



Contemporary Reflexology College

taking reflexology to the next level

PROSPECTUS 2019

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1. Introduction to Contemporary Reflexology College

A Warm Welcome to Contemporary Reflexology College!

Thank you for enquiring about the **Level 5 Diploma in Practitioner Reflexology**.

Hopefully this information will give you an insight into the course and help you decide if it is the right reflexology practitioner course for you, at this time in your life.

Once you have read through the prospectus and looked at the college web site, as there is much more information there, please telephone to discuss your options and arrange a meeting. This can be at the venue of your choice - Knutsford, Solihull or Lichfield and gives you the opportunity to meet your tutor/s, current learners on the course, possibly receive a reflexology treatment and ask any questions.

We like to meet all our prospective new learners as I am sure you would like to meet us.

Contemporary Reflexology College aims to train and support reflexologists who are dedicated to improving the health and wellbeing of their clients. Through cutting edge techniques, a thorough knowledge of the human body and an understanding of the pathology of disease, Contemporary Reflexology College and its affiliate In-Spires Reflexology College, offers comprehensive practitioner training leading to the highest UK qualification in Reflexology with the potential of a successful career in this popular therapy.

Contemporary Reflexology College was created in 2014 by Principal Tutor Allison Walker to teach Reflexology to the highest possible standard with forward thinking and creative techniques. As an experienced teacher of reflexology and successful practitioner for 20 years, Allison has developed the excellent Centralia course to include progressive techniques and ways of working that are unique in the UK but are successfully incorporated into clinical practice in other countries.

The college chooses to hire venues in different locations to reach as many people as possible rather than being based in one premises. The venues are easily accessible and conducive to a fulfilling learning experience. Course sizes are between 6 and 16 depending on the venue and number of tutors present. Courses tend to fill up a few months before they start.

The course runs for one full year. At Solihull and Knutsford attendance is one weekend a month, comprising 12 weekends in attendance (24 days). Lichfield runs mainly with one Tuesday per week on a course with 29 days spread over the year. The Home Study programme is well structured and explained and you will need approximately 2 days a week (or a day and two evenings) for study, coursework and practical treatments. Assessment is ongoing with 4 practical exams at different stages of training and assignments that build into a portfolio of evidence. Please be aware that this is a difficult course to manage if you are working full time with a lot of family or social commitments.

Level 5 is equivalent to a foundation degree course or HND so the work requires researching and referencing. In class half the day is spent on theory and half on practical. The course is allied to the Nursing and Medicine sector but is suitable for people from all backgrounds. However, good computer skills and educational achievement will ensure that you can cope with the demands of the course.

2. In-Spires Reflexology College

In-Spires Reflexology College is run by Ruth Hodgkiss and is affiliated to Contemporary Reflexology College.

Ruth Hodgkiss is a Level 5 Reflexology practitioner with a fun professional teaching style. Ruth has a teaching degree specialising in Business Studies and ITC (Information Technology) but is now focussed on her career as a reflexologist and reflexology tutor.

In-Spires is based in the beautiful Cathedral City of Lichfield and so the college name was 'inspired' by the Spires of the Cathedral close to the course venue and also because Ruth is passionate about 'inspiring' her students to achieve their full potential as reflexologists.

Ruth also taught for many years and was head of department at Lichfield Cathedral School!

I must say also that Ruth is an 'inspiring' teacher who really helps people to understand what she is teaching.

Ruth has good experience in professional clinical practice and has been assisting and teaching alongside Allison Walker for a couple of years.

In-Spires College is new and fresh with great ideas to help students develop their reflexology skills. Aspects of the course will initially be overseen and supported by Allison Walker.

The venue is central Lichfield with free parking and within walking distance of the railway station.

Courses will be kept small at around 6 per group and this ensures plenty of one to one support.

The course times should be manageable for parents needing to drop off children to school on route to class.

Ruth will also provide a light veggie lunch for her students so you can fully focus on the day's activities and not worry about a packed lunch.

If In-Spires Reflexology College has inspired you then please contact Contemporary Reflexology College who will be happy to put you in touch with Ruth.



3. Level 5 Diploma in Practitioner Reflexology

The Level 5 Diploma in Practitioner Reflexology offers a comprehensive Level 5 training in Reflexology combined with a detailed Level 4 in Anatomy, Physiology and Pathology and Business Planning for Reflexology.

Level 5 is on a par with a Foundation degree or HND and Level 3 (the main alternative route for practitioner training) is 'A' Level and NVQ level 3 equivalent. The differences are mainly about the depth and how relevant the course material is to reflexology. This Reflexology Mastership course is totally geared to training the very best clinical reflexologists.

Contemporary Reflexology College and its affiliate In-Spires Reflexology College are privileged to be a training centre for this innovative course created by the experienced reflexologists of Centralia. Centralia is an Independent Approved Centre, fully regulated by the Awarding and Qualification Organisation Agored Cymru and Contemporary Reflexology College is a Partner Centre so there is plenty of back up, support and sharing of information from a network of partnership reflexology centres.

This is a fully accredited course with all five course units assigned to the Nursing and Subjects and Vocations Allied to Medicine Sector and they are 100% specific to becoming a Professional Clinical Reflexologist. The units are also recognised in Europe as the Credit and Qualifications Framework for Wales is registered with the European Qualifications Framework.

Contemporary Reflexology College is also a member of RIEN (Reflexology in Europe Network) and has graduates practicing in other countries.

This course is designed for anyone wishing to study reflexology to an unparalleled level of professional clinical excellence. The depth and breadth of this course ensures varied, interesting, challenging and fun learning that is totally relevant to today's Professional Reflexologist.

According to Agored Cymru (the Awarding body) 'the level 5 Diploma in Practitioner Reflexology offers a pathway to a career as a Professional Reflexologist. It extends the requirements of practitioner status currently at level 3 and develops the learning into an evaluative, justified and applied client treatment specific practice. The level 5 course is also designed to attract medical and health professionals, helping integrate complementary therapies with conventional medicine / allopathic practices. Currently centres throughout Wales, England, Ireland and Northern Ireland that offer the L5 route have learners who either enter other complementary therapy studies offered within the higher education system or secure new business development (including corporate opportunities), either as self employed reflexologists or employed within organisations such as the NHS, private hospitals, GP surgeries, hospices and more.'

Contemporary Reflexology College (CRC) is dedicated to raising the standards of Reflexology training for both new and existing reflexologists. CRC is unique in its approach to Level 5 practitioner training by incorporating Foot Reflexology, Hand Reflexology and Ear Reflexology into the syllabus, as well as specialisms and training in:

- **Meridian Reflexology - 2 day course**
- **Adapting Reflexology for the chronically sick, those needing palliative care and those requiring support in living with Cancer - 2 day course**
- **Understanding the needs of couples with sub-fertility issues and how to support the client throughout pregnancy, labour and post-partum - 2 day course**
- **The importance and relevance of research in working towards an integrated healthcare system -1 day course**
- **Understanding the role of nutrition in health and well-being**
- **Self-care and emotional well-being**
- **NeuroEndoPsychoImmunoPody (NEPIP) - unique protocol for stress relief**
- **Inner Intent Reflexology – exploring the mind/body connection with intent, created by Allison Walker**

Suitable for men and women looking to change career or to work as part-time professionals there is a structured programme of home assignments and case study work.

Although this is an academic course, plain English is used alongside the medical terminology to aid learning and at least 50 per cent of the contact teaching time is devoted to the cutting edge practical reflexology techniques. There is also a holistic element to the course through exploration of other complementary therapies and the pathology of disease.

Support throughout the course is through an interactive Student Area called The Hub on the web site, tutorials (in class, telephone or Skype) with your tutor, continuous feedback in class, through your marked work and from your colleagues (as most groups form a deep and lasting friendship throughout the year). **DVD's of the techniques are provided as well as charts and maps of the feet, hands and ears.**

On successful completion of the course you can use the letters CRM5 (Dip) after your name and register with the main reflexology membership associations such as The Association of Reflexologists and regulatory body the CNHC (Complementary and Natural Healthcare Council). You receive certificates from Centralia, Agored Cymru and Contemporary Reflexology College/In-Spires Reflexology College!

Each part of the course is mapped to a unit and each unit consists of a number of credits. On successful completion of the course and all of the units you are awarded the Level 5 Diploma in Practitioner Reflexology and the credits may be transferable to another accredited course such as a full degree in an associated subject.

The units, what we study and the assignments that form your Portfolio of Evidence are:

HK24CY005 - Anatomy, Physiology & Pathology for Reflexology:

1. Pathology Directory with learners researching common conditions that clients present with and understanding the reflexes that may be out of balance as a result.
2. Workbook – this is a compilation of in-class discussions, exercises, charts and interactive learning (that is fun!) to demonstrate understanding of the structure and function of the body.
3. Stress Essay – This assignment enables learners to appreciate what stress is, how it affects us all and what we can do about it!

4. Homeostasis Report – Comparing and contrasting how two conditions can disrupt the body's balance and how amazing our body is as it strives to rebalance. Popular subjects have been hangovers and sunburn this summer!

HK25CY008 – Reflexology Skills in Practice:

1. Creating a resource directory of local complementary health practitioners, statutory and non-statutory bodies so that you can use this when working on your person studies and also as reference when in professional practice. It is important to know when and who to signpost your client's to.
2. Four in-class practical assessments when learners work on people that they do not know. This is a valuable learning experience that builds confidence and knowledge.
3. An important part of this unit is to understand all clinical aspects of reflexology and there are in class discussions and exercises to cover these topics.

HK25CY007 - Incremental Development of Applied Reflexology Skills in Practice:

1. Creating Client Consultation forms and clinic notes.
2. Person Studies: Following topics such as hygiene, how to interpret what you find on the feet, listening skills, body language, contra-indications and precautions, treatment planning and lots of practical tuition you begin practicing on clients and recording your treatments. There are initial practice sessions on friends and family and then 3 sets of person studies that gradually build on your knowledge and expertise. The most detailed set is Set 2 that demonstrates your clinical reasoning through reflection, analysis, comparisons and outcomes. There are templates and guidance sheets to ensure that you know what is required. Set 3 studies are written as if you were in clinical practice to prepare you for being on your own. (98 sessions in total are to be logged as Person Studies and these plus the 4 in-class assessments total 100 practical sessions).
3. Personal Development Plan – This is a personal journal reflecting on your development throughout the course and what you are going to do on completion.
4. Hand Reflexology – in class practical followed by one person study (minimum of six sessions with one client) that forms part of your total number of person studies.
5. Auricular Reflexology - in class practical followed by one person study (minimum of six sessions with one client) that forms part of your total number of person studies.

HK25CY006 - Providing Reflexology for Specific Conditions:

1. Research Report – Following a morning on exploring research, learners are asked to critically appraise a report on a research trial and then explain what they would like to create as a reflexology research trial and how they would go about it.
2. Adapting reflexology for sub-fertility and maternity care. A weekend on learning about fertility issues and how to work with couples who are struggling to conceive and how to support a client throughout pregnancy, labour and beyond. A weekend of practical, discussions and exercises.
3. Adapting Reflexology to support the chronically sick, those living with cancer and those in need of palliative care. This caring, nurturing weekend is full of practical techniques, discussion and

DVD's to help understand the challenges faced by people with severe illness as well as their carers and families.

HK24CY006 - Business Skills for Reflexology Practice:

Creating a business plan and cash flow forecast to help you to set up in practice, this also includes all of the legalities and professional frameworks that the reflexologist needs to be aware of.

Please note that there is a Home Study Schedule for the year that clearly explains when the four assignments, the pathology directory and the person studies will be issued and are to be submitted. There are comprehensive guidance sheets following in-class instruction so that you feel confident to complete the work and meet the criteria over the duration of the course. Ongoing support through telephone calls, Skype and resources on the Learner Area of the website called The HUB also help.

Additional topics included in the Contemporary Reflexology College syllabus:

Auricular Reflexology - a practical day learning how effective the ear points can be and what a valuable and amazing skill it is for today's reflexologist. Fantastic for pain relief!

Meridians are also studied, as an understanding of these points can bring a new dimension to a reflexology session. You will be given the college's own charts for reference.

Self-care through E.F.T (The Emotional Freedom Technique), hand exercises, body dynamics, nutrition, supervision and more. It is important that the busy reflexologist looks after their own health and wellbeing as they support and help others.

Practical Reflexology - Half of each day's attendance in class is spent on practical skills. Learning the techniques, hand holds, pressure and location of the reflexes on the feet, hands and ears. There is a lot to learn on the theory side but this is a practical subject and therefore there is great emphasis on working efficiently and intuitively to create the most effective reflexology session for your client. If your client feels the benefit of your reflexology they will return and also recommend you to others. Word of mouth builds practices faster than any advertising, so you need to be good.

As you can see we cover a lot in a year and each course day is action packed. However if life takes over, as it can sometimes, please know that every support is given along the way and course work may be handed in after the last day with a personal submission date agreed with your tutor. Your student learner membership and insurance covers you for up to 18 months; this is included in the course costs.

All course dates must be attended. If one day is missed through illness then the student may catch up through the PowerPoint presentations, hand-outs and DVD's with a tutorial session. However if more than one day is missed then the student must pay for a catch up session with the course tutor, this is £50 for a half day and £100 for a full day (usually as a one to one we can cover a course day in a half day). If it is known in advance that a date cannot be attended (previously booked holiday etc.) then it may be possible to attend that day at another venue or Centralia Partnership College.



4. College Tutors

Allison Walker - Contemporary Reflexology College Principal and Tutor



'My name is Allison Walker and I have been in clinical reflexology practice for 20 years and teaching reflexology for over 17 years. First teaching diploma courses for The International Institute of Reflexology, then three versions of the Level 3 courses and now I am looking forward to my 13th Level 5 course in 2019!

I came into complementary health through looking at ways to help my own health issues and discovered the amazing world of reflexology. I retrained at the age of 39 leaving my hectic and stressful career in sales management to help others. I was wary of becoming self-employed as I needed to earn enough to pay my way but within 18 months I had three busy clinics and was seeing up to 50 clients per week! I have a wealth of knowledge and experience to share with others who also want to make a difference in the world and be in control of their own working lives.

In 2014 I was awarded a Fellowship of The Association of Reflexologists for training reflexologists.

I called my reflexology college 'Contemporary Reflexology College' because I aim for my student learners and graduates to be equipped with the latest knowledge, innovative techniques and tools relating to reflexology.

It is a really exciting time to train in Reflexology with new discoveries and ways of maximising a treatment, as research and understanding grows to support the ancient wisdom of working on the feet, hands and ears.

However I have discovered that it is important people progress at their own pace and develop their own style of learning. It is essential that everyone feels confident and empowered by their learning experience however long they have been out of formal education and I enjoy helping them on their journey.

I look forward to welcoming you to the college if it feels the right career path for you at this time.'

Ruth Hodgkiss – In-Spires Reflexology College Tutor



"Most of my professional life I have worked as a secondary school teacher, teaching Business Studies and ITC. I loved my time in the classroom and held many positions of responsibility including being the Head of the Senior School at a 3-18 Independent School. I have always loved to learn and a few years ago applied (on two occasions) to do a Masters Degree in Education only to find out both times that the course wasn't running because of insufficient numbers. My thirst to learn remained, however, and I thought that perhaps something was telling me to look for something a little different.

I had tried Reflexology as a complementary therapy after my daughter had had an almost miraculous recovery from a painful back injury after only two Reflexology sessions. I went for a treatment to be nosy really, not having much wrong with me apart from the usual stresses and strains of being a full time working mum. I was amazed at how calm I felt after the treatment and how I could feel things happening within my body while someone was putting pressure on my feet. I decided I wanted to learn more about this fascinating therapy and looked into finding a course that I could follow. I wanted to learn at the highest possible level so after doing lots of research I discovered Allison at the Contemporary Reflexology College. I rang Allison one morning and immediately knew that I trusted her and wanted to learn with her so signed up on the Birmingham course.

A few weeks after I began the course, my mum was diagnosed with breast cancer (having had ovarian cancer some 12 years previous). I wasn't sure whether I could commit to my job, my family and now an intensive course but I decided I should try and am so glad that I did. From day one I was hooked and I loved learning about Reflexology, Anatomy and Physiology and Business at such a high level and from such a knowledgeable and motivating teacher. Receiving regular treatments, I found Reflexology to be hugely empowering and it enabled me to feel more in control of my life as well as experiencing a general feeling of wellbeing. As a family, we managed the year with me working and mum going through a variety of treatments including receiving reflexology on a regular basis from me! Mum has now made a full recovery and last summer I decided to leave teaching after almost 20 years to pursue my new found love of Reflexology. I run a clinic from home and enjoy seeing clients and supporting them with their needs (I see many former teaching colleagues)! Not that educating will ever be out of my blood though, as I was delighted to take up the post of Assistant Tutor with Allison at her Birmingham College in September of 2016. Not only am I now able to support more budding Reflexologists on their journey, I am also able to continue and reinforce my own learning and understanding of the therapy. Working for myself has given me the flexibility I need to support my children and husband plus being able to support my parents with their needs. I love it!"

Ruth will soon be running In-Spires Reflexology College in Lichfield supported initially by Allison.

Claire Winter – Classroom Assistant



Claire has a Level 5 Diploma in Practitioner Reflexology and left her busy corporate job to become a full time reflexologist. Claire assists Allison in the busy Knutsford venue ensuring that during the practical sessions everyone has the individual help and guidance they need, especially in the early stages of learning something new. Claire is bubbly and engaging and brings her own unique energy and style to class!

5. Venues

Solihull Women's Institute
745 Warwick Road
Solihull
Birmingham
B91 3DG

The venue covering the Birmingham is in the progressive town of Solihull. With designer shopping, a beautiful park, historic buildings and its close proximity to the N.E.C and Birmingham International Airport, Solihull is a great location for our reflexology course. Solihull is also the first station interchange for the proposed HS2 route. Just off the M6 it is close to the M5 and M40 and is accessible from Warwickshire, Oxfordshire, the West Midlands, Shropshire, mid-Wales and more.

The WI Hall is a modern building located in the heart of Solihull opposite some amazing shops! There is free parking to the rear of the building. There are kitchen facilities or plenty of places to buy lunch locally. There are also plenty of guest houses and hotels nearby.

Cottons Hotel & Spa,
Manchester Road,
Knutsford,
Cheshire,
WA16 0SU

The venue covering the Manchester area is just outside Knutsford, originally known as 'The Capital of Cheshire' for its central location. Knutsford has a variety of boutique shops and contemporary restaurants and cafes. It is close to the M6 and M56, Tatton Park and some beautiful Cheshire countryside. Students come from a very wide catchment area due to the easily accessible location.

Cottons is a lovely 4 star hotel with a great swimming pool and spa and we have a super room with a conference café for refreshments. You either bring your own lunch or can order from the hotel or visit the garden centre next door.

**Ruth's Training Room,
Lichfield City Centre
Staffordshire**

The Lichfield venue is central to all amenities, the railway station and is close to the A 38 with its M6 Toll road connection. It is not far to the A50 with links to the M1 and the M42 is nearby in the south. In Staffordshire it is also an easy run from Birmingham, Leicestershire, Derbyshire and the East and West Midlands.

Parking is free and Ruth will provide refreshments and a light lunch.

6. Course Dates 2019 - 2020

Solihull – Birmingham – 9am to 5.30pm Saturday and 9am to 4.30pm Sunday:

Days 1 and 2	May 11 th and 12 th
Days 3 and 4	June 1 st and 2 nd
Days 5 and 6	June 22 nd and 23 rd
Days 7 and 8	July 20 th and 21 st
Days 9 and 10	September 14 th and 15 th
Days 11 and 12	October 12 th and 13 th
Days 13 and 14	November 9 th and 10 th
Days 15 and 16	December 7 th and 8 th
Days 17 and 18	January 18 th and 19 th
Days 19 and 20	February 8 th and 9 th
Days 21 and 22	March 7 th and 8 th
Days 23 and 24	May 9 th and 10 th

Knutsford – Manchester 2019 – 2020 – 9.30am to 5.30pm Saturday and Sunday

Days 1 and 2	September 21 st and 22 nd
Days 3 and 4	October 19 th and 20 th
Days 5 and 6	November 16 th and 17 th

Days 7 and 8	December 14 th and 15 th
Days 9 and 10	January 11 th and 12 th
Days 11 and 12	February 1 st and 2 nd
Days 13 and 14	February 29 th and March 1 st
Days 15 and 16	March 28 th and 29 th
Days 17 and 18	April 25 th and 26 th
Days 19 and 20	June 13 th and 14 th
Days 21 and 22	July 11 th and 12 th
Days 23 and 24	September 12 th and 13 th

Lichfield – Staffordshire 2019 – 2020 – Tuesdays (apart from the last two course days that are on Thursdays) 9.30am until 4.30pm each day

Session/Day	Date
1	10 September 2019
2	17 September 2019
3	24 September 2019
4	8 October 2019
5	15 October 2019
6	5 November 2019
7	12 November 2019
8	3 December 2019
9	10 December 2019
10	7 January 2020
11	14 January 2020
12	21 January 2020
13	4 February 2020
14	11 February 2020
15	3 March 2020
16	10 March 2020
17	17 March 2020
18	24 March 2020
19	21 April 2020
20	28 April 2020
21	12 May 2020
22	2 June 2020
23	9 June 2020
24	16 June 2020
25	23 June 2020
26	7 July 2020
27	14 July 2020
28	10 September 2020 (THURSDAY)
29	24 September 2020 (THURSDAY)

7. Course Fees

The course cost is £2,900. Please note that the Level 5 is equal to a Foundation Degree which each year costs around £9,000 for tuition alone! This is a vocational course and you can start recouping the course costs very quickly when in clinical practice. A Level 5 graduate should be charging between £35 and £95 per session depending on location and practice focus.

The initial booking fee is £400 that can be paid in two instalments of £200 or more if time permits.

The remaining £2,500 is then usually split into monthly payments. If paying over 12 months it is £208.34 per month, paid ideally by standing order.

If you would like to pay for the whole course on the first weekend then there is a discount of £100.

If you would like to discuss other payment options then contact the college. We are flexible and accept standing order payments that can be spread to suit your budget. However the longest that you could pay over would be 18 months (as this is how long your student insurance lasts and you should take to complete the course), standing order payments would then be £138.89 per month.

What is included in your Course Fees:

24 (29 in Lichfield) Days of in-class contact teaching and interim support

Comprehensive and detailed course hand-outs with plenty of colour images

Charts of the Feet, Hands and Ears

DVD's demonstrating the techniques

Narrated slideshows of each system of the body

Treatment Planning Protocols

Business Planning and Marketing

An interactive Learning Area on the web site called The HUB

Student Insurance with Alan Boswell (this is often charged separately on other courses)

Student membership of The Association of Reflexologists (this is also normally an additional cost)

All assessment, verification, registration and accreditation fees to Centralia and Agored Cymru are paid by the college as part of the fees (most colleges charge extra for these)

College Polo shirt with college logo

College USB memory stick

What you need to buy:

Your own equipment: A reclining Reflexology chair called the La Fuma and a gas lift stool or secretarial type chair on wheels are recommended, although some practitioners prefer therapy couches. Both of these will be required by Course Day 7. La Fumas can be sourced from Amazon

and are normally in the region of £89 to £130. Beware of imitation La Fumas as they do not recline high enough! The stools and chairs are available from many places such as Argos and Ikea for as little as £12. A La Fuma cover can be found on the Association of Reflexologists web site. Wet wipes, towels, pillow, blanket and foot cream are all additional essentials but are not required immediately.

All information including a suggested reading list will be provided in your Welcome Pack after booking.

Equipment can be provided in class initially until you have bought your own.

8. Entry Requirements and Admissions Process

Learners must be at least 18 years of age to undertake this qualification. There is no upper age limit.

Consideration for suitability is dependent upon academic ability, life skills, work skills and experiences. All applicants are expected to attend an interview following an on-line application to ensure that full information related to course content, course requirements and level and coverage of subject matter content are provided and understood before a formal offer of admission is given.

Essential attributes include a caring nature, a love for helping people with a hands-on approach and a desire to learn plus the motivation you need to progress and develop. However as there is a lot of writing/typing, good spelling and grammar is needed and human biology or prior anatomy and physiology knowledge is very helpful.

You will also need good basic computer skills because work is normally typed and submitted by email. Access to a printer is also needed.

We do recognise that everyone learns in a different way at a different pace so there is provision if you fall behind when life "takes over" as it can do from time to time. When you sign up for the course we expect full commitment for the whole course, in both attendance and achievement, so think carefully and research your options.

If you have any doubts about your capability or suitability for this course or are not sure if the course is right for you, then please telephone for a chat before you apply. We encourage a thorough investigation of this course and our Tutors before you make your decision. In turn we need to be sure that you have the determination to complete the course.

Following a successful meeting you will formally be offered a place, in writing, on the next available course.

You will then be asked to complete a registration form and asked to pay your booking fee. A college Welcome Pack is then posted to you and your journey begins!



9. FAQ's

Comprehensive information and answers to common questions can be found on the Centralia website: <http://centralia.org.uk/faq-s>

There is also an article written by Allison on the college Blog page to explain about the qualification frameworks in the UK and the difference between a Level 3 and level 5 qualification and indeed the dangers of a course that is unaccredited with no recognised qualification at the end of it!:

<https://www.contemporaryreflexologycollege.com/about/allisons-blog>

One question that is often asked is: How do I know if a course provides a proper qualification?

You will be awarded 79 Credits by Agored Cymru and these can be used for entrance to HE and University courses.

Credits are more important than most people realise, as they also signify that this is a 'real' qualification and not a course that isn't registered or recognised by any organisations or other teaching establishments. If you are researching which Reflexology school to attend, ensure you ask about credits - if the school can't give you this information, they might not be offering a 'real' qualification.

Can I do a bridging course from Level 3 to Level 5?

The answer is no. A Level 3 is an A level equivalent, comes under the sector for Health and Social Care and is classed at Further Education. The Level 5 Diploma in Practitioner Reflexology is a Foundation degree or HND equivalent and classed as Higher Education and comes under the sector Nursing and Subjects and Vocations Allied to Medicine. You can't 'upgrade' without doing the work. I have had many Level 3 trained reflexologists retraining to Level 5 and they can't believe the difference. One graduate went from Reflexology only accounting for 12 per cent of her business to over 70 per cent after retraining!

Is the Level 5 course right for me?

It very much depends on what you want to achieve, the time you have available to study and if you can and enjoy studying to a deep level. If you decide to train to Level 3 you can continue to learn and grow with CPD (Continuing Professional Development Courses) just ensure that it is a fully accredited course and is run by an experienced tutor. There are some excellent Level 3 courses but don't be fooled into an online or short course, they do not equip you to work safely with people with medical conditions.

If you enjoy study, learning as much as you can about a subject, want to be highly proficient and confident at what you do, have the time and dedication to devote to the course and want to be a busy professional reflexologist earning a good income, then I believe it is worth the initial outlay in time, money and effort to study to Level 5.

If you have any questions not answered on this page or on the links please contact the college.

10. Testimonials

I am both sad and excited at the same time to be coming to the end of this Level 5 Reflexology course, which has been all I had hoped for, plus a lot more besides!

It has been a very intensive year and a fascinating journey of self-discovery, as well as in-depth learning of theories and techniques. There is an excellent balance between theory and practice on this course, you get started on the practical techniques straight away, which really built my confidence. So much ground is covered during the weekend college dates; anatomy, physiology, pathology, techniques for working the feet, the hands, the ears, fertility treatments, palliative care, meridians and more. This is all backed up with excellent resources, charts, hand-outs, DVDs to enable you to consolidate your learning at home. However, no matter how well-structured a course is, two key elements are needed for success, one being the qualities of the tutors and the other the qualities of the learner.

Allison is an extremely knowledgeable, experienced, professional and passionate advocate for reflexology. She delivers the course material with humour, patience and enthusiasm and, together with Ruth, provides a supportive, inclusive environment and quality feedback, which allows all different types of learner to succeed.

If you are considering this course, I would recommend it to you without any reservations, but would add the warning that you, as a learner, need to be fully committed, self-motivated and very organised to get the best from it. L D Birmingham 2016-2017

This course has surpassed all of my expectations! I enrolled simply because I really felt like I needed a new challenge having worked as a Speech and Language Therapist in the NHS for 20 years and if I'm honest, did not know a huge amount about reflexology or have a grand plan. I have been so impressed by what I have learnt that I now want to reduce my hours to concentrate on this as a new career. The course, the tutor, the other students have all been just brilliant! The syllabus is structured in such a way that your practical skills develop in conjunction with the associated anatomy, physiology and pathology topics all of which I found extremely interesting. Don't expect it to be easy as it is intensive, takes hard work and discipline and you will need to put the hours in to get the best from it. However, you will be supported and encouraged every step of the way by Allison, who is so enthusiastic and a true professional with an absolute passion for her vocation along with Ruth, who completed the course a couple of years ago and is able to offer lots of additional, really helpful advice. I can honestly say that it has not only provided me with the challenge I sought but so much more and has been worth every penny. I will be sad to finish but feel I have been equipped with the confidence to take on this new venture. M D Birmingham 2016-2017

Quite simply this course and Allison have changed my life!

I can't say enough about the quality of the course content and the standard of the College's teaching, it is truly outstanding and I would recommend it to anyone.

I felt so encouraged and supported throughout the course to the point that I now believe a radical change from accountancy to reflexology is not only possible but an "essential" change that I can and indeed will make.

I am so glad that I chose the training route that I did. I know that I have had the best possible training which gives me great confidence as I move forward as a Clinical Reflexologist.

I am a little sad that my training with Allison and Ruth is now coming to an end but I look forward to some exciting CPD courses with the College and I know that Allison will continue to stay in touch and indeed remain very interested in what we all eventually do with our new and exciting qualification! M P Birmingham 2016-2017

Allison, Ruth and Claire look forward to supporting you on your Reflexology Journey!