



TWO YEAR HEALING COURSE

Accredited by the British Alliance of Healing Associations

CURRICULUM
AND
INFORMATION

Duchy Healers Curriculum

Every lesson includes:

- Discussion based on a written lesson plan or screen presentation.
- Meditation
- Healing Practise
- Learning an element of the Duchy Healers Code of Conduct
- Explanation of the homework topic and any questions regarding that.

N.B. Tutors may have different teaching methods and may choose to slightly change the order of the lessons – but all subject matter will be covered over the two years.

1. Introduction Lesson

Content: Introducing the Constitution/Code of Conduct, the Student Record Book and the Manual. Discussing Homework/Home Study Requirements.

Finding out if any student has difficulties with written work and discuss other options such as recording homework.

Discussion or presentation introducing Duchy Healers and what we are all about.

Practical work: Sensing the energies between hands etc, introduction to attuning to healing energy.

2. Protection – Grounding and Centring

Content: Discussing what these words actually mean - Discussion/presentation about protection methods and why we need them. Discussing individual techniques. Deciding if they need to be complicated methods or make them simple!

3. Self-Healing

Content: Discussion/presentation: How do we care for ourselves, spiritually, emotionally, mentally and physically. Personal boundaries and fulfilling personal needs. Introducing breath-work. Self-esteem exercise. The value of encouraging clients to help themselves. Thoughts and emotions. Forgiveness and 'letting go'.

4. Attunement and Absent Healing

Content: Discussion/presentation about attunement and absent healing, what it is and its importance. Practice absent healing attunement and discuss methods for absent healing. i.e. using a surrogate item to focus on. Group absent healing. Healing groups of people or places etc

Aim to practice at least 30 minutes of absent healing each week and record it in the student record book. (Tutor to supply absent healing clients or ideas for absent healing if the student is stuck.)

5. Explaining Healing to a New Client – Healing Procedure and Guidelines

Content: Discussion/presentation explaining healing to a new client, building a relationship/rapport - record keeping – preparing the healing space and demonstration of the healing procedure itself.

6. **Meditation and Relaxation**
Content: Discussion/presentation about what meditation is – a way to focus or quieten the mind - different types of meditation/relaxation techniques, what meditation is not! What we might recommend to clients to help themselves (simple breathwork etc)
– the eventual ultimate aim of meditation – self-awareness/self-realisation/greater connection to source.
7. **Nature of Healing**
Content: Discussion/presentation regarding the definition of healing, why healing works for some and not others, life path, blocking healing etc and discuss personal beliefs about the source of healing energy.
8. **Energies, Meridians, Chakras and Auras**
Content: Discussion/presentation about the energy body, definition of energies, meridians, chakras, auras and explore energy fields of ourselves and other objects/plants etc.
Difference between magnetic energy field and aura. How emotional energy has an effect on the physical body.
9. **Incarnation, Reincarnation and Karma (The Cycle of Life)**
Content: Discussion/presentation about incarnation, reincarnation, karma etc. Debating views about karma, death and afterlife. (Karma not being about judgement but bringing forward both positive and negative emotional energy from lessons in past lives). The connection between karma and emotions. How we apply this to healing – the importance of clearing negative karma and its benefit for our emotional health.
10. **Role of the Healer and Working with Healthcare Professionals**
Content: Discussion/presentation regarding the role of the healer, working with other healthcare professionals and healing in hospital. Creating boundaries, helping clients to help themselves, not allowing people to heavily rely on the healer.
11. **History of Healing**
Content: Discussion/presentation about the history of healing – when and why did healing become second place to modern medicine and how a start has been made to correct the balance. Understanding why working with a code of conduct is important for modern healers.
12. **Other Therapies and Approaches**
Content: Discussion/presentation with an overview of some other healing therapies. Take an observational look at some other therapies and renowned healers or therapists from past or present. (eg: Louise Hay, Deepak Chopra, Wayne Dyer, Donna Eden, Edward Bach, Samuel Hahnemann, etc)
13. **Power of Positive Thinking**
Content: Discussion/presentation about what makes us feel positive or negative. Practical exercise using muscle testing or dowsing the energy field while experiencing different emotions. Use of breathwork and meditation, healing power of nature, affirmations etc – Sensing energy throughout the body in relation to emotions.

14. **Basic Counselling**

Content: Discussion/presentation about what makes a good listener? Exercise, listening without note taking. Counselling is regarded as a separate therapy, therefore as healers, the act of 'counselling' is restricted to being a good listener. If the healer has a separate qualification and insurance as counsellor then a clear division must be made between the therapies.

15. **Healing Animals/Flora and Fauna etc**

Content: Discussion/presentation about how healing applies to animals, the law regarding healing animals and the disclaimer form. Animal communication – other healing therapies that may be beneficial. Absent healing for large, dangerous or unsocial animals. Healing for places, plants and circumstances.

16. **Basic Anatomy – Part One**

Content: Discussion/presentation about basic components of the biological systems of the human body. Common ailments, causes and effects.

Skeletal system – types of bones, joints, fractures or diseases

Muscular system – types of major muscles, difference between muscle and ligaments, diseases

Skin – functions: protection, temperature regulation, sensory organ, permeable membrane and absorption of vitamin D

17. **Basic Anatomy – Part Two**

Content: Discussion/presentation about basic components of the biological systems of the human body. Common ailments, causes and effects.

Organs of the respiratory system

Organs of the vascular and lymphatic system

Organs of the digestive system

Organs of the urinary system

18. **Basic Anatomy – Part Three**

Content: Discussion/presentation about basic components of the biological systems of the human body. Common ailments, causes and effects.

Organs of the reproductive system

Organs of the neurological system

Organs of the endocrine system

19. **Healing for life limiting conditions**

Content: Discussion/presentation about exploring the meaning of palliative care. Creating boundaries – debriefing after losing a long-term client or coping with difficult situations and client confidentiality. Being sensitive to client belief systems.

20. **Health and Safety**

Content: Discussion/presentation re: emergency and health and safety and appropriate actions to be taken. Prevention of accidents and placing oneself or client in a vulnerable situation. What is a risk assessment?

21. Setting up a Healing Centre

Content: Discussion/presentation about the rules and regulations for your own healing centre and requirements of health and safety, hygiene etc. Healing and the law. Being familiar with the following aspects – Consent, Consent for minors, Charges, Public Liability, Data protection, Equal Opportunities, Record Keeping for clients and financial records.

Discuss CPD Requirements (Continuing Personal Development)

TO BE FOLLOWED BY REVISION LESSONS BEFORE YOUR ASSESSMENT

The Assessment Procedure

At the end of two years there is a simple assessment procedure, during which you will be asked some questions about the Code of Conduct and general questions regarding healing. You will also be required to do a short demonstration of the chakra healing technique and your ability to attune to healing energy. Don't worry, you will be well prepared for all of this.

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OTHER INFORMATION

Length of the Course

The course lasts for two years. Many people question, "why"? This is to allow plenty time for the personal growth that inevitably occurs when you commence a course such as this. Many people will go through a period of self-healing, during which the support of a tutor may prove invaluable. There are exceptional cases where a student may be considered for assessment at an earlier time.

Lesson Days and Times

These are variable with each tutor – most can be flexible and try to accommodate student lifestyles and current work commitments. Many lessons are held on one day per month, either mid-week or weekend, or possibly divided between two or three evenings per month. Please talk to a tutor about times that may suit all parties.

Costs

Please consult each tutor – cost of lessons will depend if they have to hire a hall or if they teach at home. Fees for lessons are paid privately to the tutor.

The only standard costs are those payable to Duchy Healers: £39 as an initial joining fee which covers the cost of insurance, registration, manual, student record book and the code of conduct book from the British Alliance of Healing Associations. All other teaching materials, lesson plans and handouts are supplied by your tutor.

Thereafter there is an £18 subscription fee to be paid annually each January for your membership and insurance.