



# Pathways School of Reflexology



## Refresher Training for AoR Confirmation of Professional Standards Course Information

This course is suitable for:

- reflexologists who have been out of practice for a while and need a refresher
- those who have not completed the current regulated qualification and would like to be able to join AoR\*

**\* If you would like to be able to join AoR following your Refresher Training,**

**please let me know as you may need to contact AoR in the first instance to complete the AoR Initial Information Form.**

**This will check that you would be eligible for membership after this training.**

### The course is made up of three elements:

1. A study day (or equivalent) that covers 'Refresher' theory and practical
2. Two written-up Case Studies, each describing 3 treatments given to a client
3. An assessment of a Practical Treatment

*Guidelines for Practical and Case Study criteria will be provided to those applying for the Refresher Training*

### The day covers theory and practical, including:

- Legislation update
- Informed consent
- Contra-indications
- Treatment reactions
- Mapping the feet
- Effects of reflexology
- Record keeping
- Consultation
- Assessment of client
- Feedback, treatment planning & aftercare advice
- Reflective practice
- Techniques and sequence

### Additional information

- Fee for the 6-hour CPS Refresher Training Day is £180. The Day may be made up of two 3-hour half-days, if preferred.
- If additional training is considered necessary following assessment, recommendations will be made and discussed.
- If it is not important to you to become eligible for AoR membership, let us know and we can discuss your needs

**Pathways is an AoR Gateway School running accredited Professional Reflexology Training as well as Advanced/CPD courses**

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