



### **Anne Spencer Bio/profile**

Anne trained as a Clinical reflexologist gaining her Level 5 Centralia Reflexology Mastership in 2015 and qualified as an Indian Head Massage Practitioner in 2017. She subsequently trained in Functional Reflex Therapy and Functional Indian Head Massage; both are based on the theory of the individual touch therapies but adapt the practice for working with Autism, other special needs and neurological conditions.

Anne has three adult sons, the younger two are both diagnosed with Autism, one also having Tourette's Syndrome. She brings a unique blend of knowledge and experience to her therapy work through her training, her lifestyle and her family situation and is passionate about helping others in caring roles or with similar conditions.

Anne's current work includes offering Functional Therapy in Specialist Educational provision in Oxford and Bournemouth; she has had the pleasure and privilege of working with staff and students at Linwood School, Bournemouth since January 2018; she also has a private practice working with clients presenting with a wide range of conditions but specialising in stress and mental health related issues, autoimmune conditions, neurological conditions and muscular injuries. She is committed to raising awareness of Autism and related conditions and to promoting good practice; she is currently developing a workshop programme to support parents/carers and to promote their health and wellbeing.

Contact Anne directly for a treatment in Reflexology, Indian Head Massage, Functional Therapy or if you have any queries relating to her work with Autism and other Special Needs.

Therapies for Wellbeing    [anne.spencer303@gmail.com](mailto:anne.spencer303@gmail.com)    07746 973502



## Functional Reflex Therapy (FRT)

Functional Reflex Therapy [www.functionalreflextherapy.co.uk](http://www.functionalreflextherapy.co.uk) was established by Lorraine Senior, an experienced teacher working with children with special educational needs who is also a Reflexologist. It is a unique approach to Reflexology, a positive 'touch' therapy offering a unique relaxation routine supported with the FRT tool kit and is already being used in schools for children and young adults with autism, ADHD, learning difficulties, neurological impairment and complex needs as a timetabled therapy.

The approach has a clear aim, intention and structure, offering a pleasant, positive, valuable well-being and relaxing experience and is accessible to all pupils. It is a short repetitive routine consisting of a combination of simple relaxation techniques based on colours of the rainbow, drawn from original theories and practice of Reflexology. The routine is delivered with flowing linking moves using hand, finger and thumb movements to specific reflex points and areas on the feet/lower leg or hand/forearm. Although the primary intention is relaxation 'in the moment' it also allows the opportunity for a qualified practitioner to address individual issues that have been highlighted by carers/parents, teachers e.g. sleep or digestive disorders. It presents opportunities over time to incorporate targets set in school for individuals by Speech & Language therapists, Occupational therapists, Teaching staff etc.

The primary and short-term outcome of Reflexology using the Functional Reflex Therapy Approach is relaxation. The therapy encourages the body to relax and relieve tension through a combination of positive touch and relaxation techniques. The intention is to stimulate the many well-being hormones, 'the happy chemicals', in the brain that help to create calming conditions which may encourage a better focus, concentration and receptiveness and nurture pupils in their personal preparation for learning and ongoing activities. There are many potential benefits both short and long term, it may: -

- Induce relaxation
- Help improve mood
- Reduce anxiety
- Relieve tension
- Support well-being
- Encourage the receiver to be more receptive
- Encourage social interaction
- Have a positive effect on the issues that affect individuals and people around them in many areas of their everyday lives
- Encourage a better state of mind for learning
- Support mental health issues

The longer term aims of the therapy are to help individuals to develop an awareness of how their body feels when they allow it to relax, to develop the skill of relaxation and give themselves permission to relax, to use relaxation as a transferable skill, and ultimately for individuals to have the opportunity to decide to include Reflexology as part of their lifestyle beyond school.