

300 Hour Reflexology Certificate: Spring 2023 Program

The Barefoot Dragonfly LLC
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Amy Kreydin, Owner and Instructor

Certified Reflexologist, 2004
Board Certified Reflexologist, 2006
Clinical Aromatherapist, 2011
Aromatic Medicine Diploma, 2016
National Certified Reflexology Educator 2022

Spring 2023 Program running January 30th to December 2nd 2023

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Introduction

Dear Prospective Student,

Welcome to The Barefoot Dragonfly LLC's 300 Hour Reflexology Certificate Program. Thank you for considering my Reflexology program in order to gain the skillset, knowledge base, and quality of training that will prepare you for a rewarding career in the Reflexology profession. It is a privilege to train the next generation of Reflexologists and I am honored that you are seriously considering studying with me. My commitment to students is to present a complete and comprehensive certification program that gives them a foundation in science, instills the art of applied reflexology, offers a holistic view of the body's innate healing abilities, as well as passing on business skills necessary to launching a reflexology practice.

This 300-hour certification program prepares the aspiring student to become a qualified practitioner in the health and wellness field of Reflexology. Lessons are delivered using a combination of live lectures through videoconference software Zoom, and hands-on training here in the Austin, Texas studio. This hybrid format allows theoretical lessons to be delivered online, while the technique and practical portion of the studios are delivered in-person. Class sizes are offered to a minimum of four (4) registrants and a maximum of eight (8) to ensure hands-on monitoring for each attendee.

When the student has satisfactorily completed all of the requirements of the full course of study – including attending all live lectures, practicums, turning in all evaluations, and completing the final exam – the graduate is awarded a certificate of completion. A graduate of the 300-hour certification program will be qualified to apply for board certification through the American Reflexology Certification Board and for professional level membership through the Reflexology Association of America.

My experience working as a professional reflexologist in private practice for 18 years continues to inform curriculum. The Spring 2023 Program will be my 12th batch of students and I am honored that you are considering this program.

In Health,

Amy Kreydin

The Barefoot Dragonfly LLC

Location and Facilities

The Barefoot Dragonfly LLC has a dedicated studio located within the private dwelling of Amy Kreydin, at 7601 Pheasant Rock Road, Austin, Texas 78729. Classroom space is equipped with reflexology practice equipment, linens, charts, library, and teaching materials.

About Reflexology

Reflexology is a gentle bodywork modality that encourages the body towards homeostasis in all physical and energetic systems. Primary benefits include deep relaxation, improved circulation, and an enhanced sense of well-being. This non-invasive modality has been studied in hospitals, clinics, and labs across the globe.

In this program I teach the reflex maps as a microcosm of the whole – the entire body mirrored on maps found in the feet, hands, and outer ears. Reflexology-specific stimulation is applied using finger, thumb, and knuckle techniques to these maps to encourage balance in each organ, gland, and part affected. Reflexology is not a fancy term for foot massage, it is a self-regulating modality recognized by the National Institutes of Health under the National Center for Complementary and Integrative Health (NCCIH).

As a wellness modality, Reflexology's popularity has grown in recent years through word-of-mouth, attention by the press, television segments, and through social media. Some states have instituted professional guidelines in the form of registration or licensure of professional reflexologists. At this time the state of Texas considers the modality of Reflexology to be exempt from massage licensure. The National Council for Reflexology Educators (NCRE) recommends a baseline curriculum of 120 hours of education. The American Reflexology Certification Board (ARCB) offers board certification to those who have received a minimum of 110 hours of education and pass their written and practical exam. To practice as a reflexologist in another state I advise you check with your state's Department of Health or Licensing Department for their rules and regulations. Some states regulate reflexology while others do not.

Reflexologists can choose a full or part time career, either in private practice for themselves or working as an employee or independent contractor in a medical clinic, salon or spa, senior center, or onsite for a business. After completing this program, graduates are prepared to embark on their career, offering reflexology to their community.

Salaries for reflexology are similar to that of massage therapists and other bodyworkers. Salary.com estimates the average bodyworker in Texas in April 2022 is \$48,190-\$61,840. The U.S. Bureau of Labor Statistics reports the 2021 national median pay for bodyworkers was \$46,910. They predict the job outlook for growth rate from 2020 to 2030 is 32%, all occupations have predicted growth of 8%.

Admissions Policies and Procedures

Registration

To register, visit the Foundations in Reflexology page on our user portal over on Practice Better. Pay the \$396 tuition and respond to application questions during the online checkout process. You will receive a confirmation via email (check your spam folder!) and an invitation to create an account in the student portal.

Have questions? Schedule a Meet and Greet via Zoom or send an email through the contact form.

Tuition Cost

The tuition for the 300 Hour Reflexology Certificate Program is \$8.25 per hour for 300 hours or \$2,475.

The student is financially responsible for purchasing the required textbooks through their preferred book retailer. No equipment purchase is required for this program but it is advised the student obtain reflexology equipment to conduct their case studies on their own time.

Payment of Fees

Level One – Foundations in Reflexology – requires full payment of the \$396 tuition. Levels two and three have installment payment plans available. Students who are not current with their installment payments may be restricted access to live lectures and practicums until they become current.

Required Materials

The Barefoot Dragonfly LLC provides hand sanitizer and foot powder for practicum sessions but the student will also wish to obtain their own supply for practice sessions at home on household members. Arrowroot powder and cornstarch are popular reflexology mediums and can be found in the baking aisle at most supermarkets.

The following textbooks are required for the 300 Hour Reflexology Certificate Program:

- The Complete Guide to Reflexology, Second Edition by Ruth Hull, ISBN: 978-1-913088-11-8
- The Complete Guide to Reflexology Workbook by Ruth Hull, ISBN: 978-1-913088-14-9
- Anatomy, Physiology and Pathology, Second Edition by Ruth Hull, ISBN: 978-1-913088-05-7
- Anatomy, Physiology and Pathology, Second Edition Colouring and Workbook by Ruth Hull, ISBN: 978-1-905367-98-6.
- Stories the Feet Can Tell Thru Reflexology / Stories the Feet Have Told Thru Reflexology by Eunice Ingham, ISBN: 0961180439

To prepare for live lectures delivered via Zoom students will need:

- Internet-ready computer or tablet with speakers, microphone, and webcam;
- Zoom software installed on said computer or tablet – see <http://zoom.us>;
- Note taking aids while participating in the lecture is strongly recommended.

Refund and Cancellation Policy

Refund Policy

Tuition payments and deposits are non-refundable, but may be used toward future classes within a 12 month period **if you submit your withdrawal fourteen (14) days BEFORE the class begins**. Should you withdraw with less than fourteen (14) days' notice, all payments made are not refundable or transferrable AND your full balance is still due if your payment is not complete. Please understand that your tuition pays for your seat during the class, whether or not you are able to attend. If you have to miss some class time, we will work with you to help you make up the material. We know that circumstances change and life challenges come up, but we cannot make exceptions. Thank you.

300 Hour Reflexology Certificate Program

The 300 Hour Reflexology Certificate Program is a total of 300 hours, offered in three levels: Foundations of Reflexology, Intermediate Reflexology, and Advanced Reflexology. The total program includes 120 hours of in-studio practicum, 120 hours of live lectures delivered via Zoom videoconference, and 60 hours of documented case studies performed independently (60, one-hour treatments done on clients). The final practicum will include a written and practical exam.

Foundations in Reflexology – Level One

This is the first course level in our 300 Hour Program and is open to folks interested in exploring the healing art of reflexology. Foundations in Reflexology is 24 hours of lecture delivered via Zoom videoconference software and 24 hours of in-person practicum at the Austin, Texas studio.

101 Introduction to Reflexology – 48 hours

24 hours lecture, 24 hours practicum, this learning unit covers origins, theories, forms of reflexology, indications, cautions, contraindications, structure and function of the foot and lower leg, foot assessment tools, sanitation and hygiene practices, client session documentation, body mechanics, reflexology techniques, and a 30 minute foot reflexology routine. Learning modules are as follows:

- Module 1: Origins and Theories of Reflexology – 4 hour lecture delivered via Zoom
- Module 2: Indications, Cautions and Contraindications – 4 hour lecture delivered via Zoom
- Module 3: Structure and Function of the Foot and Lower Leg – 4 hour lecture delivered via Zoom
- Module 4: Anatomical Locations of Reflexes – 4 hour lecture delivered via Zoom
- Module 5: Sanitation and Hygiene in the Reflexology Practice – 4 hour lecture delivered via Zoom
- Module 6: Session Documentation Part One – 4 hour lecture delivered via Zoom
- Module 7: Practicum Day One – 8 hour practicum in the Austin studio
- Module 8: Practicum Day Two – 8 hour practicum in the Austin studio
- Module 9: Practicum Day Three – 8 hour practicum in the Austin studio

Intermediate Reflexology – Level Two

The Intermediate Reflexology course builds on our foundational understanding of reflexology by looking at the anatomy, physiology, and pathology of twelve body systems through a whole-person lens. Lectures give us a theoretical understanding of each body system and practicums help us translate that information into the reflex maps. This course includes 48 hours of lecture delivered via Zoom videoconference software and 48 hours of in-person practicum at the Austin, Texas studio.

201 Body through Endocrine Systems – 48 hours

24 hours lecture, 24 hours practicum, this learning unit covers the anatomy, physiology, and pathology of the body, integumentary, skeletal, muscular, nervous, and endocrine systems as they relate to the reflexology practice. Practicum modules identify body system reflex locations, reflex techniques, and routines. Learning modules are as follows:

- Module 1: The Body – 4 hour lecture delivered via Zoom
- Module 2: Integumentary System – 4 hour lecture delivered via Zoom
- Module 3: Skeletal System – 4 hour lecture delivered via Zoom
- Module 4: Muscular System – 4 hour lecture delivered via Zoom
- Module 5: Nervous System – 4 hour lecture delivered via Zoom
- Module 6: Endocrine System – 4 hour lecture delivered via Zoom
- Module 7: Practicum Day One – 8 hour practicum in the Austin studio
- Module 8: Practicum Day Two – 8 hour practicum in the Austin studio
- Module 9: Practicum Day Three – 8 hour practicum in the Austin studio

202 Respiratory through Reproductive Systems – 48 hours

24 hours lecture, 24 hours practicum, this learning unit covers the anatomy, physiology, and pathology of the respiratory, cardiovascular, lymphatic and immune, digestive, urinary, reproductive systems as they relate to the reflexology practice. Practicum modules identify body system reflex locations, reflex techniques, and routines. Learning modules are as follows:

- Module 1: Respiratory System – 4 hour lecture delivered via Zoom
- Module 2: Cardiovascular System – 4 hour lecture delivered via Zoom
- Module 3: Lymphatic and Immune System – 4 hour lecture delivered via Zoom
- Module 4: Digestive System – 4 hour lecture delivered via Zoom
- Module 5: Urinary System – 4 hour lecture delivered via Zoom
- Module 6: Reproductive System – 4 hour lecture delivered via Zoom
- Module 7: Practicum Day One – 8 hour practicum in the Austin studio
- Module 8: Practicum Day Two – 8 hour practicum in the Austin studio
- Module 9: Practicum Day Three – 8 hour practicum in the Austin studio

Advanced Reflexology – Level Three

The Advanced Reflexology course is designed to prepare the reflexology student for private practice and build on their experience with foot reflexology to include the reflex maps found on the hands and outer ears. This course includes 48 hours of lecture delivered via Zoom videoconference software and 48 hours of in-person practicum at the Austin, Texas studio.

301 Preparing for Practice – 48 hours

24 hours lecture, 24 hours practicum, this learning unit provides a foundation in business planning, continues session documentation skills learned in 101, covers injury prevention and self care practices, structure and function of the hand and lower arm and the outer ears. Practicum modules cover body mechanics, reflex techniques, a 30 minute hand reflexology routine, and a 10 minute ear reflexology routine. Learning modules are as follows:

- Module 1: Business Planning Part One – 4 hour lecture delivered via Zoom
- Module 2: Business Planning Part Two – 4 hour lecture delivered via Zoom
- Module 3: Session Documentation Part Two – 4 hour lecture delivered via Zoom

- Module 4: Practitioner Self Care – 4 hour lecture delivered via Zoom
- Module 5: Introduction to Hand Reflexology – 4 hour lecture delivered via Zoom
- Module 6: Introduction to Ear Reflexology – 4 hour lecture delivered via Zoom
- Module 7: Practicum Day One – 8 hour practicum in the Austin studio
- Module 8: Practicum Day Two – 8 hour practicum in the Austin studio
- Module 9: Practicum Day Three – 8 hour practicum in the Austin studio

302 Holistic Reflexology Approaches – 48 hours

24 hours lecture, 24 hours practicum, this learning unit covers Eastern medicine approaches to holistic care, and support for special populations. Practicum modules cover hot stone reflexology, meridian theory on the reflex maps, chakra and sens theory on the reflex maps. Learning modules are as follows:

- Module 1: Traditional Chinese Medicine and the Five Elements – 4 hour lecture delivered via Zoom
- Module 2: Traditional Ayurvedic Medicine and the Five Elements – 4 hour lecture delivered via Zoom
- Module 3: The Reflexology Wellness Plan – 4 hour lecture delivered via Zoom
- Module 4: Reflexology for the Oncology Client – 4 hour lecture delivered via Zoom
- Module 5: Reflexology for the Pain Management Client – 4 hour lecture delivered via Zoom
- Module 6: Reflexology for the Childbearing Year – 4 hour lecture delivered via Zoom
- Module 7: Practicum Day One – 8 hour practicum in the Austin studio
- Module 8: Practicum Day Two – 8 hour practicum in the Austin studio
- Module 9: Practicum Day Three – 8 hour practicum in the Austin studio

60 Case Studies

Students are responsible for documenting 60 hours of case studies outside of the classroom. Documentation of sessions are covered in Unit 101 and again in Unit 104 to prepare students to write accurate, concise, legible SOAP (Subjective, Objective, Assessment, Plan) notes using industry best practices. Students are responsible for sourcing their own case studies from their household members, circle of contacts, and the community at large. Case studies are designed to improve technique, build muscle memory, and aid in building confidence working with a wide client base.

Case studies can be submitted for review in one of two ways:

1. Via Google Docs shared access for the instructor to make comments and suggestions;
2. Via USPS mail or handed in at practicums.

Students are expected to turn in all of their case studies no later than six (6) months following the last practicum class. Hardship cases will be considered on a case-by-case basis for a potential extension of deadline.

300 Hour Reflexology Course

Spring 2023 Program Calendar

January							February							March						
Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7				1	2	3	4				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25
29	30	31					26	27	28					26	27	28	29	30	31	

April							May							June						
Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S
						1		1	2	3	4	5	6					1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	
30																				

July							August							September						
Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S
						1			1	2	3	4	5						1	2
2	3	4	5	6	7	8	6	7	8	9	10	11	12	3	4	5	6	7	8	9
9	10	11	12	13	14	15	13	14	15	16	17	18	19	10	11	12	13	14	15	16
16	17	18	19	20	21	22	20	21	22	23	24	25	26	17	18	19	20	21	22	23
23	24	25	26	27	28	29	27	28	29	30	31			24	25	26	27	28	29	30
30	31																			

October							November							December						
Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7				1	2	3	4						1	2
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30
														31						

- Zoom Lesson
- First Day of Program
- Practicum Lesson
- Last Day of Program

School Policies

Attendance Policy

Students are expected to be present at scheduled class times as outlined in the Calendar. Classroom attendance is required for the 240 hours of instruction.

Students should request an excused absence for illness, conflict of schedule, or family emergency. Unexcused absences will count against students in the participation portion of the grade for each learning module. Students who miss more than 20 hours of classes may be dismissed for unsatisfactory attendance. Students will be expected to make up the work missed by the next class.

Transcripts will reflect the student's missed lecture and practicum hours and may no longer be eligible for membership with the Reflexology Association of America and board certification with the American Reflexology Certification Board.

Makeup hours are available in three ways:

1. Student retakes lecture or practicum in the next reflexology program – space depending; or
2. Student coordinates for private tutoring hours with Amy; or
3. Student attends elective lectures for lecture hours missed.

Tardiness Policy

Tardiness poses a difficulty for all the students and teacher as the class either cannot begin on time or the tardy student misses out on important class time. Therefore, time of tardiness will also contribute to the hours of absence and will count against the participation portion of the course grade. If unexcused tardiness and absences should total more than 20 hours, students may be dismissed for unsatisfactory attendance unless the instructor approves the extenuating circumstances.

Communication Policy

The Barefoot Dragonfly LLC expects that students will remain in communication via email, text messaging, group or private chat via the student portal, and voicemail at all times during the program. Changes in the schedule due to weather or other situations, class reminders, and other important communications are delivered via email, text messaging, group or private chat via the student portal, and/or voicemail. Students must be able to receive communication. Students who cannot attend classes or will be late for class must message the instructor via the student portal or text messaging to inform of the absence and its reason.

Graduation Requirements

Students must complete all 240 hours of classroom instruction and practicum experiences, pass all final exams, pay all tuition in full, and comply with all school policies. In addition, students must complete 60 hours of documented case studies performed independently (60, one-hour treatments performed on practice clients) and submit to the instructor for review within six months of the final practicum.

Code of Conduct

The Barefoot Dragonfly LLC expects students to behave in the mature and professional manner that they will need in their career in Reflexology. If students become disruptive in class or misuse email or student portal communications during the program, they may be subject to suspension or expulsion from the program.

Students are expected to maintain their studies at their current class level.

Students are expected to attend classes sober and not under the influence of alcohol, recreational drugs, or strong pain killers that will interfere with studies.

Students are expected to hold themselves to a high ethical standard and not commit academic misconduct such as cheating, falsification of case studies, and/or misrepresentation of homework assignments.

Virtual Classroom Etiquette

Students are expected to help maintain the integrity of audio and visual presentations when attending a live lecture videoconference so all attendees can enjoy the presentation.

Participants are expected to familiarize themselves with the available settings to disable video and/or mute microphone as needed. Accidents happen and occasionally a participant is unaware they are broadcasting audio and/or video of themselves or their environment to the classroom when they intended to disable audio and/or video.

In the event of unprofessional, disruptive, or obscene audio or visual input from participant the instructor will disable the participant's video and microphone. A participant may be banned from a live lecture if they are belligerent or hostile towards the instructor or classmates.

Communicable Diseases Policy

The Barefoot Dragonfly LLC uses an evidence-informed approach to protect its clients and students, whenever possible, from exposure to certain communicable illnesses. Students and clients with acute communicable illnesses transmitted by airborne, droplet or direct contact are not permitted to the studio while they are potentially contagious. In the setting of an epidemic or pandemic, participants will be expected to participate in protocols that make in-person practicum classes as safe as possible for all participants.

Responsibilities of Enrolled Students

1. **Communicable Illness Screenings** – if a student believes they have contracted a communicable illness that can be transmitted in the classroom must report their symptoms or illness. During high community spread all participants may be universally screened for symptoms.
2. **Infection Control Measures** – during community spread mandatory infection control measures will be implemented for practicum classes. These measures may include filtering face piece that is NIOSH approved for a minimum of 94% filtration (e.g. KF94, KN95, N95 or greater), social distancing, screening, day-of rapid test, and/or the use of other personal protective equipment

(PPE). Failure to comply with these requirements may result in dismissal or expulsion from the program.

3. **Switch to Virtual Learning** – in the event of symptoms of a communicable illness – vomiting, fever, cough, diarrhea, skin rash, head lice, eye infection – or a positive test result or diagnosis, the student will not be permitted to attend in-person practicum. Students can join the practicum via Zoom virtual conference instead, or be prepared to attend a makeup class.

Infection Control Measures

Universal precautions are in use at all times at The Barefoot Dragonfly LLC to prevent the spread of communicable illnesses. These measures include:

- **Airborne Cross-Infection Control** – portable air cleaners and fresh air ventilation are in use at all times when the studio is occupied. A limited selection of NIOSH-approved filtering face pieces (e.g. masks) is made available for students use.
- **Disinfection** – EPA-approved disinfectants for emerging viral pathogens are employed on high touch surfaces, equipment, tools, and the bathroom facilities. CDC Linen washing guidelines are in place at all times.
- **Outdoors** – snack and meal breaks are held outdoors to benefit from maximum fresh air and reduce the risk of cross-infection.

In the event the instructor should develop a communicable illness, the practicum will be postponed, cancelled, or offered live via Zoom.