



CRYSTAL & HEALING FEDERATION

Light • Integrity • Dedication

ENERGY HEALING

CHF Standard Practice Assessment Guide

August 2011



Standard Practice Assessment Guide for a CHF Energy Healing Practitioner

All CHF energy healing practitioners will sign a declaration that they have read, understood and will adhere to the CHF code of conduct. All content of the list below forms part of the code of conduct and is taught in the curriculum. This list serves as a self-assessment guide for each student and could also be used by schools to go through with their students in order to make sure all are fully confident with its content.

Response to a Request from a Client:

1. Evaluate the requests for energy healing for their appropriateness
2. Establish the client's particular requirements
3. Direct clients to alternative service providers where appropriate
4. Explain what energy healing is, how it works and what the client can expect.
5. Explain possible outcomes and clearly outline charges and duration of sessions to the client
6. Ensure that any fee structures, charges and methods of payment are clearly explained and understood
7. Arrange a suitable time and location for the session
8. Record arrangements made for the assessment fully and accurately

Evaluation of the Client's Needs

1. Present a professional appearance and be prepared and fit to carry out the assessment
2. Evaluate the client's initial approach and manner to evaluate their needs
3. Communicate effectively verbally and non verbally and in a manner that maintains client goodwill, trust, respect and confidentiality
4. Explain the nature, scope and duration of the session
5. Inform the client of the records to be made and their right of access to these
6. Encourage the client to ask questions and express any concerns about the session
7. Confirm the consent of the client and ask them to fill in the consultation form
8. Always check for contraindications to energy healing
9. If there are any contra indications, justify these in a sensitive manner to the client
10. Ensure that the interaction with any companion or guardian is appropriate to the needs of the client and yourself
11. Ensure the client is as comfortable as possible
12. Explore and establish the client's needs for energy healing
13. Refer to an appropriate source when it becomes apparent that the needs of the client and the complexity of the case are beyond your own remit or capability.
14. Halt the session at the request of the client or when it becomes clear that it is inappropriate to proceed
15. Explain possible outcomes of the session clearly and in a manner, level and pace appropriate to the client
16. Create and maintain records in line with professional and legal requirements



Providing Energy Healing

1. Ensure that the treatment environment is appropriate for the client and their needs
2. Ensure that all equipment, materials, and the surrounding work area meet professional codes of practice.
3. Make sure you are fully attuned
4. Make the client comfortable and proceed with a suitable and agreed relaxation procedure
5. When the client is relaxed proceed with the healing
6. Carry out safely and correctly the appropriate energy healing techniques
7. Make appropriate adjustments meet the client's changing needs
8. Deal effectively with responses to the treatment
9. Check the client's well-being throughout the treatment and give reassurance where needed
10. Make sure that at the end of the session the client is back into a state of full conscious awareness and grounded.
11. Advise and guide the client regarding relevant self-care procedures where appropriate
12. Confirm the client's understanding of the recommended self-care procedures

Concluding an Energy Healing Session

1. Agree future energy healing requirements with the client if this is appropriate
2. Encourage clients to take responsibility for their own health, effective functioning and well-being
3. Obtain the client's consent to pass on confidential information if appropriate
4. Ensure the client is fit to travel before they leave the premises
5. Interact with any companion(s) of the client in ways that are appropriate to the needs of the client and to your needs
6. Write the necessary information on the consultation form.
7. Ensure records are kept, in line with professional and legal requirements
8. Evaluate the experience you have gained from working with the client in the interests of best practice
9. Clear the treatment environment and if appropriate prepare yourself for the next client.