

# Diploma in Reflexology



Prospectus  
2021



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## **What is Reflexology?**

Reflexology is a simple, holistic, non-invasive form of therapy that treats the whole body through the feet and hands. The internal body structures and organs are mirrored on the feet and hands with every part of the body having a corresponding reflex point.

Specific thumb and finger pressure techniques on the feet or hands allow energy channels to be unblocked thereby reducing tension, improving circulation and promoting balance within the body. This allows the body to heal itself, thus achieving a state of good health naturally.

## **About the School**

Waikato School of Reflexology provides professional tuition in reflexology to Diploma Level. The RNZ Accredited School meets the required standard for professional membership of Reflexology New Zealand (RNZ), the governing body for reflexology in New Zealand. As RNZ is a self-governing body it has its own educational standards.

## **Mission Statement**

*“To provide the highest standard of reflexology education.”*

## **Diploma in Reflexology Overview**

The following are the broad objectives of the course:

- To develop an understanding of the origins and development of reflexology
- To develop an understanding of the feet and hands in relation to reflexology practices
- To develop methods of reflexology application
- To develop the practice of foot care for clients using client charts and recording data accurately and professionally
- To develop an understanding of the ethics, limitations and business requirements of the practice of reflexology in New Zealand
- To develop an awareness of research methodology in relation to reflexology.

## **Entry Requirements**

- Entry will be through application via enrolment form, and paid course fees.
- Applicants must be a minimum of 18 years of age at commencement of study
- Students will have to show they are able to commit themselves to study
- Students are required to hold a current First Aid Certificate that includes CPR training before commencing their case studies.

## Content

### Part 1

History of reflexology  
 Theories of reflexology  
 Contraindications and reactions to reflexology  
 Visual and tactile assessment of the feet  
 Practical application for specific imbalances  
 Anatomy of the foot  
 Foot Care/Pathology  
 Body systems and reflexology practice  
 Self care  
 Professional ethics, the client practitioner relationship  
 Client care and safety  
 Case history taking  
 Codes of ethics and practice  
 Business and practice management  
 Communication and listening skills  
 Hand reflexology  
 Case Studies/Reflexology research

### Part 2

Energy techniques  
 Introduction to language of the feet  
 Ear reflexology  
 Student Clinic  
 Endocrine balance  
 Lymphatic drainage

The course will run over a period of twelve months. There will be twelve (12] weekend seminars held on a monthly basis with final practical and theory exams taking place on the 12<sup>th</sup> weekend.

*Study material for each module will be available at each weekend seminar*

## Assessment Requirements

Students will be required to complete the following and to show competency in each to a level required for a PASS. Where work does not meet this level there will be an option to resubmit, this should be discussed with your tutor.

- Attend all weekend seminars
- Active participation in student clinics (held during weekend seminars)
- Complete practical assessments throughout the course
- Complete six theoretical assignments
- Complete and submit six individual case studies, each study containing six treatment sessions
  - One case study must include a research approach to a specific condition
- Present evidence of completion of a minimum of 10 hours of home practicum
- Final one hour practical exam with an assessor
- Final two hour theory exam

If a student is required to re-sit the final practical exam or the final theory exam, there is an additional fee of \$150.00 payable.

In addition to the above requirements, BEFORE your Diploma of Reflexology can be issued you must complete and pass the following:

- NZQA Level 4 equivalent (or higher level) Certificate in Anatomy and Physiology. (You may be able to cross credit this).

### **Attendance:**

Attendance times: Saturday and Sunday 9.00am to 5.00pm.

### **Note**

It is recognized that due to extenuating circumstances some students may miss a weekend seminar. As each weekend seminar covers a complete module of assessment you will need to discuss your absence with the tutor and make arrangements to cover the missed programme content.

### **All absences must be notified**

### **Completion / Extensions**

- It is anticipated that, unless extenuating circumstances exist, the course will be completed in the set period, i.e. within two (2) years from commencement of the course.
- In the event the course work has not been completed within the above timeframe, you may be granted an extension. Application must be made in writing.
- Any approval of extensions or deferment of study will be at the sole discretion of the Waikato School of Reflexology.
- Any student granted a one year deferment during the first 12 month period must recommence study in the following year at the point of cessation.

### **Course Costs**

**The course fee** for the Diploma in Reflexology is \$300.00 for each of the eleven modules, and a \$160.00 exam fee. (Total \$3460.00)

Fees are payable at each seminar or by arrangement with the tutor.

***This course does not qualify for student loans or allowances***

### **Other course related expenses**

Completion of First Aid Certificate (incl. CPR instruction)

NZQA Level 4 (or equivalent) Certificate in Anatomy and Physiology

Purchase of own chair or table for home practicum and case studies

Chairs and stools required for tuition will be available at weekend seminars  
You will be required to supply your own chair linen.

## Recommended Text

**Note:** The text is not required for the introductory weekend.

Gillanders, Anne (2007) *The Complete Reflexology Tutor*, Octopus Publishing Group, London ISBN 13:978-1-85675

Approximate cost \$60.00 from Fishpond. [www.fishpond.co.nz](http://www.fishpond.co.nz) or the Book Depository [www.bookdepository.com](http://www.bookdepository.com)

Should this text be unavailable another will be suggested once classes start.

## Course Withdrawal

All withdrawals from the course must be notified in writing and discussed with Waikato School of Reflexology.

- Withdrawal in extenuating circumstances at a later date during the course will be considered for a refund of any fees paid in advance. A decision will be made in discussion with, and at the discretion of, Waikato School of Reflexology
- Deferral of course will be considered for a refund of any fees paid in advance of the point of deferral. A decision will be made in discussion with, and at the discretion of, Waikato School of Reflexology

## Cancellation of Course

The Waikato School of Reflexology reserves the right to postpone or cancel the course if there are insufficient enrolments.

Notice of cancellation will be made in writing and any deposits or fees paid will be refunded in full.

## Course Alterations

The Waikato School of Reflexology reserves the right to update or alter course content at any stage throughout the duration of the course.

## Student Responsibilities

Students are expected to:

- Submit their own original work
- Act in a professional manner at all times
- Adhere to the Code of Practice and Ethics of Reflexology New Zealand
- Display honesty, integrity and understanding towards other students, tutors and clients
- Stay up to date with their work
- Hand all assignments in on time
- Notify any change in contact details
- Notify any changes affecting attendance or ability to complete study

## Career Opportunities for Graduates

On completion of your Diploma you will have the skills to become professional reflexologist using individual and integrated treatments of foot and hand reflexology. You will be entitled to apply to RNZ for professional membership status as the course meets their education standards.

Practitioners with a Diploma in Reflexology have established themselves in clinics that specialise in natural medicine, aromatherapy and massage. There may also be opportunities to work in midwifery, rehabilitation and palliative care. Other opportunities include:

- Self-employment; private or group practice
- Specialist clinics
- Hotels, cruise ships, health spas
- Working with people with special needs
- Community Education
- Teaching
- Post Graduate Studies
- Research

## Post Graduate Opportunities

There are many opportunities for continuing professional development in reflexology within New Zealand and overseas.

- Internationally recognised speakers visit New Zealand each year to conduct workshops
- National and international conferences and workshops are held annually

## Certificate in Anatomy and Physiology

A number of enrolling students may be able to cross credit this NZQA Level 4 (or equivalent) qualification. Please discuss this option with the Waikato School of Reflexology at the time of your enrolment.

For those who are unable to do this you are required to complete this qualification concurrently with your course of study. You can complete this through either of the following institutions:

- Holistic Health Training Ltd. NZQA registered  
Website: [www.hht.co.nz](http://www.hht.co.nz)  
Email: [lynda@mapua.gen.nz](mailto:lynda@mapua.gen.nz)

Aromaflex Academy, Nelson  
Website: [www.aromaflexacademy.com](http://www.aromaflexacademy.com)  
Email: [enrolments@aromaflex.co.nz](mailto:enrolments@aromaflex.co.nz)

Both courses are available through distance study.

If you are unable to study concurrently you may defer the completion of this qualification until the year following study.

### Please note:

You will not be eligible for your Diploma in Reflexology graduation until this study has been completed.

## Tutor

### Vivienne Batchelor,

B.Ed; Dip Tchg; Dip Reflexology (IIR); MRNZ.

I became interested in reflexology whilst living in England and completed my Diploma in Reflexology through the London International Institute of Reflexology School in 2002.



I love to teach reflexology and have in the past been involved in the teaching of a Diploma in Reflexology course at the New Zealand College of Massage in Auckland and also tutored introductory courses at the College of Natural Health and Homeopathy. My Waikato School of Reflexology is now in its ninth year of operation and I have thoroughly enjoyed seeing students complete the course successfully.

I believe wholeheartedly in the benefits of reflexology for people of all ages. I encourage people from all walks of life to try reflexology as a valid and worthwhile modality for a wide variety of ailments. For me there is nothing better than seeing a client achieve positive results through reflexology.

## Course Venues

Currently the Diploma in Reflexology course is held in Cambridge in the Waikato.

### Note:

The Introduction to Reflexology weekend course for 2021 will be held on the 27/28th February in Cambridge.

This is a stand-alone weekend also the first weekend of the diploma and is compulsory for diploma students.

## Course Dates – Cambridge 2021

### 2021

February 27/28<sup>th</sup> – Introduction to Reflexology

April 10/11<sup>th</sup>

May 1<sup>st</sup>/2<sup>nd</sup>

May 29/30<sup>th</sup>

June 26/27<sup>th</sup>

July

August

September

October

November

TBC

### 2022

January

February – Exam Weekend – 2 hour theory and 1 hour practical.