
THE INTERNATIONAL REFLEXOLOGY & LIFE SKILLS WORKSHOPS

The Life Skills Certificate offers foundation counselling theory and skills. A necessary requirement for any practitioner in clinical practice and complementary medicine, the Life Skills Certificate enables essential care for clients.

A qualified teacher herself, Jenny Hope-Spencer, can provide individual tuition in Anatomy and Physiology and theory and principles of reflexology to assist the student studying reflexology. Supervision and tutorials are an essential requirement for the Life Skills Certificate.

Jenny has practised reflexology professionally since 1981, beginning her School of Reflexology in Dorset and Hampshire in 1989. Her work has included lecturing throughout the south of England, teaching in hospitals in Dorset and Hampshire, working with substance misuse, teaching Adult Education Classes and working as a senior counsellor in NHS General Practices. In addition, Jenny is a qualified counselling supervisor of other counsellors.

Her in-depth textbook on Reflexology and Complementary Medicine, 'The Reflexology Workshop', RRP £32.99 is the definitive guide for those interested in reflexology, students in training and practitioners who wish to further their knowledge and skills.

For further details of Courses or the book, see or contact us at:

www.reflexologyworkshop.com or write to:

The Secretary, PO Box 7075, New Milton, BH25 9DF.

Tel: 01425 639370.



'LIFE SKILLS FOR WANNABES'
A SHORT COURSE IN UNDERSTANDING
COUNSELLING & PSYCHOTHERAPY
5% DISCOUNT WHEN ORDERED ON-LINE

Jenny Hope-Spencer is currently writing her second book entitled 'Life Skills for Wannabes', which will be available in the Spring of 2009. This book offers methods of reflective self-awareness, basic theoretical psychotherapy and counselling approaches and practical counselling skills. This book is an essential guide for those wishing to take the Advanced Reflexology Diploma or Life Skills Workshops.

INTERNATIONAL REFLEXOLOGY & LIFE SKILLS WORKSHOPS

Jenny Hope-Spencer

BAC.Dip.Counselling, MBACP PGC Counselling Supervision (dist) FAETC

COURSES HELD IN Javea, Costa Blanca, SPAIN & THE ROYAL WINCHESTER HOTEL, WINCHESTER, UK

Stepping to a brighter
Future



www.reflexologyworkshop.com

Reflexology Today

From its roots more than 5,000 years ago Reflexology has today become an increasingly important part of complementary and preventative health-care.

As our understanding of what it means to be human, as energetic, multi-layered beings whose life vitality depends on contributory life-style events, emotional response, mental attitudes and spiritual awareness, investigation from health-care professionals and the individual into new territory has provided a realization of how we can help ourselves preserve a healthy body, mind and spirit.

This growing understanding has flourished and developed Reflexology and holistic health-care philosophies generally into more clinical methods of training and practice. With increasing interest and availability, the individual can experience therapies such as Reflexology within NHS Group Practices. The discovery that the individual can take responsibility for their constitution, without relying solely on their Doctor to prescribe a 'cure' for a variety of diagnosed conditions, creates a heightened awareness of respons-able well-being.

Taking control of our lives has been shown to be a major factor in good health. Discovering how we may be able to help a disorder oneself through a therapy such as Reflexology empowers the individual - and takes stress away from the doctor.

Life Skills Certificate

Life Skills encompasses foundation counselling theory and practice for all qualified health-care practitioners. Good listening and empathy are essential within any sphere of health care. Our Course offers a comprehensive guide towards professional training with the British Association of Counselling & Psychotherapy (BACP). Jenny is a member of BACP and has worked as a professional counsellor within the NHS for fourteen years. As a senior counsellor within her profession, she is also qualified to supervise counsellors less experienced, as required by BACP. Jenny is happy to talk about any of the requirements for Reflexology & Life Skills Certificate.

DISCOUNT ON FEES, BOOK & FOOT CHART!
Visit our website and save 5% on Course enrolment and
10% on merchandise!
Enquiries: sales@reflexologyworkshop.com

INTERNATIONAL REFLEXOLOGY COURSE DATES

**Courses at the
WINCHESTER ROYAL HOTEL, WINCHESTER SO23 8BS - UK**

ADVANCED DIPLOMA IN REFLEXOLOGY & LIFE SKILLS - UK

Course B - Saturday attendance required:

18 April 2009

2 May 2009

6 June 2009

18 July 2009

15 August 2009

Course work to be submitted for assessment by 31 October 2009

LIFE SKILLS WORKSHOP CERTIFICATE - UK

Course C - Saturday attendance required:

25 April 2009

30 May 2009

04 July 2009

22 August 2009

Course work to be submitted for assessment by 14 November 2009

Courses at the WINCHESTER ROYAL HOTEL, WINCHESTER SO23 8BS – UK

Continued

EXPERIENTIAL - LIFE SKILLS & BASIC COUNSELLING WEEKEND WORKSHOPS - EXTENDING INTO THE LIFE SKILLS CERTIFICATE - UK

'If you simply want to experience how counselling skills can raise awareness and good listening skills for yourself and in relationships, you can attend a one-day Workshop, or complete weekend. Or, you can attend *all* weekend dates without submission of client work and a written essay.

Workshops UK - Flexible daily attendance:

Saturday & Sunday: 25/26 April 2009

Saturday & Sunday: 30/31 May 2009

Saturday & Sunday: 04/05 July 2009

Saturday & Sunday: 22/23 August 2009

Life Skills Certificate submission date of written work: 06 November 2009

Courses in COSTA BLANCA, SPAIN.

Advance your reflexology skills and learn basic counselling concepts with our four day intensive courses: (Venue to be announced)

Maximum 12 Reflexology Practitioners, so ensure to book early!

Course D

18 to 22 May 2009

Course E

27 to 31 July 2009

Course F

21 to 25 September 2009

Exam Dates

Theory - 14 November 2009

Practical - 15 November 2009

Courses in COSTA BLANCA, SPAIN.

Continued

EXPERIENTIAL - LIFE SKILLS & BASIC COUNSELLING WEEKEND WORKSHOPS - EXTENDING INTO THE LIFE SKILLS CERTIFICATE - COSTA BLANCA, SPAIN

'If you simply want to experience how counselling skills can raise awareness and good listening skills for yourself and in relationships, you can attend a one-day Workshop, or complete weekend. Or, you can attend *all* weekend dates without submission of client work and a written essay.

Workshops COSTA BLANCA, SPAIN - Flexible attendance:

Saturday & Sunday: 16/17 May 2009

Saturday & Sunday: 25/26 July 2009

Saturday & Sunday: 19/20 September 2009

Saturday & Sunday: 14/15 November 2009

Life Skills Certificate submission date for written work: 15 January 2010

**PLEASE NOTE: SOME DATES AND COURSES MAY BE SUBJECT TO REVISION,
DUE TO DEMAND AND NUMBERS ENROLLING.**

ADVANCED DIPLOMA IN REFLEXOLOGY & LIFE SKILLS and LIFE SKILLS WORKSHOP CERTIFICATE - COURSE DATES

COURSE / WORKSHOP BOOKING FORM

Please tick and complete appropriate boxes and return the form to the address below:-

PLEASE RESERVE A PLACE FOR ME ON THE FOLLOWING COURSE(S):

REFLEXOLOGY PRACTITIONER CERTIFICATE

THE ROYAL WINCHESTER HOTEL, WINCHESTER, UK at £.....

JAVEA, COSTA BLANCA, SPAIN at £.....

POST-QUALIFYING ADVANCED REFLEXOLOGY & LIFE SKILLS DIPLOMA

THE ROYAL WINCHESTER HOTEL, WINCHESTER, UK at £.....

JAVEA, COSTA BLANCA, SPAIN at £.....

LIFE SKILLS CERTIFICATE

THE ROYAL WINCHESTER HOTEL, WINCHESTER, UK at £.....

JAVEA, COSTA BLANCA, SPAIN at £.....

EXPERIENTIAL - LIFE SKILLS & BASIC COUNSELLING WEEKEND WORKSHOPS - EXTENDING INTO THE LIFE SKILLS CERTIFICATE

Day	Complete Dates Required	Location Required	Reserve a Place
Saturday			YES/NO at £.....
Sunday			YES/NO at £.....
Saturday			YES/NO at £.....
Sunday			YES/NO at £.....
Saturday			YES/NO at £.....
Sunday			YES/NO at £.....
Saturday			YES/NO at £.....
Sunday			YES/NO at £.....

Save 10% on day fees when you pre-order 'Life Skills for Happiness - A Short Course in Understanding Counselling & Psychotherapy'

Course Prices can be found at <http://www.reflexologyworkshop.com/courseprices.html>.

Payment by cheque, payable to: Jenny Hope–Spencer.

Please return the form with payment to:

IRLSW, PO Box 7075, New Milton, Hampshire, BH25 9DF

I/we confirm that I/we have read, understood and agree to the Terms & Conditions of Entry for the appropriate course(s) **

Signed

Please send a receipt for payment to:

Name

Address

..... Postcode

Tel: Mobile:

Email

** The Terms & Conditions of Entry can be found from a link “COURSE REQUIRMENTS & TOC” at <http://www.reflexologyworkshop.com/bookingcourse.html>

Further details re Course Information can be found on our website www.reflexologyworkshop.com.

Looking at the cost of training...

Additional expenditure includes:

- Book – ‘*The Reflexology Workshop*’ £ 32.99
 - Foot Chart £ 19.99
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ADVANCED REFLEXOLOGY & LIFE SKILLS DIPLOMA COURSE FEES in the UK (Course B)

These are set at **£450.00 FOR 2009** with payments due as follows:-:

1st payment due one month before commencement of

Training **£ 225.00**

2nd payment due on first day of training **£ 225.00**

Life Skills Certificate Course Prices (Course C)

Cheque to the address shown on the Course Reservation / Booking Form:-

Total Fee per Course: £350.00 for 2009

ADVANCED REFLEXOLOGY & LIFE SKILLS CERTIFICATE - COSTA BLANCA (Courses D, E & F)

These are set at **£450.00 FOR 2009** with payments due as follows:-:

1st payment due one month before commencement of Training **£ 225.00**

2nd payment due on first day of training **£ 225.00**

Course fee must be paid before commencement of training.

Additional Tutorials and Mentoring Fees

The fee for additional tutorials is set at £20.00 per half hour during training and can be made by web-cam appointment, telephone or by post. The fee to students who are required to re-sit examinations to attain a satisfactory standard of theory and practice is £40.00 per hour.

Additional expenditure is also required for the books and reflexology charts. A recommended book list is provided on enrolment.

Please Remember: Tutorials and Supervision are a requirement of the Life Skills Certificate. Appointments must be made and fees paid in advance whilst on the Course. To obtain the Certificate, students must complete all Course work and receive monthly tutorials and supervision as outlined above. Minimum supervision requirement: 1.5 hours per month.

**EXPERIENTIAL LIFE SKILLS & BASIC COUNSELLING WEEKEND
WORKSHOPS - EXTENDING INTO THE LIFE SKILLS CERTIFICATE
- in WINCHESTER, UK and in JAVEA, COSTA BLANCA**

£82.00 per day

(Save 10% on fees when you pre-order 'Life Skills for Happiness – A Short Course in Understanding Counselling & Psychotherapy')

Course fees must be paid before commencement of training.
In addition, mentoring fees:

£20.00 per half hour (see above for further details).

Supervision fees (if required)

£40.00 per hour

Both supervision and mentoring fees are essential Course requirements. Fees can be paid by cheque. Please post the booking form to the address shown on the booking form.

LIFE SKILLS CERTIFICATE

Jenny is a senior counsellor, working within the NHS. Her work involves working as a general counsellor and supervisor of other counsellors. Her experience is invaluable for those with an interest in counselling or who want to enhance existing skills in the workplace.

The aim of the Life Skills Certificate is to provide health-care professionals, or those whose work involves the care of others, with foundation counselling theory and skills. The Certificate is evidence of Personal Professional Development.

Provision of a Life Skills Certificate will be available in the Spring of 2009. The Course spans six months and encompasses theoretical counselling concepts and offers comprehensive learning for those thinking of training as a professional counsellor with the British Association of Counselling and Psychotherapy (BACP) Diploma in Counselling.

An important part of understanding the efficacy of counselling is to either have experienced it, or be prepared to enter counselling before embarking on the Course, or as a part of evidence-based learning during the Course.

Counselling is a valuable skill linked to many clinical and complementary professions. The Life Skills Certificate provides on-going professional development for those in the work place, or for those who may be thinking of professional counselling training.

For those who are considering embarking in training as professional counsellors, this Course offers an opportunity to learn underpinning counselling theory and self-exploration through counselling skills. Professional counsellors are required by the British Association of Counselling & Psychotherapy (BACP) to be in supervision on a monthly basis, based on 1.5 hours per eight clients. To ensure client safety, therefore, mentoring and group supervision are available throughout training. Students studying the Life Skills Certificate may request individual supervision if necessary.

The Post-Qualifying Advanced Reflexology Diploma is for anyone who has gained a Practitioner or Advanced qualification in Reflexology. Combined with a reflexology qualification, this Course offers a further year of training, therefore providing Diploma status for the student. To aid students in assimilation and personal self-development throughout training, the Course is structured as two distinct modules:

Module 1:

Advanced practical reflexology techniques

Linking systems, reflexes and disorders

Raising awareness of the interactive energy field between client and reflexologist

Module 2:

- Personal self-development
- Counselling theory and practical skills
- Client assessment

The Diploma Qualification

To obtain the Advanced Reflexology & Life Skills Diploma, students will be expected to provide evidence of learning by:

- A satisfactory practical reflexology treatment under examination conditions.
- Satisfactory client assessment through 15 hours of case-study material.

Completion of a 3,000 word essay showing:

- Client-based experience of counselling skills through integrated reflexology practice from case-study material in Module 1.
- Evidence of an understanding of some counselling theories, philosophy and constructs.
- A self-reflective appraisal and assessment demonstrating self-development throughout training.

Course Fees:

See: 'Looking at the cost of training' for a break-down of Course Fees.

Terms and Conditions apply to all Courses.

COURSE REQUIREMENTS & TERMS AND CONDITIONS OF ENTRY

(Please read carefully)

REQUIREMENTS

- I. The student will attend the Course on the dates given and attend the times given for those dates or any dates which are necessarily rearranged.
- II. The student will provide a model for the practical sessions whilst in training until the Principal/tutor decides the student has attained adequate knowledge in the practical application of reflexology and Life Skills.
- III. The student will undertake completion of all theoretical/written work and will submit such work at least four weeks before the date set for examinations. Failure to submit all written work will mean that the student will not be entered for examinations on the Course examination date.
- IV. The student will undertake to submit case-study material both practical and theoretical as part of the required theoretical/written requirements as outlined for the chosen Course in the Prospectus.
- V. Those students who are unsuccessful in any part of their examinations or assessment are required to sit only the part failed and pay all costs of re-take examinations (see PAYMENT OF FEES - iii and iv below).
- VI. The student will attend additional tutorials over and above the required contact teaching hours at additional cost to themselves of £40.00 per hour if the Principal/tutor decides it necessary for the student to reach the required examination standard.
- VII. International Reflexology & Life Skills Workshops reserves the right to terminate training with a student immediately if the student breaches the terms of acceptance onto the chosen Course or the student is found to be involved in criminal activities.
- VIII. Failure to attend Course dates is only permitted in the event of a death of a close family member, birth of a child of the partner of the student, holiday dates prearranged and with notification given to the Principal/tutor in good time before such holiday, and illness. In the event of illness, a 48 hour notification must be given before the date due for attendance on the chosen Course. Failure to do so may jeopardise continuance of training.
- IX. If necessary, International Reflexology & Life Skills Workshops reserves the right to change the venue and times of attendance of training. In the event a requirement of any dates of attendance on a Course to be changed for any reason whatsoever, students will be notified in writing of such change and invited to negotiate alternative dates and times until a satisfactory alternative for all parties is agreed.
- X. In the event of the Principal/Tutor being unable to teach on any training day International Reflexology & Life Skills Workshops reserves the right to either a) cancel and rearrange the Course date(s)/times/tuition (see above) and/or to substitute the Principal/Tutor with a tutor who meets requirements.
- XI. In the event of the student making a complaint about their chosen Course, negotiation and discussion with the Principal and Course tutor will be available to settle any disputes or complaints.

PAYMENT OF FEES

- I. Course fees are to be paid for the chosen Course as outlined in the Prospectus. The student will undertake to settle the total Course fees either in total before commencement of training or in agreement with the following:
- II. Late payment of any part of the fees will incur interest at current basic bank rate accrued on a daily basis from the due date of part payment on the total fee outstanding. Deposits are non-refundable.

- III. All examination fees for the set date of the Course chosen by student are included in the Course fee. Students who do not take their examinations on the date set for their chosen Course will be liable for all re-arranged examination costs, including costs of related materials, postage and packing and travel costs to and from the chosen venue. Including venue costs to be divided equally between two or more students.
 - IV. In the event of the student re-taking all or part of the examinations the student is responsible for all costs involved in sitting the examinations, whether singularly or with other students.
 - V. If the student elects to cease training at any point from acceptance onto a Course, having paid an initial instalment or total or partial fee payment within the said time for Course fees paid by instalments to be settled, any outstanding balance of fees will be required to be paid immediately on the date the student ceases training. Insufficient grounds for non-attendance may jeopardise continuance of training and immediate settlement of outstanding fees.
 - VI. In the event of International Reflexology & Life Skills Workshops terminating the Contract with the student due to unsatisfactory attendance, or for any reason whatsoever on the chosen Course; inadequate academic and practical application in the study and practice of reflexology; non-payment of fees; serious misconduct or criminal activities as detailed above, no part of the Course fees will be reimbursed to the student.
 - VII. In the event of International Reflexology & Life Skills Workshops ceasing to trade or non-completion of the student's chosen Course the student will be reimbursed pro-rata fee repayments from the date training ceased, or notification that the Principal/Tutor is unable to fulfil the Contract with the student for any reason. Any refund due to the student will be calculated from the next Course date as fixed in the student's chosen Course.
 - VIII. The Terms and Conditions of Entry form a contract between the student and International Reflexology & Life Skills Workshops as detailed herein.
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