

Healing Beyond Borders
1413 HTI Healing Touch Certificate Program. Course 1: VIRTUAL Foundations of Healing Touch

Course agenda – Virtual

Virtual Content	Offline exercises
Day 1 (Saturday)	
Module 1	
Orientation to course, objectives, syllabus, HBB Core Values. Q & A regarding virtual course and offline activities and assignments.	
Holistic nature of Healing Touch (physical, emotional, mental, spiritual). Brief history of Healing Touch Energy principles Connecting holism to self-care. Class dialogue about personal experiences with holism.	
Healing Presence and heart-centeredness. Grounding and coming into presence. Guided grounding exercise. Guided presence exercise (What does “presence” feel like). Guided heart-centered exercise	
Awareness of subtle energy and heart centeredness. Guided experience of “hand exercises” (moving palms together and apart, noticing what they notice between their hands and reporting to group). Students move their hands over their own body, reporting what they notice. Does it connect with physical and/or emotional happenings in the body/field? Discussion: This is one part of a more complete assessment that includes verbal and energetic assessment – to be covered later in course. *Students are provided with directions for several exercises to accomplish during break.	

Virtual Content	Offline exercises
OFFLINE BREAK – 2 hours Self-care, bathroom, stretch, nutrition time).	Practice grounding, presence, and heart-centeredness. Build awareness of subtle energy through assessment of a variety of living and non-living things. Utilizing hands and senses, assess a tree, rock, paper, animal, another person. Document what is noticed. Note similarities and differences in each assessment. What was this experience like for you? What senses were you aware of activating?
Module 2	
Grounding and presence group meditation Sharing of offline experiences via group discussion.	
Framework for a Healing Touch session. Definition, discussion, demonstration. Connect the Framework to sensing energy exercises they have done. Demonstration, discussion and practice Practitioner Preparation, Assessment, Intervention (<i>Field Repatterning</i>) and Evaluation. Students practice on themselves, reporting what they notice.	
Beginning dialogue about importance of self-care for physical, emotional, mental, and spiritual health and wholeness	
OFFLINE BREAK	Following all steps of the Framework for Healing Touch session, use Field Repatterning intervention with 2 different people or living things. Set up a portfolio with reflective reports on these experiences (reflection before action, in action and after action).
	Keep written track of daily self-care activities you do over the course period. Be prepared to share

	experiences during last online session of course (Module 8).
Virtual Content	Offline exercises
Day 2 (Sunday)	
Module 3	
Grounding and centering group meditation Students share offline homework experiences via group dialogue	
Discussion and demonstration of Human Energy Field –7 layers. Students practice hand scanning their own field: scan when grounded, experiencing a strong thought of emotion, and again when grounded. Group dialogue and sharing of experience, questions and answers	
Description, demonstration, discussion, practice and debriefing of intervention - <i>Modified Mesmeric Clearing</i> . Students practice technique for themselves. Group sharing and dialogue about experience.	
OFFLINE BREAK – 2 hours	Choose 3 items and note and describe in writing energy around: plant, tree, 2 or more people, yourself when feeling 3 different emotions (happy, sad, angry, sick, tired).
Module 4	
Grounding and heart-centered group meditation. Sharing of offline experiences via group dialogue.	
Discussion, demonstration of energy centers/chakras. Students practice with pendulum evaluating their own chakras.	
Description, demonstration, discussion, and practice intervention - <i>Chakra Connection</i> . Voice guided by Instructor, Students practice Chakra Connection for self. Group sharing/dialogue about their experience	
OFFLINE BREAK	Using a pendulum, students check their own chakras while calm and

	<p>while experiencing 3 different emotions and/or thoughts. Students assess 5 foods (fresh foods, processed foods, frozen food, candy, etc. and reflect in writing on their findings.</p>
	<p>Students use Chakra Connection for their self-care, and reflect in writing on their findings.</p>
	<p>Student use Framework for Healing Touch; Assess energy field and chakras of another person using hand scan and pendulum. Practice Modified Mesmeric Clearing with 2 people. Reflect in writing these experiences</p>
Virtual Content	Offline exercises
Day 3 –Wednesday Evening Class	
Module 5	
<p>Grounding and heart-centered group meditation. Sharing of offline practice and experiences via group discussion.</p>	
<p>Definition, discussion demonstration and practice of <i>Laser</i> and <i>Siphon</i> (pain management techniques). Students practice techniques on self. Group dialogue and sharing of experiences</p>	
<p>Definition, demonstration, practice of Clinical Applications of Healing Touch including: Headache management, head trauma, energy leaks. Students practice on self. Dialogue and group sharing of experiences.</p>	
<p>Dialogue, questions and answers, discussion about content thus far in this class</p>	
OFFLINE BREAK	<p>Using Framework for Healing Touch, apply pain management techniques and/or headache intervention techniques with 3 people.</p>

Virtual Content	Offline exercises
Day 4. Saturday	
Module 6	
Grounding and centering meditation. Group sharing and dialogue as students share offline homework experiences.	
Definition, demonstration, practice of technique <i>Noel's Mind Clearing</i> . Students practice technique on self, voice guided by Instructor. Group dialogue and sharing of experience.	
Instructor voice guides Noel's Mind Clearing for students who work with each other (paired up by Instructor).	
Introduce the concepts of applying the Framework for a Healing Touch session to distant/remote healing to connect with another person at a distance with the intention of facilitating healing. Dialogue	
OFFLINE BREAK – 2 Hours.	Using the Framework for Healing Touch, practice Noel's Mind Clearing for self. Using the Framework for Healing Touch, Field Repatterning and/or Modified Mesmeric Clearing with a family member or friend. Write a reflective statement about experience/findings.
Module 7	
Grounding and heart-centered meditation. Students share offline experiences in group dialogue.	
Description, including value of sharing unconditional love, and direction for Heart-to-Heart meditation. Instructor pairs students for exercise, voice guiding initial instructions, then allowing the flow of unconditional love between the pairs of students. Group dialogue and sharing about experience.	
Definition, demonstration, discussion of technique <i>Chakra Spread</i> . Student are paired up, and exchange <i>Chakra Spread</i> with their partner. Group dialogue and sharing about experience	

OFFLINE BREAK	Using Framework for Healing Touch Session, practice Chakra Spread with another person or for self. Written reflection on your experience and findings.
Virtual Content	Offline exercises
Day 5 Sunday	
Module 8	
Centering and heart centered meditation. Group dialogue/sharing of homework experiences	
Discussion and practical application of HBB Code of Ethics and ethics in energy therapy to students' classroom and offline/homework experiences.	
Dialogue and sharing of students' written accounts of their activities related to self-care	
Description, demonstration, discussion of technique <i>Scudder Meridian Technique</i> . Students practice on self. Dialogue and group sharing of experience.	
Final questions and comments	
Course evaluation	