CASE STUDY

Demographic Information

Set No:       NEPIP

NAME:    Elly

D.O.B:    20/8/93

OCCUPATION: Customer Services Advisor for Santander Bank

PRESENTING CONDITION:

Elly is suffering from emotional hurt caused by previous/past abusive relationships. The consequence is that this continues to affect how she handles new relationships, impacting on her state of mind and wellbeing. This causes her to be overwhelmed by anxiety when faced with particular situations. She believes she has stuck ‘negative’ energy and hopes NEPIP will help her to release these blocks, so she can feel more balanced and joyful.

Forming an Initial Impression

a) Initial Impression: - Elly is in her mid twenties. She comes over as open and sharing, bright and interested in learning. She said she’s been reading lots of books and doing meditations *‘I’m trying to unravel my complex mind’.* She seems to understand herself quite well and recognises how some of her past issues have escalated into patterns of behaviour.

b)    Lifestyle

Elly is a busy mum of 4 young children. She tries to exercise from home using YouTube when time allows. She enjoys cooking for her family and has a healthy diet, with plenty of water. She doesn’t drink alcohol regularly. She had given up smoking but said she sometimes smokes in the evening when the kids are in bed when she’s had a stressful day.

c)    Family circumstances: - She had a complicated relationship with a controlling partner who she left 3½ years ago, and became a single mum their 3 young children. She has just separated from her new partner of 2 years, which was her choice. They are still on good terms and he regularly sees his 1 year old daughter. She says a new start is definitely for the best but it has been a difficult decision.

d)    Employment: - She has worked for Santander Bank for 5 years but is currently on maternity leave. She usually works part time ‘school’ hours.

e)    Emotional State: - Elly has struggled with mental health problems in the past, which she believes are a result of abusive boyfriends. She has made good progress in recognising and managing her symptoms but says it has left her struggling to make progress in new relationships. Hence her recent decision to be single again. She is keen to rediscover herself and what will make her happy moving forwards.

f)    Observation of Client and interpretations (comment on hair / skin / eyes / posture / breathing etc and make deductions about the client based on your observations)

Elly is around 5’5” and is medium build. She has long straight light brown hair and green eyes. She wore leggings, a blouse and sliders. Her skin is pale and she has a clear natural complexion, only wearing minimal make up. Her ‘natural’ style seems to reflect her current state of mind, as she seems to be stripping back the layers to find her true identity.

What a brilliant introduction

Presenting Condition

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| Name of Pathology/Condition | Anxiety |
| Brief description of pathology/condition | Anxiety is the feeling of unease, fear or worry and can be mild to severe. When persistent and effecting daily life, it can be an anxiety disorder. |
| What main body system does this pathology relate to, i.e. digestive? | Nervous system (and to an extent, endocrine). |
| The main signs/symptoms of this condition  | Thoughts and behaviour such as:* Restlessness
* A feeling of dread
* A feeling of being “on-edge”
* Difficulty concentrating
* Difficulty sleeping
* Irritability

Physical feelings such as:* Dizziness
* Nausea
* Heart palpitations (a noticeably strong, fast heartbeat),
* Sweating
* Shortness of breath
* Headache
* Dry mouth
 |
| Evaluate the possible physical causes | Genetics, chronic illness or injury, relationships, living or working environments, possible previous trauma – either physical or emotional.  |
| Evaluate the possible mind/body causes | Lack of confidence, insecurity or extreme fear |
| Identify which organs/parts of body/systems that may reflect as an imbalance in the feet, as a result of the pathology | Nervous, endocrine – pituitary, pineal, adrenal, digestive  |
| Identify one medication (if applicable) used to treat the condition | SSRI’s - Citalopram |
| State one side effect of this medication | Indigestion/nausea |
| Identify which organs/parts of body/systems that may reflect as an imbalance in the feet, as a result of this side-effect | Digestive |

Good work

An Alternative Complementary Therapy suited to: Anxiety and your rationale for this choice

Aromatherapy could be considered to manage the effects of anxiety. Essential oils promote efficient endocrine function, activating the brain to calm emotions. They could also have a positive impact on the hypothalamus, which may respond to the oil by creating feel-good brain chemicals like serotonin.

An excellent choice

Personal Medical History

History of Presenting Condition

Anxiety

Past Medical History

* Shingles (aged 14)
* Prone to migraines (which started around 14 years old)
* Panic attacks (starting when she was 15. Last attack was 3½ years ago)
* OCD (Pure O), depression (Previously taking Sertraline medication, which she stopped during pregnancy 4 years ago)
* Ovarian cysts

Current Medication

None

Good history

First Treatment See SOAP

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| Treatment **SOAP** Notes - Study Client ID:  |
| Date: | 1/6/20 | Start time: | 19.30 | Finish time: | 20.45 | Treatment number: | 1 |
| Preferences: Depth of Touch: Light Medium Deep Varies Elly prefers medium pressure Music: I used 432hz healing frequency music ☺Reclining position / postural support: Infection prevention / Allergies – NonePsychological & relevant information between treatments: Observe any changes for discussion at the next treatment. Lovely information | Measurements:MYCAW Pain: 1 2 3 4 5 6 7 8 9 Detail: No physical pain Stress: 1 2 3 4 5 6 7 8 9 Detail: Average scoreHer MYCAW score for her concern is 5 out of 6. Wellbeing 3/4 out of 6Need for referral: Y/N |

**Subjective:** (why they came for a treatment, what they say, what are they experiencing, what makes things better / worse)

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| Study Client symptoms and goals:Elly gets overwhelmed by certain feelings and situations, which cause her to be overcome with anxiety (when this happens, as well as affecting her mind she also feels knots in her stomach and can’t eat). She believes she has stuck ‘negative’ energy and hopes NEPIP will help her to release these blocks, so she can feel more balanced and joyful.Good goals set  |

**Objective:** (what I see / observe / find)

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| Visual: Dorsal:Elly ‘s feet are a size 5, her feet are well proportioned. They are a pale even colour, with no marks, lines or callusing visible.Her big toe is bending towards and touching the first long toe showing her tendency to follow her intuition (Feet Speak Handout).Her second long toe is pushed up and sits on top of her 1st and 3rd long toes. As this only appears on the left foot it appears to be recent or relating to family (Feet Speak Handout). With reference to Foot Reading, (Sam Baylea, 2017) when toes are misaligned in this way it represents the deviations in the head from thoughts and opinions. The toe is in vertical zone 3 so relates to career and actions, is this a reflection of her career being ‘pushed aside’ while she brings up her family? Her arches are high which I feel is a reflection of spiritual approach, e.g. when we talked about her meditations she referenced having spiritual guidance, (Feet Speak Handout). She has taken a holistic approach to resolving her mental health issues, not wanting to return to traditional medication. In addition, on her left foot her 3rd long toe is also very straight suggesting that she more recently listens to and trusts her inner voice. Plantar: Pink overall, slightly paler throughout zone 3 and 4, across the digestive reflexes. Noticeable deep vertical line (upside down T) on both feet underneath the 2nd toe in horizontal zone 2 (lung reflex) this is more prominent and defined on the left foot. With reference to the Feet Speak handout, this represents rejection or disbelief, which has been the result of her personal relationships. Light callusing across the shoulder area, longitudinal zone 5 on the right foot. I feel this is either a reflection of taking on so much responsibly as a single mum with 4 children ages 6 and under. Or a reflection of her relationships inhibiting her self-expression and self-fulfilment (Feet Speak Handout). Callusing in the medial edge over the heart reflex in horizontal zone 1 on both feet, but more pronounced on the left foot, indicates she has more recently protected herself from hurt, (Sheehan 2005). This reflects the emotional issues she is suffering e.g. ‘matters of the heart’.A few ripples in zone 4 on her right foot could indicate past apprehension or worry over basic needs. Which looking at her circumstances is to be expected. Not present at all on the left foot.This is really good foot reading! |
| TactileElly’s feet felt warm. They weren’t sweaty or clammy but felt rippled like they’d been in the bath too long. I feel Elly has a water constitution, with feelings and emotions being very dominant. This is also reflective of how her feet actually feel. She seems to want a sense of ‘flow’ making decisions to change the shape her life. I also expect her head space causes her to be very changeable, from calm to a storm without much warning (reference: Feet Speak course handout). She also mentioned how her emotions affect her stomach/digestion and losing her appetite: ‘ *I get* *knots in my stomach*’. Excellent tactile interpretations |
| Areas of Focus:  NEPIP: Immune System = to protect and shield the body from harmCNS = to promote effective communication between all body systems Endocrine = to create hormone balance throughout the bodyLimbic = to calm feelings and emotions, releasing any stuck energy from the mind and bodyVery good indeed |
| System/s focus: Immune System, CNS, Endocrine, Limbic. Digestive system.  |
| Other: Respiratory, Circulatory, Muscular/Skeletal, Reproductive, Integument, Special senses, Lymphatic, Renal. |

**Assessment:** (what happened / what changed)

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|  Preparatory Techniques: * All areas of contact have been adequately cleaned prior to the clients’ appointment & I operate all doors etc. ensuring contact with surfaces is kept to a minimum.
* COVID questionnaire was previously filled in & before client entered the premises, it was confirmed once more that he had no symptoms or high temperature.
* Both my client & I myself as the therapist have washed & sanitised our hands before commencing treatment, treatment is proceeding as planned.
* I gave an explanation of reflexology and information about NEPIP, with an overview of the session and what it will involve.
* The student disclaimer consent form and MYCAW were discussed and signed.
* I completed the Consultation Form, which was signed.
* Elly was fully reclined in the Lafuma chair with a bolster under her legs for comfort. A blanket and glass of water and box of tissues within her reach.
* We talked about sharing any sensations or feelings in her feet or throughout her body and that she could do this during or after the treatment if she wanted to.
* I carried out an observation of her feet.

Perfect start ☺ |
| Treatment Responses + interpretation/relevance: I followed the NEPIP routine, working on both feet simultaneously as follows:**Heart to Heart –** I used the introduction from the course notes for reference* I placed both my palms on the metatarsal Pads.
* I talked through the visualisation and guided her through the explanation for the treatment, the body scan, and asked her to visualise the colour green.
* Elly closed her eyes and put her hands on her heart, connecting to her breath.

**Intent for Immune system =** I used the intent from the course notes and Elly repeated it. * Thymus – With my hands crossed over, tapping on the thymus reflex. Elly tapped on the centre of her chest to reflect this on the body.
* Spleen and Liver – I worked over spleen and liver, first thumb walking then squeezing dorsal and plantar aspects (intent first on the spleen, changing the focus and intent to work the liver thereafter. The reflexes felt clear.

Elly wanted to put her hands back onto her heart - she said ‘*it feels comforting’*. She left them on her heart during for the rest of the treatment. She has a good steady breathing technique which she used during the treatment. * Tonsils (palatine and pharyngeal - adenoids) – With my hands still crossed, I used a squeeze technique on the dorsal and plantar aspect over the throat/neck reflex for tonsils and glands. I asked Elly to visualise the colour blue. The reflexes felt clear.
* Adrenals – With hands crossed, I worked both simultaneously with rotations. Elly said her right foot felt ‘sharp’ and different to the left. This reduced as I worked on the reflex. This would make sense in relation to her anxiety, maybe the right foot concurs with her believe that her issue relates to her past. At this point I asked Elly to focus within her body in the area just above her kidneys to visualise white light flooding in to bring healing to her body.
* Small Intestine – I uncrossed my hands to thumb walk over the reflex, focussing intent on Peyer’s patches and immune response of intestines. The reflexes were clear.
* Appendix and Ileocecal Valve – I uncrossed my hands, sweeping outwards on the reflex, working the shadow reflex at the same time on left foot.
* Ascending and descending colon – Squeezing and pressing both ascending and descending colon simultaneously, work up and down the reflex.
* Transverse Colon – Thumb walk, working both feet simultaneously across the reflex. The reflexes were clear.
* Rectum and Anus – working over the colon again, then using a sweep over the sigmoid, rectum and anus, also working the shadow reflex on right foot. The reflexes were clear.
* Groin – I used push and press finger walking using all fingers, to work around both ankles well for inguinal and iliac nodes.
* Popliteal nodes – I used a finger walk on the dorsal, followed by side knuckle sweeping over the reflex, using the side of my index finger. Working the knees well to stimulate the nodes, and also the legs. The reflexes were clear.
* Lumbar nodes and cysterna chyli – Hand crossed, I worked the reflex with a pulse action using my thumbs. Some tender spots for Elly however, I feel this related to her ovulation (identified later in the treatment).
* Supratrochlear and Auxiliary lymph nodes – hands uncrossed, I worked the elbow reflex, (styloid process - dorsal and plantar) and up into arms and armpits for the auxiliary lymph nodes. I used an index finger side sweeping technique for mammary glands. I used my index and middle fingers to work up and down the metatarsal tracks zones 1 to 5, several times on dorsal aspect, with particular attention to the 4th and 5th for the auxiliary lymph nodes. The reflexes were clear.
* Cervical nodes – I worked downwards on cervical nodes using thumb rotations. This felt slightly crunchy on the left foot, also noticed when I worked on the top of the cervical spine, I am thinking this is likely to be linking to the innovations for the nervous system/brain/C1, which links to the presenting condition? I asked Elly to visualise breathing in white light to cleanse and balance her mind.

**Intent for Nervous system =** I placed my middle fingers on top of big toes to create a link and asked Elly to visualised a Violet colour for the brow chakra. I set the intent, reading from the course notes and Elly repeated it.* Spinal tap - I asked Elly to breathe into her spine. I used the affirmation on support *‘I am supported, safe and strong’* and Elly repeated it, while I used my fingers (my hands crossed) to tap down and up the spine reflex 3 times.
* Coccyx and sacral area – I asked Elly to visualise red for root chakra and orange for the sacral chakra. With my hands uncrossed, I use marching army finger technique to cover pelvic and lower spinal area, walking upwards, then used the sweep and pull technique on the video with her heels in my palms. Again this area had some tender spots for Elly.
* Lumbar and thoracic area – with arms crossed, I thumb walked slowly up the lumbar spine with several passes. Moving onto the thoracic, thumb walking up the reflex, which was tender for Elly (T5-6 region) on both feet. These are the innervations for the solar plexus and stomach, which I feel link to her anxiety and the stomach tension she feels. I asked Elly to visualise the knot she gets in her stomach and imagine it softening, unfolding and her letting it be released.
* Cervical nerves, cranial nerves and brain stem – Working upwards using thumb rotations, then switching to fingers to finger walk up the reflex, working the brain stem and cranial nerves thoroughly. I finished the area by working back down the spine, moving my chair back and straighten my arms to thumb walk back down the spine, three times. As previously highlighted the top of the spine/C1 region was crunchy.
* Nerve innervations sweep – I used all my fingers to lightly and gently sweep from the spine across the feet dorsal and the back of fingers on plantar aspect). I read out the affirmation on the handout ‘*every pair of nerves from the brain and spine connect effortlessly to each gland, organ and part of the body that it helps’. With the intention on how all the nerves connect.*
* Phrenic nerve and plexus, vagus nerve and solar plexus – I asked Elly to visualise the colour yellow for the solar plexus. I used my thumb to rotate on the phrenic verve on the lateral side of the big toe, under the distal phalangeal joint. Then with hands crossed I worked just under the bunion point/hallux valgus, to connect to the vagus nerve and used my index finger knuckles to rotate onto the reflex. Then still with my hands crossed I used my thumbs to rotate on the solar plexus reflex.
* Lateral spine – radial, median and ulnar nerves (originate in brachial plexus) –using a side knuckle sweep across the dorsal zones 4 and 5. I tapped down the lateral spine and then used my index and middle fingers to work into the tracks with finger rotations, pressing against the metatarsals. Working from zone 1 to 5.
* Sciatic stirrup and nerve – I used a pinch press using my thumbs and fingers over the medial and lateral sciatic reflexes up and down the legs 3 times. Then sweeping down onto the plantar, I used my index finger knuckle, with a corkscrew technique across the sciatic band on the plantar aspect, medial to lateral to complete the stirrup. To connect to the sciatic nerve, I held the heels in my palms and used my middle fingers on medial calcaneus (bone on bone).
* Pudendal plexus, ovarian plexus, testicular plexus and uterine plexus - Continuing from the above I used my fingers to walk upwards on the inside of each heel, then moved onto the ovarian plexus on the lateral side to work this using rotations with my thumbs, and on the medial side, using my index and middle finger to work the uterine plexus. The ovary and uterine reflexes were very tender for Elly, she said her period was due. She also has ovarian cysts, so it will be interesting to see if the tenderness continues after ovulation.

**Intent for Endocrine System =** I set the intent, reading from the course notes and Elly repeated it.* Pituitary, Pineal, Thyroid and Parathyroids, Thyroid relative reflex, Thymus, Adrenals, Pancreas, 2 x Ovary reflexes, Testes reflexes – Arms uncrossed, I started with the pituitary, using my thumbs to rotate on the reflex with stimulating rotations.
* Moving to the pineal gland, with the same technique, then I moved onto the thyroid reflex and parathyroid.
* I leaned back to get a good angle to work down the thyroid helper reflex, thumb walking down 3 times.
* I crossed my hands over to work on the thymus reflex and felt a pulse/energy transfer on right side. I used a pulsing technique. Chris Stormer refers to the emotional aspect of the thymus reflex as ‘*the seat of the soul, extremely vulnerable to any form of abuse’*. I am hoping this signifies release of an emotional blockage relating to the abuse Elly refers to.
* Moving down onto the adrenals, the sharpness had gone for Elly at this point
* Sweeping over to the pancreas and thumb walking and pressing over the area. I worked both feet so a shadow reflex on the left foot.
* I uncrossed my hands as I moved down to hold both ovary points together (zone 3 plantar and lateral reflex point), with a squeeze and press using my thumb and middle finger to create a link
* I moved into a medial and lateral link, ovary to uterus on each foot for several seconds before I held a light link at this point. As previously noted the reflex was tender for Elly, this didn’t improve during the treatment. Elly used the same ‘white light’ technique to breathe healing energy into her sacrum.
* I crossed my hands over and I worked back up the feet to create a 30 second light link on each endocrine gland. I set intent throughout this technique as I moved to each link. During the adrenal link I felt a strong pulse sensation/energy exchange on the right side, so I held this link for longer until it subsided. This happened again on the thymus reflex with a pulse/energy transfer on right side, but only lasted a few seconds. I finished on the Pituitary reflex.

**Intent for Limbic System =** I created a link on the hypothalamus on both big toes I set the intent, reading from the course notes and Elly repeated it.* Amygdala, hippocampus, thalamus, Hypothalamus, Cortex =I referred to the handout notes as a reminder for each of the reflex points when I set intend with my mind. I located the limbic system just above the brain stem and worked over the big toes with small walks, pulses and rotations, from phalangeal joint to top of toes.

 * I worked on tops of all of the toes with rotations. I used a sweeping technique, to sweep up between each of the toes working back to the big toe.
* HPA Axis – Hypothalamus/Pituitary/Adrenal Axis (stress response) = I created a link with the hypothalamus on both toes, then moved the link to the pituitary and then down to the adrenals, returning the hypothalamus.
* To end the routine I placed both middle fingers linking lightly on the tips of the big toes. I asked Elly to visualise violet light coming into her body through her crown chakra.
* I moved my palms on the metatarsal pads for a heart to heart finish.

Wow wow wow wow – this is AMAZING!! |
| Study Client Responses: As I started to work on the Limbic system Elly’s body, legs and feet started ‘twitching’. I thought she was falling asleep but after the treatment she said it felt like little electric shocks. Is this a transfer of energy or energy being released? She didn’t seem emotional but said she’s had some strange thoughts and forgotten memories come into her mind during the treatment. She enjoyed the treatment and said it felt soothing.That sounds really encouraging |
| Other: Interestingly most of the conditions in Elly’s medical history are related to the CNS, all starting around the time of puberty. That is really interesting. Well done for making this connection. |
| **Critical Analysis:**Before Elly arrived I used a chakra balancing and energy routine I practice and set intentions for the treatment. I had the video on silent in the background for a guide and reminder to the new techniquesI was concerned that as I focussed on following the new NEPIP routine I wouldn’t pick up sensations for out of balance reflexes, however this wasn’t the case. I felt that the treatment flowed well as well as could be expected (bearing in mind the various notes and videos I had to refer to!) and setting the mutual intentions created a real connection between us during the treatment. I am hoping that as I carry out subsequent treatments, each one will be more powerful as we become familiar with the techniques and intentions. For example, I didn’t know the emotional meaning for the thymus until I researched it after the treatment. So we can set a specific intention based on this in the next session. When writing up the notes and referring to the course handout, I felt I needed a better understanding of the many references ‘Plexus’ points mentioned, so will research this before the next treatment.Such brilliant comment – well done |

**Plan:** (future treatments / techniques / focus / self-care suggestions)

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| Number of Treatments recommended: 6 | Date of next treatment: 08/06/20 |
| Techniques for next treatment and reasons: **Reflexology Treatment Plan****Objectives / Aim**: Elly gets overwhelmed by certain feelings and situations, which cause her to be overcome with anxiety (when this happens, as well as affecting her mind she also feels knots in her stomach and can’t eat). She believes she has stuck ‘negative’ energy and hopes NEPIP will help her to release these blocks, so she can feel more balanced and joyful.**Frequency** (how often are you going to treat?): Once a week for 6 weeks**NOTE: do I just include the NEPIP treatment summary in here (as shown below), I wasn’t sure so I have also included a full treatment plan?****For NEPIP, is this enough detail or should I refer to each reflex with reason for each system?** **If you were going to use the NEPIP treatment summary, you would want to list the ‘NEPIP routine in point form’…..but also add in your rationale for each reflex. What you have done for the ‘treatment plan’ below is great though and more than acceptable ☺****NEPIP:** Immune System = to protect and shield the body from harmCNS = to promote effective communication between all body systems Endocrine = to create hormone balance throughout the bodyLimbic = to calm feelings and emotions, releasing any stuck energy from the mind and body

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| **Key Reflex:** Brain/Head/CNS | **Reason** To restore balance for the Nervous System. Relieve pressure, promote calmness and emotional balance and build defence mechanisms |

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| **Helper Reflexes**  | **Reason** |
| Brain Stem/Brain Helpers | Relieve pressure, promote calmness and emotional balance. |
| Pituitary | The pituitary is the master gland. Regulate hormone activity. |
| Hypothalamus | Promote emotional balance (and rebalance integration between the endocrine and nervous systems)  |
| Pineal | Balance circadian rhythms & promote good quality sleep |
| Adrenals | Balance production of cortisone to calm and help with stress |
| Diaphragm/Solar Plexus | To reduce stress, oxygenate cells and encourage emotional balance |
| Lungs | Breathing to oxygenate cells and promote relaxation and wellbeing |
| Heart | To promote emotional healing and vitalilty, and stimulate blood flow to nerve endings |
| Thyroid/parathyroid | Hormonal balance to aid relaxation, regulate metabolism  |
| Neck /shoulders | Relax muscles and relieve tension |
| **Nerve innervations** | 1C = Brain, pituitary and sympathetic nervous system |
| Spine | Whole spine for balance throughout the CNS |
| **Golden Rule (n/a for CNS)** |  |

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| **Reg Maintenance Areas**  | **Reason/Effects** |
|  Liver, kidneys | As Reflexology is a holistic therapy, these organs are included, they are all vital for life.**Liver** todetoxify the blood**Kidneys** to filter toxins, cleanse the blood and balance waterA great plan |
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| Plan for Self-Care/support between treatments: I talked Elly through the aftercare sheet. She agreed to note any sensation or changes she experiences and report back at the next session.  |
| Other:  |

Second Treatment See SOAP

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| Treatment **SOAP** Notes - Study Client ID:  |
| Date: | 14/6/20 | Start time: | 13.30 | Finish time: | 14.15 | Treatment number: | 2 |
| Preferences: Depth of Touch: Light Medium Deep Varies Elly prefers medium pressure Music: I used 432hz healing frequency music Reclining position / postural support: Infection prevention / Allergies – NonePsychological & relevant information between treatments: She said she’d initially felt calmer after the first session, which lasted a couple of days. I feel this is a really positive response to the treatment. Two of her children returned to school this week so she is getting used to a new routine and seemed a bit anxious that she had made the right decision. She also had some spots on her neck, which I feel are hormonal as she is on her period. I asked her to observe any changes for discussion at the next treatment.  | Measurements:MYCAW Pain: 1 2 3 4 5 6 7 8 9 Detail: No physical pain Stress: 1 2 3 4 5 6 7 8 9 Detail: Average scoreHer MYCAW score for her concern is 5 out of 6. Wellbeing 3/4 out of 6Need for referral: Y/NWonderful feedback ☺ |

**Subjective:** (why they came for a treatment, what they say, what are they experiencing, what makes things better / worse)

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| Study Client symptoms and goals: UnchangedElly gets overwhelmed by certain feelings and situations, which cause her to be overcome with anxiety (when this happens, as well as affecting her mind she also feels knots in her stomach and can’t eat). She believes she has stuck ‘negative’ energy and hopes NEPIP will help her to release these blocks, so she can feel more balanced and joyful.Good goals |

**Objective:** (what I see / observe / find)

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| Visual: UnchangedDorsal:Elly ‘s feet are a size 5, her feet are well proportioned. They are a pale even colour, with no marks, lines or callusing visible.Her big toe is bending towards and touching the first long toe showing her tendency to follow her intuition (Feet Speak Handout).Her second long toe is pushed up and sits on top of her 1st and 3rd long toes. As this only appears on the left foot it appears to be recent or relating to family (Feet Speak Handout). With reference to Foot Reading, (Sam Baylea, 2017) when toes are misaligned in this way it represents the deviations in the head from thoughts and opinions. The toe is in vertical zone 3 so relates to career and actions, is this a reflection of her career being ‘pushed aside’ while she brings up her family? Her arches are high which I feel is a reflection of spiritual approach, e.g. when we talked about her meditations she referenced having spiritual guidance, (Feet Speak Handout). She has taken a holistic approach to resolving her mental health issues, not wanting to return to traditional medication. In addition, on her left foot her 3rd long toe is also very straight suggesting that she more recently listens to and trusts her inner voice. Plantar: Pink overall, slightly paler throughout zone 3 and 4, across the digestive reflexes. Noticeable deep vertical line (upside down T) on both feet underneath the 2nd toe in horizontal zone 2 (lung reflex) this is more prominent and defined on the left foot. With reference to the Feet Speak handout, this represents rejection or disbelief, which has been the result of her personal relationships. Light callusing across the shoulder area, longitudinal zone 5 on the right foot. I feel this is either a reflection of taking on so much responsibly as a single mum with 4 children ages 6 and under. Or a reflection of her relationships inhibiting her self-expression and self-fulfilment (Feet Speak Handout). Callusing in the medial edge over the heart reflex in horizontal zone 1 on both feet, but more pronounced on the left foot, indicates she has more recently protected herself from hurt, (Sheehan 2005). This reflects the emotional issues she is suffering e.g. ‘matters of the heart’.A few ripples in zone 4 on her right foot could indicate past apprehension or worry over basic needs. Which looking at her circumstances is to be expected. Not present at all on the left foot.Great observations and interpretations |
| Tactile: unchanged Elly’s feet felt warm. They weren’t sweaty or clammy but felt rippled like they’d been in the bath too long. I feel Elly has a water constitution, with feelings and emotions being very dominant. This is also reflective of how her feet actually feel. She seems to want a sense of ‘flow’ making decisions to change the shape her life. I also expect her head space causes her to be very changeable, from calm to a storm without much warning (reference: Feet Speak course handout). She also mentioned how her emotions affect her stomach/digestion and losing her appetite: ‘ *I get* *knots in my stomach*’. ☺ |
| Areas of Focus:  Unchanged NEPIP: Immune System = to protect and shield the body from harmCNS = to promote effective communication between all body systems Endocrine = to create hormone balance throughout the bodyLimbic = to calm feelings and emotions, releasing any stuck energy from the mind and body☺ |
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| Other: Respiratory, Circulatory, Muscular/Skeletal, Reproductive, Integument, Special senses, Lymphatic, Renal. |

**Assessment:** (what happened / what changed)

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|  Preparatory Techniques: * Elly was fully reclined in the Lafuma chair with a bolster under her legs for comfort. A blanket and glass of water and box of tissues within her reach.
* We talked about sharing any sensations or feelings in her feet or throughout her body and that she could do this during or after the treatment if she wanted to.
* I carried out an observation of her feet, nothing had changed.

Great start |
| Treatment Responses + interpretation/relevance: I followed the NEPIP routine, working on both feet simultaneously as follows:**Heart to Heart –** I used the introduction from the course notes for reference* I placed both my palms on the metatarsal Pads.
* I talked through the visualisation and guided her through the explanation for the treatment, the body scan, and asked her to visualise the colour green.
* Elly closed her eyes and put her hands on her heart, connecting to her breath.

**Intent for Immune system =** I used the intent from the course notes and Elly repeated it. * Thymus – With my hands crossed over, tapping on the thymus reflex. Elly tapped on the centre of her chest to reflect this on the body.
* Spleen and Liver – I worked over spleen and liver, first thumb walking then squeezing dorsal and plantar aspects (intent first on the spleen, changing the focus and intent to work the liver thereafter. The reflexes felt clear.
* Tonsils (palatine and pharyngeal - adenoids) – With my hands still crossed, I used a squeeze technique on the dorsal and plantar aspect over the throat/neck reflex for tonsils and glands. I asked Elly to visualise the colour blue. The neck reflex was sore for Elly on the dorsal side of her left foot, however there doesn’t seem to be a connection to anything physical.
* Adrenals – With hands crossed, I worked both simultaneously with rotations. This week the reflexes were balanced, no sensation for Elly.
* Small Intestine – I uncrossed my hands to thumb walk over the reflex, focussing intent on Peyer’s patches and immune response of intestines. The reflexes were clear.
* Appendix and Ileocecal Valve – I uncrossed my hands, sweeping outwards on the reflex, working the shadow reflex at the same time on left foot.
* Ascending and descending colon – Squeezing and pressing both ascending and descending colon simultaneously, work up and down the reflex which seemed clear.
* Transverse Colon – Thumb walk, working both feet simultaneously across the reflex. The reflexes were clear.
* Rectum and Anus – working over the colon again, then using a sweep over the sigmoid, rectum and anus, also working the shadow reflex on right foot. The reflexes were clear.
* Groin – I used push and press finger walking using all fingers, to work around both ankles well for inguinal and iliac nodes.
* Popliteal nodes – side knuckle sweeping over the reflex, using the side of my index finger. Working the knees well to stimulate the nodes, and also the legs. The reflexes were clear. (Note that I didn’t include the finger walk on the dorsal, please see critical analysis explanation).
* Lumbar nodes and cysterna chyli – Hand crossed, I worked the reflex with a pulse action using my thumbs. The tender spots that Elly experienced last week had gone, which suggests they were a result of her being due on her period.
* Supratrochlear and Auxiliary lymph nodes – hands uncrossed, I worked the elbow reflex, (styloid process - dorsal and plantar) and up into arms and armpits for the auxiliary lymph nodes. I used an index finger side sweeping technique for mammary glands. The reflexes were clear. (Note that I didn’t include the metatarsal tracks zones 1 to 5, for the auxiliary lymph nodes, please see critical analysis explanation).
* Cervical nodes – I worked downwards on cervical nodes using thumb rotations. As in treatment 1, this was still slightly crunchy on the left foot, also noticed when I worked on the top of the cervical spine. As previously noted this is likely to be linking to the innovations for the nervous system/brain/C1, relating to her presenting condition. I asked Elly to visualise breathing in white light to cleanse and balance her mind.

**Intent for Nervous system =** I placed my middle fingers on top of big toes to create a link and asked Elly to visualised a Violet colour for the brow chakra. I set the intent, reading from the course notes and Elly repeated it.* Spinal tap - I asked Elly to breathe into her spine. I used the affirmation on support *‘I am supported, safe and strong’* and Elly repeated it, while I used my fingers (my hands crossed) to tap down and up the spine reflex 3 times.
* Coccyx and sacral area – I asked Elly to visualise red for root chakra and orange for the sacral chakra. With my hands uncrossed, I use marching army finger technique to cover pelvic and lower spinal area, walking upwards, then used the sweep and pull technique on the video with her heels in my palms. This week this wasn’t sore for Elly.
* Lumbar and thoracic area – with arms crossed, I thumb walked slowly up the lumbar spine with several passes. The thoracic region was tender again for Elly on both feet, this week the tender area had extended from 5T to 9T on the right foot and 5-7T on the left. I used a thumb walk up the reflex. These are the innervations for the solar plexus and stomach, which I feel link to her anxiety and the stomach tension she feels. I asked Elly to visualise the knot she gets in her stomach and imagine it softening, unfolding and her letting it be released.
* Cervical nerves, cranial nerves and brain stem – Working upwards using thumb rotations, then switching to fingers to finger walk up the reflex, working the brain stem and cranial nerves thoroughly. I finished the area by working back down the spine, moving my chair back and straighten my arms to thumb walk back down the spine, three times. As previously highlighted the top of the spine/C1 region was crunchy. Unchanged from last week’s treatment.
* Nerve innervations sweep – I used all my fingers to lightly and gently sweep from the spine across the feet dorsal and the back of fingers on plantar aspect). I read out the affirmation on the handout ‘*every pair of nerves from the brain and spine connect effortlessly to each gland, organ and part of the body that it helps’. With the intention on how all the nerves connect.*
* Phrenic nerve and plexus, vagus nerve and solar plexus – I asked Elly to visualise the colour yellow for the solar plexus. I used my thumb to rotate on the phrenic verve on the lateral side of the big toe, under the distal phalangeal joint. Elly said the Phrenic nerve felt ‘sharp’ on her right foot. The phrenic nerve sends signals between the brain and the diaphragm, relating to respiration, so I was unsure how to interpret this for Elly. The tender area on her thoracic reflexes includes the T8 for the diaphragm, so would this also be a result of her anxiety and the ‘knotted feeling’ she gets in her solar plexus and stomach?
* Then with hands crossed I worked just under the bunion point/hallux valgus, to connect to the vagus nerve and used my index finger knuckles to rotate onto the reflex. Then still with my hands crossed I used my thumbs to rotate on the solar plexus reflex.
* Lateral spine – radial, median and ulnar nerves (originate in brachial plexus) –using a side knuckle sweep across the dorsal zones 4 and 5. I tapped down the lateral spine and then used my index and middle fingers to work into the tracks with finger rotations, pressing against the metatarsals. Working from zone 1 to 5.
* Sciatic stirrup and nerve – I used a pinch press using my thumbs and fingers over the medial and lateral sciatic reflexes up and down the legs 3 times. Then sweeping down onto the plantar, I used my index finger knuckle, with a corkscrew technique across the sciatic band on the plantar aspect, medial to lateral to complete the stirrup. To connect to the sciatic nerve, I held the heels in my palms and used my middle fingers on medial calcaneus (bone on bone).
* Pudendal plexus, ovarian plexus, testicular plexus and uterine plexus - Continuing from the above I used my fingers to walk upwards on the inside of each heel, then moved onto the ovarian plexus on the lateral side to work this using rotations with my thumbs, and on the medial side, using my index and middle finger to work the uterine plexus. The ovary reflex on the right foot was still sore for Elly. Her left foot was OK. Therefore I feel this is relating to her ovarian cysts, as the tenderness has continued after ovulation. I would expect her cysts are just on one ovary, but she can’t remember the result from her scan.

**Intent for Endocrine System =** I set the intent, reading from the course notes and Elly repeated it.* Pituitary, Pineal, Thyroid and Parathyroids, Thyroid relative reflex, Thymus, Adrenals, Pancreas, 2 x Ovary reflexes, Testes reflexes – Arms uncrossed, I started with the pituitary, using my thumbs to rotate on the reflex with stimulating rotations.
* Moving to the pineal gland, with the same technique, then I moved onto the thyroid reflex and parathyroid.
* I leaned back to get a good angle to work down the thyroid helper reflex, thumb walking down 3 times.
* I crossed my hands over to work on the thymus. I used a pulsing technique.
* Moving down onto the adrenals, the reflexes were clear.
* Sweeping over to the pancreas and thumb walking and pressing over the area. I worked both feet (including the shadow reflex on the left foot).
* I uncrossed my hands as I moved down to hold both ovary points together (zone 3 plantar and lateral reflex point), with a squeeze and press using my thumb and middle finger to create a link
* I moved into a medial and lateral link, ovary to uterus on each foot for several seconds before I held a light link at this point. As previously noted the reflex was tender for Elly on the right, this didn’t improve during the treatment. Elly used the same ‘white light’ technique to breathe healing energy into her sacrum.
* I crossed my hands over and I worked back up the feet to create a 30 second light link on each endocrine gland. I set intent throughout this technique as I moved to each link. This week I didn’t feel any exchange of energy during this part of the treatment. I finished on the Pituitary reflex.

**Intent for Limbic System =** I created a link on the hypothalamus on both big toes I set the intent, reading from the course notes and Elly repeated it.* Amygdala, hippocampus, thalamus, Hypothalamus, Cortex = I located the limbic system just above the brain stem and worked over the big toes with small walks, pulses and rotations, from phalangeal joint to top of toes.

 * I worked on tops of all of the toes with rotations. I used a sweeping technique, to sweep up between each of the toes working back to the big toe.
* HPA Axis – Hypothalamus/Pituitary/Adrenal Axis (stress response) = During the treatment I couldn’t remember the link so didn’t complete this properly, although I still used my intention to try to cover it.
* To end the routine I placed both middle fingers linking lightly on the tips of the big toes. I asked Elly to visualise violet light coming into her body through her crown chakra.
* I moved my palms on the metatarsal pads for a heart to heart finish.

What a gorgeous session! |
| Study Client Responses: Elly didn’t seem to relax as much in this treatment and I sensed she was ‘holding back’, I’m not sure why. After the treatment she said she felt sensations in her stomach in the same part of her body as the anxiety/knotted feeling she gets but the sensation felt different and ‘*is hard to explain’*. She did say that she enjoyed the session and found it more powerful than when I performed feet reflexology. She did say she gets more from this approach.Perhaps she could feel just how powerful these techniques can be, and she was letting you go as ‘emotionally deep’ as she was comfortable with…….but you could feel there was still more to do and deeper to go. |
| Other: Interestingly most of the conditions in Elly’s medical history are related to the CNS, all starting around the time of puberty. (unchanged) |
| **Critical Analysis:**Before Elly arrived I used a chakra balancing and energy routine I practice and set intentions for the treatment. I didn’t use the video this week as I wanted to try to work from my notes. It went ok, however some of the specific NEPIP techniques I would have done better if I’d been following the video. In hindsight I think I needed to work more slowly. I had a complete mental block on the HPA Axis and didn’t do this properly. When I came to write up the treatment I realised I’d completely missed both of the techniques relating to the metatarsal tracks too. SO I need to review the videos again and continue to refresh my memory between treatments to learn this more fully. I may even used the video again next time to help with timings and techniques.Don’t worry – none of us remembers to do a PERFECT session every time ;-)I didn’t feel the energy flowed as well for me in this treatment. Maybe due to my concentration when trying to remember the techniques from my notes or as a response to the ‘holding back feeling I got from Elly. I am looking forward to the next treatment to see how I can change the response. This is all good practice – and the more you do it the more relaxed you will be, therefore making it all better and better for the client. This is the learning process ☺ |

**Plan:** (future treatments / techniques / focus / self-care suggestions)

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| --- | --- |
| Number of Treatments recommended: 6 | Date of next treatment: 21/06/20 |
| Techniques for next treatment and reasons: Unchanged from treatment 1**Reflexology Treatment Plan****Objectives / Aim**: Elly gets overwhelmed by certain feelings and situations, which cause her to be overcome with anxiety (when this happens, as well as affecting her mind she also feels knots in her stomach and can’t eat). She believes she has stuck ‘negative’ energy and hopes NEPIP will help her to release these blocks, so she can feel more balanced and joyful.**Frequency** (how often are you going to treat?): Once a week for 6 weeks**NEPIP:** Immune System = to protect and shield the body from harmCNS = to promote effective communication between all body systems Endocrine = to create hormone balance throughout the bodyLimbic = to calm feelings and emotions, releasing any stuck energy from the mind and body

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| **Key Reflex:** Brain/Head/CNS | **Reason** To restore balance for the Nervous System. Relieve pressure, promote calmness and emotional balance and build defence mechanisms |

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| --- | --- |
| **Helper Reflexes**  | **Reason** |
| Brain Stem/Brain Helpers | Relieve pressure, promote calmness and emotional balance. |
| Pituitary | The pituitary is the master gland. Regulate hormone activity. |
| Hypothalamus | Promote emotional balance (and rebalance integration between the endocrine and nervous systems)  |
| Pineal | Balance circadian rhythms & promote good quality sleep |
| Adrenals | Balance production of cortisone to calm and help with stress |
| Diaphragm/Solar Plexus | To reduce stress, oxygenate cells and encourage emotional balance |
| Lungs | Breathing to oxygenate cells and promote relaxation and wellbeing |
| Heart | To promote emotional healing and vitality, and stimulate blood flow to nerve endings |
| Thyroid/parathyroid | Hormonal balance to aid relaxation, regulate metabolism  |
| Neck /shoulders | Relax muscles and relieve tension |
| **Nerve innervations** | 1C = Brain, pituitary and sympathetic nervous system |
| Spine | Whole spine for balance throughout the CNS |
| **Golden Rule (n/a for CNS)** |  |

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| --- | --- |
| **Reg Maintenance Areas**  | **Reason/Effects** |
|  Liver, kidneys | As Reflexology is a holistic therapy, these organs are included, they are all vital for life.**Liver** todetoxify the blood**Kidneys** to filter toxins, cleanse the blood and balance waterA great plan |
|  |  |

 |
| Plan for Self-Care/support between treatments: I talked Elly through the aftercare sheet and reminded her to drink plenty of water. She agreed to note any sensation or changes she experiences and report back at the next session. She is using meditation and working through a book about self enquiry to help her to understand her emotions alongside this course of treatments.  |
| Other:  |

Conclusion and Success of treatment plan

Summary of my learning from this case study

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