend branch events and the *Acupressure National Workshop*. The future is looking bright with branch committees mapping events and meetings for 2021. There will be a two day event in Melbourne on the weekend of the 2021 AGM, to be held on 3 October.

Branch committees

Branch Chairs have worked well with their committees for their members. The most recent meeting of Chairs was on Sunday 5 July.

To recap on discussions: what is working for branch workshops; possibilities for grants for the RAOA; and the benefits of welcoming non-members at workshops. We welcomed new branch chairs, Carol Anne Brand for Western Australia, Suzanne Jewell, who is joint Chair with Eb Smith for QLD/NT, and Amanda Wilson for South Australia.

Other items included the successful use of Zoom and Skype and the need for a clause for allergies on all registration forms to protect members and the Association. The requirements for running an event during Covid-19 are still ongoing.

What do you say?

What do you say when asked what is your therapy or what you do? My reply is that I am a Professional Reflexologist. On self-reflection, what does this mean? My training was at a national Diploma level and I have a qualification that was once recognised and accepted by private health insurance.

In short, reflexology is working on nerve endings. I am a member of the Reflexology Association of Australia, a standalone special purpose non-profit association. Continual professional training is validated every year, keeping me the professional I choose to be. Being able to seek support, mentoring, and be involved with the business side of the Association is important to me. I share my skills and volunteer or donate my time to membership and the Board. My goal is to work with clients to improve and maintain their well-being.

That's what I say, and it's an important question to ask ourselves.

Directors

There have been some changes to the RAOA Board. We thanked resigning Directors Catherine McIver, Maxine Blanchard and Alison Torre for their skills and volunteered time and welcomed Marie Steinke and Vicki Protheroe.

Committees and working parties

Some news from committees and working parties:

- ◆ Promotions has been working on seniors' vouchers, a drop-down menu on the RAOA web page, copyright, a cancer brochure and a maternity brochure. They have also sourced articles for Facebook on women's health, articles to promote reflexology, a Powerpoint presentation for membership access, World Reflexology Week, and masks for Covid-19.
- ◆ Finance is working on all branch events to register and pay online. We have received a \$10,000 Covid-19 grant from the Queensland Government to help with RAOA office's rent and insurance.
- ◆ Education: the Trevor Steele Award was presented by the Perth School of Reflexology on 15 September. Congratulations to Sarah Pieters, recipient of our Trevor Steele Award 2020. More information on [page 3](#).
- ◆ Research has been loading articles to *End Note*, a software package to manage bibliographies and references.
- ◆ Continuing Professional Training (CPT) is working on the Quiz and has updated the Education Practicum Exchanges (EPE) and CPT Programs.

Message to members

Covid-19 restrictions have changed and continue to change, so please check your State Government website for the latest update.

Everyone is doing an amazing job keeping up with the changes and challenges. I wish to acknowledge the past directors who are helping behind the scenes on various tasks, on committees and working parties. Thank you for your support.

A very humble thank you to our members who have spoken with me these past few months, via my 'checking in to see how you are doing?' call, text or email. Mostly members have been busy with family, helping others in their community and working on supporting themselves. Well done.

Susan Jean Ramsey

October 2020

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

Front cover – The pink granite Pildappa Rock, located in South Australia's Eyre Peninsula, was formed 1500 million years ago. Photo courtesy of Susan Jean Ramsey, who sees many feet in the ancient landscape.

Board Report

By Susan Ramsey, President, RAOA

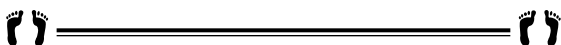
The RAOA now has a Zoom Pro account and since July, directors, committees, working parties and admin meetings have been conducted via Zoom.

Board meetings were held on 7, 12 and 27 July, 24 August and 21 September. The 12 July was an all-day meeting. As occurs in a face to face meeting, all reports were read, noted and accepted.

Some points of interest from the meetings include:

- ◆ The office lease was discussed as it is due for renewal later this year.
- ◆ A motion was passed for the *Definition of reflexology* and this is now on the RAOA web site. The definition is given at the end of this report.
- ◆ Resignations were received and accepted from two directors, Maxine Blanchard and Alison Torre.
- ◆ The winner of the Trevor Steele Award 2020 is Sarah Pieters from Perth.
- ◆ The Continuing Professional Training program for 2020/2021 has been reviewed and updated.
- ◆ The Promotions Working Party is at the finishing stage of a cancer brochure. A new YouTube video has been made by Sue Ehinger to encourage members to renew their membership and for new members to join the RAOA.
- ◆ *End Note* has been purchased for the Research Working Party.
- ◆ Documents updated have been the Director Statement of Duties, RAOA Business Calendar, Membership Policy and branch policies.
- ◆ World Reflexology Consortium meetings have been placed on hold during Covid-19.
- ◆ A grant was approved from the Queensland Government to assist with the RAOA's insurance and office rental.
- ◆ Covid-19 has kept everyone busy.
- ◆ Positions are vacant for *FootPrints* Editor, Governance, Company Secretary and IT/Web assistance. The Board would welcome interest from anyone with these skills. Contact president@reflexology.org.au

"Reflexology is used worldwide as a complementary therapy. Reflexology theory is that a reflexologist can apply specific, adjusted pressure and stimuli techniques to the individual's reflex points in the hands, feet, head and ears. Applying pressure to these reflex areas may affect the organs and body systems and the touch sends energy flowing through the body bringing balance and deep relaxation which allows the body to heal."



POSITION VACANT—*FootPrints* Editor

The RAOA is seeking a volunteer to take on the role of Editor for our quarterly publication, *FootPrints*.

You will need to enjoy researching, have good attention to detail, grammar and spelling skills as well as being reasonably proficient in Microsoft Word to type and edit articles. The role is responsible for:

- ◆ Receiving and editing all proposed articles.
- ◆ Researching magazines, journals and the internet for articles.
- ◆ Seeking permission from authors to reprint articles.
- ◆ Reminding Board members of deadline for each issue.
- ◆ Reminding each branch representative for their report and following up as required.
- ◆ Final proof read of draft *FootPrints* before it goes to the printers and ensuring the journal looks like a professional publication.
- ◆ Obtaining photos for front cover of journal.
- ◆ Liaising with the National Office regarding advertisements to be included.
- ◆ Providing the Board with periodic updates.

Our current Editor will be available to help train our new Editor and "show you the ropes" as well as support from National Office and other contributors. This position also works closely with our Desktop Publisher (the person that organises the layout of the journal). A copy of the PD is available upon request from Susan or via National Office.

For any inquiries and to apply, please email Susan Ramsey, president@reflexology.org.au

The *FootPrints* Editor role is a volunteer position that attracts CPT points under Activity 13 of the RAOA program.

Contributions wanted:
reflexology for a healthy digestive system

In the January 2021 issue of *FootPrints* we are looking for case studies, stories, information and photos about reflexology and the digestive system. Alternatively you may have ideas or suggestions and can refer us to studies, books or practitioners who specialise in this area of health.

Please email *FootPrints* Editor at footprints.articles@reflexology.org.au at your earliest opportunity. If you have something to share but writing is not your thing – or you are time poor – chat to the Editor anyway!

Tevor Steele Award winner hails from the west

The 2020 winner of the reflexology industry's Trevor Steele Award is Sarah Pieters, a newly graduated reflexologist with a passion for her new career.

Based in Perth and nominated by the Perth School of Reflexology, Sarah started her Certificate of Clinical Reflexology in mid 2019 and completed it just as the Covid-19 pandemic shut businesses in April 2020.

A mother of two young children and having recently moved to Australia from the UK and South Africa, Sarah said she felt incredibly honoured to have received the Trevor Steele Award.

"I feel so grateful to have been nominated and selected and it's definitely a wonderful boost for me and my business," she said.

Sarah has established a home-based and mobile practice in Perth, where she resides. She previously had a career in corporate travel and was looking for a new start as her children approached school age. She encountered a stand on reflexology at a farmer's market, decided to do the one-day intro course where she 'fell in love' with the therapy and signed up for the Certificate program.



Sarah Pieters (centre), this year's Trevor Steele Award winner, pictured with Hollie Kelly and Karen Bishop from the Perth School of Reflexology.

Her teachers and mentors, Hollie Kelly and Karen Bishop, nominated Sarah for her dedication, commitment and professionalism.

"During student clinics, Sarah always presented herself in a professional manner with excellent customer communication skills, assessing the client's needs and delivering a thorough, insightful and well-planned reflexology treatment.

"Her rapport with clients was very professional, and her ability to put her clients

at ease was reflected in the positive feedback received from her clients. Her assignments and case studies were of an exceptionally high standard with precise attention to detail.

"She is an excellent professional reflexologist with a very caring nature", they said.

The Trevor Steele Award is offered each year by the Reflexology Association of Australia in honour of the late Trevor Steele, a reflexology teacher. Trevor is fondly remembered as an industry leader who played a key role in the 1980s in establishing the fledgling Reflexology Association of Australia and the development of training standards.



Vale Dwight Byers

By now our members will have read that Dwight Byers, past President of the International Institute of Reflexology and the nephew of the late Eunice Ingham, passed away in August, aged 91. Dwight travelled extensively around the world teaching reflexology and was an avid tennis player.

He is pictured here (right) on the tennis court in Australia with Trevor Steele in 1987.

As well as teaching across the US and around the world, Dwight Byers authored books and charts and was often in the media.

Trevor Steele, who passed away in 1997, played a major role in the reflexology industry's development in the 1980s and this photo of two industry stalwarts harks back to a time well before government approved reflexology courses, the formation of the Reflexology Association in Australia or the notion of continuing professional education.

Better than a thousand days of diligent study is one day with a great teacher.

(Japanese proverb)



Trevor Steele (left) enjoying a game of tennis with Dwight Byers in 1987.

Jane's story—how reflexology helped overcome life's overload

By Kath Murphy



Women's health and wellbeing underpin our daily practice as reflexologists. In this issue, therapists share their stories and case studies. Melbourne-based Kath Murphy starts with Jane's story.

Having four sisters, I've been surrounded by females my whole life and as a young, newly qualified nurse I found myself working in gynaecology before moving on to midwifery some years later.

It was whilst working as a midwife that I discovered the wonders of reflexology. I had no idea what it was but a reflexologist visited the unit where I was located and she worked her magic in the antenatal ward by helping the patients get into established labour. I was amazed at what she was doing and certainly intrigued.

One day when work was quiet she offered me a session and the rest, as they say, is history! Wow I was hooked and my reflexology studies and journey began.

Almost 20 years later, whilst I'm no longer a midwife, I'm still very much interested in women's health and most of my clients are women aged 40 to 60 years. One aspect of their wellbeing that's often needed to be addressed is their emotional and spiritual health. Often they're at a crossroads, or they're facing an emotional issue, or they're likely feeling compressed in the sandwich of looking after their children (or grandchildren) and aging parents.

I recall one such client and she had fortnightly sessions. For confidentiality purposes I'll call her Jane. She was frazzled, stressed, feeling overwhelmed and angry and her sleep was affected. She regularly cared for her grandchildren and her elderly parents.

She received hourly sessions using the gentle Ingham method covering all reflexes with the inclusion of chakra balancing, endocrine balancing and a Brazilian Toe Hold and the following were my findings:

Session 1 – Right foot: some congestion detected around the sacral spine, neck, shoulder and adrenal reflexes. Left foot: congestion around sacral spine, neck, side of the neck, shoulders, zones 3+4 plantar aspect of the chest/lung, sigmoid colon and adrenal reflexes.

She appeared very relaxed throughout the treatment and said that she loved her session. She later reported sleeping really well the night afterwards.

Session 2 – There was more congestion on the right foot this time including the neck, big toe, dorsal area at the base of small toe, shoulder, zones 3+4 plantar area chest/lung, transverse colon, hip/knee/leg and adrenal reflexes. Left foot: gritty thoracic spine, neck, shoulder, zones 3+4 plantar aspect chest/lung, transverse colon, zone 5 abdominal area, sigmoid colon, hip/knee/leg and adrenal reflexes.

Again she appeared to access a deep state of relaxation during her session.

In between appointments she meditated regularly, doing yoga and tai chi.

At her final of three sessions, she appeared brighter, said she felt great and that her emotional issue was somewhat resolved. Jane said that reflexology had most certainly helped in promoting feelings of calm. She said she felt like she'd "won", as the issue she'd been facing was emotional/mental/social and was all consuming prior to her treatment.

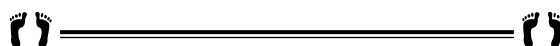
The findings at her last appointment—Right foot: slightly gritty neck, shoulder and adrenal reflexes. Left foot: less gritty neck, zone 4 plantar chest/lung was less congested, hip/knee/leg and adrenal reflexes were also less congested.

I'm not surprised at the enormous emotional and spiritual benefits of reflexology. Having initially viewed it from more of a physical viewpoint, in recent years I've seen and heard women talking about having more focus and clarity after a session or a clearer sense of purpose and direction.

It certainly impacts their holistic health as I believe they tap into their inner wisdom and I feel deeply honoured to do the work I do.

Indeed, we are required to nurture and revere women as they progress in their years.

Kath Murphy is a Melbourne-based reflexologist. Her business, Sole Mamma Reflexology, is based in the bayside suburb of Mordialloc.



Mary's story—the long journey to a happy ending

By Kathryn Robinson



My name is Kathryn Robinson, a holistic therapist in the north east of England. I have taught holistic therapies since 2001, eventually establishing my own training academy in 2012.

My professional relationship with feet began in 2000 when I undertook training in reflexology. I wish I could say it was love at first sight, but that was not the case.

Sad to say, reflexology took a back row seat to the other modalities I had qualified in. Fast forward to 2011, when a demand for reflexology both as a treatment and a training course emerged. My love for reflexology grew and this increased my thirst for more knowledge.

In 2012 a new chapter in my life began. The first specialised training was with Suzanne Enzer (now retired) of Soul to Sole Reflexology, studying and qualifying in Maternity Reflexology. This was followed by Reproductive Reflexology with Barbara Scott of Seren Training. Both of these ladies are highly respected across the globe. I remain good friends with Barbara and serve on the board of the Association of Reproductive Reflexologists (ARR) as Membership Secretary.

There are many clients and reasons for reflexology I could have written about, but I have chosen this lady because it was a journey for us both. I have changed the name of my client to protect her identity; we will call her Mary.

Gone are the days of cleaning feet with surgical spirit; now prior to each treatment the client can relax with a warm foot soak after which I dry the feet (part of the nurturing ritual).

Mary arrived in the area in 2013, a bubbly 31 year old teacher who had been receiving fertility treatment in her previous location. Mary was now under the care of a Consultant in Obstetrics and Gynaecology along with a Consultant in Endocrinology. Both were quite happy for Mary to receive reflexology and to share her test results with me.

Mary was receiving treatment for Primary Infertility and increased Prolactin levels, the latter being treated with Bromocriptine which suppresses the release of Prolactin by the pituitary.

Mary's first treatment was in April 2013, during which an extensive consultation was carried out. I must point out that at this stage I had not trained in Reproductive Reflexology, however it was thanks to Mary's arrival that I sourced and undertook the training.

I felt the need to cradle Mary's feet in my hands before beginning treatment. We seemed to connect and I felt pure calm and warmth wash over me. Mary later reported feeling this too.

A full reflexology treatment was carried out before using additional techniques for specific reasons and areas.

My instinct took me to the ovaries, uterus and fallopian tubes, which I gently probed to check for abnormalities, in addition to balancing the endocrine system.

This pattern continued until June 2013 by which time I had begun training and had a much better understanding of what was happening with Mary's reproductive system and how to help.

The first appointment following my part one training was a review consultation. I advised Mary to begin taking her temperature each morning with a digital thermometer, which is then recorded on a chart. This helps us to see if and when ovulation is taking place. The treatment regime would now change to mirror the client's cycle.

Treatment for days 21–28 in cycle (day one is the first day of bleed) is a nurturing routine as there is a possibility of pregnancy:

- ◆ Endocrine balance
- ◆ Uterus/solar plexus hold (the solar plexus of the therapist is placed over the uterus reflex of the client's foot)
- ◆ Solar plexus hold
- ◆ Pelvic hold (this is a beautiful nurturing feeling for both client and therapist).

The next appointment was set for two weeks later as Mary was to undergo a Hysterosalpingography, or HSG, an X-ray test to outline the internal shape of the uterus and show whether the fallopian tubes were blocked.

On 9 July 2013 Mary reported the HSG was not carried out as she had indeed been pregnant, however she had sadly miscarried. Mary was incredibly upbeat, for this had confirmed she could in fact get pregnant. The miscarriage now changed the cycle so we were back now in week one ... the bleed. During this appointment the protocol used was to support and clear the endometrium:

- ◆ Endocrine balance
- ◆ Uterus sedation
- ◆ Ovary bi-lateral balance
- ◆ Solar plexus balance
- ◆ Pelvic hold.

During this treatment I could feel an incredibly strong pulse in the ovary reflex.

Appointments continued on a weekly basis using the appropriate protocol until 10 September 2013, when Mary reported that "things just don't feel right". She felt as if not everything had discharged after the miscarriage. Week three protocol was carried out.

- ◆ Endocrine balance
- ◆ Solar plexus balance
- ◆ Gentle uterus stimulation
- ◆ Fallopian tube sweep

Continued on page 6

- ◆ Ovary balance
- ◆ Ovary/pituitary balance
- ◆ Uterus/solar plexus hold
- ◆ Pelvic hold.

Two weeks later Mary returned for her appointment reporting that she had experienced a rather dramatic menstrual bleed, heavy brown discharge, very painful before the bleed. Mary said she felt cleansed, however the Consultant was to carry out more tests.

Observation of her feet revealed them to be cold, flat and pale. In my opinion this revealed there had indeed been a cleansing but that the body needed revitalising. Vigorous foot rubbing and a full reflexology routine was carried out to clear and re-energise the body. This was followed by week two protocol to help an egg to develop:

- ◆ Endocrine stimulation
- ◆ Ovary/pituitary balance
- ◆ Ovary bi-lateral stimulation
- ◆ Uterus stimulation
- ◆ Fallopian tube sweep
- ◆ Solar plexus balance
- ◆ Pelvic hold.

By the end of the treatment session it was lovely to see the feet pink up, feel warmer to touch and take on a more rounded appearance. Mary also reported that during the treatment she felt her feet warm up and felt calm.

The next appointment saw a totally different Mary; I wish I could say it was a happy Mary. Another couple—best

friends of Mary and her husband—had called around to share their happy news of being pregnant. Theirs had been a very short time of trying to conceive and they were bubbling over with excitement. The entire visit had been taken up with talk of pregnancy and babies. It all proved too much for Mary who had to excuse herself and leave the house. After explaining all this to me, Mary broke down and sobbed.

I decided not to carry out Reproflexology® but a general routine with additional soothing and nurturing foot massage. This continued for a few weeks before recommencing Reproflexology®.

In January 2014, Mary was pregnant again, however at nine weeks another miscarriage occurred. The foetus had stopped growing at six weeks.

After a break of a few weeks, during which time it was discovered they were moving back to the south, we recommenced treatments. Following the protocols previously explained we continued until the very morning Mary and her husband were moving: queue tears and hugs all round. I received a text every week at what would have been Mary's appointment time; she just needed to stay in touch.

Yes this story does have a happy ending. Thirteen weeks after leaving the area, I received my usual weekly text however this one said "I can't believe it is 13 weeks since I last saw you!" This was followed by another text of "I am 12 weeks pregnant!"

Mary went on to have a beautiful healthy baby girl, for whom I drove 253 miles to meet and hold in my arms. It was a very emotional reunion.

Seren Training is available in many areas of the world. More information at <https://www.serennaturalfertility.co.uk/reproflexology-training>. Kathryn Robinson is a UK-based reflexologist and runs a training academy. She can be reached via her website at www.k2u-therapies.co.uk



Holding a baby is one of life's most precious gifts. Working with hormonal imbalances is one of the ways in which reflexologists can help women trying to conceive.



On page 7, Marie Duggan explores the power of the feet and how reflexology helped one of her clients overcome deeply buried grief.



Overcoming grief through reflexology

By Marie Duggan

My name is Marie Duggan and I am a reflexologist, complementary therapist and a therapy lecturer for cancer care. This is about how Alice was able to deal with grief, although I have changed her name to tell her story.

I first received a phone call from Alice asking to book her in for a reflexology session. Upon her arrival I carried out a client consultation. Alice was 70 years young and in good health, but she had been widowed 12 months prior.

Alice answered all the consultation questions in a flat, controlled way. With no outward show of emotions, she explained how she had woken up to find her husband had died in his sleep beside her. Her husband had not been ill and was believed to be in good health. I asked what he had died from and she said it was an embolism.

Alice explained how she could not grieve and was struggling to release her emotions. She felt she could not cry or talk to anyone about her loss. In fact, she admitted to not really wanting to discuss her feelings with others and just felt in a continual fog she could not find her way out of.

She had been on anti-depressants prescribed by her doctor and had attended months of individual and group counselling. She said neither of these approaches had helped or worked, she was respectful of the counsellor but said the sessions left her feeling further disconnected. She had discontinued with both.

I asked her why reflexology? Alice answered she did not know why she was coming but had seen my details and felt drawn to it. I explained I was not a counsellor, but I would hope reflexology would relax her system and help her reconnect with her heart. She said she was realistic and had no expectations but would like to be able to relax her mind if possible. Alice requested no music, just silence throughout the session and of course I obliged. We agreed to a treatment once a week and to assess in a month's time.

On the first treatment I started by holding Alice's ankles. This is a technique I learned during my craniosacral therapy training. I find it such a powerful tool to assess a client's life force before and after treatments and have since used it in every treatment I do.

I stand at the end of the bed and gently cup my hands around the ankles and slowly lift the feet a few inches off the bed. By softening my back, shoulders and hands I am holding and supporting, but with the gentlest of touches.

My immediate impression was how tightly held Alice's system and energy is. At first it is barely detectable. After a few minutes I could feel her energy flicker and connect, it was slow and sluggish and I had the sense of the deep shock her system was holding. I waited until I felt a softening. I refer to this as a meeting of energy; an unspoken surrendering. Once this happens, I begin.

I adapt my reflexology treatment to a gentle and light pressure, feeling this lady needed a caring and nurturing

touch. Alice's feet are pale and cold to the touch despite being a warm day. I have found over the years my reflexology has evolved to incorporate a deeper listening of the feet. I find the lungs are being tightly and rigidly held, so I spend some time working the lungs, shoulders, arms and the breast area, finishing by sandwiching with both hands the dorsal and plantar of these areas. As I hold, I feel her energy increase and flow, the foot has become warmer and more flexible.

I continue to further her relaxation by working the head and spine, incorporating spinal twists. I am aware of a lower vibrancy in the cervical, lumbar and coccyx reflexes and work the head and neck more before placing one finger and thumb at either side of the base of the big toe.

This is a holding touch I have always found immensely powerful; you are holding at the neck (occipital area) and throat. If you were to visualise holding someone physically you would be cupping your hands under their head. When we take time to think about this, many of us will only ever have been held in such a supportive and caring way as a babe in arms.

I feel a release and energy starts to flow again. It is only now that I feel I can work the heart, solar plexus and adrenals. All of these are a gentle touch, at times I decide to softly pump the area, creating a rhythm. I finish working these reflexes by holding the heart and solar plexus together.

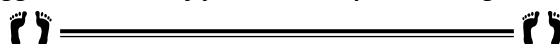
For the rest of the treatment I continue to work the whole foot before crossing over to repeat this on the left foot. At the end of the treatment I hold again at the heels and listen to the feet. The vibrancy has changed, although it is still slow and gentle, the energy now flows with ease, the feet have colour and are warmer.

Alice's feedback is that she is sleeping better. All her treatments are in silence. I ask her at the end of every treatment how she feels, and she tells me more relaxed. Her energy and vibrancy continue to improve and respond well to this gentle approach. In her fourth session Alice allows tears to gently flow, she keeps her eyes closed and does not speak. I hand her tissues and continue with the treatment. This happens for many more weeks with Alice releasing her emotions in a gentle way with no verbal exchange; she is grieving in her own way.

After eight sessions we decide to have treatments every two weeks and then once a month. I was aware of how much lighter she is and that she is interacting more with me and the world.

When Alice had been coming to me for nine months, she said one day "Marie, I feel so much better, this has really helped me so much and I feel I want to get back into life again." Alice then asked me if I knew of a good beautician she could go to and I knew my work was done. The power of the feet.

Marie Duggan runs Butterfly Touch Therapies Training and is based in Brisbane.



Case study: trying to conceive with Polycystic Ovarian Syndrome

By Anne Hilarius-Ford

This 36-year-old bubbly young woman wanted a baby, but the Polycystic Ovarian Syndrome (PCOS) was such that she had only two periods a year since they started. Her main concern when she first presented was stress at work. This has been a big part of the past year and she feels this is the main cause of her feeling out of balance.

She was diagnosed with PCOS when she was 24 years old. She is overweight, even obese, with excessive hair growth due to the hormonal imbalance and her appetite is excessive. She also suffers from headaches and her vision is not the best. Her sleep pattern has changed in the past six months due to stress at work. When she has a period, she has, as she calls it, weird bowel movements, alternating between constipation and diarrhoea at the start of it, together with difficulty focussing.

In the past year she has been receiving monthly acupuncture sessions that have improved her cycle, having three periods in five months, instead of two in a year. She also has yearly currettes as the gynaecologist was concerned about the lining of the uterus.

A hormonal test on paper showed that quite a few hormones were out of balance, progesterone being the most out of balance.

◆ **First treatment: 10-2-2016**

She came in highly stressed. What is happening in her life, both at work and at home, increases her stress levels. We started with a guided meditation to create a safe place as I executed the seven steps from Lone Sorenson's Facial Reflexology. The biggest deposit was the stomach and I balanced the hormonal points to balance the energy flow. I proceeded to work the pituitary in the intestinal link for hormonal and mental balance. When working the neurological points on the face, I worked Lone's facial PCOS protocol, which includes the adrenals, ovaries and the brain. When it came to work the Yamamoto technique, I worked the following meridian points to balance hormones and support the client's irregular cycle and hormone imbalances: spleen, colon, stomach and gallbladder.

Working the feet, I worked all reflexes. I returned to the reproductive system, the adrenals and the colon a few times during the session. I finished with a hormone balance.

◆ **Second treatment: 16-2-16**

Her period started today, the last one was in December. She is sleeping a little better and her bowel movement has also improved slightly and she feels less bloated. Question is: is that because of the previous treatment or because of starting her period? We will never know!

I repeated the same treatment using Facial Reflexology and on the feet working all reflexes as per the first treatment, finishing again with a hormonal balance. The descending colon felt quite firm so I focussed on it to encourage the peristaltic movement.

◆ **Third treatment: 24-2-16**

Her sleep has improved a lot and she feels better. Work yesterday was stressful and she feels drained but is coping so much better. She also still feels less bloated. I again used the same facial protocol. The second and third toe pads felt congested and I felt her whole body was clearing. I finished with a hormone balance on the feet.

◆ **Fourth treatment: 2-3-16**

Improvements are holding. She is feeling less emotional.

Facial reflexology

I used the original protocol for four months, adjusting here and there depending on how she was feeling. After four months, I changed the protocol to work on the immune system as PCOS is an auto-immune response.

Again, every treatment is adjusted to what she reports and how she feels.



Using facial reflexology, Anne Hilarius-Ford saw her client's physical and emotional wellbeing improve. She is pictured here with a different client's face and feet.

Foot reflexology

All reflexes were worked, coming back to the reproductive system a couple of times as well as working the adrenals to relieve the emotional stress she experiences. I finished every treatment with a hormonal balance.

Continued on page 9

Cycle

Since starting reflexology, in the first year she had six periods in seven months. In 2017, the second year receiving fortnightly treatments, she had five periods. Late September that year she started taking Provera to help restore a regular cycle.

On 18 April 2017, she mentioned she felt great. She had an ultrasound that showed some dark spots which are the polycystic ovaries. Everything else looked normal. Her moods keep improving and she felt more and more in control of her emotional health.

What was noticeable is when her cycle returned to big gaps, her stress levels increased and she had a cold that lingered from May 2017 till late August. Mid-September, as she finished her period, she felt much better.

The last treatment was on 1 May 2018. She had had a blood test that showed there may be a form of endometriosis, not one that causes pain. On the feet I felt a hard edge at the front of the uterus reflex which was not painful.

Conclusion

Over time, what has been achieved is that she is no longer as reactive as she had been and arguments with her husband were much less frequent and heated. She feels so much more in control of her emotions and is calmer and able to deal with daily stresses much better. She no longer complains about work.



Anne Hilarius-Ford at work

Her cycle became much more frequent. As she had a period on 23 March 2016, 36 days after the previous one, she said it was the first time in her adult life that she had a 30 day cycle. This period also felt like a good one that flows and 'empties'.

She fell pregnant and gave birth to a son in late December 2019. I don't know what happened between the last time I saw her and the birth.

What I remember from working with her is that this very bubbly young woman was overall calmer with periods that were more frequent than ever in adulthood and that her emotional wellbeing and mood 'control' had also improved.



The 2020 FootPrints CPT Quiz will be available from 1 December via the RAoA website and will again be offered via online or downloadable PDF formats! Yay!

At just \$20 to participate, our FootPrints CPT Quiz is a simple and inexpensive way to earn up to 5 CPT points.

What better way to refresh what you learnt throughout the year in *FootPrints* than to have a good re-read of our January, April, July and October 2020 *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 our online workshops.

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 is usually within a couple of weeks (except over the Christmas/New Year period).

The closing date for participation is 31 March 2021. 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 are not marked until payment is received. Any quizzes received after 31 March will not be marked.

The Quiz falls into Activity 10 of this years' 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

Reflexology's role in supporting the National Women's Health Strategy 2020–2030

By Tony Pullin

In October 2018 the federal Department of Health released a consultation (draft) paper outlining the National Women's Health Strategy for 2020–2030.

Its stated aim is to “build on ... existing work and is designed to provide a gender-specific approach to activities already underway and to guide the development of new and innovative policies and approaches aimed at addressing the specific health needs of women and girls in Australia”.

Its overarching plan is to bring together a wide range of existing and formulated policies and provide a cohesive national strategy approach across all government health sectors.

The five main policy objectives are:

1. Gender equity
2. Health equity between women
3. A life course approach to health
4. A focus on prevention
5. A strong and emerging evidence base.

These policy objectives are focused on five priority health areas:

1. Mental health and wellbeing
2. Chronic disease and preventative health
3. Sexual and reproductive health
4. Conditions where women are overrepresented
5. Healthy ageing.

From the paper: “These priority areas are inter-related and the Strategy recognises the intersections between them. For example, mental health is considered a chronic condition, but given its prevalence as a health issue both among priority populations and also across the life course of women and girls in Australia, it receives specific attention as a separate priority area. Similarly, healthy ageing can only be achieved if health improvements are made in all of the priority areas.”

When reflecting on the overview of the National Women's Health Strategy, I noticed that the five areas of priority represent a directly relatable experience for reflexologists in a clinic setting.

Women's health, as suggested in the strategy, is best applied with a lifelong approach in mind. I suspect all of us as therapists see our clients come from a broad age range, with many varied ailments and health issues both large and small. Reflexology has the ability to be an effective standalone therapy across many health disorders, whilst also being versatile enough to be an effective

supplementary therapy when applied in conjunction with other therapies and/or general and specialist practice medicine.

This article will consider two ways reflexologists can both deliver effective health care for women and girls, and use this approach to market, promote and add value to their business. A win-win for all!

1. **Make sure your community knows how reflexology, and specifically your reflexology sessions, advance women's health outcomes.**

Building awareness can cover multiple areas including: in your clinic with each client, publishing articles and health-result stories on your own website or as a guest article on someone else's, or posting on social media platforms. With any communication, it's the delivery of a strong, consistent message that breaks through the noise and helps people understand the benefits they need to know.

Promoting your message in-clinic

In my clinic, each client leaves with a personalised information pack after their first session. This pack includes an issue-specific (or generalised) RAOA brochure, targeted branded leaflets (e.g. Maternity Reflexology), clinic health and safety information, a business card and a printed copy of my current quarterly newsletter for clients.

These act to continue the client connection beyond the clinic and provide information for the client to share within their communities, with a tangible link back to your business. This is a simple yet important promotional opportunity that strengthens your connection to existing clients, highlights the benefits of your therapy and solidifies your business brand.

Promoting your message online

Story telling is a powerful way to get any message across and there are two main ways we can use this to help promote the effectiveness of reflexology. Firstly, we as therapists can write, talk, and post about the benefits of our therapy, using research or our own clinic examples. Secondly, we can ask our clients to talk or write about their experience themselves, either in the form of a review or feedback.

Social media is a great free platform for you to begin sharing information. You can share articles from respected



Continued on page 11

information sources, but be sure to add your own commentary, linking back to the effectiveness of your reflexology clinic. Remember, social media is a two-way street. If you start publishing more posts, be prepared to interact with followers who might comment on your posts or message your page. Use this as an opportunity for further information sharing and potential clinic bookings!

Your own website is another great place for sharing information. Your own articles should be based on your clinic experiences, and may include case studies, therapy techniques you use in your sessions, or simply explaining in your own way how reflexology helps your clients. Publishing your own articles helps with both promoting the message of reflexology as an effective therapy, whilst also positioning you as an expert in your field. You can also consider applying for your article(s) to be published in an Association publication such as *FootPrints*.

The last online method I'll highlight is client reviews and feedback. People trust what other people say, and often use reviews as a factor in the decision to book an appointment with you, but keep in mind that you can't control what these reviews say. The only influence you have is to provide an incredible clinic experience for each and every client.

For more information on how to improve your online presence, have a read of the article in *FootPrints* January 2018, *Working on your business: Improving your online presence to gain new clients*.

2. Introduce reflexology session evaluations, making sure to cover specific women's health disorders and symptom management.

This point ties in with seeking client feedback, but in a more structured way, with the aim of gathering quality

data rather than simply objective feedback. The strategy document calls to 'strengthen and diversify research and data collection across identified health priorities for women and girls.' Some of the strategy guidelines have flexibility for capturing and analysing data.

Perhaps there is an opportunity for the strategy guidelines to be adapted to suit reflexology studies under guidelines through the RAoA Research Committee. Because these areas of priority are those I see as core to our therapy capability and effectiveness, I would like to propose that the RAoA could produce standardised feedback form(s) and procedure(s) that would allow therapists to begin to capture data in clinic and send back to the Association to collate. The findings could then be distributed back to therapists and the wider community, further enhancing the available information that highlights reflexology's efficacy.

It is only by strengthening our collective knowledge through shared experiences, documenting these and formulating transferable information can we be seen as a progressive and strong therapy profession.

Let's get a conversation going within the RAoA membership, both in local branches and nationally, to develop a cohesive and collaborative approach linking ourselves to this national strategy. An Australian health sector with reflexology as a contributor will reward reflexology therapists with growth in awareness, more clients in clinic, better health outcomes for women and girls, and more clinical experiences for sharing.

Here is the National Women's Health Strategy 2020-2030 doc link:

https://consultations.health.gov.au/population-health-and-sport-division-1/establishing-a-national-womens-health-strategy/supporting_documents/National%20Womens%20Health%20Strategy%20%20Consultation%20draft%20accessible%20version_Final%203.pdf

Tony Pullin is a reflexologist based in Sydney



Creating newsletters made easy

Creating your own newsletter is a valuable way to build client loyalty, spread the word about the benefits of reflexology, validate your clients' faith in your fields of therapy and encourage referrals. Just download a free newsletter template from the Internet or your Word program and use your logo, corporate colours and font, write a few stories and add appealing photos.



According to reflexologist Tony Pullin, it's not necessary to have all the skills yourself. "I have ideas and a great team that helps me read and look professional. I learnt long ago I don't need to be the master of everything, just surround myself with great people. So what everyone sees is the result of collaboration."

Tony creates his newsletter quarterly and has a list of more than 300 people who receive his emailed newsletter. He also includes a copy in his welcome pack which every new client to his clinic receives.

Anna's story—a Tibetan Reflex Therapy case study

By Sabine Demarte

During the lockdown when I had no clients to see, I decided to spend my time learning a new method online. After having a look around I settled on learning Tibetan Reflex Therapy with Lone Sorensen. I really enjoyed the course and to finish off I had to do a case study. I didn't have a lot of people to work on (as there were still restrictions), so when Anna came and asked me if I could do some work with her, I offered her the opportunity to be my "guinea pig"!

Anna is 43 years old, married with a daughter almost three years old. She was conceived by IVF which was a hard and traumatic experience. Anna is a freelance writer and writes for various lifestyle magazines. I have been seeing her for the past five years for Cosmo Japanese Facelifting and she has always come across as a very stressed and emotional person. She is also prone to depression and anxiety.

She came to see me for help with extreme stress, emotional trauma and hormonal imbalances. She has recently gone through IVF again, which was even more stressful and traumatic than the first time. She has also been having lots of issues with her extended family who live on the other side of the country, where she currently can't travel to due to the COVID-19 pandemic. Even everyday life during the pandemic has added extra stress as well.

At the beginning of April she was anaesthetised for a routine egg harvest for IVF treatment and awoke in intensive care with what was first thought to be a heart attack. It was later diagnosed as Takotsubo cardiomyopathy, or broken heart syndrome, which is when the heart muscle becomes stunned due to extreme emotional or physical stress. She recovered and feels fine, but at the start of the case study, still came across as very stressed and you can tell she was still struggling with the trauma she had gone through.

Our first treatment was mostly to analyse and establish a treatment plan.

We also took before/after pictures for each treatment. I was surprised about the massive difference in the two pictures on the first day. Her face looked so much more radiant after the treatment and her eyes are much bigger, more open and glowing.

05.05.2020



Before



After

The first treatment of Tibetan Reflex Therapy saw an immediate change in Anna's face, with a more open and glowing appearance.

After the treatment and in the following days she felt very good, slept better and felt more relaxed, focused and clear in her head. She also found she was a lot more able to calm herself in stressful situations instead of freaking out very quickly.

As treatments went on, she started feeling better and better. She was having a lot more sleep and started to have "crazy dreams" as she put it, which for me is a sign of emotional release. She started having more energy and reducing her medication.

During the treatments she kept having flashbacks to her childhood to when she was about nine years old and had lots of events and changes in her life that affected her deeply.

She started becoming a lot more positive and releasing toxic beliefs she had been holding onto for a long time.

She started becoming more aware of all the tension in her neck and jaw, which we progressively worked on as well.

16.06.2020



Before



After

Photos on her final treatment day show a now chatty Anna with a new sense of identity and purpose.

The day after the sixth treatment I received the following text message from her: "Yesterday had a profound result. That one released my neck trauma and some really toxic beliefs. I couldn't drive far, just down to the beach to cry! Felt wonderful afterwards, like I've found a positive way forward."

I felt quite emotional, amazed and very happy for her! I now started to notice that the change in the before/after photos we'd been taking were getting smaller and smaller and that the changes seemed to consolidate and stay with her until the next treatment.

Continued on page 13

As Anna walked through the door for her last treatment she seemed transformed (photo 16.06.20). She smiled and had a happy glow about her and was chatty and bubbly, whereas normally she is more serious and quiet. She felt she was getting better and better.

Looking back at the series of treatments we have done, Anna finds the treatments helped her become more aware of her emotional body. It has helped her enormously in releasing past trauma and to heal on all levels. She has found a new sense of identity and purpose. She finds it easier dealing with everyday life and moving forward from where she is. She has thoroughly enjoyed the sessions in every way.

I found this journey amazing to watch and was impressed with what a powerful effect the treatments had on Anna.

I have enjoyed experimenting with my newly learned skills and can't wait to use them on all my other clients.

What is Tibetan Reflex Therapy?

Tibetan Reflex Therapy for the head and neck was developed by Lone Sorensen.

In the fourth century, Tibetans held a significant degree of medical knowledge and welcomed new medical ideas which they combined into a new approach which combined Indian (Ayurveda), Persian, Greek, indigenous Tibetan and Chinese medical systems; their new approach was based on the belief that all illness results from the "three poisons" of the mind: ignorance, attachment and aversion.

Sorensen's work is based on more than three decades of working with micro reflex maps and health philosophies from around the world.

For more information, go to www.internationalreflexology.com

Sabine Demarte is a Perth-based reflexologist.



LAST CALL ... !

Due to recent COVID-19 face to face restrictions we have extended our offer 😊

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- Don't know where to start?
- Let us help you!
- We have all the resources you need!



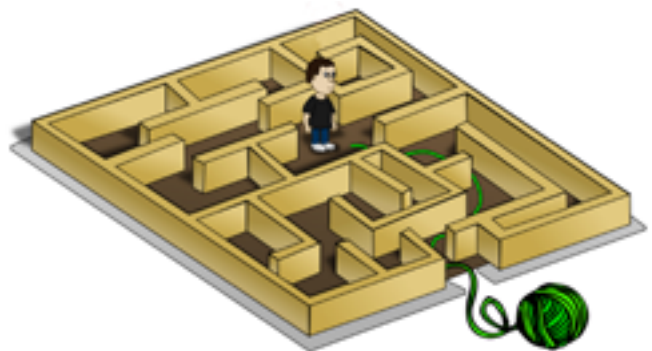
Introduction to Reflexology—2 Day Workshop Trainer's Package
Certificate of Clinical Reflexology—RAoA Accredited Trainer's Package

Hollie 040 506 4404 / Karen 042 038 7752

info@perthschoolofreflexology.com.au

<https://www.perthschoolofreflexology.com.au/our-courseslicensed-trainers-package/>

Wanted: your memories of RAoA long ago!



In 2021, the NSW branch turns 30 and this follows Queensland, which turned 30 this year, and Victoria which turned 30 last year.

There are still around 122 members of RAoA today who transferred from state associations when the national association was formed in 2002.

In our next issue, we would like to share your photos and memories from those early days. And who doesn't like to have a chuckle at hair-dos of the past?

Please email *FootPrints* Editor at footprints.articles@reflexology.org.au with your photos and memories.



Everything that is past is either a learning experience to grow on, a beautiful memory to reflect on, or a motivating factor to act upon

Denis Waitley

Running your business from home?

From the Australian Tax Office

If your home is your main place of business, you may be able to claim the business portion of some expenses.

You may be able to calculate your home-based business running expenses using:

- ◆ a fixed rate of 52 cents an hour for each hour you operate your business from home.

This covers heating, cooling, lighting, cleaning and the depreciation of furniture and furnishings. You will need to separately calculate phone and internet expenses, consumables and certain depreciation expenses.

- ◆ the temporary working from home shortcut method of 80 cents an hour.

This can be used by individuals running home-based businesses from 1 March 2020 until 30 September 2020. This covers all the expenses normally included under the 52 cents rate and all additional deductible running expenses.

- ◆ any other reasonable method.

You may also be able to claim occupancy expenses, like rent, in certain circumstances.

Exclude your private living costs and keep records to show how you calculated your expenses.

You can't claim the same expenses two different ways. The temporary working from home shortcut method is all-inclusive. For example, you can't claim the full cost of purchasing a photocopier using instant asset write-off and also claim with the home shortcut method.

Remember, registered tax agents can help you with your tax.

Next steps:

- ◆ Find this information and watch a brief video at <https://www.ato.gov.au/Newsroom/smallbusiness/General/Running-your-business-from-home/>
- ◆ Download the [Small business home-based business expenses](#) External Link fact sheet
- ◆ Find out about: [Claiming a tax deduction for expenses for a home-based business](#) and [Instant asset write-off for eligible businesses](#)

This article was released by the Australian Tax Office on 15 September 2020 and is reprinted in full from <https://www.ato.gov.au/Newsroom/smallbusiness/General/Running-your-business-from-home/>



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Flat foot, arched foot: the conditions they suffer

As reflexologists, we know that every foot is different and each one we treat tells a story. Whether a foot is flat or arched also tells us something about predisposition to conditions. In this extract reprinted from www.footeducation.com, we learn more.

While the bones, tendons, and joints have only small variations, the way these structures interact with one another can result in a variety of different foot types. These foot types follow a basic spectrum that ranges from a flatfoot on one end, to a high arched foot on the other (Figure 1).

Figure 1: The spectrum of foot shapes

Flatfoot ← -----Neutral foot -----→High arched foot



All foot types within this spectrum are considered normal. However, people with certain foot types are prone to develop certain corresponding symptoms or conditions. For example, people with flatfeet tend to develop **posterior tibial tendonitis** (irritation of the tendon on the inside of the ankle), and people with high arched feet tend to develop **peroneal tendonitis** (irritation of the tendons on the outside of the ankle).

The reason is that a person's foot type dictates how the forces are transmitted through the foot. Most chronic foot conditions are related to the way the foot absorbs force repetitively with each step. Therefore by determining a person's foot type, a doctor can quickly and easily get an idea of possible conditions that might be the cause of a patient's discomfort (see Table 1).

Table 1: Conditions associated with common foot types

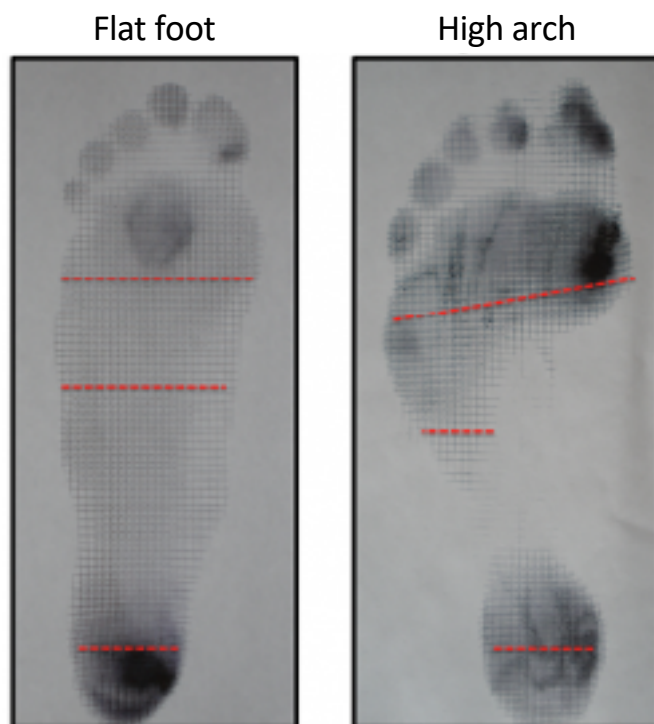
Flatfeet predispose to the following conditions	High arched feet predispose to the following
Acquired Adult Flatfoot deformity (Posterior Tibial Tendonitis)	Peroneal Tendonitis
Plantar Fasciitis	Ankle instability
Tarsal Tunnel Syndrome	Ankle sprains
2nd metatarsal stress fractures	Jones fractures (5th Metatarsal stress fractures)
Hallux Valgus (Bunions)	Sesamoiditis
	Plantar Fasciitis

How to tell what your foot type is

In general, the easiest way to determine your basic foot type is to note the kind of imprint your foot makes when you step onto a soft surface.

If the entire foot or the majority of the foot is showing, this indicates a flat foot (Figure 2). On the other hand, if only the heel and ball of the foot are showing, with very little imprint in the middle portion of the foot, this indicates a high arch foot (Figure 2). In the doctor's office, a tool known as a Harris Mat can be used to determine loading pattern and therefore foot type.

Figure 2: Imprints from a flatfoot and a high arched foot



A simple foot type test at home: if you would like to get an idea of your foot type while still at home, you can imitate a Harris Mat using a bit of water and a paper towel. Simply wet your foot with a small amount of water (don't soak your foot too much) and briefly step onto the paper towel. The imprint left by the water should provide a nice picture of where weight is distributed on your foot.



What makes our members tick?

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

Lyndall Mollart, Central Coast NSW

1 Why reflexology?

Originally a midwife, back in 1998 I had a kidney stone and attended a holistic nurses conference. In the afternoon there were stalls with complementary therapists offering hands-on experiences. I chose foot reflexology and the reflexologist identified a painful area in the kidney zone which corresponded to where my kidney stone was. She stimulated the zone and within 24 hours I passed the stone. Suzanne Enzer was booked to teach maternity reflexology for midwives at my hospital, so of course I joined!



3 What other modalities do you practice?

I have undertaken courses in aromatherapy, Swedish and Chinese massage, Chinese reflexology, medical intuitive, Bowen, Reiki, acupuncture and midwifery acupuncturing.

4 Most special holiday destination?

Japan is my favourite work and holiday destination. I have been eight times over

12 years. I am lucky that I can combine teaching reflexology to Japanese midwives and then visit parts of Japan to experience the culture, eat the fantastic food and see the incredible scenery!

2 Where do you live and work?

I live on the Central Coast of NSW, between Sydney and Newcastle. I love living by the sea and it's convenient to both Sydney and Newcastle airports.

I teach nursing and midwifery at the University of Newcastle. Previously I worked as a midwife at the local health service for 35 years where I undertook research projects in reflexology and acupuncture for pregnant women and implemented a guideline for trained midwives to provide reflexology. I also teach reflexology across Australia, New Zealand and Japan.

5 What grounds you?

Taking time for myself and family. I have an outdoor spa and I love sitting in the warm therapeutic jets, reading my Kindle with a glass of wine, and then looking at the surrounding bushland with birds calling. My daughters and grandchildren live nearby, so there are many family get-togethers. Also enjoy babysitting with bubble baths, fun and games, and then the enjoyment of handing them back and relaxing.



Hats off to carers everywhere

There are at least 2.65 million of us across Australia. We make up nearly 11 per cent of the population and most of us are women. Our average age is 54. More than half of us give more than 20 hours a week and one third of us do it for more than forty hours a week. The majority of us don't get paid.

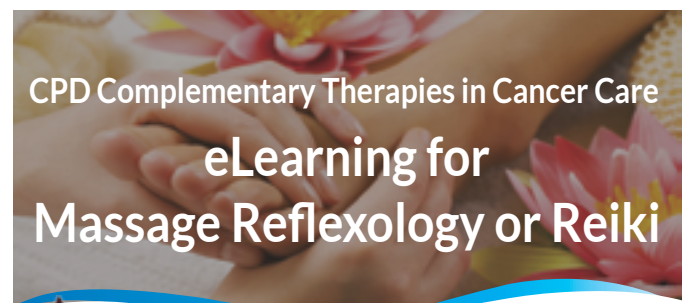
We are carers, and we do it because we care.

Each year Carers Australia helps put the spotlight on Australia's unsung heroes during Carers Week, which this year is 11–17 October. Carers are people who provide unpaid care and support to family members and friends who are frail aged, have a disability, mental illness, a chronic condition, terminal illness or alcohol or other drug issue.

As reflexologists, we know them well, because they are the clients we love to support. Many of us are carers too—of parents, kids and friends.

The RAOA acknowledges and recognises the often-unseen commitment, heart and energy so many of our members give generously to people around them.

For more information, go to www.carersweek.com.au



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Walking meditation and the forgotten chakras

By Kerrie Kiely

Walking meditation was a natural custom for the ancients on our planet. It was a natural routine to spend many hours a day barefoot in the fields or searching for food, connecting to the Earth's matrix.

The art of walking meditation is to learn to be aware as you walk. It is a simple universal practise for developing calm, connectedness and embodied awareness.

Walking meditation is a bit different from the normal walking gait most of us have. Firstly you have to walk in slow-motion with distinct and deliberate steps. As you place your heel to the ground, gently roll forward toward the ball of the foot and then lastly the toes release to the earth. Feel every fibre of the tapestry of your feet.

With each step one must bend each foot with every following step upward almost like a ballerina, keep the focus on perfecting each and every step. With each step the body must move in equilibrium aiming for non-resistance in the body to the motions of each step; everything must connect. Stay present and focus on each deliberate step. Eventually it feels like you are walking on air.

Walking meditation with your breath

Each step is made connecting with your breath. Allow your breath to guide you to the next step. Do not rush and have no expectation. Practice in the garden and allow

yourself time and then you can incorporate this into your daily life, such as hanging out the washing, walking the dog, washing the car. Use walking meditation to connect and calm yourself and bring wakefulness into your body.

Walking barefoot meditation

The secret to reclaiming the foundation of the cosmic consciousness and stepping back in the now is walking barefoot. Remove shoes and socks and connect to the earth, walking on green grass to bring Earth energy into your being.

We receive energy from the ground as a tree receives nourishment. When you re-establish this foundation within yourself by embracing the natural environment, you reinstate your own foundation through the soles of your two feet.

Once the feet chakras become activated, they work with the Earth's energy to harmonise the electromagnetic field of neutrality. It all starts at the feet, as the feet are stimulated we restore our being from the feet upwards.

As the Earth overflows with abundance in all forms, so it is your divine right to embody this connection with the Earth and bring in some of this abundance. Walking meditation is a very rewarding and natural body movement which we should embrace with joy.

Kerrie Kiely is a reflexologist based in Sydney



"Professional Reflexology
—better health naturally"

Save these dates—2 and 3 October 2021!

(pending COVID-19 circumstances)

RAoA 2021 Annual General Meeting (AGM) and Seminar Day

4 x Seminar presenters plus AGM—Sunday 3rd October 2021

Pre-AGM workshop day

"Reflexology & Holistic Healing Techniques for Oncology Patients"

1 day workshop – Presenter: Gretel Spiegel

Saturday 2nd October 2021



Seminars and workshop proudly brought to you by the RAoA

Expressions of Interest for the pre-AGM workshop being taken now – accounts@reflexology.org.au
Limited to 32 attendees. Online registrations will commence March 2021.

More information coming in January *FootPrints*, Branch Newsletters, National e-newsletters and Facebook.

Venue: Best Western Motel and Convention Centre, Attwood VIC (Melbourne)



Hear ye! Hear Ye!

By Vicki Protheroe, CPT Director

Exciting Continuing Professional Training (CPT) news! The CPT working party has made some changes to the CPT Program.

The program now has two extra activities added to it, bringing the total number of activities to 19.

Members will be required to obtain a minimum of 10 points in Activities 1–12 (previously Activities 1–10) with the remainder of the points from any of the Activities 1–19. Minimum CPT points required for the 2020/21 CPT year will remain at 20.

The FootPrints Quiz is now Activity 10, being a CPT activity on its own. This makes it easier for all members to obtain the required points without being financially disadvantaged during this pandemic. The maximum points available for this activity is 5 points.

As our world is in a perpetual state of change, it's wonderful to know that we are flexible enough to go with the flow. We as an Association can rise to the challenges that we have had to face and continue to face during COVID-19.

Whilst we will never give up hope that life will return to normal in the future, webinars and zoom meetings are our reality for now and we anticipate will remain as part of the future.

This is why we now have Activity 11 Webinars, which must be related to reflexology (no watching re-runs of your favourite soap or drama!). You can acquire 1 point for every hour or a maximum of 5 points per project.

The total maximum points for Activity 11 is 10 points, with proof of completion and/or confirmation of attendance required.

Between these two new activities you can achieve your 10 points in Activities 1–12.

This now makes it easier for members to achieve the minimum 20 points required for your Continuing Professional Training for the year 2020/21.

If you have any questions, please don't hesitate to contact me or a member of the CPT working party. Contact me by email at cpt@reflexology.org.au or working party members Vera Emmi, Catherine McIver and Marie Steinke.



Help wanted!

We now have a vacant position in the Continuing Professional Training (CPT) Working Party.

We are looking for an enthusiastic member to join our team. Someone who is passionate about professional development for our members.

The skills you will need are basic computer knowledge, together with access to email, Skype, Zoom, web browser and mobile phone.

You must be able to work well in a group, willing to share your knowledge and assist in making decisions.

A willingness to learn new skills and teach others is also important, along with being willing to contribute to tasks that we perform as the CPT working party and as requested by the CPT Director.

You must be a financial member of the RAoA, either a PM, IM or AM.

The main tasks that the CPT working party performs are:

- ◆ Compile CPT *FootPrints* Quiz (yearly)
- ◆ Keep CPT Tracker, FAQ and all CPT documentation up to date
- ◆ Keep other CPT documentation up to date
- ◆ Peruse and approve CPT workshop applications
- ◆ Liaise with RAoA National Workshop co-ordinator
- ◆ Investigate and be on the lookout for exciting and interesting presenters for workshops, webinars and seminars, specific to reflexology for workshops and reflexology practice.

If any of this sounds interesting to you, we would love to hear from you. Please contact CPT Director Vicki Protheroe by email at cpt@reflexology.org.au for more in-depth details on our requirements.



CPT Education and World-Wide Conferences Calendar of Events



Inclusion in the CPT Calendar of Events is a further bonus for advertisers and includes one free listing for each advertisement placed.

Place your advertisement with the RAOA Marketing and Advertising Co-ordinator—
marketing@reflexology.org.au

2020	PRESENTER	TITLE	LOCATION/CONTACT
October 10	Lyn Fava	Feet Reading: Window to the Soul	Webinar. Contact Lyn Fava info@asrr.com.au 0412 353 385 Australian School of Reflexology & Relaxation
October 17	RAoA Annual General Meeting (AGM) and Presentation	Association online Meeting and Presentation by Helen Callanan – “A conversation digging deeper into all things Life, Death and Doula”	Zoom Webinar For current RAOA Members only (no cost) register here: https://www.reflexology.org.au/agm2020-info
November 15	RAoA NSW/ACT Branch	Branch General Meeting	Via Zoom, Sydney NSW Details will come via Branch Committee
November 22	RAoA SA Branch	Branch Meeting, Christmas Breakup and Educational speaker + practicum exchange	South Plympton, SA Information and registrations online via RAOA website www.reflexology.org.au
November 21 and 22 (Pending borders being open)	John Kirkwood—RAoA National Workshop	“Acupressure for Digestion and the Immune System”	Redcliffe, Perth WA Information and registrations online RAOA website www.reflexology.org.au
November 29	RAoA Qld/NT Branch	Branch Meeting and Workshop Day	Wynnum, Brisbane QLD Information and registrations online via RAOA website www.reflexology.org.au
December 6 (pending COVID)	RAoA Vic Branch	Branch Meeting and Workshop Day	Information and Registrations online RAOA website www.reflexology.org.au
2021	PRESENTER	TITLE	LOCATION/CONTACT
March 14	John Kirkwood—RAoA National Workshop	“Acupressure for Digestion and the Immune System”	Crows Nest, Sydney NSW Information and registrations online RAOA website www.reflexology.org.au
March 28	John Kirkwood—RAoA National Workshop	“Acupressure for Digestion and the Immune System”	Wynnum, Brisbane QLD Information and registrations online RAOA website www.reflexology.org.au
October 2	RAoA Pre-AGM one day Workshop—Gretel Spiegel	“Reflexology and Holistic Healing Techniques for Oncology”	Attwood, Melbourne, VIC Online registrations commence March 2021. Expressions of interest contact accounts@reflexology.org.au
October 3	RAoA AGM and Seminar Day—4 × Presenters	“Integrative Reflexology for Health and Wellbeing”	Attwood, Melbourne, VIC More details in upcoming National e-newsletter, Branch Newsletters and January FootPrints

Welcome new members

June–August 2020

First Name	Surname	Suburb	State
Christine	Aubrey	West Busselton	WA
Donelle	Beard	Mandurah	WA
Louise	Bell	Kallaroo	WA
Karen	Brown	Speewah	QLD
Faith	Cruskall	Darlington	WA
Marylin	Forbes	Halls Head	WA
Fiona	MacKintosh	Glen Forrest	WA
Vanessa	Pyne	Mango Hill	QLD

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BRANCH NEWS

What a year we have been having! Spring is upon us (yay!) and hopefully some nice warm weather is looming, however we still need more rain.

Our last face-to-face workshop held in June on *Acupressure for Digestion and the Immune system* was presented by John Kirkwood and was able to go ahead as John lives in Adelaide. This workshop was fully booked with 19 participants who travelled far and wide. It was great to see some non-reflexologists come along and join the workshop which was enjoyed by all and some great skills were learnt. John is very knowledgeable and if you get the chance to attend one of his workshops it is highly recommended.

We continued with the social distancing and were paired up with the same person all day. Each reflexologist was partnered with a non-reflexologist to enhance learning and share expertise. It was good to see some familiar faces and some new ones.

SOUTH AUSTRALIA



Since our last workshop in June we have held our SA branch meeting and workshop in Whyalla which was a great success. Anita hosted the day at the Whyalla Holistic Healing Centre with seven attendees. We thank all those who travelled from Adelaide and surrounds. The day was full of information sharing with Susan talking on the yarrow plant, essential oils and its fabulous properties. Pamela Nish spoke about lemongrass and shared some of her plants with us. We then had local GP Dr Francis who came and presented a talk on *The early detection of skin cancer* which was very informative. We completed the day with a practicum exchange so a very busy but enjoyable and informative day was had by all.

I look forward to catching up with you all again at our coming workshops and meetings. Stay safe and healthy, happy reflexing from SA.

Amanda Wilson



NEW SOUTH WALES/ACT



No Report has been received for this issue of *FootPrints*

Well this year has been a quite different year, particularly for Victorians. Stage 4 in Melbourne has put some serious restrictions on our professional practices. Lots of eucalyptus spray and masks in the latter part of the year. Everybody has their own story about how this year has been for them. I hope some opportunities have presented themselves for growth, personal and professional development. A time to reflect on what is important and what brings joy and upliftment. May the spring bring abundant growth to new ventures, projects and plans.

The Victorian Committee has continued to prepare training and professional development opportunities for you via Zoom and messenger meetings. We have planned



VICTORIA

a meeting on 6 December, hopefully in Hawthorn but can be adapted to Zoom should that be necessary. This will include information on liquid crystals by Maureen Wilson, EFT by Margaret McConville and Sue Whittaker will take us on a sound journey.

Never has a time been more important to practice and promote health and wellbeing. Prevention and non-invasive therapies would save the government and ourselves billions.

Please contact info.vic@reflexology.org.au if you would like to contribute to our newsletter or have an interesting presentation for our members. Be well and keep up the good work.

Cate Brown



QUEENSLAND/NORTHERN TERRITORY



Webinars have become a very popular way to access new information and skills. Queensland members appreciate the efforts undertaken by the RAOA to provide the *Hand Reflexology Masterclass* on 27 September and the fact that it is accessible as an ongoing reference tool.

Although Queensland has not had to contend with the current restrictions affecting southern states, we do have some clusters in our south east at the time of writing. This means that our plans are monitored week by week.

Education Practicum Exchanges (EPE) provide the opportunity for small numbers of reflexologists to get together to share information and support one another. There are a number of EPEs throughout the state and these are providing valuable connections for our members.

We have confirmed our next face-to-face Branch Meeting and Workshop for Sunday 29 November 2020 at Wynnum Community Centre in Brisbane. Heather Edwards

is doing a presentation on the pathologies of the hand and naturopath, Chelsey Fetini, will share her knowledge and experience of LymFATic health. We have discussed all the COVID Safe Plans and requirements, but if the situation changes then we will alter our plans accordingly.

Normally, by now we would have committed to the annual *Mind Body and Spirit Festival* in February 2021 in Brisbane. However long-range planning is fraught with difficulties so we will make a decision closer to the time.

As therapists we have been able to resume our practices over the last few months and provide services to our clients. There is extra workload now to ensure everyone's safety, but it is worth it when we see how our clients appreciate being able to come for their sessions again. We are mindful of our southern colleagues who are still dealing with personal and work restrictions and assure you that you are in our thoughts.

Suzanne Jewell

TASMANIA



Our August meeting and workshop event, entitled *Mar Comms Magic!* was presented by Tiziana Hill. The day was well attended and it was wonderful to catch up with everyone face-to-face after all these months of social isolation. Everyone came away with a better understanding of the basics of marketing, branding and communications as well as some very practical strategies for promoting and growing their own reflexology business.

Our next get-together is scheduled for **Sunday 15 November** in Campbelltown and is planned as an

Educational Practicum Exchange (EPE) session on hand reflexology, to follow up on the national *Hand Reflexology Masterclass*. All being well with the COVID situation, it will be combined with our annual Christmas social lunch and *Secret Santa* (subject to minimum numbers).

For more details on the November event and future local CPT events and opportunities, watch your inbox! Meanwhile stay safe and well and keep in touch.

Sarah Blain

WESTERN AUSTRALIA



Hello from WA; I hope life is settling down for everyone, although still difficult for some states.

Here in Western Australia we have been fairly fortunate. Apart from the first four months of disruption due to Covid-19, our next study day, *Harmony in Referring* is planned for 18 September and will have been held by now. Everyone has worked hard to make it happen. Unfortunately, because of Covid-19 we could only take 35 members, so some will be disappointed in not being able to attend.

We have two different opportunities for volunteer work

this year, with Kalparrin and at Solaris Cancer Care. Along with the *Hand Reflexology Masterclass* webinar with David Wayte and the National AGM via Zoom, there have been chances for members to make their 20 CPT points.

We are in the process of planning a study day in February and the ABM for our state next May. Venue booked for both.

I would like to mention how great my committee have been in helping me become Chair; they are a great team to work with. Thank you!

Carol-Anne Brand

FootPrints Journal

ISSN 1039-2092

Published by the Reflexology Association of Australia, Limited

SUBSCRIPTIONS AND ADVERTISING

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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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If there has been a change in the above directory, kindly email Tiziana Hill, footprints.articles@reflexology.org.au

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 for members of the public who wish to consult a qualified practitioner.

Board of Directors 2020–2021

Please know that Directors can be contacted to clarify concerns

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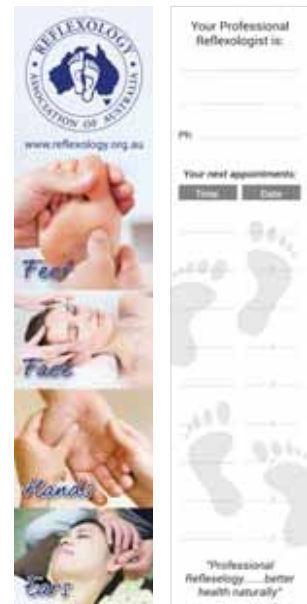


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Reflexology Association of Australia

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.



RAoA Office Christmas Closure 2020

Please be advised the National Office will be closed from 4:30pm Wednesday 16 December and will reopen for business Monday 11 January.

Due to our closure preparations, any Merchandise orders received after 10 December will not be sent until the New Year, so please place your orders early December to ensure pre-Christmas despatch! Also take into account Australia Post delays due to COVID—so if you require products before Christmas, we suggest you place your order before the end of November at the latest.

Wishing you all a safe and wonderful time with your family and friends doing what you enjoy! Michele and Vera—RAoA Admin and Accounts.



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