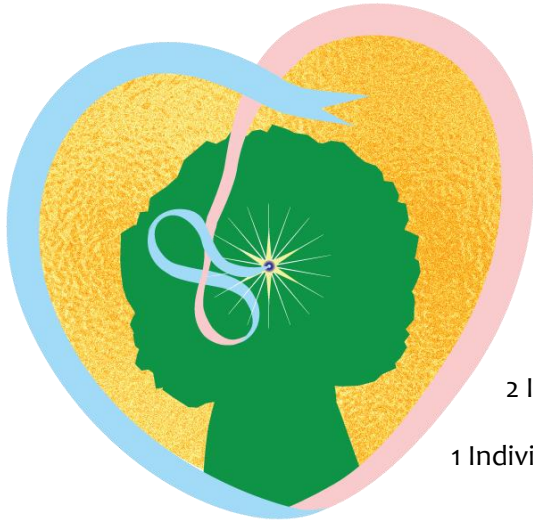


The *LiberatingTouch*®



Facilitator Training

11 weeks

9 Group Video Conference Sessions (26 hours in total)

2 Individual Mentoring session mid-course (3 hours)

1 Individual Assessment (2 hours)

This is like attending a virtual LiberatingTouch® School for 11 weeks. You can log in online almost every week for the lecture and demo, you will be given weekly self-help homework, assignments, supervision and mentoring. Our focus will be on practicing the art, experiencing the flow of Love, and aligning with the internal Truth compass. This training is the main component in the LiberatingTouch Facilitator® certification program. On completion of this training, you will be asked to submit some additional case studies and written assignments.

Prerequisites:

- Completion of the 4 Essays (These must be submitted by the 2.02.2024, so we can have a short conversation before you begin the 11 weeks). This is optional for review students.

***The titles of the 4 short essays to be submitted are**

1. SELF-Realisation – What is your understanding of this?
2. Desire – What do you want? Can you use LiberatingTouch® in relation to your desire /s? How?
3. Abreactions – What are they? How do you handle them?
4. What do you understand by the term selfless service?

The purpose of these essays is to gauge your understanding. There is no right and wrong, pass or fail. The essays help us serve and guide you. We are looking for a depth of inquiry and your reflections. We would appreciate you emailing us all 4 essays in one go as either a pdf, doc or docx attachment and not as separate emails. Please sign (type your name) and date your essays. Thank you. They need to be submitted prior to the Online Training.

- Attendance of two 8 Day Classes or one 8 Day and three 2 Day LT intensives
- Study of the JSJ Self-Help Books 1,2 &3

Commitment:

- Attendance a minimum of 6 of the 9 video conference calls
- Completion of the Weekly Assignments in a timely manner
- Weekly swap sessions with a fellow student (you will be allocated a partner every week)
- Daily Self-Help

Cost for the Training is £1100 for new students and £550 for review students this includes the assessment fee. Concessions and payment plans are available. Once you register you will get a detailed schedule plan and access to the Facebook group.

We believe it is vital to share with student facilitators how to develop skills and resources, so that they can be open to whatever life throws at them. This degree of openness takes dedication, willingness and compassion. At the LiberatingTouch® Centre, we specialise in helping you find your authenticity, your gifts and talents, your true (reality) power and an undiluted (uncontaminated) sense of SELF.

Beginning 11.02.2024 for 11 weeks

Week 1: 11.02.2024 – 17.02.2024 The Path Ahead, the 4 Tenets and Introducing yourself

The first call will be on 14th February 2024, UK time 9.30am-12.30pm (3 hours)

What creates an LT Facilitator?

The Basic Steps of LT and the way forward

Understanding the pre-requisites

The art of weaving, calibrating and going with the guidance

The 4 Tenets

The LT Philosophy, Practice, Psychology, and Art

LiberatingTouch® is a meditative intuitive art – Trust the process

The surrogate infinity

Week 2: 18.02.2024 – 24.02.2024 Know Power

The second call will be on 21st February 2024, UK time 9.30am-12.30pm (2 hours + an optional hour for Q&A)

Understanding Power, helping your client reclaim Power, Finding the right Sequence, Articulating the process from personal to cosmic power. Unpicking the lie - “the body heals itself”

The Tree Exercises

Week 3: 25.02.2024 – 2.03.2024 Mentoring Week

Individual mentoring sessions (1.5 hours)

Week 4: 3.03.2024 – 9.03.2024 Investigating Purpose and Belief Systems

The third call will be on 6th March 2024, UK time 9.30am-12.30pm (3 hours)

The Processes and Sequences

Working with Resistance, Fear, and Belief Systems

Visit the work of Byron Katie and Don Miguel Ruiz.

The Tree Exercises continued – How to lead a progression and an immersion

Week 5: 10.03.2024 – 16.03.2024 Liberating Memory

The fourth call will be on 13th March 2024, UK time 9.30am-12.30pm (3 hours)

Working with Memory and Trauma

EFT and JSJ

Being Creative

We will also briefly touch upon the many forms of Somatic Therapy, for e.g., TRE, MR, Meta Medicine

Week 6: 17.03.2024 – 23.03.2024 Healing the Scarred (tainted) Mind

The fifth call will be on 20th March 2024, UK time 9.30am-12.30pm (2 hours + an optional hour for Q&A)

Trauma and its relation to Addictions

Eating Disorders

Lack of confidence

Depression and Chronic Conditions etc.

Week 7: 24.03.2024 – 30.03.2024 Mentoring Week

Individual mentoring sessions (1.5 hours)

Week 8: 31.03.2024 – 6.04.2024 FUN

The sixth call will be on 3rd April 2024, UK time 9.30am-12.30pm (3 hours)

The Processes and Sequences

Working with the 9 Step Sequence and the Discovery Process

Drawing or Music

Visiting the TAT Process and creating your own LT Program

Week 9: 7.04.2024 – 13.04.2024 Desires and Shadows

The seventh call will be on 10th April 2024, UK time 9.30am-12.30pm (2 hours + an optional hour for Q&A)

Desires and Surrender (Bhoga before Yoga)

Shadow Work

We will also look at the work of Jung, Debbie Ford, Robert Johnson, Phil Stutz and Barry Michels

Week 10: 14.04.2024 – 20.04.2024 The Adventure

The eighth call will be on 17th April 2024, UK time 9.30am-12.30pm (3 hours)

The Adventure - The many ways forward, the many ways to fulfilment, the many ways home

Week 11: 7.04.2024 – 13.04.2024 Assessment week

A ninth and final integration call will be held on 1st May 2024, UK time 9.30am-11.30am (2 hours)

LiberatingTouch® Online Facilitator Training FAQ

1. What exactly happens on this training? How much time will it take?

This training is an in-depth exploration of what it means to be a LiberatingTouch® (LT) Facilitator. It will take you through the philosophy, activity, psychology, and art of LiberatingTouch. You will be required to attend 9 videoconference calls some of them 2 hours long some of them 3 hours. They are all live and not pre-recorded. Following the calls, you will be given 3 assignments for the week, one self-help exercise, one swap session with a group member, one assignment (a reflective essay, case study to write-up or video to post). We expect you will need to dedicate approximately 7 hours a week to this training.

2. Why do you allow only a limited number of attendees?

As this is not a webinar-based course, you will not be able to sit back and simply “receive” knowledge, it requires you to participate fully. That means that we can only host a maximum of 12 students for the video conference calls so that everyone will be seen and heard. It also has assessment and mentoring components. Eddie and I are expecting to dedicate 35-40 hours if not more every week to the class. We will not physically be able to take on more than 12 students. If we get a chance, we will also create a few pre-recorded videos with LT pointers.

3. What if I miss a week?

We will make an audio and video recording of every live session which will be available to you for the duration of the class (12 weeks). If you have no choice and have to miss one week, you can listen to the audio or watch the video. Everyone will be emailed with the assignments for the week, if you do not complete them that week you can do it the following week, so long as they are completed before the course ends. If you miss more than 3 video conference calls, you will not be able to fulfil the criteria to qualify as a facilitator. Review students that are already qualified can watch the recordings if need be.

4. What are the deadlines for the weekly assignments?

You can either submit or post them within 7 days of receiving instructions (preferable) or within 4 weeks, and preferably before the course completion date (**in this case the 1st of May 2024**).

5. How do I send you the essays and case studies? Is there a special format?

We would like you to email these to us as an attachment either in a word or pdf format. Kindly name and date each document.

6. Will we get new text materials?

No, we will be referring to the LT Foundations Manual, the Workbook and the Heart of Understanding Manual. You will receive all of these in a word format so that you can make notes, copy and paste and have some flexibility with how you use them. You will also receive a weekly handout/s.

7. What happens once i complete this training? Am I considered a Facilitator?

Once you have completed the 11-week training, submitted all the essays and assignments, AND completed all the other certification requirements, submitted case studies, completed the multiple-choice exams and fulfilled any other suggestions made during your final assessment, you will be awarded the title of LiberatingTouch® Facilitator. You can now be listed on the LiberatingTouch website. <https://liberatingtouch.com/> Please refer to the LiberatingTouch® Certification Program Document for more details.

8. Can I practise what I learn with clients during the training?

Yes. Our answer is with care, because experience is the best way to learn. If you are out of your depth, refer your client to another LT Facilitator.

9. How much can I charge for a LiberatingTouch session/workshop?

This is entirely up to you.

As a LT Facilitator you can give sessions, facilitate intensives and run detachment or other specialist workshops for up to 4 days in length. There are two main things to take into consideration in when charging. Demographics and what the Illumined Self is guiding you to charge.

10. Why did you create this Training?

We have a growing body of students that would like to share LT in many different ways, this program is to help make it easy for them.

11. What is my recommended commitment level?

- Attendance of the weekly video conference calls or mentoring session
- Completion of the Weekly Written Assignments – One client session and/or one self-reflection essay (approximately 500 words)
- Weekly swap sessions with a fellow student
- Daily Self-Help

12. How will I stay in touch with everyone in the group?

You will have each other's email addresses. We will also create a private/secret Facebook group for discussion and support within the group.