



# Healing Beyond Borders

Educating and Certifying the Healing Touch®

## ENERGETIC PATTERNING AND CLINICAL APPLICATIONS COURSE SYLLABUS

### **Prerequisite:**

Successful completion of Foundations of Healing Touch course

### **Course Description:**

The skill of completing an intake interview that identifies patterns of behaviors for which Healing Touch techniques may be useful in assisting a patient to re-pattern their energy field is acquired. Healing Touch techniques learned in the foundation course are integrated into applications that assist in re-patterning spinal health. The appreciation of Healing Touch progresses to a deeper level with the acquisition of a technique to assist the patient in expanding their heart energy.

### **Course Objectives:**

The learner will be able to:

1. Demonstrate the ability to remain grounded, present, and heart-centered while working in the energy field.
2. Conduct an intake interview with a plan toward intervention.
3. Recognize that previous experiences may have an impact on physical, emotional, mental and spiritual health.
4. Assess the status of the chakras and biofield.
5. Document the process of re-patterning and balancing a patient's biofield.
6. Apply techniques that support the health and comfort of the back.
7. Describe how the Healing Beyond Borders Code of Ethics, Standards of Practice and Scope of Practice relates to their developing as a Healing Touch practitioner.

### **Course Text:**

#### Required:

Anderson, J. G., Anselme, L., & Hart, L. K. (2024). *Foundations and Practice of Healing Touch, 2<sup>nd</sup> Edition*. Lakewood, CO: Healing Beyond Borders

or

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.

Hay, L. (1984). *You can heal your life*. Carson, CA: Hay House, Inc.

*Additional course materials and resources can be found in the instructor and student sections on the Healing Beyond Borders website: [www.healingbeyondborders.org](http://www.healingbeyondborders.org).*



**Course Schedule:**

<b>Day One</b>			
<b>Topic</b>	<b>Learning Activity</b>	<b>Resource</b>	<b>Supplemental Resources</b>
Orientation and course overview	Group meditation and course intention		
Review of techniques from Foundations of Healing Touch course	Review any techniques needing reinforcement		
Healing presence and healing environment		Anderson, Anselme, & Hart, pp. 21-25 (1 <sup>st</sup> Ed.); pp. 18-20 (2 <sup>nd</sup> Ed.)	Wardell, Kagel, & Anselme, Chapter 4
Intake and assessment process	Intake interview and assessment Practice documentation	Anderson, Anselme, & Hart, pp. 39-48 (1 <sup>st</sup> Ed.); pp. 31-38 (2 <sup>nd</sup> Ed.)	Wardell, Kagel, & Anselme, Chapter 6  Hay, Chapter 14
Intake and assessment process (continued)	Debrief of intake interviews and assessments		
Spiral Meditation	Demonstration and practice of Spiral Meditation	Anderson, Anselme, & Hart, pp. 92-94 (1 <sup>st</sup> Ed.); pp. 86-88 (2 <sup>nd</sup> Ed.)	Joy, pp. 191-201
Lunch			
Break			
Full healing session	Full healing session, including assessment with intake interview, Spiral Meditation, and Chakra Connection	Anderson, Anselme, & Hart, pp. 39-48, 92-94, 58-59 (1 <sup>st</sup> Ed.); pp. 31-38, 86-88, 50-51 (2 <sup>nd</sup> Ed.)	Joy, pp. 267-268, 191-201, 269-275
Professional practice	Debrief of full healing sessions  Discussion of specific client needs and documentation of clinical work		
Glymphatic System Support		Anderson, Anselme, & Hart, pp. 70-71 (1 <sup>st</sup> Ed.); pp. 62-63 (2 <sup>nd</sup> Ed.)	



**Course Schedule:**

<b>Day Two</b>			
<b>Topic</b>	<b>Learning Activity</b>	<b>Resource</b>	<b>Supplemental Resources</b>
Session opening	Meditation: Guided Self Spiral Meditation	Anderson, Anselme, & Hart, pp. 92-94 (1 <sup>st</sup> Ed.); pp. 86-88 (2 <sup>nd</sup> Ed.)	Joy, pp. 191-201
Energetic patterns and pain management		Anderson, Anselme, & Hart, pp. 95-99 (1 <sup>st</sup> Ed.); 89-93 (2 <sup>nd</sup> Ed.)	Wardell, Kagel, & Anselme, Chapters 7 & 8
Spinal Flush and Hopi Technique	Demonstration and practice of Spinal Flush and Hopi Technique	Anderson, Anselme, & Hart, pp. 89-91, 72-73 (1 <sup>st</sup> Ed.); pp. 83-85, 66-67 (2 <sup>nd</sup> Ed.)	
Break			
Spinal Flush and Hopi Technique(continued)	Debrief of Spinal Flush and Hopi Technique		
Lunch			
Full healing session	Practice of full healing session: may include techniques pertinent to case and/or Spinal Flush and Hopi Technique		
Break			
Full healing session (continued)	Debrief of full healing session		
Clinical applications	Discussion of clinical applications of Healing Touch		
Ethics and professional practice		Anderson, Anselme, & Hart, pp. 103-109 (1 <sup>st</sup> Ed.); pp. 97-103 (2 <sup>nd</sup> Ed.)	
Closing	Course evaluation		