

National Register of Reflexologists (Ireland)

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**DIPLOMA SYLLABUS**

**FOR ACCREDITED TRAINING**

**IN REFLEXOLOGY**

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*Revised 12th May, 2010*

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## **COURSE ENTRY REQUIREMENTS**

This course is open to all applicants who have reached the age of eighteen years, or who will do so during the period of the course.

Applicants should have passed the Leaving Certificate or equivalent in at least three subjects.

Applicants who have not passed the Leaving Certificate or equivalent may be facilitated through an evaluation of acquired experience and lifelong learning.

In any event admission to the course in all cases will be at the discretion of the school principal.

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The syllabus is composed of the following seven modules embracing 150 hours of tutorials over a minimum period of fourteen months and 60 hours of case studies:

### **I. ANATOMY AND PHYSIOLOGY**

### **II. REFLEXOLOGY**

### **III. THERAPEUTICS**

### **IV. NUTRITION**

### **V. CLINICAL TRAINING / CASE STUDIES**

### **VI. PRACTITIONER DEVELOPMENT AND ETHICS**

### **VII. RESEARCH**

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# I. ANATOMY & PHYSIOLOGY

**OBJECTIVE:** This module teaches the structure and functions of the human body.

**OUTCOME:** At the end of this module the learner will have a comprehensive understanding of the bodily systems and conditions associated with them.

## BODY SYSTEMS:

- ✓ Human cells
- ✓ Digestive system
- ✓ Nervous System (incl. 5 Senses)
- ✓ Endocrine system
- ✓ Muscular system
- ✓ Skeletal system
- ✓ Cardiovascular system,
- ✓ Lymphatic system,
- ✓ Respiratory system
- ✓ Reproductive system
- ✓ Integumentary system
- ✓ Urinary System

### 1. The definitions of:

- ✓ Anatomy
- ✓ Physiology
- ✓ Homeostasis
- ✓ Types of tissues
- ✓ Structure and functions of human cells

### 2. Respiratory System

- ✓ Nose / Pharynx / Larynx / Trachea / Bronchi
- ✓ Diaphragm
- ✓ Lungs
- ✓ Alveoli
- ✓ Respiration – internal and external

### 3. Urinary System

- ✓ The Kidneys
- ✓ The Nephrons
- ✓ The Urethra
- ✓ The Ureters
- ✓ The Bladder
- ✓ The formation of Urine

### 4. Reproductive System

- ✓ Male & Female organs
- ✓ Menstrual cycle
- ✓ Fertility

### 5. Digestive System Part 1.

- ✓ The Mouth
- ✓ Pharynx
- ✓ Oesophagus
- ✓ The Stomach
- ✓ The Small Intestine
- ✓ The Large Intestine
- ✓ Ileo caecal valve

### 6. Digestive System Part 2.

- ✓ The Liver
- ✓ The Gallbladder
- ✓ The Pancreas

### 7. Nervous System

- ✓ Neuron
- ✓ The Cerebrum
- ✓ The Brain Stem
- ✓ Medulla Oblongata
- ✓ Reticular activating system
- ✓ The Cerebellum
- ✓ Cerebro -spinal fluid
- ✓ The Spinal Cord
- ✓ Spinal nerves
- ✓ Cranial nerves
- ✓ Autonomic Nervous system – sympathetic and parasympathetic divisions
- ✓ Stress response
- ✓ Stress related disorders

### 8. Endocrine System

- ✓ The main Hormones released by the endocrine glands into the blood stream
- ✓ Endocrine glands
- The main functions of*
- ✓ The Pineal Gland
- ✓ The Hypothalamus
- ✓ The Pituitary Gland
- ✓ The Thyroid Gland
- ✓ The Parathyroid Gland
- ✓ The Thymus Gland
- ✓ The Adrenal Glands
- ✓ The Pancreas
- ✓ The Ovaries
- ✓ The Testes

### 9. Cardio-Vascular System

- ✓ The Heart
- ✓ The composition of Blood
- ✓ Red / White blood cells
- ✓ Plasma
- ✓ The flow of blood through the heart to and from the body and lungs: arteries and veins.

### 10. Lymphatic System and

#### Immunity

- ✓ Lymph Vessels/Nodes
- ✓ Lymph tissue
- ✓ The Spleen
- ✓ The Tonsils and Adenoids
- ✓ The Thymus gland

### 11. Muscular & Skeletal Systems

- ✓ Bone / Tissue / Cartilage / Ligaments / Tendons.
- ✓ Muscle Tissue
- ✓ Joints
- ✓ Movement
- ✓ Structural support and protection
- ✓ The Axial skeleton
- ✓ The Appendicular skeleton.
- ✓ The Thoracic Cage
- ✓ Muscles of Respiration
- ✓ The Shoulder Girdle
- ✓ The Pelvic Girdle
- ✓ Bones and muscles of the Feet and Hands

### 12. Intergumentary System

- ✓ Skin – structure & function
- ✓ Hair and nails

## **II. REFLEXOLOGY**

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**OBJECTIVE:** This module provides a comprehensive understanding of principles of reflexology.

**OUTCOME:** At the end of this module the learner will:

- ✓ Understand the history and origins of reflexology.
  - ✓ Have a reflective and holistic approach to the therapy, and to health and wellbeing.
  - ✓ Be aware of contraindications and cautions,
  - ✓ Have an understanding of reactions during and after treatment.
  - ✓ Have an understanding of the healing process including duration of illness, client's awareness,
  - ✓ Responsibility for therapist's health and wellbeing.
  - ✓ Have an understanding of zones and their functions.
  - ✓ Understanding the need of Case Studies.
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### III. THERAPEUTICS

**OBJECTIVE:** This module provides a comprehensive understanding of reflexology therapy.

**OUTCOME:** At the end of this course the learner will:

- ✓ Be able to interpret and use foot and hand reflexology charts.
- ✓ Identify how the reflex points on the feet and hands relate to the body.
- ✓ Will have an understanding of observing and addressing the feet – holding versus gripping, thumb and finger compression techniques.
- ✓ Have competence and skill in the implementation of a sequence of reflexology treatment including an evaluation of the sense of touch relative to the client.
- ✓ Have an understanding of reactions during treatment.
- ✓ Understand the importance of monitoring treatment in case studies.

#### **Competence and Skill in the implementation of a Reflexology Treatment**

##### **A. Relaxation Exercises:**

Solar Plexus / 3 Way Stretch / Waving & Milking / Toe Rotation / Nurturing / Warming / Combing

##### **B. Identification of foot reflexes:**

<b>Right Foot:</b>		<b>Left Foot:</b>	
➤ Kidney & Adrenal gland	➤ Lung, Bronchi	➤ Kidney & Adrenal gland	➤ Heart
➤ Urether	➤ Breast & Ribs	➤ Urethra	➤ Circulation point
➤ Bladder	➤ Diaphragm	➤ Bladder	➤ Lung, Bronchi
➤ Pituitary gland	➤ Solar plexus	➤ Pituitary gland	➤ Breast area & Ribs
➤ Pineal gland	➤ Thymus gland	➤ Pineal gland	➤ Diaphragm
➤ Hypothalamus	➤ Liver	➤ Hypothalamus	➤ Solar plexus
➤ Cranium	➤ Gallbladder	➤ Cranium	➤ Thymus gland
➤ Cerebrum	➤ Oesophagus	➤ Cerebrum	➤ Spleen
➤ Cerebellum	➤ Stomach	➤ Cerebellum	➤ Oesophagus
➤ Brain stem / Medulla oblongata	➤ Pancreas	➤ Brain stem / Medulla oblongata	➤ Stomach
➤ Sinuses	➤ Stomach (again)	➤ Sinuses	➤ Pancreas
➤ Nose	➤ Duodenum	➤ Nose	➤ Small intestine
➤ Adenoids	➤ The rest of the Small intestine (jejunum & Ileum)	➤ Adenoids	➤ Transverse colon
➤ Upper lip	➤ Illeo-caecal valve	➤ Upper lip	➤ Descending colon
➤ Teeth	➤ Appendix	➤ Teeth	➤ Sigmoid colon
➤ Lower lip	➤ Ascending colon	➤ Lower lip	➤ Rectum
➤ Pharynx	➤ Transverse colon	➤ Pharynx	➤ Spinal column & Spinal nerves
➤ Tonsils	➤ Spinal column & Spinal nerves	➤ Tonsils	➤ Sciatic nerve
➤ Neck	➤ Sciatic nerve	➤ Neck	➤ Ovary / Testes
➤ Thyroid gland	➤ Ovary / Testicles	➤ Thyroid gland	➤ Fallopian tube / Vas deferens
➤ Thyroid helper area	➤ Fallopian tubes / Vas deferens	➤ Thyroid helper area	➤ Uterus / Prostate gland
➤ Parathyroid glands	➤ Uterus / Prostate gland	➤ Parathyroid glands	➤ Sacro-iliac joint
➤ Eyes, Ears & Eustachian tube	➤ Sacro-iliac joint	➤ Eyes, Ears & Eustachian tube	➤ Elbow, knee, hip, ankle, foot
➤ Shoulder joint	➤ Elbow, hip, knee, ankle, foot	➤ Shoulder joint	➤ Upper & lower lymphatics
➤ Shoulder girdle	➤ Upper & lower lymphatics	➤ Shoulder girdle	
➤ Hand		➤ Hand	
➤ Trachea		➤ Trachea	
➤ Oesophagus		➤ Oesophagus	
➤ Vagus nerve		➤ Vagus nerve	

## IV. NUTRITION

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**OBJECTIVE:** This module provides an introduction to nutrition (comprehensive understanding of food and diet) as a means of maintaining health and wellbeing.

**OUTCOME:** At the end of this course the learner will understand the following:

- ✓ Water - it's importance & requirements.
  - ✓ Explanation of the macronutrients - carbohydrates, fats & proteins - how much the human body requires & what foods supply them.
  - ✓ Explanation of the micronutrients - vitamins & minerals
  - ✓ Accessory nutrients - digestive supports, oils, enzymes etc.
  - ✓ Foods - fruits, vegetables, grains, seeds, dairy products, poultry & meat, fish.
  - ✓ Common food additives.
  - ✓ Different diets.
  - ✓ Components of a healthy diet.
  - ✓ Nutrition for specific conditions - heart, cancer, baby nutrition, fertility, menopause, digestive complaints, diabetes etc.
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## V. CLINICAL TRAINING / CASE STUDIES

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*(As part of the NRRI reflexology course students are required to perform 60 hours of case studies. Tutorials will be given on how to complete case studies.)*

Case studies are structured reflexology treatments on the student's family and friends. This activity is supervised through written reports and is performed outside class hours. Students are requested to report on the treatment given using the case history template provided by the Registry. Case histories handed in at the end of the course are evaluated on presentation, as well as technique, approach, professionalism and personal evaluation.

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**OBJECTIVE:** This module provides practical supervised training in the workplace.

**OUTCOME:** At the end of this course the learner will be able to write case studies using the NRRI templates under the following headings:

- ✓ Acknowledgement of the NRRI Student Code of Ethics and NRRI Professional Code of Conduct
  - ✓ Evaluate the necessity for referral to a GP or other healthcare practitioner.
  - ✓ Treatment room and hygiene.
  - ✓ First treatment, including client profile.
  - ✓ Subsequent treatments.
  - ✓ Charting painful reflexes.
  - ✓ Use of helper reflexes
  - ✓ Aftercare treatment.
  - ✓ Client feedback.
  - ✓ Evaluation of treatment.
  - ✓ Presentation of Case Studies.
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## **VI. PRACTITIONER DEVELOPMENT AND ETHICS**

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**OBJECTIVE:** This module provides a comprehensive understanding of good practice and the NRRI code of ethics and professional conduct.

**OUTCOME:** At the end of this course the learner will be able to utilise:

- ✓ Good communication skills which will enable proper referral to other health care professionals and identify individuals at risk (contra indications for reflexology).
  - ✓ Effective consultation and communication skills which will enable them to care for the client and to assess the client's condition through observation and listening.
  - ✓ Practice Management and Marketing.
  - ✓ Roles and objectives of the National Register of Reflexologists (Ireland).
  - ✓ Professional Insurance and Registration with NRRI.
  - ✓ The NRRI Code of Ethics and Professional Conduct.
  - ✓ Introduction of consultation sheets and client's record keeping.
  - ✓ Health & Safety requirements.
  - ✓ Basic First Aid.
  - ✓ Knowledge of data protection policy.
  - ✓ Information technology.
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## **VII. RESEARCH METHODOLOGY**

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**OBJECTIVE:** This module provides an introduction and understanding of research and development using anecdotal evidence of the benefits of reflexology.

**OUTCOME:** At the end of this course the learner will be able to:

- ✓ Research conditions pertaining to reflexology.
  - ✓ Record and analyse information in a systematic and objective way.
  - ✓ Role of NRRI Research Forum
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### **What is Research?**

“Research is the systematic investigation and study of something in order to establish facts and reach new conclusions.”

*(Oxford Dictionary)*

### **Three steps to set up a Reflexology Research Project.**

1. Feasibility study
2. Pilot study
3. The Research Project.

### **Why do Reflexology Research?**

- Helps integrate Reflexology with Conventional Medicine.
  - For Government funding, healthcare systems, Insurance.
  - Improving our Education and Research data in Reflexology.
  - Promotion and recognition.
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