

## ***Maternity Reflexology: for Reflexologists - Outline***

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### ***Maternity Reflexology Course***

*Compiled by Susanne Enzer, RN RSCN, SCM, RZT*

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***Maternity Reflexology Course*** is designed to provide participants with a basic understanding of women's fertility and pregnancy. It enables participants to use the principles and practices of reflexology to support these life experiences. The course also includes information about the development of the incoming soul, with its manifestation on the mother's feet and reflexology care for the newborn baby.

***The course*** is conducted over 2 x 2 day workshops (30 hours) and is a mixture of theory, discussion and practical work.

- ***The first workshop*** covers the basics of the female pelvis, and the time from pre-conception until the end of pregnancy.
- ***The second workshop*** covers the Incoming soul and pregnant feet, birthing and the postnatal period.

A minimum of 6 months between the workshops is recommended to give participants choosing to complete the certificate course, time to gain maternity reflexology experience and start the case studies. Participants who have maternity reflexology experience need not wait six months.

#### ***General Information***

Maternity Reflexology is a postgraduate course for reflexology. Pre-requisites:

- Anatomy and physiology (minimum 50 hours)
- Certificate of Reflexology, Diploma of Reflexology or equivalent reflexology experience (min 40 hours)

#### ***Certificate Course***

To qualify for the ***Certificate of Competency in Maternity Reflexology***, participants are required to complete workshops, assessments, module assignments, four case studies and journal. These are to be completed to the standards required by Soul to Soul Reflexology within 6 months of completing workshop 2.

#### ***Interest Course***

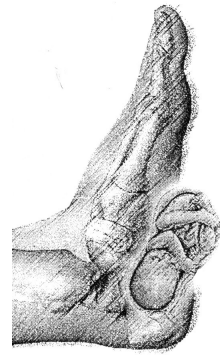
Reflexologists can choose to attend the workshops as an interest course only and will receive a Statement of Attendance and 15 CPD points per workshop for RAA annual requirements.

***Required Course Text:*** Maternity Reflexology Manual, 2004 by Susanne Enzer

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[www.maternity-reflexology.net](http://www.maternity-reflexology.net)



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### *Certificate of Competency in Maternity Reflexology*

#### **ASSESSMENT COMPONENTS**

##### **PART A. PRACTICAL EXERCISES**

Demonstrate the competency to perform

- Reflexology endocrine balance
- Reflexology lymphatic technique

This assessment is undertaken during practical work during the workshops.

##### **PART B. ASSIGNMENTS**

Assignments are to demonstrate the participant's comprehension of each module. The assignments are specified in the Maternity Reflexology Course outline. Assignments need to be concise and comprehensive.

##### **PART C. CASE STUDIES**

Four (4) case studies are required. It is suggested that they are completed before undertaking Part 2 of the Maternity Reflexology Course.

Two of the case studies are to be of pregnant clients, the other two may be pregnant clients or preconception clients.

Each case study is to consist of a minimum of 5 reflexology sessions. The length of time of the reflexology sessions is the decision of the practitioner.

##### **PART D. JOURNAL**

Participants are required to keep a reflective journal of their experiences with maternity reflexology practices- "How has the maternity reflexology techniques and knowledge gained impacted on the reflexologist's practice?" (max. 5 pages).

##### **PART E. PRESENTATION**

At the beginning of Part 2, each participant is required to present his/her work in maternity reflexology with an allocation of 15 minutes for each participant.

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## **MATERNITY REFLEXOLOGY COURSE OUTLINE PART 1**

### **MODULE 1: FEMALE PELVIS AND ORGANS**

**Duration: 3 ½ hours**

#### **Learning Outcomes**

On completion of this module, participants will be able to:

- ✚ Identify and name the bones of the feet
- ✚ Identify and name the bones of the pelvis
- ✚ Locate the reflex zones of the bones of the pelvis on the feet
- ✚ Identify and name to female pelvic organs
- ✚ Locate the reflex zones of the female pelvis on the feet

#### **Assignment:**

On diagrams of the plantar, medial and lateral aspects of the feet, **label the bones of the feet showing the reflex zones of the bones of the female pelvis**

<b>Marking</b>	Marks are given for the accuracy of the labelled diagrams showing:	
	Ilium- 4 aspects	4
	Iliac crest – 2 aspects	2
	Ischial tuberosity- 3 aspects	3
	Symphysis pubis- 1 aspect	1
	Superior pubic ramus- 1 aspect	1
	Sacrum- 4 aspects	4
	Sacral curve- 1 aspect	1
	Grater sciatic notch	1

Total = 17

#### **AND**

On a diagram of the medial aspect of the left foot, show and label the reflex zones for the organs of the female pelvis

<b>Marking</b>	Marks are given for the accuracy of the labelled diagrams showing:	
	Bladder and urethra	2
	Uterus and vagina	2
	Rectum and anus	2
	Pelvic nerves	1
	Perineum	1

Total= 8

**MODULE TOTAL: 25**

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## MODULE 2: PRECONCEPTION

Total duration: 3 ½ hours

### Hormones of fertility and pregnancy

Duration: 2 ½ hours

### Preconception

Duration: 1 hour

### Learning outcomes:

On completion of this module, participants will be able to:

- ✚ Name the 8 major endocrine glands and the dominant hormones associated with each
- ✚ Describe the physical and emotional effects of the hormones of fertility
- ✚ Identify the endocrine glands of the foot reflex zones
- ✚ Perform a reflexology endocrine balance
- ✚ Use reflexology therapy during the pre-conceptual time
- ✚ Have knowledge of some of the problems that may occur during the preconceptual time
- ✚ Have an understanding of reflexology support for preconceptual conditions

### Assignment:

“The hormones of fertility and pregnancy have a profound effect on women”. This assignment requires you to demonstrate your understanding of the cyclical hormone/ emotion connection. You may develop your assignment from your own personal experience or from your research of the topic. How can you apply this knowledge for the benefit of your clients?

<b>Marking</b>	Marks are given for demonstrating your knowledge of the cyclical emotional effects of the hormones	
	Hormones of fertility and their effects on the emotions	8
	Hormones of pregnancy and their effects on the emotions	8
	Applying your knowledge of the emotional effects of the hormones of fertility and pregnancy with reflexology care	9

**TOTAL = 25**

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### MODULE 3: PREGNANCY

**Duration: 7 hours**

On completion of this module, participants will be able to

- ✚ Describe the cautions to observe when using reflexology during pregnancy
- ✚ Give reasons for the above mentioned cautions
- ✚ State the contraindications for using reflexology during pregnancy
- ✚ Perform reflexology techniques that are adapted to the pregnant client
- ✚ Understand the reflexology care for the pregnant client
- ✚ Describe the physical and emotional changes that occur in a pregnant client
- ✚ Explain how the changes may create minor ailments
- ✚ Explain how minor ailments may become major problems
- ✚ Identify the action to be taken for minor and major problems
- ✚ Perform 'reflexology lymphatic' technique

**Assignment:**

- On the diagrams of the feet show points that must be **avoided** during pregnancy. Write notes to explain the reasons for this
- List some **cautions** to observe during pregnancy especially noting the 1<sup>st</sup> trimester. Write notes to explain the cautions
- List **contraindications** to the use of reflexology during pregnancy. Give reasons for these
- Write notes to show how you the reflexology therapist may work in general with a pregnant client

<b>Marking</b>	Dot point 1- precision of the point and information	6
	Dot point 2- knowledge of cautions	4
	Dot point 3- knowledge of contraindications	3
	Dot point 4- application of general reflexology pregnancy care	5

Total = 18

**AND**

List **4 minor ailments of pregnancy**. Relate to each:

- A simple definition and simple physiology of the ailment
- Reflexology technique for the minor ailment to include in a reflexology session
- Advice to be given to the client
- How to recognised when the minor ailment becomes a major problem and the action to take

<b>Marking</b>	Each minor ailment carries a possible 8 marks	
	Dot point 1- accuracy of the definition & correct physiology	2
	Dot point 2- application of knowledge	2
	Dot point 3- correct information	2
	Dot point 4- correct information	2

8 marks per ailment making Total = 32

**MODULE TOTAL =50**

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## MATERNITY REFLEXOLOGY PART 2

### PRESENTATIONS

**Duration:** 3 hours

15 minutes is allocated to each participant to present his/her maternity reflexology work eg. Journal, a case study etc. (the allocated 15 minutes includes set-up time and change over).

### MODULE 4: INCOMING SOUL & PREGNANT FEET

**Duration:** 4 hours

#### Learning outcomes:

On completion of this module, participants will be able to:

- ✚ Discuss the physical and metaphysical development of the incoming soul
- ✚ Describe the manifestation of the pregnancy on the mother's feet
- ✚ Describe the biomechanical changes that occur in the feet due to the pregnancy
- ✚ Explain reflexology therapy to support the biomechanical changes of pregnancy
- ✚ Palpate and sense the pregnancy on the mother's feet

#### Assignment

Prepare a **creative piece** about your experience of 'pregnant feet' (500- 1000 words or medium of your choice)

#### OR

How does pregnancy affect the **stance and gait of a pregnant woman**? How does the altered stance and gait affect the pregnant woman? Describe how reflexology therapy can be used to support the client in late pregnancy?

**MODULE TOTAL= 25**

### MODULE 5: BIRTHING

**Duration:** 2 ½ hours

#### Learning outcomes:

On completion of this module participants will be able to:

- Discuss the reflexologist's preparation to be the birthing support person
- Briefly describe the physiology of birthing
- Understand the principles of reflexology intrapartum care
- Explain the criteria for the reflexology priming of labour
- Describe the reflexology priming of labour

#### Assignment

Write notes of 'the reflexology practitioner's self-preparation to be a support person during birthing'. Give your own opinion/thoughts about each point.

<b>Marking</b>	Preparation of reflexologists self to do the work	7
	Ethics of working in the labour/birthing environment	6
	Care of the client- her needs with appropriate response	6
	Adminstration eg insurance, information to authorities	6

**MODULE TOTAL =25**

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### MODULE 6: POSTNATAL PERIOD

**Duration:** 4 ½ hours

**Learning Outcomes:**

On completion of this module, participants will be able to:

- Describe the normal physical changes that occur after birthing
- Describe the normal emotional changes that occur after birthing
- Use reflexology therapy during the postnatal period
- Perform the reflexology trigger point release
- Teach parents some simple reflexology techniques to use with their baby

**Assignment:**

‘After birthing the client deserves the “Supper Supreme” of a reflexology session’. Describe how you the reflexology therapist would do it. This assignment requires you to underpin your knowledge with an attitude of ‘supreme care’ for your client.

<b>Marking</b>	History taking- listen to the client’s experience	5
	Environment- suitable time and place	5
	Communication- demonstrate attention and understanding	5
	Care- client comfort, length of reflexology session	5
	Knowledge of general postnatal recuperation and awareness of possible complications	5
	Treatment- reflexology techniques appropriate to the treatment	5
	Follow-up- appropriate to the client	4

Total =34

**AND**

Answers the following questions as though you, the reflexologist, were explaining to young first time parents:

1. Should I do reflexology on a very young baby? Is it safe?
2. What is reflexology
3. How shall I hold my baby and ‘do’ reflexology?
4. What techniques can I use?
5. How do I know if my baby is enjoying it or not?
6. How often can I do it?  
How long can I do it for?
7. What are some of the things that reflexology can help my baby with?
8. How do I do it?

<b>Marking</b>	The answer to each question may receive 2 points	
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Total= 16

**MODULE TOTAL 50**

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### **ASSESSMENT & ASSIGNMENT CRITERIA**

PART A: to be assessed during training sessions

PART B: to be completed by participants doing a Diploma of Reflexology and/or “Certificate of Competency in Maternity Reflexology”

PART C and D: to be completed by participants electing to do the “Certificate of Competency in Maternity Reflexology”

PART E: to be assess during first day of Part 2 workshop.

### ***Assignments***

Preferably, the assignments are to be typed/ computer print out (discuss with facilitator if this is not possible)

*CASE STUDIES AND JOURNAL*: Send all components of case studies together.

Clearly mark your name, telephone number and address on all material sent. Please enclose a large self-addressed envelop if you wish to receive your documents back. OR you may email you're your assignments/case studies/journal – Lyndall will provide feedback via return email.

Pass mark for competency is 75% of each assignment component

Allow a 4-6 week turnaround period from when you send all your assignments to recieving your certificate. If you don't receive feedback or your certificate within this timeframe, contact Lyndall

### **FORWARD ASSIGNMENTS TO:**

**Lyndall Mollart**

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Web: [www.maternity-reflexology.net](http://www.maternity-reflexology.net)