



## **TOUCH FOR HEALTH SCHOOL - CODE OF ETHICS**

As a TFH instructor, consultant and student, I understand that I am both private and professional, and these two aspects are inseparable. Any professional is skilled at work or in their office and equally representative of their profession when participating in business or leisure activities. Ethics are the basis for a sense of responsibility, moral understanding, and conscience, which prevent us from harming others.

### **Respect of Life**

I recognise and comply with the widespread significance of the respect and defence of life.

I agree to observe the individual's rights regarding creed, gender, religion, language, ethnic origin, nationality, political affiliation, race, sexual orientation, social standing, age, disease or disability or personal beliefs.

I agree to honour each person's decision-making process and recognise that muscle testing may not be used to replace this process.

I will not judge or assign blame or guilt to the person with whom I am working.

### **Balance of Living Beings**

Through muscle testing, I interact with a person's self-regulating capabilities and use natural modalities to facilitate well-being.

### **Wholistic Approach**

I work on all aspects of a person to facilitate their self-regulating abilities. During a balance, quality is prioritised over quantity of actions.

I am aware of the broader meaning that may lie behind any imbalance.

The educational model I am using originates from the objective of educating people to discover their values.



I recognise that muscle testing does not replace thinking and feeling

I realise that muscle testing must not be misused in ways unintended by the Touch for Health School.

### **Approach to Symptoms**

I do not intervene with symptoms. I am interested in potential rather than pathology. I use my professional competence to support the client in achieving a higher level of integration that enhances learning capabilities and quality of life.

Touch for Health School courses work in the self-responsibility and educational model, working with energy. Therefore, I do not claim to diagnose, prescribe, or treat named diseases.

I do not claim cures as I recognise that the purpose of Kinesiology is to balance the body's energies in conjunction with muscle testing and the associated correction reflexes and techniques.

When using Kinesiology, including Touch for Health, I believe that the person's energies are balanced and self-healing powers are activated.

### **Self-responsibility Model**

Maintaining a balanced state is a person's ultimate responsibility and choice.

I am responsible for assisting the client in learning to manage their health and well-being. The kinesiologist actively involves the client throughout the balancing process by educating them on the principles of the method.

Awareness and participation of the client are essential to make a change.

The relationship between me and the client is based on active cooperation to enhance self-responsibility. The kinesiologist uses the educational model. They consider themselves facilitators/educators, always ready to respect the client's choices.



I will maintain a high standard of cleanliness in both myself and my workplace (classroom and office).

I will maintain confidentiality regarding issues arising in my workplace (classroom and office).

I understand Touch for Health is recognised as a form of Kinesiology that can be used in the community for education and self-responsibility.

I agree to complete training programmes to the required standards and to continue self-education and development.

I agree to maintain a high standard of professionalism in all areas of my life, including my behaviour, attitude, and language, as well as my business and financial activities.

I recognise that the responsibility for the session's process remains with the client.

### **Empathy**

Lasting change and mutual satisfaction can be obtained when empathy is established between the client and the kinesiologist.

### **Positive Feeling**

I aim to evoke mental and behavioural patterns based on positive thoughts and feelings.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_