THE HEALING TRUST

Supervised Healing Practice – Couch 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)

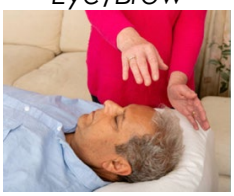


Chakra Scan

4. Crown



5. Crown and Third Eye/Brow



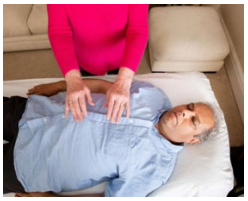
6. Third Eye/Brow and Throat



7. Throat and Heart



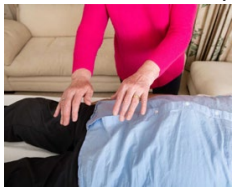
8. Heart and Solar Plexus



9. Solar Plexus and Sacral



10. Sacral and Root/Base

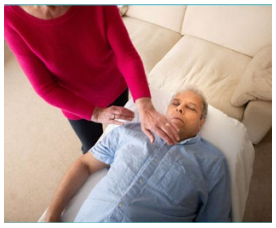


11. Spinal Balance

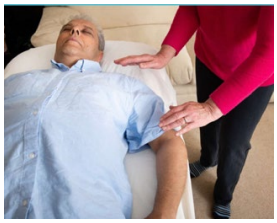


Body Circuit

12. Throat to Shoulder



13. Shoulder to Elbow



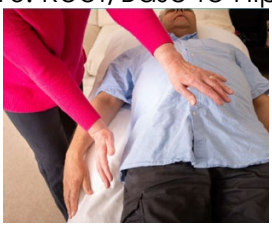
14. Elbow to Wrist



15. Wrist to Fingers



16. Root/Base to Hip



17. Hip to Knee



18. Knee to Ankle



19 Ankle to Toes



20. Cradle Foot



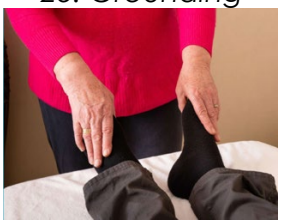
21.

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

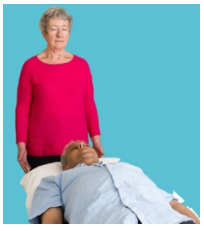
22.

Revisit any body areas requiring further attention

23. Grounding



24. GAPP in Reverse



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



26.

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

27.

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