

THE AUSTRALIAN SCHOOL OF REFLEXOLOGY & RELAXATION



# RAoA Certificate of Clinical Reflexology Course Outline

Reflexology Association of Australia accredited course



# RAoA Certificate of Clinical Reflexology

The Certificate of Clinical Reflexology course has been developed and is delivered by the Australian School of Reflexology and Relaxation. It is designed to equip students with the skills and knowledge to work as a professional Reflexologist.

The course covers the broad range of skills required to have a successful career as a Reflexologist including professional practices, practice management skills as well as the advanced techniques required to deliver an effective Reflexology treatment.

The Certificate of Clinical Reflexology endeavours to impart knowledge and understanding of Reflexology with an integrated and multi-dimensional approach. We are committed to delivering a course with balance including the physical, emotional, mental and spiritual aspect of the human being. Students will gain knowledge and skills in Self-care and Mindfulness as well as Practical Techniques, Anatomy and Physiology, Communication Skills, Work health and Safety, Infection Control, Business theory and Professional best practice.

Standards as set by Reflexology Association of Australia for Professional Membership (PM) requires the completion of 16 units, which includes 7 specialist units and 9 generic units.

The units have been divided into 2 clusters so that similar and related units are delivered and assessed together to avoid repetition and provide a more holistic approach. The course subjects and their related units are shown later in this Course Outline.

Upon successful completion of all assessment requirements for each unit in this course, the ASRR will award you with the RAoA Certificate of Clinical Reflexology

## Course duration

- 12 months Part Time – weekends
- This includes 27 class room based lessons and supervised student clinic

Students will be expected to attend all classes from 9am to 5pm as per the timetable. Each practical day consists of 2 x 3.5-hour session.

Additional to the practical classes, students will also be required to complete additional course work in their own time. Students are recommended to allocate one day of home study for every class day (approx. 4 hours per week).

## Delivery location

Training for this course is delivered in a variety of locations around Victoria. Please refer to website for training locations

## Career and education outcomes

After completing this course, students will be equipped to run their own professional Reflexology practice or work as a Reflexologist in a professional clinic. They will also gain skills that will aid in managing a small medical or natural therapies practice as practice administration skills feature in this course. Upon completion of the Certificate of Clinical Reflexology, students may wish to go onto further study in other natural therapies or specialise in advanced methods of Postgraduate Reflexology training.

## Entry requirements

All students are expected to have appropriate language, literacy and numeracy abilities to allow them to read their textbooks, read and apply workplace information and write their responses to assessment

tasks. Basic computer skills are required. Therefore, prior to being accepted you will be required to attend a selection interview as part of the enrolment process and demonstrate an interest in, knowledge of, and suitability for work in the health care industry.

## Training arrangements

ASRR engages highly qualified and industry experienced trainers and assessors that bring a wealth of knowledge to share. The course will be delivered holistically in 2 clusters, where similar units are grouped together to avoid repetition.

### Course flow - subjects& units

The course is made up of the following subjects:

#### Reflexology Foundations units:

1. Reflexology Foundations:
  - RA16 REF1A Reflexology Framework Practice
  - RA16 REF2A Plan and prepare for reflexology for relaxation
  - RA16 PW1A Professional Wellness and Self-care.
  
2. Hygiene and Safety
  - RA16 WHS Work Health Safety
  - RA16IC1A Infection Control for Complementary Therapists

#### Professional Reflexology Units:

3. Clinical Reflexology
  - RA16 REF3A Perform Reflexology Health Assessment
  - RA16 REF4A Perform Therapeutic Reflexology Treatments
  - RA16 REF5A Monitor and Evaluate Reflexology Treatments
  - HLTAAP003 Analyse and Respond to Client Health Information
  
4. Communication
  - RA16 COM4A Communicate with Clients
  - RA16 COM4B Client Referrals
  
4. Professional Practice
  - RA16 PP1A Manage a Practice
  - RA16 PP2A Work Effectively in the Health Industry
  - RA16 COM4 Code of Practice, Legal& Ethical Requirements for Complementary Therapists
  - RA16 REF6A Comply with Industry Standards
  
5. First aid
  - HLTAID003 Provide first aid. (Must be completed externally through a recognised RTO, such as St John's Ambulance)

## **Class Arrangements**

Classes will run 2 days per month for the first 6 months, then 3 days per month for the remaining 6 months. Morning classes run from 9am – 12:30pm. Afternoon classes run from 1:30pm – 5pm.

Students will attend classes or Clinic placement beginning in the 6th Month. Each day includes 7 hours of training, divided into 2 x 3.5 hour sessions. 40 hours of Supervised Student Clinic is incorporated into the class time

Students will be provided with a manual for each subject that will form the basis of class work, discussions and group activities. Part of the Practical assessment for these subjects will occur during student clinic.

It is expected that students have their own reflexology chair or massage table and reflexology kit. This ensures that students are set up with the equipment required for professional practice and completion of the practical assessment tasks.

Students will be required to complete various tasks within the student clinic for the purposes of extending their understanding, ensuring practical skills are gained and that assessment requirements are covered.

Students will be required to complete the unit HLTAID003 Provide first aid. They will be required to attend a class run by a Recognised Training Organisation (RTO) at additional cost. Students who have a recently completed this unit externally will be granted a Credit Transfer.

## **Practical experience**

Students complete at least 100 hours of practice plus at least 40 hours in supervised student clinic, and 55 hours of non-supervised practice at home, practicing on friends and family.

This practical component ensures that students have time to practice applying their skills and knowledge learned from classes to the practical role of working as a Reflexologist.

## **Clinic**

Students will participate in clinic sessions to gain practical hands-on experience in a real working environment under close supervision of the teachers. Teachers will assess skills in the clinic and/or offer additional one-on-one instruction if required. Students will also be required to complete a certain amount of time in each of the various clinic roles, including providing reflexology, reception, taking money, providing receipts, and so on.

A qualified Reflexologist and trainer/assessor from ASRR will supervise all students throughout their student clinic hours and will provide mentoring and support to each student. A trainer/assessor will confirm the student's clinic skills, record their observations and provide feedback as they go.

There may be opportunity to make up on missed clinic hours with supervised community events. It is encouraged that students attend one community event during their course in addition to clinic hours.

## Assessment arrangements

Assessment requirements for each subject are outlined in the Student Assessment Booklet provided to students at the start of each subject.

Assessment is typically conducted through:

- Completion of projects
- Observation of practical skills by the assessor in the classroom
- Observations in student clinic
- Responses to case studies and scenarios
- Quizzes
- Written Questions

Final assessment of some units will require assessment of practical skills during the clinic.

Students will not be marked competent in some units until sufficient skills have been demonstrated in the student clinic.

### Assessment tools and instruments

- Assessment Tasks are outlined in each Training Manual and in the Student Assessment Booklet.
- An Assessment Record Template is provided for the assessor to record the outcomes of each task

## Credits or Recognition for previous study and experience

ASRR has written and developed a new take on reflexology practice. Our course content is delivered in a holistic manner to show the relationships between all aspects of reflexology professional practices. Therefore, we do not generally\* offer exemptions for previous study and experience.

There may be subject matter that you have completed or practiced in the past. This knowledge or skill will add to your experience and allow you to learn at a deeper level. It is a wonderful opportunity to refresh and update prior knowledge and skills. As mature students, we all bring something to the classroom, sharing wisdom adds to the richness of the learning experience for the whole class.

*\*Exemptions for completion of previous assessments may apply, if assessment tasks and assessment criteria are matched to ASRR standards. A reduction in fee is not applicable.*

# Course Costs

## Included in fees:

- Theory manuals for each unit
- Small face to face class sizes and supervised student clinic
- Course fees allow up to three (3) attempts at assessment per unit.
- Course fees include the issuing of one copy of the course certificate and a record of results

<b>Course fee</b>	\$7,270	\$1,000 enrolment fee due on enrolment. Students then pay 10 monthly instalments* of \$627 <i>* 1<sup>st</sup> Instalment due 1<sup>st</sup> Feb 2019</i>
<b>Early Bird</b>	\$6,770	\$1,000 enrolment fee paid by <b>1<sup>st</sup> Dec 2018</b> Students then pay 10 monthly instalments* of \$577 <i>* 1<sup>st</sup> Instalment due 1<sup>st</sup> Feb 2019</i>

## Additional costs (approximate pricing)

<p><b>Textbooks / equipment required:</b></p> <ul style="list-style-type: none"> <li>• Anatomy and Physiology in health and illness - Ross and Wilson (Essential)</li> <li>• Get started in Reflexology –Chris Stormer</li> <li>• IIR Better Health with Foot reflexology – Dwight Byers (Recommended)</li> </ul>	<ul style="list-style-type: none"> <li>• \$75</li> <li>• \$35</li> <li>• \$50</li> </ul>
<p><b>First Aid</b></p> <ul style="list-style-type: none"> <li>• <i>Senior First Aid HLTAID003 Provide first aid</i></li> </ul>	<ul style="list-style-type: none"> <li>• \$160</li> </ul>
<p><b>Sundry Items</b></p> <ul style="list-style-type: none"> <li>• Pens pencils highlighters</li> <li>• Clinic uniform</li> <li>• Reflexology Kit</li> <li>• Reflexology Chair /massage table</li> <li>• Gas lift stool</li> </ul>	<ul style="list-style-type: none"> <li>• \$10</li> <li>• \$45</li> <li>• \$60</li> <li>• \$380</li> <li>• \$150</li> </ul>

All the above are additional resource costs to be paid at the student's own expense. Some additional costs may apply if reassessment is required or if you wish to have additional copies of your qualification or statement of attainment. Refer to our Enrolment Handbook and the Student Agreement for more information

## Enrolment

To enrol in this course, you will be required attend an interview to ensure suitability to for studying at ASRR. This may be conducted in person, or over the phone. The interview is to gauge that our course is appropriate for you and that we believe you would have the ability for successful completion.

If successful, complete the Enrolment Form and Student Agreement which summarises our policies and procedures and your financial agreement.

Send in the completed enrolment form and Student agreement, along with the non-refundable \$1,000 enrolment fee\*.

Once this is received we will process your application and send you a confirmation of enrolment letter.

Please contact our office for an Enrolment Form.

(\* refer refund policy in enrolment form)

## Contact us

The Australian School of Reflexology and Relaxation

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This qualification is a nationally recognised qualification accredited by the Reflexology Association of Australia and will be issued by The Australian School of Reflexology and Relaxation.