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The following provides information regarding the RAC Hand and/or Ear Certification Courses. These courses are certification programs and must be completed separately. These courses are a part of a larger curriculum that RAC offers to its members which includes the Foot Reflexology Certification course.

The Course Outline of Study for the Hand and/or Ear Includes:

- An outline of the history of Hand/Ear Reflexology from the past to the present.
- Theory of Hand/Ear Reflexology
- The Structure and function of the Hand/Ear – Anatomy and Physiology
- Anatomy and Physiology review
- The reflexes of the Hand/Ear, their location and what they correspond to.
- Key areas of emphasis for specific conditions – Pathophysiology
- Demonstrations – this will involve hands-on participation from the students in the course
- Hand/Ear Assessments/evaluations
- Charting skills to include: Health Record Form and Observation Form documentation
- Session protocol & Hand/Ear Palpation
- Hand/Ear Reflexology Relaxation and Treatment Techniques
- Practical Sessions: the practical portion is repeated several times throughout the course in order to gain skill in application and evaluation.

The in-class course duration is a total of 14 hours for the Hand course and 14 hours for the Ear course of which the class schedule is offered according to the RAC Teacher who is presenting the course. Upon completion of the course, the student is then required to complete an additional 30 independently documented practicum study sessions to further the level of skill needed to perform the RAC Hand/Ear methodology. This is followed by completion of a Written exam and a Practical exam of which the passing percentage is 80%.

To become a Certified Hand/Ear Reflexologist with the Reflexology Association of Canada, the student must be a Foot Reflexologist and current member of the Association at the time of registration. These courses are also available for interest only (**non-certification**) whereby Foot Certification would not be necessary.

Pre-Requisites - To become a certified Hand/Ear Reflexologist with the RAC, the student must be a Foot Reflexologist (either RAC certified or having completed a course equivalent to RAC training) and a member of the RAC at the time of registration.

If foot training was taken elsewhere, please contact the RAC head office to apply for professional membership. RAC will **accept** non-RAC students into the ear/hand courses **once** they have gone through the professional membership application process and their qualifications have been screened to meet RAC standards. RAC **will not** accept registrations from non-RAC students into the course ahead of schedule to accommodate registration to the ear/hand course if the professional membership application process has not been completed.

RAC course fees (see registration form)

The membership fee is waived if the student already has a current RAC membership.

Method of payment includes, certified cheque, money order, Visa or MasterCard **Note: additional fees may be placed on the RAC course fee according to the direction of the facility that it is presented in.

For registration in a course, the student must contact the Head Office. Forms and details of the course can be obtained from the teacher or the Head Office. All fees are subject to the most current Refund policy in place at the time.

For further information, please contact the Reflexology Association and they will be happy to assist you.

Reflexology Association of Canada Team RAC Professional Development