

Certified Professional Reflexology Training!

(Suggested completion of study would be Foot, hand and ear!)

Core Reflexology Certification Course:

This **theoretical course** delivers general, foundational, reflexology information. It may be taken for professional certification purposes. Participants must be 18 years of age (or have completed high school) No other prerequisites.

Certification involves:

Total of 18 hours in class
25 hours of home study
1.5 hours for written exam

Course fee includes: Class instruction, manual, workbook, written exam, certification

Course cost: \$1000.00 + gst (subject to change)

When the course below is completed, you will be presented with a certificate of completion. With that certificate, you can practice reflexology.

To be an RCRT (Registered Canadian Reflexology Therapist) there are a few additional steps:

1. You would have to become a member of the Reflexology Association of Canada (RAC – I recommend after the written exam is completed).
2. Submit your certificate and transcripts to RAC. Once accepted, you would have to write an open book board exam and pass with 80% to be approved.
3. You will be an RCRT. This means that clients that come to you can submit their receipts to be reimbursed for sessions if their work plans cover reflexology or they have a health spending account.

Core + Foot Reflexology Certification Course:

This course combines **Core Reflexology** (foundational, Reflexology information) with **Foot Reflexology**.

It may be taken for professional certification purposes.

Participants must be 18 years of age (or have completed high school)

No other prerequisites.

This course comes with the following benefits:

- ~ Teacher availability through texts, email or phone chats
- ~ Lower leg chart provided for further advanced study
- ~ Access to videos and worksheets to move you forward
- ~ Feedback and support from other students and reflexologists

Certification involves:

35 hours in class instruction

25 hours of home study workbook

100 hours of case study (50 cases at 2 hours each)

3 hours of mandatory review (Prep for practical)

1.5 hours for written exam (80% required)

1.5 hours for practical exam (80% required)

Course fee includes:

Class instruction, manual, workbook, review, written and practical exams, certification

PURPOSE:

The purpose of this training course is outlined in the following five general objectives:

Understand the principles of Reflexology

- Anatomy & Physiology – gain understanding of the function of the body systems
- Reflexology chart maps the reflexes on the feet
- Learn how to stimulate reflexes on the foot for a safe, effective therapeutic treatment;
- Gather all information required to challenge the Registered Canadian Reflexology Therapist Board Exam with the Reflexology Association of Canada.



COURSE OUTLINE:

The History and Theory of Reflexology

Covers a historical and theoretical overview and background to Reflexology, the healing crisis and how it affects the client and the healing process, structure and function of the foot, zone and neural pathways of the body and terminology.

Biomechanics of the Foot and Foot Assessment Techniques

- Covers identification of foot conditions, their origins, assessment of the overall structure of the foot.
- Completing a Reflexology Case Study
- Covers the client/therapist interview process, review reasons for completing of a Health Record and documenting a session on a Treatment Record.

Anatomy and Physiology

Covers an introduction and explanation of the anatomy and physiology of the systems in the body, related conditions, and how to locate the reflexes on the foot that correlate to each system.

The systems include:

- The Nervous System
- The Endocrine System
- The Respiratory System
- The Cardiovascular System
- The Digestive System
- The Urinary or Renal System
- The Immune and Lymphatic Systems
- The Reproductive Systems
- The Musculoskeletal System

Key Areas of Emphasis for Specific Conditions in Reflexology

Introduces the student to an explanation and breakdown of each condition and the related systems and reflexes commonly affected within each condition.

RAC Approved Reflexology Method (following national and international standards)

Covers treatment guidelines including providing a healing environment and hygienic practice, what to do before and after a session, a full reflexology procedure including method, pacing and technique.



Business and Financial Information

Covers confidentiality, advertising, professionalism, and what makes a successful clinic.

Practicum

The practicum time allows the student to practice the routine in a professional manner (as taught in the classroom). The purpose is to develop thorough case studies consisting of a Health Record, Treatment Records, assessment documentation and evaluation for each client. Each student must complete 50 treatments (for a total of 100 practice hours). The practicum should include a minimum of 5 clients and a maximum of 10. A maximum of 3 clients with one session each will be accepted.

Students can charge clients for these sessions to start practicing business building skills (\$25-\$30/session is recommended for students). ****Please note, YOU MUST purchase student liability insurance if you are receiving a fee for your studies. ****

Mandatory Review

There is a 3-hour mandatory review given by the teacher half-way through the practicum. The goal is for the teacher and students to come together to review and evaluate the student's case studies as well as the Reflexology Method. All students must have completed the mandatory review and receive a professional treatment by a RAC certified member or teacher (at the rate charged by the member or teacher).

Additional reviews may be requested by either the student or the teacher for an additional fee if necessary.

Home Study and Exam Preparation

The theoretical exam must be completed within 3 months of the last day of class.

The practical exam must be completed within 1 year of the last day of class.

(Extensions are available for a fee of \$75 per extension.)

The practical component of 50 treatments must be submitted to the examiner at the time of the exam.

Tuition: \$1900.00 + gst (subject to change)



Cancellation and Refund policy

Your registration fees must be paid in full **ONE WEEK** before the start of class date.

\$250 deposit is required to reserve your spot (non-refundable)

Course fee, paid in full, is non-refundable

100% Refund for teacher cancellation!

Deposit required by E- Transfer (thesolewhisperer1@gmail.com)

Full payment made be made by:

Certified Check

E-Transfer

Credit Card (Online booking) <https://thesolewhisperer.janeapp.com/>

Hand Reflexology Certification Course:

(Pre-requisite certified core or certified foot course)

This modality is wonderful for clients that do not like to have their feet touched or are wanting to reduce stress. The hand, when closed, is in the same shape as the heart. In hand reflexology, the traditional chinese meridians start to be introduced. It is a deeper dive into understanding how the body is interconnected.

Certification involves:

- Total of 18 hours in class
- 25 hours of home study (workbook)
- 80 hours of case studies (40 cases of two hours each)
- 1.5 mandatory review (prep for practical exam)
- 1.5 hours for written exam (80% required)
- 1.5 hours for practical exam (80% required)

Course fee includes: course instruction, manual, workbook, written and practical exams and certification



The Course Outline:

1. An outline of the history of Hand Reflexology.
2. Theory of Hand Reflexology
3. The Structure and function of the Hand - Anatomy and Physiology
4. Anatomy and Physiology Review
5. The reflexes of the Hand, their location and what they correspond to.
6. Key areas of emphasis for specific conditions - Pathology.
7. Demonstrations - this will involve hands- on participation from the students in the course.
8. Hand Assessments/evaluations
9. Charting skills to include: Health Record Form and Observation Form Documentation
10. Session protocol and Hand palpation.
11. Hand reflexology Relaxation and treatment techniques.
12. Practical Sessions: the practical portion is repeated several times throughout the course to gain the proper skills to complete a treatment

Tuition: \$850.00 +gst (subject to change)

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