



Your Quartely Newsletter

Touch for Health Kinesiology Association <admin@touchforhealth.us>

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To: bkesty@gmail.com

Mon, Jul 8, 2013 at 10:20 AM

Keeping... In Touch

TOUCH FOR HEALTH QUARTERLY NEWSLETTER

June 28, 2013

LETTER FROM THE PRESIDENT

CONFERENCE

AMERICAN HOLISTIC NURSING ASSOCIATION

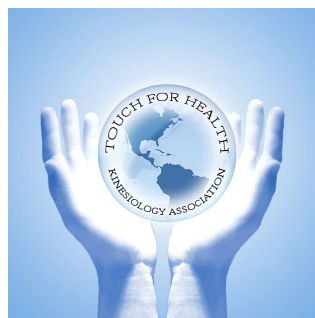
WHO ARE WE NOW?

BLUEPRINT OF WE

TOUCH FOR HEALTH ADVANCE TRAINING FOR tfh GRADUATES

CALLING ALL INSTRUCTORS

BALANCE HIGHLIGHT-TIME OF DAY BALANCE



BOARD OF DIRECTORS

Darcy Lewis, President
Joy Connor, Vice President
Corey Benziger, Secretary
Sheila Mitchell, Treasure
Dr. Janet Taylor
Thomas Tegmeyer
Kate Cusano
Krystal Hamilton-Case
Lee Lawrence

UPCOMING ELECTIONS

Three of our current board

LETTER FROM THE PRESIDENT

"My hip is bone on bone, that is why I use a cane. Can you do anything for that?", Marie said, doubtfully.

"I don't know about bone on bone or any other diagnoses. All I know is that through balancing certain muscles in your body, the body's energy systems can be affected, blocks can clear, flow is reestablished, and the body is better able to heal itself."

Marie showed up with her cane at my door a few weeks later. She painstakingly maneuvered the steps to my balancing room where I did a 14 muscle one point balance, with a few added related muscles. She left without using her cane! Her pain level went from a 6 to a 0.

I'm not talking about an all-out 42 muscle balance, or pulling in any other complicated modality. I'm talking about affecting shifts that are seeming miracles with basic Touch For health. If you have had TFH I, you, too, can affect miracles.

Friends, we are privy to some very powerful knowledge and skills that the world needs to know about! Our neighbors are suffering and we can help them! Let's get those classes scheduled!

This brings to mind two other points...the conference and our Consultant Certification. Please don't miss the conference in Malibu because, we will have

members are rotating off the board this upcoming conference in Malibu, August 1st through 4th. Darcy Lewis served for three years and is currently president. Corey Benziger is currently secretary. Lee Lawrence was elected by the board to fill a vacancy. All three will be running again for available seats. Write in candidates are also welcome. If you feel drawn to serve in this way please put together a bio and we will share it with the membership prior to the conference. Elections will be held at the conference. Ballots will be made available to membership.

CONSULTANT PROGRAM

The chance to be certified as a Touch for Health Consultant is here. Applications are being sent out and the deadline has been pushed to July 20th. Don't wait! If you have not received one please contact Sherry at the office.

DONATE TO THE CONFERENCE AUCTION

Conference Auction Items wanted. The annual conference is again hosting an auction fundraiser for the association. This year we are earmarking the raised funds to help reconstruct our website. We are excited to create a whole new look and really have our website work for our members. We want to bring the world of Touch for Health to the general public in a fresh and exciting way. So, please think about anything you have to offer that others may want (books, balance sessions, herbs...) and let us know. Call the Joy Connor 803-447-6499, or bring them with you to the conference.

our exciting kick-off of our consultant certification program!!! (Certainly, there are many other reason not to miss the conference, click here to find out! [2013 Conference](#))

I have been glued to my computer, listening to as many WBOWS webinars as I can, because I got my grandfathering application in and I am hoping to be an official Touch For Health Consultant soon! WBOWS is the best way that I know to educate myself to become successful in my business. If you didn't get in on the deal, maybe you will do yourself a favor and sign up next year. After the summit ends, they are still going to continue serving us by researching the best autoresponders and negotiating a deal for WBOWS attendees, as well as other ongoing services. I'm so glad I invested. One of last night's speakers gave us free templates for autoresponder emails. Here is how TFHKA faired as an affiliate for WBOWS...we made \$492, not taking into account the bonuses that we offered. After bonuses are taken out, we net \$292. That is fairly good for not doing much work, but I hope we do much better next year, because when you sign up you are simply investing in your business education, something our members are always saying we lack. Here it is! Sign up next year.

Congratulations to **LaVonne Gordon** for winning the free 2014 membership!

About becoming a consultant...if you have gotten a grandfathering application, we have extended the deadline to July 20th. Remember to send in \$40 with your application fee. If you didn't receive a grandfathering application and you think you might qualify, let us know and we will send you an app.

In early June, we had a booth at the Holistic Nurses Association Conference. Check elsewhere in this newsletter for that article. We are becoming more visible to make it easier for you to fill your classes!

I look forward to seeing you in Malibu!

Darcy Lewis
president, TFHKA

CONFERENCE

SEATING IS LIMITED, SO PLEASE BE SURE TO SIGN UP FOR THE 2013 CONFERENCE IN MALIBU!

Roots, Essence and Vision for Touch for Health

DON'T MISS OUT! Last Available Conference Spots May Be Gone Soon!

We are less than a month away from the beginning of the workshops and presentations for our **38th annual TFHKA Conference!** We will soon be releasing spaces for Private Room upgrades (for an additional \$30 per night). This could easily fill all the spaces we still have available!

Don't miss your chance to join us in Malibu for this historic gathering celebrating 40 years of **Roots, Essence and Vision for Touch for Health.**

Spaces are also very limited for those who want to come early or stay later! If you are attending a workshop you have first priority, but time is running out! Private rooms are \$130 per night including room and board (Lunch & Dinner on the day you check in, and Breakfast on the day you check out)

IMPORTANT MEAL INFO FOR CONFERENCE ATTENDEES:

14 DAY MERIDIAN MASSAGE CHALLENGE

Do It Daily. See Results. Daily challenges are all the rage right now. The one that comes to mind is the 21 day Meditation Challenge with Oprah and Deepak Chopra. Over 500,000 people were involved. Amazing! In the same spirit, we are challenging you to step into loving discipline and do something wonderful for yourself everyday. We chose the meridian massage. It is an easy technique for balancing the energies in the meridians. Pick a goal and do a pre-assessment of sort. The numerical scale is a good choice because numbers are easier to compare the results, and there will be results! Share them with us. Matthew's website has the wheel with all of the meridians in order for you to follow. Remember to start on whatever time of day it is and run the central and governing meridians first. <http://www.touch4health.com/techniques.html>

KUDOS- A Big THANK YOU TO BRIAN ESTY!!!

He has graciously volunteered to digitalize the conference journals so they will be accessible to our membership. We are so grateful and excited to see those journals available on the web. Thanks again.

Another opportunity to help. We have found vhs and cassettes that could be converted to downloadable format. We are looking for someone to help us take this wealth of information that is stored in old technology and bring it into our world and put it on the website. Contact us.

CALLING ALL

Our Meal Plan officially ends after breakfast on Sunday. If you would like LUNCH or Dinner on Sunday, WE NEED TO COLLECT \$15 PER MEAL PRIOR TO THE CONFERENCE! If you are staying for the afternoon workshops, but NOT staying Sunday night (for post-workshops or just for fun!) then if you want lunch or dinner, PLEASE sign up ahead of time!!! (If less than 20 sign up for Sunday night dinner, then the Kitchen will be closed!)

IMPORTANT SCHEDULE INFO FOR CONFERENCE ATTENDEES:

We have posted the detailed schedule for the speakers and workshops. Click the link to see the schedule. [2013 Conference](#)

PLEASE MAKE YOUR WORKSHOP RESERVATIONS IMMEDIATELY:

(Workshops listed below)

IF YOU WOULD LIKE TO ATTEND A WORKSHOP, SPACE IS LIMITED AND WE NEED A HEADCOUNT FOR EACH WORKSHOP! We have some very exciting workshops this year, click the link to see all the pre and post workshops available. See also the following links from [Philip Rafferty](#) and [Adam Lehman](#) on more information about their workshops! [Workshop Schedule](#)

The FULL CONFERENCE PRICE is still an **incredible \$700 for the whole conference, room and board**, starting with Lunch on Thursday and ending with Breakfast on Sunday. Such a deal! If you would like to come for a particular day, the **cost is \$150 per day or \$400 for all 4 days, meals included (NO LODGING)**. Due to the arrangement with the Serra Retreat Center, there is NO day rate that does not include the meals. (The price is the same whether you take the meals or not.)

PLEASE NOTE: The cancellation deadline passed on June 30, 2013. For all current and new registrations there is **NO REFUND** if you cancel your attendance.

**** Celebrating our super-essential long-time members and supporters*****

If you have **attended 25 conferences** over your lifetime (amazing how many of us have done so!), and they do not need to be consecutive! We want to acknowledge you. Please contact the TFHKA office at 919-637-4938 or send us an email at admin@touchforhealth.us

Serra Retreat: Extra Nights

Conference Fee includes room and board for the following:

- Check-in: 9am on [August 1, 2013](#) and includes lunch and dinner (breakfast not included)
- Check-out: 9am [August 4, 2013](#), includes breakfast only

Extra nights:

- People can check in as early as July 30th (9am check-in time)
- People can check out as late as August 7th (9am check-out time)
- Cost per night, per person:
 - ◦ \$130 for private room
 - ◦ \$100 for shared room

General Information about Malibu and the conference

<http://www.malibu.worldweb.com/>

<http://www.latourist.com/index.php?page=attractions-links-malibu>

Registration Information

You can begin to check in as early as 9am on Thursday, August 1, 2013, check-out is Sunday August 4, 2013 at 9am.

Price is \$700 (based on double occupancy)

All-inclusive with the exception of transport to and from the Retreat Center.

Rooms

All rooms at Serra Retreat are based on double occupancy. During registration you state whether you have a roommate preference (please discuss this with your roommate ahead of time so you both select each other). If you don't have a

INSTRUCTORS

How many of you instructors are new and have not taught your first class? How many of you instructors haven't taught a class in a really long time?

This is a loving push to help challenge you to get out there. People want to learn Touch for Health and the only way that can happen is if we have all the people who are trained to teach are doing just that.

How can we as an association help make that happen? Well, we have some amazing tools to help people realize and actualize their goals. Follow these steps and get out there.

1. Make it a goal.
2. Be really honest about what it is that is holding you back from the goal of teaching a class.
3. Formulate some affirmations to help get you thoughts, feelings and beliefs aligned with being a great teacher.
4. Ask for help! Heal those blocks and that resistance. We as an association have to be there for each other. Let's be there and provide mentoring and support to our Touch for Health family members, especially the neophyte, the small child who is eager to share but might need a little push and some support to get out there and do it.
5. Tell us what you need from us. We have some idea that marketing is a challenge. We are compiling some flyers to have available to members in the members only section that can be downloaded and edited to reflect your personal information. Simplifying this one step, we feel, may be one block which is holding energy for our instructors and preventing them from doing what they really want to do.
6. Co-Teach. Teach your first class with a seasoned instructor or even with a fellow classmate. Doing it with another person maybe all you need to step into your instructor archetype and soar.

roommate, we will assist you in getting one. Please note, rooms are very basic, as this is not a hotel, but rather a Franciscan Retreat Center. Wi-Fi is available, however, phone reception is not very good.

Registration

Once you open the link below, you must select, "check out", then register in order to pay.
<http://stores.tfhka.com/-strse-128/2013-Conference-in-Malibu/Detail.bok>

Conference Information

Pre Conference Workshops

Tuesday July 30	Wednesday July 31	Thursday Aug 1
1pm-5:30pm Balancing with Five Elements Hugo Tobar	9am-5:30pm Balancing with Five Elements Hugo Tobar	9am-12pm Balancing with Five Elements Hugo Tobar
1pm-5:30pm TFH Proficiency/Update IKC Faculty	9am-9:30pm TFH Proficiency/Update IKC Faculty	9am-12pm TFH Ethics IKC Faculty

Post Conference Workshops

Sunday Aug 4	Monday Aug 5	Tuesday Aug 6
2pm-4pm Café Kinesiology Joey Homma	9am-5:30pm Transforming DNA Memories in THETA & DELTA Silvia Marina	9am-12pm Transforming DNA Memories in THETA & DELTA Silvia Marina
2pm-6pm Balancing Nutrition & Toxicity Philip Rafferty	9am-5:30pm Holographic TFH: Balancing in a 3 Dimensional World Adam Lehman	9am-12:00pm Holographic TFH: Balancing in a 3 Dimensional World Adam Lehman

SATURDAY NIGHT LIVE

Calling all talent (non-talent welcome too!)

VOLUNTEER OPPORTUNITIES

TFHKA is a volunteer-run organization, if you would be interested in helping contact the office.

RAFFLE/AUCTION ITEMS (for benefit of TFHKA)

AMERICAN HOLISTIC NURSING ASSOCIATION CONFERENCE

BALANCE HIGHLIGHT-TIME OF DAY BALANCE

A simple balance which is effective for eliminating many aches and pains quickly. Thank you Dr. Jim Reid, D.D., for recognizing the power of this simple balance. We can use the concept of the 24-Hour Wheel and the ability to utilize the under-energy Meridian closest to the current Time of Day. Doing a quick 14 muscle check and then balance by using all of the reflexes for the muscle closest to the time of day.

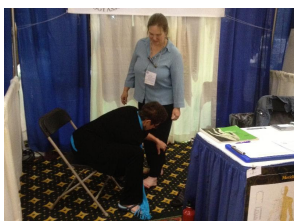
Use it for specific goals not necessarily associate with aches and pains. A nice way to start the day with an intention and then again right before bed with the goal of restful sleep and awakening refreshed. Checking the muscles can be bi-passed and instead simply go through the procedure.

Don't forget to reset the body to the desired time of day with this balance. Whether it's a long trip across multiple time zones or a after a long night shift. Its so great to get you back on track where ever you are or what ever you are doing. Try it!

1. Do the usual pretests.
2. Assess your goal using the 1-10 scale
3. Now check at least 14 muscles or alarm points noting which are prohibited. Do not make corrections.
4. Rub the neurolymphatics, front and back for Supraspinatus and Teres Major.
5. Now pick a muscle related to Meridian for the time of day
6. Work NL, NV and run the Meridian.
7. Recheck muscles or alarm points
8. Strengthen any still inhibited.



TOUCH FOR HEALTH AT AHNA



The American Holistic Nursing (AHNA) Conference was held in Norfolk, VA on June 5th - 8th. We were there with the generous support from our members. Let me say, Touch for Health was a hit! We provided 14 muscle balances all three days. We had amazing results on the spot and the majority of people we talked to were eager to find out if there was an instructor in their area. I hope you will be receiving calls from nurses who attended the conference. They are a wonderfully eager group of individuals committed to holistic health.

We were blessed to have one of our own Touch for Health members in the crowd. Carol Gottesman was attending the conference and we had a wonderful time sharing techniques and balances. Thanks to Carol! She steered many participants our way with excitement and enthusiasm. Her love for Touch for Health shined through.



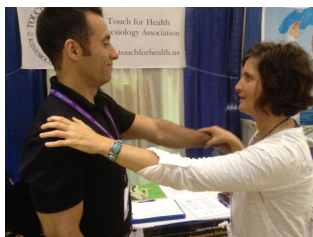
Joy Connor, Carol Gottesman and Corey Benziger

I was really impressed with the commitment the attendees displayed towards propelling holistic healing into the mainstream world. Conversations were had with nurses working in a variety of fields and all have their eyes open on how to bring holistic health practices to their clients and themselves. It was very inspiring. Many of the nurses have been working toward a holistic nursing certification and want to open private practices to help others. Our curricula is perfect for them.

The newly created relationship between TFHKA and AHNA offers wonderful collaboration possibilities. Our goal was to introduce Touch for Health and give as many people a chance to experience the healing benefits as we could. We met our goal and hope to be part of this conference next year in Portland.

By attending the AHNA conference, this gives us an opportunity to apply for their endorsement program. The endorsement program would allow us to advertise in their magazine and on their website. TFHKA would be given the opportunity to speak at the pre-conference proceedings which is a great way to reach a large number of individuals and demonstrate the greatness of our system. As a board we are considering this proposal and will be let you know what we decide. Any input is welcome. Send it to admin@touchforhealth.us

We are still taking donations to offset the cost of the booth. So invest in yourself



through Touch for Health Kinesiology Association and donate today. Give at the storefront www.touchforhealth.us.

Sincerely,

Corey Benziger, Secretary of TFHKA

WHO ARE WE NOW? A look at our mission and vision statement.

We are encouraging you to take a heartfelt look at our mission and vision statement. We want to know if, as an association, you love it. Does it feel right? Does it represent who we are now but also allow us to grow into who we want to become. Does it provide a platform to grow into a large and wonderfully powerful association? Lots of questions, but important ones. Please look below and give us feedback.

"The Touch For Health Kinesiology Association is an educational, non-profit organization, dedicated to teaching people how to empower themselves to improve their health and well being through simple self-help techniques."

- Empowering people to take charge of their health
- Teaching wellness through touch
- Increasing awareness that people have choices and alternatives to traditional medicine
- Teaching a new language to communicate with the body
- Teaching new skills for self-help and performance enhancement
- Teaching communication in a spirit of cooperation
- Teaching body electric in a practical manner

We want to hear what you think. Please tell us. www.touchforhealth.us or reach out to any of the board members.

BLUEPRINT OF WE, new tools for collaborative awareness by Bruce Dixon

The **Blueprint of WE** is a new, simple, grassroots, process for making agreements with yourself and/or with other people. It is HIGHLY aligned with practical feminine values in contrast with "lawyerese" contract language, designed to suport and enforce masculine and patriarchal values.

Blueprint of WE is a tool to build and sustain healthier relationships:

- inner cooperation with your self!
- partnerships of any kind,
- businesses and
- communities

It can be used collaboratively; or, for making agreements with yourself! The intention is to to build, sustain and transition relationships with trust and respect; thereby, increasing the health of relationships and community.

Face it, interpersonal conflict is not an "IF" but a "WHEN" and a "HOW OFTEN"?

A **Blueprint of WE** document is preventative maintainance, a modern way to establish foundations of mutual trust and respect, thru a custom-designed set of guidelines for heightening awareness of interpersonal conflict, at the bud or baby stage; and, how to address it early on. It is perhaps of greatest value for groups attempting to build or sustain a collective vision.

It could be used to bring greater cohesion within an existing face-to-face group or Board by creating greater, more durable interpersonal connections.

Similarly, it could easily be employed to facilitate one-to-one understanding between TFH practitioners, holistic clinic staff and for composing joint ventures between TFH members and the Board. **Blueprint of WE** could be a powerful communication tool within our Board and between TFH members.

Main site has 15 pdfs you can download for free: <http://www.blueprintofwe.com/>

Many videos: Here's the left brain one: <http://www.youtube.com/watch?v=y8rfVxltwGY>

Very artistic right-brain joyful presentation here: <http://www.youtube.com/user/CollaborativelyAware>

"This Tool That Heals was brought to my attention by a Touch for Health member, Bruce Dickson, in L.A.. I see why he believed it could be applicable to the Touch for Health Kinesiology Association." states, Corey Benziger.

Quieting the "safety brain"

Blueprint of WE

is a conflict prevention tool, a conflict anticipation tool. Anticipating the inevitability of conflict, **Blueprint of WE**, prepares all parties involved with what to do when conflict appears in any party to the agreement. Thus, "quieting the safety brain."

"Collaborative awareness" vs. "self awareness."

The two woman founders identify a need to move beyond me-me-me into collaborative awareness. **Blueprint of WE** is working smart and working practical, from a feminine perspective. It facilitates groups of self-aware people to clarify and maintain alignment when playing together.

FIVE Components of Blueprint of WE

(Revised for clarity from the BofWE thumbnail online)

1. The Story of Us

Each person writes what draws them to the relationship and to any agreements involved.

2. Interaction Styles and Warning Signs

Interaction Styles describe who I am and how I work best. Warning Signs are what I look like when I start to get stressed and what I might need in the moment that I may be unable to ask for in the heat of the moment. All partners exchanging this information quiets the safety brain and provides a road map back to peace if the need arises.

3. Expectations

What benefits will I receive from my participation? What are my personal preferences and expectations? Core values and non-negotiable, the structure you need to continue to invest in the agreements and relationship Each participant mindfully custom designs this, in writing, for all to read. This can include agreements traditional contracts cover in terms of what's to be done or intended.

4. Questions to Return to Peace

"What to Do in Case of Fire" manual. Each person accesses their most emotionally intelligent self, ahead of time, and writes questions, statements and reminders for partners to feed back to them during stress, empowering each other to assist individuals bridge back to the collective values at the core of the relationship

5. Short and Long-Term Agreements

All parties agree to an amount of time they are willing to go before they address the "pebble in their shoe" and use the Blueprint to get back to a good place. It's also an agreement to no outright harm if the unimaginable happens.

- See more at: <http://www.blueprintofwe.com/whatisit.html#sthash.CbKV1T0i.dpuf>

There is a nice intro video at their website www.blueprintofwe.com. They also have a downloadable PDF of how to create a document at <http://www.blueprintofwe.com/learnmore.html#downloadablematerials>

The **Blueprint of WE** process facilitates establishing relationships that can endure the "fast-paced dance" of our now-demanding and ever-changing world.

It resonates with me because of it's far-reaching usefulness and focus on solidifying existing or new relationships, anywhere consensus between people is desired. It can even be taken home for use in the home between our loved ones-- just like Touch for Health!

Touch for Health Advanced Trainings for TFH Graduates

As a graduate of TFH, we hope you have enjoyed the classes and amazing new energy skills to help yourself, your family, friends and/or clients.

We would like you to consider the opportunity to expand your ability to share TFH by becoming a TFH instructor or TFH Consultant.

You will have the opportunity to teach something inspiring and cutting edge to a wide community of your peers, friends and health professionals who are interested in natural health care options.

TFH is an internationally accredited system that you can teach anywhere in the U.S. or for that matter, the world. TFH instructors or consultants are accredited through the International Kinesiology College (IKC) of Australia.

If you want to share your enthusiasm and knowledge of TFH with others, then please consider becoming a Certified TFH Instructor or Certified TFH Consultant.



TFH Proficiency Skills Workshop

For anyone who has taken TFH 4 you may come and review your TFH skills, receive clarification on balancing theories and techniques from TFH 1 - 4, review the muscle tests and give and receive a 42 muscle Five Elements balance.

Along with the Proficiency Workshop, you can choose to take a pre exam - a pre requisite for the Training Workshop to become an instructor or consultant. The Pre Exam is a 60 question multiple choice (open book) exam, plus practical exam - 42 muscle balance. Upon completion, you will receive a Proficiency Certificate from the International Kinesiology College (exam fee: \$50).

The Proficiency Skills Workshop, pre-exam and practical assessment plus your 20 practice balances are all the prerequisites for the TFH Training Workshop (formerly called the TFH Instructor Training Workshop or ITW).

Some of the Proficiency Skills classes are being held just prior to the Training Workshops with a few others throughout the year.

Proficiency Dates 2013**Aug. 17 & 18 or Oct. 9 & 10** Chapel Hill, NC**Arlene Green**

(919) 933-9299

greentfh@mindspring.com

Aug. 30, 31/Sept. 1

St. Louis, Mo.

Norma Harnack

(314) 647-6288

normaharnack@att.net

Dec. 7 & 8

Malibu, Ca.

Matthew Thie**(213) 482-4480**

thie1@earthlink.net

July 30 & 31

Malibu, CA.

Arlene & Norma & Matthew**Becoming a TFH Instructor****How to prepare to become a TFH instructor**

1. The first requirement is to complete the TFH 1 - 4 training.
2. Next you'll need to have 20 case studies, which are basically 5 outside practices written up for each level of TFH. We recommend a variety of people but you can use subjects twice if needed. See form in the back of Book 1 (Balance Record sheet). We suggest a variety of balances- Fix as you go, Wheel balances, Five Elements, Color balances and using all 42 muscles for at least five of them.
3. To best prepare you to take the (Instructor) Training Workshop and pass the pre exam, there is a two day Proficiency Skills Update given by the TFH faculty usually four or five times a year in different locations that will help you fine tune your TFH 1-4 skills.
4. You can then take the pre exam, a written and practical open book exam (60 multiple choice questions). Arrangements for that are made with one of the faculty members and can be taken at the end of the Proficiency Skills update. Fee for pre exam is \$50.
5. The Training Workshop is a minimum 60 hour training that will equip you with the necessary skills to teach TFH, and an international certification.
6. Once you complete your TFH Training Workshop (ITW), you will need to have a resume on file at the TFH Assn. office and pay yearly membership dues.

How to maintain Certification as an Instructor

1. Once you complete all the above requirements and become a TFH instructor, you will be certified for three years. At the end of your third year

(or before) you will need to complete a 15 hr. Instructor Update/Proficiency Skills class.

2. After your first Instructor Update class, and if you are teaching a minimum of 15 students in the next three year period and maintaining your membership, you will have the option of taking either other approved classes for Update credit*, or attendance at two TFH Annual Conferences as a way to recertify. If you have not taught 15 students then you will need to recertify with the two day Proficiency Skills Update again.
3. Instructors who do not recertify within a five year period will have to recertify with a full ITW (at half price) instead of just a two day update. *For a listing of approved classes for update see the TFH website under Members section- Go to Instructor Links- Kinesiology Education

Touch for Health Training Workshops 2013

You are invited to participate in training that can certify you as a teacher of Touch for Health. This comprehensive training will empower you with the necessary skills to present, market and teach Touch for Health. It will also help equip those who wish to see clients, the communication skills to educate your clients in the wellness/self responsibility model of healing, whether you plan to formally teaching TFH or not. Are you ready to have fun and be empowered to share these gentle healing skills with others, and make a difference in peoples' lives?

MARKETING

- *learn effective marketing strategies
- *how to develop, execute and market plans
- *targeting special interest groups
- *publicity/advertising -what works
- *networking

CONTENT

- *master TFH 1, 2, 3, & 4 techniques
- *additional skills and information
- *supplemental manuals
- *course timelines & syllabus

COMMUNICATION SKILLS

- *effective communication skills
- *clear languaging in the self responsibility model
- *handling difficult students/clients and skeptics
- *active listening skills
- *practice presentation skills
- *how to motivate students

LOGISTICS AND MANAGEMENT

- *structuring class schedules
- *organization and record keeping
- *site selection

Chapel Hill, NC.

Oct. 12 - 20
 Instructor: Arlene Green
 (919) 933-9299

St. Louis, Mo.
 Oct. 20 - 27
 Instructor: Norma Harnack
 (314) 647-6288

Malibu, Ca.
 Dec. 9 - 15
 Instructor: Matthew Thie
 (213) 482 4480

Touch for Health Kinesiology Association Membership

Joining the Touch For Health Kinesiology Association is great way to stay connected with a community that shares your enthusiasm for Touch For Health. Membership in the Association provides you with the opportunity to promote the value of Touch for Health and support an organization dedicated to bringing health and wellness through natural hands on skills to everyday people. We invite you to be a part of this larger community/family bringing wellness to the world.

Membership Categories & Benefits

Basic Member - \$25: For the person who wants to know about TFHKA and keep abreast of developments and events by receiving the quarterly newsletter: "Keeping In Touch."

Associate Member - \$100:For the individual who has had TFH or other kinesiology training and integrates Touch for Health into their existing business and/or practice.

Benefits include:

1. A copy of the quarterly newsletter (currently an enewsletter).
2. The Annual Conference online Journal with articles from seminars held at the conference. Also available online are past years journals.
3. Rights as a voting member
4. Referrals and support from the TFHKA office
5. Free link to and listing on the TFHKA website
6. Massage Magazine liability insurance coverage for only \$149 for associate/instructors.

Professional Instructor - \$150:For the individual certified as a TFH instructor in good standing with TFHKA according to IKC specifications. Completed their ITW training and have a signed Teacher's Agreement and current resume on file in the office.

Benefits include:

1. The quarterly newsletter.
2. A copy of the Annual Conference Journal with articles from seminars held at the conference.
3. Rights as a voting member.
4. Referrals and support from the TFHKA office.
5. Free link and listing on the TFHKA website.
6. Massage Magazine liability insurance coverage for only \$149 for associate/instructors.
7. All available discounts on books for teaching TFH.
8. Right to use TFHKA name and logo.
9. Ability to give certificates of completion to students and CEs to RNs, LMTs, Acupuncturists and Athletic Trainers.

**For more information call 800- 466- TFHA or
 to sign up for TFHKA membership call: (919) 637-4938**

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