

FRT training day for the professional environment

Agenda - one day



Functional Reflex Therapy

9.00 – 9.30 *Arrival, Registration + a quick cuppa*

1 Introduction + Lorraine's background (I'll make it brief ☺)
Aims and Objectives for the day



2 Reflexology
Functional Reflex Therapy

3 The techniques – colours, names and actions.

4 The hand routine demonstration
The intention



11.00 - 11.15 *Break*

5 The many benefits 'positive touch'
The hand routine - guided practical with partner

1.00 - 1.45 *Lunch*

6 Using the FRT 'tool kit' and recording sheet



7 Using the 'tool kit' with the routine – guided practical
with partner **x 2**

Recording and evaluating your therapy session

8 The value of FRT in the classroom
Supporting behaviour management strategies already in place
Links to personal targets
Links to curriculum areas
Resources for successful use of FRT in the classroom



- 9 Guidelines for good practice & The 6 C's
Using FRT schools membership
Designating a member of staff to support and develop FRT
Q & A



Stretchy men.....and breathe

**sharing the FRT routine*

10 Glossary of terms articles, books and research

3.30-4.00 Evaluations

Well done – certificate presentation



Thank you FRT looks forward to working with you

The FRT training days award you with an attendance certificate for new skills

You will need to register and remain a member of the FRT schools/professional network to use FRT in your professional environment.

Attending FRT training days does not give you a recognised qualification in Reflexology

Only those attending the FRT Training day should use the routine in their professional environment. Attending the FRT training day does not give you the permission to train others.