

## PROSPECTUS

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### **Hello and welcome to the Irish School of Reflexology**

The Irish School of Reflexology provides professional training programmes which vary in length from one day up to 14 months. We facilitate beginners, post-graduates and practitioners in developing their skills and expanding their knowledge. We provide practical skills training in traditional reflexology through multi-platform and multi-dimensional courses that take students on an emotional path as well as an educational one. As a home for holistic learning we encourage participants to explore their own emotions and begin healing journeys for themselves before embarking on the journey to heal others. We feel this is an important part of learning reflexology and we know that it works and the Reflexologists we train are of the highest standard.

2019 was a great year of growth for the Irish School of Reflexology. We had so many rewarding moments and our students are the reason why we do our best year after year. It is such a privilege to meet so many lovely and enthusiastic people and teach them this amazing therapy: REFLEXOLOGY.

We hope you find all the information you need in this booklet, if there is anything else you would like to ask please don't hesitate to contact me on [irishschoolofreflexology@gmail.com](mailto:irishschoolofreflexology@gmail.com).

We look forward to welcoming you to our School,

**Tatiana Grosso NRRI**

Principal

The Irish School of Reflexology.

### **ABOUT REFLEXOLOGY**



Reflexology is an ancient Chinese natural healing method that works by applying gentle pressure to zones located on the feet. These zones relate to every part of the body. By releasing blockages and creating a free flow of energy throughout the body reflexology is a popular holistic therapy used to assist in the treatment of many conditions including but not limited to: stress, anxiety, back pain, migraine, poor digestion, IBS, respiratory problems, asthma, headache, bladder problems, menopausal symptoms, period pain and many more.

## THE IRISH SCHOOL OF REFLEXOLOGY

Here at the Irish School of Reflexology (ISR) we provide professional training programmes which vary in length from 1 day up to 14 months. The school provides a recognised and accredited Diploma Qualification in Reflexology alongside our popular Refresher courses for existing qualified Reflexologists and our new Hand Reflexology course. We offer these courses in two locations: Dublin and Donegal. We facilitate beginners, post-graduates and practitioners in developing their skills and expanding their knowledge.

The training we provide in traditional Reflexology enables students to build their own successful practice or add to their existing health care practice. Helping others to heal is our mission and the priority in everything that we teach. We aim to offer our students a fulfilling learning experience and build confidence in their ability to help others. Our overall mission is to promote healing through the benefits of Reflexology.



We place a strong focus on the practical side of Reflexology. We teach approaches to treatment including the pressure, the location of the points and relevant techniques for appropriate conditions. Our objective is to empower our students to assist their own clients in addressing their health problems successfully. Upon successful completion of our courses, students will have the skillset and confidence to go into practice immediately. Our treatment techniques, the original Eunice Ingham's method, are what make us stand out from other schools.

We tailor our teaching programme to ensure that the learning needs of each individual within the class group is fully addressed. This will enable them to set up a successful practice. Helping others to heal is our mission and a priority in everything that we teach. We only work with small groups [max. 20 students] and give one-to-one guidance under the supervision of trainers with years of clinical and teaching experience in the industry of complementary healing.

If you chose to enrol in a training course with us, we will offer you a fascinating, challenging and very fulfilling journey.

### Some of the modules on offer include:

- How to use Reflexology to work on specific illnesses and conditions as well as the whole body



- How to set up your own Reflexology practice
- Anatomy and physiology
- Nutrition and healthy habits
- How to interact with patients and manage their care

## OUR PRACTICE

The treatment we teach here at the Irish School of Reflexology is the original Eunice Ingham's treatment which has been proven to be very effective as we use it every day in our practices.

As a student myself I was lucky enough to have Sr. Brega Whelan as my teacher. Sr. Brega is a real pioneer of Reflexology. She has been in the field since 1982 and I was lucky enough to be in her last class before her retirement.

She is the author of 'Reflexology: Harmony and Health', a wonderful guide to reflexology that I have found invaluable in my own practice.

The results we get from the treatment are quite extraordinary. This type of reflexology works very well in cases of pain in the back, legs / knees, elbows, bowel problems, anxiety and stress, amongst other conditions. In my personal practice I receive great feedback from the clients I practice on, who return to me with wonderful results. Training in reflexology is so interesting and the amazing results I hear about from clients makes my work incredibly rewarding.

Even once our students start using the treatment themselves on their family and friends, they are quick to realise the healing potential of it and that makes their passion for Reflexology grow.

There is truly something great about being able to help others for a living. Our students consistently report that training with us allows them to make a real change in people's health and wellbeing and that is something special indeed.



## LOCATIONS



### DUBLIN

Irish School of Reflexology  
St. Patrick's Campus DCU  
Drumcondra  
Dublin 9



### DONEGAL

Irish School of Reflexology  
The Base Enterprise Centre  
Railway Rd  
Stranorlar, Co. Donegal

## OUR COURSES

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### DIPLOMA COURSE

This is a Practitioner's Diploma course affiliated with the NRRI, and is run over 14 months with 2 months off for case studies and practical work.

During the course there will always be a balance between learning the theory side of reflexology and the practical work. Students must complete all modules in order to graduate in the Diploma Course. We cannot accommodate additional classes if someone misses a weekend for personal reasons. However, we will make sure to provide the student with a full set of notes and we will assist them with the Reflexology points and practice at the next class. Please note modules may vary in order.

#### SYLLABUS

##### First weekend

- Introduction & NRRI's Code of Ethics
- Demonstration of a treatment
- Introduction to hand movements and practice
- Fingers, hand movements and desserts
- Review movements & practice

##### Second weekend

- History of Reflexology
- Zone theory
- How Reflexology works
- Anatomy of the foot
- Guidelines & contraindications
- Reactions to the treatment
- Practice

##### Third weekend

- Introduction to anatomy & physiology
- Systems of the body
- Skeletal system

- Axial & appendicular skeletal systems
- Common ailments
- Foot charts & practice
- The hand/disorders of the hand/sequence – Practice & foot charts

##### Fourth weekend

- Reflex texture explained
- Muscular system, diseases & disorders
- Foot charts & practice
- Conditions & ailments

##### Fifth weekend

- Case studies & compiling them
- Cardiovascular system
- The blood & blood types
- The heart, veins, arteries & capillaries
- Main diseases of the cardiovascular system
- Foot charts & practice





### **Sixth weekend**

- Clubfoot, the eye, the ear sinuses - foot charts & practice
- Difference between verrucae/calluses/corns
- Quick reference guide to all body systems & emotional links, part 1
- Respiratory system & its functions - foot charts & practice

### **Seventh weekend**

- The skin
- Peripheral nervous system & related disorders
- Treating complaints with Reflexology
- Greeting the feet
- Quick reference guide to all body systems & emotional links, part 2
- Foot charts & practice

### **Eighth weekend**

- Endocrine system
- Hormones & their functions
- Foot charts & practice

### **Ninth weekend**

- Reflexology for babies & children
- Diseases
- Foot charts & practice

### **Tenth weekend**

- Lymphatic System
- Reproductive system
- Maternity & infertility
- Case Studies
- Foot charts & practice

### **Eleventh weekend**

- Urinary system & structure
- Diseases
- Foot charts & practice

### **Twelfth weekend**

- Practitioner development & ethics
- Review NRRI's Code of Ethics
- Start your own practice
- Review of initial consultation

Our Diploma is a completely comprehensive course with two months study time before the examinations. As such there is no requirement for a student to have experience of reflexology prior to enrolling. The course is accredited by the National Register of Reflexologists, Ireland.



## COURSE BOOKS

- **The Reflexology Handbook: A Complete Guide** by Laura Norman with Thomas Cowan, ISBN 9780749927387
- **An Introductory Guide to Anatomy and Physiology** by Louise Tucker (Revised Edition) General Editor: Jane Foulston, ISBN 9781903348345
- **Stories the Feet can tell through Reflexology** by Eunice D. Ingham, ISBN 9780961180430 (optional)
- **Reflexology: Harmony and Health** by Sr Brega Whelan, ISBN 9780956460219 (optional)
- Reflexology Handouts supplied by the Irish School of Reflexology

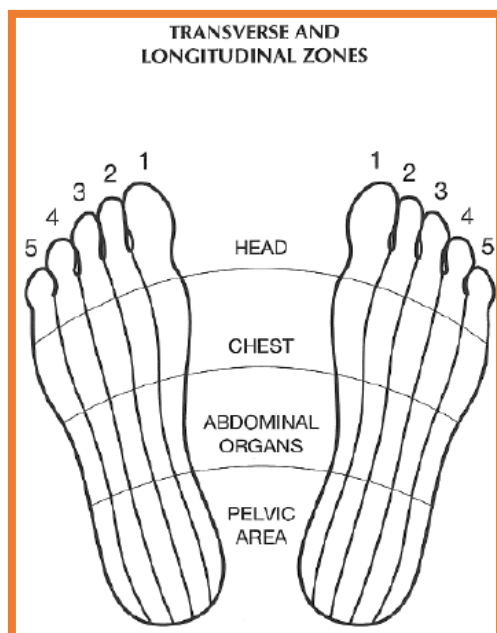
## DIPLOMA COURSE DATES

DIPLOMA COURSE I DUBLIN	DIPLOMA COURSE I DONEGAL	DIPLOMA COURSE II DONEGAL
19th & 20th September 2020	15th & 16th February 2020	12th & 13th September 2020
10th & 11th October 2020	21st & 22nd March 2020	3rd & 4th October 2020
21st & 22nd November 2020	25th & 26th April 2020	7th & 8th November 2020
5th & 6th December 2020	23rd & 24th May 2020	28th & 29th November 2020
16th & 17th January 2021	20th & 21st June 2020	9th & 10th January 2021
13th & 14th February 2021	18th & 19th July 2020	6th & 7th February 2021
13th & 14th March 2021	15th & 16th August 2020	6th & 7th March 2021
17th & 18th April 2021	26th & 27th September 2020	10th & 11th April 2021
15th and 16th May 2021	17th & 18th October 2020	8th & 9th May 2021
19th & 20th June 2021	14th & 15th November 2020	12th & 13th June 2021
10th & 11th July 2021	12th & 13th December 2020	3rd & 4th July 2021
21st & 22nd August 2021	23rd & 24th January 2021	14th & 15th August 2021

## DIPLOMA COURSE FEES

The course costs €2000, this includes all handouts (excludes books and €100 examination fee). Payment can be made in instalments. A booking deposit is required. Book [here](#).

## REFLEXOLOGY REFRESHER COURSE



Refresher Courses are ideal for therapists who haven't used their skills in a while and want to get their confidence back. This course is suitable for out-of-practice but trained reflexologists who are keen to return to practicing their healing skills more frequently and learning more about the many conditions they can help to relieve with reflexology.

This Refresher Reflexology workshop is all about honing your skills, fine tuning your location of points and to get plenty of practice to get your fingers moving again. The workshop is designed to give you the confidence to go out and be the therapist that you started out to be.

## COURSE CONTENT

Over the course of the two days you will:

- Get plenty of practice to get your fingers moving again with in-depth revision of thumb-walking technique and finger-walking technique.
- Cover the importance of joining an organization for your clients to avail of money back from their insurance companies.
- Learn useful business strategies to help build your business.
- Explore existing and new Reflexology techniques, both basic and advanced
- Refresh your knowledge on the most common ailments/conditions and which reflexes to work with to treat them.
- Be Shown some advanced techniques to add to your treatment.
- Be brought through a full revision of reading the feet, zone therapy and locating reflexes.
- Realize that you actually have all the knowledge to be a great reflexologist.
- Get CONFIDENCE

At the end of the weekend, students will receive a Certificate of Attendance and enjoy a newly rediscovered confidence to go out and practice.





## REFRESHER COURSE DATES

Dublin course: 29th Feb, 1st March 2020 at St. Patrick's College, Drumcondra, Dublin 9.  
Donegal course: Please see [website](#) for upcoming dates at The Base Enterprise Centre, Stranorlar, Co. Donegal

## REFRESHER COURSE FEES

The two-day course costs €230, with a deposit of €150 payable to secure a place. Please book [here](#).

## HAND REFLEXOLOGY COURSE

Hand reflexology is an amazing stand-alone treatment or can be used to complement traditional foot Reflexology treatments. It is a great skill to add to your practice. On each hand, there are reflex points that correspond to various parts of the body. Once pressure is applied, energy blocks begin to dissipate and inner healing can begin. Many people say they sleep better following a session of hand reflexology and this, in turn, increases healing potential.

As hands are easy to access compared to the feet, it is often convenient to be able to offer, as an alternative to Foot Reflexology, Hand Reflexology instead. Reflex points on the hands are far more flexible and Hand Reflexology is easier to do on yourself than foot reflexology. Also, some people are not keen on having their feet touched, so they can gain incredible health benefits through Hand Reflexology that they would otherwise miss out on. Moreover, Hand Reflexology can also be used in cases of contagious diseases such as verruca, Athlete's Foot or broken bones in the feet.

During this one-day course, you will be shown:

- How to perform a full hand Reflexology treatment
- Target points for common ailments
- Relaxation techniques for the hand

## HAND REFLEXOLOGY COURSE DATES & LOCATIONS

Dublin course: 2nd May 2020 at St. Patrick's College, Drumcondra, D 9.

## COURSE FEES

€100, fully payable in advance to secure a place. Please book [here](#).



## TERMS & CONDITIONS

- Principal: Tatiana Grosso N.R.R.I
- Full Payment and booking deposits can be made online via our [website](#) or by cheque or postal order made payable to: Tatiana Grosso Lawless at the Irish School of Reflexology or via secure Paypal payments payable to: [irishschoolofreflexology@gmail.com](mailto:irishschoolofreflexology@gmail.com).
- Places on preferred courses can only be secured on receipt of deposit or full fees.
- Due to demand, deposits and fees are non-refundable.
- Payment plan dates are non-negotiable.
- Students will be given two weeks' notice by email of payment due dates and failure to make full payment could result in your place on the course being removed.
- Course places are strictly limited so we advise students to book early.
- The Practitioner's Diploma in Reflexology is a fully comprehensive course and students do not need to have prior experience or training in reflexology.
- All dates are subject to change and final confirmation in the preceding month prior to the courses starting.
- Principal: Tatiana Grosso N.R.R.I

## ENROLMENT

Book your place in the coming academic year online [here](#) or complete the booking form below and send it with your payment to:

Tatiana Grosso N.R.R..I  
Irish School of Reflexology, C/O 43 Garton Drive, Swords, Co. Dublin

Here's what some of our past students have said about us:

**'I really enjoyed the Reflexology Diploma. I learnt so much and made some great friends! I feel a lot better and know so much more about myself as a human being. I love that I can now help people.'** – Niamh, Dublin

**'I really enjoyed the Diploma, especially the student interaction. I really appreciated the encouragement from the tutors which boosted my self-confidence'** - Kathy, Athlone

**'Wonderful experience'** - Claire, Kildare



## MESSAGE FROM PRINCIPAL TATIANA GROSSO

When I first started my training in Reflexology straight away, I realised it was more than just a diploma I was undertaking. I felt it was first of all a journey for myself, a way of getting in tune with my inner self, a developing process to discover my real potential and well-being. At the Irish School of Reflexology, we believe that all our students will first discover their own abilities as human beings with the supporting help of our teachers. We will help each individual to develop their skills and awareness, assisting them during the process so that they in turn can help heal others. The course itself will be interesting, challenging and very fulfilling. I look forward to meeting you!



## TESTIMONIALS

Here are some of the experiences of past students of the Irish School of Reflexology

### I'm really enjoying the course...

I am working as a counsellor and in my practice I would meet a lot of clients who find themselves experiencing anxiety on a daily basis. For these clients they have found that talking therapy was a very scary place to be at first and tried other options. The main trend I had noticed with them was that they had all tried reflexology and found themselves enjoying the treatment and learning to relax and remove signs of sore heads, eye pressures sore shoulders, backs, leg tension etc [so that's why I decided to train in reflexology].



The Irish School of Reflexology has given me more tools to support clients but it has also taught me that it is really important to look after your own mental health and now I'm bringing that into the home where my husband and children are and they are looking forward to me trying my learning on them and opening up communication. It is also amazing to see how we eat and drink affects our body and that this all shows on the feet. I found my diet starting to improve and the same for the whole family. I'm enjoying the studying as my children are learning similar theories in leaving cert so it also is opening up more discussions.

I'm really enjoying the course and having it in Co Donegal is great for the county. It is lovely meeting new people and seeing everyone so excited to be completing the course. Everyone is so helpful and I'm finding the notes a great help in studying. Thank you, Tatiana and Denise, for a wonderful course!!

Edel McBrearty, Diploma Student

### **I couldn't miss out on learning a new skill that interested me...**



I decided to [enrol in] the course because I had seen the ad last year and thought it would be good. Then when it was advertised again for this year, I knew it was for me and I couldn't miss out on learning a new skill that interested me. I chose the Irish School of Reflexology because weekend [study] works best for me and home study in between each class means I can still continue with the childcare I do while learning.

The course is everything I hoped it would be. Tatiana is a great tutor with practical and theory knowledge about reflexology and Denise brings the anatomy and physiology to life in plain and simple language so it's fun and easy to remember!! Both are beautiful people. I'm enjoying it more than I could have imagined.

Studying with the Irish School of Reflexology has made a big difference to me. I'm enjoying having a new skill and knowledge. I've realized that it was time for a career change as my children are older now and need different things from me so doing childcare at home won't suit for much longer. I've met lovely girls in the class and made some new friends. Doing the

practice with my family and children has opened up a new way to be together nicely without the pressure of making conversation and asking constant questions. New bonds growing!! Thank you Tatiana!!

Sharon Lee, Diploma Student

### **It fits in well with my work and home-life...**

I had been looking into completing a course like this as I didn't enjoy my working life, had no job satisfaction and I was always stressed and dreaded going to work. I had also recently given birth and I knew that I needed to work in an area that would provide for a positive and balanced home. I chose to complete this course as I wanted one with the best quality and qualification that this provides.

I love [the course]. It fits in well with my work and home-life and is giving me the best foundations to build upon with home study and practise after each class. I feel more confident and positive in myself now that I'm working towards a goal that suits me. I've always wanted to be self-employed and help people be healthier and live better lives so this course enables me to do that.

Maggie Russell, Diploma Student

### **Studying has had a big impact on my life...**

I have been wanting to do reflexology for years and finally put myself forward for it. [I decided] to do the Irish School of Reflexology [as] it's the best course around. The course is good and studying has had a big impact on my life as I work full time and also have two kids so it has been difficult but will be worth it in the end.

Ciara Molloy, Diploma Student

### **I learnt so much and made some great friends...**

'I really enjoyed the Reflexology Diploma. I learnt so much and made some great friends! I feel a lot better and know so much more about myself as a human being. I love that I can now help people.' Niamh - Dublin





## Why I changed my career...

As a qualified nurse and midwife I became aware of the positive benefits of reflexology therapy as my career progressed. My first experience of reflexology therapy arose when my father-in-law was diagnosed with motor neurone disease. I witnessed the powerful effect reflexology treatment gave him both mentally and physically. He said that it was the only therapy that gave him relief and helped him cope with the symptoms as the disease progressed. He had regular reflexology treatment until he sadly passed away.

Following a career break I felt the need to pursue a career that allowed me to spend more time with patients/clients. After some consideration I felt nursing had become less patient orientated and more office based. I decided after extensive research to become a reflexologist as it would give me autonomy to help clients improve their mental and physical health. Also, I could have the option of running my own business and doing some voluntary work.

In order to learn more about reflexology I read a book called "Balance and Harmony" by Sr. Brega Whelan. This inspired me to attend the Mind, Body and Soul event at the RDS, where I attended Sr Brega's talk explaining the principles together with a practical demonstration of reflexology.

Having expressed my interest in becoming a reflexologist I was guided to the Irish School of Reflexology by Sr. Brega and recommended to contact Tatiana, one of her experienced graduates who runs courses in reflexology. I subsequently graduated in January 2017 after completing a challenging 14 months, learning and developing my skills and knowledge both practically and theoretically.

Irish School of Reflexology  
Dublin & Donegal  
43 Garten Drive, Swords, Co. Dublin  
Tel 086 207 1065  
[www.irishschoolofreflexology.com](http://www.irishschoolofreflexology.com)



At the moment I'm putting the final touches to my therapy room and looking forward to meeting new clients. I'm very grateful for the training I received during my course with Tatiana. If you are interested in becoming a reflexologist I would encourage you to have a treatment from a graduate therapist from the Irish School of Reflexology. Allow your mind and body to relax and tune into this wonderful therapy. Let the magic happen. I am sure you will, like me, choose the Irish School of Reflexology to pursue your career.

Claire Phelan



## APPLICATION FORM

Please send your completed application form along with the appropriate deposit to the address above. Places are limited and strictly assigned on a first come-first served basis.

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

TEL: \_\_\_\_\_ EMAIL: \_\_\_\_\_

OCCUPATION: \_\_\_\_\_

REASON/S FOR APPLYING: \_\_\_\_\_

PREVIOUS EXPERIENCE (IF ANY):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ANY OTHER ADDITIONAL RELEVANT INFORMATION:  
\_\_\_\_\_  
\_\_\_\_\_

Please select the course you are applying for and your preferred payment options:

Course:

<input type="checkbox"/>	PRACTITIONER'S DIPLOMA IN REFLEXOLOGY	DUBLIN SCHOOL
<input type="checkbox"/>	PRACTITIONER'S DIPLOMA IN REFLEXOLOGY	DONEGAL SCHOOL
<input type="checkbox"/>	REFLEXOLOGY REFRESHER COURSE	DUBLIN SCHOOL
<input type="checkbox"/>	REFLEXOLOGY REFRESHER COURSE	DONEGAL SCHOOL
<input type="checkbox"/>	HAND REFLEXOLOGY COURSE	DUBLIN SCHOOL

Payment enclosed:

<input type="checkbox"/>	FULL PAYMENT OF €2000 – FOR DIPLOMA COURSE
<input type="checkbox"/>	BOOKING DEPOSIT OF €450 – FOR DIPLOMA COURSE
<input type="checkbox"/>	FULL PAYMENT OF €230 – FOR REFRESHER COURSE
<input type="checkbox"/>	BOOKING DEPOSIT OF €150 – FOR REFRESHER COURSE
<input type="checkbox"/>	FULL PAYMENT OF €100 – FOR HAND REFLEXOLOGY COURSE

I have read and agree to the [terms and conditions](#) of the Irish School of Reflexology.

