



Guidelines for Healing Touch Practice Groups

These guidelines were developed by Jan Fennell, CHTP, after the HTAC AGM in April, 2008, and include contributions from Betty Petersen, CHTPI, Nancy Bates, HTP and Kim Polvi, HTCP.

Please keep in mind that every group has its own personality and is therefore encouraged to develop its own variations of these guidelines to meet the needs of its members.

Logistics

- Try to find a church or similar facility where you do not have to pay rent. Some communities practise in members' homes, which is cozier.
- Determine the number of times per month your group wants to meet. Do you want afternoon or evening sessions, or both?
- Have participants bring massage tables. We have used church hall tables but, clearly, they are not as comfy as a massage table! Rotate if possible, so it is not always the same people lugging tables.

Format

- One person can facilitate each evening. This is best done on a pre-determined rotational basis.
- Decide on a schedule of techniques to be practised so that the facilitator(s) can prepare in advance. One suggestion is for the first Practice Group in the month to be a review for Level 1 techniques then, another practice, perhaps, Level 2 or 3 techniques can be studied and practised.

How to Begin the Practice

- As a group, share healing experiences or ask questions that have arisen since the last meeting.
- Discuss and demonstrate the specific technique that has been chosen for that session.
- Review the process for a treatment. For example, the importance of asking for the client's permission, making sure the client is grounded at the end of the session, and having water ready for the client when she/he gets off the table.
- Divide the group so that there is the same number at each table. Remind everyone to respect a quiet, compassionate space for all.

- Decide on the time for each session, determined by the number of practitioners and the time available. Respect all people present by starting and ending at the designated time.
- Start with a meditation to help everyone to be clear, grounded, and present.
- Turn on the music and have it playing softly in the background, if everyone agrees.

During the Treatments

- The facilitator for that evening could voice-guide the technique so that everyone is doing the same thing at the same time—an excellent method for anyone who has just taken a course at any level and needs reinforcement of the technique.
- For a general practice, each group can be free to choose the most appropriate technique for the person on the table. This is a good system when there are experienced healers in the group.
- The facilitator can gently remind everyone when there are only a few minutes left for the session.
- After a short de-briefing for the 'clients' and practitioners, someone else gets on the table. Ensure that everyone gets a treatment during the Practice Group.

How to End the Practice

- End with a general discussion on how things went for everyone, as a client and as a practitioner.
- Perhaps a short meditation can end the evening.
- The facilitator can announce when you will meet again and who will be the facilitator.
- Everyone shares in tidying the room and returning it to its original condition.