



Pathways School of
Reflexology

Level 3

DIPLOMA in REFLEXOLOGY

for Wellbeing

Course Prospectus 2020-21

Course begins 20 September* 2020

*NB: course dates have been revised due to the coronavirus outbreak. Revised dates are expected to go ahead as planned, but some adaptations to the course may be needed.

This qualification is fully accredited to national standards and successful graduates will be eligible to apply for membership of the UK's leading recognised professional associations, including:

- **Association of Reflexologists (AoR)**
- **Professional Reflexology (PR)**
- **Federation of Holistic Therapists (FHT)**
- **Complementary Therapists' Association (CTHA)**

Successful graduates will also be able to register with the

Complementary and Natural Healthcare Council (CNHC)

the government-supported UK voluntary register for complementary therapists



Principal & Tutor

Angela Sellens Drake
FMAR, PRM, CNHC Regd.



WHY STUDY AT PATHWAYS?

Pathways offers a number of special features, before and during the course:

Finding out, deciding and planning to do the course:

- ❖ **Introductory workshop** – learn simple theory and practical skills before deciding if the Diploma training is for you
- ❖ **Pre-course interview/ treatment** – discuss your questions and experience a Reflexology treatment from the tutor
- ❖ **Anatomy, Physiology & Pathology Unit** – a fully accredited Level 3 online certificate course is offered, supported by in-class teaching

Learning Pathways' Specialised Reflexology techniques:

- ❖ **Pathways' unique gentle precision techniques**—offer a foundation of gentle, powerful and responsive treatments to suit a wide range of individual needs
- ❖ **Special Focus Treatment Planning sessions** – how to plan treatments to help people living with complex health conditions
- ❖ **Additional and Advanced Techniques** – to enhance and develop treatments

Additional features of the course:

- ❖ **Advanced techniques** to enhance treatments and give them special focus
- ❖ **'Listening skills'** – develop empathy and respect for your client
- ❖ **'Foot-Reading' skills** – learn to 'read' what the feet can teach us
- ❖ **Integrated Anatomy, Physiology & Pathology** – understand the body as an integrated 'whole'
- ❖ **Creative Business class** – plan and promote *your* practice *your* way
- ❖ **Professional Ergonomic Advice session** – learn best working practice for therapist and client
- ❖ **1st Aid certificated training** – know what to do in case of emergency
- ❖ **Healthy Eating and Wellbeing Unit** – offer informed lifestyle advice to clients

Support during the course:

- ❖ **More than 100 hours' supervised tuition**— provide in-depth training
- ❖ **Varied and creative teaching methods** –support different styles of learning
- ❖ **Structured Study and Practice Plans** – help students pace their learning
- ❖ **One-to-one practical 90-minute tutorial session** – helps build confidence
- ❖ **Small, friendly classes** – for high quality individual attention and support

Pathways' students form a vibrant, supportive community

ABOUT THE COURSE

Pathways is an AoR Affiliated School for running
the ABC Awards Level 3 *Reflexology for Wellbeing* Diploma course

- THE UNITS OF STUDY ARE –

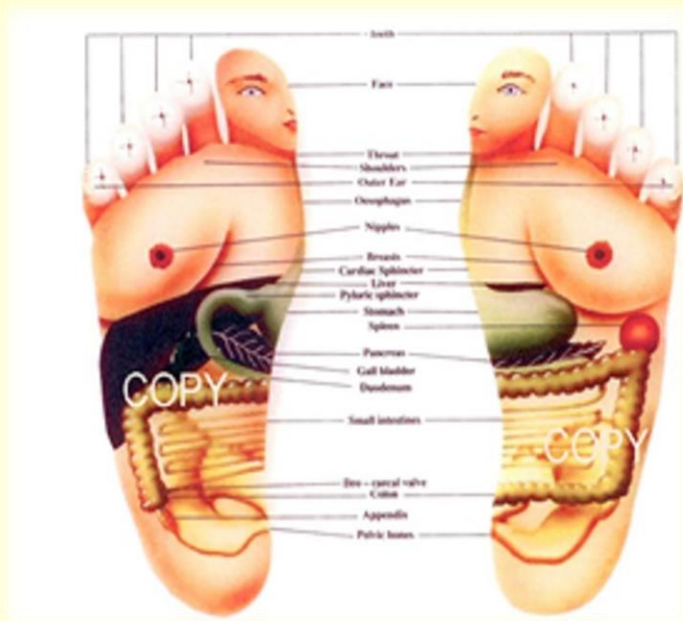
- ❖ **Reflexology** - history and theory, research, development and practice
- ❖ **Anatomy, Physiology and Pathology** – how the body functions in health and disease
- ❖ **Complementary Therapies** – principles & practice of complementary therapies
- ❖ **Business Practice** - planning a complementary therapy business
- ❖ **Healthy Eating and Wellbeing** (*optional*) - for the complementary therapy client

COURSE FEES INCLUDE:

- **Awarding Body Registration fees for all Course Units***
- **Introductory Reflexology self-help workshop** (*see details below*)
- **Introductory treatment/ interview session** (*see details below*)
- **Anatomy, Physiology & Pathology*** (*see details below*)
- **Certificated 6-hour Emergency First Aid** training day
- **Professional Ergonomic Advice session** – for ease of treating & client comfort
- **Healthy Eating and Wellbeing** Unit – to enhance practitioner skills
- **All course notes** plus detailed marking and guidance for course assignments
- **One-to-one 90-minute practical tutorial** – to build skills and confidence
- **Full student support** - throughout the course

** Prior qualification or equivalent study may count as Accredited Prior Learning (APL).
Please ask for more details.*

ABOUT REFLEXOLOGY



Reflexology - also known as *Reflex Zone Therapy* derives from techniques used in many ancient cultures.

In the West, the practice was 'rediscovered' and developed in the United States, in the early part of the twentieth century. Since then it has grown steadily in popularity and, increasingly, it is gaining worldwide recognition.

Reflexology works on the principle that the functioning of the entire body is represented in reflexes in the hands and feet. Using gentle thumb and finger techniques, the practitioner seeks to activate the body's self-healing mechanisms, 'rebalancing' and revitalising energy throughout the entire body system. In working to help the body help itself, Reflexology offers a gentle and holistic treatment and its effects may be experienced as profound and far-reaching.

Pathways' gentle precision techniques are responsive and non-invasive, offering a



sensitive, holistic and unique treatment for each client. These special techniques help develop sensitivity and the ability to *read* and *respond* to the condition of the reflexes by touch. Combined with visual assessment techniques, students learn how to adapt pressure and technique in every situation.



Techniques for both Foot and Hand Reflexology are taught within the Reflexology Level 3 Diploma course.

COURSE PROSPECTUS 2020-21

THE UNITS OF STUDY – in more detail:

1. REFLEXOLOGY

All the theory and practice needed to provide professional Reflexology treatments to members of the public, including:

Reflexology History, Theory and Practice

- **History and theory of Reflexology:** its origins and how it is believed to work
- **Assessment techniques** to 'read' the condition of hands or feet
- **A full sequence of gentle precision techniques** for both hand and foot Reflexology
- **How to adapt treatments** for particular conditions and to suit individual needs
- **Professional ergonomic advice** to avoid strain and enhance client comfort

Casework and Clinics

- Students gain **supervised practice** within class sessions and **student Clinics**
- Outside class, they build up a **portfolio of casework** from treatments carried out on friends and family. By the end of the course they will complete a total of 100 treatments
- **Reflective Practice:** students will learn how to **reflect on their experience** of giving and receiving treatments and identify ways of improving their practice
- **Clear guidelines** for planning, recording and completing casework is given throughout the course

UPDATE for course beginning September 2020: students will be asked to provide their own PPE for class practice sessions. (See Additional Costs p.10)

2. ANATOMY, PHYSIOLOGY & PATHOLOGY (A,P&P)

The knowledge of anatomy, physiology and pathology necessary for working as a Complementary therapist, including:

Students learn using a combination of guided home study and online resources, together with supported class teaching and a final multiple choice assessment/exam.

This is how it is arranged:

- **Level VTCT 3 Certificate in Anatomy, Physiology & Pathology (A,P&P):**
- This qualification is fully transferable across the Qualifications & Credit Framework (QCF) – as a basis for studying other Complementary Therapies such as Massage, Aromatherapy and is studied with ETS (Essential Training Solutions) – our tried and tested partner for online learning provision of Anatomy, Physiology & Pathology.
- **Integrated Anatomy & Physiology** is covered within class sessions and includes:
 - **An overview of each body system and how the body works** as an integrated whole
 - **An holistic understanding of health and dis-ease**

The online course may be started before the course begins. Please ask for details.

Accredited Prior Learning (APL): Students who have already gained the Level 3 Certificate in Anatomy, Physiology & Pathology (or equivalent) may not need to study this Unit again within the course. Please contact us to check details and whether any additional study is needed.

3. COMPLEMENTARY THERAPIES

The principles and practice of Complementary Therapies in the wider Healthcare context, including:

History & Theory of Complementary Therapies

- **Origins and background:** how complementary therapies have developed
- **The holistic approach:** environmental and psycho-physical aspects of health
- **Aims, principles and techniques used:** a broad range of complementary therapies will be studied, with a special focus on Massage and Aromatherapy
- **Standards and Regulation** of Complementary Therapies

Guidelines for the Practice of Complementary Therapies

- **Professional practice:** qualities and skills to be developed in a therapist
- **Responsibilities of the therapist:** legal and ethical considerations and requirements
- **Communication skills and the Consultation process;** record keeping
- **Health & Safety for the therapist** including **certificated 1st Aid training**
- **Support agencies** and their role in Complementary Therapy practice

4. BUSINESS PRACTICE

The skills needed to plan, advertise and establish a successful practice as a Complementary therapist, including:

Business Theory

- **Legal and insurance** requirements
- **Modes of practice:** researching employment options and opportunities
- **Marketing & publicity;** ethical practice and advertising standards
- **Book-keeping** guidelines & tax returns

Business Practice

- **Creating a Business Plan:** design *your* business and create *your* Plan

5. ADDITIONAL UNIT: HEALTHY EATING & WELL-BEING

Nutritional awareness for the therapist to support a client in making healthy eating and lifestyle choices, including:

Nutrition for good health

- **The importance of a balanced diet**
- **The role of essential nutrients, water and fibre** for health
- **Modern methods of food production & preparation:** and their impact on health

Advising the Client

- **Assessing and advising clients** on adopting healthy eating and lifestyle habits

HOME STUDY

We recommend that Students set aside a **minimum of 8-10 hours per week** for home study and practice to:

- **Consolidate what has been learned** and **complete home assignments**. Course notes and practice worksheets are provided and students will be given details of required and recommended research and reading. Students should allow a minimum of 5 hours /week (of the recommended 8-10 hours) to cover this.
- **Practise giving treatments** to friends and/or family and **build the casework portfolio**: evidence of 97 treatments in total (conducted both within and outside class) is required as part of the final course assessment. These are built-up gradually, from the beginning of the course and will be presented as part of the final assessment. Students should allow a minimum of 3 hours /week (of the recommended 8-10 hours) to cover this.
- **Write-up the 3 Supervised practical Clinic sessions** as part of the casework portfolio
- **Later in the course, students may need to allow time** to prepare and present coursework and casework, for the final assessment

An extension for the completion of coursework or casework may be offered for students who have genuine difficulty completing in the recommended time. Any additional costs for tuition or marking are the responsibility of the student (see Additional Costs, p10)

ASSESSMENT

The **Anatomy, Physiology and Pathology Unit** involves online assessment and a multiple-choice test/exam.

The remaining units that make up the **Level 3 Diploma in Reflexology** are assessed within the school and are subject to internal and external quality assurance checking (moderation).

- Students' progress and development throughout the training, as well as assigned coursework and casework, will form an important part of their final assessment.
- There are on-going home assignments and tutorials to assist students' learning.
- There are three supervised practical assessments.
- Final assessments of all Units must meet the required standards to gain a 'pass' and students need to achieve a 'pass' in all Units.
- The final theory assessment of these remaining Units is made up of presented portfolio work. Students are expected to submit some work electronically.

Students should aim to attend all classes.

- Individuals learn at different rates. The tutor will advise if extra time/study is needed.
- Missed or additional classes will usually need to be made up at the student's expense.

The **ABC Awards Level 3 Diploma in Reflexology** will be awarded when all aspects of the course have been successfully completed.

Insurance

- Students registering on this course should take out 'student insurance' and may choose to become student members of AoR (Association of Reflexologists) or another professional organisation such as PR (Professional Reflexology), which include their own insurance packages. (Costs: £26 -£36).
- Student insurance covers students for all treatments associated with the course
- Students who are already practising a therapy may find they may receive insurance cover from their existing provider, sometimes at no additional cost, and are advised to check.

REFLEXOLOGY AS A CAREER

Reflexologists are usually self-employed, often working from home or from Complementary Health Clinics, and sometimes working within business environments or visiting clients in their own homes. Some practitioners have treatment rooms at doctors' surgeries and may provide treatments within hospices or may offer their services within hotels and health spas.

There is a growing interest in Reflexology among health care professionals - doctors and nurses, midwives and physiotherapists - and many are now seeking to learn how to use Reflexology within their field of work.

Reflexology is essentially a practical art and no formal qualifications are required to enable you to learn. All relevant theory and practical techniques are taught within the course. However, understanding of Biology and Science to GCSE or A level would be helpful.

People of different ages and from many walks of life are drawn to study Reflexology, bringing with them their own particular qualities and experience, which should enrich their work as therapists.

REGISTRATION

Applications to join the **Level 3 Diploma in Reflexology** course are invited from anyone from age 19, who has a genuine interest in studying and working with Reflexology, and who feels able to offer the commitment such a course would need.

No formal qualifications are required for the course. However, it is recommended that students will have achieved passes in five GCSEs at Grade C, or equivalent in training or experience.

Please feel free to discuss any questions you have about this.

Pre-course Introductory Workshop, Interview and Induction

- To clarify if Reflexology training is 'for them' applicants may attend an **Introductory Workshop** where available, offering an introduction and pre-course training
- All prospective students will need to attend a **pre-course 'interview' session**
- Where possible, the interview session is face-to-face and includes a **short treatment** from the tutor at a special price of **£25** (*refundable against course fees*)
- Prospective students may also be invited to complete a **small written exercise**, similar to the kind used on the course, to prepare them for the kind of work the course involves

The cost of the Introductory Workshop and pre-course 'interview'/ treatment session will be refunded against course fees, for those who join the training.

ACCREDITED PRIOR LEARNING (APL)

Courses that sit on the National Qualifications Framework (QCF) are designed to be flexible, allowing for an ease of transferable skills, where students have already studied one or more of the Units. This will apply to those who have, for instance, studied Anatomy, Physiology & Pathology to Level 3, with one of the recognised awarding bodies: C&G, VTCT or ITEC, from 2011 onwards. It is expected that students update their knowledge with ongoing study or within their practice to keep it current. Where the Unit has been externally examined, the Certificate is completely transferable. If there has been no external examination, the student may be asked to complete additional elements within a new therapy Diploma course.

For those who have studied a different or previous qualification, *Pathways* will advise on what knowledge or skills may be 'transferred' on an individual basis, and make recommendations as to classes that would need to be attended and evidence that would need to be provided, for the *Level 3 Diploma in Reflexology* course.

PRE-COURSE TRAINING – INTRODUCTORY WORKSHOPS

Prospective students would benefit from joining an Introductory Workshop, where available. These offer:

- ❖ an overall introduction to Reflexology
- ❖ some self-help practical skills
- ❖ an opportunity to try a Reflexology class before committing to the main course

COST: £35 – to be deducted from fees if you join the Diploma course

See website for dates or contact us for details and a Booking form

PRE-COURSE INTERVIEW/ TREATMENT SESSION

All prospective students are asked to attend a pre-course interview session. This is usually conducted in person and includes an introductory treatment from the tutor

COST: £25 – to be deducted from fees if you join the Diploma course

Please phone/email to arrange an appointment

COURSE DETAILS 2020-21

a ten month SUNDAY-based course
 beginning 20 SEPTEMBER 2020

16 training days made up of 1 or 2 Sundays per month
 and 3 Saturdays

CLASS TIMES 10am-5pm

| year | month | SAT/SUN |
|-------------|-----------|---------|
| 2020 | | |
| | September | 20 |
| | October | 18 |
| | November | 8, 29* |
| | December | 13 |
| 2021 | | |
| | January | 10, 31 |
| | February | 6, 28 |
| | March | 14, 28 |
| | April | 18, 24 |
| | May | 23 |
| | June | 12*, 20 |

**date changed from previous version*

Please note:

- ❖ Dates for this course have been revised following the coronavirus outbreak
- ❖ Every effort is made to keep to dates as planned but due to an uncertain situation, these remain provisional until more is known
- ❖ If dates need to be changed, students will be consulted well in advance, where possible
- ❖ Students should aim to attend all sessions. Missed sessions may need to be made up at student's expense

COURSE FEES for courses beginning 2020 are **£1750** (*see page 3 for what this includes*)

PAYMENT OPTIONS:

Payments may be made once a place on the course has been offered and accepted.

- **DEPOSIT is £400.** This will secure your place and allow entry to the Anatomy, Physiology & Pathology online training with ETS, as well as Pathways' Guided Study induction Plan 2020
- **BALANCE OF FEES is £1350.** This is payable by **6 September 2020**

If you have already gained the **Level 3 Certificate in Anatomy, Physiology & Pathology*** (or an equivalent), and it is currently valid, a reduction against full course fees may be offered.

***Please note**, the School must first check that your qualification is accepted as APL by the Awarding Body.

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PAYMENT METHODS: Payment may be made by Direct Transfer, cheque or cash, by agreement
Please contact us if you are applying for a grant or bursary to cover costs of your study.

ADDITIONAL COSTS

Over and above course fees, students should make allowance for the following Additional Costs:

- **Additional tuition fees:** these may be asked if a student is absent and needs to make up a class or in the case of an extension for course completion that involves extra training. In this case, additional marking time may also be charged for. Fees are kept to a minimum and current charges are £25 per hour.
- **Professional equipment:** *Pathways* recommends a professional treatment couch with a large treatment wedge. The School provides all class treatment equipment for class sessions. However, students are expected to work towards using their own for clinics and casework and for home practice.
- **There are many sources for treatment couches.** Please ask for advice.
- **The specially designed large treatment wedge** may be ordered through *Pathways* at a current cost of £45 (uncovered).

Please note, Treatment couches and wedges may be available second-hand through *Pathways*.

Other items:

UPDATE for course beginning September 2020 -
students will be asked to provide their own PPE for class practice sessions:

currently this includes:

**a clean top and trousers; face mask and visor; hand sanitiser; paper roll;
couch wipes/ alcohol solution.**

Further updates will be given as these become available (*Ask for advice if needed*)

Students will also need to provide items appropriate for professional practice at the three supervised student clinics. These will be discussed in class and include the PPE mentioned above as well as:

- Black trousers, white polo shirt and black cardigan/ sweater (as needed); black flat indoor shoes (appropriate for therapy)
- Couch cover plus white or colour-co-ordinated sheets; pillows & blanket; white towels
- Small footstool & small table/ trolley

ABOUT THE TUTOR

- **Angela Sellens Drake began working in the area of natural health in 1974**, at Tyringham Naturopathic Clinic. She then worked at centres of natural healing in France and Scotland and in London's 'Chalk Farm Nutrition Centre'.
- **Angela trained in Reflexology with Jane Vukovic in 1984**, in London. Jane taught alongside Doreen Bayly for 20 years and was instrumental in setting up the Association of Reflexologists (AoR).
- **Angela** has a well-established practice in Norwich, England. She continues to develop her work and explore many different approaches to Reflexology.
- **In 1994** Angela studied the pioneering 'light-touch' (Universal) techniques and 'Language of the Feet' as taught by Chris Stormer. These have influenced the basis of Angela's work, which she continues to expand and develop
- **In 2004**, she completed the Diploma course in **Facial Reflexology Sorensensistem™** and trained in **Meridian** and **Neuro-Foot Reflexology** (Praxis Vertebralis) with Lone Sorensen.
- **Since then, Angela has continued to study with Lone Sorensen**, completing courses in 'Intestinal links' techniques for foot and facial Reflexology, Japanese Cosmo-Facial 'Lifting' treatment, Tibetan Neck and Scalp Reflexology as well as Ocular Therapy and Bipolar Trauma therapy.
- **Angela has taught on the Facial Reflexology Sorensensistem™ Diploma course**, in Norfolk England and also in London Ontario and Vancouver, Canada.
- **Angela set up Pathways School of Reflexology in 1996** to run high-quality, accredited, professional training courses. The school also offers advanced CPD and on-going training for practising Reflexologists. **Pathways** is an authorised school to support Facial Reflex Therapy Sorensensistem™ training in UK.
- **Angela has given presentations for the Schools of Midwifery and Nursing** at the University of East Anglia (UEA), on reflexology's role in pregnancy and childbirth and in palliative care.
- **In January 2010, Pathways took part in the making of 'Shifting MS: A Young Person's Guide to MS'**, a film created by the Norwich and District MS Society and co-produced by Pathways' student Gloria Morris. *Pathways* provided foot, hand and facial Reflexology treatments, demonstrating Complementary Therapies recommended for people living with MS. The film was made by & for young people diagnosed with Multiple Sclerosis.
- **Angela has been guest speaker on Radio Norfolk, Future Radio and Norfolk Hospital Radio.**
- **Angela has run a research project** using reflexology in a School for **children with complex needs**. **In 2014, Angela** was awarded the **Fellowship award** by AoR (Association of Reflexologists), giving her **FMAR** status.
- **In 2015, Angela** was awarded the **Diploma in Temprana Reflex Therapy**, a widely acclaimed rehabilitation programme for those with complex conditions and neurological damage and dysfunction.
- **Angela** provides reflexology and touch sessions for carers and those living with dementia and presented at the 'Shining a Spotlight on People, Practice & Dementia Care' Conference in December 2009 for the Norfolk & Waveney Mental Health NHS Foundation Trust. She is a **patron of the Forget-me-Nots**, a small Norwich-based charity helping those with memory loss and a trustee at Mangreen Trust, helping coordinate its *Living Well* programme and the *Making Friends with Dementia* project.
- **Angela has also trained in Touch for Health** techniques (Kinesiology) and Brain Gym and in the **Metamorphic Technique** and is a **teacher of Fertility Awareness Methods** (methods for Natural Family Planning). In 2018, she gained the **Diploma in Practical Spirituality and Wellness**.
- **Angela** is a member of the **Association of Reflexologists (AoR)** and **Professional Reflexology (PR)** and is registered with the **Complementary and Natural Healthcare Council (CNHC)**



PATHWAYS SCHOOL OF REFLEXOLOGY

247 College Rd, NORWICH NR2 3JD

Tel: 01603 503794

www.pathwaysreflexology.co.uk

**Level 3 DIPLOMA COURSE in REFLEXOLOGY 2020-21
 APPLICATION FORM**

| | | | |
|---|------------------|----------------------|--------------------|
| Name | | M/F | |
| Address | | postcode: | |
| Phone(s) landline: | | mob: | |
| email | | website | |
| Living status: on own/ with family/ other? | | Date of birth | |
| Children: how many? | age(s) | living at home/away? | |
| How did you hear about this course? | Website? (which) | Advertising? (which) | Recommended? (who) |
| | | | |
| Occupation/ Interests | | | |
| Previous occupation(s): qualifications: | | | |
| Have you received any reflexology treatment? | | | |
| If yes, for how long? What was your experience of it? | | | |
| Have you done any previous training in Reflexology? | | | |
| Why do you want to train to be a <i>Reflexologist</i> ? | | | |

Is there anything else you'd like to add? (*please continue on extra sheet if needed*)

ENROLMENT

- I have read & understood details of the **Level 3 Diploma in Reflexology** Course
- I would like to enrol on the: **Sunday-based course starting 20 September 2020**
- I enclose payment for: (*please ✓ or highlight below as relevant*)

| PAYMENT OPTIONS | Fees £ |
|---|--------|
| Deposit <i>secures your place on the course</i> | 400 |
| Level 3 Reflexology Diploma course <i>full course fees may be paid in instalments up until 6 September 2020 (ask to discuss)</i> | 1750 |

PLEASE NOTE: All fees should be paid in full by 6 September 2020

PAYMENT METHODS - [Electronic payment details available on request](#)

Please make cheques payable to: **Angela Sellens Drake**
 and post to: **247 College Rd, Norwich NR2 3JD**

I understand that acceptance onto the course is at the discretion of the School principal and normally follows attendance at an *interview/ treatment session and Introductory Workshop* and the signing by both parties of the *Contract/ Learning Agreement (this separate document will be provided to applicants)*

I also understand that any deposit/fees paid are refundable only if the school is unable to offer me a place on the course of my choice. Deposits paid and accepted on confirmation of a place on the course are otherwise non-refundable

Should I need to cancel my registration up to six weeks before the commencement of the course, *balance of fees only may be refundable. After that time fees may be transferable (at the discretion of the principal).* Once the course has begun, all fees are non-refundable

I have disclosed any information, such as health or personal circumstances, that may impact on my ability to complete this course

I am willing and able to commit the time and energy needed to complete this course and know of no reason why I should not train to practice reflexology

I enclose a recent portrait/passport-size photo and **I enclose the names and addresses of two referees** with this application (*one who knows me in a professional capacity and one in a personal capacity*)

I understand that my personal details as given on this form will be kept confidential and stored securely in line with the General Data Protection Regulation (GDPR) Act 2018 and only shared with tutors/assessors/ moderators as required by the Awarding Body for the qualification and that I will also be asked to sign a GDPR Privacy statement as confirmation of this (copy available on website)

Signed Date

Pathways School of Reflexology (*established 1996*), 247 College Road, Norwich NR2 3JD
01603 503794 /07948 129273 www.pathwaysreflexology.co.uk

Extra sheet