



**Australian Government**

# **HLTREF001 Develop reflexology practice**

**Release: 1**

## HLTREF001 Develop reflexology practice

### Modification History

Release	Comments
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.</p>

### Application

This unit describes the skills and knowledge required to establish the foundations of reflexology practice, evaluate what makes a sustainable practice and then to develop an approach to own practice.

This unit applies to any 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

*Elements define the essential outcomes*

1. Establish foundations of reflexology practice

#### PERFORMANCE CRITERIA

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

- 1.1 Identify, access and interpret information about the central philosophies and history of reflexology and zone therapy
- 1.2 Evaluate the reflexology system of treatment and its application to current health issues
- 1.3 Investigate different reflexology styles and their application
- 1.4 Compare and contrast reflexology, other areas of complementary health modalities and broader health practice

**ELEMENT****PERFORMANCE CRITERIA**

*Elements define the essential outcomes*

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

2. Represent the reflexology framework

2.1 Determine information needs of different individuals and groups

2.2 Identify key messages that represent the philosophy and practice of reflexology

2.3 Communicate information about reflexology at level of depth appropriate to audience needs

3. Determine requirements for sustainable practice

3.1 Identify key issues that affect the development and sustainability of professional practice

3.2 Identify economic, environmental, human and social considerations, and their impact on professional practice

3.3 Access, interpret and collate current information that supports professional practice

4. Develop approach to own practice

4.1 Reflect on professional goals and aspirations

4.2 Identify and assess professional opportunities in reflexology

4.3 Reflect on the opportunities and constraints of individual personal circumstances

4.4 Make decisions about overall practice direction, based on reflection and research

4.5 Develop practical strategies to address own practice goals

**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>