



This statement holds truth for assessing and evaluating the energy medicine outcomes of healing sessions like Healing Touch (HT), which provide more of a subjective qualitative measure than an objective quantitative measure. Here are four points that can be helpful to practitioners in documenting sessions. These foundations of documentation are a component of professional practice and may very well make a difference in getting approved for third party reimbursement such as with health insurance payments or even for inclusion in research.

1. Documenting Sessions Provides Consistency of Practice

Using **Healing Touch Standard Documentation Forms** is the start of consistent documentation among practitioners (practitioners of other energy practices can use HT forms also or may have their own forms but they should be forms that are used consistently). The current HT standard documentation offers practitioners the means of documenting each session in a concise format for greater detail, consistency and professionalism. As a certified practitioner, practitioner apprentice, or student, we each have an obligation to maintain our client records for review as a measure of quality assurance for our training and practice. What we document, using the provided formats and forms, depends on the practitioner, the client session and the uniqueness of the practitioner's interpretation.

There are two forms that practitioners can utilize in their practice. The first form is the **Intake Form**. This form is generally used for the initial session; it can be completed either by the practitioner interviewing the client, or by having the client complete the questions and comments on their own before their first session. Whether using the interviewing method or having the client come with the form filled out, the process of going over the form together with the client is very beneficial. Using this form establishes the client-practitioner relationship, which helps create mutual respect and professionalism before even beginning the healing session.

During the initial intake interview, it is important to listen carefully to what is being shared to understand what your client is presenting. When you document sound bites and quotes from the conversation, they can be useful for future recollection and as a measure of progress. As practitioners, we also use this conversation to understand and assess how clients describe their energetic state. For example, when describing their pain: "it's like a jagged edge of gnawing pain", or energy level: "I'm feeling drained all the time" can give the practitioner an explanation of why their energy field may feel or look like what is experienced during the session.

The **Documentation Form** is the second form to be used consistently. This form is used for every session, offering the

HTPA Insurance Initiative Committee:

The HTPA Insurance Initiative Committee has been exploring the possibility of HTCPs receiving payment through various insurances including Medicare and Medicaid. Insurance reimbursement (3rd party payment) could increase our heart-centered businesses providing services for clients who do not have "out of pocket" money. The new health care laws are opening the doors for care for all citizens, especially the poor. The Center for Disease Control reported in 2013 that about 54.4% of Americans use Complementary/Alternative Medicine. With insurance payment, we can serve this population to a greater degree, fulfilling the requests of the majority of Americans. We are presenting quarterly articles in Energy Magazine to help prepare Practitioners for health insurance billing.

Good Documentation for your Healing Sessions: 4 Points to Consider

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"Not everything that can be counted counts and not everything that counts can be counted" - Albert Einstein.



format for detailed accounting of all 10 steps of the Healing Touch Sequence, and provides an excellent place to include clients' feedback and practitioner evaluation. Using these two forms consistently is a component of good practice and may make the difference in the future when requesting 3rd party payment e.g. insurance payment.

2. The 10 Step Healing Touch Sequence: Capturing the Practitioners' Uniqueness

Using the Documentation Form for the 10 Step Healing Touch Sequence provides the practitioner with a formal format of addressing the client and outcomes from one session to the next. The use of this sequence gives consistency to practice, but at the same time offers uniqueness of therapy from the practitioner. The practitioner uses vision, touch, sound, and tools such as a pendulum to assess the client's energy centers and energy field. Altogether the practitioner uses client feedback, conversation, a visual assessment, and feeling of the energetic boundaries to identify the aspects of the energy field needing attention. The practitioner addresses all four aspects of the self: Physical, Emotional, Mental, and Spiritual. Using a scale method (e.g. 1-10) can add to the assessment for a quantitative measure, rating the evaluation of pain (if present) and/or emotional status as perceived by the client. Mutual goals and intentions are set by both the practitioner and client. A post assessment of clients and their energetic patterns are documented following the session to qualify the outcome. Lastly, a follow up plan and self-care for the client is agreed upon and the practitioner's final evaluation of the session is documented. All of the interaction of the complete session is easily captured using the Documentation Form. Although direction for use of these forms has been established, energetic outcomes and assessments can be very subjective and difficult to quantify depending on the experience of the practitioner and level of training. Therefore, documentation will definitely vary and be unique but the form itself (if used properly) will provide the format of collection and can be useful if requested to support the application of insurance payments.

3. Outcome Measurement Assessed by Multiple Practitioners Becomes Cumulative Data


The more experienced practitioners become using the 10 Step Sequence in practice along with good documentation of pre and post client assessments, information gathered can provide a record of consistency and frequency of outcomes. Thus, the documentation can provide cumulative data of certain outcomes by multiple practitioners using the same sequence in Healing Touch sessions.

Over time as practitioners gather information regarding the client's energetic state, outcomes are noted following the

pattern of the 10 Step Sequence during sessions. Outcomes of sessions are reviewed by both the practitioner and client at each session. These outcomes become qualitative information of the effects of interventions and will be useful if requested for review by insurance companies.

Even though documentation forms are utilized, a practitioner needs to take time to develop their own method of client assessment and evaluating personal feedback. Interpretations of the findings may differ as awareness of energetic movements and boundaries vary. Having notations by practitioners of a client's pre and post energetic assessments along with the client feedback to review from one session to the next can provide cumulative quality data. This data may be used for personal client/practitioner feedback and development. And, the data could also be offered as a resource to researchers who are conducting various studies in energy medicine as well as for insurance companies if requested.

4. Benefits of Consistency in Documentation

The greatest benefit of good documentation is accurate reflection of each session for the client and practitioner. Beyond that, establishing a consistency in documentation, i.e. using the same format of notation and use of assessment tools, serves as a means for validation of treatment and outcomes. When certain outcomes are seen repeatedly, using the same interventions and assessment methods, they may provide conclusions that can be drawn for potential research purposes. Energy Medicine, which is rapidly growing as a practice in health care, needs good research studies to validate efficacy of treatment. Healing Touch Program Research can offer researchers a collection of research articles relating to the effectiveness of energy based therapies (visit the Healing Touch Research website www.healingtouchresearch.com). More research on the use and effectiveness of Healing Touch is needed. By accumulating consistent documentation, we may be able to contribute to the efficacy of energetic practice. We hope this will lead to 3rd party insurance payments and an increase in research studies. 

References:

Healing Touch Program website:
www.healingtouchprogram.com

Healing, Intention and Energy Medicine: Science, Research Methods and Clinical Implications, Wayne B. Jonas MD (Author), Cindy Crawford BS (Author)

Practice-Based Evidence

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