



NEWSLETTER

Dalton House, 60 Windsor Avenue, London, SW19 2RR. Tel: 0800 037 0130
www.ReflexologyForum.org email: info@ReflexologyForum.org

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
We would welcome feedback, thoughts and ideas from Reflexologists
Comments should be emailed to: 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

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

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