



*Dedicated to Professional Standards
Established 1991*

Volume 25 Winter 2015 Issue 1

Maine Council of Reflexologists
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Wendy Decker, Bath, ME

**NEXT MEETING
May 16, 2015**

Saturday 9am - 4pm

Mediation & Facilitation
Resources Center

11 King St., Augusta
off State Street

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**Membership Renewal
July 1, 2015**

A Letter from MCR's President, Aloisia Pollock

We welcome our new Vice President Myra Achorn and I am happy and willing to serve as your President for the next 2 years.

A special thank you goes to Claire Guy who will be our new Membership Committee Chair after having served as our previous Vice President!



Thank you to the outgoing RAA Delegate Nancy Butler and previous Membership Committee Chair Sarah Filliter for your dedication to MCR.

We welcome Kate Winant as a new RAA Delegate which she accepted in addition to her duties as Program Chair for which I applaud her wholeheartedly!

By the time you receive this newsletter I hope you have already hosted or attended a "Tea and Feet" party. Has anyone started a facebook page or google group for MCR members? I heard some members talking about it at the last general meeting and am very excited to hear more about it. The purpose of MCR is to foster comradeship between its members and interfacing with the public.

Our Executive Board, together with the Committee Chairs, will look closely at our vision for MCR. The afternoon program of the last meeting helped us to focus and clarify where we want and need to go as professional reflexologists and as MCR. "SOAR" is comprised of a 4-part analysis of our business and a strategy for the future.

I have been focusing on the second step "Opportunity." Where does opportunity lie to promote MCR?

In this vein I would like to thank Chrissy Studer for her untiring efforts to have MCR represented at the Common Ground Fair and all our members who volunteer to work a shift at the Health and Healing tent. We may not get much money, we may not get many clients out of this weekend but those people who receive a treatment will tell someone else about their experience or share the MCR brochure with a friend and the word spreads. Thank you, Chrissy, for your hard work and dedication!

Lynn Marie Danforth has dedicated her time to the annual Tri for a Cure event and a big thank you goes to her and our MCR volunteers who support her work.

Continued on page 2

Continued ~ President's letter

Many of you participate at events where you introduce the public to reflexology and your efforts are appreciated!

Every business needs to advertise on a large scale in order to "get the word out" about its services and in addition to our outreach programs we may want to formally advertise.

In Maine, we have the unique opportunity to attract summer tourists who come in great numbers to enjoy the pristine natural beauty that Maine has to offer. I believe we need to reach out to them as well as to our local population with targeted advertising.

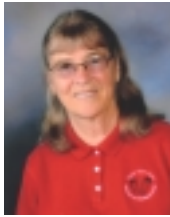
So, let's look at reflexology in Maine with new eyes, note where we want to strengthen our presence and when we feel overwhelmed, let us remember: "The future arrives one day at a time!"

Sole-fully yours,

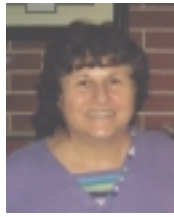
Aloisia Pollock, President MCR



President
Aloisia Pollock
549-3077



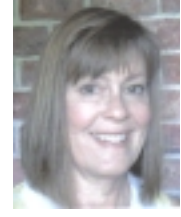
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Myra Achorn
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Reflexologists Are Called To Bring Comfort and Hope.



**May 16th
Afternoon Program
Hands on Practice**

Twenty six attended the January 17th General Meeting in Augusta. Our record of 34 did not get broken. Please attend our May 16th meeting in Augusta and enjoy the fellowship of other reflexologists.

**Integrating facial
and auricular (ear)
reflexology**

**Side Effects of Reflexology Include
Feeling Better, Improved Circulation and Reduced Stress**

SO ~ Call and trade with each other.

News From The Continuing Education Committee

SAVE THIS DATE!!!!!!! October 3rd and 4th

**Coming to Maine in October is internationally known Reflexologist and instructor
MOSS ARNOLD “Clinical and Chi Reflexology.”**

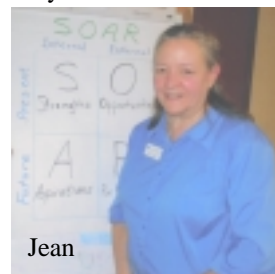


Kate

This workshop will be held in South Portland and promises to be an informative, hands-on approach to technique and practical knowledge about his work. For more information about his school, visit his website; www.chi-reflexology.com.au or I can send you a 4 page packet which describes his work. The cost for this dynamic workshop will only be \$275.00. A detailed registration form will be available March 1st.

Thank-you all who came to see Jean Dempster from ‘Women, Work and Community’ present their program on “Effective Business Communication.”

The 24 attending members were both challenged to think creatively and proactively about how we represent ourselves as professional reflexologists. Her worksheet hand-outs evoked a strength-based model for us to explore our visions for our businesses and organization.



Jean

If you would like any copies of the presentation contact me at [207-229-7276](tel:207-229-7276) or at tevorran@roadrunner.com. You can also visit the womenworkandcommunity.org website. See you all in May and keep those ideas flowing!!!

Respectfully,

Kate Winant, Program Chair

May 16th afternoon program ~ **Hands on practice
Integrating facial and auricular (ear) reflexology.**

Health and Wellness Fair

On February 11, Suzanne Girlando and Myra Achorn participated, by invitation, in the annual St. Joseph’s College of Maine’s Health and Wellness Fair held on campus for students, faculty and staff. Among the many displays, there were only two that offered a “hands-on” experience, nail care and reflexology, which caught the attention of many attendees. We set up our display of charts, books, visual aids, etc. and Myra spoke to people, at times illustrating her points with a demonstration of hand reflexology. Suzanne gave mini-sessions in front of a blazing fireplace and a spectacular view of the White Mts. People were fascinated and impressed with reflexology. Suzanne was approached afterwards by a staff member to make future plans, like a mini-lecture with follow up sessions, to further bring knowledge and experience of reflexology to the St. Joseph’s College. The college’s strong background and current involvement in the health care professions make it an ideal venue to introduce reflexology.

**Careers aren’t built in a day.
But they can be launched in one.**



Suzanne Girlando

Sylvie Letellier



**Treat Your Feet
School of Reflexology**
Augusta, Maine 207-626-3338

**“Reflexology Refresher Class”
Saturday March 21st from 9:30-4pm
Hands on practice ~ 6 MCR/ARCB CEUs
Instructor: Myra Achorn \$30.00**

**Lets think about it.
Close Your Eyes**

See page 14
The Seeds of Volunteering

Reflexions, Etc.

School of Reflexology
Falmouth, Maine 207-781-2370
andrea@mainereflexology.com
**“Hand Reflexology Course”
50 ARCB CEUs ~ cost \$375.00
March 7th, 8th, 28th & 29th, 2015
Instructor: Kate Winant, NCR**

Educational Opportunities & More

MCR meeting dates: MAY 16, 2015 Mediation and Facilitation Resources, 22 King St., Augusta.

The pending program is entitled "Hands on practice with integrating facial and auricular (ear) reflexology"

Using micro body maps, some practitioners integrate facial and auricular (ear) reflexology to enhance the regular session. The touch is gentle, precise, and very relaxing. **Earn 2 CEUs** Plus, enjoy the company of other reflexologists.

Fall meeting October 24th, 2015: General Council ~ Afternoon program from 2 pm to 4 pm, Augusta

ICR Conference: Sheffield S. Yorkshire, United Kingdom, 2015 ~ www.icrreflexology.org

ICR is committed to uniting reflexologists from around the world together and the ICR conferences play a vital role in achieving this goal. By working together, we can reach reflexologists from around the globe, bringing them together to share new and exciting developments in the reflexology field.

Registration for the 2015 ICR Silver Jubilee Conference is now open.

RAA Conference: Anchorage, Alaska, 2016 ~ www.reflexology-usa.org

We will be looking forward to seeing everyone in Alaska.

Annual dues are just around the corner and the fee is \$50. Our fiscal year runs from July 1-June 30. We will soon be providing you with the renewal form via email. You may find it convenient to return your membership renewal with your dues and CEUs at our meeting in Augusta on May 16, 2015.



Current Members as of February 14, 2015

66 of which 54 are professional level

New Member: Sylvie Letellier - Saco, ME
(207) 590-6781



**Membership Renewal
July 1, 2015**

Mail application & check payable to **MCR**,
PO Box 5583, Augusta, Maine 04332

**** VIP ****

MCR needs a few website helpers

**** VIP ****

It isn't good to have only one person have the ability and knowledge to build our website. I am offering to show you how to do it for free. You would not be on your own. I am not asking you to marry me...I just need someone who can add or change a few words or sentences and who can edit my work. :-) I would edit yours. It isn't scary. It is fun! I love doing it! It is a great feeling to create something that looks good and works! If you can do Microsoft Word, you can learn this. You don't need to know HTML coding. We have a website builder program in godaddy. Yes, there is a learning curve, but I am here to help you learn it. If I can learn how to do it by myself, you can learn to do it with my help. Once you know how to do it, you might be inspired to build your own website!

Ever hopeful, Wendy Decker, MCR webmaster

Please check your information on the MCR website public listing of certified MCR reflexologists. If you want your email listed, have any changes, or need passwords, please contact **Wendy Decker** at (207) 443-2572 or reflexparties@gmail.com



START SAVING AGAIN

TURN YOUR CANS & BOTTLES
INTO CASH

Bring it to the next meeting
Join in the FUN of the AUCTION

Mac MacDonald ~ Auctioneer
Next meeting in Augusta

May 16, 2015

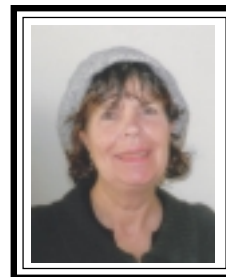


Mac MacDonald



Member-in-the-Spotlight ~ Chrissy Ravelli-Studer

During my growing up years, I lived in the warm months by a beautiful resort area called Gull Lake in Michigan. My father was a professional golfer and worked at a golf course close to our home. He taught me to swing a club when I was four years old. My parents named me Christopher as my father hoped their child would follow in his footsteps. Come November, my family, which consisted of my parents, my two older sisters and our German Shepard dog Laurie, would pile into our Cadillac convertible and head for Hollywood, Fla. My father taught golf lessons at a driving range and some of his clients were Jackie Gleason and Perry Como. On his day off, I began a ritual of rubbing liniment into my Dad's scalp to supposedly make his hair grow back. He would put down the newspaper and fall asleep, telling me how good that felt. This made me very happy that I could convey my love for my father through my hands. I trace this experience as my catalyst in making the decision to take reflexology classes in 1986. Another component was I always had compassion when anyone was ill or hurting. I decided as a teenager that I wanted to become a doctor when I grew up so I could ease suffering.



I did become a licensed medical assistant while living in Denver, Colorado. At this time I was married and had two young daughters. But once I began working as a medical assistant, it was not rewarding, plus I shortly thereafter moved to Maine. My license was not recognized here.

Once in Washington Maine, I began gardening with my family using organic methods, endured a painful divorce, became involved in food co-operatives, worked part time in numerous places and was drawn to spiritual teachings. I did marry again and had a son, but unfortunately, my husband died. In August 1978, I married David Studer.

In 1986, I made the decision to take a course in reflexology in Waldoboro taught by Janet Stetser. I had been considering becoming a massage therapist and then learned about this field of reflexology which I had never known existed. When I contacted Janet Stetser to explore going to her reflexology school in 1986, Janet suggested I seek a session from her former student Nancy Simms, who I actually was acquainted with. It was an unforgettable experience and I felt like I had been transported right up to heaven. I felt such excitement realizing that once I became a reflexologist, I could convey that wonderful, comforting experience to many others.

The following year, I believe when Aloisia, our President became a reflexologist, Janet, Aloisia and I offered sessions at The Common Ground Country Fair held in Windsor. We were out in the open in a field, hauling buckets of water to bathe the fair-goers feet, in very chilly, rainy weather. I think I developed pneumonia afterwards. We have come a very long way and surely have a strong presence at the Fair.

So what is my practice like? I still use the same method Janet taught me 29 years ago where I alternate the feet and work systems. I have added more moves of course, but anytime I have attempted to switch methods, my clients have protested. Sometimes I invite my clients to first use my Chi machine as a warm -up. I like to include hot stones as a special treat. Since being introduced to essential oils, I normally add whichever one my client selects to the castor oil which I apply. I have done trades for more things than I dare mention. I did have an office at The Center of Health and Healing in Rockland, for 7 years, but presently I have a growing number of clients on the island of Vinalhaven, which has an hour long ferry ride. In the summer, I stay overnight at a client's guest cottage nestled in a secluded cove. On a warm day, I might set up my chair on a deck and we listen to the sounds of the waves lapping on the beach and the sound of sea gulls. Life doesn't get much better than that.

Another pleasurable thing I do is teach reflexology classes through Adult Education. One of my former students, David Nougaret, went on to become certified. This fall, I invited Karen Boynton to be my assistant and that worked out very well.

In addition to my profession, I am also involved in several network marketing companies. I market blue green algae, freeze dried food, survival equipment, doTERRA essential oils and just recently became a broker for telecommunications and energy, so I guess I am not going to retire anytime soon.

I am a believer in the importance of having a spiritual practice. Mine includes meditation and prayer, studying the scriptures and other spiritual teachings. When I am able, I enjoy taking our dog Audrey for walks. I enjoy swimming, reading, dancing, kayaking, hiking, visiting friends and family members, and weekly dates with David. One of my passions is doing family history research and performing temple ordinances in their behalf. I love to garden and am known as the flower lady at my Church (Church of Jesus Christ of Latter Day Saints, known as Mormons) as I bring in a vase of flowers every Sunday.

Continued next page 10

Continued ~ Chrissy in the spot-light

One thing I miss about our organization is the fun and camaraderie we enjoyed in our earlier years. I remember gatherings at Aloisia's cabins on Damariscotta Lake for instance and the swimming and potlucks. I think our current plan to hold teas and trades is a good thing and hope more are organized throughout the state.

I have much more that I could share since I have gotten warmed up but time is limited and so is space in the newsletter. So thank you one and all, God bless and continue in our most worthwhile profession and have much joy in your journey.

Chrissy

Interviewed and edited by Wendy Decker, Newsletter reporter

My First Reflexology Conference

by Mary Patterson (ME)

I attended my first RAA conference this May in Santa Fe. I'm brand new to the profession and I was encouraged to go. I'm very glad I decided to attend. It was an incredible experience. I was surrounded by people so friendly and passionate about reflexology and I'm happy to have met some new colleagues. I felt privileged to speak with or attend sessions with well-known and knowledgeable reflexologists, some of them the authors of my textbooks. It was very exciting. I learned so much and I have many great new resources from it. It was a truly neat and inspiring experience. It made me even more passionate about reflexology, continuing my education, and finding ways to bring it to more people, including hospitals. I hope to attend again in 2016!

Reflexology Across the Miles

by Suzanne Girlando, Standish, ME

Here is a little story about our work and how knowledge of reflexology can help others, even if we cannot get their feet in our hands! I recently reconnected with a young woman in Texas whom I used to care for while her mother was in school. She shared that she had a recurring problem of ovarian cysts and asked if I knew anything about them, as they were debilitating, very painful, recurring and on one side only. Her doctors did not help her, just insisted she stay on birth control pills which she does not want to take. I told her I wasn't a physician and my knowledge about ovarian cysts was nil at this point, but let's explore it from what I know. So first over the phone I got her to find and press in the vicinity of the ovary reflex, and indeed it was very tender (she was in the midst of one of the worse attacks she ever had). Then I asked her to compare it with the same spot on the other foot—there was no tenderness. So we talked and she told me about how she had been trying to help it with herbs and supplements and got some relief, but not enough. Then I remembered something I learned recently in reflexology class: the concept of always considering the "nerve supply" to a particular organ or gland. The nerve supply refers to the nerves coming off the spinal cord, running through holes in the vertebrae, and providing the "electricity" to power a particular body part.

Because this condition has been going on for many years, I asked her if she ever hurt her back, "Did you ever fall from a horse (I knew she loved horses), have an accident, a bad fall, hurt your lower back in any way?" "Right away" she said a number of times. Indeed she has sustained a number of lower back injuries, and I asked her if she ever had seen a chiropractor. She said yes and I suggested that she see him again not just for treatment, but for an evaluation of what was going on in her lower back—L-3 & L-4 as I understand are the related vertebrae. I also gave her some self help tips (as well as you can do over the phone): pressing the ovary reflex area and finger-walking along the spinal reflexes, paying attention to sensitivity in the area of the lower back reflexes. She tells me too that she took yoga as a PE class when in college and loved it. So there seems to be a really good chance she can get some relief, as yoga can be wonderfully healing for back problems. There are many ways to address illness and pain, as reflexologists we have a unique insight that truly is a complement to, or "integrator" with medical practice. This experience showed me how, with our knowledge, from a distance we can help others (even without actual "touch"). The experience also definitely illustrated the importance of our giving some thought to the condition of the spine, to the nerve supply, when we are working with clients.

Give your feet a treat with REFLEXOLOGY for better health...improves circulation and reduces stress!

Can Reflexology Help Symptoms of Multiple Sclerosis?

I've lived with multiple sclerosis since 1989 and its course has taken bizarre twists and turns, complicating my life since it first reared its ugly head. MS is a neuromuscular disease of unknown etiology and affects each of us differently. My career as an emergency/trauma RN ended when I was forced to retire as my disease and prognosis deteriorated. I left a career I love to live my life from cane with one leg brace, to wheelchair, to ten years on lofstrand crutches with bilateral leg braces ~ often experiencing intense pain and falling on the floor unable to get up for as much as a couple hours. I am not one to complain about pain but rating it at its worst, I can't minimize it ~ it was 10/10! I guess I'm just one of the lucky ones to have pain associated with all my other symptoms! Treatment has been multi-disciplinary with my neurologist designating needs and using MS Clinics ~ PT/OT, psychiatric, medical, referrals of every known nature, and medicines that number perhaps more than most take in a lifetime, but none of this helped that 10/10 leg, abdominal, and arm pain with spasms. Medicines helped decrease the frequency but never completely eliminated them ~ oh, for the relief! Five years ago I learned of a different form of ambulation with the Ness L-300's worn on each leg and enabling me to walk without the use of crutches ~ wearing slacks fools everyone ~ as if I'm completely "healed" because my gait is normal once again ~ but what about that pain?

One evening I posted something on Facebook ~ not my style to mention the pain on that social media but it was a "side" of a different post. MaryAnn Ratteree saw the post and commented, "Kate, I think I might be able to help you." By this time I didn't get my hopes up but anything is worth a try ~ it certainly couldn't hurt. Yes, I made an appointment. In fact, I made three appointments because I try to give people and things three chances. I think it took those first three appointments for me to actually start to feel a difference ~ subtle at first, but the first of many amazing differences. Perhaps those first three appointments were psychological. I felt calm, relaxed, and free of those stress demons. Moreover, I started to feel my body relaxing and a light sensation in my legs ~ I wasn't forcing myself to walk ~ ambulation seemed without purposeful motion ~ it was a bit more natural. I can't really explain those physical changes, but something was certainly "different."

That first appointment was August 7, 2013 and I have tried to keep at least a weekly appointment since that time. Why? What changes since those first three? Do I recommend reflexology? Is it for everyone? Am I happy I followed a hunch and MaryAnn's offer?

I continue with reflexology because I have had only one mild episode of that nasty pain since we began working together ~ is that enough to answer "why?" It tells me she is working wonders on my entire body. MaryAnn primarily works on my feet, but on two occasions used my ear to relieve wrist pain after a fall ~ it worked! The odd part of this is that my brain MRI reveals more lesions but my symptoms are pretty much controlled. I can live a more normal, stress-free, pain-free, and optimistic life. Depression is a natural component of MS, and although I have my "times," I think my overall nature is positive, and I can live, love, and laugh as I experience each day, event, and meet people. I am content.

I highly recommend reflexology. It has helped me without any doubts in my mind. I say to all who are perhaps a Type A personality, living a life of stress, experiencing a physical flair of any kind ~ whatever one's struggle, TRY IT, YOU MIGHT LIKE IT! Not only might you like it, it just might relieve your physical, emotional, or spiritual tensions. I tried it and I LOVE it! So, if there is another Doubting Thomas in need of help, I suggest you commit yourself and your time to one dedicated and gifted in the field of reflexology. Healing often comes about through human touch, and especially one who knows exactly what areas to touch to promote that healing. Do I still take medicine ~ of course, but what I take is not what relieves my symptoms for which I seek reflexology. My Mum and Dad knew the intense pain with which I lived ~ although both have passed, my Dad said to me three days before "I never thought I'd live to see you walk again." Imagine how they'd feel knowing I live without that pain?

I responded to a suggestion without really knowing what I was getting myself into. I am thrilled that I have witnessed relief, calm, comfort ~all because I trusted and hoped someone would one day help me. I am forever grateful I put aside my doubts and put my faith in the healing hands of Reflexologist MaryAnn Ratteree. And by the way, after over thirty years, I not only snowshoe, I cross country ski, and last year returned to downhill skiing. No, I don't race anymore the way I did years ago, but I can still carve a fairly decent parallel turn and enjoy the fresh air and exercise and certainly the company of good friends. The other miracle is I occasionally walk without the benefit of the Ness L-300's on my legs.

My muscles will probably never be 100%, but I have such freedoms now I never thought possible. When the weakness returns or other MS symptoms prevail, on go the Ness ~ but mostly without that awful pain! **Again, thank you REFLEXOLOGY!**

Mary Ann Ratteree
MCR member



Kate

Why National Certification—Who Needs It?

(Comment) With the printing of MCR's new brochure the question arose whether we should continue singling ARCB certificants out with an asterisk after their name.

I recently needed to find a new primary care physician and noticed that some doctors have an * with the explanation below “*board certified.” I like that and it does indicate that these doctors went above and beyond their primary training. It does not show them to be better physicians than others on the list (and I did, indeed, choose a physician without an * after her name), but it does tell the potential patients that they went the “extra mile.” The same pride in accomplishment may want to be publicized by our MCR members who passed the ARCB exam. **Aloisia Pollock**

By Christine Issel

“I know what I know, I’m getting good results, my clients are satisfied with my work so why should I bother to be nationally certified? Why should I take another test?” These are all good questions to ask yourself as you look into national certification.

As reflexology gains greater acceptance as a legitimate and credible discipline in the larger wholistic health field there comes with this recognition certain responsibilities. A profession is made up of its practitioners. Thanks to those who have gone before us Reflexology is where it is today. In turn, today’s practitioners have the obligation of upgrading standards in the field and working to ensure the profession remains a separate, self-regulated profession. In addition, the field has the responsibility of protecting the public through the recognition of competent practitioners. All of these issues can be addressed through national certification testing with the American Reflexology Certification Board (ARCB).

Just as medical and law schools do not certify their own students, instead leaving that up to independent boards, certification is the *non-governmental* recognition by the private sector—or within a field—of *voluntarily* achieved standards. The goal of certification programs is to measure competence, and through the identification of competent professionals, promote public welfare. The current trend in legislation is to require nationally certification before granting state licensure.

The American Reflexology Certification Board is an independent testing agency for the field of reflexology. It is a legally constituted non-government entity incorporated under California law as a non-profit corporation and is IRS tax exempt. The ARCB is not affiliated with any school or educational program. It does not accredit schools or instructors. Nor does it endorse any specific curriculum, training program, or instructor. ARCB is also *not* a membership association—one cannot join. When you have successfully passed the examination you become a *certificant*.

ARCB’s national certification process promotes higher standards of education, ensure public safety, and demonstrate practitioner commitment to the profession through self-improvement and continuing education requirements. With the identification of nationally certified practitioners there is confidence by the public in the quality of services offered.

“So, what’s in it for me?” The ARCB promotes Reflexology and its certificants through a national referral list of practitioners and public relations work educating the public about Reflexology. ARCB acts as a resource center of information and assistance for its certificants. It produces free business related materials to help certificants succeed in their practice. *Reflexology Today*, as a semi-annual journal, keeps certificants updated on the latest developments within the field. ARCB is also available to assist in states where legislation is pending that may impact your right to practice.

“I usually don’t do well on tests and I don’t want to embarrass myself by failing.”

We all have this fear. ARCB’s focus is the testing of those individuals who practice reflexology on a professional basis. While the testing process is lengthy, ARCB is not trying to create some elitist society to which only a few

Continued ~ Why National Certification

belong. They want you to pass and over 1,650 reflexologists have so far. A study guide is sent to assist you in your review work as you prepare to take the test—written, practical and record keeping or the documentation of client sessions. Answers on the written portion are either multiple choice or true and false. If you have studied, and are willing to work to complete all phases of testing, you should pass.

Are there other national certification programs?

Yes, however, none stand up to the rigorous standards of psychometric test validation. Some are related to a particular educational program and organization that is for profit. This makes them biased. Others do not even test but base their certification on the educational information provided by the applicant.

The New Hampshire state reflexology law requires national certification by ARCB before reflexologists are licensed (and the law demands licensure of them to legally practice). Washington State requires reflexologists to pass ARCB's written exam before they are granted state certification. For these reasons it is important that ARCB's program be defensible in a court of law. This only happens when all steps or protocol in test development are followed by ARCB.

Highest Standard

Foot and Hand certification by ARCB is truly the highest standard to which professional reflexologists across the nation aspire. ARCB is thankful to the practitioners who spend the time and money to test. Only with a body of certified practitioners can reflexology become a true profession. ARCB is grateful to those professionals who share a passion for reflexology and this vision for the future.

For more information about ARCB, the national certification testing process visit the ARCB web site at www.arcb.net or e-mail info@arcb.net. ARCB may also be reached at PH: 303-933-6921, FAX: 303-904-0460 or by regular mail at 2586 Knightsbridge Rd. SE, Grand Rapids MI 49526.

ARCB testing requirements ~ Feet

ARCB testing requirements ~ Hands

www.arcb.net

Be 18 years of age or older,

Taken from their web-site 2/15/2015

- Have a high school diploma or equivalent,
- Have completed a foot reflexology course through certification (if available) consisting of a minimum of 110 hours of classroom instruction which meets ARCB-defined content/subject requirements,
- Provide a Certificate of Attendance and verification (in English) from the school/instructor verifying the number of hours attended and subjects taught.

Have achieved ARCB Foot certification,

- Have completed a hand reflexology course through certification (if available) consisting of a minimum of 30 hours of classroom instruction which meets ARCB-defined content/subject requirements,
- Provide a Certificate of Attendance and verification (in English) from the school/instructor verifying the number of hours attended and subjects taught.

ARCB testing dates 2015: May 9 ~ Salem, MA / June 6 ~ Buffalo, NY / June 20 ~ NY City / October 3 ~ Manchester, NH / October 10 ~ NY City / October 17 ~ Baltimore, MD

Go to their web-site for more dates and locations.

The Seeds of Volunteering by Suzane Girlando

Regarding volunteering in reflexology, although I know for sure that we reflexologists have a valuable and needed service, there is only so much time in a day, a week, a year, and starting one's own business is time-consuming. It feels at times like a tug-of-war between spreading the good word and building the kind of business we visualize as ideal for us.

Clearly, the public is interested in experiencing reflexology. Yet although people almost universally love it, they don't always return to pay for it, to book appointments. This situation may be explained away as part of the growing pains of the profession of reflexology.

I almost decided to refuse the invitation to volunteer at the recent St. Joseph's College of Maine's February Health and Wellness Fair. I just didn't want to pack up my bulky chair, get wipes, towels and other things and venture out loaded-up into the frigid air.

But for a while now I have identified the nearby college as a potentially ideal workplace and community to offer reflexology. It has a strong nursing department, a pre-med and pre-dental program, a popular physical education major, a vibrant athletic program and institutional commitment to healthy living all highlighted by the tradition of "Mercy" starting with the women who many years ago gave their lives to serving those in need—and serving especially in the area of healthcare as they trained thousands of nurses and built many hospitals.

In hindsight I see that for several years I had planted seeds at the college. When first in reflexology school, I contacted the nursing department faculty to obtain practice clients for my documented sessions; I spoke to different people in different areas of the college trying to break the ice; I did sessions for a good number of college personnel and students, many of whom are my friends and acquaintances. I spoke to this person—to that person. But nothing much materialized! So perhaps it is understandable that I was not enthusiastic to volunteer there again for this year's health and wellness event. But I am glad I agreed to—and did—and here is why:

Today there was genuine interest expressed! Today there were conversations with personnel in different departments who could see that reflexology was something that would bring value to their work. The Health and Wellness Director is interested in hosting a workshop and other possibilities were discussed.

So what I see perhaps is that the seeds planted over the years are beginning to sprout. Holistic, integrated, complementary, alternative medicine—whatever you want to call it! — is coming into its own and along with it comes our practice. And we reflexologists have indeed done our part to spread the word and introduce the public to reflexology, in great part by volunteering, for as we know, there is something unique and surprising in the actual hands-on experience of reflexology.

Of course there are the superstar reflexologists out there who get certified and start a successful practice immediately, but those, truth be told, are few and far between. The demographic of many reflexologists is that this is a second career whose requirements intertwine with other personal obligations and interests. Those who achieve success quickly and apparently with greater ease than many of us are unique and we would be wise to learn from them, to adopt and adapt for our needs some of their practices and mind-sets, to seek their advice and at times just follow their lead. At the same time, I feel that we also need to be patient with ourselves, we are all unique and just need to do our best step-by-step. Like the world, like society, we too, as individuals, at times need to undergo change and grow. Perhaps we are all part of a greater plan, a universe evolving for the better. This I am willing to believe—and why not?

For 17 years I have looked forward to my once a month hour of reflexology on my feet. It relaxes my whole body. I wouldn't give it up for anything. It's much better than a massage.

Nancy, China, ME

msa

National Center for Complementary and
Alternative Medicine NCCAM

name change to NCCIH

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