

# TFH Teaching Zone

FROM COLLEEN RYAN - NZ FACULTY - OCTOBER 2024

## TOUCH FOR HEALTH DEDICATION

*John Thie Manual 2005*

Know Your Pain - "where exactly is the pain located? Is it deep or superficial? sharp or stabbing? burning? Even emotional pains have a strong physical component. Locate your feelings...do you feel it in your stomach or your head? What kind of posture do your feelings create? What movements are inhibited? You may have an inner knowing where the pain is coming from or no idea at all."

### ***Words of wisdom from Dr John Thie***

#### **PAIN TO HELP IDENTIFY THE GOAL** *reflecting on the words we use*

Lately I've been using the 'putting it all together' balance sheet and using the pain questions to help identify how that helps yield a fabulous goal statement.

A recent example is when a client described her pain as deep, hard and never stops...we turned that around to light, soft and restful. The pain allowed her to transform her goal to "I flow lightly through my life with softness and a restful posture". Her delight at how these words resonated with her was joyful and 'aha'.

If you'd like a copy of the 'putting it all together' consultation sheet please let me know. Simply use the areas on the form that you are familiar with.

Pain in our view can be seen as a friend and a friendly 'wake up' call to changes that need to be made so that the natural healing system can function.

Colleen Ryan



## **PROFESSIONAL KINESIOLOGIST**

NZ Institute of Touch for Health Kinesiology is now a Professional organisation with a clear career pathway for members to become a Registered IKC Professional Kinesiologist.

The work and vision of Catherine North and together with the support of Aroha, Cecilia and the committee over the last couple of years has seen this significant step come to fruition.

We have now cemented a firm relationship with Touch for Health and the Academy of Healing Arts (AHA) to offer a level of courses and training that has been approved by the Professional IKC School and accepted worldwide.

Of course the great news is that there are multiple stepping stones along the way for people to use their skills and talents within their communities at an early stage of the pathway! Something for everyone!



**Thank you  
Catherine  
for your effort,  
vision &  
dedication in the  
development of  
TFH systems  
meeting the  
challenges of  
our modern  
world**

Getting out amongst our communities has been a major theme of mine, to encourage talks and demos to groups.

I believe we need to continue to do this to be seen and heard and actively accessible to people looking for TFH services. Collaboration is key and discovering other community groups to work alongside.

### Promo Ideas;

What groups can you go and talk to?

How is your welcome letter going?

Social Media..update your profile

Prepare/update your Bio

Your vision statement - do you have one?

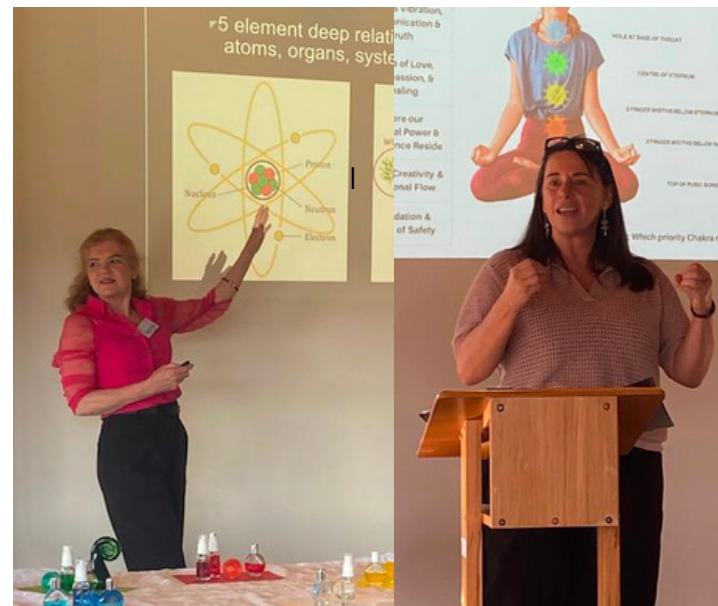
Check in with your goals - what do YOU want to achieve?



Myself and a few of my students attended the August Kanz Conference at Vaughan Park - it was an incredible time and it was lovely to be there amongst the vibe.

Alex presented a beautiful talk about the womb connection, I presented on conflict resolution.

**Please lets all try to be at the 2025 conference together!**



It's time to be  
Creative



**Let's make our time together strong, meaningful and with purpose -**

It's time to shine and help facilitate transformation. You can find "The Teaching Zone" articles on NZITFH website

2025 TFH Training Workshop - use this time to update, what students will be ready for this in June/July 2025?

Our hearts are designed to recognise truth

Colleen Ryan, NZI Touch for Health Faculty  
Registered Professional Kinesiologist IKC  
cmryanextra.co.nz  
faculty@touchforhealth.nz