

Workbook Practitioner Support Group

Subject: *Process for becoming a Recognized Practitioner (RP)*

Hosted By: Terri Lacroix and Patricia Tamosetis

Sponsored By: TTNO Mentorship Committee

Meeting #1

June 2026



Topics for tonight....

- Workbook Practitioner Support Group
- Benefits of becoming a Recognized Practitioner (RP)
- Process to achieve Recognized Practitioner status
- What's changed over the past few years?
- Reminders when doing your workbook
- Closing the loop...Feedback from workbook reviewers
- Supports available to you
- Feedback from participants

Workbook Practitioner Support Group

- Why a support group for Workbook Practitioners?
 - Ensure access to information and support
 - Build on earlier efforts and initiatives
 - Part of the Therapeutic Touch Network of Ontario (TTNO) Mentorship Strategy
 - Not intended to replace one-on-one mentorship
- Target Audience
 - Workbook Practitioners
 - People who support the process (mentors, supervisors)
 - Audience may be expanded for specific meetings
- Meeting details
 - Interactive, with each featuring a different topic of interest
 - Members highly encouraged to suggest topics !
 - Meetings will be held a couple of times a year

Benefits of Becoming a Recognized Practitioner

- The Process
 - Grow in your ever-evolving practice of Therapeutic Touch® (TT)
 - Opportunity to deepen your TT practice
 - Deepen your understanding of yourself and your life journey
 - Opportunity to open new possibilities and shift one's awareness and consciousness
- Can practice Therapeutic Touch professionally
- A Recognized Practitioner designation may be required for volunteers in some organizations
- Can become a Recognized Teacher (RT)
- Can become a mentor and/or supervisor

Opportunity to grow, shift, learn, explore, expand

The Process to Become an RP – Let's get started

- Purchase the Practitioner Workbook (available on the TTNO website)
- Reach out to RPs and/or RTs whom you think may be a good mentor for you

Pre-requisites:

- Fundamentals of Therapeutic Touch (Foundations/Transpersonal) or Basic Levels (levels 1, 2, 3)
- Member of the TTNO

The Process: Let's look at the Workbook

- Open Book Review
- Reflective Journals (10)
- Unsupervised Case Studies (50)
- Supervised Case Studies (15)
- Received Session Case Studies (10)

Pro Tip: When you get the workbook – read all the documentation included as part of the package

The Process: Continuing Education

- Minimum of 32 hours of additional TT training
- Must study with at least one other Recognized Teacher (other than your original RT)

Continuing Education* hours may include:

- a repeat of TT workshops with one or more different teachers
- a TTNO approved TT workshop (see website)
- an event approved by the Teacher Liaison Committee for achieving RP status (note: Teacher's Days are excluded)
- max of 8 hours may be included from **ONE of Either** a TTNO Professional Development Day or Annual Conference (with practicum)
- Application of the Inner Processes of Therapeutic Touch*: once implemented, this workshop may count as 16 hours

*guidelines

More on Continuing Education ...

- Regular participation in a TTNO Branch (which includes a practicum at the meetings) required
- A minimum of 1 year's practice of TT is recommended once you have completed the *Required TT training* (the training that was a prerequisite for you to get your workbook)
- If you haven't taken the full *Foundations of Therapeutic Touch* or *Transpersonal Nature of Therapeutic Touch* workshops you are **highly encouraged** to take these towards your continuing education
- Still good value in attending events even if they will not count towards your 32 hours
- If you have completed your 32 hours of continuing education, but have not yet finished the workbook, continue to take continuing education as if you were an RP (1 per year)

If you have any questions, please contact the Workbook Co-ordinator (Patricia Tamosetis)

The Process: Requirements to Achieve RP status

- Therapeutic Touch training
 - Original training you required to get your workbook
 - *Foundations of Therapeutic Touch and/or Transpersonal Nature of Therapeutic Touch Tune-ups* if you have not taken these complete workshops
- 32 hours of continuing TT studies
- Minimum of one year's practice
- Workbook submitted for review – and approval received
- Member of the TTNO throughout the process

Notes:

-The requirements for achieving RP status are documented in full and available on the TTNO website in the member-only area

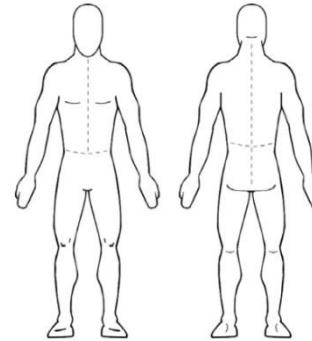
-Must be a member of the TTNO to retain RP status

What's changed? – Case Study Forms

- Upgraded to meet global standards
- Added:
 - Call of Compassion
 - Category for Distant TT sessions
- Changed:
 - Reference to Healing Partner (Hp)
 - Number of sessions that can be offered to a Hp has increased from 6 to 8
 - Number of distant TT that can be included:
 - Up to 12 unsupervised sessions may be distant
 - Up to 5 supervised sessions may be distant (i.e. Hp in-person with practitioner, but supervised over zoom)
 - Up to 3 received sessions may be distant

Date (yr/mo/day): _____ Distant In Person **Case Study #:** _____
 Healing Partner (HP) ID Code: _____ Age: I C T A S Location: _____
 Session #: 1 2 3 4 5 6 7 8 Previous Session #: _____ Next Session #: _____
 Call of Compassion: _____
 HP shared information: _____
 Introduction: self comfort explain TT permission to touch control length start stop
 rest questions
 My overall intention: _____
 As I Centered, I _____

Assessment (imbalances/cues) **Rebalancing** (How did you address the imbalances/cues? What, if any, imagery was used. Why?) See *Imagery*, page ix



At the **End** of the session I:

Symbol Legend for Cues Noted (e.g., saw, heard, smelt, sensed, felt, somatic ...)

Self **R**eflection: _____

 Hp responses I noted: _____
 Additional Comments: _____

 _____ (Practitioner Initials) _____

What else has changed ?

- Spring 2023: 10th Edition Practitioner Workbook
 - Workbook practitioners who started prior to spring 2023
 - Do not need to buy a new workbook
 - Encouraged to incorporate the newer case study forms – can be found on the website
 - Encouraged to add awareness of Call of Compassion to your existing forms
- Requirement to regularly participate in a TTNO Branch

Reminders while doing your workbook...

- Supervised case studies and received sessions need to be interspersed between Unsupervised case studies
 - Allows the practitioner to incorporate what they have learned
 - Do 4-5 Unsupervised case studies, then a Supervised case study and a received session
- Space out your Reflective Journals (after every 4 unsupervised sessions for example)
- Have different Recognized Practitioners/Recognized Teachers supervise your case studies
 - Great benefit in attaining different perspectives and guidance !
- Timelines

Feedback from Reviewers

- Self-Reflection portion of the Case Study form
 - Opportunity for practitioner to explore *how they gave the session and what they learned about themselves*
 - Frequently not written up as a self-reflection
 - Example: 'Hp was relaxed'
 - Missed opportunities to expand on thoughts and dig deeper
 - Example: "took longer to center" – include why you think this may be
 - Ideas for this section
 - Did you notice any shifts in consciousness ?
 - Was there an aha or oops moment ? If so, expand on it -what did you learn?
 - Did you learn anything about yourself as a practitioner during this session?

More Feedback from Reviewers

- References to working with Chakras in case studies
 - In TT we work with the field and never intentionally work to affect the chakras
 - We may become aware of the chakras during a session, but it is not our role to direct energy to them or try to affect them

Supports available to you ...

- Recognized Practitioners and Recognized Teachers
- Your TTNO Branch(s)
- Your mentor(s) and case study supervisors
- TTNO Workbook co-ordinator (Patricia Tamosetis)
- TTNO website (members-only area)
 - RP materials (case study forms, requirements documentation etc)
 - Mentorship page
- Workbook: contains excellent information
- TTNO Workbook Practitioner Support Group
- As a member of the TTNO you have access to a governing body

Mentorship materials on the web !

-This new webpage is designed to provide convenient access to information on 'all things mentoring' in Ontario

-Located in the 'Members Only' area of the TTNO website – just click on the 'TTNO mentorship' tab after you have logged in

-This page will be regularly updated, with new content posted as it becomes available

-Great for seeing upcoming mentorship events and viewing informative slide presentations and videos

Mentorship

Welcome to the TTNO mentorship page ! This page will be updated regularly as new information becomes available

TTNO Mentorship Committee: This committee, established in 2025, has been working enthusiastically to envision what mentorship could look like across our province. Current members are Deb Brear, Nancy Hall and Terri Lacroix.



Deb Brear



Nancy Hall



Terri Lacroix

Want to support mentorship in Ontario? We are looking for new members – if you would like to join us, either on the committee or to support a specific mentorship initiative, please contact a committee member.

Mentorship Strategy: In late 2025 a [mentorship strategy](#) was developed by the Mentorship Committee and shared with membership for comments and feedback. This strategy focuses on several groups – workbook practitioners and their mentors and supervisors, aspiring teachers and their mentors, workbook reviewers, curriculum reviewers, and anyone aspiring to be in any of these groups. This strategy, which builds on best practices and local initiatives and ideas, ensures that members across Ontario can participate and benefit from mentorship activities.

Membership meeting: On January 28, 2026 the Mentorship Committee hosted a Zoom meeting for TTNO membership to provide information on mentorship, present the mentorship strategy, and seek feedback. This meeting provided us a great deal of valuable input. Many thanks to all who attended ! We really appreciate the comments and insights you shared with our committee.

Upcoming Events:

-Support Group for Workbook Practitioners, aspiring Workbook Practitioners. As part of the mentorship strategy, the Mentorship Committee is rolling out this support group which will meet over Zoom to allow for participation across the province. Mentors and Supervisors of Workbook Practitioners are highly encouraged to participate as well. The kick-off meeting of this group is set for June 3. Stay tuned for further details!

Mentoring Resources:

[Slide presentation: Mentorship General Introduction](#)

[Video: Mentorship General Introduction](#)

We want to hear your feedback...

- Is this kind of a support group helpful to you?
- Do you have ideas for topics you'd like covered at a future meeting?

If you have further ideas after this meeting, please send them to:

terri.lacroix.tt@gmail.com