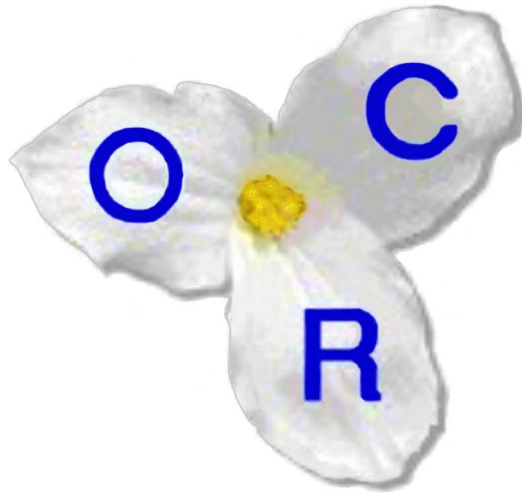


# *Ontario College of Reflexology*



## **Challenge Examination Program**

- for Reflexologists Certified by Other Schools of Reflexology -

### **Ontario College of Reflexology**

P.O. Box 220

New Liskeard, ON

P0J 1P0 Canada

(705) 647-5354 or 1-888-OCR-FEET (1-888-627-3338)

Fax: (705) 648-6247

ocr@ocr.edu    www.ocr.edu



# Ontario College of Reflexology

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ocr@ocr.edu www.ocr.edu

E30 - 0908

## Challenge Examination Program

- available to Reflexologists certified by other schools -

This independent study program is available to Certified Reflexologists from other schools of reflexology who wish to become certified by OCR in the Level I Foot Reflexology Certificate program through the successful completion of the college's written and practical challenge examinations.

- **Challenge Examination fee** - \$175.00 Cdn. plus S&H (does not include membership). Payment accepted will be: Certified cheque, money order, cash or credit card **only**. No personal cheques will be accepted.
- **Includes:** all applicable examination fees, OCR N101 Foot Reflexology comprehensive textbook with chapter summaries and chapter tests, OCR Foot Reflexology chart, and a certificate issued upon successful completion of the examinations.
- **Time to complete all examinations - 6 months.**
- **Written examination** (approx. 2 to 3 hrs) - based on the N101 Foot Reflexology textbook/foot chart.
- **Practical examination** (approx. 1-hr) - based on the N101 Foot Reflexology Foot Procedure. The techniques are similar to that used by other schools of reflexology, but the practical routine starts at the heel, working upward to the toes. This has been found to be very beneficial in a wide variety of ways. A sample of the *Reflexology Health Record* and the *Reflexology Session Record* are required to be submitted at the time of the practical examination.
- **Passing grade** - minimum average of **80%** of both written and practical examinations.
- **100 credits** earned at *Level I Foot Reflexology* upon successful completion of the challenge examinations.
- **Who is eligible?** - The applicant must be certified by a school of reflexology that meet the college's minimum standards. See attached *Schools of Reflexology That Meet OCR's Minimum Standards*. If the student is certified by another school that is not listed, the student may apply by enclosing a copy of the certificate, course curriculum outline and examination results that meet the following minimum standards:
  - minimum 30-hours classroom instruction which includes Anatomy & Physiology
  - minimum 50-hours practicum (at least 50 documented practical reflexology sessions)
  - written examination
  - practical examination.
- **Refund Policy:** None after the application has been accepted by the college. In the event that an application is declined by the college, an 85% refund (less 15% administrative fee) will be issued.
- **Membership fee** (optional) - Associate level or OCR Certified (when completed program) with Referral Listing option: \$55.00 Cdn. in Canada, or \$65.00 US in USA or \$75.00 US Overseas.

Other applicable forms:

- Challenge Exam Application Form (E31)
- Schools of Reflexology That Meet OCR's Minimum Standards (C14)
- Challenge Examinations Instructions for Certified Reflexologists (E32)
- Guideline to the Practical Examination by Video (E26A)
- Membership Application Form (M01)



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## Challenge Examination Application Form

for Reflexologists certified by other schools

E31 - 0706

Name:		<p><b>The undersigned hereby acknowledges and accepts full responsibility for payment of this application and any additional costs including collection agency costs should my payment not be accepted by my financial institution for any reason. I have read and accepted the terms of the <i>Refund Policy</i>.</b></p> <p>Date: _____</p> <p>Signature: _____</p>
Address:		
City:		
Prov/State:		
P.C./Zip:		
Country:		
Res. Tel.#:		
Bus. Tel.#:		
Fax #:		
Email:		

**Enclosed:** \* Price in \$Cdn & subject to change without notice

Copy of certificate by a school of Reflexology that meet OCR's minimum standards and/or supporting documentation.

Challenge Examination fee\* of \$175.00 Cdn. plus S&H (see below)

\*Add:  S&H fee of \$15.00 in Canada  S&H fee of \$25.00 in USA  S&H fee of \$50.00 for Overseas

**Payment:** \* Credit card payments will be made in Cdn. funds.

**Certified Cheque** / Money Order      Amount Paid: \$ \_\_\_\_\_ Cdn. Funds

Cash

VISA\*      Acct.#: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

MasterCard\*

Amex\*      Signature \_\_\_\_\_ Name on Card: \_\_\_\_\_

Office Use Only	Date Received	Amt. Paid	How Paid	Student. #	Rec. #	Membership?	Date Sent



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Form C14-0706

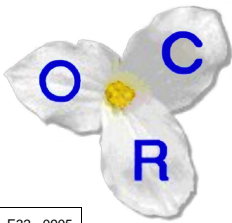
## Schools of Reflexology That Meet OCR's Minimum Standards

The following is a list of schools of Reflexology that meets the college's minimum standards as a prerequisite for the **Challenge Examination Program**:

- Academy of Deep Muscle Therapy - *Aylmer, Ontario*
- Academy of Natural Therapies (J. Paris) - *Nepean, Ontario*
- Alzner School of Reflexology and Deep Muscle Therapy Inc. - *London, Ontario*
- Bayly School of Reflexology - *England*
- British School of Yoga - Reflexology Program - *Australia*
- Canadian College of Holistic Health - *Richmond Hill, Ontario*
- Canadian College of Natural Healing - *Ottawa, Ontario*
- Canadian Council of Professional Certification - *Toronto, Ontario*
- Centre d'Etude de Réflexologie (CER) - *Brussels, Belgium*
- Center of Reflexology and Research (C.O.R.R.E.) - *Greece*
- D'Arcy Lane Institute - *London, Ontario*
- Davey School of Natural Healing - *Peterborough, Ontario*
- Dunlop Wellness & Rehabilitation - *Richmond Hill, Ontario*
- Fairbrass School of Complementary Therapies - *Gloucester, Ontario*
- Godelman Center of Complementary Medicine - *Ashdod, Israel*
- Health Secrets - *Thornhill, Ontario*
- Holt School of Natural Healing - *Bolton, Ontario*
- International Academy of Advanced Reflexology - *Easton, Pennsylvania*
- International Academy of Natural Health Sciences - *Ottawa, Ontario*
- International Institute of Reflexology - *Florida, USA*
- Limestone School of Natural Healing - *Kingston, Ontario*
- Modern Institute of Reflexology - *Denver, Colorado, USA*
- Natural Health Science College - *Athens, Greece*
- Packard School of Nutrition - *Sudbury, Ontario*
- Reflexology Association of Canada - *Winnipeg, Manitoba*
- Reflexology Registration Council of Ontario - *Collingwood, Ontario*
- Reflexology Research Project - *New Mexico, USA*
- Touchpoint, Canadian Institute of Reflexology and Kinesthetics - *B.C.*
- Victorian School of Reflexology - *Australia*
- Wholistic Learning Centre - *Kemble, Ontario*
- Wholistic Therapies School - *Palgrave, Ontario*

**Note:** If your school is not listed, you may submit a copy of your certificate, the course curriculum outline and examination results that meet the following minimum standard:

- minimum 30-hours classroom instruction which includes Anatomy & Physiology
- minimum 50-hours practicum (at least 50 documented practical reflexology sessions)
- written examination
- practical examination.



# Ontario College of Reflexology

## Challenge Examinations Instructions For Certified Reflexologists

### Written Examination:

- **Nearest Examiner Within 100 Miles:** Contact a teacher or examiner nearest to you to arrange a date to complete your N101 Foot Reflexology written examination. During the examination period, books or charts are **not** allowed (exceptions to this rule are dictionaries and language translation books) and only writing tools are permitted (such as pens, pencils, erasers, etc.). Bring with you, your letter of *Examination Authorization* and present it to the examiner. Allow up to three (3) hours to complete the written examination.

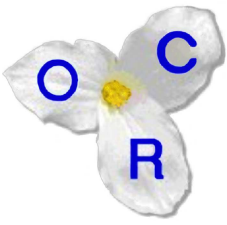
- **Proctored Examination:** In case of a nearest examiner being too far away from you, you may select a volunteer who is willing to proctor your N101 Foot Reflexology examination for consideration by the Ontario College of Reflexology. You must provide the proctor's name, address and telephone number to the college. **Such proctors must be a professional or a trustworthy volunteer who is not related to you by either blood or marriage.** The proctor shall also not be a student of the college or have plans to continue their education with the college. We will mail a sealed envelope containing the written examination and instructions to the proctor. You may arrange for an examination date suitable with your proctor. During the examination period, books or charts are **not** allowed (exceptions to this rule are dictionaries and language translation dictionaries) and only writing tools are permitted (such as pens, pencils, erasers, etc.). Allow up to three (3) hours to complete the written examination.

### Practical Examination:

- **Nearest Examiner Within 100 Miles:** Contact a teacher or examiner nearest to you to arrange a date to complete your practical examination. The practical examination consists of giving the examiner a complete foot reflexology session based on the foot reflexology procedure as outlined in the N101 Foot Reflexology Course textbook. During the examination period, only materials required for the practical examination will be permitted (such as towel, oil and wipes). The examiner will **not** provide these materials. Bring with you, your letter of *Examination Authorization* and present it to the examiner. Also, provide to your examiner your sample *Reflexology Health and Session Record*. Your sample Reflexology Health and Session Record will **not** be returned to you but will be kept on file by the Head Office. Allow up to an hour to complete the practical examination.

- **Videotaped Examination:** (See Guideline to the Practical Examination by Video) In case of a nearest examiner being too far away from you, you may choose to have your practical examination videotaped if accepted by the college. This consists of giving a volunteer a complete foot reflexology session based on the foot reflexology procedure as outlined in the N101 Foot Reflexology Course textbook while your work is being videotaped with no open books or charts visible to the student. Video taping and costs involved is the responsibility of the student. Only VHS, VHSc or mini-digital North American video format will be accepted. Upon completion of the practical examination, send the video tape and sample *Reflexology Health and Session Record*. Your sample Reflexology Health and Session Record will **not** be returned to you but will be kept on file by the Head Office. Allow up to an hour to complete the practical examination.

**Note: You have six (6) months to complete all examinations.**



# Ontario College of Reflexology

## Guideline to the Practical Examination By Video

E26A-0402

**Do not attempt the practical examination by video unless you have a firm knowledge of the foot routine. This is a practical examination and you should be prepared to perform the foot routine as a professional and as though this was a “live” practical examination.**

**The following format is required to be followed when video taping your practical examination - marks will be deducted when the work is not clear enough to be seen:**

1. Start of the video tape: The student acknowledges the washing of hands, “*I have washed my hands before starting.*”
2. The student introduces self and the volunteer client.
3. The student takes the volunteer client’s health record (volunteer client’s health record sheet is to be filled out before the start of the video tape - do not video tape while the volunteer client is filling in the health record sheet but it is expected that the review of the volunteer client’s health record sheet by the student is video taped.)
4. The student examines the volunteer client’s feet for foot problems (explain what they are doing).
5. The student talks his/her way through the entire session.
6. The student performs warm-ups - explains.
7. The student explains what is being done. For example, - the *Relative to Solar Plexus Reflex* (is located in the center of the diaphragm reflex) is worked to remove stress - then show where it is and how to work it. The pituitary gland reflex is then worked (show how to find it), then how to work it.
8. The student continues with the spine reflex with the full explanation of what he or she is doing.
9. The student then continues through the routine from the back of the foot forward, explaining each reflex, how to find it and how to work it.
10. After completion of the right foot, then the left foot is started, explaining each move throughout the routine.
11. After completion of both feet, the student applies olive oil (optional) to the volunteer client's feet and excess oil is then wiped off the feet.
12. The *Solar Plexus Push Technique* (optional) is applied to both feet.
13. The student then feathers touches both feet (sides, back and sole).
14. The student dismisses the volunteer client with thanks.
15. The student acknowledges to wash hands, “*I am going to wash my hands now.*”
16. End of video tape.

### **Notes:**

- **Be sure that your name and student number is marked clearly on the video tape.**
- Be sure that your Reflexology Health and Session Records are enclosed.
- While video taping, ensure that there is a clear view of the student’s hands at all times (avoid obstructions such as elbows, etc.). The examiner marking your video tape must be able to see the student’s work at all times, otherwise marks will be deducted. A volunteer may be required to move the video camera to provide an unobstructed view and as well as a clear view of the reflexes worked.
- Ensure that the audio is clear at all times so that the examiner will be able to hear the student’s explanations. **Avoid background noises such as voices, dog barking, radios, etc.**



# Ontario College of Reflexology

## Membership Application Form

M01-0908

Please PRINT or TYPE:

Today's Date: \_\_\_\_\_

Name:	
Address:	
City/Town:	Prov/State:
P/Zip Code:	Country:
Res. Tel#: (        )	Bus. Tel#: (        )
Fax Tel#: (        )	Email:
Date of Birth: Month        Day        Year	Profession:

### Chart of Membership Rates Including Newsletter Postage

✓ Please **select** desired option: (**printed newsletter** OR **electronic newsletter**)

**Note:** Membership Year starts in the month joined.

Please check ✓ <input type="checkbox"/> Associate <input type="checkbox"/> Student <input type="checkbox"/> OCR Certified	<input type="checkbox"/> <b>Membership and Printed Newsletter including postage</b>	<input type="checkbox"/> Canada - \$55.00 Cdn.	<input type="checkbox"/> <b>Membership and Electronic Newsletter (Internet)</b>	<input type="checkbox"/> Canada - \$50.00 Cdn.
		<input type="checkbox"/> USA - \$65.00 Cdn. - \$65.00 US		<input type="checkbox"/> USA - \$50.00 Cdn. - \$50.00 US
		<input type="checkbox"/> International - \$75.00 Cdn. - \$75.00 US		<input type="checkbox"/> International - \$50.00 Cdn. - \$50.00 US

If accepted for membership in the Ontario College of Reflexology, I agree to promote and adhere to the principles and objects of the College as set forth in its By-Laws, Policy & Procedures and Code of Ethics.

Signature: \_\_\_\_\_

Please send to:  <b>Ontario College of Reflexology</b> P.O. Box 220 New Liskeard, ON P0J 1P0 Canada  Tel: (705) 647-5354 1-888-OCR-FEET (1-888-627-3338) Fax: (705) 648-6247 Email: ocr@ocr.edu  <b>*Note:</b> Credit card payment will be processed in \$ Cdn. only.	<b>Payment Options</b>	<input type="checkbox"/> Cheque/M.O.	<input type="checkbox"/> VISA *
		<input type="checkbox"/> MasterCard *	<input type="checkbox"/> Amex *
	Amount:	\$ _____ <input type="checkbox"/> Cdn <input type="checkbox"/> US	
	Acct. #:	_____	
	Exp. Date:	_____	
	Name on Card:	_____	
Signature:	_____		

Office Use Only	Date Received	Amt. Paid	How Paid	Memb. #	Rec. #	Date Sent