



Australian Government

Department of Education, Employment and Workplace Relations

HLTREF501B Work within a reflexology framework

Release: 1

HLTREF501B Work within a reflexology framework

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to work effectively within a reflexology framework

Application of the Unit

Application

This unit may apply to work in reflexology in a range of settings and contexts

Licensing/Regulatory Information

Not Applicable

Pre-Requisites

Not Applicable

Employability Skills Information

Employability Skills

This unit contains Employability Skills

Elements and Performance Criteria Pre-Content

Elements define the essential outcomes of a unit of competency.

The Performance Criteria specify the level of performance required to demonstrate achievement of the Element. Terms in italics are elaborated in the Range Statement.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

- | | |
|--|---|
| 1. Demonstrate a commitment to the central philosophies and principles underlying reflexology practice | 1.1 Define reflexology and the reflexology system of treatment
1.2 Explain the <i>historical development of reflexology</i>
1.3 Describe the zone/meridian theory basis of reflexology
1.4 Identify <i>other philosophies relating to reflexology</i>
1.5 Draw on reflexology philosophy to interpret wellness |
| 2. Identify the practices of reflexology | 2.1 Describe <i>a method of applying foot reflexology</i>
2.2 Describe <i>a range of relaxation and reflexology techniques</i>
2.3 Introduce additional <i>specialised reflexology techniques</i>
2.4 Discuss <i>associated reflexology techniques</i> used in reflexology
2.5 Discuss <i>reflexology assessment techniques</i> |

ELEMENT	PERFORMANCE CRITERIA
3. Develop an awareness of complementary therapies	3.1 Provide information on other <i>complementary therapies</i> 3.2 Identify <i>relationships between complementary therapies</i>
4. Present reflexology to the community	4.1 Explain practices and principles of reflexology in an easily understood way in a one to one and group setting 4.2 Clarify enquiries and provide <i>appropriate information</i>
5. Work within regulation guidelines	5.1 Observe <i>clinic guidelines</i> 5.2 Access and abide by <i>legal and regulatory guidelines</i> 5.3 Undertake <i>relevant documentation</i> 5.4 Adhere to professional ethics

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This describes the essential skills and knowledge and their level required for this unit.

Essential knowledge:

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes knowledge of:

- A range of complementary therapies
- Ethical issues in reflexology
- Occupational health and safety requirements in the workplace
- Philosophical tradition of western and eastern body therapies

REQUIRED SKILLS AND KNOWLEDGE

- The history and development of reflexology
- The philosophies, principles and tools of reflexology practice
- The qualitative, quantitative, cultural and traditional lines of evidence used in reflexology
- The rationalistic, analytical approach to an understanding of disease

Essential skills:

It is critical that the candidate demonstrate the ability to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes the ability to:

- Appropriately record details of client enquiries according to clinic guidelines
- Communicate in a one to one and group setting
- Correctly identify client information needs
- Explain relevant services
- Provide clients with required information
- Work or model work which demonstrates an understanding of underpinning values and philosophies in the reflexology framework

Evidence Guide

EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, the Range Statement and the Assessment Guidelines for this Training Package.

Critical aspects for assessment and evidence required to demonstrate this competency unit

- The individual being assessed must provide evidence of specified essential knowledge as well as skills
- Observation of performance in the workplace or a simulated workplace (defined as a supervised clinic) is essential for assessment of this unit
- Consistency of performance should be demonstrated over the required range of situations relevant to the workplace
- Where, for reasons of safety, space, or access to

EVIDENCE GUIDE

equipment and resources, assessment takes place away from the workplace, the assessment environment should represent workplace conditions as closely as possible

- Assessment of sole practitioners must include a range of clinical situations and different client groups covering at minimum, age, culture and gender
- Assessment of sole practitioners must consider their unique workplace context, including:
 - interaction with others in the broader professional community as part of the sole practitioner's workplace
 - scope of practice as detailed in the qualification and component competency units
 - holistic/integrated assessment including:
 - working within the practice framework
 - performing a health assessment
 - assessing the client
 - planning treatment
 - providing treatment

Context of and specific resources for assessment:

- Relevant texts or medical manuals
- Relevant paper based/video assessment instruments
- Appropriate assessment environment
- Qualified assessor who is recognised by an Australian reflexology peak association

Method of assessment

- Observation in the workplace
- Written assignments/projects or questioning should be used to assess knowledge
- Case study and scenario as a basis for discussion of issues and strategies to contribute to best practice
- Short tests and essays
- Oral questioning and discussions
- Clinical skills involving direct client care are to be assessed initially in a simulated clinical setting
If successful, a second assessment is to be conducted during workplace application under direct supervision.

EVIDENCE GUIDE

- Access and equity considerations:*
- All workers in the health industry should be aware of access and equity issues in relation to their own area of work
 - All workers should develop their ability to work in a culturally diverse environment
 - In recognition of particular health issues facing Aboriginal and Torres Strait Islander communities, workers should be aware of cultural, historical and current issues impacting on health of Aboriginal and Torres Strait Islander people
 - Assessors and trainers must take into account relevant access and equity issues, in particular relating to factors impacting on health of Aboriginal and/or Torres Strait Islander clients and communities

Related units:

This unit should be assessed in conjunction with the following related units:

- HLTCOM404C Communicate effectively with clients
- HLTHIR301B Communicate and work effectively in health

Range Statement

RANGE STATEMENT

The Range Statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Add any essential operating conditions that may be present with training and assessment depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts.

RANGE STATEMENT

Historical development of reflexology may include:

- Ancient civilisations
- Zone theory and/or meridian theory
- Modern history of reflexology from the 19th century onwards
- Present day developers and proponents of reflexology

Philosophies relating to reflexology may include:

- TCM Five Element theory
- Yin/Yang
- Indian charka system
- Interaction of mind-body systems
- Holographic theory
- Quantum mechanics of healing
- Polarity

Wellness can be interpreted through:

- Taking client history including physical, mental, emotional and spiritual state of being
- Visual, tactile, biomechanical assessment of feet
- Questions relating to scale of discomfort/pain experienced by client
- Assessment of discomfort/pain experienced by client when reflexology is worked
- Assessment of energy imbalances in the body

Methods of reflexology must be:

- Holistic in approach using a range of techniques and pressures to work all reflexology relating to the whole body and all body systems

RANGE STATEMENT

Associated reflexology therapies/techniques in which the practitioner may be trained include but are not limited to:

- Hand reflexology
- Maternity reflexology
- Chi reflexology
- Colour/light reflexology
- Auricular therapy
- Vertical reflexology
- Metamorphosis
- Language of the feet
- Sports reflexology
- Precision reflexology
- Meridian Theory
- Rhow Shur Method
- Ingham method
- Universal Reflexology
- Dougans' method
- Asian reflexology
- Advanced techniques

Relaxation techniques:

Must include:

- Stroking and effleurage techniques
- Friction light and deep
- Holding
- Rotation and loosening
- Stretching
- Kneading
- Twisting and wringing

And **may** include

- Diaphragm relaxer
- Spinal twist
- Toe rotation
- Breathing
- Percussion
- Knuckling

RANGE STATEMENT

Reflexology techniques:

Must include:

- Thumb and finger walking
- Microrotation with thumbs and fingers
- Sedating light or deep
- Hook in and back up
- Palpating

And **may** include

- Knuckling
- Sweeping
- Rocking
- Holding/balancing
- Sliding

Special techniques may include:

- Bimanual flush
- Endocrine balance
- Lymphatic drainage massage
- Brazilian toe hold
- Meridian balance

Reflexology assessment techniques may include:

- Client history
- Observation
- Discussion
- Noting of temperature
- Pulse taking
- Palpation
- Range of motion tests
- Observation of variations of posture
- Any other method in which the practitioner has been trained to a competent standard
- Procedures that are conducted according to legislative and regulatory requirements

RANGE STATEMENT

Information on other complementary therapies may include:

- Current availability
- Tools and techniques
- Interactions between different therapies
- When therapies may be used
- Underpinning philosophy

Complementary Therapies which may be discussed may include:

- Shiatsu
- Acupressure/TCM
- Polarity therapy
- Reiki
- Cranio sacral/Myofascial Release
- Touch for Health
- Magnetic therapy
- Horstman technique
- Alexander technique
- Kinesiology
- Integration therapy
- Aromatherapy
- Remedial Massage
- Therapeutic Massage
- Flower essences
- Subtle Energy therapy

Relationship between the therapies may include:

- Effects of one treatment over or with another
- Treatment according to stage of condition

RANGE STATEMENT

Appropriate information may include:

- Confirmation of appointment date and time
- Clinic location and directions
- Cost of initial consultation
- Payment options
- Availability of health fund rebates
- Work cover eligibility
- Estimated costs of treatment
- Professional status of practitioner
- Availability of home visits
- After hours service
- Provision for hospital visits

Guidelines may include:

- Procedures and guidelines
- Purpose or mission statement
- Code of ethics or practice
- Level of competency and degree of supervision

Legal and regulatory guidelines may include:

- Occupational health and safety
- Anti-discrimination
- Privacy Act
- Infection control

Relevant documentation may include:

- Nature of enquiry
- Client contact details
- Recording of incidents
- Appointment details

Unit Sector(s)

Not Applicable