



Reflexology Foot Certification for Post Graduate Health Professionals

Instructed by Carla Miller, RMT

Registration Deadline: 17 May 2019

Date:	June 1-June 2, 2019 and June 15-16, 2019 (4-day course)	Maximum: 14 Registrants
	*Both weekends mandatory for certification	
Time:	8:30 am–5:00 pm (Lunch 11:45am–12:45pm)	
Location:	Atlantic College of Therapeutic Massage (ACTM) 440 King Street (Kings Place Mall) Fredericton, N.B. E3B 5H8	
Fee:	\$500.00 (ANBMT members only) Non-Member: \$600.00 *Exam Fee: \$100.00 paid directly to the course instructor (PAYMENT <u>MUST</u> ACCOMPANY REGISTRATION; <u>RESERVATIONS NOT ACCEPTED</u>)	
CEUs:	17.5 Category A CEUs (CMTNB Approved)	

Preferred room rate: Crowne Plaza, Fredericton, NB, \$146.00 + HST per night. Toll Free 1-866-444-1946
Email: reservations@cpf Fredericton.com or Toll Free Direct: 1-866-444-1946; Booking reference: ANBMT Group

Course Details

This 4-day course is designed for the *actively practising* RMT. The course will provide you with the knowledge and skills to add reflexology as a modality to your already existing RMT practice. As active RMTs, you are already pre-loaded with extensive training in anatomy, physiology, and pathology. This course is designed to streamline the certification process and build on your pre-existing knowledge.

100 Hours for Certification

Part One 40 HOURS (35 hours in-class, 5 Hours homework and written assessment)

Covers the theoretical principles of reflexology and the techniques and skills to practice reflexology.

Classes will be held over a series of 8-hour days with a one-hour lunch. The class will consist of both theory and practical hands-on techniques.

Course Outline

Unit 1: Introduction to Reflexology

Unit 2: History of Reflexology

Unit 3: Zones

Unit 4: Health History / Clinical Interview

Unit 5: Anatomy and Physiology and Pathology of the Body Systems; Foot Reflexology Map

Unit 6: Assessing the Foot

Unit 7: Working the Foot

Unit 8: Charting the Session

Unit 9: Self-Care

Unit 10: Reflexology and Massage
Unit 11: Reflexology Business Management
Unit 12: Case Studies (work with practice clients outside of class)

Each class session includes a balance of hands-on, auditory, and visual learning opportunities.

Part Two 60 HOURS (60 case studies and charting)

The Reflexology student gains experience by performing and documenting 60 case studies. The student will arrange for their own case studies, approximately 10–15 recipients are required. Students have no less than 3 months to complete the case study portion of the certification.

The teacher is available by e-mail and telephone for consultation at any time during the practical case studies period.

Certification

The 2-hour written exam is scheduled privately with the instructor at the student's pace. **Exam Fee: \$100.00 paid directly to the course instructor.** This is a one-hour practical spot exam upon completion of the 60 case studies. It is scheduled by the student with the instructor for a one-on-one exam. The written and practical exams may be scheduled to be completed at the same time.

Total Certification time: 100 Hours

Course Standards

The Nova Scotia Association of Reflexology (NSARP) approves the curriculum taught by Carla Miller, RMT.

Under NSARP regulations, a successful student must complete a 300-hour certification course to become a member. Due to the post-graduate status of the students attending this course, the students are only required to complete 100 hours of certification.

What to Bring

- Paper/pen
- Comfortable clothing (be prepared for hands-on & class lecture)
- Lunch/Snacks/Water

About the Instructor

Carla Miller, RMT, is the owner and operator of *Sole to Soul Massage Therapy Clinic* in Minto, New Brunswick since 2007. She began working as a reflexology therapist after completing her certification at the Wholistic Therapy School in Palgrave, Ontario in 1997. In addition to reflexology, she is also a registered massage therapist with the CMTNB and the ANBMT. She is currently completing her certification as a cranial sacral therapist. Carla has been teaching foot reflexology for the Nova Scotia Association of Reflexology since 2008. You can learn more about Carla by visiting www.s2smassage.com.



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(Please print clearly)

Name: _____ RMT #: _____

Address: _____

Telephone: (Home) _____ (Work) _____ (Cell) _____

Email: _____

Status: Member Non-member Association: _____

Method of Payment: Cheque Money order PayPal *(Registration form must be submitted)

E-transfer (please make known your security answer by email if it is not your RMT#)

No refunds will be given after the registration deadline

In the unforeseen circumstance of bad weather, we will notify you by 7:00 a.m. (at the very latest) on the day of the workshop.

Please Return Registration Form and Payment:

Association of New Brunswick Massage Therapists (ANBMT)

P.O. Box 323, STN "A"

Fredericton, N.B. E3B 4Y9

Tel.: (506) 452-6972 Fax: (506) 451-8173 E-mail: anbmt@anbmt.ca