



# BECOME A HEALING TOUCH PRACTITIONER

UNIT 1 – Foundations of Healing Touch®



Foundations of  
Healing Touch

**UNIT 1**



Australian Foundation for Healing Touch Inc  
[www.healingtouch.org.au](http://www.healingtouch.org.au)





Healing Touch is a relaxing, nurturing energy-based therapy that uses gentle touch to assist in balancing physical, mental, emotional, and spiritual well-being. It is used in a variety of settings including hospitals and private practice.

## Unit 1 – Foundations of Healing Touch®

This introductory course explores the concepts and core values that underpin Healing Touch therapy and practice, and techniques for assessing the energy field and energy centres. The workshop is also a time of healing and nurturing for all who attend. See [healingtouch.org.au](http://healingtouch.org.au) for more information. To register go to [trybooking.com/eventlist/AFHTI](http://trybooking.com/eventlist/AFHTI).

### Course Duration

Two (2) full days, usually over one weekend.

### Study Mode and Materials

Face-to-face learning. A workbook will be supplied; bring a pillow and light blanket.

### Dates and Locations

Courses held across Australia. For details go to [healingtouch.org.au/course-schedule](http://healingtouch.org.au/course-schedule).

### Course Fees\*

\$440 full course fee

\$290 concession – ID required\*\*

\$150 course repeater

*\*Special entry level prices which include 1 year membership to AFHTI*

*\*See website and Trybooking course registration for terms & conditions*

*\*\*Concession available for full time student or Commonwealth Health Care Card holder*

### Payment

Payment can be made online with your registration or as arranged with the Course Coordinator. Payment must be made in full prior to course commencement.

### Entry Pre-requisites

No prior learning or experience is required. English language proficiency is essential, along with a desire to develop a sensitivity for this mode of healing.

### Instructors

AFHTI courses are led by Certified Healing Touch Instructors, who are highly trained and bring their own clinical experience to provide learning/treatment context.

### Practical Instruction

Instruction is both theoretical and practical, allowing students to learn treatment procedures on each other (under supervision).

### Course Objectives

The learner will be able to:

- Explore qualities and self-care needs of a Healing Touch Practitioner
- Discuss the facets of Healing Touch that support healing
- Demonstrate the ability to remain grounded, present and heart-centred
- Apply the Healing Touch framework
- Evaluate the energy centres (chakras) and related energy layers that surround the body
- Describe rationale of specific Healing Touch techniques
- Understand Code of Ethics, Standards of Practice and Scope of Practice required.

### Recognition of Learning

Australian Traditional Medicine Society (ATMS) and Australian Health Practitioner Regulation Agency (AHPRA) recognise AFHTI courses with Continued Professional Development points.

### AFHTI Membership

Unit 1 graduates are given one year complimentary AFHTI membership.

### Becoming a Practitioner

Successful completion of Units 1-5 plus current AFHTI membership is required to become a Certified Healing Touch Practitioner.

### Further AFHTI learning Unit 2 – Energetic Patterning and Clinical Applications®

This course continues on to increase the learner's understanding of Healing Touch.

Email [info@healingtouch.org.au](mailto:info@healingtouch.org.au) for more details or go to [www.healingtouch.org.au](http://www.healingtouch.org.au).



Inspiring wellness through  
energy therapy