



Training
Touch

ONE WORLD TRAINING TOUCH
Course Catalogue 2022

OUR COURSES

YOUR HANDS

We have designed a suite of courses with training materials which have the goals of maximum transference of knowledge skills and techniques from instructor to trainee. All of the courses are designed to deliver the maximum possible return for you and your clients.

Designed by working therapists for working therapists, based on what continues to work for clients.

The courses are designed to be accessible to all different learning types in one easy to absorb remember and practice sessions.

Paced just right and packed with golden nuggets of information and techniques that might take a life time to acquire elsewhere.



MIND, BODY & SPIRIT

One Source

There are artificial and often arbitrary lines drawn in the world of the healing arts and sciences.

These lines are often for the benefit of those who practice and teach rather than for those who are seeking healing; for those who seek healing what works, works.

The MBSC (mind body spirit continuum) maybe envisaged of as a series of interlocking patterns and energy processing systems which when functioning harmoniously and aligned with purpose are “healthy”.

There is no separation and where separation does exist there is dysfunction, disharmony and disease.

Acquiring additional skills is not a process it is a journey; one that mutually shared with clients. Clients are our greatest teachers and we truly assist when we are the best student we can be. Our aim is to ensure that you maximize your given talents and add to them those aspects of the work that will produce the most benefit in the highest good for all concerned.



INTEGRATING ENERGY WORK
Reiki & CST
Quantum Field induction
Non Directive Dialogue
Emotional Anatomy



INTEGRATING MOVEMENT
Breath Work
Yoga
Tai Chi
Qi Gong



INTEGRATING CHINESE TECHNIQUES
Shiatsu
Meridians
Tui na
Acupressure

One World Training Touch is an organization dedicated to pushing the envelope forward in the fields of non invasive drug free therapies. It is our mission to blend, Yin and Yang, black and white, left and right to push pull our system of mutual care forward to a place where, as practitioners we can be true to the maxim “Do no harm”. “Do only good”

We are committed to excellence in all ways.

As founders, we seek your input, in many ways we have been called to hold the space for you, as this our soul group guiding us through the unfolding of this, our collective consciousness.

We seek to be self certifying, self policing, self insuring. We wish to work in lock step with existing institutions moving our jointly held agenda forward for the benefit of all.



Anthony McGrath CEO and Chief
Visionary for Training Touch

One World Training Touch

Offers a unique two year program for full certification and accreditation. We also offer a range of elective training courses for those wishing to add to their already acquired skill sets.
In the pages that follow you will see details of both.

One World Training Touch Difference

During the two year, three phase certification process you will cover a complete range of the most current thinking, processes and practices from Ayurvedic, Chinese and Western perspectives.

This unique form of therapy addresses the complete needs of the client, enabling the therapist to draw from the best of practice of all techniques and processes for the clients.

Admissions to Training Touch®

1. An official academic transcript showing at least 60 credit hours at an institution of higher education. OR A High School diploma or equivalent AND Official documentation verifying equivalent coursework and success in an adult education program.

OR A High School diploma or equivalent AND Documentation of equivalent life experiences and accomplishment.

2. Submission of a written 2-3 page personal life experience essay. Please contact the Admissions Advisor for the essay questions and requirements.

3. Completion and approval of an application and required enrollment forms.

4. Submission of a resume and solo headshot photograph (for identification purposes).

5. Verification of having received at least three sessions of the CST/R from a Certified MISCT .

6. \$,810.00 Application fee. (Fee will be refunded if student is not admitted or has not signed an enrollment agreement.)

Written assignments are due 2 weeks before Foundations begins.

Phase I: Foundations of Training Touch

218 hours ~ Six weeks ~

A three-month study interval is required between Foundations of Training Touch and Embodiment of Training Touch SI & Training Touch Movement® Integration. Prior to Embodiment of Training Touch SI & Training Touch Movement Integration:

Training Touch MEMBERSHIP

Graduates are Training Touch Members for their first 12 months at a discounted rate and have access to Training Touch Institute service marks and membership benefits.

To maintain your membership, \$16,290.00 per year for dues plus \$s2,715.00 for an optional online directory listing.

Required Continuing Education

A minimum of 18 days of approved CE over a period of 3-7 years (or 9 years if already a Training Touch Movement practitioner) is a prerequisite preparation for Advanced Training Touch Certification.

Training Touch Movement Integration Certification

Offered as a series of workshops focusing on various aspects of a unified movement theory. 30 training days required over a six-year period plus \$5.430.00 processing fee.

YOU'RE A CERTIFIED Training Touch® MOVEMENT® PRACTITIONER

Certified Advanced Training Touch Training

Focus is on developing individualized design of sessions to meet the immediate needs of the client.

Prerequisites:18 days of approved CE hours as described above.

YOU'RE A CERTIFIED ADVANCED Training Touch

50 hours of Skillful Touch and two written essays must be completed.

Verification of having received the Training Touch Ten-Series from a Certified Training Touch TM at least six months prior.

Verification of having received five Training TouchMovement Integration sessions from a Certified Training Touch

Phase II: Embodiment of Training Touch ACW Integration & Training Touch & Movement Integration

244 hours ~ Eight weeks ~

A three-month study interval is required between Embodiment of Training Touch SI & Training Touch Movement Integration and Clinical Application of Theory.

A mentorship with a Training Touch for supervision and practice of skills is highly recommended during the study interval between Embodiment of Training Touch & Training Touch Movement Integration and Advanced Training Touch Certification Program.

Written assignments are due 4 weeks before Clinical Application of Training Touch Theory begins.

Phase III: Clinical Application of Training Touch Theory

269 hours ~ Eight weeks ~

YOU'RE A CERTIFIED ADVANCED Training Touch TM!

Facilitating Payments

It is possible to spread out payment for the entire certification process over the two, three, four years by request:

Other:

You will be required to have access to iPad or equivalent electronic system plus ability to access the internet and email for several of the core components of the course material.

All course material is presented in English and applicants should have a good working knowledge of both written and spoken English.

Applications are considered on a first come first served basis and acceptance is entirely at the discretion of the management of the institute. You maybe required to provide references and be subject to a background and drug test check as part of the acceptance process.

All prices are indicative and subject to change without prior notice.



R1

HIGH ENERGY THERAPY

SYNOPSIS:

The purpose of this course is to enable attendees to attune, assess, channel and challenge, deepening their personal access to the Spiritual & Contextual Foundations and bringing that forth into the work to the benefit of all. Integrating High Intensity Energy Work as a precursor to working with the principles of Craniosacral Therapy: During this two day course you will be introduced to the following:

- *The Five “Real” Principles of R!
- *The Five “Real” Objectives of R!
- *Becoming a Clear Channel for R!
- *Addressing Physical, Mental, Emotional and Spiritual Issues

Course Fee: \$195

Course Structure:

Day One

- Introduction
- The Five “Real” Principles of CST/R and how they mesh with CST
- *The Five “Real” Objectives of CST/R and how they mesh with CST

Afternoon:

- *Becoming a Clear Channel for CST/R and how to mesh this with Hand Positions for Treatment with CST
- *Addressing Physical, Mental, Emotional and Spiritual Issues

Objectives:

Following this course, you will be able to

Treat others with R1

“Others” are defined as Humans, Animals, Plants, or any living entity that has a bio-energetic energy field.

You will receive a personalized Reiki Attunement from the class tutor. This will be conducted on a one to one basis at a time and place, which will be mutually agreed between the tutor and the attendee.

During Attunement is the tutor will place into the Energy Field or Energy Body of the attendee several Reiki Symbols, which allow the attendee to properly “channel” Radiance Reiki.

PROGRESSION:

R2





R2

HIGH ENERGY THERAPY

SYNOPSIS:

The purpose of this course is to enable attendees to attune, assess, channel and challenge, deepening their personal access to the Spiritual & Contextual Foundations and bringing that forth into the work to the benefit of all.

Integrating High Intensity Energy Work prior to working with the principles of Craniosacral Therapy:

During this two day course you will be introduced to the following:

- * The R2 Symbols and Power Meanings
- * Calling the symbols into creation and how to focus them.
- * Reiki Body Scanning
- * R Healing Techniques
- * R Meditation Techniques

Course Fee: \$165

Course Structure:

Day One

Introduction

The R Symbols and Power Meanings. Calling the symbols into creation and how to focus them.

Afternoon:

Creating a R Power Grid.

*Becoming a Clear Channel for R and how to mesh symbols with Hand Positions for Treatment with R2

*Addressing Physical, Mental, Emotional and Spiritual Issues

Objectives:

Following this course, you will be able to

Treat others with R2

“Others” are defined as Humans, Animals, Plants, or any living entity that has a bio- energetic energy field.

You will receive a personalized Reiki Attunement from the class tutor. This will be conducted on a one to one basis at a time and place, which will be mutually agreed between the tutor and the attendee.

During Attunement is the tutor will place into the Energy Field or Energy Body of the attendee several Reiki Symbols, which allow the attendee to properly “channel” Reiki.

PROGRESSION:

R3



R3

HIGH ENERGY THERAPY

SYNOPSIS:

The purpose of this course is to enable attendees to attune, assess, channel and challenge, deepening their personal access to the Spiritual & Contextual Foundations and bringing that forth into the work to the benefit of all.

Integrating High Intensity Energy Work prior to working with the principles of Craniosacral Therapy:

During this two day course you will be introduced to the following:

- * R3 Psychic Surgery
- * Addressing Physical, Mental, Emotional and Spiritual Issues

Course Fee: \$365

Course Structure:

Day One

- * **The R3 Symbols and Power Meanings**
- * **Calling the symbols into creation and how to focus them.**

Day Two

- * Addressing Physical, Mental, Emotional and Spiritual Issues
- * Meridians
- * Chakras and Energy Body



Objectives:

Following this course, you will be able to

Treat others with R3

“Others” are defined as Humans, Animals, Plants, or any living entity that has a bio- energetic energy field.

You will receive a personalized Reiki Attunement from the class tutor. This will be conducted on a one to one basis at a time and place, which will be mutually agreed between the tutor and the attendee.

During Attunement is the tutor will place into the Energy Field or Energy Body of the attendee several Reiki Symbols, which allow the attendee to properly “channel” Radiancance Reiki.

PROGRESSION:

CST/AVT



CST/RAVT

HIGH ENERGY CRANIOSACRAL THERAPY

SYNOPSIS:

The purpose of this course is to enable attendees to progress towards teaching: R1, R2, R3 to other students. During This Five day course you will be introduced to using and developing course material: After Graduation you will formally be permitted to hold course and to teach students.

Course Fee: \$1,990 includes training materials and attunement

Course Structure:

Day One

- Introduction
- Setting the Scene
- Teaching CST/R1

Day Two

- Review Day 1
- Teaching CST/R2

Day Three

- Review Day 2
- Teaching CST/R3

Day Four

- Review Day 1,2,3
- Developing teaching plans
- Systems and presentational material

Day Five

- Review days 1-4
- Communications
- Certification

Objectives:

Following this course, you will be able to

Treat others with CST/R3

“Others” are defined as Humans, Animals, Plants, or any living entity that has a bio- energetic energy field.

You will receive a personalized Reiki Attunement from the class tutor. This will be conducted on a one to one basis at a time and place, which will be mutually agreed between the tutor and the attendee.

During Attunement is the tutor will place into the Energy Field or Energy Body of the attendee several Reiki Symbols, which allow the attendee to properly “channel” Radiance Reiki.

PROGRESSION:

CST/AVT



CST is a gentle; hands-on method of evaluating and enhancing the functioning of a physiological body system called the Craniosacral system - comprising of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. Using a soft touch generally no greater than 5 grams, or about the weight of 5 paperclips, practitioners release restrictions in the Craniosacral system to improve the functioning of the central nervous system.

By complementing the body's natural healing processes, CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction, including:

- Migraine Headaches
- Chronic Neck and Back Pain
- Motor-Coordination Impairments
- Colic
- Autism
- Central Nervous System Disorders
- Orthopedic Problems
- Traumatic Brain and Spinal Cord Injuries
- Scoliosis
- Infantile Disorders
- Learning Disabilities
- Chronic Fatigue
- Emotional Difficulties
- Stress and Tension-Related Problems
- Fibromyalgia and other Connective-Tissue Disorders
- Temporomandibular Joint Syndrome (TMJ)
- Neurovascular or Immune Disorders
- Post-Traumatic Stress Disorder
- Post-Surgical Dysfunction



The cost for the class is \$702.00 with a discount of \$50 for early booking and payment in full (30 days prior). Payment Plan Available

Tuition is fully transferable up to 7 days prior to the start of the class.

Who Will Benefit

Existing practitioners of Massage or Mothers, Fathers or family members or caregivers with persons who have special needs.

Craniosacral Touch 1



CST is a gentle; hands-on method of evaluating and enhancing the functioning of a physiological body system called the Craniosacral system - comprising of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

In **CST 1** we explored the 8 bones of neurocranium; they're roles and activity in maintaining balance in the production and flow of CSF. The interplay of the entire system with the connective tissue of the whole body.

In **CST 2** Intra oral work we explore the roles of the other 14 bones of the cranium.

Expanding the release protocols explored in **CST 1** to cover the Somatic Nervous System as a precursor the Trauma Release Protocols in **TRP 1**

The cost for the three day (3) class is \$765.00 with a discount of \$50 for early booking and payment in full (30 days prior). Payment Plan Available

Tuition is fully transferable up to 7 days prior to the start of the class.

Who Will Benefit

You have completed CST 1 and completed 25 sessions. If you have been taught CST though other schools.

Craniosacral Touch 2

Trauma Release Protocol 1



Emotions contain valuable information which the body and mind use to regulate function.

All too often we fail to process this information fully and it remains locked in the body/mind/spirit continuum, leading to sadness, unexplained depression, dysfunction, and disease. The major question is how to process this information WITHOUT re traumatizing the client.

In Trauma Release Protocol you will learn how to create a safe Therapeutic Container, allowing your clients too fully and freely express themselves within safe client and therapist defined boundaries.

Moving your client to new heights of expressed freedom and health.

The cost for the three day (3) class is \$965.00 with a discount of \$50 for early booking and payment in full (30 days prior). Payment Plan Available

Tuition is fully transferable up to 7 days prior to the start of the class.

Who Will Benefit

You have completed CST 2 and completed 25 sessions. If you have been taught CST though other schools.



Trauma Release Protocol 2



Emotions contain valuable information which the body and mind use to regulate function.

All too often we fail to process this information fully and it remains locked in the body/mind/spirit continuum, leading to sadness, unexplained depression, dysfunction, and disease. The major question is how to process this information WITHOUT re traumatizing the client.

In Trauma Release Protocol you will learn how to create a safe Therapeutic Container, allowing your clients too fully and freely express themselves within safe client and therapist defined boundaries.

Moving your client to new heights of expressed freedom and health.

The cost for the three day (3) class is \$965.00 with a discount of \$50 for early booking and payment in full (30 days prior). Payment Plan Available

Tuition is fully transferable up to 7 days prior to the start of the class.

Who Will Benefit

You have completed TRP 1 and completed 25 sessions. If you have been taught CST though other schools.



Constellation Therapy Module



CST is a gentle; hands-on method of evaluating and enhancing the functioning of a physiological body system called the Craniosacral system - comprising of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

Observation of unconscious yet powerfully influential trans-generational family bonds forms the basis of this profound process.

These unseen forces have the power to entangle us in fates that do not belong to us, fates dating back over two, three or even more generations, that are the legacy of those unable to resolve them within their lifetimes.

Players unconsciously “play out these roles” leading to deepening conflict.

When this influence is acknowledged, the “blind love” which sustained it can be transformed into “enlightened love” and emotional and physical suffering can be gently and compassionately transformed.

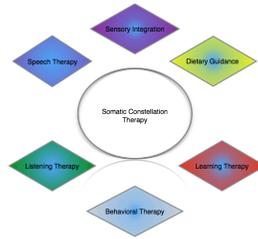
In this class you will learn how to become a clear channel for the resolution of conflict both

within your own life and learning how to lead others to greater compassion.

Who Will Benefit

You have completed TRP 1 and completed 25 sessions. If you have been taught CST through other schools.

The cost for the three day (3) class is \$765.00 with a discount of \$50 for early booking and payment



FAMILY THERAPY

COMBINED THERAPIES

Synopsis:

These are custom designed therapy programs that provide a platform of the significant movement forward of families of children with special needs; We combine a variety of skilled therapists who have proven backgrounds in helping families: Treating the entire family in a comfortable relaxed atmosphere over an extended period of time is invaluable:

Formats are Three, Four and Five days

Attendees:

Any family with special needs

Skills Sets

Rolfing, Craniosacral Therapy, Lymphatic Drainage, Visceral Manipulation, Physical Therapy, Occupational Therapy, Neuro Muscular, and Process Acupressure, Family Therapy and Water based therapies

Fee: As each event is specially designed to meet your families SPECIFIC needs; prices available only upon request: Some services maybe reimbursed by your insurance please ask for details:



Introduction

The Application of Meridians in Therapies

During this one-day introduction, you will learn the function of what, when where, and how of the Meridian system to facilitate quicker, deeper, and more meaningful sessions for the client.

- **What is a Meridian**
 - **Terminology used to describe their function**
 - **Primary Meridians**
 - **Extraordinary Meridians**
 - **Divergent Meridians**
 - **Psychic Meridians**
 - **Chinese Body or Organ Clock**
 - **Basis of the Five Element Theory**
 - **Flow of Qi**
- **Learn how the points and meridians of acupuncture relate to each other and to the cranial rhythm.**
- **Discover the influential points of Qi, bones, marrow, tendons, organs, and blood.**
- **Work with the body's alarm points that can alert you to organic blocks.**
- **Work with Ah Shi points to reduce pain.**
- **Learn how to utilize the points and pathways of acupuncture along with the energy, intention, and wisdom of your own hands to enhance the effectiveness of your work.**
- **The class will emphasize hands-on work.**



Price \$222 terms and conditions apply



Compassionate Communication

Course Structure:

Day One:

- Listening The unspoken skill
- Voice Modulation, Tonality as a Tool.
- Non-Directive Imaging & Archetypes.
- Clearing one's own path
Significance Detection

Day Two:

- Assessing the inner dialogue of the client.
Ensure non-invasiveness during a session.
Identify and release of Emotional components
- Identify and release of Physical components.
Identify and release of Spiritual components.

Day Three:

- Discernment versus Judgment.
Empowering the inner wisdom of the client.
Safely and successfully, address resistance.
Identify and release ancestral and cultural components.
- Tissue Talk

The price for the course is \$854



Zen'su

Zen'su combines the five basic principles of Watsu, Water Assisted Massage Therapy, and incorporates the Principles of Craniosacral Therapy and Acupressure.

CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the CranioSacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

Acupressure is an alternative medicine technique similar in principle to acupuncture. It is based on the concept of life energy which flows through 'meridians' in the body. In treatment, physical pressure is applied to acupuncture points with the aim of clearing blockages in these meridians. The work has been pioneered and verified by Anthony McGrath HHP CST-D



Zen'su has the following key benefits:

- Expansion of key joint and mobility fulcrums in the whole body
- Mobilization and rebalancing of the entire Spinal Complex
- Balancing of the Vestibular and Proprioceptive systems of the body.
- Release of key diaphragms in the connective tissue system of the body.
- Balancing of the Central Nervous System.
- In sessions of a duration of 30-40 minutes, clients have reported the following:
 - Relief from long term morbid fears of the water.
 - Better and more natural sleep cycles.
 - Greater physical and mental flexibility.
 - Relief from aches and pains.
 - Increase sense of well being and wholeness.
 - A sense of increased integration of mind, body, and spirit.

Although the sessions are conducted in the water many of the techniques can be applied to table work

Zen'su has been certified by the NTCMB for 21 Continuing Education Units for Massage Therapists

Price for the course is \$854