



Maine Council of Reflexologists



Established 1991

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NEXT MEETING
October 13, 2018
Saturday 9am - 4pm

The Maine Council of Reflexologists (MCR) Newsletter is published three times yearly following the Spring, Fall, and Winter general membership meetings. Its purpose is to provide members with news, opinion, and information pertaining to their organization and profession. Material herein is educational in nature and not intended as a substitute for medical advice or guide for treatment. Further, the views of the authors are not necessarily the views of the editor or of the MCR Board of Directors. The editor reserves the right to edit and/or refuse to print any material submitted.

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Newsletter Editor Claire Guy
solewisereflexology@gmail.com



Letter from our President

Dear fellow Reflexologists,
Thank you all who participated in the recent general meeting in Augusta. It was wonderful to see so many members, guests and students, participate.

Wendy Decker has accepted a director position at RAA and needed to lighten her work load at MCR. We were able to fill some of her positions with

ease and I am grateful to Karen Boynton for taking over the chair of the Brochures and Inserts Committee. Melissa Caswell will be in charge of the Website Committee and Karen Tibbetts will head our Standards & Ethics Committee. Wendy will continue to head our Legislative Committee.

Susan Buzzell will be in charge of the Membership Committee to lighten the workload for Claire Guy who is busy with her school. Tracy Martin and Kathy Long will take over the MCR Facebook page. Thank you all for stepping up and making the transitions easy! It is a pleasure to see so many fairly recent graduates of reflexology schools get involved with MCR's inner workings.

Spring is here and brings with it outdoor adventures, hiking and gardening and the ever dangerous exposure to ticks. We now have many varieties of ticks in Maine which carry various diseases. Thus, our afternoon program on how we can support our clients who suffer from Lyme disease was very timely. The presentation on "Reflexology for Lyme Disease" was well researched and presented by Alison Gingras and Kate Winant with a video by Sally Kay. Thank you.

Speaking of the Great Outdoors: On Friday, July 13, (rain date Wednesday, July 18) we will be hiking the Stetson Preserve in Alna. Janet Stetser, founding member of MCR, donated land to what is now the Midcoast Conservancy. I have walked the trail before and it is beautiful and worthy of our exploration. Please call me at 549-3077 for more details.

Our Tea and Feet get-togethers are still going strong. These gatherings afford us to get to know one another on a more personal level than we have time for during our general meetings, as well as give and receive a reflexology session from a peer. Karen Tibbetts is taking it one step further. She invited reflexologists who are not members to trade with her. What a great idea! So, if you know of any reflexologists in your area who have never been or are no longer MCR members, you may want to invite them to a Tea and Feet.

I would like to remind you of the opportunity to practice and give to the community at large at our outreach programs, Tri-for-cure and the Common Ground Fair.

I look forward to seeing you at the Fall meeting.

Sole-fully yours,
Aloisia Pollock, President, MCR

MCR Officers (2year/2terms)

President

Aloisia Pollock, Jefferson
207-549-3077

Vice President

Karen Boynton, Washington
207-691-5452

Recording Secretary

Sylvie Letellier, Saco
207-284-4778

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Loretta Baker, Farmingdale
207-622-5580

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Nancy Butler-Smith, Augusta
207-592-4573

RAA Delegates

Kate Winant, East Waterboro
207-229-7276

Karen Tibbetts, Oxford
207-890-1633

Standing Committees

Names listed are chair positions only.

Membership: Susan Buzzell

Education

Continuing Ed subcommittee: Kate Winant

Library subcommittee - Cindy Labbee

Bylaws - Alison Gingras

Legislative - Katie Greenman

Standards/Ethics - Karen Tibbetts

Public Relations

Newsletter subcommittee: Claire Guy

Website subcommittee: Melissa Caswell

Brochure subcommittee: Karen Boynton

Ad Hoc Committees

Historical: Karen Boynton

Outreach

Common Ground Fair sub: Chrissy Ravelli-Studer

Reflex & Cancer sub: Lynn-Marie Danforth

Mail coordinator:

Bank statement Monitor: Karen Boynton



WE NEED YOU

Committees can always use more volunteers. Check the list of committees and sign on as a volunteer. Many hands make light work; and it is always a rewarding experience. For more information contact anyone on the committee you would like to join - the list of committees and their chairperson is listed here. You may contact anyone on the Board.

From the Welcoming Committee

While MCR is the tie that binds us together as a group, we all have lives outside the world of reflexology.

When a fellow member experiences a health issue or loss of a family member, the Welcoming Committee would like to express the caring concern of MCR.

If you would like to have a card sent to another member, on behalf of MCR, please forward the request to: Ellen Hunter at ekphunter@gmail.com or phone (207) 677-2361, and the committee will see that an appropriate card is sent. Thank you ~ Chrissy, Cindy and Ellen

REFLEXOLOGY

Definition of reflexology as determined by RAA (Reflexology Association of America), ARCB (American Reflexology Certification Board) & NCRE (National Council of Reflexology Educators) in 2016.

Reflexology is a protocol of manual techniques, such as thumb and finger-walking, hook and backup and rotating-on-a-point, applied to specific reflex areas predominantly on the feet and hands. These techniques stimulate the complex neural pathways linking body systems, supporting the body's efforts to function optimally.

The effectiveness of reflexology is recognized worldwide by various national health institutions and the public at large as a distinct complementary practice within the holistic health field.



Calendar of Events

MCR Fall Meeting

Saturday - Oct 13, 2018

Beth C. Wright Center, Ellsworth

Afternoon educational series: *Sharing Sue Rick's style with Claire Guy presenting.*

MCR Winter Meeting

January 12, 2019 / snow date February 2, 2019

Augusta

July 21-22, 2018

Tri for a Cure race

FYI: Karen Boynton 207-691-5452

Sept 21-23, 2018

Common Ground Fair

FYI: Chrissy Ravelli-Studer

207-845-2352

Find more reflexology related classes:

RAA: <http://reflexology-usa.org/category/live-event/>

ARCB: <https://arcb.net/continuing-education/certificants/>

Saturday Oct 6, 2018

New Reflexology Certification class

FMI: Claire Guy 207-441-5670

solewisereflexology@gmail.com

Watch for new CEU opportunities in 2019.

Sept 2019 ICR conference in Anchorage, Alaska



Tea and Feet

Teas & Feet are important to our organization as a great way for members to get to know each other better, to help one another, and to form bonds and friendships.

Please consider hosting or attending one. Let us know if you are going to host a session and we can post it on our web-site and in our newsletter. When attending, please RSVP so the host knows who is coming.

Fri, July 13, 1-5pm (rain date July 18) host is Aloisia at the Stetson Preserve (Janet Stetson) in Jefferson. This is a tea & feet picnic. FMI: Aloisia **549-3077**

Sat, June 23, 1-4pm: hosts are Karen Boynton & Chrissy Ravelli-Studer at 524 Waldoboro Rd, Washington. Reserve your seat: **845-2352**

Thurs, August 23, 5-8pm Host Melanie Clark at Riverside Healing Center. Reserve your seat: **207-389-4372**

Tues/Wed Oct 9-10 Reflexology Lymph Drainage with Sally Kay of the UK, in Essex, VT

Contact Geraldine Villeneuve at structuralreflexology@gmail.com

Share your upcoming events

When you have events to share with MCR members, send information to our **corresponding secretary** at info@mcronline.org

She will share with everyone who has an email listed with us. It will also be posted on the MCR facebook group. If you are not listed on the MCR facebook group, look up **Maine Council of Reflexologists group**.

Driving directions to Beth C. Wright Center 23 Commerce Park, Ellsworth

From South: Take I 295*N and then I 95 N to Exit 113 Merge onto ME 3E toward Augusta/Belfast.

Drive 44.6 miles. Turn left to merge onto ME 3/US 1 N.

Drive 16.8 miles. Turn right to stay on MED3/US 1 N.

Drive 1.5 miles. Turn right onto MED15 S/MED3 E/US 1 N;

Continue to follow USD3 E/US 1 N

Drive 18.9 miles. Slight left onto W. Main St. Drive .5 miles

Turn left onto Oak St. Go .6 miles Continue onto Bangor Rd/ State St.

Drive .9 miles. Turn right onto Lakes Lane Go 220 ft.

Take 1st right onto Commerce Park. Center on right .2 miles

From North: Take I 95 S to Exit 182A to merge onto ID395 E/MED15 S toward US 1A/MED9/Bangor/Brewer. Continue to follow ID395E

Drive 4.9 miles. Exit 6A to merge onto US 1A E/Wilson St. toward Ellsworth/BarHarbor/US1/CoastalRoute. Continue to follow US 1A E

Drive 21.6miles. Turn left onto Lakes Lane Go220ft. Take 1st right onto Commerce Park. Center on right .2 miles

From Ellsworth: Route 1: From Comfort Inn/Hampton Inn, head northwest and straight onto US 1/3 N/High Street Drive 1 mile Continue straight onto Oak St. Go .6 miles Continue straight onto Bangor Rd/State St.

Go .9 miles Turn right onto Lakes Lane Go 220 ft. Take 1st right onto Commerce Park, Center on right .2 miles

Legislation 101 Course with Christine Issel Review

By Wendy Decker



Legislative Course Section 1 and Section 2 of 101 are now complete. I have learned so much!

- In the first section I learned about the path of legislation, from a legislator sponsoring the bill to hearings, to the signing of the bill by the governor.
- This second section I learned how to write (and rewrite) a position paper, what to bring to hearings, and how to contact and talk with legislators.

I have created a paper with information on the 4 reflexology licensed states and the reflexology registered state WA, NH, ND, and TN and hope to find someone in NV to hear how the process went for them. I was inspired by Christine Issel and my colleagues in Maine to find out what they did; whether they are happy now with their registration or licensing situation and history. I think you will find it interesting. *This is posted on the members' page on the MCR website.*

Christine's workbook is loaded with information and how-tos. The online classes gave students up-to-date info on legislation going on in the states as well as a chance to tell how the homework went for us and for support. Chris is very knowledgeable and supportive, and very easy to work with.

Is it preferred to get licensed versus exempt from the massage law? This course helps you answer that question for your individual state and yourself. Is your association prepared for possible legislative threats to our profession? Are you ready to respond if you need to mobilize quickly? Do you want to help? I highly recommend this course if you want to learn more. It makes it easy to learn and prepare.

For me it became clear that licensing is coming sooner or later, and that we need to keep vigilant watching for any legislative bills that might threaten reflexologists' right to practice their art in Maine. I know the time isn't right, right now for Maine reflexologists. But we will be prepared when the time comes, with the knowledge from this course and from members, friends and clients' help.

Now the MCR legislative committee is prepared to be a watchdog, because I learned the tools to use to get alerts. And we can mobilize members if we receive a concerning alert. Knowledge is power. Don't hide your head in the sand.

The legislative committee is now prepared to help you write a position paper or email to send to your senator or Legislator when needed. *I have added sample position papers*

and other information to a new legislative committee webpage on our members pages of the website.

- **New York was trying for licensing for 10 years.** Things fizzled out and so did their legislation. The state association folded due to going bankrupt, a tri-state association was started and that also folded. Reflexologists in NY are still required to be licensed massage therapists in order to practice. This is in the rules & regulations, not the actual law. Without enough active, caring reflexologists in a state, things can go south pretty quickly. What are you willing to give up because no one was on top of things in your state? In the end, too late, only 19 people wrote a letter to their legislators. It wasn't enough. Too many people thought someone else would do it.
- **Massage therapists in Georgia want to do away with exemptions and make everyone a massage therapist.** FL reflexologists are still required to be massage licensed. There are massage bills currently in Georgia, TN, W Virginia, Louisiana, and Maryland. In Maryland reflexology has an exemption from the massage law.

So you see, WE NEED TO BE INFORMED and ACTIVELY writing to our Senators and Legislators as needed. For us here in Maine, I set up a google alert to get alerts about licensing or legislation for massage and reflexology. Now, two other members on the MCR Legislative Committee are getting alerts. The more members we have getting these alerts, the better informed we are. Monthly checks are recommended to keep watch over bills in the House and Senate that might concern us.

Now I have all the information needed to create a legislative Packet when we decide to start the legislative process. If we decide to start legislation, we are going to need members who are willing and able to go to hearings in Augusta at a moment's notice. But for now, we need members to help be watchdogs for any legislation affecting reflexologists in our state. Please consider joining the Legislative Committee to help protect your right to practice reflexology.

Sincerely,

Wendy Decker

Massage Magazine Insurance Plus offers MCR a \$20 discount on their insurance. Go on-line MassageMagIns/MCR or call them at 800-222-1110 (make sure to mention the MCR discount).



Tea and Feet in Washington Mack MacDonald getting royal treatment. R: Sandy Webber



Newly certified reflexologists: L-Traci Martin in Bangor; R- Susan Buzzell, currently mobile reflexology, from Winthrop. Center is Claire Guy owner of SoleWise School of Reflexology.

Kate Winant and Alison Gingras led a lively discussion regarding how to use reflexes to positively affect Lyme disease. We were especially interested in the application of lymph drainage through the feet to assist in working with Lyme. Assisting was Connie Hubley, RAA Vice President. Listed below are many Lyme support groups in the central and mid-coast areas.

FMI: Midcoast Lyme Disease Support and Education, www.mldse.org.

- ◆ Brunswick - 1st Wed of every month at Midcoast Hospital
- ◆ Rockland - 2nd Tues of every month at The Knox Center
- ◆ Damariscotta - 3rd Mon of every month at Damariscotta Baptist Church
- ◆ Boothbay Harbor - 3rd Thurs every month at Boothbay Region Community Church
- ◆ Wiscasset - last Tues of every month at Wiscasset Community Center



Contraindications for Reflexology

From Wendy Decker
in her research within her legislative study

Total Contraindications for reflexology – cannot proceed or need to refer out.

Phlebitis
Blood clotting issues
Contagious diseases including fever, colds, flu
Diarrhea and/or vomiting
Hemorrhage
Under the influence of drugs or alcohol
Acute undiagnosed pain
Gangrene
Infectious skin diseases or rashes
At risk pregnancies – Such as:
Placental abruption (placental lining has separated from the uterus of the mother), Placenta previa (placenta too close to cervix), Bleeding, Continuous vomiting, Toxemia: Pre-Eclampsia – Eclampsia (high blood pressure and significant amounts of protein in urine), HELLP Syndrome (a variant/complication of pre-eclampsia), Deep vein thrombosis (DVT), Hydroamnios (too much amniotic fluid around the baby after 32 weeks gestation),
Threatened miscarriage
Chronic Urticaria – hives
Cellulitis

Conditions to proceed with caution with reflexology and possibly doctor's approval for some conditions

Lymph edema
Bone cancer, multiple myeloma – need to be gentle to avoid causing fractures
Gout – active -cautions
Lymph edema
Osteoporosis
Arthritis
Diabetes
Epilepsy
Fractures -avoid area fractured
Bruised areas -avoid area
Skin diseases, non contagious – avoid areas
Unhealed wounds-avoid area, keep bandaged/covered
Urinary and kidney infections
Neuritis
Post operative
Varicose veins – caution feather touch to any large or deep, varicose veins within the area to be worked
Transplanted organs – after cleared by attending physician
Active psychosis

2018 RAA Conference

from Connie Hubley

The *JAZZED* About the Art and Science of Reflexology conference held in Chicago, Illinois from



Connie Hubley, RAA Conference Chair and Karen Tibbetts, DA working together at the LE/OD workshop.

April 27-29 was an inspiring and fun time for all! If you are a RAA member, be sure to read the highlights in the next *Reflexology Across America* magazine, due out in June.

On Thursday, April 26, both LE/OD (Leadership Development Training) and the Delegate Assembly meetings received resounding reviews for its enthusiasm and inspiring ideas for participants to take back to their state associations.

Karen Tibbetts, MCR's DA attending for MCR was so inspired by the end of the day. She can't wait to share and begin

implementing many of the ideas set forth from both meetings. Be sure to talk with Karen about her experience.

You may want to read about the creation of the stunning photo behind Karen, Connie & Susan at: <https://www.sarahraskey.com/artwork>.



Maine attendees L-R: Karen Tibbetts, Connie Hubley, Susan Moulton

Member-In-The-Spotlight

Stephanie Tourles

Newsletter Reporter, Donna Dyer



In the mid 1980's I received my Associates Degree in Liberal Arts with a concentration in nursing studies from Cape Cod Community College. I completed my BS in Vegetarian Nutrition in 1987 from College of Life Science in Austin, TX. I then attended Catherine Hinds Institute of Esthetics in Newton, MA and received my esthetics license. I began working at a hair/skin/nails salon in Centerville, MA where I performed esthetic services.



In late 1987, I came across a reflexology services ad by Janet Stetser in a local southeastern Massachusetts "New Age" newspaper. As I've always been interested in foot care, Janet's ad caught my eye. My grandfather, Earl Ashe, (the same grandfather who initiated me into southeastern US herbalism) always took a nightly foot

soak. He said it pulled the stress right out of him. He also regularly massaged my grandmother's feet to help relieve swelling and improve poor circulation in her lower legs. I called to talk with Janet about schools and she suggested I get in touch with the International Institute of Reflexology for local classes. I did and took my first weekend seminar in Boston, MA. Bobby Warren, George Balut and Dwight Byers were my instructors!! I took my 2nd and 3rd seminars soon afterwards and began to offer foot reflexology services to my skin care clients. It didn't take long for my clientele to start growing. I documented nearly 100 pair of feet but did not get certified through the International Institute. (Life happened, and I didn't finish.) Years later in March, 2016, I attended Myra Achorn's school, "Treat Your Feet School of Reflexology" in Augusta, Maine and received my certification.

Were there bumps along the way? Yes! In 1990, I met and married my handsome Greek husband, who insisted that I quit working in the salon and instead work with him in his carpentry business. Twenty five years passed and the only reflexology I did during those years was occasionally working on friends, family and children. I also wrote herb books every spare second that I could and taught whenever I

could. To date, I have written 14 books.

Because of my grandfather's influence on me over the years, teaching me what he knew about medicinal/body care herbs, I became passionate about this subject and began crafting herbal body care products and herbal remedies.

I currently have two offices where I offer my services, one in my home in Orland and a new one in Blue Hill that I share with a massage therapist, reiki practitioner, and another esthetician. In my practice I generally start my sessions by reading the client's chakra energy. Not all are receptive to this, so I always ask first. As an herbalist, I like using my homemade herb-infused oils on client's feet, hands, face, and ears. I also incorporate facial acupressure, plus ear, hand and foot reflexology. After attending Bill Flocco's ear reflexology class last September, I generally do a bit of ear reflexology at the start of each session using a little warmed oil on my hands. I also offer chemical-free facials for clients and always do a bit of foot and hand reflexology while their masks are drying. They LOVE the extra attention.

I don't have a target client, but seem to attract those over 60 with issues like insomnia, knee/hip pain, neck/shoulder pain, and anxiety. Lately, I'm getting more clients that belong to Alcoholics Anonymous. The feedback is that reflexology helps keep them balanced and emotionally strong.

After graduating from "Treat Your Feet" in 2016, at Myra's suggestion, I joined MCR. My favorite part about our MCR meetings is the fellowship among like-minded members and sharing of techniques and useful information that can be integrated into my practice. I am also currently a professional member of RAA. I am not certified by ARCB but it is on my list of maybe's.

My most loved workshops were a recent week-long class in Ayurvedic Face, Hand and Foot massage at the Kripalu Center in Lenox, MA., Bill Flocco's class last September, and a review reflexology seminar by the International Institute of Reflexology in March of



this year by Vicki Graham. I still think Myra's way of methodical teaching is vastly superior to that of the International Institute!

I would eventually like to become a licensed massage therapist. I fear that one day I may not be able to practice my beloved reflexology without a massage license. More classes in face lift massage are on my list, as well.

I'm a workaholic but when I have spare time I like to make natural perfume formulations. I also like to garden, grow fragrant Oriental lilies, and make herbal tinctures for the prevention of colds and flu. In the summer I swim at the local Craig's Pond. I also like to search for striped rocks – a unique rock formation found on the Maine coast. I also read herb books.

For my own health, I have a list of daily practices: I use some essential oils and homemade tinctures, plus do my tai chi/ballet DVDs, energy work, and 15 minutes of yoga. I eat primarily vegetarian. Daily prayers are a must – they keep my head on straight and anxiety low.

My hopes, visions and ideas for MCR...I would like to see MCR offer 3-4 hour afternoon educational

sessions at each meeting. I love to learn and the meetings seem to be too heavy on the business end. Honestly, I'd like for reflexology to be a licensed modality as I think licensing would help it gain the respect it deserves and would weed out "unscrupulous practitioners."

To find out more about me, my upcoming teaching events, newly published books, or to follow me on Facebook and Instagram, or sign up for my monthly blog, please visit my beautiful website www.stephanietourles.com.

Stephanie Tourles



Stephanie Tourles
Certified Foot & Hand Reflexologist
Herbalist / Certified Aromatherapist
Licensed Esthetician

Herbal Reflexology
"Better Health Begins With The Sole"

(207) 326-5009 / (508) 776-3468 cell
Orland, ME
*Herbal Foot Baths *Herbal Oil Foot, Hand & Facial Massage

Helpful herbal information from Stephanie

As an herbalist, I like using my homemade herb-infused oils on client's feet, hands, face and ears. My favorite reflexology herbs are: comfrey leaf and root (helps with pain and mending dry, fissured skin); Solomon's seal root (assists with balancing tension in the ligaments/tendons/muscles); white pine resin (helps heal fissured skin and is great for bronchial congestion); myrrh resin (has antibacterial, skin-mending, and spiritual properties); and calendula flowers (a vulnerary bar-none, assists with healing rashes, skin irritations, eczema, and psoriasis).

To stay super healthy, I massage 2 drops



of DoTerra's "Breathe" blend into each foot daily as well as inhale it; put 1 drop of DoTerra's "On Guard" blend onto my toothbrush at night; take 1 dropper of homemade tincture daily - it could be usnea, yarrow, Solomon's seal, or ginger root - depending on my needs; massage homemade hemp or Solomon's seal oil into my joints; massage an Ayurvedic oil blend into my scalp 1x per week. I have taken Sun Chlorella algae supplement for years (high in vitamin A and minerals).

A brash young man watched a sage drawing water from the village well. Slowly, hand over hand, the old man pulled up the wooden bucket of water. After some time the young man left and returned with a pulley and excitedly explained how to use it and how easy it would be to draw water by cranking the handle. The old man refused: "Were I to use a device like this, my mind would congratulate itself on being so clever and then I would quit putting my heart into what I was doing. If I don't put my heart and whole body into my work, my work will become joyless. And how, then, do you think the water would taste?" ~~~ Zen story

CONSIDERATIONS ON A NATIONAL REFLEXOLOGY POLICY ON HUMAN TRAFFICKING



LOOKING BENEATH THE SURFACE OF HUMAN TRAFFICKING

American Reflexology Certification Board (ARCB)'s policy on human trafficking approved at their board retreat on February 24, 2018:

"Human trafficking is a multi-faceted and complex issue. ARCB supports law enforcement in its efforts to combat human trafficking operating under the guise of reflexology foot massage establishments.

ARCB is committed to educating and supporting law enforcement in identifying legitimate reflexologists and reflexology practices. It is our belief that business licensing of the individual reflexologist based on proper education and testing will lead to reduced instances of human trafficking.

ARCB works legislatively to support laws that will aid in the prevention of human trafficking throughout the US. At the same time, we are committed to ensuring that laws don't infringe on the professional, certified reflexologist's right to practice independent of massage therapy."

An unethical, but growing trend in the USA is the operation of reflexology businesses, often employing foreigners, that front for the operation of human trafficking and prostitution. Cracking down on human trafficking is receiving support from several sectors of society: law enforcement, faith-based groups, and human rights organizations who are putting pressure on the government to do something to stop it.

An Overview

Human trafficking is a form of modern-day slavery. Victims of human trafficking include all age groups. They can be young children, teenagers, men and women. Trafficking occurs to adults and minors in rural, suburban, or urban communities across the country. Victims of human trafficking have diverse socio-economic backgrounds and varied levels of education.

Traffickers can be lone individuals or part of extensive criminal networks, with the common thread of exploiting people for profit. Traffickers can be foreign nationals and U.S. citizens, males and females, family members, intimate partners, acquaintances and strangers.

Victims of human trafficking are subjected to force, fraud, or coercion, for the purpose of sexual exploitation or forced labor.

Many victims of human trafficking are forced to work in prostitution or the sex entertainment industry. But trafficking also occurs in forms of labor exploitation, such as domestic servitude, restaurant work, janitorial work, sweatshop factory work and migrant agricultural work.

Traffickers use various techniques to instill fear in victims and to keep them enslaved. Some traffickers keep their victims under lock and key. However, the more frequent practice is to use less obvious techniques including:

- Debt bondage—financial obligations, honor-bound to satisfy debt
- Isolation from the public—limiting contact with outsiders and making sure that any contact is monitored or superficial in nature
- Isolation from family members and members of their ethnic and religious community
- Confiscation of passports, visas, and/or identification documents
- Use or threat of violence toward victims and/or families of victims

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- The threat of shaming victims by exposing circumstances to family
- Telling victims they will be imprisoned or deported for immigration violations if they contact authorities
- Control of the victims' money, e.g., holding their money for "safe-keeping"

Prior to 2000, no comprehensive Federal law existed to protect victims of trafficking or to prosecute their traffickers. (Information from www.Polarisproject.com.) In October 2000, the Trafficking Victims Protection Act of 2000 (TVPA) made human trafficking a Federal crime. It was enacted to prevent human trafficking overseas, to protect victims and help them rebuild their lives in the U.S., and to prosecute traffickers of humans under Federal penalties.

The U.S. Department of State's 2007 Trafficking in Persons Report estimates are that over 27 million people are enslaved across the world today, more than at any other point in history! Unfortunately less than 1% of victims are ever identified. And the U.S. Department of Health and Human Services calculates trafficking generates approximately \$32 billion every year; it is the fastest growing crime and tied with illegal arms trade for the second largest criminal industry, behind drug trade.

Since 2007, the National Human Trafficking Resource Center hotline (<http://humantraffickinghotline.org/>) has received reports of 36,270 cases of sex trafficking or labor trafficking involving a total of 38,304 victims. From January-June 2017, the hotline received 13,987 calls resulting in 4,460 reported cases in the first six months of this year. Statistics indicate: 3,186 cases of sex trafficking, 689 cases of labor trafficking with the remaining 585 either unspecified or combination of both.

In 2017 Polaris Project found more than 9,000 illicit massage businesses operating in America. They exist in every single state and revenues for these businesses total approximately \$2.5 billion a year. Its annual report (on-line January 2018) indicated the women recruited into massage parlor trafficking mostly:

- Recently arrived from China or South Korea
- Carry debts or are otherwise under extreme financial pressure
- Speak little or no English
- Have no more than a high school education
- Are in their mid-30s to late 50s
- Are mothers

Reflexology and Human Trafficking

There are ever increasing issues of illegitimate reflexology parlors involving human trafficking affecting our field.

Human trafficking and reflexology first came to legislative attention in 2010 in the state of Georgia. The major challenge is how to write new legislation that closes down fronts for human trafficking, protects the public, and supports the right to practice reflexology as a separate discipline. With the bad press, another challenge is getting legislators and the public to recognize reflexology as a legitimate, respectable, and viable CAM therapy. To this end the Reflexology Association of America (RAA) and the American Reflexology Certification Board (ARCB) jointly designed and printed a brochure briefly stating the field's stand against human trafficking, introducing the existence of all three national professional organizations (including NCRE—National Council for Reflexology Educators), and assuring the public that professional reflexologists follow a strict Code of Ethics and Business Standards. *Identifying the Legitimate (Professional) Reflexology Practice* makes a short public statement as to the position of the field on the issue. The brochure is designed to be an educational tool primarily for legislative work and working with health care professionals. However it may also be used to educate clients on the issue.

Foot Spas

Due to the proliferation of human trafficking and untrained practitioners increasing nationwide public safety concerns have been raised. Also there is confusion with the public and in law enforcement agencies about whether reflexology is massage and especially how to deal with the growing trend in the USA of "reflexology parlors" and "foot spas."

There's a "disconnect" in the public's understanding and our perception of what reflexology is and does. Reflexologists, by and large, are trained in their educational program as to what is "massage" and what is "reflexology." We are clear—but the public is not. When we see "foot spa" or "foot massage" we think this refers to "massage"; not us. However, the public and media don't recognize a difference. More importantly, legislators do not make a distinction.

Naivety is also a problem. Reflexologists in general, just want to work with their clients quietly in a home-based business. We tend to want to practice under the radar and out of the eyes of the government.

There's the "ick" factor also. The idea of human trafficking and prostitution is icky. Many think the subject of

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human trafficking is distasteful and reflexologists shouldn't have to deal with it, but sticking our heads in the sand is not going to make the issue go away. Our individual response to the situation doesn't make anyone a bad person or a poor reflexologist, but it does limit our ability to grow as a profession. Today we've grown to a status that requires representation and fuller engagement through the various systems at work: conventional and complementary health care, law enforcement and legislation.

Law Enforcement

Law enforcement would like to find some solution to the issue of human trafficking coming into a state via organized crime that doesn't penalize the girls or legitimate reflexologists and other exempt practitioners from being licensed under the massage law.

Immigration and Customs Enforcement (ICE; previously known as INS—Immigration & Naturalization Services) and the Federal Bureau of Investigation (FBI) are not interested in prosecuting the “little guy” because it cost too much and often the defendants have access to the best attorneys money can buy. Therefore they get off even if the grand jury is willing to indict. Local enforcement currently often closes down businesses under Nuisance Abatement (the removal or termination or destruction of something that has been found to be a nuisance) that holds business owners accountable. In addition, law enforcement would also like to be able to hold property and building owners accountable so they don't rent and re-lease to these types of businesses.

Not My Problem

Beyond thinking reflexology and massage are the same, most people feel it is “not my problem.” It's someone else's problem. The attitude being it is the State's or law enforcements responsibility to regulate it and generally deal with it. In actuality, the problem of human trafficking is multi-faceted and complex as are the levels of ability and desire to address the issue. The questions become:

- How, or is, the reflexology profession responsible for ending human trafficking?
- Should the field be held responsible or take on the responsibility that is or isn't theirs?
- Do reflexologists have to move beyond the idea that unless a business says “reflexology” it is not associated with us?
- Is ineffective enforcement of current laws, often times a product of inadequate funding and priority given to these issues, our problem?
- Are we prepared to fight for our profession or for the state to regulate us right out of business and make it impossible for anyone to get a quality reflexology session because that was easier for us and the state?
- Is there any way to stop the use of the word reflexology to bypass unenforced laws that allow storefront businesses to conduct their illegal activities?
- Could national certification by each discipline exempt from the massage law tighten up their status by adding an educational standard component? Is this a way to make sure practitioners are “legally” recognized?
- Could owners in a store-front type business or those more than sole-proprietors be mandated to make sure that their individual practitioner(s) are nationally certified or they would be operating illegally? This could be similar to the way hairstylists have to be individually licensed.
- Could owners be held responsible for compliance by those either on premise as independent consultants or employees by each practitioner having to show government photo identification like hair stylists?
- Is it politically correct to have a mandatory requirement that practitioners in these businesses speak English?
- Would state licensure support law enforcement in that it will make it easier for the cities and counties to distinguish and to regulate reflexology properly—ending confusion as to who gets regulated and who doesn't and holding business owners responsible and easier to shut down when not correctly licensed?
- Is there some other more effective way(s) to address the problem of human trafficking?

First Do No Harm

Because reflexology does not use invasive techniques it is a low risk therapy. However, potential harm exists from poorly trained and unregulated practitioners who call what they do reflexology. Harm may occur when an inadequately trained practitioner does not follow appropriate guidelines of hygiene, contraindications, makes inappropriate comments, or there is a failure to make a referral to a healthcare professional or other therapy when appropriate. In many cases there is also an issue of the public being unable to communicate in English with the practitioner

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that can lead to injury through use of overly deep pressure, or not taking a client history to uncover contraindications. Due to these important health, safety, and welfare concerns, a licensing law would help establish a uniform standard of certification and regulation of the profession and identify individuals who have achieved specified levels of education, training, and skill that identify the legitimate reflexologist and reflexology business.

Acknowledging the Problem

As with any problem, the first step is acknowledging the problem exists. Then a strategy can be devised to address it.

The field of reflexology can start by educating ourselves about the problem itself, about it within our industry, and offer a resource to educate others, including the public, legislators and law enforcement. The first step has already been taken with RAA, NCRE and ARCB's joint effort in creating the "Identifying the Legitimate Practice of Reflexology" which is currently titled, "Identifying the Professional Practice of Reflexology."

A second step is for the **TRI-BOARD** –RAA, ARCB and NCRE working together to create an industry wide policy. A secondary goal could be the creation of another brochure or guide sheet for reflexologists, the public and our clients on how to recognize and report human trafficking.

Individually, each board within the focus of its work can contribute to the overall effort.

NCRE could in their curricula standards require courses on human trafficking awareness and training, on legislation, and working with law enforcement.

RAA could create a national committee to establish a centralized resource database of its members, state association members, ARCB certificants, licensed reflexologists and other professional practitioners so law enforcement has only one database to check for legitimate practitioners.

ARCB could require background checks as part of its certification process. It could also write to the State Boards of the five existing reflexology laws requesting that the rules and regulations be written or amended to include language against human trafficking and holding business establishments responsible when offering reflexology services by making sure those that work for them are individually licensed.

STATE ASSOCIATIONS through the RAA Delegate Assembly could do fieldwork research. To be proactive with legislatures clear data is needed. How many local/state businesses are advertising foot spas? Reflexologists need to visit them and determine if it appears to be a legitimate business or a front for human trafficking and report any suspicions to law enforcement. Reflexologists in the state could educate themselves about the legislative process in their state and stay up to date on legislation involving reflexology and other therapies included or exempt from massage.

Perhaps in conjunction with World Reflexology Week (WRW) a fundraiser could be conducted and donations sent to local agencies dedicated to stopping human trafficking.

All these proactive actions could possibly aid law enforcement and make their job easier when enforcing laws regarding human trafficking.

Why is this important?

- ◆ Though we would like to stick our heads in the sand and believe human trafficking is a law enforcement problem, the field of reflexology has some level of responsibility to the issue of human trafficking from both an ethical and for the protection of our profession's point of view.
- ◆ We need each other to address the problem of human trafficking.
- ◆ Human trafficking is partly our problem because reflexology is being promoted in advertising by illegal business establishments.
- ◆ In the legislative and law enforcement arenas, reflexology needs to have a documented policy to demonstrate the field is taking the initiative to address the problem as best it can.
- ◆ The entire field needs to be involved, from the individual reflexologist to their national representatives, professional organizations working together in a proactive role to safeguard our profession.
- ◆ We are all busy, but working as a team within our state and national organizations to create ideas and work on tasks makes it easier to accomplish them as the field moves forward.

Human trafficking affects all of us; and there's work to be accomplished at all levels even the personal one. Unless all reflexologists become involved in working on this challenge, legislative progress will be limited and our ability to grow as a profession reduced nationwide. It would be ideal if the national leadership were driving a positive and fully engaged response to the issue of human trafficking.



Maine Council of Reflexologists

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Did you miss the fun at our May meeting? Be sure to join us in October!