



# 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

### Edith Maskell

#### What is your role in the Reflexology Forum?

Treasurer

#### When did you qualify in Reflexology?

1996

#### How did you first become interested in Reflexology?

I have been interested in complementary health generally for over 30 years. My particular interest in Reflexology came about after I trained in Massage, Acupressure and Aromatherapy.

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

Trust and respect by orthodox medicine that Reflexologists are professionals in their own right and as worthy of integration and as valuable a part of a Medical Team as any other professional.

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

I am privileged to be part of the decision making process - we are creating history. It is an honour to represent my organisation and I am proud to share in the passion, dedication and respect for the diversity of views, knowledge and skills around the table. The one thing we have in common is the determination to bring to Reflexology the credibility it deserves.



## NEW WEB SITE GOES LIVE

Do visit the new Reflexology Forum web site [www.reflexologyforum.org](http://www.reflexologyforum.org)  
We would welcome feedback, thoughts and ideas from Reflexologists  
Comments should be emailed to: [PR@ReflexologyForum.org](mailto:PR@ReflexologyForum.org)

## REFLEXOLOGY - THEN & NOW

### 20 years ago v the therapy today

#### Regulation - Then

No single regulatory body

#### Standards - Then

No standard definition of reflexology

#### Training - Then

Haphazard individual training programmes

#### Protection & Safety - Then

No universal code of ethics left the public exposed to rogue practitioners

#### Insurance - Then

Therapists routinely practiced without insurance cover

#### Status - Then

No dialogue between orthodox and complementary medicine

#### Integration - Then

No government money or commitment to reflexology

#### Regulation - Now

Single developing regulatory body representing 96% of reflexologists in the UK

#### Standards - Now

National Occupational Standard published. A common agreed standard and definition of a Reflexologist

#### Training - Now

Core curriculum agreed by all major reflexology organisations

#### Protection & Safety - Now

Public protected by a universally accepted Code of Ethics and Practice

#### Insurance - Now

Fully insurance cover is obligatory for all therapists

#### Status - Now

Established and regularly used lines of communication to allopathic medicine

#### Integration - Now

Department of Health have recently granted POWFIH £900, 000 to assist in developing regulatory bodies in complementary therapies

## HEARD OF THIS?

### DYSTONIA

Dystonia is a movement disorder displaying a collection of symptoms which result in continuous spasms and contractions of the muscles with no voluntary control. It affects men and women of all ages and is most common after the age of 40.

The condition is not fully understood though it is suspected that it starts from a malfunction in the basal ganglia of the brain which controls muscle contractions. Normal muscle control around joints is as a result of the muscles working in opposing pairs, contracting and relaxing at the same time. In Dystonia both paired muscles contract at the same time which is what leads to abnormal movement or posture.

There is no known cure for Dystonia though a variety of treatments from medication, surgery, relaxation techniques, mobility and posture advice and "hands on" therapies may help manage the symptoms.

#### Support and Information

The Dystonia Society (UK)  
46 - 47 Britton Street, London EC1M 5UJ  
Telephone 020 7490 5671  
Fax 020 7490 5672  
[www.dystonia.org.uk/dystoniasocietyh.html](http://www.dystonia.org.uk/dystoniasocietyh.html)

## INDEPENDENT LAY CHAIR

We require an Independent Lay Chair to facilitate and support the work of the Reflexology Forum to form a single lead body for their profession and to work towards self-regulation.

Details available from [info@ReflexologyForum.org](mailto:info@ReflexologyForum.org)

## READ THE SIGNS

Notice in health food shop window:

### CLOSED DUE TO ILLNESS

Spotted in a safari park:

### ELEPHANTS PLEASE STAY IN YOUR CAR

In a London department store:

### BARGAIN BASEMENT UPSTAIRS