

Touch for Health™
Chinese 5 Element Metaphors Workshop

Syllabus

COURSE TOPICS:

* Muscle Testing FAQ's (Frequently Asked Questions) from *Pocketbook***

- **Basic Goal Setting** (TFH I)- *Phrased as Postive & Present Time*
- **Remembering Wellness Goal Setting** – from *Pocketbook*
- **Balancing-As-You-Go Protocol** *Using Metaphors as a Primary Intervention*
- **1-Point Balancing/ Assessment Protocol** *Using Metaphors as a Primary Intervention*

* *Simplified assessment model vs. official IKC Over-energy model of assessment*

- **Overview** of TFH holistic, person-centered, creative goal-setting and **Metaphor dialogue process:**

- **Muscle Metaphors** – Form/Function/ Test Motion/Gesture/Symbology
- **Meridian and Organ Function Metaphors** - Energetic, Physiological and Cultural/Idiomatic associations with Meridians and related Organs
- **11 Categories of the 5 Element Metaphors**
 - Symbology of the **5 Elements**: Wood, Fire, Earth, Metal, Water
 - **Seasons, Climates**: Environment, Nature
 - The Five Senses: **5 Colors** (visual), **taste, smell, sound**
 - **Touch/Fortification**: ligaments,
 - ~ **Body Parts** as functional metaphors
 - ~ **Body Parts** as Sensory/tactile metaphors
 - **Emotions** as symbolic or literal aspects of Goals/Symptoms/Issues
 - Seasons as **Life Cycles/ (Personal) Power** category
 - The 11th category: Cognitive Phases, **Belief Systems, Worldview**

* **Review of “metaphorical” techniques in the TFH Synthesis:**

- ESR, Color Balance, Sound Balance, Food

* **Items marked with and asterisk are considered optional or extended content. Items marked with a bullet “•” are considered mandatory teaching concepts**

** Course text: Touch for Health Pocketbook with Chinese 5 Element Metaphors, Thie & Thie, Touch for Health Educatio, 2002