

Taking a
Healing Touch
Level 2 Class

What's it all about?



Level 2 is a turning point for many students. This class builds their confidence and they feel more like a practitioner.”

– Myra Tovey, CHTP/I, Level 2 Lead Instructor

This class is for students who have taken Level 1 and embraced the intention, feeling and sense that they have “finally found” what their heart has been searching for. Level 2 is your opportunity to take all the wonderful techniques you learned in Level 1 and put them together in a cohesive, meaningful, **Healing Touch** session. Whether you are still “testing the waters” or are actively practicing your new skills, Level 2 will move you to the next level of understanding how to sense energy and deepen your work. You will learn basic interview techniques and how to document your **Healing Touch** treatments in a way that will give you the information you need to build on previous sessions and better give the person you are working with the support they need during the time you have together, and between treatment sessions. Level 2 will build on the excitement you felt in Level 1 and expand your commitment to personal development, self-care and sharing your Healing Touch skills and experiences with family, friends, colleagues and clients.

Who can take a Level 2 class?

Level 2 can be taken by anyone who has taken a Level 1 class. Ideally, before taking Level 2 the student has practiced with friends, family or colleagues and is comfortable using Level 1 techniques. Recommended reading includes Brugh Joy’s book, “Joy’s Way” (available in bookstores or through the Healing Touch Program).



(Level 2) reinforced Level 1 basics and principles. The class was well organized and stayed with the process we originally learned. Wonderful experience ... again! Many thanks.”

– Student, Amsterdam, NY



I loved that this class gave me a chance to practice my Level 1 skills in a peer group setting, feeling supported and without concern for being ‘perfect’. The additional techniques and skills taught reinforced my original instinct for this work and helped me commit to continuing with the program.”

– Deborah O’Sheerin, Boulder, CO

What should I expect from a Level 2 Healing Touch Class?

In Level 2 you will increase the breadth and depth of your study of **Healing Touch**. You will learn how to do a full one-hour healing sequence with your client. This includes how to do initial intake interviews and how to choose appropriate energy techniques based on your interview and assessments. In addition, you will learn how to document your sessions, how to work on your client's back and neck, how to conduct an energetic health history interview while administering a Chakra Connection, and how to do two Mind Clearing techniques.

For many Level 2 students a favorite part of the Level 2 class is the opportunity to connect with each other by sharing experiences of using **Healing Touch** since Level 1. This discussion time allows you a chance to ask questions related to your personal experiences with **Healing Touch**, gain valuable insight into your developing practice, your personal growth and to support other students in their **Healing Touch** journey.

You will review Level 1 techniques throughout the weekend. You will develop interviewing and assessment skills to help you better understand your clients' needs. And we will give you an extra tool: how to use energetic assessment forms to document your sessions.



The most helpful area of learning that I will put into my clinical practice is learning how to interview and improve my assessment skills."

-Student - St. Louis, MO



(The instructor) took time to answer questions in a very thorough manner and gave helpful stories and examples to deepen the learning. It would be hard to improve on this class! Thoroughly delightful! I want to keep going through the training."

-Student, Winston-Salem, NC

What will I learn?

- How to open your own and your client's energy field for deeper work with the Spiral Meditation
- How to develop therapeutic skills while conducting interviews with your clients
- Concepts of sacred space
- Additional assessment methods
- How to conduct a Trauma Interview while giving your client a Chakra Connection
- A sequence of five steps you can use for the back and neck that promote pain relief and healing
- How to focus or quiet the mind with the "Mind Clearing" technique and an additional, modified, Mind Clearing technique
- How to seal wounds or energetic leaks in the body
- How to professionally document your sessions



As a Certified Healing Touch Practitioner I use the Level 2 Back Techniques with almost every client. Who doesn't have backaches from time to time? This sequence of steps gives me several more tools in my medicine bag and I feel confident when I use them that pain relief and rebalancing is happening. I can feel the energy move...and I love it!"

– Judy Turner, CHTP/II, Lakewood, CO



This back work feels yummy! I particularly like those little circles drawn down my back; I can feel them to my core. I also like the back techniques because I feel the practitioner's touch more. I can especially sense the tension leaving my back during the Hopi Technique ... I just know I'm going to feel better. I love all the back treatments and look forward to receiving back work during each of my Healing Touch sessions."

-Barb Lake, Physical Therapist, Healing Touch client, Boulder, CO

What is the value of taking a Healing Touch Level 2 class?

- Sharpen and increase your Level I skills
- Learn how to create a One-Hour **Healing Touch** session
- Learn additional techniques that help deepen the work you do with clients or loved ones
- Experience receiving **Healing Touch** work
- Enjoy the opportunity to reconnect with other like-minded students, network and create new friendships
- CE contact hours available (for professional nurses and massage therapists)



Absolutely loved it! Excited to get out there and heal!"

-Student - Massage Therapist, Duluth MN

How can I get involved?

1. Enroll now

After completing Level 1, you can enroll in a Level 2 class. **Healing Touch** classes are typically all day Saturday and Sunday and may include a Friday evening. Find a **Healing Touch** class in your area on our website at: www.HealingTouchProgram.com. You can enroll over the phone, by fax, mail or online!

2. Sign up for Energy Magazine!

Go to www.HealingTouchProgram.com and sign up for your free subscription to *Energy Magazine*,™ our new electronic publication. Through articles and personal stories *Energy Magazine*™ will explore how energy medicine and **Healing Touch** can change your life and the lives of your patients and loved ones.