

COMPLEMENTARY THERAPY:

Advanced Reflexology

Continuing the conversation on Complementary Therapy careers, let's discuss the role of an Advanced Reflexologist. As mentioned before, some learners start with a diploma at Level 2 in Complementary Therapies. This will provide an introduction into the world of complementary therapies – massage, aromatherapy and reflexology. This can take up to a year to complete. Progression onto a Level 3 Reflexology course could follow, or alternatively a learner can go straight into a programme of study for a Level 3 qualification. This serves as a pre-requisite for Advanced Reflexology that could be studied at Level 4.

What if you already have a Level 3 Reflexology qualification?

A learner with a Level 3 Reflexology qualification would need to research suitable training providers offering a Level 4 Reflexology qualification that would fit into their scheduled courses. Some private centres have

Advanced reflexology can be studied full or part time and there are courses available to suit all schedules

several intakes each year outside of the normal academic schedule and courses may be studied over a number of months. At further education colleges, the intake is normally in September each year and courses may take up to a year to complete part-time.

What kind of courses do you need to take?

Some classes run over two-days each weekend for a number of months. Some classes run 3 hours one evening a week for a whole year. Class timetables differ so it is beneficial to check how each training provider delivers their courses to ensure that they suit your schedule. It may take up to two years to obtain the necessary pre-requisite qualifications and to develop the professional reflexology techniques that are needed before progressing onto a Level 4 qualification.

Should you work whilst studying? Many learners combine work and study. However, in addition to the in-class attendance, time needs to be allocated for case study work which is an important part of developing practical advanced reflexology skills. This can be quite time-consuming as it takes time to develop advanced reflexology and client handling techniques and to perform full treatments. These treatments also need to be documented as performance evidence is normally a qualification requirement.

Equipment costs

As a minimum, a learner would need to buy a professional uniform, a treatment couch or chair, a practitioner stool, towels and treatment medium such as natural wax or cream. There are a number of professional supply companies who can provide these essentials at competitive prices. Think of them as investments into your career as you will be able to use them once you start your practice.

