

# IKC & TFHKA

## Touch for Health® Kinesiology CONSULTANT

### Training Program and Scope of Practice

#### **Purpose:**

This Scope of Practice outlines the levels of Touch for Health® Kinesiology (TFH) training and defines the TFH Kinesiology Consultant Certification, including basic guidelines for using the official title, trademark, and Logos. Also provided are Ethical and legal considerations for TFH Kinesiology Consultants practicing within the self-responsibility model.

#### **TFH Consultant Training and Development Path**

TFH is a holistic system of balancing posture, attitude and Life energy. TFH integrates muscle testing/balancing, positive goal setting, principles of energetic balancing from acupuncture and a variety of touch reflexes. The aim is to balance the whole person for optimum function and satisfaction in life. When the body and mind are in balance, the body's own natural healing system is supported and people can develop wellness, physically, mentally, emotionally, energetically and spiritually.

There are no pre-requisites needed prior to starting the TFH training (no licensures or certifications or prior educational background). TFH is safe and accessible enough to be used by lay people in the home. TFH is also a powerful adjunct for professional practitioners of massage, chiropractic, acupuncture, nursing/bio-medicine, counseling, coaching, psychology, and many others. TFH has traditionally been shared by and for both lay people and professionals by TFH Instructors, certified by the International Kinesiology College (IKC) and supported by the TFH Kinesiology Association (TFHKA). Instructors who complete further development may be certified as TFH Consultants. A Touch for Health Kinesiology Consultant is considered by the IKC and the TFHKA to have had sufficient training and experience to work with individuals to provide balancing sessions to improve their posture and energy to support overall balance and their experience of wellness.

#### **IKC Certification Training for TFH Consultant includes the following:**

- ***TFH Synthesis Workshops***

(levels 1 – 4), minimum 60 hours of group training.

- ***20 documented practice session records*** demonstrating balances from levels 1-4.

- ***Proficiency Skills Workshop*** including written and practical skills assessment, minimum 15 hours.

- ***TFH Advanced Training Workshop***, minimum 56 hours, including assessment of written knowledge, oral presentations, and practical skills

- ***In-Depth review of TFH Levels 1 - 4*** in a mentoring/advanced practice model.
- 30 additional ***documented practice sessions*** (total of 50)
- Minimum of one ***case study*** of one person through at least four sessions, over a period of at least 4 weeks.
- Minimum 8 hours ***Supervised Practice***.
- A ***final Assessment*** consisting of a demonstration session observed by a Faculty or an Assessor/Mentor designated by the Faculty.
- 8 - 30 hrs. ***Ethics and Practice Management***, (must comply with any local legal practitioner requirements for hygiene, communicable disease control, etc.)
- \* 8 - 15 hrs. Goal-setting/  
counseling/coaching skills **suggested**
- \* 8 hours First Aid/CPR **suggested**
- \* Additional general study of Anatomy and Physiology **suggested**

### **Continuing Education Credits (CEC)**

IKC Registered Consultants are subject to a CEC requirement of 15 credits every 3 years. TFH Consultants who maintain their active TFH Instructor status are deemed to have fulfilled their Consultant continuing education.

### **Code of Ethics:**

TFH Consultants abide by the TFH Code of Ethics of the International Kinesiology College (IKC) and TFHKA. TFH Consultants follow the ***holistic, educational, self-responsibility*** model, which is a non-medical approach to health and well-being that does not diagnose, treat or prescribe.

TFH empowers the client to take responsibility for their own health and well-being. TFH Consultants use Kinesiology to help improve overall balance of posture, mental/emotional attitude, and life energy (following the Energy model of Chinese Medicine/ acupuncture) to support wellness. Following the ***educational model*** TFH Consultants assist their clients to become more aware of themselves and their choices that effect their health, as well as sharing the TFH methods for self-help, stress management and on-going personal development, whether as an informal process in private sessions or in the formal TFH Workshops.

Consultants are encouraged to be an example of the self-responsibility model utilizing TFH techniques for personal balance. Consultants take personal responsibility to know the particular local or state laws and requirements governing their practice.

## **Appropriate Terminology**

In keeping with the holistic model, TFH Consultants refer to their sessions as *balances* rather than treatments or therapy. There is no official certification of a “TFH Practitioner.” People practice TFH at many levels, as students, at home and in a practice. The only official defined titles that are recognized by the IKC and TFHKA are the following:

- ***IKC Certified TFH Proficient*** (IKC Assessed)

This term refers specifically to those students and professionals who have successfully completed the Proficiency Skills Workshop and Assessment, and received their IKC Proficiency Certificate, and may be listed as *proficient* on the TFHKA website.

- (IKC Registered and/or IKC Certified) ***TFH Kinesiology Instructor***

This term refers to those who have successfully completed the advanced TFH Training Workshop, registered with the IKC/TFHKA and received their IKC Instructor Certificate. TFH Instructors are listed on the TFHKA website, are encouraged to post their workshop dates, register their students with the IKC via the TFHKA, and issue the official IKC certificates recognized worldwide.

- (IKC Registered and/or IKC Certified) ***TFH Kinesiology Consultant***

This term refers to those that complete the Consultant training, submit their application, are certified as TFH Consultants, and maintain their update requirements. They are listed as Consultants on the TFHKA website.

Although TFH Consultants are not required to maintain their Instructor status, if they do so, they may also use the term (IKC Registered and/or IKC Certified) ***TFH Kinesiology Instructor/Consultant***

These are the only official titles recognized by the IKC and the TFHKA, and ***it is requested that practitioners refrain from using the trademark Touch for Health® and the logos of the IKC and TFHKA unless they have received these specific certifications***. Consultants make a reasonable effort to clarify these titles for students and clients, and not use any other titles.

## **Informed Consent:**

Following the self-responsibility model, TFH students are taught to orally confirm permission from each person before starting a session, and to continually monitor mutual comfort with the concepts and techniques, providing explanation and education as needed/desired. Participants in balancing are encouraged to say “STOP” at any time if they have any discomfort, pain, or any objection to any aspect of the balancing process.

TFH Consultants are encouraged to use a written Informed Consent Form to be signed by each new client. It can be called a **Client Agreement for Services**. It is suggested that each consent form include:

- Brief explanation of the Consultant’s qualifications (IKC Consultant Certification, and any other Certification, Licensure or special skills)

- Brief explanation of the Holistic, Self-responsibility model, which aims to empower the individual with self-awareness, self-care tools, and balancing of the whole person.
- A clear statement that the TFH Consultant is **not a doctor** or a physician, and they **do not diagnose, prescribe or treat medical conditions** unless they also have the appropriate training and license to do so.
- You want to disclose that TFH is considered part of the alternative/complimentary health modalities not currently accepted by mainstream medicine.
- Sessions will be kept confidential. And that the client has the right to terminate at any time.
- As part of the consent form, or separately, a clear statement of policies for session costs, cancellation policy, etc.
- You want to know the laws of your state and have legally sound informed consent agreement with legal liability language drafted by a professional specifically for your practice to be safe.

### **Session Documentation:**

Starting from the TFH Level 1 Workshop, students are encouraged to document their balancing sessions on a standard session form or use the electronic eTouch record keeping program. Consultants are strongly encouraged to **keep consistent records of their sessions and the outcomes**. Students are expected to maintain the confidentiality of class members related to class discussions, and practice sessions in class or outside of class. **TFH Consultants maintain the confidentiality of their clients and students.**

### **License to Touch**

TFH Consultants will need to understand and comply with local and state laws regarding touching clients. Those that already hold a professional license will need to understand how touch can be included or restricted in their particular scope of practice.

### **Charging for a Session**

While students are still in the learning and practice stage they are encouraged to offer balances free of charge. When they have reached a sufficient level of competency and confidence, and/or if already a certified or licensed health practitioner, they may use their discretion when to charge a fee commensurate with their level of mastery. TFH Proficiency certification is a minimum standard of competency with the TFH concepts and techniques. Both lay practitioners and healthcare professionals are encouraged to complete the TFH Instructor and the TFH Consultant training to fully develop the holistic, educational, self-responsibility model. Teaching or sponsoring TFH Workshops and conducting private TFH consultations are complementary practices.

### **Certification**

The International Kinesiology College administers TFH Certification levels via the TFH Faculty/Trainers of each country, and in the US are registered with the TFHKA. IKC Certificates are the international standard and are accepted by TFH Instructors worldwide, and

by many professional Kinesiology associations. TFH Kinesiology is not specifically licensed or regulated by any national or state legislation here in the US. Therefore TFH Consultants must be aware of the general laws and regulations in their state and local area.