

Community Development

Growing a Healing Touch Practice Group

by Maggi Hutchinson BS, JD, CHTP/I

Remember the feeling you had at the end of your first Healing Touch class? How excited you were about learning HT and how much you wanted to go out and use it? Most students need support in nurturing and developing their new skills, and a Healing Touch practice group is the perfect way to do that.

Because practice reinforces the techniques and keeps the energy flowing, students are encouraged to do the techniques for themselves as well as with family and friends. However, an ideal way to practice is with a group where participants both give and receive HT sessions. The group also provides a supportive environment which nurtures the student. Below you will discover the benefits of joining a practice group followed by tips on how to organize one in your area.

The Benefits

- 1. Reviewing techniques and sequences** If you haven't done HT in a while, a practice group is a good way to reconnect with the energy and jump start your practice. If you are a little rusty on the techniques, request a short review before the exchange sessions begin.
- 2. Receiving a session** Receiving a one hour session is relaxing, and it allows you to experience the work of others. You will learn as much from receiving as giving. Even though HT techniques are standardized, the touch and flow of energy will vary from practitioner to practitioner. While receiving, you can observe how each technique affects your own energy field. I never fully understood the value of Magnetic Clearing until I experienced the full 30 passes done very slowly following a Chakra Connection in the course of a one hour session. Receiving a short session is simply not the same.
- 3. Documenting a session** For apprentices working on their Level 4 assignments, attending a practice group has two extra advantages. Not only does it fulfill the support group requirement, but you get to document a full session.
- 4. Asking questions** After sessions are completed, time is allowed for questions and discussion. From listening to the experiences shared by advanced students and practitioners, you will begin to understand the nuances of selecting techniques and how your choice affects the flow of energy and the outcome of the session.

- 5. Having fun** Practice groups make it easier to stay motivated and excited about doing Healing Touch. It's fun to share what you love doing with like minded people and feel supported in your work.



Making Practice a Priority

Reserve practice dates and times on your calendar six months in advance and make a commitment to attend. On the day of practice, your mind may generate thoughts such as "I'm too tired," "I can't remember the techniques," or "It's too dark or too cold outside." Simply notice these thoughts and turn them into reasons for attending. Tell yourself, "I'm going to practice tonight to review the techniques, feel energized and meet some really nice people." Then observe how you feel at the end of the practice. Remember that feeling for the next time the excuses arise.

Organizing a Practice Group

When it comes to practice groups, the more the merrier. If you would like to start a group in your area or add another group that meets at a different time or place, here are some tips to get you started:

- 1. Recruit a coordinator** Look for someone who is enthusiastic, loves Healing Touch, sees the value in practicing and has a little time. Recruit some helpers, too, for small tasks and to cover when the coordinator can't be there.
- 2. Find a venue** Churches, hospitals, schools and private homes are all good locations. Try to find a place that has massage tables. If not, consider using banquet tables and having participants bring foam pads and pillows for cushioning.
- 3. Schedule a regular day and time** Try to schedule the same day and time each month such as the 2nd Tuesday at 7pm. Keep in mind that most people work on weekdays so the best times for practice are generally in the evenings or on weekends. Select a schedule that accommodates as many people as possible.
- 4. Send out reminders** Have either the coordinator or helper send out an email about two weeks in advance detailing when and where the group will meet. Be sure to collect everyone's email address,

Practice Group cont...

and let them know to look for the reminder. You might also consider asking for an RSVP, especially if you need to arrange for tables.

Practice Group Agenda

Begin the practice by asking each attendee to introduce themselves and identify their level of practice. Follow with announcements about upcoming HT classes or events. Then ask if anyone would like to have a technique or sequence demonstrated. After the demo, have a short meditation to ground and center the group before selecting practice partners. Then it's off to the tables for an exchange session. Allow time to conclude the meeting with a short debriefing when questions can be addressed.

A practice group is an essential tool for growing your Healing Touch community. Join or start one now!



Photo Courtesy of Sue Kagel

HTI Guidelines

Healing Touch Practice Groups and Public Clinics, 12/04

by Lisa Anselme RN, BLS, HN-BC, CHTP/I

Practice Groups:

Student practice groups have been a byproduct of the continuing education curriculum program of Healing Touch and have ranged from informal trades by several students to actual regularly scheduled group practice meetings. In essence, any number of students can informally gather and practice the interventions that they have learned within the classes. When available, CHTPs or CHTIs have at times helped the students in these practices to cultivate their skills.

The following are **recommendations** that could be helpful in establishing and conducting student practice groups:

Student Practice Groups:

1. Students agree by consensus to practice in accordance with the HT Standards of Practice, Scope of Practice and Code of Ethics guidelines, and sign a statement acknowledging that they have read these documents and agree to conduct themselves in accordance with these documents.
2. There is an "open door policy" in that any sessions within a practice group are either

in a large room (as in our classrooms), or if individual treatment rooms (less ideal), the door is to remain open at all times.

3. Each individual is to use the standard curriculum for their guide: either the textbook or syllabus.
4. Students practice only those HT techniques for which they have received training via a Certified Healing Touch Instructor.

Public Clinics: (The practice group opens its services to the public)

1. Numbers 1-4 recommendations listed above are enacted.
2. There is on-site supervision by a CHTP having legal scope to practice within that state. It is important to recognize that this CHTP is responsible for monitoring that the group follows the curriculum guidelines.
3. Client signs statement acknowledging confidentiality and clients rights/responsibilities.

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