Adapted Reflextherapy
Information and Booking Form

Led by: Gunnel Berry MSc, MCSP, Leg, Sjukgymn (Sweden) PostGrad Cert

Date: Day 1 - Thursday 10th October 9.15am - 5pm
      Day 2 - Friday 11th October 9.15am - 4.45pm

Venue: The Women’s Institute, Neston Road, Thornton Hough,
        South Wirral, CH63 1JW.

Medical literature reveals a situation that many will recognise: there is currently no guaranteed effective treatment for people bearing the long-term effects of whiplash injury (Atherton et al. 2006). Inspired to find solutions for people in chronic pain, physiotherapist Gunnel Berry developed Adapted Reflextherapy, evolved from reflexology.

Combining a medical understanding of spinal injury with the principles of reflexology, Adapted Reflextherapy (AdRx) is a non-invasive treatment for neuromusculoskeletal pain of short or long duration, high or low intensity. AdRx has been developed over ten years through treating thousands of people in pain within the NHS and private practice, reinforced by extensive desk research.

Clinical observations and individuals’ testimonies suggest that AdRx provides a breakthrough from pain for a significant number of people. Based on recent neurological research some deductions have been proposed as to how AdRx may work within the body. The exact mechanisms are not clearly understood to date and are subject to further enquiry. Reflextherapy is a recognised treatment modality by the Chartered Society of Physiotherapists in the UK. AdRx builds upon this, with a particular focus on spinal injury.

If you are a qualified reflexologist this practical 2 day workshop will enable you to explore adapted reflextherapy for patients suffering from spinal pain and the effects of whiplash injuries. These techniques have been found to be measurably effective in increasing spinal mobility and reducing pain. You will learn about the 5 basic handhold techniques and treatment method of adapted reflextherapy.

The cost of this course is £250.00, and this includes:
  • comprehensive training manual
Please bring wipes, reflexology medium, and a hand towel with you, and a packed lunch. A cafe is available nearby. Light refreshments will be provided. If possible, please could you also bring a reflexology chair or couch, bolster and stool.

How do I book?

Please complete and return the slip attached with your non-refundable deposit for £50 to Gaia School of Natural Health (balance of £200 to be paid one week before, i.e. on or before Thursday 4th October). The deposit is non-refundable unless the course is cancelled by the Gaia School or Gunnel Berry. The form can be e-mailed back, and the deposit can be paid online.
ADAPTED REFLEX THERAPY BOOKING FORM

Please reserve me a place(s) on:

<table>
<thead>
<tr>
<th>Course</th>
<th>Date(s)</th>
<th>No. of Places</th>
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<tr>
<td>ADAPTED REFLEX THERAPY</td>
<td>Thursday 10 October (9.15am to 5.00pm) and Friday 11 October (9.15am to 4.45pm)</td>
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<td>£250 per person</td>
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Closing date for bookings: Thursday 3rd October

Please make a bank transfer for £50 non-refundable deposit to “Gaia School of Natural Health” Sort code: 089299. Account No.: 69643259. Or please make cheques payable to “Gaia School of Natural Health” and send to 15 Grange Crescent, Childer Thornton, S. Wirral, CH66 5NA. The balance of payment £200, will be due one week before the course, i.e. on or before Thursday 3rd October.

PLEASE PRINT IN BLOCK CAPITALS

Name: ____________________________________________
E-mail: __________________________________________
Phone No.: _______________________________________
Address: _________________________________________

Date of birth: ______________
Reflexology School/Qualification: __________________

Please provide name and phone number of an Emergency Contact: ____________________________________________

It would be helpful if you could bring a Pedistool/Lafuma. Please indicate below if you are able to bring your own.

☐ Yes I can bring a Pedistool/Lafuma
☐ No, sorry I do not have a Pedistool/Lafuma that I can bring.