

# Thinking of training to be a reflexologist?

## Key issues you need to consider



Looking for a course to train to become a reflexologist does appear to be very confusing as there are so many to choose from, but it is essential that you choose the correct course for you. This document provides you with some general information regarding the main courses you may come across.

For further information please visit our website at  
[www.aor.org.uk/reflexology-training-and-events](http://www.aor.org.uk/reflexology-training-and-events).

### 1. To treat friends and family

If you want to treat friends and family in a basic and informal way then insurance is not so critical and professional support is not necessarily needed. In this situation a course to suit your budget and your time scale may work for you.

If you think there is any possibility that you might want to practice as a reflexologist then it may be worth your while completing one of the practitioner courses listed below. It can be disheartening to have spent several hundred pounds to be told you need to start again!

N.B. distance learning or on-line training for reflexology is NOT a good idea as it is a hands on therapy and we believe you need face to face learning to be able to learn the techniques.

### 2. To treat members of the public

All the qualifications outlined below conform to the requirements of membership for the Association of Reflexologists (AoR), for insurance and registration of the Complementary and Natural Healthcare Council (the UK voluntary regulator).

These qualifications all sit on national frameworks:

- **Level 3 RQF Diploma in Reflexology through an AoR AFFILIATED SCHOOL**  
(awarded by City and Guilds – a sign of excellence in training)
- **Other Level 3 RQF Diploma in Reflexology**  
(awarded by ITEC, ABC, City and Guilds, VTCT, Cibtac)
- **Level 3 RQF Diploma in Complementary Therapies**  
(awarded by same bodies listed above)
- **Level 5 Diploma in Practitioner Reflexology**  
(Awarded by Agored Cymru and Approved by Centralia)
- **Practitioner Diploma in Clinical Reflexology**  
(credit rated by Napier University)
- **Foundation degrees and degrees in complementary or holistic medicine**  
(where Level 3 RQF reflexology is embedded).
- **BSc(Hons) in Complementary Healthcare** (where Level 3 RQF reflexology is embedded).



There are some other individual courses that are eligible for membership. If you would like to check if a course would be eligible for AoR membership please call our training line on 01823 351010

## Frequently asked questions:

### What is an AoR Affiliated School?

The AoR has always been dedicated to ensuring that high quality reflexology courses are available to those wanting to train and in May 2019 we launched **AoR Affiliated Schools** (AS). This allows specifically selected schools to offer the world renowned City and Guilds Level 3 Diploma in Reflexology, endorsed by the AoR. All AS's will have demonstrated that they meet strict criteria set by both C&G and also the AoR to ensure the best training is delivered to ensure learners have the best possible training.

Training through an AoR AS will ensure you receive support, not only from your tutor, but you will also have access to plenty of support material provided by the AoR.

### How many days are spent in College/School?

Whilst the number of estimated learning hours are set for each qualification the way the learning is organized is down to the individual College or School. There will be a mixture of days in College and home study. If there appear to be fewer days in College this should mean there is more home study as the teaching specification is the same.

N.B. Remember reflexology is a hands on therapy, the AoR recommend at least 10 days face to face with an absolute minimum of 7 days. This will ensure your tutor can check and correct your technique as needed and will help ensure you become a confident and competent therapist.

AoR Affiliated Schools will run with a minimum of 12 days face to face learning to ensure optimal support

### How many treatments will I do as part of the course?

For all regulated qualifications you will be required to complete 100 reflexology treatments during your course. Some of these will be done outside of the class but the treatments you do in class also count.

*N.B. If there are less than 100 treatments required, you are probably not looking at a course that would allow you to join as a member of a professional bodies.*

### Can you visit the College/School to observe a class?

It is essential that you like the tutor you choose as you will be with them for a while and will need to feel supported. We strongly suggest that you make a phone call to talk through the course with the tutor and ask what support is offered in between classes. We also recommend you ask to visit the college to observe a lesson (practical is best if possible). This will tell you a lot about the teachers approach, the learning environment and this can help you choose a tutor that has the right approach for you

### How much will it cost and can I get a loan?

There is variation in what Schools charge with the average around £1200-£3000. If it is cheaper than this be suspicious; is it the right course? Are there very few face to face days which may not be enough to feel confident in the practical element? Some courses do charge separately for anatomy and physiology

Some adult education colleges do offer government advanced learning loans for the Diploma Level 3 for the over 24's, you can find more details on the government website - [www.gov.uk/advanced-learner-loan](http://www.gov.uk/advanced-learner-loan)

# Training courses accepted for AoR membership

Being a member of a professional membership organization can offer you support along your reflexology journey. The Association of Reflexologists (AoR) has a vast range of benefits so your membership can actually save you money in the long run as well as offering invaluable advice and support.

However the AoR has strict standards regarding qualifications accepted for membership to ensure standards are maintained. The most common qualifications in the UK are the Diploma Level 3 and Diploma Level 5. Below is some general information on accepted qualifications:

## 1. Level 3 RQF Diploma in Reflexology including AoR Affiliated Schools (or Diploma in Complementary Therapies)

This is the qualification undertaken by the majority of reflexologists and it is nationally recognized. These qualifications are offered by the awarding bodies: City and Guilds, ITEC, VTCT and Cibtac.

### Key points regarding the RQF Diploma Level 3:

Sits on the Regulated Qualifications Framework (RQF) for England, Wales and N Ireland.



Total number of hours to complete qualification	Minimum 300hrs plus 100 reflexology treatments = 500 hours (approximately)
No of days of face to face study	This varies between colleges; the AoR recommend at least 10 days but certainly no fewer than 7 full days.
No of reflexology treatments	100
Subjects included	<ul style="list-style-type: none"><li>• Reflexology (includes treatment planning for each client's needs)</li><li>• Anatomy, physiology and pathology</li><li>• Principles and Practice of Complementary Therapies</li><li>• Business Practice for Complementary Therapies</li></ul>
Average cost	£1200-£1800

The majority of professional reflexologists have initially trained to Diploma Level 3. This qualification gives you a strong foundation from which you are able to treat clients with confidence.

Once you are practicing it is recommended that you then take on further short courses to develop skills in areas that interest you; so be prepared for an exciting journey of lifelong learning!

## 2. Level 5 Diploma in Practitioner Reflexology

### Key points regarding the Diploma Level 5:

Sits under Qualification Wales, Agored Cymru and Centralia

Total number of hours to complete qualification	Minimum of 790 hrs
No of days of face to face study	Approximately 23 days (minimum of 160 hours)
No of reflexology treatments	100
Subjects included	<ul style="list-style-type: none"><li>• Anatomy, Physiology and Pathology for Reflexology</li><li>• Business Skills for Reflexology</li><li>• Practice Reflexology Skills in Practice</li><li>• Incremental Development of Applied Reflexology Skills in Practice Providing Reflexology for Specific Conditions</li></ul>
Average cost	£2900

This course extends learning beyond the requirements of practitioner status and develops the learning into an evaluative, justified and applied client treatment specific practice. Designed to attract medical and health professionals, helping integrate complementary therapies with conventional medicine.

## 3. Practitioner Diploma in Clinical Reflexology (SCQF Level 8, equivalent to a QCF level 5)

### Key points regarding this qualification:

- University credit rated qualification that sits on the Scottish framework (SCQF).

Total number of hours to complete qualification	800
No of days of face to face study	13 days
No of reflexology treatments	100
Subjects included	<ul style="list-style-type: none"><li>• Reflexology including western and eastern approaches</li><li>• Anatomy, physiology and pathology</li><li>• Business Skills for Reflexology Practice</li></ul>
Average cost	£1600

Equivalent to a level 5 QCF qualification and offers a university credit rated reflexology diploma. May appeal to those who would like to study in greater depth during their initial training. Available throughout the UK.

### OTHER:

#### Foundation degrees and degrees in complementary or holistic medicine (including reflexology).

These are level 4, 5 or 6 of the FHEQ or framework for higher education qualification. Please call our training line to check if eligible for membership.

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