

# THERAPEUTIC TOUCH PRACTITIONER CERTIFICATE PROGRAM

## PROGRAM DESCRIPTION

Therapeutic Touch® is a holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being.

Langara's Therapeutic Touch Practitioner Certificate is the first comprehensive program of its kind in B.C. This program delivers all the requirements needed to become a Certified Therapeutic Touch Practitioner in B.C., and an internationally accredited Qualified Therapeutic Touch Practitioner. Receive extensive knowledge of the use of Therapeutic Touch in various settings, a comprehensive knowledge of anatomy and physiology, self-care, and self-compassion skills for success, and an extensive mentorship program including clinical practice. Students are offered a choice of direction for further study focusing on continued self-care or business ownership skills, giving the student a solid base as a Therapeutic Touch Practitioner and the skills to own and/or operate a Therapeutic Touch® business if they so desire.

Courses may be taken individually as long as prerequisites are met. The Langara Therapeutic Touch Practitioner Certificate requires successful completion of six core courses and one elective.



*TT Class 2018*

**LEAD INSTRUCTOR:** Cheryl Larden, R.N., B.S.N., T.T.R.T.

Cheryl is a Registered Nurse and a Recognized Therapeutic Touch Practitioner and Teacher who has been practicing Therapeutic Touch for 30 years. Taught by the founders of Therapeutic Touch®, Cheryl is a founding member of the BC Therapeutic Touch Network (BCTTNS) and has served as President for both the BCTTNS and the Therapeutic Touch Network of Canada (TTNC). She has a private TT practice and facilitates a practice group in Tsawwassen and Langley.

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**TO REGISTER CALL 604.323.5322**

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## REQUIRED CORE COURSES

*Courses may be taken in any order as long as prerequisites have been met  
Program fee as of November 2019: \$2,760 + elective (dates and fees subject to change)*

### BASIC ANATOMY & PHYSIOLOGY FOR BODYWORKERS

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Learn about the physical functions of various systems in the body in order to bring a depth of understanding to your bodywork practice. Students in complementary and other health-related professions who require a working knowledge of the basics of human anatomy and organ systems will find this course ideal. May be taken concurrently with ASSC2101: Advanced A&P for Bodyworkers.

### FOUNDATIONS FOR THERAPEUTIC TOUCH (PREVIOUSLY L1)

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Therapeutic Touch is a gentle, holistic practice that balances the human energy field. This experiential course will give students the basic skills required to practice Therapeutic Touch. Students will begin to explore the benefits of a healing lifestyle, which supports self-care, self-growth, and self-awareness.

### TRANSPERSONAL NATURE OF THERAPEUTIC TOUCH (PREVIOUSLY L2)

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Explore a more in-depth look at the Therapeutic Touch process including sustained centering, the use of intention and imagery, methods for rebalancing the energy field, and two-person Therapeutic Touch. There will be continued opportunities for practice and feedback to improve skills and insights. Prerequisite: TT L 1.

### THERAPEUTIC TOUCH: LEVEL 3

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Building on the knowledge and skills learned in Levels 1 and 2 students deepen their knowledge of all aspects of Therapeutic Touch. The chakras and the human energy system will be explored and how this affects us mentally, physically, spiritually, and emotionally. Emphasis will be placed on deepening the intuitive process through continued hands on practice and documentation. Prerequisites: TT Lev 1, TT Lev 2 (plus 6 months active practice since Level 2) (\*discount available if registering for TT Level 2 & 3 together). Note title and hours will change Sept 2018 to Application of the Inner Processes of Therapeutic Touch (see schedule next page).

### THERAPEUTIC TOUCH: MENTORSHIP

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Explore signals, patterns and connections in energy fields in practical work, including one-to one supervised sessions counting towards your Therapeutic Touch Recognized Practitioner Certification. Delve deeper into the meaning of chakras and their interrelationship and expand your knowledge and understanding of inner self, intentionality, natural order, wholeness, and more. Learn to implement practices of meditation, self-reflection, self-care, and self-compassion while developing the intuitive process used in Therapeutic Touch sessions. Prerequisite: TT Level 1. Practical work at various health care facilities may require additional requirements eg. TB test, Criminal record, etc. (approximate \$100)

### THE ART OF SELF-COMPASSION

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Learn what self-compassion really means, examine your self-talk, learn techniques to assist you to be more self-compassionate, and see what the research is showing us. Being self-compassionate can aid both us and others. This is a great course for anyone interested in maintaining balance and preventing burnout. It is a must for anyone pursuing their own self-growth and development.

## ELECTIVES: ONE COURSE REQUIRED FROM EITHER OPTION

(see [www.langara.ca/cs](http://www.langara.ca/cs) for dates, times and fees). Additional electives may be available. Please see website for updates.

### OPTION 1: BUSINESS OWNERSHIP SKILLS

#### HOW TO START YOUR OWN BUSINESS (ENTR1009)

Turn opportunities into viable business ventures. Learn to develop your own approaches, guidelines, and skills for being an entrepreneur. Topics include business idea generation, market research, marketing and sales strategies, writing proposals, financing options, human resources, and successfully operating your business after start-up. Each student will learn how to complete a business plan as part of the course content.

### OPTION 2: CONTINUED SELF-CARE

#### MINDFULNESS BASED STRESS REDUCTION

Based on Jon Kabat-Zinn's approach to mindfulness, learn how to cope with and relieve stress, pain, and illness by focusing on your sensations, thoughts, and emotions in a non-judgmental way. Participants explore the relationship between mind and body and recognize how to mobilize their inner psychological resources for self-care.

#### MINDFULNESS BASED COGNITIVE THERAPY

Experience positive change in how you respond to thoughts, feelings, and physical sensations. Through mindfulness-meditation, cognitive therapy, yoga and self-compassion, discover techniques to manage difficult moods, negative thought processes, and unhappiness. Instructor Denise Coles, M.A., R.C.C., is a counsellor in both the private and public mental health system. She has over fifteen years of professional experience in the field.

## PROFESSIONAL DEVELOPMENT COURSES

#### THERAPEUTIC TOUCH: CONTINUING EXPLORATION

This course is a continuation of the Therapeutic Touch Mentorship course. Delve deeper into the intuitive process in order to further access and interpret cues, patterns and connections in the energy field. Students will continue to explore and implement the practices of meditation, self-reflection, self-care, and self-compassion. One-to-one supervised sessions will continue, as will the opportunity to work collaboratively to expand your own personal growth and deepen your skills as a Therapeutic Touch Practitioner. Students who have successfully completed their full year of Therapeutic Touch Mentorship studies may participate in this course. This course is now open to those who have their Therapeutic Touch Recognized Practitioner Status and wish to continue to deepen their Therapeutic Touch practice and experience Therapeutic Touch sessions in a clinical health care setting. Intakes occur a few times per year. See website for dates and fees.

**THERAPEUTIC TOUCH PRACTITIONER COURSE SCHEDULE –2020**

(see [www.langara.ca/cs](http://www.langara.ca/cs) for dates, times and fees). Additional courses may be available. Please see website for updates.

Courses may be taken in any order as long as the prerequisites have been met. Prices, dates and times are subject to change. Location: Main Campus, Langara College, 100 W. 49th Ave, Vancouver (unless otherwise noted).

CRN	Subj	Title	Day	Starts	Ends	Time	Fee
<b>CORE COURSES AND ELECTIVES</b>							
50699	SELF 1164	Basic A & P for Body Workers	TUES	14 JAN 20	14 APR 20	1830-2130	529
50771	ALTR 1003	Foundations for Therapeutic Touch (previously L 1)*	SA/SU	11 JAN 20	12 JAN 20	1000-1700	168
50696	ALTR 1007	Transpersonal Nature of Therapeutic Touch (prev L2)*	SU & SA	8 MAR 20	14 MAR 20	0900-1730	185
50024	ALTR 3001	Therapeutic Touch L3^	SA/SU	18 APR 20	19 APR 20	1000-1700	168
50695	ALTR 1007	Foundations for Therapeutic Touch (previously L 1)*	SA/SU	25 APR 20	26 APR 20	1000-1700	168
70048	ALTR 3001	Application of the Inner Processes of Therapeutic Touch (prev L3) <i>Dates: 11/08, 11/14, 11/15</i>	SU/SA/SU	08 NOV 20	NOV 15 20	0930-1700	225
50697	ALTR 3002	Therapeutic Touch Mentorship <i>Dates: 03/07, 04/04, 05/09, 05/30, 07/04, 09/05, 10/03, 11/07/ 12/05, 2021:01/09, 02/06*</i>	SAT <offsite>	07 MAR 20	06 FEB 21	1030-1515	1499
50024	ALTR 3003	The Art of Self Compassion	SUN	5 APR 20	5 APR 20	0930-1500	154
<b>ELECTIVE OPTIONS#</b>							
50709	SELF 1165	Mindfulness-Based Cognitive Therapy (MBCT)	MON & SUN retreat*	03 FEB 20	30 MAR 20	1900-2100	339
50708	SELF 1025	Mindfulness-Based Stress Reduction (MBSR)	TUES & SUN retreat*	21 JAN 20	10 MAR 20	1800-2000	339
<b>PROFESSIONAL DEVELOPMENT</b>							
50698	ALTR 3002	Therapeutic Touch - Continued Explorations <i>Dates: 02/01, 03/07, 04/04, 05/09*</i>	SAT <offsite>	01 FEB 20	09 MAY 20	1030-1515	280

# Business electives: [www.langara.ca/abc](http://www.langara.ca/abc)

\* Hours, fees and course titles may have been updated in 2020.

^ Must have 6 months practice between L2 & L3

+ Additional dates available for 2020

- Courses may be taken individually or collectively towards a Certificate
- 2020 open for registration Nov 13 2019
- Note there are changes to hours and course titles of TT L1, L2 & L3 in 2020

**MORE INFORMATION:**

Lead Instructor: Cheryl Larden ([clarden@shaw.ca](mailto:clarden@shaw.ca) | 604-510-0190) or  
Program Coordinator: Karen Ramsden ([kramtsden@langara.ca](mailto:kramtsden@langara.ca) | 604.323.5926)

**REGISTER: 604.323.5322**