

The *LiberatingTouch*® Certification Program:

*We have a unique take on Facilitator Training; we believe that developing expertise requires time, perseverance, mentoring, study, and support. We combine training, group and individual mentoring/supervision, with ongoing email and phone support, to provide students with a depth of understanding and experiential knowledge, but most importantly SELF-confidence. At this stage we believe it is vital to share with 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.*

Requirements to join the Certification Program:

- Attendance of the *LiberatingTouch*® Foundation's day twice or more.

The LiberatingTouch® Foundations Day

On this day students, explorers and Truth seekers

1. Discover practical ways to heal and grow
2. Experience the benefits of EFT and Energy Psychology
3. Connect to the SELF via the Tree Meditation
4. Learn about the 4 main Tenets of *LiberatingTouch*®

The focus will be on Self-help; discovering and maintaining peace and harmony in daily living. There is no pre-requisite to attending this day class.

- Attendance of the Heart of Understanding 8 Day *LiberatingTouch*® Class at least twice or more (this will be assessed individually for each student) and / or 3 *LiberatingTouch* Intensives.

The LiberatingTouch® Heart of Understanding 8 Day Class

The 'Heart of Understanding 8 Day Class' is a self-development class that has been specifically designed for Truth seekers, humanitarians, holistic health practitioners, Spiritual explorers, change agents and innovative conscientious leaders. Together we will explore and experiment, witness demonstrations, and learn practical ways to heal the mind. Our focus is to liberate the mind from fear and attachment and experience the Power of Truth and Love. This Class is intended to be an experiential adventure of awareness and discovery; for regaining your power and SELF-confidence and for opening the doors to SELF-Realisation. *LiberatingTouch*® is a system that combines meditative inquiry and healing touch to help you remember the eternal goodness and beauty of the SELF.

In this class you discover that *LiberatingTouch*® is not only a healing art it provides students with foundational insight into the philosophy of Truth, an understanding of the laws of creation (Love), encouragement to go with the guidance (intuition), and reveal the mysteries of the SELF.

As *LiberatingTouch*® is a dynamic and ever expansive life process we encourage all our students, fellow truth seekers, practitioners and facilitators to review, revisit and return to the Foundations and the 'Heart of Understanding 8-day class' several times.



- Completion of 4 short Essays (approx. 500 words each)
The titles of these 4 short essays of no more than 500 words are:
 1. SELF-Realisation – What is your understanding of this?
 2. Desire – What do you want? How can you use LiberatingTouch® in relation to your desire /s?
 3. Abreactions – What are they? How do you handle them?
 4. What do you understand by the term SELFless Service?
- In depth study of the Jin Shin Jyutsu SELF Help Books 1,2 &3, and preferably attendance of one 5 Day Jin Shin Jyutsu Day Class. *To complete the LT Facilitator certification program, you will be asked to complete a JSJ multiple choice exam.*
- An understanding of the principles of EFT (Emotional Freedom Techniques). *To complete the LT Facilitator certification program, you will be asked to complete an EFT multiple choice exam.*

The Certification Program

- Attendance of the 11 Week LiberatingTouch® Online Facilitator Training (Includes essays and assessment)

The LiberatingTouch® Online Facilitator Training

This is an 11-week online training program that includes 9 group video conference calls, weekly assignments, research and self-development exercises, email support and 2 individual assessment sessions. 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.

The purpose of this training is twofold:

1. To provide students with support and structure for in-depth study and exploration
 2. To train students to become intuitive, safe and competent LiberatingTouch® Facilitators.
- Submission of an additional 5 case histories (4 case histories consisting of 4 case studies/sessions on others, 1 self-case history consisting of 4 clear personal development sessions). We ask that these be typewritten in English, each case study no less than 500 words and no more than 2000 words. 2 of these case studies need to include the Detachment Process. Following the submission of the case histories there will be an interview assessing your grasp of LiberatingTouch®.



Each case study within the case history should include a summary of the session. What was your intention, your client's intention when you began the session? Is there more work to do with yourself / the client? Were you happy with the session? What would you like to address next? What did you learn from the session?

Case studies should show clearly:

- How you isolated (core or hidden) issues and aspects?
- The methods used to address the issues and why these were chosen.
- The use of at least one of the processes taught.
- How far the issue was resolved, and how this was assessed.
- If partial resolution of an issue occurred, what you did next.
- Whether there were any shifts of aspect or issue.
- Were there any cognitive shifts / deeper understanding / expansiveness?
- **Which questions helped the client reach deeper levels of understanding?**
- **When listening intently what undertones/undercurrents did you uncover?**
- Did you pre-frame? Frame or reframe statements? Questions? Affirmations?
- Were you or your client able to get a sense of direction?

It is perfectly satisfactory to present a case in which you did not achieve any resolution of the issues. Please obtain permission to submit a case study from the subject; you must assure your client of complete confidentiality at all times.

- Attendance of a minimum of 8 hours, 1 to 1, or group mentoring (this requirement continues post certification to maintain the status of being an Active LT Facilitator)
- LiberatingTouch® live demonstration (this will be assessed individually for each student)
- Completion of 3 multiple choice exams
 1. On LiberatingTouch
 2. On EFT (Emotional Freedom Techniques)
 3. On Jin Shin Jyutsu
- A minimum of 2 years of practice and exploration with LiberatingTouch® - 100 hours of self-practice and 50 hours of practice with others (this will be assessed individually for each student)
- This status is subject to review every 4 years. After 4 years the Facilitator is required to book a mentoring session with Eddie and Ranjana, share their reflections, learning and understanding of LiberatingTouch®. After 15 years of practice, this will no longer be necessary.

Bodhisattva Vow:

Beings are numberless, I vow to save them (I intend to touch all beings with love)

Desires are inexhaustible, I vow to end them (I choose to detach from all desires)

Dharma gates are boundless, I vow to enter them (I open to the infinite possibilities of Truth)

Buddha's way is unsurpassable, I vow to become it. (Love's ways are incomparable)

