



2023 ONLINE AUTUMN LECTURE EVENING

DATE: Wednesday 27th September 2023. 7-9pm

FORMAT MS Teams

GUEST LECTURER: **Barbara Scott**



Barbara Scott is Chair of The Association of Reproductive Reflexologists, founder of Seren Natural Fertility and author of Reflexology for Fertility, published in 2016.

In 2017, she was awarded 'Complementary Therapist of the Year' by the Federation of Holistic Therapists and has been nominated for several awards within the field of complementary therapy. In 2019 she was awarded the Innovation in Reflexology Award by the Association of Reflexologists.

Barbara speaks and lectures globally on her integrative approach to supporting couples having difficulties conceiving. She has spoken at many of the Fertility Shows and Fertility Fest.

Alongside her own busy clinics, she also trains practitioners in providing this integrative, approach to fertility and reproductive healthcare and well-being. The ARR (Association of Reproductive Reflexologists) has trained practitioners globally, from Australia, New Zealand, USA, Europe and most areas of the UK and Ireland.

Her expertise and passion is in advocating a patient-centred and integrative approach to supporting both men and women on their journey to parenthood.

She is currently undertaking a PhD to explore the effects of reflexology in supporting those experiencing difficulties in conceiving. The aim is that through research we are able to make this approach more widely available to those wishing to use this approach when trying to conceive.

THEME: **An Introduction to Supporting the Menopause.**

All women go through the menopause at some point in their lives, sadly some earlier than others and at just the point when they are thinking of starting a family. So, why do we go through the menopause, why do we experience the symptoms that we do and how can we provide support for women experiencing menopausal symptoms?

The Facts
The Effects
Peri-Menopause to Post-Menopause
Conventional Support
Reflexology Support

TIMETABLE: **6.45pm-7pm Registration** **7pm-9pm Lecture**

The meeting will be hosted via MS Teams and the details to join will be emailed to you the day before.

COURSE FEES: **£15 for members. £20 for non-members**

BOOKING: **Please contact the British Reflexology Association by email bra@britreflex.co.uk or phone Tel: 0333 772 9217 to book a place for this event**

We will require your name, email address and contact telephone number.

Payment of the course fee payment should be made to:

The British Reflexology Association (Sort Code: 09 01 52; Account No: 24 66 86 84).

Alternatively, please complete the application form below and send it to: The British Reflexology Association, 38 South Drive, Warley, Essex CM14 5DJ

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THE BRITISH REFLEXOLOGY ASSOCIATION

2023 Online Autumn Lecture Evening – Supporting the Menopause

I wish to apply for the BRA Autumn Lecture to be held via MS Teams on Wednesday 27th September 2023 and have arranged payment of my course fee of £.....(see above for details).

Alternatively, make your cheque payable to The British Reflexology Association and send to the Admin office.

NAME PHONE
EMAIL