The Maternity Reflexology Training Program (MRTP)

With Moshe Kruchik Biderman
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Overview

The Maternity Reflexology Training Program (MRTP) aims to provide Reflexologists and pregnancy and birth professionals with the necessary tools to apply Reflexology in all the stages of maternity: preconception, pregnancy, childbirth, post partum and for the infant.

The main objective is to use Reflexology as a friendly, effective and non invasive therapy under the principle of: natural stimulation in the most natural of all human processes.

The complete training for the course is 50 academic hours. Professionals without a previous experience or knowledge of Reflexology can add an extra session dedicated to Introduction to Reflexology (5 hours).

The MRTP is divided into two parts:
Part I: MRTP Part I – Reflexology in Pregnancy and Childbirth
Part II: MRTP Part II - Reflexology in Preconception and Sub fertility, Post Partum and for the Infant.

Both parts provide the professional with several tools to meet the client/patient needs along the whole maternity period.
The training is offered in the following languages without the need of a simultaneous translation: English, Spanish, Portuguese and Hebrew.

Philosophy and Scope

The course is based on the Active Birth philosophy, positioning Reflexology as a therapy in its own right able to create good health and aiming for the following goals during the process of maternity:
- as a preventative therapy, being able to help avoid most common conditions and symptoms in pregnancy and creating good health for birth, the puerperium (and the newborn.
- as an educative therapy
- as a therapy able to bring relaxation and comfort
- as a therapy able to help healing deep layers of ill health
- as a therapy able to help a couple to conceive
- as a therapy able to help improve quality of life
- as a touch therapy, able to simply bring human warmth and compassion at every moment during the maternity process.

This training program aims to help the attendants understand and practice Reflexology as a safe therapy from day 1 of pregnancy until the very moment of birth and beyond, how and why to apply Reflexology in real time helping to create and develop a positive onset of labour, and how to use Reflexology during pregnancy to prevent conditions in the post partum period.
Although the course is based on the principles and philosophy of Active Birth, it also provides guidelines for a natural course of treatment in the medical environment during birth.
Acknowledgments and CPD accreditations

The course is accredited by the following institutions as a CPD course:
AOR – Association of Reflexologists (UK)
IRI - Irish Reflexologists' Institute (Ireland)
NRRI – National Register of Reflexologists (Ireland)
SIR – former Scottish Institute of Reflexology
IFR – Israeli Forum of Reflexology
APEO – Portuguese Association of Obstetric Nurses - Portugal
Supreme College of Nurses – Spain
Association of Nurses and Midwives of Tarragona – Spain
Association of Nurses and Midwives of Balearic Islands – Spain
Association of Doulas – Portugal

The course has been followed by more than 1400 professionals in 14 countries since 2004, around 400 of them Midwives, to whom this course is specially designed and oriented.

Who can attend

The course is oriented to the following professionals involved in all aspects of Maternity:
Specially recommended to suitably Qualified Reflexologists, Midwives, Childbirth Educators and Birth and Postpartum Doulas

Professionals who don't have a previous knowledge of Reflexology are able to attend an additional session of 5 academic hours, where they will be introduced to principles of Reflexology, Reflexology mapping, and basic work techniques.

Certificate and Manual

All attendants receive a complete and fully illustrated manual at the beginning of each course. This manual includes articles, diagrams, charts and exercises, authored by Mauricio (Moshe) Kruchik.

Some testimonials

"….Brilliant course, most enjoyable. The technique at delivering is so open, not rigid like other courses. Brilliant lecturer, excellent material….."

"…..Impressed, high standards of education taught in a fun way. Good mix of theory and practice, seriousness and fun. Loved the practical sessions….."
Sandra Long, Reflexologist, Edinburgh, Scotland, August 2009

"….Very interesting and informative. I definitely feel more confident in this area now. Not only the course fulfilled my expectations, I receive much more than expected. Loved the practical sessions that deal with labour! Looking forward to Part II….."
THE TRAINING

MRTP Part I
Reflexology in Pregnancy and Childbirth

Syllabus

1 - Overview
2 - Reflexology in Pregnancy
   The Reflexology Planner: How to identify, prevent and treat symptoms and conditions that might appear during pregnancy.
   Training special techniques for:
   - relaxation (The Parabola Technique®)
   - working with movement
   - spine alignment
   - solar plexus link
   - special technique for the immediate release of Oedema (swollen legs due to fluid retention) in one single session
   - special technique for the treatment of SPD – symphysis pubic dysfunction (all techniques developed by the author)

Conditions and symptoms to be studied:
- Morning sickness
- Heartburn
- Anaemia
- Constipation
- Piles
- Anxiety and fatigue
- Changes in appetite
- Dizziness
- Gestational Diabetes
- Backache
- SPD (Symphysis Pubis Dysfunction)
- Oedema
- Headache
- Diarrhoea
- Helping with preparation of pelvic floor stretching
- Hypertension
- Infections of the urinary tract
- Hyperventilation, asthma and respiratory problems during pregnancy

3 – Reflexology in Pregnancy
   Mention of risky conditions and emergencies where Reflexology has not yet proven as an effective therapy.
4 – Reflexology as a hormone aligner for birth
5 – Reflexology in labour
   Training special techniques for:
   - Regulation of contractions (stimulation or sedation), helping to avoid the use of Pitocin
     - Helping with evacuation (techniques for digestive and urinary evacuation in birth)
     - Helping with breathing
     - Helping to calm reflux/stimulate vomiting
     - Helping with regulation of body temperature
     - Helping with birth of placenta
6 – Discussion of treatment reports and clinical histories.

Average time for practical sessions and rehearsal of techniques: 30% of time.
Recommended academic hours for this course: 25
MRTP Part II
Reflexology in Sub Fertility, Puerperium and Newborns

Overview

The Advanced Maternity Reflexology Course (MRTP Part II) aims to provide qualified Maternity Reflexologists and Maternity Professionals the opportunity to extend their expertise in this field.

The course is oriented towards qualified Reflexologists and all professionals who work with sub fertile couples, Midwives, Doulas and Childbirth Educators.

The Advanced Maternity Reflexology Course (MRTP Part II) consists of two parts:
- Round table discussion based on Treatment reports/ Clinical feedback brought by attendants
- Reflexology in Pre Conception, Sub fertility, Puerperium (the Post Natal period) and for Newborns.

Philosophy and scope

The course answers the following questions in depth:

Why is the Post Natal period, often called the 4th trimester so important, but at the same time, so uncared for? What can a Maternity Reflexologist do during this period? What pathologic and non-pathologic factors have an influence on Sub Fertility and what are the tools Reflexology provides to treat them successfully? How can Reflexology be beneficial for the newborn?

This course aims to provide therapists with a package of practical and holistic tools that span their scope of Maternity Care, while additionally allowing them to excel in one or more specific items and specific types of skill.

The holistic scope of the course combines the clinical experience of the therapists, together with their common sense, wide knowledge about Maternity facts and sensitivity.

Round table: Presentation and Discussion of Treatment Reports/ Clinical Feedback

A treatment report is a different name for what it is usually called a case study. The term Treatment Report is in my opinion preferable upon the term Case Study on the belief that a patient or a client is not a “case” or an object of investigation.

The course aims to present real, vivid experiences that can enrich our knowledge, sharing the outcomes of each treatment.

In order to make the most of the course, attendants are invited to prepare at least one treatment report or highlights of clinical feedback.
Suggested format for presentation of Treatment Reports/Clinical Feedback

- Overview
- Presentation of patient with full history and details (age, age of pregnancy at the moment of first meeting, symptoms presented, medication or advice received by caregiver, etc.)
- Development of treatment (ups, downs, improvement, etc)
- Number and sequence of treatments given
- Conclusions

Delegates are invited to show pictures of clients’ feet before and after and are most welcome to introduce any element that they consider useful for the presentation of their report.

Important: Treatment reports are submitted with no names but initials (i.e: M.S. instead of Margaret Smith) and in case of attaching photographs of your clients, they must be presented with written permission and authorization by them.

The presentation of the treatment reports has the purpose of registering every single alternative regarding treatments given to pregnant women. The bottom line is the conclusions every delegate arrived at, the way of working and the knowledge gained.

**Syllabus**

1) **Presentation of Treatment Reports/ Clinical Feedback**
Round table discussion based on treatment reports and/or clinical feedback. (ca. 2 hours).

2) **Reflexology in Sub Fertility**
Reflexology in Preconception
- helping boost the fertility potential
- Amenorrhea
- Dismenorrhea
- PMS, PCOS and Endometriosis
- Reflexology during IVF treatments
- Male common problems (Oligospermia, Azospermia, Varicocele, Prostatitis)
- Round table discussion:
all about working with the couple.
- emotional blockages, how to identify them and what to do.

*Group discussion:
- The Body-Mind background of sub fertility and the onset of a normal treatment: influences and considerations.

3) **Reflexology in the Puerperium (Post Natal Period)**
- after a surgical intervention (CS, Episiotomy, etc)
- helping prevent Mastitis
- helping Breastfeeding
- helping Endocrine Balance after birth
- promoting relaxation and helping prevent baby-blues
(and what to do when they appear)
- backache, rest, appetite and sleep

4) **Reflexology in Infants and Newborns**
- Colic and gases (emotional and physical background and how to treat them)
....is it really a physical problem?
*Group discussion
- Relaxation - Cough - Introduction to Baby Massage

Average time for practical sessions and rehearsal of techniques: 40% of time.
Recommended academic hours for this course: 25
About the tutor

MAURICIO (MOSHE) KRUCHIK

Born in Uruguay in 1961, arrived in Israel in 1989, where he resides and works. Married and father of two children.

Graduated as Reflexologist, Aromatherapist, Doula, Pregnancy and Childbirth Therapist (with Honors) at the Medi Cin College of Complementary Medicine in Tel Aviv, and as Childbirth Educator at the Dyada Center for Maternity Education in Tel Aviv, Israel.

President and founder of The Israeli Forum of Reflexology.


Organiser of the First World Conference on Maternity Reflexology, that took place in Herzliyya, Israel, from 11 to 13 October, 2009.

Has worked as a Reflexologist in a number of Hospitals in Israel:

- The Abarbanel Psychiatric Hospital in Bat Yam, giving Reflexology to adolescents suffering Schizophrenia, Paranoia and other behavioral disorders, at the Restricted Area for Children and Adolescents of the Hospital.

- The Kaplan Hospital in Rehovot, at the Intensive Care Unit of Neonatology, treating successfully a newborn diagnosed with Hirschprung Disease (Paralysis of the Digestive System).

- The Meir Hospital in Kfar Saba and the Laniado Hospital in Netanya, as a Childbirth Therapist and Doula, on a freelance basis, escorting couples and helping mothers-to-be along all the birth process, since 2000.

Author of numerous articles published in Reflexology Magazines: Zoneterapeuten (Denmark), Feet First (Ireland), Footnotes (Scotland), Reflexology World (Australia), Reflections (NRRI, Ireland) and more.


Initiator and promoter of the "Inherited Feet Approach", a new point of view within Reflexology through which is possible to understand and interpret hereditary traits between parents and children observable through their feet, as a tool for preventative medicine and vocational issues.

Other publications: “Alternatives to Medical Birth: A survey made on 39 recent mothers in Israel, knowledge of alternatives and attitude of the recent mother towards Active Birth in the future” - in Hebrew, Israel, 2000.

Worldwide lecturer of courses specialized in Reflexology, mainly Reflexology en Pregnancy and Childbirth and Analysis of Personality Patterns Through the Feet, accredited by several organizations for as CPD courses.

In November 2008, the course Maternity Reflexology was approved also by the Association of Nurses of Spain, as a CPD course with national and international validation. Also recognized by the Portuguese Association of Obstetric Nurses, July 2009 as of professional interest (CPD). Study about Reflexology and Oedema acknowledged as of Scientific Validity, April 2009 by the Association of Midwives of Balearic Islands, Spain.

Guest speaker at many AGMs and International Conferences:


First International Conference on Maternity Reflexology, organized by The Israeli Forum of Reflexology, October 2009.

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