



## Case Study Guidelines

The case study serves as a reflection of the quality of your Healing Touch practice, as well as your ability to manage a case with a patient over a period of time. The case study is a narrative of 3 to 5 sessions with the same patient and focused on a specific issue or problem experienced by the patient. During Course 4, you will receive more instruction on developing a case study. One distance healing session may be included in one of the two case studies submitted for certification. The distance healing session must adhere to the framework for a Healing Touch session and this must be well documented. In Course 5, you will present a draft of your case study for critique and feedback from your peers prior to submission for certification. More information on the specific requirements can be found in the certification application on the Healing Beyond Borders website. Below are some guidelines that may be useful as you complete your case study.

<b>Choosing your case study patient:</b>	It is generally best to wait to choose the patient for your case study until you are at least halfway through your mentorship year because your practice will deepen and mature as your progress. It is important to obtain your patient's consent for your work together as a case study for completion and certification.
<b>Focus on Healing Touch:</b>	The focus of your case study is to be on Healing Touch techniques to demonstrate your competency and safety as a Healing Touch practitioner. If other modalities are included, provide the entire name of the procedure or treatment and your training.
<b>Write in a narrative fashion:</b>	The case study is written in narrative form (i.e., paragraphs) based on the documentation of working with the patient for your case study. The case study tells the patient's story and is presented in chronological order. The framework for a Healing Touch session will guide the case study narrative.
<b>Guidelines for details:</b>	Refer to the certification application on the Healing Beyond Borders website for specific guidelines for inclusion in the case study narrative. One distance healing session may be included in one of the two case studies submitted for certification.
<b>Confidentiality:</b>	Do not use your patient's real name in the case study, or their initials. You may create a fictitious name or initials.
<b>Continuity and flow:</b>	As you move from session to session within the case study, be sure to show continuity and flow related to the main issues and mutual goals, choices and rationale for Healing Touch techniques used, and the follow up recommendations. Describe any significant energetic findings or sensations experienced during the sessions.