



DESCRIPTION

In Reflexology 3 you will learn the principles and art of advanced Reflexology, developing and enhancing the skills needed to become an experienced reflexologist. You will also learn how to monitor and evaluate reflexology treatments.

DURATION

42 hours

LEARNING OUTCOMES

By the conclusion of the Unit of Study, students should be able to:

1. Demonstrate the application of advanced Reflexology techniques and skills.
2. Demonstrate techniques appropriate to specific target groups.
3. Conduct an ear reflexology session
4. Apply advanced Reflexology techniques at a Health Care Practitioner level.
5. Demonstrate advanced Reflexology skills and techniques in a clinic environment.
6. Prepare effective treatment strategies
7. Monitor and evaluate reflexology treatments.
8. Present the findings of the cases studies to the group.
9. Work within a reflexology framework.
10. Provide reflexology treatment.
11. Monitor and evaluate reflexology treatments.
12. Provide services to clients with chronic diseases or conditions.

TEACHING METHOD

Modified Lectures – visual aids
 Practical demonstrations
 Student practicum

ATTENDANCE

90% minimum.

ASSESSMENT

Written assignment 60%
 Practical assessment 40%

Pass mark 60%

Each assessable component must be completed and passed at 60% in order to pass this subject satisfactorily.

PRE-REQUISITES

Reflexology 1
 Reflexology 2.
 Anatomy & Physiology 1A.

CO-REQUISITES

Anatomy & Physiology 1B.

MATERIALS REQUIRED	Notebook, pen, comfortable clothing.
Competencies Partial Completion	Successful completion of this unit of study is in partial completion of the following competencies: HLTREF503A Provide reflexology treatment HLTREF504A Monitor and evaluate reflexology treatments HLTREF502A Prepare for a reflexology treatment
TEXTBOOKS	<p>Compulsory: 2011 <i>Participant Learning Guide for Reflexology 3</i>. Students are to collect the notes from Emporium</p> <p>Recommended Reading / References: Byers, Dwight C. 1991 <i>Better Health with Foot Reflexology</i>. Ingham Pub. Inc.. Crane B, 1997. <i>Reflexology. The Definitive Practitioner's Manual</i>. Element Books Ltd Crane B 1998, <i>Reflexology An Illustrated guide</i>. Element Books Ltd Dougans I, 1998. <i>Reflexology: A Practical Introduction</i>. Element Books Ltd. Dougans I, 2002. Complete illustrated guide to Reflexology: Element Books Ltd. Harper Collins Publishing Enzer S, 2000, <i>Reflexology a tool for midwives</i>, Susanne Enzer Enzer S, 2003 <i>Maternity reflexology manual Part 1</i>, Susanne Enzer Enzer S, 2003 <i>Maternity reflexology manual Part 2</i>, Susanne Enzer Gould F. <i>Reflexology for Holistic Therapists</i>. Nelson Thornes Ltd UK Harper J, 2000 <i>Nine Ways to body Wisdom</i>, Harper Collins Ingham E 2000 <i>Stories the feet can tell thru reflexology, stories the feet have told thru reflexology (The orininal works of Eunice D Ingham)</i> Ingham Publishing Mackereth P., Trian D. <i>Clinical Reflexology 2001 A guide for health professionals</i>. Elsevier Science Norman L. 1989. <i>The Reflexology Handbook</i>. Piatkus Publisher. Olson A, 1991. <i>Body Stories. A Guide to Experiential Anatomy</i>. Station Hill Press Publications, New York, USA. Parsons T. <i>An Holistic Guide to Reflexology</i>. Thomson UK 2003 Rogers S, 1998. <i>Professional Reflexology for Everyone</i>. Victorian Centre of Reflexology & Training. Saint-Pierre, Gaston. <i>The Metamorphic Technique</i>. Principles and Practices. Element Books. 1985. Stormer, C, 2004, <i>Reflexology – The Definitive Guide</i> Hodder& Stoughton Stormer, C, 2004, <i>Reflexology – Language of the Feet – What feet can tell you</i> Hodder& Stoughton Whichello Brown D, 2006 <i>Reflexology</i>. Silverdale Books Whichello Brown D, 2001 <i>Reflexology and introduction</i> Silverdale Books Whichello Brown D, <i>Teach Yourself Hand Reflexology</i>. Hodder Education UK Whichello Brown D 1999 <i>Hand Reflexology, A Practical Introduction</i>. Universal International Pty Ltd Wills, P, <i>The Reflexology & Colour Therapy Workbook</i>. Element. Young J. <i>Acupressure, The Oriental Way to Health</i>. Thorsons.</p>

INTENSIVE OUTLINE

Day 1:

Session One

An Introduction to Reflexology 3.

Overview the course and its objectives.

Explain the assessment tasks

Clarify personal and professional expectations of the course.

Revision of reflexology techniques.

Conduct a treatment using all techniques learned during Reflexology 1 & 2

Integrate sensory skills into a Reflexology Session

Conduct half of the treatment with closed eyes further focusing on the sensory skills

Discuss experience

Session two

Advanced foot reflexology

Introduction to new specific techniques.

Demonstrate alternate methods of reflexing

Practical application.

Day 2:

Session one

Basic Ear Reflexology.

Describe the theories and use of Ear Reflexology.

Demonstrate techniques to reflex the ear.

Session two

Integration of Foot, Hand and Ear Reflexology.

Develop a system to reflex the Feet Hands and Ears.

Conduct and integrated Foot, Hand and Ear Reflexology session.

Day 3:

Session one

Working With Target Groups.

Demonstrate specific techniques for working with target groups.

Explore the specific needs of target groups. (Diabetes, elderly and terminal ill)

Review the Code of conduct for the ATMS.

Session two

Demonstrate Gait balance

Demonstrate the Brazilian Toe Massage.

Demonstrate short meditation techniques

Review and demonstrate techniques for a basic foot and leg massage.

Day 4:**Session one****Working With Target Groups continued**

Discuss The Principles of Pregnancy and Reflexology
Integrate Endocrine Balance

Session Two**The Metamorphic Technique**

Explore the theories of the Metamorphic Technique.
Demonstrate the application of the Metamorphic Technique.
Discuss the principles of the Metamorphic Technique and Reflexology.

Day 5:**Discuss the journey ahead**

Therapeutic Relationship in Reflexology

Review:

Case History Taking.
Bio Mechanics of the Foot and Leg.
Common Foot Conditions.
Footbath
Meridian Theory.
Foot Reflexology
Hand Reflexology
Ear Reflexology
Integrate the specific areas / points into a Reflexology session.

Treatment Strategy Application.

Create a treatment strategy for a full Reflexology session incorporating all relevant information as covered throughout the term as well as reflexology one and two.
Practically apply the treatment strategy to reflexology session.
Practice a treatment for the clinic.

Day 6:**Case Study Presentations.**

Discuss the case studies and present the findings to the group.

Practical Assessment.

Create a treatment strategy for a full Reflexology session incorporating all relevant information as covered throughout Reflexology 1,2& 3. (bringing it all together)
Demonstrate how to conduct a full session based on the developed strategy.

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.