



MATERNITY REFLEXOLOGY TRAINING PROGRAM (MRTP®)

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MRTP Part II ADVANCED COURSE: Reflexology in Sub Fertility, Puerperium and Newborns

Overview

The Advanced Maternity Reflexology Course (MRTP Part II) aims to provide qualified Maternity Reflexologists and Maternity Professionals the opportunity to extend their expertise in this field.

The course is **orientated** towards qualified Reflexologists and all professionals who work with sub fertile couples, Midwives, Doulas and Childbirth Educators.

The Advanced Maternity Reflexology Course (MRTP Part II) consists of **two parts**:

- Round table discussion based on Treatment reports/ Clinical feedback brought by attendants
- Reflexology in Pre Conception, Sub fertility, Puerperium (the Post Natal period) and for Newborns.

Philosophy and scope

The course answers the following questions in depth:

Why is the Post Natal period, often called the 4th trimester so important, but at the same time, so uncared for?
What can a Maternity Reflexologist do during this period?

What pathologic and non-pathologic factors have an influence on Sub Fertility and what are the tools Reflexology provides to treat them successfully?
How can Reflexology be beneficial for the newborn?

This course aims to provide therapists with a package of practical and holistic tools that span their scope of Maternity Care, while additionally allowing them to excel in one or more specific items and specific types of skill.

The holistic scope of the course combines the clinical experience of the therapists, together with their common sense, wide knowledge about Maternity facts and sensitivity.

Round table: Presentation and Discussion of Treatment Reports/ Clinical Feedback

A treatment report is a different name for what it is usually called a case study.
The term Treatment Report is in my opinion preferable upon the term Case Study on the belief that a patient or a client is not a "case" or an object of investigation.

The course aims to present real, vivid experiences that can enrich our knowledge, sharing the outcomes of each treatment. In order to make the most of the course, attendants are invited to prepare at least one treatment report or highlights of clinical feedback.

Suggested format for presentation of Treatment Reports/Clinical Feedback

- Overview
- Presentation of patient with full history and details (age, age of pregnancy at the moment of first meeting, symptoms presented, medication or advice received by caregiver, etc.)
- Development of treatment (ups, downs, improvement, etc)
- Number and sequence of treatments given
- Conclusions

Delegates are invited to show pictures of clients' feet before and after and are most welcome to introduce any element that they consider useful for the presentation of their report.

Important: Treatment reports are submitted with no names but initials (i.e: M.S. instead of Margaret Smith) and in case of attaching photographs of your clients, they must be presented with written permission and authorization by them.

The presentation of the treatment reports has the purpose of registering every single alternative regarding treatments given to pregnant women. The bottom line is the conclusions every delegate arrived at, the way of working and the knowledge gained.

Syllabus

1) Presentation of Treatment Reports/ Clinical Feedback .

Round table discussion based on treatment reports and/or clinical feedback. (ca. 2 hours).

2) Reflexology in Sub Fertility

Reflexology in Preconception

- helping boost the fertility potential
- Amenorrhea
- Dismenorrhea
- PMS, PCOS and Endometriosis
- Reflexology during IVF treatments
- Male common problems (Oligospermia, Azospermia, Varicocele, Prostatitis)
- *Round table discussion:*
all about working with the couple.
- emotional blockages, how to identify them and what to do.

***Group discussion:**

- The Body-Mind background of sub fertility and the onset of a normal treatment: influences and considerations.

3) Reflexology in the Puerperium (Post Natal Period)

- after a surgical intervention (CS, Episiotomy, etc)
- helping prevent Mastitis
- helping Breastfeeding
- helping Endocrine Balance after birth
- promoting relaxation and helping prevent baby-blues (and what to do when they appear)
- backache, rest, appetite and sleep

4) Reflexology in Infants and Newborns

- Colic and gases (emotional and physical background and how to treat them)
....is it really a physical problem? -

***Group discussion**

- Relaxation - Cough - Introduction to Baby Massage

Average time for practical sessions and rehearsal of techniques: 40% of time.

Recommended academic hours for this course: 25

