

Reflexologists Coming Together – About Study Groups

Some of benefits of getting together with other Reflexologists in your area

- Share ideas, techniques
- Talk about concerns and brainstorm solutions
- Trade treatments
- Earn points towards your Registered designation
- Speakers on other health modalities
- Getting together to do the above is considered a study group

How the points work toward RCRT designation

- 3 CEU points when three or more people
- Fill out the study group form, which is on the RAC BC website, under Members Tab
- 60 points over a three-year period are needed to keep your Registered designation. This must be documented and record on the RAC log
- Forms to keep track of points are posted on the RAC website as well as posted on the RAC BC website, under Members tab.
- If you would like to learn more about RCRT designation please contact RAC Head Office, or visit RAC website and the RAC BC website (under Members tab)
- For more information on CEU credits please visit RAC website and click on the tab CEU, scroll down that page to, “*CEU Program Categories and Activities List*” and click on the *CEU Policy* button, and also see and click on the “*Categories and Activities* button <http://www.reflexolog.org/>

“Registered” designation

- If you are a Certified Reflexologist and would like the designation of “Registered”, please contact RAC Head Office and let them know you would like to be Registered

How to find out who lives in your area

- Visit the RAC BC website, click on tab “*Find a Therapist*”
- <http://www.racbc reflexology.com/>
- Scroll down to the bottom of the page, and click on the area you are from.
- Contact members in your area
- While visiting the page *Find a Therapist*, ensure your contact information is correct, and if you are not listed, please let the RAC BC Website Director
- The RAC BC Website Director contact information is under the tab *About* and then click on *RAC BC*

How to set up a Study Group

- Call or email and let the members in your area know you are having a get together and ask for a reply if any can come
- Decide on a topic, or just get together to meet each other
- Discuss what others would like to learn at the get together
- Rotate meeting places or decide to have at one central location and all share in bringing snacks

Topic suggestions for a group get together

- Go through each page on the RAC Head Office website, and RAC BC website
- Make suggestions for improvements
- Discuss how the RCRT Program works and forms that need filling out
- Give each other treatments (foot, hand and ear)
- Discuss reflexology specialties
- Share your favorite websites, articles and books on reflexology
- Watch a fun movie
- Give each other facials
- Learn about each system of the body
- Test each other on muscle and bone names
- Discuss other modalities that compliment reflexology
- Watch a video and discuss
- Invite speakers on Marketing, and other business components
- Invite speakers on other modalities

Video Suggestions:

- Living Matrix
- “Biology of Belief” – Bruce Lipton
- “Down the Rabbit Hole” – quantum physics exploration

Note: to make it easy for everyone to connect to study groups, please notify the RAC BC Chapter Study Group Director if you have started a regular meeting group that you would like others to know about. - or if you would like to find out about any study groups in your area

For the RAC BC Chapter Study Group Director email address, please visit the RAC BC Chapter website, click on the tab “About” and then click on “RAC BC “ and scroll down the page. <http://www.racbc reflexology.com/>