

## Case Studies

**Following is an outline of the recommended requirements expected of case studies submitted to the TFH K Association in support of an application for practitioner membership of the Association.**

There is a fee for marking these case histories of \$60. The marking will be done by the NZ Touch for Health Kinesiology Instructor Trainer.

It is recommended that on completion of your first case history that you send it to them to check that you are fulfilling the requirements.

Ten case studies are required - a total of 30 balances. A case study will normally, though not necessarily, follow a client through a series of balances, recording initial history, and any changes made by the client during the series of balances. We suggest a minimum of three balances per case study, though some may require fewer and some more.

Use initials only to identify clients, not names. Be sure that you have your client's permission to use details of their balances in a case study, even anonymously.

### Case Studies

1. At the outset, you should take a history of the client. Briefly describe any background information from your client's immediate or distant past which relates to his/her request for a balance or series of balances. How did you use this information for the first and/or subsequent sessions?
2. Next, record any goals or desired outcomes established prior to the first balance, and evaluate goals using pretests. Note any insights arising for either of you during the process of establishing a final goal.
3. Each balance should be initially recorded as notes made during and/or immediately following each session. You should take note of:
  - pre and post-balance evaluations and client's awareness of change,
  - how much time between sessions,
  - your personal observations and insights throughout each session,
  - any patterns you could see emerging through the session or over several sessions, and how you incorporated this awareness into what you did subsequently,
  - any noticeable moment where the client made a shift or had a significant insight and how you incorporated this awareness into what you did subsequently,
  - what the client learned from the sessions. If in doubt, ask.
  - what you learned from the sessions,
  - any other relevant observation or event.
4. Note any home maintenance recommended, and state its relationship to the initial goal and the immediate outcome of each balance.
5. What was there about this particular client or about this particular series of balances that made you decide to include him/her as a case study?

6. Did you draw any conclusions about how long any changes made by the client tended to last? Did any patterns begin to emerge over a series of clients?