



Qualifications and Courses

(excluding additional CPD courses and events)

For all the training I have undertaken, I have been required to follow up the courses with practical work and case studies to evidence that I have reached the required level of competency to be a practitioner in that area, as recognised by the trainer, the professional memberships and insurance.

Not shown in chronological order

Reflexology

Date Completed

Reflexology Diploma	July 2010
A.R.T Advanced Reflexology Techniques	February 2012
Hot Stone Reflexology	April 2013
Functional Reflex Therapy	January 2014
Mindful Reflexology	November 2014
Reflexology Lymph Drainage	March 2016
Facial Reflexology	January 2016
Advanced Facial Reflexology	March 2016
Reflexology Pain Management	December 2017
Reflexology for Menopause	October 2021

Fertility / reproductive Reflexology

Part 1: Pre-Conceptual Care Programme	October 2016
Part 2: Assisted Conception	April 2017

Maternity Reflexology

Maternity Reflexology	May 2013
SCQF Level 8 Advanced Maternity Reflexology (awarded by Napier University)	June 2019
Open Learn: Challenging the biomedical model of childbirth	January 2021



Baby & Children Reflexology

Baby & Toddler Reflexology	October 2013
Children's Reflexology Programme	October 2015

Foot Reading

Jane Sheehan: Foot Reading	February 2014
Chris Stormer: Language of the Feet	May 2015

Reiki

Reiki Levels 1 & 2	April 2001
	September 2018
	April 2019

Other Therapies / Courses

Indian Head Massage	March 2011
Ear Candling	February 2011
Crystals, Angels and Auras	February 2011
First Aid	October 2010
	October 2014
	September 2018
	July 2021
Story Massage	February 2014
Open Learn: Understanding Depression and Anxiety	July 2020
Open Learn: Sure: I know how to talk to people	September 2020
Barbicide: Covid 19 Certification	May 2020
World Health Organisation: Infection Prevention and Control for Covid 19	May 2020
World Health Organisation: Hand Hygiene	May 2020