



# HOLISTIC FOOT REFLEXOLOGY

## COURSE OUTLINE

200 HOUR CERTIFICATE COURSE

### HOLISTIC FOOT REFLEXOLOGY

A specific bodywork technique, where the therapist strokes, massages and applies hand pressure to the feet to effect changes in the body, relax muscles and stimulate the body's own natural and innate ability to heal itself.

### COURSE OBJECTIVES

The promise of the course is that participants who complete all requirements will be able to competently practice the Fairbrass Method of Holistic Foot Reflexology.

### IN-CLASS HOURS

A minimum of 30 hours in-class instruction with a certified instructor is the basis of the course.

### HOME STUDY HOURS

Students are credited with two hundred hours to complete all requirements. The student is required to learn practical application of Holistic Foot Reflexology by working with others. Case studies, health history reports, and completed foot analysis charts are submitted to SchoolofCT for review and evaluation. A workbook is to be completed.

Completion of the course includes the study of the accompanying course manual, videos and audio lessons as supplied by SchoolofCT and all required assignments submitted to standard as dictated by the Board of SchoolofCT. Case study reports are mandatory to be prepared and submitted with evidence of the documented practice sessions.

Permission to begin practicum is given when student has demonstrated proficiency

### PRACTICUM

Students are required to submit sixty documented practice sessions with ten case study reports, which are completed at the student's own pace, in a minimum of three months or maximum of one year.



Documentation includes basic health history reports, recording appointments of reflexology sessions in a professional manner with comments, marking accompanying foot chart on initial consultation and recording reimbursement. Case studies are drawn from the documentation and are necessary to indicate the progress in the client's assessment of the treatments and the student's understanding of the materials, routine and progression.

## CERTIFICATION

The student completes all assignments as outlined and submits to SchoolofCT for marking, evaluation and follow-up as required by the assigned Instructor. This includes but is not limited to all documentation of relevant practice sessions with case studies reports. Both Written Examination and Practical (hands-on) Examination evaluated by a Certified Reflexology Examiner of SchoolofCT appointed by SchoolofCT and submitted to SchoolofCT for review with a passing mark of 86% or higher, completes the learning process. A certificate is issued by the Board for successful completion.

## COURSE FEES

Refer to <http://SchoolofCT.com> for all current pricing. Subject to change.

## COURSE CONTENT

The course in Holistic Foot Reflexology designed for SchoolofCT by Jacqueline Fairbrass, Founder School of Complementary Therapies, is easy to learn with plenty of interactive material to accommodate multiple learning styles, including hands-on demonstration and guidance with highly detailed video and audio hands-on practice.

- ✓ History of Reflexology
  - From ancient Chinese and Egyptian times to present day North American and European traditions
- ✓ Theories of Reflexology
  - Zone Therapy
  - Meridian Therapy
- ✓ Hands-on Techniques to Relax the Feet
  - Warm-ups
  - Continuing the Flow
  - 'Desserts' and Cool-down
- ✓ Anatomy and Physiology (A&P)
  - Anatomy of the Foot
  - Basic Human Anatomy & Physiology



- Relation of A&P to the reflexes of the feet, ankles and lower leg
- ✓ Expert teaching of Basic Foot Reflexology Techniques
- ✓ Expert teaching by a SchoolofCT Certified and Registered Holistic Foot Reflexology Instructor, trained by Jacqueline Fairbrass, of the Fairbrass Method of Holistic Foot Reflexology
- ✓ Introduction to meridians and the feet
- ✓ Instruction in how to take a basic Health History Report
- ✓ Pathology of the feet
  - Disease processes along with health implications
    - Bunions
    - Warts
    - Callouses
    - Arthritis
    - HIV and Aids
    - Etc.
  - Messages of the feet
- ✓ Fairbrass Foot Reflexology Charts
- ✓ Introduction to the subtle anatomy and how it relates to the feet
  - Chakras
  - Auras
- ✓ Professional instruction regarding treating others, including appropriate behavior with clients
- ✓ Bonus information
  - Business building
  - Marketing
  - The professional practice
- ✓ Copies of all relevant forms for student's professional practice
  - Health history report forms
  - Foot charts
  - Appointment charts
  - Disclaimers
- ✓ Recommended Reading Book List
- ✓ Bibliography

## COURSE OUTLINE

Reflexology is a specific bodywork technique, where the therapist strokes, massages and applies pressure to one part of the body to effect changes in another part of the body, relax muscles, and stimulate the body's natural ability to heal itself. Massage and pressure techniques applied to feet,



hands and body to affect internal organs and muscles is a basic technique of Traditional Chinese Medicine (TCM) and other healing arts and systems.

Holistic Foot Reflexology Training is a 200 hour certificate course, which home study over a suggested three month to one year time frame.

A highly detailed and explicit instructional manual, a workbook and the MP3 audio guide to the Fairbrass Method of Holistic Foot Reflexology are supplied to the student.

Study time includes history and theories of Reflexology, basic human anatomy and physiology, expert teaching of foot reflexology techniques, introduction to foot ailments and introduction to the subtle anatomy and how it relates to the feet.

Completion of all course materials, including practicum with case studies, completion and pass of all assignments, a pass grade higher than 85% on the final written examination and 90% on the practical examination are required for certification.

## INSTRUCTORS

Jacqueline Fairbrass has been a professional Reflexologist since 1993. In 1995 Jacqueline developed the Fairbrass Method of Reflexology and began teaching in-class. To enable a broader range of students to become proficient Reflexologists Jacqueline developed an intensive and unique on-line training, bringing the class-room experience to the student.

Jacqueline trained as a Corporate Instructor before entering Algonquin College of Fine Arts as a Sessional Instructor, studying Adult Education to fulfill the position. Her Reflexology career includes studying in the UK, Canada and the USA.

For more information go to <https://JacquelineFairbrass.com>

Wendy Greene is an holistic esthetician who realized there was more to feeling great than simply looking good. After searching for what she could add to her esthetics practice, she found and fell in love with Foot Reflexology. Using self-taught Reflexology to improve the health of family and friends, she next decided to study and train professionally with Jacqueline Fairbrass at SchoolofCT.

Wendy has been the number one Instructor at [Foot Reflexology Ottawa](#) since 2011. In 2008 Wendy graduated with honors from the [Holistic Foot Reflexology Ottawa program](#). Practicing led to sharing and Wendy's next step was to train with SchoolofCT to become an Instructor. She graduated in 2011 and has been teaching Holistic Foot Reflexology Ottawa regularly since.



Wendy teaches the program in Ottawa, where she has a thriving practice. She brings her love of Reflexology into the classroom and many of her students have become firm friends. Wendy is more than an instructor. She is a guide, a teacher and a mentor.

Our newest Instructor, Donna Keller is now offering in-class Reflexology in Ontario. Covering the Caledon/Orangeville area with instruction in professionally recognised [Holistic Foot Reflexology](#). Donna spent 9 years volunteering on the board of the Reflexology Registration Council of Ontario. Reflexology has been and continues to be her life purpose. She runs a successful thriving practice and graduated as an Instructor with SchoolofCT in 2024.