

Refresh

THE REFLEXOLOGY MAGAZINE

Volume 1, Issue 2

RAC Chooses Halifax



REFLEXOLOGY
CONFERENCE 2019

Adding Tools to Your Toolkit
April 26–28, 2019

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Reflexology Conference yet.

Ask the Executive Director

RAC – A membership driven organization run by its members for its members.

RAC's Executive Director is here for you!

We are starting a new section, where members (and the public) can submit questions and in each issue of **Refresh** one question and answer will be shared.

You can submit your questions here: newsletter@reflexologycanada.org and have them featured in the next edition of **Refresh**.

WORLD REFLEXOLOGY WEEK 2018

You Deserve Reflexology:
Find your therapist
SEPTEMBER 24-30 2018

RAC co-founded the International Council of Reflexologists, which in collaboration with other international organizations agreed to dedicate the third full week of September to reflexology awareness. World Reflexology Week is dedicated to promoting reflexology around the world.

Each organization has its own theme, take, and goals; however, one thing that we have in common is the desire to bring awareness.

Use the Hashtags - #WRW2018
#worldreflexologyweek #reflexologycanada



■ Letter from Head Office

What's new with RAC?

Dear Members,

We are pleased to share with you the second issue of *Refresh* - the Reflexology Association of Canada's reflexology magazine.

In this issue, you can find a recap of our 2018 AGM & Workshop Day, news of our 2019 International Conference and additional information that's relevant for reflexology therapists.

As a fast-growing industry, we want to take this opportunity to welcome those who are new to the RAC family and refresh those who may not know how this Association is structured.

RAC is a not-for-profit membership driven organization with its head office in Winnipeg, Manitoba. We are the largest professional association of reflexology therapists in Canada and the oldest national reflexology association in the world! RAC has members and provincial chapters across Canada, but our reputation also goes beyond – we have members in Singapore, Egypt, Jamaica, South Africa, Germany, etc.

We represent therapists from across Canada. We have provincial chapters located in seven (7) provinces (Alberta, British Columbia, Manitoba, Nova Scotia, Ontario, Quebec and Saskatchewan) to help connect therapists, provide mentoring, networking and continuing education opportunities. Our chapters are not separate from RAC Head Office, but an extension of it.

Reflexology is a self-regulatory profession. To protect the public and the credibility of this profession, the Association registers professional reflexology therapists and ensures that they operate within a defined standards of practice and abide by our code of conduct and ethics.

The development of the Association, however, is membership driven. Every year we have an annual general meeting (AGM) as required by the federal not-for-profit Act. This meeting is FREE for all members in good standing to attend. Since we have members across Canada, we try to rotate the meeting location every year. We usually host a workshop day or conference, to provide members who are travelling in for the meeting with additional learning opportunities. There are fees for these additional activities.

We are pleased to share that our 2019 AGM and Conference will be held in beautiful Halifax, NS. Refresh your reflexology skills, learn new ones, and exchange and meet with your fellow reflexology therapists.

This is your Association! Get involved in your Chapter. Join a Working Group. Write for *Refresh*. Join us for the 2019 *Adding Tools to your Toolkit: Being a Well-Rounded Therapist* conference.

Have an awesome summer. We have some amazing opportunities for you in Fall 2018 – so, stay tuned!

We hope to connect with you in the fall.



Thank you Saskatoon!

Around 120 therapists from across Canada gathered in Saskatoon, SK from May 4–5, 2018 for RAC's 42nd Annual General Meeting and Workshop Day.





Marakary Bayo, RAC's Executive Director explains, "you are no longer required to take a foot course before becoming a professional member of the association. With our new By-Laws, individuals who are certified in facial or ear reflexology

(without foot reflexology) for example can become professional members. So, there's a path for them to join our RAC family. We're currently implementing these measures, and this will translate into increasing our membership."



A special thank you to Batya Piness for over 6 years of service and contribution on the RAC National Board of Directors

Here are the new board members.



Mary Jardine
Ontario



Dawn Whittick
British Columbia



Karen Bandy
Alberta



Baye Allé Babou
Quebec



Annabelle Menezes
Ontario



Sherry Donovan
Nova Scotia



Stephanie Miehé
Quebec

Picking Up Steam Workshop Day Recap



This celebration was about so much more than 42 years. It is about the successes we have met as a family. The synergy we have found.

The barriers we have knocked down and the opportunities that we have build-up, but more than that, it's not about looking back, but looking forward to the next 5, 10, 30, 50 years and the successes that we want to ensure going forward.

Thank you RAC Members!



Amanda Proznik, Doctor of Natural Medicine and fellow RCRT, explained the benefits of self-reflexology and the importance of maintaining one's own health and well-being as a therapist (including how you structure your business to ensure good health.)



Therapists were inspired by Dr. Michael Epstein on how to craft an elevator pitch to explain what is reflexology? And to learn the languages of both healing and science to be able to talk to a larger audience.



Watch out Instagram! RAC therapists are coming after attendees worked with Katie Dempsey on crafting the right social media presence to attract and engage with current and potential clients.

AGM Award Recipients

Outstanding Teacher of the Year



Calynda Triffo
SK

Outstanding Volunteer of the Year



Mary Jardine
ON

Chapter Volunteer of the Year



Annabelle Menezes
ON

Certificate of Recognition



Kathryn Gutheil
MB



Why do we have RAC Chapters?

RAC Chapters connect members to other RAC therapists for mentorship as well as encourage continual professional development and active participation in RAC's Continuing Education Program.

RAC is a national organization. In order to better support our members and to be more effective, as health care is primarily a provincial government responsibility; RAC has established seven provincial chapters across the country, in: Alberta, British Columbia, Manitoba, Nova Scotia, Ontario, Quebec, and Saskatchewan.

Each Provincial Chapter is run by a volunteer board between five and nine directors including a President, Secretary, Membership Coordinator, and Treasurer.

The main goal of a RAC Chapter is to promote networking and educational events in the province where the chapter exists. RAC Head Office

is solely responsible for business development, advocacy, partnerships, brand recognition, etc. of the Reflexology Association of Canada. RAC Chapters play an important role in the implementation of the national strategic vision by identifying potential provincial partners, ensuring that professional standards are being followed by the membership, and assisting in creating awareness and retaining professional members of the reflexology community.

Membership in a RAC Chapter is included in RAC members national membership fees. All RAC members automatically belong to the provincial chapter in which they reside. RAC members who live in a province or

territory where a RAC Chapter does not exist have the opportunity to choose a provincial chapter to belong to and/or receive correspondence from.

RAC Chapters continue to expand and flourish. Many smaller group of therapists are forming within Chapters as members see the value in working alongside fellow reflexology therapists in specific regions, towns, and cities to promote reflexology.

If you have any feedback or comments regarding your chapter, please do not hesitate to reach out to:

RAC's Head Office

rac.chapters@reflexologycanada.org



The purpose of each RAC Chapter shall be to promote Reflexology within its province, territory or region through:

- (a) The organization of seminars and workshops;
- (b) Creating provincial reflexology awareness;
- (c) Offering continuing education;
- (d) Participating in local health fairs;
- (e) Providing and encouraging opportunities for networking;
- (f) Supporting and promoting regulations, requirements and endeavours of the Association.



Ethics and Disciplinary Procedures

Becoming a Registered Canadian Reflexology Therapist (RCRT™) means that you adhere to the Reflexology Association of Canada's Standards of Practice and Code of Conduct and Ethics, both of which are available for reference on the RAC website.



These standards and codes are in place to ensure excellence in the profession of reflexology as well as to protect the public. Indeed, they are a form of quality control – necessary when dealing with insurance firms and other official bodies.

Since reflexology therapists deal with the public, from time to time, complaints may arise. The Reflexology Association of Canada has put in place ethical and disciplinary procedures to assist both the Association and therapists in navigating such complaints and to protect the public and the profession should unprofessional conduct be found.

You can obtain the full procedures by contacting RAC's Head Office at info@reflexologycanada.org.

What is Unprofessional Conduct?

"Unprofessional Conduct" includes, but are not limited to any of the following, whether or not it is disgraceful or dishonourable.

- 1.** Displaying a lack of knowledge or lack of skill or judgment in the provision of professional services;
- 2.** Contravention of a code of ethics or standards of practice;
- 3.** Contravention of an enactment that applies to the profession;
- 4.** Representing or holding out that a person was a member of the RAC and in good standing while the person's registration or membership was suspended or cancelled;
- 5.** Failure or refusal to comply with the requirements of a continuing competence program
- 6.** Conduct that harms the integrity of the profession.

~Part I, Definitions, Ethics and Disciplinary Procedures, Reflexology Association of Canada, 2004

Here is a short breakdown of RAC's disciplinary procedures:



File the complaint

Individuals or groups who have a complaint against an RCRT need to submit this complaint to RAC in writing for the Association to be able to deal with the issue in a thorough and fair manner.

Complaints can be filed online here: [File a Complaint](#) or in writing to info@reflexologycanada.org

**STEP
01**

**STEP
02**

RAC receives the complaint

Once a complaint has been received by RAC Head Office, the Association's Disciplinary Procedures start.

Within 30 days of receiving the complaint or treating information as a complaint, the Executive Director will inform the therapist that a complaint has been received.

Review Process

The Executive Director will establish a complaint resolution process with the complainant and the therapist including establishing an investigation, a committee, a hearing etc.

The complainant and the therapist will agree on the proposed process.

**STEP
03**

**STEP
04**

Investigation

If an investigation is to be conducted, the designated investigator may investigate matters that are related to the conduct of the investigated person that could give rise to a finding of unprofessional conduct.

Settlement

The investigation, committee or hearing may decide that a complaint is or is not unprofessional conduct. The therapist may or may not need to pay a fine, or complete an additional task (including additional education) to guard against future misconduct.

The Association may publish, in accordance with the by-laws, information respecting a complaint and a ratified settlement but may reveal the identity of the therapist.

**STEP
05**

The Influences of Being Touched



by Donovan LoForte

What is it like to touch and be touched?

I am a person living with HIV now for 29 years.

It was 18 years ago when I survived non-Hodgkin's Lymphoma. It was during that time when I realized the influences that touch had on me. Specifically, when I had a 20 day migraine related to the chemotherapy procedure. It was through tears that I sought out my friends and family to rub my feet. It was the only thing that could bring my pain from a 15/10 to a 3/10. As well, during that time I sought out therapeutic care on a weekly basis. I cried many times during my

sessions. But afterwards I felt relaxed, relieved and enlightened. I am very thankful for those times.

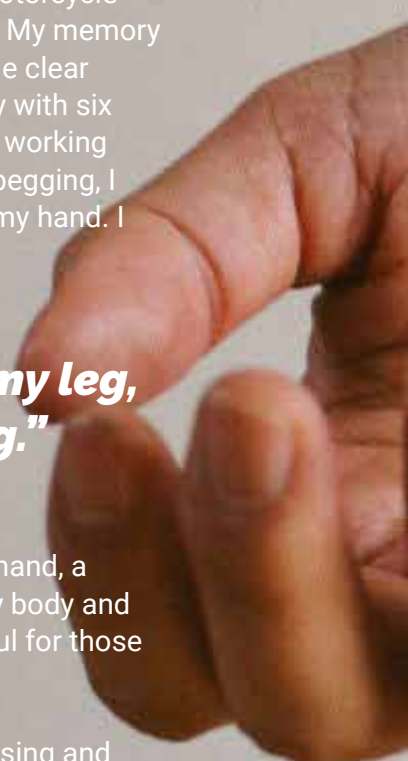
On the fourth-to-last day of a six-month volunteer trip to Guatemala, 14 years ago, I was in a debilitating motorcycle accident. A kind policeman offered to give me a ride back to my home that evening on his motorcycle and we were t-boned by a taxicab. My memory from then on is a busy one. But one clear memory I have is lying on a gurney with six or seven healthcare professionals working on me. Through strained tears of begging, I reached out for someone to hold my hand. I was terrified.


"Help me, the pain, my leg, help me, pain, my leg."

The moment a caregiver took my hand, a rush of empathy and love filled my body and I knew, I would be OK. I am thankful for those caregivers.

Through the following years in nursing and therapeutic care as a reflexology therapist, I realized not only the influences of being touched, but the influences of touching.

The clients I see are wonderful people. They come in with a wide variety of reasons for seeking out therapeutic care and many of them have never received therapeutic care before.





Either excited to receive a treatment or anxious about the process, within minutes of being on my table, I experience the noticeable pleasant sigh of relief from my clients. Within 15 minutes, my clients often give that sigh of, "connection," that same connection I felt after my accident. Throughout my care sessions, my hands never leave my client's body. Being connected through touch involves sharing and trust. The sharing of caring touch, energy and perhaps conversation and the trust we build allow my clients to find wellness.

At the end of my reflexology sessions, 90% of my clients often utter the words, "Oh, it feels like I'm walking on a cloud!" I strongly believe that happiness in your mind and spirit is a strong weapon for disease. The happiness I receive from my clients' happiness gives me the energy to continue spreading happiness throughout the day. The clients I have the honour of sharing touch with almost always return. I am thankful for these times.

Reflexology is the application of touch and pressure on reflex points in the feet, ears and hands that correspond to every organ, gland and part of the body. Through this application, Reflexology relieves tension, improves circulation, decreases blood pressure, promotes natural body functions and makes us feel wonderful.

So it's those days when I go to work not looking 100%, that they graciously offer me to take the time off to feel better. For me, to touch someone with care, and to share that care is enough therapy to bring me back up. Aside from the fact that while I am activating reflexes on my client's feet, their feet are activating reflexes in my hands and in turn I receive a treatment as well. I am thankful for these times.

By the end of a session, both my client and I have received the benefits of the influences of being touched. We are happier, lighter, and well people. We've built a trust and a path to wellness. I am thankful for these times.

Donavan LoForte is a Nurse and a Reflexology Therapist who practices mostly at the Toronto People with AIDS Foundation and other AIDS service organizations. His Reflexology practice is all-inclusive, all ages with roughly 70% men and 30% women; although he works with all demographics, his focus is with individuals living with HIV.



The best international reflexology conference yet.

You don't want to miss!

Join us in beautiful Halifax, NS for RAC's 2019 International Reflexology Conference—***Adding Tools to your Toolkit: Being a Well-Rounded Therapist***—from April 26–28, 2019.

There will be up to 8 different seminar speakers, 2 panel discussions, 1 Gala Dinner, and a whole lot of fun! We are bringing speakers who are knowledgeable on the supplementary topics, skills, and methods

that reflexology therapists (and therapists in general) should have.

Attendees of this conference will leave with key practical tools to enhance their practices and their interactions with their clients. We would also like to facilitate networking opportunities with other therapists, associations and schools, especially in Atlantic Canada.



Open to all knowledge seekers!

**RAC Members receive at
least \$100.00 off the regular
conference pricing.**

There will be one (1) pre-conference workshop and three (3) post-conference workshops.

April 25, 2019

- Finger Free® Reflexology

April 29–30, 2019

- Solestry: The Art of Foot Reading
- Orthopedic Reflexology
- Ayurvedic Reflexology SMART 1 (for the FEET)

All workshops are the same per day price. You can only choose one post-conference workshop (as they are all running at the same time), so choose wisely!



reflexologyconference2019.com



Seren

Natural Fertility

If you are a
Reflexology
therapist who
has a passion for
helping couples
try to conceive
and would like to
transform your
practice...

Reproflexology
Training is the
course for you.

For more information visit:
www.serennaturalfertility.co.uk



Seren Natural Fertility Award winning Reproflexology™ Reflexology for Fertility



by Barbara Scott

I am absolutely delighted to have been asked to bring Reproflexology™ training to Canada and thought you might like to know a little more of what it is and how it works before making a decision as to whether to join us.

Reproflexology™ is a form of integrative medicine designed to support both men and women with reproductive conditions and/or fertility issues. Globally, there are now an estimated 1 in 6 couples who experience difficulties of some kind when trying to get pregnant, and sadly, this is getting worse rather than better. Male fertility, in particular has declined by a massive 50% over a 25 year period, and this decline in male fertility health is continuing.

I started teaching this course in 2007 after developing a range of evidenced based protocols designed to support every stage of the fertility journey for both men and women. I have been fortunate to work with many hundreds of clients who have allowed me to share their journeys and develop my skills. In 2011, I formed the Association of Reproductive Reflexologists, which allowed us to do a number of things:

1. Continue to keep our skills up-to-date via organized lectures.
2. Carry out a data collection to see how effective our work was.
3. Develop collaborations with the medical professionals involved in client care.

4. Support our practitioners when they meet complex cases.

5. Promote our fully trained practitioners as the gold standard of Reproductive Reflexologists.

I am extremely pleased to say that we have achieved all of these things. We regularly have speakers from the medical professions at our lecture days, including Fertility Nurses, Professors of Reproductive Medicine, Andrologists and Embryologists. We attend the Fertility Shows in Manchester and London to promote our practitioners and network with other professionals.

Our data, among many other things, showed a 68% success rate across the board and a doubling of the success rates with IVF.

The course covers all that you need to know to help you to develop an integrative practice and to support male and female clients both pre-conceptually and through all forms of assisted conception.

Part 1 The Pre-Conceptual Care Program

- Introduction to Reproflexology™
- Information gathering – client questionnaire
- Understanding the menstrual cycle
- Lifecycle of a sperm cell
- Ovulation – timing and anomalies
- What affects our fertility – causes and diseases
- Diagnostic tools – orthodox and complementary

- Diet and Nutrition and its role
- Endocrine and reproductive balancing
- Chakra balancing
- Tools and Techniques

Part 2 The Assisted Conception Program

- Diagnostic Testing
- Emotional Aspects to Consider
- Clomid
- Intrauterine Insemination
- In Vitro Fertilisation
- Intracytoplasmic Sperm Injection
- Reflexology and its Role
- When to Treat and when NOT to Treat
- Schedule of Treatments
- Tools and Techniques

In 2016, my book 'Reflexology for Fertility' was published by Watkins Books and amazingly has reached No 1 on the Amazon Best Seller list twice during this time.

In 2017, my work in the field of Reproductive Reflexology was recognised by the Federation of Holistic Therapists in the UK and I was presented with The Complementary Therapist of Year Award.

If you do have any questions or would like to book a place on our courses, please visit:

**www.serennaturalfertility.co.uk
www.reproductivereflexologists.org**

Email: laura.serentraining@gmail.com

REFLEXOLOGY

A CASE STUDY



By: Deeksha (Dede) Chandrashekhar, RCRT

In May 2017, one of my uncles was diagnosed with Parkinson's. Outwardly, one could see him slowing down. He developed a blank expression on his face, slow reaction time, rigidity, and swelling in his lower limbs.

A little about him now: He is 78 years old, retired, and has led a sedentary life style. He also has a very positive approach to life and is always happy.

Deeksha (Dede) Chandrashekhar comes from the land of holistic healing (India). She grew up using herbs and spices to heal oneself was introduced to acupressure, which she used to heal herself from her Colitis symptoms.

After this experience, she decided to learn Reflexology and became a Registered Canadian Reflexology Therapist with the Reflexology Association of Canada, in order to help others with their stress, both mental and physical.

Dede currently works for the City of Edmonton during the day and dedicates her evening and weekends to Reflexology. She absolutely enjoys working on people's feet.

After his diagnosis, I asked if he would be willing to give Reflexology a try. Given his current state, he was more than happy to do so. We started doing Reflexology in the month of November, twice a week, - he took a break for a month in December, since he was travelling to Montreal - and then we resumed back in January 2018.

There is a marked difference in him after four months of therapy. He is quite alert now, is able to easily remove and wear his jacket, shoes etc. The swelling from his lower limbs has completely gone, and so has the rigidity. Since he had a slow reaction time, he was advised not to drive, but just last week he took a driving test and was given the good news, that he is fit to drive. It was the happiest moment of his life.

Besides Reflexology, he also gets regular massages and goes for exercises twice a week.

Reflexology really does work wonders!!!!
Try it and see for yourself.



Upcoming Webinars

■ What is the Continuing Education Program?

Monday, June 26, 2018

Webinar just for you - Ask all your CE related questions

■ PRO-RATING 2019: Who, What, Where, When and How

Tuesday, September 4, 2018

Step by Step instruction on 2019's renewal process

■ Continuing Education Program Guidelines

October 2018

What are the new guidelines? How can I effectively complete my continuing education requirements

■ Fireside chat with Marakary

Monday, December 17, 2018

State of the Association

Webinar information and registration will be posted on RAC's website: Webinars

Once a new webinar has been posted, you can register to participate by either video or audio conference.

Stay tuned for the following webinars:

- LEAGUE - gateway to new clients
- Social media for health care practitioners - Part II
- Unpacking the 2017 Foot Routine
- Auriculotherapy and Auriculomedicine Levels 1-3 - Taster
- Myoskeletal Reflexology

And much more!



Use the power of RAC to promote your business

Advertise with RAC

The Reflexology Association of Canada offers a wide variety of platforms for reflexology course providers, suppliers and others in the industry to connect with a large audience.

Don't know what to choose?

Let us design a campaign and strategy just for you. Contact us
www.reflexologycanada.org





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