

# Pathways School of Reflexology



## Level 3 DIPLOMA in REFLEXOLOGY for Wellbeing

## Course Prospectus 2021-22

Course begins 19 September 2021

Classes will take place at the Orchard Room, Mangreen, Norwich

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)

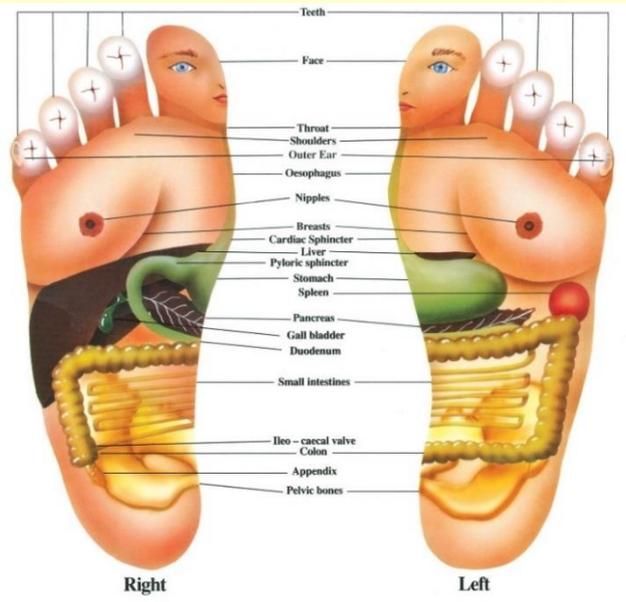


Graduates may apply to register with the **Complementary and Natural Healthcare Council (CNHC)** the government-supported UK voluntary register for complementary therapists.

Principal & Tutor  
**Angela Sellens Drake**  
FMAR, PRM, CNHC Regd



# ABOUT REFLEXOLOGY



**Reflexology** - also known as *Reflex Zone Therapy* – is thought to derive from techniques used in many ancient and traditional cultures.

In the West, modern reflexology grew out of *Zone Therapy* practices in the United States, in the early part of the twentieth century. Since then, it has developed its own theory and further specialised techniques. Eastern practices such as acupressure have informed reflexology's development and broadened its understanding and scope.

**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 unique holistic and sensitive treatment for each client. These special techniques help to 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.

# STUDYING AT PATHWAYS

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



## Venue

- Training takes place in the Orchard Room at Mangreen Trust – a light, spacious room, with free parking, in beautiful surroundings.
- Mangreen is 4 miles south of Norwich, off the Ipswich Road (A140)

## Before the course begins

- **Introductory workshop** – find out about reflexology and learn a little hand reflexology.
- **Pre-course interview/ treatment** – meet with your tutor and discuss any questions you have.
- **Introductory Treatment** - experience a short Reflexology treatment with your tutor.
- **Accredited Anatomy, Physiology & Pathology training** – start learning before the course starts: study the transferable **Level 3 certificate** OR **our non-exam course** at your own pace
- **Our Introductory Reflexology module** – may be started before the course begins

## Special features within the course

- **Pathways' unique gentle precision techniques for Reflexology** – offer a foundation of gentle, powerful and responsive treatments to suit a wide range of individual needs
- **Special Focus Treatment Planning sessions** – show how to plan and adapt treatments to support those living with unusual or complex health conditions
- **Additional and Advanced Techniques** – a range of different techniques to extend your skills

## Interesting extras

- **Listening skills for the practitioner** – develop empathy and respect for your client
- **'Foot-Reading' skills** – find out what the feet can show us about our health
- **Integrated A, P & P** – understand the body as an integrated 'whole'
- **Ergonomic Advice** – professional advice on good working practice for practitioner and client
- **1<sup>st</sup> Aid certificated training** – know what to do in case of emergency

## Support during the course

- **More than 100 hours' supervised tuition** – provide in-depth person-centred training
- **Varied and creative teaching methods** – support different styles of learning
- **One-to-one practical 90-minute tutorial** – helps you build confidence in your practice
- **Small, friendly classes** – offer shared learning, 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

### 5 UNITS OF STUDY

1. **Reflexology** - history and theory, research, development and practice
2. **Anatomy, Physiology and Pathology** – how the body functions in health and disease
3. **Complementary Therapies** – principles and practice of complementary therapies
4. **Business Practice** - planning your complementary therapy business
5. **Healthy Eating and Wellbeing** (*optional*) – guidance for complementary therapy clients

## COURSE FEES INCLUDE

- **Awarding Body Registration fees for all Course Units**
- **AoR Affiliated Schools (AS) Student membership, insurance and registration \***
- **Introductory Reflexology workshop** (*before the course - see details below*)
- **Interview and treatment session** (*before the course - see details below*)
- **Anatomy, Physiology & Pathology online course** - may be started before course begins
- **Comprehensive Anatomy and Physiology manual** to accompany your course
- **Certificated First Aid** training day
- **Beautiful A2 laminated Foot Reflex Chart** plus **A3 laminated Hand Reflex Chart**
- **Professional Ergonomic Advice session** – for ease of treating and client comfort
- **Healthy Eating and Wellbeing Unit** – to enhance practitioner skills
- **Course notes** plus detailed marking and guidance; **videos** to support teaching
- **One-to-one 90-minute practical tutorial** – to build skills and confidence
- **Full student support** - throughout the course

**\* AoR Affiliated Schools (AS) student members receive extra benefits during the course and on completion:**

- 8 x monthly e-newsletters talking you through your student journey
- Access to support materials in the Student area of AoR's website; discounts with partner companies
- A route to AoR full membership on completion of your course and an AoR AS certificate, as a sign of excellence in training - plus a badge for your website to say you are an Affiliated Schools Graduate
- 3 months' free AoR Full membership upgrade upon completion

# COURSE PROSPECTUS 2021-22

## What the course covers

### 1. REFLEXOLOGY

You will learn all the theory and practice needed to qualify and to practice Reflexology professionally

#### Reflexology History, Theory and Practice

- History and theory of Reflexology
- Assessment techniques
- Gentle precision techniques
- Adapting treatments
- Professional ergonomic advice



#### Casework and Clinics

- Supervised practice in class sessions and Student Clinics
- Casework is made up from treatments offered to your friends and family
- Reflective Practice is built into all your practice and learning

#### UPDATE for course beginning September 2021

As long as the Covid-19 situation continues, students will need to provide their own PPE for class practice sessions and Student Clinics (see Additional Costs: 'extras' p.10)

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

You will learn Anatomy, Physiology and Pathology through a combination of online study and class teaching, to help you connect theory and practice. *Holistic* Anatomy, Physiology and Pathology is explored in class sessions while the detailed study is completed online. There are **two options** for the online course – with or without a final exam:



**Option A:** The VTCT accredited Level 3 Certificate course in Anatomy, Physiology & Pathology may be studied online with ETS (Essential Training Solutions) This qualification involves a final exam and is transferable as APL\* if you plan to study other Complementary Therapies such as Massage and Aromatherapy

**Option B:** The FHT non-exam accredited Level 3 Anatomy, Physiology & Pathology course may be studied as an alternative, if you do not need a transferable qualification

You can begin your online study before the course starts

Please ask for details

#### \*Accredited Prior Learning (APL)

If you have already gained the Level 3 Certificate in Anatomy, Physiology & Pathology (A,P&P), or equivalent, you may not need to study the full Unit – although a Refresher course or selected additional study may be recommended.

To check, please contact to find out whether any additional study may be needed.

### 3. COMPLEMENTARY THERAPIES

Complementary Therapies and their place within Healthcare

#### History & Theory of Complementary Therapies

- **How complementary therapies** have developed
- **A holistic approach** to health and healing
- **A number of complementary therapies**, with a special focus on **Massage and Aromatherapy**
- **Standards and Regulation** in Complementary Therapies



#### Guidelines for the Practice of Complementary Therapies

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

### 4. BUSINESS PRACTICE

The skills needed to plan, promote and maintain a successful practice as a Reflexology practitioner, including:

#### Understanding Business

- **Legal and insurance:** making sense of what needs to be done
- **Different modes of practice:** exploring what would work best for you
- **Marketing and promotion:** wholesome tips to help your business grow



#### Business Practice

- **Creative planning:** designing a business to suit how you would like to work

### 5. HEALTHY EATING & WELL-BEING

You will learn basic nutritional and general wellbeing guidance for the practitioner, 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:** effects on wellbeing

#### Advising the Client

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



*Please note, this Unit is optional – let us know if you do not want to include it in your Diploma studies*

## HOME STUDY

### Over the course you will create a Coursework Portfolio

This brings together all the assignments and casework you complete throughout your training.

The portfolio is:

- how your work will be assessed for your Diploma
- an invaluable resource for you to use in the future

It includes:

- Home Assignment work – written assignments, worksheets, diagrams and charts
- Online study - for Anatomy, Physiology and Pathology
- Practice treatment paperwork – from 97 treatments offered to friends and family

### You will need to set aside 8-10 hours per week to complete this, including the practical work

Please note, this timing is approximate, as everyone learns at their own pace.

Please ask for support if you feel you need it.

Full guidance will be given throughout the course on how to organise and complete your work



## ASSESSMENT

There is no exam for the **Level 3 Diploma in Reflexology for Wellbeing**

**Your coursework and casework - as well as your practical work – make up your overall assessment.**

### Assessment:

- takes place within the school (*apart from the Anatomy, Physiology and Pathology – see below*)
- is sampled and checked by internal and external moderators

There are **3 supervised practical assessments** near the end of the course, within student clinic sessions.

### Home assignments and tutorials assist students' learning:

- assessments of all Units must meet the required standards to gain a 'pass'
- final overall assessment of your portfolio requires a 'pass' in all Units
- you will be asked to submit some work electronically

**The Anatomy, Physiology and Pathology Unit is organised and assessed** through ETS (Essential Training Solutions) – our online training partner and is externally accredited

### Students should aim to attend all classes:

- People learn at different rates. Your tutor will advise if extra time, practice or study is needed
- Missed or additional classes may need to be made up at the student's expense

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

## 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.

## ENTRY REQUIREMENTS

Reflexology is essentially a practical art. All the necessary theory and practical techniques are taught within the course.

No formal qualifications are required to enable you to learn, although it is recommended – where possible - that students will have achieved passes in five GCSEs at Grade C, or equivalent in training or experience.

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

Everybody's situation is unique so please let us know if there is anything you would like to discuss.

## REGISTRATION

Applications to join the **Level 3 Diploma in Reflexology for Wellbeing** course are invited from those with a genuine interest in studying and working with Reflexology, and who feels able to offer the commitment such a course would need. The qualification is open to learners over the age of 16.

## PRE-COURSE SELF-HELP WORKSHOP, INTERVIEW and INTRODUCTORY TREATMENT

To clarify if training in Reflexology is 'for you', *Pathways* offers:

- an **Introductory Workshop**, where you can find out more about **Reflexology** and learn some simple techniques to use for yourself, or for family and friends.
- a **pre-course 'interview'** to answer any questions you may have
- an **introductory treatment with the tutor** (where this is possible)



Please note – where concerns remain on meeting in-person, the Introductory Workshop and 'interview' session will be offered online, to ensure safety for all.

The cost of the workshop and treatment (*see below*) will be refunded against course fees, for those who join the training.

## PRE-COURSE TRAINING – INTRODUCTORY WORKSHOP

If you think you'd like to study Reflexology, you may want to try an online Introductory Workshop:

- Find out about Reflexology and the Level 3 Training
- Learn some simple hand reflexology to use for yourself or your family

**COST: £25** – 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:** if you are thinking of joining the course, you can arrange to meet with the course tutor online, to go over any questions you may have.

**INTRODUCTORY TREATMENT:** why not try a sample treatment with the tutor (*when available*)?

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

*Please phone/email to arrange an appointment*

## COURSE DETAILS 2021-22

**A ten-month course beginning 19 SEPTEMBER 2021**

**PLEASE NOTE:** In order to remain flexible during the pandemic, we need to be ready to learn in the best ways possible at the time.

**For this reason, the course is made up of in-person and online classes, where practical work will be prioritised for in-person sessions.**

**Please keep all scheduled dates in your diary**

year	month	SATURDAY/SUNDAY 10am-6pm	THURSDAY ONLINE 6-8pm
<b>2021</b>			
	September	19,	30
	October	10, 31	-
	November	28,	11
	December	12	-
<b>2022</b>			
	January	8, 29	-
	February	27	10
	March	13, 27	-
	April	23	28
	May	7, 29	-
	June	11, 26	-
	July	17	-

### IMPORTANT

- Some of the Sunday dates are expected to be used for online teaching. These will be chosen once any restrictions become clear.
- **Where online teaching is offered, it will be in 2 or 3-hour sessions,** to limit screen time.
- **Any changes** will be made with notice and in agreement with students, where possible
- **You should aim to attend all sessions.** Missed sessions may need to be made up at the student's expense. Please discuss any known absences beforehand.

## **COURSE FEES** for courses beginning 2021 are **£1800** (*see page 4 for what this includes*)

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 access to the Anatomy, Physiology & Pathology online training, as well as to *Pathways'* Introductory Reflexology module.
- **BALANCE OF FEES is £1400:** payable by 5 September 2021
- **EARLY PAYMENT DISCOUNT:** course fees are reduced to £1700 if paid in full by 30<sup>th</sup> June 2021
- **INSTALMENT PAYMENTS:** spread your balance payments over 5 monthly instalments of £280, or over 8 monthly instalments of £180 (*see Application Form p.13 or ask to discuss details*)

**PAYMENT METHODS:** payment may be by electronic transfer or cheque (*ask for payment details*)

## **ADDITIONAL COSTS**

Over and above course fees, you should make allowance for the following possible extra costs:

- **Additional tuition fees:** may be asked if you need additional teaching sessions to cover absences or in the case of an extension for course completion that involves extra training. 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 treatment equipment for class sessions. However, you should aim to provide your own for clinics (where possible) and for your home practice.
- **There are many sources for treatment equipment:** including AoR partners offering discounts to members. We will discuss in class and guide you on important features to be aware of.
- **The specially designed large treatment 'wedge':** supports a client's entire spine in a raised position. It may be ordered through *Pathways* at a current cost of £60 (uncovered).

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

### **EXTRAS: COVID-19 PPE for in-person class sessions at this time**

**currently this includes:**

- **'Clinic Clothes':** a clean top and trousers (*as described below, or informal*); **indoor shoes**
- **'Everyday' face covering;** + **'clinical' face mask (2 or 3-layer)** & **optional visor** for practice
- **Hand sanitiser; paper-roll; couch wipes/ alcohol solution; a clean sheet and towel**

**Further updates will be given as these become available**

## **OTHER ITEMS**

You 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:

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

## ABOUT YOUR TUTOR

Angela Sellens Drake has worked in natural health and healing since 1974.

She worked at Tyringham Naturopathic Clinic in England and at centres of natural healing in France and Scotland and in London's 'Chalk Farm Nutrition Centre'.

Angela trained in Reflexology in 1984 with Jane Vukovic. Jane taught with Doreen Bayly for 20 years and helped set up the Association of Reflexologists (AoR).

Angela has a well-established practice in Norwich, England. She continues to develop her work and explore different approaches to healing and Reflexology.

Angela has also trained in the pioneering 'light-touch' (Universal) Reflexology techniques and 'Language of the Feet' as taught by Chris Stormer. These have profoundly influenced her work, which she continues to expand and develop.

In 2004, Angela trained in *Facial Reflexology Sorensensistem™* with Lone Sorensen. Her further training with Lone includes *Meridian and Neuro-Foot Reflexology (Praxis Vertebralis)*; '*Intestinal Links*' techniques for foot and face; *Japanese Cosmo-Facial 'Lifting' treatment*; *Tibetan Neck and Scalp Reflexology*; *Ocular Therapy* and *Bipolar Trauma therapy*. She has also trained in Temprana Reflex Therapy - a widely acclaimed rehabilitation programme for those with complex conditions and neurological damage and dysfunction.

Angela has taught the *Facial Reflexology Sorensensistem™ Diploma course* in England and Canada.

Angela set up *Pathways School of Reflexology* in 1996 to offer high-quality, accredited, professional training. The school also offers Advanced and CPD training for reflexologists and other practitioners. *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.

She took part in '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'* students provided foot, hand and facial reflexology treatments, demonstrating therapies recommended for people living with MS.

Angela has been guest speaker on Radio Norfolk, Future Radio and Norfolk Hospital Radio.

She has also piloted a research project using reflexology in a School for children with complex needs.

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 served as patron of the *Forget-me-Nots*, a Norwich charity helping those with memory loss, and is a trustee at Mangreen Trust, coordinating its *Living Well* and *Making Friends with Dementia* programmes.

Angela has also trained in *Touch for Health* techniques and *Brain Gym* (Kinesiology), and in the *Metamorphic Technique*. She is a *teacher of Fertility Awareness Methods* (for Natural Family Planning).

In 2018, she gained the *Diploma in Practical Spirituality and Wellness* and is a *Spiritual Health Mentor and Educator* for the *Spiritual Companions Trust*. She is currently co-leading a *Spiritual Companions Trust* Lottery bid to support carers in Norwich and Norfolk.

In 2014, Angela was awarded the Fellowship award by AoR (Association of Reflexologists), giving her FMAR status.

She is also a member of Professional Reflexology (PR) and the International Institute of Reflex Therapy and is registered with the Complementary and Natural Healthcare Council (CNHC).

She is currently training as a facilitator in *Trauma, Healing and Transformation* with Capacitar International.



## Level 3 DIPLOMA COURSE in REFLEXOLOGY 2021-22 APPLICATION FORM

Name		M/F	
Address		postcode:	
Phone(s) landline:		mob:	
email		website	
Living status: on own/ with family/ other		Date of birth	
Children	age(s)	living at home/away	
How did you hear about this course?	Website (which)	Advertising (which)	Word of Mouth (✓)
Occupation/ Interests			
Previous occupation(s): qualifications:			
Have you received any reflexology treatment?			
If yes, 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? ( <i>please continue on extra sheet if needed</i> )			

PAYMENT OPTIONS	Payment amount
<b>FULL COURSE FEES</b>	
<i>to be paid by 5 September 2021</i>	1800 (total)
<b>OR with EARLY PAYMENT DISCOUNT to be paid by 30 June 2021</b>	1700 (total)
<b>COURSE DEPOSIT and access to the online Anatomy, Physiology and Pathology course</b>	
<b>Once application is accepted – this secures your place on the course</b>	400
<b>BALANCE OF COURSE FEES</b>	
<i>to be paid by 5 September 2021</i>	1400 (+ deposit)
<b>OR with EARLY PAYMENT DISCOUNT to be paid by 30 June</b>	1300 (+ deposit)
<b>INSTALMENT PAYMENT OPTIONS</b>	
<b>5 monthly payments of £280 per month to be completed by September 2021</b>	1400 (+ deposit)
<b>8 monthly payments of £180 per month to be completed by December 2021</b>	1440 (+ deposit)
<b><i>Not sure which payment option is right for you? Please ask to discuss</i></b>	
<b>PAYMENT METHODS - <u>Electronic payment details available on request</u></b>	
Please make cheques payable to <b>Angela Sellens Drake, 247 College Rd, Norwich NR2 3JD</b>	
<b>ENROLMENT</b>	
I have read & understood details of the <b>Level 3 Diploma in Reflexology for Wellbeing</b>	
<ul style="list-style-type: none"> <li>I would like to enrol on the <b>Sunday-based course starting 19 September 2021</b></li> <li>I enclose/ am arranging payment for (<i>please ✓ or highlight above as relevant</i>)</li> </ul>	
<b>Acceptance onto the course:</b>	
I understand that acceptance onto the course is at the discretion of the School and normally follows:	
<ul style="list-style-type: none"> <li>attendance at an <i>interview and/or treatment session and Introductory Workshop</i></li> <li>the signing by both parties of the <i>Contract/ Learning Agreement (provided to applicants)</i></li> </ul>	
<b>Course deposit payment:</b>	
I also understand that the course deposit is refundable only if the school is unable to offer me a place on the course of my choice.	
<ul style="list-style-type: none"> <li>and that course deposits paid on confirmation of a place on the course are otherwise non-refundable</li> </ul>	
<b>Cancellation of registration:</b>	
I also understand that, should I need to cancel my registration up to six weeks before the start of the course, the <u>balance of course fees only</u> may be refundable.	
<ul style="list-style-type: none"> <li>After that time <i>course fees may be transferable</i> (at the discretion of the School)</li> <li>Once the course has begun, all fees are non-refundable</li> </ul>	
<b>Agreements:</b>	
I have disclosed any information, such as health or personal circumstances, that may impact on my ability to complete the course	
<ul style="list-style-type: none"> <li>I am willing and able to commit the time and energy needed to complete the course and know of no reason why I should not train to practice reflexology</li> <li>I enclose a recent portrait/passport-size photo and the names and contact details of two referees with this application (<i>people who know me in a professional and/or in a personal capacity</i>)</li> <li>I understand that my personal details as given 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 for the qualification - and that I will be asked to sign a GDPR Privacy statement as confirmation of this (copy available on website)</li> </ul>	
Signed ..... Date .....	

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

Extra sheet