



The Galway Institute of Wellbeing
Fostering Health & Healing

Contact details:

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Accredited Diploma Course in Reflexology
Course Syllabus: 2010- 2011

The Galway Institute of Wellbeing's Mission Statement

This Institute is committed to excellence in Reflexology.

Course Synopsis.

This diploma course in Reflexology is aimed at providing sufficient instruction to enable the successful student to understand and safely implement the technique of Reflexology and Health education.

Aims and Objectives.

This course enables the student to qualify as a professional Reflexologist to the highest standards. The course covers the history and origins of Reflexology, Anatomy and Physiology, Theory and practice of Reflexology. These subjects are covered in lectures, demonstrations and practical seminars which are dispersed over the duration of fourteen months.

To obtain the Diploma in Reflexology

The student needs to:

- Attend 12 modules over a fourteen month period.
- Complete Anatomy & Physiology and Practical Reflexology course.
- Present required amount of case histories.
- Submit written essay.
- Show good aptitude, competence and skill on a continuous basis.
- Achieve the required standard to become an accredited Reflexologist.

The school will:

- Provide continuous feedback to students about their progress.
- Offer support and guidance.

- Enhance the student's natural abilities through positive learning and training.

Assessment.

The assessment procedure is equally divided between examinations held at end of the year and continuous assessment provided throughout the course.

Student's progress is continuously assessed on an individual basis.

This course is also assessed by external examiners.

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:

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

Entry Requirements:

Any applicant over eighteen years of age may apply for this course. Assessment interviews for candidate's suitability will be held throughout the year at a time suitable to perspective participants and course director.

The aim of the interview is to help students find out if this course is suitable for their needs. There are only ten places available. Unfortunately not everyone who applies will be given a place on this course.

Study Hours.

One hundred and fifty five hours of supervised tuition: Home study varies.

Course Administrator

Name and contact details: Marie Therese Shelly, 12 Roscam Park, Galway, Ireland.
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Email: mt_shelly@hotmail.com
Web: www.galwaywellbeing.com

Work experience Marie Therese has been teaching Reflexology to accredited level for the past twenty years. She also works in the area of positive self-awareness, relaxation and meditation and much of this teaching has infiltrated into her reflexology course.

Marie Therese is also a qualified nurse, midwife, counsellor, psychologist, administrator and teacher and brings immense knowledge and experience to the course.

Qualifications Counselling (Certification Reality Therapy, 1988)
Nursing (State Registered Nurse, 1976)/Midwifery (State Certified Midwife, 1981)/Administration (Diploma in Health and Hospital Administration, 1981)/ Psychology (B.A. Hons, 1984, National University of Ireland, Galway))
Reflexology(Practitioner's Diploma, 1986).Advanced Reflexology Diploma 1989. Teaching Diploma in Practical Higher Education (DPHE 1990 University of Surrey).

External Consultants

The external consultants provide intensive seminars on Nutrition, Research, First Aid, Business Planning and Life Coaching

Next Available Course September 2009-2010.***Administration details.***

<i>Module One</i> Saturday 2nd October 2010 Sunday 3 rd October 2010	<i>Module Seven.</i> Saturday 9 th April 2011 Sunday 10 th April 2011
<i>Module Two</i> Saturday 6th November 2010 Sunday 7th November 2010	<i>Module Eight</i> Saturday 7 th May 2011 Sunday 8 th May 2011
<i>Module Three.</i> Saturday 11 th December 2010 Sunday 12 th December 2010	<i>Module Nine.</i> Saturday 4 ^h June 2011 Sunday 5 th June 2011
<i>Module Four</i> Saturday 15 th January 2011 Sunday 16 th January 2011	<i>Module Ten.</i> Saturday 10 th September 2011. Sunday 11 th September 2011
<i>Module Five.</i> Saturday 12 th February 2011 Sunday 13 th February 2011	<i>Module Eleven</i> Saturday 8 th October 2011 Sunday .9 th October 2011
<i>Module Six.</i> Saturday 12 th March 2011 Sunday 13 th March 2011	<i>Module Twelve</i> Saturday 3 th December 2011 Sunday 4 th December 2011

Individual Tuition Interviews. (During January and August 2011)

Date organised, with course participants.

External Written Exam (11th June 2010)

A detailed breakdown of topics covered on each day available on request.

Extra study days can be requested when difficulties arise with course material, or in extenuating circumstances when a student has difficulty attending of any of the course modules. Full attendance of all modules is required



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**APPLICATION
PRACTITIONERS DIPLOMA IN REFLEXOLOGY.
Galway Group 2010-2011**

Name.....

Address.....

Telephone:**E mail**.....

Age bracket.....

Work /life experience.....

Reason for attending this course.....

Prior knowledge of Reflexology.....

Other Qualifications.....

Interests and hobbies.

Signed.....**Date**.....