

Helga Dittmann

As a certified educator, Helga Dittmann acquired first basic skills in foot reflexology from a naturopath in Munich / Germany in 1984 and attended training in foot-, hand- and ear-reflexology at the American Academy of Reflexology in Los Angeles in 1987. In collaboration with her instructor Bill Flocco, she developed professional training in foot-, hand-, and ear-reflexology in Germany over the next few years. Since then, she has trained numerous reflexologists and continues to take reflexology CE courses. Soon after her initial training, Helga discovered that not only the body reacts to the stimuli on the reflex zones, but also the psyche. With the previous knowledge from her studies and further qualifications, such as naturopath, systemic family coach, stress management trainer and hypno-therapist, she developed the method of Emotional Release Reflexology, which she successfully uses, presents, and teaches in Germany as well as internationally.

Helga Dittmann is a founding member of the German Reflexology Association 'Deutscher Reflexologen-Verein' (DRV) and the 'Reflexology in Europe Network' (RiEN), as well as assisting in association development and working as an active board member of the DRV (1992-1998) and RiEN (1997 – 2000). She still is a member of the Ethic Commission of RiEN and represents the DRV in RiEN.