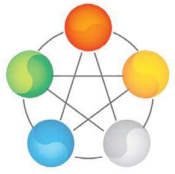


# Touch for Health Case Studies

## Requirements & Details

- Two Touch for Health case studies with a minimum of 3 balance sessions per case study are required. These are to be submitted to and marked by a TFH Assessors.
- 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.
- A minimum of three balance sessions per case study is suggested, though some may require 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.
- Complete a Touch for Health Case Study form for each case study and record each balance session on a Touch for Health Balance Sheet
- Both Touch for Health Case Study form and Touch for Health Balance Sheet can be downloaded from the NZITFHK website at <https://touchforhealth.nz/resources/>
- On completion, visit the NZITFHK's online store and purchase the Touch for Health Case Studies Assessment at <https://touchforhealth.nz/product/tfh-case-studies-assessment/>
- Then email your completed case studies to our TFH Case Study Assessor Diane Rosenberg at [atdiane@replenish.co.nz](mailto:atdiane@replenish.co.nz) along with a proof of your purchase e.g. the "Thank you for your order" email sent from us, to start the assessment process.
- A certificate will be emailed to you once your 2 case studies have been successfully marked as proof of accomplishment.

For any enquiries regarding Touch for Health Case Studies, please contact NZITFHK at [info@touchforhealth.nz](mailto:info@touchforhealth.nz)



# Touch for Health Case Studies

## Information for Case Studies

1. Provide a history of the client.
2. The clients background information
3. The use of this information
4. Goals and desired outcomes
5. Pre-tests used to evaluate the goals
6. Pre and post balance evaluation
7. Client's awareness of change – shifts/insights
8. Practitioner observations and insights for each session
9. Time between sessions
10. Patterns emerging through the session/s, how was this awareness used
11. What was learned from the sessions – client and self
12. Home reinforcement
13. Why include this as a case study
14. How long client changes lasted
15. Any patterns emerging over a series of clients' sessions