



Homework Grid

Be sure to take your time and not rush the process. Spreading the work out over the course of mentorship and practicum not only makes the homework requirements more manageable, but also deepens the work by allowing for reflection. This process is personal; your speed does not matter so much as your forward momentum. For more specific information, see the certification application on the Healing Beyond Borders website.

1: Professional Profile Notebook		The professional profile notebook is meant to serve as a representation of you as a practitioner. Its contents may include your résumé, photographs, certificates, awards, articles and essays written, and business cards.			
2: Professional Résumé <i>(Criterion 2 for Certification)</i>		Your professional résumé includes your educational background and work experience, certifications and licensures, Healing Touch training, professional memberships, awards, and published works.			
3: Healing Modalities <i>(Criterion 3 for Certification)</i>		Experiencing 10 healing modalities after Course 4 from other care providers establishes a network for referrals and deepens self-care. Track your progress below.			
#	Date	CAM Practitioner	Credentials	Modality	Refer Y/N
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					



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4: Mentorship <i>(Criterion 4 for Certification)</i>				The purpose of the mentorship experience is to provide support and guidance for the student during the practicum. Complete a progress report of your mentorship experience with a CHTP. If you do not have a nursing license, your mentor or co-mentor must be a nurse. Additional mentorship guidelines may be found on the Healing Beyond Borders website, including a sample mentorship contract. Track your progress below.													
Month																	
Date																	
5: Reading Program <i>(Criterion 5 for Certification)</i>				The purpose of the reading program is to deepen your understanding of healing, energy therapies, and topics related to the practice of Healing Touch. Prior to Course 5, read one book from each category. Take those reports to Course 5. Track your progress below.													
1	Healing Touch																
2	Energy Medicine/Holism																
3	Quantum Physics																
4	Spiritual Development																
5	Personal/Professional Development																
6	Journaling																
7	Ethics																
6: Case Study <i>(Criterion 6 for Certification)</i>				The purpose of the case study is to reflect the quality of your current Healing Touch practice and the ability to manage a case with a patient over time. This descriptive case study summarizes 3 to 5 sessions with the same patient. A draft of the case study should be completed and brought to Course 5. One distance healing session may be included in one of the two case studies.													



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7: Documentation of 100 Sessions					<p>The purpose of the 100 documented sessions is to present the breadth and depth of your Healing Touch practice. Focus your sessions on the human population; you may include a few healing sessions on animals or plants (no more than 5 total). Up to 30 of your sessions may be done using distance healing. (It is recommended that these <i>sessions include some type of monitoring and/or interaction with the person receiving the session</i>, such as via video conferencing for the intake and debrief.) The distance healing sessions must adhere to the framework for a Healing Touch session. Be certain to document the rationale for all techniques used based on your subjective, objective, and energetic findings. At least 10–15 of your 100 sessions need to include the initial intake assessment. Bring the documentation for all 100 sessions to Course 5. These will be returned to you. A goal of 2 sessions per week is reasonable. Track your progress below. Sample intake assessment and session documentation forms are available in the Student Resource section of the Healing Beyond Borders website or you may create your own.</p>							
Month												
# Sessions this Month												
# Total Sessions												
8: Community Project					<p>The community project is your service project and gift to the community. It also is an opportunity to introduce Healing Touch to a new population or venue. Write a reflective statement of about one page.</p>							
9: Networking and Support Group					<p>Networking and support group activities help to cultivate support and create a network within your community and more broadly. Report your involvement with study and practice groups related to Healing Touch, Healing Beyond Borders, or the American Holistic Nurses Association. Networking can occur through in-person or online meetings and groups, emails, or phone calls, for example.</p>							