



## Healing Touch International Healing Touch Certificate Program ©

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 with Level 6 being the instructor level.

Each level in the Healing Touch Certificate 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 Completion. This recognizes the work completed in the program and the use of the designated title, Healing Touch International Practitioner, HTI-P. The HTI-P 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.



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### 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:

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.

### 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 charkas.
- 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 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
- Sharing experiences of practicing Level 1 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 and Level 2. This course includes: development of Higher Sense Perception (HSP), sequencing of healing techniques, working with guidance, self-healing and self-development. (17.6 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 5th, 6th, and 7th 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 5th, 6th, and 7th levels of the subtle body.
- Techniques, Etheric Template Clearing and Lymphatic Drain.
- Roles of practitioner, client, observer/coach
- 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, 2, 3 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. Continuing education contact hours are provided for each level (Level 4 provides 25.3, and Level 5 provides 24) 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 leaning 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.
- Etheric 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. 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.

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Healing Touch International, Inc.