

# FIVE STAGE TECHNIQUE FOR TEACHING ONE POINT PRESENTATIONS

BY BRIAN. H. BUTLER

ONE OF THE MOST USEFUL TEACHING TECHNIQUES TAUGHT BY GORDON STOKES IN HIS INSTRUCTOR TRAINING WORKSHOPS IS THE REPEATED USE OF THE "ONE POINT" FORMULA TO PRESENT EACH SEGMENT.

EACH NEW PART OF THE CLASS OR WORKSHOP IS PRESENTED IN A PATTERN WHICH ENSURES THE CLASS HAS THE BEST CHANCE OF ABSORBING THE MATERIAL. EACH TECHNIQUE, OR CONCEPT IS TAUGHT USING FIVE STEPS:

1. INFORMATION
2. DEMONSTRATION
3. PARTICIPATION
4. PRACTICE
5. ALTERNATION & FEEDBACK.

HERE IS HOW EACH STEP WORKS:

## 1. INFORMATION

WHEN WE GIVE INFORMATION TO A CLASS, IT NEEDS TO BE IN THE FORM OF "ONE POINT" SEGMENTS. WHEN OFFERING NEW CONCEPTS TO OUR STUDENT'S MINDS, THE SIMPLER THE WAY WE IMPART IT, THE MORE LIKELY THEY ARE TO RECEIVE THEM. WE WANT THEM TO BE ABLE TO ABSORB, REMEMBER, AND MOST IMPORTANT OF ALL - USE THE INFORMATION.

ACCORDINGLY, WHEN TEACHING, GIVE A SPECIFIC "ONE-POINT" PIECE OF INFORMATION ONLY. THERE IS ALWAYS THE TEMPTATION TO GO ON TO ANOTHER IDEA, OR TO ADD MORE INFORMATION THAN IS ABSOLUTELY RELEVANT TO THE SUBJECT AT HAND.

KEEP IT SHORT. PEOPLE'S ATTENTION SPAN IS AT THE MOST TWENTY MINUTES. AFTER THAT EVEN IF THE INFORMATION IS EXCITING, THEY WILL BEGIN TO FIND IT RATHER HARD TO CONCENTRATE.

ALSO IT IS WELL AT THIS TIME TO RECOGNISE A BASIC FUNDAMENTAL OF HOW THE MIND WORKS. THE MORE SENSES USED WHEN INPUT IS GOING TO THE BRAIN, THE MORE LIKELY IT IS TO RETAIN THE INFORMATION. APPEAL TO MORE THAN ONE SENSE BY USING DIAGRAMS OR A BLACKBOARD TO INVOLVE THE EYE AS WELL AS THE EAR.

USE THE POWER OF ASSOCIATION, LINK IN TO WHAT THEY KNOW ALREADY. IT ALSO HELPS CONCENTRATION IF THERE IS SOMETHING DYNAMIC TO WATCH, SO DEMONSTRATE.

## 2. DEMONSTRATION

SHOW HOW THE INFORMATION MAY BE USED IN PRACTICE. HAVE THE CLASS WATCH, WHILE YOU DO IT. INVOLVE THEM, BY DISCUSSING WHAT YOU ARE DOING. WHENEVER POSSIBLE USE A PERSON AS A LIVE EXAMPLE. DEMONSTRATE THE TEST, OR THE CORRECTION OR WHAT HAPPENS WHEN YOU DO SOMETHING IN A PARTICULAR WAY. A PICTURE, OR A VISUAL IMAGE IS WORTH A THOUSAND ELOQUENT WORDS. IT RAMS THE POINT HOME IN A WAY THAT NO AMOUNT OF TALKING CAN EVER DO.

## 3. PARTICIPATION

WHEN WE HAVE THE CLASS DO SOMETHING, THEY ARE UTILISING YET ANOTHER SENSE. AS THEY WATCH YOU GO THROUGH THE STEP AGAIN, AND FOLLOW THROUGH THEMSELVES, THEY ARE HEARING, SEEING AND TOUCHING.

IT ALSO GIVES THEM A SENSE OF REALITY. THERE IS NO SUBSTITUTE FOR EXPERIENCING THE FEELING WHEN A MUSCLE CHANGES STRENGTH. NO AMOUNT OF EXPLANATION GIVES THE SAME IMPRESSION. ALTHOUGH THIS IS A POWERFUL WAY TO LEARN, BE SURE TO GO SLOWLY ENOUGH AND DIVIDE UP THE ACTION INTO MANAGEABLE STEPS TO AVOID OVERWHELM.

## 4. PRACTICE.

ONE OF THE LAWS OF MEMORY IS REPETITION SO GIVE THE CLASSES PLENTY OF OPPORTUNITY TO PRACTICE. AFTER THEY HAVE PARTICIPATED UNDER YOUR DIRECTION, LET THEM DO THE SAME THING ON THEIR OWN. LET THEM USE THE BOOK AND PRACTICE ON EACH OTHER. RECOMMEND THEY CHANGE PARTNERS FOR EACH DIFFERENT ACTIVITY. THE MORE BODIES ANYONE WORKS WITH THE BETTER THE EXPERIENCE.

## 5. ALTERNATION & FEEDBACK

EVERY TIME YOU CHANGE THE ACTIVITY FROM THE CLASS LISTENING, TO PARTICIPATING, TO PRACTISING, TO SUPERLEARNING, TO CROSS CRAWL, TO ESR, TO MORE INFORMATION, TO NEW TECHNIQUES, YOU ARE USING "ALTERNATION". OR WHEN THEY CHANGE POSITION FROM SITTING TO STANDING, TO LYING ON THE FLOOR, THIS IS "ALTERNATION".

CHANGING THE TYPE OF ACTIVITY RESTS THE MIND. "A CHANGE IS AS GOOD AS A REST!" IF EVER THE ENERGY IN THE GROUP GETS LOW, GIVE THEM SOMETHING TO DO THEMSELVES. THIS WILL RAISE THE ENERGY OF THE GROUP FAR MORE EASILY AND QUICKLY THAN ANYTHING WE CAN DO.

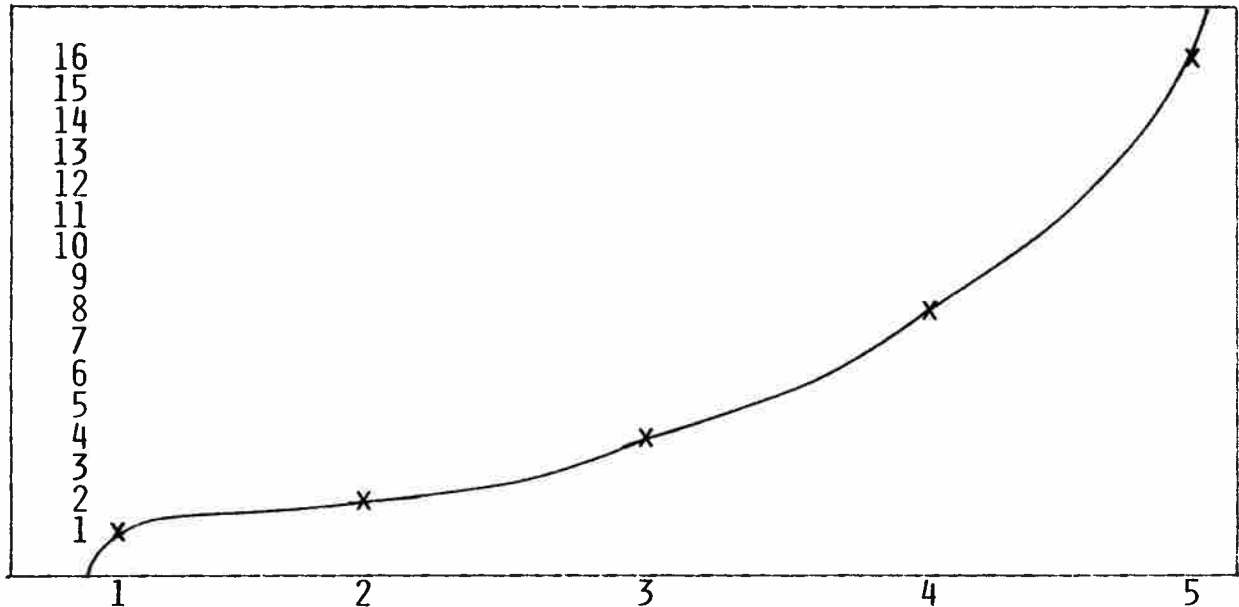
USING CIRCLES TO GET FEEDBACK FROM THE GROUP IS A VERY POWERFUL TECHNIQUE. IT HELPS YOU SAMPLE THE CURRENT FEELING IN THE CLASS. IT HELPS AND RE-INFORCES EACH INDIVIDUAL AS THEY HEAR OTHERS EXPRESSING WHAT THEY THEMSELVES ARE FEELING.

IT WOULD BECOME RATHER HEAVY GOING RUNNING A CIRCLE AFTER EVERY SEGMENT. USE THEM AT THE BEGINNING AND END OF EACH SESSION. ALSO, YOU CAN RUN "QUICKY" CIRCLES AFTER A PARTICULAR ACTIVITY, SAY LIKE FOOD TESTING FOR MILK SENSITIVITY, TO LET THE GROUP COMPARE RESULTS. USE THE FEEDBACK TO HELP YOU PLAN THE NEXT PART OF THE CLASS, YOU'LL TEACH BETTER, AND THEY WILL APPRECIATE IT. [ ]

## NETWORKING TOUCH FOR HEALTH.

BY BRIAN H. BUTLER.

ALMOST EVERYTHING IN NATURE SEEMS TO FOLLOW THE MATHEMATICAL LAW OF THE EXPONENTIAL CURVE. SUCH A CURVE IS PLOTTED ON A GRAPH WHEN YOU DOUBLE EACH NUMBER TO FIND THE LOCATION OF THE NEXT POINT.



IT STARTS OFF VERY SLOWLY, BUT IT SUDDENLY TAKES OFF FAST AFTER THE FIRST FEW TIMES IT DOUBLES. YOU CAN SEE FROM THIS ILLUSTRATION THAT THE NEXT DOUBLING WOULD TAKE US TO A POINT WHICH ALMOST GOES STRAIGHT UP! IN TOUCH FOR HEALTH WE ARE AT A CRITICAL GROWTH POINT, WE HAVE TO BE READY FOR GREAT EXPANSION.

THERE WAS AN OLD STORY ABOUT A YOUNG MAN WHO WAS OFFERED A MILLION, OR HE COULD HAVE A PENNY ON THE FIRST SQUARE OF THE CHESS BOARD, AND DOUBLE IT ON EACH SQUARE. HE CHOSE THE MILLION, AND MISSED OUT ON THE FORTUNE THAT WOULD HAVE ACCUMULATED FOR HIM AFTER THE 21ST SQUARE! ...AND THERE ARE 64 SQUARES IN ALL !!

WHEN WE WORK TO START SOMETHING NEW, IT OFTEN SEEMS VERY SLOW AT FIRST. I HAVE BEEN WORKING IN ENGLAND WITH TOUCH FOR HEALTH FOR NINE YEARS, AND GROWTH WAS VERY SLOW AT FIRST. WITH SLENDER RESOURCES, WITH LITTLE OR NO BUDGET FOR ADVERTISING OR MARKETING IT HAS SEEMED AT TIMES THAT ONE IS GETTING NOWHERE FAST!

NOW WE HAVE EIGHTY INSTRUCTORS IN BRITAIN, SOME OF WHOM ARE VERY ACTIVE INDEED. BY NEXT YEAR THERE WILL BE ANOTHER THIRTY OR FORTY. SO ALTHOUGH IT SEEMED SLOW TO START WITH, WE ARE NOW TURNING THE CORNER OF THE CURVE. SINCE THE ESTABLISHMENT OF INTERNATIONAL FACULTY, THERE ARE TFH INSTRUCTOR TRAINERS ALL OVER THE GLOBE. THIS MEANS MORE TFH INSTRUCTORS BEING TRAINED THAN EVER BEFORE. TOUCH FOR HEALTH IS TAKING OFF AROUND THE EARTH.

EACH TFH TRAINED INSTRUCTOR WILL INFLUENCE MORE PEOPLE AND SO THE EXPONENTIAL GROWTH CURVE WILL NOW QUICKLY GO THROUGH THE CEILING. WHETHER YOU ARE A TOUCH FOR HEALTH INSTRUCTOR, SOMEONE WHO HAS JUST TAKEN A BASIC CLASS, OR YOU ARE MERELY INTERESTED IN PREVENTIVE HEALTH CARE, THE FACT THAT THIS WONDERFUL CONCEPT IS REACHING SO MANY PEOPLE IS EXCITING TO ALL OF US.

IT IS ALMOST A SIGN THAT TOUCH FOR HEALTH HAS "MADE IT" SINCE A "PIRATE" EDITION OF THE BOOK HAS NOW BEEN PRODUCED IN THE FAR EAST! PRINTED WITHOUT THE SANCTION OF THE FOUNDATION, SOMEONE HAS REALISED THAT IT IS A WORTHWHILE BOOK TO MARKET, AND HAS GONE AHEAD AND PRODUCED IT.

EACH YEAR THAT GOES BY, THE NUMBER OF PEOPLE WHO HEAR ABOUT TFH IS MORE THAN DOUBLING. IN THE EARLY DAYS, A DOUBLING OF TWENTY OR FIFTY OR A COUPLE OF HUNDRED DID NOT MAKE MUCH IMPACT. NOW THERE ARE SEVERAL THOUSAND IN BRITAIN, AND UNCOUNTED THOUSANDS AROUND THE WORLD WHO HAVE BEEN TAUGHT IN CLASSES OR HAVE BEEN EXPOSED TO A TALK OR LECTURE/DEMONSTRATION ON TFH. THIS MULTITUDE COLLECTIVELY IS HAVING A REAL EFFECT ON THE HEALTH CONCIUSNESS OF OUR WORLD. A FAR MORE WIDE REACHING, POSITIVE FORCE-FOR-GOOD THAN MAYBE WE REALISE.

NOW THOSE OF US WHO HAVE LEARNED TFH NEED TO MOBILISE AND ORGANISE OURSELVES AND ASSOCIATE TOGETHER IN GROUPS. ON OUR OWN, IN ISOLATED LOCALITIES, WE CAN HAVE ONLY A LIMITED IMPACT. BANDED TOGETHER, WE CAN REALLY MAKE OUR PRESENCE FELT, AND GIVE WHAT WE HAVE TO FAR MORE PEOPLE. RICHARD BYRNE IN HIS ADDRESS A COUPLE OF YEARS AGO WARNED OF TFH'ERS BECOMING A "COSY CLUB OF HUGGERS" AND ASKED US TO BEWARE OF THE "THEM AND US" SYNDROME. A TIMELY WARNING, AND ONE WHICH APPLIES EVEN MORE TODAY. TOUCH FOR HEALTH CAN SEPARATE US FROM OTHERS, BUT THAT IS NOT THE IDEA!

LAST YEAR I MADE THE SUGGESTION THAT EVERYONE WHO ATTENDED THE ANNUAL MEETING MAKE THEMSELVES RESPONSIBLE FOR BRINGING ANOTHER PERSON TO THE MEETING THIS YEAR. THIS WOULD MEAN A DOUBLING OF LAST YEAR'S ATTENDANCE IF WE HAD ALL ACHIEVED THAT AIM. I WONDER HOW MANY ARE HERE WHO WERE URGED TO DO SO BY SOMEONE LAST YEAR.

REMEMBER THE SUGGESTION OF A DOLLAR A DAY IN THE JAR TO PAY FOR SOMEONE ELSE TO ATTEND? MOST THOUGHT IT A GOOD IDEA AT THE TIME, I WONDER HOW MANY FOLLOWED IT THROUGH. ANNUAL MEETINGS ARE INSPIRING OCCATIONS, AND THE ENTHUSIASM THAT IS ENGENDERED IS WONDERFUL. THE HARD PART IS TO FOLLOW THROUGH ON THE INTENTIONS AND THE DECISIONS WE MAKE AFTER THE GLOW HAS FADED A LITTLE.

IN ALMOST EXACTLY THE SAME WAY, PEOPLE WHO TAKE TFH CLASSES GET REALLY "TURNED ON" BY THE EXCITING NEW CONCEPTS AND IDEAS. ONLY IF WE ENCOURAGE THEM TO MEET WITH OTHERS ON A REGULAR BASIS WILL THIS JOY PERSIST. OTHERWISE, LIKE THE TENDER PLANTS OF THE PARABLE, THEY WILL WITHER, OR DRY UP, OR OTHERWISE LOSE THE NEW ZEST FOR LIFE THEY HAD FOUND.

WE NEED A PLAN OF CAMPAIGN, A FRAMEWORK TO HELP US STICK TO THE RESOLUTIONS WE MAKE TO OURSELVES AND EACH OTHER AT SAN DIEGO.

## IDEAS FOR NETWORKING TOUCH FOR HEALTH

1. WE AS INSTRUCTORS NEED TO KEEP IN TOUCH WITH ONE ANOTHER. WE NEED THE ENCOURAGEMENT OF COMRADESHIP WITH EACH OTHER TO KEEP OUR LAMPS BURNING BRIGHT.
2. WE CAN KEEP A CAREFUL WATCH ON OUR CLASS ROSTERS, NOTING THE GEOGRAPHICAL AREAS EACH STUDENT COMES FROM, AND MATCH THEM WITH SOMEONE WHO HAS ALREADY TAKEN THE CLASS WITH US OR WITH ANOTHER INSTRUCTOR.
3. ENCOURAGE THOSE WHO HAVE TAKEN A CLASS AND LIVE NEAR EACH OTHER TO MEET FROM TIME TO TIME, AND EVEN THINK ABOUT FORMING A PRACTICE GROUP. PRACTICE GROUPS REALLY WORK. THEY CAN BE HELD IN A DIFFERENT HOME OR AREA EACH TIME. THEY HAVE TO BE HELD OFTEN ENOUGH TO KEEP THE ENTHUSIASM GOING. IT IS ALSO A GOOD PLAN TO KEEP THEM AS INEXPENSIVE AS POSSIBLE. GET THOSE WHO HAVE TAKEN CLASSES TO BRING FRIENDS AND RELATIVES ALONG WHO HAVEN'T SO THAT THEY CAN SEE TOUCH FOR HEALTH IN A GROUP SETTING.
4. PRACTICE THE ART OF ENCOURAGING ALL YOU TALK TO ABOUT TOUCH FOR HEALTH TO TALK ABOUT IT TOO.
5. INVITE PEOPLE YOU MEET TO COME ALONG TO YOUR CLASSES AS A GUEST FOR THE FIRST TWO HOURS. I WARN THEM THAT IF THEY WANT TO STAY AFTER THAT, THEY WILL HAVE TO PAY THE CLASS FEE! THIS WAY PEOPLE CAN SEE TFH IN ACTION WITHOUT NECESSARILY COMMITTING THEMSELVES.
6. PUT ALL THOSE SPORTS GROUPS, HEALTH FOOD SHOPS, HEALTH CLUBS, YOGA GROUPS, AEROBICS TEACHERS, RUNNING CLUBS ETC., THAT ADVERTISE IN YOUR LOCAL PAPERS AND JOURNALS ONTO YOUR MAILING LIST. SEND THEM ALL YOUR SCHEDULE, AND COPIES OF YOUR LEAFLETS EACH TIME YOU DO A MAILING.
7. PUT ALL THOSE WHO SEND YOU UNSOLICITED MAIL ON YOUR MAILING LIST ALSO. I HAVE NEVER DONE A MAILING THAT HAS NOT PAID FOR ITSELF DIRECTLY FROM THE RESPONSE TO THAT MAILING.
8. GET DR. THIE'S LEAFLET ON "ORGANISING FOR HEALTH". THERE ARE SOME USEFUL POINTERS IN THERE FOR US ALL. HE OFFERS SOME USEFUL SUGGESTIONS UPON HOW WE MIGHT START FORMING GROUPS WHERE NONE EXIST AT THE MOMENT.
9. WRITE TO ALL THE INSTRUCTORS YOU KNOW IN YOUR GENERAL AREA, AND SUGGEST A JAMBOREE GET TOGETHER WHEN YOU KNOW THAT THE WEATHER WILL SUPPORT YOU. A PICNIC, AGAIN WITH FRIENDS AND RELATIVES INVITED, IS A WONDERFUL OCCASION TO ENGENDER THE SORT OF SPIRIT WHICH WILL ENCOURAGE OTHERS TO WANT TO BE PART OF THE ACTION.
10. INVEST IN BETTER LEAFLETS, HAVE THEM PROFESSIONALLY TYPESET, THEY PAY DIVIDENDS. INVEST IN BETTER CLASS EQUIPMENT AND AIDS TO HELP YOU TEACH. INVEST IN THE GROWTH YOU WILL CAUSE!