



Nature Care College

Reflexology 2

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| DESCRIPTION | This Unit of Study will broaden and deepen participant's dimensions and perspective of Reflexology through the integration of other modalities and theories. The new skills learned will enable participants to develop a tailored treatment plan to suit specific conditions. | |
| DURATION | 42 hours | |
| LEARNING OUTCOMES | By the conclusion of the Unit of Study, students should be able to: <ol style="list-style-type: none"> 1. Conduct a Hand Reflexology session. 2. Improve the overall effectiveness of their Reflexology sessions by "tailoring" the treatments to suit specific illnesses / diseases/ disorders. 3. Integrate into their Reflexology sessions, the principles of Meridians and Acupressure. 4. Understand the principles of Bio Mechanics and how this is linked with Reflexology. 5. Identify common foot conditions. 6. Demonstrate effective communication and listening skills. | |
| TEACHING METHOD | Modified Lectures – visual aids Practical demonstrations Student practicum | |
| ASSESSMENT | Assignment | 60% |
| | Practical assessment | 40% |
| | Pass mark | 60% |
| | All components must be passed at 60% in order to pass this subject satisfactorily. | |
| ATTENDANCE | 90% minimum. | |
| PRE-REQUISITES | Reflexology 1. | |
| CO-REQUISITES | Anatomy & Physiology 1A. | |
| MATERIALS REQUIRED | Notebook, pen, comfortable clothing. | |
| COMPETANCIES | Successful completion of this unit of study is in partial completion of the following competencies: | |
| Partial Completion | HLTREF501A Work within a reflexology framework HLTREF502A Prepare for a reflexology treatment | |
| Full Completion | HLTREF503A Provide reflexology treatment | |

TEXTBOOKS

(a) Compulsory: Reflexology 2 Learners Guide now obtained from Emporium

(b) Recommended Reading / References:

Crane B, 1997. *Reflexology. The Definitive Practitioner's Manual*. Element Books Ltd.

Dougans I, 1998. *Reflexology: A Practical Introduction*. Element Books Ltd.

Norman L. 1989. *The Reflexology Handbook*. Piatkus Publisher.

Rogers S, 1998. *Professional Reflexology for Everyone*. Victorian Centre of Reflexology & Training.

Young J. *Acupressure, The Oriental Way to Health*. Thorsons.

Whichello Brown D, *Teach Your self Hand Reflexology*. Hodder Education UK

INTENSIVE OUTLINE:

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| Day 1 | An Introduction to Reflexology 2. Overview the course and its objectives. Revision of the foot. Introduction to specific areas of the foot. Practical application. |
| Day 2 | The Ideal Reflexology Therapist. Case History Taking. Bio Mechanics of the Foot and Leg. Describe the functions and movements of the foot and leg. Common Foot Conditions. |
| Day 3 | Meridian Theory. Explain the basic concept and philosophy of 'Oriental Meridian Theory'. Identify the meridians on the body and where they appear on the hands and feet. Identify certain meridian points on the hands and feet and explore their uses. Explain the contra-indications associated with certain acupressure points. |
| Day 4 | Hand Reflexology – Theory & Practical application Identify the reflex areas on the hand. Explain the use and benefits of Hand Reflexology. Practical demonstrations and student practice |
| Day 5 | Foot Baths and Foot & Leg Massage. Demonstrate how to give an effective foot bath. Discuss the use of essential oils and herbs to enhance the foot bath. Demonstrate techniques for a basic foot and leg massage Integrate the specific areas / points into a Reflexology session. Create a treatment strategy for a full Reflexology session incorporating all relevant information as covered throughout the term. Demonstrate how to conduct a full session based on the developed strategy |
| Day 6 | Mark and discuss assignment The Treatment Strategy. Create a treatment strategy for a full Reflexology session incorporating all relevant information as covered throughout the term. Practical Assessment. |
