

# PROSPECTUS 2011

## THE INTERNATIONAL ACADEMY OF REFLEXOLOGY & MERIDIAN THERAPY

Established 1983



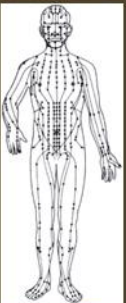
PO Box 3748, 2128 Rivonia  
Tel: +27 (0)11 807-7184 Fax: +27 (0)86 671-3401  
E-mail: [info@dougans-international.com](mailto:info@dougans-international.com)

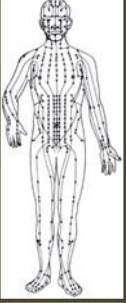
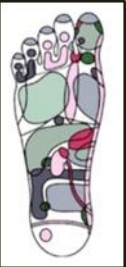
Websites: [www.reflexologycourse.co.za](http://www.reflexologycourse.co.za) & <http://www.dougans-international.com>

**Registered by the Department of Education for the qualification/s as shown on  
certificate nr 2000/HE07/014**

**Principal: Inge Dougans**

*'The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the causes of disease' – THOMAS EDISON*





## WHAT IS REFLEXOLOGY AND HOW DOES IT WORK?

Reflexology works on the premise that all organs in the body have reflexes in the feet. By stimulating these reflexes we are stimulating the body to heal itself. Reflexology maps the feet, including the toes, as a mirror concept of our body organs.

Reflexology is a gentle art, a fascinating science and an extremely effective form of therapeutic foot massage that has carved an impressive niche in the field of complementary medicine. It is a science because it is based on physiological and neurological study; and an art because much depends on how skillfully the therapist applies his or her knowledge.

As a general understanding, the science of our profession states that where there is sensitivity in a reflex area would be an indication of stress or weakness in the corresponding organ or body part. The goal of reflexology is to trigger the return of homeostasis – a state of equilibrium or balance. The most important step towards achieving this is to reduce tension and induce relaxation. Relaxation is the first step to normalisation. When the body is relaxed, healing is possible.

As a holistic therapy, reflexology aims to treat the body as a whole and endeavours to get to the root cause of disease and treat this, not the symptom. For best results the participation of the patient is required. Ultimately the Reflexologist is not responsible for the patient's health.

# INTRODUCTION TO THE ACADEMY

The International Academy of Reflexology & Meridian Therapy (Pty) Ltd (IARAMT) was established in South Africa by Inge Dougans in 1983. Inge qualified as a reflexologist in Copenhagen, Denmark during April 1981. In October of that year she immigrated to South Africa and opened a private reflexology practice. She began teaching in 1983 and established what was to become the first International Academy of Reflexology incorporating Chinese Meridian Theories and Philosophies. Uniting Western and Eastern insight into the Meridians and the Five Elements has given the Academy a high reputation worldwide for its unique approach.

Inge Dougans has been a published international author since 1990 and her books have been translated and published into many different languages.

Inge's latest book: Reflexology, the 5 elements and their 12 meridians – a unique approach, published by Thorsons UK, is the main text book at the Academy. This book – together with amazing Learner Guide Books and teaching materials is giving the Academy a high standard in the international realm of Reflexology.



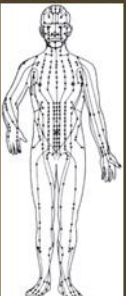
## Vision Statement

The International Academy of Reflexology & Meridian Therapy (Pty) Ltd. aims at providing a high standard of professional training and development in the field of Reflexology.

## Mission Statement

The International Academy of Reflexology & Meridian Therapy (Pty) Ltd is committed to:

- Providing highly qualified and competent lecturers within the field of Reflexology.
- Providing quality education facilities for learning in Reflexology to all learners residing in South Africa, neighbouring countries as well as other countries around the world, through contact mode as well as distance e-learning.
- Providing the learner with a high standard of knowledge and practical skill in order for him/her to become a competent health professional within an exemplary and professional code of conduct.
- Providing assistance to the learners in applying for registration with the Allied Health Professions Council of South Africa, albeit learner registration or full registration as a qualified therapist.
- Encouraging the qualified graduate to continuously contribute to the development of the field of Reflexology, by means of data gathering, case history documentation and research.
- Encouraging the qualified graduate to contribute to the South African society by means of community work.
- Promoting Reflexology as a preventative health therapy and making it available to South African residents of all ages and all backgrounds, and in so doing contribute to their overall improved health and well-being.



# ACCREDITATIONS

## 1. REFLEXOLOGY AS A HEALTH PROFESSION:

The Allied Health Professions Act, 1982 (Act no. 63 of 1982, as amended in 2000), was promulgated on 12 February 2001. The amendments established the opening of new registered professions – one being REFLEXOLOGY.

The AHP's Act states the following in the regulations (regulation 45.10) with regards to minimum requirements for curricula, which will allow for full registration with the Allied Health Professions Council of SA on successful completion of the course; this will afford you the opportunity to legally start up your own practice once you have received your registration number from Council.

A person who wishes to register as a Therapeutic Reflexologist in terms of the Act shall pass at an educational institution a Therapeutic Reflexology Diploma which shall consist of at least-

(a) The major subjects of-

1. Anatomy;
2. Pathology;
3. Pathophysiology;
4. Physiology;
5. Practical Therapeutic Reflexology; and
6. Theoretical Therapeutic Reflexology; and

(b) The ancillary subjects of-

1. Business and practice management;
2. Ethics and jurisprudence;
3. \* First Aid;
4. Nutrition; and
5. Patient care
6. Research Methodology

All of the above subjects are covered in our courses, with the exception of \*First Aid. This subject can be obtained at any recognized institution of your choice, or alternatively can be arranged by our offices on completion of your qualification.

Other registered professions governed by Allied Health Professions Council SA:

- Acupuncture
- Aromatherapy
- Ayurveda
- Chiropractic
- Homoeopathy
- Massage therapy
- Naturopathy
- Osteopathy
- Phytotherapy
- Chinese Medicine & Acupuncture
- Unani-Tibb



# ACCREDITATIONS

## 2. THE ACADEMY IS A REGISTERED PROVIDER:

The International Academy of Reflexology & Meridian Therapy (Pty) Ltd is registered by the Department of Higher Education & Training (DoHET) for the qualification/s as shown on certificate Nr 2000/HE07/014 for its 2-year Diploma Course in Therapeutic Reflexology. Should you wish to verify the status, please visit the DoE website at:

<http://education.pwv.gov.za>

(go to DoE Activities, then Higher Education and look for the related document for the register of Private Higher Education Institutions under the relevant Directorate).

## 3. THE PROGRAMME IS ACCREDITED WITH:

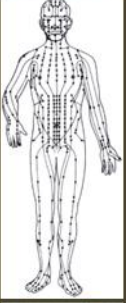
The programme is accredited with Higher Education Quality Committee (HEQC) of the Council on Higher Education (CHE): Level 5, 240 credits: Diploma in Therapeutic Reflexology H/PR407/K001CAN – Website:

<http://www.che.ac.za>

## 4. THE PROGRAMME IS LISTED WITH:

The programme is listed with South African Qualification Authority (SAQA) with the ID number: 36204 - Website at:

<http://www.saqa.org.za>



# STRUCTURE OF THE QUALIFICATION

## YEAR 1 - MODULE 1: REFLEXOLOGY

### COURSE 1 – CREDITS 50 (M1/C1/RHMP)

#### 1.1 History of Reflexology

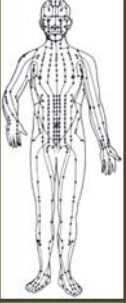
- Explore the centuries by delving deep into the history and foundations of Reflexology and how it has been developed and applied throughout the many civilizations.
- Discover and understand how Reflexology is an important part of Ancient Chinese practices and how the vastly crucial Chinese Meridian System and acupuncture practice originated and was linked to the feet.
- Discover how Ancient Egyptian and Greek culture, as well as Native American culture utilized and practiced the method of Reflexology.

#### 1.2 Principles and Mapping of Reflexology

- Reflexology is a holistic treatment which stimulates the body's own capacity for self-healing.
- The feet are a microcosm of the body and reflex points on the feet correspond with all the body parts and when stimulated helps facilitate and maintain good health.
- Explore specific principles of Reflexology and understand the importance and impact of a properly functioning energy flow within the body.
- Grasp the concept of Meridian Therapy, which is based on the principles of Traditional Chinese Medicine, and how this corresponds within the practice of Reflexology.
- Learn to divide the foot into reflex divisions and connect these to the anatomical divisions of the body; to map the reflexes and connect to the anatomy and physiology of the systems and organs.

#### 1.3 Practical Application

- Practical application of all Treatment Techniques and Skills is to be acquired and understand the basic standards of procedure necessary to be a practicing Therapist.
- Apply and comprehend the various Treatment Techniques ascertained, from how to hold the Foot correctly; to Relaxation Techniques that help calm and relax your patient; various Grips and Finger Techniques and further added Treatment Technique applications used in relation to which part of the body needs to be stimulated, as well as the importance of Therapist Sitting Positions.
- Complete competency of this course and its applications is essential to providing a correct Reflexology Treatment that will provide the intended positive outcome.




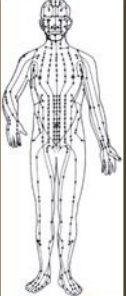
# STRUCTURE OF THE QUALIFICATION



## COURSE 2 – CREDITS 25 (M1/C2/PATC)


### Patient Care

- 
- In-depth Patient Care information and all legal aspects involved in practicing Reflexology in South Africa; responsibilities that rest within the scope of the Therapist's role.
  - Personal and Patient's hygiene and comfort; ideal Treatment Room Set up and knowledge of various Reactions to Reflexology Treatments is covered.
  - Patients with special conditions treated with cautions must be fully understood.



## COURSE 3 – CREDITS 5 (M1/C3/AHPCSA)

### Business (1) - AHPCSA: Act and Regulation


- 
- Clarify and explain the Allied Health Professions Act & Regulations (Act no. 63 of 1982) and any recent amendments.
  - Understanding the legalities of practice is particularly important for the practicing Therapist, in order to practice within the Scope of Practice ensuring that the rules laid out by the regulations are being followed.
  - All learners will be required to register with the 'Allied Health Professions Council of South Africa'.

## **YEAR 1 - MODULE 2: ANATOMY AND PHYSIOLOGY**




## COURSE 1 – CREDITS 40 (M2/C1/AP)

### Anatomical and Physiological functioning of a normal body

- 
- Understand the application of Anatomy and Physiology and explore, investigate and study the basic structure of the body and how it functions.
  - As a Reflexologist you will understand that we do not diagnose illness but rather seek to understand the importance of the underlying pathological disease process.
  - Understand the levels of structural organization that make up the human body and how they are related; classification of the organs of the body into systems and major functions of the systems of the body.

### **NOTE TO THE APPLICANT:**



MODULE 1 AND MODULE 2 ABOVE do not need to be completed in chronological order, but all courses of both modules will need to be accomplished in order to advance to the Second Year Level.

# STRUCTURE OF THE QUALIFICATION

## YEAR 2 - MODULE 3: THERAPEUTIC REFLEXOLOGY

### COURSE 1 – CREDITS 6 (M3/C1/CON)

#### Conditions and Structure of Feet and Hands

- Foot and/or hand deformities and irregularities can affect the reflexes and meridians on which they manifest.
- This, in turn, can affect the corresponding body parts by causing congestion in energy flow, thus possibly affecting the associated organs.
- Learn the various medical conditions; where they manifest; how they change the biomechanics of the body and how to look at the Hands and Feet and assess possible conditions based on this.
- This course information becomes a very important aspect in course 4 – Body Assessments.

### COURSE 2 – CREDITS 12 (M3/C2/MER)

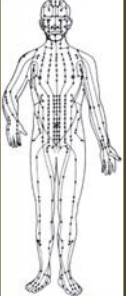
#### Patho-physiology using Chinese Meridian Philosophy

- The concepts of the Meridians are the focus point of many therapies such as Acupuncture.
- Having a thorough insight into Traditional Chinese Medicine from a more Western point of view, and applying our knowledge of patho-physiology at the same time, a different picture emerges from which many of the questions unanswered by Reflexology alone can be solved.
- A clearer understanding as to why certain conditions often go hand-in-hand with one another. For example, it will become evident why patients suffering from Diabetes Mellitus are often also overweight, susceptible to gangrene and have a tendency to seek attention and sympathy from others.
- Typical symptoms, such as thirst and heart palpitations which only in recent years have been recognized by Orthodox medicine, are also explained according to TCM. Identifying Meridian parts, pathways, as well as congestion on the Meridians will help explain the various causes of disease.
- Please visit the link <http://www.vacuflex.com/?p=35> (Typically this is what this course will teach)

### COURSE 3 – CREDITS 12 (M3/C3/ELEM)

#### Emotional Behaviour using the Chinese 5 Elements Philosophy

- Stress and stress related health problems are often blamed on conditions 'outside' the body – rather than 'looking' within.
- When in a healthy state, human beings should be able to feel and express all the emotions as appropriate. Every illness or imbalance is bound up with an emotion. The sound of our voice reflects our emotion.
- Further the Chinese believed that climate had a profound effect on our health and energy. The philosophy of the 5 elements takes us through the various behavioural patterns that emerge when our meridians are congested and our anatomical organs are stressed from wrong life-style choices.



# STRUCTURE OF THE QUALIFICATION

## COURSE 4 – CREDITS 12 (M3/C4/BASS)

### Body Assessments incorporating the Chinese 5 Element & Meridians

- It is estimated that approximately 80 per cent of adults will develop mostly self-induced foot disorders, even though most people are born with healthy feet. There is a tendency to blame foot problems and deformities – corns, calluses, bunions and the like – on ill-fitting shoes. The medical profession, in treating and understanding these feet conditions, often consider the shape of our shoes.
- Knowledge of the meridians and the philosophies of the 5 Elements can help us understand many of the feet, face and hands conditions – as sections of the 12 pairs of meridians are reflected in these body parts. A very powerful course that will give answers to many core health problems. (Course 2 & 3 are essentials before commencing course 4)
- Please visit the link <http://www.exploringhealthonline.com/> (Typically this is what this course will teach you)

## COURSE 5 – CREDITS 9 (M3/C5/RES)

### Research Methodology

- We need to independently seek answers to certain Reflexology related problems. In order to do so there are a variety of methods, procedures and techniques for research, which the learner will be introduced to in this course.
- Understand the concept of Research Methodology, the characteristics of scientific research and have a general understanding of the process of research. Learn to label Research Methodology into three various phases: Conceptual, Empirical and Interactive & Communicative.

## COURSE 6 – CREDITS 25 (M3/C6/LIFE)

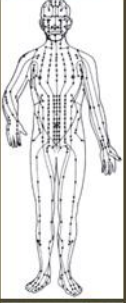
### Lifestyle and Listening Skills

- Before treatment commences a detailed health profile/case study must be taken. Particulars about the patient's health – from physical symptoms, sleeping habits, medication, past health problems to aspects of lifestyle (exercise, nutrition, sleeping patterns etc.) and emotional states are important to understand and note. All problems, even those experienced in the past, must be noted.
- The health profile allows the therapist to focus on the kind of treatment and home care advice that will be appropriate to the patient. However, in order to obtain a meaningful health profile from a patient – effective listening skills is a very important tool. It is the predominant communication activity the Reflexologist engages in.

## COURSE 7 – CREDITS 4 (M3/C7/BUS)

### Business (2)

- The entrepreneur (therapist) is an individual who organizes a commercial undertaking, especially involving certain risks, as they assume the financial risks related to the initiation, operation and management of their business venture (practice).
- The therapist establishes a new practice and follows this idea through until it becomes a reality. To many it seems easy enough to set up a practice, only to find afterwards that they did not budget properly for everything they need or that they do not get the amount of patients they expected. This might be due to poor planning and market research – two vital aspects to look at if you wish for your practice to succeed!



# STRUCTURE OF THE QUALIFICATION

## YEAR 2 - MODULE 4: PATHOLOGY & PATHOPHYSIOLOGY

### COURSE 1- credits 40 (M4/C1/PATHO)

#### Anatomical and physiological functioning when in the diseased state

- General and Systematic Pathology will help you to understand the difference between the two terms. Study and name various disorders and understand the disease process as a whole and how this affects the general state of the functioning body.
- Learn to differentiate between the signs and symptoms of disease and differentiate between the risk factors of disease, the aetiology of a disease and the pathogenesis of a disease. List and explain the different stages through which a chronic disease typically progresses.

### RECOGNISED PRIOR LEARNING

Learners, who have existing and suitable qualifications in Anatomy and Physiology, or Pathology and Patho-physiology, may request exemption from these subjects in order to complete the qualification. The RPL qualification cannot be older than 5 years or a proof of updates must be given. PLEASE NOTE you will need to apply in writing to the Principal, with the relevant supporting documentation of current qualifications attached thereto. Once a decision has been made, you will be advised accordingly in writing.

### ADMISSION REQUIREMENTS

In order to register as a learner at IARAMT for a Diploma course in Therapeutic Reflexology, the candidate must, at the time of the commencement of the course, be:

- In possession **of a grade 12 certificate/ or equivalent** (no university exemption required), **OR**
- The learner must be **at least 23 years of age**, or older.
- As the **primary language of instruction used at IARAMT is English**, all learners must be able to understand, speak, read and write competently in English.
- IARAMT recommends and reserves the right to conduct an interview with the prospective learner, prior to granting admission to registration. In some instances, the prospective learner may be required to write an entrance exam should IARAMT feel this is necessary. The cost for this entrance exam would be at the applicant's expense.
- Where IARAMT is not satisfied with the prospective learner for any reason whatsoever, admission to the institute's learning programme may be denied.
- A privilege will be extended to those who, as a result of a disability or language barrier, are unable to complete the exam in the prescribed time. Extra time will be negotiated and put forward in writing prior.
- If necessary, Dictionaries will be allowed during written exams.

IARAMT highly encourages prospective learners to visit their nearest Campus and obtain information for the relevant course.



## RULE OF CREDIT ACCUMULATION

In order to obtain the *Diploma in Therapeutic Reflexology* – ALL THE ABOVE COURSES HAVE to be completed.

If the learner only obtains some of the courses – they will receive a statement of results including the descriptions of the LEARNING OUTCOMES.

Persons/Learners who already are qualified in a health-profession can apply to be part of any of the courses enhancing their delivery of patient care. A certificate of attendance will be issued for each course.

## MODE OF TEACHING MATERIALS

The teaching materials, assignments and assessments are delivered in “**outcomes based**” approach ensuring the opportunity to discuss, analyse and investigate specific areas of the course. Interaction between facilitator and learner is encouraged and many group or individual projects will create the opportunity to enrich the learners’ knowledge extensively with the guidance of their facilitators. As a proactive training institution we have done everything possible to make the course as enjoyable as possible for you, the learner.

## MODES OF TEACHING

The Academy delivers the courses (qualification) in face-to-face class-mode and or distance e-learning with interactive CD-rooms and web-board communication.

The face-to-face classes are available in mornings or evenings and some of the courses have a few Saturdays involved.

The distance e-learning classes have compulsory workshops involved – currently only at the main CAMPUS - RIVONIA.

## SITES OF DELIVERY

The campus venues meet the health and safety regulations and are equipped with quality multi-media equipment to ensure pleasurable and interesting teaching delivery. Each campus is equipment with a resource centre that includes library facilities and internet access.

# IARAMT LEARNER HANDBOOK

Upon enrolment the applicant will be issued with the Academy's handbook that details campus facilities such as rules and regulations; relevant policies, terminologies, code of conduct, dress code etc. How you can communicate with the office, contact with staff and the lecturers, as well as learner support systems.

## ALUMNI ASSOCIATION

Graduates are encouraged to join the IARAMT Alumni. Registration provides a platform to expand networking opportunities and gain valuable information on nationwide developments in the field of Reflexology as a profession as well as the health industry. International and local guest speakers are invited to host workshops, as well as talks on various health topics.

## CAMPUS INFORMATION

Please contact your NEAREST Campus for time schedules of each course, as well as enrolment forms and current prices and payment options.

<b>HEAD OFFICE, &amp; DISTANCE E-LEARNING</b>	<b>EAST RAND</b>
<p><b>Principal/CEO: Inge Dougans</b> Venue: 68 Wessel Road, Woodmead (Rivonia)</p> <p>Postal: P.O. Box 3748 Rivonia, 2128</p> <p>Tel: 011 807-7184 &amp; 011 807-2167 Fax: 086 671-3401</p> <p>E-mail: <a href="mailto:info@dougans-international.com">info@dougans-international.com</a>, <a href="mailto:info@vacuflex.com">info@vacuflex.com</a></p>	<p><b>Director: Marinda Nel</b> Venue: 23 Highveld Road, Kempton Park</p> <p>Postal: P.O. Box 11192 Aston Manor, 1630</p> <p>Tel: 011 975-6643 Fax: 011 970-2512 Cell: 082 461 4630</p> <p>E-mail: <a href="mailto:marindanel@absamail.co.za">marindanel@absamail.co.za</a></p>
<b>STELLENBOSCH</b>	<b>POTCHEFSTROOM</b>
<p><b>Director: Marian de Jager</b> Venue: R44 Strand Road, Doornbosch, Stellenbosch, 7600</p> <p>Postal: 48 Buitekring, Stellenbosch, 7600 Tel./Fax: 021 883-2522 Cell: 082 783-9829</p> <p>E-mail: <a href="mailto:mariandejager@telkomsa.net">mariandejager@telkomsa.net</a></p>	<p><b>Director: Belinda Scrooby</b> Venue: Technical High School MC Roode Drive, Potchefstroom</p> <p>Postal: P.O. Box 2677 Potchefstroom, 2520</p> <p>Tel. /Fax: 018 299 1833/ 018 299-1827</p> <p>E-mail: <a href="mailto:belinda.scrooby@nwu.ac.za">belinda.scrooby@nwu.ac.za</a></p>