

# Healing Touch Heart-Centered Care



*Your journey  
starts here*



**H**ealing Touch is an easy to learn and administer integrative method that supports patient-centered care. Effective at reducing pain and anxiety, it offers caregivers a gentle, non-invasive treatment alternative. Holistically focused, Healing Touch addresses the physical, emotional, mental and spiritual aspects of the individual. Caregivers use their hands in an intentional way to restore balance in their patient's energy system to facilitate the natural self-healing process.

As a standardized, board certified and accredited continuing education program, Healing Touch offers a professional path to become an integrative medicine practitioner. Healing Touch is used in hospitals, VA Medical Centers, hospices, integrative clinics and long term care centers. Substantiated by research, the effectiveness of Healing Touch is increasingly acknowledged by both the public and the healthcare industry.

Healing Touch is offered as certification program or in individual classes of five levels that teach the student to understand, perceive, assess and balance the human energy system. Classes are richly experiential and consist of lecture, demonstration, student exchange exercises and discussion. The coursework fosters personal and professional growth throughout the entire program. Abundant resources are provided that offer support during one's journey.

Healing Touch practitioners are trained professionals that abide by a Code of Ethics and within a Scope of Practice. Classes offer nursing and massage continuing education credits.

Based on compassionate caring, Healing Touch coursework offers an inward journey toward self-care, as well as an outward journey in assisting others with health and healing. This journey may be life changing both for yourself and for those with whom you work.

We invite you to enhance your caregiving career with Healing Touch.



## Accreditations and Endorsements



- Healing Touch Program is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.
- Healing Touch Program is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider (#150588-00).
- Healing Touch Program has been peer-reviewed, and is endorsed by the American Holistic Nurses Association (AHNA) the Canadian Holistic Nurses Association (CHNA).



## Level 1 ————— 16 CE hours

This beginning class lays the foundation for the practice of Healing Touch. This foundation begins your journey of offering others assistance in healing and an inward journey of exploration and self care.

You will learn:

- The philosophy, theoretical basis and principles that underlie Healing Touch
- About the human energy system and how it relates to health and well-being
- How to locate and assess the energy fields and centers
- Ten key Healing Touch techniques - discussed, demonstrated and then shared to provide a robust experiential training
- Methods for self-care
- Professional development, legal and professional aspects of touch and ethics - examined in depth

The knowledge and skills learned in Level 1 allow the student to begin actively using Healing Touch. They also provide the opportunity for enhanced self-care and continued personal exploration and reflection.



## Level 2 ————— 16 CE hours

The Level 2 curriculum is designed to deepen one's learning from the groundwork that was laid in Level 1.

Major principles and concepts are integrated in a deeper way through group discussion, instructor presentation and clinical exchanges. Principles for creating a healing environment and the development of listening skills are emphasized. Clinical practice in the classroom setting using learned interventions builds confidence. Additional Healing Touch methods and sequences are introduced. Discussion includes the use of all interventions in the clinical setting. Good practice policies are implemented during clinical exercise including intake interviews, session documentation and informed consent. Development of the practitioner is strengthened with additional discussion of legal and professional aspects of touch and the use of informed consent.

Upon completing Level 2, the student has the means to deepen their practice in several ways: assisting others with increased knowledge, using additional Healing Touch Level 2 techniques and creating professional office policies through the use of informed consent, intake interviews and session documentation.







## Level 3 ————— 16 CE hours

Level 3 curriculum continues to build on the theory and practices laid in previous levels and offers the ability for continued development as a Healing Touch practitioner.

### Level 3 Explores:

- Advanced development through growing inner exploration and awareness
- Self-care, a core principle in Healing Touch
- Other healing philosophies
- Additional Healing Touch methods and sequences
- Advanced healing of the human energy system
- Development of higher sense perception and inner guidance
- Clinical application of Healing Touch

The Level 3 experience is an introspective journey, yet one that when shared with fellow participants provides reinforcement and direction for an increasingly deepening Healing Touch practice.



## Level 4 ————— 30 CE hours

The class setting and duration (4 days) of Level 4 allows the exploration of your healing journey; the giving and receiving of an in-depth series of Healing Touch sessions; and networking, relationship building and sharing. The experience is designed to be inspiring, nurturing and rich with personal, professional and inner growth.

### Level 4:

- Prepares the student in her/his development as a professional energy medicine practitioner and Healing Touch Practitioner
- Explores practice issues including establishing a private practice or incorporating Healing Touch into a current practice
- Explores professional development within the context of addressing ethics, standards of practice and role as a healer
- Discusses the role of the mentor and mentorship in the journey and program completion requirements and graduation

Level 4 leaves the practitioner with all the tools needed to continue toward coursework completion in Level 5 and an enhanced personal practice perspective.





## Level 5 ————— 30 CE hours

Level 5 is the final level of the core curriculum. The student is at a place of being able to integrate the knowledge and skills which have been built from Level 1 onward.

Level 5 includes:

- Discussion about Healing Touch practice, clinical and ethical issues
- Student presentations
- Discussions and sharing of Level 5 homework
- Individual instructor meetings with students
- Group healing exchanges
- Small and large group case study presentations and critiques
- Preparation for the Healing Touch certification process

With the completion of Level 5, the knowledge of how to integrate energetic, spiritual, ethical, personal and professional learning with the Healing Touch philosophy, principles, methods and sequences culminates in a new level of professionalism.

Graduation is a significant accomplishment and celebratory event.



## Certification

The Healing Touch Certified Practitioner (HTCP) credential sets a precedent for energy medicine practitioner standards. It provides the practitioner an accredited credential that is recognized in integrative healthcare.

Certification is awarded to individuals who exhibit the professionalism, discipline and dedication required to meet the established criteria. The requirements are rigorous and are designed to establish the basis of knowledge, skill and confidence of the applying Healing Touch practitioner. Receipt of the credential signifies recognition as an accomplished professional that is recognized in both energy medicine and allopathic medicine.

For more information on Healing Touch Certification visit [www.HealingTouchCertification.com](http://www.HealingTouchCertification.com).

Healing Touch classes are offered as individual segments or as a package that includes all five levels of coursework. To learn more about Healing Touch as a professional career path contact [ICP@HealingTouchProgram.com](mailto:ICP@HealingTouchProgram.com) or visit [www.HTICP.com](http://www.HTICP.com) today.



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