



THE SOUTH AFRICAN REFLEXOLOGY SOCIETY [TSARS]

27 JULY 2019

2019 NATIONAL AGM (2 CEUs) CONGRESS - MENTAL HEALTH: A FOCUS ON ANXIETY AND PANIC (5 CEUs)



AVIATOR HOTEL

85 KEMPTON ROAD, KEMPTON PARK

TEL NO. 011 921 8300

www.theaviator.co.za

Free airport shuttle services from/to

OR Tambo International Airport (4 km away)

EST 1985
053-289-NPO
HEAD OFFICE
P O BOX 15070
PANORAMA 7506

Tel: 021-5589868
Fax: 088-021-558-9868
Email: info@sareflexology.org.za
Website: www.sareflexology.org.za



THE SOUTH AFRICAN REFLEXOLOGY SOCIETY 2019 AGM & CONGRESS PROGRAMME

7 CEUs

OPEN TO THERAPISTS, PRACTITIONERS, AND STUDENTS REGISTERED WITH AHPCSA/HPCSA

SATURDAY 27 JULY 2019

07:30 - 08:25 REGISTRATION

TSARS ANNUAL GENERAL MEETING [2 CEUs]

08:30 – 10:00 WELCOME & REPORTS

10:00 – 10:25 TEA BREAK/VISIT EXHIBITORS

TSARS CONGRESS - MENTAL HEALTH: A FOCUS ON ANXIETY AND PANIC [5 CEUs]

10:30 – 12:30 ANXIETY: THE UNBEARABLE FEARFULNESS OF BEING



Dr Hanneljie van Zyl-Edeling

Counselling Psychologist in Johannesburg and her qualifications include the BSc Dietetics (Cum Laude - 1972).

In this presentation we will look at anxiety, its origins, symptoms, their meaning and treatment from several perspectives, to get a holistic view of the problem.

We will explore the nature of anxiety and the difference between anxiety, fear, panic and PTSD.

The Nutritional/Physiological and Psychological aetiology will be examined, and treatment discussed from the nutritional-, psychological- and hypnotherapeutic and perspectives. This will include information about neurotransmitters, nutritional supplements and alternative treatment methods for anxiety, amongst others EFT tapping, breathing, meditation, aromatherapy oils, Bach remedies, music, mindfulness and meditation, eye movement- and brain-balancing techniques.

References:

1. Goleman, D. & Davidson, R.J. (2017). *The Science of Meditation*. Penguin Life. UK/USA.
2. O'Connor, J. (2005). *Free Yourself from Fears – Overcoming Anxiety and Living Without Worry*. Nicholas Brealey Publishing. London.
3. Seligman, M.E. (2011). *Flourish*. Free press. New York.
4. Van Zyl-Edeling. (2013). *Over the Hill Moon – A Guide to Positive Ageing*. Johannesburg. Porcupine Press.
5. Webmed Article. June, 2017. *What are Anxiety Disorders?*

12:30 - 13:25 LUNCH

**13:30 – 15:30 MENTAL HEALTH AND OTHER BRAIN DISORDERS
LINKED TO THE “SECOND BRAIN”, THE GUT**



Mrs Inge Dougans

World-renowned author and the Principal of the International Academy of Reflexology and Meridian Therapy.

She lectures in South Africa and Internationally. Guest speaker at various international conferences and societies.

1. The functions of the brain, especially the frontal lobe and the relation to the increase in mental health and other brain disorders.
2. The link to the “second brain”, the gut

3. Reflexology has only ONE small reflex section for the brain, the big toes
4. The overlap of the brain reflex with the spleen/pancreas and liver meridians
5. The pancreas and glucose metabolism
6. The brain-gut connection and how it works
7. Reflexology has only one reflex for both the small and large intestine
8. Overlap of the spleen/pancreas and stomach meridian to that of the large intestine
9. The CNS and the link to the brain
10. The bladder meridian and the link to the CNS and the brain function
11. Overlap of the kidney meridian and that of the small intestine
12. The portal vein system and the liver meridian
13. The Vagus Nerve system – how it works and where to locate the reflexes
14. The “climate” change within the body vs global climate change

15:30 - 15:55 TEA BREAK/VISIT EXHIBITORS



16:00 - 17:00 PRACTICAL WORKSHOP - BALANCING EMOTIONS WITH THE FIVE ELEMENT APPROACH & THERAPEUTIC REFLEXOLOGY

Mrs Bieke Jelley

Lecturer: Initially for the International Institute of Reflexology. Subsequently at the Complementary Health Centre, 24 Pretorius Street, Arcadia, PRETORIA
Retired: December 2009

It is necessary for Therapeutic Reflexologists to be trained in a variety of treatment approaches, as more than one approach will ensure all patients receive maximum benefit from a therapeutic reflexology treatment. The Five Element theory is one method to determine energy imbalances in patients and assist the therapist to measure the effects of a therapeutic reflexology treatment.

Both the physical and emotional aspects of the Five elements can be balanced by the practical application of therapeutic reflexology.

This session will include a Practical demonstration and Workshop of these applications.

- In this presentation we will have a quick overview of the interaction and influence of the Five elements and their related organs.
- The organs and emotions, which are placed in the Five elements, will be discussed within the relationship of nurturing and controlling each other.
- With understanding this concept, one can apply stimulation to the related reflex areas to enhance their influence on each other and re-balance both the physical and emotional aspects within the imbalanced elements.

a) This session will include a practical demonstration of these applications.

b) Delegates should please bring the following to participate in the workshop: a towel, cream and cleaning wipes.

17:00 - 17:15 CLOSURE



AGM / CONGRESS 27 JULY 2019

MENTAL HEALTH- FOCUS ON

ANXIETY AND PANIC

| A: TSARS MEMBER | FEE |
|---|------------|
| a) Early Birds - full payment with registration <i>before 25 July 2019</i> | R 1,350.00 |
| b) Payment with registration from 26 July 2019 | R 1,600.00 |
| B: NON-TSARS MEMBER | |
| a) Early Birds - full payment with registration <i>before 25 July 2019</i> | R 1,600.00 |
| b) Payment with registration from 26 July 2019 | R 2,000.00 |
| C: STUDENTS REGISTERED WITH THE AHPCSA | |
| a) Early Birds - full payment with registration <i>before 25 July 2019</i> | R 1,350.00 |
| b) Payment with registration from 26 July 2019 | R 1,600.00 |

AVIATOR HOTEL OR TAMBO, KEMPTON PARK

CONGRESS ACCOMMODATION PER NIGHT - DINNER MENU AVAILABLE

| | | |
|--------------------|---|----------|
| SINGLE ROOM | PER PERSON Bed/Breakfast | R 990.00 |
| DOUBLE ROOM | SHARING PER ROOM Bed/Breakfast [R678.00 p.p. sharing] | R1356.00 |

PLEASE BOOK YOUR ACCOMMODATION WITH THE AVIATOR HOTEL OR TAMBO

Tel. 011 921 8300

www.theaviator.co.za

Reference: The SA Reflexology Congress

Account Number: 071677461 [Please use this Account number]

Name: The South African Reflexology Society

Bank: STANDARD BANK

Branch: Sanlam Centre Cape: 031-110

PLEASE SENT PROOF OF PAYMENT & REGISTRATION FORM TO TSARS

HEAD OFFICE:

Email: info@sareflexology.org.za

Fax: 088-021-558-9868

FOR MORE INFO CALL JOHANIDA NEL 021- 558 9868 or MAGGIE ROUX 021-558 4013