

American Reflexology Certification Board



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Suggestions for Selecting Your Reflexology Education

You've made the decision to obtain a proper reflexology education and perhaps begin a new career as a professional Reflexologist. Consider taking the following steps as you begin your journey:

- Have a reflexology session yourself from more than one reflexologist. Experience the styles of different people. Ask where they received their training and what method they practice.
- Contact at least three reflexology educational programs and request information on what they offer. Consider contacting those not in your area, as some send instructors to different parts of the country. This will provide you with a broader perspective.
- Review the educational program's material. Note the description of the program, the philosophy, costs and dates of the courses. Check that the program will comply with the minimum criteria to allow you to apply for ARCB certification testing upon completion. (See Choosing A Reflexology Education in Other Resources of our website.)
- Find out the instructor's qualifications. What is the teacher's educational and training background in reflexology? How long has the person been teaching reflexology and where? Does the teacher practice (see clients) on a regular basis?
- Check references for the school with entities such as the Better Business Bureau and other students or graduates.
- Ask whether the program you are considering offers individual sessions with the instructor so your hands-on technique can be critiqued.
- Ask if the school offers more advanced courses once you complete your initial training.