



## Standards of Practice

*“Reflexology is a science based on the premise that there are zones and reflex areas in the feet, hands and ears which correspond to all glands, organs, parts and systems of the body. The physical act of applying specific pressure using the thumb, finger and hand techniques to these reflex areas results in the reduction of stress which promotes physiological changes in the body.”*

The above definition gives a general view of the nature of our scope of practice. The basis of reflexology has a long established tradition, as have many other healthcare professions. Just as massage practitioners should not infringe on the traditional territory of reflexology by way of regulation or practice, neither should reflexology infringe on the practice of any other modality, be it massage, acupuncture, etc. Specific techniques and areas of application define the unique quality of reflexology as opposed to any other practice. This traditional practice of reflexology may seem limiting on the surface, but it is what allows the practitioners the freedom to practice their profession without interfering with or being interfered by practitioners of other professions.

To adequately define reflexology, parameters must be set as to where on the client’s anatomy the Reflexologist can work, with the operative word being “zones”. While these zones and reflex areas exist throughout the body, they are most accessible within the feet, hands and ears. To practice reflexology on areas other than the hands, feet and ears, would constitute an infringement on the territory of other health-care practitioners.

Reflexology is a hands-on-practice. The Reflexologist must receive proper training from a recognized method of reflexology from a reputable reflexology program. Client safety as well as efficacy of application can best be served by the use of the practitioner’s hands, fingers, and thumbs. Tactile sensory feedback is one of the major principles governing the practitioner’s awareness of subtle changes that may indicate areas to be investigated. Some tools may interfere with this feedback, and improperly or carelessly used, pose to a safety risk to the client.

The Reflexology Association of Connecticut’s Standards of Practice are as follows. As a member of RACT and a practicing Reflexologist in the State of Connecticut, I will:

1. Assume responsibility for individual judgments and actions in the course of a reflexology session or series of sessions.
2. Make statement policies regarding scheduling, fee structure, missed appointments, etc., available to my client at the time of their first appointment.
3. Ascertain the client’s expectations prior to the first session and clarify any misconceptions or misunderstandings. I know a definition of Reflexology and can explain what reflexology is and what can be expected before or during the first session.
4. Have the client complete a history form.
5. Have the client read and sign both a consent to session form and client disclosure/informed choice statement before the first session begins.
6. Provide a means of periodic review of myself and my skills by my clients.

7. Work to the best of my ability within my community promoting education and acceptance of reflexology as a viable health service.
8. Abide by all laws governing reflexology practice within the State of Connecticut.
9. Work to the best of my ability for the repeal and/or revision of laws, which are detrimental to the legitimate practice of reflexology in Connecticut.
10. Respect all healthcare practitioners and help them in their understanding of what reflexology is. I will work amicably and ethically with these practitioners to promote health and natural healing.
11. Act in the public's best interest when healthcare and safety are affected by incompetent or unethical practicing Reflexologists.
12. Truthfully and accurately represent my education, training and experience relevant to my practice.
13. Communicate with the public in a truthful and accurate manner. I do not use false, inaccurate or misleading information through personal statements, testimonials, any type of graphic representation or identification with any professional organization. Any credentials, training or claims must be verifiable.
14. Willingly submit myself to appropriate action if I:
  - a. Am convicted of a crime related to my profession as a Reflexologist.
  - b. Continue to practice when I am no longer competent to do so due to physical, mental or emotional impairment.
  - c. Fail to cooperate with the RACT governing body at any point from the beginning of an ethical complaint through the completion of all proceedings with regards to that complaint.
15. Obtain informed, written consent from clients before videotaping, audio recording or permitting third party observation.
16. Not use any initials after my name that would convey a false impression of advanced degrees or training.
17. Not claim to cure or heal ailments, or to treat any specific illnesses on my business cards or in other printed materials. This applies also to any verbal statements I may make.
18. Display Reflexology certification/diploma and association certificates in my office if possible.
19. Have a full and fair disclosure of services, a disclaimer and a notice of complaint available upon request.
20. Keep an appointment book and record of all clients' names and telephone numbers.
21. Make a visual observation of the feet before beginning and adhere to contraindication guidelines.
22. Document each session.
23. Furnish a written receipt upon request.
24. Wash hands and under nails thoroughly before and after a session.
25. Use clean linens for each client.
26. Clearly state when I am using another discipline with Reflexology.
27. Maintain a proper and professional client/practitioner relationship.
28. Only advertise in a proper and professional manner for the purpose of informing the public about reflexology, my qualifications, and areas of specialized practice and the address of my office.
29. Never prescribe, diagnose, prognosticate, treat for a specific illness or adjust client's medication(s).