



TOUCH FOR HEALTH

HEALING THE WORLD, ONE BALANCE AT A TIME!

## Supplemental Education

Listed below are the prerequisites and course descriptions for TFH's Supplemental Education

### Advanced Goal Setting & Metaphors

**Prerequisites:** TFH – Level 1, 2    **Time Commitment:** 15/16 Hours

#### **Course Description:**

The Touch for Health Advanced Goal Setting & Metaphors workshop can help you add meaningful supportive dialogue, positive goal setting, and creative visualizations to your TFH balancing sessions.

By learning how to effectively utilize the symbols and energies of the Chinese 5-Element Metaphors, you can fine-tune your goal-setting and metaphor skills to help people access the mental/emotional and sensory/associative aspects of memory, posture, and energy to make your TFH balances even more fulfilling, effective, and significant to support positive transformation.

### TFH Proficiency Workshop and Assessment

**Prerequisites:** TFH – Level 1, 2, 3, 4    **Time Commitment:** 15/16 Hours

#### **Course Description:**

The TFH Proficiency workshop confirms your practical Touch for Health skills and theoretical knowledge.

During this 2-day course, you will work with other students who have completed TFH levels 1-4, as well as current TFH Instructors who are updating their skills to maintain their certification. Review and practice information and skills from TFH levels 1-4 to demonstrate your proficiency and complete both practical (42 muscle-testing/balancing) and a written assessment (open book exam.)