



## REFLEXOLOGY ASSOCIATION OF AUSTRALIA CERTIFICATE OF CLINICAL REFLEXOLOGY

**UNIT CODE** RA16 PW1A

**UNIT TITLE** PERSONAL WELLNESS AND SELF CARE

This is an Industry Skills Unit that includes components that are considered essential for the wellness of Complementary Therapist.

**DESCRIPTOR** This unit covers the skills required to establish and maintain Personal Wellness and includes recognising and demonstrating coping strategies for self-care and wellness.

The unit is designed for the practitioner to be aware of factors that influence their wellbeing, be able to recognize when there is a problem and have the skills to overcome these problems.

**Demonstrate your personal health strategy**

Topic	Essential knowledge	Essential Skills/Ability
Stress	<ul style="list-style-type: none"><li>• Causes of personal stress in the work environment</li><li>• Methods of controlling stress</li><li>• Service support programs and other resources available to practitioners</li></ul>	<ul style="list-style-type: none"><li>• Identity personal stress and be able to take steps to control/reduce it</li><li>• Identity stress in others and offer support to reduce stress</li><li>• Discuss stress issues with colleagues and supervisor</li></ul>
Problem Solving/ Decision Making	<ul style="list-style-type: none"><li>• Individual problem solving/decision making techniques</li><li>• Group problem solving/ decision making techniques</li></ul>	<ul style="list-style-type: none"><li>• Use problem solving skills to analyse information</li><li>• Use problem solving/decision making skills to make personal decisions</li><li>• Use problem solving for stress reduction</li><li>• Use problem solving/decision making skills to make group decisions</li></ul>

<p>Communication and Interaction</p> <p><i>(Used in connection with unit Communicating with Clients and Work Effectively in The Health industry)</i></p>	<ul style="list-style-type: none"> <li>• Communication within the workplace (colleagues, clients, suppliers etc)</li> <li>• Listening skills</li> <li>• Questioning</li> <li>• Interviewing</li> <li>• Empathy</li> <li>• Time management</li> <li>• Advice and following your own advice</li> <li>• Communication with people from diverse cultural, ethnic, religious and linguistic backgrounds.</li> </ul>	<ul style="list-style-type: none"> <li>• Use the communication skills of listening, questioning and interviewing with co-workers to communicate your own requirements for your wellbeing.</li> <li>• Acknowledging your communication within your family.</li> <li>• Acknowledge communication differences in your communication influenced by your cultural, religious, language and ethnic background.</li> <li>• Recognise and acknowledge a range of opinions, including your own, in work situation with client and co-workers.</li> <li>• Identify, develop and maintain professional standards through communication with other health professionals and the general public.</li> <li>• Use interpersonal skills when working with others,</li> <li>• Understand and use empathy in communication when appropriate,</li> <li>• Be able demonstrate how you would follow advice that you would give to your clients.</li> <li>• Work within time limits</li> </ul>
<p>Difficult and Challenging Behaviour</p> <p><i>(Used in connection with unit Communicating with Clients)</i></p>	<ul style="list-style-type: none"> <li>• Responding in difficult situations</li> <li>• Working with external case management of clients</li> <li>• Assertiveness</li> <li>• Self limits/boundaries</li> </ul>	<ul style="list-style-type: none"> <li>• Managing difficult / challenging behaviour</li> <li>• Professional integrity is maintained during periods of difficult behavior</li> <li>• Self limits/ boundaries</li> </ul>

	<ul style="list-style-type: none"> <li>Breathing through periods of difficulty</li> </ul>	<ul style="list-style-type: none"> <li>Being able to ask for assistance if required</li> </ul>
Networking and Professional Help	<ul style="list-style-type: none"> <li>Know your Professional Association and what support it offers for the wellness of members.</li> <li>Know Health Professionals that you may contact for your own self care</li> </ul>	<ul style="list-style-type: none"> <li>Evaluate your personal knowledge and understanding of professional assistance</li> <li>Be able to give details of ten (10) practitioners including counseling practitioners for your personal use.</li> </ul>
Self-Knowledge/Self Care <i>Adapted from Travis &amp; Ryan (2004) Wellness Workbook</i>	<ul style="list-style-type: none"> <li>Know and understand self-responsibility.</li> <li>Emotional states, acknowledging and expressing emotions/feelings.</li> <li>Breathing for health and balance.</li> <li>Nutrition</li> <li>Moving: Exercise for Therapists</li> <li>Knowing your boundaries (mental and physical)</li> <li>Thinking: intent/shaping our reality</li> </ul>	<ul style="list-style-type: none"> <li><i>Know, evaluate and demonstrate the use of:</i> <ul style="list-style-type: none"> <li>Self-responsibility</li> <li>Emotional states</li> <li>Breathing for balance</li> <li>Sensing (stress, touch, communication)</li> <li>Nutrition</li> <li>Moving (exercise)</li> <li>Feeling (expressing feelings)</li> <li>Self-limits/boundaries</li> <li>Thinking (shaping our realities)</li> </ul> </li> </ul>

**The unit is designed to help the students be aware of the need for self-care and what they can do to improve their self-reliance and the ability to ask for help if it is required.**

*As part of this module students are required to:*

- Demonstrate personal values and professional identity within the Reflexology/Health industry
- Demonstrate how increase or maintain a level of mental/physical stamina required for a practitioner
- Demonstrate time management including punctuality and how to maintain these levels
- Demonstrate genuine interaction and consistency with own advice
- Demonstrate confidence, recognition of self-limits/ 'boundaries'
- Demonstrate a capacity to establish and maintain a professional approach

- Demonstrate membership of a support or Professional Association for self-care/wellness
- Demonstrate professional standards through communication with other health professionals and the general public. If this needs to be increased develop a strategy to do so
- Reflect an understanding and respect of influences on human behaviour and health in interaction with others
- Respect and acknowledge external case management or intervention selected by the client
- Acknowledge and respect your cultural, gender and other differences in communication

**If any of these aspects need some improvement the student is to develop a strategy/way they will work towards improving these areas.**

Assessment can be through workbook, workplace journal, student clinic evaluation, role play or a combination of these assessment tools.

A final assessment tool would be required that indicates how and when these requirements of the unit were met by the student.