

Pathways
School of
Reflexology
28
Years
Anniversary

Pathways School of Reflexology



REFLEXOLOGY

for Wellbeing

Level 3 DIPLOMA

Course Prospectus 2024-25

Course begins 13th October 2024

Pathways School of
Reflexology
is proud to have been a
Founder Member
of the former
AoR Affiliated Schools
programme

This qualification is Ofqual regulated and accredited and accepted by all major Reflexology and Complementary Therapy organisations.

Pathways is an AoR Gateway School, proud to have been a Founder Member of AoR's former *Affiliated Schools* programme and committed to continue offering a training with standards over and above the qualification's core requirements.

Graduates may apply for membership of UK's leading recognised professional associations, including:

- Association of Reflexologists (AoR)
- Professional Reflexology (PR)
- Federation of Holistic Therapists (FHT)
- Complementary Therapists' Association (CTHA)

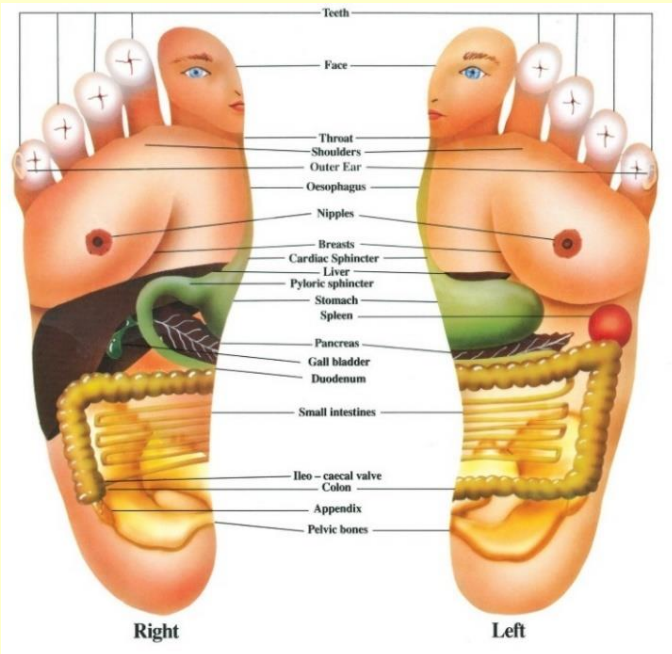


Graduates may apply to register with the **Complementary and Natural Healthcare Council (CNHC)** the government-supported UK voluntary register for complementary therapists.

Principal & Tutor
Angela Sellens Drake
FMAR, LMAR, PRM, CNHC Regd



ABOUT REFLEXOLOGY



Reflexology - also known as *Reflex Zone Therapy* - is thought to derive from techniques used in many ancient and traditional cultures.

In the West, modern reflexology grew out of *Zone Therapy* practices in the United States, in the early part of the twentieth century. Since then, it has developed its own theory and further specialised techniques. Eastern practices such as acupressure have informed reflexology's development and broadened its understanding and scope.

Reflexology works on the principle that the

functioning of the entire body is represented in reflexes in the hands and feet. Using gentle thumb and finger techniques, the practitioner seeks to activate the body's self-healing mechanisms, 'rebalancing' and revitalising energy throughout the entire body system. In working to help the body help itself, Reflexology offers a gentle and holistic treatment, and its effects may be experienced as profound and far-reaching.

Pathways' gentle precision techniques are responsive and non-invasive, offering a unique holistic and sensitive treatment for each client. These special techniques help to develop

sensitivity and the ability to *read and respond to* the condition of the reflexes by touch.

Combined with visual assessment techniques, students learn how to adapt pressure and technique to suit every situation.

Techniques for both Foot and Hand Reflexology are taught within *Pathways' Reflexology for Wellbeing Level 3 Diploma* course.



STUDYING AT PATHWAYS

PATHWAYS' VENUES

IN-PERSON sessions may be held at the following venues:

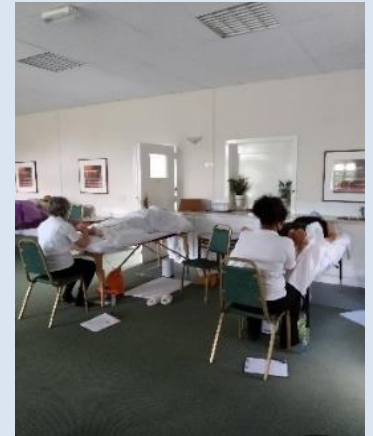
1. Mangreen Trust, Swardeston



- Set in quiet countryside
- 4 miles south of Norwich
- Accessed from A140 and A47
- Free parking available

This venue is used for:

- Student Clinic sessions
- some/ all in-person sessions



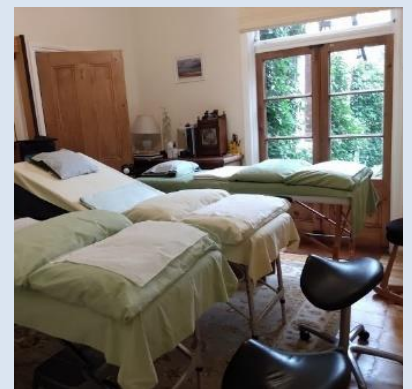
2. College Road, Norwich



- Quiet & friendly home-based venue
- Close to City centre
- Organic shop & cafes nearby
- Free parking available

This venue is used for:

- some/ all in-person sessions (except Student Clinics)



ONE OR BOTH VENUES MAY BE USED DURING THE COURSE (to be advised)

PATHWAYS' SPECIAL FEATURES

- **More than 100 hours of face-to-face supervised tuition:** provide in-depth person-centred training
- **Unique gentle precision techniques:** offer powerful, responsive ways to meet your client's needs
- **Foot and Hand Reflexology:** using gentle, holistic techniques to connect with the whole body
- **Special Focus Treatment Planning sessions:** to adapt treatments for unusual or complex conditions
- **'Foot-Reading' skills:** to discover the many ways feet can show indicate health and wellbeing needs
- **Adapted and Advanced Techniques:** explore a range of additional ways to extend your skills
- **Listening skills for the practitioner:** to help you notice and assess your client's needs
- **Integrated Anatomy, Physiology & Pathology:** to understand the body as an integrated 'whole'
- **Varied and creative teaching methods:** to support different styles of learning
- **Small, friendly classes and private online community:** for shared learning and support

Pathways' students form a vibrant and supportive community

ABOUT THE COURSE

Pathways School of Reflexology offers the

SEG Awards Level 3 *Reflexology for Wellbeing* Diploma course

accepted by all major Reflexology and Complementary Therapy organisations including:
the Association of Reflexologists (AoR) & Complementary and the Natural Healthcare Council (CNHC).

5 UNITS OF STUDY

1. **Reflexology** - history and theory, research, development and practice
2. **Anatomy, Physiology and Pathology** – how the body functions in health and disease
3. **Complementary Therapies** – principles and practice of complementary therapies
4. **Business Practice** - planning your complementary therapy business
5. **Healthy Eating and Wellbeing** (*optional*) – guidance for your complementary therapy clients

COURSE FEES INCLUDE - for your Student Journey

MAKING THE RIGHT CHOICE – BEFORE THE COURSE STARTS

- **Introductory Reflexology workshop** - find out about Reflexology and learn some simple techniques
- **Personal interview and treatment session** with the tutor to experience *Pathways'* unique approach

ESSENTIALS - REGISTRATION, STUDENT MEMBERSHIP AND INSURANCE

- **Awarding Body Registration fees** for all Course Units
- **Student membership of AoR** (*Association of Reflexologists*) for benefits of membership see below
- **18 months' Student insurance** with AoR's insurer Alan Boswell covers you for completing treatments and case studies and includes free business equipment cover up to £1000 (if living in UK)

INCLUDED - AS PART OF YOUR COURSE

- **Anatomy, Physiology & Pathology** start learning before the course & study at your own pace
- **Professional Ergonomic Advice session** to help prevent injury and strain for therapist and client
- **Certificated First Aid** in-person training to help you know what to do in emergency situations
- **Detailed course notes and videos** to enhance your learning
- **Three individual tutorials** to guide and support learning
- **One individual 90-minute practical tutorial** to build skills and confidence
- **Full student email support** throughout the course and for 3 months after you complete the course
- **Healthy Eating and Wellbeing** *optional extra Unit* to extend and enrich your practitioner skills

EXTRA BENEFITS - as an AoR Student Member:

- **AoR's Quarterly professional e-magazine Reflexions** for AoR & Reflexology facts and information
- **Access to the Student area** of AoR's website for support materials & access to seminars & webinars
- **Regular e-newsletters from AoR** to keep you up-to-date with AoR & the field of reflexology
- **Access to discounts** with AoR partner companies

COURSE PROSPECTUS 2024-25

What the course covers

1. REFLEXOLOGY

The essential knowledge and skills you need to become a confident and competent Reflexologist:

Reflexology History, Theory and Practice

- **Where Reflexology comes from** and how it has developed
- **Working for the whole person** through the feet
- **What you need to know** about giving safe treatments
- **Avoiding strain** while giving a treatment
- **How to adapt treatments** for each clients' needs



Reflexology Practice, Casework and Clinics

- **The gentle power of light-touch techniques**
- **Individual guidance** for all your practical techniques
- **How to develop Case studies** from your regular practice treatments to family and friends
- **Reflecting on your Practice** for insight and wisdom to help your practice grow

2. ANATOMY, PHYSIOLOGY & PATHOLOGY (A,P&P)

The essential knowledge you need to work professionally as a Reflexologist*:

This will be learnt through:

- **a combination of self-guided study, online resources and tutor support**
- **a comprehensive manual & workbook** completed in your own time
- **a holistic understanding of the body**, to help you connect theory and practice



Please note: you can begin your study Anatomy, Physiology & Pathology

Unit once you have completed enrolment, and before the course starts.

Just contact for how to get started 😊

***Accredited and Recognised Prior Learning (APL & RPL)**

If you have already gained a Level 3 Certificate in Anatomy, Physiology & Pathology (A,P&P), or equivalent, and if the use of Anatomy, Physiology & Pathology is embedded in your daily practice at work, you may not need to study the full Unit again – although a Refresher course or selected additional study may be recommended.

To check, please contact to find out whether any additional study may be needed.

3. COMPLEMENTARY THERAPIES

Welcome to the world of Complementary Therapies:

History & Theories of Complementary Therapies

- **Traditional practices** and Complementary Therapies
- **How complementary therapies** support Healthcare
- **A holistic approach** to health and healing



Guidelines for the Practice of Complementary Therapies

- **Professional Practice:** qualities and skills to develop
- **Communication skills** and record keeping
- **Health & Safety** for the Complementary therapist

4. BUSINESS PRACTICE

The skills you need to plan and maintain a successful therapy practice:

Business Practice and Planning

- **Essential legal and insurance details:** the basis for your
- **Starting small:** different business models
- **Creative planning:** design the business you would like to own
- **How to grow your business:** marketing skills that can work for you



5. HEALTHY EATING & WELL-BEING

This optional Unit guides you in how to offer basic nutritional and general wellbeing guidance to support a client in making healthy eating and lifestyle choices, including:

Nutrition for good health

- **The importance of a balanced diet**
- **The role of essential nutrients, water and fibre** for health
- **Modern methods of food production:** effects on wellbeing



Advising your Client

- **Assessing and advising clients** on adopting healthy eating and lifestyle habits
- **You will complete one short Case Study**, guiding a client with their Healthy Eating and Wellbeing.

This Unit is optional and you can choose later in the course if you want to include it in your Diploma studies

HOME STUDY

Over the course you will create a Coursework Portfolio

This brings together all the assignments and casework you complete throughout your training. Some will be submitted and assessed electronically.

The portfolio is:

- how your work will be assessed for your Diploma
- an invaluable resource for you to use in the future

It includes:

- **Home Assignment work** – written assignments, worksheets, diagrams and charts
- **Home study and assessments** - for Anatomy, Physiology and Pathology
- **Practice treatment paperwork** – from 97 treatments offered to friends and family

You will need to set aside 8-10 hours per week to complete your practical and theory work

As everyone learns at their own pace, these times are approximate.

Please ask for support if you feel you need help planning your learning.

Full guidance will be given throughout the course on how to organise and complete your work



ASSESSMENT

There is no exam for the **Level 3 Diploma in Reflexology for Wellbeing**.

If you would like to achieve the separate VTCT Level 3 Certificate in *Anatomy, Physiology and Pathology*, an exam and additional fees may be required. Please discuss with your tutor.

Your coursework and casework - as well as your practical work – make up your overall assessment.

Assessment:

- takes place within the School
- your work is sampled and checked by internal and external moderators
- there are 3 supervised practical assessments within student clinic sessions

Home assignments and tutorials assist students' learning:

- assessments of all Units must meet the required standards to gain a 'pass'
- final overall assessment of your portfolio requires a 'pass' in all Units
- you will be asked to submit some work electronically

Students should aim to attend all classes:

- People learn at different rates. Your tutor will advise if extra time, practice or study is needed
- Missed or additional classes may need to be made up at the student's expense

The **SEG Awards Level 3 Diploma in Reflexology for Wellbeing** will be awarded when all aspects of the course have been successfully completed.

REFLEXOLOGY AS A CAREER

Reflexologists are usually self-employed, often working from home or from Complementary Health Clinics, and sometimes working within business environments or visiting clients in their own homes.

Some practitioners have treatment rooms at GP practices and may provide treatments within hospices or may offer their services within hotels and health spas.

There is a growing interest in Reflexology among health care professionals - doctors and nurses, midwives, occupational therapists and physiotherapists - and many are now seeking to learn how to use or include Reflexology within their field of work.

ENTRY REQUIREMENTS

Reflexology is essentially a practical art.

All the necessary theory and practical techniques are taught within the course.

No formal qualifications are required to enable you to learn, although it is recommended – where possible - that students will have achieved passes in five GCSEs at Grade C, or equivalent in training or work experience. Some background knowledge of Human Biology is also useful, but not essential.

People of different ages and backgrounds and from many walks of life are drawn to study Reflexology, bringing with them their skills and experience, which should enrich their learning and their work as practitioners.

Everyone's situation is unique so please let us know if there is anything you would like to discuss.

REGISTRATION

Applications to join the Level 3 Diploma in Reflexology for Wellbeing course are invited from those with a genuine interest in studying and working with Reflexology, who feel able to offer the commitment such a course would need.

The qualification is open to learners over the age of 16 irrespective of gender, ethnicity, nationality, disability, sexual preference, religion or belief.

PRE-COURSE INTRODUCTORY WORKSHOPS, INTERVIEW and TREATMENT

To clarify if training in Reflexology is 'for you', *Pathways* offers:

- **Introductory Workshop:** *online or in-person* - where you can find out more about Reflexology and learn some simple techniques to use for self-help.
- **Pre-course 'Interview':** *and discussion* - to answer any questions or any particular queries you may have about the training.

The 'interview' session may be booked together with ...

- **Introductory Treatment:** *with the tutor* – to get a feel for how I work and what techniques you will learn if you join the Diploma course.

Please note – payment for the Introductory workshop and treatment (*see below*) will be refunded against course fees, for those who join the training.



PRE-COURSE TRAINING – INTRODUCTORY WORKSHOP

If you think you'd like to study Reflexology, you may want to try an Introductory Workshop:

Find out about Reflexology and the Level 3 Training and learn some simple reflexology techniques

- **In-person:** 5 hr. workshop **SPECIAL PRICE: £35** deducted from fees if you join the Diploma course
- **Online:** 2.5 hr. Zoom workshop **SPECIAL PRICE: £25** deducted from fees if you join the Diploma course

See website for dates or contact us for details and a Booking form

PRE-COURSE INTERVIEW: if you are thinking of joining the course, you can arrange to meet with the course tutor online, to go over any questions you may have. This can be combined with the ...

INTRODUCTORY TREATMENT: come and experience a treatment with the tutor.

COST: £30 – to be deducted from fees if you join the Diploma course.

Please phone/email to arrange an appointment

COURSE CLASS DATES 2024-25

A twelve-month course beginning SUNDAY 13 OCTOBER 2024

THE COURSE WILL INCLUDE:

14 FULL DAY CLASSES: Classes meet on 1 or 2 SUNDAYS per month at 10am-6pm

PLEASE NOTE: THERE WILL BE NO CLASSES APRIL, JULY OR AUGUST 2024

***one ONLINE ZOOM SESSION** month will also be offered: dates/times to be agreed with students

PLEASE RESERVE ALL DATES

year	month	SUNDAY 10am-6pm
2024		
	October	13, 27
	November	10, 24
	December	8
2025		
	January	12, 26
	February	23
	March	9, 23
	April	NO CLASS
	May	11
	June	8, 22
	July & August	NO CLASS
	September	7 (FINAL TEACHING SESSION)
	October – FINAL COURSE MODERATION	13 (EXPECTED DATE TBC)

IMPORTANT

- **Creative Teaching:** in-person live training + video and online resources to help you vary your learning
- **Individual Guidance:** Each student will be offered 3 x 30-minute online tutorials, and a guided 90-minute in-person practical tutorial. Dates and times are arranged to suit the student and the school.
- **Individual support:** Each student will have email access to the tutor throughout the course and for 3 months after the course ends.
- **PLEASE NOTE:** Students should include the moderation date in their diaries in case they need to attend.
- **Qualification can only be gained following final Moderation process.** Please allow up to 8 weeks beyond the Moderation date to anticipate starting to practice. Discuss with your tutor if you have any questions.
- **Every effort will be made to keep to the schedule:** Any changes or adaptations will be made in discussion with students. **You should aim to attend all sessions:** Missed sessions will need to be made up at the student's expense. Please discuss any known absences with as much notice as possible. Thanks!

COURSE FEES for courses beginning 2024 are **£2050**

THIS INCLUDES EVERYTHING you need to become a **FULLY** qualified, professional Reflexologist
(+see page 4 for more details)

Payments may be made once a place on the course has been offered and accepted

- **DEPOSIT is £500: this will secure your place** and allow you to begin your Anatomy, Physiology & Pathology study, if you feel ready.
- **BALANCE OF FEES is £1550: payable by 1st October 2024**
- **EARLY PAYMENT DISCOUNT: course fees are reduced to £1950 if paid in full by 31st July 2024**
If you prefer to pay by Instalments, please ask to discuss

PAYMENT METHODS: payment may be by electronic transfer or cheque (*ask for payment details*)

ADDITIONAL ITEMS

Over and above course fees, you should make allowance for the following possible extra costs:

- **Additional tuition fees:** may be asked if you need additional teaching sessions to cover absences or in the case of an extension for course completion that involves extra training. Fees are kept to a minimum and current charges are £35 per hour.
- **Professional equipment:** *Pathways* recommends a professional treatment couch with a large treatment 'wedge'*. The School provides treatment equipment for class sessions. However, you should aim to provide your own for clinics (where possible) and for your home practice.
- **There are many sources for treatment equipment:** including AoR partners offering discounts to members. This will be discussed in class to guide you on important features to be aware of.
- **The specially designed large treatment 'wedge'*:** supports a client's entire spine in a raised position. It may be ordered through *Pathways* at a current cost of £85 (uncovered).

Please note, second-hand Treatment couches and 'wedges' may be available through *Pathways

OTHER ITEMS

You will also need to provide items appropriate for professional practice at the three supervised Student Clinics. These will be discussed in class and include:

- **'Clinic clothes':** Black trousers, white polo shirt and black cardigan/ sweater (as needed); black flat indoor shoes (appropriate for therapy)
- **'Clinic items':** Couch cover plus white or colour-co-ordinated sheets; pillows & blanket; white towels; small footstool; colour-coordinated bathmat; small table/ trolley (additional sundries will be discussed on the course)

ABOUT YOUR TUTOR

Angela Sellens Drake has worked in natural health and healing since 1974.

She worked at Tyringham Naturopathic Clinic in England and at centres of natural healing in France and Scotland and in London's 'Chalk Farm Nutrition Centre'.

Angela trained in Reflexology in 1984 with Jane Vukovic. Jane taught with Doreen Bayly for 20 years and helped set up the Association of Reflexologists (AoR).

Angela has a well-established practice in Norwich, England. She continues to develop her work and explore different approaches to healing and Reflexology.

Angela has also trained in the pioneering 'light-touch' (Universal) Reflexology techniques and 'Language of the Feet' as taught by Chris Stormer. These have profoundly influenced her work, which she continues to expand and develop.

In 2004, Angela trained in *Facial Reflexology Sorensensistem™* with Lone Sorensen. Her further training with Lone includes *Meridian and Neuro-Foot Reflexology (Praxis Vertebralis)*; '*Intestinal Links*' techniques for foot and face; *Japanese Cosmo-Facial 'Lifting' treatment*; *Tibetan Neck and Scalp Reflexology*; *Ocular Therapy* and *Bipolar Trauma therapy*. She has also trained in Temprana Reflex Therapy - a widely acclaimed rehabilitation programme for those with complex conditions and neurological damage and dysfunction.

Angela has taught the *Facial Reflexology Sorensensistem™ Diploma course* in England and Canada.

Angela set up *Pathways School of Reflexology* in 1996 to offer high-quality, accredited, professional training. The school also offers Advanced and CPD training for reflexologists and other practitioners. *Pathways* is an authorised school to support *Facial Reflex Therapy Sorensensistem™* training in UK.

Angela has given presentations for the Schools of Midwifery and Nursing at the University of East Anglia (UEA), on reflexology's role in pregnancy and childbirth and in palliative care.

She took part in 'Shifting MS: A Young Person's Guide to MS', a film created by the Norwich and District MS Society and co-produced by Pathways' student Gloria Morris. *Pathways'* students provided foot, hand and facial reflexology treatments, demonstrating therapies recommended for people living with MS.

Angela has been guest speaker on Radio Norfolk, Future Radio and Norfolk Hospital Radio.

She has also piloted a research project using reflexology in a School for children with complex needs.

Angela provides reflexology and touch sessions for carers and those living with dementia and presented at the 'Shining a Spotlight on People, Practice & Dementia Care' Conference in December 2009 for the Norfolk & Waveney Mental Health NHS Foundation Trust.

She served as patron of the *Forget-me-Nots*, a Norwich charity helping those with memory loss, and is a trustee at Mangreen Trust, coordinating its *Living Well* and *Making Friends with Dementia* programmes.

Angela has also trained in *Touch for Health* techniques and *Brain Gym* (Kinesiology), and in the *Metamorphic Technique*. She is a *teacher of Fertility Awareness Methods* (for Natural Family Planning).

In 2018, she gained the *Diploma in Practical Spirituality and Wellness* and is a *Spiritual Health Mentor and Educator* for the *Spiritual Companions Trust*.

In 2014, Angela was awarded the Fellowship award by AoR (Association of Reflexologists), giving her FMAR status. She is also a Life Member of AoR (LMAR).

She is also a member of Professional Reflexology (PR) and the International Institute of Reflex Therapy and is registered with the Complementary and Natural Healthcare Council (CNHC).

Angela is also a qualified Face Yoga Method teacher and a facilitator for *Capacitar Wellness Practices* for Trauma and Transformation.



Level 3 DIPLOMA COURSE in REFLEXOLOGY 2024-25 APPLICATION FORM

Name		M/F	
Address		postcode:	
Phone(s) landline:		mob:	
email		website	
Living status: on own/ with family/ other		Date of birth	
Children	age(s)	living at home/away	
How did you hear about this course?	Website (which)	Advertising (which)	Word of Mouth (✓)
Occupation/ Interests			
Previous occupation(s): qualifications:			
Have you received any reflexology treatment?			
If yes, what was your experience of it?			
Have you done any previous training in Reflexology?			
Why do you want to train to be a <i>Reflexologist</i> ? How would you like to use this training?			
Is there anything else you'd like to add? (<i>please continue on extra sheet if needed</i>)			

PAYMENT OPTIONS	Payment amount
FULL COURSE FEES – includes EVERYTHING you need to be a FULLY qualified professional Reflexologist	
<i>to be paid by 1 October 2024</i>	2050 (total)
OR with EARLY PAYMENT DISCOUNT <i>to be paid by 31 July 2024</i>	1950 (total)
COURSE DEPOSIT	
Once application is accepted – this secures your place on the course	500
BALANCE OF COURSE FEES	
<i>to be paid by 1 October 2024</i>	1550 (+ deposit)
OR with EARLY PAYMENT DISCOUNT - fees to be paid in full by 31 July 2024	1450 (+ deposit)
<i>If you prefer to pay by Instalments, please ask to discuss</i>	
PAYMENT METHODS - <u>Electronic payment details available on request</u>	
Please make cheques payable to <u>Angela Sellens Drake, 247 College Rd, Norwich NR2 3JD</u>	
ENROLMENT	
I have read & understood details of the Level 3 Diploma in Reflexology for Wellbeing	
<ul style="list-style-type: none"> I would like to enrol on the Sunday course starting 13 October 2024 I enclose/ am arranging payment for (<i>please ✓ or highlight above as relevant</i>) 	
Acceptance onto the course:	
I understand that acceptance onto the course is at the discretion of the School and normally follows:	
<ul style="list-style-type: none"> attendance at an <i>interview and/or treatment session and Introductory Workshop</i> the signing by both parties of the <i>Contract/ Learning Agreement (provided to applicants)</i> 	
Course deposit payment:	
I also understand that the course deposit is refundable only if the school is unable to offer me a place on the course I have been accepted for	
<ul style="list-style-type: none"> and that course deposits paid on confirmation of a place on the course are otherwise non-refundable 	
Cancellation of registration:	
I also understand that, should I need to cancel my registration up to six weeks before the start of the course, the <i>balance of course fees only may be refundable</i> .	
<ul style="list-style-type: none"> After that time <i>course fees may be transferable</i> (at the discretion of the School) Once the course has begun, all fees are non-refundable 	
Agreements:	
I have disclosed any information, such as health or personal circumstances, that may impact on my ability to complete the course	
<ul style="list-style-type: none"> I am willing and able to commit the time and energy needed to complete the course and know of no reason why I should not train to practice reflexology I enclose a recent portrait/passport-size photo and the names and contact details of two referees with this application (<i>people who know me in a professional and/or in a personal capacity</i>) I understand that my personal details as given will be kept confidential and stored securely in line with the General Data Protection Regulation (GDPR) Act 2018, and only shared with tutors/assessors/ moderators as required for the qualification - and that I will be asked to sign a GDPR Privacy statement as confirmation of this (text available on website) 	
Signed Date	

Pathways School of Reflexology (*established 1996*), 247 College Road, Norwich NR2 3JD
01603 503794 /07948 129273 www.pathwaysreflexology.co.uk

Extra sheet