

Strengthening Reflexology in Integrated Healthcare

Building bridges between practitioners, researchers and policy makers

Speakers: Professor Nicola Robinson, London South Bank University and Leila Eriksen, Denmark, Research adviser RiEN Reflexology in Europe Network

Reflexology is the second most commonly used Complementary and Alternative Medicine (CAM) therapy in Denmark and is used all over the world. Researchers from www.cambrella.eu estimate that half of EU citizens have experienced CAM. However there is a lack of information, particularly regarding published reflexology studies.

Professor Nicola Robinson and Leila Eriksen have been participating in **research conferences** around the world. In 2014 they were in Miami, where more than 700 delegates from 22 countries, researchers, practitioners and policy makers from all over the world gathered to participate the 9th ISCMR annual conference "**Strengthening Research In Integrative Healthcare Around the World**" <http://webcast.ircimh.org/>

8 keynote speakers, 43 sessions/workshops, 65 oral scientific presentations and more than 300 research posters were presented, to share what goes on around the world regarding CAM. *How is it, that reflexology is almost invisible in conferences like this? What can be done to help reflexology to become recognized and an integral part of health care systems - for all age groups?*

The presentation, at the ICR conference, will take you through a journey. Learning about what goes on in the world regarding integrated medicine, hearing how practitioners and researchers can work side by side to promote evidence based practice and passing on information to relevant institutions.

Prof Nicola Robinson is, connected to the Confucius Institute for Traditional Chinese Medicine at London South Bank University (LSBU) the world's first Confucius Institute for Traditional Chinese Medicine and Confucius Institute of the Year Award Winner 2009, 2010, 2011, 2012 and 2013. Reflexology is also popular in China but tends to be provided outside of its main healthcare system but is an accepted treatment.

Leila Eriksen is, among other national/international activities, member of the Danish National Board of Health Council concerning Alternative Medicine www.srab.dk. She works together with www.nafkam.no and CAM associations in 4 countries collecting exceptional case stories regarding migraine, and work together with RiEN, Reflexology in Europe Network, to collect information regarding published reflexology studies.

Building bridges can be very exciting between conventional and complementary healthcare and can benefit people on both sides. Please be inspired to be part of giving people choice and be involved in changing the world.

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