

Pathways School of Reflexology



REFLEXOLOGY for Wellbeing Level 3 DIPLOMA Course Prospectus 2023-24

Course begins 15 October 2023

Pathways School of Reflexology is proud to have been a **Founder Member** of the former **AoR Affiliated Schools** programme

This qualification is regulated and accredited to national standards and is the only Level 3 Reflexology qualification fully endorsed by AoR - the Association of Reflexologists.

Pathways is an AoR Gateway School and is proud to have been a Founder Member of AoR's Affiliated Schools programme, offering a training that meets standards over and above the qualification's core requirements.

Successful graduates are eligible to apply for membership of UK's leading recognised professional associations, including:

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

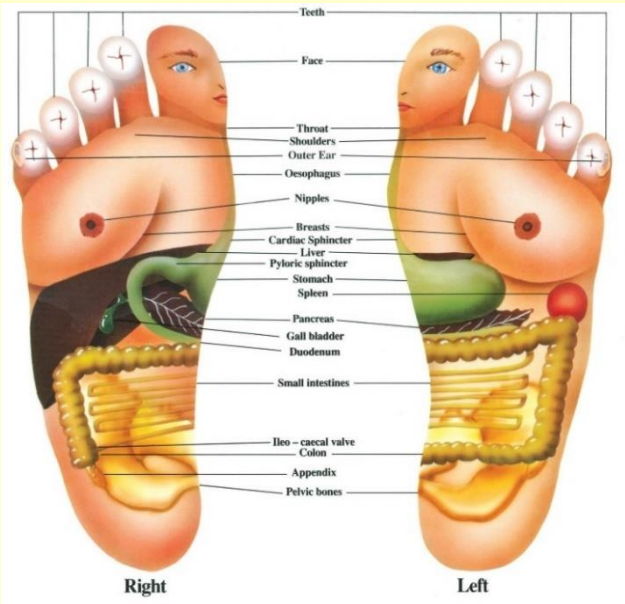


Graduates may apply to register with the **Complementary and Natural Healthcare Council (CNHC)** the government-supported UK voluntary register for complementary therapists.

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 acupuncture 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 to suit every situation.

Techniques for both Foot and Hand Reflexology are taught within *Pathways'* Reflexology for Wellbeing Level 3 Diploma course.



STUDYING AT PATHWAYS

PATHWAYS' VENUES

IN-PERSON sessions may be held at the following venues:

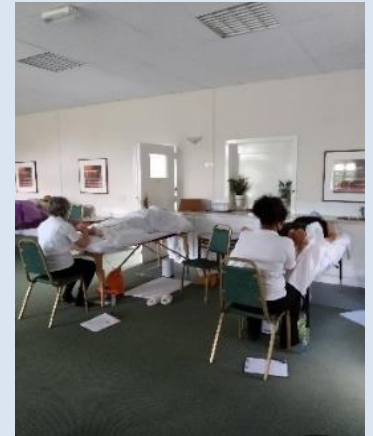
1. Mangreen Trust, Swardeston



- Set in quiet countryside
- 4 miles south of Norwich
- Accessed from A140 and A47
- Free parking available

This venue is used for:

- Student Clinic sessions
- some/ all in-person sessions



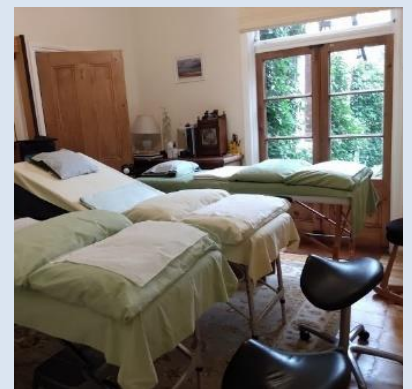
2. College Road, Norwich



- Quiet & friendly home-based venue
- Close to City centre
- Organic shop & cafes nearby
- Free parking available

This venue is used for:

- some/ all in-person sessions (except Student Clinics)



ONE OR BOTH VENUES MAY BE USED DURING THE COURSE (to be advised)

PATHWAYS' SPECIAL FEATURES

- **More than 100 hours of face-to-face supervised tuition:** provide in-depth person-centred training
- **Unique gentle precision techniques:** offer powerful, responsive ways to meet your client's needs
- **Foot and Hand Reflexology:** using gentle, holistic techniques to connect with the whole body
- **Special Focus Treatment Planning sessions:** to adapt treatments for unusual or complex conditions
- **'Foot-Reading' skills:** to discover the many ways feet can show indicate health and wellbeing needs
- **Adapted and Advanced Techniques:** explore a range of additional ways to extend your skills
- **Listening skills for the practitioner:** to help you notice and assess your client's needs
- **Integrated Anatomy, Physiology & Pathology:** to understand the body as an integrated 'whole'
- **Varied and creative teaching methods:** to support different styles of learning
- **Small, friendly classes and private online community:** for shared learning and support

Pathways' students form a vibrant and supportive community

ABOUT THE COURSE

Pathways School of Reflexology offers the

SEG Awards Level 3 *Reflexology for Wellbeing* Diploma course

the only Reflexology qualification fully endorsed by the Association of Reflexologists (AoR)

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 - for your Student Journey

MAKING THE RIGHT CHOICE – BEFORE THE COURSE STARTS

- **Introductory Reflexology workshop** - find out about Reflexology and learn some simple techniques
- **Personal interview and treatment session** with the tutor to experience *Pathways'* unique approach

ESSENTIALS - REGISTRATION, STUDENT MEMBERSHIP AND INSURANCE

- **Awarding Body Registration fees** for all Course Units
- **Student membership of AoR** (*Association of Reflexologists*) for benefits of membership see below
- **18 months' Student insurance** with AoR's insurer Alan Boswell covers you for completing treatments and case studies and includes free business equipment cover up to £1000 (if living in UK)

INCLUDED - AS PART OF YOUR COURSE

- **Anatomy, Physiology & Pathology** start learning before the course & study at your own pace
- **Healthy Eating and Wellbeing additional Unit** to extend and enrich your practitioner skills
- **Professional Ergonomic Advice session** to help prevent injury and strain for therapist and client
- **Certificated First Aid** in-person training to help you know what to do in emergency situations
- **Detailed course notes and videos** to enhance your learning
- **Three individual tutorials for each student** to guide and support learning
- **One individual 90-minute practical tutorial for each student** to build skills and confidence
- **Full student email support** throughout the course and for 6 weeks after the course ends

EXTRA BENEFITS - as an AoR Student Member:

- **AoR's Quarterly professional e-magazine Reflexions** for AoR & Reflexology facts and information
- **Access to the Student area** of AoR's website for support materials & access to seminars & webinars
- **Regular e-newsletters from AoR** to keep you up-to-date with AoR & the field of reflexology
- **Access to discounts** with AoR partner companies

COURSE PROSPECTUS 2023-24

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
- Client observation and assessment techniques
- Precautions and contra-indications to treatment
- Gentle precision treatment techniques
- Techniques for adapting treatments to individual needs
- Professional ergonomic advice to guide working practice



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

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

You will learn Anatomy, Physiology and Pathology through a combination of online resources, home study and class teaching. **This provides essential background knowledge for you to work professionally as a Reflexologist.**

- A comprehensive *Anatomy and Physiology manual* & workbook guide your study
- *Holistic Anatomy, Physiology and Pathology* is explored in class sessions to help you connect theory and practice and to enhance your learning.

If you would like to achieve the VTCT Level 3 Certificate in Anatomy, Physiology and Pathology, please let us know.

REMEMBER: You can begin your study Anatomy, Physiology & Pathology Unit once you have completed enrolment, and before the course starts.

Just contact your tutor for how to get started 😊

***Accredited Prior Learning (APL)**

If you have already gained a Level 3 Certificate in Anatomy, Physiology & Pathology (A,P&P), or equivalent, you may not need to study the full Unit again – 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 to include:

History & Theory of Complementary Therapies

- How complementary therapies have developed
- A holistic approach to health and healing
- A study of selected of Complementary Therapies
- 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 1st 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
- You will complete one short Case Study, guiding a client with their Healthy Eating and Wellbeing. This is usually also a Reflexology Case Study client.



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. Some will be submitted and assessed electronically.

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
- Home study and assessments - 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 your practical and theory work

As everyone learns at their own pace, these times are approximate.

Please ask for support if you feel you need help planning your learning.

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**.

If you would like to achieve the VTCT Level 3 Certificate in *Anatomy, Physiology and Pathology*, an exam and additional fees will be required. Please ask to discuss with your tutor.

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

Assessment:

- takes place within the School
- your work is sampled and checked by internal and external moderators
- there are 3 supervised practical assessments 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

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 **SEG 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 GP practices 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, occupational therapists 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 work experience.

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

Everyone'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, who feel able to offer the commitment such a course would need.

The qualification is open to learners over the age of 16 irrespective of gender, ethnicity, nationality, disability, sexual preference, religion or belief.

PRE-COURSE INTRODUCTORY WORKSHOPS, INTERVIEW and TREATMENT

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

- an **Introductory Workshop** – online or in-person - where you can find out more about **Reflexology** and learn some simple techniques to use for self-help.
- **pre-course 'interview'** to answer any questions or any particular queries you may have about the training.

The 'interview' session may be booked together with ...

- an **introductory treatment with the tutor** – to get a feel for how I work and what techniques you will learn if you join the Diploma course.



Please note – payment for the Introductory 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 Introductory Workshop:

Find out about Reflexology and the Level 3 Training and learn some simple reflexology techniques

- **In-person:** 5 hr. workshop **SPECIAL PRICE: £35** deducted from fees if you join the Diploma course
- **Online:** 2.5 hr. Zoom workshop **SPECIAL PRICE: £25** 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. This can be combined with the ...

INTRODUCTORY TREATMENT: come and experience a treatment with the tutor.

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

Please phone/email to arrange an appointment

COURSE DETAILS 2023-24

An eleven-month course beginning SUNDAY 15 OCTOBER 2023

THE COURSE WILL INCLUDE:

14 FULL DAY CLASSES: 1 or 2 SUNDAYS per month at 10am-6pm

A NUMBER OF ONLINE ZOOM SESSIONS WILL ALSO BE OFFERED

DATES & TIMES TO BE AGREED WITH STUDENTS

PLEASE RESERVE ALL DATES

PLEASE NOTE: THERE WILL BE NO CLASSES AUGUST 2024

| year | month | SUNDAY 10am-6pm |
|-------------|-----------|-----------------|
| 2023 | | |
| | October | 15, 29 |
| | November | 19, 26 |
| | December | 10 |
| 2024 | | |
| | January | 14, 28 |
| | February | 25 |
| | March | 24 |
| | April | 21 |
| | May | 12 |
| | June | 9 |
| | July | 14 |
| | September | 15 |

IMPORTANT

- **Creative Teaching:** in-person live training + video and online resources to help you vary your learning
- **Individual Guidance:** Each student will be offered 3 x 30-minute online tutorials, and a guided 90-minute in-person practical tutorial. Dates and times are arranged to suit the student and the school.
- **Individual support:** Each student will have email access to the tutor throughout the course and for 6 weeks after the course ends.
- **Every effort will be made to keep to the schedule:** Any changes or adaptations will be made in discussion with students. **You should aim to attend all sessions:** Missed sessions will need to be made up at the student's expense. Please discuss any known absences with as much notice as possible. Thanks!

COURSE FEES for courses beginning 2023 are £2050

THIS INCLUDES EVERYTHING you need to become a FULLY qualified, professional Reflexologist

(+see page 4 for more detail)

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

- **DEPOSIT is £500: this will secure your place** and allow you to begin your Anatomy, Physiology & Pathology study, if you feel ready.
- **BALANCE OF FEES is £1550: payable by 1st October 2023**
- **EARLY PAYMENT DISCOUNT: course fees are reduced to £1950 if paid in full by 31st July 2023**
If you prefer to pay by Instalments, please ask to discuss

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 £35 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 £85 (uncovered).

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

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:

- **'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 (additional sundries will be discussed on the course)

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).

Angela is also a qualified Face Yoga Method teacher and a facilitator for *Capacitar* Wellness Practices.



Level 3 DIPLOMA COURSE in REFLEXOLOGY 2023-24 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> ? How would you like to use this training? | | | |
| Is there anything else you'd like to add? (<i>please continue on extra sheet if needed</i>) | | | |

| PAYMENT OPTIONS | Payment amount |
|--|------------------|
| FULL COURSE FEES – includes EVERYTHING you need to be a FULLY qualified professional Reflexologist | |
| <i>to be paid by 1 October 2023</i> | 2050 (total) |
| OR with EARLY PAYMENT DISCOUNT <i>to be paid by 31 July 2023</i> | 1950 (total) |
| COURSE DEPOSIT | |
| Once application is accepted – this secures your place on the course | 500 |
| BALANCE OF COURSE FEES | |
| <i>to be paid by 1 October 2023</i> | 1550 (+ deposit) |
| OR with EARLY PAYMENT DISCOUNT - fees to be paid in full by 31 July 2023 | 1450 (+ deposit) |
| <i>If you prefer to pay by Instalments, please ask to discuss</i> | |
| PAYMENT METHODS - <u>Electronic payment details available on request</u> | |
| Please make cheques payable to <u>Angela Sellens Drake, 247 College Rd, Norwich NR2 3JD</u> | |
| ENROLMENT | |
| I have read & understood details of the Level 3 Diploma in Reflexology for Wellbeing | |
| <ul style="list-style-type: none"> I would like to enrol on the Sunday course starting 15 October 2023 I enclose/ am arranging payment for (<i>please ✓ or highlight above as relevant</i>) | |
| Acceptance onto the course: | |
| I understand that acceptance onto the course is at the discretion of the School and normally follows: | |
| <ul style="list-style-type: none"> attendance at an <i>interview and/or treatment session and Introductory Workshop</i> the signing by both parties of the <i>Contract/ Learning Agreement (provided to applicants)</i> | |
| Course deposit payment: | |
| I also understand that the course deposit is refundable only if the school is unable to offer me a place on the course I have been accepted for | |
| <ul style="list-style-type: none"> and that course deposits paid on confirmation of a place on the course are otherwise non-refundable | |
| Cancellation of registration: | |
| I also understand that, should I need to cancel my registration up to six weeks before the start of the course, the <i>balance of course fees only may be refundable</i> . | |
| <ul style="list-style-type: none"> After that time <i>course fees may be transferable</i> (at the discretion of the School) Once the course has begun, all fees are non-refundable | |
| Agreements: | |
| 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"> 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 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>) 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 (text 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