



REFLEXOLOGY

CERTIFICATE PROGRAM FOR MANUAL THERAPISTS

Expand your therapeutic repertoire and achieve certification as a Reflexologist, enhancing your practice with the art of Foot Reflexology. Designed exclusively for manual therapists, including massage therapists, physiotherapists, nurses, chiropractors, and osteopaths, who possess a comprehensive understanding of body systems, common pathologies, and their clinical presentations, this specialized program offered by CCMH (Canadian College of Massage & Hydrotherapy) aligns with the Reflexology Association of Canada's (RAC) standards and curriculum.



WHAT IS REFLEXOLOGY?



Reflexology, a millennia-old practice, entails the application of pressure to reflex areas on the body to alleviate tension, enhance circulation, and bolster the body's natural capacity for optimal functioning. Rooted in ancient healing traditions, reflexology has garnered recognition as a complementary health discipline with established training standards and widespread acceptance.

PROGRAM OVERVIEW



The CCMH Certified Reflexology Certificate Program comprises in-classroom instruction spanning five days, approximately 100 hours of guided workbook completion and case study sessions, culminating in a comprehensive written and practical examination. This program, tailored to accommodate the schedules of busy professionals, can be completed in as little as six months or extended over a period of up to one year. Successful graduates are eligible for membership with RAC and empowered to integrate this increasingly sought-after modality into their clinical practice.

CURRICULUM HIGHLIGHTS

Day 1 of in-class training immerses participants in the history and theory of reflexology, elucidating the fundamentals of a typical reflexology session and treatment protocols. Detailed instruction encompasses the identification of body zones and their corresponding reflex areas on the feet, alongside an exploration of foot anatomy and conducting foot health assessments. Practical demonstrations and hands-on practice sessions with classmates enrich the learning experience.

Day 2 delves deeper into reflex areas pertaining to various body systems and specific conditions, emphasizing reflexology standards of practice and ethical considerations. Participants engage in hands-on exchange sessions to refine their skills and deepen their understanding of reflexology techniques.

Following a two-week interval to review course materials and complete chapter quizzes, Day 3 reconvenes with a review of quizzes and an overview of examination requirements. Practical sessions intensify as participants gain proficiency in reflexology methodologies.



CURRICULUM HIGHLIGHTS

Day 4 initiates the commencement of 50 supervised case study sessions, allowing participants to hone their reflexology skills under the guidance of experienced instructors. Through hands-on practice and structured feedback, participants refine their techniques and develop confidence in reflexology application.

A subsequent three-month interval provides participants with the opportunity to complete independent case studies and workbook assignments, fostering a deeper integration of reflexology principles into their practice.

Day 5 incorporates a review of select independent case studies, followed by the written certification examination. Participants receive constructive feedback on their case studies and engage in additional hands-on practice sessions to further refine their reflexology proficiency.

A final three-month interval allows participants to finalize independent case study requirements, ensuring a comprehensive understanding and application of reflexology principles.

Day 6 culminates in the practical certification examination, where participants demonstrate their reflexology expertise under the scrutiny of qualified assessors.



PROGRAM DETAILS

Total Program Hours: 175

Total Program Cost: \$1895

*Includes comprehensive resources
and materials*



UPCOMING START DATES

Spring Start 2024: June 1, 2, 15, 16, Sept 7, Dec 7 or 8

Fall Start 2024: Sept 21, 22, Oct 5, 6, Jan 11, Apr 12 or 13

Winter Start 2025: Jan 25, 26, Feb 8, 9, May 10, Sep 13 or 14

Spring Start 2025: May 31, Jun 1, 14, 15, Sep 20, Dec 13 or 14

REGISTRATION INFORMATION

To register, visit www.ccmhhalifax.com or contact Alumni Services at CCMH via email at alumni@ccmhhalifax.com. Full tuition payment is required at the time of registration and can be made via e-transfer, debit, VISA, or MC.

Embark on a transformative journey in holistic wellness and expand your professional horizons with the Reflexology Certificate Program for Manual Therapists at CCMH.