



Contemporary Reflexology College

taking reflexology to the next level

PROSPECTUS 2024 and 2025

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www.contemporaryreflexologycollege.com

learn@contemporaryreflexologycollege.com

Mobile 07990 521524

Landline 01335 370395



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 website, as there is much more information there, please telephone or email to discuss your options and arrange a meeting. This can be via Zoom initially to see the course material and assignments followed by a meeting at the venue of your choice – Twemlow, between Knutsford and Holmes Chapel (Cheshire East south of Manchester) or Kings Norton (Birmingham). This gives you the opportunity to meet your tutor, 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 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 2013 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 23 years, Allison has developed the excellent level 5 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 kept small with 8 per venue to ensure personal tuition for each learner. Courses tend to fill up a few months before they start.

The course runs for one full year or a little over the year. Attendance is one weekend a month, comprising 12 weekends in attendance (24 days). 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 clinical assessments and 2 specialism assessments 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.



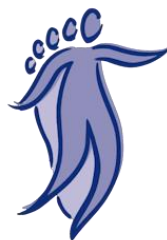
2. Level 5 Diploma in Practitioner Reflexology

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 course is totally geared to training the very best clinical reflexologists.

The level 5 qualification is fully regulated by the Awarding and Qualification Organisation Agored Cymru and Contemporary Reflexology College is a Founder Partner of the Integrated Reflexology Consortium (IRC), the registered centre with Agored Cymru: www.irc.training

Association of Reflexologists



Endorsed Qualification

Contemporary Reflexology College is privileged to be a training centre for the only Level 5 qualification endorsed by the Association of Reflexologists - Agored Cymru's Level 5 Diploma in Practitioner Reflexology delivered through the Integrated Reflexology Consortium. The new revised Level 5 Diploma in Practitioner Reflexology offers a modern comprehensive Level 5 training in Reflexology combined with a detailed Level 4 in Anatomy, Physiology, Pathophysiology and Business Planning. The course is created by experienced reflexologists with the academic awarding body Agored Cymru.

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. The course is also on the Ofqual framework in England.

Contemporary Reflexology College has graduates practicing in other countries such as France, Portugal and New Zealand.

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, and England 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**
- **Adapting Reflexology for the chronically sick, those needing palliative care and those requiring support in living with Cancer**
- **Understanding the needs of couples with sub-fertility issues and how to support the client throughout pregnancy, labour and post-partum**
- **Reproductive health**
- **Working with babies and children plus support through puberty**
- **The importance and relevance of research in working towards an integrated healthcare system**
- **Understanding the role of nutrition in health and well-being**
- **Self-care and emotional well-being throughout the course including E.F.T**
- **Inner Intent Reflexology – exploring the mind/body connection with intent, created by Allison Walker**
- **AIR – Adaptive Integrated Reflexology – a unique treatment that can be adapted easily and effectively for every client.**

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 60 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 Zoom) 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).

Videos of the techniques are accessed through the Hub as well as unique charts and maps of the feet, hands and ears and body systems.

On successful completion of the course you can join the main reflexology membership associations such as The Association of Reflexologists and voluntary regulatory body the CNHC (Complementary and Natural Healthcare Council). You receive certificates from Agored Cymru and Contemporary 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.

What is included:

- 24 Days of in-class contact teaching and interim support (please note some courses are shorter for the same or more cost)
- Practical Hand, Foot and Ear Reflexology
- Anatomy and Physiology (Structure and Function of each of the body systems)
- Business planning and Marketing
- Pathophysiology of disease covering the reasons why people become ill, how the body heals itself, medical and holistic care
- 5 Element Meridian Reflexology
- Supporting fertility and pregnancy through reflexology
- Reflexology and the menopause
- Reflexology to support clients with serious illness or in need of palliative care
- Research and Reflexology
- Comprehensive and detailed course hand-outs with plenty of colour images
- Charts of the Feet, Hands, Ears and Meridians
- Auricular Reflexology
- Body biomechanics and exercises to ensure safe practise
- Chakra Balancing through the feet and ears
- Understanding energy, the power of intention and intuition
- DVD's demonstrating the techniques
- Slideshows of each system of the body
- Treatment Planning Protocols
- An interactive Learning Area on the web site called The HUB
- Interim Zoom group meetings

Practical Reflexology - Half of each day's attendance in class is spent on practical skills plus one practical only day 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.

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 videos 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 £60 for a half day and £120 for a full day (usually as a one to one we can cover a course day in a half day).



3. College Tutor

Allison Walker – Contemporary Reflexology College Principal and Tutor



'My name is Allison Walker and I have been in clinical reflexology practice for 25 years and teaching reflexology for over 23 years. First teaching diploma courses for The International Institute of Reflexology, then three versions of the Level 3 courses before teaching the first level 5 courses in 2012.

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.'

4. Venues

The Natural Health Centre

86 The Green

Kings Norton

Birmingham

B38 8RS

The venue covering the Birmingham area is in an historic part of Birmingham with a village feel. Kings Norton is close to the M42 junction 2, the city of Birmingham, the N.E.C and Birmingham airport. Links to the M5, M6, M40, M50 and M1 are good making this course ideal for students from anywhere in the Midlands and surrounding counties as well as Wales. Kings Norton Green is a delightful location with Tudor buildings and a church set around a village green.

The Natural Health Centre is a busy family run complementary health centre with a light and airy training studio. Equipped with a kitchenette, loo and waiting area it is an ideal environment for reflexologists in training and embraces the holistic ethos of the college.



**The Old Fuel Depot Business Centre,
Twemlow Lane,
Twemlow, Nr Holmes Chapel
Cheshire
CW4 8GJ**

This new venue covering the Manchester area is just outside Holmes Chapel in East Cheshire close to the M6 junctions 18 (five minutes) and 17 (eight minutes). It is easily accessible from the north and south including Cheshire, Staffordshire, Lancashire, Greater Manchester, Merseyside and Cumbria, Shropshire, Herefordshire and Worcestershire and North and Mid Wales.

The Old Fuel Depot is a newly purpose built centre for businesses and meetings with a modern, light and airy conference room and spacious kitchen/dining room with patio area that is ideal for our practical treatments. The site of the centre is steeped in history as a nearby secret network of underground fuel pipes kept the country moving throughout the second world war. Now decommissioned (no fuel!) it is a country location next to Bidlea dairy. There is a shop nearby for sandwiches but a full kitchen means that you can heat soup or make toast for lunch etc. There are electric car charging points, high speed broadband, free parking and a lovely relaxing atmosphere.



5. Course Dates 2024

Knutsford/Holmes Chapel – Cheshire East 2024 – 2025

9.30am to 5.30pm Saturday and Sunday

Day	Date
1 and 2	5th and 6th October 2024
3 and 4	2nd and 3rd November
5 and 6	30th November and the 1st December
7 and 8	11th and 12th January 2025
9 and 10	8th and 9th February
11 and 12	8th and 9th March
13 and 14	5th and 6th April
15 and 16	10th and 11th May
17 and 18	7th and 8th June
19 and 20	5th and 6th July
21 and 22	6th and 7th September
23 and 24	4th and 5th October

Kings Norton – Birmingham 2025 – 2026

9.30am to 5.30pm Saturday and Sunday:

Day	Date
1 and 2	February 1 st and 2 nd 2025
3 and 4	March 1 st and 2 nd
5 and 6	March 29 th and 30 th
7 and 8	April 26 th and 27 th

9 and 10	May 17 th and 18 th
11 and 12	June 14 th and 15 th
13 and 14	July 12 th and 13 th
15 and 16	September 13 th and 14 th
17 and 18	October 11 th and 12 th
19 and 20	November 8 th and 9 th
21 and 22	December 6 th and 7 th
23 and 24	January 17 th and 18 th 2026

5. Course Fees

The course cost is £3,400 at the Birmingham venue and £3,400 at the Cheshire East venue (excluding the Awarding Body fee and the Association of Reflexologists membership and insurance fees – see below for additional fees to factor in to your budget).

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 amount is then usually split into monthly payments. If paying over 12 months it is £250 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 see or discuss other payment options then contact the college. We are flexible as we can be and accept standing order payments that can be spread to suit most budgets up to a maximum of 18 months.

Additional Costs to factor in:

- 1. Student Membership** to the Association of Reflexologists **including student insurance** with Alan Boswell. This covers you for 18 months and costs **£39.00**. This is payable directly to the Association of Reflexologists on the first weekend, correct as at April 2023. There are excellent student resources and regular newsletters and e-magazines. If you have insurance elsewhere it is still advisable to join the AoR for their excellent support while you are training.
- 2. Awarding Body Fee:** This is the Awarding body fee that change each year so are not included in your course fees. The fees cover your course registration, your certification, your practitioner status registration and individual verification (the college has additional venue verification fees). Please note if you change your name prior to certification there is a £30 administration fee payable to Agored.

Agored Cymru Fee of £276.50 correct at August 2023.

A separate receipt will be issued for these fees with the date of your registration included.

3. Your own equipment as explained in the college Welcome Pack:

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 are really useful from the first weekend. 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 and are explained in your Welcome Pack.

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

6. 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 a Zoom or in-class 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 Tutor/s before you make your decision. In turn we need to be sure that you have the determination to complete the course.

Following a successful Zoom and or in-class 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!



7. FAQ's

There is also an article written by Allison on the college Articles 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!

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 beauty therapy 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 with an awarding body and on the qualification framework. Also that it 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

If you have any questions not answered on this page or on the links please contact the college or visit: <https://irc.training/reflexology-faqs>

8. Testimonials and Graduate success

It is important to get a feel for the college, the course and what it entails; hopefully these unabridged comments will help:

'If you are looking for a professionally led, well-structured course, look no further. Taking a leap of faith to become a qualified level 5 clinical reflexologist is totally worth it. You will learn skills to equip you to support clients with a wide variety of pathologies and conditions. All underpinned by fantastic tutor support, theory, practical experience and brilliant resources. This is most definitely a course worth investing in. It is positively life changing!' Eloise, Cheshire 2022-2023.

'I would highly recommend the Level 5 Diploma in Practitioner Reflexology at the Contemporary Reflexology College. The course is held in a beautiful setting which is easily accessible and the venue has great facilities and parking. Allison Walker, the college principal is a well-respected and extremely knowledgeable reflexologist, as well as an excellent tutor/ Allison is very personable and has been supportive and encouraging throughout the course. The course is extensive and very comprehensive, it does require a significant amount of commitment, but I feel it has provided me with excellent foundations for a career in reflexology, not only teaching.' Jess Cheshire 2022-2023.

'I'm really glad that I chose to do this course. I feel like it's going to be the start of a huge (and very welcome) turning point for not only me, but my family and loved ones. I feel that only good things will grow from the skills and knowledge I have obtained.' Becky Cheshire 2022-2023.

'I would highly recommend this course to everyone seeking a reflexology qualification. The College has a long track record in successfully training reflexologists and is highly respected in the profession. Allison is an outstanding tutor and goes the extra mile for her students. It was a huge personal step for me to undertake the course and it is easily one of the best things I have ever done in my life. I learned so much and developed an amazing amount of knowledge, experience and confidence in just over a year. I can't rate or thank her enough as I now embark on my career as a reflexologist. It makes me happy to know that I will be always in touch with her, and with my fellow students long after we have established our reflexology practices.' Louise, Birmingham 2022 -2023.

'Great course with an incredibly knowledgeable tutor. Lots of work involved so you do need to be organised. Great resources issued to help support you on your journey. I would recommend this course, I have learnt so much on my reflexology journey. Thank you!' SW

'Thoroughly enjoyed the course, I have learnt so much more than ever I would have imagined I would! Allison has been a fantastic tutor and mentor. I now feel completely ready and prepared to start my reflexology journey!' NH

'Although a lot of work whilst working full time, I've enjoyed the course in terms of content as well as the lovely people who I trained with. Allison is very knowledgeable and passionate about reflexology and is a true inspiration to prospective reflexologists'. KS



10. Verification Visit Statements from qualified verifiers:

Contemporary Reflexology College:

As always the level that this course is run at by this centre is exemplary.

This is reflected in the learner's practical and written work.

The attention to detail in every aspect of running this course remarkable.

A very good visit

Another very exceptional visit at Contemporary Reflexology College.

It was very clear how well all learners have been taught, and this was reflected in both their written and practical work.

This centre could certainly be used as an example of "what good looks like" to any new or existing centres. A very good visit.

This is a very well run Partner Centre. The delivery of this course is second to none and this is reflected in the learners work.

During the visit I was able to look through each learner's files and the standard of work is consistent throughout.

A very good visit. All admin files were in good order, very organised and thorough.

I was able to look at a lot of learners work during the visit and what I saw was of a very high standard. The practical demonstration was very good and it was clear that these learners are very competent and confident within their abilities.

One learner spoke to me about her experience. She was unsure as to whether she would be able to do the course as she has a deformity of the right thumb. She wanted to share with me how incredibly supported she has been throughout the course and special adaptation had been made. She feels and I strongly agree that the support and work that has gone in to adapting work for her by Allison is above and beyond and she is extremely grateful.

A very good visit.

It is very clear that this course is run with attention to detail in mind. All aspect of the course appears to be delivered extremely thoroughly.
An excellent visit.

We look forward to supporting you on your Reflexology Journey to becoming a successful reflexologist!