

Accreditation

The Diploma Course is accredited by the National Register of Reflexologists (Ireland) and the Guild of Complementary Practitioners, England.

Successful completion of the course enables participants to be accepted for registration by the National Register of Reflexologists and entitled to use the initials MNRRI. (read more: www.nationalreflexology.ie).

COURSE STRUCTURE

Course Structure:

1. Reflexology Theory and Practise.
2. Anatomy and Physiology
3. Understanding of Illness and Disease.
4. Nutrition.
5. First Aid.
6. Maintain client's records.
7. Professionalism and Code of Conduct.

Course Content:

<i>History of Reflexology including:</i>	Terminology; Definitions; Zone Theory.
<i>Sequence of techniques:</i>	Feet and Hands reflexes.
<i>Anatomy & Physiology:</i>	Including the 12 systems of the body and their corresponding reflexes on the feet and hands and associated pathology.
<i>Contra-indications to Reflexology.</i>	Identification of individuals at risk.
<i>Care of the client.</i>	Record keeping; Confidentiality; Professionalism
<i>First Aid.</i>	Introduction.
<i>Code of Ethics.</i>	As pertaining to the National Register of Reflexology Ireland.
<i>Nutrition.</i>	Study of the main nutrients including their functions and uses.
<i>Information on other therapies including</i>	Study of old remedies, cures and poultices.
<i>Promotion of Health and Wellbeing through the practice of:</i>	Relaxation techniques; Meditation; Grounding techniques.
<i>Promotion of professionalism and astute Business Awareness through:</i>	Life Coaching; Effective Marketing; Maintaining accurate accounts