Minnesota State College Southeast

THPY 1469: Energetic Healing Bridge

A. COURSE DESCRIPTION

Credits: 1
Lecture Hours/Week: 1
Lab Hours/Week: *.*
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

This course will go into detail on the concepts of energy systems. Focus will be on aura, chakra, and energy healing. (Prerequisite: None) (1 credits: 1 lecture/0 lab)

B. COURSE EFFECTIVE DATES: 08/28/2013 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Incorporate use of energetic healing techniques into massage routine
2. Perform both hands on and hands off energetic healing session
3. Understand the seven main chakras
4. Understand the connection between emotional release and energetic healing
D. LEARNING OUTCOMES (General)
   1. List the function of the seven main chakras
   2. Describe aura layers
   3. Analyze energy of a client
   4. Perform a hands-on healing session
   5. Perform a hands-off healing session
   6. Reiterate the benefits of energy work
   7. Describe how energy affects people
   8. Use energy to affect another person positively
   9. Discuss the process of emotional release
  10. Reiterate history of energy work
  11. Discuss the science behind energy work
  12. Explore energy patterns in oneself
  13. Describe procedures for energetically releasing headaches
  14. Complete a mind-clearing session
  15. Balance one's own chakra system
  16. Balance another person's chakra system
  17. Discuss the interaction between meridians, auras, and chakras
  18. Complete a complete energetic assessment
  19. Use energy in a massage session
  20. Create a massage flow using chakra techniques
  21. Describe various energy modalities from different countries
  22. Discuss the use of energy work in current cultures
  23. Explain energy work to clients
  24. Explore personal beliefs about energy

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted