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Healing Touch Techniques/ Methods Worksheet

This worksheet allows Level 4 students to track techniques/ methods they are using in their client practice. Level 5 Instructors look at 100 documented sessions to see if all Healing Touch curriculum methods have incorporated during the apprenticeship period. Please bring with you to Level 5. Don't forget to rate your confidence level ranking from 1 – 5, 1 very low to 5 very high.

Name _____

Level 1 Techniques	Total	How Confident?
Centering, Grounding, Setting Intention		
Magnetic Passes <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hands In Motion		
Hands Still		
Magnetic Clearing		
Chakra Connection		
Pain Management: <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ultra Sound		
Laser		
Pain Drain		
Pain Ridge		
Sealing a Wound		
Headache Techniques <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tension Headache		
Sinus Headache		
Head Trauma		
Migraine Headache/Pain Spike		
Chakra Spread		
Mind Clearing (original)		
Scudder Technique		

Level 2 Techniques	Total	How Confident?
Spiral Meditation – open/close		
Back Methods <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lower Body Connect		
Opening Spinal Energy Flow		
Vertebral Spiral Technique		
Hopi Back Technique (4 steps)		
Intake Interview (15 minimum)		
Trauma Interview		
Modified Mind Clearing		

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Level 3 Techniques	Total	How Confident?
Hara Alignment Meditation (Practitioner Prep) to include Hara Line, Chakra Meditation, and expansion of Core Star		
Chelation of 1 st Four Levels (preceded by Hara Alignment Meditation)		
Spinal Cleansing (2 steps x a minimum of 3 rounds)		
Additional Deep Cleansing Methods		
Sandwich		
Double hand (cone)		
Scooping		
Fifth Level Interventions		
Spiritual Surgery		
Ethereic Template Clearing		
Lymphatic Drain		
6 th Level Intervention		
7 th Level Intervention		

Level 4 Techniques	Total	How Confident?
Full Body Connection		
Ethereic Vitality		

Advance Practice Techniques (OPTIONAL, BUT MAY BE USED BY STUDENTS WHOM HAVE TAKEN THESE COURSES)	Total	How Confident?
Advance Practice 1		
Pyramid Technique		
Double Hand Spinal Balance		
Central Core Balancing		
Sacred Chakra Spread		
Advance Practice 2		
Full Body Connection with Autogenic Relaxation		
Trauma Release Technique (3 steps)		
Interview		
FBC		
Release technique		

Those students who have taken AP 1 and/or A P 2 classes may choose to indicate their usage in sessions below. Please note that AP techniques/methods are not part of the HT core curriculum. The Level 5 Instructor makes an evaluation of the students mostly based on use and understanding of core curriculum methods.