

Reflexology Professional Certification

The Healing Hands and Feet program student undergoes a vigorous and comprehensive program that includes 200 hours of standardized curriculum with a Certified Program instructor. Reflexology uses gentle pressure on the feet or hands and works reflex points that correspond to different areas of the body. Reflexology has been integrated into the health care field by doctors, nurses, and massage therapists.

What is Reflexology?

Reflexology is a gentle art and a holistic healing technique. Reflexology uses gentle pressure on the feet or hands and works reflex points that correspond to different areas of the body. It has been shown to reduce stress, and improve the bodies healing ability after major surgery. It has been integrated into the health field by doctors, nurses, and massage therapists. The pressure to the reflex points is a soothing combination of gentle and deep pressure. It is relaxing and many clients fall asleep during their session. Reflexology and energy work assist in the client’s own self-healing and brings a balance to body, mind, spirit and emotion.

Statement of Practice

The Healing Hands and Feet Program Certification in Reflexology is designed as a multi-level continuing education program. Each level is experiential learning in which participants learn specific hand hold techniques, anatomy and physiology of the foot/body, body systems, charting, energy centers, meridians, zones, business and ethics, and hands-on work. Certificates of Completion are issued at the completion of each level. The Healing Hands and Feet Program student undergoes a vigorous and comprehensive program that includes 200 hours of standardized curriculum with a Certified Healing Hands and Feet Program Instructor. A Certified Reflexologist has documented 90 hours of reflexology sessions, and completed a minimum of a one year mentorship with a certified instructor. A certificate will be issued upon completion of the program. The Healing Hands and Feet Program places emphasis on self-care and development of the practitioner.

Required Courses

Credits

BIO 106 (Offered All Semesters) Introduction to Anatomy & Physiology	4
IHP 115 (Offered in both the Spring and Fall) Introduction to Reflexology	1
IHP 116 (Offered in the Spring) Reflexology of Hands and Feet	3
IHP 204 (Offered in the Spring) Ethics in Integrative Therapies	2
IHP 205 (Offered in the Spring) Starting an Integrative Practice	2
IHP 215 (Offered in the Fall) Advanced Reflexology	2
IHP 188 (Offered in both the Spring and Fall) Reflexology Practicum (Needs to be taken twice)	1 (2)
IHP 270 (Offered in the Spring) Reflexology Clinical	2

Total Credits

18



Contact

Ellen Speare - Program Coordinator
Ellen.Speare@rrcc.edu
www.rrcc.edu/holistic-health

* Some Courses may only be available one semester throughout the year

* Consult an Academic Advisor on your best course of action