



# NEWSLETTER

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## FORUM MEMBERS

Association of Reflexologists  
British Reflexology Association  
British Association of Beauty  
Therapy and Cosmetology  
Centre for Clinical Reflexology  
Complementary Therapists  
Association  
International Federation of  
Reflexologists  
International Institute of  
Reflexology (UK)  
Northern Ireland  
Reflexologists' Institute  
Professional Association  
of Clinical Therapists  
Scottish Institute  
of Reflexology

## MEET THE TEAM

### Clive S. O'Hara

#### What is your role in the Reflexology Forum?

Chair of Education and Training Group

#### When did you qualify in Reflexology?

level 1 -1974; level 2 - 1981 and level 3 - 1996

#### How did you first become interested in Reflexology?

I went into nursing after school which made me very sceptical of reflexology when I was dragged by my mother, already a reflexologist, to my first training in 1970s. This disbelief in how reflex points in the feet could improve health continued until I took care of mother's busy practice for three months. After this some of the patients were so grateful for their improvement that they elected to remain with me! However, I still tend to have a challenging approach to reflexology which has helped to dispel some of the myths and inconsistencies associated with it.



#### What do you see as the major challenge facing Reflexology at the moment?

Evidence-based practice should be every reflexologist's challenge in order to satisfy the research hungry needs of integration. If the Core Curriculum can influence the involvement of the next generation of students with research and audit projects, then we can build on the foundation of evidence that is already starting to emerge.

#### What do you like best about working with the Reflexology Forum?

The Exeter report (2000) described reflexology as the most 'diverse' of all the therapy professions. It has been a privilege to be part of the remarkable transformation into the cohesive, efficient and genuinely friendly working unit that is the Reflexology Forum.

## REGULATION UPDATE

OCTOBER 2006

### The Consultation

The Princes Foundation for Integrated Health's consultation on the voluntary self regulation of complementary and alternative medicine (CAM) was completed in July, and the results reported on at a meeting on 27<sup>th</sup> September 2006. The consultation proposed a federal style regulation akin to the approach used by the Health Professions Council which currently regulates a number of professions including chiroprody and art therapy.

The consultation proposed a central CAM Council who would manage the core of the regulatory process including areas such as fitness to practice, codes of conduct, ethics, standards of proficiency and a single register of practitioners. Areas such as membership services, insurance and CPD amongst others, would remain with the professional associations.

There were 438 respondents to the consultation and the replies gave a clear mandate for the Foundation to progress to the next stage of developing a suitable, workable regulation model for CAM. To achieve this a working group will be set up to research and explore the recommendations put forward from the report and to provide proposals for a model which will be acceptable to all parties in the debate. The working group will be formed by the end of 2006 and start work in January 2007. They will present their proposals in October 2007 and the Foundation is aiming to have the necessary regulatory structures in place by March 2008.

### What this will mean for you as a practitioner?

This very much depends on the proposals put forward by the working group. The recommendations which resulted from the consultation suggest exploring two different models of federal regulation. Ultimately the aim of regulation is to increase public safety, but it will also help to support practitioners and to promote the various complementary therapies.

## EDUCATION

### Core Curriculum for Reflexology After 1 Month

The Core Curriculum for Reflexology in the United Kingdom published in September has been very well received by the profession and public alike. Interest has not only been generated at home with copies of the work having been purchased from as far a field as Portugal and the Bahamas

This publication represents over four years of work by the Reflexology Forum Education Group and is the first universally accepted curriculum for the training of Reflexology ever published in the United Kingdom.

An essential reference work for students, tutors, awarding bodies, education providers and professional bodies as well as a requirement for CPD training providers; this work is being recommended to schools and tutors by ALL Member organisations.

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For details and to  
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[www.reflexologyforum.org](http://www.reflexologyforum.org)

