
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.

Recognition that we are energetic, multi-layered human beings whose vitality depends on life-style and life events, emotional response, mental attitudes and spiritual awareness has prompted investigation. As a result new territories of research into well-being and good health has shown that a balanced life-style is fundamental to a healthy mind, body and spirit.

As a result, Reflexology and holistic health-care training and education have integrated a balance between ancient knowledge and twenty-first century clinical excellence. With increasing interest and inclusion of complementary therapy in medical settings, patients can gain benefit from therapies such as Reflexology within the NHS.

More than ever before, people are aware that they can take responsibility to maintain a healthy body and constitution, without relying solely on their Doctor to prescribe medication for a variety of chronic health complaints. A growing awareness that a considerable number of health-related problems can be addressed by taking a self-responsible attitude towards diet, exercise and healthy relationships, enables methods of being *respons-able*, leading to well-being and a happier life.

Taking control of our lives has been shown to be a major factor in good health. In discovering how we can help ourselves with the stress of daily living, therapies such as Reflexology calm and energise holistically, aiding immune response in times of stress and life change. When the body is relaxed, muscle tension and toxicity in organs and glands are released, energy levels increase and the body finds its natural balance.

Jenny Hope-Spencer has practised Reflexology for thirty years and has taught in Dorset, Hampshire and the south east of England during that time. Her work includes teaching to an accredited standard and lecturing health-care professionals in Hospitals in Dorset and Hampshire. She has also taught Adult Education and privately with her own School since 1991. Jenny's second career path has lead her to working as a counsellor in the NHS for thirteen years, hence she is offering her 'Life Skills' Certificate.

Jenny's broad-base of working with complementary medicine has lead to her writing two books. Her first textbook on Reflexology and Complementary Medicine, '*The Reflexology Workshop*', is a definitive text book for those interested and training in Reflexology. Jenny's second book, '*Life Skills For Happiness*' is described as a '*Short Course in Understanding Counselling and Psychotherapy*', for anyone interested in learning, in simple language, more about counselling and psychotherapy.

If you are interested in discovering your potential talents, training to become a counsellor, or thinking of entering counselling and psychotherapy, this book is a 'must' for your book shelf. Jenny believes that everyone has patterns of behaviour that hinder personal creativity. Discovering what stops us engaging with our creativity liberates us to explore unrealised talents and potentials. Jenny's message is that the more we explore ourselves, the greater our confidence to live our lives how we want to, rather than how we think we should, based on others' ideas for us.

THE REFLEXOLOGY WORKSHOP ACADEMY

COMMITTED TO EXCELLENCE

Practitioner Certificate in Reflexology

Pending accreditation to the Association of Reflexologists & ABC Awards
&

The Advanced Reflexology Diploma

Including

The Life Skills Academy

Pending accreditation to ABC Awards – Level 2 Counselling Concepts

The Reflexology Academy & Life Skills Workshops training programmes offer perspectives of holistic health-care for those interested in learning clinical Reflexology, psychological perspectives of health, basic counselling skills, an understanding of the human energy field and philosophical concepts that underpin complementary medicine. Students can qualify with the Reflexology Practitioner Certificate and Advanced Reflexology Diploma level of education, or simply learn sufficient Reflexology with which to treat their relatives and friends. Your goals as a Reflexologist are discussed with the Principal in an interview before acceptance into training.

Reflexology offers complementary support to those working in clinical medicine and those working in the community.

The Reflexology Academy Practitioner Certificate leads student learning with Anatomy & Physiology related to all systems of the body and together with integrated biology, and the theory and practice of Reflexology, provides and underpins a solid foundation for good practice.

For those who have little understanding of the human body, our courses are aimed at explaining Anatomy & Physiology theory in simple terms, with correspondence course work, webcam, face-to-face tutorials and telephone contact. Students attend compulsory weekend Workshops, totalling 120 hours before examinations.

Reflexology is a powerful healing tool when worked with sensitively, accurately and knowledgeably and can aid all manner of ailments and health problems. The feeling of satisfaction and reward when a client attains the maximum benefit from Reflexology cannot be expressed simply in words.

You will not be short of volunteers for 'hands-on' practice - your family and friends will be intrigued with this wonderful therapy. Apart from the help given in re-awakening the healing process in a person's psyche, Reflexology is tremendously relaxing - surely a 'must' in everyone's life in these days of stress and strain!

ACCEPTANCE ONTO A COURSE

Practitioner Certificate Course in Reflexology Students will be accepted onto the Course either by face-to-face interview, telephone, or webcam interview if it isn't possible to attend in person. Courses begin in October and March and the exams are set by the ABC Awards and Association of Reflexologists (AoR).

Interviews are a requirement before commencement of training so that discussion of the Course content and the student's personal needs can be ascertained.

Previous knowledge, qualification and/or experience of Anatomy & Physiology (A&P) is a requirement before entry into training at Practitioner Certificate level. Please bring evidence of learning with you to the interview. There may be exceptions to this rule, please see '**Commitment to Study**' and '**Accredited Prior Learning and Accredited Prior Experiential Learning**' below.

Interviews can be arranged by contacting the Secretary on 01425 639370.

THE BENEFITS OF ACCREDITATION

The Association of Reflexologists (AoR) aspire to excellence as an accrediting body in Reflexology. On entering training, students are expected to join the Association of Reflexologists' as a student member. Students achieving the recognized professional qualification to Certificate standard in Reflexology can apply to become an Associate Member of the Association of Reflexologists and a Full Member after one year in professional practice.


Students wishing to train to an accredited standard of education as Reflexologists are required to meet the standards set for Training Centres by the Association of Reflexologists (AoR) and ABC Awards (ABC Awards). Accreditation protects the practitioner and client with the assurance that training has reached a satisfactory standard that is comparable to the requirements for training in complementary medicine world-wide.

The Association of Reflexologists (AoR) offers **FREE** Malpractice and Public Liability insurance premiums and once qualified, we recommend that insurance cover is taken out through them. For further information about the Association go to AoR's website at: info@aor.org.uk



**Continuing
Professional
Development
Programme (CPD)**

*Students who
qualify with
International
Reflexology & Life
Skills Workshops,
Reflexology
Academy
Practitioner
Certificate
automatically
qualify to study the
Advanced
Reflexology
Diploma. You will
need an accredited
reflexology
qualification to
enter the Advanced
Reflexology
Diploma.*



ABC AWARDS

ABC AWARDS ABC specialize in developing Vocationally Related Qualifications (VRQs), a foundation that underpins knowledge for National Occupational Standards (NOS), which in turn form guidelines for National Vocational Qualifications (NVQs).

ABC Awards are mapped to the NOS to provide future accreditation of prior learning (APL), should students wish to achieve an NVQ in the future. For a full description of ABC Awards

To see more information about ABC Policies, benefits and requirements of accreditation go to their website at www.abcawards.co.uk.

POST-QUALIFICATION CAREER PATH

Dependent on the student's inclination, a qualification in Reflexology offers career paths into NHS medical centres, complementary therapy centres or with self-employment. It is strongly suggested that a minimum of one year is necessary to build-up a Practice and we do not recommend that students leave full-time employment until they have become established within the profession.

STUDENT LEARNING PATH

- Total contact tutorial hours are set at 120 with compulsory attendance monthly on Saturdays and Sundays at Winchester University, West Downs Campus, Romsey Road, Winchester S022 5HT.
- *Examinations cannot be taken until contact teaching hours have been completed.*
- Examinations are set approximately one month after completion of Course contact teaching hours.

A break-down of Course content and learning resources required by students and provided by the Reflexology Academy is available on enrolment.

INDIVIDUAL STUDENT LEARNING

An additional learning aid for the Reflexology Academy Practitioner Certificate:

For a slight increase in the Course fee, and over and above attendance on Course study days you can part-study on an individual basis with the Principal, Jenny Hope-Spencer as an aid to academic learning and practical tuition. This facility does not replace attendance at the hotel as group participation with peer students is an essential part of the Course content.

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- Attendance at the hotel to qualify for exam entry is therefore necessary.
 - Learning on an individual basis provides learning fitted around your commitments.
 - Learning is geared to the individual's progress and not group learning only.
 - Building the relationship is the key to good practice as a Reflexologist. Individual tuition offers the student time to ask consider and question Course work in greater detail.

For more information on this facility, please ask at your interview. Fees are set at £40.00 per hour.

COMMITMENT TO STUDY

If you are considering training with International Reflexology & Life Skills Workshops (IRLSW), Reflexology Academy, you will need to be fully committed to learning what is essentially, a full-time course even though you attend Workshops on approximately a monthly basis at Winchester University, Winchester, Hampshire (see details below). A high degree of self-motivation and responsibility are required, both as part of training and in professional practice. How you are in your personal life will reflect how you will present yourself as a professional therapist!


Because of the depth of training we need evidence that you have managed to complete examinations in Anatomy & Physiology whether you were successful or not. There may be exceptions to this requirement for entry which can be discussed with the Principal.

SPECIAL CASES

Sometimes, those whose work involves caring for others, which may not require formal qualifications or who have learning or physical disabilities may be eligible for entry into training. You may be eligible for financial aid for training and you will need to check this with your local Benefits Agency. It may take longer for you to reach examination standard, however, and you may incur extra tuition costs as a result. Please tell the Principal any important details about yourself before attending an interview. Alternatively, Career Development Loans (CDLs) are available from three high street banks (see below: 'Difficulty Meeting Fees'). For further details go to www.direct.gov.uk/cdl.



The Course is for you if you are of a caring disposition and committed to work at achieving the required academic and practical application standards as far as you are able.



ACCREDITATION OF PRIOR LEARNING AND EXPERIENTIAL LEARNING (APL AND APEL)

Prior achievements through previous study, employment or voluntary activities may enable you to train as a Reflexologist, even if you have not taken a formal examination.

Evidence of Prior Learning will need to be authenticated and have taken place as a recent activity. Please tell us about your experience and bring any qualifications, letters of recommendation or other evidence in support of your experience to the interview.

COURSE WORK

Students will be expected to complete course work in their own time with completion of written homework as part of preparation for the Theory Reflexology examination Paper, set by the AoR and ABC Awards. Individual tutorial time with the Principal is available at extra cost. Study for a minimum of one hour per day is also recommended.

Students are also expected to demonstrate throughout training that they are developing professional presentation and practice. Students are expected to wear 'whites' on Course Study Days and to present a professional appearance.

It is an essential part of training that you can practice on two or three people per week from the beginning of training to strengthen the hands and to reinforce contact teaching time.

STUDENT GROUPS

Although the total number in a lecture group may be large, it is recommended that adult teaching take place in groups of no more than ten or twelve students. As a result, groups are no more than twelve for the practical application of Reflexology. You may have a teacher allocated to you who has trained with International Reflexology & Life Skills Workshops in the past and who will have acquired considerable professional experience. Tutors are experienced Reflexologists and meet the requirements and approval of the Association of Reflexologists (AoR).

VENUE

The Reflexology Practitioner Certificate is held at Winchester University, West Downs Campus, Romsey Road, Winchester, SO22 5HT. Refreshments can be obtained from the pub opposite the Campus and a new cafe will be opening early in 2010. Please let us know if you require accommodation as the venue has rooms available. Alternatively, there is a variety of hotels to choose from. Go to the link for directions:

Please note: International Reflexology & Life Skills Workshops use the Conference facilities independently at the University and Courses are not connected to University qualifications.

DIFFICULTY MEETING THE FEES?

An alternative method of meeting Course fees is to apply for a Career Development Loan (CDL), which are run by the Learning & Skills Council, in partnership with three leading High Street Banks. Funding is provided to support vocational and educational training. The LSC pays the interest on your loan whilst learning and up to one month post-qualification. You then repay the loan to the bank over an agreed period of time at a fixed rate of interest. You must know what programme of study you will be following before you apply for a CDL.

For an information booklet (which includes an application form and details of participating banks), or to find out more, call: 0800 585 505 between 08:00 and 22:00, seven days a week. You can also find more information at: www.direct.gov.uk/cdl. Please see 'Special Cases' above if you live on Benefits.

LOOKING AT THE COST OF TRAINING...

REFLEXOLOGY PRACTITIONER CERTIFICATE COURSE FEES

	£
FULL FEE:	1,100.00
1st payment due at least one month before commencement of training	500.00
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	600.00
2nd payment due on first day training Commences -	300.00
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	300.00
3rd payment due by post-dated cheque on the first day training commences, dated 6 weeks ahead.	300.00
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Total Fees paid:	1,100.00
	=====
Additional expenditure includes:	
Book – 'The Reflexology Workshop'	32.99
Foot Chart	19.99

You will be given a list of additional learning resources you will need to bring with you on study days on enrolment.

INTERNATIONAL REFLEXOLOGY & LIFE SKILLS WORKSHOPS

RESERVATION FORM

Please enrol me on the:

Practitioner Certificate COURSE A

Please tick

Practitioner Certificate COURSE B

**Held At: Winchester University, West Downs Campus,
Romsey Road, Winchester, SO22 5HT**

I/we enclose a cheque in the sum of £..... and confirm that I/we have read the Terms & Conditions of Entry and enclose a signed and dated copy.

Please remember: Deposits are non-refundable. We may not be able to fill your space if you cancel once you have enrolled.

Please send a receipt and confirm acceptance onto the Course to:

NAME

ADDRESS

POST CODE

Telephone

Mobile

e-mail

Please ensure that you have read The Terms & Conditions of Entry into the Academy and that you return a signed and dated copy with the Course Reservation Form. Please copy and return this form with a cheque, payable to International Reflexology & Life Skills Workshops:

The Secretary, PO Box 7075, New Milton, BH25 9DF. Tel: 01425 639370.

We look forward to meeting you! Please contact us with any queries.

INTERNATIONAL REFLEXOLOGY & LIFE SKILLS WORKSHOPS
PLEASE SIGN AND DATE AND RETURN ONE COPY WITH YOUR ENROLMENT FORM.
COURSE REQUIREMENTS AND TERMS & CONDITIONS OF ENTRY

Please read carefully: The following forms a legally binding contract between the student and International Reflexology & Life skills Workshops.

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, totalling 60 hours. In addition, completion of written assessment papers underpinning evidence of theoretical learning must be completed pre-examination.
- (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 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, unacceptable behaviour or non-attendance on a chosen Course.
- (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/or life problem. In the event of illness, a 48 hour notification is expected 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 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 the requirements of the accrediting bodies.
- (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. Failure to resolve disputes and complaints will involve mediation with a representative from the AoR.

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:

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- (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 borne solely or divided equally between such 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, or other misdemeanours that are disruptive, abusive or offensive, no part of the Course fees will be reimbursed to the student.

INTERNATIONAL REFLEXOLOGY & LIFE SKILLS WORKSHOPS UNDERTAKE:

- (i) 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. In addition, students will be assisted in finding an alternative placement with an accredited Reflexology Course.
- (ii) In the event of sickness, a substitute tutor will be sought to continue teaching the Course content until such time as the main tutor resumes tutoring responsibility. In the event that a substitute tutor cannot be found, students have the right to request a refund of fees for the remaining untutored contact teaching hours, or request assistance with seeking an alternative Reflexology training establishment, accredited to the AoR, with whom they can complete studies.

The Terms and Conditions of Entry form a contract between the student and International Reflexology & Life Skills Workshops as detailed herein.

I ACCEPT the Terms and conditions as set out above and understand that by signing the form I enter into a formal contract with International Reflexology & Life Skills Workshops.

Date.....

Signature.....

(Please return one signed and dated copy with the Course Reservation form and retain the other for your records)

REFLEXOLOGY ACADEMY WORKSHOPS COURSE DATES

COURSES HELD AT:
WINCHESTER UNIVERSITY
WEST DOWNS CAMPUS, ROMSEY ROAD,
WINCHESTER, SO22 5HT

PRACTITIONER CERTIFICATE

COURSE A

Start Date:	31/01 October/November 2009	13/14 March
	14/15 November	17/18 April
	05/06 December	15/16 May
	16/17 January 2010	26/27 June
	27/28 February	10/11 July

Exam Dates: Practical & Theory: 14 August 2010 Theory
15 August 2010 Practical

PRACTITIONER CERTIFICATE

COURSE B

Saturday and Sunday attendance

Start date:	27/28 March 2010	30/31 October
	24/25 April	20/21 November
	22/23 May	11/12 December
	03/04 July	15/16 January 2011
	07/08 August	12/13 February
	04/05 September	

Exam Dates: Practical & Theory 19 March 2011 Theory
20 March 2011 Practical