



Healing Touch Certification

Entry Level Proficiency Exam
Study Guide

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This Study Guide is intended to be a resource to help guide successful preparation for taking the Healing Touch Certified Practitioner Entry Level Proficiency Exam, or the Healing Touch Certified Practitioner Entry Level Proficiency Exam Pilot Test.

General test information, background, instructions, and a sample test can be found in the Healing Touch Certification Entry Level Proficiency Exam Handbook.

The material in this Study Guide comes from the Validation Study and a Learning Objectives Chart for the Healing Touch Program Courses of study.

Validation Study (VS): A validation study (job analysis) is an assessment of the major areas of working knowledge and associated tasks required for a particular job. The Healing Touch Certified Practitioner (HTCP) Validation Study was completed in early May 2010 by the first committee of Subject Matter Experts (SMEs).

The Validation Study determined five major domains of knowledge and the knowledge skills and abilities required within those domains. A survey was compiled and sent out to all HTCPs to validate the information in the Validation Study and to rate the importance of the individual skills and abilities, and the relative importance of each of the domains, as well as to validate the contents of the Validation Study.

Learning Objectives (LO): The Learning Objectives are derived from the course content of the Healing Touch Program Levels 1 through 5 course material. They enumerate the objectives that a student should learn from the course material. The Learning Objectives Chart relates the knowledge, skills, and abilities from the Validation Study to the course material through each specific Learning Objective.

The Learning Objectives are based on the following Syllabus of Healing Touch Program course material.

Syllabus of reference volumes used for creating the test items:

- Level 1 Healing Touch Notebook, 6th Edition
- Level 2 Healing Touch Notebook, 6th Edition
- Level 3 Healing Touch Notebook, 5th Edition
- Level 4/5 Healing Touch Notebook, 2008 Edition

Subject Matter Experts

Subject Matter Experts (SMEs) are HTCPs who volunteer to participate in various certification activities to help define the standards, maintain the assessment instruments, and ensure that the certification remains relevant to the profession.

General Information

All general questions and requests for information regarding the HTP accreditation exams should be directed to:

Healing Touch Certification Administrator

15439 PebbleGate

San Antonio, Texas 78232

210-497-5529

Fax: 210-497-8532

E-mail: certification@healingtouchcertification.com

Visit our Web site at www.healingtouchcertification.com

Validation Study Summary

This is an outline of the items in the Validation Study, the exam is based on these items.

LEVEL 1

- Definition of Healing Touch
- History of Healing Touch
- Program Overview
- Basic Guiding Principles
- Evidenced based uses for HT
- Energy Fields
- Chakra's
- Basics of research
- HT practitioner attributes
- Basic HT Sequence
- Magnetic Passes
- Magnetic Clearing
- Chakra Connection
- Ultrasound
- Laser Technique
- Pain Drain technique
- Sealing a wound
- Pain Ridge
- Headache Techniques
- Heart to Heart Meditation
- Chakra Spread
- Scudder Technique

LEVEL 2

- HTP Informed Consent
- Healing Environment
- Self-care
- Self-healing
- General principles
- Attributes of the Heart
- Basic HT Sequence
- Intake/update Interview
- Pre-energetic Assessment
- Support of Client Goals
- Post-treatment Energetic Assessment
- Grounding
- Energetic Release
- Evaluation and Feedback
- Post-treatment Plan
- One Hour Sequence
- Spiral Meditation Technique
- Back and Neck Techniques
- Body Centered Interview
- Mind Clearing

LEVEL 3

- Expanded HT Sequence
- Hara Body
- Hara Line
- Core Star
- Hara Alignment Meditation
- Chelation
- Spinal Cleansing
- Deep Cleansing Treatments
- Etheric Template Clearing
- Lymphatic Drain
- Spiritual Surgery
- Sixth Level Interventions
- Celestial Body
- Seventh Level Interventions
- Ketheric Body

LEVEL 4

- Full Body Connection
- Etheric Vitality Meditation

CASE MANAGEMENT

- Intake
- Goal Formation & Planning
- Energy Assessment
- Selection of Appropriate Interventions
- Documentation
- Evaluation
- Empowering Clients
- Referrals
- Discharge Planning

CODE OF ETHICS

- Scope of Practice
- Collaborative Care
- Use of Intention
- Principles of Healing
- Respectful Care
- Equality and Acceptance
- Healing Environment
- HT 10-Step Process
- Practitioner Disclosure
- Confidentiality
- Legalities
- Practitioner Self-Development
- Professional Responsibility
- Code of Ethics
- Informed Consent
- Documentation
- Liability
- Malpractice Insurance
- Charging Clients
- Defined Levels of Practice

Full HTP Validation Study: Duty Areas and Task List results

The knowledge, skills, and abilities have been classified into five major duty areas, listed below with the relative weighting of each domain on the exam expressed as a percentage:

1. **HTP METHODS (34%):** The HTCP performs the HTP techniques/methods as written in the curriculum
2. **HTP Theory (24%):** The HTCP is knowledgeable in all areas of theory as written in the HTP curriculum.
3. **HTP Client Session (10%):** The HTCP performs and documents the HTP 10 Steps of a client session.
4. **HTP Case Management (12%):** The HTCP manages and documents the progression of individualized HT client care.
5. **Ethical/Professional Standards (:** The HTCP complies with HTP ethical and professional standards

Task lists for each of the Duty Areas are listed below.

HTP Validation Study: Duty Areas and Task List results

HTP METHODS

The HTCP performs the HTP techniques/methods as written in the curriculum

An entry level HTCP is able to perform the following tasks.

1. Perform HTP Level 1 techniques/methods.
 - a. Basic healing touch sequence
 - b. Magnetic passes
 - c. Magnetic clearing
 - d. Chakra Connection
 - e. Ultrasound
 - f. Pain Drain
 - g. Laser
 - h. Sealing a wound
 - i. Working with a pain ridge
 - j. Headache Techniques (tension, sinus, migraine, trauma)
 - k. Chakra spread
 - l. Mind clearing
 - m. Scudder
2. Perform HTP Level 2 techniques/methods and sequences.
 - a. One-hour healing sequence
 - b. Spiral meditation

- c. Chakra Connection
 - d. Healing Touch sequence with back and neck techniques
 - i. Connecting the lower body
 - ii. Hopi
 - e. Chakra Connection with Body Centered Interview (previously Trauma/Body Centered Interview)
 - f. Mind clearing
 - g. Modified mind clearing
3. Perform HTP Level 3 techniques/methods and sequences.
- a. The 10-Step Healing Touch sequence
 - b. Chelation
 - c. Spinal Cleansing
 - d. Additional deep cleansing treatments (scoop, cone and sandwich)
 - e. Etheric Template clearing
 - f. Lymphatic drain
 - g. Spiritual surgery
 - h. 6th level intervention
 - i. 7th level intervention
4. Perform HTP Level 4 methods.
- a. Full Body Connection
5. Perform healer preparations techniques/methods
- a. Self-chakra connection
 - b. Heart to heart meditation
 - c. Self-opening spiral meditation
 - d. Hara alignment meditation
 - e. Etheric vitality

HTP Theory

The HTCP is knowledgeable in all areas of theory as written in the HTP curriculum.

An entry level HTCP is able to perform the following tasks.

1. Describe the energetic nature of health & healing.
2. Describe the energetic nature of the client, the practitioner, and the environment.
3. Describe major concepts of Healing Touch.
 - a. Centering Grounding and attuning
 - b. Therapeutic presence
 - c. Sacred space
 - d. Practitioner as a conduit for universal energy
 - e. Non-attachment to outcome
 - f. The difference between curing and healing
 - g. Mutual goals released to the clients highest good

- h. Follow the energy
 - i. Intention over technique
 - j. Thought is energy, thought precedes form
 - k. All healing is self-healing
 - l. Effortless effort
 - m. The divine timing of healing
 - n. Client empowerment
 - o. Meeting clients where they are in their thinking
 - p. Many paths/forms of healing
 - q. The importance of self-care
4. Describe how Jean Watson's Caring Theory complements the practice of Healing Touch

Describe the ten Caritas processes of the attributes and qualities of the Healing Touch practitioner according to Jean Watson's theory of human caring.

- 5. Name the major components of the human energy system. (Hara, Core Star, Meridians, Chakras, Auras/fields)
- 6. Describe the characteristics of the major chakras by location, color, and function.
- 7. Describe the characteristics of the seven energy fields by name, location and corresponding chakra.
- 8. Describe the goal of Healing Touch
- 9. Describe the specific evidence-based uses of Healing Touch.
- 10. Describe the physiological relaxation response to energy healing.

HTP Client Session

The HTCP performs and documents the HTP 10 Steps of a client session.

An entry level HTCP is able to perform the following tasks.

- 1. Conduct an intake/update interview with a client.
- 2. Perform a practitioner preparation of grounding, centering, and attuning.
- 3. Perform a pre-treatment energetic assessment.
- 4. Discern client physical, emotional, mental and/or spiritual health issues.
- 5. Determine mutual goals /intentions for healing.
- 6. Perform Healing Touch interventions.
- 7. Perform a post-treatment energetic assessment.
- 8. Facilitate client grounding and perform energetic release.
- 9. Evaluate practitioner and client feedback.
- 10. Determine a post-treatment plan.

HTP Case Management

The HTCP manages and documents the progression of individualized HT client care.

An entry level HTCP is able to perform the following tasks.

1. Devise a treatment plan with a client.
2. Recognize the rationale for selected interventions.
3. Adapt the steps of interventions as needed for a client.
4. Revise the treatment plan as needed.
5. Recognize when to consult with experts.
6. Recognize when to refer a client.
7. Document the steps of client sessions and communication.

ETHICAL/PROFESSIONAL STANDARDS

The HTCP complies with HTP ethical and professional standards

1. Perform within the boundaries of the HTP Code of Ethics.
 - a. Scope of Practice
 - b. Collaborative care
 - c. Intention
 - d. Principles of Healing
 - e. Respectful Care
 - f. Equality and acceptance
 - g. Creating a healing environment
 - h. Healing Touch-Ten step Process
 - i. Disclosure and education
 - j. Confidentiality
 - k. Legalities
 - l. Self development
 - m. Professional responsibility
2. Perform within the boundaries of the HTP Scope of Practice.
 - a. Code Ethics
 - b. Informed Consent
 - c. Session documentation
 - d. License to touch
 - e. Liability/malpractice insurance
 - f. Charging for a session
 - g. Defined levels of practice
3. Adhere to local and state legal practice regulations.
4. Maintain client confidentiality.
5. Remain “in good standing” with Healing Touch Credentialing.

Healing Touch Program Level 1 Learning Objectives

Learning Objectives	Section	Duty Area	Task, Skill, or Knowledge
1. Able to define: What is Healing Touch?	Part 1 Introduction To Healing Touch		
Can recall the statement: Healing Touch is an energetic therapy in which practitioners consciously use their hands in a heart center and intentional way to enhance, support and facilitate physical, emotional, mental and spiritual health and self-healing.			
2. Able to recall the goal in Healing Touch.	Part 1	HT Theory	Describe the goal of Healing Touch
<ul style="list-style-type: none"> • Can recall the statement: To restore harmony and balance in the energy system, placing the client in a position to self-heal. 			
3. Able to describe the History of and program overview of Healing Touch.	Part 1		
<ul style="list-style-type: none"> • Founder's Name: Janet Mentgen RN BSN • Program inception date: First certificate program offered in 1990 • International program • Core Curriculum consists of 5 levels • Certification as a Healing Touch Certified Practitioner (HTCP) is available for those that meet the certification criteria • Has a non-profit Healing Touch Worldwide Foundation that funds research and humanitarian projects • Continuing Education hours offered • Courses are open to all health care professionals and non healthcare related individuals desiring an in-depth understanding of healing work • All HTP courses are taught by board certified instructors 			
4. Able to describe aspects of the nature of health and healing.	Part 2	HT Theory	Describe the energetic nature of health and healing
<ul style="list-style-type: none"> • Health is the process of harmony and right relationship within the individual person and his relationship with the 	Part 2		

<ul style="list-style-type: none"> environment. • Healing involves a process of awaking to one's awareness of his true self. • All healing takes place within the self and can be assisted by others holding as pure as possible a conscious healing intention for the highest good of the recipient. 			
5. Able to describe or identify how The quality and outcome of the healing process in HT is affected.	Part 2	HT Theory	Describe the energetic nature of the client, the practitioner, and the environment
<ul style="list-style-type: none"> • The nature of the intent held by the practitioner and client. • The receptivity/readiness of the client. • The ability of the practitioner to hold a higher frequency of healing energy with caring consciousness. • Environmental influences. • Scientific and spiritual factors. 			
6. Able to describe and identify basic guiding principles and major concepts in Healing Touch.	Part 2		
<ul style="list-style-type: none"> • Centering, Grounding, Attuning. Attentiveness. Release of distractions. 		HT Theory	Describe Centering, Grounding, and Attuning
<ul style="list-style-type: none"> • Therapeutic Presence, Compassion, Heart-centeredness, Humility, Non-judgmental attitude. 		HT Theory	Describe Therapeutic presence
<ul style="list-style-type: none"> • Sacred Space. Respectful, trusting relationship with client. Good listener and observer. 		HT Theory	Describe Sacred space
<ul style="list-style-type: none"> • Practitioner is a conduit for Universal Energy. Practitioners do not give up their own energy but in fact receive energy when treating others. 	Part 2	HT Theory	Describe Practitioner as a conduit for universal energy
<ul style="list-style-type: none"> • Non-attachment to the Outcome of the treatment. Release goals and healing intentions of treatment to client's highest good for each treatment. 		HT Theory	Describe Non-attachment to outcome
<ul style="list-style-type: none"> • There is a difference between cure and healing. 		HT Theory	Describe The difference between curing and healing
<ul style="list-style-type: none"> • While we identify mutual (practitioner-client) intentions for healing, we release 		HT Theory	Describe Mutual goals released to

goals/intentions to the client's highest good.			the clients highest good
<ul style="list-style-type: none"> Effortless Effort. No need to ever push energy. Energy goes where it is needed naturally. 		HT Theory	Describe Effortless effort
<ul style="list-style-type: none"> Follow the Energy. This improves with practice and the development of intuition. 		HT Theory	Describe Follow the energy
<ul style="list-style-type: none"> Intention over Technique. Mindset and Heartset are the crucial factors. Techniques are to be done with devotion and heart-centeredness rather than technical perfection that lacks compassion and therapeutic presence. 		HT Theory	Describe Intention over technique
<ul style="list-style-type: none"> Thought is a form of energy...Thought precedes form...The power of visualization, imagery, and thought is being studied scientifically. 		HT Theory	Describe Thought is energy and thought precedes form
<ul style="list-style-type: none"> All healing is self-healing between the person and his/her spiritual source. 		HT Theory	Describe All healing is self-healing
<ul style="list-style-type: none"> Divine Timing of Healing. Natural unfoldment. Illness and healing have meaning and purpose that are part of the mystery of life. 		HT Theory	Describe The divine timing of healing
<ul style="list-style-type: none"> The Breath – Can be focused on in classroom meditations and with clients as a stress management technique. It is a way to release that which does not serve (exhalation) and a way of taking in nourishment/light/healing (inhalation or inspiration). Focus on breath helps one to come into the present moment within the Self. 			
<ul style="list-style-type: none"> Client empowerment and harmony through education, self-care, and believing in self and connection to Source. Foster client independence. 	Part 2	HT Theory	Describe Client empowerment
<ul style="list-style-type: none"> Meeting clients where they are in their thinking. Use client's languaging. Respect of client's belief system. 	Part 2	HT Theory	Describe Meeting clients where they are in their thinking
<ul style="list-style-type: none"> Memories, emotions and traumas that can be held in the body may be released during HT treatments. 	Part 2		
<ul style="list-style-type: none"> Many paths/forms of healing...Healing Touch is one effective way. 	Part 2	HT Theory	Describe Many paths and many forms of healing – HT is one path
<ul style="list-style-type: none"> Healing Touch is based on spiritual and scientific principles and can be taught from 	Part 2		

these perspectives.			
<ul style="list-style-type: none"> Increasingly we are developing a body of evidence-based knowledge on consciousness and energy medicine. We embrace the mystery as we await new discoveries and understandings of the path of healing. 	Part 2		
<ul style="list-style-type: none"> Importance of self-care and a life of integrity on the part of the practitioner. 	Part 2	HT Theory	Describe The importance of self-care
7. Able to identify or describe the specific evidence-based uses of Healing Touch.	Part 2	HT Theory	Describe the specific evidence-based uses of Healing Touch
<p>Anecdotal and research evidence supports the use of Healing Touch in the following:</p> <ul style="list-style-type: none"> Facilitate wound healing Reduce pain Decrease anxiety, tension, and stress Prevention of illness Enhancement of spiritual development Preparation for and recovery from medical treatments, surgeries and procedures Management and decrease of side effects from medical treatments Support for the dying process Cancer supportive care 			
8. Able to name the major components of the human energy system.	Part 2	HT Theory	Name the major components of the human energy system (Chakras, Auras/fields, Meridians, Hara and Core Star)
<ul style="list-style-type: none"> Energy field also referred to as Aura. Energy centers also referred to as Chakras. Energy Tracts also referred to as meridians. 			
9. Able to identify ten of the physiological responses of Energy Healing.	Part 2	HT Theory	Describe the physiological relaxation response to energy healing
<ul style="list-style-type: none"> Relaxation to the body. Releases endorphins. Relax the muscles. Increased circulation. Elevates oxygen levels. Nutrients to be absorbed more efficiently. 			

<ul style="list-style-type: none"> • Enzymes build. • Hormones regulate. • Toxins release. • Healthy cells begin to regenerate. 			
<p>10. Able to describe or identify the seven energy fields with relative physical location, and corresponding chakra.</p>	Part 2	HT Theory	Describe the characteristics of the seven energy fields by name, relative location and corresponding chakra
<ul style="list-style-type: none"> • Etheric, 1st level, root chakra • Emotional, 2nd level sacral chakra • Mental, 3rd, solar plexus chakra • Astral, 4th, heart chakra • Etheric Template, 5th, throat chakra • Celestial, 6th, brow chakra • Ketheric, 7th, crown chakra 			
<p>11. Able to describe the energy field as interpenetrating.</p>			
<ul style="list-style-type: none"> • All fields interpenetrate the physical body and each other. 			
<p>12. Able to describe or identify the seven major chakras by relative physical location, color and name.</p>	Part 2	HT Theory	Describe the characteristics of the major chakras by location, color, and function
<ul style="list-style-type: none"> • Root, base of spine, red • Sacral, pelvis, orange • Solar plexus, abdomen, yellow • Heart midline chest, green • Throat, neck, blue • Brow, forehead, indigo 			
<p>13. Able to describe or identify the research basis for Healing Touch</p>	See Appendix B		
<ul style="list-style-type: none"> • Purpose of research: To demonstrate the effectiveness and results of a practice in order to provide the most effective and efficient treatment to those served by that practice • Types of research that have been done <ul style="list-style-type: none"> ○ Quantitative ○ Qualitative ○ Mixed Method Study • How to access research for your own use <ul style="list-style-type: none"> ○ Libraries ○ Healthcare facility ○ Energy Magazine 			

14. Able to describe the attributes of a Healing Touch Practitioner.	Part 3		
<ul style="list-style-type: none"> • Interest in inner growth and development • Practitioner intent is to help another and see that person as whole and focus on the intention of healing • Ability to center • Maintain a personal state of wellness and vitality • Feeling compassion and love for the client • Self-confidence and a belief in Healing Touch aid one's ability to use touch for healing 			
15. Able to identify the 10 steps of the Basic Healing Touch Sequence.	Part 4	HT Methods	Basic Healing Touch sequence
<ol style="list-style-type: none"> 1. Intake or Update 2. Practitioner Preparation 3. Pre-treatment Energetic Assessment (hand scan) 4. Health Issues/Problem statements 5. Mutual Goals 6. Healing Touch Interventions 7. Post-treatment Energetic Assessment 8. Ground and Release 9. Evaluation and Feedback 10. Plan/Growth work 			
16. Able to describe the aspects of grounding, centering and attuning as used in Healing Touch.	See Appendix B	HT Methods HTP Theory HTP Client Session	Grounding, Centering, and Attuning Describe Centering, Grounding, and Attuning Perform a practitioner preparation of grounding, centering, and attuning
<ul style="list-style-type: none"> • Centering is being fully present, connected within, focused, and open to guidance. • The goal in centering is for the practitioner to clear the ego in order to connect more deeply with the Higher Self, to connect to a Higher Power, and to be fully present and open to another. • Grounding is the state of feeling connected to the earth and to one's own physical body, and of being alert and oriented to the present 	See Appendix B		

<p>moment.</p> <ul style="list-style-type: none"> • Grounding facilitates the ability to be focused on the task at hand. • Attuning to your client to set the intention for healing for the client's highest good. • Attuning to the client is a process of entering into conscious relationship with a client through physical touch. 			
<p>17. Able to describe the aspects of Magnetic Passes.</p>	Part 4	HT Methods	Magnetic passes: Hands In Motion and Hands Still
<ul style="list-style-type: none"> • Definition/purpose: A set of two techniques, Hands in Motion, Hands Still that are foundational methods of all subsequent HTP techniques. Used to clear congestion re-establish energy flow and balance. • A full body or local technique. • Indications for use: <ul style="list-style-type: none"> ○ Promote relaxation relieve pain ○ Promote restoration of the body ○ Decrease anxiety tension and stress ○ Facilitate wound healing ○ Promote a sense of well-being used for any energetic imbalance • Numerous variations may be used. • Can be combined with other methods • Originator of method: Alice Bailey as adapted by Janet Mentgen 			
<p>18. Able to describe aspects of Magnetic Clearing.</p>	Part 4	HT Methods	Magnetic clearing
<ul style="list-style-type: none"> • Definition/purpose: A technique using repetitive full body passes for the purpose of systemically clearing the energy field. • A full body technique. • Indications for use: <ul style="list-style-type: none"> ○ history of drug use ○ recent anesthesia ○ chronic pain ○ trauma ○ exposure to pollutants ○ history of smoking ○ systemic disease ○ emotional clearing ○ chemotherapy, hemodialysis, radiation ○ insomnia • Can be combined with other methods • Specifies that passes cover the expanse of the field and not just the length of the physical body. 			

<ul style="list-style-type: none"> • Maintain the consciousness of their etheric fingers penetrating and clearing the field. • May be done one on one or two on one • Done in specific progression of steps • Originator of method: Janet Mentgen 			
<p>19. Able to describe aspects of Chakra Connection.</p>	Part 4	HT Methods HT Methods	Chakra Connection Chakra Connection
<ul style="list-style-type: none"> • Definition: A full body balancing technique that facilitates movement of energy from chakra to chakra by connecting the major and minor chakras, and opening them to flow freely. • Use: to connect, open and balance the energy centers and enhance the flow of energy in the body. • Can be used alone or in combination with other energy techniques. • Can be done on the self, one on one, or two persons on one. • Requires the activation of the energy in the practitioner's hands in order to facilitate energy movement in the client's body. • Done in specific progression of steps. • Originator of method: Brugh Joy as adapted by Janet Mentgen 			
<p>20. Able to describe aspects of the Self Chakra Connection.</p>	Part 4	HT Methods	Self - Chakra Connection
<ul style="list-style-type: none"> • Follows the same pattern as used in the Chakra Connection. • Can be done sitting or lying down and is performed on the self 			
<p>21. Able to describe aspects of Ultrasound technique.</p>	Part 4	HT Methods	Ultrasound
<ul style="list-style-type: none"> • Definition/purpose: "Ultrasound" is a penetrating focus of light energy channeled through the thumb and two fingers held together and sent to the area(s) needing attention using a moving motion. • Indications for use: <ul style="list-style-type: none"> ○ Break up congestion, patterns and blocks in the energy field ○ Any Pain ○ Sealing lacerations ○ work inside the eyes or ears ○ fractured bones, tendonitis ○ joint injuries 			

<ul style="list-style-type: none"> ○ tumors ○ breaking up bronchitis and sinus congestion ○ stimulating return of bowel motility after surgery ● Can be used alone or in combination with other techniques. 			
22. Able to describe aspects of Laser technique.	Part 4	Ht Methods	Laser
<ul style="list-style-type: none"> ● Definition/purpose: Laser is a penetrating focus of light energy coming from one or more fingers, which are pointed toward the problem area. ● Indications for use: <ul style="list-style-type: none"> ○ cutting, sealing and breaking up congestion in the energy field ○ stopping bleeding ○ breaking up congestion in small areas inside the body ● Laser typically it is used only briefly, for a few seconds or a minute. 			
23. Able to describe aspects of Pain Drain technique.	Part 4	HT Methods	Pain drain
<ul style="list-style-type: none"> ● Definition/purpose: Pain Drain is used to help remove (physical or emotional) pain or congestion from the field. ● Is a two step process; first position to siphon energy from the clients body and second to allow healing energy to flow in to the client 			
24. Able to describe aspects of the Sealing a Wound technique.	Part 4	HT Methods	Sealing a wound
<p>Definition/purpose: Wound Sealing is used when there are leaks or breaks in the energy field.</p> <ul style="list-style-type: none"> ● Indications for use: <ul style="list-style-type: none"> ○ wounds leak are scars that remain sore, incisions ○ drainage points ○ puncture sites. ● Continued fatigue following a traumatic or surgical experience may be an indication of an energy leak. 			
25. Able to describe aspects of working with a Pain Ridge.	Part 4	HT Methods	Working with a pain ridge
<ul style="list-style-type: none"> ● Definition: A pain ridge will sometimes form during acute pain and can be found in the energy field in an area that corresponds with the physical location of the pain. ● Description: <ul style="list-style-type: none"> ○ This ridge or spike may be some distance from the body, usually 12-18 			

<p>inches, but sometimes in the case of migraine headaches it can be 20-40 feet away.</p> <ul style="list-style-type: none"> ○ May be felt as field is scanned ● Uses Magnetic Passes: Hands in Motion to clear 			
26. Able to describe aspects of Headache Techniques.	Part 4	HT Methods	Headache Techniques
<ul style="list-style-type: none"> ● Able to recall four types of headaches and the specific energetic technique to relieve client: ● Tension headaches are muscular in nature and usually begin in or involve the back of the neck and head. ● Sinus headaches are due to irritants, allergies and infection which create frontal or sinus pain. ● Migraine headaches may be intense and painful and frequently include other symptoms such as nausea, vomiting, blurred vision and light sensitivity. ● Trauma headaches are caused by a blow of some kind to the head. 			
27. Able to describe aspects of the Heart to Heart Meditation.	Part 4	HT Methods	Heart to Heart Meditation
<ul style="list-style-type: none"> ● Is an exercise for students done with a partner ● The purpose is to open and strengthen the heart center by giving and experiencing unconditional love from another person. ● Not a specific technique that is used in a client session. 			
28. Able to describe aspects of the Chakra Spread.	Part 4	HT Methods	Chakra spread
<ul style="list-style-type: none"> ● Definition/purpose: A technique to open the chakras and produce a deep healing especially during times of personal transition. ● Indication for use: <ul style="list-style-type: none"> ○ Hospice care ○ Severe pain ○ Before or after a medical procedure ○ Stress ○ Assistance in coping with life changes ● Often used as a stand-alone technique and may be used in conjunction with other interventions. ● Full body a technique done in specific progression of steps. 			
29. Able to describe aspects of Scudder technique.	Part 4	HT Methods	Scudder (Optional Level 1)
<ul style="list-style-type: none"> ● Is a whole body energy technique that uses 			

<p>light touch to work on the meridians.</p> <ul style="list-style-type: none"> • Releases accumulated, stagnant energy and promotes energy flow and relaxation. • Done in specific progression of steps using light touch. • Originator of method: Rev. John Scudder 			
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Healing Touch Program Level 2 Learning Objectives

Learning Objectives	Part #	Duty Area	Task, Skill, or Knowledge
1. Able to describe the aspects of HTP Informed Consent	Part 2	Creating the Healing Environment	
<ul style="list-style-type: none"> • Purpose <ul style="list-style-type: none"> ○ Demonstrates professionalism and integrity ○ Establishes a professional relationship ○ Defines and establishes practitioner and client boundaries ○ Provides specific information regarding the kinds of services a practitioner can provide within the Code of Ethics and Scope of Practice as well as limitations ○ Notifies client of practitioner's credentials, practice policies and client responsibilities 		Practical aspects to consider in creating a healing environment	
<ul style="list-style-type: none"> • Written and verbal consent is recommended 			
2. Able to describe the healing environment.	Part 2	Creating the Healing Environment	Describe Sacred space
<ul style="list-style-type: none"> • The practitioner creates an environment conducive to healing wherever it is needed <ul style="list-style-type: none"> ○ The practitioner is the crucial component of the healing environment ○ The practitioner maintains a calm, centered and grounded presence ○ The practitioner is sensitive to how the 5 physical senses impact the client experience ○ Confidentiality is maintained at all times ○ The practitioner facilitates a sacred space through using self therapeutically in unconditional love and by holding the intention for the highest good of the client during the session 			

<ul style="list-style-type: none"> ○ The goal of creating a healing environment is for the client to experience physically, emotionally, mentally and spiritually a sense of safety, relaxation and trust 			
<ul style="list-style-type: none"> ● The healing environment becomes synergistic and cooperative with energetic, natural and allopathic methods 	Part 2	Creating the Healing Environment	
<ul style="list-style-type: none"> ● When the healing environment includes observers (family, friends, health care providers) the practitioner coaches them in how to participate effectively. 	Part 2		
3. Able to describe the principle that all healing is self healing.	Part 2	HT Theory	Describe All healing is self-healing
<ul style="list-style-type: none"> ● All healing is essentially self-healing. In other words, the client engages her/his higher self and/or Higher Power (based on her/his personal belief) to support a healing response. ● Healing takes place within the self and is influenced by the person receiving care and giving care. ● All healing is self-healing between the person and his/her spiritual source. 			
4. Able to describe and interpret the Level 2 General Principles .	Part 2		
<ul style="list-style-type: none"> ● HT Practitioner has a responsibility to practice self-care and to know and evaluate oneself on how they may impact the receptivity and experience of the client 			
<ul style="list-style-type: none"> ● Intake interview is critical for determining energetic patterns about the client's energy system and its health 			
<ul style="list-style-type: none"> ● Principles to remember <ul style="list-style-type: none"> ○ Centeredness ○ Openness ○ Ability to observe and document ○ Truthfulness ○ Humility 			
<ul style="list-style-type: none"> ● A significant goal is to empower the client 			
<ul style="list-style-type: none"> ● The healing act is an energetic spiritual attunement between client and practitioner which occurs silently and spiritually while the work is being done 			
<ul style="list-style-type: none"> ● The growth and development of the Healing Touch practitioner/student is influenced by <ul style="list-style-type: none"> ○ The amount and quality of the practice of Healing Touch done for others ○ The amount and quality of 			

<ul style="list-style-type: none"> receiving healing work including Healing Touch <ul style="list-style-type: none"> ○ The amount and quality of personal self-care, including regular (individualized) spiritual practice 			
<ul style="list-style-type: none"> ● The aspect of mind, body spirit the practitioner holds for healing to occur includes avoiding judgment and loving unconditionally 	Part 3		
<ul style="list-style-type: none"> ● The ability to facilitate healing is innate in anyone who is motivated to help others 	Part 3		
<ul style="list-style-type: none"> ● Practice a technique in its original form 100 times before modifying 	Part 3		
5. Able to recall the four attributes of the heart introduced by Author: Brugh Joy MD:	Part 2		
<ul style="list-style-type: none"> ● Compassion ● Innate harmony ● Healing presence ● Unconditional love 			
6. Able to describe the components of the 10 Step Healing Touch Sequence.	Part 2		
<ul style="list-style-type: none"> ● Intake interview or update ● Practitioner preparation <ul style="list-style-type: none"> ○ Center ○ Ground ○ Attune ● Pre-treatment energetic assessment <ul style="list-style-type: none"> ○ Pendulum ○ Hand scan ● Identification of Health issues <ul style="list-style-type: none"> ○ PEMS (Physical, Emotional, Mental. Spiritual) ● Mutual Goals/Intentions for healing <ul style="list-style-type: none"> ○ PEMS ● HT Intervention ● Post-treatment energetic assessment <ul style="list-style-type: none"> ○ Hand scan ○ Pendulum ● Grounding and release ● Evaluation and feedback ● Plan 			
7. Able to recall the purpose of the intake/update interview.	Part 4	HTP Client Session	Conduct an intake/update interview with a client
<ul style="list-style-type: none"> ● Provides a baseline of data to allow the practitioner to determine how to begin working ● Professional documentation of what transpired 	Part 4		

<p>during a session</p> <ul style="list-style-type: none"> • Meeting the client and establishing a trusting relationship • Collect relevant medical and health related data • Determine which field the client is primarily relating to 			
<p>8. Able to describe the general methods for pre-treatment energetic assessment.</p>	Part 4	HTP Client Session	Perform a pre-treatment energetic assessment
<ul style="list-style-type: none"> • Most commonly, energetic assessment consists of using the pendulum and hand scan. • Pendulum may be used to determine the openness of the energy centers. • Hand Scan is used to assess the energy field, identifying differences in quality and flow. • Bells, tuning forks, chimes or crystal bowls can be used as auditory assessment tools. • Chakra Assessment: swing and direction • Energy Field Assessment: shape and vitality 			
<p>9. Able to identify health issues during a client session.</p>	Part 4	HTP Client Session	Discern client physical, emotional, mental, and/or spiritual health issues
<ul style="list-style-type: none"> • List of one or more Physical, Emotional, Mental, Spiritual (PEMS) issues that are identified bases on the intake interview and the energy assessment. 			
<p>10. Identify ways to support the clients goals.</p>	Part 4	HTP Client Session	Determine mutual goals/intentions for healing
<ul style="list-style-type: none"> • Visualize the client's healing in your mind • Feel the experience of the client's healing in your heart • Word each goal so it is measurable • State goal in a positive way • Acknowledge each goal out loud to the client 			
<p>11. In regards to Healing Touch interventions able to recall the statement:</p>	Part 4	HTP Client Session	Perform Healing Touch interventions
<ul style="list-style-type: none"> • The practitioner makes a choice of approach and technique/methods based on the clinical and energetic presentation of the client. The art of healing flows when the 			

<p>practitioner follows guidance, wisdom and intuition.</p> <ul style="list-style-type: none"> • Possible characteristics of intuitive work <ul style="list-style-type: none"> ○ spontaneous and seem to be spiritually directed or guided ○ Happen at the appropriate natural moment ○ Comes as an inner voice ○ May feel your hands drawn to a specific area on the client that is unexpected ○ Magnetic pull or intuition to keep the hands in place 			
<p>12. Able to describe a post-treatment energetic assessment.</p>	Part 4	HTP Client Session	Perform a post-treatment energetic assessment
<ul style="list-style-type: none"> • When the intervention work is complete, follow with a Post-Treatment Energetic Assessment using Hand Scan and pendulum to determine the status of the energy field and energy centers. • Compare your findings with the Pre-Treatment Energetic Assessment and note any changes. • In most cases the practitioner will discern shifts and changes in the field and energy centers in a positive direction of healthy parameters 			
<p>13. Identify ways to facilitate grounding and energetic release at the end of a client session.</p>	Part 4	HTP Client Session	Facilitate client grounding and perform energetic release of client's energies
<ul style="list-style-type: none"> • Recall the client's intention for healing • Ground by: <ul style="list-style-type: none"> ○ Hold or gently stroke the feet or lower legs ○ Lightly hold the shoulders ○ Instruct the client to focus on the breath • Energetically release and separate your two energy fields by releasing your hands off the body and by mentally individuating your two energy fields 			

14. Identify ways to perform evaluation and feedback at the end of a client session.	Part 4	HTP Client Session	Evaluate practitioner and client feedback
<ul style="list-style-type: none"> Note shifts or changes in the client Compare with session goals Ask for client's feedback in an open-ended way follow with asking for specific feedback 			
15. Identify items to consider when creating a post treatment plan.	Part 4	HTP Client Session	Determine a post-treatment plan with the client
<ul style="list-style-type: none"> Number of HT sessions recommended for a client will depend on the person, the health issues and the response to the treatment If the client is experiencing an acute health crisis Chronic health issues Adjustment or discontinuance of medications may be necessary 			
16. Able to describe the factors that influence the Healing Touch Treatment.	Part 4		
<ul style="list-style-type: none"> Quality/purity of the intent Ability to hold a vibrational frequency The openness/readiness of the client The presence of unknown spiritual/scientific factors 			
17. Identify the ten steps of a one hour sequence.	Part 5	HT Methods	The ten-step HT Sequence within a One-hour Healing Sequence
11. Intake or Update 12. Practitioner Preparation 13. Pre-treatment Energetic Assessment (hand scan) 14. Health Issues/Problem statements 15. Mutual Goals 16. Healing Touch Interventions 17. Post-treatment Energetic Assessment 18. Ground and Release 19. Evaluation and Feedback 20. Plan/Growthwork			
18. Able to describe aspects of the Spiral Meditation Technique.	Part 6	HT Methods HT Methods	Spiral Meditation Self - Opening Spiral Meditation

<ul style="list-style-type: none"> • The purpose is to open, connect and expand the energy system • Preparation for deeper work • Practitioner preparation includes grounding, centering, attunement with client • Done in specific progression of steps starting at the clients heart and moving in a clockwise spiral pattern • After completing the opening of the spiral other interventions may be used • Complete the technique by closing the spiral in a specific progression of steps starting at the clients transpersonal point and moving in a counterclockwise spiral pattern • Can be a self-care technique • Can be taught to the client as a self-care technique 			
<p>19. Is able to describe the aspects of Healing Touch back and neck techniques.</p>	Part 6	HT Methods HT Methods	Connecting the lower body Hopi Technique
<p>Criteria for success:</p> <ul style="list-style-type: none"> • Used to open the spinal energy flow, balance vertebral energy centers, relieve back pain • Is considered an one-hour HT treatment that follows the 10 step HT sequence • Specific back and neck techniques follow completion of Chakra Connection • Done with a gentle physical touch or slightly above the physical body – no physical manipulation or pressure used • Has specific recommended sequences that is usually applied with the client face down • Assessment of the back with a visual scan, pendulum and hand scan • Connecting of lower body • Specific interventions may include: <ul style="list-style-type: none"> ○ Opening of spinal energy flow ○ The Vertebral Spinal Technique ○ Hopi Technique ○ Repairing Nerve Damage ○ Ultrasound to repair muscles and joints ○ Pain drain • End back intervention with: Energize the Spine and Closing 			
<p>20. Able to describe the aspects of Chakra Connection with Body Centered Interview.</p>	Part 6	HT Methods	Chakra Connection with Trauma/Body Centered

			Interview
<ul style="list-style-type: none"> • May be helpful in releasing cellular memory and thus the symptoms originating from earlier traumatic event • is conducted during a Chakra Connection while the client stays awake through participation in the exchange of information as the practitioner moves to various body locations asking about previous trauma or history related to that specific area. • Used for chronic pain, pain of unknown origin • follows the usual ten steps of the Healing Touch Sequence, with the Chakra Connection with Body Centered Interview as the sixth step, the HT intervention • The practitioner must rely on her/his communication skills, intuition and heart-centeredness to trust that the treatment is unfolding in a therapeutic way. 			
21. Able to describe aspects of Mind Clearing.	Part 6	HT Methods HT Methods HT Methods	Mind clearing (Optional L1) Mind Clearing Modified Mind Clearing
<ul style="list-style-type: none"> • Used for relaxation and to focus or quiet the mind • A specific pattern is used that alters the energy flow inside the head and follows the meridian flow in the head • Mind clearing uses mostly fingertip contact • Modified Mind Clearing uses mostly flat hand contact following the same specific progression of steps as the Mind Clearing 			

Healing Touch Program Level 3 Learning Objectives

Learning Objectives	Part #	Duty Area	Task, Skill, or Knowledge
1. Able to explain the expanded Ten-Step Healing Touch Sequence. (verses Level 2)	Part III	HTP Methods	The 10-Step Healing Touch Sequence
Expanded steps Includes: <ul style="list-style-type: none"> • Hara Alignment Meditation • Process of Chelation • Interventions of the 5th Level • Reassessment occurs here • 6th and 7th levels of the auric field 	Part III		
2. Able to describe the aspects of the	Part II	HT	Name the major

Haric Body of the human energy system.		Theory	components of the human energy system (Chakras, Auras/fields, Meridians, Hara and Core Star)
• Originates in the spiritual realm and has its endpoint in the core of the earth	Part II		
• Hara line connects you to the soul's purpose in life and holds the vibrational tone that maintains the human body in physical manifestation	Part III		
• Three specific points on the Hara Line: <ul style="list-style-type: none"> ○ Tan Tien; aspect of the human being related to groundedness, physical strength and will force, location: in abdomen ○ Seat of the Soul (Heart's Desire); manifests the soul's longing for healing and wholeness in this lifetime location: heart area ○ Individuation point; direct connection to Higher Power and Truth, location: arm's length above head 	Part III		
3. Able to describe aspects of the Core Star.	Part II	HT Theory	Name the major components of the human energy system (Chakras, Auras/fields, Meridians, Hara and Core Star)
• It is the dimension of the Self where our divine essence exists	Part II		
• Located near the waist between the solar plexus and sacral centers	Part II		
4. Able to describe the aspects of the Hara Alignment Meditation.	Part III	HT Methods	Hara Alignment Meditation
• Is a form of practitioner preparation and self-care practice	Part III		
• It expands awareness of the energy system and enhances alignment with Divine Source	Part III		
• Is performed in preparation before administering chelation to channel chelation energy	Part I		
• A conscious connection of: <ul style="list-style-type: none"> ○ Physical body ○ Auric Body (Chakras/Fields) 	Part III		

<ul style="list-style-type: none"> ○ Hara Line ○ Core Star 			
5. Able to describe aspects of Chelation.	Part III	HT Methods	Chelation
Criteria for success:			
<ul style="list-style-type: none"> ● Process of charging and cleaning the aura 	Part III		
<ul style="list-style-type: none"> ● Focuses on charging and balancing the first 4 levels of the energy body 	Part III		
<ul style="list-style-type: none"> ● Channels into the body in progressive steps (foot to head along the chakra system) 	Part III		
<ul style="list-style-type: none"> ● Practitioner achieves a higher vibration/frequency 	Part III		
6. Able to describe aspects of Spinal Cleansing.	Part IV	HTP Methods	Spinal Cleansing
<ul style="list-style-type: none"> ● Used as an additional clearing for the spine 	Part IV		
<ul style="list-style-type: none"> ● Follows chelation with client lying face down 	Part IV		
<ul style="list-style-type: none"> ● Three-step alternating sequential steps that move from the base of the spine past the top of the head 	Part IV		
7. Able to describe aspects of additional Deep Cleansing Treatments.	Part IV	HT Methods	Additional deep cleansing treatments (Scoop, Cone, and Sandwich)
<ul style="list-style-type: none"> ● Removes energy blocks from a specific area 	Part VI		
<ul style="list-style-type: none"> ● Floods the subtle body with energy 	Part IV		
<ul style="list-style-type: none"> ● May be used anywhere on the body and need not be preceded by chelation 	Part IV		
<ul style="list-style-type: none"> ● Three hand positions used to run energy into a specific area of the aura <ul style="list-style-type: none"> ○ Sandwich ○ Cone ○ Scoop 	Part IV		
8. Able to describe aspects of 5th level Interventions.	Part IV		
<ul style="list-style-type: none"> ● Etheric Template Clearing <ul style="list-style-type: none"> ○ Clears and vitalizes the 5th body of the auric field. ○ Work is done by following the energy to clear and balance the field ○ Work is done above the physical body in the etheric field with no particular pattern or sequence 	Part IV	HT Methods	Etheric Template Clearing
	Part IV		
	Part IV		
	Part IV		
9. Able to describe aspects of	Part IV	HT	Lymphatic Drain

Lymphatic Drain.		Methods	
• To flush and clear lymphatic system	Part IV		
• Done in specific progression of steps corresponding to the flow of the lymphatic system	Part IV		
• Each movement opposite to the physical direction of lymph flow (away from the heart)	Part IV		
10. Able to describe aspects of Spiritual Surgery.	Part IV	HT Methods	Spiritual Surgery
• Practitioner is in a passive or receptive mode and allows the guides to do the work	Part IV		
• The Practitioners may feel compelled to hold their hands in a certain place and the work is complete when their hands are free to move again	Part IV		
• Spiritual surgery is usually done after chelation of the first four levels	Part IV		
11. Able to describe general principles of Sixth Level Interventions: Working with the Celestial Body.	Part IV	HT Methods	6th level Intervention
• The purpose is to infuse the celestial body with light	Part IV		
• The practitioner's focus is to maintain sacred space while allowing a Higher Power to "do the work."	Part IV		
• Done in specific progression of steps without touching the physical body	Part IV		
12. Able to describe general principles of Seventh Level Interventions: Working with the Ketheric Body.	Part IV	HT Methods	7th level Intervention
• To seal the auric body and repair any leaks or tears	Part IV		
• As the practitioner's hands follows the shape of the outermost aura she/he may feel guided to pause as needed.	Part IV		
• Done in specific progression of steps without touching the physical body	Part IV		

Healing Touch Program Level 4 Learning Objectives

Learning Objectives	Unit #	Duty Area	Task, Skill, or Knowledge
1. Able to describe the Full Body Connection.	Unit 4	HT Methods	Full Body Connection
• used to support and facilitate full body balance and connection as a way to relieve congestion, gently energize			

<p>the organs and restore the physical /energetic field</p> <ul style="list-style-type: none"> • The technique includes holding the feet, hands, chakras and major body organs in a specific pattern • It is a stand-alone method or can be used in combination with other techniques • Can be done on the self, by one, two, or a group of practitioners • The pattern can be modified to meet the current need of the situation 			
<p>2. Able to describe aspects of Etheric Vitality Meditation.</p>	Unit 4	HT Methods	Etheric Vitality
<p>Criteria for Success</p> <ul style="list-style-type: none"> • Is a self-directed meditation to prepare the practitioner and client for healing work. • Can also be used as a full body treatment • As the practitioner raises her/his vibrational level through the visualization and intention of the method, the receptive client becomes entrained to the higher vibrational frequency and can respond with openness and expansion. • Meditation follows a specific sequence 			

**Healing Touch Program Learning Objectives
Statement of Scope of Practice/ Code of Ethics
Found in all notebooks in the appendix**

Learning Objectives		Duty Area	Task, Skill, or Knowledge
<p>1. Able to describe or identify the scope of practice in Healing Touch.</p>	See Appendix Code of Ethics	Ethical/Professional Standards	Perform within the boundaries of the HTP Code of Ethics: Scope of Practice
<ul style="list-style-type: none"> • Healing Touch practitioners use Healing Touch within the scope of their background, current licensing and credentialing. • They represent themselves to the public in accordance 			

<ul style="list-style-type: none"> with their credentials. They practice within the guidelines of this Code of Ethics; the Healing Touch Program's Scope of Practice statement; and state, local and federal laws and regulations. 			
2. Able to describe or identify collaborative care in Healing Touch.	See Appendix Code of Ethics	Ethical/Professional Standards	Perform within the boundaries of the HTP Code of Ethics: Collaborative care
<ul style="list-style-type: none"> Healing Touch is a complementary energy therapy which can be used in conjunction with traditional therapies or as a sole modality. Practitioners know the limits of their professional competence and do not step beyond these boundaries. They do not diagnose, prescribe, or treat medical conditions or disorders unless they hold a license which permits them to do so. They are credentialed and in good standing with their respective/legal licensing or credentialing body/bodies. Appropriate referrals to other health care professionals are made when necessary. 			
3. Able to describe or identify intention as used in Healing Touch.	See Appendix Code of Ethics	Ethical/Professional Standards	Perform within the boundaries of the HTP Code of Ethics: Intention
<ul style="list-style-type: none"> Healing Touch is used to promote the well being and healing for each client. Client safety, educational needs, and well-being are safeguarded by the practitioner. Practitioners working with 			

<p>subtle energies are careful to use their ability only in a manner beneficial to the client.</p> <ul style="list-style-type: none"> • Instead of trying to change the client in any way, practitioners use their intentionality to cooperate “with the field, the emerging order” • They use their abilities with humility, consciousness and professionalism. 			
<p>4. Able to describe or identify Principles of Healing in Healing Touch.</p>	See Appendix Code of Ethics	Ethical/Professional Standards	Perform within the boundaries of the HTP Code of Ethics: Principles of Healing
<ul style="list-style-type: none"> • Healing Touch practitioners know that healing is a personal, individualized process that occurs from within the inner dimensions of the client. • The client is supported by the HT Practitioner in self-directing this sacred process. • The HT practitioner creates a conscious, reverent, caring-healing environment. • Practitioners foster an optimal condition for that client to remember and move toward their wholeness through the steps of the HT Sequence and the practitioner-client relationship. 			
<p>5. Able to describe or identify respectful care as used in Healing Touch.</p>	See Appendix Code of Ethics	Ethical/Professional Standards	Perform within the boundaries of the HTP Code of Ethics: Respectful Care
<ul style="list-style-type: none"> • Healing Touch practitioners maintain high standards of professionalism in their 			

<p>care.</p> <ul style="list-style-type: none"> • They treat clients and colleagues with respect, courtesy, care and consideration. • HT practitioners respect their client's individuality, beliefs, inherent worth, and dignity. • They respect the client's right to be involved in their treatment and they empower the client to give feedback, alter or discontinue the session at any time. • Practitioners provide information that assist clients in making informed decisions about their care. 			
<p>6. Able to describe or identify equality and acceptance as used in Healing Touch.</p>	See Appendix Code of Ethics	Ethical/Professional Standards	Perform within the boundaries of the HTP Code of Ethics: Equality and acceptance
<ul style="list-style-type: none"> • Healing Touch practitioners work in partnership with the client to promote healing regardless of race, creed, color, age, gender, sexual orientation, politics or social status, spiritual practice or health condition. • The client's inner process, spiritual practices and pacing of healing are respected and supported. • No specific religious/spiritual belief or practice is promoted in Healing Touch. 			
<p>7. Able to describe or identify creating a healing environment in Healing Touch.</p>	See Appendix Code of Ethics	Ethical/Professional Standards	Perform within the boundaries of the HTP Code of Ethics: Creating a healing environment
<ul style="list-style-type: none"> • Healing Touch is provided in a variety of 			

<p>environments.</p> <ul style="list-style-type: none"> Practitioners provide (when possible) a private, safe environment conducive to healing in which the client can relax and be receptive to the healing process. Safe and clear professional boundaries are described and maintained. Permission for receiving Healing Touch is obtained through the informed consent process. Where hands-on touch is appropriate for the healing process, it is nonsexual, gentle and within the client's consent and boundaries. The client is fully dressed except in medical situations, or other professional therapies requiring disrobing, in which case appropriate draping is used. 			
<p>8. Able to describe or identify Healing Touch-Ten Step Process.</p>	<p>See Appendix Code of Ethics</p>	<p>Ethical/Professional Standards</p>	<p>Perform within the boundaries of the HTP Code of Ethics: Healing Touch-Ten step Process</p>
<ul style="list-style-type: none"> The Healing Touch practitioner uses the ten-step process as a foundation and guideline, for administration of the work and in documentation. The ten steps are: <ol style="list-style-type: none"> 1) Intake/Update 2) Practitioner Preparation 3) Pre-treatment Energetic Assessment 4) Identification of Health Issues/Problem Statements 5) Mutual Goals and Intention for Healing 6) Healing Touch 	<p>See Appendix Code of Ethics</p>		<p>Perform within the boundaries of the HTP Code of Ethics: Healing Touch-Ten step</p>

<p>Interventions</p> <p>7) Post-treatment Energetic Assessment</p> <p>8) Ground and Release</p> <p>9) Evaluation</p> <p>10) Treatment Plan.</p> <ul style="list-style-type: none"> • Sequential order of the ten steps may vary depending on the specific situation, methods administered and flow of the session. 			
<p>9. Able to describe or identify disclosure of educational and experiential background.</p>	<p>See Appendix Code of Ethics</p>	<p>Ethical/Professional Standards</p>	<p>Perform within the boundaries of the HTP Code of Ethics: Disclosure of educational and experiential background</p>
<ul style="list-style-type: none"> • Information is provided to the client on an individualized basis taking into account expressed needs and personal situations. • The Practitioner informs the client of her/his educational and experiential background in Healing Touch and any other related credentials they hold. • They also provide an explanation of the treatment to the level of client's understanding, and clearly and accurately inform clients of the nature and terms of the service. • The Practitioner discusses the HT treatment process as well as any relevant limitations or issues before HT interventions begin. • Practitioners supply resources and/or additional materials that may support the client. 			
<p>10. Able to describe or identify confidentiality as used in Healing Touch.</p>	<p>See Appendix Code of Ethics</p>	<p>Ethical/Professional Standards</p>	<p>Perform within the boundaries of the HTP Code of Ethics:</p>

			Confidentiality
<ul style="list-style-type: none"> • Client confidentiality is protected at all times and records are kept in a secure and private place in accordance with state and federal regulations. • The Practitioner also informs clients of exceptions to their confidentiality such as disclosure for legal and regulatory requirements or to prevent eminent harm or danger to client or others. • Client health information and treatment findings are documented appropriately and are specific to the practitioner's background and setting. • Information is shared only with client's written permission. 			
11. Able to describe or identify legalities as they pertain to Healing Touch.	See Appendix Code of Ethics	Ethical/Professional Standards	Perform within the boundaries of the HTP Code of Ethics: Legalities
<ul style="list-style-type: none"> • Healing Touch practitioners are expected to understand and comply with the laws of the state(s) in which they are offering Healing Touch as well as applicable federal regulations in regards to obtaining or maintaining a license to touch. • Those that have a professional license are expected to understand how touch either is or is not included or restricted in their scope of practice and comply accordingly. • It is expected that HT Practitioners will carry liability/malpractice insurance according to state, federal and professional laws to protect 			

<p>themselves and clients.</p> <ul style="list-style-type: none"> It is expected that HT Practitioners will maintain the appropriate business licenses according to their state requirements. 			
<p>12. Able to describe or identify self development as used in Healing Touch.</p>	See Appendix Code of Ethics	Ethical/Professional Standards	Perform within the boundaries of the HTP Code of Ethics: Self development
<ul style="list-style-type: none"> Healing Touch practitioners practice self care to enhance their own personal health in order to provide optimal care for others. They practice from a theoretical and experiential knowledge base as they continue to deepen their understanding of healing, the biofield, spiritual development, and personal evolution. They keep themselves current in the practice and research of Healing Touch and related areas and seek to continually expand their effectiveness as a practitioner. 			
<p>13. Able to describe or identify professional responsibility as used in Healing Touch.</p>	See Appendix Code of Ethics	Ethical/Professional Standards	Perform within the boundaries of the HTP Code of Ethics: Professional responsibility
<ul style="list-style-type: none"> Practitioners represent Healing Touch in a professional manner by exercising good judgment, practicing with integrity, and adhering to this Code of Ethics and the HTP Scope of Practice. They encourage ethical behavior, by words and actions, to all parties. They consult a supervisor, HT mentor, HT instructor or Healing Touch Program 			

Director when an unresolved ethical issue occurs.			
14. Able to describe or identify Code of Ethics regarding Healing Touch.	See Appendix Code of Ethics	Ethical/Professional Standards	Perform within the boundaries of the HTP Scope of Practice: Code of Ethics
<ul style="list-style-type: none"> When offering an HT session, students, apprentices and practitioners will be mindful to follow the HTP Code of Ethics and abide by all applicable local, state, and national laws governing their services. HT providers do not diagnose, prescribe, or treat medical disorders and use language that clarifies this (such as: using the terms “client”, not patient; “clear, open, and balance”, not cure; “assess energy fields and centers,” not diagnose; “recommend”, not prescribe; etcetera). Providers make referrals to other health care professionals as appropriate/needed and at all times respecting the professional status of other health care practitioners. 			
15. Able to describe or identify informed consent as used in Healing Touch.	See Appendix Code of Ethics	Ethical/Professional Standards	Perform within the boundaries of the HTP Scope of Practice: Informed Consent
<ul style="list-style-type: none"> All HT providers are encouraged to develop and use a Consent Form when offering a HT session. 			
16. Able to describe or identify session documentation as used in Healing Touch.	See Appendix Code of Ethics	Ethical/Professional Standards	Perform within the boundaries of the HTP Scope of Practice: Session documentation
<ul style="list-style-type: none"> Starting from Level 2 course completion, all 			

<p>students are encouraged to use Session Intake and Session Documentation forms whenever possible.</p> <ul style="list-style-type: none"> HT Providers will be mindful that this information is considered confidential and will therefore follow privacy regulations for documentation and HIPAA regulations or confidentiality policies within your region or country. HT providers understand exceptions that will apply to holding and maintaining confidentiality and confidential records. 			
<p>17. Able to describe or identify license to touch as used in Healing Touch.</p>	See Appendix Code of Ethics	Ethical/Professional Standards	Perform within the boundaries of the HTP Scope of Practice: License to touch
<ul style="list-style-type: none"> Students, apprentices and practitioners are expected to understand and comply with the laws of the state(s) in which they are offering Healing Touch and applicable federal regulations. Students, apprentices and practitioners who hold a professional license are expected to understand how touch either is or is not included or restricted in their scope of practice and comply accordingly. 			
<p>18. Able to describe or identify liability/malpractice insurance requirements in Healing Touch.</p>	See Appendix Code of Ethics	Ethical/Professional Standards	Perform within the boundaries of the HTP Scope of Practice: Liability/malpractice insurance
<ul style="list-style-type: none"> It is expected that HT Practitioners will carry liability/malpractice insurance according to state, federal and 			

professional laws to protect themselves and clients.			
19. Able to describe or identify charging for a session in regards to Healing Touch.	See Appendix Code of Ethics	Ethical/Professional Standards	Perform within the boundaries of the HTP Scope of Practice: Charging for a session
<ul style="list-style-type: none"> • It is recommended that until a student/practitioner meets minimal standards for a professional, safe and skilled HT practice, asking a full charge for a HT session is not appropriate or ethical. • As a HT Practitioner (successful program course completion, Levels 1-5), a full session fee for HT may be acceptable and encouraged. • Once a student is certified as a HT Practitioner, or graduated from the HT Program with a sufficient skill level, a full charge (approximately the price of similar therapies in the geographical location) is then considered acceptable and encouraged. • Students may consider sliding scale fees as well as donations for sessions based on the individual student's/practitioner's skill set and credentials. • Healing Touch students and graduates may also choose to offer their services on a voluntary basis without compensation as desired. 			
20. Able to describe or identify the defined levels of practice in Healing Touch.	See Appendix Code of Ethics	Ethical/Professional Standards	Perform within the boundaries of the HTP Scope of Practice: Defined levels of practice
I. Student of Healing Touch: Students who have received a Certificate of Completion (also			

<p>commonly known as a certificate of attendance) for a Level 1 through Level 3 course , taught by a Healing Touch Certified Instructor and are actively participating in the Healing Touch educational program may refer to themselves a Student of Healing Touch. They may offer sessions to friends, family, community and potentially a client population (if already a practicing health care professional) based on their understanding and application of the HT coursework they have completed.</p> <p>II. Healing Touch Practitioner Apprentice: Students who have completed Level 4 (received a Certificate of Completion for the Level 4 class) and are participating in a minimum one-year mentorship process with a certified Healing Touch practitioner (HTCP or CHTP) may call themselves a Healing Touch Practitioner Apprentice. As apprentices, practitioners are actively building their understanding of the clinical work, professionalism issues and business skills.</p> <p>III. Healing Touch Practitioner: Students who have completed Healing Touch Program Levels I through 5 (received a Certificate of Completion for each class) and have also received a Certificate of Course Completion (Program Graduation) issued by the Healing Touch Program Director, may refer to themselves as a Healing Touch Practitioner (HTP).</p> <p>IV. Healing Touch Certified Practitioner (HTCP): A Healing Touch Certified Practitioner is a Healing Touch Practitioner who, in addition to completing the program</p>			
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coursework, met the certification criteria and was approved by the Healing Touch Certification Review Panel. S/he may thus refer to her/himself as a Healing Touch Certified Practitioner (HTCP). Renewal of practitioner certification is required every five years.			
See number 11.		Ethical/Professional Standards	Adhere to local and state legal practice regulations
See number 10.		Ethical/Professional Standards	Maintain client confidentiality
		Ethical/Professional Standards	Remain “in good standing” with Healing Touch Credentialing