

Reflexology Training Class Details for Certification and Non-Certification



"The feet are our roots, the foundation and support to all our organ systems."

Reflexology Training: 110 in-class hours, for Certification (40-50 hours homework*)

This path allows you to be eligible for national certification through the American Reflexology Certification Board (ARCB), which requires 110 in-class hours of training, plus 90 professional 1-hour documentations. (These are outside of the 40 documentations that are part of this training and are for learning and practice purposes.) A 3-hour written exam and a practical exam with a proctor are also part of the ARCB certification process. (This exam is separate from the quizzes and exams given in this training.)

Certificates of completion are given after each class once requirements are fulfilled.

*40-50min documented sessions are part of the training; plus case study or research report also due.

BASIC FOOT REFLEXOLOGY LEVEL 1

22 hr. in-class; 2 tutorials with instructor

Prerequisite: none

What is learned? This class is a comprehensive introduction to the study of foot reflexology as a practice, science and art. You will be introduced to the history, benefits and theories of reflexology. You will learn the basic reflex techniques and warm-ups. Focus is on the reflexology foot map and zones, as well as anatomical terminology, client response to reflexology, documentations, and contraindications. The use of good body mechanics and proper hands-on techniques are emphasized.

Certification Requirements:

- 5-50 min. documentations (Basic SO notes)
- 2 one hr. tutorials with instructor (part of tuition)

Location and Cost:

- \$575 to ICE-Institute of Continuing Education 7 Spielman Road, Fairfield, NJ 07004
- Call 973-808-1666, ask for Heidi Calcagno

* Included are 2 one-hour tutorials to be scheduled with instructor. Additional tutorials are \$65/hour.

NEXT CLASS: January 2016, one-hour lunch 12-1pm

Class 1: Jan. 8, Friday: 9:00 am – 6:00 pm

Class 2: Jan. 9, Saturday: 9:00 am - 5:30 pm

Class 3: Jan. 10, Sunday: 9:00 am - 5:30 pm

BASIC FOOT REFLEXOLOGY LEVEL 2

20 hr. in-class; 2 tutorials with instructor

Prerequisite: Completed Basic Foot Reflexology Level 1

What is learned? This class builds upon the concepts learned in Basic Foot Reflexology Level 1. Additional advance reflex techniques, foot relaxation and warm-ups are learned. Focus is placed on the muscular and skeletal anatomy of the lower leg and foot. Body organ systems are introduced and reflected on the foot reflex map. We will talk about the business components aspects of reflexology.

BASIC FOOT REFLEXOLOGY LEVEL 2 continued

Certification Requirements:

- 10-50 min. documentations (Basic SOAP notes)
- 2 one hr. tutorials with instructor
- Take-home quiz

Location:

- 18 61 Springfield Ave., Maplewood, NJ
- **Cost is below.

* Included are 2 one-hour tutorials to be scheduled with instructor. Additional tutorials are \$65/hour.

NEXT CLASS: January 2016, 30 min lunch except Sunday

Class 4: Jan. 22, Friday: 9:00 am - 5:30 pm

Class 5: Jan. 29, Friday: 9:00 am - 5:30 pm

Class 6: Jan. 31, Sunday: 9:00 am - 1:00 pm

ADVANCED FOOT REFLEXOLOGY LEVEL 1

30 hr. in-class; 2 tutorials with instructor

Prerequisite: Completed Basic Level 1 & 2

What is learned? The class moves past the basic general relaxation approach. Documentations will look more professional with anatomical descriptions a doctor could understand. We delve deeper into the anatomy of the lower leg and foot as well as locate meridian endpoints in the feet. A good portion of this class is devoted to body organ systems (anatomy and physiology) and how these systems relate to our reflexology sessions. More talk of professional business matters continues. Will introduce working with hand reflexology.

Certification Requirements:

- 10-50 min. documentations (Adv. SOAP notes)
- 2 one hr. tutorials with instructor
- Take-home exam

ADV. FOOT REFLEXOLOGY LEVEL 1, continued

Location:

- 1861 Springfield Ave., Maplewood, NJ
- **Cost is below.

* Included are 2 one-hour tutorials to be scheduled with instructor. Additional tutorials are \$65/hour.

NEXT CLASS: February, 2016; 30 min lunch

Class 7: Feb. 12, Friday: 9:00 am -5:00 pm

Class 8: Feb. 13, Saturday: 9:00 am -5:00 pm

Class 9: Feb. 26, Friday: 9:00 am -5:00 pm

Class 10: Feb. 27, Saturday: 9:00 am -5:00 pm

ADVANCED FOOT REFLEXOLOGY LEVEL 2

30 hr. in-class; 2 tutorials with instructor

Prerequisite: Completed Basic Levels 1, 2 and Advanced Level 1

What is learned? In this class we will combine visual and hands-on foot observation with information provided by our client. Using knowledge of the organ systems studied in the previous class, specific reflex areas are emphasized. We will examine foot pathologies, gait, biomechanics and footwear. Chinese medicine's 5-element theory and the chakra energy centers will be introduced. The role of a reflexologist and good health practices are addressed. A further look at the fascinating history of modern day reflexology is studied and reviewed. Business matters will be fine-tuned, professional memberships discussed and we will go over the ARCB application. Will introduce working with face and ear reflexology.

Certification Requirements:

- 20-50 min. documentations (Adv. SOAP notes)
- 2 one hr. tutorials with instructor
- 1 Reflexology case study or research report
- Reflexology clinic (must have liability insurance)
- Final 3 hr. exam
- Included are 2 one-hour tutorials to be scheduled with instructor. Additional tutorials are \$65/hour.

Location:

- 18 61 Springfield Ave., Maplewood, NJ
- **Cost is below.

NEXT CLASS: March, 2016; 30 min lunch.

Class 11: Mar. 11, Friday: 9:00 am -5:00 pm

Class 12: Mar. 12, Saturday: 9:00 am -5:00 pm

Class 13: Mar. 25, Friday: 9:00 am -5:00 pm (Exam)

Class 14: Mar. 26, Saturday: 9:00 am -5:00 pm (Clinic)

**Cost for Basic Level 2, Adv. Level 1 and Adv. Level 2:

- \$2000. Deposit of \$500 due by November 30, 2015
- Paid in full by January 15, 2016, Credit Cards accepted.
- Does not include cost of books, copies, lotion, supplies and ARCB exam.
- Student will need towels, pillows, and sheets for classes.
- There will be tables and chairs in-class to be used.
- Please contact Debra at DebraBernath@gmail.com or call 917-353-7363 for more information.