**FOUNDATIONS OF HEALING TOUCH
COURSE SYLLABUS**

Course Description:
The theoretical concepts that underlie holistic healthcare practices are explored along with how these concepts relate to the core values which guide the practice of Healing Touch. Healing Touch techniques used in the etheric field are acquired along with an understanding of how these techniques interface with the human biofield.

Course Objectives:
The learner will be able to:

1. Explore qualities and self-care needs of a Healing Touch Practitioner.
2. Discuss the facets of Healing Touch and correlate techniques that support physical, mental, emotional, and/or spiritual healing.
3. Demonstrate Healing Presence: the ability to remain grounded, present, and heart-centered.
4. Describe personal perceptions of subtle energy/heart-centeredness.
5. Apply the Healing Touch Framework to a variety of energy interventions.
6. Evaluate the seven energy centers (chakras) and related energy layers that surround the body.
7. Describe rationale with use of specific Healing Touch techniques.
8. Discuss the Healing Beyond Borders Code of Ethics, Standards of Practice and Scope of Practice required of a beginning Healing Touch student.

Course Text:
Required:
Anderson, J. G., Anselme, L., & Hart, L. K. (2017). *Foundations and Practice of Healing Touch*. Lakewood, CO: Healing Beyond Borders.

Companion:
Wardell, D., Kagel, S., & Anselme, L. (2014). *Healing Touch: Enhancing life through energy therapy*. Bloomington, IN: iUniverse.

Supplemental:
Joy, B. (1979). *Joy's Way: A map for the transformational journey*. Putman, NY: Jeremy P. Tarcher.

Additional course materials and resources can be found in the instructor and student sections on the Healing Beyond Borders website: www.healingbeyondborders.org.

Course Schedule:

Day One			
Topic	**Learning Activity**	**Resource**	**Supplemental Resources**
Orientation and course overview	Group meditation and course intention		
Healing Touch historical perspective, philosophy, and research		Anderson, Anselme, & Hart, pp. 9-12, 100-102	Wardell, Kagel, & Anselme, Chapters 1, 2, & 9
Break			
Framework for a Healing Touch session	Demonstration and practice of healer preparation, assessment, intervention, and evaluation	Anderson, Anselme, & Hart, pp. 39-48	
Field Repatterning	Demonstration and practice of Field Repatterning	Anderson, Anselme, & Hart, p. 48, 67-68	
Lunch			
Human energy system		Anderson, Anselme, & Hart, pp. 27-36	Wardell, Kagel, & Anselme, Chapter 9
Energy assessment	Demonstration and practice of energy assessment	Anderson, Anselme, & Hart, p. 48	
Break			
Modified Mesmeric Clearing	Demonstration and practice of Modified Mesmeric Clearing	Anderson, Anselme, & Hart, pp. 80-81	
Chakra Connection	Demonstration and practice of Chakra Connection	Anderson, Anselme, & Hart, pp. 58-59	Joy, pp. 269-275

Course Schedule:

Day Two			
Topic	**Learning Activity**	**Resource**	**Supplemental Resources**
Session opening	Meditation Appreciative inquiry		
Break			
Clinical Applications: Pain management and Wound Care	Demonstration and practice of Siphon, Laser, Pain Ridge, Pain Spike, and techniques for wound care	Anderson, Anselme, & Hart, pp. 74-75, 87, & 95-99	
Clinical Applications: Headache management	Demonstration and practice of techniques for tension, sinus, and migraine headaches, and management of head trauma	Anderson, Anselme, & Hart, pp. 95-99	
Noel's Mind Clearing	Demonstration and practice of Noel's Mind Clearing	Anderson, Anselme, & Hart, pp. 82-83	
Development of the healer and self care		Anderson, Anselme, & Hart, pp. 17-20	Wardell, Kagel, & Anselme, Chapter 4
Lunch			
Heart to heart meditation	Dyadic practice of Heart to Heart Meditation		Joy, pp. 238-252
Chakra Spread	Demonstration and practice of Chakra Spread	Anderson, Anselme, & Hart, pp. 60-61	
Ethics and professional practice		Anderson, Anselme, & Hart, pp. 103-109	
Scudder Meridian Clearing	Demonstration and practice of Scudder Meridian Clearing	Anderson, Anselme, & Hart, pp. 84-86	
Closing	Course evaluation		