



# Nature Care Clinic

## *What to expect at:* REFLEXOLOGY STUDENT TRAINING CLINIC

### What is Reflexology Therapy?

The aim of the Reflexology student clinic is to provide extensive clinical training to our students, and an affordable reflexology service to the public. The training clinic allows Reflexology students to gain confidence and self assurance as they develop practical skills, observe and treat clients, and learn a range of skills including case taking, treatment, communication skills and safe practice. The clinic enables students to combine their theoretical knowledge with practical experience and provides students with an integral part of their training.

Each of our Reflexology students must complete up to 100 hours of clinical practice in preparation their clinical assessments which are the final components of their reflexology training.

Research in hospitals, universities and clinics throughout the world has shown that reflexology can be an effective therapy to assist many conditions such as muscular tension, headaches, work related stress, back, neck and shoulder pain, sinus pain, menopausal symptoms, pre-menstrual syndrome and other menstrual irregularities.

Reflexology is based on the principle that congestion or tension in any part of the foot mirrors congestion or tension in a corresponding part of the body. These parts, known as reflex points can also be found on the hands and other body parts, however, the most commonly treated area is the feet.

Reflexology has many beneficial and lasting effects. Some treatments are gentle in nature, aiming to restore systems for better function while others are more specific, addressing the client's particular conditions. It is a healing process that can be safely used when it is not convenient to treat other body parts. As a non-intrusive technique, it heals indirectly. Reflexology can be a relaxing therapy that works on many levels, soothing, calming, balancing and boosting the entire body.

### Student Training Clinic Consultation

For our students to provide a quality service it is important that they gather information from clients. This involves case taking and assessment procedures. The whole symptom picture is needed for the student practitioner advise the client on the treatment which will best suit their presenting condition. Even if a client wants a relaxing reflexology it is important that a health assessment is done to assure that what ever treatment procedure is used it is best for the client.

Other things that you can expect in the consultation include:

- **Duration of consultation:** Consultations generally last about hour. First consultations will consist of a health assessment which will take at least 10 minutes and around 40 minutes of reflexology. Further sessions will generally be 1 hour consisting of case review and around 50 minutes of reflexology.

- **Clinic Supervisors:** As our clinic is a training facility students are not qualified practitioners so supervision is a requirement of the training for reflexology therapy. The student training clinic always has supervisors to oversee the training and assist with any questions from the student practitioners or clients. Student practitioners are able to review their treatment protocols and be assured that advice they are giving clients is correct.

During the reflexology sessions supervisors will enter the reflexology rooms to check if assistance is required and that the client happy with their reflexology or if they have questions they would like to ask.

- **Personal Information:** As Nature Care College's Reflexology Clinic is a training facility, it may at times be necessary for a student to discuss a case with their supervisor. Confidentiality is observed at all times permission will be sought from the client before any details are discussed with the supervisor.
- **Appointments:** Bookings can be made by calling us on 02 9906 1566.
- **Location:** The clinic is conveniently located at 52 Nicholson street, St Leonards 2065
- **Public Transport:** Public Transport is the easiest way to get to the Nature Care Training Clinic. We are located close to a major bus route on the Pacific Highway and are only a 5 minute walk from St Leonards train station.
- **By Car:** If you're travelling by car from:  
  - Chatswood;* turn left at Albany St, right into Oxley St then right into Nicholson St.
  - North Sydney;* turn left into Oxley St then right into Nicholson St.
- **Parking:** Metered street parking is available. There are also local parking stations nearby.
- **Access for the Physically Challenged:** Nature Care College has restricted facilities for the physically challenged and may not be able to accommodate their needs.