



AGM

17 may 2023

Minutes

9.30 – 10.00 Registration

10.00 - 11.30 Welcome and rules

Housekeeping

Timekeeper

Auditors for accounts 2023

Minutes 2022

Chair report

Secretary's / admin report

Finance report

Budget 2022/2023

Proposal PR working Group

11.30-12.00 coffee break

12.00 - 12.15 Presentation

**candidates for secretary , vice
chair and voting**

12.15 – 13.00 Member

**presentations – sharing of news
from different countries.
members**



Position of Chair

Eduardo is chair, but he is in bad health and we need a new board. Proposition is to let Eduardo be the chair in honor and Spiros to be chair again as he was before. Or to have Eduardo as chair and Spiros as ad-interim chair. This was discussed with Spiros and he is prepared to take over the role in long or short term, depending on the health of Eduardo.

It is the voting year, so we can do it if we can connect online with Eduardo and Spiros online. We have connected with Spiros and Eduardo. Spiros wants us to discuss first with Eduardo, but Eduardo is not enough in good health to discuss this with him now.

We vote to have a chair of the day to replace Eduardo. Ingrid is candidate to lead the meeting today.
- 10 votes for, 0 against, 0 abstentions.

Ingrid starts the meeting and things can get start moving.



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Position of secretary

Esther (left in the picture) is candidate for secretary in the board.

- 10 votes for, 0 against, 0 abstentions.

The secretary will do the necessary paperwork and registration in the chamber of commerce for all new votings.

Position of treasure keeper

Anneke (right in the picture) is candidate for finance in the board.

- 10 votes for, 0 against, 0 abstentions.



Position of vice chair

Anneke and Ingrid are candidates. We checked the constitution to be sure that Ingrid can be in the board because she also has a position in an umbrella association. This is not the case, so we start the vote.

Anneke:

- 1 votes for, 0 against, 7 abstentions.

Ingrid:

- 6 votes for, 0 against, 2 abstentions.



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Position of interim chair

Spiros wants to help, but we vote for Spiros:
- 9 votes for, 1 against, 0 abstentions.

Auditors for accounts 2023

After discussion, Helene and Vibeke will check the books for 2023 in 2024. Next year we will discuss for a system on alphabetical order.

Minutes 2022

The minutes were sent by mail so everybody can read them and we will discuss them during the extra meeting that we will plan later.

Chair report

Because of Eduardo's absence, we can not discuss this part of the agenda today.

Secretary / admin report



Esther had a presentation. There were some problems with the bank this year because the bank did some changes. The account was not a business account. Esther needed to be registered as board member in the chamber of commerce to make changes.



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Secretary / admin report

It was a work of long breath to make it in order starting in march 2022 until january 2023 to be able to use their bank accounts.

She did some what's app with board members, nancy, webmasters, made the agenda and minutes, Skype, changings on the website like new members and she was responsible for the mails.

Christian Slot is a new member and we welcome him.

Ingrid thanks Anneke, Esther and Eduardo for all the work they did also for the work with the bank troubles.

Finance report

Anneke asks an outprint for what we all have payed to them between january and march 2023 (membership and conference), because they can not check it anymore.

For the ones who are not here, Anneke has already sent an email, but she did not receive everything yet. **Via this minutes we are asking everybody to sent them again to finance.rien@gmail.com**



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Budget 2022/2023

The budget is not ready, so Anneke will send the budget later on and we will have an extraordinary general meeting later this year to discuss this and the function of the position of chair. But we will contact Eduardo to discuss our concerns first, before we can vote how to continue in the board.

Proposal PR Working Group

David Wayte is not yet present, so this discussion will be done later on.

Introduction of associations

- Anneke van 't Wout (RiEN) - Spain. She wants reflexology be known in Yecla, because nobody knows reflexology. She has organised the conference this year.

- Nancy Klein - Netherlands - Research working group. She does not do research, but Evidence based practice. She is the only one occupied with this and needs more hands. She is helping the board of RiEN from the side lines.

- Carine De Laat (VNRT) - Netherlands. She is helping Nancy in the research by reading articles for VNRT. She is in the AGM, because she wants to be in the research working group of RiEn as well.

- Helga Dittman - Germany - She wants reflexology to grow and wants to know all of us.

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Lene Rohde - Denmark - she is part of the smallest organisation in Denmark and wants reflexology to grow.



Tina Kristianson - Denmark. She has a school in Denmark and is part of RiEN since some years. She is looking forward to the conference.



Vibeke Kloth - Denmark - she is part of RiEN since 2016 and she wants to make reflexology grow and more known.



Christian Slot - Denmark - it is his first time following this AGM as a new schoolmember. He is reflexologist and has a schools since 25 years. He wrote a new book in English that every body needs to have.



Ingrid Wareman - Netherlands. Ingrid De Vos asked her 4 years ago to join in Portugal and there she got inspired to work together in promoting our job.



Helene Ruhling - Sweden. Reflexologist since 24 years. She wants to bring good energy to the organisation.



Sonja De Loose - Belgium. She is vice president of BeVo. She is responsible for our magazine so **interesting articles can always be sent to her** (ondervoorzitter@bevo-belgie.org)



Didier Vin - Belgium. He is president of school in Belgium since 2014. He goes to every international conference . Since 5 years he is also in the board of BeVo to represent reflexology. In his board they are 13 and he says 'the more, the better'. A bigger board is less work for everybody.



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Tamara Cobos Rodriguez - Belgium. President of BeVo since 7 years.



Elise Manzoni - France. President of FFR since 4 years now. She is reflexologist since 12 years. First connection in Greece and she wants to realise projects together. She organised the first online conference in France for RiEN.



Jean-Pierre Triadon - France. It is the first time he is joining and he is very active in promoting reflexology in his country and believes that together we can do even more in good vibration.



Christelle Husson - France, but studied in Belgium and works together with Didier as Vice Chair in Belgium. She is also associated to FFR in France, where she practices reflexology. So she has a feet in Belgium and in France. She wanted to take part of this AGM to meet everybody. To meet everybody face 2 face. She wants reflexology to go ahead and we have to do it together. She is specialised in pregnancy and fertility. She starts giving lessons as well next sunday.



Esther van der Haar - Netherlands. 2004 she started her own school. During the AGM in 2012 she started as ad-interim secretary and now she is back again in the board. her goal is to have a European certificate of reflexologist so you can work every where in Europe.



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13.30 – 14.00 Reflexology Day

14.00-15.00 Lunch

15.00 – 15.30 Research and Education

15.30 – 16.00 Discussion internal rules

16.00 - 16.15 Presentation representatives

16.15– 16.45 Tea & coffee break and group photo

16.45 – 17.00 Conference 2025

17.00 – 17.15 Presentation AGM 2024

17.15 – 18.00 Question Eduardo

Research and education

Nancy Klein talks about what she is doing, starting with what Kevin Kunz is doing right now. He is working on HOW reflexology works.

Nancy explains that in research we all need to go into the same direction. The level of research is important! She explains that Evidence based started in medicine so everybody should speak the same language (EBM - Evidence Based Medicine). Then they looked for the EBS (Evidence Based Surgery) so operations would be done in the same way.

For the nurses they have introduced EBP (Evidence Based Practice) and now we have EBCAM (Evidence Based Complementary and Alternative Medicine).

Now we also have IM (Integrated Medicine Interventions).

Evidence based is mostly based on speaking the same questions.

We have an answer and then we have to question it. Therefore we have the research. We have the experience, but what do we want to know, why and who needs it? What is it for? ... Do we have the means, needs, plan and timeline? The whole world is giving money to Kevin Kunz, but we can contribute in an other way as well she says. But that is an other discussion.



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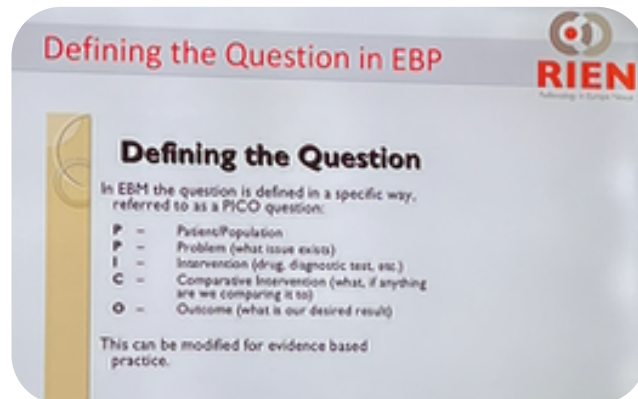
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Comparing intervention between a real protocol reflexology or a sham reflexology is something we can do. Next to that we need to read the articles and filter experiences in a right way. We need to recognize the right facts, so comparing is important.

What does EBP want from us. The question is for example how we will use the info Kevin Kunz is gathering now. We have to improve our professional skills with the purpose of achieving and maintaining the quality of our profession. We need to have an open and objective but critical mind. Put all the info together, compare and reflect on the differences.

To act professional we need to follow developments and trends in our own profession and keep developing. Kevin Kunz is doing great research and that info we can integrate later in our work. He can teach us later how to integrate it.

We need to keep our colleagues aware that the service we give is not a standard. Every client and problem is different. But the quality is important!



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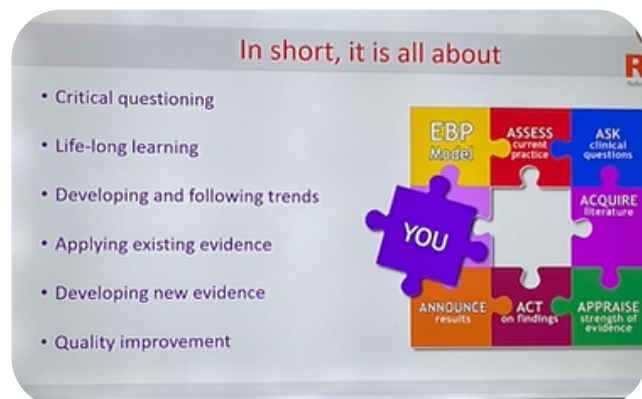
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RIEN wants recognition by the medicine, that they know what we do and understand what we do. We want a referral by medical health practitioners. We want participating in multidisciplinary care. No ideas are given on how to achieve this. We stay in our bubble, because this is not changing.



We need education, keep files, have case studies (is a lot of work to gather them - hands are needed to do this), best practices (comparing one practice with an other), theses, pilot studies and trials.





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Professional Reflexology practitioner in health care

R	Research	- point of view
E	Education	- levels and skills
F	Future	- following trends
L	Life-long learning	- ongoing process
E	Evaluation	- check and control
X	xxxx	- extra value
O	Outcomes	- up-to-date information
L	Linked to all countries	- exchange
O	Overview	- knowledge and understanding
G	General standards	- for profiling and recognition
Y	you (all of you)	- you are in the lead - Identity

Nancy wants to integrate EBP into the education via peer groups. The first step is making students aware of EBP. Every country could integrate it for example as a module in the courses.

This is a subject that the working group can discuss and share later with us.

Elise talks about the difficulty of the protocols who are not good enough to do research. As you said, the difficulty is that most research results are difficult to compare, some cannot even be taken into account because the methodology is not rigorous enough to be validated

For 2 years FFR has been working in a Reflexology research group in France, of which Ronald was a member.

The NPIS is a learned society of general interest, the objective is to find a way to evaluate the non-medicinal techniques: for that a methodological support was worked between four groups: the physicians / the receiving public / the practitioners and the structures (the decision makers)



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A methodical drafting support was submitted to the votes of all these public, the goal is to find a consensus between all the parties and to find a solution. And finally, to be able to use the same basis for all non-medicinal techniques.

The project is French but then European and then hopefully even worldwide.

13.30 – 14.00 Reflexology Day

The methodological document is based on international documents, the aim was not to reinvent but to gather and complete what is already working

14.00-15.00 Lunch

15.00 – 15.30 Research and Education

Research methodology for comparative studies in the office or research projects in the medical field - the methodological support can be adapted to all cases

15.30 – 16.00 Discussion internal rules

At the end of the year, the proposed methodology will be presented to institutions and governmental bodies (if voted positive by 72%).

16.00 - 16.15 Presentation representatives

At the Marc NPIS conference everybody was asked to put organizations representing non-drug techniques interested in research in touch with <https://npisociety.org/>. This is what Elise (FFR) is now doing during our AGM.

16.15– 16.45 Tea & coffee break and group photo

In short the next steps for the working group are

16.45 – 17.00 Conference 2025

- 1) Sharing info about research
- 2) Coördination the program with NPIS
- 3) Find out next things: how can we (in the future) connect education and research? How can we help the school in how they can teach research?

17.00 – 17.15 Presentation AGM 2024

We need 5 persons for this group to start participating in this group. Karine, Nancy, Elise (present here) and Sue, Marcos (not present here) are interested. **Anneke will ask Sue and Marcos**

17.15 – 18.00 Question Eduardo



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PR Working group and voting for position extra on the board as PR manager



David Wayte - England joined the meeting. He will be responsible of organising the conference. He was asked to do some PR for RiEN as well to get better visibility.

Social media is the way to do it, and David is prepared to get the word out so people can look at RiEN as THE associations for reflexologists.

He was asked to be in the board and an extra voting is done to introduce him as PR manager in the board.

- 11 votes for, 0 against, 0 abstentions.



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Conference 2025

Esther received an email to organise the conference in Finland. But Finland is not member of RiEN. Ana Karina is now member of RiEN and in the Ethic comité but she is not part of the conference, but it would be a good opportunity to have the association back in RiEN.

Belgium is candidate as well, but is ok to wait for 2027 if Finland want to organise in 2025. That way we connect with Finland and we can make RiEN grow.

Finland is not cheap, so that is something to keep in mind as well. When it is in Helsinki the flight price is not to expensive.

The question was raised as well if RiEN could give some budget to the land that is organising the conference to keep the price of the conference lower. This discussion is put off for a later moment.

We start the voting that they can organise if they want to become member of RiEN and present the idea in an upcoming meeting.
- 10 votes for, 0 against, 2 abstentions.

Esther will contact Finland with the result of the voting.



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Presentation AGM 2024

24 and 25 may 2024 will be the next AGM in Sweden - Stockholm.

Helene will sent all the information in time so everyone can prepare.

An extra proposition is to start with the presentation of everybody in the meeting, but also to put someone in charge to lead the meeting who is not the chair, so the chair can focus on talking.





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Presentation associations

Because of the late hour, we will postpone this to a Zoom meeting.

Germany just wants to share that their organisation is on the board of stop working because of several internal problems.

A final decision will be taken during the AGM in July 2023. The other association in Germany can possibly take over the reflexologist that are now member of Helga's associations, but that is also still a discussion for the AGM in July.

Questioning and closing

A new meeting by Zoom will be planned with on the program:

- Budget
- Minutes AGM 2022
- Presentations associations

Question and to-do for all members:

- 1) sent your primary contact emailadres to finance.rien@gmail.com.
- 2) outprint or screenshot for what we all have payed to RiEN between january and march 2023 to finance.rien@gmail.com



Conference 18-20 may '23

18 may 2023

**9.30 - 10.00 Opening and welcome
by Eduardo Luis and Alcadesa Yecla**

10.15 - 10.30 Chairman: David Wayte

**10.30 - 11.00 Helga Dittmann
“Emotional Release Reflexology”**

11.00 – 11.30 COFFEE/TEA BREAK

**11.30 - 12.00 Vera Krijn
“Elementary – Demystifying
Reflexology”**

**12.00 - 12.30 Lone Sorensen
“Learn about the Benefits and Use
of the Tibetan Medicine”**

**12.30 – 14.00 LUNCH and
Workshops**

14.00 – 16.00 Comida

**17.00 - 18.00 Stefanie Sabouchian –
Bill Flocco (online)
“Pain management with Foot, Hand,
Ear Reflexology”**

18.00 Diner

Opening and welcome by David Wayte and Ingrid Wareman

We are all missing Eduardo who is recovering from heart surgery.

We personally were happy to see that 11 persons from BeVo were present. 9 people live in Spain and 2 people online and this from a total of 5 people online and 35 people live. I think BeVo can be proud of our organisation and our members and for that we want to thank you !!! Your enthusiasm is what makes us strong.

Helga Dittmann



Helga Dittmann, a certified educator and practitioner, has been actively involved in the field of reflexology since the 1980s. Her journey began in 1984 when she received basic training in foot reflexology from a naturopath in Munich. Seeking further expertise, she pursued advanced training in foot, hand, and ear reflexology at the American Academy of Reflexology in Los Angeles in 1987.

Inspired by her collaboration with her instructor, Bill Flocco, Helga Dittmann played a pivotal role in introducing professional reflexology training in Germany.

She developed a method known as Emotional Release Reflexology.



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18.00 Diner

This innovative approach has garnered success and recognition both in Germany and internationally.

She is a founding member of the German Reflexology Association, known as 'Deutscher Reflexologen-Verein' (DRV), and the Reflexology in Europe Network (RiEN).

In the speech, Helga shares a practical example of working with a client who was going through a difficult time after being left by his second wife. Helga explains that the client was feeling desperate and has developed a pattern of seeking love from women due to his past experiences. She suggests that they need to overcome this pattern because love should be something freely given and not demanded. Helga guides the client through emotional release techniques, and during the process, he uncovers deep-seated issues related to his mother. He realizes that his mother never showed him physical affection and was emotionally distant. Helga emphasizes the importance of accepting what he has survived and encourages him to acknowledge and address the pain he feels.

She then shares that after the client expressed his pain and acknowledged his mother's role in it, he felt better. Helga reflects on her experience working with clients and mentions that many people come for therapy or reflexology sessions to address their problems, but sometimes they need to return 3 or 4 times after a few months to continue their progress.



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Helga mentions that she not only works with sentences but also incorporates other senses like smell into her therapeutic approach. The speech emphasizes the significance of acknowledging and addressing emotional pain, and the importance of overcoming patterns and beliefs that hinder personal growth and healthy relationships.

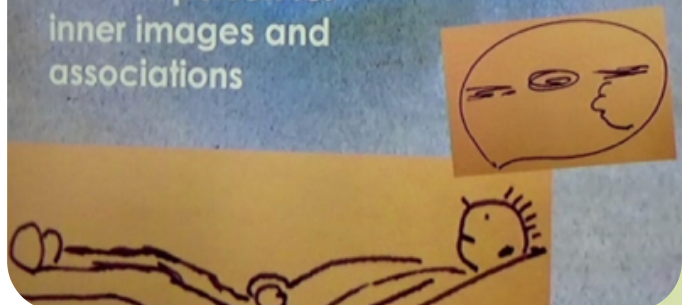
One of the tools:

ask the person questions about the issue related to the area of the body whose reflex area we were working on when the emotion came up.

example: stomach - stress
kidney - fear

Another tool:

ask the person for inner images and associations





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Vera Krijn

She is a certified reflexologist, nutritionist and a client-centered practitioner with over 24 years practical experience in reproductive health.

With insight and wisdom, she has helped thousands of couples to conceive naturally, and supports women to navigate through the challenges of pregnancy towards a “gentle and positive birth experience”. In addition she eases new moms and their babies into the postpartum phase.



Educated in Amsterdam, she has written for national and international publications on reflexology, health and nutrition. She is the author and editor of various cookbooks and her nutritional strategies have been included in the Dutch magazine for Orthomolecular Nutrition and Health “Fit met Voeding”.



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**12.00 - 12.30 Lone Sorensen
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Her Reflexology Assisted Fertility Program (RAF) was integrated into the Natural Fertility program of Olive Leaf Wholeness Center in New York City, working closely with New York University Fertility Clinic and The Rocking Chair, a women's wellness center in Englewood,

Her program "Conditioned Response Reflexology" (CRR), a method developed as a pain management program during labor and delivery is being taught to midwives, doula's, childbirth educators and reflexologist abroad and in the USA.

She was twice president of The New York State Reflexology Association and has been recognized by the Reflexology Association of America with "the Eunice Ingham Pioneers Award".

The speech given by Vera Krijn during the conference covered several key points. Here are the highlights:

Introduction: Vera Krijn shares her accidental discovery of reflexology and how it sparked her interest and changed the course of her life.

Reflexology Associations: Vera Krijn describes her involvement in the New York State Reflexology Association and her efforts to increase its membership, ultimately leading to its growth and success within only 3 months.



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Reflexology Profession: She discusses the challenges faced by reflexologists in making it their full-time profession, citing statistics from a survey conducted by her French colleague - Jean Pierre Triadon.

Creating Opportunities: Vera Krijn emphasizes the need to explore and create more opportunities for reflexologists to establish successful businesses and careers.

Reflexology's Credibility: She advocates for a clear and concise narrative that demystifies reflexology and highlights its effectiveness, promoting collaboration with the medical community.

Education and Continuing Education: Vera Krijn emphasizes the importance of education and continuing education in reflexology, including the integration of nutrition into reflexology certification.

Identity and Specialization: She discusses the significance of developing a strong professional identity and specializing in specific areas of reflexology, citing examples of fellow presenters and teachers.

Complementing Traditional Medicine: Vera Krijn highlights the need for reflexology to be recognized as a healing system that complements and integrates with traditional medicine, especially considering the current healthcare challenges and changing approaches to health.



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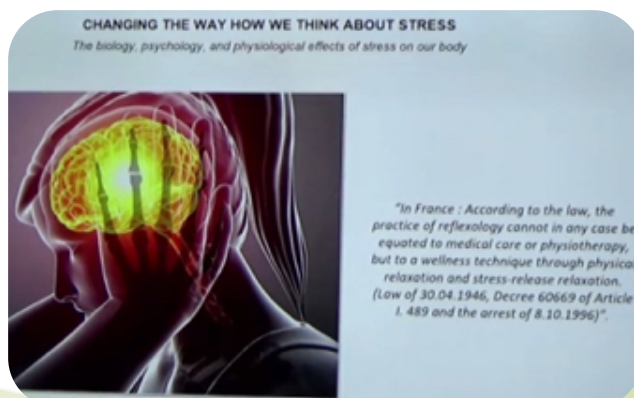
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Stress and Reflexology: She discusses the prevalence of stress-related ailments and the impact of reflexology on stress reduction, mental health, and overall well-being.

Overall, Vera Krijn's speech puts the focus on the challenges, opportunities, and potential of reflexology as a profession, emphasizing its credibility, the need for specialization, and its role in addressing stress-related health issues.





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Lone Sorensen



Lone Sorensen is a renowned reflexologist and a prominent figure in the field of facial reflexology. She is known for her contributions to the development and promotion of facial reflexology as a therapeutic modality.

Lone Sorensen was born in Denmark and began her career in the field of reflexology in the 1970s. Over the years, she has gained extensive experience and expertise in various forms of reflexology, including foot reflexology, hand reflexology, and ear reflexology. However, she is particularly recognized for her pioneering work in facial reflexology. Lone Sorensen has developed her own unique method of facial reflexology, which combines elements from traditional Chinese medicine, Vietnamese traditional medicine and Western reflexology techniques.

Lone Sorensen is also a dedicated educator and has trained numerous reflexologists in her facial reflexology techniques through her international training center, the International Institute of Facial Reflexology. Her teaching and workshops have helped spread awareness and knowledge about facial reflexology globally.



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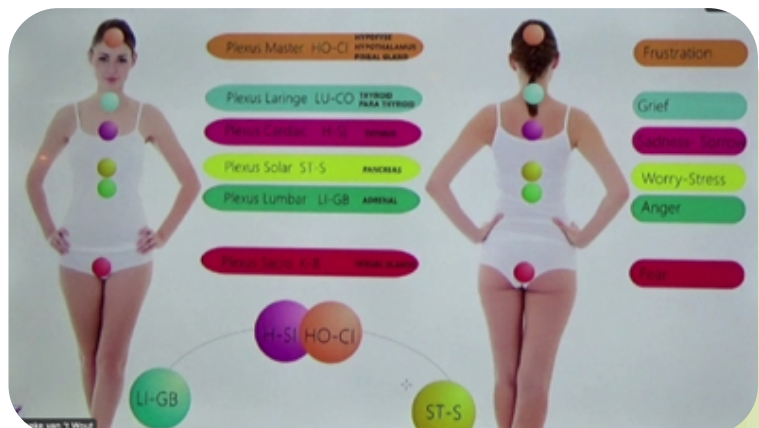
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The speech discusses Lone's experience working with handicapped children for over 30 years and their interest in using Tibetan medicine to work with the brain. She mentions the concept of microsystems in Tibetan medicine, where different parts of the body correspond to specific elements and can be treated individually. They highlight examples such as the eyes, ears, and nose, explaining how Tibetan medicine considers specific structures within these organs.

Lone also mentions the use of microsystems to address issues related to COVID-19, such as loss of smell. They emphasize the detailed and precise protocols that Tibetan medicine offers, particularly in treating brain damage and syndromes. She briefly mentions the different schools of thought within the five-element theory, including the Tibetan approach, and how these tools and personalized protocols are essential for addressing specific issues faced by their clients.



BEVO

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- Tibetan medicine utilizes the concept of microsystems, where different parts of the body correspond to specific elements and can be treated individually.
- Tibetan medicine offers detailed and precise protocols for treating brain damage and syndromes.
- Different microsystems in Tibetan medicine have different qualities and are better suited for addressing specific issues such as emotional or physical problems.



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- Tibetan medicine can target specific structures within organs like the eyes, ears, and nose.
- Tibetan medicine divides the eye into twelve structures that belong to different elements.
- The ear belongs to the kidney in Tibetan medicine, and individual structures within the ear can be treated using microsystems.
- The nose belongs to the blue elements of the row and column elements in Tibetan medicine, and specific structures within the nose can be addressed.
- Tibetan medicine provides a system that divides the whole body into the five elements, allowing for precise protocols.
- Lone has used Tibetan medicine to work with children with brain damage and syndromes.
- The frontal lobe of the brain plays a role in motor function, behavior, empathy, and decision-making.
- Lone emphasizes the importance of individualized protocols based on specific needs and conditions.





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Workshop by David Wayte



We try to describe the method David Wayte is giving during his workshop on his finger-free technology:

The technique involves working on the spine. The practitioner uses overlapping C-shaped movements along the spinal column. The goal is to work around the spine, ensuring that every millimeter is covered without missing any area. The practitioner maintains constant contact with the client, applying pressure and staying in control.

The technique allows for relaxation and ease, without slipping or missing any points. By working on the spine, the impulses from the brain can be transmitted throughout the body, while messages from the body can be received back to the brain.



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The technique is easy and can be performed on oneself or someone else. On yourself it involves crossing the hands and using the wrist to rub along the thoracic or cervical spine.

David suggests trying the technique on the feet, as there is more to work on and demonstrates using a palm or fist-like form with a straight wrist to maintain pressure and control.

The method is called "finger-free" because the fingers are not used directly on the client's feet. David mentions the trapezius muscle and its connection to stress, indicating that it may be a focus in the reflexology charts used during the technique.

We then are encouraged to partner up and practice performing reflexology on the spine with David offering guidance and checking our technique, including the people at home.





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David Wayte is also discussing the method on the trapezius muscle, which is located in the neck and shoulder area.

Wayte mentions that the traditional Japanese massage technique called "armour massage" influenced his approach to reflexology. In armour massage, the practitioner applies pressure to the muscle against the skeletal system, creating a deep and focused pressure. Wayte adapts this concept to reflexology, using his body weight to apply pressure to the trapezius reflex point.

The technique involves rocking back and forth while maintaining contact with the trapezius reflex point on the feet. David emphasizes that no lotion or cream should be used to prevent slipping. He suggests using the heel of the hand to press and apply precise pressure to the trapezius reflex point and also mentions the influence of another reflexologist named Father Joseph Eugster, who uses short sticks in his practice. He compares his own "personal short stick" to the third metatarsal or third metacarpal bone, implying that he uses a specific part of his hand or foot to apply pressure during the finger-free reflexology technique.

The overall goal of finger-free reflexology, as described by David, is to provide deep and precise pressure without the need for finger manipulation. The technique aims to create an effortless and effective reflexology experience for both the practitioner and the recipient.





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Nicola Hall



- Ingham Method – thumb walking with thumb bending and straightening
- Bayly Method – thumb held bent without bending and straightening
- Keep hand relaxed to avoid damage especially to thumb joint
- Firm but not heavy pressure

Nicola Hall is a renowned reflexologist from the United Kingdom. She is highly regarded in her field and known for her expertise and contributions to reflexology. Nicola received her training from Dorian Bailey, a respected figure in the field. She is also the president of the British Group of the Association of Reflexologists.

Nicola has been actively involved in the regulation of complementary therapies in the UK. She has worked on the Complementary and Natural Healthcare Council (CNHC), which serves as the regulatory body for complementary therapies. As a board member of the CNHC, Nicola has played a role in ensuring the standards and quality of reflexology practices.

She is known for her commitment to the fundamental principles of reflexology, emphasizing the importance of understanding and utilizing the reflex areas on the feet.



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The speech given by Nicola Hall was a discussion about reflexology and Nicola's background in the field. The speech includes some personal anecdotes and mentions of Nicola's training with Doreen Bayly and her involvement with the CNHC (UK regulator for Complementary Therapies)

Nicola discusses the evolution of reflexology courses and techniques over the years. She emphasizes the importance of understanding the reflex areas on the feet and their connection to different body parts and systems. She mentions using the lower tubular zones described by Dr. William Fitzgerald and transfer zones described by Quad to guide her approach. Nicola also touches on the variation in treatment techniques used by different reflexologists.

During the speech, Nicola demonstrates a technique for working on the trapezius reflex area. She mentions incorporating elements of a traditional Japanese massage called armor massage, where pressure is applied by squashing the muscle against the skeletal system. She encourages the audience to try the technique themselves using the heel of their hand.

Overall, the speech covered Nicola Hall's experiences and perspectives on reflexology, including her training, techniques, and insights into the practice.

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Stefanie Sabouchian



Stefanie Sabouchian is a highly accomplished professional in the field of reflexology. She is a National Certified Reflexology Educator with NCRE, specializing in teaching Foot Hand Ear Reflexology across the United States and internationally. With over 20 years of experience, Stephanie is a certified Reflexologist and Auriculotherapist, running a successful private practice in Southern California.

Stefanie's expertise extends beyond her practice, as she is also an esteemed international speaker, delivering presentations in both English and German.

Furthermore, Stefanie has played an active role in the Reflexology Association of California, serving as past president. Her contributions to the organization have been instrumental in advancing the field of reflexology in California.

Stefanie's knowledge and expertise have been shared with a wider audience through her published books.



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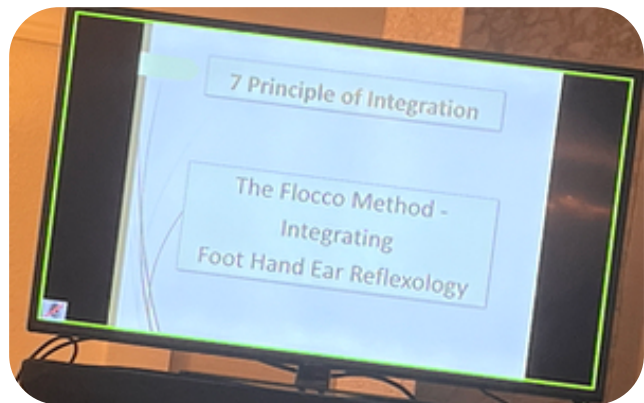
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In this speech, Stefanie discusses the seven principles of integration in reflexology. Here are the key highlights and must-know points:

Each reflexology system works

independently: Stefanie emphasizes that every reflexology system, whether it focuses on the feet, hands, or ears, has the ability to reduce pain and discomfort on its own.

Hand and ear reflexology: Hand reflexology and ear reflexology are highlighted as effective standalone modalities for reducing pain.

Stephanie encourages reflexologists to explore these areas and even suggests giving hand reflexology as homework for clients to continue the practice between sessions.

Integration of reflexology systems: Stefanie introduces the concept of integrating all three reflexology systems (feet, hands, and ears) in a single session. This integration is said to be more effective in reducing pain and discomfort.



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Helper areas: Along with working on corresponding reflex areas, Stephanie mentions the importance of addressing helper areas such as the brain, spinal cord, spinal synapses, and specific reflex points related to pain and discomfort.

Priority reflecting: Stephanie explains that different body parts have specific top priority reflex areas for pain reduction. For example, foot reflexes are prioritized for universal pain, hand reflexes for eye and ear pain, and ear reflexes for lower back pain.

Progression reflecting: After addressing the top priority reflex areas, Stephanie discusses the concept of progression reflecting, which involves identifying the second and third fastest reflex areas for pain reduction. The order of progression may vary depending on the specific body part being treated.





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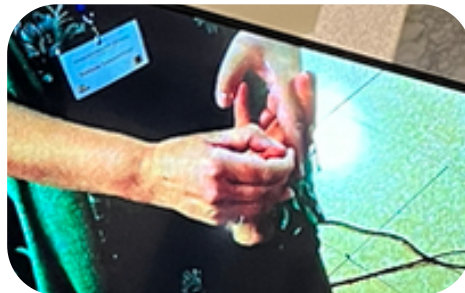
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Repeat reflexing: Stephanie shares a story illustrating the effectiveness of repeat reflexing. By repeating the reflexology sequence on the hands, ears, and feet, Stephanie was able to significantly reduce a receptionist's migraine pain.



The basic recipe for addressing pain involves working on the feet first, focusing on reflexes related to internal organs. Then the helper areas, such as the brain, thoracic and lumbar regions, spinal cord and synapses. The same process is then repeated on the hands, followed by the ears and the helper areas to finally work the master points, which are pain points.

In the case of neck pain, the order and recipe differ slightly. The ears are worked on first, focusing on the reflexes related to the neck and holding them. Then, the helper areas on the ears, such as the brain, cervical and thoracic vertebrae, spinal cord, and synapses, are addressed.



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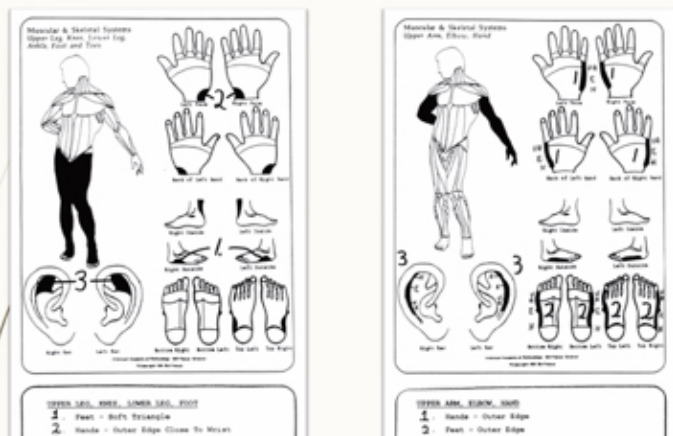
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Stephanie suggests that working on all three reflexology systems, namely the feet, hands and ears, is important for reducing pain faster and more efficiently. It mentions the role of Substance P, a compound believed to be involved in transmitting pain signals and other irritating chemicals accumulating around nerve endings.

Overall, the speech highlights the effectiveness of reflexology in reducing pain and discomfort. It emphasizes the integration of multiple reflexology systems, the importance of addressing helper areas, and the principles of priority reflecting, progression reflecting and repeat reflexing for optimal pain management.

Bill Flocco joins online to answers some questions.



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17.30 – 18.00 Kevin and Barbara
Kunz *"Back to the Future"*

Gala evening with Live music,
Dinner and folclore de Yecla

Nancy Klein (replacing
Eduardo Luis)



Nancy Klein delivers a last-minute presentation on behalf of Eduardo at a conference. She discusses Hanna Marcquart, a 90-year-old reflexology expert who couldn't attend the conference. Despite being unable to join via Zoom, they had a conversation with her. Hanna's niece, who now manages around 20 schools, helped establish contact with the conference organizers. Five colleagues, including Nancy, represent the CPD courses and various countries.

Hanna's expertise lies in reflexive therapy of the feet. She studied in England and developed a special grip to protect joints, a process that took nine years and involved collaboration with numerous experts.



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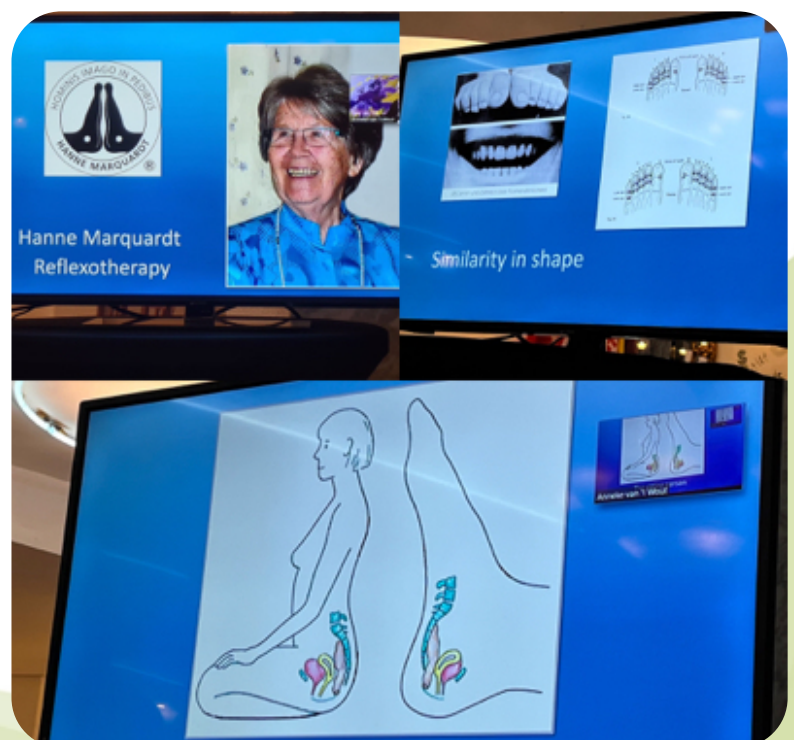
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Hanna emphasizes the importance of working dynamically instead of mechanically, utilizing the entire hand and arm while sparing the joints. She also refined techniques for locating reflex points more precisely and working on the microsystem of the feet using horizontal lines and the bones in the feet.

Hanna's approach involves finding similarities between the human body and nature, observing how form and shape hold information. She explores connections between various body parts, organs, and emotions.

Hanna's work extends beyond reflexology, incorporating tooth challenges and scar treatment. She emphasizes the importance of being aware of the patient's experience and using that awareness to facilitate change. So ask your clients: "how does this feel like?".





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10.00 - 10.30 Lynne Booth
*"The Vertical Reflexology
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10.30 – 11.00 COFFEE / TEA
BREAK

11.00 – 12.00 Tony Porter
*"It's Not What You Do, But The
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14.00 – 16.00 Comida

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Lynne Booth



Lynne Booth is a renowned reflexology expert who has developed and expanded her own techniques in the field. Her award-winning methods have been taught to over 10,000 reflexologists worldwide, and she is highly recommended for her training programs. Lynne has achieved recognition and success in treating a wide range of conditions across all age groups.

In addition to her accomplishments in reflexology, Lynne has also participated in a research project at London University Medical School in 2015, examining the potential uses and effectiveness of reflexology in professional football players. She is a bestselling author, lecturer, therapist, and tutor, with her books being translated into multiple languages.

David concludes by introducing Lynne Booth as another angel in the field of reflexology, noting her involvement with championship football clubs and a spark of excitement in her eyes when discussing her work.



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Lynne presented at the conference and shared her experiences and insights into working with older people, particularly those nearing the end of their lives. She highlighted that older individuals still have a lot of life left in them and discussed the various techniques she uses in her practice such as VRT (Vertical Reflex Therapy).

Lynne mentioned being inspired by Stephanie's energetic presentation yesterday and Bill Flocco's passion for reflexology. She emphasized the importance of self-help and empowerment for both practitioners and clients. She shared a personal anecdote about teaching self-help techniques to teachers in Uganda to improve their well-being and help them provide education on HIV.



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She then delved into the concept of vertical reflexology, explaining that she initially began working with older people in a nursing home complex, using weight-bearing techniques on their semi-weight bearing feet.

Despite not being able to access all the reflexes, she noticed positive results in areas such as indigestion and mobility. Lynne mapped out the reflexes of the whole body in the feet and developed trigger points for specific areas.

She described an incident where she helped a woman with an injured hip by working on the spine and pelvis reflexes. The woman experienced pain initially but then felt warmth and tingling, leading to improved mobility.

Lynne experimented with weight-bearing techniques further and found that they yielded significant results in a shorter amount of time.

Lynne sought advice from her tutor, Tony Porter ART, who confirmed that weight-bearing reflexology was a novel approach. She conducted a medical study on chronically ill older individuals, measuring improvements in mobility, balance, and pain reduction. With the study's success, Lynne gained more confidence and presented her findings at the Association of Reflexologists.

Before lunch Lynne gave a wonderful demonstration with Stephanie and we saw in only a few minutes the results her treatment can give.

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She explained the methodology behind weight-bearing reflexology, incorporating both hands and feet in a synergistic manner. Lynne shared that the reflexes are more receptive when a person is in a weight-bearing or semi-weight-bearing position. She demonstrated how reflexes can be worked together, such as finding the knee reflex on both the foot and the hand and working them simultaneously.

Lynne acknowledged the importance of safety and adapting the techniques for individual clients. She mentioned that the hands are equally essential as the feet, especially for those who prefer not to have their feet touched or have specific conditions. Lynne concluded by expressing her belief in the significance of working with older people and the impact reflexologists can have in improving their quality of life.

Overall, Lynne's presentation centered on her work with older individuals, her development of weight-bearing reflexology techniques, and the positive effects she has observed in her clients.



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Tony Porter



Tony Porter is described by David as a well-known and highly respected figure in the UK. And that truly is what he is. He has garnered a significant reputation for his work. Tony is widely known and highly regarded, to the point where meeting him is seen as a special occasion.

David also mentions another eminent professional, a reflexologist, who expresses a desire to meet Tony. However, she hesitates, stating that she sees Tony as someone almost godlike, indicating the level of admiration and reverence he commands among people.

Tony is a wonderful and giving man, emphasizing his positive qualities and character. The audience will truly enjoy getting to know Tony through his upcoming presentation.



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Tony Porter shares his extensive experiences and insights gained over 30 years in the field of reflexology. He begins by reflecting on his early exposure to reflexology as a child, observing his sister's leg paralysis and his father's foot massages. Tony's fascination with healing techniques led him to train in reflexology, combining classical reflexology with techniques from various cultures. He emphasizes the importance of understanding the Western concept of reflexology and adapting Eastern techniques to suit it.

Tony discusses his involvement in medical studies, particularly related to gynecological pain, where reflexology proved effective. He delves into the significance of reflex signatures and the correlation between disturbed reflex areas and patients' responses to treatment. Throughout his career, Tony discovered the power of static pressure and precise finger and thumb angles in achieving optimal results.

He laments the recent trend of imitations and diluted versions of reflexology, emphasizing the need for practitioners to maintain the original techniques.

Drawing from his extensive knowledge, Tony advises a two-phase treatment approach: identifying disturbed areas before addressing reflexes and using a focused, personalized approach.

He compares this method to acupuncture, where specific points are targeted for treatment. Tony highlights the importance of maintaining the free flow of energy in the body for overall well-being.



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In conclusion, Tony emphasizes the need for practitioners to uphold the integrity of reflexology by avoiding excessive use of lubricants and focusing on therapeutic outcomes.

He expresses his gratitude for the dedicated reflexologists who continue to make a positive impact through their work. Tony's experiences and insights provide valuable guidance for reflexologists and inspire a deeper understanding of this healing practice.

Nico Pauly



Nico Pauly is a physiotherapist and expert in the treatment of chronic pain conditions.

In the early 1970s, he discovered the limitations of physiotherapy and became fascinated with the role of the nervous system in pain management. He pursued further education in orthopedic manual therapy and studied techniques such as plantar reflexology, nerve reflexology, and manual neurotherapy in Germany.

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Through his studies and research, Pauly became convinced of the value of these techniques in addressing chronic pain. He focused his efforts on understanding the physiology of chronic pain, drawing knowledge from conferences, papers, and books, including those by the International Association for the Study of Pain and seminars in London.

Nico developed a pain clinic assessment and treatment model based on his accumulated knowledge. He started teaching neurophysiology and orthopedic manual therapy to physiotherapists in Belgium and Poland in 1986. He also became a senior tutor for nerve reflexology and manual neurotherapy, teaching in various countries including Belgium, the Netherlands, Denmark, Switzerland, the United Kingdom, the United States, Canada, and Greece.





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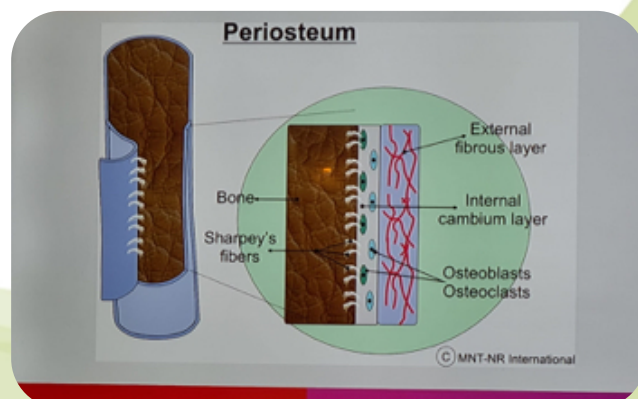
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In his conference speech, Nico shares his experiences with chronic pain and emphasizes the importance of understanding pain as a sensory and emotional feeling associated with the brain, rather than a purely physical experience. "Pain is in the brain"! He discusses the intricate connection between the nervous, immune, and hormonal systems and how chronic pain disrupts this communication, leading to various symptoms and imbalances in the body.

Nico highlights the significance of deep learning and understanding the physiological mechanisms involved in pain, urging reflexology schools to incorporate this knowledge into their training programs so we can communicate with doctors.





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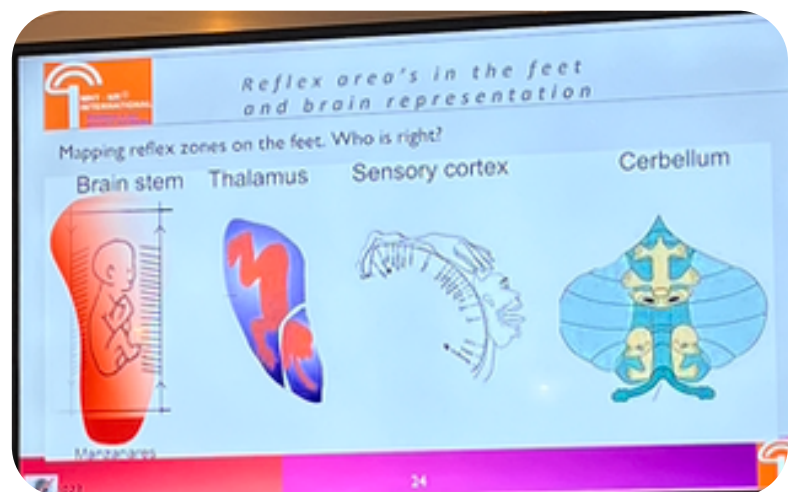
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He introduces the concept of Nerve Reflexology, a technique that focuses on applying static pressure to specific points on the bones of the foot corresponding to nerves and structures in the body. By targeting these points and observing the duration of pain reduction, therapists can gain insights into the severity and nature of the underlying issues.



Nico emphasizes the role of the peripheral nervous system and the importance of touching bone to bone when applying pressure. He explains how the external layer of the periosteum, the fibrous structure surrounding the bone, contains mechanoreceptors that relay information about foot positioning and weight distribution to the brain. By understanding the role of these receptors and their connection to chronic pain, therapists can effectively address pain and promote healing.



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Workshop by Stefanie Sabouchian



Stefanie's workshop focuses on reflexology techniques for the ears. Here is a step-by-step explanation of the workshop:

- **Starting point:** Stefanie begins by explaining the starting point, known as the zero point. It is located at the center of the ear, which represents the solar plexus point. She advises using light pressure and placing the tip of the index finger on this point.
- **Holding the zero point:** Stefanie mentions that the zero point is a master point and doesn't require much pressure. It is held for about two minutes, allowing the body to relax.
- **Moving along the outer ridge:** After holding the zero point, Stefanie moves her thumb behind the ear, along the outer ridge. Using the half of her index finger, she slowly slides across the outer ridge. This technique is very relaxing and serves as a good start for a session.



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- **Inner ridge and spinal cord reflexes:** Stefanie then shifts her focus to the inner ridge of the ear, which represents the spinal column reflexes. She uses a tip-to-tip technique, where the top part of her index finger presses against the inner ridge while the thumb rests in the groove behind it. This technique involves gentle pressure, but for the musculoskeletal points, she applies a bit more pressure.
- **Holding the cervical spine reflex:** Stefanie explains that it takes about three minutes for the cervical spine to start relaxing. Therefore, she holds the inner ridge, ensuring her finger covers the entire cervical spine area, including C1 at the base of the Helix. This step aims to relieve tension and relax the neck.
- **Assessing blockages and tension:** During a real session, Stefanie mentions that she would visually assess the ear and also rely on touch to feel for blockages and tension. With experience, she can pinpoint specific areas of tension and even identify vertebrae based on how they feel.



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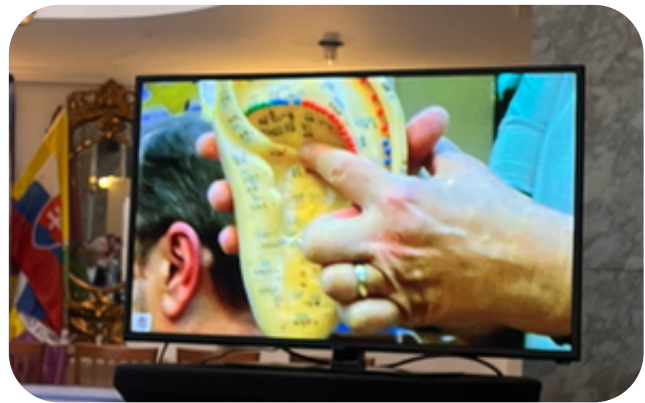
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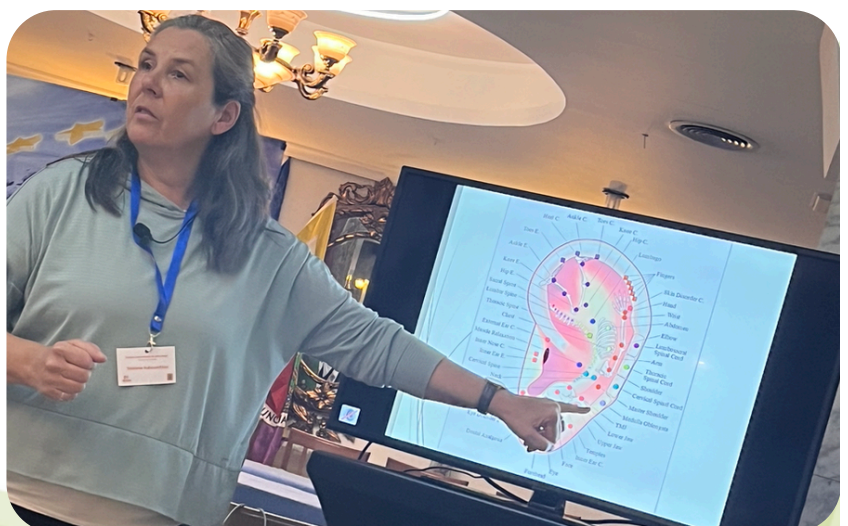
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- **Moving along the inner ridge:** After holding the cervical spine reflex for a sufficient duration, Stefanie moves her finger upward along the inner ridge, identifying and addressing areas of tension. She may tilt her finger slightly to target specific vertebrae, using the tip-to-tip or side technique for holding.



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Helga is demonstrating her reflexology techniques, and she actively engages with her client by frequently asking about their feelings and overall well-being.

She inquires about the sensations experienced, such as pressure, and encourages the client to connect those sensations with their own bodily experiences. Helga prompts the client to observe any visual imagery that arises and their potential associations. She maintains a strong focus on the client's inner experience, urging them to stay in the present feeling and explore their inner thoughts and emotions.

After creating a space for the client to explore their inner sensations and emotions, Helga further guides them in processing any sadness they may be experiencing. She invites the client to be open and receptive to this emotion, encouraging them to release it through their breath.



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Helga continues to inquire about the client's emotional state, consistently checking in on how they are feeling throughout the session.

Additionally, she asks the client about the colors they are perceiving, indicating an interest in the visual experiences that may be connected to their emotions. By facilitating this dialogue and exploration, Helga aims to support the client in acknowledging and processing their feelings, potentially leading to a greater sense of emotional well-being and release.



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Kevin and Barbara Kunz



Kevin and Barbara did a significant research project conducted at the University of Minnesota School of Medicine involving reflexology and functional magnetic resonance imaging (fMRI). Barbara and Kevin Kuntz are highly regarded figures in the field of reflexology. The project aims to explore the effects of reflexology on the brain by utilizing fMRI scans while applying reflexology techniques to specific reflex areas on the foot.

David expresses his admiration and respect for Barbara and Kevin Kuntz, referring to them as their personal heroes in the field of reflexology. He has followed their work closely, with their research project on reflexology being bookmarked on their internet browser and their books being part of his personal library. The knowledge and insights shared by Barbara and Kevin Kuntz are considered invaluable by the David.

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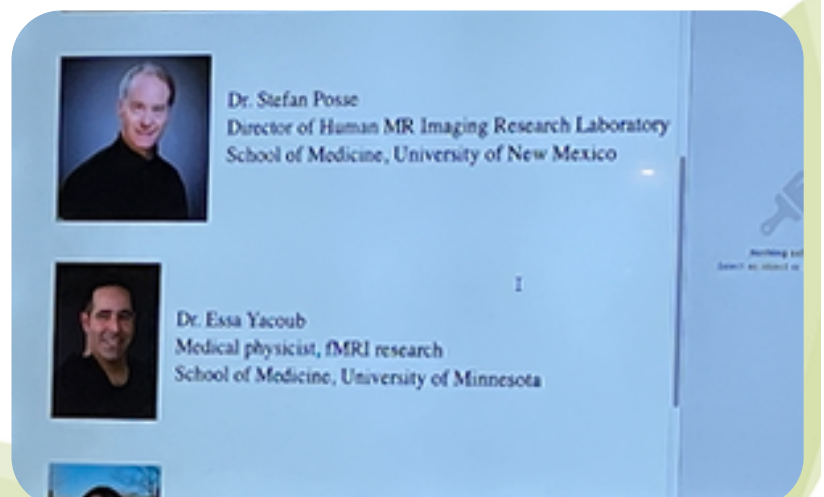
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Kevin began his speech by sharing a personal story to demonstrate the effectiveness of reflexology. However, he emphasized the importance of having scientific proof to support their claims. To gather evidence, Kevin and Barbara conducted research, starting with the first set of scans to analyze brain activity during reflexology. They collected valuable information and referred to it as a "treasure trove." They utilized English protocols and functional MRI scans to observe changes in blood flow in the brain, which occur during thinking, sensing and emotional experiences.

The initial phase of their study aimed to establish a proof of concept by showing that reflexology has a measurable impact on brain activity. This phase took place at the University of Minnesota on April 4th and 5th, 2023 with several volunteers participating. They managed to raise \$25,000 for the study and obtained 2,000 to 3,000 scans, which require thorough analysis.





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Way That You Do It!"*

12.00 – 12.30 Nico Pauly
*"From soft tissue to the bone
periosteum in reflexology"*

12.30 – 14.00 Lunch and
workshops

14.00 – 16.00 Comida

17.00 – 17.30 Nicola Hall
"A Simple but Effective Therapy"

17.30 – 18.00 Kevin and Barbara
Kunz *"Back to the Future"*

Gala evening with Live music,
Dinner and folclore de Yecla



Dr. Ann Van de Winckle,
Director Brain Mind Body Lab
Department of Rehabilitation Medicine
University of Minnesota

After completing the proof of concept phase, they plan to move into the clinical phase of their research. They conducted a vote among the team members and decided to focus on stroke as their next area of investigation. They are excited about the progress they have made and the collaboration with a team member who specializes in stroke and spinal cord injury.

Following Kevin's speech, Dr. Stefan Posse from the University of New Mexico introduced himself and presented the technical aspects of functional MRI (fMRI) technology. He explained that fMRI is a non-invasive imaging technique that relies on changes in blood flow and oxygenation in the brain to detect neural activity. It provides high spatial resolution and can map responses to specific stimuli in different areas of the brain. Dr. Posse showcased examples of fMRI studies, including mapping language processing, emotional responses, and even single-word generation in the mind.

Dr. Posse also discussed the advancements in fMRI technology, such as the ability to observe resting state functional connectivity networks, which reflect the brain's intrinsic activity. This technique has potential applications in clinical studies and individualized brain function mapping. He emphasized the sensitivity of fMRI as a neuroimaging tool and its ability to capture single-subject responses.

Beroepsvereniging van
Reflexologen België



Association professionnelle des
Réflexologues de Belgique

Conference 18-20 may '23

19 may 2023

9.15 opening by Eduardo Luis

9.30 - 10.00 Eduardo Luis
"Working Facial with Reflexology"

10.00 - 10.30 Lynne Booth
*"The Vertical Reflexology
Spectrum: supporting chronic
illness and elite athletes"*

10.30 – 11.00 COFFEE / TEA
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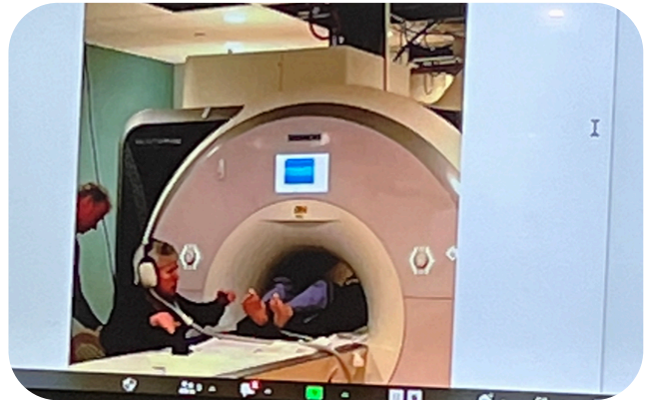
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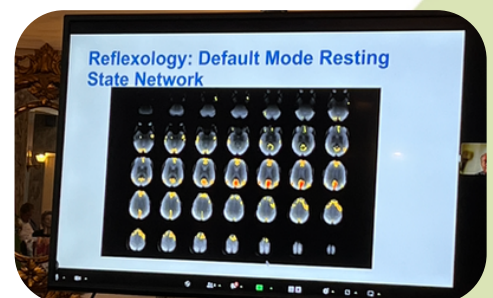
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Regarding reflexology, the objectives of their study include characterizing cortical and spinal cord activity during reflexology, exploring cortically rooted relationships, and investigating the potential therapeutic benefits. They have observed activation in the visual cortex in response to reflexology stimulation, along with unexpected activation in sensory areas. Additionally, they have examined resting state networks and identified the default mode network, which is associated with relaxation.



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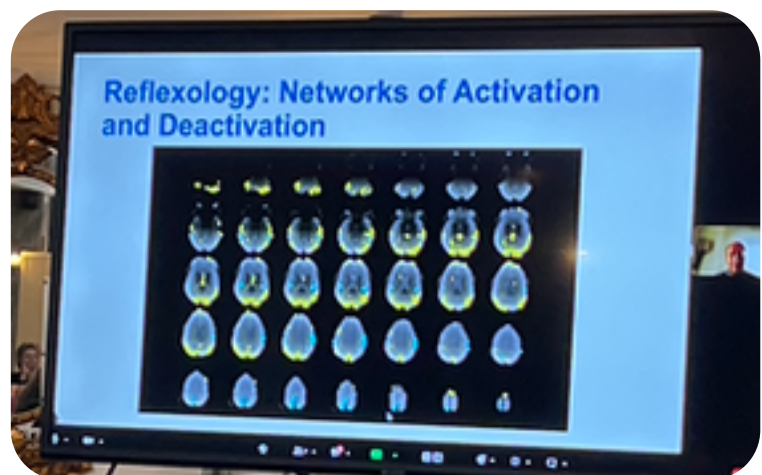
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The funding for their research is ongoing, and they have received positive reactions and support. The next step involves involving statistical experts for data analysis, which requires approximately \$100,000. They emphasized the importance of further funding and mentioned that the Irish Reflexology Institute is already providing financial support. They encouraged other associations to contribute as well.

While they acknowledge the significance of spinal cord research in reflexology, their current focus is on stroke and developing protocols in that area. They believe that their research can be replicated and funded by other associations interested in reflexology.



Conference 18-20 may '23

20 may 2023

9.15 Opening by Eduardo Luis

**9.15 – 11.00 Paneldiscussion with
all speakers and closing
conference**

**11.00 Presentation next conference
and San Isidro parade**

This last day was cancelled. We just enjoy the gala dinner and 'fiesta' before going home.

We would like to extend our gratitude to the conference organizers for putting together such an informative and engaging event. The range of topics covered, the quality of presentations, and the opportunity to connect with fellow professionals were truly remarkable.

Despite our early departure, we are grateful for the knowledge and insights gained during the conference.

We believe that the information shared and the connections made will undoubtedly contribute to our professional growth and the advancement of our organization.

We would like to thank all the speakers, presenters, and fellow attendees for their contributions, enthusiasm, and willingness to share their expertise. Your dedication to the field and commitment to enhancing the industry is inspiring and greatly appreciated.

And a special thanks to our Belgian delegation.

