



# **Course Information, Curriculum and Modules**

## **Diploma in Reflexology**

**27 Craigs Avenue, Corstorphine,  
Edinburgh, EH12 8HS**

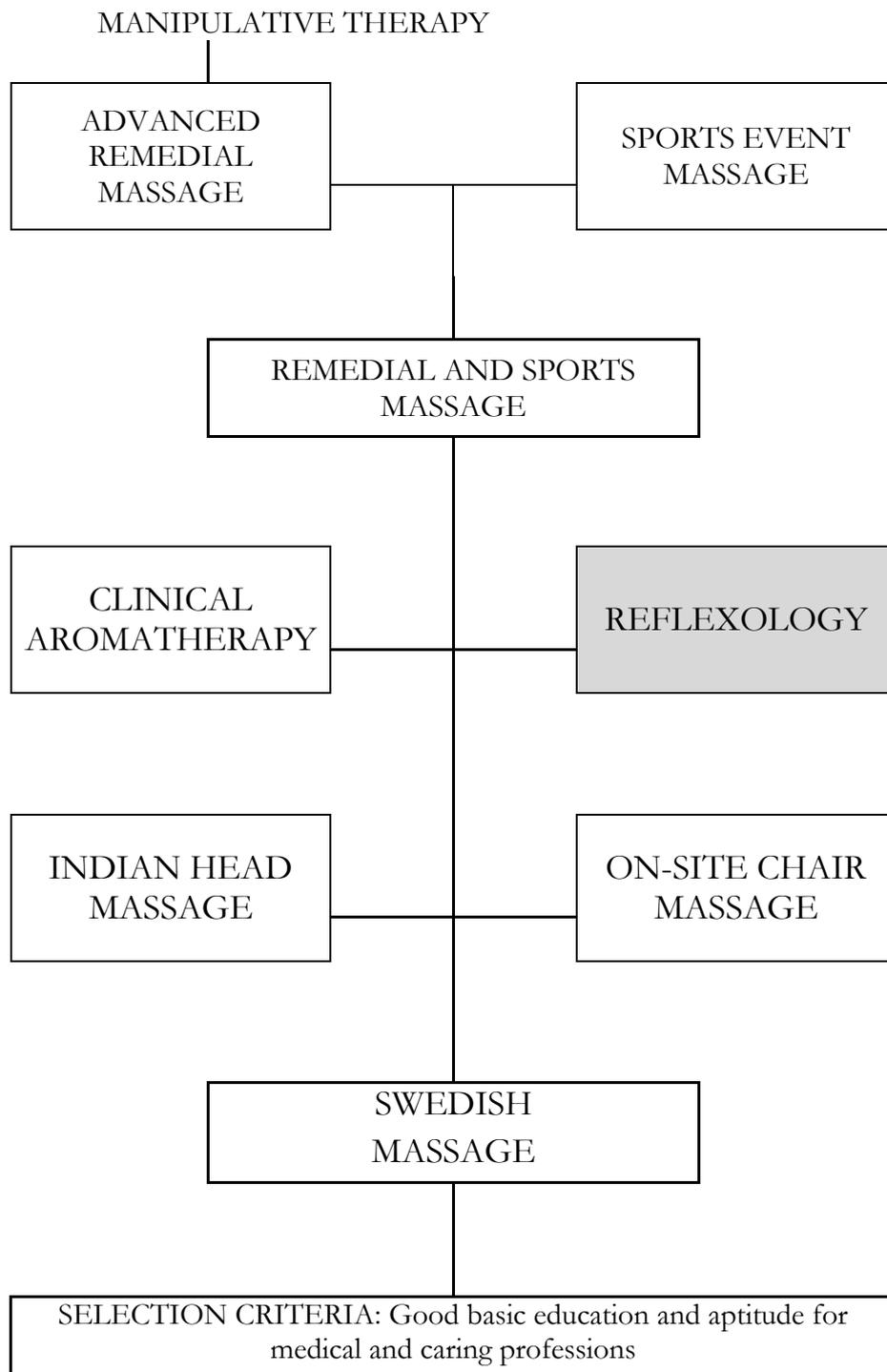
**Telephone: 07917-757871**

**Email: [info@scottishmassage.co.uk](mailto:info@scottishmassage.co.uk)**

**Website: [www.scottishmassage.co.uk](http://www.scottishmassage.co.uk)**

## CAREER PROGRESSION

The courses run by Scottish Massage Schools are intended to provide the serious student with a complete career structure.





# Scottish Massage Schools

27 Craigs Avenue, Corstorphine, Edinburgh, EH12 8HS.

Email: [info@scottishmassage.co.uk](mailto:info@scottishmassage.co.uk) <http://www.scottishmassage.co.uk>

Telephone: 07917-757871

Scotland's leading provider of complementary therapies training

## DIPLOMA IN REFLEXOLOGY

**Welcome to the Scottish Massage Schools' Reflexology Diploma course held in Aberdeen, Edinburgh and Inverness.**

This leaflet contains information about our course, an outline of the weekends and the contents of the modules.

If anything requires clarification, do not hesitate to get in touch.

The course is a lot of fun and as Reflexology is so beneficial to health, you will not only be learning new skills but maintaining and restoring your own health!

Our course includes the traditional approach to Reflexology as well as incorporating Chris Stormer's 'Universal Technique'.

We include a brochure, which contains the dates of the current course, and an application form.

We look forward to hearing from you.

Best wishes,

A handwritten signature in black ink that reads "Lorna Forrester".

Lorna Forrester  
Principal



---

## DIPLOMA IN REFLEXOLOGY

---

To gain a Diploma in Reflexology the student must:

- (i) attend 200+ hours of training over 14 weekends.
- (ii) complete home assignments and practice the skills learned at each weekend
- (iii) attain the required standard, passing the final written and practical examinations
- (iv) compile the required case studies to the standard required and submit
- (v) have the attitude and professionalism required to become a professional Reflexologist

This Course is divided into two parts: Part I and Part II.

**Part I:** consists of eight (8) weekends (120 hours) of anatomy, physiology, practice management and Swedish Massage to Diploma level.

**Part II:** follows on after successful completion of Part I, or a similar standard course, and consists of six (6) weekends (100 hours) of training in Reflexology.

---

## ENTRY REQUIREMENTS

---

**Part I:** a good basic education and an interest and enthusiasm for the caring professions. Time and motivation are necessary for the home study required, as well as a reasonable level of fitness! (More information on the Swedish Massage course is available on request).

**Part II:** completion of the Diploma in Swedish Massage, or equivalent qualification, e.g. Diploma in Beauty Therapy, Clinical Aromatherapy or Chiropractic. *If you are not sure whether you satisfy the criteria for joining Part II, please write or phone the office for clarification.*

Time and motivation are necessary for the home study required, as well as a reasonable level of fitness.

---

## AFFILIATION

---

This course is affiliated to the Scottish Massage Therapists Organisation (SMTO), the pre-eminent Organisation in Scotland working to unite Scotland's Massage Therapists, Remedial and Sports Massage Therapists, Advanced Remedial Massage Therapists, Manipulative Therapists, Clinical Aromatherapists and Reflexologists.

Graduates are invited to join the SMTO for membership and insurance to practice.

---

## SCOTTISH MASSAGE SCHOOLS

---

**Aberdeen:** **Curl Aberdeen**, Eday Walk, Summerhill, Aberdeen AB15 6LN

**Inverness:** **Jurys Inn Hotel**, Millburn Road, Inverness, IV2 3TR.

**Perth:** **10<sup>th</sup> Perthshire Scout Hall**, Murray Place, Perth, PH1 1NJ.

**Edinburgh:** **Edinburgh Academy Junior School**, 10 Arboretum Road, Edinburgh EH3 5PL

**Borders:** **St Boswell's Village Hall**, Jenny Moore's Rd, St Boswells, Melrose TD6 0AA

For course details at all schools, please contact: Lorna Forrester, Principal, Scottish Massage Schools,  
on 08454-757871, [info@scottishmassage.co.uk](mailto:info@scottishmassage.co.uk)

---

## PART II – REFLEXOLOGY

---

### FEES

---

There is a non-refundable registration fee to be paid. Then tuition fees can either be paid at the beginning of the course or paid monthly by banker's order. Please see individual course brochures from your local School for further details (contact details on page 1).

Should a course not run, the registration fee and any tuition fees paid, will be returned. All fees must be paid by weekend five (5). Failure to comply will result in exclusion from the final exams.

Where full tuition fees have been paid at the beginning of the course, a proportion of the fees will be returned should a student defer / leave due to illness. However, as our costs are front loaded, there are no refunds after weekend one (1).

### REGISTRATION

---

Please complete an application form and return to the School of your choice, along with your non-refundable registration fee, as soon as possible to avoid disappointment.

### DATES

---

These are found enclosed in the course letter. Start dates for all courses can be found on Scottish Massage Schools website [www.scottishmassage.co.uk](http://www.scottishmassage.co.uk) or each School's website (links from Scottish Massage Schools' website).

### DURATION

---

Six (6) weekends; 8.30am – 5pm both days.

### B&B

---

A list of bed and breakfast establishments is available on request.

### ATTENDANCE

---

100% is recommended. In the event of a day being missed, an alternative can usually be arranged at an alternative venue.

### ABSENCE

---

Please discuss any planned absences before the start of the course. A 'make-up' of the practical aspect of the course can be arranged for weekends missed, however, there will be a charge for this to cover the tutor's time.

### REQUIREMENTS

---

Portable couch or Lafuma chair  
Towel or blanket – one; Pillows – three  
Notebook and pen also necessary.

### COURSE BOOKS

---

“Reflexology: A way to better health”    Nicola Hall    ISBN 0946551731

### HANDOUTS

---

You will receive handouts, which we hope will help you in your studying.

### HOME STUDY & PRACTICE

---

It is estimated that home study will involve five hours per week though this will obviously vary from student to student. Students are encouraged to meet between weekends to study and practice. In addition, it is expected that a student practises the practical skills taught a minimum of five hours per week.

---

## HOMEWORK

---

There will be homework set each weekend (weekends 1-4); this will vary from an essay to question sheets. This is posted to the Course Leader responsible.

---

## STANDARDS

---

A programme of Continuous Assessment is in situ and will contribute to the final mark.

---

## COURSE TUTORS

---

**Lorna Forrester RMT DCA DIR DOSM SMTO** - Principal of Scottish Massage Schools. Lorna is a practising Remedial and Sports Massage Therapist, Clinical Aromatherapist, Reflexologist and On-Site Massage Therapist in Edinburgh, and runs her own company offering Massage in the Workplace to businesses throughout the UK.

**Jill Tees RMT DCA DARM DIR** – leader of the Clinical Aromatherapy and Reflexology courses in Edinburgh and Aberdeen. Jill runs her own therapy practice in Cowdenbeath, Fife and incorporates the oils into a variety of her other therapies, to enhance treatment effects of remedial work.

**Maggie Brooks-Carter DO RGN SMTO**

Founder of Scottish Massage Schools, Maggie practises as a Registered Osteopath, Remedial Massage Therapist, Clinical Aromatherapist and Reflexologist at the Brooks-Carter Clinic in Aberdeen. Maggie continues to be involved and acts as a consultant to Scottish Massage Schools.

Other speakers, experts in their own fields, will be invited to give lectures at appropriate points during the course.

---

## MODULES – DIPLOMA IN REFLEXOLOGY

---

- Module 1: Anatomy, Physiology and Pathology
- Module 2: The Theory of Reflexology
- Module 3: The Practice of Reflexology
- Module 4: Practice Management

---

## TEACHING METHODS

---

Though beginners are catered for, the range of knowledge and background obviously varies. With this in mind the course is structured to include a variety of teaching methods.

---

## FORMAL TEACHING

---

The theoretical part of the course tends to take place in the mornings. Practical in the afternoons.

---

## GROUP LEARNING

---

Group work is encouraged in the afternoon practical sessions, when students can also refer to charts and models under the auspices of a practical tutor.

---

## SMALL GROUP TUTORIALS

---

These are arranged on some of the review subjects. Tutorial requirements vary from class to class. Assistance is given to those students who require help in setting up a study programme.

---

## SPECIAL NEEDS

---

Many of our students have included people with physical, auditory, visual and learning impediments. They have all been very successfully in their achievements. If you wish to discuss your special needs and how we can help you, please call the office at Scottish Massage Schools on 08454-757871 or either of the associated schools (contact details on page 1).

---

## ASSESSMENTS

---

Written examination on the theory of Reflexology – mock exam as homework, final on weekend 5  
Practical examination to include a consultation and Reflexology treatment on a member of the public – mock exam weekend 5 and final exam on weekend 6.

---

## EXTERNAL EXAMINER

---

An external examiner presides to ensure that standards are upheld.

---

## RESITS

---

If the required standard is not reached and the examinations are not passed; resits will be organised within three months of the examination date. Resit fee £50.

---

## CASE STUDIES

---

Case studies are required to be submitted during the course – this will involve 50 treatments to meet national requirements and full details will be given on the course.

---

## APPEALS

---

There is an appeals procedure.

---

## DIPLOMA

---

A Diploma in Reflexology is awarded to graduates who successfully complete the course, satisfy all the criteria, have submitted case studies (50 hours), and are considered to be professional Reflexologists. Graduates are entitled to use the letters D.I.R. (Diploma in Reflexology) after their name.

---

## DISCONTINUATION OF TRAINING

---

The Principal and Head of Studies reserve the right to discontinue the training with any trainee therapist who is likely to bring disrepute to the profession.

---

## INSURANCE

---

Insurance to practice can be obtained through various organisations, including the SMTO. All students on this course require insurance, including student cover while studying Reflexology, and should bring a copy of their insurance certificate with them on the first weekend.

---

## FIRST AID

---

All students must have a valid First Aid certificate. Certificates are valid for 3 years. This must be produced on the course. Arrangements can be made to update your certificate along side the Swedish Massage Diploma students, at a nominal fee.

---

## PROFESSIONAL BODY

---

Graduates are actively encouraged to join the dynamic and pre-eminent organisation for Scotland – the Scottish Massage Therapists Organisation (SMTO) – and be listed on their register.

---

## POST-GRADUATE TRAINING

---

Post-graduate workshops and training days will be arranged, and graduates will be informed. To further develop confidence and competence it is important to update skills and attend anatomy and pathology lectures. These are available through Scottish Massage Schools, SMTO and each of the individual schools. Details are publicised in *'On The Massage Scene'* magazine and websites [www.scotmass.co.uk](http://www.scotmass.co.uk), [www.scottishmassage.co.uk](http://www.scottishmassage.co.uk), [www.highlandmassage.co.uk](http://www.highlandmassage.co.uk) and [www.essencemassagetherapy.co.uk](http://www.essencemassagetherapy.co.uk)

---

## FURTHER TRAINING

---

Remedial and Sports Massage:	Courses held in Aberdeen, Perth, Edinburgh and Inverness
Advanced Remedial Massage:	Courses held in Edinburgh
Sports Event Massage:	Courses held in Perth
Clinical Aromatherapy:	Courses held in Edinburgh
On-Site Massage:	Courses held in Aberdeen, Perth, Edinburgh and Inverness
Indian Head Massage:	Courses held in Aberdeen, Perth, Edinburgh and Inverness

Please ask for course dates, details and modules.

---

## CONTENTS OF MODULES

---

### MODULE 1 – ANATOMY, PHYSIOLOGY AND PATHOLOGY

---

- (a) Anatomy and physiology will be reviewed, as necessary, as per the modules of the Swedish Massage Diploma course
- (b) The inflammatory process
- (c) The effects of the environment, lifestyle, social factors, heredity, age, diet and stress on health.
- (d) Conditions of the feet and hands.
- (e) Pathological conditions of the:
  - (i) nervous system
  - (ii) endocrine and reproductive systems
  - (iii) cardio-vascular system
  - (iv) lymphatic system
  - (v) respiratory system
  - (vi) digestive system
  - (vii) urinary system
  - (viii) musculo-skeletal system
  - (ix) skin
- (f) Stress and immunity

---

### MODULE 2 – THEORY OF REFLEXOLOGY

---

- (a) History of Reflexology
- (b) The philosophy of Reflexology and the holistic approach
- (c) Zones of the body
- (d) Mapping the feet and hands
- (e) The reflex points
- (f) Effects and benefits of Reflexology
- (g) Safety considerations: cautions and contra-indications to Reflexology
- (h) Reflexology and other therapies
- (i) When to refer

---

### MODULE 3 – THE PRACTICE OF REFLEXOLOGY

---

- (a) Mapping the zones on the feet and hands
- (b) Mapping the reflexes on the feet and hands
- (c) Reflexology techniques
- (d) The reflexes
- (e) Cross reflexes
- (f) The Reflexology consultation: assessing the client
- (g) Practical assignment: treating the client with foot reflexology
- (h) Practical assignment: treating the client with hand reflexology
- (i) Treatment sequences

- 
- (j) Treating special cases – the elderly and infirm, babies and children, the diabetic client, clients suffering from pathological conditions etc.
  - (k) Reflexology case studies
  - (l) Posture of the therapist
  - (m) Introduction to working with energies
  - (n) Developing intuitive skills
  - (o) Listening skills
  - (p) Principles of diet and nutrition
  - (q) Treating holistically
  - (r) The Universal Technique

#### MODULE 4 – PRACTICE MANAGEMENT

---

- (b) Codes of conduct and ethical considerations
- (c) How to set up, develop and promote a Reflexology practice
- (d) Consultation and record keeping in relation to the Reflexology practice
- (e) Care and safety of the client
- (f) Developing the client-therapist relationship
- (g) The legal aspects
- (h) The business plan
- (i) How to prepare a case study; *this module includes fifty (50) case studies to be presented before the course end.*

**SCOTTISH MASSAGE SCHOOLS  
DIPLOMA IN REFLEXOLOGY**

**SCOTTISH MASSAGE SCHOOLS  
DIPLOMA IN REFLEXOLOGY**

<u>Weekend 1</u>	<u>Weekend 2</u>	<u>Weekend 3</u>	<u>Weekend 4</u>	<u>Weekend 5</u>	<u>Weekend 6</u>
<ul style="list-style-type: none"> <li>• Introduction, philosophy, psychology; uses and concepts of Reflexology; the holistic approach</li> <li>• Reflexology: effects, contra-indications and uses</li> <li>• The principles of Zone Therapy</li> <li>• The Reflexology consultation</li> <li>• The Reflexology treatment</li> <li>• Anatomy of the foot</li> <li>• Introduction to pathology</li> <li>• Pathology of the feet</li> </ul> <p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> <li>• Reflexology techniques</li> <li>• The Reflexology treatment:               <ol style="list-style-type: none"> <li>warming up</li> <li>mapping the foot</li> <li>cooling down</li> </ol> </li> </ul>	<ul style="list-style-type: none"> <li>• The inflammatory response</li> <li>• The General Adaptation Syndrome</li> <li>• The nervous system</li> <li>• Common pathology of the nervous system</li> <li>• The endocrine system</li> <li>• Common pathology of the endocrine system</li> <li>• Case study guidelines</li> <li>• Ethics and professionalism</li> <li>• Client communication</li> </ul> <p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> <li>• The Reflexology treatment: Working the systems:               <ol style="list-style-type: none"> <li>nervous system</li> <li>endocrine system</li> </ol> </li> </ul>	<ul style="list-style-type: none"> <li>• The cardiovascular system</li> <li>• The respiratory system</li> <li>• Cardiovascular pathology</li> <li>• Respiratory pathology</li> <li>• The digestive system</li> <li>• Digestive pathology</li> <li>• Nutrition</li> <li>• Diet vs disease</li> </ul> <p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> <li>• The Reflexology treatment: Working the systems:               <ol style="list-style-type: none"> <li>respiratory and cardiovascular systems</li> <li>digestive system</li> </ol> </li> </ul>	<ul style="list-style-type: none"> <li>• The lymphatic system and common pathological conditions</li> <li>• The reproductive system and common pathological conditions</li> <li>• The musculo-skeletal system and common pathological conditions</li> <li>• The urinary system and common pathological conditions</li> <li>• Review consultation procedures</li> <li>• Review of candidates instructions</li> <li>• Treating special cases: the very young, very old and/or infirm, the diabetic client</li> </ul> <p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> <li>• The Reflexology treatment: Working the systems:               <ol style="list-style-type: none"> <li>Lymphatic system</li> <li>reproductive system</li> <li>musculo-skeletal system</li> <li>urinary system</li> </ol> </li> </ul>	<ul style="list-style-type: none"> <li>• The skin and common pathological conditions</li> <li>• Foot pathology</li> <li>• Reflexology and other therapies</li> <li>• Anatomy of the hand</li> <li>• Hand Reflexology - Mapping the hand</li> <li>• Using a foot bath and essential oils</li> <li>• Counselling and listening skills</li> <li>• <b>Final Written Exam</b></li> </ul> <p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> <li>• The Reflexology treatment: Working the systems review</li> <li>• Hand Reflexology</li> <li>• <b>Mock practical assessment</b></li> </ul>	<ul style="list-style-type: none"> <li>• Practice management: The Universal Technique</li> <li>• Healing</li> <li>• Energies</li> <li>• When to refer</li> <li>• Relaxation</li> <li>• Practice management - setting up in business, managing and promoting the practice, keeping the books, insurance and legal requirements</li> <li>❖ Giving Talks and Interviews</li> <li>❖ Listening Skills</li> <li>❖ Business Plan</li> </ul> <p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> <li>• <b>Final practical assessment</b></li> <li>• Chakras and colour workshop</li> <li>• The Universal Technique</li> </ul>

JAN 2015

© Scottish Massage Schools