

FootPrints

The Journal of the Reflexology Association of Australia

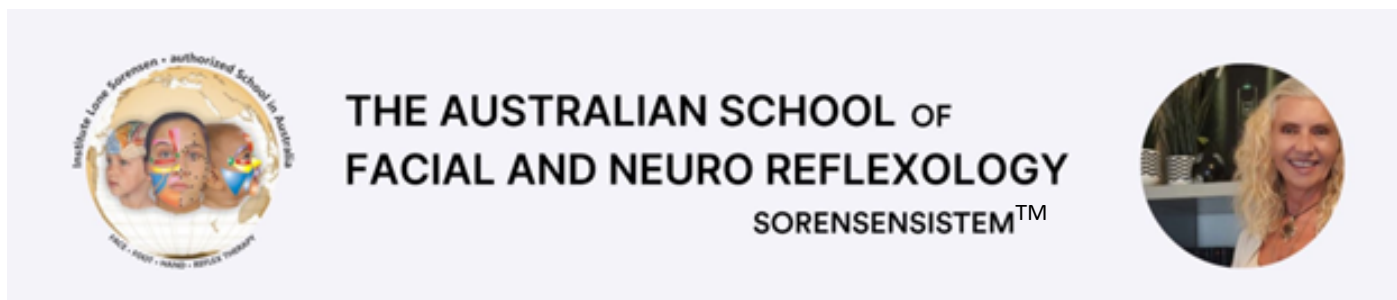


October 2025

www.reflexology.org.au

Volume 29 No. 4

NOW OPEN IN MELBOURNE



Lone Sorensen's International Institute of Neuro Facial Reflexology is proud to announce the opening of **The Australian School of Facial and Neuro Reflexology / Sorensensistem™**, a professional institution dedicated to the education and future advancement of reflexology.

Although run independently, the school is an extension of Lone Sorensen's International Institute and it will operate from the premises of North West Reflexology Clinic in Melbourne, owned by Jasmina Kotorac.

The school offers expert-led education, hands-on training, and a supportive learning environment. Our strong commitment and dedication is cultivating the next generation of skilled, compassionate practitioners, dedicated to high-quality training and pursuing a career in holistic health and wellness.

As part of its offerings, the school will provide comprehensive Under- and Postgraduate courses in face, foot and hand neuro reflexology, encompassing both clinical and cosmetic modalities. By blending traditional healing techniques with the insights of modern neuroscience, the school aims to achieve outstanding results in supporting clients with many diverse health challenges.

Jasmina Kotorac has been appointed as a Director and the leading instructor at the school. Her credentials have been outstanding – gaining extensive experience and achievements at the highest education in over 30 specialised courses the Lone Sorensen's Institute has to offer, including Sorensensistem™ Master's in Neuro Reflexology and Temprana Brain Rehabilitation Therapy.

Some of the courses offered (all Original Method Lone Sorensen) are: ***Facial Reflexology – 6 modules // Vagus nerve stimulation // Trauma release bipolar method // Children with special needs // Praxis Vertebralis // Japanese Cosmo Face Lifting***

Now Enrolling for Feb 2026 Facial Reflexology starting with Mod 1 & 2 (Feb 12–15)

- A six-module course conducted over six months – divided into three parts, each two modules are held over four days, with two months studying / practice break in between.
- RAOA accredited course –**16 CPT points**
- More course info can be found here: www.northwestreflexology.com.au/courses. Prospective students are encouraged to inquire early, as spaces are limited.

You can also contact Jasmina by phone: 0431 646 665 or by email: northwestreflexology@gmail.com



This is a paid advertisement to RAOA

From the Chair's desk



Finally, spring has arrived, along with the start of beautiful flowers. Fortunately, for me I don't suffer from hay fever, but we do have a self-help tip on the website for helping with these symptoms. Don't forget to print these out and share these with your clients.

The AGM is now not far away and is to be held on 18 October in SA via a Zoom link: WA 0900; QLD 1100; SA 1130; and NSW, VIC and TAS 1200.

This will be followed by a free live presentation conducted by Tito Pignetti: WA 1030; QLD 1230; SA 1300; and NSW, VIC and TAS 1330, demonstrating some techniques relating to Better Feet, Better Body, Better Life.

We welcome a new NSW Director Irene Tasho. Irene runs the Australian School of Reflexology in NSW and is heavily involved in running the Journal Club. She is an accomplished Reflexology practitioner and educator with a proven track record at the Australian School of Reflexology and Sole to Soul Reflexology.

The website is running without much fuss now. The members and public are using the ticket system to log inquiries. When I have control of the phone, which is Wednesdays and Fridays, I only receive about one or two phone calls a day. Sometimes none. This is a significant change to when we had an office.

I would like to ask all members who wish to be advertised on "Find a Practitioner" to complete their details in their profile, sooner rather than later. The phone calls that I do receive are mainly related to finding a Professional Reflexologist in a certain area. If your name does not

appear, then I must search the database looking at different postcodes to try and find someone. I then need to contact that person and ask if they would like to treat a new client.

Nonie Crozier, the Victorian Director is stepping down from the Board at the AGM. Nonie is also an Agent for membership and CPT. She will continue with this position until the end of December. My tenure has also come to an end and I will also be stepping down at the AGM. The newly elected Board, at their first meeting, will decide on which positions they will take on.

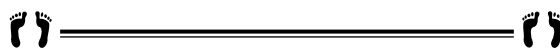
Susan Ramsey will also be relinquishing her role as Board mentor. I would like to thank all our volunteers for the time that they give us, because without them, we would not have an Association, and in particular Nonie and Susan for the hours that they have given us.

It is very pleasing to see regional areas in QLD, Vic and WA are running zoom sessions often, to allow members to stay engaged with education and practical sessions when they able to. The cost for the session is \$5 to help cover RAOA Insurance. However, you do not need to pay the money to gain your CPT points but will need to check if your own insurance will cover you for the training event.

There is no need to email certificates anymore, as it is up to members to be in control of their own data. There will, however, be random audits each year to check this information, so make sure it is kept in a safe and secure place.

This will be my last letter in *FootPrints* as Board Chair. I thank you all for giving me the opportunity to help run our Association.

MASteinke
Marie Steinke



October 2025

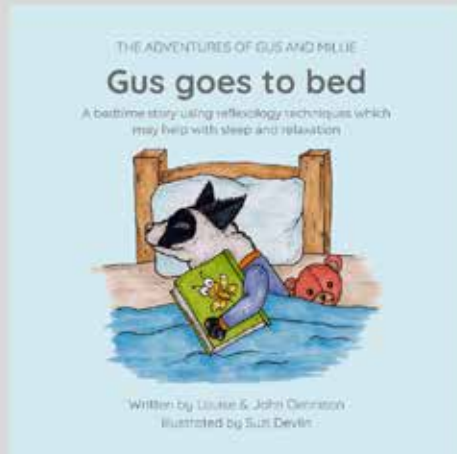
All Rights Reserved.

The opinions expressed in this journal are of each author and not necessarily endorsed by the Reflexology Association of Australia. Advertisements are solely for the information of readers and are not endorsed by the Reflexology Association of Australia.

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

Front cover courtesy of Margaret Clift; "Foot model" Kim Brown, relaxing on the Canal du Midi, France.

The Adventures of Gus and Millie

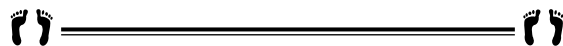


More than just bedtime stories, these books help little ones feel calm & comforted. Gus Goes to Bed - a gentle story that helps children wind down with simple reflexology techniques for relaxation and better sleep. Gus & Millie Get Sick - a heartwarming tale where Mum teaches Gus and Millie hand reflexology to ease coughs, colds, and runny noses. These unique stories combine the magic of storytelling with the soothing benefits of reflexology. Perfect for bedtime, sick days, and special bonding moments.

Available from my website: www.louisedennison.com

\$24.99 each + postage - discount code Footprints10 for a 10% discount on books

Advertising paid to RAA



🌿 Association member update – CPT Points 🌿

Dear Members,
Here's a quick update following the recent CPT Committee meeting. We want to keep things clear, simple and transparent for everyone.

✔ Carryover points – What you need to know

- ◆ This year (transitional): You can carry over up to 10 points from any category.
- ◆ From next year: Carryover points will likely be limited to the Gold category only (final confirmation coming soon).
- ◆ Points cannot be used twice across different years.
- ◆ Members must keep their own records and evidence of points in case of an audit.

💡 **Tip:** The CPT tracker records your activity, but please keep your own documentation too (paper or digital).

📝 Feedback and communication

- ◆ We're working on improving how feedback is collected.

- ◆ A **member survey** will be launched in early 2026 to gather your thoughts on:
 - ◇ Carryover points system.
- ◆ Training and course recognition.

📺 Coming soon – CPT Video Guide

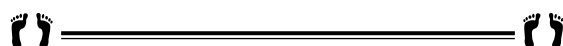
- ◆ Nonie and Brian will create a short instructional video explaining how CPT points work, to make things even easier.

🧠 What you can do now

- ◆ Keep documenting your CPT points.
- ◆ Watch out for our survey in 2026.
- ◆ Contact us if you have any questions about your points, insurance, or membership.

Thank you for helping us keep standards high and communication clear. Together, we're building a stronger professional community.

Warm regards,
The CPT Committee



Introducing unique children's storybooks which use simple reflexology techniques for both parents and children.

Why I created my children's storybooks

By Louise Dennison

Throughout my career as a professional reflexologist with over 25 years' experience, I've seen how powerful reflexology can be in helping people restore balance and calm. After experiencing Long COVID, I had to step away from my business for a time. During this period, I began working in the disability sector and discovered how reflexology could profoundly support young adults and children with ADHD and Autism. The results I witnessed were remarkable — reflexology created moments of calm, regulation and connection.

I then had the privilege of working with primary-aged children who had been diagnosed with ADHD or Autism, and the benefits continued to shine through. In conversations with both the children and their parents, one theme kept coming up: sleep, or more accurately, the struggle to achieve it. These children often couldn't switch off their busy minds at night, leaving families exhausted and searching for solutions.

What I found was that reflexology could provide a safe, gentle way to soothe the nervous system and create the conditions for rest. I wanted to find a way to share these tools more widely — to empower children, parents, and caregivers with techniques they could use together at home. That's when the idea for my first children's book was born.



My husband had always created bedtime stories for our boys, and I asked him to help me bring one to life. The inspiration came from our two cattle dogs, Gus and Millie. Gus, in particular, with his boundless energy (and what I'm convinced is a touch of ADHD!), became the perfect character to embody the challenges many children face.

From there, the stories began to unfold. Each book weaves together engaging storytelling with simple reflexology techniques for the hands, ears, and feet — offering children a fun, empowering way to care for their bodies, minds, and emotions, while giving parents and caregivers a practical tool to support wellbeing at home.

Since then, I've created a second storybook, this time based on a simplified hand reflexology routine I used with clients during COVID. Back then, I would set up Zoom calls to guide people through easy reflexology points to help relieve their virus symptoms. Turning that routine into a story allowed me to extend its reach to families, especially children, in a gentle and accessible way.

I'm delighted to share these storybooks with the world — and I'm already working on more in the series. At the heart of them all is a simple mission: to bring reflexology into homes as a supportive, everyday tool. Whether a child is struggling with sleep, feeling overwhelmed, or simply "off" in their body, these stories provide comfort, empowerment and practical ways to restore balance.



Reflexology tips for headaches

These reflex points will be painful if you have a headache but are extremely effective especially if you can get a friend to press them for you. Just squeeze firmly enough that the pain at each point is no higher than 6/10.

Squeeze the same points on both ears at the same time for 1-2 minutes each — finger and thumb on opposite side of the ear point. You may not need to press all of them — only the ones that are painful.

This treatment can sometimes reduce an 8/10 headache to 2/10 within 5 minutes.

- Pain at the back of the head
- Pain in the temples
- Forehead pain



This information has been created and published online for informational purposes only. It is not intended to be a substitute for professional medical advice and should not be relied on as health or personal advice. For an appointment with a qualified reflexologist please go to www.reflexology.org.au

Unveiling the power of Foot Mobilisation Techniques (FMT) for reflexologists

In bustling cities around Australia, where holistic health practices are continually expanding, reflexologists have an exceptional opportunity to enhance their therapeutic repertoire through Foot Mobilisation Techniques (FMT). Having previously shared these techniques with Reflexologists in Melbourne, Sydney, Brisbane and Adelaide, I've witnessed first-hand the profound impact FMT can have on both practitioner expertise and client outcomes.

What is Foot Mobilisation Techniques (FMT)?

Foot Mobilisation Techniques is a specialised therapeutic approach designed to address various foot and lower limb dysfunctions. By utilising gentle, hands-on mobilisations, FMT targets misalignments and mobility issues in the foot structure. This method not only supports the body's natural healing processes but also integrates seamlessly with reflexology by enhancing the biomechanical functionality of the foot, thereby augmenting the holistic benefits of reflexology treatments.

Why should Reflexologists integrate FMT?

1. **Enhanced treatment outcomes:** By combining FMT with reflexology, practitioners can offer a more comprehensive treatment plan that addresses structural as well as energetic imbalances, leading to improved client satisfaction.

2. **Broadened skill set:** Learning FMT equips Reflexologists with advanced manual therapy techniques, diversifying their practice and increasing their marketability.
3. **Preventive health benefits:** Regular use of FMT can prevent the development of further foot-related issues, promoting long-term health benefits for clients.
4. **Holistic approach:** FMT complements the holistic principles of reflexology by treating the foot as an integral part of the body's overall health and wellbeing.

Learning and applying FMT in your state!

In previous sessions held in Melbourne, Sydney and Brisbane, reflexologists have experienced how FMT can be integrated into their existing practices with ease and effectiveness. The training focuses on practical, hands-on techniques that can be used immediately after the course. Moreover, ongoing support and resources are provided to ensure Reflexologists can refine their skills and stay updated on the latest advancements in FMT.

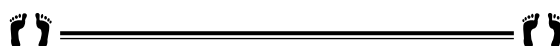
By integrating FMT into your practice, not only will you elevate your service offerings, but you'll also provide your clients with a more holistic and effective approach to their health and wellbeing. Let's continue to push the boundaries of what's possible in reflexology together.



Tito Pignetti is a NeuroSpinologist with over 20 years' experience, focusing on the dynamic relationship between spinal movement and neural function. He also has Diplomas in Remedial Therapy and Myopractic (Advanced Bowen) Therapy. He has refined his manual technique skills helping clients obtain better health outcomes since 2000. He is also equipped with Dry Needling and Cupping Technique skills which have been in the family for over 100 years!

Tito is well known for having the "best hands in the business"! Over the last 20 years, Tito has become an International Speaker and Trainer in Foot Mobilisation Technique, Needle Point Technique (Dry Needling) and Myofascial Cupping Technique for Health Professionals in Australia and in Europe, training and educating practitioners wanting to expand and refine their knowledge in post-graduate studies.

Tito is married to his lovely wife Anna and is father to his two gorgeous boys, Thomas and Connor. He coaches and enjoys watching both his boys play soccer and loves to travel with them!



A tribute to Rosemarie Urban

Rosemarie

Rosemarie introduced many people to one of her favorite passions, Reflexology. She not only treated people with great success but also passed on her knowledge to others to use in professional practice or with family and friends. Rosemarie was amongst the pioneers of reflexologists introducing this healing art into South Australia.

With over 30 years of involvement in Reflexology, Rosemarie delivered many basic and advanced courses. These courses are recognized nationally for their content and standard of teaching.

Rosemarie was a life member of the Reflexology Association of Australia and a committee member on the South Australian branch of the association. She had input into the national standards and direction of reflexology in Australia. Projects are still ongoing that Rosemarie was involved with or initiated. One of these being the National Reflexology Conference held in various States every two years. Rosemarie is the person that convinced and inspired the SA committee to hold the next conference in Adelaide.

An international speaker Rosemarie had her heart set on for the conference was approached and has agreed to attend as the key note speaker. Happily Rosemarie knew this outcome had been achieved. Even while Rosemarie had been unwell she still had input into organizing the conference with ideas and information, she will be sadly missed at the conference, but happily remembered and honored.

Although Rosemarie is no longer here with us she did leave behind a well trained group of people who practice reflexology in the style and approach that she found to be most effective.

Rosemarie had many skills in her healing art; Reflexology was one that she loved the most.

Rosemarie will be fondly remembered many times a day, by practitioners she trained, as they sit at the feet of their patients, applying Reflexology as taught by Rosemarie.



From Marg Rowette, Mundulla South Australia.
South Australia Branch Chairperson and National Conference Committee Chair 2006.

The other day I was in The Blue Room and a little voice in my head said, "you need to go to Poocha". Poocha is a swamp area in the Tatiara. I followed my gut and went to where I was guided. On arrival I walked to the big old dead Red Gum tree and burst into tears. I knew why I was there. It was to remind me of Rosemarie Urban the amazing lady who taught me reflexology in 2003. Rosemarie came and stayed with me, and I took her to visit this special place not long before she passed. The picture is her hugging this tree. So, I want to pay tribute to Rosemarie. She passed on 29 July 2005 and she would have been 99 years old on 23 September 2025. Yes, I know Rosemarie visited me in spirit in the Blue Room and guided me. Thank you Rosemarie for the visit and for passing the greatest gift of reflexology to so many.

Luv Yu forever.

Margaret Rowett. One of your many students.



Reflexology for stroke

by Polly Hall

Introduction

Stroke is the biggest cause of severe disability in adult life in the UK and the third most common cause of death in developed countries. In the elderly population, stroke remains a major cause of death.

The use of reflexology to aid the rehabilitation of people with stroke has been undertaken, and people's intrinsic ability to self-heal combined with this gentle treatment encourages that process.

Most people are aware of reflexology as a complementary therapy whereby specific pressure is applied to the feet and sometimes the hands. Modern reflexology dates back to 1913 when Dr William Fitzgerald introduced "zone therapy" to the Western world. Reflex areas on the feet and hands relate to areas within the same zone of the body and, by working these areas in a specific way, it can help to restore the body to its natural state.

It is a balancing treatment that works on the body, mind and emotions, with people who receive treatment often reporting a feeling of well-being and a reduction in symptoms such as digestive disorders, headaches, muscular aches, fatigue and stress-related conditions. The importance of reflexology being "complementary" means that it can be used alongside other orthodox medical treatments or complementary therapies.

Although the focus here is on stroke, reflexology does not treat specific symptoms of disease but rather treats the whole person. As a result, most people benefit from several sessions of reflexology adapted as part of a treatment plan tailored to the individual's needs.

Risk factors of stroke

The term "stroke" is used to describe rapidly developing clinical symptoms and signs of focal, and at times global, loss of cerebral lasting more than 24 hours or leading to death, with no apparent cause other than that of vascular origin. Stroke can be referred to as a "cerebral thrombosis" or "cerebral embolism". Other terminology denoting the varying degrees of stroke include "transient ischaemic attack" (TIA) and "cerebral vascular episode", formerly called a cerebral vascular accident or CVA.

Most strokes are caused by a blockage in one of the arteries carrying blood to the brain. A stroke may also be caused by a haemorrhage in the vessels of the brain caused by a ruptured artery. Depending on the damage situated in the brain and the area in which the thrombus is localised, the person will have different physical symptoms. Factors that put people more at risk of having a stroke are high blood pressure, cigarette smoking, high blood cholesterol, being overweight, high blood sugar and, for women, the contraceptive pill, with many of these factors correlating with a stress-related lifestyle.

Aims of reflexology

The holistic focus – looking at the whole person – is essential to me as a reflexology practitioner, and after taking a detailed case history it is important to find out

what the client hopes to achieve from reflexology. Healing is more likely to take place when someone is fully relaxed, and reflexology encourages greater relaxation and increases the overall effectiveness of the individual's ability to heal. With the condition of stroke, it is not just the actual symptoms experienced during the episode that are the problem, it is the devastating effect left on the person after diagnosis, due to localised damage of the brain and forced changes due to physical limitation.

Case Study – William

Aims of Treatment

The aims of treatment for my client, William, were first and foremost relaxation, enabling him to switch off from everyday stresses created by work and his lifestyle. Another main aim of the treatment was to ease the muscular ache in his shoulders, which was the result of the stroke. The antihypertensive and anticoagulant medication prescribed following the stroke reduced William's blood pressure to normal, as this was high preceding the stroke and diagnosed as a main contributing factor. William hoped that reflexology would help to stabilise his blood pressure further, so dependency on the drugs could be reduced (under GP supervision).

Other conditions noted during treatment and through the initial case history information showed that William had a tendency to feel discomfort and increased sensitivity in the gut, therefore alleviating the symptoms of this was also seen as a secondary aim of reflexology. However, this was not the reason that William undertook reflexology, as his primary aim was to alleviate the pain he felt in his shoulders.

How did the stroke affect William?

Physically

Physical symptoms clear at the onset of William's stroke included problems with balance and co-ordination; paralysis on the right side of the face affecting the mouth, accompanied by dysarthria (slight slurring of speech); difficulty in swallowing for a few days following the stroke; pain in both shoulders particularly when the arms were lifted above shoulder height and when turning or stretching; and increased sensitivity to cold temperatures. This last observation may be due to the fact that he was prescribed medication with anticoagulant properties to reduce his blood pressure, in effect making him more susceptible to feeling the cold.

Mentally

The association of stroke with the brain is very relevant to the mental effect that it can have on the sufferer. William took one month off work at the recommendation of his doctor, which was totally out of character for him as he had rarely had a day off sick before this.

Continued on page 7

William's acknowledgement of the effects of his stroke and his acceptance that he needed to relax highlighted the seriousness with which he addressed his state of health after the stroke.

Emotionally

Disturbances in mood will occur if specific parts of the brain are affected. A severe loss of appetite may follow a stroke, and the physical limitations brought about by stroke may lead to depression. William did not suffer severe symptoms such as these; however, his self-confidence was negatively affected by the loss of control he experienced after his stroke, i.e. not being able to drive or work. William was very positive once his condition had been diagnosed, as he regarded this as a warning sign for him to slow down.

Socially

Physical symptoms that continue for some time after the stroke will interrupt the social life of the person. For example, if the person has difficulty swallowing or paralysis of the face, it may be embarrassing for them to eat out socially or even be seen in public. There is also stigma attached to loss of bladder and bowel control, which could cause embarrassment and inconvenience to the stroke sufferer. William was slightly uncomfortable with the thought of eating out in a public place until his face had fully recovered, as he found it difficult to consume liquids without dribbling.

Initial reflexology consultation and observation of the feet

William suffered a minor stroke in January 1999, although he was originally informed that it might be Bell's Palsy. His GP diagnosed hypertension and the results of a CT scan showed that he had suffered an acute ischaemic stroke; consequently he was signed off work for four weeks. He was told not to drive for at least one month and then to have a check-up with the doctor to ensure that he would be safe after this period of time.

He believed that the onset of the stroke was caused by stress brought about by work pressures.

My initial consultation with William (aged 55) took place 15 months after the stroke occurred and gave me a clearer picture of different aspects of his life: past and present state of health, and his diet and lifestyle. At the time of taking the case history, William was still in a demanding job that involved a great deal of travelling by car. To this end, it was fair to say that he was under considerable pressure at work. William used to smoke 20–30 cigarettes a day when he was younger but gave up completely over 30 years ago. His exercise routine included walking at the weekends in addition to being physically active both in and out of work. He had been having difficulty sleeping preceding the stroke but noted that he had always been a light sleeper and easily woken. When asked what he did to relax he firstly said he didn't know but with further probing he said that he had a drink (alcohol) or watched TV. His weight at 13 stone was also a contributing factor to the stroke and as a result William had already started to amend his diet.

Although William claimed to have no known allergies, some foods caused him discomfort and it was evident that his digestive system was severely affected. William said that his current liquid intake was two pints of water per day, and six cans of cider plus two to three glasses of white wine per week.

I took William's blood pressure before and after the initial treatment and during the course of his reflexology treatments. His prescribed medication included Aspirin (75 mg per day), Atenolol (50 mg per day) and Amlodipine (10 mg per day).

Observation of the feet is a major part of treatment to gain further information about the client and the condition of his health. William's feet were dry, cracked and scaly in texture with rippled, loose skin on the dorsal and plantar surfaces. There was a mixture of mottled tones, red and white denoting areas of inactivity and hypersensitivity. All his toenails were yellowing, with some blackened and very uneven, indicative of a weakened immune system. Calluses had formed on his upper fourth and fifth toes, inner big toe and inner heel. A noticeable tiny lump was felt beneath the surface of the skin on the left big toe, which is the reflex area associated with the brain.

The treatment plan involved working the areas of imbalance which were shown as marked sensitivity in all the toes with emphasis on the left big toe (brain reflex opposite side to paralysis), shoulders and spinal reflexes, the digestive system, solar plexus, heart and diaphragm.

Results of reflexology

I believe that progress was made in reducing William's blood pressure during the reflexology sessions and this became apparent to me from the readings taken before and after treatments and his GP reducing his dosage of Amlodipine from 10 mg to 5 mg following his sixth reflexology treatment. It appears that William's shoulders have also benefited from reflexology, as when he originally started treatment both his shoulders were tense and painful; after each session they improved gradually and now cause him no distress. William reduced his intake of alcohol and cut down on foods high in fat. He also introduced fresh vegetables and fruit into his daily diet and as a result, the irritability of his bowel has considerably eased.

I am aware that William was quite sceptical about the benefits of reflexology when I first started treating him, but I am now constantly reassured that he feels a positive benefit from it. Needless to say, this case confirms that William has gained a lot since having reflexology treatments, because with increased relaxation his body has been able to heal naturally and his ability to get a good night's sleep has improved.

Case reports and anecdotal evidence indicate that reflexology is useful for the treatment of the effects of stroke, in particular the stabilisation of blood pressure, however more research is required to ensure that clinical recommendations for treatment can be evidenced.

Future treatments and forward planning

William continues to have monthly reflexology treatments to aid relaxation and maintain homeostasis. He has since retired from his full-time job, and his physical demeanour has dramatically improved through losing excess weight and eating a more balanced diet. It is wonderful to see William so contented, relaxed and positive, compared with the tired, stressed individual he presented at the initial consultation. As a result of this case, implications for future practice include clinical research and the use of study to establish a proven correlation between reflexology and the administration of orthodox medicine in improvements in hypertension and effects of stroke. It would no doubt be beneficial to organise other studies to support the use of reflexology in stroke rehabilitation relating to the many effects that stroke can have, e.g. paralysis, problems with balance and co-ordination, pain and numbness, bowel or bladder control problems, fatigue and emotional problems. To ensure that holistic attributes are applied, this may be carried out through the use of diary-based assessments.

References

1. Bonita R. Epidemiology of stroke. Lancet. 339: 342-4. 1992.
2. The Stroke Association. Reducing the Risk of Stroke. Leaflet. The Stroke Association. 1997.
3. Bamford J, Sandercock P, Dennis M, Warlow C, Jones L and McPherson KA. Prospective study of acute cerebrovascular disease in the community: the Oxfordshire community stroke project. 1981-1986. 1. Methodology, demography and incident cases of first ever stroke. J Neurol Neurosurg Psychiatry. 51: 1373-80. 1988.
4. Dalai K. Reflexology as an efficient therapy for relieving pain involving neuro-muscular-skeletal dysfunction. ICR Newsletter. 8(1). 1999.

5. Hatano S. Experience from a multicentre stroke register: a preliminary report. Bull WHO. 54: 541-53. 1976.
6. Frankel BSM. The effects of reflexology on baroreceptor reflex sensitivity, blood pressure and sinus arrhythmia. Complementary Therapies in Medicine. Churchill Livingstone. London. p80-84.

Bibliography

- Hewer RL and Wade DT. The Stroke Recovery Plan. Vermilion. London. 1996.
- Kumar P and Clark M. Clinical Medicine. 3rd ed. Balliere Tindall. London. 1995.
- Minnett Wayne and Rubenstein. Human Form and Function. HarperCollins. London. 1998.
- Roberts A and Gardiner P. Systems of Life Volume 2. Macmillan. London. 1994.
- The Stroke Association. Researching the road back to independence. Stroke News. Stroke Association. 15(1). Spring 1997.
- The Stroke Association. Secondary prevention of stroke. Stroke News. Stroke Association. 13(1). Spring 1995.
- The Stroke Association. Aspirin and Stroke. Leaflet. Stroke Association. London. 1997.
- The Stroke Association. Facts About High Blood Pressure. Leaflet. Stroke Association. London. 1997.
- The Stroke Association. High Blood Pressure? - Why You Need to Take Your Drugs. Leaflet. Stroke Association. London. 1997.
- The Stroke Association. Keeping Well After Your Stroke. Leaflet. Stroke Association. London. 1997.
- The Stroke Association. Reducing the Risk of a Stroke. Leaflet. Stroke Association. London. 1997.
- The Stroke Association. Stroke - 20 Questions and Answers. Leaflet. Stroke Association. London. 1997.
- The Stroke Association. Stroke - Questions and Answers. Leaflet. Stroke Association. London. 1997.
- The Stroke Association. What is a TIA? Leaflet. Stroke Association. London. 1997.
- Tortora GJ and Grabowski SR. Principles of Anatomy and Physiology. 7th ed. HarperCollins. London. 1993.
- Turner A et al. Occupational Therapy and Physical Dysfunction. Churchill Livingstone. London. 1996.
- Woodham A and Peters D. Encyclopedia of Complementary M Medicine. Dorling Kindersley. London. 1997.

Originally published in Positive Health, Issue 81, October 2002.
Reprinted with permission.



Reflexology tips for hay fever self help

• Allergy point

Squeeze this point at the top of the ear between finger and thumb for up to 1 minute.

• Adrenal gland & Nose

These two points are front and back of the small flap in front of the ear. Squeeze this flap between finger and thumb for 30 seconds to treat both points at the same time.

Anti-histamine

You may need help from a friend to locate this point. Apply a firm but not sharp pressure with cotton tip for 30 seconds.

For the best results press the same reflex points on both ears at the same time. This treatment can be repeated 3-4 times a day. If you are concerned about your symptoms please consult a health professional.



This information has been created and published online for informational purposes only. It is not intended to be a substitute for professional medical advice and should not be relied on as health or personal advice. For an appointment with a qualified reflexologist please go to www.reflexology.org.au



Be a mentor

By Ruairi O Duil

We all know that being a reflexologist is great. Reflexology is a wonderful modality that helps many and varied conditions, often, it seems, miraculously. It gives its practitioners a huge sense of reward and fulfillment to be able to help people, often in very significant ways. And we're very happy to talk about that.

What we are a bit more shy about is talking about how difficult it actually is to become, be, and to remain a practicing reflexologist.

It is hard.

For many, it is hard to get your qualification in the first place, what with the serious cost, the time commitment, the dearth of schools and teachers and the breadth of knowledge you have to acquire.

With respect to the schools, and it was exactly the same for me when I qualified 20 years ago in Ireland, newly qualifieds are completely unprepared for how difficult it is to get a business up and running once they have qualified.

In general, those of us who are attracted to be a reflexologist have some serious integral attitude and skills gaps to be successful business people. Which is what probably attracts us to it in the first place. I think I actually said the words out loud, "I don't want to sell any more, I just want to help people".

How many brilliant, talented, caring reflexologists has the world lost because it was too hard to get enough clients in to keep the lights on and the doors open?

Years ago, the Association had the idea of setting up a panel of mentors for student and newly qualified reflexologists. I put my hand up immediately. Because, in the beginning I caught some big breaks that kept me going long enough to build a practice and I have been really lucky to be able to sustain a professional career for 20 years ... and counting.

But I know how difficult it is to stay a reflexologist and I know I can offer some help.

And then ... crickets. Nada. Zilch. Nobody asked for help.

Last year, Keri Wood from WA and the ASRR asked if I could mentor some of their Victorian students. Happy to help, Keri.

Only one of them called. But we're both glad she did.

It has been a hugely mutually beneficial experience. It has been very rewarding to be part of her self-empowerment and to see her qualify, open her practice and get started.

The work continues but it is indeed a privilege to be part of it.

The world needs more good reflexologists and it is important that those of us who have been fortunate enough to continue being reflexologists offer to mentor, support, and help those who need a bit of encouragement, whether they be students, newly qualified, lapsees, or anyone who is finding holding on to their dream of being a reflexologist difficult.

Be a mentor. It's easy. All you have to do is talk about yourself.

Which is probably why I like it!



From mythology and mysticism to a scientific approach in reflexology

By Leon Botes

In light of the recently published systematic review of evidence on the *Clinical Effectiveness of Reflexology Report* prepared by Cochrane Australia, 14 November 2024, I feel compelled to say a few words.

For much of its modern history, reflexology has often been framed through the lens of ancient wisdom, energy flow and mysticism. While the therapeutic roots of foot and hand work trace back to early Chinese, Egyptian and Indigenous practices, its survival into the 21st century demands a more evidence-informed approach. Today, reflexology stands at a turning point—moving from a tradition steeped in myth to a discipline increasingly supported by science.

Shedding the shroud of mysticism

Traditional explanations of reflexology often involved unproven concepts like "life force" energy (qi), or metaphysical maps of the body said to reside in the feet. While these frameworks may have offered early models

for understanding the body holistically, they lacked the scientific rigor necessary for integration into mainstream healthcare.

For sceptics – and even curious health professionals – this reliance on mysticism created a credibility gap. Reflexology was often dismissed not for lack of value, but for lack of evidence.

The role of research and reframing

In recent years, researchers and professional reflexologists have been working to bridge this gap. Emerging studies have explored reflexology's impact on pain perception, anxiety reduction, stress relief and quality of life for people with chronic illness. Functional imaging has even begun to investigate neurological responses to reflex stimulation.

Continued on page 10

Scientific language now centres on the nervous system, gate control theory of pain, mechanoreceptor stimulation and autonomic nervous system regulation — replacing metaphors with measurable mechanisms.

Why this shift matters

The transition toward a scientific framework is not a rejection of tradition, but an evolution toward accessibility, accountability and integration. For reflexology to contribute meaningfully to integrative healthcare, it must speak the language of science – not just to win approval, but to improve care.

A science-based approach also empowers reflexologists themselves. It enhances training standards, clarifies mechanisms of action and fosters collaboration with other health professionals. Most importantly, it ensures clients receive safe, informed and evidence-aware care.

Bridging both worlds

While the scientific model provides structure and credibility, many reflexologists still acknowledge the deeply human, intuitive aspects of touch, presence and therapeutic connection. The future of reflexology lies not in abandoning its roots, but in integrating them with empirical inquiry – allowing ancient hands to meet modern minds.

Moving forward

1. Foster a research-literate reflexology community

- ◆ *Professional development:* Encourage reflexologists to undertake training in research literacy – how to read, interpret and critique scientific studies.
- ◆ *Journal clubs and discussion groups:* Create safe, collaborative spaces (e.g., the Reflexology Journal Club co-founded by Irene Tasho and myself) where practitioners regularly explore new studies together.
- ◆ *Accessible summaries:* Translate complex findings into practical, digestible summaries for newsletters and webinars.

2. Encourage practitioner-led research

- ◆ *Case study culture:* Normalise systematic, well-documented case studies in everyday practice. Even small N-of-1 studies can be valuable if rigorously documented.

- ◆ *Mentorship and supervision:* Support new reflexologists in collecting outcome data (with consent), tracking progress and presenting findings locally or in association publications.

- ◆ *Partner with academics:* Collaborate with health researchers or PhD students who can bring methodological support to real-world reflexology settings.

3. Build evidence through structured research

- ◆ *Pilot studies:* Associations can fund or promote small-scale pilot studies using standardised protocols to evaluate reflexology's impact on common symptoms like anxiety, sleep quality, or pain.

- ◆ *Use validated tools:* Incorporate outcome measures such as the Perceived Stress Scale (PSS), VAS for pain, or PROMIS measures to give data weight.

- ◆ *Multidisciplinary collaboration:* Link with psychologists, physiotherapists or GPs for mixed-method or co-delivered studies.

4. Set standards for clinical reflexology research

- ◆ *Ethics and rigor:* Educate members on ethical research practices. You've done GCP (General Clinic Practices), training – a great start!

- ◆ *Publishing pathways:* Work toward publishing in allied health journals, integrative medicine outlets or reflexology-specific publications.

- ◆ *Promote transparency:* Encourage documentation of both positive and neutral results — scientific credibility depends on balanced reporting.

5. Association-led initiatives

- ◆ *Research funding streams:* Even small grants for practitioner projects can build momentum.

- ◆ *Annual research prizes:* Recognise and reward original research, innovation or outstanding case series.

- ◆ *Position statements:* Develop clear guidelines on how reflexology's mechanisms and effects are currently understood in light of evolving evidence.

6. Embrace a culture of inquiry

Ultimately, moving forward means shifting from certainty-based language ("reflexology treats X") to inquiry-based language ("we are exploring how reflexology may influence X and here's what early data suggests ..."). This approach balances professional humility with scientific curiosity—and builds trust both within and beyond our field.



Look up at the stars and not down at your feet. Try to make sense of what you see, and wonder about what makes the universe exist. Be curious.

Stephen Hawking

Yoga for mental health: A pathway to inner balance

By Carolyn Renee, ASRR Tutor in yoga

In recent years, awareness of mental health has grown rapidly, as society begins to recognise the profound impact of stress, anxiety and depression on individuals, families and workplaces. Yet, while medical support and counselling remain vital, more people are also turning toward holistic approaches that complement conventional treatment. Among these, yoga has gained a strong reputation as a practice that not only strengthens the body but also calms and heals the mind.

Yoga, which has its roots in ancient India, is far more than a system of physical exercise. It is a philosophy and practice designed to harmonise body, breath and consciousness. While many people come to yoga for flexibility or stress relief, they often discover that regular practice offers a deeper transformation—one that touches their emotional wellbeing and supports their mental health in meaningful ways.

Understanding the link between yoga and mental health

Mental health challenges, from mild stress to chronic conditions such as depression, anxiety disorders and post-traumatic stress, often involve a dysregulated nervous system. When stress becomes chronic, the body produces elevated levels of cortisol and adrenaline, leading to fatigue, poor sleep, digestive issues and emotional exhaustion. Yoga provides tools that directly influence the nervous system and restore balance.

Through slow, mindful movements and focused breathing, yoga stimulates the parasympathetic nervous system—the “rest and digest” response. This helps lower heart rate, reduce cortisol level and creates a sense of calm. Over time, the body learns to recover more quickly from stress and the mind becomes better equipped to deal with everyday challenges.

Benefits of yoga for mental health

1. Reducing stress and anxiety

One of yoga’s most well-documented benefits is its ability to reduce stress. Poses such as Child’s Pose, forward bends and restorative postures combined with slow breathing signal the body to relax. The practice of mindfulness—paying attention to the present moment—also helps calm racing thoughts that often accompany anxiety.

2. Supporting depression

Research has shown that yoga can increase levels of serotonin and dopamine, the neurotransmitters associated with happiness and motivation. Gentle movement and regular relaxation also improve sleep quality, which is often disrupted in depression. The sense of achievement after completing a yoga session, no matter how simple, can also boost self-esteem and encourage positive thinking.

3. Improving emotional regulation

Yoga trains us to pause, breathe and respond mindfully rather than react impulsively. This ability to self-regulate emotions is particularly valuable for people dealing with anger, irritability or mood swings. Over time, yoga encourages a calmer baseline state of being.

4. Building resilience and inner strength

By facing physical challenges on the mat—holding a balance, stretching beyond comfort zones—yoga provides a safe environment to practise resilience. This resilience transfers to life off the mat, empowering individuals to manage difficulties with patience and confidence.

5. Creating connection and reducing isolation

Attending a yoga class or even practising online can help reduce feelings of isolation. The shared experience of moving and breathing together fosters community and connection, which are crucial for maintaining good mental health.

Practical techniques for mental health support

Yoga does not have to be complicated. Even short daily practices can bring significant benefits. Some accessible techniques include:

- ◆ **Breath awareness (Pranayama):** Simply sitting quietly and focusing on slow inhalations and exhalations can regulate the nervous system.
- ◆ **Legs-up-the-wall pose (Viparita Karani):** This restorative posture eases fatigue, lowers anxiety and supports circulation.
- ◆ **Seated forward bend (Paschimottanasana):** Encourages relaxation and introspection while calming the mind.
- ◆ **Guided meditation:** Visualisations or body scans help release tension and promote inner peace.
- ◆ **Gentle stretching:** Moving the body, even for ten minutes, can shift stagnant energy and improve mood.

Importantly, yoga is adaptable. Whether you are a beginner, elderly, pregnant or recovering from illness, there are modifications to suit every individual.

The science behind yoga and mental health

Several scientific studies have supported yoga’s role in improving mental wellbeing. Research has shown that yoga reduces symptoms of anxiety and depression, lowers stress hormones and improves heart rate variability—a key indicator of resilience. Clinical trials have even suggested yoga as a supportive therapy for conditions such as post-traumatic stress disorder (PTSD), showing improvements in both emotional regulation and overall quality of life.

Neuroimaging studies also reveal that yoga and meditation can increase grey matter in areas of the brain linked to emotional regulation, memory and empathy. This

Continued on page 12

biological evidence demonstrates that yoga not only “feels good” but also reshapes the brain and body in ways that support mental health.

Integrating yoga into everyday life

For those struggling with mental health challenges, yoga can become a gentle daily ritual of self-care. Unlike medication, yoga has no negative side effects, though it should always be approached mindfully and alongside professional care if dealing with severe conditions.

Start small: five minutes of breathing, one restorative posture, or a short guided meditation. Over time, build up to longer sessions or classes. What matters most is consistency, not complexity.

Yoga is not about perfection or pushing the body beyond its limits—it is about meeting yourself where you are, with compassion and patience.

Conclusion: A holistic pathway to healing

Yoga is not a replacement for professional treatment of mental illness, but it is a powerful complementary practice that nurtures both body and mind. It provides tools for relaxation, self-awareness and resilience that can empower individuals to take an active role in their healing journey.

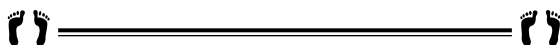
In a world where mental health struggles are increasingly common, yoga offers hope and balance. It teaches us to pause, breathe and reconnect with the present moment. Through regular practice, yoga has the potential to transform not only how we feel but how we live.

For those seeking a gentle, natural way to support their mental wellbeing, yoga is a valuable path worth exploring.



To learn more about yoga for mental health or to join our upcoming classes and workshops, contact us at info@asrr.com.au

#YogaForMentalHealth #MindBodyBalance #StressRelief
#MentalHealthAwareness #YogaEveryday #HolisticHealing



NEW ADD-ON TREATMENT FOR REFLEXOLOGISTS! ONE AND TWO DAY JAPANESE FACIAL TRAINING CLASSES EXCLUSIVE SMALL CLASSES OF 2 OR 4! BRISBANE AND GOLD COAST

Reflexologist and Facial Therapist Anna McBride our Founder and Master Trainer, nowadays prefers smaller classes limited to two or four students by appointment. These exclusive classes are usually held in her Brisbane home on a weekend. Occasionally Anna may hold a small class on the Gold Coast at the Greenmount Surf Club Function Room.

Anna will teach you to become a GW FACIAL THERAPIST – a perfect add-on treatment for reflexologists. Clients absolutely love the treatment!

Exclusive small classes of two or four at Anna’s Brisbane home by appointment.

UNIQUE AND PROVEN with INSTANT RESULTS – With easy to learn 100% natural techniques, GW Facial Therapy® employs precise, firm, yet gentle manipulation of facial muscles. GW use a combination of long-established proven techniques, including ancient Japanese face massage, Japanese eye rejuvenation, Japanese facial sculpting, and face lifting. Facial acupuncture points are also incorporated along with Facial Reflexology techniques.

And here’s the best part! Small classes and easy to learn in a comfortable environment in Anna’s home. You can also learn GW Facial Therapy techniques with Anna’s online videos at www.gwfacialtherapy.com

For prices, information and contact information –

<https://www.gwfacialtherapy.com/anna-training>

Anne McBride – Reflexologist and GW Facial Therapist

REDLAND REFLEXOLOGY

GW FACIAL THERAPY® Brisbane and Gold Coast Queensland

Celebrating World Reflexology Week 2025

Victoria



Our set up for the day



Maria Veerasamy. Beautiful flower arrangement by Maria



Maria with 2 happy participants



*Lunch at the Groove Train Epping
Left Lyndal McLean, Monique Poppelaars, Carol McBain
Right Cath Brown, Maureen Wilson, Maria Veerasamy*



*All packed up and ready to debrief during lunch.
From left to right: Lyndal McLean, Maureen Wilson, Cath Brown,
Carol McBain, Monique Poppelaars and Maria Veerasamy*

Continued on page 14

NSW

Mother luck shone down on this year's Special Events Committee; from our first planning meeting through to the execution of the day itself; ideas, ease of communication and offers of support kept on coming, committing and delivering.

A freshly launched WhatsApp group helped keep us all on track and gather momentum as we approached our fourth World Reflexology Week Open Day at the Crow's Nest Community Centre.

Loyal supporters

Clients who had booked last year returned and more than one brought a mate.

Prepaid TryBooking sessions provided us with the confidence that we could cover our overheads, and a nice discount negotiated on the venue room also helped.

Once the pressure of coming in under budget was off, the event took on a new direction, that of simply promoting the joy and efficacy of reflexology. As the beautiful photos taken by Corrina Baldock attest, there was a wonderful atmosphere of calm and peace in the space, and some very blissed out clients.

A soulful finish

Feedback from attendees, clients and member volunteers has been heart-warming and validating; all of our combined efforts truly paid off in full.

For now, we can enjoy the memories before looking forward to doing it all over again next year!

Angela Clark



Doris litzi experienced practioner sharing her skills



Emelia Zwolak a new student attending her clinic hours



Sarah Purves working on a client



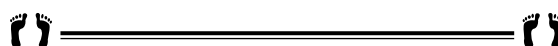
Sue Rusden



Left to right: Bernadette Overton, Kerrie Baldock, Anne Moorcroft, Doris Lizki, John Bancroft, Sarah Purves, Sue Rusden and Johanna Forsyth



Stefanie Gilmour



Reflexology and mental health: why we should learn more

By Keri Wood ASRR

In recent years, the conversation around mental health has gained the recognition it deserves. More people are openly discussing anxiety, depression, stress, burnout and other challenges that affect day-to-day life. While medication, counselling and medical intervention remain cornerstones of care, complementary therapies like reflexology are increasingly valued as supportive tools. Reflexology is much more than a relaxing foot massage. By applying pressure to specific points on the feet, hands, or ears that correspond with different organs and systems of the body, reflexology helps restore balance and stimulate the body's natural healing mechanisms.

When we consider the impact of mental health on physical, emotional and social wellbeing, reflexology becomes particularly relevant. Let's explore why reflexology can help with mental health and why it is important for practitioners, students and the public to deepen their knowledge of this field.

The connection between body and mind

Mental health is not separate from physical health. Stress, anxiety and depression often manifest physically: headaches, muscle tension, digestive upset, sleep disturbances and chronic fatigue. In turn, physical symptoms may worsen feelings of stress or low mood, creating a cycle that is hard to break.

Reflexology offers a holistic approach, working simultaneously on physical tension and mental distress. By calming the nervous system, improving circulation and encouraging deep relaxation, reflexology creates the conditions for the body and mind to rebalance.

How reflexology supports mental health

1. Stress reduction

One of the most common reasons people seek reflexology is for stress relief. By stimulating reflex points linked with the nervous system—particularly the brain, adrenal glands and solar plexus—reflexology helps lower cortisol levels and activates the parasympathetic nervous system. This is the body's "rest and digest" mode, which counters the overdrive of the stress response.

2. Improving sleep

Insomnia and poor sleep are often linked with mental health conditions. Reflexology has been shown to encourage deeper relaxation and help regulate circadian rhythms. Working reflex points for the pineal gland (responsible for melatonin release), the hypothalamus and the diaphragm can help clients drift into more restorative sleep.

3. Mood regulation

The endocrine system plays a crucial role in emotional wellbeing. Reflexology can support balance in glands such as the pituitary (the "master gland"), thyroid and adrenals. Balanced hormone activity can reduce mood swings, fatigue and anxiety, supporting more stable mental health.

4. Pain management

Chronic pain conditions, including migraines, back pain and fibromyalgia, are often associated with mental health challenges. Reflexology can reduce pain perception by improving circulation, reducing muscular tension and stimulating endorphin release. This not only alleviates physical suffering but also uplifts mood.

5. Mindfulness and connection

In a world full of distractions, many people rarely pause to experience stillness. Reflexology sessions provide a safe, nurturing space where clients can reconnect with their bodies. The mindful focus on touch, breath and sensation encourages self-awareness and relaxation, both of which are key components of good mental health.

Evidence and studies

Although research in reflexology is still developing, growing evidence supports its role in mental health care:

- ◆ *Anxiety*: Studies in hospital and palliative care settings show reflexology reduces pre-procedure anxiety and promotes calmness.
- ◆ *Depression*: Research suggests reflexology can reduce symptoms of mild to moderate depression, particularly when combined with counselling or medical support.
- ◆ *Sleep quality*: Trials with cancer patients, menopausal women and individuals with insomnia indicate improved sleep quality after reflexology treatments.
- ◆ *Stress reduction*: Several workplace and student studies report lower stress and improved coping ability among participants receiving regular reflexology.

Why we should learn more

For practitioners

Mental health issues are among the most common concerns clients bring to reflexology practitioners. By expanding knowledge in this area, practitioners can:

- ◆ Recognise signs of stress, anxiety, or depression in clients.
- ◆ Adapt reflexology routines to support mental health, for example focusing on endocrine balance, solar plexus calming or cranial reflexes.
- ◆ Collaborate with healthcare providers, ensuring clients receive comprehensive care.
- ◆ Provide self-care advice, such as hand reflexology points clients can use between sessions.

For students

Students of reflexology benefit from understanding the link between mental health and physical wellbeing. This knowledge enhances their ability to explain reflexology's benefits to clients, giving them confidence and credibility. It also helps them connect with a growing need in society: more people are searching for holistic, drug-free ways to manage stress and mental health challenges.

Continued on page 16

For the public

For individuals struggling with stress, anxiety or burnout, reflexology offers an accessible pathway to wellbeing. Learning more about reflexology, even through short workshops or introductory lessons, empowers people to use simple reflex techniques on themselves and family members. This self-care approach can be invaluable in maintaining balance during difficult times.

Integrating reflexology into mental health care

Reflexology works best when it is integrated into a holistic wellbeing plan. Practitioners can complement their sessions by encouraging:

- ◆ Meditation and breathing exercises to extend relaxation beyond the treatment room.
- ◆ Use of calming crystals and colours to create a soothing environment.
- ◆ Gentle movement or yoga to release tension and improve body awareness.

- ◆ Balanced lifestyle practices, including healthy diet, hydration and rest.

By combining reflexology with these approaches, clients gain a powerful toolkit for maintaining mental wellness.

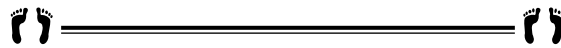
Conclusion

Mental health challenges are part of modern life, but we are not powerless against them. Reflexology offers a gentle yet effective way to support emotional balance, reduce stress, improve sleep and enhance overall wellbeing. Its holistic nature addresses the mind-body connection that is so vital for recovery and resilience.

For practitioners and students, learning more about reflexology's role in mental health is both a professional responsibility and an opportunity. As society increasingly recognises the importance of mental health, complementary therapies like reflexology will continue to play a valuable role in helping people find balance.

By understanding and applying these techniques, we not only expand our professional skills but also contribute to a healthier, more compassionate world.

Is your training up to date in the latest mental health techniques and knowledge?



Vale Murray McBain

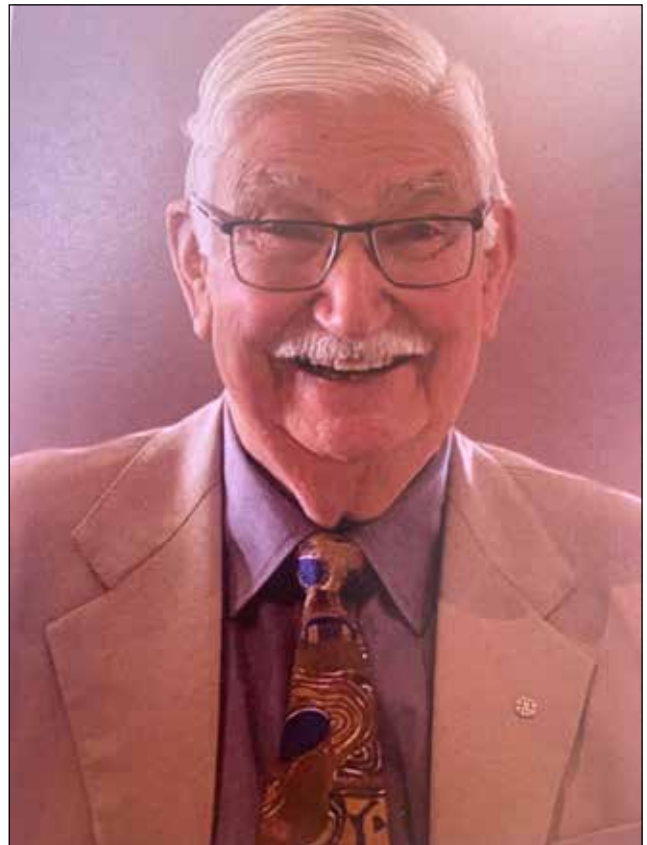
By Dee Leamon

Many of our long time Victorian members will remember Murray as “the man behind the woman”. Murray, as Carol McBain’s husband, provided the incredible support base that allowed Carol, as our very first Victorian Secretary/Treasurer, to be so instrumental in the creation and early growth of our Association here in Victoria.

Many will remember Murray from their Graduation Ceremonies from the ASRR where he was always present setting up the bar, tending the bar and packing up whatever needed doing. Whenever Carol, as a teacher and then Co Principal of the ASRR, needed help, Murray was there and that included having dinner on the table after teaching days.

Murray was always smiling, joking, generous and pleasant to everyone. The type of person who would give you the shirt off his back. After his passing Carol has had an overwhelming number of messages from people saying what a wonderful man he was and how he will be missed. That is totally backed up by those of us who were close to him and loved him. Our deepest condolences and love to Carol and the family.

RIP Muz, and “keep Australia on the left” (a Murray saying).





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.

Place your advertisement with the National Office—admin@reflexology.org.au
For further course details contact CPT Directors or local Branch Chairs.



2025	PRESENTER	TITLE	LOCATION/CONTACT
18 and 19 October	Charity event	Telethon charity event.	WA — Contact: Christina 0409374846
18 October	AGM	AGM	SA — Zoom
18 October	AGM	Presentation of "Foot mobilisation" by Tito Pignetti	SA — Zoom
9 November	Lucy Stride	NSW general meeting (review of ICR-Conference Greece) Theme: "Making reflexology mainstream the Greek Model" (2 CPE/CPD)	NSW — Speaker by Zoom
9 November		NSW Face to face end of year celebration	Email Kerrie B - kerriebaldock@gmail.com
10 November	ASRR	QLD Branch Meeting "Reflexology techniques for hormonal issues and balance to include headaches and migrains"	Qld — Zoom Contact: jewell.touch@gmail.com
15 November	ASSR	Educational workshop and member gathering Webinar: Colour and crystals for reflexology	TAS — Zoom
21–22 November		Meeting and end of year celebration	SA — Wallaroo North Beach Holiday Park
23 November	Andy Bryant—Barefoot Podiatrist Leanne Connally—Emmett Technique	General meeting Victoria IC Branch meeting Speaker, lunch, practical & educational component in afternoon. Theme: History, Heart, and Healing Sensation the missing component in today's foot health A gentle complementary therapy for reflexologists	Victoria — Habitat Uniting Church, 2 Minona Street Hawthorn. Contact: Monique Poppelaars 0416 124 584
29 November		WA Christmas wind up, Christmas get togetehr with Northern Coffee Club	WA — Contact: Christina 0409 374 846
2026	PRESENTER	TITLE	LOCATION/CONTACT
16 February	ASSR	QLD Branch Meeting Proposed topic: "Auto-immunity with a focus on rheumatoid arthritis. Reflexology techniques for auto-immune conditions"	QLD — Contact: jewell.touch@gmail.com .
22 February		VIC Branch gathering	Fairfield Boathouse for brunch, walk and boating —details TBC
8 March		WA Study Day hosted by South-West Coffee Club	WA — Contact: Christina 0409 374 846
18 March	Guest speaker TBC	VIC Educational Zoom meeting	Contact: Monique Poppelaars 0416 124 584
3 May	Presenters TBC	Vic ABM	Victoria — Habitat Uniting Church, 2 Minona Street Hawthorn. Contact: Monique Poppelaars 0416 124 584
24 May	TBC	ABM and Study Day	WA — Contact: Christina 0409 374 846
31 May	TBC	ABM	NSW/ACT—Crows Nest Community Centre Contact your Branch for further details
6 June	TBC	ABM and presentation	QLD — Contact: jewell.touch@gmail.com .
Recorded Webinar	RAoA recorded webinar with David Wayte	"Hand Reflexology Masterclass"	Available via the RAoA website
Recorded Webinar	RAoA recorded webinar with David Wayte	"Palliative Reflexology"	Available via the RAoA website
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
Recorded Webinar	RAoA recorded webinar with Ruth Hull	"Understanding the role of blood sugar imbalances in health and disease"	Available via the RAoA website



Welcome new members

June – August 2025

First name	Surname	Suburb	State	
Sharryn	Mathieson	Golden Square	Vic	Student
Gemma	Bradshaw	Cedar Grove	Qld	Graduate

BRANCH NEWS



NEW SOUTH WALES/ACT



Hello! We are eagerly anticipating (at the time of writing) our #WRW2025 Open Day held at the Crows Nest Community Centre on Saturday, 27 September. The public is invited to learn hand reflexology points that can easily be self-administered to help with real life complaints in any location, i.e. headache at the Woolies check out, or sore back in a traffic jam. Additionally, we will be offering foot reflexology taster sessions at attractive prices.

Reaching as many members of the public in the North Sydney area has been made possible through the sharing of a FaceBook Event Page, event posters hanging around the North Shore and by our members, their friends and families who have been kindly engaging with our event social media posts.

Thank you to everyone who has helped set us up for success on the day. Honourable mentions go to Jacqui Baldwin, who breezed through setting up a TryBooking account for pre-paid slots; Jill Joris who will have held a stall at the Crows Nest Rotary market the weekend before to spruik the event; and Sue Rusden who has ensured that our poster ends up on notice boards at her corporate clients' businesses as well as across North Sydney Council's public space. Anne Moorcroft, Sarah Purves, Stef Gilmour and Kerrie Baldock will be running the flow of clients and ensuring that all protocols and standards are met. All our volunteers will be offering treatments – Johanna Forsyth's

skills at facial reflexology were especially appreciated by last year's attendees.

We anticipate the return of last year's very satisfied customers as well as some newbies. Additionally we are highlighting to the public that reflexology is an inclusive modality and that the Crows Nest Community has a lift and wheelchair access.

Irene Tasho, our newly minted Director and Principal of the Australian School of Reflexology, will be giving a 20 minute presentation on reflexology as well as promoting the Sydney School and inviting the public to sign up for introductory courses. We will also be inviting the public to follow the RAOA on social media and to "shop" for any online courses of general interest.

Special thanks go to the brilliant special events committee. Our WhatsApp event group has been pinging with enthusiastic feedback, offers of help and great suggestions. All your hard work will no doubt pay off and help make this event a resounding success. I am so grateful to you all for your resourcefulness, commitment and can-do attitude. I know that together you will make this FOURTH #WRW a memorable one!

Our final meeting of the year will be held in November (speaker TBC) via Zoom after which we will be having an end of year lunch or dinner to come together and celebrate our considerable achievements. So proud of you all!

Angela Clark



QUEENSLAND/NORTHERN TERRITORY



Some Queensland Branch Committee members have recently visited the three reflexology paths in Brisbane. They are contacting the various local councils with regard to some required maintenance. Reflexology in the Park sessions have previously been conducted near the paths to promote their usage. During World Reflexology Week two Brisbane members are planning to conduct reflexology sessions for staff at the Wesley Hospital Choices program, the program offers a number of therapies to people at various stages of cancer treatment. Cairns reflexologists will be conducting reflexology sessions at the Kuranda markets.

We conducted an education session on marketing recently and learnt more about the benefits of including an online booking program on our websites or stand-alone programs. One of our members has found that their

business has increased using this method, and another member discussed the program she uses which allows for inclusion of clinic notes, birthday reminders and, also, ease of sending the client referral form at the time of booking. We all came away from the session with new ideas and relevant information from member's experiences. Our next topic in November will be looking at hormone balancing using reflexology techniques and also crystals, colour and aromatherapy oils.

Queensland Branch numbers have remained stable over the last 12 months and we currently have 41 members. Education sessions continue to be offered by Zoom so that all members have the opportunity to participate. The Committee is busy planning some interesting education sessions for the coming year.

Suzanne Jewell



VICTORIA

Hello from Victoria.

We are getting organised for WRW which will be held on Saturday 20 September in Epping at the Whittlesea U3A. This event has been set up by Maria Veerasamy and we are looking forward to bringing reflexology into the community and connecting with our fellow practitioners. Thank you Maria for all your work.

We are also looking forward to our end of year Study Day which will take place on Sunday November 23 at the SWell spiritual and holistic health and wellness centre in Hawthorn. It will feature two fabulous speakers presenting

workshops on the EMMETT Technique for foot care, and Sensation, the missing component in today's foot health.

We currently have three EPEs running in Victoria – the South East Melbourne District Practicum, the Geelong and Western District Practicum Exchange and the Central Victoria Practicum Exchange.

A huge thankyou to Brenda Seville, Nonie Crozier, Catharine Brown and Maureen Wilson for your time and dedication in ensuring that these events are available for our members.

I leave you with a beautiful tribute to Murray McBain on page page 16, by dear Dee Leamon.

Much love from VIC Branch

Monique Poppelaars

WESTERN AUSTRALIA



Thank you to all who attended our WA Study Day. Even with the rain pouring down it was an enjoyable and relaxing day.

I would like to give much gratitude to Bernie and Carol for all their work before the day, and all of this year's Committee for the lovely morning tea and generous donations for the raffle which is helping to support our RAoA.

We started with Hollies DRU Yoga, where we moved using energy release sequences and positive affirmations to sooth and balance our wellbeing.

Dr Anna Petterson presented her experience as the Director of Research and Education with Solaris Cancer Care at SCGH WA. June 2008–Feb 2016

This study involved complementary therapies especially the role of reflexology treatments for cancer patients and their carers.

We all then exchanged treatments with sound meditation.

WA is moving forward with WRW info being in our *Footnotes*.

Lisa and Jackie are coordinating the Telethon event. Northern Coffee Club will host the Christmas function this year. Our next Study Day is booked for 8 March 2026 and is being organised by our South West Coffee Club. I look forward to seeing you all at our events.

Christina Maria Hall



SOUTH AUSTRALIA

A few people got together on 27 September for WRW which was held on the lawns overlooking the Whyalla Wetlands. This was very well received.

The last catch up for the year is to be held at Wallaroo. Several of us have booked accommodation and we will be

lucky enough to have James Flaxman showing us techniques to use in our practice using Fascial release.

We wish you a safe and happy festive season.

Marie Steinke

TASMANIA



*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.*

FootPrints Journal

ISSN 1039-2092

Published by the Reflexology Association of Australia, Limited

SUBSCRIPTIONS AND ADVERTISING

Advertising inquiries – admin@reflexology.org.au
General inquiries – admin@reflexology.org.au
Association membership includes 4 issues emailed annually.
International electronic subscriptions – contact
raoachair@reflexology.org.au

Advertising sizes and rates (colour):
FootPrints is an electronic journal

Full page (inside) 29.7 cm deep × 21 cm wide \$200.00 per issue*
Full page (inside front cover) \$260.00 per issue*
Half page (inside) 13 cm deep × 18 cm wide \$130.00 per issue*
Quarter page (inside) 13 cm deep × 8.5 cm wide \$70.00 per issue*
Front page “highlight” COL business card size ad \$79.00 per issue†

* 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 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 October issue: Sept 1
July issue: Jun 1 January issue: Dec 1

FootPrints Editor—Articles only

Email: footprints.articles@reflexology.org.au

FootPrints Advertising & Subscriptions Accounts

Email: admin@reflexology.org.au

Desktop Publisher

Margaret Clift

Email: 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 <https://reflexology.org.au/publications/footprints/>. 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.

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

NSW/ACT	Chairperson:	Angela Clark
	Phone:	WhatsApp +44 788 653 0449
	Email:	angelaclark.reflexology@gmail.com
	General Secretary	Vacant
	Phone:	
	Email:	
QLD/NT	Chairperson:	Vacant
	Phone:	
	Email:	
	Secretary:	Suzanne Jewell
	Phone:	0429 499 285
	Email:	jewell.touch@hotmail.com
VIC	Chairperson:	Monique Poppelaars
	Phone:	0416 124 584
	Email:	sundewtherapies@icloud.com
	Secretary:	Lyndal McLean
	Phone:	0424 062 059
	Email:	happyandrelaxed@icloud.com
SA	Chairperson:	SA Director Marie Steinke
	Phone:	
	Email:	raoachair@reflexology.org.au
	Secretary	Vacant
	Phone:	
	Email:	
WA	Chairperson:	Christina Maria Hall
	Phone:	0409 374 846
	Email:	christinamariah@bigpond.com
	Secretary:	Bernie Sermon
	Phone:	0439 910 124
	Email:	bernie.reflexologywa@gmail.com
TAS	Chairperson:	Vacant
	Phone:	
	Email:	
	Minute Secretary	Sally Stubs
	Phone:	0417 374058
	Email:	sas.7@live.com

Branches

If there has been a change in the above directory, kindly email admin@reflexology.org.au

Board of Directors 2024-2025

Please know that Directors can be contacted to clarify concerns

Board Chair

Marie Steinke

raoachair@reflexology.org.au
0439 095 510

Administration and WHS:

Vacant

Finance:

Vacant

National Events Administration:

Keri Wood (WA)

crystalblessings@hotmail.com

0411 857 058

Acting Director:

Christina Maria Hall

christinamariah@bigpond.com

0409 374 846

Education and CPT:

Keri Wood—0411 857 058

Nonie Crozier—0409 994 528

education@reflexology.org.au

cpt@reflexology.org.au

Research and Promotions:

Marie Steinke (SA)

research@reflexology.org.au

promotions@reflexology.org.au

0438 121 214

Non-Director positions:

Governance, Company Secretary:

James Flaxman

0403 160 367

Board Mentor: Susan Ramsey

raoaboardmentor@gmail.com

0417 855 931

Board Secretary:

Debbie Helm

admin@reflexology.org.au

National Administration Contacts

PO Box 135, Mitcham Shopping Centre, SA 5062

This is where all merchandise is leaving from and, if needs to be, returned to this address.

Monday-Friday

Phone: 0439 095 510

Phones will be answered daily 9.00am–5.00pm.

If phone is not answered please leave a message.

Membership and Administration—

Nonie Crozier: membership@reflexology.org.au

Debbie Helm: admin@reflexology.org.au

Mechandise—

Brian Steinke: merchandise@reflexology.org.au

Advertising—

Susan Ramsey: advertising@reflexology.org.au



National AGM
18 October 2025
via Zoom

WA 0900; QLD 1100; SA 1130; and NSW, VIC and TAS 1200

Tito Pignetti will present

"Foot mobilisation—better feet, better body, better life"

WA 1030; QLD 1230; SA 1300; and NSW, VIC and TAS 1330

www.reflexology.org.au

The Board of Directors of the Reflexology Association of Australia

THANK YOU ALL for
your support throughout 2025

Wishing you a
joyful holiday season
and a happy, healthy
& prosperous 2026!



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.



INSIDE THIS ISSUE

From the Chair's desk	1	Yoga for mental health: A pathway to inner balance	11
Association member update – CPT Points	2	Celebrating World Reflexology Week 2025	13
Why I created my children's storybooks	3	Reflexology and mental health: why we should learn more	15
Unveiling the power of Foot Mobilisation Techniques (FMT) for reflexologists	4	Vale Murray McBain	16
A tribute to Rosemary Urban	5	CPT Education—Calendar of Events	17
Reflexology for stroke	6	Welcome new members	17
Be a mentor	9	Branch News	18
From mythology and mysticism to a scientific approach in reflexology	9	<i>FootPrints</i> —Contacts, deadlines, advertising	20
	9	RAoA contact details—Board, Branch, National Office	20