



PROFESSIONAL TRAINING IN REFLEXOLOGY



Courses for dedicated individuals, who are serious about receiving the best possible preparation for reflexology practice

In addition to qualification in reflexology, our course stresses an all-round introduction to successfully setting up in reflexology practice as a self-employed therapist.

We are different from other reflexology training centres: we ensure that you are fully prepared to begin practising reflexology independently in a real clinical, professional and business environment.

This is a premium course of learning: we go the extra mile to ensure that you derive the maximum possible benefit from your training.

What will the course allow you to do?

On successful qualification, you will be invited to join the Association of Reflexologists (AoR), reflexology's main body in the United Kingdom, as an Associate Member. This enables you to practise reflexology in the UK, and you will be placed on the referral register so the AoR can direct people looking for reflexology practitioners in your area to you.

In addition, from September 2002 students have qualified for a certificate in Reflexology awarded by the International School of Reflexology and Meridian Therapy (ISRMT). This is a government-registered school in South Africa giving a recognised higher education certificate. See the ISRMT section in this booklet for more information.

How else is training here different?

In addition to emphasis on training for the real world, we recognise that many people come to us from outside healthcare looking for a career change. Accordingly we put great effort into assisting students with the academic work where required, and one-to-one tutorials for students are offered in the lead-up to the final exam. We also provide you with all the equipment you need while training - see below.

Course Duration and Study Time

Under Association of Reflexologists rules, students must attend a minimum of 100 contact hours to qualify. The total number of contact hours we provide is 121, including sessions on professional development over and above the base level qualification.

Students should be prepared to spend on average **about seven hours per week** on home study and practical work on case studies throughout the eleven month period. This will of course vary during the course, but time management is important in the later stages when you are producing case studies. The standards set for case studies are higher than the Association's, as we believe you should be able to take a body of casework forward into your professional career.

Home study assignments will be set, marked and the results monitored. This forms part of your ongoing assessment.

PLEASE NOTE that this is a serious course of learning, and does actually require time and application to cover the material. We include more in our course than the basic criteria for qualification: this in turn means that you do need to have sufficient time available for the course work we provide!

Please do call us if you are in any doubt about the level of learning required to complete the course.

Career Development Loans

We are a registered training provider for Career Development Loans. For more information on these, please see the red box towards the end of this booklet. We strongly recommend you give this government scheme serious consideration.

COME AND VISIT US!

We are delighted to show prospective applicants what happens at a typical course weekend. Come and visit us before making up your mind whether you want to join the course! Just call us or return the correct half of the enclosed application form.

Terms and Conditions

1. Acceptance to join a course at the School is at the discretion of the Principals, and applicants will be asked for a personal or telephone interview.
2. At the discretion of the staff, a student can be asked to leave the course for the following misdemeanours:
 - (a) Consistent poor timekeeping
 - (b) Persistent failure to hand in home assignments
 - (c) Failure to attend for the required number of teaching hours
 - (d) Behaviour unbecoming to a professional reflexologist or considered to bring the profession into disrepute
 - (e) Persistent failure to pay fee instalments when due without prior arrangement.
3. Students are entered for the qualifying examination at the discretion of the tutors.
4. No refund can be given on deposits and/or fees paid for sessions attended, but students who miss part of the course for good reason can nearly always be offered substitute replacement dates.
5. On commencement of the course, students will be asked to sign a formal document detailing these terms and conditions, and also the obligations to students undertaken by the school.

Association of Reflexologists Examinations

The later part of the course includes mock exams (one theory exam, one practical assessment) so students can practise their exam technique.

The main external exam takes place shortly after the eleventh weekend. There will be a 2½ hour theory paper, a 1½ hour practical assessment, and a requirement for six case studies which will have been produced over the later months of the course. **Please note that the case studies represent a significant body of work involving a serious time commitment** - call us to discuss this if you are unsure of your time management skills!

AQA/AoR fees for production, verification and marking of exams (approximately £60 depending on course numbers) are payable directly to the AQA and are **not included** in the course fees.

The practical assessment will be verified by an external Association official, who will also verify the case studies and course work as marked by the tutors.

Course Dates:

Current course dates can be found on the attached blue sheet.

The course and examinations last eleven months, generally working either one weekend in four or Tuesdays and Wednesdays once a month for the June course. Exam dates are set centrally.

Normal hours of attendance on the Saturday and Sunday are from 10:00 to approximately 16:30, with a break for lunch from 13:00 to 13:30. Some days can be longer for special sessions, for example the First Aid training day which is included in your course.

Weekday courses generally run 0930-1730.

Tutors are available shortly before the morning start for admin or to purchase supplies or books if needed. Refreshments are provided during the day, including coffee, tea, herbal teas, water, and most importantly of all, *lots of biscuits*.

Courses are held at our dedicated premises in Wheatley, a short distance from Oxford.

Wheatley is just off the M40, and is less than an hour's drive from Birmingham, Cheltenham or West London.

Our students often stay overnight in the area, and some have attended the course from as far away as Scotland and Europe.

It is of course recognised that students will sometimes unavoidably be unable to attend a session. We do endeavour to provide alternative tuition within reason, for example slotting in to other courses to cover the missed session.

Application Procedure

Before or after sending in your application form with deposit, we like you to come and visit the School and meet us.

If we receive your application and have not met you before, we will contact you directly to discuss the course with you and ensure that you have understood the commitment you are undertaking. Subject to personal or telephone interview, if you are accepted for a place on the course, your workbook will be prepared and joining instructions and directions to the course venue will be sent in good time before the first session of your chosen course

Please note there is a strict cap on course numbers, as a low tutor-student ratio is very important for maintaining our high standards of training. We do therefore recommend early applications!

Student Requirements

Students will need to bring to training sessions the following items:

- Text books if desired (not essential, ask us about recommended reading)
- Clipboard and writing pad
- One red, and one blue or black pen
- Other coloured pens, pencils or crayons
- ART cream
- Appropriate clothing: students will be expected to wear clinical uniform or the polo shirts provided. Footwear should provide easy access to the feet. Short sleeves are recommended.
- Packed lunch if required.

There is a range of options for bought lunch close to the course venues, and we can give contact details for local accommodation for students travelling from further afield.

No large earrings, bracelets or watches should be worn when giving treatment, and it is essential that nails should be kept cut short.

Unlike many schools, we will provide you with all the equipment you need to take part in training sessions. The following will be provided to each student at no cost:

- Binder for course workbooks
- Initial supply of ART cream
- Uniform polo shirt
- Work bag (very handy)
- Use of all required towels, pillows and other equipment
- Full day of First Aid training and certificate
- All other appropriate certificates
- Tutorials as required

Suppliers of clinical uniforms, recommended text books, equipment and reflexology couches also offer discounts and interest-free options to School students. Call us for details.

Insurance

It is recommended that students consider taking out insurance to cover the practical work they will be doing during the course. Suitable cover is available to students through the AoR. **It is an AoR requirement that you should take out Student Membership while training: this is paid direct to the AoR, and the cost is not included in your course fees.**

Course Fees

Our course is *not* the cheapest reflexology course you can find. But we strongly believe the extra training and preparation we provide make it the best value for money.

Come and visit us to ask us what makes it worth it - or contact former students to ask them how quickly the extra investment paid for itself.

Students have the option of paying fees in a single lump sum or in monthly instalments.

In all cases a deposit of £200 must be returned with the application form to secure a place on the course. This deposit is only refundable in exceptional circumstances, and forms part of the course fees.

Full fee details are on a separate sheet.

HELP WITH COURSE FEES

Did you know that there is government funding available to help people with the costs of training?

Even though Individual Learning Accounts (ILAs) have been abolished by the government, all students are still entitled to apply for Career Development Loans (CDLs), **EVEN IF THEY ARE IN FULL TIME WORK.**

This is a long-standing scheme which has helped many students over the years, and we strongly recommend it if you are in any doubt about being able to raise the course fees to invest in your training.

Under the CDL scheme, the government pays the interest on a loan taken out to cover training costs while you are training, and you do not need to start making repayments until after the training is complete and you are earning new income from your new skills.

You can get more information on CDLs, together with an application form, direct from the agency on **0800 585 505**.

Or call us if you would like to have a chat about how people have used these schemes to help with the cost of qualifying as a professional reflexologist with OSR.

Our training provider number is 243698

ABOUT ISRMT



The International School of Reflexology and Meridian Therapy (ISRMT) was established in 1983 by Inge Dougans. Pioneering work in uniting Western with Eastern insight into the Meridians and the Five Elements has given the school a high reputation worldwide for its unique approach.

ISRMT provides professional training and development in the field of therapeutic reflexology, so as to equip the qualifying learner with competent skills as a health professional displaying an exemplary ethical and professional code of conduct. The school makes available quality education in the practice of therapeutic reflexology as a health therapy for all people of the world.

ISRMT strives to teach reflexology as a health-promoting and preventative therapy, available to as many persons as possible so that people of all ages and backgrounds can benefit from this cost-effective therapy.

The ISRMT teaching system is based on requirements set out by Department of Education in South Africa, as well as the curriculum outline as stipulated by the Allied Health Professions Council of South Africa.

This gives ISRMT Higher Education status at Tertiary Diploma Level (Level 5). This registration is an important step forward in reflexology, as it is the first time in the world that a reflexology training school has been given official Higher Education status.

The ISRMT course as taught in the UK consists of the first year of the two-year Diploma course, which is sufficient for the Association of Reflexologists qualification allowing reflexologists to practise in the UK.

Please call us if you have any queries about how the South African qualification maps to the UK requirements.

ABOUT INGE DOUGANS



Inge Dougans, author and world-renowned lecturer, was born and educated in Denmark. Her reflexology career began in April 1981, when she qualified in Copenhagen. In October of that year she emigrated to South Africa and opened a private reflexology clinic.

She began teaching and established what was to become the first International School of Reflexology and Meridian Therapy incorporating Chinese Meridian Theory in 1983. Today the school has licensed branches throughout South Africa and all over the world, including United States, United Kingdom, Poland and Greece.

Inge has written several books on reflexology, notably in 1992 the innovative and pioneering study, "The Art of Reflexology - a totally new approach using the Chinese Meridian Theory", later re-issued as "Reflexology - A Practical Introduction". Her books have been translated into German, Danish, Spanish, Polish, Hungarian, Portuguese, Dutch, French, Swedish and Italian. In 1996 "The Complete Illustrated Guide to Reflexology" was published by Element Books.

In 1985 Inge formed the South African Reflexology Society (SARS), and served on the Executive Committee for 17 years until retiring in 2002 in order to concentrate on her writing and teaching.

Inge was awarded a trophy in appreciation of her dedication and long service as the Founder Member of SARS, and received an honorary lifetime membership. In addition, Inge received honorary membership of the Association of Reflexologists in the United Kingdom in 2002. This award was given to her in appreciation of her outstanding work for reflexology.

ABOUT ISRMT IN THE UK



Oxford School of Reflexology is the first training establishment in the UK to teach the ISRMT syllabus.

Accredited in 1991, the school is currently run by Keir and Geraldine Giles.

Geraldine first trained as a reflexologist at Oxford School of Reflexology in 1995, and after a period of private practice took over the running of the school when its founder and principal retired. Geraldine and Keir decided to build on and expand the training provided at the school in order to turn it into a premier centre for training in complementary therapies, aiming not only at satisfying qualification requirements but at providing an all-round preparation for setting up in professional practice.

To this end, they took the standard syllabus of the Association of Reflexologists (AoR), the main awarding body in the UK, and introduced additional elements designed to ensure a high success rate for graduates entering private practice.

In 2000 Geraldine reduced her involvement in the school, but she still teaches on a regular basis. Keir meanwhile continues as Principal of Oxford School of Reflexology.

After hosting Inge Dougans for regular speaking engagements in the UK, Keir and Geraldine found that the first year of the reflexology syllabus as taught at ISRMT was sufficiently close to what was being taught at OSR to integrate the two, and thereafter agreed with Inge to combine efforts here in the United Kingdom.

OSR began teaching the ISRMT syllabus in early 2002, becoming the first reflexology training school in the UK to license the ISRMT training package and dovetail it with the already existing accreditation with the AoR.

WHO'S WHO AT OSR

Principal: Keir Giles
Practice Manager: Samantha Wilkinson

Tutors:
Jenny Evans, MAR, ITEC *(senior tutor)*
Christine Watson-Bartlam, MAR *(main tutor)*
Geraldine Giles, MAR
(main tutor)
Denise Hill, MAR *(main tutor)*
Penelope Odhams, MAR
Jacinta Murphy, MAR, BSc, MRSC

All tutors hold Further Education Teaching Certificates and the School is an accredited training centre for the Association of Reflexologists and the AQA

HOW TO CONTACT OSR

Write to us:
45 High Street
Wheatley
Oxford OX33 1XX

Call us: 0870 740 9256

Fax us: 0870 743 6733

E-mail us: keir@therapy-school.co.uk

If there is anything else you would like to know, please do call us and arrange to pay us a visit. We will be delighted to see you!