



## **Policy for Achieving BCTTNS Therapeutic Touch® Recognized Practitioner Status**

### **A. Relationship with the British Columbia Therapeutic Touch Network Society (BCTTNS)**

The applicant for Therapeutic Touch Recognized Practitioner status:

- Is a member in good standing with BCTTNS. **A member in good standing has all dues/fees paid in full and is not presently receiving any disciplinary action and/or restrictions to practice. Your annual membership fee as a TTRP is due May 1<sup>st</sup> each year.**
- Agrees to practice Therapeutic Touch (TT) in accordance with the generally accepted principles of TT as developed by Dolores Krieger, PhD., RN, and Dora Kunz, and in a manner that upholds the reputation held by Therapeutic Touch throughout the world.
- Signs and submits the BCTTNS Code of Ethics statement.
- Submits current TTRP application fee.

### **B. TT Education and Practice Requirements**

#### **Basic Education:**

The applicant must provide documentation to demonstrate successful completion of the following:

- Therapeutic Touch courses:
  - Foundations of Therapeutic Touch or Therapeutic Touch Level 1
  - Transpersonal Nature of Therapeutic Touch or Therapeutic Touch Level 2
  - Application of the Inner Processes of Therapeutic Touch or Therapeutic Touch Level 3
- Minimum of 36 hours of instruction over a minimum of 7 months, with a TTRT.
- Mentorship is required to guide and support students in their learning process to become a TTRP. Mentoring may be provided through a formal or informal process with an experienced TTRP/TTRT. Mentorship is a continuous process, with regular contact between student and mentor(s) to assess and help guide the student's progress.

#### **Ongoing Therapeutic Touch Specific Studies:**

- Has practised TT for a minimum of one year following the completion of Application of the Inner Processes of Therapeutic Touch or Therapeutic Touch Level 3 with an average of 6 sessions per month.
- Participates regularly in a TT practice group, mentorship process, and Therapeutic Touch Supervision Days, where possible.
- Has completed an additional 20 hours of TT specific studies.  
Continuing studies examples: repeat Foundations of Therapeutic Touch, Transpersonal Nature of Therapeutic Touch, Application of the Inner Processes of Therapeutic Touch or Therapeutic Touch Levels 1, 2, 3 with a different teacher; The Art of Self-Compassion; attend BCTTNS Therapeutic Touch Supervision Days or retreats; national TT conference; or international TT conference or other TT courses.

#### **Reflective Practice:**

Engages in a range of self-reflective practices e.g. meditation, journaling, taking time for self, as a way to promote self-development, self-care and healthy self-evaluation.



**Practitioner Workbook:**

Submits 72 TT sessions which are documented in the TTRP workbook. Documentation of TT sessions must demonstrate an ability to integrate all phases of TT and follow the BCTNS Guidelines for Documentation of a Therapeutic Touch Session.

**Note:** Documenting sessions or receiving sessions before Application of Inner Processes of Therapeutic Touch or Therapeutic Touch Level 3 is optional. Students are encouraged to document sessions from Foundations of Therapeutic Touch or Therapeutic Touch Level 1 to show the progression of learning and development.

The chart below provides a guideline to follow for the purposes of the TTRP workbook. These 72 Therapeutic Touch sessions include:

<b>Following Foundations of Therapeutic Touch or Therapeutic Touch Level 1</b>	<b>Following Transpersonal Nature of Therapeutic Touch or Therapeutic Touch Level 2</b>	<b>Following Application of the Inner Processes of Therapeutic Touch or Therapeutic Touch Level 3</b>	<b>Total Sessions 72</b>
A maximum of 5 unsupervised sessions	A maximum of 10 unsupervised sessions	All remaining unsupervised sessions	Total unsupervised sessions <b>45</b>
A maximum of 3 supervised sessions	A maximum of 4 supervised sessions	All remaining supervised sessions	Total supervised sessions <b>15</b>
A maximum of 2 sessions received	A maximum of 3 sessions received	All remaining sessions received	Total sessions received <b>12</b>

**N.B.** Many people are knowledgeable in other **healing modalities**, however these **may not be used** during the TT sessions recorded in this workbook.

**N.B. A maximum of 6 sessions with the same person may be submitted in either unsupervised or supervised sessions.**

\*\*Please file repeated sessions with the same person in a sequential order and number the sessions. The numbered pages will not be in sequential order however assists the TTRTs who are reviewing and credentialing your application.\*\*

**Types of Sessions**

- **Unsupervised Sessions:**

The practitioner completes a full TT session and documents all information.

**Total 45 sessions.**

- Maximum of:
- 4 sessions distance
  - 2 sessions self-TT
  - 2 sessions animal
  - 4 sessions 2 person



- **Supervised Sessions:**

The practitioner completes a full TT session and documents all information.

A TTRP or a TTRT supervises only one TT practitioner at a time. The supervisor must not be the healing partner (HP) for the session. The supervisor reviews the documentation, provides feedback, completes and signs the Supervised Therapeutic Touch Session Feedback sheet.

**Total 15 sessions.**

Maximum of: 2 sessions 2 person

- **Received Sessions:**

The practitioner receives a TT session from another TT practitioner who has a minimum of Foundations of Therapeutic Touch or TT Level 1.

The practitioner (Hp) who received, documents the TT session and the discussion.

**Total 12 sessions.**

Maximum of: 2 sessions received by distance

**N.B.** It is recommended that the sessions be received from different practitioners.

**Letter of Recommendation:**

Submits a letter of recommendation from a TTRP or a TTRT who has provided mentorship and has supervised some of the Therapeutic Touch sessions.

**C. Exceptional Cases:**

The Education Committee may consider equivalent TT experience, education and practice for individuals who do not have a Therapeutic Touch network and/or regulatory process for achieving BCTTNS TTRP status. These individuals must become a BCTTNS member and follow the criteria outlined in the Application for TTRP workbook. It is recommended that the individual have a local mentor or communicate by computer or telephone if a local mentor is not available.

**D. Transfers:**

A TT practitioner who is recognized by another Canadian provincial network, TTIA or international TT network, may apply to transfer their status to BCTTNS. They must provide proof of equivalent Therapeutic Touch Recognized Practitioner status, and a letter of recommendation from their network or association indicating they are in good standing in that organization. A transferring member pays full membership fees for their level of status - not first time membership fee.

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