

# VTCT Level 3 Diploma Reflexology



## A THEORETICAL AND PRACTICAL INTENSIVE COURSE THAT EDUCATES AND INCREASES JOB OPPORTUNITIES

The VTCT Level 3 Diploma in Reflexology provides you with knowledge of the principles of reflexology, and how reflexologists practice. You will learn the benefits and techniques of reflexology and be able to provide treatments safely and effectively to clients in different circumstances.

Aspects of business studies are also included. This is a practitioner level qualification.

Study elements for students will include:

- Health
- Safety
- Hygiene

- Security with regard to the complementary therapy industry.
- Principles and practice of the complementary therapy industry. Knowledge and understanding of anatomy, physiology, how to deliver an effective reflexology treatment and adapt to client requirements.
- Contra-indications and contra-actions, advice to be given to the client, record-keeping, evaluation of treatment and reflection on professional practice.

This qualification can lead onto more advanced courses on reflexology techniques, other complementary therapies, and foundation or full degrees in complementary therapies.

**360 learning hours.**

Community Relations Council



## Bridge of HOPE

**For training enquiries contact**

**MARY STANTON**  
Training Co-ordinator  
McSweeney Centre  
Henry Place, Belfast BT15 2BB  
028 9032 2289  
mary.stanton@ashtoncentre.com

**For other enquiries contact**

**IRENE SHERRY**  
Head of Victims Services  
028 9074 6737  
irene@ashtoncentre.com

**LINDSAY WHITTEN**  
Operations Manager  
028 9032 2289  
lindsay.whitten@ashtoncentre.com

**ÁINE MAGEE**  
Development Worker  
028 9032 2289  
aine.magee@ashtoncentre.com

Bridge of Hope

**A programme of  
Ashton Community Trust**

[www.thebridgeofhope.org](http://www.thebridgeofhope.org)

An Oasis of Peace