



Australian Government

HLTREF001 Develop reflexology practice

Release: 1

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Modification History

Release	Comments
Release 1	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. Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence.

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

PERFORMANCE CRITERIA

Elements define the essential outcomes

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

1. Establish foundations of reflexology practice

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>

Assessment Requirements for HLTREF001 Develop reflexology practice

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Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- used critical thinking skills to:
 - review and reflect on information from a range of sources about reflexology practice
 - evaluate and articulate requirements for sustainable reflexology practice
- communicated key messages about reflexology to meet the information needs of at least 3 different individuals or groups
- developed goals for own practice that reflect the values and philosophies of reflexology

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- philosophies and principles of reflexology and zone therapy:
 - historical development of reflexology
 - philosophical tradition of western and eastern body therapies
 - foot and hand system of treatment
 - different types of reflexology treatments and their key features and purpose
- key features of complementary therapies used in conjunction with reflexology, including:
 - acupuncture/acupressure

- bowen/emmet
- osteopathy
- flower essences
- homoeopathy
- aromatherapy
- remedial massage
- Traditional Chinese Medicine
- naturopathy
- kinesiology
- shiatsu
- key features of allied health services and their relationship to reflexology, including:
 - chiropractory
 - podiatry
 - dietetics and nutrition
 - occupational therapy
 - physiotherapy
- place of reflexology practice in the broader health care system, including:
 - nursing facilities
 - hospitals
 - corporate business
 - community care
 - multi-modality
 - leisure and fitness facilities
 - women's health centres
- features and differences of allopathic and naturopathic approaches to health and health treatments
- professional reflexology networks and industry bodies
- different models of professional reflexology practice and their key features:
 - sole practitioners
 - shared clinics
 - employment opportunities
- components of sustainable practice:
 - economic – opportunities and viability
 - environmental
 - human – personal health, professional development
 - social responsibility
- legal and ethical considerations (national and state/territory) and how these are applied in individual practice:
 - children in the workplace
 - codes of conduct

- continuing professional education
- discrimination
- dignity of risk
- duty of care
- human rights
- informed consent
- insurance requirements
- mandatory reporting
- practitioner/client boundaries
- privacy, confidentiality and disclosure
- records management
- work role boundaries – responsibilities and limitations
- work health and safety

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated environment that reflects workplace conditions. The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources
- modelling of industry operating conditions and contingencies

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors

Links

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