

# Fertility and Pre-Conception Reflexology

## CPD Modules

An intensive one-day AoR accredited course providing the reflexologist with background knowledge for an informed approach to giving holistic reflexology treatments in these situations, including those where couples have turned to Clinically-Assisted Reproduction Technologies and where the couple have already experienced early miscarriage. It covers recommendations about adapting treatments and use of additional techniques and reflexes, including the use of acupressure and marma points as well as client care and self-help. A comprehensive well-illustrated workbook will be provided as a valuable reference tool and a DVD of techniques will be available for purchase at moderate cost. Attendees will have the opportunity to practise techniques and should bring wipes and reflexology cream.

An outline of topics is given below:

## Pre-conception

- Physiology of conception
- Lifestyle considerations for pre-conceptual care
- A detailed look at the effects of stress on the reproductive system

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## Sub-fertility

- Common causes of sub-fertility including physiological, lifestyle and emotional considerations
- Awareness of client clinical testing
- Diagnosis from a holistic perspective
- An introduction to Assisted Reproduction Technologies (ART) as background to client ART programmes

## The male partner

## Early miscarriage

- Common causes and approach to treatments and client care

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## Tutor Profile

Helen Harris graduated with a BSc in Chemistry and an MSc in Information Science and worked for many years in the pharmaceutical and information industries before turning to complementary therapy in 2000. She is a reflexology and polarity therapy practitioner running a practice from Wimbledon with a strong client base in fertility and pregnancy. Helen has been responsible for course development at Raworth.

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## Dates, Times & Cost:

Â Saturday 7th November 2009

10am to 5pm

**£80.00 (including VAT)**

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