



# tkz® foreningen

- for zoneterapeuter

Godkendt af Sundhedsstyrelsen  
som registreringsberettiget brancheorganisation zoneterapeuter  
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NRN MEETING Copenhagen 25-01-2019

Minute by Vibeke Kloth draft1.

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**Sweden:** Helene Ruhling (Kropsteapeuternes Ykesforbund), [heleneruhling@gmail.com](mailto:heleneruhling@gmail.com)

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- 1) **Welcome** Short presentation. A special welcome to Sami from Finland. Great to have you join the group. NRN started in 1997 during an international meeting in London. Meeting takes place the last Friday in January.
- 2) **Minute** from last meeting in 2018 addressed and confirmed.  
Terje – stress: Very important to remember to send information/invites to both the associations and the individual participants.

We will try to collect addresses from Island (since they never responded this year) and Sami will find information of all Finish associations and submit them to be included in this minute.

- 3) Ragna presented a draft/idea for a **questionnaire** – to analyze how we work as reflexologists, for how long, the cost, full time/part time, other complementary educations

Terje suggest we use Google docs – where the questionnaire can be emailed to the members of each association – when answered the results are there.

Vibeke will write an abstract (300 words) and mail a draft to the participants of this meeting. Terje made and presented a draft for a questionnaire during the meeting and will set up the google docs and give the participants of this meeting the right to adjust the questionnaire to local language. Link sent to all participants at the end of meeting.

What is the purpose: To investigate differences and similarities within the Nordic countries: age of the reflexologist, for how long have you practiced, when and where were you educated, how and where we work, full time/part time etc.

- 4) **Norway:** Annemette via Terje: decreasing numbers of members, 10-20% is reaching the age around 70 and stop working.  
Young people are educated, but they don't practice.  
The members find all the politics around practicing very difficult. They just want to practice. NO VAT on treatments in Norway, some politicians suggested to put back



VAT on treatment, but didn't get through with it. Therapist must be certified to avoid VAT.

Two groups of reflexologists/soneterapists in Norway. NNH 207 members. Not a lot of coworking between the two groups of therapist.

Terje works with education in Norway and even in Finland and US. It is difficult to get therapists to take update courses. No legislation about needed update courses.

Project on acute sinusitis started 4-5 years ago with NAFKAM, discussing how to do it. One doctor and two therapists. Randomized study on which kind of treatment the patients got. 22 participants. Almost no dropouts. Reflexology during a period for 10 days – 3-4 times. All reported back to the secretary of the doctor's office after that. Results the first draft expected in a few weeks.

**Sweden:** Helene: Much have happened. Update courses not mandatory, but Helene and another therapist are planning update courses. Approx. 10% of members participate. 322 members in 2019. Less contact to the schools than earlier. Helene wants to address this and work on a better contact.

Lene informed us that a group from Sweden has visited the Danish board of National Health to see if they want a registration like the one, we have in Denmark. Preparation is going on to increase the level of education and working towards a registration in Kroppsterapeuterna.

Interest in reflexology is increasing. Companies often pay ½ of the expense if the employee bring a receipt for treatment. No coverage from insurance companies and health organizations. Children under the age of 8 cannot receive reflexology.

**Finland:** Sami: 3 larger education branches and 2 smaller ones. Sami is member of Finish Zoneterapie association founded in 1984. Zone therapy (EZT) 150 members.

Kairon Institute. Founded in 1987. Body and emotion zone therapy (APT)

Medica Nova Ltd. Founded in 1991. Full body flexology (Axelsson)

Frantsila - Classical zone therapy

AK Natural Health Care Institute (Northern Finland) working with energy and Chinese medicine.

Approx. 600 reflexologists in Finland. No legislation so the number is approximately.

Meeting 29<sup>th</sup> February with Kiron – trying to get Kiron to join NRN and to increase cooperation between different therapies. Finland have been isolated.

LKL Union of Natural Medicine. Keeps a register of registered alternative therapist according to their membership. Therapists must be a member of LKL on top of their own association.

Tried to legalize alternative medicine in 2008, but unfortunately there is still no law. Everybody can call themselves a therapist.



People are interested in reflexology and alternative treatment. But the public opinion is difficult to analyse. Doctors are not believing in alternative treatment.

Study on Helsinki University Hospital – 40 colic babies treated with reflexology conducted by the small city Lohjaa.

**Denmark:** Anette: GDPR have been an issue throughout the year. KODA/Gramex made a questionnaire about therapist playing music in the clinic and increased the price we pay for playing music.

SIF released a project telling that alternative treatment is increasing in Denmark. Reflexology is the 3<sup>rd</sup> most used treatment in Denmark. There will be a regulation on Acupuncture after an incident (though not proven to be the reason) with a man dying from a punctured lung.

New research on Fibromyalgia and reflexology. Conducted at reflexology schools in Denmark. First part done in September, next during the spring. Three studies in total. ZCT are increasing in membership – now 620 members.

In Denmark by law the therapists must be registered with their association who sign up with the Danish board of Health to register members (RAB). Additional education is needed to keep up registration. Between 30-36 hours per 3 years.

## 5) RIEN

AGM was in Fatima Portugal May 2018.

The 10<sup>th</sup> RIEN conference was held at the same time. The conference was held with workshops and speeches at the same time, making it difficult to hear interesting topics.

RIEN is now legislated and an official organization.

AGM in 2019 will be in Athens May 4<sup>th</sup>-5<sup>th</sup>. A lot of cross border contact now. A great group and a good spirit.

## 6) Research Leila Eriksen: The Danish National Board of Health organization have granted some money to research. Jesper Madsen Journalist is now employed by FDZ have asked about the history of research on reflexology. The article will soon be published. Web page to find information on reflexology – make sure to use English words:

Pubmed.com – reflexology foot massage – 14533 articles

Scencedirect.com – same words – 2193 articles

Abstract – 300 words – purpose, methods, what do we want

Interesting articles: Reflexology and cancer, Reflexology meta analyses on using ear acupuncture (auricular therapy)

Case studies are important.



Students on ZCT school made study in 2017 and 2018 – treated 12/16 female fibromyalgia patients 4 treatments – interview sheets made before and after the treatment. Good contact to the association of fibromyalgia.

Leila have worked for 5 years on project Case Report. The project will be presented in Brisbane in May 2019. The questionnaire is validated and used to collect research information.

Leila ask NRN to please translate the questionnaire into local languages. Everybody agreed.

MYMOB – measure yourself medical outcome profile.

A new study in progress – working with professor in touch. M@technique is very effective – thousands of case studies available.

Farther Joseph Method – special technique – cured himself with reflexology.

#### 7) **Education:**

Leila – Teach students to find information on research on search machines.

No changes in Denmark. Still 660 hours in total to be RAB registered. First aid license must be updated every second year to keep RAB.

In Norway and Sweden, there is no legislation about first aid license.

In Finland you have your first aid license with your education, but do not have to renew it. 490 hours in reflexology to be a professional and additional 378 hours in medical.

#### 8) **What is the purpose for NRN?**

Is it cooperation between associations in the Nordic countries? Do we want to allow members of associations to participate? Continuity is very important.

Schools have participated earlier – and they should be invited next year. Each association distribute invitation to connected schools.

Next meeting will be 31<sup>st</sup> January 2020 in Sweden.

Remember to also invite: (emails to be approved by Sami)

Medika Nova: [tomisto@medikanova.fi](mailto:tomisto@medikanova.fi)

[Anna-karina.lind@medikanova.fi](mailto:Anna-karina.lind@medikanova.fi)

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Leila ask us to please continue to focus on case study reports.