

ICP Healing Touch Introduction Presentation Guidelines

This document provides information and guidelines for the ICP Healing Touch Introduction: *Expand Your Healing Potential* (HT Intro). After submitting the ICP HT Introduction Presenter Application, receiving approval and signing the Presenter Agreement, you will receive access to the presentation materials.

Materials and documents are located in the HT ICP Introduction Support Portal website, <https://app.kajabi.com/admin/products/291428>. Access will be granted after your ICP HT Introduction Application has been approved by the ICP Manager.

When ANCC continuing education (CE) hours are being provided by HTP, **the ICP HT Introduction HTP ANCC Continuing Education Requirements** (separate document) must be followed.

When CE hours are NOT being provided, you may use the following optional materials:

- **Marketing Flyer** – customizable to market the presentation
- **Evaluation** - Attendees may complete the printed evaluation form at the end of the presentation to provide feedback. This may be customized and is for the presenter's information, and it does not need to be sent to HTP.
- **Attendee Handout** – This may be customized with information.
- **Self-care Attendee Handout**
- **Attendance Roster** – This can be used to track attendees and capture email for future contact. It does not need to be sent to HTP.

PowerPoint Information

There are two copyrighted PowerPoint slide decks available, a primary one and an additional one that contains research information.

Download the PowerPoint files and customize your presentation.

- **Slide content is copyrighted and additions or changes to existing slide content requires approval from the ICP Manager.**
- The first slide should be customized with personal information.
- Information is duplicated in the slides and not all slides will be used. Some slides are targeted for administrators and others for nurses.
- Slides may be deleted and reordered to tailor the presentation to your audience and the length of time. Slides from the Research slide deck may be added to the primary slide deck as desired.
- A pdf of the PowerPoint slides may be created and printed as a handout for the students to take notes.

- **Requirement:** Carol Komitor of Healing Touch for Animals gave permission to use her copyrighted “Physiological Response of Energy Healing” chart in the PowerPoint with the **requirement to read the information in the Notes area of the slide.**

Presenter Preparation

- After customizing your slide deck, practice your presentation for timing, including experiential exercises.
- Make sure you are prepared and comfortable leading the Healing Touch experiential exchange portion. Guidelines for this are provided below. HT techniques you may share:
 - Magnetic Passes: HIM & HS
 - Self Chakra Connection
 - Self Mind Clearing
- Confirm with the Facility Contact a few days before the class:
 - Information on attendees – how many to expect and from what departments.
 - Room location.
 - Parking location and other information.
 - Laptop and projector will be available (PC vs Mac for PowerPoint format).
 - How to contact a technical person to address any computer, projection or sound issues.
- Take a flash drive with the PowerPoint on it and allow time to test it before the class begins.

Presentation Timing Outline

The experiential portion of the class is highly valued by nurses and professional caregivers and we recommend allowing as much time as possible for this.

Administrators tend to value discussion about how Healing Touch can positively influence patient satisfaction, pain and anxiety relief, benefits to staff, etc. The Self Mind Clearing or Self Chakra Connection are recommended to use with Administrators.

The following timeline is a guide for you to follow with nurses and caregivers:

- Presentation – 30 to 40 minutes
 - It is recommended to keep the presentation portion to 30 or 40 minutes and use the rest of the time for experiential exchange, sharing and discussion.
 - The ICP copyrighted PowerPoint slide decks are available for download on the ICP website Presenter page which is password protected.
- Healing Touch experiential exchange and sharing recommended times:
 - For a one hour class - 20 minutes
 - For a two hour class - 70 minutes
 - For a three hour class – 120 minutes with a 10 minute break
- Question & answer and closing: ~10 minutes

Experiential Options

Determine what to do for the experiential portion based on the amount of time you have and your audience.

You may lead them through the following based on the amount of time you have:

- Self Chakra Connection for about 15-20 minutes.
- Self Mind Clearing for about 10 minutes.
- Experiential Exchange in Pairs below.

Experiential Exchange in Pairs

If you are not experienced with providing this experiential exchange, please practice it with family or friends so that you are comfortable before the presentation. This follows the practice that is done at the beginning of the Healing Touch Level 1 class. Tailor the exchange based on the time available.

Explain the concepts:

- Grounding = fully present in body and mind
- Centering = a quiet place within; focus on breath
- Attuning = compassionate energetic connection to the client
- Intention = using intention for the greatest and highest good for the client in their healing

Preparation exercise to lead them through if there is time:

- Rub their palms together and then keeping their palms ~6 inches apart press their palms in and out without touch like an accordion to sense resistance – this is their energy field.
- Press against their neighbor's hands in the same way to sense resistance.

Exchange in Pairs

Put students in pairs with the client (C) seated and the practitioner (P) standing beside them. If there is an odd person work with them as you voice guide the others. This is to be an experiential exercise and it is not important to make sure they are doing everything correct. The value is in trying to sense energy and working with each other.

1. Voice guide them through a brief grounding and centering.
2. Have the P ask the C for permission to touch and then attune with the C by placing their hands on their shoulders for about 30 seconds. Voice guide them to step back.
3. Have the P do a slow hand scan from head to hips, or toes if they are comfortable bending, on the C front, sides and back if time permits.
4. Have the P tell the C what they sensed and ask if there is an area they would like treated.
5. Voice guide the P through MP:HIM & HS for 2-3 minutes.
6. Let them share together the experience.

Have the pairs trade P & C roles and repeat 1-6 above.

If time permits, you may have the P step one person to the right and work with a different C. This may be repeated again if time permits.

Make sure the P and C roles are traded and there is time for each to work with the same number of people so that no one gets a shorter experience.

If time permits have people openly share their experience and ask questions. This can be a very valuable experience and deepen their understanding.