

MATERNITY REFLEXOLOGY TRAINING PROGRAM (MRTP®)

Tutor: Mauricio (Moshe) Kruchik



MRTP Part I

Course:

Reflexology in Pregnancy and Childbirth

Syllabus

1 - Overview

2 - Reflexology in Pregnancy

The Reflexology Planner: How to identify, prevent and treat symptoms and conditions that might appear during pregnancy. Training special techniques for:

- relaxation (including *The Parabola Technique*®)
- working with movement
- spine alignment
- solar plexus link
- special technique for the immediate release of Oedema (swollen legs due to fluid retention) in one single session
- special technique for the treatment of SPD – symphysis pubic dysfunction (all techniques developed by the author)

Conditions and symptoms to be studied:

- Morning sickness - Heartburn - Anaemia - Constipation - Piles - Anxiety and fatigue
- Changes in appetite - Dizziness - Gestational Diabetes - Backache - SPD (Symphysis Pubis Dysfunction)
- Oedema - Headache - Diarrhoea - Helping with preparation of pelvic floor stretching - Hypertension
- Infections of the urinary tract - Hyperventilation, asthma and respiratory problems during pregnancy

3 – Reflexology in Pregnancy

Mention of risky conditions and emergencies where Reflexology has not yet proven as an effective therapy.

4 – Reflexology as a hormone aligner and educative therapy for birth

5 - Reflexology in labour

Training special techniques for:

- Regulation of contractions (stimulation or sedation), helping to avoid the use of Pitocin

- Helping with evacuation (techniques for digestive and urinary evacuation in birth)
- Helping with breathing
- Helping to calm reflux/ stimulate vomiting
- Helping with regulation of body temperature
- Helping with birth of placenta

6 – Discussion of treatment reports and clinical histories.



Average time for practical sessions and rehearsal of techniques: 30% of time.

Recommended academic hours for this course: 25.

In order to make the most of this course, I heartily recommend you to refresh your knowledge on A&P of pregnancy and childbirth.