Say “yes” to mentoring if you have the time (monthly contacts recommended), as well as the willingness to be a cheerleader and “coach”.

Set up some sort of agreement with your mentee at the beginning so that expectations are clear – written goals from the mentee are important.

Keep a file on each mentee, documenting your meetings, whether in person or by phone, as well as any topics of discussion, suggestions you give, etc.

Experience Healing Touch sessions from your mentee if possible. Optimally, you may want to have a treatment early in the mentorship and then again toward the end to assess her/his growth as a practitioner.

Emphasize the importance of personal growth and self-care. I ask all my mentees to write their personal growth goals at the beginning, dividing them into physical, mental, emotional and spiritual goals. Remember to ask about their self-care and growth process at each monthly meeting.

Evaluate your mentee’s documentation of HT sessions early in the mentorship so s/he has your suggestions for improvement from the beginning of your mentorship relationship. Some months later, after the mentee has met basic standards for documentation and professional practice, ask the mentee to share her/his case study management write-up with you for guidance and recommendations.

Review the HT Code of Ethics and Scope and Standards of Practice with your mentee and discuss these guidelines carefully, making sure that your mentee understands the meaning of each statement as related to her/his practice.

Role model professional behavior and share some of your practice experiences with your mentees.

Write a letter of recommendation at the end of the year, based on your mentorship contract and the meeting of the goals. If you support your mentee going forward toward certification, you will also need to fill out the required forms from the HTI certification packet.
Choose a mentor whom you believe will be a good role model, and with whom you feel comfortable asking any questions about your HT practice or personal growth process. If you are not a nurse, you must select a nurse CHTP for your primary or supervising mentor.

Write out your goals for the mentorship, as well as your professional and personal growth goals at the beginning of the (minimal) one year commitment. Re-evaluate your goals on a regular basis and update or change them as necessary. Often the mentorship extends past one year and often into several years depending on the life situation of the mentee. Because of personal circumstances, the path toward Level 5 course completion or certification may slow down or temporarily stop. If this applies to you, keep in touch with your mentor, seek her support/guidance, and devise a new plan that fits the circumstances of your life. Many creative possibilities exist. Don’t be discouraged but accept the flow of your life as a growth-producing experience that can be incorporated in your HT journey.

Establish an agreement with your mentor as to regular monthly contacts. Honor your mentor by meeting on time and at a place that is convenient, whether in person or by phone.

Keep notes on your mentorship relationship, so that you clearly document your mentors suggestions regarding documentation, treatments, personal growth, etc.

Practice self-care and share your journey of self-care regularly with your mentor.

Give your mentor a treatment at least once during the year together to demonstrate your ability to provide a HT treatment that meets the standards of practitionership.

Share your documentation of treatments and other Level 5 assignments from the beginning of the mentorship to receive good feedback and guidance.

Share your case study management write-up with your mentor at least one month before attending Level 5.

Discuss the HT Code of Ethics and Scope and Standards Practice with your mentor so that you feel confident that you understand them and that you are practicing within these guidelines.

Follow your mentor’s guidance and suggestions. If you have questions about these, check in with your Level 4 instructor or other experienced mentors who are active and up-to-date in Healing Touch.
Good luck on your journey of growth!
Embrace and enjoy the gifts of mentorship! 🌟

Anne’s Bio:
Anne has over 35 years experience as a holistically oriented nurse and health educator. She has a Master of Arts in Health and Wellness and has been a member of the American Holistic Nurses Association since 1988. Anne is a nationally certified Healing Touch Practitioner and Instructor, certified Holistic Nurse and certified in massage therapy. She is also a certified journal instructor and a recognized speaker and leader in the areas of healing, holism, journaling and presence.

Anne has been a visionary in helping to build two holistic health centers in Lakewood, Colorado. She is Past President of Healing Touch International, and was a charter member of the HTI Board of Directors for over 8 years. Anne is also Founder and Director of Healing Touch Hawaii. Anne is dedicated to bringing Healing Touch and other integrative therapies into mainstream health care. She is passionate about teaching others to connect with their own inner healing potential. Her private practice includes Healing Touch, therapeutic massage, wellness counseling and guided imagery for healing.