



Introduction to TFH (4 Hrs.) Continuing Education Measurable Learning Objectives

Developed by the Instructor Consultant Support Committee (including Vicki Edwards, Arlene Green and others)

To be offered as a 4-hour workshop either face-to-face or as a webinar.

Please follow the content to include all the learning objectives outlined, whether offered as a webinar or a face-to-face workshop.

The time frame is simply an example of how the course could be run.

Upon completion of this course, participants will be able to:

Outcomes
Describe the origins and development of Touch for Health
Describe the self-responsibility model
Identify and explain the three components of the Touch for Health Triangle of Health (structural, chemical, mental/emotional) and their interrelationship.
Demonstrate accurate muscle testing procedure for the Anterior Deltoid, including correct positioning, stabilization, direction of pressure and range of motion
Locate and apply the appropriate NeuroLymphatic and NeuroVascular reflex techniques for balancing the Anterior Deltoid.
Trace and identify the pathway of the Central Meridian and demonstrate the Central Meridian energy check.
Demonstrate correction procedures for Central Meridian Reversal.
Perform and interpret the Hydration test and apply appropriate corrective procedures when indicated.
Perform and correct Switching patterns, including: <ul style="list-style-type: none">- Left/Right switching- Top/Bottom switching- Front/Back switching
Demonstrate the Emotional Stress Release (ESR) technique and identify at least three appropriate clinical situations in which ESR is indicated.
Utilize postural awareness assessment to identify potential imbalance patterns.
Utilize a Cross Crawl integration exercise and explain its purpose in neurological organization.
Demonstrate Visual Inhibition Technique and describe its intended balancing effect.
Demonstrate Auricular Technique and describe its intended balancing effect
Demonstrate a simple Meridian Massage
Facilitate personal participation in a balance session by encouraging self-awareness and honoring client self-responsibility, including hydration practices.
Reassess posture and self-awareness to evaluate the effectiveness of completed balancing techniques



Possible Time Frame:

<p>Welcome</p> <ul style="list-style-type: none"> - Introductions, location of bathrooms, manual, etc.) <p>(Outcome 16 is embedded throughout)</p>	15 min.
<p>Intro to TFH (Outcome 1, 2, 3)</p> <ul style="list-style-type: none"> - Describe the origins and development of Touch for Health (history, tree, levels 1-4) - Describe the self-responsibility Model (self-awareness, client's self-responsibility to participate in any balance activity, including sipping water) - Identify the three sides of the Touch for Health triangle of health 	35 min.
<p>Break 60 min total</p>	10 min.
<p>Postural Awareness (Outcome 12)</p> <p>Invite observations and note-taking to compare at the end of the class</p>	10 min.
<p>Muscle Testing and Balancing using Anterior Deltoid (Outcome 4 & 5)</p> <ul style="list-style-type: none"> - Demonstrate accurate technique in muscle testing Anterior Deltoid including position and action of muscle, correct positioning of arms, stabilization, direction of pressure and range of motion - Demonstrate use of the NeuroLymphatic and NeuroVascular techniques for balancing Anterior Deltoid 	30 min.
<p>Checking for Hydration (Outcome 8)</p> <ul style="list-style-type: none"> - Demonstrate the test for Hydration <p>Offer voluntary balance with water</p>	5 min.
<p>Cross Crawl Integration Exercise (Outcome 12)</p> <ul style="list-style-type: none"> - Explain its purpose in neurological organization. 	5 min
<p>Break 120 min. total</p>	10 min.
<p>Central Meridian (CM) and testing of CM (Outcome 6 & 7)</p> <ul style="list-style-type: none"> - Identify the pathway of the Central Meridian - Demonstrate the Central Meridian check - Demonstrate the technique to balance a Central Meridian Reversal 	15 min.
<p>Switching and Balancing for Switching (Outcome 9)</p> <ul style="list-style-type: none"> - Identify how a person might experience 'switching' - Demonstrate the tests and the corrections for Switching (left/right, top/bottom. front/back) 	15 min.
<p>ESR and Its Uses (Outcome 10)</p> <ul style="list-style-type: none"> - Demonstrate Emotional Stress Release Technique <p>- Identify situations in which Emotional Stress Release would be appropriately used.</p>	20 min.
<p>BREAK (60 min./ 180 total)</p>	10 min.



Visual Inhibition and Balance (Outcome 13) <ul style="list-style-type: none">- Describe the balancing effect- Demonstrate the tests and the corrections for Visual Inhibition	20 min.
Auricular Technique (Outcome 14) <ul style="list-style-type: none">- Demonstrate Auricular Technique- Describe its intended balancing effect.	15 min.
Simple Meridian Massage (Outcome 15) <ul style="list-style-type: none">- Demonstrate a simple meridian massage	10 min
Wrap up with Question and Answers <ul style="list-style-type: none">- Revisit postural awareness and whole-body self-awareness for any changes- Future learning opportunities- Evaluation- Closing circle	15 min.
END 60 min. / 240 min total	