

# 2024 RAA Conference Portsmouth, New Hampshire

## Featured Speakers



Karen Ball, Florida

### *The Future Depends on You and Me!*

It won't matter how many techniques you have mastered or how many advanced certificates you can boast if you do not have feet, hands and/or ears to work on. The future of reflexology lies in our willingness to look beyond technique. We must examine ways we can expand our reach to help more people to improve their health and at the same time building a profitable business that can support us. It's time we learn to consciously market the benefits that we know reflexology can bestow.



Helga Dittmann, Germany

### *Beyond the Body to Our Client's Soul with "Emotional Release Reflexology"*

In my presentation I will talk about the effect of reflexology on the body and in connection with physical reactions, on the psyche. I will discuss how emotional events and traumas can manifest in the body and might lead to physical and emotional illness. In the next step, I will demonstrate how working on the reflex zones and the subsequent physical reactions can reveal the emotional causes of a disorder and how we can deal with and resolve them step by step. In this context, I will discuss suitable verbal techniques. Finally, I will talk about the attentive and responsible application of the method and answer questions of the audience.



Dorthe Krogsgaard & Peter Lund Frandsen, Denmark

### *The "Dishwasher" in Your Brain - Embracing New Science to Secure the Future of Reflexology*

We have developed new reflexology techniques to stimulate cleansing of the brain. This was inspired by new anatomical findings: The presence of lymphatics and immune cells in the brain and the discovery of a fourth meningeal membrane. The effects are improved sleep, better cognitive functioning and possibly a reduced change of developing inflammatory neurodegenerative diseases. From the new science an extended view on the brain's fluid system is emerging. There is a much larger exchange of fluid in the brain than previously known, and especially during deep sleep we see a drastic increase in fluid production. Besides protecting and nourishing brain cells, cerebrospinal fluid is also important for removal of waste products and circulation of immune cells. With updated knowledge and techniques reflexology is a brilliant tool to stimulate the free flow in and around the brain.

# Featured Speakers

Continued



Paul Harvey, California

## ***A Reflexology Protocol Addressing Gait and Movement Challenges Resulting from MS, Parkinson's Disease and Stroke Survival***

The purpose for this presentation is to provide the Reflexology practitioner with tools that are aimed at bolstering their confidence to more successfully improve the quality of life for those who experience walking gait and arm/hand movement challenges resulting from conditions such as MS, Parkinson's Disease and Stroke.

In the United States there are approximately 1 million people dealing with MS with an additional 10,000 diagnosed each year. There are about 1 million individuals also living with Parkinson's Disease with 90,000 new cases diagnosed annually. Over 7 million Americans suffer from the aftereffects of surviving a Stroke.



Geraldine Villeneuve, Vermont

## ***Our Intelligent Feet: How the Body Becomes a Macrocosm of the Feet***

Geraldine's focus for the later 28 years of her practice was devoted to integrating foot function with Reflexology. This led her to discover that muscles that move the foot are extensions of reflexes. With that epiphany she developed a map showing how muscles attachment sites overlap with reflexes on the feet.

This historical presentation shines light more clearly on why feet and the body reflect each other and why the most minute information within the body can be tracked and manipulated through the feet. This presentation also clearly shows how foot muscles are extensions of the reflex areas they are attached to and demonstrates easy reflexing techniques to integrate the release of local foot strain while simultaneously stimulating reflex activity to revive the entire body.

Geraldine trademarked Structural Reflexology® in 2013 as a revolutionary method of promoting healthy feet and bodies.



Maralee Webber, British Columbia

## ***A Mother's Roar***

Autism and Special needs diagnoses are on the rise! The CDC estimates by as much as 150% in the last 20 years. During this 45-minute presentation, Maralee will share her journey as a mother to an Autistic son, and how she gained first-hand experience utilizing reflexology techniques to help improve his physical and mental health and bring about a state of calm well-being. She will detail some of the techniques, including her own STAR Method (Specially Targeted Adaptive Reflexology), along with things to be aware of when working with a variety of special needs clients. As a free gift, Maralee will also share the exact "sensory questionnaire" that she uses in her practice to accommodate her special needs clients.