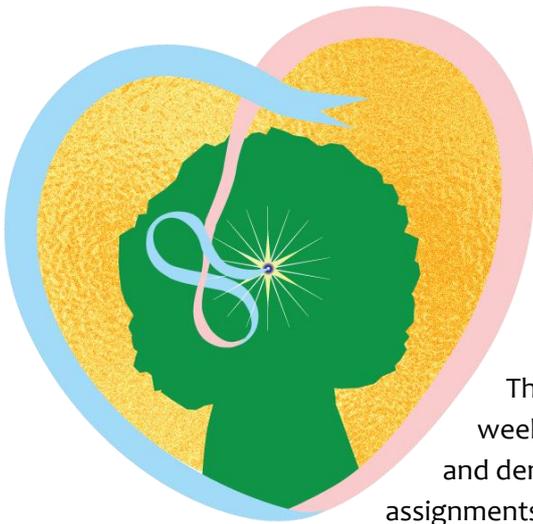


The *LiberatingTouch*® Online Facilitator Training

11 weeks



9 Group Video Conference Sessions (27 hours in total)

1 Individual Mentoring session mid-course (2 hours)

1 Individual Assessment (3 hours)

Maximum of 12 participants

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 ourselves with the internal Truth compass. This is the main component in the *LiberatingTouch* Facilitator® certification program.

Prerequisites:

- Completion of the 4 Essays (These must be submitted by the 10th of July, 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 15 days prior to the Online Training.

- Attendance of two 8 Day Classes or one 8 Day and three 2 Day LT intensives

- A good understanding of EFT (Emotional Freedom Techniques) – for e.g., Completion of EFT International Training Level 1&2 or similar (to complete the LT Facilitator certification program you will be asked to complete an EFT multiple choice exam)
- Attendance of a JSJ 5 Day Class or Self-Help Books 1,2 &3 JSJ classes (to complete the LT Facilitator certification program you will be asked to complete a JSJ multiple choice exam)

Commitment:

- 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) – Some of these assignments are optional for review students.
- 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.

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 23rd July for 11 weeks

Week 1: 23rd July, UK time 10am-1pm (3 hours)

What creates an LT Facilitator? The Basic Steps of LT and the way forward

Understanding the pre-requisites, combining modalities for example EFT with Art, and JSJ with Inquiry... 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: 30th July, UK time 10am-12pm (2 hours) + (optional 1 hour for any additional Q&A -till 1pm UK time)

Understanding Power, helping your client reclaim Power, Finding the right Sequence, Articulating the process from personal to cosmic power

The Tree Exercises

Week 3: 6th August, UK time 10am-1pm (3 hours)

How to: The Processes and Sequences, Work 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 4: Individual sessions (2 hours) To be booked between 9th to 15th August

Mentoring Week

Week 5: 20th August, UK time 10am-1pm (3 hours)

Working with Memory and Trauma (We will also briefly touch upon the many forms of Somatic Therapy, for e.g., TRE, MR, Meta Medicine)

Week 6: 27th August, UK time 10am-12pm (2 hours) + (optional 1 hour for any additional Q&A -till 1pm UK time)

Trauma and its relation to Addictions, Eating Disorders, Lack of confidence, Depression and Chronic Conditions etc.

Week 7: 3rd September, UK time 10am-1pm (3 hours)

How to: The Processes and Sequences, working with the 9 Step Sequence, Drawing or Music. Visiting the TAT Process and creating your own LT Program

Week 8: 10th September, UK time 10am-12pm (2 hours) + (optional 1 hour for any additional Q&A -till 1pm UK time)

Desires and Surrender (Bhoga before Yoga)

Week 9: 17th September, UK time 10am-1pm (3 hours)

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

Week 10: 24th September, UK time 10am-12pm (2 hours) + (optional 1 hour for any additional Q&A -till 1pm UK time)

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

Week 11: Assessment (Individual sessions 3 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 focused daily self-help exercise, one swap session with a group member, one reflective essay or case study to write-up. 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 30-35 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 EFT and LT pointers.

3. What if I miss a week?

We will make an audio 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. 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 2 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 written assignments?

You can either submit them within 7 days of receiving instructions (preferable) or within 3 weeks, but definitely before 2 weeks of the course completion date.

5. How do I send you the essays, assignments 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 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 use for yourself. You will also receive a weekly handout.

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

Once you completed the 11-week course, submitted all the essays and assignments, AND completed all the other certification requirements, submitted case studies, completed the 3 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 an 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 will I need to participate?

The Tech stuff:

You will need broadband internet connectivity. We will be using “ZOOM” for our video call. The first time you click on the meeting link, zoom will install quickly onto your device. After which it will guide you into the meeting. You will be ‘led’ to a virtual waiting room from which you will be admitted into the call. It is a good idea to be in the waiting room before 10am UK time.

If you are connecting via an android, ipad or iphone device however, you may not see all the participants. If you are using your computer, you might find that having a wired broadband connection will give you a better experience.

To help you make the best of our session you might find it best to:

- use headphones.
- make sure that the room is adequately lit.
- have a pen and paper to hand to take notes.

The all-important Technology Disclaimer

Although the technology we are using is phenomenal and can work like a dream bringing us together in a virtual space to have a real time experience, it can glitch, it can crash and it can slow down. In any such event, we recommend patience, we will do everything to get it working for us as smoothly as possible. Like you we want every minute to count. One of the most frequent glitches is related to our broadband connectivity. It is a good idea to close any other programs on your computer for the duration of our call. If for any reason the call begins to dropout, we may need to switch off the video and use the audio. If you find that your internet connection drops then “redial” by clicking on the link. Occasionally it can take a minute or so to connect. If you are having any difficulties with the connection, occasionally you may need to leave the meeting, and then return to the meeting by clicking on the link.

Commitment:

- 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.