

**With  
Heather  
Salt**

# Reflexology for Mental Health

**Duration: 1 day**  
**CPD Hours: 6.5**  
**Format: Face to Face**  
**Fee: £150+VAT**

Heather Salt, a therapeutic MAR clinical  
psychologist and reflexologist



## Who is this course for?

This course is best for those working in clinical, care and residential settings where the techniques can be practically applied.

## Key Learning Outcomes:

- To understand reflexology principles in practice
- To know when and when not to use reflexology
- Feel competent in writing a basic treatment plan
- To administer basic reflexology in a clinical setting alongside traditional rehabilitation
- To support the patient and family with ongoing reflexology rehabilitation

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or call 07599248215!**



Training made easy