

# FootPrints

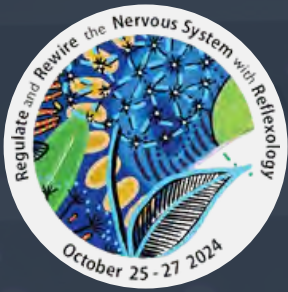
The Journal of the Reflexology Association of Australia



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

July 2024

Volume 28 No. 3



# 2024 RAoA National Conference - Speakers

25-27 October 2024



Reflexology Lymph Drainage RLD  
**Sally Kay**



Ear Reflexology  
**Karen Middleton**

Zu Qigong  
**Karen Philipsen Brown & Annamarie Huckin**



Reflexology for babies & Children  
**Sue Ricks**

The Fascia role in restoring balance  
**James Flaxman**



An Integrated Approach to improving fertility  
**Brenda Seville**

Vagus Nerve  
**Jasmina Kotorac**



Quantum Healing  
**Michael Christian**

Reflexology and Equine Therapy  
**Rachael Gibson**



Sound Healing  
**Josephine Lange**

# From the Chair's desk



National Conference 2024 is to be held in Geelong, Victoria on 26 and 27 October. The AGM will be held on Saturday 26 and attendance is in person only. Great presenters, catchups and of course networking. The Conference Committee has been working tirelessly to make sure it will be a memorable event. I look forward to meeting you at this event. Conferences and AGMs should always be something to look forward to. Venue is Rydges in Geelong. Accommodation details are on the RAOA website. Online registration is now available.

There is an amazing array of presenters with diverse topics that we will all want to attend:

- ◆ Sally Kay UK – *Lymphatic drainage technique*
- ◆ Karen Middleton NZ – *Ear Reflexology*
- ◆ Karen Philipsen Brown NZ – *Zu Qigong Reflexology*
- ◆ Sue Ricks UK – via zoom *Gentle Touch Reflexology*
- ◆ Brenda Seville – *An integrated approach to improving fertility*
- ◆ Jasmina Kotorac – *Vagus nerve role in the nervous system*
- ◆ James Flaxman – *The fascia role in restoring balance*
- ◆ Michael Christian – *Quantum healing*
- ◆ Rachael Gibson – *Reflexology and equine therapy*

**Natural Therapies Review:** The meeting on 7 May informed us that the final analysis should be completed by the end of June. The results are supposed to be published in September and then submitted to the Government for their analysis. Another stakeholder meeting is proposed for July to give us an update. When the published results are available, I will forward them to you all.

**Membership:** As at May Board meeting, we had 384 members including students: QLD 71, NSW 76, VIC 85, TAS 13, SA 17, WA 88. Interestingly these numbers are increasing, not only with students but also lapsed members now wanting to re-join. Currently we have 34 students. Welcome to all returning and new members. Be aware that my door is always open for members to contact me with solutions to any problems encountered.

Annual fees this year will remain the same at \$250 for PM, \$225 for IM and \$100 for AM. PM and IM early payment incentive is also staying the same.

Any unfinancial member will be removed from advertising their business on Find a Practitioner after 31 July and their access to our Members Only FaceBook page will be removed.

Any practicing Intermediate Member who wishes to be endorsed by the Reflexology Association must have

Professional Indemnity insurance, first aid and 10 CPT points. This was approved at the last Board meeting and will commence from the next financial year.

From now until the start of the new website, part payments are offered for renewal of membership. Can you please contact Lisa for more information [admin@reflexology.org.au](mailto:admin@reflexology.org.au)

**Annual Branch Meetings:** Thank you to all the Chairs for responding to a request to provide the information needed for your ABMs. It is important that all the information is given to Lisa at least two months before the event. This allows time for her to prepare an advertisement on the website.

**Students and fee structure:** The Board has decided to have a fee structure for students. If wanting to join from 1 April, then the cost would be \$25 per month plus \$60 joining fee and from 1 Jan the cost would be \$150 plus \$60 joining fee. This would then allow the qualified students to begin practicing at a reduced cost.

**Returning members:** If the returning member has not been practising for more than a year, they could have the same fee structure as a student, but would still need to submit current insurance, first aid and documentation to show that ongoing study has been achieved in that time. A free webinar will only be provided to a PM if they pay the full registration by 30 June.

**Board face to face meeting in February:** Thank you to Priyvail Accounting, Sashi and Deepta for all your continued support. Thank you to Lisa and our new part time employee Lee Pacheco for your on-going support to the members.

Thank you to Susan Ramsey for her continued mentoring support in helping the Chair when needed.

Thank you to all the Directors for their continued support.

**Afterpay:** From the start of the new website there will no longer be part payments offered through the Office. We have registered with a company called Afterpay, who will set up an interest-free payment plan, providing you make payments on time. You will need to register with Afterpay either on your phone or on your computer prior to purchasing from the Office.

*Continued on page 2*

July 2024

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Front cover – Photo courtesy of Andreina Amato and Enzo Amato Photography [enzoamato.com](http://enzoamato.com).

If you wish to make extended payments for membership, conference or AGM registration please contact the Office.

**Website:** Currently our website is responding very poorly, and there is nothing that can be done about it. Ken, our IT person, says that it is like a rickety house and any changes or updates at this stage could cause it to crash completely. As you may know our CPT tracker is not working, so we must record events attended from now on onto paper and record what we have done during the year. The new website is moving along nicely, but the timeline at this stage is possibly August.

**Office telephone:** We now have engaged a third party answering service to cover queries from members and the public. As of now, all calls will be answered. If Lisa is busy or

on another call for 20 seconds, the call will be answered by this service and an email will be sent to the office outlining the query and a text to my phone.

The good news is that we have launched a redesigned logo which can be used by all Professional members, Branch Chairs and Committees. At the time of your renewal of membership, the logo will be emailed to you.

A new and contemporary logo has been introduced along with a transformed CPT tracker. Stay up to date through Mailchimp, Facebook and Newsletter for more information regarding the new website.

See page 9 for more exciting information about the logo and website.

*MASteinke*

Marie Steinke



## Directors' reports

### CPT and Education Directors' report

#### CPT points

The CPT team has been meeting regularly over the last couple of months with the purpose of restructuring the new CPT Tracker for 2024–2025.

The new tracker has been reduced to ten categories under four sections:

- ◆ **GOLD CATEGORY**—Mainstream Reflexology
- ◆ **SILVER CATEGORY**—Allied Health and Alternative Reflexology
- ◆ **BRONZE CATEGORY**—Professional Practices specifically enhancing your Reflexology
- ◆ **RED CATEGORY**—First Aid

We look forward to showing you this document in this edition of *FootPrints*. Please see page 3.

Instructions on how to acquire and record your Annual CPT POINTS for 2024–2025 will follow via email.

Or why not consider attending a zoom session with our CPT team where you can learn more about how to use it to best effect.

For further information please email [cpt@reflexology.org.au](mailto:cpt@reflexology.org.au)

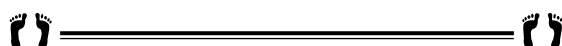
#### Education updates

We are very excited with the nominations being submitted for the Trevor Steele Award for 2024. The winner will be announced at the National Conference in Geelong in October 2024.

We hope many of you are planning to come along to the National Conference as there is a great line up of both international and national speakers. Also a great time for catching up with the reflexology fraternity and see a lovely part of Australia.

Thank you.

*Keri Wood and Nonie Crozier*



### WA Director's report

At the last ABM a new, enthusiastic committee was formed comprising Christina Hall, Lisa De Pledge, Melissa Beech and Jackie Smartt. Keri Wood later joined as Chair. This committee has been extremely proactive and have participated in EPEs and study days. I hope everyone nominates again this year and we'll hopefully see some new faces as well; the more the merrier.

We had a successful AGM in Perth in October 2023. The speakers were diverse and engaging. National Conference and 2024 AGM are being held in Geelong in October. We hope to see lots of interest and attendance from WA. Keri Wood is our National Events Director, so if you have any questions regarding the National Conference, please feel free to ask.

You will be aware the Association's website is outdated and has been limping along for a while. Our Chair, Marie, along with the rest of the website working party, have worked tirelessly to achieve the goal of a more user-friendly functional website. I'm sure their efforts will pay off when the site is up and running smoothly, which should be sometime in August.

Membership renewal is open from 1 June. All renewals before 30 June will receive the renewal bonus credit (\$20 for PMs and \$10 for IMs), which can be used towards workshops, Association events and/or merchandise.

*Debbie Helm*

# Why undertake CPT?

Continuous Professional Training (CPT) enables our members to demonstrate ongoing professional training and development. It serves to bridge the gap between student status and being recognised as having updated clinical skills and professional knowledge in line with current practice. CPT programs are an expectation of professional life.



## What are the benefits of CPT?

Completing the CPT program ensures annual attainment of Professional Membership, which then ensures:

- ◆ Recognition as a professional practitioner.
- ◆ Access to official RAOA receipt books.
- ◆ Competitive rates for professional indemnity and public liability insurance through insurance companies associated with RAOA.
- ◆ A listing on the national:
  - ◇ RAOA register
  - ◇ RAOA website
  - ◇ RAOA referral service.

## What are the requirements?

Professional Membership as outlined by the RAOA Constitution requires the maintenance of current First Aid, indemnity and liability insurance as well as evidence of ongoing professional training. Professional Members must accumulate 20 CPT points per annum (from 1 July to 30 June in any given year).

Intermediate Members who wish to practice as a RAOA member must maintain current First Aid, indemnity and liability insurance as well as evidence of ongoing professional training. Intermediate Members must accumulate 10 CPT points per annum (from 1 July to 30 June in any given year).

## Annual exemption from the CPT program

Exemption from the CPT Program can be applied for in writing to the CPT Director. Reasons for exemption may include the following:

- ◆ Compassionate circumstances.
- ◆ Period of illness.
- ◆ Maternity leave.

The applicant may be requested to provide supporting information. The exemption is only available for one (1) year.

## CPT recording procedure

Members shall complete a record of their CPT activities on the document provided annually with their renewal notice and return it to the Administrator upon renewal of membership.

## RAoA audit:

On the new RAOA website there will be a new method of acquiring and recording CPT 2024–2025. There will be education available on the process of how to acquire and record CPT points.

Members are to retain a copy of their CPT points together with proof of the activity undertaken. The RAOA reserves the right to audit the CPT activities claimed by Professional and Intermediate Members.

*Continued on page 4*

How CPT credits can be obtained		Allocation	Maximum limit	Points achieved
<b>GOLD Category: mainstream Reflexology activity (2 points per activity per hour)</b>				
1.1	Attendance at any Reflexology Seminars/Lectures/Workshops (this relates to Reflexology)	2 per hour	20	
1.2	Providing mentoring to a fellow member regarding Reflexology practice – for students/new graduates/remote reflexology practitioners/returning practitioners			
1.3	Volunteering reflexology services at hospitals, hospices, aged care facilities, fun runs and volunteer events.			
2.1	Attendance at any two day National or International Reflexology Conference	20	20	
2.2	Attending one day of the National Conference + AGM	10		
2.3	Attending National Conference AGM only	2		
3	Bona fide current Reflexology research projects leading to a published paper	2 per hour	20	
4	The publication of case studies, articles or reviews for state newsletters, <i>FootPrints</i> , or other professional journals specifically related to Reflexology ( <b>Articles and book reviews 900 words) – 3 points per articles – four (4) articles quarterly</b> )	3 per article	10	
5	Enrolled self-directed learning— <b>related to Reflexology</b> through online platforms.	2 per hour with a max. 6 points per project	6	
<b>Silver Category: Allied Health or Alternative Reflexology direction (1 point per activity per hour)</b>				
6.1	Participation in RAoA meetings. All meetings to include an educational component e.g. speakers / workshops by different modalities / allied health topics. These meetings may include: ◆ General meeting with educational speaker ◆ ABM with workshop/guest speaker ◆ Educational Practicum Exchange (EPE) – Must contain an educational component ◆ Postgraduate workshops and mini workshops	1 per hour Maximum 2 points per meeting	10	
6.2	Journal club, coffee clubs, including discussion of a published article in a journal. <b>To gain CPT points these events need to be advertised via the Branch Committee and in the Branch Newsletters. EPE sessions need to be advertised in both Branch Newsletters and FootPrints</b>			
7.1	Volunteering—Active participation on: ◆ RAoA Board, Board Working Parties which include: ◇ Research Working Party ◇ Education Working Party ◇ CPT Working Party ◇ Finance Working Party ◇ WHS Working Party ◇ Promotions Working Party <b>Minutes to be taken and recorded for auditing.</b>	1 per hour	10	
7.2	Branch Committees and Sub-Committees or Working Parties ◆ Conference Committees ◆ Facebook Moderator ◆ Branch Newsletter Editor ◆ Branch Welcome Mentor <b>Minutes to be taken and recorded for auditing.</b>			

How CPT credits can be obtained		Allocation	Maximum limit	Points achieved
8.	Ongoing study relative to complementary health, allied health and other health related modalities			
	Cert III	5	5	
	Cert IV / Diploma	10	10	
	Bachelor / Masters / PhD	20	20	
9.	FootPrints Quiz Quizzes that are published on RAoA Members Home Page	5	5	
<b>Bronze Category: Professional Practices specifically enhancing your Reflexology business (1 point per 2 hours)</b>				
10.	Business Practice This includes attendance of any: <ul style="list-style-type: none"> <li>◆ Seminars/lectures, workshops specifically relevant to professional business practice</li> <li>◆ Relating to building your business including self-directed learning and face-to-face courses and workshops</li> <li>◆ Membership of business networking organisations including Chambers of Commerce, BNI (Business Network International)</li> <li>◆ Mentoring business support to members</li> </ul> <b>Invoices/receipts required as proof</b>	1 per 2 hours	10	
<b>Red Category: First Aid</b> First Aid – is to be completed every three (3) years to maintain Professional Membership First Aid and CPR CPR only if renewed yearly		5 2	5	

## Please Note

***This is a new CPT Program Record Form to be implemented from 1 July 2024 with the first year trial period (1 July 2024–30 June 2025)***

***One of the major changes with CPT points is that they can now be CARRIED OVER from one financial year to the next.***

***Carry over points:***

***PROFESSIONAL MEMBER = 10 max. points***

***INTERMEDIATE MEMBER = 5 max. points***

***The CPT Director would appreciate any comments and thoughts for the use of the new form. We are here to work with members as a team to make it more appropriate and user friendly. Please feel free to send your feedback to [CPT@reflexology.org.au](mailto:CPT@reflexology.org.au).***



# Healing through heart work

## Aromatic Kinesiology®, Level 1—The Path of Beauty

By Monique Poppelaars

In March 2024, I had the incredible honour of being invited by Robbi Zeck ND, the founder of Aromatic Kinesiology® developed over 30 years, to become one of its inaugural teachers. A group of six wonderful practitioners attended the six day training at the Quest in Ballarat and what a quest we were on. Having attended all of Robbi's workshops in the past and personally benefited so much, it is very exciting to have taken the next step, becoming an AK teacher myself and can now guide others in exploring, experiencing and embodying the benefits of Aromatic Kinesiology®.

### What is Aromatic Kinesiology®?

An experience of aromatic heart work that inspires transformation

Aromatic Kinesiology® is created with the understanding that our sense of smell is intricately linked to our emotions and memories. Essential oils, with their potent aromatic compounds, can evoke deep emotional responses and facilitate healing. The intention is to bring balance to our physical heart, restore emotional wellbeing and to encourage our hearts to blossom.

Kinesiology, a practice that monitors muscle responses to identify imbalances in the body, complements this by pinpointing areas of stress and guiding the application of essential oils for maximum benefit.

By combining these two disciplines, Aromatic Kinesiology® offers a holistic modality that addresses the body, mind and soul promoting a state of harmony and balance. This approach recognises the body's innate ability to heal itself when provided with the right tools and environment, just like reflexology.

Throughout the workshop series titled The Paths of Beauty (level 1), Nurture (level 2), and Stillness (level 3), you experience a blend of narrative counselling styles, quiet reflection, acupressure, stress management strategies, along with methods for reframing emotional challenges, practising various tools to anchor positive change and alleviate unresolved stress.

### Aromatic Kinesiology® offers a safe and gentle space where people can come home to self and connect to the light in their hearts.

How can you personally benefit from this beautiful aromatic heart work?

I started attending Robbi's workshops approximately seven years ago and the gentle process of this energetic medicine has given me lots of self-awareness, focus and strategies on how to deal with my daily stresses in life. The work fosters inner peace, it guides me whenever I need to re-connect to self and I feel supported when balancing my emotions. Aromatic Kinesiology® offers a multitude of benefits, making it a valuable addition to anyone's wellness tool kit.

By the end of the workshop, you will receive the AK1 certificate of attendance and leave with a heart full of connection and a set of unique and powerful skills ready to be applied in your inner world and beyond.

Aromatic heart work is more than just a practice; it is an invitation to transform your life, to connect deeply with yourself and others, and to embrace a holistic path to wellness.

How can you add this modality to your clinic offerings?

In my practice as a reflexologist, I integrate Aromatic Kinesiology® into every session, and I am continually amazed by the connections my clients make through the power of essential oils and their personal reflections. This combination adds a unique and special touch to my sessions. Clients particularly appreciate being able to take home a personalised essential oil blend, allowing them to continue experiencing the relaxation and benefits of the session.

For more information on this workshop please visit my website: [www.sundewtherapies.com.au](http://www.sundewtherapies.com.au) or contact me on 0416 124 584 or [sundewtherapies@gmail.com](mailto:sundewtherapies@gmail.com)



### How to start the process of AK?

I am very excited to invite you to dive into the transformative journey of Aromatic Kinesiology® with me. Level 1, The path of Beauty is a 20-hour workshop spanning over a peaceful weekend (23rd – 25th August @ Merkaba Studio Cheltenham 3192) where you will be gently guided and learn to:

Reframe emotional issues with simple, yet effective techniques to create balance and harmony in your life. Release patterns that no longer serve you and experience the fullness of a wholehearted way of living.

Following the workshop, there is an option to begin the self-paced certification process with Robbi Zeck. This is a wonderful opportunity to deepen your understanding and enhance your skills, benefiting both you and your clients.

*Aromatic Kinesiology®, Inspiring you to trust your heart*

For more information on this workshop please visit [www.sundewtherapies.com.au](http://www.sundewtherapies.com.au) or contact Monique on 0416 124 584 - **Payment Plan available**

Investment  
\$795.00

Scan the barcode below  
to book - 8 Spaces only  
Bookings essential !!



sundew  
AROMATIC  
THERAPIES

ALIGNING BODY, MIND & SOUL

# NSW ABM 2024

—WOWEE what an outstanding two days!

**S**tats: 32 attendees all eager to support the NSW branch and delighted to be together again. We are all grateful to our three trade tables for their fabulous products and loyal support, and to our five speakers for their engaging presentations. Members were inspired and galvanised by topics like: *Reflexology research project* (Leon Botes), Barefoot movement (Andy Bryant), *Tapping for health and clinical practice* (Louise Sage), Dementia communication (Anne Moorcroft) and *Foot first yoga* (Christopher Potter). Total funds raised: over \$1K. A fabulous achievement by one and all!

**The silent auction:** over a few suspenseful hours Jacqui Baldwin, steadily but surely, outbid the competition to secure a classic German-designed reflexology recliner in beautiful condition, generously donated by Janet Burgess. Thank you Janet, and congratulations Jacqui!

Books and reflexology accessories, donated by retired members Judee Hawkins and Tony Pullen, seemed to fly off our Book Stall table. Thank you to our bookworm members for supporting our stall and to Judee and Tony for supplying such tip top loot! Thanks also go to the brilliant Sue Rusden

and Linda Williamson for running the stall.

The 2024 Graeme Murray Prize was awarded to Reflexology graduate, Bridget Baumer, for her talent and dedication, by Irene Tasho, Principal of the Australian School of Reflexology. Congratulations Bridget! We are lucky to have you join our Branch.

**Our pre-ABM Workshop:** Day 1 of Auriculotherapy with Sue Ehinger and 18 attendees brought deep concentration coupled with the thrill of discovery. Students are now eager to do a deeper dive into the content and practice ahead of Day 2 in June.

It was especially gratifying to meet the members from WA and Byron Bay who flew across/down and to welcome back our regional members from Armidale, Sutherland Shire and the Blue Mountains. Thank you all for making such a special journey to be with us. We loved having you and look forward to having you back again. For now, our WhatsApp Group will keep us connected and support us in our studies.

All that remains is to wish the new Branch Committee – Class of 24/25 – another terrific year ahead!

Angela Clark

## WA ABM

**T**he WA ABM was an enjoyable and relaxing day with our hard-working committee putting the day together. We focused the day on self care. With donations from Keri Wood, myself and Lisa de Pledge our raffle raised funds for the WA RAOA.

We started the day with Hollie Kelly presenting 'Clearing Your Pathway for Change' as life is always changing and bringing us new challenges. With gentle flowing movements we all followed Hollie's instructions to allow us to move forward and embrace our life to the fullest, let go of old thoughts, emotions and patterns to make way for us to establish our clear visions and goals that we are moving towards.

This worked wonders at the ABM that followed as we now have 11 committee members. With five from last year staying on and six new ones, some who have been on board before, gratitude to all.

Jess' presentation on the fascia gave us simple tips and realistic advice on how to use this in our treatments. We proceeded onto our mats with our yoga blocks or rolled up towels to stretch and feel the difference. Jess is an experienced chiropractor who has been in practice for over 25 years. She uses a range of techniques including NIS (Neural Integration System commonly called Neurolink®), NET (neuro-emotional technique) and activator. She also recommends nutritional supplements and natural remedies to support your health and wellbeing during her practice.

Staying on our mats we continued with a Sound Meditation, with myself on the Crystal Bowls thanks to Hollie on the Gong and Deb Beech on the Rain Stick.

Christina Ellis/Hall  
W.A. Vice Chair RAOA



Branch committee members 2024-2025

Left to right: Lisa de Pledge, Sharon Leigh, Hollie Kelly, Tracey Child, Therese Lord, Radha Raghvani, Melissa Beech, Jackie Smartt, Amanda Barnett Wood, Christina Hall and Keri Wood

### Incoming Chairperson

Following a very successful ABM on 19 May, I am pleased to announce that WA has a full and vibrant Committee.

We have our first branch committee meeting shortly, where together, we shall plan our study days and events for the forthcoming year. I look forward to working alongside a wonderful group of reflexologists promoting reflexology in our communities.

Hollie Kelly

# Vic ABM

Maureen Wilson's presentation on how to find and work the five main eye points

*Maureen Wilson presenting the Eye Points Workshop*



*Sue Whittaker working eye points on Judelle Scheer and Yolanda Perreau working the eye points on Lyn Owens*

*Nadima Peake after finishing the eye Point Workshop*



*Mafalda Botanic and Etsuko Constable after completing their eye points on each other*

# SA ABM

*Award certificate presentation to Anita Pickhaver-Smith and Susan Ramsey by Marie Steinke*



*Jackie Smartt enjoying WA branch meeting with yoga and sound healing.*

# Introducing our fresh logo ready for new member services

By Tiziana Hill, member of Web Redevelopment Sub-committee

A fresh look for the RAOA's logo was launched to members mid-June, the first in a series of new RAOA initiatives to be rolled out over the coming months.

These will include:

- ◆ A new user-friendly website with full functionality across all the necessary links eg. Find A Practitioner database
- ◆ A simplified CPT program and online tracker
- ◆ A host of improvements around member records and payments.

## A contemporary look

The logo has stayed close to its original incarnation and features a stylised map of Australia linked with a foot. Blue and gold colours will lend the logo a contemporary look and feel.

"We are extremely pleased to unveil the redesigned logo," National Chair, Marie Steinke said.

"The opportunity to do this arose when our website designers began working on our new website. We saw an opportunity to include a logo redesign at the same time."

The new logo will be used immediately across all Association communication and marketing materials.

When PMs renew their membership, they will receive digital copies of the new logo for use on social media and on business and promotional materials. The redesigned logo will also be available to PMs to download from the new website.

## A new website

All going well, the new website will be launched in August, following the success of the final phases of our build and testing.

Work on the WordPress website, which began 18 months ago, will be a welcome relief as the current website has passed its use-by date.

Led by RAOA's Web Redevelopment Sub-Committee and designed by a Hobart-based company, Gloop, the easy-to-use platform will make the job of uploading information an easier task for our Admin office who will be trained as part of the handover.

The website will have a new look and feel, be user-friendly and easy to navigate.

Member feedback and comments over recent years have been taken into account; thank you for your input.

For members, there's an array of benefits to look forward to:

- ◆ Ease of functionality
- ◆ Simple and uncluttered look
- ◆ Retaining comprehensive information suitable for the public, and for members in the member's section
- ◆ Find a Practitioner has been re-designed and will be quick and easy to find on the home page
- ◆ The new CPT program can be tracked online in a more attractive format
- ◆ Afterpay will be added to payment options and members will be able to pay online more easily. (Note: for security reasons credit card details will not be retained by the RAOA.)
- ◆ The new look shop and event registration will be easier to find, easier to use and easier to pay!
- ◆ Automated receipts will be generated for membership renewals, events and the shop.
- ◆ A new section features an Admin Library for branches, containing all the guidelines, forms, templates and information our branch committees need.

We are very excited to finally be in the final stages of the launch of our new website.

### Logo Type (Horizontal)



### Logo Mark (Icon)



# Zu Qigong: Foot energy work

Elevating wellness through harmony and energy

By Karen Philipsen Brown and Annamarie Huckin



*“If we think of the human body as being a finely tuned musical instrument, with every cell vibrating with the actions and reactions that represent life, when the Zu Qigong therapist connects with the client’s feet, they effectively act as a musician with the ability to influence the resonance of the instrument. Applying a carefully choreographed sequence of gentle touch moves, designed to acknowledge, and work with the inherent ebb and flow of vibration present in the “strings” of the body (pathways/connective tissue). Thus creating the subtle vibration of skin on skin and providing an exchange of Qi (the vibration/energy of life) This delivered with a calm mental focus, compassion and care, the “musician” enables a harmony of vibration that reflects the unique connection of person to person, time and place, becoming as one – in order to support and enrich the vibration (music) of the soul, connecting to the Dao – The energetic field of the Universe.”*



Elspeth Fare – Founder of Zu Qigong

In the intricate dance of life, where every movement resonates with the rhythm of existence, Zu Qigong emerges as a guiding melody – a symphony of harmony and well-being. Rooted in ancient Chinese wisdom and infused with modern touch therapy, Zu Qigong invites us to rediscover the vitality that flows within us all.

## The legacy of Zu Qigong

At the heart of Zu Qigong lies the story of a visionary – an individual who questioned our modern therapeutic perspective and began to explore the lesser-known aspects of traditional energy healing. Elspeth Fare, the pioneering founder of Zu Qigong based in Scotland, UK, envisioned a practice that would not only soothe the body but also nourish the soul. Drawing inspiration from the timeless traditions of Qigong and reflexology, Elspeth embarked on a journey to reconnect with ancient wisdom.

## What is Qigong?

Qigong, pronounced “chee-gong,” is an ancient Chinese practice that integrates physical postures, breathing techniques, and focused intention/meditation.

- Qi** translates as energy, vitality or life.
- Gong** translates as working with, developing or cultivating.
- Qigong** translates as working with energy/developing vitality/cultivating life.

Qigong is deeply rooted in Chinese medicine and martial arts traditions, with a history spanning thousands of years.

The practice of Qigong involves gentle movements, meditation and controlled breathing, all aimed at cultivating and balancing qi within the body.

One of the key benefits of Qigong is its ability to reduce stress and promote relaxation. The slow, rhythmic movements, combined with deep breathing, help calm the mind and release tension from the body. Regular practice of Qigong has been shown to improve balance, flexibility, and strength, making it beneficial for overall physical health.

Additionally, Qigong is believed to support the immune system, improve circulation and enhance the body’s natural ability to heal itself. Many people also report increased mental clarity and emotional balance.

## The essence of Zu Qigong

Zu Qigong, meaning “Foot Energy Work,” is a testament to the interconnectedness of mind, body, and spirit. Embodying the principles of Qi – the life force energy that courses through the universe – channelling Qi through gentle touch, mindful movement, and compassionate care.

## Practical applications and promising discoveries

As Zu Qigong unfolds its healing embrace, its practical applications become increasingly apparent. According to many case studies reported in New Zealand, Australia and the UK, Zu Qigong appears to be relieving the symptoms of Parkinson’s and Fibromyalgia, even for a short while, whilst offering instant relaxation for the stressed-out client, holding promise for a wide range of ailments and conditions. Through meticulous choreography and intuitive touch, practitioners assist in unlocking the body’s innate ability to heal and thrive.

## Charting the course ahead – the new torchbearers



Karen Philipsen Brown



Annamarie Huckin

Continued on page 11

As Zu Qigong prepares to embark on its next chapter, Karen Philipsen Brown and Annamarie Huckin are the torchbearers of Elspeth's Zu Qigong's legacy. Both are longstanding Reflexology New Zealand Professional Members, and are now also charting a course filled with possibility and potential. Their vision extends beyond the confines of traditional therapy rooms, reaching out to therapists, caregivers, and wellness enthusiasts around the globe.

Through workshops, training programs, and community gatherings, they aim to share the transformative power of Zu Qigong and inspire others to embrace a life of balance and vitality.

Building upon Elspeth's foundational work, and with a deep reverence for tradition and a spirit of innovation, Annamarie and Karen are poised to take Zu Qigong to new heights, empowering a new generation of healers. Elspeth will still be on hand to offer mentorship and will be available for quizzical minds.

### Joining the Zu Qigong community

Zu Qigong is not just a healing practice but a journey of discovery and connection. Through workshops, community gatherings and shared experiences, Annamarie and Karen hope that the Zu Qigong community will foster a sense of belonging and interconnectedness, a place to share experiences and learn from each other, connecting with like-minded individuals. Whether you are a seasoned therapist or a curious soul seeking wellness, Zu Qigong welcomes you.

Interested in joining us? – head over to [www.zuqigong.com](http://www.zuqigong.com) or email [zuqigong@gmail.com](mailto:zuqigong@gmail.com)

In a world filled with noise and distraction, Zu Qigong offers a sanctuary of stillness and connection. A reminder that amidst the chaos, there is always a place for harmony and healing.

Mark your calendars for October as Zu Qigong shines bright in Geelong at the RAOA Conference, 25–27 October. Come and experience the magic first hand.



### Reflexology self-help tip for knee pain



After a game or even during one, if your knee starts to bother you massage the knee reflex (coloured blue) on the outside of your foot. Treat the knee reflex on the same side of the body as the knee pain eg: left foot reflex for left knee pain.

Press firmly around the area shown above until you find a tender spot. Then press and hold the point if it is very sore or otherwise massage deeply for 30 seconds.

This can be done standing with your foot on a chair or seated if the outside of your foot is easy to reach.

This information has been created and published for informational purposes only. It is not intended to be a substitute for professional medical advice.

### REMEMBERING

Written by Sarah Higgins

**Libby Stark** 22ND JULY 1942 - 15TH JANUARY 2024



Libby joined the Reflexology Association of Australia in January 2002. We both stepped into committee member roles and director roles for Queensland at the same time. Libby became Vice President of the Association in July 2005 to July 2007 and then President from July 2007 to July 2009.

Libby was a special and surprising person. Kind, thoughtful, gentle, while also strong, intelligent, clear and considered, which she demonstrated beautifully in her various roles within the association. She was also a special Reflexologist. I had a session with her once when I was dealing with some hip issues. During the treatment, she reflected to me that her method of working was somewhat different than what she had imagined it would be when studying. I remember coming away from that session where my hip felt free of pain and my walking was easier.

It is with a great deal of sadness I share that in December, Libby went into hospital to have some tests and while there she had a fall, hit her head and suffered a brain bleed. Sadly, she didn't recover and passed away on 15 January 2024. She was a beautiful soul and is very missed.

# The power of the two tiny reflexology maps on either side of your head ... your EARS!

by Karen Middleton

**E**ar seeds are all the rage at the moment aren't they ... and for good reason. They are rather phenomenal little tools that offer a powerful support in numerous ways, on the physical, mental, and emotional levels. I use them almost every day in my own practice and with my family.

But this article is not about ear seeds. Nope, it's about the ear itself.

With all the hype about ear seeds it is possible that the simplicity, value and power of 'rubbing' our ears may have been overshadowed somewhat. Also, not everyone has access to ear seeds.

I still remember the strong response that I felt after receiving my first ever ear reflexology session. A feeling of remarkable mental clarity, and length and lightness in my neck. As though my head were floating above my shoulders, and I had space to think. Just to clarify, this was a good thing, as at the time, apart from having a brain crammed full of reflexology and anatomy and physiology notes, I was also experiencing the worst neck tension and discomfort in my life.

My Diploma in Reflexology training here in New Zealand included learning to work on not only the feet, but the hands and ears too, which I am extremely grateful for. So, this first experience of receiving ear work, was during this training, from a fellow student.



In case you do not know already, auriculotherapy is a therapeutic intervention in which the external surface of the ear is stimulated. It had its origin in Chinese acupuncture around 500 BC, alongside numerous other ancient European civilizations making use of the ears in some form at the same time. However, it received its boost in popularity and research when Dr. Paul Nogier, from Lyon, France, developed the somatotopic map of the ear based upon the concept of an inverted fetal shape.

Ear Reflexology has evolved from auriculotherapy, with the idea that the ear, just like the hands and feet, is a micro system on which the entire body is 'mapped'. Practitioners use their fingers and thumbs to work all surfaces of the ear. This work is undertaken with



a firm yet gentle pressure using a number of techniques. The one used most is small circular movements done in a gentle pinching action between finger and thumb, or with the tip of a finger. This can be likened to the technique of 'thumb walking' on the feet. It facilitates the focused work on each point on the surface of the ears.

Whilst there is a sequence/protocol that you will learn if you attend a training course, simply

massaging the ears in an organised way that feels right for you will work too. The only thing to note is that you should always work from the outside in. Start on the lobe and outer edge (Helix) and progress inward, working the deeper area of the outer ear, (the Concha) last. By systematically working in this way, you are accessing the reflex points for every part of the body and the many other direct pressure points that each have a specific purpose. These are called functional points.

The functional points on the ears are the vital difference between the other micro map work that we do, as on the feet or hands and the ears. Functional points do not correspond to a part of the body, but rather have a specific function that can have an influence on the entire body, a part of the body, or a specific symptom experienced in the body.

This therefore means that as you work your way around the surface of your ear, you are not only touching the points for every part of your body, but also giving yourself a 'dose' of whatever each functional point offers. Here's an example for you. There is a point right at the very top of the ear called the 'Apex', which has the function, when stimulated, of supporting any inflammatory disorders, and has an analgesic effect. The most powerful of the numerous functional points are known as masterpoints.

However, over the many years that I have used the ears as an integrated part of countless reflexology sessions, it is their capacity for inducing the deepest level of relaxation that still blows my mind.



Continued on page 13

The ear is a very concentrated and busy area of nerve endings. It is innervated by cranial nerves and spinal nerves. The points that you find on the ear are literally access points in to these nerves, and the nervous system. Ear Reflexology uses nerve connections, and can therefore be likened to a neurological intervention. The most awesome news is that it offers direct access to the vagus nerve, and thus provides the most effective route to the parasympathetic nervous system of all the reflexology platforms.

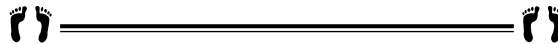
Working your ears literally has the potential to ‘rewire your nervous system’, and is the reason I am so passionate

about teaching this work to as many people as possible, and shouting about it from the rooftops.

On that revelation I am afraid that I need to end for now. Sorry if it feels as though I have left you hanging.

Come along to the RAoA Conference in Geelong on 26 and 27 October to hear more. I will be sharing my most used protocol for ‘rewiring the nervous system’, and gift you my specially created, easy to use, Ear Reflexology Chart.

Until then, here’s a simple little ear reflexology massage for you to follow on [YouTube](#).



## CPT Education—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.

**DATES TO REMEMBER**

Place your advertisement with the National Office—  
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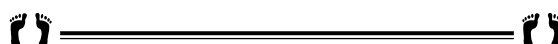
2024	PRESENTER	TITLE	LOCATION/CONTACT
August 17	RAoA Tas Branch	Workshop with Lilly Harris	Kingston, TAS
September 23–29	‘Awareness of our wonderful therapy’	WRW (World Reflexology Week) Awareness Day	All six Branches Contact your Branch Ambassador
October 26–27	RAoA	RAoA National Conference 2024	Geelong Rydges Hotel VIC
October 26	RAoA	AGM (Annual General Meeting)	Geelong Rydges Hotel VIC
November	RAoA NSW/ACT Branch	NSW/ACT Branch Meeting	Venue and speaker TBA <a href="https://reflexology.org.au/">https://reflexology.org.au/</a>
November	RAoA QLD/NT Branch	QLD/ACT Branch Meeting	Venue and speaker TBA <a href="https://reflexology.org.au/">https://reflexology.org.au/</a>
November	RAoA SA Branch	SA Branch Meeting	Venue and speaker TBA <a href="https://reflexology.org.au/">https://reflexology.org.au/</a>
November	RAoA VIC Branch	VIC Branch Meeting	Venue and speaker TBA <a href="https://www.reflexology.org.au">https://www.reflexology.org.au</a>
November	RAoA WA Branch	WA Branch Meeting	Venue and speaker TBA <a href="https://reflexology.org.au/">https://reflexology.org.au/</a>
<b>WEBINARS</b>			
Recorded webinar	RAoA recorded webinar with David Wayte	“Hand Reflexology Masterclass”	Available via the RAoA website <a href="https://reflexology.org.au/hand-info">https://reflexology.org.au/hand-info</a>
Recorded webinar	RAoA recorded webinar with David Wayte	“Palliative Reflexology”	Available via the RAoA website <a href="https://reflexology.org.au/palliative-info">https://reflexology.org.au/palliative-info</a>
Recorded webinar	RAoA recorded webinar with Ian White	“Enhancing your practice and your patient’s experience with the Australian Bush Flower Essences”	Available via the RAoA website. <a href="https://reflexology.org.au/abfe-info">https://reflexology.org.au/abfe-info</a>
Recorded webinar	RAoA recorded webinar with Ruth Hull	“Understanding the role of blood sugar imbalances in health and disease”	Available via the RAoA website <a href="https://reflexology.org.au/bsi-info">https://reflexology.org.au/bsi-info</a>



## Welcome new members

April 2024 – June 2024

First name	Surname	Suburb	State	
Bridget	Baumer	Wyoming	NSW	PM
Maree	Burke	Port Sorell	Tas	Student
Naomie	Sutton	Rokeby	Tas	Student



# Reflexology for Pets

paw, ear and face reflexology for  
your companion animals

Perth August 31 2024

10am- 5pm

Presented by Jackie Segers and  
Equipaws Academy

## THE POWER OF THE PAW

Natural therapies once considered only for humans, have become increasingly popular for our canine and feline companions. Reflexology can be part of this expanded way of thinking because it is safe, beneficial and cost effective.

**DISCLAIMER:** Students acknowledge that this workshop involves dogs and must sign a waiver acknowledging risk. Students can bring their own dog or may be more comfortable practicing on a soft toy.

## WORKSHOP OUTLINE

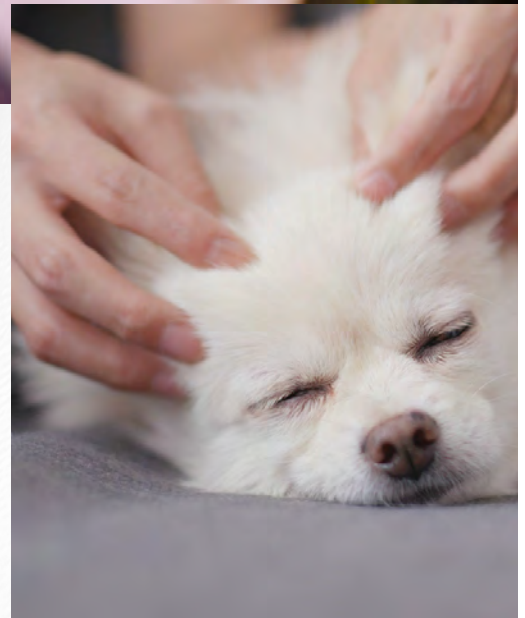
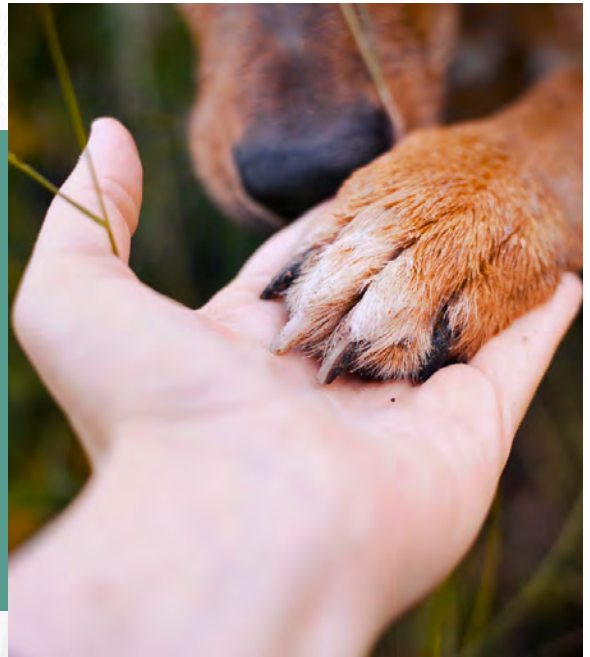
- Getting to Know the Ear, Face and Paw Maps
- Deepening your Connection with Animals: Communication and Meditation Exercises
- Preparation for a Session
- Reflexology Techniques for the Ears, Face and Paws

**INVESTMENT: \$250**

**TEXT FOR THE WORKSHOP-  
REFLEXOLOGY FOR DOGS (\$60)**

**For registrations or further  
information**

**<https://jackiesegers.com/workshops/australian-workshop-tour>**



## JACKIE SEGERS

Director of Equipaws Academy

Jackie is a certified reflexologist who studied at the American Academy of Reflexology in Los Angeles with Bill Flocco. She is the author of Reflexology for Cats, and Reflexology for Dogs- the first practical books on paw, ear and face reflexology.

Jackie lives in Auckland, New Zealand, and is touring Australia from September to November 2024.

# Korean Hand Therapy workshops

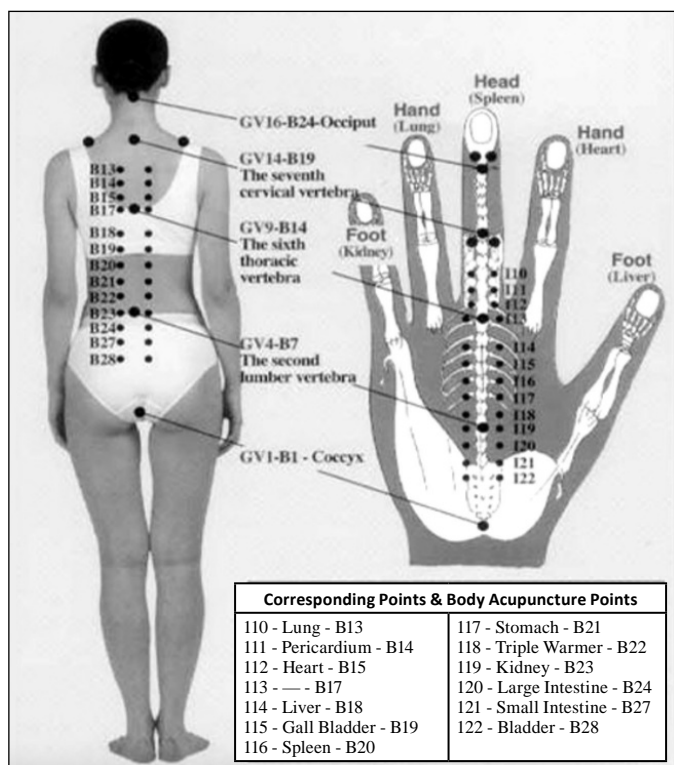
By Don Kim

As the only Korean Hand Therapy (KHT) teacher in Australasia I am pleased to introduce to you, the reflexologists in Australia, this unique but most powerful method of treatment, KHT. I was fortunate to learn it directly from its founder, O.M.Dr YOO and had a work experience at 'The KHT cancer clinic' in Korea. I have been practicing and teaching KHT for over 35 years and find that KHT benefits the reflexologists and massage therapists in a unique and special way. So, I would like to share with you this clinically tested knowledge and skills before I retire.

## What is Korean Hand Therapy and what is it good for?

According to KHT one hand represents the whole body, as you see in the pictures below, and is viewed as a tiny version of our whole system. So, stimulating some points in the hands has a similar effect with stimulating our body thus regulating our physiological functions. And by using some points in the hands with some KHT tools and methods, we can improve many conditions easily, safely and effectively. KHT is unique in that it's easy to learn and handy to apply but extremely effective for almost any conditions from pain to women's internal, neurological, respiratory, circulatory even cosmetic and emergency conditions and cancers. Especially for pain and the musculoskeletal and women's conditions I can confidently say that no other single treatment can match with KHT.

Corresponding points of the body and hand

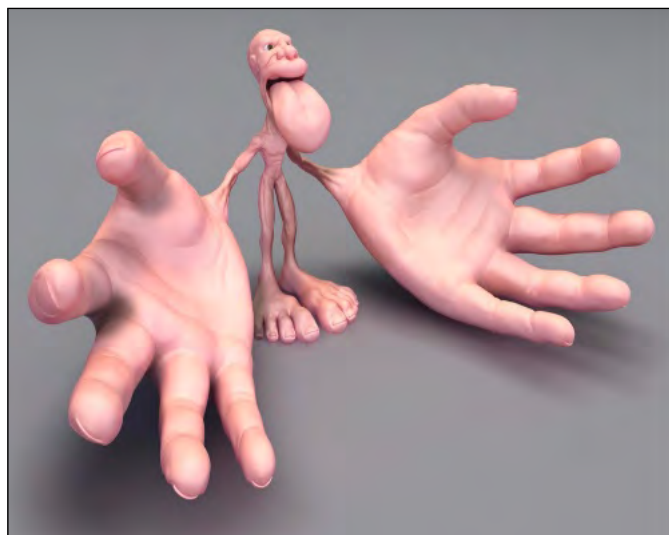


## Why is Korean Hand Therapy so powerful?

You may wonder how you can improve a variety of conditions with KHT just by using some points on the clients' hands.

There are mainly five reasons that explain why. The most important reason is explained in the picture below.

High concentration of neurological connections between the hands and the brain



Motor Homunculus: cortical homunculus, a visual representation on how our brain prioritises our body

As the picture shows, the largest area in our brain is directly related to our hands. So, if we stimulate some points in the hands this has a similar effect with stimulating some areas of the brain which in turn stimulates the relevant parts of the body. The second most important reason is that according to Oriental Medical disciplines quite often we get the best results when stimulating the points or areas in the body where the problem is. For example, when we had some cysts in the uterus, the best area for treatment is where the cysts are. We can't do much about this with most treatments. But we can easily find the points or area in the hands for where the cysts are and effectively improve it by using some points in the hands. This is the case with any other parts in the body from tip to toe. You won't believe how powerful KHT is until you experience it. Quite often you can fix for example, acute sciatic pain with one or two KHT sessions. Personally, I changed my career after getting a sprained ankle from tennis fixed with one KHT session. Believe it or not I was able to play tennis straight after the simple KHT treatment on my hands.

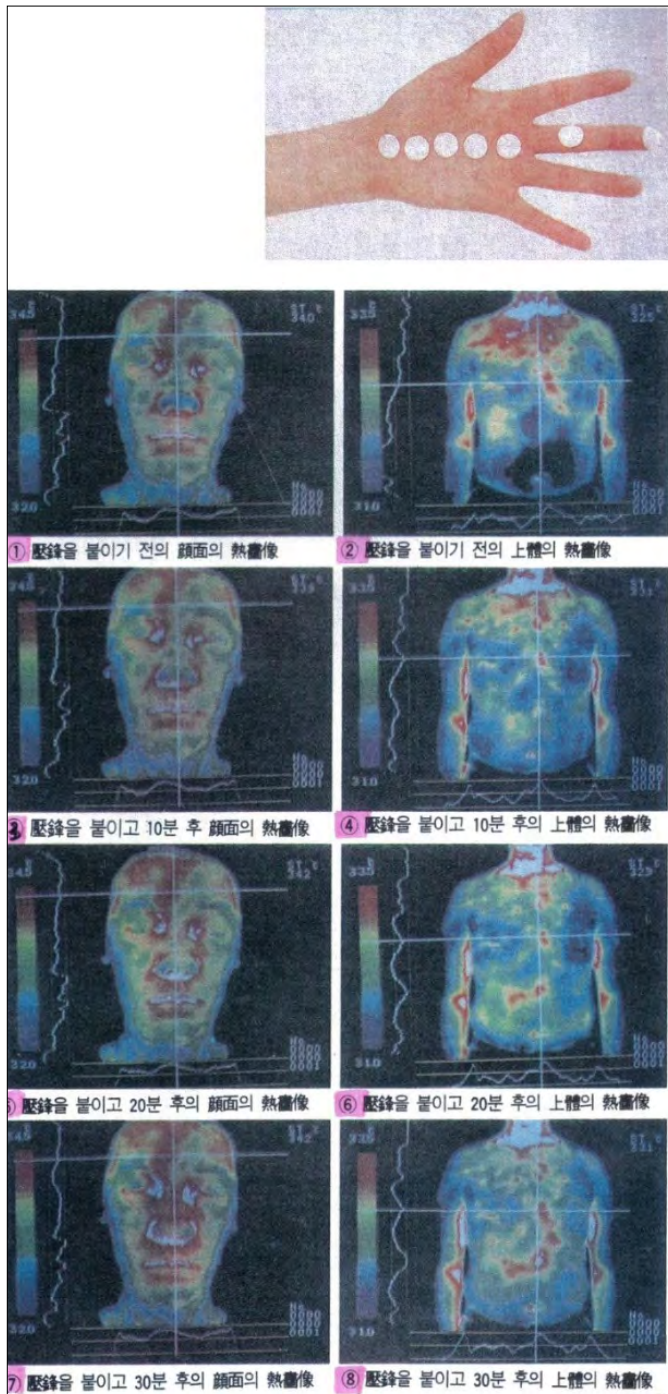
Continued on page 16

## Is Korean Hand Therapy medically tested proven effective?

Many wonder if there's any evidence to medically prove that KHT is effective. Many research and experiments have been done on KHT using various medical equipment. And below is one example.

### Experiment 3 – Hand Press Pellets

- ◆ F, Insomnia
- ◆ Thermogram result – 10, 20 and 30 min respectively after press pelleting: 2 pics in top row (before), 2 pics in 2nd, 3rd, 4th row (respectively after 10, 20, 30 min)



Copyright by Don Kim. All rights reserved

The experiment above is for a lady who suffers with insomnia. The tools used are called press pellets which are made of aluminium. We put some press pellets on a few points in the hands, and checked improvement in the thermogram after 10, 20 and 30 minutes respectively. As shown in the pictures blood circulation in the face and head was noticeably improved and the hot sensation in the chest which disrupted sleep was much reduced after 30 minutes of this simple measure.

## Why is Korean Hand Therapy unknown to most practitioners?

You may wonder why this useful method of KHT is not known to most practitioners worldwide. There are some good reasons for that below. First, KHT started in Korea only about 50 years ago so, it hasn't been around quite so long as some other methods. Second, anyone in Korea can learn KHT, which puts practitioners off it. Third, it takes four months to learn KHT thoroughly as it contains lots of info that doesn't have much practical value like Chinese philosophy, which makes it hard to learn KHT. Four, it's very hard to find a KHT teacher who has both ample clinical experience and the ability to teach it in English.

## Why are Don's KHT workshops unique and different?

After the course, a practitioner said nice words like this: "I have studied Korean Hand Therapy before with other teachers. It was a tremendous benefit to learn from Don Kim because he has so much practical clinical experience. Also, he has some useful perspectives that I have not found anywhere else." From Linda Hedquist (American massage therapist).

As you see here Don's KHT workshops are unique and different, and they have much more practical value. Let me say a few reasons below.

First, it's crucial to learn KHT from an acupuncturist as well as a KHT teacher because KHT is from acupuncture. But you hardly find a KHT teacher who is also an acupuncturist around the world.

Second, much of the info I teach is not found elsewhere, even in the KHT books as it's from decades of clinical experience.

Third, there are lots of impractical info in KHT. But I only teach the info that's proven to be effective practically.

Fourth, I made English eworkbooks from over 13 KHT books which are informative and comprehensive.

## Why do Don's KHT workshops give the reflexologists special benefits not seen elsewhere?

I have three different KHT workshops for reflexologists. The first one helps them to improve the conditions they deal with much more effectively either by adding some simple measures of KHT to reflexology/massage or by using only KHT. For example, when working with a client with a sore back you can simply stick some press pellets

Continued on page 17

mentioned earlier on some points in the hand before your treatment. This will make a big difference. It is as easy and simple as that!

The second workshop is both for the clients but especially for yourself. Reflexology/massage can be quite hard on the fingers, wrists, shoulders, back, etc. of the practitioners. This workshop helps the reflexologists improve their own condition (especially musculoskeletal) that lowers their capacity at work by themselves. For example, if you had an acute sore back or arthritis, you can improve it with KHT yourself, which helps you get back to your work quickly.

The third workshop is mainly for yourself. If you had any non-muscular condition like women's, internal, neurological condition, etc. you can improve it with the unique info of KHT safely and effectively. For example, some reflexologists may have an ailment like endometriosis, chronic fatigue, fibromyalgia, etc. which affect not only your work capacity but your quality of life. After this workshop you may be able to deal with your ailment yourself effectively.

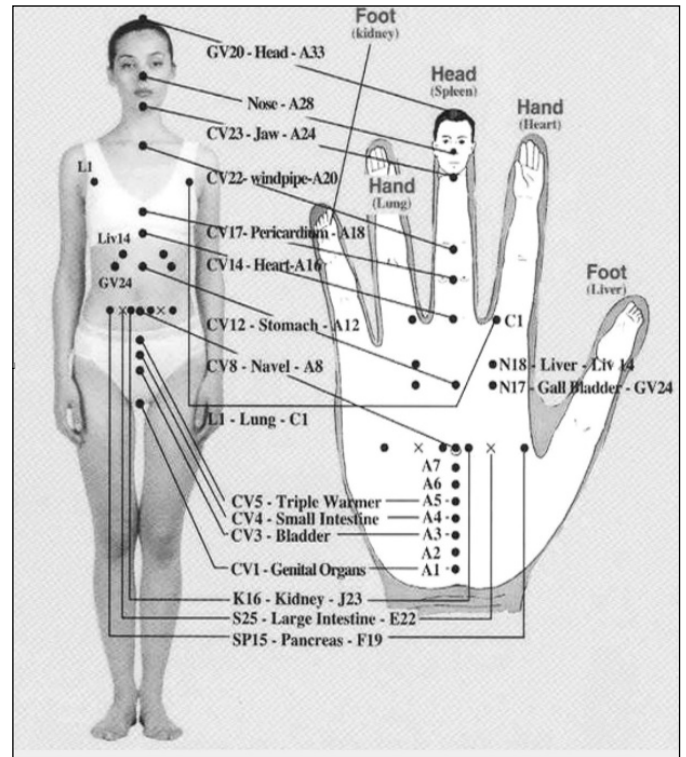
So, Don's KHT workshops are tailored to the needs of the reflexologist/massage therapist and helps them not only to be more competitive in their practice but to look after their own ailments easily, safely and effectively.

I look forward to sharing with you this unique and special knowledge and skills soon.

More info on myself, KHT and the workshops is available on [www.selftreatment.co.nz](http://www.selftreatment.co.nz).

Enquiries are welcome at [owcentre@gmail.com](mailto:owcentre@gmail.com).

Corresponding points of the body and hand



## A thyroid condition which concerns us all

By Keri Wood

Students at ASRR Perth learnt about Hashimoto's thyroiditis this week—a condition where the body's immune system attacks the thyroid.

The full cause is unknown although it is more common in females and those with families with a history of a thyroid condition.

Typically, a person's thyroid will become underactive with this condition.

Hair loss is very common, dry skin is seen and weight is hard to lose if gained. The diet becomes very restricted as foods can make this condition worse.

A client was invited into the classroom and spoke about being a member of a support group but that this could make her feel quite depressed at times.

She spoke about struggling with energy levels because of her five-year battle with this condition.

Students were able to see the signs of Hashimoto's on the client's feet with a deep groove just below the thyroid reflex.

Puffiness and discolouration were also observed around the thyroid helper areas.

Marked lines in the thoracic spinal reflex areas.

Colour was used and advised, as orange is fantastic for energising a client with an underactive thyroid gland.

Students brought in orange blankets and crystals to assist with this client's treatment.

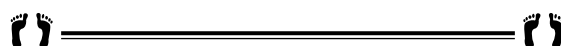
Orange oil and mustard oil was used for warming and uplifting as appropriate for this condition.

The treatment given to the client focused on:

- ◆ the thyroid gland
- ◆ the pituitary as the master gland
- ◆ adrenals to support the thyroid
- ◆ thoracic spine to increase the nerve supply to the area.

The client was further booked to have a treatment with an Indian head massage diploma student to assist with hair loss and anxiety.

Would you like to know more about any condition and what can be used? Please let us know so that we can include this in our next edition of *FootPrints*.



# BRANCH NEWS

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## TASMANIA



The year is flying by and for the first time in several years a Diploma of Reflexology for the complementary therapist is underway in Tasmania. We have three students – and three new student members – they are all working hard towards their qualification. This has been made possible by the Australian School of Reflexology and Relaxation (ASRR).

We need more hands-on reflexology teachers in Tasmania, so experienced members with teaching experience or wishing to develop this career pathway should contact ASRR.

Our May ABM was held, and the committee returned with no changes; Sally Stubs as Secretary, Sarah Blain and Anne Love as committee members and myself as Chair.

We welcome input, ideas or help from members around Tasmania. Our events are friendly and supportive, and the quality of our workshops has been great (we report modestly).

At our May gathering, we welcomed local remedial massage 'legend' Phil Boyd to teach us Muscle Energy Technique (MET) for lower legs and feet. Phil has been practicing and teaching for three decades and we saw ankles and toes moving more freely as the afternoon unfolded. Several massage therapists doubled our numbers, and it was an afternoon well spent in learning.

Keep Saturday 17 August free, when we see the return of Lilly Harris, a popular workshop presenter.

*Tiziana Hill*



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## NEW SOUTH WALES/ACT



*No report has been received for this issue.  
If you are interested in volunteering to do reports for your  
branch, please contact your Branch Chair.*

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## WESTERN AUSTRALIA



Hello, we have had a busy month of May with our WA ABM held mid-month.

The current committee led by the vice chair was able to coordinate a lovely table of food for all to enjoy and a quirky raffle.

It was lovely to meet and chat to everyone who was able to attend and those zooming in from the UK and Canada.

It was announced how much was raised at our October 2023 event, a good result with an impressive profit of \$8,234.35.

CPT was a hot topic and the announcement of points being carried forward was well received by all.

The next event for our area is Dog Reflexology with Jackie Segers flying in from New Zealand for our August event. For further details please email [cpt@reflexology.org.au](mailto:cpt@reflexology.org.au)

The committee has been doubled for next year in order that we can achieve a lot more by pulling together. We now have an impressive team to move our area forwards.

*Keri Wood,  
outgoing Chair*



## SOUTH AUSTRALIA

**G**reetings from South Australia! We held our ABM last weekend at Amanda Wilson's business, Enchanting Hands, in Gawler. We had a great turnout with twelve members in total including three students.

We started our meeting with Marie Steinke reading a director's report including information about the new website that is being developed. It's been a long haul but when it is finished it will be amazing.

All positions were declared open. I was nominated to stay on as Chairperson and am happy to accept for one more year. We also formed a committee made up of

members that were present. Thank you to all of those who have put up your hand to help. Exciting times are ahead of us.

Our next event will be held in Whyalla on 21 September for World Reflexology Week, followed by a branch meeting also to be held in Whyalla on Sunday 22 September at Better Health Therapies.

All South Australian members and students are invited to join us down at the foreshore for WRW. We will set up a shade tent and provide treatments to the public. Last year was a great success, with beautiful weather and a great response from the Whyalla community.

*Anita Pickhaver-Smith*



## VICTORIA

**V**ic Branch had an enjoyable ABM in early May. The current committee is re-elected and will plan events and meetings for 2024–2025. These meetings will include some helpful succession planning to familiarise members with their roles and requirements and hopefully inspire members to join the committee.

Thank you to Emi Karakan Ambrose for her presentation on marketing with social media. Also, thanks to Judelle Scheer sharing her expertise with dowsing and Sue Whittaker and Maureen Wilson for sharing face and eye master points.

It is always lovely to see members face to face, but I realize that it is not always possible for everyone. The

committee has planned a one hour Zoom meeting on 17 July and a one hour presentation on *Aromatherapy for the winter months* by Keri Wood.

The RAoA national conference is to be held in Geelong on October 26–27. It will have an exciting array of speakers and is not to be missed. A great opportunity to immerse yourself in reflexology and be empowered by such a wonderful and effective modality that provides a powerful relaxing effect on the nervous system allowing the body to heal and repair.

We can inspire and support each other.

*Catharine Brown*



## QUEENSLAND/NORTHERN TERRITORY



**T**he Queensland Branch held their ABM on Sunday 2 June. A committee was formed after a hiatus of several months and will soon commence planning for the year ahead. I would like to acknowledge the support the Branch has received from the RAoA Board, especially Marie Steinke and Debbie Helm, during the time we were inactive due to changes in circumstances for several committee members. We look forward to their continued support moving forward.

Debbie Helm, the WA Director is the Board appointed Director for Qld to keep the committee and members up to date, until such time as Qld can fill the position of Director.

After the ABM we viewed a very interesting webinar by Gretel Spiegel on the topic of *Post Traumatic Stress Disorder and Cancer*. One of our Qld members has also been actively contributing to the national CPT working party as the new format is being developed.

*Suzanne Jewell*

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\* RAOA Members receive 10% discount price for indicated ads

† Option only available to full page advertisers

To discuss our full range of advertising options including Facebook, Premium email-out, National e-newsletter and Branch Newsletters please contact [admin@reflexology.org.au](mailto:admin@reflexology.org.au) to arrange for a consultation to discuss the most suitable advertising options for your business.

Packages are available for advertising with a variety of mediums.

Discounts available for repeat advertisements in consecutive issues.

RAoA members receive additional benefits on all advertising packages.

Advertising prices are subject to change without notice.

## Copy deadlines

April issue: Mar 1  
July issue: Jun 1

October issue: Sept 1  
January issue: Dec 1

### FootPrints Editor—Articles only

Email: [footprints.articles@reflexology.org.au](mailto:footprints.articles@reflexology.org.au)

### FootPrints Advertising & Subscriptions Accounts

Email: [admin@reflexology.org.au](mailto:admin@reflexology.org.au)

### Desktop Publisher

Margaret Clift

Email: [margclift@gmail.com](mailto:margclift@gmail.com)

### Attention contributors to FootPrints

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

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

The Reflexology Association of Australia is committed to the belief that reflexology can be of great benefit to the health of all Australians. It publishes a referral register on its website ([www.reflexology.org.au](http://www.reflexology.org.au)) and has a referral phone service 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)

### Branches

<b>NSW/ACT</b>	Chairperson:	Angela Clark
	Phone:	0406 949 311
	Email:	<a href="mailto:angelaclark.reflexology@gmail.com">angelaclark.reflexology@gmail.com</a>
General Secretary	Amanda Brand	
	Phone:	0417 236 773
	Email:	<a href="mailto:amanda.brand@pandl.com.au">amanda.brand@pandl.com.au</a>
<b>QLD/NT</b>	Chairperson:	Vacant
	Phone:	
	Email:	
Secretary:	Sue Jewell	
	Phone:	0429 499 285
	Email:	<a href="mailto:jewell.touch@gmail.com">jewell.touch@gmail.com</a>
<b>VIC</b>	Chairperson:	Cate Brown
	Phone:	0408 209 718
	Email:	<a href="mailto:catharinebrown61@gmail.com">catharinebrown61@gmail.com</a>
Secretary:	Maureen Wilson	
	Phone:	0427 355 525
	Email:	<a href="mailto:mmwilson@netcon.net.au">mmwilson@netcon.net.au</a>
<b>SA</b>	Chairperson:	Anita Smith
	Phone:	0429 678 302
	Email:	<a href="mailto:anitapicksmith@hotmail.com">anitapicksmith@hotmail.com</a>
Secretary	Christine Spencer	
	Phone:	0412 813 700
	Email:	<a href="mailto:spencer2@adam.com.au">spencer2@adam.com.au</a>
<b>WA</b>	Chairperson:	Hollie Kelly
	Phone:	0405 064 404
	Email:	<a href="mailto:hollieology@gmail.com">hollieology@gmail.com</a>
Secretary:	Melissa Beeck	
	Phone:	0410 027 077
	Email:	<a href="mailto:markandlissa@inet.net.au">markandlissa@inet.net.au</a>
<b>TAS</b>	Chairperson:	Tiziana Hill
	Phone:	0484 349 902
	Email:	<a href="mailto:tbotti@bigpond.com">tbotti@bigpond.com</a>
Minute Secretary	Sally Stubbs	
	Phone:	0439 750 168
	Email:	<a href="mailto:sas.7@live.com">sas.7@live.com</a>

### Branches

If there has been a change in the above directory, kindly email [admin@reflexology.org.au](mailto:admin@reflexology.org.au)

## Board of Directors 2023–2024

Please know that Directors can be contacted to clarify concerns

### Board Chair

Marie Steinke

[raochair@reflexology.org.au](mailto:raochair@reflexology.org.au)

0438 121 214

### Administration and WHS:

Debbie Helm (WA)

[debbie.helm@outlook.com.au](mailto:debbie.helm@outlook.com.au)

0423 275 613

### Finance:

Vacant

### National Events Administration:

Keri Wood (WA)

[crystalblessings@hotmail.com](mailto:crystalblessings@hotmail.com)

0411 857 058

### Board Secretary:

Vacant

(Non-Director position):

**Board Mentor:** Susan Ramsey

[raoaboardmentor@gmail.com](mailto:raoaboardmentor@gmail.com)

0417 855 931

### Education and CPT:

Keri Wood—0411 857 058

Nonie Crozier—0409 994 528

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

[cpt@reflexology.org.au](mailto:cpt@reflexology.org.au)

### Research and Promotions:

Marie Steinke (SA)

[research@reflexology.org.au](mailto:research@reflexology.org.au)

[promotions@reflexology.org.au](mailto:promotions@reflexology.org.au)

0438 121 214

(Non-Director position):

**Governance, Company Secretary**

**and Webmaster:** James Flaxman

[webadmin@reflexology.org.au](mailto:webadmin@reflexology.org.au)

0403 160 367

## National Office Admin Staff Contacts Suite 4/66 Daisy Road, Manly West, Qld 4179, Wynnum Central, QLD 4178

Opening hours 8 April to 31 August:

Monday Closed

Tuesday–Friday 8.00am–4.30pm

Phone: 07 3396 9001

Membership and Administration—

Lisa Allan (staff)

[admin@reflexology.org.au](mailto:admin@reflexology.org.au)

Accounts, Merchandise and Advertising—

pending

[admin@reflexology.org.au](mailto:admin@reflexology.org.au)

## Membership benefits

Membership type	PM	IM	Associate	Student
Qualifications required for membership	*Diploma or CoCR	*Diploma or CoCR	None	Enrolled in Reflexology approved course
Graduation Certificate/academic transcript required	✓	✓		Proof of enrolment
Membership and certificates	PM	IM	Associate	Student
A professional status certificate	✓	✓		
Membership card			✓	✓
A copy of the Code of Ethics	✓	✓	✓	✓
Membership recognised internationally	✓			
Merchandise and resources	PM	IM	Associate	Student
General RAOA Merchandise (pens, CDs, clothing)	✓	✓	✓	✓
Professional RAOA merchandise – receipt books, gift vouchers, Reflexology brochures, professional name badges	✓	(conditional)		
Member resources (website, library, mentors)	✓	✓	✓	✓
<i>FootPrints</i> magazine—quarterly	✓	✓	✓	✓
National monthly electronic eNewsletter	✓	✓	✓	✓
Branch newsletters	✓	✓	✓	✓
Access to RAOA webpages	✓	✓	✓	✓
Generic RAOA promotional business cards	✓	✓		
Personalised RAOA business cards	✓			
Apply for permission to use official RAOA logo on personal promotional materials	✓			
Access to RAOA business partners and suppliers including discounted training, clinic supplies and products	✓	✓	✓	✓
Marketing	PM	IM	Associate	Student
RAOA Directory Listing in related magazines and websites	✓	(conditional)		
Profile in Members Directory on RAOA webpage (Disclaimer on website for IM)	✓	(conditional)		
National telephone referral service	✓			
Insurance benefits	PM	IM	Associate	Student
Public Liability Insurance if working on behalf of RAOA	✓	✓	(conditional)	(conditional)
Discounted members insurance	✓	✓		
Professional learning opportunities	PM	IM	Associate	Student
Members discount rates on RAOA affiliated workshops	✓	✓	✓	✓
Eligible to attend regular branch meetings	✓	✓	✓	✓
Hold branch and committee positions	✓	✓	✓	
Eligible to apply as Director of the National Board	✓	✓	✓	
Represent RAOA in the public arena	✓	✓		
Attend RAOA CPT events	✓	✓	✓	✓
Eligible to apply as Approved Training Provider and/or apply to teach the CoCR*	✓			
Support services	PM	IM	Associate	Student
Updates on national, international, industry and health news	✓	✓	✓	✓
Local and government regulation information updates	✓	✓	✓	✓
Access to online therapy articles	✓	✓		
Access to research data	✓	✓		
Access to online international association journals	✓	✓		
Regional support groups	✓	✓	✓	✓
Information line	✓	✓	✓	✓
Libraries at local branches where applicable	✓	✓	✓	✓
Discounted advertising rates in RAOA publications	✓	✓	✓	✓

**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.

## Did you know that we offer advertising?

**RAoA Facebook Members only page:** Prices from \$40 to \$80 - (depending on: number of words (up to 11 font) and image/logo. Number of words and image must be supplied by the advertiser prior to quoting - (can be included on Public page as well)

**RAoA FootPrints Journal: 1 Journal or all 4 Journals**  
Prices from \$70 for a 1/4 page to \$200 for a full page - bonus packages available

**RAoA National & Branch Advertising:** Premium e-mail out to 1 branch or multiple branches - Minimum cost \$75 - maximum cost \$400 - packages available

**RAoA National Office eNewsletter:** From \$70 - packages available

**RAoA on-line Education Events Calendar - From \$90 for 3 months pre-paid**



**Please contact the RAoA National Office for more information**  
**RAoA Members receive a 10% discount on all packages**

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