



Australian Government

HLTREF004 Provide therapeutic reflexology treatments

Release: 1

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Modification History

| Release | Comments |
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| Release 1 | <p>This version was released in <i>HLT Health Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages.</p> <p>Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence. Minimum clinic hours added. Additional assessor requirements.</p> |

Application

This unit describes the skills and knowledge required to prepare for and provide therapeutic reflexology treatments based on the outcomes of an existing health assessment and treatment plan.

This unit applies to reflexologists.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Prepare client for treatment

1.1 Interpret treatment plan and clearly outline how the treatment will be provided and managed

1.2 Explain factors which may interfere with the effectiveness of the treatment

1.3 Inform and advise client about possible physical or emotional reactions during and following a session

1.4 Follow established protocols to physically prepare the client for treatment

1.5 Confirm client consent for treatment

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

2. Apply therapeutic reflexology and relaxation techniques

2.1 Select and use relaxation techniques that best prepare the client for treatment

2.2 Use reflexology techniques targeted to required body systems and the relevant reflex areas

2.3 Use and adjust leverage and pressure based on assessment indications and client tolerance

2.4 Use and adjust holding and supporting techniques during treatment to achieve optimum effect

2.5 Follow and complete sequences that target areas of therapeutic need

2.6 Consider general health of the client, tissue condition, age, health and sensitivity

2.7 Maintain client-focussed attention during treatment

2.8 Recognise reactions to treatment and respond promptly as required

3. Provide advice and resources to the client

3.1 Educate client in relevant and practical techniques that support the treatment plan

3.2 Answer client queries with clarity and using language that the client understands

3.3 Provide clear information on techniques being used, their therapeutic benefits and the underpinning philosophy

3.4 Use honesty and integrity when explaining treatment plans, schedules and recommendations to client

3.5 Promote client independence and responsibility in treatment and encourage reflexology self treatment when appropriate

3.6 Discuss and agree on evaluation strategies

3.7 Accurately document treatment provided and details of client communications

Foundation Skills

The Foundation Skills describe those required skills (language, literacy, numeracy and employment skills) that are essential to performance.

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>