

Clinical Touch for Health An Embodiment of the Emerging Wellness Paradigm

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The **TFH clinical approach** refers in a generic sense to *teaching* TFH in a clinical setting, whether one-on-one in private sessions, or as part of a workshop where participants serve as case-studies and the concepts and techniques are learned through exposure to many authentic individual sessions, in addition to lecture, guided practice, and independent study and practice. Client/student education may be informal when TFH is integrated as an aspect /approach in the practice of chiropractic, massage, holistic nursing/medicine, acupuncture, psychology, coaching, sports/athletic training, energy medicine, mind-bodywork, Specialized or Energy Kinesiology, etc. without a formal training program or certification. The clinical approach may also be integrated with the standard International Kinesiology College (IKC) Syllabus and Instructor Certification program. Many practitioners have become Certified TFH Instructors with the main intention of using the techniques in clinical practice, and not necessarily teaching their clients to use the techniques for themselves; and a variety of professional kinesiology certifications have been developed around the world based in whole or in part on the fundamentals of Touch for Health. **John Thie's Clinical TFH™** refers to the particular way that TFH founder, Dr. John F. Thie, developed to practice and teach TFH, usually in an intensive retreat, emphasizing the basic core features of TFH, and enhancing them with an enriched approach to listening, dialogue, interviewing, goal-setting and use of metaphor to make the TFH balance a profoundly meaningful and transformative process, embodying the new Paradigm of Wellness development.

Touch for Health was not originally meant to be the

basis of a professional practice, but rather a practical home self-help tool to complement the professional care available through physicians practicing Applied Kinesiology. John Thie served as the first Chairman of George Goodheart's International College of Applied Kinesiology (ICAK), and envisioned TFH and Applied Kinesiology (AK) as elements of an integrated training program for physicians, paraprofessional assistants, and laymen. Some of his colleagues felt that sharing any of the AK information with lay people could be dangerous, or could result in a profession that would be in competition with AK.

Over the last couple of decades, it has become increasingly clear that TFH has contributed to the emerging health paradigm and worldwide profession of Specialized Kinesiology or Energy Kinesiology (SK/ EnK). Rather than being dangerous, TFH and EnK have provided millions of people with relief when traditional medical care had no diagnosis or treatment, or as an alternative to *inappropriate* and dangerous drugs and surgery. The sharing of the TFH model and techniques with the general public has resulted in a greater awareness and appreciation of the benefits of EnK and the new health paradigm, while at the same time increasing recognition of the value of those professionals with the extensive training to incorporate EnK in professional health-care and/or the disease-treatment model. When people find that their usual day-to-day wellness self-care is insufficient, and they are seriously out of balance, they will consult appropriate experts proactively and in a timelier manner than waiting until they are "sick enough" to go to the doctor, or *emergency room*!

The original Touch for Health Foundation, which John Thie established in 1973 in Pasadena, California was actually a vocational school and TFH was immediately recognized as continuing education for nursing and massage; but the initial 15 hour workshop (now expanded under the IKC to the 75 hour **TFH Synthesis**, including Proficiency assessment) was not intended to create therapists who would earn a living from their services, but rather *instructors* who could share the simple but profound ideas and techniques of TFH through a peer-to-peer, “each one teach one,” or family health-maintenance approach. Generally those who wanted to be therapists were recommended to start with massage or even consider chiropractic or another healing arts profession. Nonetheless, there have always been a certain number of unofficial *TFH practitioners*, using TFH alone, or usually in combination with other parallel kinesiology techniques, who responded to the demands for their attention, or simply always had the intention to pursue doing TFH balancing as a business.

Over the years, a variety of professional kinesiology certifications have been developed around the world based in whole or in part on the fundamentals of Touch for Health Kinesiology. In the United States, most of us are aware of the Energy Kinesiology Association’s establishment of common standards for levels of Certified Energy Kinesiologists (CEnK) (which would typically include the TFH Training as well as other kinesiology and health related information). These standards are parallel to national standards developed in Australia under their general professional Kinesiology associations. (Currently there are also Australian government recognized Certificate and Diploma level Kinesiology trainings available, integrated with standard units of study common to all healthcare certifications, available through government registered training organizations - again these would typically incorporate TFH as a standard component). The IKC, which maintains TFH training standards worldwide, also has a Professional School which recognizes Professional

Kinesiologists, Kinesiology training programs and training institutes.

Although TFH has been recognized as a fundamental element of most professional Kinesiology training programs (and today most TFH Instructors are also actively seeing clients one-on-one as some form of practitioner, sometimes based solely on their TFH Instructor certification), the TFH training per se has mostly been oriented to creating instructors rather than *practitioners*. Nonetheless, several TFH based professional designations do exist, and ***an internationally recognized TFH based practitioner seems to be inevitable***. Indeed, the intensive 50 hour advanced TFH Training is no longer referred to as the Instructor Training Workshop (ITW) since it has been recognized as an important component of any Kinesiology practitioner training. Of course, the goal of advanced TFH Training is still to know the material well enough, and practice communicating the concepts and techniques so thoroughly that you could teach it to others - whether in formal workshops, or as part of client education through the clinical process. This educational, self-responsibility model has been largely adopted throughout the field of Energy Kinesiology, and is an important element of the emerging paradigm.

The first TFH Professional Kinesiology Practitioner (PKP) program developed by Drs. Bruce and Joan Dewe was originally an extension of the basic TFH workshops. It later became a more extensive 1-3 year program based on New Zealand government standards, and expanded information developed by the Dewes, yet did not incorporate the ITW as a standard feature of practitioner certification. In the USA, several other TFH “Practitioner,” “Facilitator” or “Consultant” programs have been conceived, (such as Richard Harnack’s TFH Consultant and Kinetic Integration Consultant programs from the 1980s) though none are currently offered. In England, Sandy Gannon (current IKC President) developed a Professional TFH Practitioner program, basing the entire training on the essence of TFH: self-

responsibility, education, personal experience and development, and holistic balancing of body and mind (through in-depth study of the standard ideas and techniques of the TFH Synthesis and Instructor Training). Additional 15-30 hour modules include TFH *In-Depth* courses in Chinese 5 Elements, Body Mechanics and Reactivity, Goal-Setting & Metaphor, Practice Management, Communication, Emotional Stress Release, etc. This program is a more complete preparation for professional clinical practice that is well grounded in the educational, self-responsibility model. In Spain (Catalunya) there was a law passed recognizing several levels of Energy Kinesiology practitioners, starting with a basic training for TFH Consultants and eventually recognizing a diploma level Professional Kinesiologist designation involving eclectic kinesiology curricula and other health related information.

In Italy, similar *national* Alternative and Complementary Medicine legislation also recognizes a TFH Consultant program developed by former IKC President, Maurizio Piva, which he has delivered successfully for many years as a component of the training at his professional kinesiology institute in Lago Di Garda. Most recently, the IKC has formed a working committee to study the concept of an internationally **recognized IKC TFH Consultant** based on Maurizio Piva's model. The essentials of this training would be the TFH Synthesis (TFH 1-4 and Proficiency), additional case studies and clinical observation, the intensive TFH Training (with the *option* of Instructor Certification as part of the process), and **repetition of levels 1-4**, as part of a collaborative, mentoring approach to building the TFH program as well as developing Consultants. As TFH comes full circle from its original format as a minimal experiential workshop for lay people, to a professional TFH designation, 36 years of constant reinforcement of the profound principles of TFH make this a fundamentally different kind of professional practice that is currently no less revolutionary than it was in 1973.

John Thie was always striving to be this kind of TFH Practitioner, in the sense that he used TFH as the primary intervention in his chiropractic practice for over 20 years and constantly encouraged his patients to take good care of themselves, and learn practical ways to enhance their own wellness, rather than focus on fixing what was wrong with them. When he retired from chiropractic he thought he would wander off into the countryside and watch his grandchildren ride horses for the rest of his days. He turned over authority for the TFH program to the international Faculty who formed the IKC, and the membership formed the TFHKA to continue gathering, sharing and promoting TFH.

But John soon found he missed seeing people and putting his hands to work. So he set out to design a clinical approach to TFH that would expand on the educational and group energy effect he observed in his clinic and his workshops. He began working with clients intensively during weeklong retreats, exploring not only the TFH concepts and techniques for self-care, but delving deeply into each participant's life goals (and problems/pains/challenges) to create the greatest immediate personal growth, as well as provide the tools, motivation and vision to continue with their TFH practice.

For a long time, John had observed that many lay people, with minimal training, were obtaining great benefits from TFH balancing, but he also noted that he seemed to be getting particularly good results, and wondered what he might be doing differently. From 1994-2005 John investigated the aspects of his TFH practice that seemed to be most effective and developed his intensive TFH workshops, while also traveling the world lecturing on TFH, goal-setting, stress release, pain control, Effective Communication / dialogue / interviewing, and use of metaphor throughout the TFH balancing process. The result is **John Thie's Clinical TFH™** Intensive Retreat which follows the progress of a small group of case studies in a clinical approach; but also comprises the

particular way that John liked to work and teach, particular themes and approaches he emphasized, and particular information that has been largely included in the *TFH Complete Edition*, but is not necessarily presented in the standard TFH Synthesis (1-4 and Proficiency) workshops. Indeed, as the Synthesis maintains a stable form worldwide, it is better to add laterally or vertically to the existing structure with supplementary or complementary information; so that **John Thie's Clinical TFH™** approach will most likely become an additional workshop, or series of workshops complementing the TFH Synthesis workshops and Training, and adding a particular flavor from the founding roots for those who wish to teach in this manner, whether exclusively in session work, one-on-one with clients and / or as part of formal IKC Certified workshops.

Features of John's Approach to Clinical Touch for Health™

• TFH History from Thie Family Perspective

An intention to serve, to help people, to be part of “making the world a better place” by empowering people with the **tools for self-transformation**.

• The Holistic Model / The Pyramid of Health

A **multi-factorial, holistic appreciation**, and balancing *in context* as the new paradigm. A fundamentally different approach than “cause & cure” or “diagnosis & treatment.”

• Immersion into Authentic Case Studies to Discover Applications of TFH

The **experience of TFH** is perhaps a more profound learning than the details of the specific techniques. **Feeling and observing many actual balances** allows intensive personal appreciation and analysis of the principles of TFH.

• Communication / Listening / Interviewing Skills

- The **client-centered** approach as educational, self-responsibility model; an embodiment

of the emerging paradigm in contrast to diagnosis & treatment.

- Specific concepts and **identifiable skills / techniques** drawn especially from Carl Rogers, Tom Gordon and Virginia Satir.
- (Tom Gordon's Effective Communication workshops for lay people served as the original foundational model for the TFH workshops and therefore the underlying philosophy of much of energy kinesiology: **person-centered psychology ~ simple skills and workshops for everyday use to make life better**).

• Strong Emphasis on In-Depth Goal-Setting

- John's clinical approach to working with human beings for their personal best rather than treating conditions or fixing what's wrong.
- Simple concrete steps for making Goals more effective and meaningful; John's **In-Depth Remembering Wellness** protocol for developing goals.
- Health/Wellness is our *natural* state; MORE than absence of pain and symptoms:
 - **Focus on the Positive** is MORE effective than “digging out” what's wrong!
 - We accept the **mystery** of how the body heals when we balance for a goal.

• Creative Exploration of Meaning through Metaphor

- Weaving story/dialogue with goal, energetic pattern, and life metaphors.
- Muscle functions suggest actions/gestures and can represent intentions/meanings. *Feeling* the muscle amounts to *Listening* for messages from the body, whether postural /structural, emotional, intuitive, spiritual, etc.
- Meridians / Organs serve as Metaphors, rep-

representing functions and meanings at every level of human experience - cellular, organ functions / relationships / cycles, overall vitality, sense of meaning and purpose in life, cultural meanings and traditions ... connections to the cosmos.

- Chinese Five Element Metaphors access the sensory / associative aspects of life experience through the five senses, emotions, seasons, climates, etc., including Dr. Thie's own adaptation of the concepts of cognitive development and belief systems to the Five Element cycles (Beliefs).

• Interviewing / History Taking for Pain Control

- **Purpose of pain** - Awareness/appreciation of *how pain serves a purpose in life*.
- **Context of pain** - What else is going on at inception or moment of pain?
- What is the *meaning of pain* in the greater context of life, and in perspective of our goals and vision for the future? Meaning of any diagnosis and treatment?
- **Recognize the person** - Pain / problem is part of a life story (not just illness).
- **RESPECT privacy**, comfort levels (We do not need to "pry out" anything!).

• Goal Setting and Balancing 14/42 Muscles and 14 Meridians

- "Fix as you go" or "*1-Point Balancing*" as the **core protocols** of a TFH clinic.

• Balancing with FOOD

- Food as Metaphor; food as Daily Balancing (Blessing/Intention).
- Food as *Subtle Energy Intervention*.

• Additional Techniques / Information / Quirks

based on participant interest/questions

- Debriefing and Q & A based on extensive clinical experience.
- Additional techniques from *TFH: The Complete Edition*.

• Have Faith

Know that the goal is already accomplished, as a Prayer that is already answered in *Karros time* even before we have spoken it. Intending the highest good, beyond what we may even know to ask or envision, we can begin to enjoy NOW that which will unfold in the fullness of *Chronos time*.

Just as John Thie was inspired and led by the interest and enthusiasm of his patients and students to make TFH available for everyone to use for self-care, in addition to its application as a clinical tool, he very much enjoyed talking with clients about their lives. He found that *listening* to them as part of the balancing process was extremely powerful, satisfying and even crucial to TFH as a process of empowering people to develop their own wellness, rather than attempting to fix what is wrong with them. His students particularly enjoyed his use of metaphor to help creatively **interpret the meanings** of dis-ease, discomfort, imbalances and pains, as well as desires, aspirations and goals – *in the context of their daily lives*, rather than diagnosing problems to fix. Drawing on the rich resources of the TFH process /experience, he found that the TFH metaphors often elicited startlingly specific conscious insight into personal life issues, even as it activated diverse areas of the brain/body/mind so that more of the whole system is activated and balanced. Indeed, John felt that he could achieve most of the desired results of TFH with Goal-Setting and Emotional Stress Release, of course using muscle monitoring as a powerful assessment of posture/energetic balance and indication and reinforcement of positive change.

Clinical TFH can simply mean using some or all of the TFH techniques as part of a clinical practice as a kinesiologist, or massage therapist, chiropractor, acupuncturist or other allied healthcare practice. Or it can be an approach to teaching TFH via experiencing and/or observing many authentic individual balances, whether one-on-one or as part of a group experience / workshop. More and more types of Professional Kinesiology designations are emerging that

incorporate elements of TFH, and **TFH Professional practitioner / consultant / facilitator type designations are clearly inevitable**. John Thie had his own personal style of sharing TFH that he found very effective and certain areas or techniques that he emphasized; yet any training program that truly embodies the essence of the TFH approach, whether as home self-care, personal development workshops, or clinical practice, **MUST** involve the practice of **listening** and other communication skills. The moment of the TFH muscle test has been variously described as a hypnotic state, a mini-enlightenment, biofeedback and communication with the body, the subconscious, the enteric / emotional systems, the “gut” / intuition, etc. *In this light, we can think of the entire TFH balancing process as a kind of listening simultaneously on many levels/aspects of the human being* that in itself is balancing, energizing

and empowering to the conscious person. Each muscle test is a moment of listening - to the universe, to the soul; a moment of enlightenment, a moment of metaphorical reflection - related to emerging sensations / feelings / intuitions, or interpretations attached to the test and related ideas about the meaning of the test. We use TFH to help the person become aware of their imbalances in the context of their LIFE, to become more balanced and have the ability to function fully, fulfilling their mission, using their talents and finding greater meaning and joy in their lives and their destiny. I hope these notes on **John’s Clinical TFH** will help you to reflect upon, and reinforce and enrich **YOUR TFH practice** – at home, with friends, at work, throughout your life, and maybe even in your clinical practice!

Remember Your Wellness

Remember to *be well*

Focus on *your* Wellness; Remember *how it feels* to be Well

Think of a time when you had **a great feeling or experience**

Use imagination and Metaphor to create a vivid vision with five senses & more

Feel it now

Rate your remembered (or imagined) wellness zero to ten

Visualize your goal and compare how you feel now with

Your remembered / imagined / envisioned Wellness

YOU are creating *Your* Wellness!

Now Balance ~ Muscles, Heart ... Soul ...

Have Faith ... and so it is.

Resources

<http://www.energyk.org> (levels of Energy Kinesiologist certification)

<http://www.ikc-info.org> (See Professional School tab for Professional Kinesiologist info.)

<http://www.kinesiology.org.au> (See Membership tab for Kinesiology Practitioner info.)

(Google “kinesiology diploma Australia” or “Cert IV Kinesiology” to see many schools!)

<http://www.icpkp.com> (Dr. Bruce Dewe’s Kinesiology Practitioner program)

<http://www.kinesiologytraining.co.uk/> (Sandy Gannon’s Pro TFH Practitioner training)

<http://www.iksen.it> (Maurizio Piva’s professional training)

<http://www.iask.org> (An international forum for Kinesiologists)

<http://www.elmundodelbienestar.es/index.php/actualidad/noticias-suplementos-naturales/multinutrientes/118-la-regulacion-de-las-terapias-naturales-tendra-que-esperar> (This is a summary of the current status of Kinesiology/CAM legislation in Catalunya.)



Matthew A. Thie, MEd, collaborated directly with his father, John Thie, from 1996 until John's death in August, 2005. Matthew worked with John developing healing protocol, writing articles, teaching seminars around the world and working with students. Matthew has taught the Chinese 5 Element Metaphors to over 1,000 students worldwide, and trained over 100 Instructors.

A TFH Instructor Trainer (Faculty) since 2003, Matthew is the current President of the TFHKA and serves as Public Relations & Research Director of the IKC. He co-authored the *TFH Pocketbook with Chinese Five Elements*, and *Touch for Health: The Complete Edition*. He is a board member of Brain Gym International, and a member of the Energy Kinesiology Association and the International Association of Specialized Kinesiology.

Matthew teaches Touch for Health primarily in the Los Angeles area, and in other countries in conjunction with the international conferences. He continues John's tradition of teaching the Clinical TFH Intensive Retreats in Malibu, California. Refer to his teaching schedule and course descriptions at <http://www.Touch4health.com>; contact Matthew at 213.482.4480 or matthewthie@gmail.com.