

Essential Aspects to be aware of when taking part in Touch Therapy

1. Connection: 1 to 1
Eye contact, voice, touch, listening – total commitment
2. Praise (clapping)
Smiles, eye contact, attention, touch, authenticity, naming, singing – positive affirmation
3. Relaxation & Enjoyment
Energy stroking, massage, music, environment
4. Holistic Attitude (for both parties if possible)
Precious souls and bodies, wellbeing, holism, equality
5. Changes of Energy (natural rhythms)
Emphasis on breathing and slowness – changing to emphasis on heart rhythm and liveliness, brightness, laughter and smiles, singing
Two natural rhythms:
 - i. Breathing Pattern – to emphasise focus and relaxation
 - ii. Heartbeat rhythm – to emphasise brightness, laughter and smiles
6. Separated (as performance, display)
Ritual form, circle, group, leader, beginnings/end – as in Drama, storytelling, etc.
7. Frequent Success
Motivation, self esteem developed through achieving
Praise with emphasis throughout
Sharing and showing
8. Choice and Expression
Finding ways to offer choice wherever possible to encourage expression
9. Equality
Partners are equal. Both partners (at some point) are praised and are given tasks to achieve.
Watch over tendency to passivity – and find a way of bringing ‘the whole being’ back.
10. Self Development
It is essential for the session leader to be aware of the need to continually challenge and develop oneself.



*These Essential Aspects can also be used as classic **focus points** to enhance your session leading. Try leading with one of these in mind and assess yourself on any positive changes observed from your guests afterwards.*