

Postgraduate Certificate Foot Reflexology





Postgraduate Certificate Foot Reflexology

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/medicine/postgraduate-certificate/foot-reflexology

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01

Introduction

According to the WHO (World Health Organization), there is a growing trend towards the use of natural therapies. In fact, this emerging trend has been accompanied by an increase in the application of scientific research methods to studies on the effects of these techniques in specific clinical situations.



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The field of natural therapies is an emerging field of health sciences, which is being incorporated gradually and complementarily to traditional health structures. But in order to be able to respond to this emerging need, it is essential to have an adequate specialization”

The multiplicity of names used to refer to Natural Therapies has led to the existence of different definitions and classifications. The National Center for Complementary and Alternative Medicine (NCCAM) has proposed a pragmatic classification of natural therapies into five areas, according to which Reflexology would fall into the area of manipulative and body-based practices, which emphasize the manipulation or movement of one or more parts of the body under the fundamental belief that all body systems work together in an integrated manner and, therefore, disorders in one system can affect the functioning in other parts of the body. In the case of Foot Reflexology, reflex points located on the feet are stimulated through the application of pressure with the aim of obtaining beneficial reactive effects on other organs and body functions.

This Postgraduate Certificate in Foot Reflexology is a complete program, updated based on the latest scientific evidence and the experience of renowned professionals in the field of Natural Therapies, which establishes the basis and justification of foot reflexology and manual techniques in foot reflexology treatment.

Through PDF and multimedia information, videos, clinical cases and workshops, specialists will be able to familiarize themselves at home with the latest advances and controversial issues of daily life. Our methodological proposal is based on the method From Practice to Theory, creating step by step, within each clinical case, the cognitive bridges that allow a significant learning, which lasts over time and can be carried out Natural Therapies in the professional field.

This **Postgraduate Certificate in Foot Reflexology** is the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ Contains the techniques of Foot Reflexology presented by experts
- ♦ The Procedure developed in real environments are eminently practical and useful to enhance the desired therapeutic action
- ♦ Includes questionnaires and self-assessment exercises on the contents presented to improve understanding of the concepts and enhance learning
- ♦ Video lessons about the different techniques and their approach
- ♦ Theoretical lessons questions to the expert, discussion forums on controversial issues, and individual reflection work
- ♦ The program allows access to content from any fixed or portable device with an Internet connection



Update your knowledge through the Postgraduate Certificate in Foot Reflexology in a practical way and adapted to your needs”

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This program is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Reflexology, you will obtain a university certificate from TECH Global University"

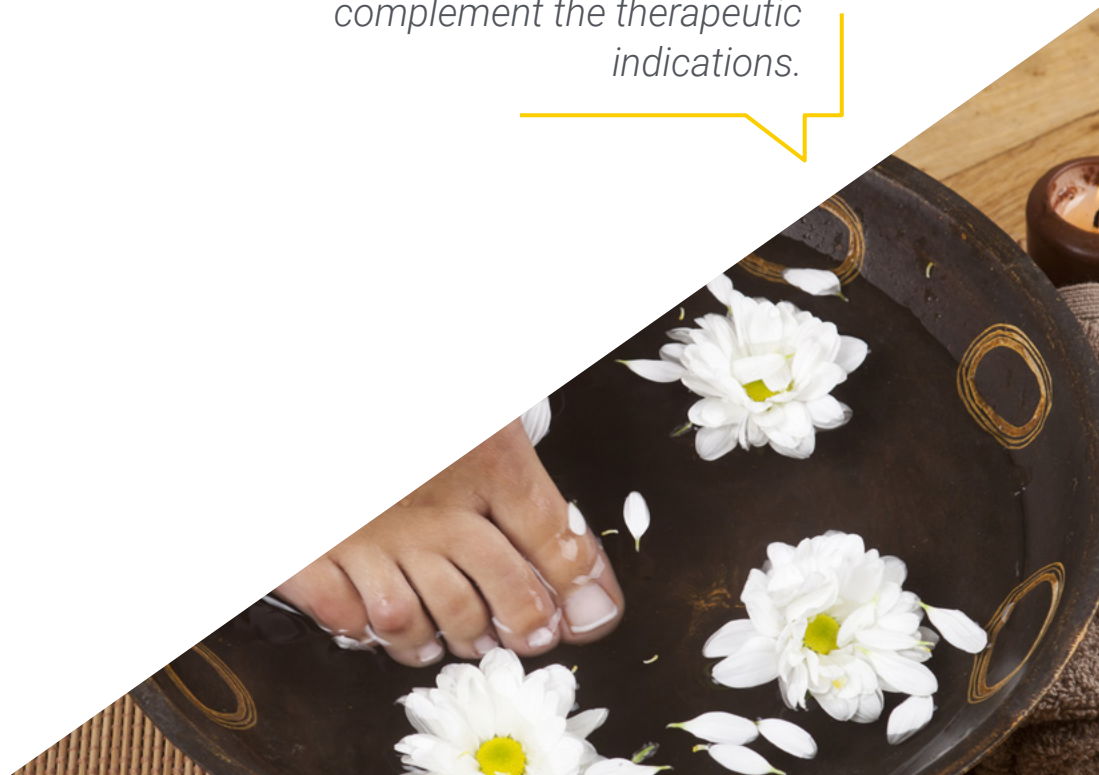
The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

The program includes real case studies and exercises to bring the program's development closer to routine clinical practice.

Take the opportunity to update your knowledge in Foot Reflexology to improve your patient care and complement the therapeutic indications.



02

Objectives

The main objective of the program is to develop both theoretical and practical learning, so professionals can master Foot Reflexology the indication a practical and rigorous way.





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This refresher program will generate a sense of security when practising medicine, which will help you grow both personally and professionally”



General Objective

- Provide the knowledge and skills necessary for the correct development and application of manual techniques in and application of manual techniques in the treatment of foot reflexology as a method to obtain beneficial reactive effects on other organs and body function



Take the opportunity and take the step to get up to date on the latest developments in Reflexology"





Specific Objectives

- ♦ Define the anatomical, biochemical and nutritional functioning of the human body, identifying the different biorhythms and their pathognomonic components
- ♦ Describe the most important components in the basic systems of regulation, symbiosis and homeostasis
- ♦ Apply the scientific methodology as a means for the development of the different procedures and clinical routines, updating all those knowledge and practices that respond to the new trends in Integrative Medicine
- ♦ Describe the anatomy of the foot
- ♦ Characterize the reflexology planes
- ♦ Describe the manual techniques of treatment in foot reflexology to the main pathologies of the human being and their indications
- ♦ Describe the intervention strategies from the applied knowledge of Traditional Chinese Medicine
- ♦ Develop foot reflexology applied to the main pathologies of the human being

03

Course Management

This program includes in its teaching staff health professionals of recognized prestige, and who pour into this refresher program the experience of their work. In addition, other professionals participate in its design and development, giving it its multidisciplinary character.





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*Learn the latest advances in
Foot Reflexology from leading
professionals”*

Management



Dr. Corty Friedrich, Miguel

- Medical Specialist in Public Health
- Medical Director of Clinicas praxis
- Emergency and Repatriation Physician for Germany, Switzerland and Great Britain
- Degree in Medicine and Surgery from the University of Alicante
- Doctorate in Public Health, History of Science and Scientific Documentation from the University of Alicante
- Member of the illustate College of Medical of Alicante



Dr. Rodríguez Picazo, Pedro

- Attending Director, UME clinic
- Director Founder of Medintegra
- Health Coordinator at Colisée
- Doctorate in Health Sciences, University of Alicante
- Degree in Nursing in Community Health from the University of Alicante
- University Specialist in Osteopathy, Kinesiology and Acupuncture by the University of Murcia
- Master's Degree in Advanced Integrative Health and Medicine by TECH Technological University
- ARPN, Sanitary Services by the European University Miguel de Cervantes. Member of: Editorial Board in the Journal Integrative Medicine RS&MI, Board of Directors of the Spanish Society of Integrative Health and Medicine, Member of the European Society of Integrative Medicine and Member of the Society of Integrative Oncology

Professors

Ms. Catalan García, Irene

- ◆ Physiotherapist expert in Global Postural Re-education
- ◆ Physiotherapist at Centro de Fisioterapia Especializada TMJ Marta Zorrilla
- ◆ Physiotherapist at Clínica MUHC Especialidades y Salud
- ◆ Physiotherapist at Cabinet de Kinésithérapie Rieuepeyroux, Aveyron, France
- ◆ Master in Osteopathic Techniques by the Madrid School of Osteopathy
- ◆ Expert in Global Postural Readjustment by the ST Mont Institute of France
- ◆ Expert in Myofascial Induction by the Tupimek School
- ◆ Postgraduate Certificate in Physiotherapy from the Miguel Hernández University

Mr. Maestre Martí, Jorge

- ◆ Professor of Hatha Yoga and Kundalini Yoga
- ◆ Author of the books *Yoga for Children or Reading Comprehension: Melecu Teaching Guide*
- ◆ Degree in Pedagogy

Ms. Zorrilla García, Marta

- ◆ Postgraduate Certificate in Physiotherapy from EUEF Blanquerna, Ramón Llull University of Barcelona
- ◆ Degree in Pedagogy
- ◆ Postgraduate in muscle chains according to the GDS method
- ◆ Muscle chain therapist according to the GDS method by the APGDS training center of Spain and Belgium (member of the Spanish society of APGD)
- ◆ Trained in Mezieres method, RPG, electrotherapy, treatment of myofascial PG
- ◆ University Expert in Tempomandibular Disorders; Craniomandibular Dysfunction and Orofacial Pain by the Faculty of Medicine and Physiotherapy San Pablo Ceu of Madrid

Mr. Castell, Miguel

- ◆ Lecturer and Facilitator in Health topics
- ◆ Professor at EVES
- ◆ Professor at the Official College of Nursing
- ◆ Facilitator at Medintegra Clinic
- ◆ Research Sufficiency in Anthropology by the University of Alicante
- ◆ Degree in Social Anthropology and Cultural from the University of Miguel Hernández de Elche
- ◆ Diploma in Nursing

Mr. Yáñez Barja, Pedro

- ◆ Director of the Fisiomedicin Clinic
- ◆ Professional Master's Professor, San Pablo University CEU
- ◆ Associate Professor Miguel Hernández University of Alicante, Faculty of Pharmacology
- ◆ Diploma in Physiotherapy
- ◆ Diploma in Osteopathy
- ◆ Post-Graduate in Osteopathy Introduction to Posturology
- ◆ Expert in Kinesiotaping and Psychoneuroimmunology, applied to Sport Posturology and Movement
- ◆ Expert in Sports Physiotherapy Universidad de Alcalá de Henares de Madrid

04

Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of training in medical practice, aware of the relevance of the current specialization to be able to act before the patient and committed to quality teaching through new educational technologies.





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This Postgraduate Certificate in Reflexology contains the most complete and updated program in the market"

Module 1. Introduction to Integrative Medicine

- 1.1. Anatomy and Global Anatomical Structure of the Human Body
- 1.2. Chemical Fundamentals
- 1.3. Biology of Life
- 1.4. Microbiology
- 1.5. Psychology
- 1.6. Beliefs
- 1.7. Medical History
- 1.8. Social Life, Behavior and Conduct
- 1.9. Basic Aspects of Integrative Medicine

Module 2. Foot Reflexology

- 2.1. Fundamentals of Reflexology
- 2.2. Foot Anatomy
- 2.3. Basis and Justification of Foot Reflexology
- 2.4. Treatment Indications
- 2.5. Reflexology Planes: Body Reflex Zones in the Foot
- 2.6. Technique of Exploration and Diagnosis
- 2.7. Manual Treatment Techniques in Foot Reflexology
- 2.8. Non-manual Instrumentation
- 2.9. Application of Topical Treatments
- 2.10. Intervention Strategies from the Applied Knowledge of Traditional Chinese Medicine
- 2.11. Foot Reflexology Applied to Main Pathologies of the Human Being





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A unique, key, and decisive educational experience to boost your professional development”

05

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06 Certificate

The Postgraduate Certificate in Foot Reflexology guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



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*Successfully complete this program
and receive your university qualification
without having to travel or fill out
laborious paperwork”*

This private qualification will allow you to obtain a **Postgraduate Certificate in Foot Reflexology** endorsed by **TECH Global University**, the world's largest online university.

Tech Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **Tech Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Foot Reflexology**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present quality
development languages
classroom



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- » Accreditation: 6 ECTS
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- » Exams: online

Postgraduate Certificate

Foot Reflexology

