

**The International Institute of Reflexology®
Practitioner Diploma Courses
- teaching the Original Ingham Method®**

‘Dedicated to professional standards in reflexology’

Introduction

Thank you for your interest in the International Institute of Reflexology®.

We are proud to be part of a truly international organisation. Our training is licensed and endorsed personally by Mr Dwight C Byers, President of the IIR, which has its headquarters in St Petersburg, Florida, USA.

Mr Byers is the nephew of the late Eunice Ingham –the recognised pioneer of Reflexology, as practised worldwide. Mr Byers continues to practise, teach and train reflexologists in the Original Ingham Method® internationally.

The IIR (UK) was a founder member of the Reflexology Forum (RF), the organisation set up by the government to oversee all aspects of reflexology practice. In October 2006 the IIR(UK) membership merged with the Association of Reflexologists (AoR), which is now its representation organisation within the RF. The AoR is the largest reflexology organisation in the UK. Students of the IIR(UK) are eligible to become full members of the AoR on successful completion of the Diploma course.

You can visit our website on www.reflexology-uk.net for up to date information about all aspects of the training courses, which are running throughout the country. Information is also available through the AoR website www.org.uk

Course Instructors

Hagar Basis

IIR London
33 Coniston Road
Kings Langley
Hertfordshire
WD4 8DF
0800 077 8101

Anne Brunton

57 Cranbrook Road
Redland
Bristol
BS6 7BS
0777 157 5837

Vicky Laws

3 Ashley Lane
Killamarsh
Sheffield
S21 1AB
0114 247 6950

Annabel Lewis

28 Karen Drive
Backwell
Bristol
BS48 3JT
0781 422 5319

What is Reflexology?

Reflexology is a science that deals with the principle that there are reflexes in the feet and hands that correspond to all of the glands, organs and parts of the body. It is a unique method of using the thumbs and fingers on these reflex areas.

Reflexology:

- relieves tension and stress
- improves blood supply and promotes the unblocking of nerve impulses
- helps nature achieve homeostasis.

Reflexology is known to help with a great many common health disorders, chronic & acute conditions and more complex health issues. Within the training course students are also taught hand reflexology. This is an important part of the course, which enables students to offer a self-help treatment to their clients.

Working as a professional reflexologist can be a rewarding career, with many opportunities to work in the UK and abroad.

The International Institute of Reflexology®

The Institute was formed in 1952 in response to huge international demand for tuition. It is dedicated to teaching the correct and exclusive Original Ingham Method®, thereby perpetuating the work of its founder, Eunice Ingham.

As the oldest established reflexology teaching organisation in the world of this exclusive technique, the IIR set up its UK training in 1972 with Anthony Porter and his sister, Ann Gillanders.

Entry Requirements

The minimum age is 18 years. We require your genuine desire to improve the health and quality of life of other people through your reflexology practice. The tuition is designed for the person who aspires to reach the highest standards of the true professional.

The IIR does reserve the right to accept, reject, suspend or expel students in the interests of upholding the high professional standards and conduct of the organisation.

The Learning Agreement confirms the student to tutor ratio will always be a maximum of 12:1 for practical work. This allows the fullest attention to be given to all aspects of the subject and ensures that each person receives the help and personal tuition they need.

Applications are accepted strictly on a first come first served basis.

The seven 2 day units or fourteen one day units include Anatomy, Physiology, Pathology, Practical work and supervised clinical practice. Home study programmes, taking 8-10 hours per week over the length of the course, include treatment practice and case studies.

The course requires commitment and application to cover the material and students are expected to have sufficient time available to complete the required work. The content of the training courses is strictly copyright and tape, video and DVD recording is not allowed without prior permission from the IIR President.

Course structure

The course is taught over the period of 12 months, and is broken down into 7 units. There is also the final exam on a separate day, consisting of theory and practical. Each unit will consist of 2 full days teaching either as one weekend every 6 to 8 weeks or one day per month. All the 12 systems of the body are covered through Anatomy and Physiology, as well as the common disorders and diseases a Reflexologist is likely to encounter in practice. The practical teaching includes the location of reflexes on the feet and hands and the skills and techniques required for you to become a professional Reflexologist.

The Examination

After completion of unit 7, the required case studies, the course work and payment of all fees, students are eligible to take the Institute's assessment. This consists of a 3 hour written paper and a practical assessment. You may re sit the examination twice only, making three attempts in total.

Anyone unable to qualify will be offered the opportunity of repeating a unit at the standard fee, before attempting a second and final examination. A minimum of 3 months from the date of the earlier attempt must elapse before you can re-sit either the theory and/or the practical examination.

All the required case studies, client studies and course work must have been completed before the examination date.

The IIR Diploma Certificate be awarded if a satisfactory standard is attained in the theory and practical examinations.

Books & DVD

The required course books and DVD are included in the full course fees and will be provided at the first training day.

- Better Health with Foot Reflexology-Dwight C. Byers
- Stories the Feet Can Tell/Have Told- Eunice Ingham
- Reflexology: Introduction, Applications & Techniques – Dwight C. Byers

It is recommended that you purchase a suitable Anatomy and Physiology guide to supplement lecture notes and handouts.

Essential equipment such as a recliner chair or reflexology stool and Practitioner's chair, will all be discussed at the first meeting along with a recommended book list.

First Aid

IIR (UK) and Association of Reflexologists (AoR) strongly recommend that a First Aid Certificate is gained prior to qualifying as a Reflexologist.

Membership of the IIR and the AoR

You will register as a student of the AoR when you start the course and this entitles you to insurance and documentation benefits. On completion of the course and upon payment of the current annual subscription, graduates of the IIR UK Centres can become a full member of the AoR. This entitles you to use the letters IIR and MAR (Member of the Association of Reflexologists) after your name. Full members enjoy a number of benefits:

- Entry onto the IIR(UK) website : www.reflexology-uk.net
- MAR register of qualified practitioners
- Insurance cover at group rates
- Reduced fees for seminars or workshops run by the AoR
- Information and dates for Dwight Byers Professional Seminars for the IIR
- Access to the members websites of the AoR
- Access to the AoR Practitioner's help line
- Receipt of the AoR Reflexions magazine quarterly
- Continuing Professional Development information
- Discounted advertising rates with Yellow Pages

The AoR is the largest reflexology organisation in the UK and the IIR (UK) membership merged with them in 2006, to benefit from this larger organisation. It offers career development, marketing and PR especially. The IIR (UK) continues to teach the Original Ingham Method® and maintains its high standards. IIR graduates can join the AoR as well as the IIR Worldwide Practitioner Register.

Bridging Courses

This is a shortened course offered to all qualified reflexologists who wish to practice the Original Ingham Method®. Students are required to attend a minimum of three units and produce 60 sessions of case studies, 50 written to the required standard, prior to taking the exam. As the training requirements of qualified reflexologists will vary, an individual program will be agreed in discussion with the course director.

Post Graduate Training

Qualified practitioners are encouraged to keep up to date by attending advanced courses or workshops with the IIR at least every three years. The Reflexology Forum recommends that qualified reflexologists must build up a portfolio of training events they have attended, this is in order for them to continue to be recognised as practising reflexologists. The AoR has set out its terms for the recording of CPD. The IIR and the AoR both organise a number of training events.

Dwight Byers visits the UK regularly to give special advanced workshops to qualified practitioners. This is a unique opportunity to meet Dwight Byers and discover your unique lineage in the history of reflexology. His training sessions are excellent and are a must for any IIR graduate. Mr Byers gives practitioners renewed enthusiasm and energy in their work.

Working Abroad

Whilst the IIR qualification is recognised in many countries, individual states and countries often have their own regulations that require practitioners to provide additional information. This is where the training portfolio is invaluable. During the training you will be guided on how to build up this portfolio.