

# Pregnancy and Birth Reflexology

- CPD Modules

An intensive, AoR accredited, one-day course intended as a foundation to this area of work. The course provides the reflexologist with background knowledge necessary for an informed approach to giving reflexology treatments in maternity situations including the 9 months of pregnancy, the birth and the recovery period. A comprehensive well-illustrated workbook will be provided 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:

## Pregnancy

- To treat or not to treat during the first trimester
- Main stages of foetal development
- Main stages in obstetric monitoring
- Physiological considerations for the mother – the impact of pregnancy
- Lifestyle and emotional considerations for the expectant mother
- Common complications
- Approach to holistic reflexology treatments, techniques and reflexes (some new), acupressure and marma points, client care and adaptations as the pregnancy progresses

## Birth

- Providing encouragement and support in planning for a natural birth
- Considerations for treatments as the Estimated Delivery Date approaches and passes
- Client self-help
- Priming when medical induction is proposed
- Use of reflexology and acupressure points during labour

## Puerperium (period immediately after birth)

- Treatments to assist the mother's recovery

## Babies

- Showing parents what they can do

## 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 2nd May , Tuesday 30th June or Saturday 14th November 2009**

**10am to 5pm**

**£80.00 (including VAT)**

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