

Reasons Why Good Record Keeping is Important for Healing Touch Practitioners

By Barbara J. Litchfield, HTCP, MA

When progressing from Healing Touch Level 4 to Level 5, I was overwhelmed with the idea of documenting the 100 Healing Touch sessions required for Level 5. "All of this record keeping is impossible", I thought! However, what I have learned is that the documentation done for each session is a lifeline to the clients served. Why is this so? The documentation forms which are used for an initial interview and subsequent treatment sessions provide the practitioner with a good outline to conduct healing sessions: **Intake or Update, Practitioner Preparation, Pre Treatment Energetic Assessment, Mutual Goals, H.T. Interventions/Treatment, Grounding, Post Energetic Assessment, Evaluation and Feedback and the Growth Plan.**

Depending on the form you choose it may even include a diagram of the body for additional note taking on the Chakra system and energy field. The forms are available on the Healing Touch Program website and in each Level Notebook. When you keep accurate records you:

- Know where the client has been in terms of physical, emotional, mental and spiritual issues. This promotes continuity between sessions.
- Can see patterns that may emerge from one session to the next and beyond.
- Are able to answer questions your client may have regarding their last session and the progress they may have made toward wellness. Without the record of the sessions it would be difficult to remember this information.
- Develop as a healer as you become aware of clients with similar energetic patterns and the specific technique/s that have helped them.

- Have the ability, when given permission, to write factual articles for magazines, newspapers or blogs that may help others.

A case in point: A client and I have been working together for about 2 years. During that time I have kept records of each session. We both can see the progress she has made toward reducing stress, becoming pain free and being able to do many self-care techniques at home. Because of her awareness of the progress she has made, she has become a strong advocate of Healing Touch and has referred others to the practice. Finally, good record keeping assists the practitioner in maintaining an excellent level of service.

About the author:



Barbara Litchfield is a HealingTouch Certified Practitioner and pastoral minister who helps people release many types of pain and increase their vitality and zest for living. She helps people get back to doing the things they love to do!

Since earning a Master's Degree in Pastoral Ministry, Barbara has combined her skills of reflective listening and self-care with Healing Touch to empower women to live active and full lives. Throughout her ten years practicing Healing Touch through church ministry and five years as a volunteer at Hospice of Cincinnati, Barbara brings a strong sense of pastoral care to those she serves. She is gentle and caring as she walks with people on their journey toward wellness. To learn about a free telephone consultation and how you may benefit from Barb's services go to www.healingtouchcincinnati.com.