

ITEC Diploma in Reflexology

For the Complementary Therapist

-ENROLMENT BROCHURE-



aromatic  medicine
INSTITUTE



Contents

About Us

3

About This Course

Who Should Do This Course?

Career Opportunities

Entry Requirements

How Do I Enrol?

What Qualification Do I Obtain?

Intakes and Overview

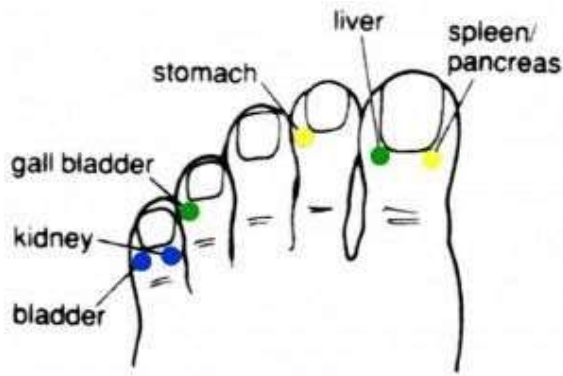
Content and Structure

Assessment Requirements

Resources

Attendance

Diploma in Reflexology Tuition Fees



About Us

Our Mission

To provide passionate educators to teach excellent courses so that our graduates receive quality complementary medicine knowledge and skills.

Our Vision

To empower people through high quality education in Aromatic Medicine to support the well-being of our community.

Aromatic Medicine Institute, (formally known as Aromaflex Academy), is a New Zealand owned and operated Private Training Establishment, specialising in complementary medicine in the tertiary education sector.

We have been nationally and internationally recognised and approved to deliver quality courses since 1998, specialising in Aroma Science, Aromatherapy, Reflexology and Massage qualifications.

Industry involvement is key to keeping compliant with our Governing bodies both within and outside of New Zealand so that graduates can confidently practice professionally anywhere in New Zealand and around the world.

Aromatic Medicine Institute is registered, affiliated with and/or approved with the following bodies to teach the Diploma in Reflexology course:

- The International Federation of Professional Aromatherapists www.ifparoma.org
- The New Zealand Association of Reflexologists www.reflexology.org.nz

- ITENZ Independent Tertiary Education New Zealand
- ITEC International Therapies Examination Council (UK) www.itecworld.co.uk

About This Course

What is Reflexology?

Reflexology is a therapy based on the principle that all the systems of the body are mapped out in reflex points on the feet, hands and ears.

By using specific thumb and finger techniques, the Reflexologist stimulates approximately 7,500 nerves ending in the feet. This, together with the deeply relaxing effects of the therapy, allows the body to tap in to its own healing abilities, opening up the natural pathways that the body uses to nourish and heal itself, and restore balance where there is imbalance.

Tender or 'gritty' points indicate congestion in the corresponding area of the body. During this gentle treatment a state of deep relaxation is created in the body, interrupting the pattern of stress and bringing balance to the body and its systems where there is imbalance.

Reflexology is a well-established holistic therapy which treats the mind and body as a whole to achieve a state of general well-being.

Aims and Objectives

The **Aim** of the Diploma in Reflexology course is:

- To enable students to become competent Professional Reflexology Practitioners, specialising in Reflexology of the feet, hands and ears, (Integrated Reflexology).
- To develop the interest in students wanting to work in the Complementary Therapy industry and how that relates to the practice of Reflexology in NZ.
- To provide opportunities for students to develop an understanding of the range of ethics, scope of practice and business requirements essential for a successful practice in NZ.
- To understand pathology and prescription methodology for various systems of health

The **Objective** of the in Diploma in Reflexology course is:

- To provide purpose and meaning to ‘Western Style Reflexology’ practice in New Zealand. To consider this modality as an option to practice as a Professional Reflexologist in the Complementary Medicine Sector.
- **Who Should Do This Course?**

This Course Is Suitable For:

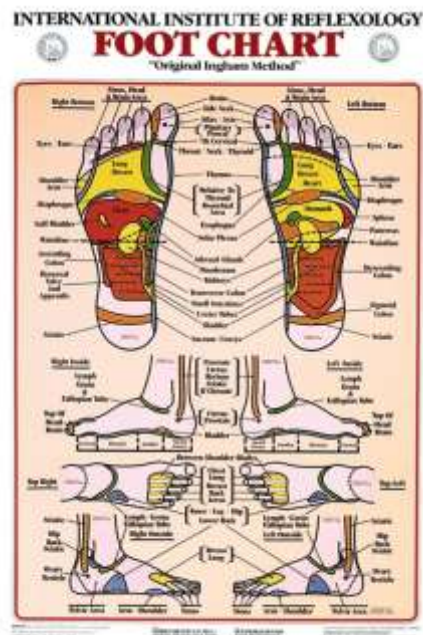
- Other qualified Massage therapists, Aromatherapists, Physiotherapists, Osteopaths, Nurses, Beauticians and Doctors who wish to add a specialised Qualification to their practice.
- Any adult returnee to study with a genuine interest to learn and a desire to work as professional Reflexologist.
- People who work from home, Health Food shops or Chemists who need to know more about Reflexology.
- People who wish to add onto their current Reflexology qualification, learning about the hands and ears at the same time obtaining an ITEC qualification.
- Those who wish to use this Qualification as a first step to acquiring further qualifications in the ITEC qualification suite.
- Those who are upskilling for professional practice and memberships as part of CPD (Continued Professional Development).

Why We Are Providing This Course:

- To qualify learners as Professional/Clinical Integrated Reflexologists in the Complementary Care industry, specialising in western based Reflexology for safe practice.
- To provide opportunities for learners to develop a range of skills and techniques, essential for successful reflexology practice on the feet, hands and ears.
- To provide learners with knowledge and support to administer integrated reflexology treatments using client charts to document clients progress and for knowing when to refer clients thus keeping within professional scope of practice.
- To provide learners with advanced, current and up-to-date learning about Reflexology and its

use within your own personal or professional practice. I.e. How Reflexology is a growth industry and its placement in complementary medicine today.

- To explore options of the type of Reflexology business you may want to adventure into.
- To develop in-depth knowledge of the body and how this relates to Reflexology practice.
- To explore and develop an understanding of how to use various types of reflexology methodology practices and how this applies individually to clients and their treatments.
- To develop an awareness of the various types of mediums you can use to massage the feet, hands and ears.



Career Opportunities

On completion of your Qualification you will have the skills to become a Professional Reflexologist. You will have clinical knowledge and experience using individual and integrated treatments of the various types of Reflexology application methods and the methodology of treatment skills for clients.

Practitioners with a Diploma in Reflexology will have the skill set to establish themselves in clinics that specialise in Complementary Medicine, i.e. Reflexology.

Graduates can also gain employment in Salons, Health Clubs, Health Food shops, Spas and various aspects of the Complementary Medicine / Beauty Industry.

There may also be opportunities to work in midwifery, rehabilitation and palliative care.

Other opportunities include:

- Self-employment; private or group practice.
- Specialist clinics.
- Hotels, cruise shops, health spas.
- Working with people with special needs.
- Community Education.
- Teaching.
- Post Graduate Studies.
- Research.
- Consultant to specialist industries.
- Perfumer or natural product consultant, spa and beauty product manufacturers.
- Product distillers / distributors of natural products.
- Advisors of essential oils.

Entry Requirements

Admission Requirements

- Open to New Zealand Citizens or Residents.
- Applicants must be a minimum of 16 years of age at commencement of study.
- Learners must have regular access to and use of a computer with reliable internet.
- Learners who have English as a second language are required to have an International English Test System (IELTS) score of 5 in the academic band, with no individual band score lower than 5; or equivalent.

How Do I Enrol?

Enrolment

Learners can apply to be enrolled through completion of the enrolment process found on the website:

<https://www.aromaticmedicineinstitute.com/collec-tions/courses>

Or email: admin@aromaticmedicineinstitute.com

If all entry criteria are met, an offer of place will be sent. Once all required paperwork and fees are received, learners will receive a confirmation of their study and access to the relevant learning.

Learner Responsibility

Learners are expected to:

- Submit their own original work.
- Notify any change in contact details.
- Notify any changes affecting the ability to complete their study.

What Qualification Do I Obtain?

- An ITEC qualification in *Diploma in Reflexology for the Complementary Therapist* and/or
- An Aromatic Medicine Institute *Diploma in Integrated Reflexology*.

This is both internationally and nationally recognised with NZ standards of professional memberships and practice.

On completion of the Diploma learners may apply for membership with RNZ (Reflexology New Zealand). This is the New Zealand Reflexology governing body **and** IFPA (The International Federation of Professional Aromatherapists) UK.



Intakes and Overview

Intakes

The Diploma in Reflexology course consists of **one** intake a year beginning in March.

You must attend in person at least two of the three week block courses held in Nelson.

These block courses are in:
March, June and September.

- The in Diploma in Reflexology course consists of approx. **1200 hours of learning.**

Content and Structure

Content

- History and theory of reflexology
- Reflexology on the feet, hands and ears
- Visual and tactile assessment of the feet
- Care of the feet and hands
- Reflexology techniques, including zone therapy and meridian theories
- Reflexology in a clinical setting
- Safety, hygiene and touch
- Professional ethics and the client/practitioner relationship
- Contraindications and reactions to reflexology
- Completion of case studies using the ITEC case study documents
- Effective communication and business skills
- Ethical/legal/cultural considerations
- Introduction to foot reading and lymphatic drainage
- Disease and disorders in the systems of the body in relation to reflexology
- Anatomy, Physiology & Pathology

Structure

- The Diploma in Reflexology course is made up of four components:
 1. **Reflexology 1** – The Feet – including Provide Reflexology for Complementary Therapies
 2. **Reflexology 2** – The Hands – including Principles & Practice of Complementary Therapies
 3. **Reflexology 3** – The Ears – including Business Practice for Complementary Therapies
 4. **Anatomy, Physiology & Pathology**

Completions and Extensions:

- It is anticipated that, unless extenuating circumstances exist, the course will be completed in the set period, i.e. within 12 to 24 months from commencement of the course.

- In the event the course work has not been completed within the above timeframe, you may be granted an extension up to 1 year.
- Any learner granted a one-year deterrent during the first 6-month period must recommence study in the following year at the point of cessation.



Assessment Requirements

- Learners will need to have completed all components showing competency in each.

The Examination Includes:

- One three-hour open book Reflexology written exam
- One 1 hour ITEC multi choice exam in Anatomy, Physiology & Pathology.
- A one hour ITEC practical Reflexology exam, including client chart and application.

Post Graduate Options

- Once learners have achieved the Diploma in Reflexology they may like to go on to other programmes of study i.e., Diploma in Aromatherapy for the Complementary Therapist. Please note, that ITEC units completed will be transferred to the next course. i.e. Anatomy & Physiology.

Resources

Study skills for Success

This provides tips on managing your time, mind mapping and exam preparation. A warm up course for those who have been out of study for a while.

Intro to Coassemble for new Learners

Thanks to student feedback, this course has been developed especially for our students to get familiar with on-line learning. How to navigate a course and frequently asked questions.

Overview

- Hard copies of course materials (various books and charts), are provided to be used in conjunction with the online learning.
- Each component has video links, interactive learning resources, charting, PowerPoints and much more to fully engage the learner within the most modern up to date learning platform available on the market.

Learners have access to our Aromatic Medicine Institute learning platform that is consistently updated. There are 11 courses that the student will have access to in the learning platform, they are:

- Intro to Coassemble for new learners
- Study Skills for Success
- Introduction to Reflexology
- Diploma in Reflexology, 1, 2 & 3.
- Provide Reflexology for Complementary Therapies – iUCT32
- Principles & Practice of Complementary Therapies – iUCT40
- Business Practice for Complementary Therapies – iUCT34
- Knowledge of Anatomy, Physiology & Pathology for Complementary Therapies – iUCT38

Learners will be sent an email upon approved enrolment where you can login, view the course material, videos etc.

Learners also have the option to upload and submit work online or submit hard copy work through email or post.

Course Alterations

Aromatic Medicine Institute reserves the right to update or alter course content at any stage throughout the duration of the course as deemed necessary for the learners.



Or...

Why not attend an Introduction to Reflexology workshop in Nelson if you are unsure about signing up to the Diploma in Reflexology course or attend the course on-line.

[Introduction to Reflexology – Aromatic Medicine \(aromaticmedicineinstitute.com\)](http://aromaticmedicineinstitute.com)

You will learn about commonly used Reflexes on the feet and how to use the specific technique to locate the reflexes.

This will provide foundational practical skills before you embark on further studies, and you get to meet us in person.

Attendance

- This is a blended learning course
- Attendance is required for at least 2 of the 3 weeks in Nelson.
- Attend via Zoom one week if you cannot make it.
- The rest of the study is learning from your own home.
- Attendance is required online, through our Aromatic Medicine Institute learning platform.

Diploma in Reflexology Tuition Fees

Description	Student Fee
Administration Fee	\$ 100.00
Week 1 : Reflexology – The Feet	\$ 900.00
Week 2 : Reflexology – The Hands	\$ 900.00
Week 3 : Reflexology – The Ears	\$ 900.00
Examination Fees includes: 2 x theory papers & 1 x practical exam	\$ 700.00
SUB TOTAL DIPLOMA IN REFLEXOLOGY FEES:	NZ\$ 3500.00
Certificate in Anatomy & Physiology: *A&P is a compulsory component of this course	included
TOTAL DIPLOMA IN REFLEXOLOGY COURSE FEES All fees are quoted in New Zealand Dollars All fees include GST	NZ \$ 3500.00

- *Note: if you do not wish to obtain the ITEC qualification and only complete the in-house certification, please let admin know on enrolment.*

Other Course Costs

All Prices are quoted in New Zealand Dollars

Recommended but not Compulsory	Amount
Ear Model	\$30.00
Ear Probe	\$30.00
Ear Seeds	\$30.00
Reflexology the 5 elements and their 12 Meridians by Inge Dougans	\$50.00
Reflexology The Definitive Practitioners Manual by Beryl Crane	\$120.00
The Essential Guide to Foot and Hand Reflexology by Ann Gillanders	\$80.00
An Introductory Guide to Reflexology by Louise Tucker	Included in fees
An Introductory Guide to Anatomy & Physiology by Louise Tucker	\$50.00
White Uniform Top & Name Badge	included in fees
Black Trousers & Shoes	\$100.00
Stationary	
Highlighters, 4 pack, Red, Blue and Black pens, pencil & Eraser, Lined refill and whiteout	\$30.00
Back board for client charts	\$6.50
Other	
4 Towels (2 large and 2 medium, 2 Pillow cases	\$100.00
Treatment Couch (optional)	\$400-700.00
Comprehensive First Aid Course either with Red Cross or St John	\$180.00

Course Withdrawal

Domestic learners are entitled to a refund if they withdraw from a programme as per section 357 of the Education and Training Act 2020 if the course is:

- a. of more than three months duration and
- b. withdraws from the programme within the refund period.

Full Refund details can be found in the course A to Z given out on Step 1 of the enrolment process and in the course Handbook given out on the first day of your course.

Privacy Act

The Privacy Act 2020 ensures our Institute collects, uses, discloses and gives access to personal information in an appropriate way. The result of this is that our staff are unable to provide information on individual learners, their whereabouts and addresses.

