

The following are some examples of how a practitioner could acquire CEU's in a given category. This is intended to help practitioners understand the new CEU system, and is NOT an exhaustive list. There are many other opportunities for CEU gathering. As intelligent, autonomous decision makers and therapists, practitioners ought to be given reasonable and responsible latitude as they perform self-evaluations and choose directions for education.

## **Category A Competency examples:**

### **Business Development**

- *take an on line course in website design and launch your new business website*
- *attend a small business seminar at your city hall Enterprise Centre* ○
- *Read a business book for health care practices*
- *meet with an accountant and learn how to set up accounting software for your company*

### **Client Relations**

- *Read "Getting to Yes" (working with difficult people, creating win-win scenarios)*
- *meeting with a mentor, identifying successful ways they have managed client relations*

### **Interprofessional Relations**

- *Attend team meetings at a multidisciplinary clinic where you work*
- *Attend an AGM or a conference i.e. the annual "One Conference" attend lectures in Niagara Falls*

### **Problem Solving and Decision Making**

- *Read Cidalia Paiva Ethics and Professionalism and apply the 7 step model in your clinic decisions*
- *Sit on RRCO council and help drive the profession forward* ○
- *Participate on Facebook chats and Blogs*

### **Records Management**

- *Meet with Reflexology peers and discuss record keeping tips*
- *Meet with interdisciplinary peers and inquire to their record keeping habits, standards and request samples of blank forms to further develop your own record keeping*
- *Download a trial software package for electronic records management (client files or your financial business tracking)*

### **Government in Health Care**

- *Research how reflexology is viewed in our current health care system*

### **Self-Management**

- *Attend a yoga class and focus on areas prone to tension or fatigue from your practice*
- *Develop a success plan for self-care and integrate it into your day to day*

### **Anatomy/Physiology**

- *Run through the on line tutorial CD from the Tortora text book you and a co-worker share*

### **Pathology**

- *Meet up with a registered foot nurse and ask to borrow his/her favorite pathology text*
- *Take an evening course at the local college in pathological presentations*

### **Reflexology Theory**

- *Search the interactive learning tools on the Kunz website and review your knowledge*
- *Call Reflexologists in your city that learned at a different school and set up exchanges. Experience self care, new ideas and discuss your unique differences.*

### **Reflexology Techniques**

- *Take a refresher class at a your school, or a different school to learn from a different perspective*

### **Client Assessment**

- *Read a text on foot and ankle assessments*
- *Attend a course or workshop in manual assessments and treatment of the foot*
- *Learn a new assessment like taking Blood Pressure readings and implement in your clinic*

### **Remedial Exercise**

- *Take the Can Fit Pro training certification*
- *Meet with a trainer and design a foot stretch and strengthen routine for client care suggestions in your clinical practice*
- *Make or purchase stretching booklets to provide to clients for home care routines*

### **Health-care Services Knowledge**

- *Read news articles relating to health care, alternative health care and health trends both in your local community and in the larger global community*
- *Become an examiner for the RRCO and increase your awareness of legislative requirements*

### **Public Health**

- *Review health Canada brochures on topics like SARS, and ensure you have barriers like gloves and masks available in your clinic as well as procedures in case an outbreak occurs*

# Category A Modalities

## Foot Reflexology

- *Read a new text (i.e. Ingham or Kunz)*
- *Design a new learning tool or chart for foot Reflexology* ○
- Lead a refresher review*
- *Revise a reflexology curriculum*
- *Read research*
- *Write an article for journals or a newsletter on Reflexology* ○
- Teaching or TA a certification class (first time only)*
- *Write a letter to the editor with your questions about aspects/problems you've had in your private practice.*

## Acupressure

- *Read, review or conduct research and present for publication*

## Cold Packs/ Hot Packs

- *Research an on-line program on hydrotherapy applications*

## Deep Muscle

- *Participate in an exchange with a practitioner trained in Rolfing or another deep tissue therapy*

## Infant Reflexology

- *Take a book out of the library on the theory of infant reflexology*
- *Attend a workshop or class and receive certification*

## Hand Reflexology

- *Present information or a book review on hand reflexology at a local peer meeting*
- *Listen to a blog talk radio presentation*

# Category B modalities

## Ear Reflexology

- *Interview a therapist trained in Ear reflexology and write an article from the interview for publication in the RRCO "In Touch"*

## Face and Scalp Reflexology

- *Sit on a research panel and contribute your own knowledge*
- *Read a text on facial reflexology and write a book review*

**Hot Stone**

- *Take a hands on course*
- *Assist a hot stone instructor in developing a reflexology hybrid course specifically for Reflexologists*

**Shiatsu**

- *Sit on a Shiatsu association committee as a public member*
- *Watch a webinar on the modality*

**Traditional Thai**

- *Attend an association presentation*

**Tui Na**

- *Review a DVD and do a write up for publication in “In Touch”*

**Aromatherapy**

- *Instruct an aromatherapy workshop for reflexologists (so long as you are trained to do so!)*

**Labour support (doula)**

- *Team up with a midwife and/or volunteer with at risk mothers for labour support via foot therapy to manage pain and support the new mother*

**Note**

\* Some activities will fit into more than one criteria (i.e an exchange could count towards Reflexology Theory and Techniques). So long as you are recording it relevantly, do not worry that it could be listed in several categories...and only list it once.

5 CEU's in Category A competencies and modalities are the minimum requirement in each year of the CEU's you must complete, BUT, Category B modalities are not mandatory, however you can record up to five (5) category B CEU's towards the 15 CEU's needed per three (3) year program