



HEARTraining® HEART 6 **Learning Objectives**

1. Describe the importance of positive reinforcement of biological synchrony and stability
2. Describe the application of the 3-Phase OI model in therapeutic touch
3. Describe how to work with Excess Inhibition in a therapeutic touch session
4. Describe how to work with Failure of Inhibition in a therapeutic touch session
5. Describe how to work with Failure to Complete in a therapeutic touch session
6. Demonstrate the ability to work with the Image Channel in a therapeutic touch session
7. Demonstrate the ability to work with the Meaning Channel in a therapeutic touch session
8. Demonstrate the ability to work with the Orientation Channel in a therapeutic touch session
9. Demonstrate the ability to work with the Sensation Channel in a therapeutic touch session
10. Demonstrate the ability to work with the Affect Channel in a therapeutic touch session
11. Use the understanding of the 3 Phases of the OI model of complex systems in a therapeutic touch session
12. Discuss how the 3 Errors apply to therapeutic touch
13. Describe the impact Orientation practices have on the stability of the client's system
14. Explain the importance of attunement in therapeutic touch
15. Describe 2 ways of attuning while using therapeutic touch
16. List the diaphragms in the human body as recognized by the OI model
17. Describe one form of contact used to work with shoulder diaphragms
18. Describe the difference between a state and a trait



19. Apply the understanding of shoulder diaphragms to a therapeutic touch session
20. Identify 3 changes one might observe or feel in a client when working with shoulder diaphragms
21. Demonstrate the ability to appropriately use therapeutic touch to work with the shoulder diaphragm
22. Apply the understanding of thresholds to working with the diaphragms
23. Predict how the client's physiology will respond when it reaches a threshold
24. Describe two ways to observe blocked energy in the client's physiology
25. Describe how therapeutic touch can be used to support mindfulness
26. Compare the outcomes of tracking the diaphragms through therapeutic touch to a seated, non-touch session
27. Describe how working with the client's pelvic diaphragm affects other diaphragms
28. Demonstrate where appropriate contact is made to work directly with the pelvic diaphragm
29. Discuss the considerations when determining whether or not it is ethically appropriate to use therapeutic touch on a client's pelvic diaphragm
30. Describe how to work with a client's pelvic diaphragm without directly contacting it
31. Describe 3 different postural presentations
32. Demonstrate the ability to recognize Threshold in a therapeutic touch session
33. Explain non-efforting
34. Discuss the importance of Orientation in a therapeutic touch session
35. Demonstrate the ability to Stabilize Blue in a therapeutic touch session
36. Plan the next steps for continuing your learning and incorporation of OI into your practice.