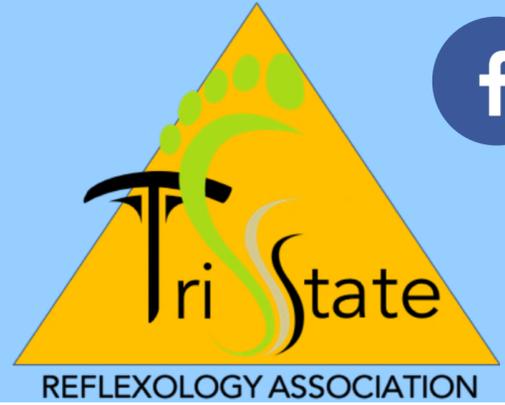




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"It's amazing how a little tomorrow can make up for a whole lot of yesterday"
John Guare, landscape of the body.



On July 7 reflexologists in New York City could work again. No matter how eager I am to see my clients, medical groups urge Americans to 'resist confusing reopening with returning to normalcy'. While I am discussing safety measures with the doctors I am working with, I'll wait and depending on the situation will resume on July 20.

Scientists are still trying to figure out why some countries have a much lower Death rate percentage than others, ranging from Iceland's less than 1%, Belgium 16%, the USA 4.5%, a statistic that changes according to the density of Corona cases.

Last week I received a complaint from one of the reflexologists who was already able to work in New York State about a client who refused to wear a mask. This is not an isolated incident, as I see similar complaints on a professional page for bodyworkers. I get it. Masks are uncomfortable, but I take it any time over a respirator. **Keep educating.** It's an airborne virus, proximity, time and indoor spaces are the contributing factors for transmission. Politely, calmly refuse to treat anyone who will not wear a mask and don't refer them elsewhere - because we all have the same requirements now.

A survey of people in lockdown undertaken in April found that about **60 percent of respondents had touch deprivation** which can lead to health problems such as stress, anxiety, depression, fatigue, sleep disturbance and post-traumatic stress symptoms.

There are more people who need your help than ever before. Focusing on your own health and wellbeing, reflects the way you and how you handle your business. Exercise and nurture yourself, while staying connected with your clients, sharing the "the art of healing one's self".

My guest and friend **Leila Eriksen** from **Denmark** says: **"it has been necessary to think creative and move forward"**

Both, Leila and myself, invite you to visit **Denmark, "the happiest country in the world"** for a true learning vacation. **Become a specialist in Childbirth, Trauma, Pain management or Palliative care with Conditioned Response Reflexology.**



Make Denmark Your Learning Destination

Conditioned Response Reflexology will be taught in English and take place the **9th and 10th of September** in **Copenhagen** and the **12th and 13th of September** in **Aalborg** (often referred to as "Paris of The North")

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MOVING FORWARD with Leila Eriksen

Q: According to the world Happiness report from the united Nations, Denmark is the second (after Finland) happiest country in the world. Can you tell me in a few words what make Denmark so special?

A: The 2019 World Happiness Report focuses on the technologies, social norms, conflict, and government policies that have driven those changes.

According to a Danish economics professor, the award is due to the Danes' sense of community. He says, "The Danes trust each other. When we stand together, we can succeed with everything, while having a strong belief that we have self-determination over our own lives. And then we have a term called "hygge". Hygge can best be described as coziness, but not quite the right word. The language reflects who we are and how we feel. Even in the darkest winter, we enjoy candles, cocoa, and wool blanket in front of the fireplace". Lego (which is Danish) means "Leg godt" ("Play Well"), and this is just what we Danes are good at. The Danish population is 5.5 million and made up of 406 islands.

Q: More than ever we need to promote Reflexology and uplift the moral of many colleagues who have not been able to work for many months. Do you have any idea or plans?

A: You have to fight fire with fire - one must respond with the necessary means and prevent them from spreading. Therefore, in these Corona times, it has been necessary to think creatively and moving forward, to make everyday life coherent according to the guidelines of the authorities. The imagination has been at stake and many therapists have found new opportunities. Some have kept in touch with clients digitally until reopening was possible, and here in Denmark there is an example of a reflexologist who raced her bicycle in the local community and gave her clients a small encouraging greeting. Webinars have been held and Facebook has been extensively used for cross-border experience exchange.

Personally, I have used lockdown to work on the project I presented at the World Congress of Reflexology in Alaska. "Case Report - Pathways and Partnership for Better Health", and by focusing on Case Reports with their significance for inspiration for evidence-based knowledge, we will gain much greater respect for our subjects and researchers being inspired to investigate why so many choose reflexology as health promotion.

Q: Our path has crossed over many years at various conferences around the world. Can you explain the reason "why your attend" and what you do for the International Reflexology community?

A: I do so with great pleasure. Reflexology is no less than brilliant and deserves to be explored. Not only by tests in clinics and in hospitals, but also in sociological and anthroposophical studies. International reflexology conferences have inspired me a lot. Both professionally but also as self-development with inspiration to go for evidence, which is crucial if we want to be accepted as a universal therapy. I have been involved in numerous national and international research projects and have had the pleasure of getting 6 abstracts regarding reflexology peer reviewed and approved for presentation at leading international researcher conferences. Also, for decades, I have had a positive collaboration with both NRN (Nordic Reflexology Network), RiEN (Reflexology in Europe Network) and ICR (International Council of Reflexologists).

Q: We live in different cultures and countries. The USA has different laws for every state, which makes it difficult to legislate and regulate Reflexology. How can we bridge the divide and what can we do to make reflexology to be accepted as a universal therapy by the medical community?

A: The key word is collaboration - locally and globally. In Denmark, we have been granted VAT exemption through cooperation between five reflexology associations. Later, through collaboration with other complementary therapist associations, we were given a registration system for alternative therapists (called RAB) which means that we as therapists meet legal requirements for ethics, education, and clinical practice. Patients, and many health insurances now cover, in whole or partly, from 2 to 12 reflexology treatments annually.

Q As a Reflexologist who is specialized in Reproductive Health and has been able to work for twenty-five years within the medical community, including The Danish National Board of Health, do you believe in the future of specialization of our profession?

A. Specialization occurs within all professions as well as within ours. You can have a general knowledge and experience that makes you as a therapist embraced widely. However, no therapist can be 100% good at everything. Most important is to follow one's heart, one's intuition, and put the necessary energy into continually developing professionally as well as personally. "Know yourself if you want to help others". The better you know yourself, the better a reflexology therapist you become. Case Reports is a great tool for reflecting on a treatment effort. Not only in the educational process, but also in clinical practice, to be published in anonymous form. This is a great way to share expertise.

Q: Reflexologists are hungry to learn and start working again. Denmark opened its border on July 1, for several countries, and we are cautiously moving forward with my workshop for September in Copenhagen and Aalborg. In your opinion, what makes this workshop unique and what are some of the highlights?

A: The workshop is unique in many ways. Treating with CRR (Conditioned Response Reflexology) is an effective method, working out from Pavlov's principle. This workshop changes the way you practice reflexology and twists some long-standing myths. The technique being taught was developed to help with an effortless pregnancy and a gentle birth. The method has since been shown to be effective in anxiety, stress, chronic pain and in palliative care. You can find more information regarding the CCR technique on www.fertilitybychoice.com and www.carecam.dk.

During this 2-day course you will learn to supplement your skills with the CRR technique and learn about research that supports our subject. At the same time, you will get a brief introduction to how Case Reports can be designed to follow science, guidelines and make a difference.