

Facial Reflexology Sorensensistem™

and the treatment of teenagers

In 2007 I had the good fortune to be featured in The Times magazine "Body & Soul". The article featured a client of mine going through the menopause and her successful results with Facial Reflexology Sorensensistem™. The public response to the article provided me with the unique opportunity of treating a lot of women in a particular age group whose symptom picture was very similar. It soon became apparent that there was a pattern within the home environment of this client group. The majority of these menopausal women had had their children in their 30s and the children were going through adolescence. This made for a challenging family environment, or in the words of one client "It's a War Zone at home!"

As the therapeutic relationship develops, part of my post-treatment advice is to suggest to the often sceptical client parent that their teenager(s) could also be benefitting from reflexology. I say sceptical, because the most common response is "Are you sure?" and I only have to gently remind the client of her/his own experience and improvement for the 'penny to drop'. The overt physical symptoms of menopause and adolescence are actually quite similar.

The most common presenting issues for my teenage clients are: severe menstrual pains, an irregular menstrual cycle, stress and anxiety (especially about and before exams), skin issues including acne and eczema; changes in body

temperature, disturbed sleep patterns, mood swings ranging from 'the angry young man/woman' to degrees of depression; growing pains and a general lack of satisfaction with themselves and the changes they are experiencing as they transition from childhood to adulthood, with an attendant lack of confidence.

“fewer mood swings, improved levels of concentration, and better sleeping patterns”

I practice several styles of foot reflexology and where appropriate, I will combine these modalities with my main reflexology style - that of Facial Reflexology Sorensensistem™.

Working on the face is a significant advantage for me. Tell a teen that their skin is going to look amazing after a treatment and that they only have to glance over at mum to see the benefits - and if she is paying for the session, it's a win-win situation!

Male or female, the pressure to look one's best and the blatant 'peer grading' amongst teenagers means that looking good and 'fitting in' are significant priorities for most of the teens I see. Role models in the realms of film, fashion and music can be influential and brand allegiance to recognised clothing labels is important. "My children are growing up too fast!" say many parents; they blame the media for the economic pressure parents are under to provide for their children and also for the sexualisation of children, particularly girls. The "How early should...?" dilemma is a question I often hear amongst my clients (the parents and the teens) - in relation to alcohol, smoking and sex.

Teenagers as clients are therefore a touching blend of child trying to be an adult. Paramount in client management skills is to recognise their need to be taken seriously. This means addressing them as an adult. Ironically, the teen client can be a reluctant communicator, so I do find myself relying on the parent as the main source for the health and lifestyle history. Often the mother is my client and the teen comes on her recommendation. When sensitive matters are part of a teenager's concerns, for example on a mental-emotional

issue, the parent will oftentimes inform me in advance of the session. The pre-treatment consultation then provides the teen with an opportunity to contribute and share, if they choose or as and when they are ready. When they do, the disparity between the teen's and the parent's viewpoints can be quite revealing! These insights into family dynamics make for a deeply textured therapeutic relationship, which is a privileged part of our work and will intuitively translate into the treatment session.

When I deliver a therapeutic session, I am always looking to re-balance the energetic systems within the person from a Meridian and neurological perspective. Using Sorensensistem™, I commence a treatment with a selection of acupressure points on the face which also have a neuro-vascular connection with the twelve cranial nerves and the brain. Within the Sorensensistem™ method, we use a foundation of several facial maps from various ancient healing traditions around the world and tailor a treatment plan for the client's specific needs from a further nine protocols.

I also work to a rhythm. Some protocols are slower and deeper over the facial skin than others. I have found that this variation in rhythm resonates with what I call the Life force and, depending on your persuasion, can be described in terms of the electro-bio-energetic interface within an individual and to which I believe younger clients in particular respond faster. Therefore, as the parasympathetic system is engaged, a client will slip into a deep, almost hypnotic state of relaxation during which the most active re-balancing processes are initiated.

Cases

The following case histories are representative of the teen clients that we see. Their names have been changed and the health history is brief to protect their identity.

Rebecca (aged 17 years) had started menstruating later than all her friends at age 16 years. A year later, her cycle was irregular, often between 30 - 45 days, with severe cramping for approximately 3 days, accompanied by facial acne and being highly irritable the week prior, which was disrupting within the family and upsetting her too. A

high achiever, she was starting to lose her self-confidence. She was offered the Pill by her GP, but declined it in favour of trying this natural therapy. Over 5 sessions her mood swings lessened, her next two cycles were 31 days and her skin condition is much improved. We are still working together.

Tom is aged 17 years. The presenting issues were facial eczema triggered by stress over approaching exams. He experienced anxiety attacks, disturbed sleep and high carbohydrate/sugar binges. Three weekly sessions cleared up all his symptoms. He continued maintenance sessions for a further three months for the continued relaxing and calming benefits in the run up to his exams. He is currently studying in his university of choice and enjoys a maintenance session once a term.

Charlotte is aged 14 years. Her presenting issues were that over a short period of time, she had changed from a cheerful, confident little girl to becoming very nervous and tense, self conscious of her bodily changes. She had grown three centimetres over the Summer. In the first term at a new secondary school, she had been bullied (which was being monitored) and since had developed headaches and unexplained, periodic tummy cramps - both of

which the GP and her mother ascribed to the period when she was being bullied.

She had eight treatments over a period of three months, over which we observed this beautiful young person emerge from the treatment room - holding her head high, able to hold her own conversations, with no headaches or abdominal cramps.

Parents report their teens are calmer, more communicative, experiencing fewer mood swings, improved levels of concentration, and better sleeping patterns, contributing to an overall calmer family environment. Fathers start to take note and the younger siblings start to come into the practice too. I have many client families and I liken this to a truly holistic way of how complementary therapies should be used.

Nikke Ariff MAR - course tutor in Sorensensistem™

Sorensensistem™ is taught and practiced worldwide. Lone Sorensen has been running a project in Denmark for children on the Autistic spectrum. Due to its success, the Danish government is currently considering funding Lone's system for children with special needs. Visit www.FacialReflexology.com for more details about Facial Reflexology Sorensensistem™ and the courses on offer for this technique.

