



**Officers:** Ted Helms, President; Carrie Wagner, Secretary; Larry Hill, Treasurer;  
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**We are on the Web at:** [www.tnreflexology.org](http://www.tnreflexology.org)



**TRA Members: Thank you!!!**

Reflexology heals and helps individuals feel better, reduce of pain, regain their energy and well-being. Your work as a Reflexologist is a blessing for many people. So, THANK YOU for the work that you do in this field. As your Tennessee Reflexology Association, we thank you for your support of Reflexology. It is only thanks to its members that TRA can exist. Thank you for helping to educate the public about the health benefits of Reflexology, and most of all, thank you for expressing your support by being a member!



The Reflexology Association of California (RAC) has announced three Webinars (all qualify for CE credits from ARCB) that are available for purchase as follows:

**Holistic Healing with Reflexology with Earendil Spindelilus, R.N.D., M.H., C.R.**

[3 Available for Purchase](#)

**Self-Care Reflexology for the Digestive System: Learning to Heal from the Inside Out with Chantel C. Lucier, NBCR, RM, CMT.**

[2 Available for Purchase](#)

**Metamorphosis Webinar Series with Cindy Silverlock.**

[3 Available for Purchase](#)

These can be bought individually or you can choose from each series or buy the entire series. The web address is <http://reflexology-ca.org/education.html>.

**Balancing Touch**

Adam Thomas of Balancing Touch describes in a video three techniques that he uses to work on painful or uncomfortable points that I come across during a Reflexology session. This YouTube video can be found at the following link: <https://balancingtouch.ca/how-to-work-painful-points-in-reflexology/>

**Video Contents:**

1. Continue Session – often checking back to see if the pain has decreased.
2. Holding – using lighter pressure, hold for 30 seconds and repeat three times or more.

3. Perimeter walk – working all around the pain point
4. In action – Demo of how he uses the three techniques.

### Annual TRA Membership Dues:

The annual TRA membership renewal fee of \$20 (\$15 if we have your e-mail address) is now due beginning January 1, 2019. Membership applications can be found on the TRA Website or by contacting Larry Hill at [lhil\\_hand@hotmail.com](mailto:lhil_hand@hotmail.com). If you have not paid your 2018 dues and wish to remain in good standing, please send your payment to Larry Hill, 5204 Skyline Drive, Knoxville, TN 37914.



### *The 2019 World Massage Festival in Cherokee, N. C.*

**REGISTER NOW** for the 2019 WMF in Cherokee, North Carolina at Harrah's Resort. The festival, which celebrates their 14th year, will be May 6-9, 2019. For more information, contact Cindy Michaels, Registrar World Massage Festival, telephone (336) 957-8807.

This is a smaller venue and it is anticipated that it may be sold out by Christmas of this year! Lots of great classes, all NCBTMB-approved, including a mini-conference on Autism. Register now at <https://www.eventbrite.com/e/world-massage-festival-2019-registration-46261838404>  
Follow on Facebook at <https://www.facebook.com/pages/World-Massage-Festival/131258765806>  
<http://worldmassagefestival.com>



The Reflexology Association of America (RAA) has sent a thank you to Christine Issel for continuing to be an advocate for the reflexology profession. Christine recently reached out to RAA, as well as other organizations encouraging support to have reflexology reclassified with the Classification of Instructional Programs (CIP), which is part of the US Department of Education. This organization lists reflexology as a technique of massage as explained below:

#### **Classification of Instructional Programs (CIP 2000)**

<https://nces.ed.gov/ipeds/cipcode/cipdetail.aspx?v=55&cipid=87830>

#### **Detail for CIP Code 51.3501**

**Title:** Massage Therapy/ Therapeutic Massage

**Definition:** A program that prepares individuals to provide relief and improved health and well-being to clients through the application of manual techniques for manipulating skin, muscles, and connective tissues. Includes instruction in Western (Swedish) massage; sports massage; myotherapy/trigger point massage; myofascial release; deep tissue massage; cranio-sacral therapy; reflexology; massage safety and emergency management; client counseling; practice management; applicable regulations; and professional standards and ethics.

#### **Detail for CIP Code 51.3503**

**Title:** Somatic Bodywork.

**Definition:** A program that prepares individuals to promote physical and emotional balance and well-being through the application of skilled touch principles and techniques. Includes instruction in therapeutic massage and other hands-on touch methods, anatomy and physiology, structural/functional integration and various holistic health systems (Rolfing/Structural Integration, colon hydrotherapy, Breema, Hellerwork, lymphatic drainage, Rosen Method, hydrotherapy, and others), client counseling, practice management, and applicable regulations and professional standards.

**The following is an excerpt from an Email sent by Christine Issel to the CIP at CIP.ed.gov**

“On behalf of the board of the Reflexology Association of America, I wanted to bring to your attention that reflexology is NOT massage nor a massage technique. As such it should not be listed under 51.3501, and we are requesting that reflexology be reclassified to 51.3503, Somatic Bodywork and Related Therapeutic Services. The field of Reflexology is a specialized profession and has its own body of knowledge, scope of practice, history, terminology, technique, educational standards, national certification with a psychometrically valid exam since 1992, and research studies separate from massage. For more information about reflexology please refer to [www.arcb.net](http://www.arcb.net) and [www.reflexology-usa.org](http://www.reflexology-usa.org).

We respectfully request that reflexology be reclassified to 51.3503 to help clear up the confusion of reflexology being a technique within massage. I would appreciate that you would notify me by return email when this misinformation has been corrected.”