



In-Spires Reflexology College

PROSPECTUS 2024

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1. Introduction to In-Spires Reflexology College

Thank you for enquiring about the **Level 5 Diploma in Practitioner Reflexology**.

Hopefully this information will give you an insight into the course and help you decide if it is the right reflexology practitioner course for you, at this time in your life.

Once you have read through the prospectus, if you are interested in finding out more about the course, please get in touch to arrange a meeting. Ideally, this would be on a college day in Lichfield so you have the opportunity to meet your tutor, current learners on the course, possibly receive a reflexology treatment and ask any questions.

In-Spires Reflexology College aims to train and support reflexologists who are dedicated to improving the health and wellbeing of their clients. Through cutting edge techniques, a thorough knowledge of the human body and an understanding of the pathology of disease, In-Spires Reflexology College offers comprehensive practitioner training leading to the highest UK qualification in reflexology, with the potential of a successful career in this popular therapy.

The course runs for one full year. College days are held on a Tuesday in term-time, 30 days in total over the year. The home study section of the programme is well structured and explained; you will need approximately 2 days a week (or a day and two evenings) for study, coursework and practical treatments. Assessment is ongoing with 4 clinical assessments and 4 specialism assessments at different stages of training, and assignments that build into a portfolio of evidence. Please be aware that this is a difficult course to manage if you are working full time with a lot of family or social commitments. You can be assured that your work will be marked promptly and constructive feedback provided in order to support and enhance your learning journey.

Level 5 is equivalent to a foundation degree course or HND, so the work requires researching and referencing. In class, approximately half the day is spent on theory and just over half on practical. The course is allied to the nursing and medicine sector but is suitable for people from all backgrounds. However, good computer skills and educational achievement will ensure that you can cope with the demands of the course.

In-Spires Reflexology College is run by Ruth Hodgkiss. She is a level 5 reflexology practitioner with a fun, professional teaching style. Ruth has a teaching degree specialising in Business Studies and ICT (Information Technology) but is now focussed on her career as a reflexologist and reflexology tutor. Ruth was a teacher for many years and, more recently, was head of the senior school at Lichfield Cathedral School.

In-Spires is based in the beautiful Cathedral City of Lichfield and so the college name was 'inspired' by the three spires of the nearby Cathedral also because Ruth is passionate about inspiring her students to achieve their full potential as reflexologists. The venue is in central Lichfield with plenty of parking nearby and within walking distance of the railway station. Numbers of students will be kept small at around 4-6 per group to ensure plenty of one to one support.

2. Level 5 Diploma in Practitioner Reflexology

The Level 5 Diploma in Practitioner Reflexology offers a comprehensive Level 5 training in reflexology combined with a detailed Level 4 in Anatomy, Physiology and Pathology and Business Planning for Reflexology.

Level 5 is on a par with a Foundation degree or HND, whilst Level 3 (the main alternative route for practitioner training) is 'A' Level and NVQ, level 3 equivalent. The differences are mainly the clinical depth and how specific the course material is to reflexology. This reflexology course is totally geared to training the very best clinical reflexologists.

The level 5 qualification taught at In-Spires Reflexology college is fully regulated by the Awarding and Qualification Organisation, Agored Cymru.

This is a fully accredited course with all five course units assigned to the Nursing and Subjects and Vocations Allied to Medicine Sector. They are 100% specific to becoming a professional, clinical reflexologist. The units are also recognised in Europe as the Credit and Qualifications Framework for Wales is registered with the European Qualifications Framework. The course is also on the Ofqual framework in England.

This course is designed for anyone wishing to study reflexology to an unparalleled level of professional clinical excellence. The depth and breadth of this course ensures varied, interesting, challenging and fun learning that is totally relevant to today's professional reflexologist.

According to Agored Cymru (the Awarding body) *'the level 5 Diploma in Practitioner Reflexology offers a pathway to a career as a Professional Reflexologist. It extends the requirements of practitioner status currently at level 3 and develops the learning into an evaluative, justified and applied client treatment specific practice. The level 5 course is also designed to attract medical and health professionals, helping integrate complementary therapies with conventional medicine / allopathic practices. Currently centres throughout Wales, England, Ireland and Northern Ireland that offer the L5 route have learners who either enter other complementary therapy studies offered within the higher education system or secure new business development (including corporate opportunities), either as self-employed reflexologists or employed within organisations such as the NHS, private hospitals, GP surgeries, hospices and more.'*

In-Spires Reflexology College is dedicated to raising the standards of reflexology training for both new and existing reflexologists. In addition to foot and hand reflexology, In-Spires Reflexology also incorporates the following specialisms into the syllabus:

- **Meridian reflexology**
- **Adapting reflexology for the chronically sick and in palliative care settings**
- **Understanding the role of reflexology within the context of maternity care and male and female reproductive health**
- **The importance and relevance of research in working towards an integrated healthcare system**
- **Understanding the role of nutrition in health and well-being**
- **Self-care and emotional well-being throughout the course**
- **Adaptive Integrated Reflexology - unique protocol for stress relief**
- **Inner Intent Reflexology – exploring the mind/body connection with intent,**

Although this is an academic course, plain English is used alongside the medical terminology to aid learning and at least 60 per cent of the contact teaching time is devoted to the cutting edge practical reflexology techniques. There is also an holistic element to the course through exploration of other complementary therapies and the pathology of disease.

You can expect ongoing support throughout the course from your tutor. You will have access to a wealth of materials and will receive continuous feedback in class, constructive and supportive feedback on your marked work and support and advice from your colleagues (most groups form a deep and lasting friendship throughout the year).

On successful completion of the course you can use the letters IRC5 or IRC (Grad) after your name and register with the main reflexology membership associations such as The Association of Reflexologists and voluntary regulatory body the CNHC (Complementary and Natural Healthcare Council). You receive certificates from Agored Cymru and In-Spires Reflexology College.

Each part of the course is mapped to a unit and each unit consists of a number of credits. On successful completion of the course and all of the units you are awarded the Level 5 Diploma in Practitioner Reflexology and the credits may be transferable to another accredited course such as a full degree in an associated subject.

What is included:

- 30 days of in-class contact teaching and interim support
- Structured home learning
- Practical foot, hand and ear reflexology
- Anatomy, physiology and pathology (structure, function and disease of each of the body systems)
- Business planning and marketing
- 5 element meridian reflexology
- Supporting fertility and pregnancy through reflexology
- Reflexology and the menopause
- Reflexology to support clients with serious illness or in need of palliative care
- Research and reflexology
- Detailed handouts
- Charts of the feet, hands, ears and meridians
- Exercises to ensure safe practice
- Chakra balancing through the feet and ears
- Understanding energy, the power of intention and intuition
- Access to video recordings demonstrating techniques
- Treatment planning protocols
- Individual tutorial sessions

As you can see, we cover a lot in a year and each course day is action packed. However, if life takes over, as it can sometimes do, please contact your tutor for advice and support.

All course dates must be attended. If you are unable to make a session, you must pay for a catch up session with the course tutor. This is £50 for half a day and £100 for a full day.

3. College Tutor

Ruth Hodgkiss – In-Spires Reflexology College Principal and Tutor



Most of my professional life I have worked as a secondary school teacher, teaching Business Studies and ICT. I loved my time in the classroom and held many positions of responsibility including being the Head of the Senior School at a 3-18 Independent School and Head of Business at a large Birmingham Secondary school. I have always loved to learn and 10 years ago, I applied (on two occasions) to do a Masters Degree in Education only to find out both times that the course wasn't running because of insufficient numbers. My thirst to learn remained, however, and I thought that perhaps something was telling me to look for something a little different.

I had tried reflexology as a complementary therapy after my daughter had an almost miraculous recovery from a painful back injury after only two reflexology sessions. I went for a treatment (to be nosey really), not having much wrong with me apart from the usual stresses and strains of being a full-time working mum. I was amazed at how calm I felt after the treatment and how I could feel things happening within my body while someone was putting pressure on my feet. I decided I wanted to learn more about this fascinating therapy and looked into finding a course that I could follow. I wanted to learn at the highest possible level so after doing lots of research I discovered Allison at the Contemporary Reflexology College. I rang Allison one morning and immediately knew that I wanted to learn with her so signed up to train with her Birmingham in 2015.

A few weeks after I began the course, my mum was diagnosed with breast cancer (having had ovarian cancer some 12 years previous). I wasn't sure whether I could commit to my job, my family and now an intensive course but I decided I should try, and am so glad that I did. From day one I was hooked and I loved learning about reflexology, anatomy and physiology and business at such a high level and from such a knowledgeable and motivating teacher. Receiving regular treatments, I found reflexology to be hugely empowering and it enabled me to feel more in control of my life as well as experiencing a general feeling of wellbeing. As a family, we managed the year with me working and mum going through a variety of treatments including receiving reflexology on a regular basis from me! Mum has now made a full recovery and in the summer of 2016 I decided to leave teaching after almost 20 years to pursue my new found love of reflexology. I run a clinic from home and enjoy seeing clients and supporting them with their needs (I see many former teaching colleagues). Educating was still in my blood though, and I was delighted to take up the post of Assistant Tutor with Allison at her Birmingham College in September of 2016. It was a real honour to be working alongside Allison and having the opportunity to support other budding reflexologists on their learning journey.

In 2019 I formed In-Spires Reflexology college and have taken three teaching groups through the exciting Agored Cymru course. In the summer of 2023 I was accepted as a partner of the Integrated Reflexology

Consortium which means I am part of the team that oversee the teaching and provision of the Agored Cymru Level 5 Diploma in Practitioner Reflexology.

Working for myself gives me the flexibility I need to support my (now adult) children, husband and mum. It also means I can spend lots of time with my two dogs and any spare time I get is usually out with these two on long, muddy walks; I love it!

4. Venue

**City Centre
Lichfield
Staffordshire**

The Lichfield venue is central to all amenities, within walking distance of the railway station and is close to the A38 with its M6 Toll road connection. It is not far to the A50 with links to the M1 and the M42 is nearby. Lichfield is also an easy run from Birmingham, Leicestershire, Derbyshire and the East and West Midlands.

Ruth has a light and airy training room overlooking the garden in her home. It has a calm and relaxed atmosphere and everyone is made to feel at home and welcome. Ruth provides drinks and snacks but you are encouraged to bring your own lunch.

5. Course Dates 2024 – 2025

9.30am to 4.15pm:

Day	Date	Day	Date
1	20 February	16	24 September
2	27 February	17	1 October
3	5 March	18	8 October
4	19 March	19	15 October
5	16 April	20	5 November
6	23 April	21	19 November
7	30 April	22	3 December
8	7 May	23	10 December
9	21 May	24	7 January (2025)
10	4 June	25	21 January
11	18 June	26	28 January
12	25 June	27	11 February
13	2 July		
14	16 July		
15	10 September		

Please note these are provisional and are subject to change.

6. Course Fees

The course cost is £3160 (excluding Awarding Body fee and the Association of Reflexologists membership and insurance fees – see below for additional fees to factor in to your budget).

Please note that the Level 5 is equal to a Foundation Degree which each year costs around £9,000 for tuition alone. This is a vocational course and you can start recouping the course costs very quickly when in clinical practice. A Level 5 graduate should be charging between £35 and £95 per session depending on location and practice focus.

The initial booking fee is £400 that can be paid in two instalments of £200 or more if time permits.

The remaining is then usually split into monthly payments. If paying over 12 months it is £230.00 per month, paid ideally by standing order.

If you would like to pay for the whole course on or before the first weekend then there is a discount of £100.

If you would like to discuss other payment options, please contact the college.

Additional Costs to factor in:

1. **Student Membership** to the Association of Reflexologists **including student insurance** with Alan Boswell. This covers you for 18 months and costs **£39.00**. This is payable directly to the Association of Reflexologists on the first weekend, correct as at July 2023. You will be issued with a student pack including your application form and details of membership benefits including excellent student resources and regular newsletters and e-magazines. If you have insurance elsewhere it is still advisable to join the AoR for their excellent support while you are training.

2. **Accreditation Fees:**

These are the Awarding body and Centre fees that change each year so are not included in your course fees. The fees cover your course registration, your certification, your practitioner status registration and individual verification (the college has additional venue verification fees). Please note if you change your name prior to certification there is a £25 administration fee payable to Agored.

- Agored Cymru Unit Fees of £276.50 (correct as at July 2023).

A separate receipt will be issued for these fees with the date of your registration included.

3. **Your own equipment as explained in the college Welcome Pack:**

A reclining reflexology chair called the La Fuma and a gas lift stool or secretarial type chair on wheels are recommended, although some practitioners prefer therapy couches. La Fumas can be sourced from Amazon and are normally in the region of £89 to £130. Beware of imitation La Fumas as they do not recline high enough. The stools and chairs are

available from many places such as Argos and Ikea for as little as £12. A La Fuma cover can be found on the Association of Reflexologists web site. Wet wipes, towels, pillow, blanket and foot cream are all additional essentials and are explained in your Welcome Pack. I don't recommend buying a La Fuma or a stool before your first college weekend though as you might want to try out different styles before you invest.

All information including a suggested reading list will be provided in your Welcome Pack after booking.

Equipment is provided in class until you have bought your own.

7. Entry Requirements and Admissions Process

Learners must be at least 18 years of age to undertake this qualification, there is no upper age limit. Consideration for suitability is dependent upon academic ability, life skills, work skills and experiences. All applicants are expected to attend an interview to ensure that full information related to course content, course requirements and level and coverage of subject matter content are provided and understood before a formal offer of admission is given.

Essential attributes include a caring nature, a love for helping people with a hands-on approach and a desire to learn plus the motivation you need to progress and develop. However, as there is a lot of writing/typing, good spelling and grammar is needed along with reasonable IT skills (word processing, copy, paste, email etc). Access to a printer is also needed.

We do recognise that everyone learns in a different way at a different pace and your tutor can accommodate a range of learning needs. When you sign up for the course we expect full commitment for the whole course, in both attendance and achievement, so think carefully and research your options.

If you have any doubts about your capability or suitability for this course or are not sure if the course is right for you, then please telephone for a chat before you apply. We encourage a thorough investigation of this course before you make your decision. In turn, we need to be sure that you have the determination to complete the course.

Following a successful interview you will formally be offered a place, in writing, on the next available course.

You will then be asked to complete a registration form and to pay your booking fee. A college Welcome Pack is then issued to you and your journey begins.

8. FAQ's

One question that is often asked is: How do I know if a course provides a proper qualification?

You will be awarded 79 Credits by Agored Cymru and these can be used for entrance to HE and University courses.

Credits are more important than most people realise, as they also signify that this is a 'real' qualification and not a course that isn't registered or recognised by any organisations or other teaching establishments. If you are researching which reflexology school to attend, ensure you ask about credits - if the school can't give you this information, they might not be offering a 'real' qualification.

Can I do a bridging course from Level 3 to Level 5?

The answer is no. A Level 3 is an A level equivalent, comes under the sector for Health and Social Care and is classed at Further Education. The Level 5 Diploma in Practitioner Reflexology is a Foundation degree or HND equivalent and classed as Higher Education and comes under the sector Nursing and Subjects and Vocations Allied to Medicine. You can't 'upgrade' without doing the work. I have worked with many Level 3 trained reflexologists retraining to Level 5 and they can't believe the difference.

Is the Level 5 course right for me?

It very much depends on what you want to achieve, the time you have available to study and if you can and enjoy studying to a deep level. If you decide to train to Level 3 you can continue to learn and grow with CPD (Continuing Professional Development Courses) just ensure that it is a fully accredited course with an awarding body and on the qualification framework. Also that it is run by an experienced tutor. There are some excellent Level 3 courses but don't be fooled into an online or short course, they do not equip you to work safely with people with medical conditions.

If you enjoy study, learning as much as you can about a subject, want to be highly proficient and confident at what you do, have the time and dedication to devote to the course and want to be a busy professional reflexologist earning a good income, then I believe it is worth the initial outlay in time, money and effort to study to Level 5.

If you have any questions not answered on this page, please contact the college.

9. Testimonials

I enrolled onto the Level 5 Diploma in Practitioner Reflexology at In-Spires Reflexology College in April 2021. From day one Ruth was warm, welcoming and enthusiastic and her teaching style was fun and engaging. I looked forward to my Tuesdays in college, seeing the group and what the day had in store for us. In-Spires Reflexology College was easy to locate with parking across the road in a multi-story car park. I especially remember when we covered hand reflexology and we were all in Ruth's garden, reclined in our La Fuma's under the cool of the trees, practicing and learning this part of the course. Just one of many happy memories of my time on this course. Do not be under any illusion that this is an easy course, it requires commitment, planning, time & determination but Ruth is amazing at supporting you through any wobbles – I

had a few - cheering you on and guiding you in the right direction. For this I am truly thankful, it was the best year ever and has seen me on to set up my own business in Reflexology – CB

Training to become a reflexologist though In-Spires Reflexology College was the best decision I have ever made. Ruth is an amazing tutor and always on hand to offer support where needed. I cannot recommend this course enough. – EP

My journey to becoming a reflexologist began at In-Spires Reflexology College, where I had the privilege of learning from Ruth Hodgkiss, an expert and supportive tutor. I was looking for a new career path that would allow me to help others and fulfil my passion for reflexology. I did not have any prior medical knowledge, but that was not a problem. The course was designed to teach me everything I needed to know, from the theory behind reflexology to the practical skills of applying it. I enjoyed every lesson, as I got to practice with my fellow students, who shared my enthusiasm and became my lifelong friends. Ruth's classroom was a bright and comfortable space, where I felt welcome and inspired. She was always there to guide me, answer my questions, and encourage me to achieve my goals. Even after I graduated, she continued to offer me her support and advice. Thanks to her and the course, I am now a successful self-employed reflexologist, who loves making a positive difference in people's lives. I am so grateful for the opportunity to study at In-Spires Reflexology College, and I highly recommend it to anyone who wants to pursue a rewarding career in reflexology. – CW

I trained with Ruth for my Level 5 and it's without a doubt one of the best things I have done. The course content is so detailed and Ruth is the most professional tutor, yet so friendly and supportive. The learning environment really welcoming and I thoroughly enjoyed classes. She has always been there after finishing too and has continued to advice when I've needed it. - SR

10. IQA Comments

IQA Summary Comment:

The Learners were clearly extremely well instructed both theoretically and in practical application. Ruth demonstrated great knowledge and her approachable and supportive style of instructing was a delight to watch ... and made me want to be one of her students! Congratulations and thank you and your Learners for welcoming me into your classroom ~ SE

Learners have found their tutor to be very approachable and positive throughout the course.

Feedback is always very constructive, thorough and guiding. CM

They were all very positive about the delivery of the course, and said the learning material provided throughout has been exceptional. They have enjoyed and valued every part of the course.

This was a very positive visit. CM

All learners expressed how happy they have been throughout the course and how well supported they have been. CM

I look forward to supporting you on your reflexology journey!

