THE HEALING TRUST

Supervised Healing Practice – Chair Healing

30 mins session - includes pre and post healing client care, approximately 20 mins healing, and supervisor feedback

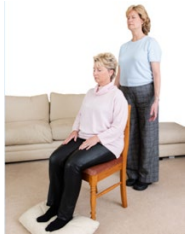
60 mins session - includes pre and post healing client care, approximately 40 mins healing, completion of full consultation (used in private practice), and supervisor feedback

Healer to ask/discuss:

- Ask 'Have you had healing before?'
- Give an explanation of what will occur during the session
- Ask if the client has seen a GP for their condition (if appropriate)
- Give the client a choice of hands on (ask permission to touch lightly on the joints, shoulders and feet) or hands off healing
- Explain how the healing will start and finish
- Inform the client that healing may be stopped at any time and how

1. Talk client into a relaxed state

2. Stand behind and complete GAPP

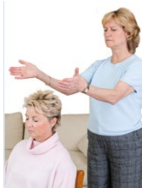


3. Hands float down and rest on shoulders lightly (with consent)



Chakra Scan

4. Crown



5. Third Eye/Brow



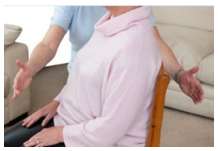
6. Throat



7. Heart



8. Solar Plexus



9. Sacral



10. Root/Base



11. Spinal Balance



Body Circuit

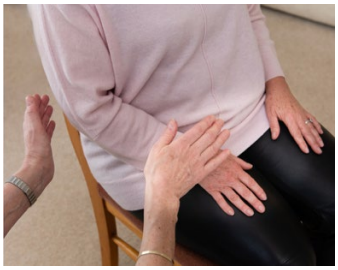
12. Back of neck to shoulder



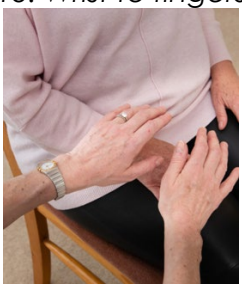
13. Shoulder to elbow



14. Elbow to wrist



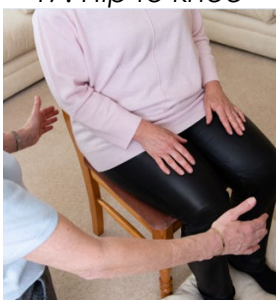
15. Wrist to fingers



16. Lower back to hip



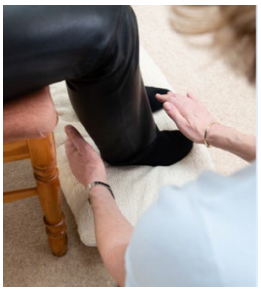
17. Hip to knee



18. Knee to back of ankle



19. Back of ankle to toes



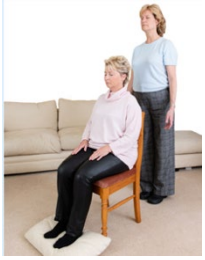
20.
Repeat upper body and lower body hand positions on the other side of the client's body

21.
Revisit any body areas requiring further attention

22. Grounding



23. GAPP in reverse



24. Hands float down and rest on shoulders lightly (with consent)



25.
Healer to move to the side of the client and wait for a few moments to give the client time to settle

26.
Using a low voice to begin with, the healer should gently talk the client back into a full state of awareness, offer water and aftercare advice