

# Reflexology Program

## February 2006

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Inserts to this material include:

- General Information & Policies Catalog
- Tuition costs
- Instructor Biographies

### Date of Publication

This publication became effective February 1, 2006 and supersedes all previous written information. Program students registered prior to this date need meet only those program hour and graduation requirements in effect at the time of their initial program registration.

This publication is subject to change without notice. Policies and procedures contained herein and in the General Information and Program Policy Catalog supersede all of those previously published and do not constitute an irrevocable contract between the student and the Institute. Policy and procedure changes made after the publication of this material will be on file with the Administrator. Students are expected to abide by WMTI Policies and Procedures.

### Administrative Policies

Students must adhere to the Policies and Procedures as stated in the Wellness & Massage Training Institute publication titled "General Institute Information and Policies". Within this publication is information on admission to Institute Programs, the refund schedule and other policies.

## **What is Reflexology?**

Practiced since ancient Roman and Egyptian times, Reflexology is the skillful and purposeful manipulation of the soft tissue of the feet and hands. The goals are to improve circulation, normalize body function and reduce stress by stimulating nerve reflex activity throughout the body from sensory receptors located in specific areas of the feet and hands.

## **Mission Statement**

Our Reflexology program will train accomplished professionals who can respond knowledgeably to a wide spectrum of client situations.

## **The Course Format**

In the Integrated Courses Format, 6 integrated “core” courses, which comprise 80 hours of this comprehensive 142-hour program, have been blended into two 14-week trimesters for a gradual assimilation of the material and a smooth progression through the hands-on techniques. Students must also complete 30 hours of required course work at their own pace in the individual course format with the required courses offered various days and times. In the third trimester, students then utilize the knowledge gained in fulfilling 32 hours of supervised clinic working on clients provided by the Institute.

Graduates of the Program are fully prepared to set up practice in a variety of professional settings and are encouraged to sit for a national Reflexology certification examination upon completion of 90 hours of case studies.

## **General Objectives**

Graduates of this Program will:

1. Have a practical knowledge of human anatomy, physiology and kinesiology as they relate to the practice of Reflexology.
2. Be able to combine basic traditional Reflexology techniques and their variations into a logical pattern, performing the sequence with sensitivity, rhythm and flow.
3. Be able to create treatment goals for Reflexology sessions that are appropriate to the symptoms and conditions presented by the client. Recognize contraindications to applying Reflexology techniques.
4. Demonstrate critical thinking in all areas of the Reflexology Program.
5. Understand the concept of “wellness” and how Reflexology contributes to the health and wellness of the individual.
6. Understand the history and philosophy of Reflexology, especially as it relates to present professional, social and political issues.
7. Understand the principles of ethical behavior, and be able to make ethical professional and business decisions.
8. Have knowledge of essential business practices including record keeping, marketing and advertising, and pertinent laws.
9. Have knowledge of basic professional practices including client interviews, session documentation, client/therapist relationship, taking and giving referrals, and appropriate scope of practice.

## Required Course Listings:

### Integrated Format Courses:

**Trimester 1 .....40 hours**

Anatomy of the Leg and Foot

Reflexology I

Reflexology II

**Trimester 2 .....40 hours**

Reflexology III

Reflexology IV

Hand Reflexology

**Reflexology hours .....80 hours**

**Clinical Experience.....32 hours**

### Individual Format Courses:

239 Skin and Infectious Disease .....08 hrs

278 Ethical Considerations in Bodywork.....06 hrs

411 Professional Practice ..... 16 hrs

**Required Courses in Individual Format .....30 hours**

**Total hours required in the Reflexology Program .....142 hours**

## Reflexology Course Descriptions:

### **Anatomy of the Leg and Foot (8 hours)**

*Textbook required*

A comprehensive understanding of the skeletal, neurovascular and myofascial structure of the leg and foot is essential for the professional Reflexologist. In this course through lecture, observation and palpation, the student explores these structures to develop a thorough knowledge of the tissues they are effecting when applying Reflexology technique.

### **Reflexology I (16 hours)**

*Textbook required*

This course introduces students to various theories of reflexology and examines its history and development. Basic techniques used in the practice of foot Reflexology are introduced along with zone theory, basic definitions, contraindications, and client rapport.

### **Reflexology II (16 hours)**

*Textbook required*

This course is designed to introduce students to the basic techniques used in the practice of foot reflexology. This includes history, zone theory, basic definitions, contraindications, client rapport, and techniques for working the foot, body cavities, and the session protocol.

**Reflexology III (16 hours)**

*Textbook required*

This course is designed to help students refine their hands-on techniques with foot Reflexology. The course will include a review of the protocol. Students will be introduced to point location and helper areas. Casework with documentation will begin in this class.

**Reflexology IV (16 hours)**

*Textbook required*

This course introduces students to biomechanical, skeletal and soft tissue assessment of the foot. Students will be introduced to proprioceptive neuromuscular facilitation of the muscles of the legs and toes. Meridians in the lower leg and foot will be considered.

**Hand Reflexology (08 hours)**

*Textbook required*

This course is designed to introduce students to the basic techniques used in the practice of hand reflexology. This includes contraindications and cautions, techniques for working the hand, body cavities, and the session protocol. Hand reflexology sequences that may be suggested to clients for self-help will be included.

**Clinical Experience in Reflexology (32 hours)**

*Textbook not required*

The clinical experience in Reflexology enables students to practice Reflexology on clients and instructors in a professional setting. Students will demonstrate the ability to complete a full Reflexology session. This includes client intake and rapport, proper techniques for working the foot or hand, correct protocol, appropriate closure and documentation of the session.

**Individual Course Format Descriptions****239 Introduction to Skin Disease (8 hours)**

*Textbook not required*

This course introduces students to basic skin conditions such as rashes, warts, moles, wheals, pustules, and plaques. Discussion of skin cancers and other contraindications related to the integumentary system is included. Students will learn to identify skin conditions they are likely to encounter in a bodywork practice. Information on communicable diseases such as tuberculosis, hepatitis, aids, and herpes is included.

**278 Ethical Considerations In Massage (4 clock hours)**

*Textbook not required*

The subject of ethical behavior is important to all massage and bodywork professionals and students. However, there are times when the actual practice of ethical behavior presents a dilemma, those times when something occurs that isn't exactly spelled out in books or articles on ethics. In this course participants will compare personal and professional codes of ethics. To further our understanding of the nature of ethical behavior this course focuses on the *concrete* aspects of ethics. This will include exploration of different theories of ethics and review of ethical considerations involved in a massage/bodywork business. Students will also examine codes of ethics used by professional massage associations or institutions. There will be discussions of actual case examples to illustrate concepts discussed.

#### **411 Professional Practice (16 hours)**

*Textbook required*

The professional practice of bodywork involves both providing a service to clients and working within a community of health care practitioners. Students explore topics related to scope of practice, use of client forms, the therapist-client relationship, developing a good working relationship with other health care practitioners including giving and receiving referrals, and various ethical issues.

An introduction to the business side of bodywork includes topics of interest to the small business owner, as well as to the employee and independent contractor. Topics include setting up and building a successful practice, bookkeeping and taxes, marketing, problems and pitfalls, compliance with local laws, and community relations.