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## TT C.A.R.E.R. Notes® Instructions and Forms

1. Documenting each TT Session is a valuable part of your ongoing learning process\*. The **TT C.A.R.E.R Notes®** forms are used as a template for your TT documentation and are available on the TTIA website [www.therapeutictouch.org](http://www.therapeutictouch.org)
  - a. **Single Case Study Table & Human Energy Field Cue Form** for class, mentoring and QTTP application
  - b. **Longitudinal Case Study & Human Energy Field Cue Form** for mentoring and QTTP application
2. Typed or printed documentation of TT sessions is required for Qualified Therapeutic Touch Practitioner (QTTP) Application.  
Include descriptions of experiences and perceptions during:
  - C - Call to Compassion** (preparation, centering, and intention).
  - A - Assessment** (approach to obtaining and seeking energetic cues; plan).
  - R - Rebalancing & Reassessment** (physical, mental, and emotional activities to help).
  - E - Ending & Evaluation** (knowing when session is done and recognizing changes).
  - R - Reflection & Recall** (appraising experience, self-inquiry, insights)
3. Use the **Personal TT Human Energy Field Cue & Symbol Reference Chart (Personal Chart)** on page 12 to represent the human energy field (HEF) cues you perceive or experience during assessments and reassessment of the Healing Partner (Hp)\*.
  - There are examples of cues & symbols on the chart for your use.
  - Create your own illustrations or symbols of human energy field cues.
  - Use black or colored lettering for Personal Cues & Symbols (use 3 distinct colors).
  - The terms at the bottom of your **Personal Chart** may help you describe HEF field cues you perceive or experience; add your own words & definitions.
  - **Submit your Personal Chart of Cues & Symbols** when you submit your **TT C.A.R.E.R Notes®** to your mentor/teacher and with your application for QTTP.
4. Use **TT Process Questions** on page 10 to guide documentation and reflections of sessions.
5. Use The **Human Energy Field Cue Form** to document the cues and the locations of energy cues you perceived or experienced during each TT session.
  - Record cue symbols or draw HEF characteristics perceived or experienced during the initial and final assessments.

\*You may choose one of the following words when referring to the person who receives TT: healee, healing partner, client, patient, or recipient.

## Therapeutic Touch (TT) Process Questions

### **Call to Compassion** – (a process of initiating a compassionate relationship/connection with another person)

Describe how you learned the Healing Partner Hp needed help or healing

What was your **APPROACH (invitation to participate, breathe to relax)** to connecting with the person?

How did you prepare yourself for the session?

#### **Centering:**

*Describe how you center for each TT session and note changes in the process.*

*How do you know you are centered? If you “Fell off Center” how did you return to Center?*

*What process(es) did you use to sustain your centeredness?*

#### **Intention**

*What is your overall intention for this TT session with this client?*

### **Assessment:**

What **OUTREACH (moving hands and personal field to seek subtle energy cues)** method(s) did you employ, i.e. activation of your chakras?

How did you **SEARCH (pick up information)** for energetic cues in the human energy field?

Background information:

*Assess and describe the environment (health care setting/home/TT group practice session, etc.).*

*Assess demographics of the Hp (age/gender/occupation of the Hp).*

*Record information about the Hp’s relevant history, current concern or need.*

*If appropriate record: Vital Signs before TT (BP/P/R/Temp) and rate Pain &/or Anxiety (Scale of 0-10)*

*Describe your initial assessment of the Hp’s human energy field (cues) using symbols and drawings to illustrate the energy cues you perceived or experienced & describe what each means.*

*Outline your TT plan based upon the initial assessment.*

### **Rebalancing & Reassessment** – (process to help Hp regain balanced state of health; when healing occurs):

*What mental intentions or thoughts guided or informed your actions?*

*What actions/intentions did you use (clearing/color/imagery/modulation/cold/heat/grounding, etc.)?*

*What did you do with your hands and why?*

*Describe your reassessments during your TT session. What changes in cues did you notice?*

*Describe how the reassessments guided your intentions and actions.*

### **End & Evaluation:**

*How did you know then the session was **DONE (cues that tell you the session is complete)**?*

*Describe the Hp’s energy field at the end of the session.*

*How did you end or close the TT session?*

*How long was this TT session? Did the Hp have a rest period after the TT session?*

*How did you leave the Hp after the session? (laying down, sitting, standing)*

*If appropriate: record Vital Signs and rate pain & anxiety levels after TT session/rest period.*

*What did you do during the rest period?*

*What, if any, homework or OWNWORK did you suggest for the Hp?*

### **Reflection and RECALL** (spontaneously remember some aspect of the Hp or session in dream, reflective self-inquiry, or reverie):

*Describe the communication you had with the Hp after the TT session.*

*Share any of your impressions or personal insights from this TT session.*

*What did you learn about the Hp?*

*What did you learn about yourself?*

*What did you learn about TT?*

*How will you apply insights from this session to future TT sessions and knowledge?*

*Recall thoughts or insights that come to you after you process the session.*

Name \_\_\_\_\_

**Personal TT Human Energy Field Cue & Symbol Reference Chart**

Use black or colored lettering (limit to 3 dark colors such as red/purple/blue)

**CC = Cool**

**(“ =**

**WW = Warm**

**dd =**

**HH = Hot**

**AA =**

**Brr = Cold**

**ff =**

**HC = Hollow coldness**

**Ih = Intuitive hunch**

**## = Congestion**

**^^ = Dysrhythmic pulsing**

**~~ = Magnetic pulling/drawing**

**OO = Bursting little bubbles**

**++ = Fullness**

**\\ = Pins & needles**

**\*\* = Tingling**

**SS = Static or little electric shocks**

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Example of terms used to describe perceptions or experiences of cues:

feels like...heavy/empty/stickiness/flowing/dampness/smooth/ ache/pulling-in/pushing-out/tingling/dense/bulge or hole/cool/warm/hot/cold/wavy/prickly/cramps

smells like...

tastes like...

sounds like...

color .....

impressions or thought forms...clouds - water flowing... ideas that illustrate energy characteristics...