

Format for an Introductory TFH Workshop

by Michael DeLory

Abstract

A hands-on experience leading an introductory TFH workshop. Includes explanation, and some of the most powerful basic TFH techniques. An easy & fun way for anyone to begin presenting TFH. An eight-page hand out to make a booklet is available.

This workshop provides a great opportunity for anyone wanting to learn more about TFH. Many of us get calls from people wanting to know what TFH is and how it works. I used to spend 20-30 minutes with each one on the phone. Now I encourage them to come to my intro workshop.

I have presented this workshop at Continuing Education, in my own office, and various other places, including Senior Centres. It is available every one to two months, giving people numerous chances to participate. It is good for the participant, because it gives them a way to get involved and get started for \$20 - \$30, and it is good for me because I can meet them, assess their personal needs and see if they are truly interested. Clients can also refer friends who are interested in learning more about TFH.

For new Instructors this is a good way to start teaching. You can offer this workshop to Continuing Education, Community centres, groups of friends or clients, meetings, etc.

For my intros I've chosen the most powerful and useful extra techniques from TFH 1. They are

things that have results right in the room. They can also be applied immediately when they leave the class. I tell them they have a jump start on TFH 1. With TFH 1 now recommended for 18 hours, we have already completed three hours, and can still fit the workshop into a two-day format later.

An eight-page handout booklet is available for photocopying (see below), however it is not essential. You may have, or make up, your own materials.

To present the workshop effectively, you need:

- Water
- Food and supplements for testing
- Your course schedules
- Handouts (mine or yours)

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Good luck in spreading TFH to a wider audience. Let me know how it goes.

Introductory TFH Course Time Line

(evening course 7-10 pm)

- 7:00 Registration. Greet people as they come in
- 7:05 Gather the group together
- 7:10 Introduce yourself, explain what they will be learning, and the logistics of the location.
- 7:15 Have the students introduce themselves. In a small group just go around the room; in a large group have them share with several partners.
- 7:20 About TFH. Follow the sheet or give your own explanation.
- 7:30 Demonstrate the squeaky door picture of how muscles work with three volunteers: one is the bone in the middle, the others act as the muscles. Weaken and strengthen the "muscles" and have the students tell you what they see. See p. 10 of the TFH book.
- 7:40 Muscle testing. Do the push/push exercise. Have students in pairs, facing each other. They put their hands up and push on their partners hands. Have them practice smooth pushing, and show the difference between strong and stressed muscles. Have them also practice hard sudden pushing, so they can see it is ineffective.
- 7:50 Test Anterior Deltoid, Middle Deltoid and/or PMC. Have them think of something stressful to shut it off.
- 8:00 Water test.
- 8:15 K27's and Cook's Hook Up. Just do the corrections to save time.
- 8:25 Pain relief technique from Dr. Jim Reid. An extremely powerful technique which will give great results in class. Have two helpers for each person receiving the technique.
- 8:45 Get the participants to report on the results. Remind them they'll do it in TFH 1, and tell them when courses are coming up. Ask if they have any questions.
- 8:50 Break
- 9:00 Gather back together and do some energizing activities such as cross crawl, Cook's Hook up, K27's, etc. Answer any questions.
- 9:10 Re-check water.
- 9:15 Food testing
- 9:35 ESR
- 9:50 Answer questions. If there's time demonstrate some muscles from TFH 1 or a 14 muscle balance. Talk about upcoming courses, price, location and date. End the session and invite them to stay if they have questions, want to talk or want to register for a course.

If you would like an original of the hand-out booklet for photocopying please send \$10 (Canadian or US \$) to:

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