Therapeutic Touch International Association &
Nurse Healers-Professional Associates International, Inc.
PO Box 130 Delmar, NY 12054
518-325-1185 Fax: 509-693-3537
www.therapeutictouch.org TTIA@therapeutictouch.org

TT C.A.R.E.R. NOTES©

Single case study table and human energy field/biofield cue form

Date:	Session #:	Pract. initials:	Hp's initials:	Setting/Location:	Hp's position:

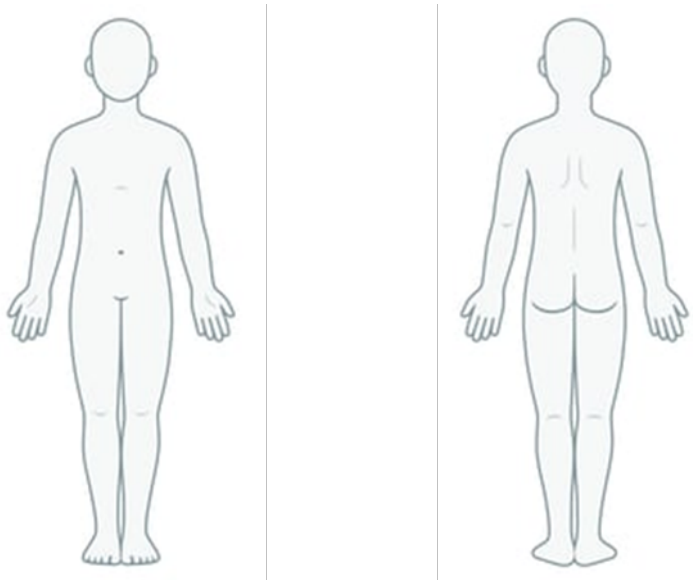
Demographics of Hp (age/gender/occupation):
Hp's comfort (pain and/or anxiety on a scale 1-10 before & after session if applicable):
Relevant history:
Current concern or need:

Getting ready for the session	
Reminders:	• Center/ground as a response to the call for compassion • Explain the session process • Permission to connect/touch • Breathe
Questions to consider:	• What stands out as you prepared for this particular session? Anything different? • What stands out in your initial conversation with the Hp? • What were you aware of as your compassion was activated?
Describe:	

Copyright © 2014 TTIA; revised 2/19/2017; rev 9/9/2018; 7/20/2019; 1/26/2020; 10/20/2026
This material may be reproduced with written permission. When using the document, please acknowledge TTIA as the source.
Nurse Healers-Professional Associates International (NHPAI) is the credentialing body of Therapeutic Touch International Association (TTIA)

C: Centering	
Reminders:	● Center/Ground outside Hp field ● Intention ● Re-center as needed ● Breathe
Questions to consider:	● How did you center/ground? Anything different? ● Did you center/ground with your Hp? If so, how? ● What was your overall intention for the session?
Describe:	
A: Assessment	

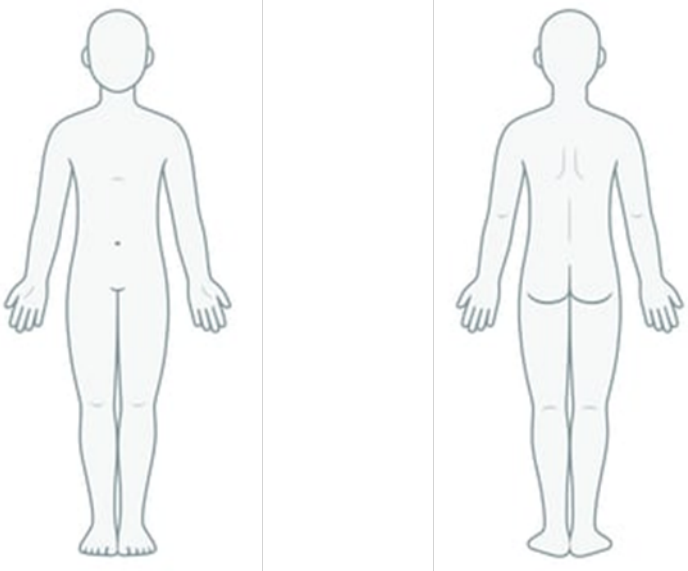
Copyright © 2014 TTIA; revised 2/19/2017; rev 9/9/2018; 7/20/2019; 1/26/2020; 10/20/2026
This material may be reproduced with written permission. When using the document, please acknowledge TTIA as the source.
Nurse Healers-Professional Associates International (NHPAI) is the credentialing body of Therapeutic Touch International Association (TTIA)

C: Centering	
Reminders:	• Assessment only; Not moving energy • Assess from top to bottom and from center outwards • Search for cues • Initial plan • Re-center as needed • Breathe
Questions to consider:	• How did you assess and what cues did you perceive? • How did that information come to you? • What initial plan did you have after the assessment? • You may want to use the human energy field/biofield drawings below to illustrate any findings.
Describe:	
Text or symbols used to illustrate energy:	

Copyright © 2014 TTIA; revised 2/19/2017; rev 9/9/2018; 7/20/2019; 1/26/2020; 10/20/2026
This material may be reproduced with written permission. When using the document, please acknowledge TTIA as the source.
Nurse Healers-Professional Associates International (NHPAI) is the credentialing body of Therapeutic Touch International Association (TTIA)

R: Rebalancing & Reassessment	
Reminders:	● Restore balance & well-being ● Reassess and rebalance as needed ● Avoid energy overload/giving too much ● Breathe
Questions to consider:	● What hand motions/intentions did you have while clearing/smoothing? ● If you reassessed at that point, was there new information from the field? If so, what? ● What other actions/hand movements/intentions/visualizations etc. did you use to support rebalancing? And why? ● As you reassessed, what had changed?
Describe:	

Copyright © 2014 TTIA; revised 2/19/2017; rev 9/9/2018; 7/20/2019; 1/26/2020; 10/20/2026
This material may be reproduced with written permission. When using the document, please acknowledge TTIA as the source.
Nurse Healers-Professional Associates International (NHPAI) is the credentialing body of Therapeutic Touch International Association (TTIA)

E: End & Evaluation	
Reminders:	• Last reassessment • Ground, stop and disconnect • Positioning • "Homework"
Questions to consider:	• How did you know it was time to end the session? What cues did you receive? • How did you let the Hp know the session had ended? What plan did you make with the Hp to rest/integrate after the session? Was water easily accessible and offered? • If appropriate, note where/how the Hp was at the end of the session and any vital sign updates. • "Homework"- What if anything did you offer to the Hp for follow-up post TT session? • How long was the session? And rest period? What did you do during their rest period? • You may want to use the human energy field/biofield drawings below to illustrate any findings.
Describe:	
Text or symbols used to illustrate energy:	

Copyright © 2014 TTIA; revised 2/19/2017; rev 9/9/2018; 7/20/2019; 1/26/2020; 10/20/2026
This material may be reproduced with written permission. When using the document, please acknowledge TTIA as the source.
Nurse Healers-Professional Associates International (NHPAI) is the credentialing body of Therapeutic Touch International Association (TTIA)

R: Reflect & Rebalance	
Reminders:	● Detach from outcome ● Communication ● Impressions & insights ● Learning ● Application ● Afterthoughts
Questions to consider:	● Describe any communication you had with the Hp after the session (Hp's feedback or insights on the session – this may occur a day or so later) ● Describe your impressions or insights. ● What did you learn about yourself? ● How will you apply any new knowledge in future sessions? ● Any thoughts or insights that came later?
Describe:	

Copyright © 2014 TTIA; revised 2/19/2017; rev 9/9/2018; 7/20/2019; 1/26/2020; 10/20/2026
This material may be reproduced with written permission. When using the document, please acknowledge TTIA as the source.
Nurse Healers-Professional Associates International (NHPAI) is the credentialing body of Therapeutic Touch International Association (TTIA)