



DOUGANS
INTERNATIONAL

*Specialists in complementary therapies
Now offering **PREMIER** online courses*

ART AND SCIENCE OF REFLEXOLOGY

*Learn the principles of reflexology and treatment techniques
to effectively perform a reflexology treatment*

— ONLINE COURSE —

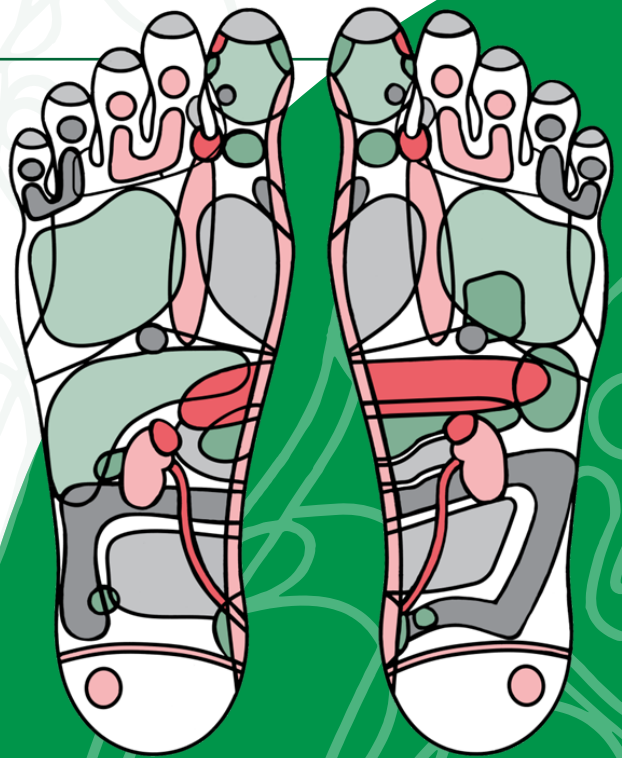
About Reflexology

Reflexology is a safe and natural therapy that encourages the body to restore balance and heal itself. Many people around the world practice some form of reflexology for relaxation, pain relief and general wellbeing.

Reflexology is based on the premise that reflexes on the feet present a microcosm or mini-map of the anatomical body. A reflex is a specific area that produces a response or change in another body area when stimulated. Pressure is applied to the reflexes using specific thumb and finger techniques, causing physiological changes in the organs and body parts connected by energy pathways known as meridians. For humans to function at optimum capacity, vital energy must flow unimpeded throughout the body. Any congestion can cause the body to become out of balance or 'diseased'. As a general understanding, the science of reflexology states that a sensitive reflex area indicates stress or weakness in the corresponding organ or body part.

The primary purpose of reflexology is to facilitate a state of relaxation. When tension is reduced, circulation is improved, and the body is revitalised. All body systems are encouraged to normalise and return the body to 'homeostasis' or a balanced state.

Although there is evidence of ancient practice in Egypt and China, reflexology is still relatively 'new' to the Western world. However, with over 75% of all modern illnesses and diseases attributed to 'stress', we are experiencing a significant shift towards natural health care. Nowadays, reflexology is regarded as one of the fastest-growing alternative therapies worldwide.



REFLEXOLOGY is not a “massage” as understood as the manipulation of the soft tissues of the body, but rather the application of specific pressure techniques to precise areas (reflexes) on the feet to produce a specific outcome.



“Circulation is life. Stagnation is death”

Eunice Ingham, *Stories the Feet Can Tell*, 1938

Recognised as the ‘*mother of reflexology*’

Why study Reflexology

- NATURAL** Reflexology is a natural therapy that maximises the body's own healing potential.
- SAFE** Reflexology restores balance in the body by inducing relaxation. There are no side effects to treatment other than the potential elimination of toxins (increased urination, perspiration, slight headache).
- HOLISTIC** Reflexology is a holistic therapy that aims to treat the body as a whole and endeavours to get to the root cause of disease and treat this, not the symptoms.
- EFFECTIVE** Reflexology brings relief to a wide range of acute and chronic conditions. People of all ages can benefit from treatment. Reflexology can serve as an excellent preventative programme and encourages lifestyle changes to maintain health and wellbeing.
- LEARNABLE** Almost anyone can learn the art and science of reflexology for self-care and to offer treatments to others.
- FLEXIBLE** Treatments can be performed at any place and at any time. There are no unique products or equipment required, and overheads are low compared to other wellness or medical practices.
- DEMAND** An increasing number of people are realising the benefits of reflexology. Many are exhausted by the orthodox medical approach and are seeking answers for their ill-health.

This course is for you if you ...

- Believe in alternative/complementary therapies
- Enjoy a holistic approach and take responsibility for your health and wellbeing
- Are fascinated by the human body and its ability to heal itself
- Have heard about or experienced reflexology, and you want to learn more about this amazing therapy
- Would like to help your family and friends to relieve pain and suffering
- Would like to expand your existing skills and knowledge

Existing data suggest that up to 60% of adults in developed countries suffer from more than one chronic condition



About this course



This course will teach you the fundamental principles and theories of reflexology and how to perform a reflexology treatment.

Although classified as a 'short course', it is an in-depth course structured around a set curriculum with specific learning outcomes.

Upon successful completion of the course requirements, you will receive a certificate of completion with academic transcripts detailing the learning outcomes, notional hours and assessment criteria.



Start date = **2 May 2022**



Expected to take up to **3-4 months**



Online learning



Special introductory price of **R12 500**



Payment via EFT or credit card



Certificate of completion



No admission requirements



Language of instruction = **English**

“The skills and knowledge gained was invaluable and has completely changed my outlook towards health. I took away so much more than I ever dreamed was possible. I would definitely recommend it to anyone wanting to make a positive difference with regards to their health and health of those around them”

Online learning

This course is designed for online learning so you can study at your own pace from the comfort of your own home. You will receive access to a Learning Management System (LMS) designed to enhance your learning experience by integrating rich media such as videos, presentations, e-learning activities and downloadable study guides (course notes).

There are also opportunities to interact with your lecturer and peers through chat and discussion forums.

In addition, live webinars will be scheduled at regular intervals to provide an opportunity for demonstration and question and answer sessions with your lecturer. You can then apply what you learn to quizzes, assignments, practical activities and real-life case studies.

Assessments include written assignments (answering questions using templates provided), a practical skills competency assessment (sent in via video), and practical case studies (using templates provided).

[Click to view a practical training video example](#)

Technical requirements

You will need a current email account and access to a computer (preferably not a phone/tablet) with a decent internet connection, as you will need to access and navigate the online LMS.

We recommend using Adobe Acrobat (PDF) Reader to open the study materials combined with Google Chrome as your internet browser.



What you will learn

MODULE 1

PRINCIPLES OF REFLEXOLOGY

As a gentle art and fascinating ancient science, you will discover why reflexology has become the fastest-growing alternative therapy worldwide. You will learn to appreciate and validate this powerful yet simple healing therapy as we cover all the specific principles and theories of reflexology.

MODULE 2

ANATOMY OF THE FOOT

The human foot is an architectural masterpiece. Each foot is a complex mechanical structure of 26 bones, 33 joints and more than 100 muscles, tendons and ligaments. Although the foot is a fraction of the body's size, it balances, supports and transports the entire body weight.

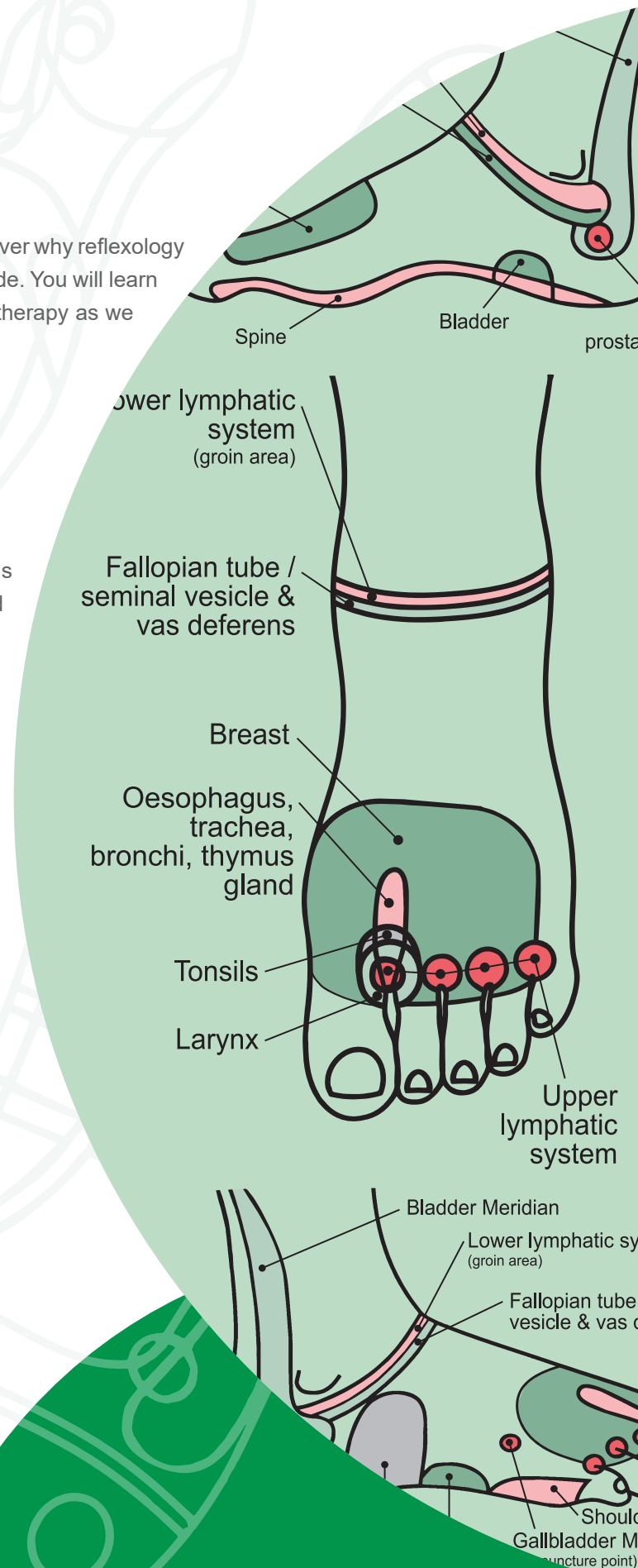
As the feet are the domain for reflexology, basic knowledge of anatomy (structure) and physiology (function) of the foot is essential.

MODULE 3

MAPPING THE REFLEXES ON THE FEET

The first and most crucial step to understanding reflexology is appreciating that the feet present a microcosm or mini-map of the body. All the organs and body parts are represented in a similar arrangement of reflexes on the feet as the anatomical body.

As feet come in all shapes and sizes, you will learn the importance of dividing the feet using specific lines of reference to precisely map the reflexes on the sole (plantar aspect), dorsum (dorsal aspect) and sides (medial and lateral aspects) of each foot. It also is essential to connect the reflexes with the anatomical and physiological functioning of the organs and body systems when stimulating the reflexes during a reflexology treatment.



What you will learn

MODULE 4

PREPARING FOR A REFLEXOLOGY TREATMENT

A reflexology treatment should be an enjoyable experience for both patient and therapist. Although correct positioning of your patient is essential to ensure comfort, it is equally important to maintain your posture as a therapist throughout the treatment to avoid any strain.

The treatment should always be gentle yet sufficiently firm to stimulate the reflexes and activate the body's healing potential. The pressure should never be more than is comfortable for the patient. As you progress through the treatment sequence, your patient will feel different sensations on the various reflexes depending on the functioning of the related organ or body part.

Every person is unique, and so are their reactions to reflexology, both during and after treatment. Many will experience various reactions during a treatment that should all be considered normal responses, e.g. sweaty palms and feet, and feelings of nausea or dizziness or even a mild headache. On the whole, reactions immediately after treatment are pleasant, leaving the patient feeling relaxed and rejuvenated. However, your patient may also experience a cleansing process known as a 'healing crisis'. The severity of the reactions depends on the degree of imbalance, and these usually manifest in the eliminating systems of the body, i.e. the kidneys, bowels, skin and lungs. Therefore, it is essential to be aware of all the possible responses to inform your patients accordingly. Whatever the reactions, these are a necessary part of the healing process and will pass.

MODULE 5

PRACTICAL APPLICATION OF A REFLEXOLOGY TREATMENT

Reflexology is not a 'foot massage' but rather the application of specific pressure techniques designed to stimulate the reflexes on the feet. You will learn a series of relaxation and pressure techniques explicitly designed for effectiveness. In our years of practice and teaching, these techniques have proved their worth to both patients and therapists. They are easy to learn and safe to practice.

The most important aspect of the treatment sequence is that both feet are worked consecutively instead of working one foot entirely before moving on to the next. As many organs and glands are paired and located on both sides of the body, it would seem inappropriate to complete one foot at a time. A systematic approach, alternating from foot to foot and working in sequence from toe to heel, reflex by reflex (organ by organ), enhances the natural flow in the body.

We will teach you a step-by-step treatment sequence designed to achieve overall relaxation and stimulate all the reflexes on the feet, treating the individual as an entity and not isolating any conditions or symptoms.

Your lecturer

INGE DOUGANS

World-renowned author, presenter and curriculum developer

Inge studied and qualified as a reflexologist in Denmark in 1981 after reflexology helped her infertility. Shortly after, she immigrated to South Africa and opened a reflexology practice.

She began teaching in 1983 and established what was to become the first international academy of reflexology incorporating meridian theories and philosophies. Her integrative method of combining Eastern and Western approaches to reflexology is internationally acclaimed for its efficacy.

In 1985, Inge founded the South African Reflexology Society and served many years on the professional board. She was also involved in setting academic unit standards for reflexology in South Africa.

Inge is a world-renowned author of numerous books on reflexology and meridian therapy and has been a guest speaker at many congresses worldwide. Lately, she has enjoyed presenting to the various global reflexology associations via live webinars.

Inge particularly enjoys challenging students to 'think out of the box'.



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Internationally acclaimed for combining Eastern and Western approaches to reflexology and health

Learning is changing

The coronavirus pandemic turned the world upside down, fundamentally changing how we live, work and interact with each other.

The education sector has probably been the most affected, from the small preschools to large universities, instantly under pressure to adapt. The situation turbocharged the need for online learning and opened up a brave new world for education providers and students.

Many believe that online learning has and will continue to change education for the good and better. As a result, providers will revolutionise, curriculums will become more fluid, and some lengthy qualifications may become obsolete.

By offering online short courses, we can teach specific knowledge and skills in a short time frame. These courses will be practical and convenient, not requiring a significant investment of both time and money compared to a full qualification. For example, students can learn about reflexology as a hobby or as an opportunity for self-development in natural health and wellness. After gaining insight and some hands-on experience, there will be opportunities to expand with add-on courses and online workshops.

Ultimately, we believe that short courses will appeal to a broader global audience, enabling us to promote reflexology as a safe and natural therapy to people of all ages and backgrounds around the world.

Throughout our history, we have been renowned for the quality and rigour of our education and training. This ethos will continue as we enter a new era with our premier online education and training.



“Education is the most powerful weapon which you can use to change the world”

Nelson Mandela

Frequently asked questions

HOW DO I REGISTER?

You need to complete the online registration form. You will receive an automated email with an invoice for payment of the course fees. Your participation is secured once you have made payment and received a confirmation.

HOW DO I PAY?

You can pay online with a credit card via our secure payment gateway or make payment via electronic transfer or direct deposit.

DO YOU OFFER PAYMENT PLANS?

No. Unfortunately, we cannot offer any payment plans for a discounted course. We require full payment before the course start date.

HOW LONG WILL IT TAKE ME TO COMPLETE THE COURSE?

We expect the average student to take 3-4 months to complete the course. Although we recommend sticking to the guidelines, you can study at your own pace. All dates and times for the live webinars and assessment submissions will be published so you can plan accordingly. Please note that the course end date is not open-ended, and the final cut-off for completion is six months from the course start date, i.e. 31 October 2022.

WHAT ASSESSMENTS MUST I PASS?

Assessments include written assignments (answering questions using templates provided), a practical skills competency assessment (sent in via video) and 10 hours of practical case studies (using templates provided). In addition, we expect you to be active on the LMS by participating in online activities, discussions and live webinars. Your lecturer will grade all the assessments as per the assessment criteria. All graded assessments need to be submitted and passed as per the Assessment Policy.

DO I NEED TO PURCHASE ANY TEXTBOOKS?

No. You can access all your course material (study guides, videos, presentations, activities) through the online Learning Management System.



Frequently asked questions

CAN I LEARN HOW TO PERFORM REFLEXOLOGY TREATMENT VIA ONLINE LEARNING?

Yes! We use a systematic approach to teach a step-by-step treatment sequence using specific grips and pressure techniques. As a result, the practical application of a reflexology treatment is easy to learn and safe to practice.

DO YOU OFFER WORKSHOPS?

Subject to demand, we may consider hosting workshops in major centres. However, there is no guarantee.

WHAT TYPE OF QUALIFICATION WILL I RECEIVE?

The Dougans International online short courses lead to a certificate of completion. They enable students to gain specific knowledge and skills. However, they do not carry any credits towards a formal qualification in higher education.

CAN I PRACTICE REFLEXOLOGY?

This course teaches the fundamental skills and knowledge to practice reflexology. Most countries have no formal qualification requirements to become a “reflexologist”. Instead, providers offer various “qualifications”, calling them “certificates”, “diplomas”, or “professional diplomas” without any conformity to national qualification frameworks.

An infinite number of “therapists” worldwide practise various forms of reflexology, either in private practice or within the health/wellness or spa/beauty industries, with diverse levels of training.

At the end of the day, if you feel confident and competent, you can apply your skills and knowledge as you see fit.

Disclaimer: As with any education and training, you are responsible for establishing the relevance and suitability of a course for your individual requirements before registering. If you are seeking a professional registration with The Allied Health Professions Council of South Africa (AHPCSA), you will need to complete a formal 240-credits, Diploma in Therapeutic Reflexology in higher education. In other countries, local reflexology associations may set specific requirements for education and training to apply for membership.





ART AND SCIENCE OF REFLEXOLOGY

ONLINE COURSE

CONTACT US

Email: info@dougans-international.com



Dougans International
WhatsApp Business Account



Scan this code to start a WhatsApp chat with
Dougans International.

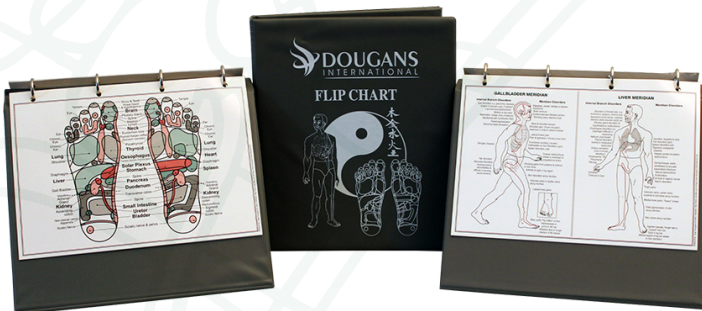
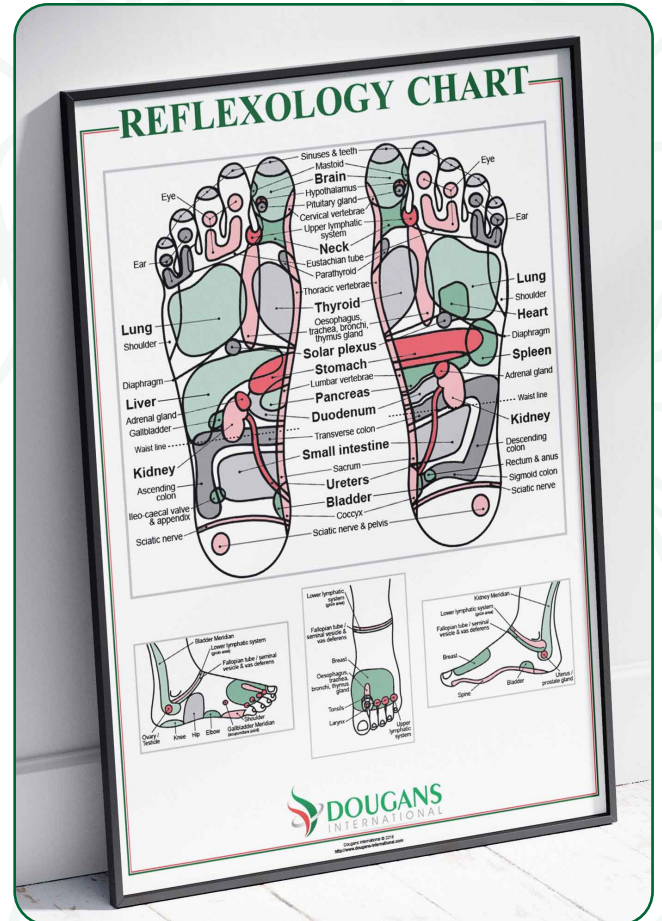
Other products

PRESENTATION CHARTS

We offer a series of A1 size presentation charts, presented in a gloss finish and ideal visual aids for any treatment room. The full set includes our signature Reflexology, Meridian, Five Elements and Acupuncture presentation charts.

FLIP-CHARTS

Our A4 size flip chart has been specifically designed with our students in mind. The flip-chart contains a smaller version of our most popular Reflexology, Meridian and Five Element presentation charts.



MAGNETIC HEALING

Magnetic Healing is a powerful complementary device that helps to restore depleted magnetic energy levels in the body. This therapy produces astonishing results and can be used as a stand-alone treatment or as support to Reflexology, Acupuncture and/or other alternative therapies.



VACUFLEX CONCEPTS

The Vacuflex Concepts uses a vacuum boot foot reflexology treatment together with a cupping treatment sequence along the acupuncture meridians, offering the combined benefit of a full reflexology treatment, plus the stimulation of all the major meridians in one session.

