

KATHERINE L. KNIGHT'S FULL PROFILE

I became interested in complementary therapies in the late 1980's. I studied full-time at the Raworth Centre, Dorking in Surrey gaining the Raworth Natural Health Practitioner Diploma which included aromatherapy, massage and reflexology in 1991. Since then I have become a practitioner in both Reiki and the Metamorphic Technique.

In 2000 I was employed part-time as a learning support assistant (LSA) in a London primary school. Since 2008 I have worked part-time on a supply basis as an LSA in primary schools and also a special needs primary/secondary school.

From the experience I gained in schools, I realised that I wanted to work with children using my complementary therapies. So in 2005 I decided to train as a Massage in Schools Programme Instructor. I have introduced this programme into over a dozen primary schools in south and east London. I have enjoyed using complementary health with children and have seen positive results from this work. In 2011 I also qualified in maternity reflexology and baby and toddler reflexology.

I offer the Metamorphic Technique for children and adults, mini workshops in the Metamorphic Technique for families, maternity reflexology and reflexology for children, children with special needs and adults, baby and toddler reflexology workshops for parents, non certified workshops in massage techniques for self awareness and personal development for children and families, the Massage in Schools Programme and Reiki.

As a practitioner, I see my role as a facilitator, providing an environment for the client's own self-healing and self-development. I am not medically qualified to diagnose conditions. I advise seeking medical advice if you are pregnant or have concerns about your health. I am fully insured and have been CRB checked.

THERAPY PROFILES

Metamorphic Technique

Transformation from within

Do you feel you are at a crossroads in your life, or are you stuck in a rut and have lost direction? Then why not give the Metamorphic Technique a try?

The practitioner applies a light touch along the spinal reflex points on the feet, hands and head which corresponds to the time before birth. The idea is that many characteristics that make up our individuality were established during this period. Every day we are presented with situations which may trigger an emotional or behavioural reaction in us. This pattern of how we react in challenging circumstances may govern how we live our lives. Receiving the Metamorphic Technique, an opportunity is created where we are able to access our innate wisdom and our inner functions of self-healing. This environment gives the opportunity for us to shift from limiting self-beliefs to realising more of our potential. We

are then better able to deal with life's challenges. Many people will be drawn to the Metamorphic Technique during life's transitions – pregnancy, career change, moving house, illnesses.

Sessions can be booked for 30 minutes or an hour. Parents with babies and young children visiting a practitioner are encouraged to share the session so that they can continue to use the technique at home.

For more information on the Metamorphic Technique www.metamorphicassociation.org

Mini workshops in the Metamorphic Technique for families

Why not attend a workshop to learn to give the Metamorphic Technique to the family?

- feel encouraged to be more tactile
- help improve communication between family members
- feel more relaxed and better able to deal with life's stresses
- enjoy taking time out

These are offered at the centre. Please contact Katherine L. Knight for more information.

Massage in Schools Programme



Ashley Montague, author of the book *Touching, The Human Significance of the skin* (1986, 243) states that 'it is important that we begin to understand how necessary it is for the healthy growth and development of the child that tactile needs be adequately satisfied...'

The Massage in Schools Programme (MISP) was co-created by Mia Elmsater and Sylvie Hetu and is a copyright programme of approximately 15 massage strokes (www.misa.org / www.messageinschools.com). It was introduced in the UK in December 2000 and is now being used regularly in schools. It has to be taught by a qualified MISP instructor. Studies and observations have shown that the children may have improved concentration in class and greater self-esteem. They may feel calmer and more confident. Parents/carers need to give written permission for their child to take part in the programme. The programme may also be shown on parents or carers with their children. The Massage in Schools Association is a member of the Anti-Bullying Alliance.

The clothed massage is:

*For children 4-12 years old.

*Given by the children to each other on the back, head, arms and hands - 10 to 15 minutes daily.

*Given and received with the child's permission.

For more information please contact Katherine L. Knight at the centre

Non certified workshops in massage techniques for self-awareness and personal development

An easy to learn non copyright sequence of massage strokes for children of all ages. These massage workshops with approximately 24 massage strokes are taught by Katherine to children and young people who remain fully clothed during the sessions. Parents/carers also need to give written permission for their child to take part in the programme. They learn how to use the massage strokes on their partner's backs, arms and head. Parents/carers are also invited to be involved. The massage is given and received with the participant's permission. They will learn respect for self and others and hopefully feeling more relaxed. They will have greater self-esteem in their abilities at school and in other situations. A copy of the massage sequence is given so that it can be practised at home. For more information please contact Katherine L. Knight at the centre

Maternity reflexology

Many women will enjoy receiving regular reflexology sessions during their pregnancy as it may help relieve any discomfort and support the mother-to-be during this important time.

During a treatment it is possible for the client to get into a deep, relaxed state which may then trigger the client's own healing processes. Vital energy/life force circulates and permeates all the organs in our body. A gentle light pressure is used on the areas of the feet and/or hands which reflect the whole body. Reflexology may then help facilitate this flow of vital energy/life force, hopefully achieving a balance for mind, body and spirit for both mother and baby. The first session will take about 1½ hours with follow-ups lasting about an hour. Please check with your midwife/GP if you have any pregnancy health concerns before receiving a reflexology treatment.

Reflexology for children and children with special needs

'Children need touch for survival. Their growth and development thrive on touch. And how will they learn about love and affection if not through touch' Touch by Tiffany Field (2003:5) Cambridge MIT Press

- * Reflexology is a holistic therapy which may support our health and well-being and relax stressful lifestyles.
- * A gentle light pressure is used on the areas of the feet which reflect the whole body. The hands may be used instead if the child does not want their feet to be touched.
- * Katherine has a one to one interview with the parent/carer filling out a consultation form and answering any queries. This will take about 30 minutes. The parent/carer will sign this form to give consent for their child to have a session. Katherine will then give a reflexology treatment to the child which will last approximately 30 minutes. Follow-up treatments will take about 45 minutes.
- * It is important to seek medical advice if there are concerns about the child's health prior to receiving reflexology.
- * After a session, a child will tend to feel relaxed, calmer and hopefully have improved concentration.

Mini workshops in baby and toddler reflexology for parents/carers

Baby reflexology may aid babies and toddlers to feel calmer, may help to improve their sleep patterns, and encourage both parent and child have a closer bond with each other. For more information on baby and toddler reflexology www.babyreflex.co.uk

Small Profile

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