

**WAC 246-831-040 Educational requirements.** Training in reflexology must include a minimum of two hundred hours of instruction. One hour of instruction is defined as fifty minutes of actual instructional time. The two hundred hours shall consist of the following:

(1) Thirty hours of reflexology theory, history, zones, reflex maps and relaxation response, and contraindications;

(2) Forty hours of in-person, classroom study of body systems as related to reflexology:

(a) The study of the leg, feet, hands and outer ears as structures;

(b) Hands-on palpation of landmarks and reflex points with sensory identification of palpated areas;

(c) A map of reflexes as they are anatomically reflected on the feet, hands and outer ears; and

(d) How the reflexes are affected by stimulation to the feet, hands and outer ears through hands-on experience.

(3) Thirty hours of anatomy and physiology;

(4) Five hours of business practice involving ethics, business standards and local/state laws and ordinances pertaining to the practice of reflexology;

(5) Twenty-five hours or more of supervised practicum or clinical work; and

(6) Seventy hours of additional course work which can include the practice of documenting client reflexology sessions.

[Statutory Authority: RCW 18.108.085. WSR 19-09-067, § 246-831-040, filed 4/16/19, effective 5/17/19. Statutory Authority: 2012 c 137. WSR 13-12-044, § 246-831-040, filed 5/31/13, effective 7/1/13.]