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We are on the Web at: www.tnreflexology.org



The TRA Board of Directors wishes to thank all of you for your outstanding support in 2015 and making TRA successful. Best wishes for a wonderful 2017. May it be a year filled with your own personal and professional growth, health and prosperity, along with lots of fun. Happy New Year!!!

Reflexology Defined:



The following excerpt is from an article written by Karen Ball, N.B.C.R., L.M.T., who is president of the Reflexology Association of America and owner of the Academy of Ancient Reflexology (academyofancientreflexology.com). This past summer, the three arms of reflexology in the U.S.: the American Reflexology Certification Board (arcb.net), the nonprofit, independent testing agency; the Reflexology Association of America (RAA; reflexology-usa.org), the national membership organization; and the National Council for Reflexology Educators, the voice and resource center for reflexology educators, agreed on one definition to describe the practice. For the full article, please go to the following link:

https://gallery.mailchimp.com/fb620a5943acb6b7e58f762fe/files/Reflexology_is_not_massage_by_Karen_Ball.pdf

"Reflexology is a protocol of manual techniques, such as thumb- and finger-walking, hook and backup and rotating-on-a-point, applied to specific reflex areas predominantly on the feet and hands. These techniques stimulate the complex neural pathways linking body systems, supporting the body's efforts to function optimally.

The effectiveness of reflexology is recognized worldwide by various national health institutions and the public at large as a distinct complementary practice within the holistic health field."

This definition serves to clarify the differences in technique between reflexology and massage, and clearly states how reflexology differs in its intent from massage therapy, a practice that manipulates soft tissue with the intent to relax muscles.

Credentialing:

The member association, RAA, representing state affiliates and individuals in the U.S., welcomes practitioners with all levels of training.

Professional-level members must provide proof of at least 300 hours of foot or hand reflexology education (the national standard), 160 of which must have been accrued in a live classroom setting with an instructor.

Although membership renewal does not require continuing education, most members have gone on to study various advanced protocols involving the feet, hands, outer ears and face from nationally and internationally

recognized educators.

Practitioners with less than the Professional level of education are welcomed as Associate Practitioners. Reflexology students, reflexology schools and supporters also enjoy Associate memberships, including discounted admission fees to RAA's biennial conference.

Through ARCB, eligible applicants can sit to take board examinations in foot and/or hand reflexology. Successful applicants will have passed a 300-question, psychometrically valid test; submitted 90 documented session forms; and passed a hands-on practical exam to earn the designation of National Board Certified Reflexologist (NBCR). Continued status requires 24 hours of approved continuing education biennially.

Annual TRA Membership Dues:

The annual TRA membership renewal fee of \$20 (\$15 if we have your e-mail address) was due beginning January 1, 2017. Membership applications can be found on the TRA Website or by contacting Larry Hill at lhil_hand@hotmail.com. To remain in good standing, please send your dues payment to Larry Hill, 3550 Buffat Mill Road, Knoxville, TN 37914.

Since the November 2016 TRA Newsletter, one individual, Patt P. Catuncan, has renewed his membership.

Touchpoint



Third International Summer School in July 2017 in Copenhagen, Denmark

It has become a popular tradition to combine a wonderful holiday with high quality teaching each summer in Copenhagen, which is renowned for being northern Europe's largest festival city. Numerous festivals are held during the year with themes ranging from pop and jazz to film, ballet, design and the visual arts. The summer school includes two different courses. You can choose one or both, as you like. Please visit the web site for more details on each course.

Nerve Reflexology I: Spine-organs-pelvis-legs: July 10-12, 2017 (3 days)

<http://uk.touchpoint.dk/kursusuk.asp?ID=21067&showK=11102&showDescr=21137&#Y>

Round about: Respiration: July 14-15, 2017 (2 days)

<http://uk.touchpoint.dk/kursusuk.asp?ID=20361&showK=11103&showDescr=21123&#Y>



Advanced Reflexology Certification

Begins January 14-15, 2017. This is a 5-weekend Certification Course with Roz Zollinger and Heal Center Faculty. (48 CEUs by NCBTMB for all five modules)

The Heal Center's Advanced Reflexology Course is for those who are committed to furthering their professional training in Reflexology. The course is in compliance with the standards of the American Reflexology Certification Board (ARCB). This outstanding comprehensive program will run one full weekend per month, for five months. The American Reflexology Certification Board's national educational standard for Reflexology is 200 hours. This is made up of 110 class hours and 90 documented client sessions. Once the required number of class hours have been completed,

students may register with the ARCB in order to receive the ARCB Study Guide and to schedule a testing date. The prerequisite for this course is the Heal Center's 14-week Reflexology Certification Course, which consists of 50 class hours. Together with a further 60 class hours provided by the Advanced Reflexology Course, as well as 10 hours of supervised clinic sessions, Heal Center graduates complete a total of 110 class hours - therefore meeting the ARCB requirement. For more information, please go to the following link: <http://healcenteratlanta.com/classes/advanced-reflexology-course/>