



TEMPLE ACADEMY

OF REFLEXOLOGY

L3 DIPLOMA REFLEXOLOGY FOR WELLBEING

PROSPECTUS 2023/24



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Regulation

At Temple Academy of Reflexology we believe in upholding the highest standards in both the teaching and practice of Reflexology.

Temple Academy of Reflexology were delighted to become the first Association of Reflexologists (AoR) Affiliated School. As an AoR Affiliated School you can rest assured that the course has gained the AoR seal of approval – demonstrating that we have met the strict standards set by the AoR and Skills and Education Group (SEG).

The SEG Diploma in Reflexology for Wellbeing is recognised by The Office of Qualifications and Examinations Regulation (Ofqual).

Regulated qualifications are quality assured through internal and external verification by appropriately qualified and experienced verifiers.



Graduation

On successful completion of the course graduates receive a nationally recognised qualification and certificate from Skills and Education Group enabling them to gain insurance to practice as a reflexologist working with the general public.

In addition to this they also receive a second certificate from the AoR demonstrating that they have trained at a centre of excellence.

Graduates will be supplied with a Temple Academy Graduate logo and AoR Affiliated School Graduate logo to use on websites, social media and marketing materials.

Graduates will be eligible to apply for membership of the AoR and Federation of Holistic Therapists (FHT). Graduates may also apply to register with the Complementary and Natural Healthcare Council (CNHC).

Professional Association and Insurance

The AoR was established in 1984 and is a not-for-profit organisation. Today it is the foremost independent professional association for reflexology in the UK providing support for more than five thousand members. The letters MAR after a practitioner's name denotes their membership status – a sign of assurance that they have met the strictest standards of reflexology practice, they are insured to practise and that they are committed to continually developing their skills and knowledge.

All student members will receive multi-therapy insurance from Alan Boswell, the AoR recommended broker. The comprehensive indemnity and public liability insurance covers you to complete your case studies whilst training. Free business equipment cover for up to £1000 is also included. Student membership is for 18 months and includes many benefits.

The first three months of full AoR membership is free to Affiliated School Graduates.

Course Structure

Level 3 Diploma in Reflexology for Wellbeing consists of four mandatory units.

Provide Reflexology for Complementary Therapies

The aim of this unit is to provide the learner with the knowledge and skills to carry out reflexology and to operate as a professional practitioner. A total of 100 treatments are required to complete the course.

The skills developed by the student include:

- Communication skills
- Organisation skills
- Ability to work unsupervised
- How to adapt techniques according to the situation
- Ability to plan and promote services
- Advise on aftercare

The knowledge acquired by the learner will enable them to understand how the related body systems work. The effect reflexology treatments can have on each of these systems and the theory behind each technique performed. This unit is assessed through case studies and three practical observations.

Clients

For the course you will need a minimum of fourteen clients, however you will be working with a maximum of four clients at any one time. You will carry out 97 of these treatments in your own home or the client's home. The only time clients come to class will be for the three practical assessments.

Contraindications

Please ensure that none of the contraindications below apply to your clients:

- Contagious disease
- Alcohol or recreational drug dependency
- Thrombosis
- First Trimester pregnancy
- Unstable heart condition

The following conditions must be discussed with the tutor and agreed before accepting as case study:

- Cancer
- Pregnancy second/third trimester

Links to National Occupational Standards

This unit is linked to Skills for Health NOS CNH1, CNH2 and CNH11

This unit maps to the core curriculum of the Reflexology Forum (2006)



Principles and Practice of Complementary Therapies

The aim of this unit is to provide the learner with the knowledge and skills to enable them to practice complementary therapies including:

- Understanding the key historical factors and theoretical background for complementary therapies
- Understanding the main influences on working within the complementary therapy industry
- Understanding the key aspects of good clinical practice

This is assessed through class activities and completion of case studies.

Links to National Occupational Standards

This unit is linked to Skills for Health NOS CNH1 and CNH2



Knowledge of Anatomy, Physiology and Pathology for Complementary Therapies

The knowledge acquired by the learner will enable them to understand and explain all the systems of the body and their pathologies.

Knowledge of Anatomy, Physiology and Pathology for Complementary Therapies is delivered via a combination of recorded presentations, class presentations, group work and class activities.

This unit is assessed by way of a workbook which is a combination of written and multiple choice questions, pathology reports and class activities. Students can make a start on their workbook and pathology reports as soon as they enrol.

Links to National Occupational Standards

This unit is linked to Skills for Health NOS CNH1, CNH2, CNH4, CNH7 and CNH11

This unit maps to the core curricula of:

General Council for Massage Therapy (2011)

Aromatherapy Council (2009)

Reflexology Forum (2006)



Business Practice for Complementary Therapies

The aim of this unit is to introduce the learner to the principles of business in the complementary therapy industry. The unit is assessed through class activities and a written workbook which includes a business plan.

Links to National Occupational Standards

This unit maps to the core curricula of:

General Council for Massage Therapy (2011)

Aromatherapy Council (2009)

Reflexology Forum (2006)



Temple Academy of Reflexology Elements for Enrichment

Our course has been carefully designed to encourage creativity, confidence and professionalism; empowering graduates to develop successful reflexology businesses in the complementary health industry as it continues to evolve.

As a student of Temple Academy of Reflexology you have the benefit of being trained by reflexologists and teachers who have a wide range of expertise and experience in the Complementary Health Industry.

Anatomy, Physiology and Pathology in Practice

Through unique group activities students incorporate the knowledge and skills they have developed to enhance understanding and increase confidence; supporting them to tailor and adapt their treatments to individual clients.

Nutrition for Wellbeing

Overview of Meridians

Working with Subtle Energy Systems

Monthly Zoom Presentations

Usually hosted on the last Monday evening of the month and run from 19:00 to 20:30 ish:

2023/24 Optional Enrichment Zooms:

Allison Walker - Intention

Penny Alterskye - Space Clearing

Suzanne Arnold - Sound Healing

Sue Ricks - Mind Body Connection

Jackie Cave - Aura and Chakras

Alex Clark - Colour Healing in Reflexology

Alex Clark - Five Elements

June Cory - Google and SEO

Jane Sheehan - Foot Reading for Reflexology

Sally Earlam - Menopause



Entry Requirements

There is no requirement for any previous training or experience of complementary therapies

Age 18+ at enrolment

You do not need to have any formal qualifications however it is preferable to have the equivalent of five GCSE passes at grade C or above and an adequate level of written and spoken English

Sufficient ability to perform reflexology techniques, we will discuss what is required at interview

Sound experience of working with computers, downloading and uploading to a cloud

Laptop (Chromebook and tablet devices are not suitable) with Microsoft Word, Dropbox, Zoom and Facebook accounts, access to a printer

Student Support

Please talk to us about any additional needs you may have in order to complete the course. As you progress you may find that you require some extra support; please ensure you discuss this with your tutor as soon as possible so that the necessary arrangements can be made.

Temple Academy of Reflexology provides a comprehensive support package for learners including:

- Monthly tutorial via Zoom offering you the opportunity to discuss your progress and development with your tutor
- Monthly Enrichment Zoom presentations from guest speakers - experts in their field
- Temple Academy Student Facebook group – a place to stay in touch with your colleagues and share useful information and resources
- Library- access to our library of reflexology reference books
- As a student member of the AoR you may join your local Area Group for qualified reflexologists and students, which meets regularly. The Milton Keynes Group is hosted by Temple Academy Reflexology.

Support Post Graduation

Our growing community at Temple Academy is always there to offer ongoing support after graduation:

- Ongoing support and guidance is available from tutors
- Temple Academy Alumni Facebook Group
- Invitation to join Temple Pathways – 12 month programme of mentoring as you start your business and integrate all that you have learnt.
- Free access to monthly Zoom presentations for a year after graduation
- Access to monthly Zoom presentations for a nominal fee after the first 12 months

Centres and Dates	
Dates 2023/24	Class Times 09:30 to 17:30
23rd & 24th September 21st & 22nd October 18 th & 19th November 9th December 13th & 14th January 10th February 9th March 6 th & 7 th April 11th May 8th June 6th July	Practical assessments will take place on the highlighted dates **Details may be subject to change due to unforeseen circumstances**

Milton Keynes Venue Portfields Primary School Westbury Lane Milton Keynes Bucks MK16 8PS Tutor: Alex Clark MAR, Course Director	Kettering Venue TBC Tutor: Rachel Webb CRM5, MAR, Tutor
Watford Venue TBC Tutor: Jan Kleiner Mann CRM5, MAR, Lead Tutor	Weston-Super-Mare Venue The Radio Wing McCrae Rd, Parklands, Locking, Weston-super-Mare BS24 7LZ Tutor: Jackie Cave MAR, Tutor

Course Fees and Payment Options (November 2022)

The total course fee is £2350 which includes a £500 non-refundable deposit.

Course fee includes:

- Student membership of the Association of Reflexologists
- Student insurance with Alan Boswell
- Association of Reflexologists Affiliated School student registration
- SEG Awarding Body registration and certification fees

Payment Options:

- Full course fee of £2350 paid in advance
- £500 deposit, then full payment of £1,850 before the first day of the course
- £500 deposit, then 10 consecutive monthly payments during the course of £185

First monthly payment due 01/09/23, final payment 01/07/24

We appreciate that some people may need to make smaller payments over an extended period of time. Please contact us to discuss the options available; certificates won't be received until full payment has been made.

N.B. Payment can only be accepted via BACS

Missed Sessions

Learners are expected to attend all class sessions, should this not be possible due to unforeseen circumstances, a catch-up session must be attended of which a charge of £100 will apply. This will be at the convenience of the Tutor.

Deferring from the Course

If you defer from the course, full payment is required before 1st July 2024.

Additional costs

Re-registration is £300 and monthly instalments of £100 until all coursework has been submitted and passed.

If you decide to leave the course at any time full payment will be required before the 1st July 2024. By enrolling on the course you are accepting these terms.

A monthly marking fee of £90 may be applied for coursework that is submitted after August 31, 2024

Equipment - We have included links for guidance only.

LaFuma Reclining Chair

RSXA Batyline, Futura Batyline, Evolution Batyline or Futura Air Comfort are all suitable - standard or XL. If we could pick one would be Evolution Batyline as it has a full seat and no head/foot bars with Futura Air Comfort as a close second.

15% Discount is available for AoR members directly from LaFuma but shop around as online garden centres often have good offers on.

<https://www.lafuma-furniture.co.uk/relaxation.html>

<https://www.garden4less.co.uk/shop-brand/lafuma>

Therapist Stool

There are two main types; standard stools and saddle stools- this is a personal choice. The stool must have good quality wheels and it is important that it is height adjustable up to a minimum of 65cm. NB must be a stool not a chair

Folding Table

Dunelm folding TV rubberwood table

<https://www.dunelm.com/product/rubberwood-tv-table-1000004916>

Cream Fleece Blanket x2

We recommend you have two single blankets rather than a double.

Some students purchase a king size fleece and cut it into 2 or 3 blankets, simply hemming the edges. **NB IT MUST BE CREAM NOT GREY**

Half Moon Memory Foam Cushion

This is to support the client's feet during treatment. The cushion must be memory foam, half moon

<https://www.amazon.co.uk/Medipaq-Original-Memory-Cushion-Pillow/dp/B00KG85XNK>

Pack of 6 White Cotton Baby Muslins

Large enough to cover a pillow

<https://www.amazon.co.uk/Sasma-Home-Squares-Natural-Swaddle>

Pack of White Reusable Baby Wipes

10% Discount is available for AoR members directly from Cheeky Wipes but shop around as often cheaper online

<https://www.cheekywipes.com/cloth-baby-wipes.html>

Small Lidded Container

Like this one from Ikea



Reflexology Medium

You won't need this initially as we will provide a few samples and a discount voucher

Teaspoon or Reusable Spatula

Prevents cross contamination in reflexology medium

Micropore Tape 1.25cm

To cover verrucae and broken skin

Non-Toxic Washable Felt Tips, Pencil and Rubber

Clipboard with Cover

For confidentiality when taking client notes

Uniform

Smart white top and black trousers covered shoes.

Polo shirt or therapy tunic preferred.

No jeans, leggings or joggers but smart yoga pants are ideal.

(only required in class for practical assessments)

Skeleton Foot

<https://www.anatomystuff.co.uk/budget-foot-model.html>

Delivery can take a while so order early

Permanent Markers

Fine tips, 4 colours

Required Books

Anatomy & Physiology for therapists and healthcare professionals, Ruth Hull

500 of the most important Health Tips you'll ever need, Hazel Courtney

Recommended Books

E-motion: Energy in Motion, Sue Ricks

Footreading – The Portable Guide, Jane Sheehan

The Complete Guide to Precision Reflexology, Jan Williamson

Balance Your Hormones: The Simple Drug-Free Way to Solve Women's Health Problems,
Patrick Holford

Recommended Apps

MSD Manual <https://www.msmanuals.com/en-gb/professional/resourcespages/mobileapps>

Visible Body - Human Anatomy Atlas 2023 <https://www.visiblebody.com/>

Time Study

The course requires approximately ten hours a week study time in addition to class time. This of course varies from week to week and depends on the individual student and their learning style.

How many hours do you have available to give treatments and study?

Where can you make changes to free some time up?

Who can help you to do this?

To answer some of these questions fill in the units of time on the chart that you participate in the following activities:

Sleeping	Eating	Childcare	Family time	Social time	Me Time
Working	Shopping	Housework	Travel	Social Media	Exercise

Hours	Sun	Mon	Tue	Wed	Thu	Fri	Sat
06:00							
07:00							
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Enrolment

At Temple Academy of Reflexology, we recognise that students will be making an investment both in time and money; therefore, we invite all candidates for an informal interview prior to enrolment to ensure that this is the course for them.

To apply for a place on the course please complete the application and GDPR forms and email them to us to at learn@templeacademyreflexology.com and we will be in touch to arrange your interview.