



NZ Institute of  
Touch For Health  
Kinesiology

# Touch for Health Case Study Form

# Touch for Health - Case Study Form

## Instructions:

The NZ Institute of Touch for Health Kinesiology (NZITFHK) requires a total of **2 Touch for Health Case Studies** for the **IKC Certified Touch for Health Consultant** qualification.

1. A single Touch for Health Case Study consists of a minimum of 3 Touch for Health sessions and one completed Case Study Form per case study.
2. Obtain client's permission to be a case study.
3. Use client's initials only, not full name for privacy reason.
4. Record each balance session by using the Interactive TFH Balance Sheet which can be downloaded from the NZITFHK website at <https://touchforhealth.nz/resources/>
5. On completion, visit the NZITFHK's online store and purchase the Touch for Health Case Studies Assessment: <https://touchforhealth.nz/product/tfh-case-studies-assessment/>
6. Once the Case Studies Assessment is purchased, email your completed case studies to our Case Study Assessor Diane Rosenberg at [diane@replenish.co.nz](mailto:diane@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.
7. A certificate will be emailed to you once your 2 case studies have been successfully marked as proof of accomplishment.

For any enquiries regarding Case Studies or the case studies assessment, please contact NZITFHK at [info@touchforhealth.nz](mailto:info@touchforhealth.nz) .

## Recommendations

- Adobe Acrobat Reader/Pro is recommended for completing the TFH Case Study Form and the Interactive TFH Balance Sheet.  
Adobe Acrobat Reader is a pdf reader and is free to download from the Adobe Acrobat Reader's website: <https://www.adobe.com/nz/acrobat/pdf-reader.html>
- If appropriate, use the highlight function from your pdf reader e.g. Adobe Acrobat Reader, etc. to mark the diagram on your balance sheet to show your wheel balance.

# Touch for Health - Case Study Form

**Complete ONE Case Study Form with minimum of 3 TFH Balance sheets**

You will need a minimum of 3 balance sessions for each case study.  
Download the Interactive TFH Balance sheet at <https://touchforhealth.nz/resources/>

**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Client Initials:** \_\_\_\_\_

1. Provide a history and background information of the client.

2. List Client's Goals/ desired outcomes for the 3 balances. Were they achieved?

3. Pre-tests and Post checks used to evaluate the goals. Please note the Results

4. List corrections. Note the Patterns emerging through the sessions? What was learnt?

5. Time between sessions

6. Home Reinforcement suggested. Note results & awareness gained.

7. How long did client changes last?

8. Client's awareness of change – Client shifts/insights

9. Practitioner's observations and insights of self and client

# Case Study Assessment

Student Name: \_\_\_\_\_ Client Initials: \_\_\_\_\_

Assessor Name: \_\_\_\_\_ Date of Assessment: \_\_\_\_\_



**Assessor Comment:**