

Compulsory units for Certificate IV Reflexology: Cost \$4219.00

Reflexology and Metamorphic Techniques is a study of the zones of the feet, the energy meridians, and how these relate to the health and well being of the whole body. With specialised massage techniques on the different zones of the feet, various ailments may be treated in a safe and non invasive way to create wellbeing, relaxation and many other benefits. Reflexologists are much sought after due to growing community awareness of the benefits and the sheer pleasure of having a wonderful foot massage!!

Aromatherapy I

Discover all you need to know to manufacture your own products for use in your clinic, develop a knowledge of essential oils and the many ways of using them to promote balance, health and wellbeing in your clients. Your comprehensive text book, kit of oils, bottles jars etc and all the ingredients you will use in class are included in the fees.

Anatomy & Physiology

I, II & III

Anatomy is the study of the human physical form and structure including the skeleton, musculature, composition of cells, skin, blood and much more. Physiology will teach you how the body actually functions.

You will learn about the digestive, respiratory, reproductive, nervous, urinary, endocrine, integumentary, circulatory and lymphatic systems, how they function, the parts that make up each system, and how the everything works together in harmony, or otherwise. A rewarding and interesting essential for every health professional.

Note: Anatomy and Physiology must be completed in order . Your Text Book and CD are included in the fees for the first module.

Administer a Practice

Get to know the basic legal and practical requirements for setting up a home practice and managing it well, or working alongside other health professionals. This unit includes clinic practices and procedures, stock control, and administrative requirements.

Wet Lab

Visit the Anatomy Department of the Newcastle University and observe for yourself actual body parts. You will see many of the anatomical structures you have studied in class. Dr Alan Brichta will discuss what you see and will provide a very interesting and valuable learning experience!!

Reflexology

You will learn the art of reflexology on the feet, hands and the ears. Includes the biomechanics of the foot, reflexology techniques and pregnancy, the metamorphic or energetic aspects of this modality. Place the techniques into a therapeutic foot massage, and develop a series of treatments aimed at alleviating common ailments and other conditions where to work on the feet is more practical or convenient than on the corresponding body parts.



Supervised Student Clinic

Your supervised student clinic is held at the College, with the public as your clients. Your teacher will help you develop the confidence you need to begin your own professional practice. You must hold a current Senior First Aid Certificate prior to commencing your Supervised Student

Clinic hours: 50



Massage Therapy Practice

The massage practice techniques you will learn are designed to offer the greatest benefit for your clients, whilst ensuring that you, the therapist, are protecting your own body from any great strain or pressure.

The massage techniques do not depend on your size or strength; instead you learn to use your weight with gravity to apply the necessary pressure.

Through this unit you will learn:

- philosophies of massage practice;
- Principles & practices of massage;
- assessment techniques that will enable you to design a treatment that is specific to your client's needs
- treat clients with basic massage techniques;
- key elements of draping;
- how to put all you learn together to give a great relaxation massage; and
- review massage treatment and offer advise on other complementary therapies.

OH & S

Covers the ability to address your own health and safety and of others with the understanding of hazards and risks associated within the industry. Be taken through the infection control guidelines to be able to develop policies and procedures in accordance with State or Territory legislative requirements.

Seminar Series

Each of the four seminar topics will add depth to your general knowledge on the "human condition". Topics include, Wound healing, Pain and Ageing.

Communication Arts

Being able to talk, listen and effectively interact with your clients is a very important component of success. Through role play, observation, practice, peer support, and observing common body language behaviours, you will develop a new awareness of just what constitutes really effective communication! Fun, practical and absolutely essential to success in your business!!