



TOUCH FOR HEALTH
HEALING THE WORLD, ONE BALANCE AT A TIME!

TOUCH FOR HEALTH INTRODUCTION (2 hour)

Developed by Dee Martin

To be offered as a 2 hour workshop either face-to-face or as a webinar.

The PowerPoint covers all the content as identified in the Learning Objectives below.

Please follow the content to include all the learning objectives outlined, whether offered as a webinar or a face-to-face workshop with or without the PowerPoint presentation.

On completion of the 2 hours Introduction to Touch For Health workshop, the student will be able to

- Recognize several descriptions of Touch for Health
- Describe very briefly the origins of Touch for Health
- Identify the three sides of the Touch for Health triangle of health
- Encourage the client's self-awareness
- Honor the client's self-responsibility to participate in any balance activity, including sipping water.
- Demonstrate accurate technique in muscle testing Anterior Deltoid
- Demonstrate use of the NeuroLymphatic and NeuroVascular techniques for balancing Anterior Deltoid
- Identify the pathway of the Central Meridian
- Demonstrate the Central Meridian check
- Demonstrate the technique to balance a Central Meridian Reversal
- Demonstrate the test for Hydration
- Identify how a person might experience 'switching'
- Demonstrate the tests and the corrections for Switching (left/right, top/bottom, front/back)
- Demonstrate the tests and the corrections for Visual Inhibition (up, down, right, left, with reading)
- Demonstrate Emotional Stress Release Technique
- Identify situations in which Emotional Stress Release would be appropriately used.

Time Frame:

Welcome (including location of bathrooms, etc.)	5 min
Intro to TFH <ul style="list-style-type: none">- Recognize several descriptions of Touch for Health- Describe very briefly the origins of Touch for Health	20 min.



<ul style="list-style-type: none">- Identify the three sides of the Touch for Health triangle of health- Encourage the client's self-awareness (and throughout)- Honor the client's self-responsibility to participate in any balance activity, including sipping water. (and throughout)	
Teach Muscle Testing using Anterior Deltoid <ul style="list-style-type: none">- Demonstrate accurate technique in muscle testing Anterior Deltoid- Demonstrate use of the NeuroLymphatic and NeuroVascular techniques for balancing Anterior Deltoid	30 min.
Teach Central Meridian and testing of CM <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	5 min.
Teach testing for Hydration <ul style="list-style-type: none">- Demonstrate the test for Hydration	5 min.
Teach about Switching and testing for switching <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.
Teach Visual Inhibition and Correction <ul style="list-style-type: none">- Demonstrate the tests and the corrections for Visual Inhibition (up, down, right, left, with reading)	15 min.
Teach ESR and its uses <ul style="list-style-type: none">- Demonstrate Emotional Stress Release Technique- Identify situations in which Emotional Stress Release would be appropriately used.	15 min.
Finish with Q & A and thanks for attending	10 min.