



## Reflexology Course Practitioner Diploma

**Prospectus and information for course beginning  
Monday 23rd April 2012**

- Fully Certified Practitioner Course.
- Established Training School since 1984.
- Professional training by practicing therapists.
- 14 months part-time.
- All graduates eligible to join the N.H.I.I., B.C.M.A., I.M.T.A., N.R.R.I. and A.R.C.H.T.I.



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## About The Natural Healing Centre



The Natural Healing Centre Clinic and Training School is one of Munster's longest established complementary health centres, offering professional practitioner diploma courses and a range of alternative treatments since 1984.

Our premises are centrally located in Cork City – Thompson House, MacCurtain Street.

The Natural Healing Centre is a member training school of the National Register of Reflexologists (Ireland) ([www.nationalreflexology.ie](http://www.nationalreflexology.ie)), which was established in 1998, to provide Ireland with a registry of professional reflexologists and training centres.

We are also a member school of the British Complementary Medicine Association, ([www.bcma.co.uk](http://www.bcma.co.uk)) based in the UK, Our BCMA recognised qualification automatically entitles graduates to practice in Ireland and the UK; we have also had many graduates go on to work in a number of locations including Australia, the USA, and a variety of European countries.

As well as a training school, the centre is also a working clinic offering a range of complementary treatments to our thriving client base.

### Affiliations

We are a recognised Teaching School of the British Complementary Medicine Association. This is the largest association of its kind in these islands, and our training courses conform to the high standards set by the B.C.M.A.

All graduates have access to membership of The Natural Healing Institute of Ireland (N.H.I.I.) and The British Complementary Medicine Association (B.C.M.A.). Our Massage graduates may also join the Irish Massage Therapy Association (I.M.T.A.) and our Reflexology graduates, the National Register of Reflexologists (N.R.R.I.).

### Health Insurance

Through these organisations, their clients can claim treatment refunds from the health insurance companies Hibernian Health (for Massage Treatments) and Hibernian Health, Quinn Healthcare and VHI for Reflexology treatments.

### Future

Our graduate organisation, The Natural Healing Institute of Ireland, has representation on the Federation of Irish Complementary Therapy Associations and we are actively involved in the Federation's work towards regulation.

All of the tutors on our therapy courses are also working professionals; our course content has a sound practical base.

## About The Reflexology Course



Our course has been formulated by The Natural Healing Centre's therapists - complementary health practitioners with over 60 years cumulative experience behind them.

The Reflexology Course is designed to train students to professional therapist level.

The course is a part-time evening course that takes place once a month, on a Monday and Wednesday evening of the same week, **from 7.00pm – 10.00pm**. (See timetable for full list of dates and times).

The course is 14 months in duration.

### Class Structure

Classes are divided between theory work for the first half of the class, and practical work for the latter half.

Students study the theory aspect of the course in our upstairs classroom area – the anatomy, physiology and pathology of the body's systems are studied in detail as well as client care, record keeping, consultations etc.

For the practical aspect of the course, the class moves downstairs to our spacious hall area where treatment tables are set up.

For this section of the course - after a practical demonstration - students concentrate on the practical "hands-on" application of the various reflexology techniques, correct towel placement, and the importance of client comfort.

A short refreshment break divides the two halves of the class – tea/coffee/biscuits supplied.

### Exams: Continual Assessment & Final Practicals

At the beginning of each seminar, there will be a short theory exam on the material covered in the previous class and are credited towards the final grade (see course content for more details).

For practical home study, there are worksheets to complete for the first half of the course, and case studies to complete for the second half.

There are two Final Practical Exams – one theory and one practical (a full reflexology treatment).

Final Results are graded as a Pass, a Credit, or a Distinction.

For a detailed Reflexology course content, please see next pages...

## Detailed Course Content

### Seminar One

**Monday 23rd and Wednesday 25th April 2012**

**Theory:** History of reflexology. Reactions and contra-indications. Hygiene. Table and towel set-up. Ethics. Foot relaxation techniques. The Endocrine System.

**Practical:** Foot relaxation techniques.  
Reflexology applied to the Endocrine System.

### Seminar Two

**Monday 21st and Wednesday 23rd May**

*(Continual assessment theory exams begin)*

**Exam:** Endocrine system chart. Questions on Endocrine system, history and contra-indications.

**Theory:** Detailed anatomy, physiology and pathology of the Digestive and Urinary Systems.  
Foot locations and charts of the Digestive and Urinary systems.

**Practical:** Reflexology applied to the Digestive and Urinary systems.

### Seminar Three

**Monday 18th and Wednesday 20th June**

**Exam:** Charts and questions on the Digestive and Urinary systems.

**Theory:** Detailed anatomy, physiology and pathology of the Respiratory and Reproductive systems. Foot locations and charts of the Respiratory and Cardiovascular systems. Introduction to foot chart shading.

**Practical:** Reflexology applied to the Respiratory and Cardiovascular systems.  
Foot chart shading.

### Seminar Four

**Monday the 16th and Wednesday 18th July**

**Exam:** Charts and questions on the Respiratory and Reproductive systems.

**Theory:** Detailed anatomy, physiology and pathology of the Nervous system. Foot locations and chart of the Nervous system. Structure of the foot.

**Practical:** Reflexology applied to the Nervous system.  
Footchart shading.

### Seminar Five

**Monday 20th and Wednesday 22nd August**

**Exam:** Charts and questions on the Nervous system.

**Theory:** Detailed anatomy, physiology and pathology of the Lymphatic and Cardiovascular systems. Foot locations and charts of the Lymphatic and Cardiovascular systems.

**Practical:** Reflexology applied to the Lymphatic and Cardiovascular systems.  
Footchart shading.

## Seminar Six

Monday 24th and Wednesday 26th September

- Exam:** Charts and questions on the Lymphatic and Cardiovascular systems.
- Theory:** Detailed anatomy, physiology and pathology of the Muscular and Skeletal systems. Foot locations and charts of the Muscular and Skeletal systems.
- Practical:** Reflexology applied to the Muscular and Skeletal systems.  
Footchart shading.

## Seminar Seven

Monday 22nd and Wednesday 24th October

- Exam:** Charts and questions on the Muscular and Skeletal systems.
- Theory:** Review of the body systems. Taking client details and a client case history. Therapist appearance and manner. Ethics and conduct during a professional treatment.  
Client/Therapist relationship. Revise personal and treatment hygiene. Supervised clinical practice rules and guidelines.  
Full Reflexology treatment sequence.
- Practical:** Taking a client case history. Practice a full reflexology treatment with foot chart shading.

## Seminar Eight

Monday 26th and Wednesday 28th November

- Exam:** Foot locations exam.
- Theory:** Integumentary System (skin, hair, nails etc.)  
Preparation and maintenance of the treatment room  
Setting up practice
- Practical:** Taking a client case history. Practice a full reflexology treatment with foot chart shading.

## Seminar Nine

Monday 17th and Wednesday 19th December

- Exam:** Questions on the Integumentary System
- Theory:** Disease Processes Part 1. (The study of diseases and specific reflexology treatment and adaptation).
- Practical:** Taking a client case history. Practice a full reflexology treatment with foot chart shading.

## Seminar Ten

Monday 14th and Wednesday 16th January 2013

- Exam:** No exam
- Theory:** Disease Processes Part 2. (The study of diseases and specific reflexology treatment and adaptation).
- Practical:** Taking a client case history. Practice a full reflexology treatment with foot chart shading.

## Seminar Eleven

Monday 11th and Wednesday 13th February

**Exam:** Disease Processes Exam

**Theory:** An Eastern viewpoint Part 1. Chakra location on the feet  
Hand Reflexology

**Practical:** Monday - Hand Reflexology. Wednesday - taking a client case history.  
Practice a full reflexology treatment with foot chart shading.

## Seminar Twelve

Monday 11th and Wednesday 13th March

**Exam:** No exam

**Theory:** An Eastern viewpoint Part 2. Meridians and locations on hands and feet.  
Business studies and setting up practice.

**Practical:** Taking a client case history. Practice a full reflexology treatment with  
foot chart shading.

## Seminar Thirteen

Monday 08th and Wednesday 10th April

**Exam:** No exam.

**Theory:** No theory.

**Practical:** Pre (mock) exam - taking a client case history. Practice a full reflexology  
treatment with foot chart shading.

## Practical & Theory Final exams

Saturday 11th May at 2pm - Final Practical

Wednesday 15th May at 7pm - Final Theory

**Practical:** Taking a client history and performing a full reflexology treatment, with  
foot chart shading (Monitored by external examiner).

**Theory:** Examination on the body systems, foot locations and disease processes

## Final class

Wednesday 29th May - 7pm

Presentation of diplomas and final discussion.

## Mandatory Extra Curricular Course Work

(explained in detail in class, and spread throughout the course)

Over the duration of the course students must complete:

- 42 hours of worksheets for correction and assessment.
- 60 hours case studies for correction and assessment.
- **Minimum** of 15 hours supervised clinical practice outside of class supervision.
- A Basic First Aid Qualification – this is an essential for professional therapists and as such, students who do not possess a valid First Aid Certificate **must** attend a First Aid course in order to graduate. First aid courses are regularly held at the centre, and are included in the course cost.

## Course Fees

The total cost of the course is €2,200, and there are two options in which the fees can be paid.

- Option 1 involves payment of €150 per month, until fees are paid in full.
- Option 2 entitles you to a discount of €250.

### Option 1

Fees are paid over the first twelve months of the course as follows:

Deposit:	€300
Seminars 1 to 12:	€150 per month
Seminar 13:	€100
<b>Total fees:</b>	<b>€2200</b>

### Option 2

Fees are paid before, or on the evening of, Seminar 1.

Deposit:	€300
Balance:	€1650
<b>Total fees:</b>	<b>€1950</b>

### Special Offer!

**Book your place before the 26th March 2012  
and receive a further discount of €150 on either payment option!**

The course fee is **fully inclusive** and covers all tuition fees and course manuals, all written and practical examination fees (including external examiner fees), first aid course and refreshments. It also includes all powder, wipes and lotion used during class.

With regards to the practical side of the classes, students are not provided with towels, couch covers, or knee rolls, and are expected to supply their own.

### Methods of payment

We accept all forms of payment (cash, cheques, credit/debit cards) – we can also take credit card/laser card details over the phone, should you wish to avail of the option.

### Fees Policy

A deposit of €300 is necessary to secure a place on the course, and, due to course place demand, is non-refundable.

Once the course commences, all course fees are strictly non-refundable. Students opting for Fees Option 1 must **strictly adhere** to the payment plan.

### How to apply

To secure your place on this course please post in the enclosed application form with a deposit of €300. Places are assigned on a first-come, first-served basis. Students are advised to book a place early, as we accept only 12 students per course.

Students have until Seminar One to avail of the fee discount (Option 2).

### Prerequisites

As this is a fully comprehensive course, we do not require our applicants to have any prior training/experience.

### Location and Parking

We are located in Thompson House in MacCurtain Street, Cork City (see map below).

There are several car parks in the area, along the quays.

