



## REFLEXOLOGY ASSOCIATION OF AUSTRALIA CERTIFICATE OF CLINICAL REFLEXOLOGY

**UNIT CODE**

**RA16 REF1A**

**UNIT TITLE**

**REFLEXOLOGY FRAMEWORK PRACTICE**

**DESCRIPTOR**

**This unit describes the skills required to establish the framework foundations of working within, and for, a sustainable reflexology practice.**

Element	Performance Criteria
1. Demonstrate commitment to the central philosophies underlying reflexology practice	<ul style="list-style-type: none"><li>• Identify the principles of reflexology</li><li>• <i>Historical development of reflexology</i> is explained</li><li>• Zone/meridian theory as a basis for reflexology is described</li><li>• <i>Other philosophies and styles of reflexology</i> are identified</li><li>• Evaluate reflexology philosophy <i>to interpret wellness and</i> its application to health issues</li><li>• <i>Relationship between complementary therapies</i> is identified and compared with reflexology</li></ul>
2. Outline and represent the reflexology framework	<ul style="list-style-type: none"><li>• Provide definition of reflexology and the reflexology system of treatment</li><li>• Identify the philosophies and practices of reflexology</li><li>• Relate information about reflexology to initiate awareness in others</li><li>• Practices and principles of reflexology are explained in an easily understood way in a one to one and group setting</li><li>• Enquiries are clarified and <i>appropriate information</i> is provided</li><li>• </li></ul>
3. Uncover the requirements for a rewarding reflexology practice	<ul style="list-style-type: none"><li>• Identify <i>essential components</i> of a sustainable professional practice</li><li>• Identify the impact of economic, environmental and social influences on professional practice</li><li>• Research <i>relevant information</i> that supports professional practice</li></ul>
4. Develop guidelines for own practice	<ul style="list-style-type: none"><li>• Establish personal and professional goals</li><li>• Research professional opportunities in reflexology in order to decide on practice direction</li><li>• Consider personal constraints that may impact on opportunities</li><li>• Develop strategies to achieve practice goals</li></ul>

## Knowledge Evidence

*Historical development of reflexology may include:*

- Ancient civilisations; their philosophy in both western and eastern body therapies
- Zone theory and/or meridian theory
- Modern history of reflexology from the 19<sup>th</sup> century onwards
- Present day developers and proponents of reflexology

*Other philosophies and styles of reflexology may include:*

- Hand reflexology
- Body reflexology
- Maternity reflexology
- Chi reflexology
- Colour/Light reflexology
- Auricular therapy
- Vertical reflexology
- Metamorphosis
- Language of the Feet
- Sports Reflexology
- Precision Reflexology
- Subtle Energies
- Meridian Theory
- Rhow Shur Method

*Relationship between complementary therapies may include key features (Current availability; Tools and techniques; Interactions between different therapies; When therapies may be used; Underpinning philosophy)of:*

- TCM Five Element Theory
- Bowen/Emmet
- Homeopathy
- Remedial massage
- Naturopathy
- Shiatsu
- Acupressure/Traditional Chinese Medicine
- Polarity therapy
- Reiki
- Craniosacral / Myofascial Release
- Touch for Health
- Magnetic Therapy
- Horstman Technique
- Alexander Technique
- Kinesiology
- Integration therapy

- Aromatherapy
- Remedial Massage
- Therapeutic Massage
- Flower Essences
- Subtle Energy Therapy
- Indian chakra system
- Interaction of mind-body systems
- Holographic Theory
- Quantum Mechanics of Healing
- Polarity

*Appropriate information* may include:

- key features of allied health services and their relationship to reflexology, including:
  - chiropractory
  - podiatry
  - dietetics and nutrition
  - occupational therapy
  - physiotherapy
- place of reflexology practice in the broader health care system, including:
  - nursing facilities
  - hospitals
  - corporate business
  - community care
  - multi-modality
  - leisure and fitness facilities
  - women's health centres
- features and differences of allopathic and naturopathic approaches to health and health treatments
  - Effects of one treatment over, or with another
  - Treatment according to stage of condition
  - Confirmation of appointment date and time
  - Clinic location and directions
  - Cost of initial consultation
  - Payment options
  - Availability of health fund rebates
  - Work cover eligibility
  - Estimated cost of treatment
  - Professional status of practitioner
  - Availability of home visits
  - After hours service
  - Provision for hospital visits.

*Essential components* may include:

- professional reflexology networks and industry bodies
- different models of professional reflexology practice and their key features:
  - sole practitioners
  - shared clinics
  - employment opportunities
- components of sustainable practice:
  - economic – opportunities and viability
  - environmental
  - human – personal health, professional development
  - social responsibility

*Relevant information* may include:

- legal and ethical guidelines (national and state/territory) and how these are applied in individual practice:
  - Occupational health and safety guidelines
  - Anti-discrimination legislation
  - Privacy Act
  - Infection control
- children in the workplace
- codes of conduct
- continuing professional education
- discrimination
- dignity of risk
- duty of care
- human rights
- informed consent
- insurance requirements
- mandatory reporting
- practitioner/client boundaries
- privacy, confidentiality and disclosure
- records management
- work role boundaries – responsibilities and limitations

*Develop strategies* which may include

- Procedures and guidelines
- Purpose or mission statement
- Code of ethics or practice
- Level of competency and degree of supervision

## **Performance Evidence**

The candidate must show evidence of the ability to accomplish tasks associated with the elements and performance criteria within the context of the job role.

Evidence includes:

- Ability to demonstrate an understanding of underpinning values and philosophies in the reflexology framework and convey the philosophies, principles and tools of a reflexology practice
- Ability to communicate key messages about reflexology to inform at least 3 different individuals or groups.
- Develop goals for their own practice that reflect the values and philosophies of reflexology.

## **Resource Implications**

*Resource requirements may include:*

- Relevant texts or medical manuals
- Relevant paper based/video assessment instruments
- Appropriate assessment environment
- Skilled assessors

## **Method of Assessment**

*Assessment may include:*

- Short tests and essays
- Oral questioning and discussion
- Observation of practical work
- Simulated treatment session
- Case Studies & Projects
- Presentations

## **Context of Assessment**

This unit can be assessed in the workplace, classroom or in a simulated workplace under the normal range of work conditions. Assessment may contain both theoretical and practical components and cover a range of examples to sufficiently include a range of clinical situations.