

# London School of Reflexology Certificated Course in

## **Anxiety and Young Adults**

*Approved Association of Reflexologists 12 C.P.D. course*

*Will be held by Louise Keet live on Zoom on*

**Monday 10<sup>th</sup> August or Friday 20<sup>th</sup> November**

9.30am – 3.15pm

**Cost £135**

You will learn new approaches to treat anxiety in young adults. We will look at how the effects of trauma and inability to self-regulate can have a lasting health impact and how it may affect hormone balance and emotional reactions. You will appreciate how the developing brain and the prefrontal cortex, which governs judgment and the amygdala, controlling impulses can be affected during stress, development and anxiety. You will learn how accessing and helping to regulate the Vagus nerve can support your client to cope with difficult situations. You will learn what may affect the Vagus Nerve and its connection with eating disorders.

You will learn the causes and affects acidosis has on the body and ways to help your client reduce the acid load. You will be able to appreciate the effects of doom scrolling, dopamine regulation on brain chemistry, compare and despair and the potential impact of electromagnetic frequencies has on emotional and physical health.

You will learn about mental health, inflammation, homeostasis and dysbiosis. Additionally, we will consider the enteric nervous system and what can influence the gut brain connection.

We will look at bone health, spinal nerve root compression and the impact on abnormal spinal curvatures and its association to mental health issues.

You learn about co-regulation and suggestions to help a client to co-regulate with themselves or others to help feel calm. You will learn self-regulation techniques before treating a young adult to prevent the exchange of negative energies.

We will look at a number of pathologies affecting adolescents and young adults adaptations to treatment including weighted blanket, hot water bottles, hand warmers and star constellations along with key reflexes.

This course is accompanied by a comprehensive 70 page manual, a booklet of key reflexes for common conditions, a range of treatment plans and practical guidance including the feet and hands, demonstration video and your CPD certificate to support your learning on the day.

Your course is accompanied with a demonstration video of new original protocols, treatment plans and techniques developed by Louise Keet that includes Vagus Nerve support, Energy on Motion, Chakra crown balance and more to access before and after the day which accompanies your live talk through practical during the day

This course is aimed to help you develop your business and support the growing area of Anxiety and Young Adults and their parents with these skills and knowledge and a new approach.

You will require a 'client' or alternative (plastic feet) to work on from 1.30pm – 3.00pm  
The course is taught **live on zoom** by Louise Keet who is the author of Reflexology Bible and Hand Reflexology

*On completion you will be awarded with a Anxiety and Young Adults Reflexology Certificate*

Places are limited and are on a first come basis please email [louise@learnreflexology.com](mailto:louise@learnreflexology.com) to request your place.

### COURSE BOOKING FORM

I wish to confirm my place for the Anxiety and Young Adults Reflexology Course on:  
**Please write down the date you wish to attend** and transfer my course fee to London school of Reflexology. Please email for bank details as course places are limited

Name

Address

Phone Number

e- mail

Terms and conditions we do not give refunds for non-attendance for whatever reason as all course material is sent pre-course.

[www.learnreflexology.com](http://www.learnreflexology.com). [www.learnreflexology.com](http://www.learnreflexology.com).