

## Healing Touch Level 1

HHP 242

Lisa Anselme RN, BLS, CHTP, CHTI, HNC

Phone: Office: 303.989.7982 Cell: 303-949-8923

Email: [htihosp@aol.com](mailto:htihosp@aol.com)

Welcome to Healing Touch!

### I. Course Materials:

- Hover-Kramer, D., Healing Touch: A Guidebook for Practitioners, 2<sup>nd</sup> edition, Delmar, Albany, NY. (Healing Touch Textbook)
- Joy, B., Joy's Way: A Map for the Transformational Journey, Jeremy P. Tarcher/Putnam, NY 1979.
- Course Handouts (online)

**II. Certificate of Completion and Continuing Education Units** (optional), awarded through Healing Touch International, an approved provider of the American Holistic Nurses Association (AHNA) and National Certification Board for Therapeutic Massage and Bodywork (NCBTMB): \$15. Payable to: Healing Touch International, Inc.

### III. Level 1 Description

Level 1 begins with 18 continuing education contact hours of instruction, allowing persons with varying backgrounds to enter, acknowledge their previous learning and to further develop concepts and skills in energy-based therapy. A strong commitment to personal growth is required.

### IV. Level 1 Objectives

The participant will:

1. Describe the human energy system relationship to physical, emotional, mental and spiritual health.
2. Discuss energy principles basic to Healing Touch.
3. Assess the energy field and energy centers.
4. Identify a basic Healing Touch sequence.
5. Demonstrate specific intervention techniques used in Healing Touch.
6. Discuss applications of Healing Touch in personal and professional practice.
7. Discuss expected ethical conduct and standards of practice within Healing Touch.

### V. Level 1 Course Content

Energy system concepts related to health  
Basics of the energy system – energy field and energy centers  
Location and function of the chakras  
Assessment of the energy field and energy centers  
Meditation for centering and maintaining energetic flow  
Principles and practice of Healing Touch  
Selected intervention techniques: Basic Healing Touch Sequence, Magnetic Passes, Magnetic Clearing, Chakra Connection (1 on 1, 2 on 1, self), Headache Techniques (tension, migraine, sinus), Ultra Sound, Laser, Chakra Spread, Scudder (Optional), Mind Clearing (Optional)  
Principles of self-healing  
Personal development as a healer  
Legal and professional aspects of touch therapies

## **VI. Your grade will be based upon:**

### **A. Class Participation: 75%**

- Ability to share experiences with the class
- Contribute to class discussion and/or ask questions
- Attendance
- Practice modalities taught in class

### **B. Adherence to safe and ethical practice behaviors: 25%**

- Maintain standards of practice and code of ethics
- Respect physical, emotional, mental and spiritual boundaries of fellow students
- Maintain confidentiality and respect of fellow students
- Adhere to safe practices

## **IV. Pre Requisites for Healing Touch Level 2**

- Successful completion of Level 1
- Competency and comfort in Level 1 techniques. Practice. Practice. Practice.
- Read: Joy's Way
- Review: Healing Touch textbook



# HEALING TOUCH INTERNATIONAL, INC .

*Spreading Healing Light Worldwide*

## **Healing Touch International, Inc. Healing Touch Certificate Program**

### **Healing Touch Description**

Healing Touch is a biofield therapy that is an energy-based approach to health and healing. It uses touch to influence the human energy system, specifically the energy field that surrounds the body, and the energy centers that control the energy flow from the energy field to the physical body. These non-invasive techniques utilize the hands to clear, energize, and balance the human and environmental energy fields thus affecting physical, emotional, mental, and spiritual health and healing. It is based on a heart-centered caring relationship in which the practitioner and client come together energetically to facilitate the client's health and healing. The goal in Healing Touch is to restore harmony and balance in the energy system placing the client in a position to self heal. Healing Touch complements conventional health care and is used in collaboration with other approaches to health and healing.

### **Program Description**

Healing Touch is a nursing continuing education multi-level program in energy-based therapy that moves from beginning to advanced practitioner and is complementary to health care. The program incorporates a variety of energy-based modalities that are sequenced in Levels 1, 2, 3, 4, 5 and Instructor Training Levels 1, 2, 3, 4 and 5. Parenthesis indicates previous titles of the courses before this revision.

Each level in the Healing Touch Program includes both didactic and experiential learning in which participants' practice and share experiences using energy-based healing techniques. In addition the program encourages the developing practitioner to enhance skills and knowledge through recommended readings and practice sessions. There is also a strong commitment to personal growth and knowledge of holistic health principles.

At the completion of each official level from the Healing Touch program that is taught by a Certified Healing Touch Instructor, a certificate of attendance is given. All participants who successfully complete the core curriculum through Level 5 will receive a Certificate of Program Completion issued through Healing Touch International. This recognizes the work completed in the program and the use of the designated title, Healing Touch Practitioner, HTP. The Healing Touch Practitioner is then eligible to apply for certification.

### **Certification as a Healing Touch Practitioner**

Healing Touch International administers certification through a separate review by the Certification Board of Reviewers using standardized criteria. Certification acknowledges learning experiences and demonstration of competence as a Healing Touch Practitioner. The Certification Board does not license the practice of an individual nor assumes any legal responsibility for her/his practice.

## **Target Audience**

The Healing Touch program is for registered nurses, health care professionals, body-oriented therapists, psychotherapists or other licensed health care professionals and individuals who desire an in-depth understanding of healing work that uses energy-based concepts. Certification as a Healing Touch Practitioner is an appropriate goal for those who wish to establish a Healing Touch practice or incorporate Healing Touch as a major focus within an existing professional practice.

Certification is intended for the professional practitioner. It is anticipated that individuals come to this level with preparation and work experience which have contributed to her/his awareness of concepts of confidentiality, responsibility for licensure and documentation for "hands on" treatments, medical ethics, interpersonal relationships, community involvement and awareness of limitation as well as scope of practice.

Certification as a practitioner is available to those who meet eligibility requirements and have successfully completed Levels 1 through 5 taught by a HTI Certified Healing Touch Instructor including the additional work required.

## **Healing Touch Curriculum**

### **Level 1 Description**

Level 1 begins with 18 continuing education contact hours of instruction, allowing persons with varying backgrounds to enter, acknowledge their previous learning and to further develop concepts and skills in energy-based therapy. A strong commitment to personal growth is required.

### **Level 1 Objectives**

The participant will:

7. Describe the human energy system relationship to physical, emotional, mental and spiritual health.
8. Discuss energy principles basic to Healing Touch.
9. Assess the energy field and energy centers.
10. Identify a basic Healing Touch sequence.
11. Demonstrate specific intervention techniques used in Healing Touch.
12. Discuss applications of Healing Touch in personal and professional practice.
7. Discuss expected ethical conduct and standards of practice within Healing

Touch.

### **Level 1 Course Content**

Energy system concepts related to health  
Basics of the energy system – energy field and energy centers  
Location and function of the chakras  
Assessment of the energy field and energy centers  
Meditation for centering and maintaining energetic flow  
Principles and practice of Healing Touch  
Selected intervention techniques: Basic Healing Touch Sequence, Magnetic Passes, Magnetic Clearing, Chakra Connection (1 on 1, 2 on 1, self), Headache Techniques (tension, migraine, sinus), Ultra Sound, Laser, Chakra Spread, Scudder (Optional), Mind Clearing (Optional)  
Principles of self-healing  
Personal development as a healer  
Legal and professional aspects of touch therapies

## **Level 2 Description**

Level 2 is for students who have completed Level 1 and wish to increase breadth and depth in the study of Healing Touch. (17.5 continuing education contact hours.) The second level of study in Healing Touch includes an intake interview, back techniques and a one-hour healing sequence. Emphasis in the experiential learning is on developing healing sequences for specific client needs.

## **Level 2 Objectives**

The participant will:

1. Share the experience of practicing Level 1 (I) techniques.
2. Develop interviewing and additional assessment skills.
3. Demonstrate a one-hour healing sequence for specific client problems.
4. Document clinical work.
5. Practice back and neck techniques.
6. Describe specific techniques in addressing client health challenges.
7. Describe application of HTI's Standards of Practice and Code of Ethics within a Healing Touch session.

## **Level 2 Course Content**

Review techniques from HT Level 1 (I)  
Sharing experiences of practicing Level 1 (I) techniques  
Discuss applying techniques in clinical settings  
Assessment process: interviewing skills, recording observations, documentation  
Healing techniques: One-hour Healing Sequence, Spiral Meditation, Mind Clearing, Wound Closing, Pain Ridge, Pain Drain, Sealing Leaks, Back Techniques

## **Level 3 Description**

Level 3 is for students who desire more in-depth skills in Healing Touch, and have successfully completed Level 1 (I) and Level 2 (IIA). This course includes: development of Higher Sense Perception (HSP), sequencing of healing techniques, working with guidance, self-healing and self-development. (17.5 continuing education contact hours).

## **Level 3 Objectives**

The participant will:

1. Discuss advanced development of the healer.
2. Experience healing from three roles: practitioner, client, and observer/coach.
3. Practice hara alignment, expansion of the core star.
4. Demonstrate a full healing sequence using chelation, spinal cleansing, healing 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> levels of the subtle body.
5. Practice healing techniques of Etheric Template Clearing and Lymphatic Drain.
6. Recognize the implications for ethical conduct and adherence to HTI's Standards of Practice within a Healing Touch session.

## **Level 3 Content**

Advanced development of the healer  
Need for self care in becoming a healer  
Healing philosophies of Barbara Brennan and other healers  
Practice hara alignment meditation and sharing experience  
Full healing sequence including: chelation of the first four levels of the field, spinal cleansing, healing 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> levels of the subtle body.  
Techniques, Etheric Template Clearing and Lymphatic Drain  
Roles of practitioner, client, observer/coach

Healing Touch Certificate Program \* Healing Touch International, Inc.

© 1996 HTI, ALL RIGHTS RESERVED

Advanced healing of the human energy system.  
Development of Higher Sense Perception  
Connecting with guidance.

### **Levels 4 & 5 Overview**

Levels 4 & 5 are for students who have successfully completed Levels 1 (I), 2 (IIA), 3 (IIB) and desire to become a Healing Touch Practitioner. These two courses provide the student an opportunity to learn how to develop and conduct a practice in Healing Touch. Each course provides approximately 25 continuing education contact hours of instruction / participation. They are designed to provide guidance for the student in the development of practice and skill through the mentor / apprenticeship approach. Students will participate in community projects and work activities. Each section is offered in a retreat setting to allow for greater focus on the intense learning and practice that occurs.

### **Level 4 Description**

This course prepares the student to become a Healing Touch Practitioner and establish a practice setting. Practice concerns are explored including establishing a private practice, incorporating Healing Touch into a current practice setting either working alone or with others. The following topics are addressed: business concepts, client/practitioner relationships, networking with other practitioners, identifying energy patterns in clients and scope of practice. Professional development as a healer is explored including addressing professional ethics, standards of practice and role as a healer.

### **Level 4 Objectives**

The participant will:

1. Describe the development of a Healing Touch Practitioner.
2. Demonstrate a 5-step sequence to include intake, three healing sessions and discharge planning.
3. Identify issues related to development of a Healing Touch practice.
4. Discuss the case study process based on the sequence demonstrated during the workshop.
5. Discuss the principles of apprenticeship/mentorship and professional practice.
6. Discuss the purpose of a professional profile notebook.
7. Apply HTI's Standards of Practice and Code of Ethics within one's Healing Touch practice

### **Level 4 Content**

Developing a professional healing practice  
Sequencing of five private client sessions, intake, three treatment sessions with mutual goals, evaluation and discharge planning with full documentation  
Learning the case study process  
Defining a Scope of Practice  
Healer practice guidelines  
Selecting a mentor  
Forming a mentorship contract with goals  
Role of mentorship/apprenticeship  
Journaling as a tool for self-enhancement  
Developing a reading program  
Full body connection  
Ethereic vitality meditation  
Initiation of a practicum (Documentation of 100 client sessions)

## **Level 5 Description**

Level 5 focuses on the completion of projects begun in Healing Touch Level 4 (IIIA). The following will be addressed: the mentorship experience, community and networking activities, establishment of practice, development of expertise in a Healing Touch practice, self development as a healer.

## **Level 5 Objectives**

The participant will:

1. Describe the professional development of a healing practice.
2. Present a professional profile notebook and resume.
3. Discuss practice issues in your role as a Healing Touch practitioner.
4. Present a comprehensive Healing Touch case study for peer review and critique.
5. Present documentation of client sessions.
6. Review the apprenticeship/mentorship process.
7. Report receiving other healing modalities through 10 documented experiences from other practitioners.
8. Discuss Healing Touch research and implications for practice.
9. Describe Certification as a Healing Touch Practitioner.
10. Demonstration application of HTI's Standards of Practice and Code of Ethics within one's Healing Touch practice.

## **Level 5 Course Content**

Issues forum including establishing a HT practice and financial concerns  
Development as a healer  
Healing Touch case study presentation  
Professional profile notebook presentation  
Documentation of 100 client sessions  
Documentation of 10 healing sessions received from other complementary healing practitioners  
Report of apprenticeship/mentorship process  
Presentation of resume

### **Discussion of required reading**

Community & networking activities and study groups  
Group healing exchanges  
Healing Touch research  
Standards of Practice  
Code of Ethics  
Process and procedures in Certification as a Healing Touch Practitioner

Approved 1996

Revised & Approved, 10/02, 10/06, 01/09

Healing Touch International, Inc.