

Refresh

THE REFLEXOLOGY MAGAZINE

by Reflexology Association of Canada
Volume 1: Issue 1

Referrals within the Reflexology Community

**Bringing
Speakers to
Your City**
Pg 7

**How to Keep
Your Hands
Strong**
Pg 11

**Myth Busting:
Continuing
Education Program**
Pg 14

Message from the Executive Director

Dear Members,

Welcome to 2018! And welcome to ***Refresh RAC's new National Reflexology Magazine.***

We know you're all working hard. Take a moment. Refresh yourselves with news of your Association and colleagues. We will be aiming to publish this magazine quarterly to supplement our monthly regular member updates.

Together, we made significant progress in 2017 as we continue to strengthen the pillars of our Association and spread the word of Reflexology and its benefits and we are looking forward to even more progress in this New Year.

As always, you the members, remain at the heart of everything we do. We thank you for continuing to exemplify our vision and mission.

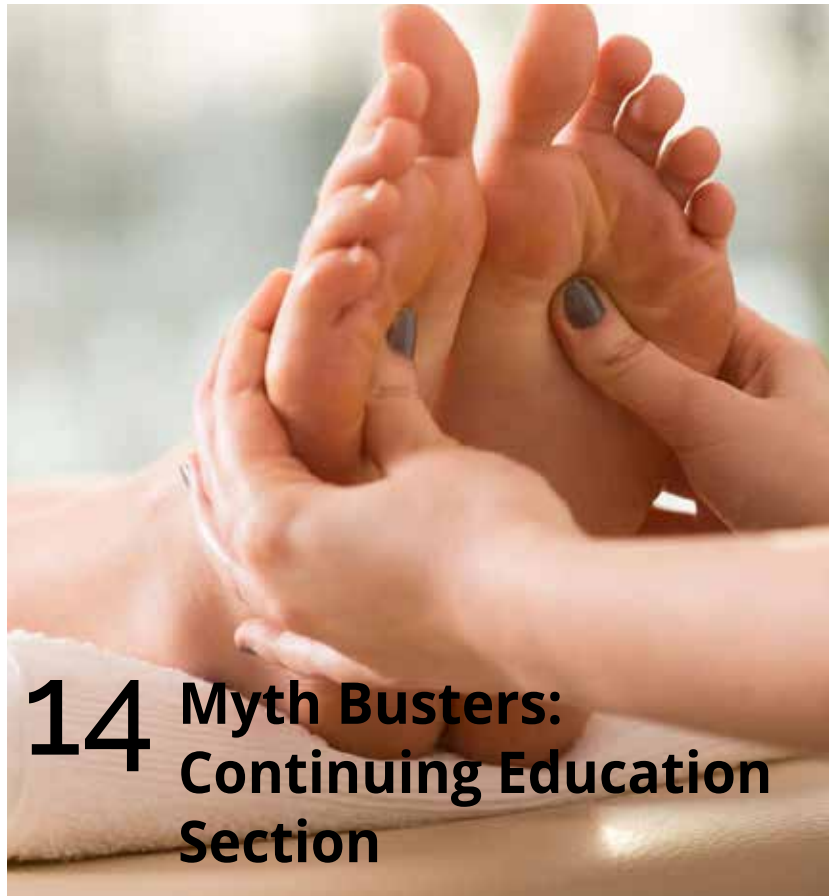
Please enjoy and feel refreshed!

Sincerely,



Marakary Bayo
Executive Director, Reflexology
Association of Canada

A handwritten signature in black ink that reads "Bayo". The signature is stylized with a large, sweeping initial 'B'.



Content

Membership Categories and Benefits	4
Know your Provincial Representatives	5
Become an Associate Member	6
Bringing Speakers to your City	7
What is an RCRT Exam? Why do we need it?	8
Massage Addict Introduces Reflexology Across Canada	9
How to Keep your Hands Strong	11
Integrative Medicine and Reflexology	16
Lifting the Sky Exercise	17
Certification vs Registration	18
Highlights from 2017	19

RAC Membership Categories and Benefits

CORPORATE MEMBERSHIP For organizations or entities that offer reflexology courses, products and other reflexology resources. \$285 ANNUAL FEE	PROFESSIONAL MEMBERSHIP For certified reflexology therapists currently and actively practicing. Must meet RCRT criteria. \$175 ANNUAL FEE	ASSOCIATE MEMBERSHIP For certified reflexology therapists who are not currently practicing (or taking a break). \$100 ANNUAL FEE	STUDENT MEMBERSHIP For individuals registered in a reflexology course*. \$75 FIRST YEAR \$100 SUBSEQUENT YEARS	FRIEND OF THE ASSOCIATION For individuals, not certified in reflexology, who wish to support the Association's mission and stay connected with all things RAC! \$50 ANNUAL FEE
Free accreditation review for courses and/or programs *courses are not guaranteed to be accepted	Use of Registered Canadian Reflexology Therapist (RCRT) designation - federally trademarked	Access to a RAC Provincial Chapter at no extra cost	Access to a RAC Provincial Chapter at no extra cost	Access to a RAC Provincial Chapter at no extra cost
1 Professional Membership (as long as the individual meets the RCRT Criteria)	Access to a RAC Provincial Chapter at no extra cost	Full Access to RAC's Newsletter or Magazine	Full Access to RAC's Newsletter or Magazine	Full Access to RAC's Newsletter or Magazine
Full Access to RAC's Newsletter	Full Access to RAC's Newsletter or Magazine	Access to Reflexology products to purchase	Student pricing at RAC Conferences and Workshops	
Access to Reflexology products at discounted rates	Access to Reflexology products at discounted rates	Attend AGM	Attend AGM	
Opportunity to have 1 representative attend the AGM	Attend AGM with a right to vote	Opportunity to serve as a Director	Opportunity to serve as a Director	
Opportunity for 1 representative to serve as a Director	Opportunity to serve as a Director	Opportunity to serve on a RAC Committee	Opportunity to serve on a RAC Committee	
Opportunity to have 1 representative serve on a RAC Committee	Opportunity to serve on a RAC Committee	Access to RAC Member pricing for Car, Home, Health, Pet and Travel Insurance	Access to RAC Member pricing for Car, Home, Health, Pet, Travel and Student Liability Insurance	
Access to RAC Member pricing at Park N' Fly locations across Canada	Access to RAC Member pricing for Liability Insurance	Access to RAC Member pricing at Park N' Fly locations across Canada	Access to RAC Member pricing at Park N' Fly locations across Canada	
Discount pricing on advertising and sponsorship opportunities	Access to RAC Member pricing for Car, Home, Health, Pet and Travel Insurance	Access to RAC Member pricing at Park N' Fly locations across Canada	<i>*student membership does not guarantee that you will meet the criteria for professional membership with RAC upon the completion of your course</i>	

Know Your **Provincial** Representatives

RAC Alberta Chapter

Susan Greer
President
rac.abchapter@reflexologycanada.org

RAC British Columbia Chapter

Peggy Sutherland
President
rac.bcchapter@reflexologycanada.org

RAC Manitoba Chapter

Esther Mark
President
rac.mbchapter@reflexologycanada.org

RAC Nova Scotia Chapter

Donna Jones
President
rac.nschapter@reflexologycanada.org

RAC Ontario Chapter

Nicole Lalonde | Annabelle Menezes
Co-President
rac.onchapter@reflexologycanada.org

RAC Quebec Chapter

Carol Faguy | Diane Thériault
Co-President
rac.quechapter@reflexologycanada.org

RAC Saskatchewan Chapter

Dezirae Reddekopp
President
rac.skchapter@reflexologycanada.org



Indoor Valet Parking

**Come home
to a warm car.**

Reflexology Association
of Canada members
save on every stay.
Use discount code **956607**
to obtain your savings.



www.parknfly.ca



Become an Associate Member

If you are a certified reflexology therapist, who is not practicing, you've moved overseas, you're on maternity leave, you've retired, but you want to stay involved in what's happening in the profession, this membership is for you!

RAC Associate Memberships are open to certified reflexology therapists who are currently not practicing for reward either *financial* or *in kind*.

Associate members receive access to:

- RAC's provincial chapters;
- **Refresh** magazine; and
- RAC National Events,

Membership benefits including group health insurance rates, plus have a lower membership rate!

Associate members, however, are not permitted:

- to be listed on [RAC's online referral directory](#),
- to access RAC's group professional liability insurance through Lackner McLennan,
- use the trademarked RCRT designation after their name.

If this sounds like you, switch today!

Note: if you are practicing, you will not be permitted to become an Associate Member.

Bringing Speakers to Your City

Speakers are a great way to improve and develop your skills as a professional reflexology therapist. There are thousands and thousands of various reflexology and other professional support courses, classes, workshops, and speakers throughout the world.

If you're interested in having a speaker come speak in your city to earn continuing education credits with RAC, you can do so, by following these steps:

1. Approach your provincial chapter to see if there is a membership meeting or event (AGM) that you can invite the speaker to.

It's always best to go through your Chapter to ensure that largest reach of potential attendants. Your Chapter board is also connected with RAC Chapters across the country to advertise an event or workshop.

2. Visit the RAC Accredited Courses page on the website to see if the speaker is accredited.

If the speaker is accredited go to step 5.

3. Ask the speaker to contact RAC so that maximum amount of continuing education credits can be earned.

4. Receive approval.

5. Through your provincial chapter, advertise the workshop or course, and have members (and maybe non-members) register to attend.

All workshops/courses that are facilitated by a RAC provincial chapter receive FREE advertising with RAC.

6. Attend the workshop.

7. Mark that you attended the workshop on your [Continuing Education Log Sheet](#).

For ideas on individuals to invite to your city, or province, please visit: [Accredited Courses](#), to learn more.





Nobody likes exams, well maybe you do, but the vast majority of individuals find them nerve wracking and stressful; however, in the context of the health field, they serve an important purpose for protecting both the public and health care providers.

What is an RCRT Exam?

Why do we need it?

What is an RCRT Exam?

An RCRT Exam is a written and practical exam to assess a reflexology therapist's theoretical knowledge of reflexology as well as their technical and practical skills. It is a general exam. As such, reflexology therapists who were initially trained in a modality outside of foot reflexology, will be eligible to take the exams to become professional therapists of the Reflexology Association of Canada and earn the federally trademarked designation of Registered Canadian Reflexology Therapist or RCRT.

Why is this Important?

The RCRT exam will help to protect the public by enforcing standards that restrict the practice of reflexology therapy to qualified individuals who

have met specific qualifications in education, work experience, and exams.

Registered Canadian Reflexology Therapists are a select group of professionals who adhere to national standards of practice and a code of conduct and ethics set specifically for this profession: **reflexology**.

Not all individuals who train to be reflexology therapists, automatically register with the Reflexology Association of Canada. Thus, it is important for the profession to have exams to maintain a high level of proficiency and skills to protect both the public and ourselves.

Sponsored content

Massage Addict Introduces Reflexology Across Canada

As the country's largest and fastest growing Massage Therapy company, Massage Addict provides over 55,000 high-quality therapeutic massage treatments per month delivered by Registered Massage Therapists. And, after an extremely successful pilot in 15 clinics in 2017, we are pleased to announce that Massage Addict will introduce Reflexology in all 75+ clinics across Canada starting February 26, 2018.

We are very excited about the launch for many reasons. One being that during our pilot we saw the demand for Reflexology growing. Our members were trying Reflexology for the first time and combining it with their monthly treatment plans—sometimes in place of massage and sometimes in addition to it.

Reflexology treatments lends itself well to our membership model. At Massage Addict, members commit to at least one treatment per month at a preferred member price. By adding Reflexology as a therapeutic service, member's can now choose between two great treatment options.

Massage Addict is looking to help Certified Reflexologists (CRs) build a stable clientele. We offer fully equipped treatment rooms with state-of-the-art tables in our serene, modern clinics, fresh linens and towels, and a fully-staffed reception area. Our front desk team handles billing and all other administrative tasks allowing CRs to focus on what they are passionate about: treating clients.

Both RMTs and CRs receive a lot of support from corporate head office, which has expertise in



By Claire Gavin, RMT
Director of Professional
Development,
Massage Addict



marketing, operations, information technology, finance and business leadership. Massage Addict has invested in internal education, specifically around Reflexology, to ensure our front-line staff and clinic franchise owners have the information to be able to share the excitement and talk about the benefits of Reflexology to Massage Addict clients.

In addition to Massage Addict offering a new therapeutic treatment option to our clientele, we are raising awareness of the Reflexology profession and are well on our way to becoming the desired place for Reflexology treatments. If you're interested in working with Canada's largest and fastest growing membership based provider of therapeutic treatments, alongside over 900 like minded health care professionals wanting to help people, this is the place for you!

Founded in 2008, Massage Addict is Canada's largest, fastest growing membership-based Massage Therapy and Reflexology provider. Claire Gavin-Ross, Director of Professional Development for Massage Addict Canada, has been a RMT in Ontario for over 20 years and has completed the RAC training for Reflexology.



Now Hiring Certified Reflexologists in our clinics across Canada! **Join our team!**

- ✓ Positive, fun and professional work environment
- ✓ Competitive compensation
- ✓ Work with a team of health care professionals
- ✓ Flexible scheduling opportunities

Join our team of like-minded professionals who are improving the health of Canadians through the benefits of massage therapy and reflexology. We'll focus on filling your schedule with as many clients as you want to treat and all the in-clinic support you'll need. You'll focus on providing the very best treatment while earning an attractive, predictable income. Massage Addict is Canada's largest, fastest growing membership-based Massage Therapy and Reflexology provider with over 75 clinics.

Submit resumes to careers@massageaddict.ca



Massage Addict

MassageAddict.ca



How to Keep Your Hands Strong



By: Karin Finkel, RAC
Membership and Outreach
Coordinator | Licensed Canadian
Reflexology Teacher



“
Here are some awesome stretches to help keep your Reflexology hands (arms and shoulders too) strong while reminding you of your posture; so important!
”

These stretches are good to use before/ after/ and in between clients.

1. Extend both arms straight out in front of you.
2. Extend your wrists and fingers back (as if directing traffic to stop).
3. Hold this position for 5 seconds.
4. Now straighten your wrists and relax your fingers.
5. With your arms still straight out in front of you, keep your wrists straight, make a fist, and squeeze it tightly.
6. Hold this position for 5 seconds.
7. Keep your fists clenched and bend your wrists down.
8. Hold this position for 5 seconds.
9. Straighten both wrists and relax your fingers
10. Repeat 9 more times!

One more.....

Spider Stretch

1. Start with your hands together in prayer position.
2. Spread fingers apart as far you can, then “steeple” the fingers by separating palms of hands, but keeping fingers together.

This stretches the palmar fascia, carpal tunnel structures and median nerve.

Remember - keep well hydrated and have healthy snacks handy :)

Referrals within the Reflexology Community



**By: Gloria Laing
RCRT, MARR**

As bright spotlights are being put on Complementary Therapies and an increasing number of people are turning to natural solutions for their diseases, it becomes exponentially more important that Therapists and Associations continue to increase their education levels within their representative therapy.

In recent years, a new breed of Reflexology Therapist has begun to emerge in Canada. One

who is keen to make Reflexology their career and is committed to bringing Reflexology up into the ranks of highly respected therapies like Massage Therapy and Acupuncture. This therapist has spent countless hours beyond the Basic Foot Reflexology course they took in the beginning, researching on the internet, reading book after book, even taking further organized learnings such as Meridian Study. They likely have a website for their business, they have taken some sort of Professionalism workshop

or are drawing from previous work experience, they have a clean and aesthetically pleasing treatment room that is a private and safe place for their clients to discuss their 3 levels of health, and they most likely have a charting system of some sort from which they can track and learn what works for their client and what does not.

And further to this new professional Reflexology Therapist, some Reflexology Therapists are choosing to specialize in a particular area, such as ADHD, PTSD, Palliative, Cancer Care, Fertility & Maternity, etc. They are seeking out highly proven Continued Education courses, at no small cost or convenience, so that they can more effectively work with clients who present with specific symptoms to expedite their healing processes, which once again brings Reflexology into a more positive light and into more a more respected standing in the Complementary Therapies Community.

Much like in the world of Conventional Medicine, the General Practitioner plays a vital and effective role in the first line of defense for health and wellness. However, once the patient is out of their scope of practice, they refer on to Oncology, Psychology, and Obstetrics and Gynecology. It just makes ethical sense to work in the client's best interest and protect the practitioner from any liability issues.

As Specializing in Reflexology in Canada becomes more commonplace, it will require General Practitioners to consider whether they are the therapist who is best equipped to deal with the symptoms their client is presenting with, or whether their client might be better served by a Reflexology Therapist who has trained in the most up-to-date and specific protocols for those symptoms. If we want to be recognized as a serious Therapy with professional therapists, we may need to set certain boundaries and if we do not fall within those boundaries we refer on, so that the client and our professionalism as therapists are protected.

This exciting new option of referring within the Reflexology Community allows us as a community to treat our clients more effectively and efficiently while reinforcing the efficacy of Reflexology to those who may be looking at our therapy closely and deciding whether they are going to take Reflexology seriously, or not.



For a list of Reflexology Therapists with Specialties in your area, contact your local RAC Chapter.

"Gloria entered the world of Reflexology in 2012 after leaving her career as an Administrative Assistant to a team of Midwives in SE Manitoba. Innately drawn to the world of Women's Health, Fertility and Maternity, Gloria sought out Continued Education Courses and did vigorous self-study work in these specialties, and has been happily able to help numerous families to a successful result in their fertility journey as well as walk alongside them through Maternity and Birth as a Birth Support Reflexologist. Gloria is an RCRT and Member in good standing with the Reflexology Association of Canada and the Association of Reproductive Reflexologists. Gloria has a thriving Reflexology Practice in Landmark Manitoba. You can read more at www.glorialaing.com"

Myth Busters:

Continuing Education Program

The Continuing Education Program is an important part of being a Professional Member of RAC. As Professionals, it is important to keep up with what is new in the profession, and continually improve your skills, and your knowledge.

In short, continuing education are events, workshops, activities, or other actions that you do to improve your theoretical and practical skills as a therapist.

Over the years, RAC has made some changes to the continuing education program in order to make it more accessible for all of our Professional Members. Whether you are a part-time or full time therapist, it is important to participate in the Continuing Education Program. Whether you live in a bustling urban centre or a remote rural town, there are a variety of options and opportunities for you to participate in to gain all 30 CEU credits needed to complete your log sheet!

First let's review a few of the myths that are out there about the program:

Myths of the RAC Continuing Education Program:

Myth #1 - RAC Foot Course is worth any CEU credits;

If this is the course that you took to certify, the

answer is no; however, starting in Fall 2018, if you were initially certified in another modality of reflexology (such as ear or face), you may take a foot reflexology course for continuing education credits.

Myth #2 - Having liability and malpractice insurance is worth CEU credits;

Liability Insurance is a necessary component of being a professional in a health industry in Canada. There is no additional learning by purchasing it.

Myth #3 - Your RAC membership is worth CEU credits.

All prerequisites for becoming a professional member with RAC including joining the Continuing Education Program are not worth CEU credits.

Myth #4 - The program is too expensive.

We have created a chart called "18 Inexpensive Ways to Receive CEU Credits." For each of these options you will spend very little to no money at all earning your CEUs! Some examples are volunteering on a RAC Board or Working Group, participating in a reflexology webinar, reading books that assist you in your practice, or completing Case Studies of your clients. For books and Case Study you will need to complete the appropriate CEU forms to be able to provide proof of completion.

Myth #5 - The only way to get credits is to go to RAC conferences or courses.

This is not true; RAC's Continuing Education Program is quite comprehensive and includes many more events/courses, etc. For now...

- **Category 1** does include all RAC events (including all Chapter events) or workshops.

- **Category 2** includes all other reflexology courses, and activities that have not been evaluated by RAC. Basically, it is any other reflexology event you participate in that RAC did not set up. This category

also includes any presentations you may do.

- **Category 3** includes courses, books, videos that are not specifically related to reflexology, but are still health or business related.

Myth #6 - Handing out gift certificates or hanging out posters is worth CEU credits.

- These are ways to promote your business and are excellent ways to help build your business, but they are not ways of continuing your education.

Myth #7 - RAC will keep track of my credits, so I do not have to.

- There is no way RAC can keep up with the thousands of members who are a part of this program, but we are working at making it easier and easier for you to keep track. You can log onto your online profile any time to check where you are with your credits.

Myth #8 - I do not have to worry about completing the log sheet as it does not affect my membership.

- Yes, it does. If you do not complete your log sheet on time then you will be listed as a member who is "Not in Good Standing," which means you will be removed from the referral section on the RAC website, nor will RAC Head Office verify your membership when contacted by an insurance firm or other outside organization.

The most popular ways to gain CEUs are going to conferences and taking courses, but hopefully you can now see that if you are not looking to invest a lot of money are many options for you.

We hope that you now understand of this diverse program. It really does have you in mind, no matter your level of practice.

RAC's Continuing Education Program turns 10 years old in 2018!

Integrative Medicine and Reflexology. **A Case Study**



By: Sajida Amin, RCRT

A young girl, age 21, from the University of Ottawa came to see me, having Depression. She was also suffering from severe panic attacks. Most of the time, her anxiety was so severe, she could not handle having people around her and she was struggling to work on group assignments. I started her treatment as a homeopath and gave her medication according to her symptoms. I also began reflexology treatments on her related to her condition. I used to refer my patients to reflexology therapists because I believe both go hand in hand and reflexology helps in accelerating one's recovery. I have done reflexology by myself, so I can help people with both natural ways. Both works on persons resisting power.

The results were amazing! The young girl found a new girl in herself. She could not believe that she

could now handle group studies. All her anxiety was gone within a two-month period and her grades went up. She was taken off the medication gradually and she still receives reflexology just to rejuvenate her nervous system once a month.

I highly recommend reflexology work along with tradition medicines for best and timely recovery.

Sajida Amin has been a Homeopath path since 2002. She became a reflexology therapist to further help her patients. All the expertise she has amassed to help humans maintain their natural health by increasing their resisting power to the level needed to keep them as healthy as they were born with.



Lifting the Sky Exercise

From: Permelia Parham
Practitioner, Vibrational Healing
www.vibrationalhealing.ca

This exercise is great for building your energy! It helps to increase your chi and also helps to give you better grounding, alignment and a calm, alert mind. You can do this exercise any time – it's a great practice to bring into your daily routine. It's very quick to do and requires no "gear" whatsoever... and can be done just about anywhere!

Here it is:

Stand with your feet approx. shoulder-width apart and your arms at your sides. Take a few deep breaths into your belly to start before beginning the first series – you can also close your eyes if you would like to while taking these deep breaths to go inward and take a break from the sensory world received through your eyes. The full exercise can be done with eyes open or closed.

On an in-breath, bring your arms up towards your diaphragm (elbows bent, palms facing up with fingers

almost touching). Hold your breath for a moment and then turn palm over so they are facing down, breathe out slowly while your hands slowly push down toward the earth (arms straightening in a relaxed way with elbows slightly bent and wrists bent so that hands face the earth, fingers close to touching).

Once your breath is released, keep this position and pause a moment. Then begin the in-breath as your arms slowly make an arch out in front of you until they reach the top where your hands are now facing the sky with your fingers almost touching. If your eyes are open have your gaze facing directly out and angled up slightly – but not facing your hands so your neck would be craned back. Again pause here a moment between breaths with your hands facing the sky.

Then with the out-breath let your arms

slowly stretch outwards coming down to your sides, hands relaxed. Take a pause and begin the process again.

Do this at least 3 times from earth to sky (series of moves as above). **Note:** you can do this exercise 12-20 times... or even more, virtually anywhere and as often as you like!

ENJOY!

The 'Lifting the Sky' exercise is from the Chi Gong (Qigong) tradition ~ as is Bio-Energy Healing and was given to me by Bio-Energy Healing practitioner, Shari Dunnet (www.lightbodyhealingworks.com).

What's the difference?



Certification

is the process of when a certification body (school, course provider, training facility etc.) issues a certificate proving that an individual is compliant with a specific standard. Usually, to become certified, an individual must meet eligibility requirements and pass an exam.

Certification occurs upon the passing of your exams when you first become a reflexology therapist.

Registration

Is when a certification is registered with a professional body. Registration occurs when you become a Professional Member of the Reflexology Association of Canada and are issued your 5-digit Registered Canadian Reflexology Therapist (RCRT) number.

The goal of registration is to ensure that the individuals have the minimal degree of competency necessary to ensure that public health and safety are protected.

To become registered, one usually has to meet eligibility requirements and pass an assessment that covers a broad range of knowledge and skills, usually at the entry level (i.e. the The upcoming RCRT exams).



Thank you Sherri

We would like to take this opportunity to appreciate years of services of Sherri G. Wilkins. For over 10 years, she has consistently given her best to bring success to RAC. We greatly appreciate and thank her for her years of efforts and commitment to our mission. We wish her all the best in her future endeavours.

Highlights from 2017

1

Hosted a very successful fully bilingual Conference- *Reflexology: A Healing Art to Discover* in Montreal in May 2017- created awareness and brought members and other organisations across Canada to discuss the future of Reflexology in Canada.

2

Updated RAC By-Laws (allowing all Reflexology Students from any institution to be able to become a student member of RAC; we added other membership categories and more!)

3

Updated our website. You can now find [research about Reflexology](#), information on all modalities of reflexology, to update your own online profile, to renew your membership and pay, etc. and soon to shop!

4

An upgrade of your RCRT pin not only to show your professionalism but also your commitment to our Association. Order one today!

5

[Trademarked and updated the RCRT™](#) logo for our professionals to use to better promote their business (in both official languages).

6

Continued to provide inexpensive ways to earn CEU credits and offer webinars.

7

Expanded our presence across more social platforms - please joins us!

8

Updated Foot Methodology – Refresh your skills. You can order a laminated copy.

9

New group health insurance option: Check out all your [member benefits](#).

10

Updated our Standards of Practice! You can review them on the [website](#).



Reflexology Association of Canada

www.reflexologycanada.org



OUR OFFICE

165B Garry Street
Winnipeg, MB R3C 1G7



OUR EMAIL

info@reflexologycanada.org



OUR PHONE

(204) 477-4909
Toll-Free: 1-877-RAC-FEET

Follow us @ReflexologyCanada

