

# REFLEXOLOGY CERTIFICATE PROGRAM

## Reflexology Certificate (178 Hours)

For those students interested in Reflexology, Lourdes Institute offers a comprehensive certification program. Reflexology certification at Lourdes Institute includes instructional class hours and documented independent practice. Students must complete the Reflexology Certification program, and pass the LIWS exam to be eligible to take the National Reflexology Examination.

First Semester - 88 Hours	Hours
Course	
Reflexology I	16
Infectious Diseases	4
Professional Ethics for the Bodyworker	6
Reflexology II	24
Foot/Hand Anatomy	30
CPR/FIRST AID	8
<b>Second Semester - 90 Hours</b>	<b>Hours</b>
Course	
Pathology	30
Practicum/Case Study Public Clinic	20
Business Pract. for Reflexologists	8
Reflexology III / Eastern Theory	16
Auricular (Ear) Therapy	8
New Trends (Face Reflex and Ionized)	8
<b>Total Hours 178</b>	

Students graduating from the 178-hour Reflexology Certification program will be eligible to sit for the National Reflexology Certification Exam given by the American Reflexology Certification Board. Although this exam is not a requirement for students to practice in the State of New Jersey, it does serve as a measure of credibility for our graduates and we encourage this course of action.

### COURSE DESCRIPTIONS:

#### Auricular (Ear) Therapy

DESCRIPTION: A review and practicum of points in and around the ear.

#### Business Practices for Reflexologists

DESCRIPTION: This course provides information regarding the business aspect of Reflexology and helps students gain information about themselves and their personal priorities to facilitate their success as professionals. ACARET Approved.

#### CPR/First Aid

DESCRIPTION: Participants will learn normal cardiovascular anatomy and physiology and cardiovascular dysfunction (diseases). This course will also cover the principles of primary and secondary prevention of unnecessary death and disability from heart attack and other causes of sudden death. Finally, students will learn CPR and relief of foreign body airway obstruction (FBAO).

#### Foot/Hand Anatomy

DESCRIPTION: The human musculoskeletal system for the foot, ankle, leg, pelvic girdle, fingers, hand, wrist, arm, and shoulder girdle are covered. Pathologies specific to feet, ankles, wrist, hand and fingers will be studied as well.

#### Infectious Diseases

DESCRIPTION: At the completion of this course, students will possess knowledge to differentiate between HIV infection and AIDS as well as other infectious diseases such as Hepatitis. Students will learn the symptoms of various infectious diseases and different ways they can be transmitted and prevented. Additional topics include the psychological and social impacts of living with an infectious disease. This course will also list HIV infection anonymous testing and counseling sites in New Jersey.

#### New Trends (Face Reflex and Ionized)

DESCRIPTION: A practical course, reviewing new trends and modalities which compliment reflexology.

#### Pathology

DESCRIPTION: This course gives students an appreciation of the mechanisms that generate pain, as well as the transmission, perception and control of that pain. Students learn to assess the signs and symptoms of various diseases and disorders. Students will have the opportunity to formulate a reflexology plan and remedial exercises for specific diseases and physical disorders.

#### Practicum/Case Study Public Clinic

DESCRIPTION: Students will participate in sessions as if they were in their own massage practice. Students will learn how to set up and break down rooms between sessions, documentation of sessions, confirm appointments and expand their massage skills.

#### Professional Ethics for the Bodyworker

DESCRIPTION: This course explores the elements at the heart of ethics. Problem-solving, dealing with difficult clients, creating a personal code of ethics, issues of transference and counter-transference, setting boundaries, confidentiality, and understanding scope of practice will be discussed.

#### Reflexology I

DESCRIPTION: Foot Reflexology is a holistic healing modality that integrates body, mind, and spirit as living energy. Students learn this ancient system of applying pressure and massage techniques on reflex points of the feet to alleviate energy blocks that cause pain or tension. This assists the client to come into a state of awareness in order to stimulate natural healing processes. Some basic anatomy is included since the reflex points correlate to major organ and glandular systems in the body. Also, both the giver and receiver learn to be present to the natural flow of universal intelligence within them.

#### Reflexology II

PREREQUISITE: Reflexology I

DESCRIPTION: Students will learn more advanced reflexology techniques for the hands and feet. This course includes the history of reflexology. The instructor will discuss effective communication skills for the practitioner, basics of consultation and treatment sessions, documentation guidelines, areas of emphasis and referral points on the foot, and contraindications.

#### Reflexology III/Eastern Theory

PREREQUISITE: Reflexology II, Foot & Hand Anatomy

DESCRIPTION: In this advanced course, students will explore techniques for ear reflexology. They will become aware of the reflex points on the entire body and learn how to use reflexology for specific conditions. Elements of Oriental medicine, herbal treatments, meridian and nerves, SOAP notes, establishing a practice, proper body mechanics and self-care will also be addressed.