



“Leading the way to a healthier tomorrow...”



Academy of Reflexology

8397 East 10th Street • Indianapolis, IN 46219

www.AcademyofReflexology.com

ACADEMY OF REFLEXOLOGY COURSE CATALOG



hands-on natural healing

Established 1990

THE ACADEMY

The Academy of Reflexology

& HEALTH THERAPY INTERNATIONAL

is a subsidiary of the

HOLISTIC THERAPY CENTER, INC.

A FOR PROFIT CORPORATION IN THE STATE OF INDIANA

THIS INSTITUTION IS REGULATED BY THE INDIANA

COMMISSION ON PROPRIETARY EDUCATION

302 WEST WASHINGTON STREET, ROOM 201,

INDIANAPOLIS, IN 46204

MISSION STATEMENT

This School provides special opportunities to students for personal growth and healing in every program we offer.

Emphasis is placed on providing a curriculum which trains individuals in effective methods of health care and prepares them to be successful Health Care Practitioners.

The Academy aims to be of service to community health by educating through self-help programs and inspiring a deep and lasting respect for the Healing Arts, Humanity & the Earth.

HOLISTIC THERAPY CENTER INC.

BOARD MEMBERS

Dr. Christina Brown-De Estrada, Ph.D.	President and CEO
E. James O'Donnell, I.C.B.T.	Executive Vice Pres.and CFO
Terry Blankenship, A.C.B.T.	Vice President of Marketing
Katie Murphy, C.M.T.	Administrative Secretary

HARMONY AND BALANCE

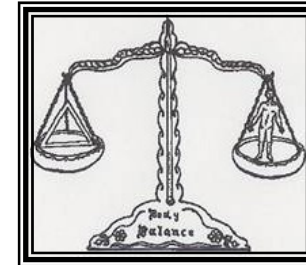


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INSTRUCTORS



Dr. Christian Brown-De Estrada, PhD — Was born in Austria and raised in Germany. She began her study of Holistic Healing in Europe and continued this training through college courses and practice in the U.S., Canada, and Asia. Dr. Brown de Estrada obtained her Doctorate from the America College of Nutrition in Alabama, is the author of three books and as an international Instructor hosts seminars in the U.S., Europe and Mexico. Dr. Brown-De Estrada has been involved in the healing arts for over thirty years. She is the Co-founder, President and CEO of the Holistic Therapy Center, Inc. in Indianapolis Indiana.



E. James O'Donnell, I.C.B.T. — Is an Internationally Certified Reflexologist who obtained his certificate from this Academy. In addition to Reflexology, Mr. O'Donnell is certified in Deep Muscle Therapy, Corporate and Stone Massage, Acupressure, Reiki and Homeopathy. His continued study and qualified experience in the healing arts spans over fifteen years. He is the Co-founder, Executive Vice President and CFO of the Holistic Therapy Center, Inc. in Indianapolis, Indiana and serves as a principle Instructor of the curriculum.



Katie Murphy, C.M.T. — Is a Certified Massage Therapist who obtained her certificate from this Academy. She is qualified in Body-Talk, Reflexology and Massage. Ms. Murphy works in Indianapolis with Marti Shuck utilizing skills in Body-Talk, Reflexology, Deep Muscle Therapy, Massage and Acupressure. She shares her years of training and knowledge with students as an Instructor of Infant and Pregnancy Massage and serves as a Board Member of the Holistic Therapy Center Inc.



Dr. Bernadette Elya Spieler N.D. — Is experienced in Herbology, Homeopathy, Kinesiology, Reflexology, Acupressure and Physical-Spiritual Awareness. Dr Spieler has studied Holistic Healing extensively for thirty-eight years and joined the Academy as a Board Member of the Holistic Therapy Center Inc. in 1992 and serves as the International Director for Europe.



Dr. Rafael Estrada D.H.H. — Is experienced in Shaman practices, Temascal (Mayan Therapy), Herbology, Homeopathy, Chinese Medicine, Chiropractic and Ozone Therapy. Dr Estrada has studied extensively in Mexico, USA and Cuba and now specializes in HIV-AIDS Treatments in Cancun, Mexico. He has served as the International Director for Mexico since 1997.

INSTRUCTORS



Terry Blankenship A.C.B.T. — Has been self-employed for the last twenty-five years as Massage Therapist at Beau Visage of Indianapolis. Ms. Blankenship holds certifications as a Doula, Massage Therapist and Reflexologist. She is the owner of Irvington Therapeutic Massage Center and serves as a Board Member of the Holistic Therapy Center, Inc.



Chris Pichereau C.M.T, C.R., R1 — Is the owner of Points of Light Bodywork, LLC. She holds certifications as a Massage Therapist, Reflexologist and a Reiki 1 Therapist. She additionally has over twenty years experience in teaching and facilitating. Ms. Pichereau is a Graduate of this Academy.



Dr. Marti Shuck, N.D. — Is owner/operator of Therapeutic Exercise, Massage and Reflexology, Ltd. located in Indianapolis, Indiana. She is a certified Reflexologist and a Graduate of this Academy. Dr. Shuck is a N.D. and also holds a PhD in Holistic Health. She is certified in CRA and Geriatric Massage, Acupressure and Homeopathy and serves as an Instructor of Geriatric Massage at the Academy.



Marvin Massey, C.M.T., C.R., R.M. — Has been the owner/operator of the Carmel Martial Arts Studio since 1981. He is a 6th degree Black Belt in Hanshi Sensei and has over twenty years of experience in martial arts. Mr. Massey is a Reiki Master and a Graduate of this Academy with a certification in Massage Therapy and Reflexology. He serves as an Instructor of Massage and Reiki at the Academy.



Julie Carnody C.M.T, Y.T. — Is owner/operator of the Enlightened Tree Yoga & Healing Center in Greenwood, Indiana. She is a Certified teacher and Meditation Instructor in a Healing Touch Retreat Center and an assistant treasurer for the Indiana Buddhist Center. Ms. Carnody is a Graduate of this Academy with a certification in Reflexology and Massage Therapy. She serves as an Instructor of How to Plan a Healing Art Business at the Academy.

HOLISTIC APPROACH TO THERAPEUTIC MASSAGE AND BODYWORK

HEALING MASSAGE TECHNIQUES

534 HOUR CERTIFICATE PROGRAM

Covering: Anatomy & Physiology - Skeletal and Muscle Structure, plus the Systems and their function within the Human Body.

Trapping, Body Mechanic, Business Ethics, The Client and the Therapist, Body-Mind Connection, the Importance of Touch, Positive Attitude.

Hands-on practical application, Effleurage, Petrissage, Friction, Tapotment, Vibration, Polarity Therapy, Lymph Drainage, On-Site Massage, Pre-natal & Infant Massage, Emotional Release Therapy, touch for Health, Meridian Therapy, Stone Massage and Sports Massage.

SCHEDULE AND TUITION

REGISTRATION DEPOSIT:	\$ 100.00
TUITION FEE:	\$ 5,750.00
TOTAL	\$ 5,850.00

HEALING MASSAGE INSTRUCTORS

ACADEMY INSTRUCTORS:

E. JAMES O'DONNELL, I.C.B.T.:	Introduction to Therapeutic, Swedish, Western, Corporate, Stone and Sports Massage. Review and Graduation
JOHN AHRENS M.ED.:	Anatomy Physiology Class Friday Night Classes
DR. BROWN-DE ESTRADA, PHD:	Body Mechanics, Emotional and Trauma Relies, Lymphatic Drainage Massage.
MARTI SHUCK, N.D. PH.PD:	Geriatric Massage
KATIE MURPHY C.M.T.:	Pregnancy and Children's Massage
MARVIN MASSEY RM.:	Touch for Health -Meridians
JULIE CARMODY RYT:	Business Building Communication

Academy of Reflexology and Health Therapy International

Be it known that

Your Name Here

Has completed all classwork in

Healing Massage Techniques
Holistic Therapy Center, Inc.

This 5th day of December
in the year of our Lord 8448



Executive Director
Administrative Director

210 HOUR CERTIFICATE PROGRAM

- 55 Hours Instruction to Physiology and the Building Blocks of the body, the Amino Acids, Minerals and Vitamins, The Vital force of our Physical, Mental, Emotional and Spiritual Body. Indigo - Children, Pain Control.
- 60 Hours Hands-on practical application. Reflexology Feet, Ears, Hands, Body, Contact Points on body parts and their correspondence to feet, hands and ears. Energy Balancing Technique, Body Realignment, Metamorphosis and Neuromuscular Re-education.
- 45 Hours Meridian Therapy — understanding the disease pathway of the twelve Meridians which penetrate major organs and their energy flow. The interesting philosophy of muscle testing through BRA (Body Reflex Aggregation) to inquire the body's imbalance in nutritional needs. Acupressure, points on Head, Arms, Legs and Body to eliminate pain and toxins.
- 50 Hours Clinical Setting, Documentation & Assessment.

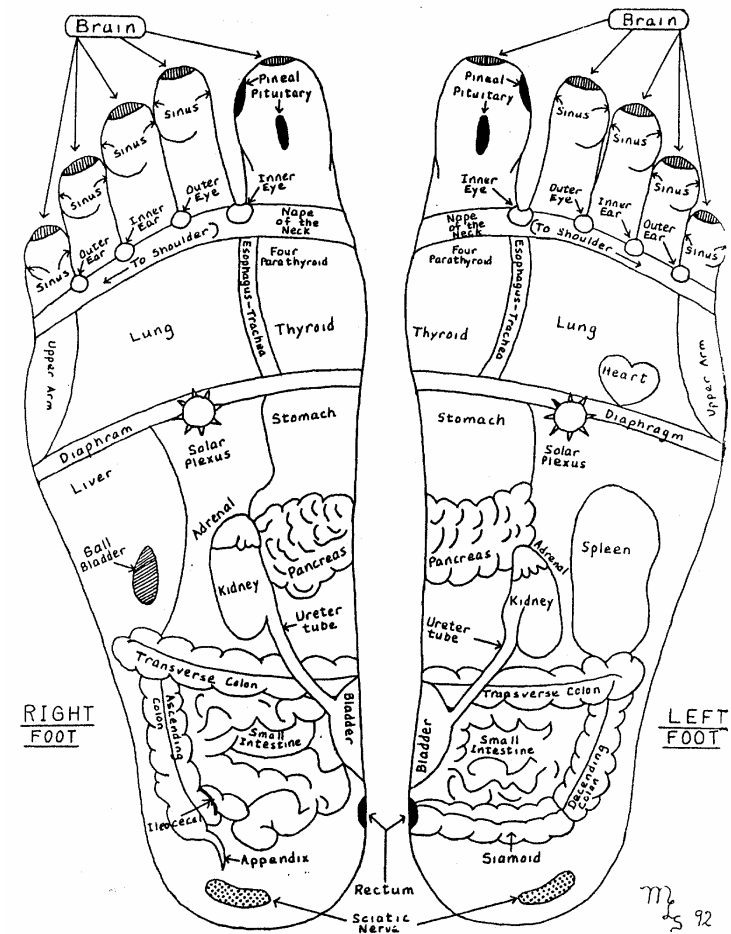
SCHEDULE AND TUITION

REGISTRATION DEPOSIT:	\$100.00
TUITION FEE:	\$2,200.00
TOTAL:	\$2,300.00
EASY PAYMENT PLAN:	\$220.00 EACH WEEKEND
TWO WEEKENDS EVERY 3rd MONTH	SATURDAY & SUNDAY
10 SESSIONS OVER 1 YEAR	10A.M. TO 6P.M.
INSTRUCTORS:	DR. BROWN -DE ESTRADA, PHD E. JAMES O'DONNELL, I.C.B.T.

Upon completion of all class hours, examination & tuition paid-in-full, the Academy will award the student a certificate as a Reflexologist & Health Therapist.

HOW WE SEE THE BODY

Notice each selection on the foot is therapeutically responsive to a designated portion of the body



DEEP MUSCLE THERAPY

56 HOUR CERTIFICATE PROGRAM

FOCUS ON:

NECK, SHOULDER, BACK PAIN PLUS ARMS, LEGS & HIPS

A guide of this penetrating technique to eliminate aches and pains of deep-seated lesions to restore freedom and mobility in these particular muscle areas.

Inflammation and fibrosis accure in these locations, muscle fibers restrict movement. Restoration and full mobility of muscles will be regained in time thought Treatments

SCHEDULE AND TUITION

REGISTRATION DEPOSIT:	\$ 30.00	EACH CLASS
TUITION FEE:	\$230.00	PER CLASS
TOTAL	\$260.00	
EASY PAYMENT PLAN:	\$260.00	EACH WEEKEND
ONE WEEKEND A MONTH	SATURDAY & SUNDAY	

CALL FOR SCHEDULE



WORKSHOPS OFFERED

HOMEOPATHY WORKSHOP

36 HOUR INTRODUCTORY COURSE

**TAKING CARE OF YOURSELF AND YOUR FAMILY
SAFE AND EFFECTIVE REMEDIES**

- Lesson 1** **Bach Flower Remedies
Preparation of the Tinctures and Topical
Application of 38 Healers (Body Mapping)**
- Lesson 2** **Introduction to Homeopathy
First Aid Remedies for the 21st Century**
- Lesson 3** **A New & Safer Medicine Cabinet
Nosodes and Constitutional Remedies**

SCHEDULE AND TUITION

REGISTRATION DEPOSIT:	\$100.00
TUITION FEE PER WEEK:	\$175.00
TOTAL	\$625.00
THREE EVENING SESSIONS	TUESDAY, WEDNESDAY, THURSDAY FROM 6 P.M.– 10 PM
INSTRUCTOR:	DR. BROWN -DEESTRADA, PHD

REIKI I OR REIKI II WORKSHOP

16 CERTIFICATION HOURS	Issued by Instructor Marvin Massey
REQUIREMENT	Attend one weekend session
SCHEDULE	Saturday & Sunday, 10a.m. to 6 p.m.
REGISTRATION DEPOSIT:	\$100.00
TUITION FEE:	\$180.00
TOTAL	\$280.00

REFUND POLICY

Title 570 Indiana Commission on Proprietary Education
Proposed Rule LSA Document #94-52
DIGEST

Adds 570 IAC I 8-4.5 and 570 IAC I 8-6.5 concerning the uniform refund policy.

Repeals

570 IAC I 8-4 and 570 IAC I 8-6 Effective 30 days after filing with the Secretary of State.

570 IAC I 8-4 and 570 IAC I 8-6

570 IAC I 8-4.5 and 570 IAC I 8-6.5

SECTION I, 570 IAC I 8-4.5 IS ADDED TO READ AS FOLLOWS:

570 IAC I 8-4.5 Uniform Refund Policy

Authority: IC 20-I-19-4

Affected: IC 20-I-19-10

Sec. 4.5 If a post-secondary educational institution utilizes a refund policy of their recognized national accrediting agency or the new United States Department of Education (USDOE) Title IV refund policy enacted by the 1992 Amendments to the Higher Education Act, the post-secondary proprietary educational institution must provide written verification in the form of a final refund calculation, upon the request of the commission, that its refund policy is, indeed more favorable to the student than that of the commission's. Post-secondary proprietary educational institutions accredited by a nationally recognized accrediting agency must uniformly apply the commission's tuition refund policy of their recognized accrediting agency, as previously approved by the commission to all first-time students enrolled. Post-secondary proprietary educational institutions using a refund policy other than that of the commission's must list the complete policy and its origination in the institutional catalog and the enrollment agreement.

(Indiana Commission on Proprietary Education; 570 IAC I 8-4.5)

SECTION 2. 570 IAC 8-6.5 IS ADDED TO READ AS FOLLOWS:

570 IAC I 8-6.5 (Resident Institutions, refunds.

Authority: IC 20-I-19-4

Affected: IC 20-I-19-10

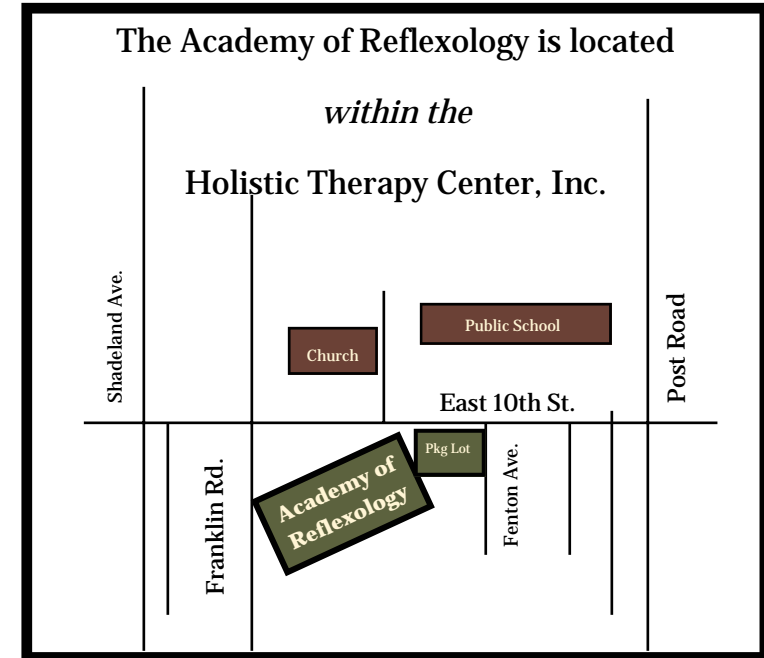
Sec. 6.5

(a) The post-secondary proprietary educational institution shall pay a refund to the student in the amount calculated under the refund policy specified in this section or as otherwise approved by the commission. The institution must make the proper refund no later than thirty-one (31) days of the student's request for cancellation or withdrawal.

(b) The following refund policy applies to each resident post-secondary proprietary educational institution except as noted in section 4.5 of this rule:

- (1) A student is entitled to a full refund if one (1) or more of the following criteria are met:
 - (A) The student cancels the enrollment agreement or enrollment application within six (6) business days after signing.
 - (B) The student does not meet the post-secondary proprietary educational institution's minimum admission requirements.
 - (C) The student's enrollment was procured as a result of a misrepresentation in the written materials utilized by the post secondary proprietary educational institution.
 - (D) If the student has not visited the post secondary proprietary educational institution prior to enrollment, and, upon touring the institution or attending the regularly scheduled orientation/classes, the student withdrew from the program within three (3) days.
- (2) A student withdrawing from an instructional program, after starting the instructional program at a post secondary proprietary educational institution and attending one (1) week or less, is entitled to a refund of ninety (90%) percent of the cost of the financial obligation, less an application/enrollment fee of ten (10%) percent of the total tuition, not to exceed one hundred (\$100) dollars.
- (3) A student withdrawing from an instructional program, after attending more than one (1) week but equal to or less than twenty-five (25%) percent of the duration of the instructional program, is entitled to a refund of seventy-five (75%) percent of the cost of the financial obligation, less an application/enrollment fee of ten (10%) percent of the total tuition, not to exceed one hundred (\$100) dollars.
- (4) A student withdrawing from an instructional program, after attending more than twenty-five (25%) percent but equal to or less than fifty (50%) percent of the cost of the financial obligation, less an application/enrollment fee of ten (10%) percent of the total tuition, not to exceed one hundred (\$100) dollars.
- (5) A student withdrawing from an instructional program, after attending more than fifty (50%) percent but equal to or less than sixty (60%) percent of the duration of the instructional program, is entitled to a refund of forty (40%) percent of the cost of the financial obligation, less an application/enrollment fee of ten (10%) percent of the total tuition, not to exceed one hundred (\$100) dollars.
- (6) A student withdrawing from an instructional program, after attending more than sixty (60%) percent of the duration of the instructional program, is not entitled to a refund.

FACILITIES



ACADEMY OF REFLEXOLOGY

& Health Therapy International

8397 East 10th Street

Indianapolis, IN 46219-5330

317-897-5111

NON-DISCRIMINATION STATEMENT

The Academy practices in its admissions, instruction and certification, non-discriminatory policies on the basis of age, gender, race, creed financial or social status.

COURSE DESCRIPTIONS

HEALING MASSAGE TECHNIQUES:

Learn Anatomy and Physiology, Body Mechanics, Therapeutic Massage, Swedish/Western and Sports Massage, Corporate Seated Massage, Geriatric Massage, Infant & Pregnancy Massage, Lymph Drainage, Emotional Release, as well as how to develop a Business Plan.

BODYWORK WELLNESS & HEALTH:

The 7200 reflexes and nerve endings in the feet and hands and ears, correspond to every organ and tissue in the body. Applying pressure by a trained Therapist will stimulate these points, releasing endorphins from the brain to stop pain and promote the body's natural healing process.

DEEP MUSCLE THERAPY:

Specializing in TMJ (temporal mandibular joint), neck and shoulder problems, carpal tunnel, and sciatica. This technique will relieve deep-seated lesions. Deep friction has a dual effect: traumatic hperemia and freedom of movement.

BACH FLOWER AND HOMEOPATHY REMEDIES:

Bach Flower Remedies — Edward Bach [1886-1936] believed illness of the heart and the spirit must be the focus of the healer's attention. Focusing on Body Mapping, Simple Topical Application of prepared remedies and the healing powers of the emotional system.

Homeopathy: Medicines for the 21st Century; safe and effective remedies for you and your loved ones. Learning to blend the philosophy & the art of holistic medicine into a relatively simple and safe way of healing. These energy remedies work on the cellular level and balance the physical, mental and spiritual body.

REIKI:

Reiki is energy healing from the Japanese origin. To become a Reiki practitioner, a student is required to receive a attunement from a qualified teacher. Reiki is capable of curing, because it works at very fundamental levels of reality, if the recipient is ready to cast off old habits, to accept the change and healing.

Our graduates successfully practice the Academy's distinctive method of

"BODY BALANCING REFLEXOLOGY"

REGISTRATION

YES

Please register me for the Course(s) and/or Workshop (s) I've checked:

HEALING MASSAGE TECHNIQUES

REFLEXOLOGY

DEEP MUSCLE THERAPY

HOMEOPATHY

REIKI

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

SOCIAL SECURITY #: _____

PHONE: _____

Note: Enclose check or money-order payable to *Academy of Reflexology* for the Registration Deposit. Registration form and fee must be received at least one month prior to start of class.

MAIL TO: ACADEMY OF REFLEXOLOGY

8397 East 10th Street

Indianapolis, IN 46219-5330 USA

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