

# Teenagers, VRT and Reflexology

By Barbie White, VRT Practitioner and reflexologist



Adolescence is a transitional phase of physical and psychological development that generally occurs from the period of puberty to legal adulthood adolescence which is usually associated with teenage years but its physical or cultural expressions may begin earlier and end later.

I want to stand out but hide away  
I want to be free but belong  
I want to be a man but cry like a baby  
I want independence but no responsibility

I want to sleep-in but not miss out  
I want to be grown-up but still live at home  
I think I like girls or maybe it's boys  
I want to be brave but I feel very anxious

I want to be liked but they are not really my friends  
I want to be happy but feel so sad  
I smile on the outside but inside I'm lost  
I'm confused to who I should be for me  
Help me, Help me



*Barbie continues:* I don't ask or offer any expectations, just an invitation to be in a safe environment away from the busy world. I don't try to fit the teenager into a tick box questionnaire but hold space with them and for them. I am not trying to fix their struggles. I may be the person in between allopathic medicine, doctors, counsellors, advisors and educators.

I offer a safe place to relax in a profound sense, bringing about balance and healing in a possible physical, emotional and mental way where they may see and feel their own value and worth.

One size does not fit all. That is why VRT is great for young adults. I find it works because it's does not have complicated techniques and clients engage with this

I adapt at times using my hands as stability with a client seated. I start with some lovely relaxation techniques to get them, and their feet, used to my touch. I first take time to simply explain what I'm going to do. I check they are OK with that and explain that this is their time. I reassure them they can close their eyes or sit, watch or talk.

VRT is a very supportive technique and takes a short time but supports the organs and systems. Diaphragm rocking aids and supports the lungs. It is suggested that grief and anxiety can be held in the lungs. I work the spine gently and slowly with purpose by stimulating each vertebra. I am connecting with the Central Nervous System and this also helps to release tension in the skeletal system. The VRT of tapping the spinal reflexes is fabulous.

Working the toes and pitivity pinch in VRT mode can calm and comfort the client. It is also supportive of the Vagus Nerve and digestive system. VRT Diaphragm Rocking helps relieve anxiety and fear of the unknown. The client begins to relax and their breathing naturally starts to follow my pattern. I have found that giving reflexology is quite meditative and my breathing slows too.

The first treatment is not more than 30 minutes. I offer self-care which is carried out on the hands. VRT self-help hand reflexology is quite simple and contains a degree of weight-bearing techniques for young people. This method is very discreet and, if they need to apply it, it is not obvious to others.