

Institute For Integrative Wellness

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# 200hr. Therapeutic Reflexology Certification Program

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## Course Syllabus

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### Module 1: Introduction

Part 1: The History of Reflexology

Part 2: The Holistic Approach

Part 3: Ethics Professionalism and Legal issues

Part 4: Documentation and Client/Patient Intake

Part 5: Before we begin

Module 1 Assessment

### Module 2: The Magic of the Feet

Part 1: Video: Reflex Zones in the Body

Part 2: The Magic of the Feet

Part 3: Guidelines of the Feet

Module 2 Assessment

### Module 3: The Role of the Reflexologist

Part 1: Preparation

Part 2: The Importance of Touch

Part 3: Gout

Module 3 Assessment

Module 4: Working on the Feet

Part 1: Working on the Feet

Part 2: Reflexology Techniques

Part 3: Hooking and Rotations

Part 4: Rib Cage and Diaphragm

Part 5: Adding Desserts

Part 6: Ending the Session

Module 4 Assessment

Module 5: Cells, Tissues, and Skin

Part 1: Cells

Part 2: Nervous Tissue

Module 5 Assessment

Module 6: The Digestive System

Part 1: The Digestive System

Part 2: Digestive Disorders Helped by Reflexology

Module 6 Assessment

Module 7: The Respiratory System

Part 1: The Respiratory System

Part 2: Respiratory Disorders Helped by Reflexology

Module 7 Assessment

Module 8: The Circulatory System

Part 1: The Circulatory System

Part 2: Circulatory Disorders Helped by Reflexology

Module 8 Assessment

Module 9: The Lymphatic System

Part 1: The Lymphatic System

Part 2: The Lymphatic as a Defense System

Module 9 Assessment

Module 10: The Endocrine System

Part 1: The Endocrine System

Part 2: Endocrine Disorders Helped by Reflexology

Module 10 Assessment

Module 11: The Nervous System

Part 1: The Nervous System

Part 2: The Spinal Cord

Module 11 Assessment

Module 12: The Special Organs

Part 1: The Ear and Eye

Part 2: The Face, Nose and Sinuses

Module 12 Assessment

Module 13: The Musculoskeletal System

Part 1: The Musculoskeletal System

Part 2: How the Body Moves

Module 13 Assessment

Module 14: The Urinary System

Part 1: The Kidneys

Part 2: Kidney Problems

Module 14 Assessment

Module 15: The Hand

Anatomy of the Hand

Module 15 Assessment

Module 16: The Business Model

Setting up a Business

Module 16 Assessment