

# COMPLEMENTARY THERAPY CAREERS:

## Advanced Reflexologist

### WHERE TO STUDY?

You can study with a private training provider or at a college of further education. Colleges often have a September start date while private training providers will have year-round start times.



Colleges start advertising and enrolling early, so we'd encourage you to speak with someone at the college to get all your questions answered. You can often find your answers by visiting their website for more details. Want to study reflexology and not sure what courses colleges in your area have on offer? You can find colleges that offer iTEC and VTCT qualifications through our websites or this link: [www.vtct.org.uk/find-a-centre](http://www.vtct.org.uk/find-a-centre) or [www.itecworld.co.uk/find-a-centre](http://www.itecworld.co.uk/find-a-centre)

### STUDY FULL-TIME OR PART-TIME?

You can study full-time or part-time. You should pick a course that will fit in with your current job/workload. Intensive courses can be every day for approximately three months or full time courses can be 1-3 days per week for a year.



### WHERE CAN I WORK?

You can find work as an Advanced Reflexologist in many different locations as our iTEC & VTCT qualifications offer international mobility. You could work in any of the following:

- Health spas
- Cruise ships
- Self-employment
- Education route (teacher/assessor)



## WHAT KIND OF COURSES SHOULD YOU TAKE?

iTEC and VTCT are the market leaders in the sector, providing high-quality qualifications; there is increasing demand within the industry for more qualified therapists. We have vocational qualifications at Levels 3 and 4.

You will have needed to complete a Level 2 qualification in Complementary Therapies before moving to a Level 3 in reflexology.

Level  
**3**

As you continue your studies in reflexology, you could do a diploma such as the Level 3 Diploma in Reflexology.

To undertake a Level 4 qualification you would need to have completed a Level 3 diploma first, such as the iTEC Level 3 Diploma in Reflexology for the Complementary Therapist. A Level 4 will build on existing knowledge and understanding of Reflexology and will develop an enhanced repertoire of technical skills and advanced therapeutic skills, essential within a clinical setting.

A Level 4 diploma, such as the VTCT Level 4 Diploma in Reflexology for the Complementary Therapist will enable you to add additional techniques for treatment application to your existing repertoire whilst further developing your knowledge of the theories and practices for advanced applications of reflexology.

Level  
**4**

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### HOW LONG WILL IT TAKE?



Many ask "How long will it take to complete my studies?" As mentioned before, some learners start with a diploma at Level 2 in Complementary Therapies. This will provide an introduction into the world of complementary therapies – massage, aromatherapy and reflexology. This can take up to a year to complete. A learner could then choose to progress onto a Level 3 Diploma in Reflexology. This serves as a pre-requisite for Advanced Reflexology that can be studied at Level 4.

For a **Level 3**, studying at a college, you will be on a course usually from September to the following June, but some training providers have a roll on roll off registration throughout the year. On the Diploma qualification there are usually around 296 study hours involved which is roughly 7 - 10 hours per week. For the **Level 4 Diploma**, there are 171 study hours which amounts to approximately 3 - 5 hours per week of study.

### CAN I WORK WHILST I STUDY?

Many learners combine work and study. However, in addition to the in-class attendance, time needs to be allocated for case study work which is an important part of developing practical advanced reflexology skills. This can be quite time-consuming as it takes time to develop advanced reflexology and client handling techniques and to perform full treatments. These treatments also need to be documented as performance evidence is normally a qualification requirement.



### WHAT WILL CLASSES BE LIKE?

Some classes run over two-days each weekend for a number of months. Some classes run 3 hours one evening a week for a whole year.



Class timetables differ so it is beneficial to check how each college or training provider delivers their courses to ensure that they suit your schedule.

### WHAT EQUIPMENT WILL I NEED?

As a minimum, a learner would need to buy a professional uniform, a treatment couch or chair, a practitioner stool, towels and treatment medium such as natural wax or cream. There are a number of professional supply companies who can provide these essentials at competitive prices. Think of them as investments into your career as you will be able to use them once you start your practice.

