

# Info on CRHP Programme for Halifax – Footsteps School of Reflexology

**This course is to form a major part of the 500 hour course that is being accredited by the Nova Scotia Association of Reflexology Practitioners**

<b>Certification:</b>	Certified Reflexology Healthcare Practitioner, accredited by The College of Massage Therapists of Ontario, the Massage Therapy Association of Nova Scotia and the PEI Massage Therapy Association. On completion of total hours, the student would be a certified Reflexologist and be awarded continuing education units
<b>Instructor:</b>	Janet Williams has been practising and teaching Reflexology in the UK and Canada since 1994. She was trained in the UK with the British School of Reflexology and went on to study massage, nutrition and stress management
<b>Location:</b>	To be decided. Central location, Halifax
<b>Dates:</b>	<b>See Course Dates Listing.</b> Daily from 9.30 am – 4:30 pm Assessment and Examination day at a later date
<b>Pre-requisite:</b>	All students must have a sound training or knowledge of Anatomy & Physiology before registering on the course. If not, a student is required to take the correspondence course with Footsteps School prior to commencing the course.
<b>Programme:</b>	The programme is made up of a minimum of 35 hours of tuition which will include the following: The Holistic Approach, History of Reflexology, structure of feet, disorders and conditions of the feet, reactions to treatment, theory and concept of reflex zones and their functions, effects of stress on the body and how Reflexology can help, methods of consultation, contraindications to treatment, appropriate client care, referral procedures, reading of the feet, interpreting the reflexes, learn to perform and explain a complete Reflexology treatment
<b>Examinations:</b>	The student must pass a two hour theory and a one hour practical examination
<b>Case studies:</b>	The student will be expected to perform a total of 60 hours of treatments on clients. Each client must have a minimum of six treatments
<b>Cost:</b>	Cost of course, to include all tuition, foot chart, work manual is \$800 plus GST. Review and exam day \$75. The Anatomy & Physiology course is at a separate cost of \$250 plus GST

**For further information, please contact Janet Williams on 416 788 5970  
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