

Thirty years ago Bill Flocco founded the American Academy of Reflexology in Los Angeles. He has brought to life the practice of Integrated Foot Hand Ear Reflexology, training thousands of people not only in the U.S. but around the world.

In September of 2012 I picked up a book lying on the table in an acupuncture office. Secrets of Longevity by Dr. Mao tells about “Hundreds of ways to live to be 100.” I opened to the page about reflexology, just one of over a hundred secrets of longevity. I knew I needed to find a training course in Oregon. Little did I know the Oregon Reflexology Network was about to sponsor the first Certification Course in Oregon.

On June 15th, fifteen of us completed the Foot Hand Ear Reflexology Certification course. From the very first class it was clear this group was in for a deep and fulfilling journey. Bill’s teaching style includes fun, variation and detail, supported by Bill’s deep commitment to help everyone succeed.

The classes were full of humor and depth. Many of the students praised Bill for his teaching style that gave us the opportunity to learn a massive amount of information. His emphasis on focus and intention gave us all the confidence necessary to learn the maps, anatomy and his unique touch technique, “the thumb roll.”

Bill makes learning fun with props, small group projects, targeted homework and repetition. Hands on sessions were frequent with emphasis on posture and presence. One feature of the training is learning how to address a client in pain and priority reflexing is a cornerstone of the teaching. We learned what sequence to use when pain presents itself in different parts of the body.

Bill spent a lot of time teaching attention to body mechanics so we wouldn’t injure ourselves during a session. Another emphasis was on the amount of pressure to use on the client. Flocco instilled a sense of presence in us, watching our client to be sure we were attentive to their needs.

Bill’s dedication to sharing this knowledge and his stories from many years of practice are a gift to the students who come to his classes. If you have ever considered studying reflexology, I highly recommend taking a class with Bill.

by Hania Cennerazzo, ORN member and student with Bill Flocco's recent 200 hour training program in Portland