



Functional Reflex Therapy CPD for Reflexologists

Functional Reflex Therapy Attendance CPD Training for Reflexologists

Develop your business to deliver

- i) Reflexology delivered using the Functional Reflex Therapy Framework

Support the mental health and wellbeing of children and adults with high levels of anxiety and stress, Autism and Autistic Spectrum Disorders, intellectual difficulties, neurological disorders and communication issues, in the education system and a variety of other settings with 1:1 Reflexology therapeutic intervention.

- ii) Functional Reflex Therapy rainbow relaxation workshops

*Self-help techniques for small groups

*Preparing parents, grandparents, older siblings and family members that are care givers to deliver the FRT rainbow relaxation routine to use with their own family.

*To prepare healthcare assistants to deliver the FRT hand rainbow relaxation routine within the residential and care home environment, with post training employer support and guidance.

The three-day attendance CPD training will provide you with a framework to grow your reflexology business, being aware that Reflexology is accessible to all and develop skills to share the many benefits of Reflexology using the Functional Reflex Therapy Framework, and the many benefits of offering supportive workshops. Workshops can be run in a variety of ways depending on your comfort 1: 1 in the parents' home or with small groups in other venues.

Day 1

- A brief introduction and discussion about awareness of stress, anxiety, Autism, Autistic Spectrum Disorders, Information Processing Disorders, Special Educational Needs and Disabilities, Complex Health Needs, Intellectual Disabilities, PMLD Profound and Multiple Learning Difficulties, Dementia and Alzheimer's;
- Articles and Research;
- Reflexology delivered using the Functional Reflex Therapy Framework;
- What FRT and how does it work?
- The primary and secondary intention of FRT;
- How did it develop?
- What are the many benefits?
- How does FRT support you as a qualified reflexologist?
- The FRT tool kit for Reflexologists to take away and to start developing;

- Practical work The FRT relaxation routine for the Feet;
- The 6 C's;
- Discussion and ideas- working as a valued member of the multi-disciplinary team in a variety of environments;
- Planning, reflection, evaluation, recording, questionnaires, permission, consent and referral forms;
- Meeting Ofsted (Office for Standards in Education), residential care, the CQC (Care Quality Commission) and senior management requirements.

Day 2

- Template, ideas and discussion – how to introduce your service to management in different environments;
- Practical work The FRT relaxation routine for the hands;
- Creating the best working environment, dress code, what is a meaningful space?
- Effective Communication;
- Personal Insurance, DBS;
- Health and Safety for you the therapist and the receiver. This includes children and vulnerable adults who you may support 1:1 during the therapy session;
- Safeguarding guidelines, the NSPCC and school guidelines; what we mean by vulnerable children and adults.

Day 3

A very practical day building your confidence to share the FRT rainbow relaxation routine and to deliver your workshop.

- Attendees will practice delivery of some of the workshops;
- The Self-Help Rainbow Relaxation routine working with small groups;
- Workshops preparing parents and carers to deliver the FRT rainbow relaxation routine to use in the comfort of their own home with family members;
- Workshops preparing care assistants with skills to deliver the FRT rainbow relaxation routine to use within the care home /residential professional environment;
- The importance of providing informative information to the care home/residential management who will agree to support their staff post training given by the FRT Reflexologist;
- Checklist and ideas for running workshops, short scripts to help you to bring your workshops together;
- Using the FRT tool kit and making it work for non-reflexologists;
- Insurance cover! The responsibility of the individual therapist to notify their insurance company about workshops;
- Advertising your workshops;
- Membership and support with the FRT Network;
- Glossary of Terms, articles and references.

Throughout the 3 days there will be a selection of videos for which full consent and written permission has been obtained.

Videos shared showing reflexology in the school environment using the FRT Framework.

Video to share an interview with a headteacher.

Videos to share the delivery of the workshops.