

Purpose Statement

SEG Awards Level 3 Diploma in Reflexology for Wellbeing – 603/5688/1

Overview

The SEG Awards Level 3 Diploma in Reflexology is a vocational qualification that prepares you for a career as a reflexologist and will support you, in attaining employment.

Learners who are registered on and complete this qualification are eligible to apply for professional membership with the Association of Reflexologists.

The content of the qualification covers the practical and theoretical skills necessary to work effectively as a reflexologist providing reflexology treatments for the purpose of relaxation and stress release. Aspects covered include: knowledge and understanding of the principles and practice of complementary therapies; knowledge of anatomy, physiology and pathology; a range of skills and techniques to competently provide reflexology treatments and business practices. You will also develop interpersonal skills that will assist you to communicate effectively with clients.

Benefits for Learners

Undertaking this qualification allows you to:

- Focus on a range of practical skills and underpinning knowledge required in the Complementary Therapy industry
- Provide occupational competency for employment as well as providing a sound platform onto further learning and training
- Provide skills at Level 3 for those interested in the Complementary Therapy industry
- Provide opportunities for staff in the Complementary Therapy industry to gain a Level 3 qualification
- Qualify learners as Complementary Therapists at Level 3 in the Complementary Therapy industry
- Sustain the interest of learners wanting to work in the Complementary Therapy industry
- Encourage knowledge and understanding of the Complementary Therapy industry at Level 3

- Provide opportunities for you to focus on the development of the major key skills and the wider key skills in a therapy context, such as communicating with clients, working with others and problem solving
- To provide opportunities for you to develop a range of skills and techniques, personal qualities and attitudes essential for successful performance in employment as a Complementary Therapist.

Who is this qualification for?

The SEG Awards Level 3 Diploma in Reflexology is designed to prepare you (16+) for employment within the Complementary therapies field, as the qualification is concerned with the training of reflexologists to a professional level of competency.

Although there are no formal entry requirements, it is recommended that you should have five GCSE's at grade C or equivalent. You may alternatively have completed an introductory course.

In addition it is recommended that you have completed or make arrangements to attend a first aid course.

What does this qualification cover?

This 63 credit qualification has four mandatory units: one 25 credit unit, two 13 credit units and one 12 credit unit. An optional unit of 6 credits can be achieved but will not count towards this qualification.

All are vocational and relate to the sector in the title. Both the minimum and maximum vocation content is 100%.

You will cover aspects of:

- **Provide Reflexology for Complementary Therapies** – Knowledge of how the related body systems work, the effect reflexology treatments can have on each system and the theory behind each technique. Development of communication skills, organisation skills, and the ability to work unsupervised, how to adapt techniques according to the situation, the ability to plan and promote services and advise on aftercare.
- **Principles and Practice of Complementary Therapies** – Understanding the key historical factors and theoretical background, code of practice and ethics and aspects of good clinical practice.
- **Knowledge of Anatomy, Physiology and Pathology for Complementary Therapies** – The organisation of the body, anatomy, physiology and pathologies of: the skin, hair and nails; and following systems: skeletal, muscular, endocrine, respiratory, cardiovascular, lymphatic, digestive and reproductive.

- **Business Practice for Complementary Therapies** – Be able to research a business concept and prepare a business plan. Considering relevant legal requirements, marketing and public relations and staff/resources required.

Optional unit

- **Healthy Eating and Well-Being for the Complementary Therapy Client**
– Understanding of the role and sources of nutrients required, for a balanced diet to maintain good health and be able to provide general information on healthy eating.

The content of the qualification will support your development and expansion of your reflexology skills, knowledge and understanding, at level 3.

You will produce a portfolio of evidence for example; observations, witness statements, group discussion observation sheets, case studies, reports/notes, placement diary, log book.

What could this qualification lead to?

Will the qualification lead to employment, and if so, in which job role and at what level?

This qualification will confirm your competence for employment as a reflexologist. You will also be eligible to join a professional association and gain insurance as a reflexologist. Career opportunities as a reflexologist exist in a variety of contexts, including:

- Working a commercial spa or salon
- Working independently/self-employed/mobile/home-based settings
- Working in complementary therapy clinics
- Working in the NHS in hospitals and care homes

Will the qualification lead to further learning?

When you successfully complete the Level 3 Diploma in Reflexology you may progress onto higher education that is designed to enhance the practice, skills and knowledge of a practising reflexologist. This provides academic progression alongside a recognised career pathway. It combines the professional aspects, e.g. theoretical knowledge, reflexology skills development, self-appraisal and commitment to provision of an ethical quality service and professional development element, which is necessary to ensure that the reflexologist is fit to practice.

Many learners progress towards national accreditation status with professional lead bodies. If learners wish to approach a professional regulatory body, they will need to ensure that they meet their requirements.

FURTHER INFORMATION

Further information on the qualifications can be found on the Skills and Education Group website.