

East Meets West Reflexology Certification Course

Western Reflexology and TCM: The Perfect Match

A 200 hour, 6 module foot reflexology certification course.

\$2,400

Required texts, "Therapeutic Reflexology, A Step-by-Step Guide to Professional Competence." Paula S. Stone, Pearson Publishing

"Reflexology and Meridian Therapy, Moving the Energy." Lilian Thibshraeny-Morten, JLM Publishing

Module 1 - A Comprehensive Introduction to Reflexology

Definition of reflexology

History of reflexology

Theories of how reflexology works (zones, nervous system, energy systems, energy pathways, sensory stimulation, relaxation response, circulatory and lymphatic systems)

Reflexology maps as they are anatomically mirrored on the feet

Common foot pathologies

Thumb and finger techniques particular to reflexology

Anatomical terms related to feet

Bones, muscles, and nerves of the foot and lower leg

Guided practice time

Module 2 - Foot/leg anatomy and How - to's of Reflexology Documentation

Bones in feet and their actions

Biomechanics

Business practice/ethics

Logistics of reflexology session

Intake forms/SOAPS

Documentation of sessions

Abbreviations for documentations, recommended by ARCB

Guided practice time

Module 3 - Anatomy and Physiology as Related to Reflexology

Body systems and their locations on the feet

Emphasizing body systems within a protocol

Guided practice time

Module 4 - Adding Aromatherapy and Foot Pathology Protocols to Reflexology

Introduction to meridians and 5 elements theory

Closer look at foot pathologies and protocols

Guided practice time



Module 5 - TCM (Traditional Chinese Medicine) as Related to Reflexology

Closer look at 5 elements theory
Location of “well” points and “secondary” points
Meridians and key acupressure points as reflected on feet
Simple hand reflexology sequence
Guided practice time

Module 6 - An in-depth Look at the Spinal Reflex and Nerve Pathways

In depth look at the spine and its organ innervations by way of nerves
Introduction to dermatomes and monotonemes
Guided practice time

Requirements to complete certification:

- * Pass mid term exam
- * Completed documentations of 3 people, 3 times each to be handed in by Module 6
- * Practicum with instructor in Module 6
- Completion of all homework assignments

Students who complete this course will be eligible to sit for national ARCB exam.