



VRT Membership Newsletter Spring 2023 - No 62

Dear Lynne

Greetings to you for this Easter break. This newsletter has some interesting and unusual features. You can watch a reflexology and football video, learn about the positive effect of reflexology on clients with profound learning difficulties with Lorraine Senior. You are encouraged to watch a short interview, by David Wayte, with Chris Shirley as he talks you through how to access research material on his amazing resource website.



There are three different sections showing self-help VRT and reflexology plus links to various articles. Many of us receive much affirmation from our clients but reflexologist Harriet Combes' session was so well received that a new client, who was a journalist, wrote about it in the Oldie Magazine. There is still time to join me at the RiEN international reflexology conference in Spain in May. I am delighted to have been awarded Honorary membership by the Association of Reflexologists.

If you want more CPD points why not refresh the VRT Basic and Advance Online self-paced course with six months access at under half price and join me for a Zoom session on completion!

Thanks as always for your support and communications.

All good wishes
Lynne and the VRT Tutors

***The Game is Afoot. A short
documentary video on
Reflexology and Football by
Valerio Casadibari***



Lynne writes: Valerio Casadibari is a third year degree student at the University Campus of Football Business (UCFB) Etihad Campus which is a state-of-the-art campus devoted to the football industry in the heart of Manchester – one of the world’s most famous footballing cities. Valerio enjoys playing amateur football and a colleague's partner gave him a reflexology session last year. He was amazed that she

identified a minor muscular leg problem that then eased. The next day he played football to the best of his ability and did not feel so tired the following morning. His positive reaction made him curious to discover more about this therapy!

Valerio has produced a short video documentary for one of his final degree assessments as he wanted to to investigate further to see if reflexology can improve performances in sports. He interviewed two footballers and other therapists including Gillian Vaughan, also a VRT practitioner, Silvia Poli, a reflexologist and master herbalist, and myself. You will see a tiny cameo shot at the very end of the documentary, when the credits scroll, where I demonstrated some VRT Reflexology and Movement Techniques on Valerio himself with great results!

To watch the video [click here](#)

[Click here](#) for information about the University Campus of Football Business (UCFB) - Etihad Campus

Meet Lorraine Senior, founder of Functional Reflex Therapy (FRT): a unique form of reflexology with a supportive framework encouraging a meaningful connection ‘beyond the touch’.



Lynne writes: I have had the privilege to meet reflexologist, Lorraine Senior, on several occasions. Her warm compassion, dedication and reflexology expertise shines through all she does. She truly believes that the power of reflexology should be shared with all schools throughout the world and I agree.

[Click here](#) for the article Lorraine wrote about a young man called Fred whom she met

through the PMLD Link charity which support people with profound and multiple learning difficulties. She says, *Out of all my young people Fred definitely responded with a stillness or, as I call it, a thoughtfulness and a focus, often lifting his head and looking towards me when I used this method, of solar plexus support.*

The nurturing concept of FRT was initially developed from Lorraine's experience and effective practice in school supporting the emotional wellbeing of young people with additional and diverse needs, high levels of anxiety and communication difficulties.

Exceeding all expectations, with the work and passion of reflexologists, the model continues to develop. There are now many pathways of support using the principles of Functional Reflex Therapy which are beneficial for the wider community.

For more information about Lorraine's excellent CPD courses [click here](#)

For more information about the charity PMLD Link [click here](#)



Reflexologist Harriet Combes' treatment was so impressive that her client wrote an article called, *Finding my feet*, in the April 2023 edition of The Oldie.

Lynne writes: I have known Harriet Combes for many years as an excellent reflexologist, teacher of Reproflexology™ with originator Barbara Scott and a VRT practitioner. I was delighted to see an article in the Oldie extolling the virtues of a reflexology session by Harriet. This is a great piece to show someone

thinking of trying out a reflexology session, with a qualified practitioner, for the first time. [Click here](#) to read the article.

Don't forget to give your clients hand reflexology homework!

VRT, and reflexology in general, offer effective



ways of helping the body to heal itself.

1. Teach your clients Diaphragm Rocking. 2. Try working the base of the thumb for a stiff neck while you slowly move your head from side to side without straining. For more effect; work the weight-bearing thumb. 3. Remind the client that, if they roll their ankle (without injury or tendon tear), to squeeze and press their wrist with their finger tips and simultaneously rotate it slowly. Often the ankle will release. [Click here](#) to read a Reflexology self-help article by Lynne Booth in the Positive Health journal.



AoR Honorary Membership

I was delighted to receive this certificate of Honorary Membership from the Association of Reflexologists. They have been wonderfully supportive to me over the years in my VRT work. I first became a student member in 1991 while training for my Diploma with my mentor, Tony Porter (ART and Focused Reflexology), when he was

teaching at the International Institute of Reflexology with Dwight Byers.

Hand Care for Chiropractors and Physical Therapists

Our hands are our tools for the job. I often meet reflexologists, masseurs and other body workers who have Repetitive Strain Injury (RSI). Here

are some simple, strengthening hand exercises that can be regularly practised anywhere.

Be kind to your body, it's the only place you live!



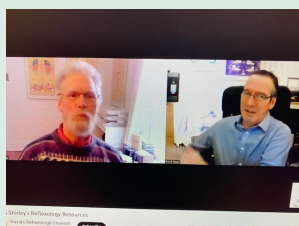
Last word on the Tinnitus reflex point!

Here is a [short training video](#) I have filmed.

[Click here](#) for the new instruction sheet to accompany it.

Do continue to give me feedback.

Thank you. Lynne



A live interview by David Wayte, on the excellent Reflexology Resources website compiled by reflexologist and tutor, Chris Shirley. Make use of this resource to support you practice and widen your knowledge!

In the last issue of the Newsletter I introduced you to the fantastic free Reflexology Resources website devised by Chris Shirley, founder of Pacific Reflexology, Vancouver. David Wayte, Principal of Jubilee College, recently conducted an

interview with Chris and invited him to talk through the enormous range of facilities of offer. The response and feedback from reflexologists has been extremely positive. There is also a link to an article I compiled with Chris.

Watch this 15 minute presentation and you will realise what a treasure trove of information is now available at everyone's fingertips. David's series "[Wednesdays Reflexology Wisdom](#)"

Reflexology Articles, Taking Care of Yourself, Medical Terminology, a Library of Reflexology Videos, The Roots and Evolution of Reflexology (a worldwide history) and Abnormal Conditions of the Feet. There is also a section on numerous individual ailments and appears and articles on various health subjects have links to the original articles. A phenomenal resource.

[Click here](#) to read an in-depth interview by Lynne with Chris about the background to the project and his journey.

See Chris' website: www.reflexologyresources.com

VRT Practitioner Darcie Miller encourages us to share these VRT Cramp tips with clients of all ages

Darcie Miller is a VRT practitioner VRT practitioner from the United States. She writes: *"I showed my brother-in-law some VRT self-care to help with his leg cramps and restless leg syndrome. I also showed him how to do Diaphragm Rocking. He reported to me today that he has seen a 30% improvement in his symptoms and that 'it feels good to have less discomfort'. I encouraged him to continue with his homework".*



Teach your clients to work the calf referral area on the widest circumference of the lower arm to help to alleviate cramp. A simple pinching movement for 30-60 seconds can suffice to help release the muscle. This can be repeated in the passive position, at night in bed, if the client is awakened by cramp.

**A wonderful
meditative
image**

This image could be construed as a metaphor for the passing of Winter to Spring. To others, the shape of the branches may suggest the pelvic cradle and image of the skeletal frame. A picture can speak a 1000 words to each individual in many different ways.



Reflexology in Europe Network "Back to Basics" Conference 18-19 May 2023 Yelca - Spain

Still time to book a place at the RiEN conferences, so do join us! I am delighted to be invited to present at this special RiEN Conference in Yelca, Spain. It takes place at the same time as the San Isidro Festival so [click here](#) for more local information. I shall

be meeting up with many great international reflexology presenters including the Kunzs who will be speaking on Research and Nico Pauly, from Belgium whom I have invited to the UK many times to teach his celebrated Nerve Reflexology diploma course. David Wayte will chair the conference.

To read more and view the full list of speakers see the [RiEN website](#) to enrol

Conference prices:

RiEN Members registering after 31 of Dec price will be €220.00

Students price will be €180.00 and after 31 Dec €200.00

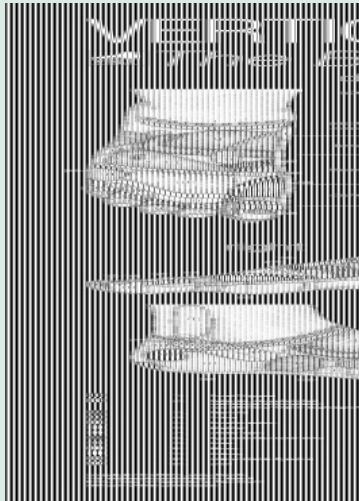


VRT MEMBER LOGO! Here is the bespoke logo for members to use on their website and stationery. Please download it to replace the previous VRT Logo. Thank you. [Click here](#) to go to the VRT Members page (password: **trigger**) and you can download it.



FHT

ACCREDITED SHORT COURSE



"This was a fantastic course, loaded with information & new techniques that were brilliantly relayed on-line".

Jo K

VRT Basic and Advanced Online self-paced class.

Why not refresh your VRT skills online and then meet with Lynne for a Zoom meeting on completion? 1/2 price for members £70!

I invite you to refresh your skills with the new VRT Online Basic and Advanced VRT Course which has proved be a resounding success! In the first few months over 250 reflexologists have enrolled for this

self-paced learning and the evaluation sheets give 95% 5-star feedback with nothing less than 4-star overall for the other 5%! **A number of VRT members have taken the opportunity to refresh their VRT skills on the full 8 hour training at half price: only £70! Use Voucher code MEMB70.** You have 6 months to complete. It has been good to meet up with some of you again on our Zoom meetings on completion.

You can refresh your VRT skills, learn more and gain FHT, AoR, RAC, RABC, ARBC and RAoA CPD points for 8 hours training. [Click here](#) for full syllabus and online booking.

"It has been a great revision tool for me, having done several courses approximately fifteen years ago! A good reminder of the versatility of VRT which has always made a

profound difference to my reflexology. To be able to offer a short but effective treatment which is also excellent for self care too is amazing. Fantastic that I can now access this excellent course online" Jacqueline Blakeman, VRT Network Member

Read the full syllabus and *Book Here* on this dedicated VRT website page. Voucher code MEMB70.

"Lynne's VRT Basic and Advanced Course was, hands and feet down, the BEST online I have ever taken! I loved the flow and diversity of types of information from text, to slides to videos and charts and books! This was perfect, kept my attention and interest"! Amy M

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