



Relational Reflexology The Blog Posts

Nichola Gregory

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As an avid reader of her blog, I was delighted to discover that Nichola Gregory has published *Relational Reflexology: The Blog Posts*, a compilation of her posts, aimed at increasing the reflexology practitioner's understanding of this extraordinary technique. In addition to being a professional reflexologist, Nichola is a professional counsellor and takes the reader down fascinating pathways that highlight ways in which "the human brain and body can react to instances of affiliative, interpersonal touch". This form of "supportive reflexology" is presented as a complex, multi-dimensional therapy and definitely fulfils one of her aims which is to "draw attention to the associated importance of practitioner self-development". Much of the material contained in *The Blog Posts* is aimed at increasing the reflexology practitioner's understanding beyond the scope of the standard professional practitioner reflexology course. Nichola encourages the professional reflexology practitioner to explore and research beyond the "recipe format" if s/he is serious about improving his/her confidence and clinical outcomes. Nichola explores concepts and ideas based on recent research (not just within reflexology) with the intention of making us better practitioners, able to apply the principles of reflexology with greater efficiency, get better results, and target our treatments more effectively. Most importantly for practitioners and teachers is her underlying premise that the client is actively involved in his/her recovery and that the treatment must be tailored to the client's specific individual needs. Nicola's writing is well argued, articulated and referenced and *Relational Reflexology: The Blog Posts* takes us on a journey of examination, critical review and debate on reflexology and offers many recommendations for best practice. Mariette Lobo of Body in Balance (UK) Have you ever tried to construct a jigsaw puzzle without the box lid as a guide? Some might liken the supportive reflexology package to a 500 piece jigsaw puzzle, without a box lid! In this book, Nichola Gregory combines previously published articles from the Relational Reflexology blog pages, with new material, to present her interpretation of the reflexology puzzle box lid - a foundation hypothesis based on Nichola's own phenomenological experiences in reflexology. The book introduces the reader to basic neural anatomy and the brain structures, already identified by cognitive neuroscience, as potentially involved in the supportive reflexology exchange. This book leans on scientific and academic information to highlight the manner in which the human brain and body can react to instances of affiliative interpersonal touch, as well as considering the important concepts of practitioner self development, the therapeutic relationship in reflexology and the use of philosophy in the therapy room. In essence, the text has been constructed to provide the reader with both a detailed phenomenological account of the manner in which reflexology might be more generally practiced, and therefore experienced, within the private sector, and a rationale for championing the art of reflexology as a complex multi-dimensional complementary therapy, capable of soothing individual instances of personal suffering through focused interpersonal touch, and the practitioners engagement in active states of compassion and empathy. Nichola Gregory is a UK based professional reflexologist and person-centred counsellor, founder of Relational Reflexology CPD Training (UK) and a member of the Association of Reflexologists.

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