

Continuing Education: *Important for the growth of the profession*

In alternative health care, we, the care givers need to remember to routinely recharge our batteries in order to be the support our clients need when they come to see us. There are many ways to recharge, and continuing education is one of them.

While vacations and time off are important too, fueling the love for the profession and your passion for learning can be equally nurturing. Over the long run learning possibly more so. If the skills and tools you add to your tool belt offer longevity to the physical demands of the profession. There is a wide array of high quality programs available. Many can be incorporated into your practice to better facilitate serving the needs of your client base. Some of these may not be directly related to reflexology, which does not make them any less beneficial as an aspect of your practice. Where this becomes relevant is as you tally CEU's.

Continuing Education Units (CEU's) are a common requirement for many allied health professionals. Our CEU's require continuous growth in the field of Reflexology and fields that closely support it. This not only helps us as practitioners to grow and expand our private practice, but also supports the growth and expansion of the profession. It perpetuates a higher level of training and awareness among ourselves, and our clients become accustomed to this high standard of care and skill. This is exactly the word of mouth we want on the street when people talk about Reflexology.

Some tools are more directly supportive of the profession, and these are referred to as category "A". Skills that are somewhat less directly related to reflexology are referred to as category "B".

Some examples of a Category "A" CEU include further courses, readings or group discussions in any of the following area:

- Reflexology***
- Acupressure***
- Hot and Cold applications***
- Deep muscle***
- Infant Reflexology***
- Hand Reflexology***
- Foot anatomy***
- Pathology study***

Taking a techniques class, or hospice training to apply reflexology in a new way, or to a new client group would be a category A CEU. Taking a hydrotherapy CEU from your old Reflexology school to incorporate a steam chest, frozen towels, contrast treatments or foot soak would also be something to build your Reflexology session into a more diverse treatment. Your Reflexology school likely offers a wide range of CEU's to help you tailor your treatments to your desired client base or brush up on techniques. If you haven't gone back to their website recently, do, or be sure to check through In Touch for great CEU's programmes offered by schools throughout the province.

CEU's can be courses, and indeed, many of us being kinesthetic in nature, and LIKE to learn by touch, seek out hands on classes, but book learning is also an acceptable form of acquiring knowledge and CEU's.

Did you learn Reflexology by the Ingham method? Have you read Kuntz or vice versa?

Did you know some schools teach Reflexology to begin on the right foot and work to the left, while others work both feet by system (circulatory, digestive, etc). Exchanges where you are learning new methods of applying reflexology can also be documented in the RRCO recording sheets and used as CEU's. Book club meetings with peers, whether in person, or via Skype can earn CEU's. Gatherings where a peer who attended a conference shares what they learned...there are many dynamic ways to learn. The CEU program just asks that you choose, on an ongoing basis, to continue to develop yourself as your practice matures. The first and last question when wondering what you should spend your CEU time on should be "how will this enrich my practice?"

Examples of a Category "B" CEU include:

Ear Reflexology
Face Reflexology
Scalp Reflexology
Hot Stone
Shiatsu
Traditional Thai
Tui Na
Aromatherapy
Labour Support (Doula)
Yoga
Reiki

Category "B" training drifts a bit farther from the core of foot reflexology – which is what RRCO addresses. This does not make them any less worthy, it simply means, as we stake claims at garnering more insurance benefit respect, and advance the field, these areas of training won't further that path as directly. This is why a focus is placed on Category "A" skill sets. Over a 5 year period (this first ending in the fall of 2019 at renewal time) You are asked to log 20 hours. 15 of which are Category A. By reading In Touch and answering the annual CEU questions, you automatically earn 5 Category A CEU's.

Not sure where to begin? There is a Self Assessment Tool provided on the RRCO CEU resource page <http://rrco-reflexology.com/ceu-resources/> which is simply for your use. You do not need to send this to anyone. It covers competencies that are valuable for a Reflexologist to have training and proficiency in. As you read through, you can identify for yourself areas you may wish to seek further knowledge, so that you as a whole, are well balanced in your scope of knowledge.

A relevant concept that should not be forgotten is that this CEU structure is an honour based system. Learning is not meant to be a punishment, simply a continuation in our field of a recognized standard. Working with this system is for your betterment, and helps you grow in a self-directed way, since you know your needs best.

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CEU questions for review.

- 1) Do all CEU's have to cost money?
- 2) What are various ways you can learn and earn CEU's?
- 3) Does the RRCO choose which courses you take? Please explain
- 4) Where are CEU forms and resources found?
- 5) List 5 areas of interest for you to look into CEU's.