

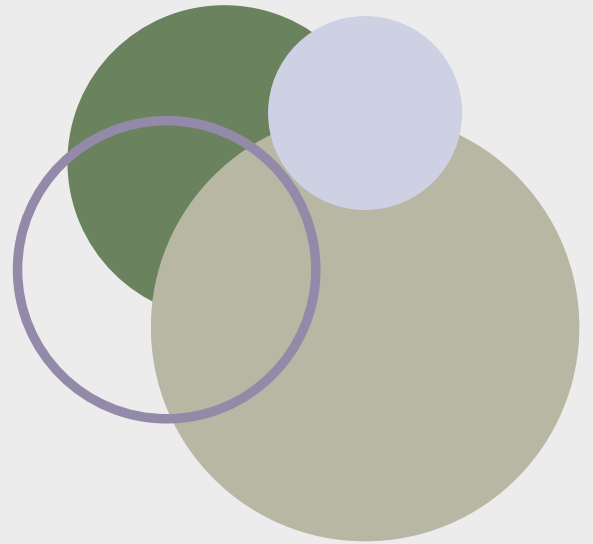


# Your Guide to Training in Reflexology



*"Training Matters: The Difference between Mediocrity and Excellence."*

**ASSOCIATION OF REFLEXOLOGISTS**



Welcome to the Association of Reflexologists' Qualification guide. We understand the vital importance of selecting ***the right qualification in Reflexology.***

In this guide, we aim to enlighten you about ***the significant differences that exist among various qualifications.***

We will ***empower*** you with the knowledge to make an ***informed choice*** and ensure that your training experience is of the highest calibre, unlocking endless possibilities in your reflexology career.

***Let's explore the path to excellence together!***

***"Supporting Reflexologists on their journey since 1984"***



## THINGS TO CONSIDER

*"I believe that to be well and healthy, there has to be a balance of mind, spirit and physical health"*

*Deborah Cook, AoR Chair*

- Will your chosen course offer enough hands on experience to ensure that you **feel confident** and **capable** once qualified?
- Reflexology courses vary in price considerably, ensure you are completing a course that will lead you to your **future vision** and do not put any barriers in your way.
- The **AoR recognise quality** and we have one of the highest eligibility criteria for membership in the industry. For **support** whilst training and **ongoing support** in your practice, ensure the course you choose meets our criteria for membership.
- **How do you learn** and what is important to you? Location, cost, workload?
- There are many factors that are **individual to you**. You need to ensure the qualification you achieve opens the doors you want in the future.

***Where do you see your reflexology journey taking you?***





# Eligibility Criteria for Membership

**To qualify for AoR Membership the course must:**

- Deliver an Ofqual regulated; university accredited **or** credit rated qualification
- Offer **49 or more hours** of face to face teaching in your training
- Include **100 treatments**
- Run face to face training for a period of **more than 4 months**
- **Include** these modules:
  - Reflexology Practice
  - Anatomy, Physiology and Pathology
  - Complementary Therapies
  - Business

The AoR are proud to  
**endorse** the Skills &  
Education Group Awards  
**Diploma in Reflexology**





## QUALIFICATIONS

*"Elevate Your Skills with the Right Training."*

With so many qualifications to choose from we understand it can be overwhelming.

### **What is the difference between Level 3 and Level 5?**

#### **Level 3 Diplomas**

Level 3 Diploma's offer you a great foundation for your reflexology career. They include the main modules:

- Reflexology Practice
- Anatomy, Physiology and Pathology
- Complementary Therapies
- Business Practice

Once you are qualified you can then choose to broaden your horizons with CPD courses and activities and areas that suit you when the time is right.

#### **Level 5 Diplomas**

Level 5 Diplomas are still a foundation qualification and include all of the modules in the level 3, normally, with the addition of:

- Fertility, Pregnancy and Maternity
- Cancer and Palliative Care
- The Research module is imbedded in the whole course

### **Other qualifications that can offer a gateway to AoR**

#### **Membership:**

- Practitioner Diploma in Clinical Reflexology – credit rated by Napier University
- Foundation degrees and degrees in complementary or holistic medicine
- BSc(Hons) in Complementary Healthcare



*"We strongly recommend speaking with the tutors and even asking if you can attend a course for a few hours to get a feel for the environment and expectations before you enroll on any course."*





## FREQUENTLY ASKED QUESTIONS

*"Shaping the Future of Reflexology, One Step at a Time."*

### What is Ofqual and why is it important?

The Office of Qualifications and Examinations Regulation  
They regulate qualifications, examinations and assessments in England and report into parliament. This is important to set the minimum guidance.

### Will a course not listed on your website, still lead to AoR membership?

**Talk to us!** Always call or email us on [info@aor.org.uk](mailto:info@aor.org.uk) and we will take a look at the qualification and course you are looking to complete.

### Why are face to face hours so important?

Reflexology is a hands on therapy. We believe, the more face to face guidance, support and practical help you receive is beneficial to your learning journey, reflective practice and overall understanding of the therapy, as well as building your confidence.







*"Become a part of something greater:  
The Association of Reflexologists and  
its commitment to excellence in  
reflexology practice."*



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