



Healing Touch Review of Techniques: Case Management and Professional Practice

Since the filming of this Level 4 review video, Healing Beyond Borders has completed an extensive, in-depth review of the source materials related to this body of work dating from the late 1700s through to the early 21st century. Hence, there are important and exciting enhancements to share with you. The fruits of this effort are captured in the new, 2017 Healing Touch textbook *Foundations and Practice of Healing Touch*. Please refer to this new textbook, authored by Joel Anderson, Lisa Anselme, and Laura Hart for more in-depth guidance on the specific updates and changes. I will include the page numbers as references for you. Additional information and the associated re-visioned enhancements to the names and execution of many of the techniques can be located on the Healing Beyond Borders website. This video will give you valuable guidance on choosing appropriate Healing Touch interventions and sequencing to use in your practice. Little has changed in this Healing Touch Level 4 class. There is now a recording of the Etheric Vitality meditation on the Healing Beyond Borders website for you to access for your practice. You can find it in the Student Resources section.

Additionally, the course titles have been re-visioned to reflect the actual purpose and content of each class. The name of the Level 4 course is now **Case Management and Professional Practice**. There are a few revisions to Course 4, but the film covers techniques taught in Courses 1, 2 and 3 and those are summarized here as well.

As a reminder, the **Framework for a Healing Touch Session** (Chapter 4, pp. 39-48) replaces the Healing Touch Sequence as the organized, standardized means to proceed through a Healing Touch session. This process is summarized as follows:

- Practitioner Preparation: Moving into a state of therapeutic presence by centering, grounding, attuning to the patient's energy field, and setting intention.
- Assessment, which includes subjective, objective, and energetic data through an initial intake or follow up interview, observation of physical presentation and patterns, and assessment of the energy fields and centers through use of a pendulum, hand scan, and/or high sense perception.
- Problem Identification
- Mutual Goals
- Planning
- Intervention: Includes the techniques used, subtle energy shifts noted, then re-assessment of the field, followed by grounding the patient and releasing from their field.

→ Evaluation: Data collected throughout the session through observation and assessment are used to determine whether the goals were achieved. This includes the patient's report of the session.

The following name changes were made to reflect the purpose or action of the technique better, or to honor the individual credited as the recognized source of the technique:

The Full Body Connection is no longer covered in this course of study. Rather, **Chakra Energizing** (generally covered in Course 2, pp. 58-59) is appropriate not only for connecting and balancing, but also holding the hand positions beyond the sensation of connection to a place of fullness or completion will energize the chakra system. Using the hand positions of the Chakra Connection, additional hand placement to organs such as reproductive, liver and spleen, and lungs may be added, as needed, to support the physical and energetic body of the patient based upon their physical and energetic presentation.

The Body Memory Interview is no longer included in this course of study.

The Etheric Vitality Meditation has been restored to its original purpose as described by Markides in *Homage to the Sun*, with the goal of cultivating awareness and higher vibration within the practitioner. The practitioner is encouraged to use this meditation on a daily basis for a minimum of 30 days to develop and deepen one's expression of light and healing.

Scudder Technique = **Scudder Meridian Clearing**: This formerly optional technique has become a standard component of the HBB course of study (pp. 84-87). Taught in Course 1, this technique has been re-visioned back to its source, Rev. John Scudder. Scudder Meridian Clearing now has two additional steps (pp. 84-87). After cupping the chin with the palms and sweeping up in front of and behind the ears to the top of the head (step 4-a), gently press the acupressure points at the base of the occipital bone and sweep up and off the top of the head (step 4-b).

The Homework for Course 5, **Self-Evaluation and Professional Development**, remains the same. You will find a helpful Homework Grid to track your progress on the Healing Beyond Borders website in the Student Resources for Course 4.

Please remember always to work from a place of grounded, centered healing presence, always holding the intention for the highest good of the patient. And recall that as you move forward in deepening your exploration of this work, please feel comfortable connecting with a CHTI you know, or give the HBB office a call and ask for further guidance and coaching with this enhanced work.

The importance of integrating the newly revised techniques is so that you will be practicing in alignment with the revised course of study as you journey to becoming a Healing Touch Practitioner.