



Alt Touch
ALTERNATIVE TOUCH THERAPY

Phase Two Training

for

Alternative Touch Therapy
Specialists



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Purpose of Training:

Once a new Alternative Touch Therapy Specialist (ATTS) has completed their online course, they will need to complete the next phase of their training. This second phase will be geared towards how to facilitate Meet and Greets as well as the basic structure of Alternative Touch Therapy sessions. Alternative Touch Therapy recognizes that it is in the best interest of the Alternative Touch Therapy Specialists (ATTS), the clients in our care, and the company at large to have a mentorship program that allows for each new Specialist to receive structured training that encourages all ATTS to have consistent company messaging throughout all their interactions with any/all clients.

The Meet and Greet:

Meet and Greets are an opportunity for the client and Alternative Touch Therapy Specialists (ATTS) to have an opportunity to decide if they are compatible enough to book an Alternative Touch Therapy session. The Meet and Greet should include the following:

1) Before the Meet and Greet

- a. Specialists should read the responses given by the client to the questionnaire that is presented whenever a client signs up for an Alt Touch session; to include the Meet and Greet. The responses given will give the Specialist a good base of information about the client, such as what the client may want to achieve by having an Alt Touch session, what depth of touch the client wants, and if the client has any places they do not enjoy being touched.

2) The Greeting:

- a. The Specialist should introduce themselves and then ask permission from the potential client to shake hands. It is important that, especially in the first few meetings, Specialists ask permission to engage in any level of physical touch with the potential client. This includes something as simple as a handshake or hug. Asking permission allows the client to feel empowered and in complete control of their physical space.

i. Ex: “Hello! My name is Kimberly. You must be David. It is so great to meet you! May I shake your hand?”

1. Asking permission should occur before the Specialist extends a hand for the proposed touch. Once permission has been given, the Specialist should then extend their hand and offer a professional and welcoming handshake.

2. A hug or any large amount of body contact is discouraged at the beginning of a meet and greet.

b. If the client says no to any physical interaction, the Specialist should acknowledge the autonomy of the client.

i. Ex: “I absolutely understand your reservations and I want you to know that I will never enter your space or touch you in any way that is against your consent. My goal is to create as comfortable and safe an environment as I can and the best way for me to do that is for you to tell me what you are comfortable with and allowing me to show you that I will respect that. So, thank you for telling me your boundaries!”

3) Invite the client to sit in a neutral location.

a. If using the session room for a meet and greet, DO NOT immediately move to the couch space utilized for the session. Instead, invite the client to have a seat in one of the individual chairs.

4) The conversation:

a. Meet and Greets should last no more than 15 minutes. Because of this timeframe, the Specialist should have a good plan for the flow of the conversation as to garner as much information as possible about the client in addition to helping the client understand how the Specialist can provide a service that will meet their needs. This is where reading the client’s responses to the application questions can be advantageous. This is an opportunity to connect with the client by showing them they are important by asking or confirming information that was provided by them in the questionnaire.

1. Ex: “Thank you for filling out the questionnaire. I read that you would like to be in a nurturing space. I also read that you like your shoulder, neck and head rubbed, but you do not enjoy your face being touched. Is that accurate?”



b. Be sure to face the client with your body in an open and inviting position. Be aware of what YOUR body language is conveying to the client. Sitting with your legs crossed and your arms folded across your body is a very closed and uninviting posture.

c. Use inclusive language when speaking. This allows for a softer and more welcoming tone for the conversation.

1. Ex: “We understand that carving out time like this for your own self care can feel kinda weird, but we also want to thank you for realizing your alternative touch needs are valid.”

5) Conclusion:

a. Be sure to thank the client for taking the time to meet with you. Be sure to let the client know if you feel like you can provide a good service for them that will be beneficial to them. Be sure to let them know that you would love for them to go onto the website and schedule a session with you. You can also talk about their/your availability.

b. At the end of the Meet and Greet, the Specialist can now ask for a hug, if they feel that is appropriate.

Alternative Touch Therapy Session:

Each new Specialist will be required to complete three practice sessions with an assigned mentor and two sessions with clients that will be remotely monitored by the assigned mentor.

. These sessions will be structured in the following ways:

1) The first mentored session:

- a) During this first practice session, the mentor will take lead and fill the role of the Specialist. Alternative Touch Therapy recognizes the importance of understanding the role of the client on an applicable level. The Specialist will Begin with the Meet and Greet which will flow into the session.
- b) The Specialist In Training (SIT), will fill the role of the client. The mentor will demonstrate to the SIT how Meet and Greets should run and how an ATT session should flow.



2) The second mentored session:

- a) During the second practice session, the SIT will take the lead and fill the role of the Specialist. This will give the SIT an opportunity to practice what they understand of how the Meet and Greet and session should flow.
- b) The mentor will take the role of the client and offer lots of feedback and instruction during this second session

3) The third mentored session:

- a) During this third session, the SIT will take lead. This session is a chance for the SIT to take all the feedback from the first and second sessions and implement the techniques they have learned.
- b) The mentor will offer very little to no feedback during the session. At the conclusion of the session, the mentor will write a review for the SIT and submit it for consideration. The mentor will then recommend the SIT for certification or for further review.

Mentor Monitored Sessions:

1) The first two sessions:

- a) The first two sessions that the new Certified Alternative Touch Therapist performs for clients will be monitored by select ATTS mentor(s).
- b) During these sessions, the ATTS will monitor the session remotely and will take notes and give feedback to the new ATTS.
- c) The suggestions will either be guidance or will be corrective.
- d) These sessions will also allow for:
 - i) A time for the owner of Alt Touch to determine if the new Specialist will be a good fit
 - ii) If it's not a good fit, this will allow for a review to determine continuing or discontinuing further sessions with the new Specialist.
 - iii) A time for the new Specialist to determine if they want to continue to take clients.

Touch Therapy sessions:

- 1) All Alternative Touch Therapy sessions will be held in a company session room unless otherwise approved by the owner of Alternative Touch Therapy or designated personnel.



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- 2) Arrive at the session room at least 10 minutes in advance so that you can make sure that the room is set up and ready for the session. This may include making sure all technology and tools that may be utilized during the session are in working order. This may mean testing the AV equipment.
- 4) Set your timers. It is important that two timers are set. One should be set for five minutes before the end of the session, and one timer should be set for the actual end of the session.
 - a) The first timer allows for the Specialist to inform the client that there is five minutes left of their time together. This creates a soft transition to the completion of the session.
 - b) The second timer signifies the session is complete.
- 5) When the client arrives, be sure to greet them and ask permission to shake their hand.
- 6) The first five to ten minutes of the first session should include the following:
 - a) Invite the client to have a seat near you on the couch.
 - b) Show the client the laminated client agreement and request they look it over again to be sure that everyone is on the same page for the session.
 - i) Request the client sign/date with a dry erase marker and then take a photo for your records.
 - c) Show the client the “No Touch” areas on the illustrations. Ask the client if they have any questions about the “No Touch” areas.
 - i) This is a great opportunity to reiterate which area(s) the client prefers platonic touch and which area(s) they do not like to be touched.
 - ii) It is also an opportunity for you to convey to the client the places you do not like to be touched. You are allowed to set your own personal boundaries for the session.
 - d) Have the client quickly flip through the Cuddle Sutra illustrations. Using a dry erase marker, have the client identify which ones they are most interested in while leaving the ones they do not want to do without a mark.
 - i) Explain to the client that there will be plenty of time to try a few of the positions and that more can be tried in future sessions.
- 7) At the five minute alarm:
 - a) Gently inform the client that there are five minutes left in the session.
 - i) Ask them if there is a specific position in which they would like to finish the session.
- 8) At the completion of the session:



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- a) Now that the session is complete, the Specialist should thank the client for sharing their time. The specialist should softly guide the client to their belongings, shoes, etc. The Specialist should also indicate if they would enjoy spending more time with the client through an additional booking. The Specialist should gently encourage a swift departure. Lingering and long, continued chatting should not be encouraged.