

# Anoka-Ramsey Community College

## IHH 2107: Healing Touch

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Recommended Skills, Abilities, or Coursework: IHH 1100

This energy healing course provides an understanding of the human energy system and its relationship to physical, emotional, mental and spiritual health and wellness. Through experiencing the practice of healing touch, students develop an understanding of how a variety of techniques interface with and assist in re-patterning the human bio-field. The skill of completing an intake interview that identifies patterns of behavior for which healing touch techniques may be useful in assisting a person to re-pattern their energy field is acquired. The importance of self-care as a practitioner and practicing ethically are integrated into the course. At completion students will receive course completion certificates from the certifying agency.

**B. COURSE EFFECTIVE DATES:** 08/27/2007 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Qualities of self-care needs of a healing touch practitioner
2. The foundations of energy therapies
3. Healing Touch techniques that support physical, mental, emotional, and or spiritual health and healing
4. Healing presence defined and practiced
5. The Healing Touch Framework using a variety of healing touch techniques
6. Relation of intake interview to choice of techniques
7. Chakras and bio-fields
8. Re-patterning and balancing the bio-field
9. Techniques that support the health and comfort of the back
10. Healing Beyond Borders Code of Ethics, Standards of Practice, and Scope of Practice
11. Research related to the practice of Healing Touch

#### **D. LEARNING OUTCOMES (General)**

1. Explore essential qualities and self-care needs of a healing touch practitioner
2. Discuss the foundations of energy therapies
3. Experience healing touch techniques (giving and receiving) that support physical, mental, emotional, and spiritual health and healing
4. Demonstrate healing presence: the ability to remain grounded, present, and heart-centered
5. Apply the Healing Touch Framework to a variety of healing touch techniques
6. Conduct an intake interview with a plan toward intervention
7. Assess the status of the Chakras and bio-field
8. Document the process of re-patterning and balancing the bio-field
9. Apply techniques that support the health and comfort of the back
10. Describe how the Healing Beyond Borders Code of Ethics, Standards of Practice, and Scope of Practice relate to student development as a Healing Touch practitioner
11. Review and critique research related to the practice of Healing Touch

#### **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

#### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

#### **G. SPECIAL INFORMATION**

None noted