



ARE YOU A THERAPIST?



From the President's Desk;

I read an article a couple weeks ago that I have been doing a lot of thinking about.

Do you give too much advice?

Are you a therapist to your clients?

How much is too much?

All these questions were in this article. Now, it really has made me stop and think with our rules, regulations and that we **Don't Diagnose** how much do we say. Do I say to much? Although, I am sure that every one of us has had a client or two, ask us what we think is wrong!! Are we saying more to our clients as they talk to us and ask questions, than we should be?

When a client comes to you for assistance with a health concern, do they also start discussing other problems that is not related to Reflexology? I have several clients that do. I don't mind, I feel we all need to talk to strangers about things, we give a whole new perspective but we as Reflexologists, still have to be careful how we answer personal questions also. Does it help the client to feel better, do you notice any changes in the feet? I have! As they talk and begin to get things off their minds, their feet, "start to tell me stories"! *¹

How much do you tell your clients about what you find or feel in their feet?

Let's start at the beginning, as Reflexologists we strive to help our clients feel better no matter what the issue might be. We study, train and practice, we learn the laws and rules. But our main goal is to help this world know about Reflexology. What it can do for every part of the human body. We truly believe in Reflexology!! **IT WORKS!!**

Your relationship with a new client never begins with *touch*, but rather, with *talk*. When you have a new client scheduled, you sit down and learn about them and what issues they are concerned about, so that you can begin to understand where and what areas/points to work on. While they may be filling out the health intake form, you might be asking your own questions or they may be telling you about what problem areas they have.

You may know them from your community so you talk about more well-known chat. Nothing wrong with that as long as it doesn't cross that fine line of giving advice.

¹ Eunice Ingham

So, you start your session and if it is their first session, I explain what I am going to do or am doing so that they can understand it and not be wondering what I am doing to their feet. Or if it is a regular client, I get quiet and start my treatment. But as you go a long do you find areas of tenderness, or change of texture or do they say it is sore or hurts? They ask you what is that area? What does that do? What could be going on there? Ah hah!! There you go. Those dreaded questions! So, what do you say? I always say, "Well I am not a doctor or can't diagnose any client". This might be something you can discuss with your primary physician at your next visit. You don't want to scare them; you don't want them to start getting wrong ideas in their heads. We as Reflexologists have to be careful of our words and actions. If it is an issue such as Plantar Fasciitis, (*and they know it before they come to me*), I may suggest a different kind of shoe or etc. You can always tell them what the area is, that is ok, you just don't want to go much further than that.

At the end of the session, they may still be trying to get you to say what you think it is or should be done. So, you are left with "what do I say and how do I say it". As we progress in our talent and work with many different kinds of clients, we learn how to talk and what to say to each one.

With all this being said, "We love our clients and we only want them to be happy".

The next problem is can you say something and not be diagnosing but your client thinks you are?

I am pretty sure that at some point we all have said something that we didn't even know we said but our client heard it. Where is that fine line?

Lastly. As Reflexologists we have our thoughts on what might be going on if an issue is felt, but if we say anything to that fact, we are violating our ethical priorities. We would be setting back all that has been done for Reflexology to be introduced and talked about to the world. We want to be present with our client during their session, not tell them about what is happening in their own bodies. But to encourage them to a good understanding of their own bodies. We should know our own bodies and what it can and cannot handle. It is these times that we think we can have a huge impact on them more than we realize!

I value your thoughts and opinions. You may email me at renitamurrell2@gmail.com and let me know. (*All emails will be kept private*).

Blessings,
Renita Murrell, President



REMINDER

RAIA Spring Conference
Ames, Ia. At the Country Inn & Suites
April 29th – May 1st.

If you are planning on staying at the hotel, now is a good time to make your reservations. They have breakfast available each day, but for lunch and supper we are on our own. And in the previous newsletter, I had found some restaurants close by. I will make up a list to have available for all to look at. You may bring drinks and snacks to have at the conference if you would like too.

Hope to see you all there. If you have not registered you may email me and I will be sure to put your name on the list. The speakers are printing out information, so as soon as you know you will be coming, please let me know and I will give them a headcount.

Thank you and hope I will see you soon!!

Renita