

# CONNECTION OF INTENTION AND SPIRIT WITH THERAPEUTIC TOUCH

## The Institute of Traditional Medicine Workshop/Support Group for TCM students

January 14th, January 28<sup>th</sup> (female students), February 11<sup>th</sup> (male students),  
1 – 5 pm  
February 17<sup>th</sup> 2009  
5 to 9 pm

Instructor: Ann MacKinnon

Practicing healing work with consciousness is sacred and important work. Each moment with each client gives us the opportunity to move forward as a human being and to expand our hearts. It is important to have the 'technical tools' to direct and guide our clients. It is equally important to have the capacity to nurture and support ourselves and one another in this challenging work. Self-awareness, in terms of approach, energy and touch are the threads that hold our technical expertise together.

This workshop will explore some of ways we can use our inner strength - *'spirit'* - and direct our energy and wisdom - *'intention'*. With an integrated practice we can look forward to new dimensions of wellbeing for ourselves and those we serve.

## Topic Areas

### INTENTION

- what is our life intention
- how does that connect with ourselves - with each other - with each session - with each moment

### EVERY TOUCH IS SACRED

- special consideration to gender - political/social context
- body image
- internalized oppression; racism, classism, sexism
- power relationships
- touch and being in the present - exercises

### ABUSE/Physical and Sexual Abuse and Trauma

- issues for the practitioner
- issues for the client
- there is no 'other'

### HOLDING A HEALING SPACE

- how to deal with our fears and hold a healing space when our clients have an emotional/body release
- developing professional boundaries within the context of understanding "I am my client and my client is me"
- professional and personal obligation of doing our own work; we are only able to take our clients as far as we have gone ourselves

### BEING PRESENT IN ONE'S BODY

- breathing
- meditation/prayer/mindfulness
- body scan

### PEER COUNSELLING SKILLS

- how to support our clients with listening skills
- how to support one another as practitioners