

DESCRIPTION OF INDIVIDUAL REFLEXOLOGY UNITS

Framework: REFLEXOLOGY II
Pre-requisite: Reflexology 1
Co-requisite: Anatomy & Physiology, Clinical Procedures & Professional Development

This unit develops footwork techniques, theory understanding and application introduced in Reflex 1. It explores the inter-relationship of specific body systems, ailments and specific reflex points. Training includes tuition in the application of this knowledge. Students will have the skills to perform a detailed reflexology session and recognise its scope, responsibility and ethics for the general public.

Framework: REFLEXOLOGY III
Pre-requisite: Reflexology I & II
Co-requisite: Anatomy & Physiology,

This subject covers all aspects of the delivery of reflexology treatments in a wide range of situations. It explores:

- The history of reflexology and its evolution
- Hand reflexology
- A variety of reflexology approaches from around the world including Asian Reflexology, Metamorphosis and Toe Massage.
- The relevance of colour and aromatherapy in reflexology

At the end of this unit students will have a wide variety and wealth of interrelated techniques and therapies essential to each student's development as a specialist reflexologist with the ability to select the most beneficial procedure when performing a therapeutic treatment.

Framework: CHRIS STORMER TECHNIQUE
Pre-requisite: Reflexology I & II
Co-requisite: Nil,

Students learn the theory and practical application of Chris Stormer's subtle technique for working reflexes on the feet. In the theory students will be exposed to the emotional core of our physical ailments and techniques for reading the feet as interpreted by Chris. The ever changing characteristics of the feet provide vital clues as to the innermost needs and latent talents of individuals. Upon successful completion the students have a working knowledge of Chris's techniques which they can incorporate into their reflexology sessions.

Framework: THERAPEUTIC REFLEXOLOGY
Pre-requisite: Reflexology I, II & III
Co-requisite: Client Physical Assessment

The historical significance and principles and practice of therapeutic reflexology are identified, analysed and related to modern complementary medicines as a valid holistic therapy. Students research and evaluate a minimum of 2 disease states by means of clinical practice. Case study records of procedures and the results of reflexology sessions are collated to be used for ongoing research for validation of treatment procedures.

Framework: **BIOMECHANICS**
Pre-requisite: Reflexology I & II, Anatomy & Physiology
Co-requisite:

Students develop understanding of normal foot and ankle biomechanics in relation to the anatomy and structure of the lower extremities. Students learn to recognise mechanical dysfunction, deviation and restrictions to normal joint range movement. Common ailments found in the feet will be identified and appropriate foot exercises researched. It confirms and clarifies when and why clients, in certain cases, should be referred on to other appropriate professional practitioners.

Framework: **MERIDIAN CONNECTION**
Pre-requisite: Reflexology I & II, Clinical Procedures & Professional Development
Co-requisite: Reflexology III

A practical application of meridian theory for complimentary therapists. Students will:

- Map meridian pathways in relation to body function and ailments
- Correlate reflex and/or meridian points with apparent unrelated body ailments (eg: Headache)
- Incorporate Ying/Yang and the Five Element principles