

# New Mexico Academy of Healing Arts



Integrated Massage & Bodywork Certification

501 Franklin Ave. Santa Fe, NM 87501

505-982-6271 or 888-808-5188

Email: [rec@nmhealingarts.org](mailto:rec@nmhealingarts.org)

Website: [www.nmhealingarts.org](http://www.nmhealingarts.org)

## Reflexology Certification Program

by *Jim Williams B.Ed, MAR,*

E-mail: [reflexon@mac.com](mailto:reflexon@mac.com)

Website: [web.mac.com/reflexon](http://web.mac.com/reflexon)

### **Course Aim:**

To provide a comprehensive program of study that will lead to certification and a career in reflexology.

The Reflexology Certification program consists of 150 hours and is divided into the following categories:

### **Breakdown of hours:**

96 hours = (6 2-day modules, termed "Levels"; 16 hours each)

18 Hours = (6 3-hour Supervised Study Groups)

36 Hours = (Case Studies/ documented practice sessions)

### **Financials:**

Per Level: each Level consists of one 16-hour module; 1 3-hour Supervised Study Group and 6 hours of Case Studies.

***Per Level Tuition: \$300/\$270 paid 15 days in advance per module. (includes \$40 for supervised study group)***

***Supervised Study Group Tuition: \$50 each 3 hour study group (when paid for individually).***

***Case Studies review fee: \$200 when paid in full (Note: program students required to pay review fee before registering for Level 3 module). If you want to spread out payments, an additional \$62.50 will be added to each module tuition for levels 3-6.***

**NOTE:** The modules can be taken as stand-alone courses without completing the study groups, or case studies for transcript credit approved by the NCBTMB towards continuing education. Levels 1-4 are also approved by the NCCAOM for PDA points.

For students taking the 150-hour certification program, the Modules, Supervised Study Groups, and Case Studies **must be completed within two years from the start date. Reflexology certificates cannot be issued unless all components of the program are met.**

***Students must register and pay for all classes and Supervised Study Groups in advance through the New Mexico Academy of Healing Arts.***

### **Case Studies:**

Students are required to complete 36 hours of treatments for their Case Studies. These are started after Level 2, and should be completed by the end of Level 6. Students are instructed how to give a consultation, keep treatment notes, maps, and present a written summary for each Case Study at the Level 2 class. Although Case Studies can be completed with a number of different clients, it is recommended that clients receive between six and eight treatments. The reason for this is so that you can track progress, and continuity sufficiently. As the number of hours/ treatments required is 36, treating six clients, six times would be ideal.

The cost for reviewing Case Studies (or 36 treatments) is **\$200 (paid in full) or \$250 (spread over 4 levels)**. Payment is required before a program student registers for the Level 3 module.

Review of all Case Studies is very thorough, and students will receive written comments, and recommendations of their practice and findings, which should be kept in a separate ring binder.

### **Reference Materials:**

Level reference materials are sold separately. The cost of materials for each level is **\$10 per Level**, payable directly to the instructor.

The cost of materials for **Level 1-3 is \$25**, and if a student wishes to purchase the materials for the **whole program of six levels, the cost is \$45**. These **prices are effective if paid at Level 1 or 2 only**.

## **Program Description**

### **Level 1:**

#### **An Introduction to Reflexology**

At the end of this module students will:

- Understand the history, fundamental theories, and philosophies of reflexology
- Have been introduced to hand and foot charts, diagrams, and visual aids relating to reflexology theory, and practice
- Have observed a demonstration of a “full” reflexology foot treatment, and understand that a “sequence” is used in treating clients.

- Be able to demonstrate the opening movements on both feet, and treat the reflexes on the right foot that correspond to the upper transverse zones (the neck, head, shoulders, sinuses, solar plexus and thyroid)
- Study, consider, and discuss ethics in Socratic seminar (topics covered include Rules and Boundaries and Professionalism)
- Understand, and practice correct reflexology body mechanics (caterpillar walk, rotation, posture, draining, release, use of fingers/thumb etc)
- Understand basic anatomy and physiology, through an overview of **all the systems of the human body**, and how reflexology interacts with those systems
- Be able to attend a 3 hour Supervised Practice at the Academy after this level, and commence Case Studies

## Level 2:

### Reflexology – Building a Bigger Picture / Treatment of the Spinal Reflexes

At the end of this module students will:

- Be able to conduct a simple client consultation, recognize/record conditions, provide constructive feedback, and treat accordingly
- Be able to use and develop a Client Treatment Record
- Have observed a demonstration of a full foot reflexology treatment that focuses on the spinal reflexes of the right foot
- Be able to demonstrate the closing movements, and treatment of the **spinal reflexes** on the right foot
- Be able to treat corresponding spinal reflexes on the hands, and have practiced the sequence relating to these reflexes
- Be able to demonstrate the skills and techniques taught in Level 1, but continue treatment from the lung reflexes, through to the reproductive area
- Understand anatomy and physiology of **the nervous system, the structure of the spine, vertebrae, and skeletal/muscular systems**
- Be provided with the necessary forms to start practice consultations/ record treatments, and Case Studies
- Be able to attend a 3 hour Supervised Practice at the Academy
- Continue work on their Case Studies, and building a Treatment Log

## Level 3:

### The Role of Reflexology in Digestion and Detoxification

At the end of this module students will:

- Understand the importance of diet, nutrition, and elimination of toxins from the body
- Demonstrate a full foot reflexology treatment of the right foot, with understanding of the digestive/renal reflexes on both feet.
- Learn and demonstrate hand reflexology of the digestive /renal reflexes in conjunction with treatment of reflexes learned in previous levels

- Know how to identify and treat potential “blockages” in these systems
- Have considered’ and discussed diseases of the digestive system, and reflexology treatment for different conditions
- Have discussed and understand contraindications
- Have learned, and demonstrated how the reflexes of the right foot relate to those of the left
- Understand anatomy and physiology of **cells, tissues, and digestive/renal systems**
- Will submit their practice consultation/treatment notes to the tutor for review. Students will also have the opportunity to discuss their Case Studies, and progress with practice treatments/and records
- Be able to attend a 3 hour Supervised Practice at the Academy
- Continue work on their Case Studies and building a Treatment Log

#### Level 4:

#### Reflexology – Taking it to Heart

At the end of this module students will:

- Understand how stress and lifestyle affect the human body to cause “dis-ease”
- Understand contra indications, disorders of the feet, and when and how to treat a client.
- Be able to demonstrate a full treatment of both feet, with focus on those reflexes relating to the circulatory and lymph systems (lymph, heart, spleen, etc)
- Be able to demonstrate hand reflexology for the reflexes learned in this level
- Be able to link reflexology knowledge and practice on the right foot, to the left foot. Demonstrate the “symmetry” of organs/reflexes, and extension of the transverse colon, for example.
- Be able to identify, and record the reflex points learned in previous levels.
- Understand the anatomy and physiology of the **circulatory and lymphatic systems**
- Will submit their practice consultation/treatment notes to the tutor for review. Students will also have the opportunity to discuss their Case Studies, and progress with practice treatments/and records
- Be able to attend a 3 hour Supervised Practice at the Academy
- Continue work on their Case Studies, and building a Treatment Log

#### Level 5:

#### Reflexology - Working in Harmony

At the end of this module students will:

- Be able to recognize imbalances in the endocrine system, and how to restore homeostasis through reflexology
- Have discussed and learned how reflexology compliments other allopathic and “alternative” therapies/treatments
- Have learned about different approaches/types of reflexology (vertical, chi, etc)

- Be able to provide treatment specific to the needs and conditions of the client, and demonstrate a full hand and foot treatment without the use of sequence notes or video tracking
- Understand the anatomy and physiology of **respiratory, endocrine, and reproductive, systems**. Disease, disorders and contraindications related to them will also be considered
- Have developed their own treatment style and plan specific to the client's needs
- Will be able to use skill and intuition to feel skin tone, crystallization, or areas where "blockages" can be sensed
- Know which other reflexes on the hands and feet relate to specific conditions in the respiratory, endocrine and reproductive systems
- Will submit their practice consultation/treatment notes to the tutor for review. Students will also have the opportunity to discuss their Case Studies, and progress with practice treatments/and records
- Be able to attend a 3 hour Supervised Practice at the Academy
- Continue work on their Case Studies, and building a Treatment Log

## **Level 6:**

### **Reflexology – Practice and Professionalism**

At the end of this module students will:

- Know how to establish a reflexology practice
- Have reviewed and understand the law, insurance, fiscal obligations, code of ethics, and level of professionalism that accompanies reflexology certification
- Understand the importance of Health and Safety in reflexology
- Know how to promote reflexology, conduct research, and educate a wider population
- Be able to demonstrate a full hand and foot reflexology treatment, and guide fellow students through select sections of the treatment
- Have reviewed, and have a clear understanding of the anatomy and physiology of all major body systems, and special senses
- Understand anatomy and physiology of the **integumentary system, and special senses**
- Know how to implement and utilize the practical skills acquired through this course of study to give a full hand and foot reflexology treatment from start to finish (including client consultation, reflex record mapping, treatment of reflexes relating to client conditions, recommendations, etc)
- Understand anatomy and physiology of all body systems, and be able to explain the theory and concepts behind the practice of reflexology. To have tested themselves in this knowledge
- Submit and be able to discuss their completed Case Studies/Treatment Log folder
- Be prepared to establish their own practice, and become full members of a reflexology association to support them professionally
- Sit all necessary internal and external examinations
- Be able to attend a 3 hour Supervised Practice at the Academy
- Graduate successfully from the program