

# The College of International Holistic Studies

The College of International Holistic Studies is built on a firm foundation designed to synergistically blend the rigor of medical science with the time-tested power of alternative and integrated therapies. Our teachers are selected for their expertise and ability to blend both science and the art of healing. Each program is designed to provide you with the practical knowledge and experience to heal using real-world tools, as well as the consciousness to appreciate the metaphysical tools that our souls provide.

# **Diploma in Reflexology**

## DIPLOMA CODE: RFX100 (12 months)

An ancient therapy used in China, Egypt, and India, reflexology provides effective, holistic treatment for both common and more serious disorders. According to reflexology, the hands and feet are microcosms of the body, containing points or zones that relate to individual glands, nerves, muscles, and organs.

Reflexology harnesses the body's healing energy by stimulating specific pressure points on the hands and feet, alleviating the energy blocks that can cause pain or disability and restoring optimum health.

In The Reflexology Manual, the practical text guides the reader in mastering these self-help techniques, and color photographs illustrate a full reflexology treatment step by step.

In addition to the completion of theory on-line, the student will also view the practical step by step instruction video.

After attaining The Diploma in Reflexology, the successful Graduate can then apply to the Canadian Examining Board of Healthcare Practitioners (cebhp.com), to become a Certified Reflexology Health Practitioner CRHP.

## COURSES:

RFX 101 Reflexology Theory

RFX 102 Reflexology Practicum Video

APP 102 CIHS Custom Anatomy & Physiology

**BIZ 101** Business Ethics

## **EVALUATION:**

- Completion of required reading assignments and exams
- Satisfactory completion of 20 case studies
- Minimum of 70% on tests and final theory exam
- Minimum of 70% on Practical Video submission

## PREREQUISITES:

- High School Diploma or Adult Student status
- Fluent in the English Language

## **DURATION:**

 500 clock hours based on 8-10 hrs a week for 50 weeks (12 continuous months) includes Theory, Practical Video Instruction, Anatomy, Physiology and Business Ethics



INNOVATIVE LEARNING THROUGH ONLINE VIRTUAL CLASSROOM COURSES Visit www.cihs.ca or www.naturalmedicinecollege.ca to receive a BROCHURE that includes tuition pricing Tel: 877-596-2368 Email: admissions@naturalmedicinecollege.ca Registered with CRA/HRDC #7009/8340 for Education Tax Certificates



## **Diploma in Reflexology**

## **COURSE DESCRIPTION:**

### **RFX 101 Reflexology Theory**

The course introduces the basics and benefits of acupressure and reflexology, showing the student, step-by-step, how to nurture emotional and physical well being in those seeking help and relief through reflexology. Modules concentrate on how to target specific body parts in order to address select ailments and improve emotional as well as physical well being. The text book contains clear illustrations that show how body organs and functions are mirrored in reflex points. The photographs and drawings are easy to follow and precise. Features include healing routines and illustrations to guide the student through the entire course. The textbook "The Reflexology Manual" and the companion Ebook will complement course material.

### **RFX 102 Reflexology Practicum**

The student will learn the practical aspects of Reflexology including relaxation techniques, caterpillar technique on the zones of the feet and how to take a health intake history of the client to aid in the treatment and recording of the client session.

### APP 102 Basic Anatomy & Physiology

Students will learn the basic knowledge of all anatomical and muscular/skeletal parts required in body care. They will also gain an understanding of disease and disorder relationships such as Human cell structure, General anatomical features, Skeleton and musculature, Digestive System, Respiratory System, Circulatory System, Blood, Lymphatic System, Nervous system, Sensory organs, Urinary system, Genital organs, Human Reproduction, Endocrine system and Immunological system.

#### **BIZ 101 Business Ethics**

All professionals need to have an informed consent form outlining their capabilities to their clientele. The graduate needs an understanding of their scope of practice and a code of ethics that govern their practice. This course teaches the legalities around these requirements. Each student will be required to submit all 3 forms so that they understand their legal rights and obligations.

#### **TUITION PAYMENT (CAD\$):**

Payment in full at beginning of program	\$1750.00
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Payment course by course:

RFX101 Reflexology Theory	\$ 595.00
APP102 CIHS Intro to the Human Body	\$ 595.00
RFX102 Reflexology Practical Video	\$ 695.00
BIZ101 Business Ethics	included

#### **Tuition includes:**

- The Reflexology EBook and Lifetime access to program materials provided courses are completed within allotted timeframe.
- T-2202 Tax Receipt

#### **Tuition does not include textbooks:**

- Custom CIHS Introduction to the Human Body E Textbook \$69.95
- The Reflexology Manual: An Easy-to-Use Illustrated Guide to the Healing Zones of the Hands and Feet \$15.00

To Register for this program please proceed to Home Page Student Registration Button on the website.

CIHS does not guarantee employment after graduation from any program



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