

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*

Thursday 19th March or Tuesday 11th August

9.30am – 3.15pm

Cost £135

I am proud to have spent the last two years developing this much needed course to treat anxiety and young adults with reflexology. This is an Association of Reflexologist approved course and carries 12 CPD points

During your live on zoom course we will consider how the effects of trauma has a lasting health impact into adulthood and how it may affect how we react to emotional events. We will look at ways to relax, balance and regulate ourselves before treating a young adult to prevent the exchange of negative energies. You will appreciate the importance of co-regulation and simple suggestions to help a client to co-regulate with themselves or others to help feel calm.

We will look at bone health and the impact on abnormal spinal curvatures and its association to mental health issues. We consider the personality types associated with food disorders. You will learn what may affect the Vagus Nerve and its connection with eating disorders. We will consider the enteric nervous system and what can influence the gut brain connection.

You will appreciate 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 the many factors that may affect the endocrine and nervous systems. You will appreciate influences on the changing hormones in adolescence and the potential effects of hormones on moods. We will look at a number of hormone and developmental pathologies, adaptations to treatment and key reflexes.

You will learn holistic aftercare suggestions and these will include diet, metabolic acidosis and anxiety, healthy food choices, positive affirmations, releasing negative

narratives, journaling, self-help hand reflexology, healthy lifestyle suggestions as well as techniques to support the vagus nerve and ways to manage difficult situations in confident and calm ways.

As well as techniques on the feet you will also be given simple hand Reflexology points to offer to your clients to help themselves.

You will be provided with a comprehensive course manual to support your learning during the live zoom course. Additionally you will be sent an additional a booklet of Adolescent common pathologies and key reflexes out of balance.

Your course will be accompanied with a demonstration video to access before and after the day and will be supported with your live talk through practical during the day

I hope this course will be able to help you support some of your younger clients and their parents with the benefits with knowledge and a new approach.

You will be learning a new original protocol and techniques developed by Louise Keet that includes Vagus Nerve support, Energy on Motion, Chakra crown balance and more.

You will require a 'client' or alternative (plastic feet) to work on from 1.25pm – 3.10pm
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 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. www.learnreflexology.com.

