

# Reflexology News

## Reflexology designated a “Health Service” in Washington State

It appears that Reflexology will join the ranks of a regulated practice in the state of Washington, our neighbor to the south.

The following is an excerpt from information obtained, which provides a link that will direct you to a government website that contains Senate Bill 6103 . In Section 3, subsection 10 of the bill, Reflexology is to be defined as a "Health Care Service". A limited health care service, but a health care service nevertheless.

To read the new law, please follow this link: <http://www.doh.wa.gov/Portals/1/Documents/2300/6103-reflexology.pdf>

### **September 28, 2012 – Legislative Updates regarding Chapter 246-831 WAC**

The final and confirmed copy of the new rules and regulations for the reflexology law which will begin July 1, 2013. There are however several apparent updates ensuing. **The details below have not been finalized.**

#### **Educational Requirements**

Certification for those with no other license to touch requires 200 hours of reflexology-only training from a state approved school. These hours consist of the following:

- 30 hours of reflexology theory, history, zones, contraindications, meridians and relaxation response;
- 40 hours of study of body systems as related to reflexology; the study of the leg and foot as a structure; hands-on palpation of landmarks with sensory identification of palpated areas, a map of reflexes as they are anatomically reflected on the feet; and how the reflexes are affected by stimulation to the feet through hands-on experience;
- 30 hours of anatomy and physiology;
- 5 hours of business practice involving ethics, business standards and local/state laws and ordinances pertaining to the practice of reflexology;
- 25 hours or more of supervised practicum or clinical work;
- 75 hours of homework hours that can include giving and documenting client sessions as well as other written work.

#### **Waiver of Examination (Grandfathering)**

Persons eligible for a waiver of the examination for certification as a Reflexologist must apply for certification between July 1, 2013 and July 1, 2014. The secretary may waive the examination and certify a person after receipt of the following documentation:

- completed application including payment of fees;
- (a) verification of successfully completing an approved course of study in reflexology, or
- (b) verification of reflexology practice as a licensed massage practitioner for at least five years prior to July 1, 2013, or
- (c) attestation of holding a reflexology credential in another state or a territory of the United States which has substantially equivalent credentialing requirements.

#### **Applicants licensed in another country**

International programs will have similar guidelines as applicants licensed in another state. The program must be approved by the secretary. Transcripts are required, and the secretary must approve these as well.

#### **Continuing Education**

Continuing education requirements have not yet been implemented by the State, but Washington Reflexology Association members will pursue that option in the next legislative session.