Therapeutic Touch International Association &

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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 for your TT documentation and reflections, and are available on the   
   TTIA website [www.therapeutictouch.org](http://www.therapeutictouch.org/)
   1. **Single Case Study & Human Energy Field Cue Form** are used in class, during mentoring and   
      for the credentialing application.
   2. **Longitudinal Case Narrative Form** are used for mentoring and the credentialing application.
2. Typed or printed documentation of TT sessions is to be submitted with the credentialing application. Include descriptions of experiences and perceptions during:

**C** – **Call to Compassion (**the **Approach** to the Healing Partner, preparation, centering, and intention)

**A** – **Assessment** (the **Outreach,** process used to obtain and **Search** for energetic cues, plan)

**R – Rebalancing & Reassessment** (physical, mental, and emotional activities to help or heal)

**E – Ending & Evaluation** (knowing when the session is **Done** and recognizing changes)

**R** – **Reflection & Recall** (appraising experience, self-inquiry, insights)

1. Use the ***Personal TT Human Energy Field Cue & Symbol Reference Chart* (Personal Chart)** to represent the human energy field (HEF) cues you notice, perceive or experience during assessing and reassessing the Healing Partner (Hp)

* There are examples of cues & symbols on the chart for your use
* Create your own illustrations or symbols of HEF cues to record on the HEF Form
* 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 notice, perceive or experience; add your own words & definitions

1. Submit your **Personal Chart of Cues and Symbols** with your **TT C.A.R.E.R Notes©** to your mentor/teacher and with your credentialing application
2. Use **TT Process Questions** to guide documentation and reflections of sessions
3. Use the **Human Energy Field Cue Form** to document the cues and the locations of energy cues you notice, perceived or experienced during each TT session

* Record cue symbols or draw HEF characteristics noticed, perceived or experienced during the initial and final assessments

## Therapeutic Touch (TT) Process Questions

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

* Describe how you learned the **Healing Partner (Hp)** needed help or healing
* How did you prepare yourself for the session?
* What was your **APPROACH (invitation to participate, breathe to relax**) to connecting with the Hp?
* **Centering:**

*Describe how you centered for this specific TT session and note any changes in the process.*

*Describe how you grounded yourself during the TT session.*

*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 was your overall intention for the TT session? What was your specific intention for this Hp?*

### Assessment:

* *What* ***OUTREACH*** *(moving hands and personal field to seek subtle energy cues) method(s) did you employ? i.e. placing hands on Hp’s shoulders, stimulating sensitivity of the hand chakras, communicating with the Hp*
* *How did you* ***SEARCH*** *(pick up information)**for energetic cues in the human energy field? i.e. using a variety of sensory, mental, or intuitive processes to open self to receive energetic information, cues or patterns.*
* *Background information:*
  + *Describe the setting/location (health care setting/home/TT group practice session, etc.)*
  + *Record information about the Hp’s relevant history, current concern or need*
  + *Identify demographics of the Hp (age/gender/occupation of the Hp)*
  + *If appropriate record: Vital Signs before TT (BP/P/R/Temp); rate Comfort/Pain/Anxiety (Scale of 0-10)*
  + *Describe your initial assessment of the Hp’s human energy field, specific cues you noticed, perceived or experienced and the overall flow or patter of the Hp’s field; use symbols and drawings to illustrate the energy cues*
* *Outline your TT plan based upon the initial assessment*

### Rebalancing & Reassessment – (help Hp regain balanced state of health, when healing occurs)

* *What mental intentions or thoughts guided or informed your actions?*
* *What physical actions/mental intentions did you use (clearing/color/imagery/modulation/cold/heat/ grounding, etc.)? What did you do with your hands and why?*
* *Describe reassessments during TT session. What changes in cues and overall energy flow did you notice?*
* *Describe changes in plan based on reassessments; how did reassessments guide 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? Describe Hp position after the session? (laying down, sitting, standing) and as appropriate: record Vital Signs, comfort, pain & anxiety*
* *What, if any, homework or OWNWORK did you suggest for the Hp?*

### Reflection and RECALL (purposefully or spontaneously remember some aspect of the Hp or session)

* *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 of student/practitioner

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

Use black or colored lettering (limit to 3 dark colors such as red/purple/blue)  
Add You own cues as needed

**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 bubbles**

**++ = Fullness \\ = Pins & needles**

**\*\* = Tingling SS = Static or little shocks**

**= =**

**= =**

**= =**

**= =**

**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…