



NEWSLETTER

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FORUM MEMBERS

- Association of Reflexologists
- British Reflexology Association
- British Association of Beauty Therapy and Cosmetology
- Centre for Clinical Reflexology
- Complementary Therapists Association
- International Federation of Reflexologists
- International Institute of Reflexology (UK)
- Northern Ireland Reflexologists' Institute
- Professional Association of Clinical Therapists
- Scottish Institute of Reflexology

MEET THE TEAM

Renée Tanner



What is your role in the Reflexology Forum?

Secretary

When did you first practice Reflexology?

1963

How did you first become interested in Reflexology?

I was interested in 'natural health' since my childhood but my interest in Reflexology was primarily raised by meeting a Chinese Foot Therapist.

What do you see as the major challenge facing Reflexology at the moment?

Acceptance of Reflexology by the orthodox medical profession although getting better is still a major hurdle to cross.

What do you like best about working with the Reflexology Forum?

The positive and supportive attitude of the representatives around the table makes the size of the task ahead seem less daunting.

LAY REPRESENTATION

The Reflexology Forum is seeking two Voluntary Lay Members. Details on position requirements and applications are available from:

info@ReflexologyForum.org

HEARD OF THIS?

PALATAL MYOCLONUS

It is also known as "palatal Tremor". This condition causes oscillations of the soft palate which then cause many symptoms from clicking in the ear (caused by opening and closing of the Eustachian tube).

Some interesting facts to note are that many sufferers are diabetic, may have a history of psychological problems or severe infections at some stage in their lives or may have been affected by anaesthetics. Reported cases are that it affects older people rather than the young. Another reason which makes this miserable condition complex is that there seems to be a latency between the event and the onset of presenting symptoms.

The causes can be very complex. Suggestions are that it is due to lesions either in the brain stem or brain/central nervous system pathways. And the Jury is out as to whether this is a form of epilepsy or is caused by head injuries, trauma, difficult birth, dental problems. Sometimes triggered by noise, light, movement, even sleep. A hiccup is said to be a mild example.

Whilst symptoms mostly affect the face and head, severe cases can also affect and involve the pharynx, larynx, facial, eye and respiratory muscles, in fact the entire body. Other symptoms include losing voice, dizziness, falling over, hearing noises, slurred speech, reflux problems and raised cholesterol.

The medical profession often have no answers apart from heavy sedating drugs to reduce the tremors. Consideration should be given to amalgam fillings, vaccinations and gluten intolerance.

WHERE WE'RE AT

The Reflexology Forum (RF) was formed in 1999 by 10 Reflexology Associations within the United Kingdom. (AoR, BAPTAC, BRA, CAR, CThA, IFR, IIR, NIRI, PACT, SIR).

The main aim of the RF is to bring together all organisations concerned in the training and development of Reflexologists in the UK. Through that aim, it has been able to develop acknowledged standards and a core curriculum in Reflexology. Thus ensuring safety of the public and reassuring other professionals that all Reflexologists are trained to the same basic standard and qualification.

The RF is in the process of developing a common language across all the organisations for Continuing Professional Development (CPD). This will mean that Reflexologists may study for additional skills with any Reflexology organisation who is a member of the RF and earn CPD points. Nationally recognised standards will also facilitate links to mainstream healthcare which, in turn will benefit the public.

All the above work by the Education and Training Sub Committee is nearing completion and planned for publication later this year or early in 2006.

There are a number of other sub committees working to fulfil the aims of the RF. The PR Group are currently in the throes of updating and optimising the website to ensure maximum publicity for Reflexology and Reflexologists. In particular for therapists planning projects for World Reflexology Week.

Whether searching for information on training, research or what else is occurring throughout the world, in Reflexology; through the media database, it is envisaged that the RF website will become the definitive source for information relating to Reflexology for the public, media, Reflexologists and other professionals.

The Regulation Sub Committee is currently examining the most viable options pertaining directly or indirectly to the regulation of Reflexology. The members of that group have more recently been working closely with the Funding Group in order to secure sizeable grants in furtherance of the regulatory process. The RF is the only Voluntary Self Regulatory Group to secure external funding so far.

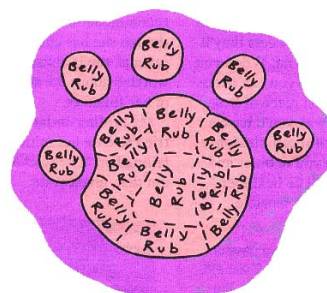
PAWS FOR THOUGHT

Three legged dog goes into a bar
 "I'm looking for the man who shot my paw"

WORLD REFLEXOLOGY WEEK

Are you holding a special event to highlight World Reflexology Week?
 The Reflexology Forum would be pleased to receive information about upcoming events and photographs of past events to promote our therapy to the media and public.

PAWS FOR THOUGHT



Dog Reflexology