

## Minutes for Reflexology in Europe

### Schools meeting 2016

#### Brussels

Friday 6<sup>th</sup> May 2016

#### Attending:

**Board:** Eduardo Luis (Chair), Sally Earlam (Secretary), Anneke van 't Wout (Treasurer), Ronald Grave (Vice-chair), Esther van der Haar (Vice-secretary).

#### Welcome

Ronald welcomed the School members to the meeting

#### Update from AGM

Ronald shared his report that had been discussed at the AGM over the past couple of days. Discussions that happened during the schools meeting are in [blue](#).

The E.W.G., as such, has not been very active this year. We must, first of all, apologize for this situation. Various reasons to this:

Very complicate procedures to follow in France in order to try to **get national & public certification for our profession of reflexologist** (it has nothing to do with the idea that Reflexology has a therapeutic action as such); these procedures have absorbed much of my time, as founder of C.R.E.E.R. Association & as main teacher. My colleagues from French Federation of Reflexologists (F.F.R.) have also been very much involved in these procedures, even though C.R.E.E.R. procedure is distinct from theirs.

**Other personal reasons** have also reduced my availability this year, more than expected; otherwise would I have not perhaps accepted to assume this responsibility last year at the previous A.G.M. But life is not always a quiet & sleepy river...

**Spiros's stepping down** has also affected the Board as a whole: the deprivation of his leadership qualities & genuine enthusiasm has been a great loss for the Board & this one has

had to cope with this loss. Thus we did have more work to assume as a consequence & we struggled to keep near each other, despite of the distances between us.

Orlando, before leaving E.W.G. supervision, did lay the foundation of a big work, in conclusion of the previous E.W.G. meetings, the *Guidelines & application form for Continuing Professional Development Courses*. This work had to be finished up & what was needed then was rather internal consultation in the Board. This we did & a great “Thank you!” must be addressed to Sally for her professional & linguistic abilities, which have happily complemented Orlando’s foundation work. So, a big “Bravo!” to both of them!

But this does not mean that the Education Work has been neglected or forgotten. It has been present at each Board meeting & we all discussed the various subjects at stake. Helga’s stepping down from the E.W.G. has reduced this one to just Lambros Stravelakis as “school member” of the group. Thus we continued to have exchanges about education between Eduardo & Sally, both of them being also teachers.

Thus you know that you are welcome to share with us in this E.W.G. so long as you are involved in this difficult & gratifying task of teaching.

## **RiEN Foot map**

What about **Pirjo’s project**? It didn’t progress very much during Orlando’s time. Why? Not on his fault of course; but R.i.E.N. full members didn’t help him! Why? Because they were supposed to send to him maps or charts, for foot & hand reflexology; but just some of the members did it! However he needed all of them to carry on the project according to his “democratic” method! Thus it didn’t work...

My position in this project is different. I have submitted my view to the Board as it has been constituted till today; my view seems to get agreement from the previous Board; but we have had to suspend the project because of the election of the new Chair. All of the Board think, indeed, that it would be better there is Board coherence in this project, as this one may be understood differently by the various candidates to Chair function...

Anyway I can submit to you what is/was my project version, just to have your point of view... For the beginning, it would concern only the plantar face of the 2 feet. The idea is to locate the various reflex zones in the plantar faces, by taking into account the location & the zones according to their level of acknowledgement. I would suggest 4 different ways of indicating the zones:

- **IN BOLD CAPITAL LETTERS: THE ZONES UNANIMOUSLY ACKNOWLEDGED THROUGH EUROPE.**
- IN CAPITAL LETTERS: THE ZONES WIDELY ACKNOWLEDGED BY MANY AUTHORITIES/ASSOCIATIONS/FEDERATIONS/SCHOOLS.

- **In bold small letters: the zones acknowledged by some authors/associations/federations/schools but unknown to others.**
- in small letters the zones acknowledged by only some authors/associations/schools, but in disagreement with others.

Of course, there may be some arbitrary choice in this version, but it will demonstrate the necessity to gather all together around a table & to put our contradictions on it...! Personally, I am not so sure that this will be so much puzzling: many so called discrepancies seem to be rather superficial ones. Anyway, the challenge will be to find the common denominator.

What do we need to take up the challenge? As many plantar feet charts as possible, from most of the national associations/federations R.i.E.N. members. I have asked plantar feet charts from Netherlands, England & Portugal to the Board; I've got the one from Netherlands & England. I ask you then yours from Belgium, Germany, Switzerland, Spain, Greece, Norway, Sweden, Denmark, etc.

From these I will elaborate a new "synthetic" & consensual chart, in an electronic form, which I hope to present to you at the next A.G.M. What if too few members involve in this project? Never mind; we will carry on from the documents actually received!

I also would be interested in the various ways you explain the process of projection from the body to the plantar face, if ever some of you have tried to modelize the principles of the reflexological projection. Why? Because it may be the place where to find the reasons of the apparent discrepancies between the various zone locations...

## Discussion

1. It was brought to Ronalds attention that Luc Pevenage in Belgium spent 5 years studying the maps and this can be found on the website [www.nvbr.be](http://www.nvbr.be).
2. How to explain projections to students needs open communication and discussion around anatomical positioning and referred reflexes.
3. There is also a book in French by J Bossy called 'Bases neurobiologiques des reflexoltherapies' that looks at anatomical projections of reflexes onto the foot.
4. Ronald asked that any foot maps people are happy to be included in this project are sent to him – [vicechair.rien@gmail.com](mailto:vicechair.rien@gmail.com).

## Criteria for school members

My main objective will be to define the four basic requirements to validate the registration of the school members in R.i.E.N . In fact, these criteria do not exist... May be I am wrong...

Anyone can notice that some schools are registered as school members as their courses do not reach the minimum standard hours , for example.

Others do not meet minimum ethical criteria: for instance, their teaching is a “mixture” of reflexology & esoteric or parapsychological or spiritualistic philosophies; or they have deceiving commercial arguments & abuse the public in search of appropriate education in reflexology.

Others have a bad reputation in the country where they wreck our noble profession & bring R.i.E.N. into disrepute.

Still others have incompetent teachers or big pedagogical flaws & are more interested in money than in the interests of their students.

That’s why I would suggest, for beginning, **four criteria** in order to cover the main following points:

A quantitative standard. A minimum of 300 hours organized according to the E.W.G. recommendations when our beloved Pirjo used to preside it in 2004, that is:

- 100 hours for the scientific disciplines of anatomy/physiology /pathology, the last one being rarely taught!
- 150 hours for the teaching of Reflexology, theory & practice
- 50 hours for the supervised treatments, with the possibility to include the studies of case of the thesis

### **Optional**

- The first aid training
- The other disciplines e.g. dietetics, Chinese medicine, the various branches of phytotherapy, the other reflexologies (hands, ears, eyes, nose, body, etc.), psychology, etc. being out of this basic minimum of 300 hours

A **qualitative standard**. It would concern the content of the education program, mainly the philosophical content, which should be exempted from esoteric/spiritualistic/religious/metaphysical teachings.

An **“environmental” standard**. I mean the reputation of the school in the country & among the federations/associations of the country. One of two recommendations from R.i.E.N. full members could be an efficient protection against “black sheep”

A **“pedagogical” standard**. Is the curriculum efficiently taught? What about the organisation of the teaching? What about the home work to be done? 300 hours doesn’t mean anything if the content is not efficiently assessed? What about the guided learning hours & the way to control & assess the learning outcomes?

I put you all this on the table! What do you think of this? I want to insist that it is the time to regulate more efficiently the school members... Otherwise, we are going into big problems in a near future... We as Board, we need your various positions...

### **Discussion**

There was a discussion as to whether the 300 hours should be face to face, and this needs to be a decision made by the full members. It was agreed that standards should remain high though to ensure that RiEN schools are deemed to be schools of excellence.

One other option that had been raised at the AGM was that RiEN should not set the minimum hours for all countries. For those countries where government set the standards then these could be accepted as the criteria for membership for RiEN schools. Where there are no such criteria then the RiEN minimum standards can be used as a guideline.

### **Presentation for Dominique Delaporte – REFORMED**

It is a pity that till today, I did not receive a summary of her presentation from Dominique.

### **Discussion – what do you want from RiEN**

1. RiEN Approved schools
2. RiEN approved CPD courses
3. RiEN pass – equivalent to Europass

### **Date for next year's schools meeting**

Friday 19<sup>th</sup> May, Amsterdam, the Netherlands