

Course Outline

Reflexology 1 (140h)

(Level 1 is a pre-requisite for Reflexology Level 2)

To obtain the Level 1 Attestation, students must have completed a written exam, 25 case study sessions (9 of which are supervised in-class sessions), a workbook to be completed at home, and an evaluation.

Course Content:

- Introduction to Reflexology
- History and Theory
- Zone Theory
- Structure and Function of the Foot
- Foot Check Up and Assessment
- Foot Conditions
- Anatomy and Physiology
- Nervous System
- Endocrine System
- Respiratory System
- Cardiovascular System
- Digestive System
- Urinary System
- Immune & Lymphatic Systems
- Reproductive Systems
- Musculoskeletal Systems
- Key Reflexes for Common Conditions
- Ethics & Code of Conduct/Practice
- Client Health Record & Foot Session Documentation
- Intro to Business
- Relaxation Techniques
- The complete Foot Reflexology Methodology

Foot Methodology (following national and international standards): Covers treatment guidelines such as how to provide a healing environment and hygienic practice, what to do before and after a session, and how to do a full Reflexology procedure - including method, pacing and technique.

Home Study: Guides students through the course material and reinforces in-class learning. Each student must complete the Home Study Workbook and submit it for review at the time of the written exam. Once completed and reviewed, the student is accredited with 25 hours of home study.

Practicum: The practicum is for students to perfect the protocol associated with the practice of Foot Reflexology. For **Level 1 Attestation**, students must find their own clients who must pay a fee of \$25.00 (tax included) and complete 25 case study sessions (9 of which are supervised in class). The Home Study Workbook must be completed and submitted to the teacher at the time of the written exam.

Professor: Carol Faguy is a Foot, Ear and Hand Reflexology Therapist and Teacher licensed with the Reflexology Association of Canada (RAC). She holds certificates in Swedish massage, Foot, Hand and Ear Reflexology, CranioSacral Reflexology, Therapeutic touch, Reiki (Master Level) and Neuro Linguistic Programming. She is past president of the Reflexology Association of Canada (RAC) and the Quebec Chapter of RAC, as well as current President of the International Council of Reflexologists (www.ICR-reflexology.org).