

# Reflexology Certification at Aromatica

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Course Information



## History



Reflexology is the oldest form of Chinese Medicine. Full body acupuncture came much later than Reflexology when they substituted needles instead of using thumb and finger pressure on known therapeutic points of the body, passed down over millennia through empirically-gained common knowledge.

Its documented use is recorded in a book entitled, *The Yellow Emperor's Classic of Internal Medicine*, which is over two thousand years old.

Pressure applied to points of the feet can determine imbalance and stress levels of organ systems in all parts of the body.

A pathology cannot be determined to be present in Western Medicine without some form of biopsy, a blood test, MRI, x-ray or ultra-sound. However, pathologies do not present themselves as a pathology overnight. In Chinese Medicine, imbalance in an organ system or body part is a gradual thing and can be recognised before it becomes a pathology.

There is no such category in Western Medicine; it's a grey area in Western Medicine. The beauty of Reflexology is that imbalances can be easily discerned throughout the body as pain when using deep finger or thumb pressure on reflex points of the feet that correspond to all body parts, organs and glands.

A definition of reflexology recognises that by using deep thumb and finger pressure on these points you are able to reduce the pain that is felt significantly and, in turn, reduce imbalance in that part of the body, returning the body to homeostasis and restoring normal function.

Reflexology is, therefore, preventative medicine.

### Is There Science to Support Foot Reflexology?

The popularity of reflexology has been on the rise for over 30 years. Jeffrey Cottam of AROMATICA became a Certified Reflexologist with the Reflexology Association of Canada (RAC) in 1989. Through the 1980's and 1990's, there was a desire among reflexologists to build the

validation process beyond anecdotal evidence and establish reflexology as a legitimate profession. A flurry of actions helped create international reflexology associations around the world and establish viable definitions of reflexology.

While administrative actions helped build and support the network of a budding profession, more questions emerged about the lack of scientific research. The first known scientific study on reflexology was presented in a peer-review journal, *Obstetrics and Gynaecology*. It was authored by Terry Oleson, PhD., and William S. Flocco of the American Academy of Reflexology in 1993. This randomised study demonstrated that reflexology provided significant decreases in pre-menstrual symptoms for women who were provided true reflexology treatments versus a placebo group. This research study concluded that reflexology is indicated for women suffering from PMS. This prompted further research and their second-edition text, *Reflexology Research: Anatomy of a Reflexology Research Study*, assembled more than 380 research studies from around the world ([www.reflexologyresearch.net](http://www.reflexologyresearch.net))

The National Institutes of Health (NIH) in the USA awarded a \$3.1 million grant to Michigan State University to study the effects of reflexology on women undergoing chemotherapy for breast cancer. The study entitled, *Health Related Quality of Life Outcomes: A Reflexology Trial with Patients with Advanced-Stage Breast Cancer*, was published in 2012 in *Oncology Nursing Forum*. It concluded that reflexology used in conjunction with standard medical care was beneficial. It cited significant improvement compared to the control group with their ability to walk, carry groceries and climb stairs. During the study there were no reports of any negative or adverse side effects and, because of the study's success, the NIH is currently funding another grant to Michigan State University to further investigate the efficacy of reflexology alongside standard protocols of treatment for breast cancer via a study entitled *Home-Based Symptom Management via Reflexology for Breast Cancer Patients*.

Many other documented studies have taken place around the world. One in particular used an MRI to record brain activity and measurements were taken during reflexology. As the experimenter stimulated reflex points of the foot, brain activity and measurements were taken. When the eye reflex points on the feet were stimulated there was an immediate corresponding activity in the left middle postcentral gyrus in the brain, indicating simultaneous tactile sensation on the face as well as the foot. The results suggested that a robust relationship exists between neural processing of somatosensory precepts to the reflex being stimulated and the tactile sensation of specific reflex areas of the body.

A Spanish doctor, researcher and reflexologist Jesus Manzanares, MD, created a study that spanned a period of time between 1989 and 2002. He studied biopsies of deposits taken from human foot tissue to understand the relationship of the tissue (composition of deposits) he found against the pathologic conditions in the body at the time. This was to demonstrate if there was a role being played by the nervous system during reflexology. This anatomical-pathological study revealed the neuro-biochemical character of reflexology. Manzanares discovered deposits in the hypodermic connective tissue - where existent Pacini and Golgi

receptors were extremely sensitive to pressure. These deposits reflected the imbalance, anatomical or functional, of the organ or body part represented in the corresponding reflex area of the foot. The physical characteristics of deposits on reflex points of the foot depend on the organ imbalance and pathology phase at the time of treatment. Deposits were found to be palpable for size, consistency and sensitivity. Manzanares' study was able to determine what areas of the foot these organic compositions (deposits) referred to as imbalances in the body.

## **Reflexology Training at AROMATICA**

There are two weekends of training (or two sets of trainings on two consecutive weekdays). This is ALL hands-on, in-class training. Jeffrey Cottam has been running reflexology trainings on a regular basis since 1994 and AROMATICA is considered one of the foundational schools of reflexology in Canada by RAC. Cottam has copyrighted his unique visual foot reflexology sequence methodology and uses this to teach his methodology in class rather than long, anatomically-written texts on which most reflexology trainings typically rely. This visual methodology allows students to commence practising on the feet right away in the classroom setting and when they return home to practise.

After completing the first two-day training session, students return home to commence their 50 hours of practicums on family and friends. Students should charge a \$25.00 student rate for practicum sessions. An exchange is also permitted (they can bake you a pie or make a salad or bring you a bottle of wine!) but some form of exchange is required. This ensures a real commitment with both parties during your practice sessions at home.

## **Anatomy & Physiology Studies**

This home-study component is completed using a beautifully-illustrated anatomy text book specifically written for massage and bodywork practitioners. The student is required to read a chapter on each body system then answer questions in pencil in an accompanying workbook on the chapter just read. The student then marks and corrects each answer and continues at their own pace until each chapter in the textbook has been read and the questions have all been answered in the workbook. The tests for each chapter are all open-book. The completed workbook must be submitted and signed off by your instructor (it will be returned to you) before receiving your certificate from the school.

## **Documented Practicums**

There are 50 hours of Documented Reflexology Practicums to complete on family and friends at home. These must be submitted when completed (they are returned to you) before receiving your certificate from the school.

## **Studying the Theory of Reflexology**

You study the theory of reflexology from your illustrated reflexology manual at home. There is a study guide in the back of the manual to help you study. When you are ready you can test yourself with an open book test by answering the questions in pencil in the back of the manual ... and marking your answers and correcting any mistakes. The answers are all provided at the back of your manual. This is an easy learning system. The questions also give you an idea of the type of questions you will face in your written examination.

## **Last Weekend of Training**

When you have completed your practicum sessions, the student will contact the instructor to schedule the second of two weekends of training with your instructor. The timing is left up to the student to decide. This recognises that not all students are able to study at the same rate due to other outside influences and responsibilities at home and at work. Once you have booked your second weekend of instruction you come in 'one-on-one' usually, with your instructor.

## **Practical Examination**

Techniques are reviewed by the instructor in the course of the second weekend of training and any bad habits are corrected in order to prepare the student for their Practical Examination which will be scheduled at a time on Day Two of the last weekend of training.

## **Written Examination**

The Written Examination may be taken at any time after the student has completed their Practical Examination. The Written Examination tests competence in the theory of reflexology. There are also anatomy charts that the student must label. It is up to the student to contact the instructor to schedule the Written Examination and it must be completed no later than 12 months after the training began. If the student is driving a considerable distance, it is permissible to complete the Written Examination under the supervision of a Proctor at home. Ask your instructor how this is done.

## **RCRT Designation, Reflexology Association of Canada**

A reflexology certificate from AROMATICA means the student is now eligible to apply for the RCRT (Registered Canadian Reflexology Therapist) designation from the Reflexology Association of Canada (RAC). The student must schedule and then successfully complete a Practical Examination and a Written Examination with a RAC examiner. The RAC examiner follows AROMATICA's treatment methodology, as outlined in the manual and in the practical training, for RAC's Practical Examination. RAC's Written Examination is an open-book exam, i.e., one may

bring your reflexology manual, anatomy text books and notes into the examination room. On successful completion of both exams the student is awarded the RCRT designation. All major insurance companies now offer Reflexology coverage in their Extended Health Care Benefit Plans on condition that the reflexology practitioner is RAC certified with the RCRT designation.



### Your Instructor

Jeffrey Cottam is a Doctor of Acupuncture, Registered Myomassologist (Myomassology is the holistic version of Massage Therapy), Certified Reflexologist and a Certified Cranio-sacral Therapist.

RAC commissioned him to create and illustrate their Hand Reflexology Manual in 1999 which is still in use in Canada today, from coast to coast. He has been a keynote speaker and workshop presenter at annual RAC conferences and is the recipient of the Holistic Massage Therapist of the Year Award in 2000 (a North America-wide award) which he received at an international massage conference in Detroit Michigan from his peers in the American Massage Therapy Association and the International Myomassethics Federation.

He opened his school called AROMATICA in June, 1997. He teaches certification courses in massage, Reflexology, Aromatherapy, Tui na Chinese massage, Cranio-sacral therapy, traditional Chinese Fire Cupping, Pregnancy Massage, Chair Massage, River Rock Hot Stone Massage and Fire & Rain Therapy in Mono, Ontario.

### All-Inclusive Tuition Fee

The tuition fee is \$1,050.00. There is no tax. There are no examination fees or book fees. The all-inclusive tuition fee includes course instruction, textbooks and a manual of reflexology. To register, simply fill out a registration form (download it from the AROMATICA web site) scan the completed application form and send \$100.00 by e-transfer or by cheque to Aromatica, 675335 Hurontario Street, Mono Township, Ontario L9V 0Z9.

The balance of tuition (\$950.00) is payable on the first day of class.