



Matthew Thie, M.Ed.

TFHKA Instructor since 1980, TFH KA Instructor Trainer 2003, IKC Executive Board 2006, TFHKA President, 2009.

As a son of Dr. John & Carrie Thie, Matthew grew up with Touch for Health Kinesiology (TFHKA) and Effective Communication skills as part of his everyday family system. Matthew presents TFHKA as a learning process that anyone can be trained to use for their on going, day-to-day optimization of life experience.

His emphasis is on immediately putting the simple techniques into personal practice, and making the concepts and techniques personally meaningful.

Matthew Co-authored the TFH: **Complete Edition** and **TFH Metaphors**, and has taught the TFH Metaphor Workshop to over 1000 students, and trained more than 100 Meta-instructors around the world, and has had the opportunity to observe the ongoing growth and Development of TFH and Energy Kinesiology worldwide.

Touch for Health and Energy Kinesiology Around the World:

2009 Report on Worldwide Development and Growth

In the late 1960's, Dr. George Goodheart began sharing his Applied Kinesiology techniques, through his Goodheart Study Group Leaders (or the "Dirty Dozen" as they were affectionately nicknamed). In the early 1970's, Dr. John Thie made Energy Kinesiology techniques available to lay people and non-physician health practitioners through his Touch for Health manual and training programs. Since then, this powerful and empowering work has spread throughout the world, and diversified into a variety of modalities, training programs, and clinical approaches. In some countries there is now government recognition and insurance coverage of these techniques. With the most recent publication of a translation of Touch for Health in Mainland China, the adoption of the energy model in the West has come full circle, with kinesiology instructors and practitioners now being trained in the East.