

# Touch for Health Timeline Fact Sheet

**1964 George Goodheart DC** introduces principles of Applied Kinesiology to charter meeting of the American Chiropractic Association in Denver, Colorado in 1964.

George gathers **Goodheart Study Group Leaders**, called the “Dirty Dozen” after a popular film of the time, to develop and the teach the work of Applied Kinesiology.

George’s integration of origin/insertion techniques, Chapman’s and Bennett’s reflex points and Chinese Energy Meridians to facilitate specific muscle function is explored by Dirty Dozen and shared nationally with chiropractors and other physicians.

**1972 International College of Applied Kinesiology (ICAK)** founded. Dr. John F Thie serves as Chairman until 1976.

**1973 *Touch for Health* book published** to contribute to people helping people train patients to balance posture (muscles) and energy (meridians) improve self-care & prevention and increase benefit of professional health care.

**1973 TFH Foundation (TFHF) Established**, since then...

- TFH has been taught in more than 100 countries and at least 23 languages
- Since 1990: 35,000 official IKC certificates have been registered
- TFH *practitioners* – No medical training needed
- *An untold number* have benefited simply by reading the book and trying it out
- TFH has complemented/integrated with most all helping/healing professions

**1990 TFHKA and IKC Established**

Certification of TFH Instructors entrusted to existing International TFHF Faculty who establish International Kinesiology College (IKC) in Switzerland; IKC office moved to Australia 2004. TFHKA was established from the TFHF US membership to carry on the work of the Foundation.

**1994 – 2005** John F Thie serves as Research Director IKC

**1995** International Association of Specialized Kinesiology recognized Touch for Health as the seminal work and foundation of the field of Kinesiology

**2002** Association of Comprehensive Energy Psychology acknowledged John F Thie and TFH as the original inspiration for the field of *Energy Psychology*.

**2003 TFH Metaphors** published by John F Thie & Matthew Thie

**2003 eTouch for Health** software by Earl Cook & Gail Cook in collaboration with John F Thie and Mat Thie

**2005 Touch for Health Online Research Gateway & Database** developed by Earl Cook in collaboration with John F Thie and Mat Thie

**2005** John F Thie receives Lifetime Achievement Award, California Chiropractic Association

**2005 Touch for Health eCharts** software developed by Earl Cook & Gail Cook with John Thie and Matthew Thie

**2005** 30 year revision of Touch for Health manual completed, the ***Touch for Health Complete Edition***, Co-authored by John F Thie and Matthew Thie