

The Mentor/Mentee Experience

Questions for the Journey

by Kitty Kelly, HTCP and Jackie Page, HTCP/I

Joyful! Tearful! Exhilarating! Stretching! The relationship between the mentee and mentor is all this and more.

The required mentorship between Level 4, Level 5 and Certification is one of the greatest strengths of the Healing Touch Program. Apprenticeship is a time honored and highly effective way for a practitioner of a skill or art to transfer their knowledge and experience to another. Janet Mentgen, the founder of Healing Touch Program, was very wise to adopt this method for perfecting the necessary skill, confidence and heart centered approach in aspiring Healing Touch Certified Practitioners. It requires that the apprentice enter into an agreement to deepen his/her personal and professional experience under the guidance and support of a mentor.

This “deepening” is usually a profound experience for the apprentice and the mentor. To complete the requirements the apprentice immerses him/herself in new influences from books, conferences, and media to healing sessions, both given and received. This begins a personal transformation that is as important as the physical requirements of apprenticeship.

The supervision and support responsibilities of the mentor include guiding the apprentice through the defined requirements of the apprenticeship and remaining ever mindful and supportive of the professional and personal transformation process of the mentee. This frequently includes exercising the mentor’s heart and human understanding at ever greater depths.

In light of the substantial commitment to personal growth represented by this experience, the choice to enter a mentorship agreement is not to be taken lightly.

The following are questions mentees should ask prospective mentors before entering a mentorship agreement:

- What is your experience with mentoring? Ask if the mentor is current with new areas of the process. If there are former mentees, talk to them and ascertain how they remember their experience.
- Do you have a current practice of HT? This is a great question for opening up a dialogue about what type of practice you want to build and how the potential mentor may be able to help you build toward the practice you have envisioned.
- What are your strengths as a mentor? Mentee, be honest with yourself. What do you need the most? Choosing a mentor whose strengths complement your weaknesses is a wise thing to do.
- Are you charging for mentoring? This allows the mentor to begin building the concept of a professional interaction, both in the mentorship and in the mentee’s practice. It also helps the mentee prepare for the cost of a paid mentorship.

Consider asking yourself:

- Are you comfortable enough with a prospective mentor to

maintain an open interaction about your development? Fulfilling some of the requirements of Level 5 and Certification will probably come easily for you - but others may be more challenging. An open interaction with your mentor will help the mentee ask for help when he/she needs it and effectively use the mentor's feedback.

- Are you willing to commit to personal growth? Self care? One of the common experiences of apprentices is surprise at all the changes and challenges they experience. Are you ready for the adventure? Ideally the assignments and requirements catalyze this personal development into a Practitioner status. The most rewarding and successful apprenticeships are entered with a longing for this development. Self care is a must along the journey to help you work through issues that arise. That is why it is a requirement of the program.

What mentors should consider when entering into a mentorship agreement:

- How are your skills in recognizing and supporting mentees with different learning styles? People progress through the stages of learning in different ways. Are you prepared to guide your mentee with appropriate levels of supervision and expectation based on their readiness and preparation for each task and growth opportunity they will encounter?
- How are your skills in recognizing and guiding your mentee to resolution on boundary issues? During apprenticeship mentees typically encounter several practitioner/client and mentor/mentee boundary issues. Are you prepared to approach these with professionalism? It can be challenging to face interpersonal issues between you and your mentee. It is easy to take them personally instead of using them as learning opportunities for both of you.
- How are your active listening skills? We use active listening constantly in our practices. Even so, we may find it hard to hear our mentees needs or overdependence when they challenge us to change our approach.
- How are your conflict resolution skills? If they are strong you are more likely to successfully guide situations that will lead to win-win resolution.

- Are you current regarding Healing Touch Program requirements for Level 5 and Certification? Maintaining current knowledge of the requirements your mentees must satisfy is critical to helping them succeed. Requirements change. It does no good for your mentee to meet the requirements you faced. You must prepare them for the requirements of today.
- Are you organized enough to guide the mentee through the process? Many successful completers of Certification credit "staying on track" throughout the apprenticeship for their success. When mentors assign appropriate homework and expect this homework to be complete at each mentoring meeting, mentees are encouraged to progress through the requirements incrementally. This helps to avoid their becoming overwhelmed and can get them to completion in an appropriate timeframe.

The Qualified Mentor Training Program was designed to help prospective and current mentors increase and align their skills with the Healing Touch Program of today, as well as the future. It includes discussion and training in all of the above areas, and more. It helps seasoned and new mentors renew their focus on the rapidly changing world of energy medicine ethics, learn new skills for resolving issues that arise in mentorship, and learn the current requirements and expectations of HTP completion (Level 5) and HTP Certification.

About the authors:



Kitty is a Healing Touch Certified Practitioner (December 2009) and has completed the Healing Touch Mentor Training Class. She and Dale Ferg (Janna Moll's coordinator) are actively seeking additional mentees and hope to complete the requirements to be-

come Qualified Mentors within the next year or year and a half. Kitty is also an active volunteer with Healing Touch Program in the effort to achieve national certification. She earned a BA and an MBA from the University of Colorado and is trained in several energy medicine modalities.

Please contact her at kittykelly@msn.com if you would like additional encouragement to take the Mentor Training Class or if you are looking for a mentor.



With a BS and MA in education, Jackie taught high school for eighteen years before becoming an RN and “coming home” to Healing Touch (HT).

Jackie coordinates a free community HT clinic and a HT practice group, leads classes at Elizabethtown College through the Institute of Retirement Learning and teaches HT Levels 1 and 2.

Although already a mentor Jackie found the QM class rewarding for herself and expanding for her mentees.