



JCR Member Visits Kuala Lumpur

Lorraine Senior's passion and background is with teaching and supporting children with special needs and their families and she now works in the education environment delivering Reflexology. During a visit to Kuala Lumpur earlier in 2015, ICR member, Lorraine, contacted the British High Commission and asked if it would be possible to arrange a visit to find out more about the special school system in Malaysia and whether complementary therapies were being used. There are very few special schools in Malaysia, with only a few units attached to schools, but unfortunately she didn't manage to arrange a visit but it was arranged for her to talk with a tutor who works with children with special educational needs, particularly offering opportunities through Sport and who trains teachers and other professionals. Anne, the tutor was holding a training day and Lorraine was offered the opportunity to give a short presentation.

She met over 40 professionals and parents including the Honourable Secretary of the Association of Registered Childcare Providers in Malaysia, the Head of Community Medicine from the National Defence University of Malaysia and the Trade and Prosperity

Promotion Manager for Education & Training from the British High Commission who were all among the eager listeners. Lorraine was able to share information about general Reflexology and about her work delivering Reflexology Therapy working with children with Autism and Special Educational Needs. Photos and short video clips helped her to show how the sessions have developed in school using the Functional Reflex Therapy Approach, with the main intention of FRT being relaxation to help pupils prepare for ongoing activities and learning throughout the school day.

Lorraine demonstrated the use of the FRT tool kit to show how they are used for communication and preparation and makaton signing and symbols which is global and used in Malaysia so that was a lovely link.

The group particularly liked the idea of sharing FRT relaxation workshops for parents and carers, thinking about family support for both parent and child. The information was very well received, as there is a lot of Reflexology in Malaysia but at the moment it is not delivered within the education system.

However, the High Commission said that KPJ Health Science University is one of the leading university that works with children with Special Needs. They allocated time to do volunteer work in schools to offer reflexology treatments and for the teachers in pre-service training. It is now compulsory for them to take Sport as one of the subjects. There is an element of adaptability sport for special needs children and a little theory on sport science reflexology, which is really interesting and Lorraine hopes to find out more.

Lorraine has developed a few links through my business Facebook page, Functional Reflex Therapy, and she continues to hear information about the development of sport for children with special educational needs and reflexology in Malaysia.

She hopes to one day return to Malaysia to enjoy sharing, learning and if she is lucky, maybe offer some training and develop some links with Reflexologists.



The Broad Back

By Dorthe Krogsgaard and Peter Lund Frandsen, Touchpoint Denmark

In most reflexology traditions a reflex for the spinal column is depicted on the medial side of the feet, and the spine is mostly worked on the inside of the feet. Because the spine is a central structure in the body, the spine reflex is divided into two with one half on each foot. Therefore, working the reflex on the inside of the foot corresponds anatomically to be working inside the spine, which is the spinal cord. Through the history of reflexology, this has been shown to be an excellent place to work, perhaps partly because thereby we affect all of the spinal nerves and the huge body area they innervate.

A 3D view on the spine reflex. However, in our experience, one can get even better results by using a more three dimensional view on the spine reflex and work the full width of the spine. The spine is indeed quite wide. Across the transverse processes it measures just over a quarter of the body's width. We transfer this fact to the feet and extend the common medial spine reflex with both a plantar and dorsal area.

The exact location is easily imagined in the thoracic spine corresponding to the metatarsus.