

# The Bath Reflexology Centre

## Practitioner Course in Reflexology

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Full course information for the Reflexology Practitioner Course commencing in October 2011. Includes course contents, dates, fees and application form.

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# Reflexology

The ancient healing art of reflexology has been practised for thousands of years: originally by the Egyptians, Chinese and Indian peoples. It was discovered in the West during the last hundred or so years and was developed particularly in the USA, Britain and Germany.

Reflexology and acupuncture are both based on the theory of energy pathways (meridians) and were originally practised together in China: deep pressure therapy was applied to the feet and the needles were then positioned in appropriate areas of the body. Thousands of years ago the Chinese physician only received payment for his treatment while the patient remained well. This puts health care into perspective!

The body has the ability to heal itself: during and after illness, stress, injury or disease it is in a state of imbalance. Reflexology works on points on the feet and hands corresponding to the organs, glands and all parts of the body, to encourage healing and to restore and maintain a natural equilibrium or homeostasis. Good health is a balance on all levels of being: body, mind, emotions and spirit. Treatment activates the healing powers of the whole person through pressure techniques with the hands. Congestion or tension in any part of the foot mirrors that in the corresponding part of the body.

## The Bath Reflexology Centre

The Bath Reflexology Centre is a purpose built, fully equipped reflexology school and is a working clinic during the week.

It has fantastic views for miles looking west towards Wales in beautiful countryside alongside the Cotswold Way. At lunchtime you can have a walk, or sit and enjoy the view, however you will need to bring your own lunch as there are no shops or cafes nearby.

- All our tutors have an appropriate teaching qualification.
- Our full tutors have at least 5 years practicing experience since qualifying. Full tutors can teach any parts of the course.
- Our assistant tutors have at least 3 years practicing experience since qualifying. Assistant tutors can teach all non-reflexology parts of the course plus 25% of the reflexology course.
- Our Anatomy and Physiology (A&P) and Business tutors have demonstrated that they have the qualifications, training or skills to deliver these parts of the course.

## Why Choose Us?

As professional reflexologists ourselves, we want you to develop a deep understanding of reflexology as well as confidence in yourself as a reflexologist. We believe that learning our therapy takes time and dedication and so, although we are only required to provide a minimum of 100 teaching hours, we offer a generous 183 hours and genuine pastoral care. We only have one intake of students per year to enable us to give you the support that you need.

### Course Aims

We aim:

- to give you the skills, knowledge and, above all, understanding and experience to be a good reflexologist rather than to pass an exam. If you can achieve the first the second will be a natural achievement.
- for students to learn through a 'hands on' approach with the theory applied wherever possible through practise; we are practising reflexologists who teach from our own ongoing experience.
- to inspire you with a love of doing reflexology not just a set of techniques and knowledge. Our focus is on taking you through working with individual clients in case studies and Training Clinics and in supporting you as you develop your understanding, experience and confidence.
- to be approachable and supportive, to work with you as individuals and ask you to match our input with your own. We have a policy of talking to each other whenever necessary to keep both tutors and students informed so that we can pick up any problems before they become difficult to deal with and so minimise distress.

At the end of the course you will be a competent practitioner able to give effective treatments and run a practice within the guidelines of the Association of Reflexologists.

# Course Details

<b>Accreditation</b>	The Bath Reflexology Centre is accredited by the ABC awarding body.
<b>The qualification</b>	The course leads to the Level 3 7-unit Diploma in Reflexology. This Diploma is accepted by the Association of Reflexologists for full membership (MAR status).
<b>Entrance requirements:</b>	<p>Students must be age 19 years or over and have basic literacy skills. Entry is by application and an informal interview is required for all prospective students.</p> <p>Students are advised that knowledge of Biology or Human Biology at Higher GCSE level is beneficial, and knowledge of Physics and Chemistry at Foundation GCSE level is also useful. This sets the level at which training in this qualification starts and it develops to Level Three throughout the length of the course.</p>
<b>Duration:</b>	Eleven months: twenty-eight course days.
<b>Course dates:</b>	Courses start in October and, after the first term, teaching days are held approximately one weekend a month.
<b>Study days:</b>	Will include lectures, tutorials, discussions, demonstrations, practical treatment and, during the second part of the course, supervised clinical practise.
<b>Home study:</b>	Students will be expected to produce written work and case studies during the year as course work. Each student should expect to put aside 5 – 10 hours per week for home study and practical work (increasing during the second part of the course).
<b>Student numbers:</b>	Groups are small with a maximum of twelve students for practical work. Groups tend to be friendly and supportive with a good sense of teamwork.
<b>Training clinics:</b>	Students work with members of the public in a fully supervised clinical setting: taking the case, assessing needs and giving a full treatment, and discussing treatment with the client afterwards.

## Assessment Procedure

<b>Practical:</b>	6 Clinic Studies: Students will be assessed on treatments given on 6 clinic training days.
<b>Coursework:</b>	Case Studies: Completion of approximately 6 in depth case studies. Assignments and worksheets.

Practical assessments and coursework all count towards the final mark.

There are also assignments, worksheets and an informal presentation which are mandatory for all students but do not count towards the final mark.

# Course Contents

The course will cover a wide range of subjects including:

- Introduction to Reflexology and the Association of Reflexologists
- The History of Reflexology
- The Principles and Practice of Reflexology
- Holistic philosophy and principles of health and healing, the relationship 'stress' and disease
- Integral biology: anatomy and physiology of the body, structure and conditions of the feet and hands, common diseases
- Taking a case history including listening skills, open questioning and body language
- Assessment and formulation of a treatment plan; reactions and outcomes
- Zone and meridian theory and its application within reflexology
- Foot massage and relaxation techniques
- Techniques, sequence and reflex points of a reflexology treatment
- Mapping of the reflexes on the feet and hands and associated helper areas
- Treatment space, after-care of clients, treatment skills
- Personal growth issues and the responsibilities of the practitioner as an individual, as a therapist and as a business manager
- Exploration of why people get ill: developing an understanding of the issues and processes behind disease including physical and emotional health, nutrition and 'stress'
- Hand reflexology

A book list is available on our website (see [www.bathreflexologycentre.co.uk/recommended\\_reflexology\\_books.php](http://www.bathreflexologycentre.co.uk/recommended_reflexology_books.php)) giving the set books and recommended reading.

## Course Tutors

**Rosalind Oxenford** is a member of the Association of Reflexologists. She has 18 years professional experience as a practising reflexologist and 15 years of teaching reflexology; she holds a Certificate in Education and has 30 years teaching experience.

Rosalind practises during the week and teaches one week a month. She is the author of 'Healing With Reflexology' and 'Reflexology for Health and Well-Being'. She has a wide experience in Holistic Medicine having a background of homoeopathic training and of healing, and has worked closely alongside acupuncturists, cranial osteopaths and homoeopaths during her years of practise.

*"My passion and aim is to empower individuals to discover their innate potential as I believe each person is the best authority on what is right for themselves when able to see the choices."*

**Sarah Bourne** is a dedicated, practising member of the Association of Reflexologists (MAR) and holds a certificate in Adult Education Teacher Training. She trained with Rosalind in 1999 at the same time as Sharon Lewis.

Her interests in this field of work grew in the late 1980's, starting out in Nutrition and followed by a natural progression into Holistic Health, gaining internationally recognised qualifications. She then set up her Holistic Health & Beauty Clinic in Cornwall, also teaching related subjects.

She practises and teaches Reflexology, Aromatherapy, Advanced Reiki healing, Advanced Massage, Baby Massage, Stress Management and other related subjects. Sarah is also a Yoga instructor practising with young children and adults.

*"Incorporating all my skills as a dedicated and experienced Holistic Health therapist, I aim to motivate and support you to be in touch with your own true nature."*

**Sharon Lewis** is a dedicated, practising member of the Association of Reflexologists (MAR) since her training with Rosalind in 1999. Sharon has just joined the Bath Reflexology Centre but has been a reflexology tutor for several years. She has a teaching certificate in adult education and has recently completed Year 1 of a Diploma in Education.

Sharon also has a background in Shiatsu having trained with the European School in Marlborough. As well as reflexology she teaches Holistic Massage, Advanced Massage Techniques and Indian Head Massage. Sharon incorporates specific acupressure-point work into all her treatments and will be introducing this element into the reflexology training.

*"My aim is to support and encourage every person to achieve their potential and empower their lives."*

**Other tutors** are practitioners and teachers of many years' experience.

## Visit us

We welcome prospective applicants who would like to visit on a course day, open day, attend one of our training clinics or come along for a chat at another time. Please telephone to arrange a visit.

# Provisional course dates – Course beginning October 2011

Course days run from 9.30am - 5pm on each day.

15th & 16 <sup>th</sup>	October
29th & 30th	October
12th	November
19th & 20th	November
3rd & 4th	December
7th & 8th	January 2012
14th	January
4th & 5th	February
3rd & 4th	March
17th	March
21st & 22nd	April
12th & 13th	May
19th	May
23rd & 24th	June
30th	June
15th	September (FINAL TRAINING CLINIC)
22nd	September (HAND TRAINING CLINIC)

# Investment in a career

## Course fees

	<b>Students paying in full at the start of the course</b>	<b>Students paying in instalments</b>
<b>Registration:</b> (Please note this is non-refundable unless we are unable to offer you a place; for instance, if the course is over-subscribed)	£200	£200
<b>Course fee:</b>	£1680	£1880
<b>TOTAL:</b>	<b>£1,880</b>	<b>£2,080**</b>

\* *Students paying in full at the start of the course benefit receive a discount of £100 on the course fee.*

\*\* *£100 is refunded if all payments are made on time.*

**Payment of the balance, having paid the registration fee, may be made in one of the following ways:**

<b>Students paying in full at the start of the course</b>	<b>Students paying in instalments</b>
<b>£1,680</b> balance paid outright before or on the first day	£375 on 23 <sup>rd</sup> October 2011 £375 on 5 <sup>th</sup> December 2011 £230 on 5 <sup>th</sup> January 2012 £150 on 5 <sup>th</sup> February 2012 £150 on 5 <sup>th</sup> March 2012 £150 on 5 <sup>th</sup> April 2012 £150 on 5 <sup>th</sup> May 2012 £150 on 5 <sup>th</sup> June 2012 £150 on 5 <sup>th</sup> July 2012  <b>If all the standing order payments are made on time, £100 will be refunded upon completion of the course giving a total balance of £1,780.</b>

## Refund Policy

If a student is unable to complete the course, due to any circumstances, then the course may no longer be financially viable as each course has to have a certain number of students to run. Therefore all students must be aware that they are still liable for the full payment of the course fees regardless of their attendance, whatever method of payment is chosen.

## Other costs

**Course books:** Students will also need to buy course books – full details of these are listed on our website:  
[www.bathreflexologycentre.co.uk/recommended\\_reflexology\\_books.php](http://www.bathreflexologycentre.co.uk/recommended_reflexology_books.php).  
The total cost of these books is approximately **£100**.

**Extra Tutorial time:** £30.00 for a 2 hour tutorial. This is for anyone who has missed a session and has to make up the hours or who would like some help with any aspect of the course over and above regular course days.

## Financial assistance

Professional and Career Development Loans are bank loans that can be used to help pay for work related learning. You can borrow between £300 and £10,000 to help support the cost of up to two years of learning (or three years if it includes one year's relevant unpaid practical work). The Young People's Learning Agency will pay the interest on the loan while you are learning and for one month afterwards. The loan can be used to pay course fees or other costs such as travel and living expenses. You can also use the loan to supplement other forms of support such as grants or bursaries. Because the Professional and Career Development Loan is a commercial loan product, they should only be considered as an option once all other student funding options have been investigated. For further information on financial assistance to support your learning, please visit [www.direct.gov.uk/adultlearning](http://www.direct.gov.uk/adultlearning) or contact Careers Advice on 0800 100 900. Our learning provider registration number is 20108.

## Equipment list

### **Equipment needed for training days**

- Light indoor footwear as outdoor shoes are left by the entrance
- Paper and pens. Coloured pencils / pens may be useful
- Clipboard
- Towels for the treatment - either 2 hand towels or 1 bath towel
- Cotton wool and a small plastic bags/sandwich bags for disposal
- Any type of baby powder or talc you have (do not buy anything specially as we discuss materials on the first day)

### **Equipment for home use**

Most students choose to buy a Lafuma RSX reflexology chair at approximately £100 and a therapist's stool at approximately £11. The Bath Reflexology Centre recommends waiting until after the first course weekend before buying either a chair or a stool as equipment will be discussed on the first day.

# Assistance for students with learning difficulties or for whom English is a second language

Groups at the school are small with a maximum of twelve students. This is necessary in order to facilitate the practical aspect of the training which requires a lot of one-to-one demonstration and guidance. It also ensures time for individual discussion and help where needed.

Small class sizes are also important to enable individual time and assistance for anyone with learning difficulties.

Rosalind Oxenford has considerable experience in working with both adults and children with a variety of special needs and learning difficulties. She knows that it is most effective to find an individual solution to specific problems and for this it is essential to have time and the opportunity to work together in the relevant areas.

**Case Studies** Case notes are kept using charts and symbols as well as written notes. Where relevant, for instance with dyslexic students, it is possible to work out a system whereby more information is recorded pictorially or graphically and less as written notes.

**Course Work** Discussion as to how best to meet course work requirements is held and an individual plan put in place.

**The Exam** Special arrangements may be provided for candidates with special needs.

The school, upon entering students for the exam, may make application for extra time for those with learning difficulties or for whom English is a second language. Application may also be made to use a tape recorder for the exam if this is a better option for some students.

The school aims to be approachable and to meet students individual needs wherever possible within the framework of the course requirements. We ask students to communicate with us at all times and to tell us about any problems as soon as they become aware of them so that we may work together throughout.

Please indicate if you have any special needs or learning difficulties on the application form, in the space provided.

## Contact Us

If you wish for further information prior to applying please do not hesitate to contact the school.

**The Bath Reflexology Centre  
Pathways  
Beachwood Cottage  
Lansdown  
Bath  
BA1 9DB**

Email: [info@bathreflexologycentre.co.uk](mailto:info@bathreflexologycentre.co.uk)

Telephone: **0117 932 2912**

Bath Reflexology Centre  
ENROLMENT/REGISTRATION FORM  
Practitioner Course in Reflexology

NAME (Mr/Mrs/Miss/Ms) .....

ADDRESS .....

Date of Birth .....

.....

Phone no (day) .....

.....

(eve) .....

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(mobile) .....

Postcode .....

Email: .....

PRESENT OCCUPATION .....

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QUALIFICATIONS (GCSEs, A levels, Further, Higher Education etc.) Please use separate sheet if necessary.

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RELEVANT QUALIFICATIONS/EXPERIENCE, if any. Please also enclose a short statement explaining your experience and why you would like to do Reflexology. Please use a separate sheet if necessary.

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Do you have any special needs (i.e. dyslexia)? ..... If "yes" please give details:

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Do you have any health problems, physical or mental?

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I wish to apply for a place on the Practitioner's Reflexology Course and enclose a registration fee of £200 (payable to The Bath Reflexology Centre). I have read and understand the enrolment procedures.

SIGNED .....

DATE .....

RETURN TO: The Bath Reflexology Centre,  
Pathways,  
Beachwood Cottage,  
Lansdown,  
Bath BA1 9DB

Please tell us how you heard about the course: .....

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