The Sole Whisperer
REFLEXOLOGY

503 Chelsea Avenue
Winnipeg, MB R2K 1A4
204.995.5261
thesolewhisperer1@gmail.com
TheSoleWhisperer.ca

Certified Professional Reflexology Training!

When the course below is completed, you will be presented with a certificate of completion. With that certificate, you may practice reflexology.

To become an RCRT (Registered Canadian Reflexology Therapist) there are a few additional steps:

1. Become a member of the Reflexology Association of Canada (RAC – Recommended after the written exam is completed).
2. Submit your certificate and transcripts to RAC. Once accepted, write an open book board exam and perform a practical exam, with a pass of 80% to be approved.
3. This gives you RCRT status. This means clients that receive a treatment are able to submit their receipts for reimbursement, should their work plan cover reflexology
4. This option is highly recommended and comes with additional fees.

Core (Theory)+ Foot Reflexology Certification Course:

This course combines **Core Reflexology** (foundational, Reflexology information) with **Foot Reflexology.**
It may be taken for professional certification purposes.
Participants must be 18 years of age (or have completed high school)
No other prerequisites.

This course comes with the following benefits:

~ Teacher availability through texts, email or phone chats
~ Lower leg chart provided for further advanced study
~ Access to videos and worksheets to move you forward
~ Feedback and support from other students and reflexologists

Certification involves:

35 hours in class instruction
25 hours of home study workbook
100 hours of case study (50 cases at 2 hours each)
3 hours of mandatory review (Prep for practical)
1.5 hours for written exam (80% required)
1.5 hours for practical exam (80% required)

Course fee includes:
Class instruction, manual, workbook, review, written and practical exams, certification

PURPOSE:

The purpose of this training course is outlined in the following general objectives:

Understand the principles of Reflexology

- Anatomy & Physiology – gain understanding of the function of the body systems
- Reflexology chart maps the reflexes on the feet
- Learn how to stimulate reflexes on the foot for a safe, effective therapeutic treatment
- Gather all information required to challenge the Registered Canadian Reflexology Therapist Board Exam with the Reflexology Association of Canada.

COURSE OUTLINE:

The History and Theory of Reflexology

Covers a historical and theoretical overview and background to Reflexology, the healing crisis and how it affects the client and the healing process, structure and function of the foot, zone and neural pathways of the body and terminology.

Biomechanics of the Foot and Foot Assessment Techniques

- Covers identification of foot conditions, their origins, assessment of the overall structure of the foot.
- Completing a Reflexology Case Study
- Covers the client/therapist interview process, review reasons for completing of a Health Record and documenting a session on a Treatment Record.

Anatomy and Physiology
Covers an introduction and explanation of the anatomy and physiology of the systems in the body, related conditions, and how to locate the reflexes on the foot that correlate to each system.

The systems include:

- The Nervous System
- The Endocrine System
- The Respiratory System
- The Cardiovascular System
- The Digestive System
- The Urinary or Renal System
- The Immune and Lymphatic Systems
- The Reproductive Systems
- The Musculoskeletal System

Key Areas of Emphasis for Specific Conditions in Reflexology
Introduces the student to an explanation and breakdown of each condition and the related systems and reflexes commonly affected within each condition.

RAC Approved Reflexology Method (following national and international standards)
Covers treatment guidelines including providing a healing environment and hygienic practice, what to do before and after a session, a full reflexology procedure including method, pacing and technique.

Business and Financial Information
Covers confidentiality, advertising, professionalism, and what makes a successful clinic.

Practicum
The practicum time allows the student to practice the routine in a professional manner (as taught in the classroom). The purpose is to develop thorough case studies consisting of a Health Record, Treatment Records, assessment documentation and evaluation for each client. Each student must complete 50 treatments (for a total of 100 practice hours). The practicum should include a minimum of 5 clients and a maximum of 10. A maximum of 3 clients with one session each will be accepted.

Students can charge clients for these sessions to start practicing business building skills ($25-$30/session is recommended for students). **Please note, YOU MUST purchase student liability insurance if you are receiving a fee for your studies. **

Mandatory Review
There is a 3-hour mandatory review given by the teacher half-way through the practicum. The goal is for the teacher and students to come together to review and evaluate the student's case studies as well as the Reflexology Method**. All students must complete the mandatory review and receive a professional treatment by a RAC certified member or teacher (at the rate charged by the member or teacher) before moving forward with practical exam.**

Additional reviews may be requested by either the student or the teacher for an additional fee if necessary.

Home Study and Exam Preparation
-The theoretical exam must be completed within 3 months of the last day of class.
-The practical exam must be completed within 8 months of the last day of class.
(Extensions are available for a fee of $75 per extension payable to the LCRT.)
-Two days each month will be alloted for students to schedule a mandatory review, as not all students will progress at the same pace.
-The practical component of 50 treatments must be submitted to the examiner at the time of the exam.

This course requires six (6) students to move forward. Four (4) students will be considered

Payment and Refund policy

All registration and course fees are payable to: Stacie Peters

1. Course fee includes: (Please refer to Jane app for course fee)
https://thesolewhisperer.janeapp.com/

Included in the cost: Manual, workbook, charts, one mandatory review, one written and one practical exam

2. Registration:

-Each student is required to register through the online booking system.
https://thesolewhisperer.janeapp.com/

-Registering on day one registers the student for all (5) five days.
-The intake form MUST be completed in full, accompanied by payment.

3. **Methods of payment**
Credit Card or E-transfer

Course fees must be paid in full at the time of registration

The student has two options to purchase the course:

1. The online registration gives an option of adding a credit card.
The full amount of the course will be withdrawn.

https://thesolewhisperer.janeapp.com/

2. At the time of registration the full amount **MUST** be sent by E-transfer (thesolewhisperer1@gmail.com) Automatic deposit is in place, but if for some reason this option is not given (usually credit unions) please make your answer to the security question is“feet”.

4. **Withdrawal**
The student MUST confirm by email and by telephone.

5. Refunds
If the student decides to withdraw from the course (30) days before or more before the course starts, a refund will be issued less $250.00 for administration fees.

If the student decides to withdraw from the course (30) days after the course start date, or the student does not attend the course, the LCRT will retain all fees paid.

If a student has special circumstances such as a death or illness, the LCRT will give consideration for such times, less $250.00 for admin fees. Fees may be refunded only before the start date or within the first class. Once the course has been completed, no refunds will be considered.

NO REFUNDS after the course starts.

6. Teacher Withdrawal

If the LCRT needs to withdraw while the course is in progress, every effort will be made to find a replacement teacher, or to re- schedule the course. The time factor will be discussed between student and teacher. If the above is not possible, the student will be provided with a refund, or the student may move monies forward to a future class date within one year of the original registration.

It is the student responsibility to ensure a new registration is on file.

ALL manuals, workbooks, charts and such, will be returned and all refunds will be given within 30 days.

7. Student dismissal

If a student uses abusive or disruptive language, proves to be disruptive to other students or to the class in whole, this student will be given a firm warning. The second warning will be in writing and reviewed for dismissal. NO FEES will be returned.

Further instruction:

1. The student is highly encouraged to bring two highlighters to class for study

2. The student is required to bring his/her own lunch/refreshments as such. This classroom is used by different teachers and students, so it will be expected that you leave the room exactly as you have found the room.

3. The student will be required to bring one twin fitted sheet, two pillows, two towels (pillow size) and one body blanket.

4. All supplies MUST be taken home each day after each class and brought back the next class day.

5. Parking is permitted all day in the parking lot of MC College

6. Manitoba Health requirements that are in place at the time of the course will be strictly followed. If this includes mandatory mask, one will be provided. The student may provide their own if preferred.

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