

Continuing Education Classes 2010 Overview

Class Subject	Date	Day	CE Hours	Instructor
1. World Reflexology	Jan 30-31	Sat & Sun	12	Bill Flocco
2. Anatomy, Physiology, Pathology and Biomechanics of the Feet, Hands	Mar 27-28	Sat & Sun	12	Lisa Chan
3. Energy Healing & Aura Balancing	Apr 24-25	Sat & Sun	12	Holdaway & Unegbu
4. Cancer and Coronal Foot Reflexology	Jun 12-13	Sat & Sun	12	Lee Anthony Taylor
5. Thai Foot Reflexology	Jul 24-25	Sat & Sun	12	Michele Martin-Cuatt
6. Condition Specific Foot Hand Ear Reflexology for Kidneys, Large Intestine, Spine, Prostate and Asthma *	Aug 28-29	Sat & Sun	12	Paul Harvey
7. Visualization & Intentionality for Healing	Oct 16	Sat	6	Lisa Chan
8. Spa Foot Hand Ear Reflexology *	Oct 17	Sun	10	Lisa Chan
9. Sports & Workplace Foot Hand Ear Reflexology *	Dec 11-12	Sat & Sun	14	Bill Flocco

Prerequisite * Beginning Foot Reflexology from a hands-on school

Times: 6 & 12 Hour Class 10 AM-5 PM. 10 Hour Class 9:00 AM-8:00 PM. 14 Hour Classes 9 AM – 5 PM

Fees: 6 Hour Class \$100 three weeks early, \$110 thereafter. 12 Hour Classes \$200 three weeks early, \$220 thereafter. 10 Hour Class \$165 three weeks early, \$180 thereafter. 14 Hour Classes \$240 three weeks early, \$260 thereafter.



The following statement applies only to this section of the catalog.

“We are registered with the State of California. Registration means we have met certain minimum standards imposed by the state for registered schools on the basis of our written application to the state. Registration does not mean we have met all of the more extensive standards required by the state for schools that are approved to operate or licensed or that the state had verified the information we submitted with our registration form.”

As a Licensed School under the State of California (School Code 1929551), the American Academy of Reflexology has met all of the more extensive standards required by the state, and as such also offers the Approved classes - the 150 Hour Integrated Foot Hand Ear Reflexology Professional Certificate Course - found between pages one through eight of this catalog.

Continuing Education Instructional Content

All CE Classes are Accepted by: ABMP, NCBTMB, ARCB, the City of Los Angeles, most California Cities, Counties, & many States across America.

1. World Reflexology **Jan 30-31 12 CE Hours**
20 Exotic Reflexology Maps On Face, Head, Extremities & Energywork Through The Toes

Start your year off by exploring, hands-on, twenty (20) Reflexology maps of the body discovered by medical doctors from around the world during the second half of the twentieth century. Learn about the Korean Reflex Maps - a complete reflex map of the entire body, located in each hand, and, in each foot - not both feet and hands as in the common Western Reflexology maps. Learn and work with Reflexology maps on the nose, face, temple, crown, big web of the hands, the Taiwanese 2nd Metacarpal Reflexology Map, Phases 3 and 4 on the outer ear, and many others. Massage Therapists, Bodyworkers, Reflexologists, Nurses, primary health care providers and others will be able to work with these lesser Reflexology Maps separately, or incorporate them into their current touch therapy practices. You will be amazed at the profound power of what you will learn. Imagine being able to bring about

profound relaxation, and oftentimes, emotional release, with the lightest touch, just on the ten toes and ten fingers. In class, apply these unique techniques discovered by Bill, during his years of teaching Reflexology around the world. Until you experience it, it's hard to believe how profound these can be. Students will practice on each other the "Brazilian Toe Technique," the "California Toe Technique," as well as the "Canadian Toe Technique." Most people are amazed at how such light work can lead to such deep relaxation and occasionally such significant emotional releases. This class is ideal for all who would like to have simple, easy, gentle ways to induce profound relaxation. **Instructor: Bill Flocco**

2. Anatomy, Physiology, Pathology and Biomechanics of the Feet, Hands **Mar 27-28 12 CE Hours**

This workshop explores principles of anatomy, physiology, 10 pathologies, and 8 biomechanics of Feet, Hands and Ears, along with practicing Hands-on 20 minute protocols to enhance the healthy biomechanics of the Feet and Hands. By the end of this workshop participants will be able to describe the anatomy and physiology of the Feet, Hands and Ears; identify 9 pathologies and how they relate to the Feet and Hands; demonstrate 8 biomechanical movements of the Hands and Feet; identify 6 the warning signs for specific pathologies on the Hands and Feet; list reflex locations on the Feet, Hands and Ears for working on specific pathologies; demonstrate exercises to help enhance proper biomechanics of the Hands and Feet; and demonstrate a 20 minute Hands-on protocol to enhance proper biomechanics in the Feet and Hands. **Instructor: Lisa Chan**

3. Energy Healing & Aura Balancing **Apr 24-25 12 CE Hours**

Seminar Description: Most people have heard of the electrical energy from our hands being able to help bring balance and harmony to mind, body, and spirit. In this hands-on Seminar students will learn a series of dynamic time proven techniques, designed to restore balance, harmony and well-being to a person's physical and subtle bodies. Special emphasis will be placed on proper preparation, mental focus, feeling the electrical field around a person, proper hand positioning, sequencing, and actually working with the subtle yet powerful energy fields of the body, especially with the five major Chakras. Thousands of people throughout the world have learned this simple step-by-step technique over the past 30 years and have brought about what many would call absolute "miracles." Even if you have never done any healing before, or never even thought about it, you can emerge after two days as a confident spiritual healer. On the other hand, if you are an experienced healer you will also gain a great deal from this workshop. You will also be taught how to send healing across the other side of the world. This is not a theoretical workshop (if there is such a thing), but is intensely practical. Also, it is complete in itself and will address many issues that are of particular concern to the would-be healer, such as protection of the healer, self-healing and ways to enhance your own healing ability. The other awesome thing about it (actually there are many) is that it really does work. Practitioners of this approach have had many healing "miracles" over the years using this same technique. **Instructors: Maureen Holdaway & Jude Unegbu**

4. Cancer & Coronal Foot Reflexology **June 12-13 Hours 12**

More and more people will be looking for your help as cancer remains the key health issue for people in the 21st Century. If we do not experience it directly we will know someone who does. Those affected by this challenge are turning increasingly to complementary approaches to conventional chemotherapy and radiation treatment and all the unpleasant side effects. Reflexology can be a very powerful aid for cancer patients at whatever stage of treatment. By using the powerful and relaxing techniques you will learn during this hands-on workshop, you can make a significant difference to the well-being of your clients. During this class you will learn new, powerful and immediately useful techniques to assist in the body's self healing process, and you will abandon any lingering fear of applying Reflexology while developing a better understanding of what cancer is actually all about. Students will also learn **Coronal Zone Reflex Therapy™** a British approach which deals with a different zone concept. There are 40 points which can be located through the medial (inner) aspects of each foot and 32 points on the lateral (outer) edge of both feet. These can be worked by projecting the energy through the body from the outer margins into the core, or from the centre of the body radiating outwards to the surface. This method and the techniques easily integrate into your Reflexology, Massage, or Bodywork Routines. It is important to stress that these are additional access points for the powerful delivery of Reflexology. This useful tool in your practice does not seek to replace conventional reflexology but rather allows for an additional perspective when working with the wide range of health challenges presented by your clients. **Instructor: Lee Anthony Taylor**

5. Thai / Chinese Foot Reflexology & Footwork **July 24-25 Hours 12**

Contrary to popular belief, Reflexology was introduced to China only during the past 30 years. It has spread like wild fire and is now used extensively throughout Asia. Massage Therapists, Bodyworkers, Reflexologists, and other professionals have been hearing of especially effective touch therapies coming out of Thailand. During this Seminar, students will learn a complete hands-on foot and lower leg routine as practiced in Thailand as well as many of the latest approaches to Foot Reflexology to come out of China. Hundreds of Reflexology Research studies have

been conducted in clinics, hospitals, and medical teaching centers throughout China, using many of the techniques the student will learn during this Seminar. This work is fun, deeply relaxing, and has a dramatic ability to increase circulation not only in the feet, but also throughout the rest of the body. **Instructor: Michele Martin-Cuatt**

6. Chronic & Degenerative Disorders III With Foot Hand Ear Reflexology * **Aug 28-29 12 CE Hours**

Problems with kidneys, colon, spine, prostate and asthma are almost of epidemic proportions. The incidence of kidney, colon, spine, prostate and asthma problems is growing, causing terrible pain and suffering. In a clinical setting, using Integrative Medical approaches, Foot Hand Ear Reflexology has become an integral part of caring for patients with these chronic and degenerative health challenges. During this hands-on Seminar, students will learn where and how to work on Feet, Hands, and Ears for relieving stresses related to kidneys, colon, spine, prostate and asthma. This Seminar is for the person relatively new to the touch therapies as well as for the experienced practitioner. *Prerequisite: Beginning Foot Reflexology from a hands-on school. **Instructor: Paul Harvey**

7. Intentionality & Visualization In The Healing Process **Oct 16 6 CE Hours**

Extensive scientific research has been conducted around the world documenting the power of intentionality and visualization, as reported by the author Lynne McTaggart and others. Most people suffer emotionally and physically from the effects of prolonged or excessively intense stress. Learn various time proven techniques of intentionality and visualization to increase the results you get when working on yourself, your loved ones, and clients. This is a highly experiential workshop, with emphasis being placed on practical easy to use approaches from Native American to New Age Traditions. Learn how to incorporate what you learn with Foot, Hand, and Ear Reflexology.

Instructor: Lisa Chan

8. Spa Foot Hand Ear Reflexology * **Oct 17 10 CE Hours**

The Spa Industry is rapidly growing in hotels, vacation resorts, skin care, fitness, wellness, and beauty centers of all types, creating a growing need for well trained Reflexologists. Student will learn how to apply Foot, Hand, and Ear Reflexology specific to the Spa setting, the use of soothing oils and lotions for the feet & hands; specific relaxation techniques for the feet, hands, & ears; soaking feet in foot baths of different types, and the latest techniques in the spa industry. This class is for Massage Therapists, Bodyworkers, Reflexologists, Manicurists, Pedicurists, and others in the beauty industry. *Prerequisite: Beginning Reflexology from a hands-on school. **Instructor: Lisa Chan**

9. Sports Foot Hand Ear Reflexology * **Dec 11-12 14 CE Hours**

A surprisingly large number of people work out or exercise leading to many sports related injuries. A lot of other people who don't exercise also end up with many muscle, bone, joint and other discomforts, pain, and limited range of motion challenges. Reflexology is famous not only for helping with a wide range of musculoskeletal issues, but also for many challenges in the organs, and glands within the body cavities. Participants in this seminar will learn where and how to work on Feet, Hands, and Ears for a wide range of musculoskeletal challenges as well as internal organ and gland issues: such as, jaw (TMJ), neck, shoulders, thoracic spine, lower back, hips, sacrum, sciatica, legs, knees, arms, elbows, wrist, repetitive stress. The student will also learn where and how to work for brain (headaches), sinuses, heart, lungs, esophagus, stomach (acid reflux), small intestines, large intestines (colon), pancreas, kidneys, urinary bladder, uterus (PMS, cramps), Prostate, and more. This class is for the beginner as well as the experienced Massage Therapist, Bodyworker, and Reflexology practitioner. This class is also called Integrated Foot Hand Ear Reflexology for Massage and Bodyworkers. * Prerequisite: Beginning Reflexology from a hands-on school. **Instructor: Bill Flocco**

Meet Our Continuing Education Instructors

Lisa Chan earned her Full Reflexology Certificate from the American Academy of Reflexology in 1991 and has been teaching Beginning, Advanced, and Specialty Academy classes in various parts of California since 1995. Lisa has an active Reflexology practice in the Greater Los Angeles area, has hosted her own cable TV show called "Healers on Healing," and was editor of the "Reflexology Digest" for the Reflexology Association of California for several years. She also is Nationally Certified by the American Reflexology Certification Board (ARCB). Lisa is a teacher of Foot, Hand, Ear Reflexology, Integrated Foot Hand Ear Reflexology, Infant, Child, Teen Reflexology, Preventing Practitioner Burnout, and other related subjects.

Bill Flocco is Founder/Director of the American Academy of Reflexology, and has been a teacher in the fields of health and education for over 30 years. Bill has a High School and College Teaching Credential from the State of California Department of Education, 1965. He has numerous other teaching credentials including "Authorization To Teach" from the State of California Bureau for Vocational Education. Bill has taught "The Flocco Method: Integrating Foot, Hand, & Ear Reflexology" on four continents, in Australia, Canada, China, Germany, the

Netherlands, New Zealand, and across the USA. He is past President of the International Council of Reflexologists. Recently Bill published two books: *Over A Decade of Reflexology Articles & Reflexology Research*.

Paul Harvey has studied with a number of Reflexology teachers, and is a graduate of the Academy. Paul is Past Chairperson of the National Health Federation, Past Board member of the Reflexology Association of California, and maintains a thriving Reflexology practice in Orange County, California. Paul has worked as the Reflexologist with a team of Medical Doctors at the world famous Whitaker Wellness Institute Medical Clinic for quite a few years. Paul teaches the use of Foot Hand Ear Reflexology for chronic and degenerative disorders, such as Diabetes, Fibromyalgia, Parkinson's, Strokes, and Cardiovascular Diseases.

Maureen Holdaway has been a teacher and Advanced Practitioner of this unique form of Energy Healing for Decades, which has given her an exceptional depth and range of experiences to call upon to make her teaching highly practical and the results that her students get, all the more effective. Maureen was first introduced to this powerful form of Energy Healing in England and she has trained hundreds of Energy Healers here in the USA during the past two decades. Maureen is a Certified and licensed Massage Therapist, a Certified Graduate of the American Academy of Reflexology, and has an active practice in Los Angeles and Ventura counties.

Michele Martin - Cuatt has been a practitioner of acupressure for over 20 years. Michele has taught acupressure at the "Shiatsu Massage School of California" also known as the Tao Healing Arts Center. Michele has also been on the faculty of a number of Acupuncture Colleges where she has taught acupressure theory as well as hands-on practice. Michele has studied many other touch therapies and natural healing arts and maintains an active practice in the West Los Angeles area. Michele teaches Acupressure - Forearms & Hands, Lower Legs & Feet.

Lee Anthony Taylor MBRA MFFR comes to us from New Zealand to teach this workshop. Lee qualified with the Bayly School of Reflexology in England, where he taught alongside Nicola Hall. He ran a busy practice in Worcestershire, England, where he held weekly hospital clinics for cancer patients treating them by referral from their own doctors and cancer specialists. His deep interest and subsequent research into how Reflexology helps cancer, multiple sclerosis, sub fertility issues, and diabetes, among other subjects, has led to the formation and teaching of '*Effective Reflexology*TM' postgraduate courses in the UK and worldwide. He has taught in the United States, Europe, and Australasia. Lee has been a guest speaker at various conferences, including the International Council of Reflexologists (ICR) Conference in Rome in 2001, to an enthusiastic reception. This time, in 2009, he comes to California to lecture on the power of Reflexology for Menopause, Head and Back Pain, and related health challenges. Students gave Lee rave reviews and the highest praise for his profound insightfulness, kind ways, and outstanding teaching skills when he taught here in 2007.

Jude Unegbu has been a student of Energy Healing for many years. He gives tirelessly of his time and efforts on behalf of those in need of Energy Healing. He is a Master Practitioner, has taught Energy Healing for many years, and brings a broad understanding of different cultures to his work. Jude has an unusual gift for sensing the needs of his clients, is remarkably insightful, and is a Powerful Energy Healer. He has taken the Academy Pain Control & Stress Reduction with Foot Hand Ear Reflexology class. Jude teaches part of the Endocrine / Chakra Foot Hand Ear Reflexology, part of the Visualization & Intentionality with Foot Hand Ear Reflexology, as well as this Energy Healing & Aura Balancing Seminar.