



ATLANTIC

SCHOOL OF REFLEXOLOGY

ATTENTION ALUMNI! THIS AFFECTS YOU IN A **GOOD** WAY!

Commitment to our students

At ASR, our dedication to providing students with current and relevant training for an ever-expanding field means that sometimes we need to jump feet-first into some heavy-duty industry research. This is a good thing! I for one (Jennifer here!) was getting increasingly confused by the claims of reflexology training institutions regarding the number of training hours accomplished by their graduates. For years, graduates of different schools from a 90 hour, a 100 hour, a 110 hour, a 120 hour and a 200 hour foot reflexology program (to name a few) were literally speaking about the same (or at least very similar) amount of training!

We have updated our hours to more accurately reflect the total amount of time students interact with reflexology learning materials, for any given certificate. This calculation is based on the example set by our largest, national association, **the Reflexology Association of Canada (RAC)**. But perhaps more importantly for us, it is also based on 15 years of ASR student feedback, and my own personal experience through the multiple training sessions I have taken.

In addition to the 35 class instruction hours, the major differences in ASR hours-count are as follows:

1. Each practicum session, rather than counting as 1 practicum hour, now counts as two, more accurately representing the actual time the student prepares for and completes the session, including information review, client interview, and health record keeping. (Keep in mind that the first sessions are likely performed at the steepest of the learning-curve, amongst reflexology textbooks and charts all around you!)

OLD COUNT: 65 practicum hours

NEW COUNT: 130 practicum hours

2. The homework assigned during the 4-day intensive with ASR was encouraged to be done at home during the length of the course. This included reading, and transferring the reflexology charts that we made together in class onto the 'good copy' pages for each body system. Students were given the option to come in an hour early, stay over lunch, or stay an hour late if they needed to use class markers. There are also exam preparation quizzes in the book, and a personal reflexology log, that better prepare students for the exam. Further, ASR students have always been required to create their own long-form reflexology health records from a template provided in the textbook, for use with their practicum clients. These efforts were all external to classroom training, yet NONE of these efforts were counted in hours of training.

OLD COUNT: 0 assignment hours

NEW COUNT: 15 assignment hours

3. Study time, though clearly differing from student to student, takes an average of 20 hours in preparation for the written and practical exams. These hours were NOT counted as training hours. In a hands-on industry, this study time definitely involves active learning—through interacting with charts, handling foot models, and learning lots of anatomy and physiology terminology as well as reflexology theory. The material to someone who has not previously been exposed to medical terms can seem gruelling at times, and therefore the difficulty level is deemed above average.

OLD COUNT: 0 hours

NEW COUNT: 20 hours

TOTAL: 100 hours

TOTAL: 200 hours

What we are **doing** about it! As of 2014:

- ASR is happy to reissue its alumni with certificates that reflect the actual training you completed. Provide us with a small admin fee to cover the materials, and a copy of your original certificate, and ASR will send you an updated Professional Certificate consistent with current standards of tallying hours. Please contact us.
- Furthermore, we are excited to be developing a Reflexology Diploma Program that recognizes the cumulative reflexology training you have completed over multiple ASR courses. Many of you have ALREADY completed the requirements. We will keep you posted as to our progress in working out the formula for a tiered diploma system. It's coming! And with changes in the **Nova Scotia Association of Reflexology Practitioners (NSARP)**, who have been working closely with health insurance providers, this could be of benefit to your practice.
- We are also **clearly** listing all course components and training hours on our website, so you can easily count the hours you have, or will be, earning. You will also be able to clearly compare course expectations, and tuition requirements, with other training institutions. In a field with MANY excellent schools (I've been to several myself!), It's important to us that students who end up 'here' did so through access to accurate information and the feeling of a 'good fit'.

Our 2014 goals include the following:

- Recognition of transfer credits, where appropriate, as contributing to the Reflexology Diploma Program (in development)
- Online access to Anatomy and Physiology training (in development)
- Teacher training program (in development)

We need more reflexology in the world!

Our alumni is very important to us. Please contact us, even if it's just to say Hi!

Warm regards,

Jennifer