



# Clinical Reflexology: A Guide for Integrated Practice

*Denise Tiran, Peter A. Mackereth*

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*Clinical Reflexology* takes the practitioner on a journey of examination, critical review and debate prior to making recommendations for best practice in reflexology. The phenomenal rise in interest by health professionals in Complementary and Alternative Medicine (CAM), and in particular touch therapies, has led to a need for texts that relate and integrate theory and practice to health care settings. Clinical Reflexology does this, expanding and exploring concepts introduced in the first edition. Many CAM books have been written for therapists working in private practice but many of these practitioners are also now working in healthcare settings. This book allows both groups to facilitate the greater integration of clinical reflexology in clinical practice.

The book is divided into two sections. The first deals with key themes, including an up-to-date review of the research evidence and appropriate methodology, safe and supported practice and integration issues. All these themes are explored and discussed utilizing the available literature, analysis of models and concepts and are related specifically to health care practice. The second section focuses on the clinical application of reflexology and how it can be best adapted to the context. The contributors are committed pioneers in their field with a track record of integrating reflexology within clinical settings. Many are teachers, coordinators of therapy services and supervisors.

## ABOUT THE AUTHORS

Dr Peter Mackereth is the Clinical Lead for Complementary Therapies and Smoking Cessation Services at The Christie NHS Foundation Trust Manchester. He is a registered nurse, and has worked in intensive care, neurology and oncology. Peter has an MA in Medical Ethics and has completed a PhD project examining reflexology vs. relaxation training for people with Multiple Sclerosis. An author and renowned speaker, Peter has held academic post in number of universities, most recently as Reader in Integrative Health at the University of Derby.

Denise Tiran, a midwife, lecturer and reflex zone therapist, is an internationally acclaimed authority on complementary therapies in pregnancy and childbirth. She is Director of Expectancy, the leading provider of professional education on the safe use of complementary therapies in maternity care, including a special pregnancy course for reflexologists. Her latest book, *Reflexology for Pregnancy and Childbirth*, was published in January 2010.

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