

Course 1: Foundations of Healing Touch

This table will help you enhance the student experiences in Healing Touch classes through use of and reference to *Healing Touch: Enhancing Life Through Energy Therapy* (2014) by Wardell, Kagel, and Anselme. The chapter summary is followed by italicized discussion points. Please refer to the course syllabus for complete references.

Syllabus Topic	Companion Resource Material	Pages
Healing Touch Historical Perspective, Philosophy, and Research	 Chapter 1. An International Perspective 1. First Nation/Indigenous Peoples and Healing Touch a. Traditions of deep listening and regard b. Cultural considerations of bringing Healing Touch to indigenous communities 	Pp. 1–9
	 Bringing Healing Touch around our World – 1991 thru 2006. a. Stories about spreading Healing Touch to Australia, Peru, South America, Canada, New Zealand, United States, Netherlands, Denmark, United Kingdom, Ireland, Taiwan, Japan, Thailand, India, Ecuador, and South Africa in the early days of Healing Touch. 	Pp. 9–62
Healing Touch Philosophy	Chapter 2. History of Healing Touch Education and Certification	
	1. Mission of Healing Touch International/Healing Beyond Borders a nonprofit organization.	Pp. 63–67
	 Background and importance of Healing Touch Practitioner and Instructor Certification and credentialing. 	Pp. 67–73
Healing Touch Research	Chapter 9. Evidence-Based Practice 1. The importance of evidence-based practice to the practice of Healing Touch.	Pp. 309–318
	 Research strategies that work well for doing research within Healing Touch. 	Pp. 318–323
	 List of Peer-reviewed Healing Touch published research. 	Pp. 323–299
Human Energy System	Chapter 3. Foundational Aspects of Healing Work1. Nursing concepts related to Healing Touch as a nursing intervention	Pp. 75–96.
	 The influence of intention of the formation of thought. 	Pp. 96–104
	3. Understanding energy and energy therapy.	Pp. 104–113
	4. A holistic approach to health and healing.	Pp. 113–118

Development of the Healer and Self-Care	 Chapter 4. Living in Harmony: Caring for Self and Other Living Systems Importance of living a heart-centered life Importance of self-healing and incorporating self-healing into everyday life 	Pp. 120–125 Pp. 125–133
	 Self-care practices designed to increase your internal vibration for healing self and others. 	Pp. 133–148
	 Honoring the roles that animals and other living systems have in maintaining health, assisting in healing, and supporting the environment. 	Pp. 148–153
	5. Identifying earth as healer and healee.	Pp. 153–158
HBB Code of Ethics	Chapter 5. Ethical Underpinnings: Respecting and Honoring the Soul	Pp. 159–185
	 Increase awareness of ethical issues when conducting healing and intuitive work. 	Pp. 163–167 Pp. 164–166
	2. Recognize accountability to self, others, and	Pp. 179–180
	the planet through right relationships	Pp. 174–175

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