



HTI's

# Perspectives in Healing

A PUBLICATION OF HEALING TOUCH INTERNATIONAL, INC.

1ST QUARTER 2012

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*Spreading Healing Light  
Worldwide through heart  
centered service, education  
and professional development*

## Healing and Our Infinite Potential - Part 1



*"We must raise prodigiously the threshold of our awareness so that we see ourselves for what we truly are: individual cells in the immortal body of humanity. ~ Norman Cousins"*

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This periodical is published quarterly (4 times a year). We welcome articles, photographs, advertising and other items. All items are published on a space available basis and with the approval of the Executive Director. We acknowledge all submissions; originals will be returned upon request. Send advertising and articles to HTIhosp@aol.com ... Thanks!  
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## HEALING TOUCH INTERNATIONAL, INC.

*Spreading Healing, Light and Love,  
Creating Wholeness on Earth  
through heart-centered service, education  
and professional development.*

### Healing Touch – a Nurturing Energy Healing Therapy

Healing Touch is a nurturing and heart-centered energy healing therapy. Gentle touch assists in balancing physical, mental, emotional and spiritual well-being. The goal in Healing Touch is to restore harmony and balance, to support the body's natural healing ability. It is safe for all ages and works in harmony and collaboration with standard medical care.

Healing Touch is used in a wide variety of settings including hospitals, long term care facilities, private practices, hospices and spas and is taught in universities, medical and nursing schools and other settings internationally.

### HTI Healing Touch Certificate Program

The HTI Healing Touch Certificate Program includes 5 levels of training provided by HTI Certified Instructors. Classes are open to anyone interested in healing. Students progress through the course at their own pace and may take as many levels as desired. Nursing and Massage continuing education contact hours are provided.

Healing Touch was created as a certificate program by Janet Mentgen RN, through the American Holistic Nurses Association (AHNA) in 1989. It became the HTI Healing Touch Certificate Program in 1996 and continues with the original standardized curriculum. AHNA has endorsed the HTI Healing Touch Certificate Program since 1997. See [www.HealingTouchInternational.org](http://www.HealingTouchInternational.org).  
Click on Education for class information.

### HTI Healing Touch Certification

HTI Healing Touch Certification Board offers credentialing for Certified Healing Touch Practitioners (CHTP), and Certified Healing Touch Instructors (CHTI). Certification was established within AHNA in 1993, and transferred to HTI in 1996. Students, Practitioners, and Instructors are responsible to practice with integrity, adhering to the HTI Standards of Practice / Code of Ethics, and Scope of Practice.

### Healing Touch International Non-profit Membership Organization

Healing Touch International (HTI) is the Healing Touch non-profit professional organization founded by Janet Mentgen RN in 1996, dedicated to spreading healing worldwide, and supporting the heart-centered practice and teaching of Healing Touch, Continuing Education, Research, Health Care Integration, and Professional Development. Support services are provided for the general public, students, practitioners, instructors and those interested in healing.

### HTI Core Values

- Integrity
- Heart Centeredness
- Respect of Self and Others
- Service
- Community
- Unconditional Love

HTI 2003, Revised 2004

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Cover Photo "Shelter from the Storm" by Caitlin (Cat) Anselme Miller



## Letter from the Editor

### *Healing and the Path of Infinite Potential - Part 1*

by Lisa Anselme RN, BLS, HN-BC, CHTP/I, HTI Executive Director

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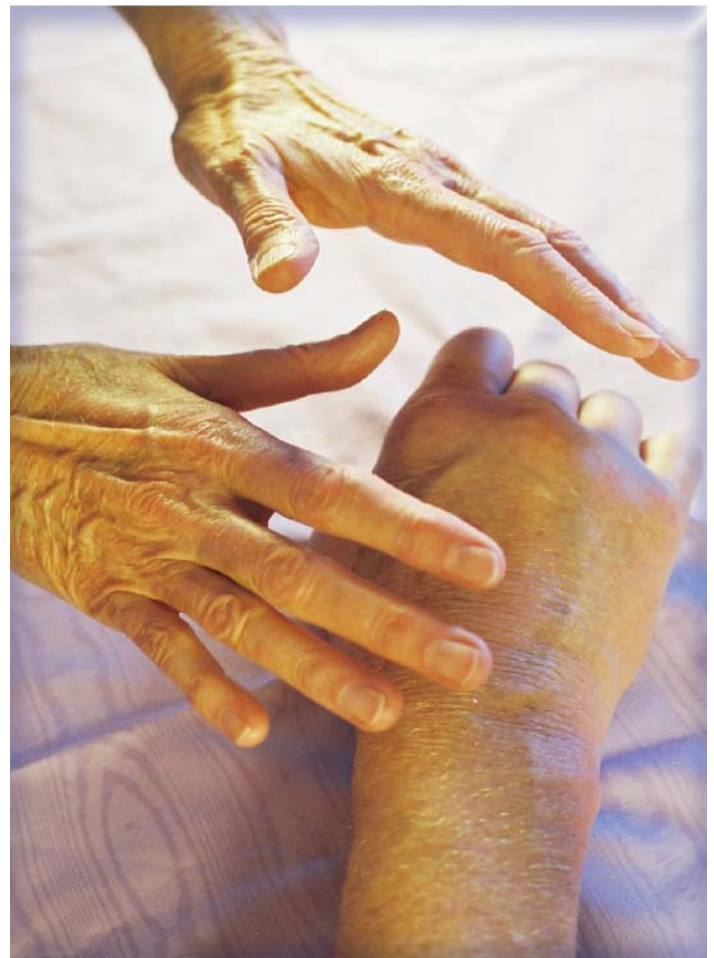
In the 2012 editions of the HTI *Perspectives in Healing*, we will have the opportunity to explore different aspects, stories, and infinite potentials for healing. Of course, as we are all aware, healing is not the same as cure; and that is a very good thing, as there is an abundance of disease and illness that lacks “cure”. Rather, healing is the journey of becoming whole in body, mind, emotion and spirit. It is a path and journey of infinite potential and traverses across the life and health spectrum. Indeed, one can be cured of physical disease and remain fragmented, lost, dispirited, in discordance within themselves and the rest of the world. Equally true, one can fail to be “cured” and yet live and die whole, complete, at peace, resolved, and in right relationship within themselves, their family and the world. Healing can occur through deep acceptance of one’s circumstances and through a sense of completion; it can take the form of deep forgiveness in the face of great injury, or of entering into a place of detachment from all outcomes while remaining quietly authentic. Healing can look uniquely different from individual to individual, yet it shares common threads, perceptions and feelings of deep resolution.

I will forever remember hearing Janet Quinn PhD, RN in 1993, stating, “*Healing is always optimistic, up to and through the moment of death.*” (NLN produced video about Therapeutic Touch) At that moment, I at last began to understand what I had long observed in thousands of patients and families who were facing the many challenges of life, through disease, trauma, hardship, and loss; ones who had done all the right things with respect to their health and treatment of their fellow human beings, seriously ill children who were so precious and innocent, and endless numbers who were suffering so greatly. I began to comprehend that the circumstances of their lives was a pathway that opened a spaciousness for the brilliance of their souls to shine forth with great clarity, to sometimes alter the course of their lives and expression completely, and draw forth the deepest form of compassion and love from themselves and others. I began to understand that wholeness can occur in a heartbeat in the most chaotic circumstances, and that it can also occur over time as if one were traveling gently along a flowing river.

In essence, within the timeline of the soul, wholeness can unfold without regard to time or space. It is as though the soul is calling, “next step, next step” in this

journey of discovery, vulnerability and deep tenderness. As the soul journeys through the tasks of our chakras, illumination and clarity can occur during times of life threatening danger, during times of great suffering or adversity, or during times of deep aloneness. It is no accident that times of great transformation and great opportunity, called the “dark nights of the soul”, often come during such times as these.

Throughout this year, I invite you to reflect upon your own healing journeys and the healing journeys of your loved ones and clients. We invite you to share some of your personal stories and discoveries that arise from your reflections and if you are so moved, to send them in for possible publication. Most of all, we wish for you, our beloved planet, and our fellow wanderers on this infinite path, wholeness, true healing, and great peace.



Healing Hands 2 - Photo by Cornelia



## Motivations from the President

### *Exploring Our Individual and Collective Healing Path*

by Mary O'Neill RN, CHTP/I, President HTI Board of Directors

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As we prepare for our upcoming conference in September, it would be helpful to reflect on the theme chosen for this year, *Healing and the Path of Infinite Potential*. As many of us are aware, healing work will bring a person into a deeper awareness of our own opportunities for growth and development. When we step forward into Healing Touch, either through receiving a session or attending a class for the first time, many people comment regarding the perfect timing and the sense of synchronicity. We feel as if we've connected with something far deeper than we expected. Many of us feel we are in the exact right place at the exact right moment in time. We set our foot on that path and life will never be the same.

#### **Moving the Boulders and Polishing the Stones**

We learn best through reflection and as I gaze back on my personal journey, I can now see more clearly the steps that brought me to my present location on this healing path.

In the late 1980's I was questioning and exploring my own spirituality and finding ways of deepening my spiritual life. Through this process of prayer, journaling and meditation.

I chose to step back and reflect on my life and the effects of the brokenness. What were the boulders in my path? How did they get there? What did they mean? Most importantly, what invaluable gifts did they bring? As I frequently tell students, life is an equal opportunity provider. We all have wounds, no one person gets through life without them. It is how we chose to learn from the painful experiences and how we can eventually put that into service for others that brings us into true healing. So for several years I explored the boulders and came to know them very well. Rather than move them totally off the path and out of sight, I chose to move them to the side of the road that I walked upon. I can never forget them but I do continue to learn from each of them. They are a valuable part of me and my journey.

The conscious act of forgiveness and living life forward helped to polish the stones. There is no way to change the past except to reflect, reframe and forgive. This allowed each boulder and stone to become a gift of beauty. I am who I am because of all my experiences in life. They make me the person I am today and deep

love, forgiveness and gratitude have allowed me to heal, grow and bear light to others on the path. I am not a victim to circumstances but a victor. I consciously choose each day to make healing a priority and to be a healing presence.

#### **Walking in the Fog**

As I preceded through my Healing Touch studies, I became more convinced of the value of our work. In my circumstances as a wife, mother of five children ranging from grade school age to college, staff nurse in a very busy ER Department I was busy about all the details of day to day life. But deep inside me, I kept the light of Healing Touch alive. I wondered how this would develop in my life. I had many unanswered questions. What was I going to do with Healing Touch? Why was I so drawn to it? How would this ever play a part in my life? I couldn't wait for the next class and to make contact with my growing Healing Touch community. I couldn't see all the steps that it would take to bring it to fruition in my life. I was walking in the fog. I wasn't able to see two steps in front of my foot. What I did during that time was to practice, continue to read, talk with like minded people and use the techniques at every opportunity. Some days the fog was thicker than other days. Deep within my core, I knew something was coming. Trusting that it would reveal itself, I kept my feet moving forward on the foggy path.

What I have come to see years later is that while I was walking step by step in that fog each of my life experiences were providing the skills I would need for the next step. My task at that time was to prepare myself and trust that it would present its self at the perfect time. Trusting when you cannot see how it will ever become reality is not easy. Just believe, allow for the possibility and keep moving forward. Keep your eyes open and your heart connected with your dream. Each day visualize some aspect of your dream and allow the flow of Divine love to carry your dream forward. Then be patient and take the next step.

#### **Food for the Journey**

In my experience of walking this path of healing, I've become aware of the many times I've been sustained by the people I've met, circumstances that have occurred and the simple gifts I've received to keep me engaged and encouraged. It might be a conversation that provides an encouraging word and an affirmation

continued on next page

## Motivations from the President cont...

that goes to our heart. Sometimes reading a book, the words jump off the page and go deeply to the core of our being. Occasionally a dream has provided the richness or clarity I was seeking. Once I had a dream where I was walking along the bank of a fast flowing stream. I could feel that I wanted to be in the water but was holding on tightly to the tree roots. I was afraid to let go and allow myself into the water. Would I be swept away by the fast current? I awoke feeling tense and frustrated but kept the image in my mind and heart. Several weeks later the dream returned, only this time a hand was extended that was reassuring and encouraging, helping me enter into the flow. It was easier than I had anticipated. I found my courage. These kinds of messages can provide us with sustenance that we need on our path.

Another time, I was given the words "FREE FALL" during my journaling. I spent some time reflecting and thinking about what that meant in my life. A few months later, I was driving to work and frustrated by a difficult situation. I was angry, tense and sensing loss of control over the situation. Then, right there on Interstate 44, a car passed me and pull right in front of me quickly. It definitely got my attention. The license plate said FREE FALL. I got the message, I needed to let go of this situation. These moments provide the direction and encouragement we need at the time and let us know we are not alone, we are in the flow.

### **Both Feet on the Path**

In the fall of 1998, I had made the difficult but exciting decision to leave the hospital practice and open my own holistic nursing practice incorporating Healing Touch.

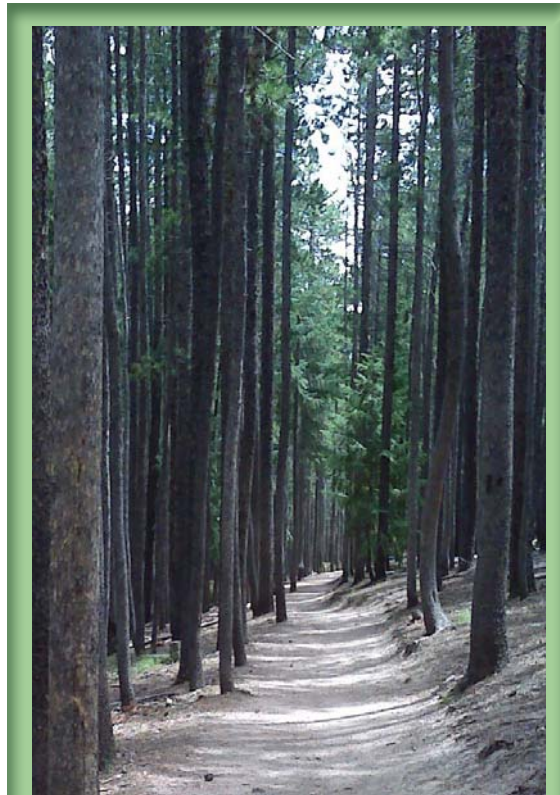
This would be a full time practice and I cut my ties with the hospital system. The decision wasn't easy and I reflected and went through a discernment process. This process incorporated time with my husband and family looking at how our lives would change. I sought assistance and guidance from my counselor and my spiritual director.

When all of the pieces were in place I began my practice. The ebb and flow of clients was sometimes worrisome. In my mind I created a back up plan. If things got too lean, I could always go back to the hospital; I could go back to my staff nursing position. Doubts clouded my mind and I heard myself frequently saying "I could go back....I could go back....I could always go back".

I had a dream one night that was very vivid and real. Rea and I were in a car we owned in the early 70's. I was in the passenger seat and Rea was driving. I looked behind us and saw a big 18 wheel truck coming closer. I wasn't frightened just observing. Then the truck was pushing us forward but we were not losing control. The truck was then shearing off the back of our car but again we were staying on the road and in no danger. Finally the grill of the truck was at the back of my neck and I heard these words, "You are on a path forward and there is no going back". I was overwhelmed with a sense of peace and calm. From that day forward, I've not worried about my practice. I'm not in charge of it. I am doing exactly what I am supposed to be doing and I will always be taken care of. I've learned the importance of putting both feet firmly on the path that I have chosen and committing fully to the purpose of that path. We have subsequently seen our children educated, married, moving on to create their own lives and all is well. I'll never be rich, but I know we will have what we need to sustain our life. I feel a deep sense of

connection and rightness with my work. I would not have it any other way.

Life on this path is always intriguing, exciting and never dull. Each of your stories is unique and filled with insights, wisdom and truth for your path. Join Healing Touch International this year as we collectively celebrate life and healing on the path of infinite potential. You are in for a most amazing ride; fasten your seat belt!



*The Path* - Photo by L. Anselme

# Inspirations

Your Imagination and  
Your Infinite Potential

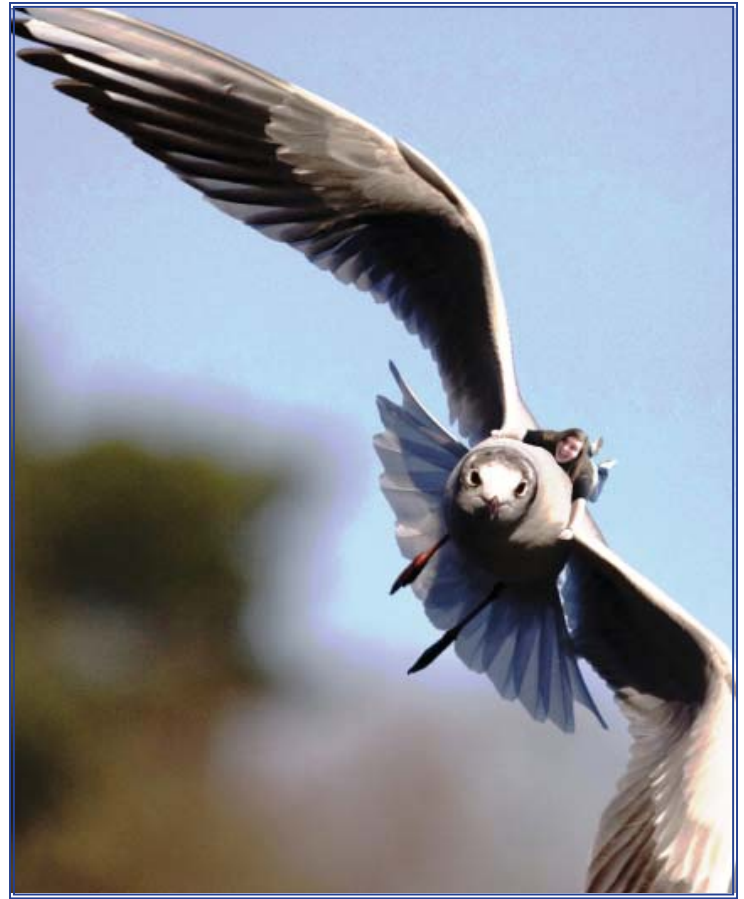


Photo and Art by Cat Anselme Miller





## In Service

### *Healing Touch Visits Bonne Terre Correctional Center*

by Mary O'Neill RN, CHTP/I, HTI President

“It is rewarding to know that Healing Touch is making a positive impact on men working hard to get their lives together”

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I recently received a call from Sr. Elaine Aubuchon, SSND asking if I would be interested in coming to the Correctional Center in Bonne Terre, MO to present Healing Touch. It is located about an hour south of St. Louis. Sr. Elaine has moderated a meditation group to the residents for a few years. I agreed after learning a few more details. Plans were set in motion and paperwork completed to allow me to come in as a visitor.

I was to offer an overview of Healing Touch and teach one technique that the men could learn to do for self care. A few pages of handouts were allowed. Nothing else could come in with me except my photo ID.

On the morning of the presentation I was slightly apprehensive. I didn't have high expectations of interest in the subject from the men who would attend. I thought that perhaps they would just come to fill an hour or two in their day and be bored or indifferent. Sister Elaine met me at the entrance to the Correctional Center and gave me a brief overview. This Center is a maximum security facility and acts as a receiving point for men coming into the correctional system. They remain here from thirty to ninety days while undergoing medical and psychological evaluations. Many are then moved to another facility for the remainder of their term. Some of the residents do remain at this facility for their entire term.

Upon clearing the ID and metal detector area entering the facility, we were admitted through a series of locked gates. We made our way through the open compound to the building that housed the chapel. The chapel was

a large, modern, open multi purpose room. Plastic chairs were set up by the residents when they came in the room. I used a white board to list some talking points for the presentation.

We had about 13 men attend the session. They were very engaged and interested in the topic. In the Meditation Group they have discussed energy and had a basic understanding. Several of the men had read *The Field* by Lynn McTaggart. The time went by quickly while discussing the human energy system, an overview of Healing Touch including history, philosophy, benefits and how it is used. Many questions came up and we enjoyed much discussion. In the last 30 minutes, I directed the Self Chakra Connection as their meditation. Following the meditation more questions ensued about how they could learn more.

The session ended with thanks all around. The men were grateful to have a new technique to assist with their self care. I was appreciative of their interest and engaging questions. Sr. Elaine shared with me later that she was impressed that I didn't talk down to the men. We have agreed to continue the discussion on how Healing Touch could be offered in several sessions. We need to work with techniques the men can do on themselves. We are not allowed to touch them and they are not allowed to touch each other.

So it is a beginning and we are open to continue the dialog. It is rewarding to know that Healing Touch is making a positive impact on men working hard to get their lives together.

# Mentorship

## *Creating a Successful Mentorship*

by Anne Day BSN, MA, HNB-BC, CHTP/I and Mary Jane Aswegan RN, CHTP/I



Anne Day

**M**entorship is such a great gift and a tremendous opportunity for growth for both the mentor and the mentee! We have both mentored many HTI HT Practitioner Apprentices over the last years and feel we would like to offer some suggestions for success.

**E**xpectations The mentorship is truly the responsibility of the mentee, as Janet proposed this piece of

practitioner development to prepare the mentee to be an independent professional. But, we have heard over the years of many mentees feeling “adrift”; wishing they had more direction from their mentors. An important role of the mentor is to make sure the mentee feels supported. Some mentors require a written contract and some require a list of goals. Either way, it is an important step for the mentee to write out what they expect for themselves and the relationship as that gives the mentor clarity on what would be most helpful for that mentee. This outline of expectations is important to agree upon at the first meeting.

**M**eetings The Mentorship Guidelines clearly state that monthly contact by phone, email or in person is the minimal expectation. In-between, it is helpful if the mentee can e-mail the mentor with questions or concerns about clients or homework, scan treatment write-ups or send documents written to look at, like modality or book reports. If the mentor can look at these early on to make sure the appropriate things are addressed, then it makes it easier for the mentee to continue the work. Hopefully, at least a couple of meetings can be in person, although that is not a requirement. Please set a date for the next meeting at the end of each meeting, or they can get “lost in the shuffle”. If dates need to be rearranged, that can happen, but they will happen only if they are on the calendar! This is often an area of communication breakdown, and sometimes mentors realize they have not heard from a mentee for months. Then it is appropriate to contact the mentee by email/ phone to evaluate the situation to see if they need help and how they wish to proceed. Life does happen and it is a special journey for the mentee and perhaps he/ she is dealing with personal issues that need attention, taking a break, but wants to continue the work at a later time. It may be necessary after a long lapse to get together, form a new contract and set new goals.

**G**uidelines There are great guidelines for the homework in the HTI Level 4/5 Workbook and both the mentor and mentee should have a copy of these. We also have some guidelines, which include templates, which we have shared at HTI conference workshops and would be happy to share if requested by e-mail. Mentees love to see what a modality report or book report should look like. They also need to be very clear about how to present the Level 5 Homework requirements.



Mary Jane Aswegan

**T**reatment Write-ups It is so important that the mentor look at several of the mentee’s treatment write-ups at the very beginning. This is a great time to get guidance and input on sequencing and possible write-up styles. Each section of the treatment sheet is important; if the mentee can be encouraged by the mentor to fill these in well from the beginning, then it gets easier as they go along. We like to see several treatment write-ups from our mentees each month to critique. The most common challenge is the mentee trying to do too many techniques in one treatment! The more we see, the more we can help the development of that practitioner apprentice.

**S**ummary The mentee/mentor relationship is special and from a mentor standpoint we have learned so much from our mentees, who have helped to guide us in assessing their needs. Awareness is important on both parts. In one situation a couple of mentees seemed to be struggling, putting things off until the mentor became aware that part of the problem was that they were not computer savvy and having trouble setting things up on their computers so they could do the work. They were afraid to admit their problem. Once that was acknowledged we set up a homework day at the computer to instruct and help the mentees get started. It is important for the mentee to ask the mentor for the help they need, knowing they will not be judged, and for the mentor to pay attention to various signs that could indicate the mentee needs some help. Nothing is more gratifying than to stand up at HTI conference and to pin your mentee when certification is attained. Mentees should look at the homework, not as drudgery but as an opportunity to enhance their professional and personal life not only as a healer, but in establishing a practice of self-care.





Change your world.  
*Forever.*

## People to People Announces Healing Traditions in China Delegation to China

Lucia Thornton, RN, MSN, AHN-BC, a past president of the American Holistic Nurses Association and faculty of the Energy Medicine University, and C. Norman Shealy, MD, PhD, founding president of the American Holistic Medical Association and president of Holos Institutes of Health, invite you on a unique overseas cultural and professional exchange opportunity. People to People Citizen Ambassador Programs is coordinating a delegation of professionals specializing in holistic health and healing traditions who will travel to China from October 23-November 3, 2012.

This delegation will seek to increase collaboration with Chinese professionals and organizations on topics of mutual interest in the healing traditions arena. This will be combined with cultural activities highlighting the sights and sounds of the country. Delegates will enjoy insider views of the holistic nursing and healing traditions profession in China and experience the culture in ways that most travelers never do, from exploring small, local neighborhoods and marveling at the views from atop the Great Wall of China to observing professional counterparts in their element.

Program details and an application form are available by calling 877.787.2000 or emailing [citizens@peopletopeople.com](mailto:citizens@peopletopeople.com). A direct link to the planned itinerary can be found online at: [www.peopletopeople.com/thorntonshealy](http://www.peopletopeople.com/thorntonshealy). **Please let them know you are a member of Healing Touch International.** Please consider joining this exciting exchange!

Paid Advertisement

### Notice for Nominations to the HTI Board of Directors

There will be 1 position opening for the Healing Touch International Board of Directors this upcoming September. Each board member is elected for a three-year term of voluntary service. In order to be considered for placement on the ballot, one must be at minimum an HTI member in good standing. Commitments required from board members include: monthly scheduled conference calls, rare unscheduled conference calls in the event of an urgent issue affecting the organization, easy access by internet, along with an on-site 1- 2 day meeting immediately prior to the annual international conference and a possible mid-year face to face meeting. Duties include fiscal oversight and review of rules and regulations that govern the general management of Healing Touch International, Inc. You may wish to consider serving for a term as a board member or nominating a fellow HTI member for a position. In July, the membership will receive the finalized ballot for the HTI Board of Directors.

Any person wishing to serve on the HTI Board of Directors should request a Board of Directors application form from the HTI office and forward it to the Healing Touch International office by June 1, 2012, addressed to the attention of the nominating committee:

- Cover letter stating your intent and reason that you feel you would like to serve on the Board
- Professional resume
- Application Form

Mail submissions to: Healing Touch International, 445 Union Blvd. Suite 105, Lakewood, CO 80228  
or Email: [director@healingtouchinternational.org](mailto:director@healingtouchinternational.org)



# HEALING TOUCH INTERNATIONAL, INC

PRESENTS

## *Healing and the Path of Infinite Potential*

16th Annual Energy Healing Conference & Instructor Meeting  
September 26 - 30, 2012 \* Omni Interlocken Resort  
Broomfield (Denver/Boulder area), Colorado

Continuing Education Contact Hours for Nursing & Massage Therapy  
Enjoy Thought-Provoking Presentations by these Dynamic Keynote Speakers

Single Day Attendees Welcome

Includes a rich variety of  
additional workshops

Sponsorship and Exhibitor Opportunities



**Christine Page, MD**

Mystical physician, homeopath, gifted intuitive, and alchemist, sharing her insights and knowledge through teaching, soul readings and writing.



**Jonathan Ellerby, PhD**

Best-selling author, CEO, consultant, experienced in holistic healing and spiritual counseling. Featured an expert in films, print, television & radio.



Logo Art: "*Path of Infinite Potential*"  
Artist: Joe Pagac



**Dan Millman**

Former world-champion athlete, university coach, martial arts instructor, author, and college professor. Teaches & influences others worldwide.



**Kathleen Adams, LPC**

Best-selling author, speaker, psychotherapist and visionary. Defines Journal Therapy as a significant influence in contemporary journal keeping.

For more information visit:  
[www.HealingTouchInternational.org](http://www.HealingTouchInternational.org)  
or call 303-989-7982



## Call for Exhibitors

Healing Touch International

16th Annual Energy Healing Conference & Instructor Meeting

September 27 - 30, 2012

Preconference September 26 - 27, 2012

OMNI Interlocken Resort

Broomfield, Colorado

Download Exhibitor Prospectus and Application at:

[www.HealingTouchInternational.org](http://www.HealingTouchInternational.org)

## *2012 Conference Sponsorship Opportunities*

Sponsorship opportunities for HTI's annual conference are now available and can be tailored to meet your needs. Individual Grants of any value are also available and greatly appreciated. For a complete sponsorship package please visit the website at: [www.HealingTouchInternational.org](http://www.HealingTouchInternational.org) Please contact the HTI office for individual opportunities not listed.

### **Gold, Silver, Bronze Sponsorships are available along with the following additional opportunities**

- Literature/Product Sample in Registration Packet
- International Scholarship Sponsor
- Entertainment
- Refreshment Break
- Conference Proceedings Booklet Back Cover
- Keynote Speaker
- Saturday Banquet

### **All Sponsorships Include the Following Benefits**

- Enhance your visibility and name recognition with health care professionals
- Recognition on signage at the conference
- Company name and website in official 2012 conference proceedings booklet
- Listing as conference sponsor on the HTI website – Average 12,000 unique hits/mo
- Exposure to 400+ attendees and 11,000+ students, members & practitioners (ezines)
- Acknowledgement in HTI Perspectives in Healing Quarterly Publication
- Visibility and name recognition throughout the Healing Touch community
- Establishment of your organization as a proponent of holistic and integrative care
- Enhanced exposure of your products, services or organization



## ~ Healing Touch International ~ Celebrates 16 Years *Spreading Healing Light Worldwide*

### *16th Anniversary Survey for HTI Day*

by Michele Bernhardt CHTP, RM, Chair, HTI Marketing Committee

On March 6, 2012, HTI celebrated our 16<sup>th</sup> anniversary. In addition to our usual practice of inviting our members to hold local events, we also sent forth an international survey to serve as a benchmark for how far we've come since our founding in 1996. 581 of the over 10,000 HT practitioners, students and instructors participated in the study, the majority (86%) from the U.S. The respondents represented the full range of HT experience: 35% were Certified HTI Practitioners, 30% were HTI Students, 20% were HTI Practitioner Apprentices, 10% were HTI Practitioners, and 5% were Certified HTI Practitioner and Instructors. RNs represented 34% of respondents, 8% were massage therapists, 3% were counselors or psychotherapists and the remainder self-identified as either not being a licensed health care professional or "other." Only 12% of the respondents were health care students, including 2% who indicated they were working towards RN degrees.

Survey findings confirmed that Healing Touch is being used as complementary care for a wide range of issues, with 86% of respondents using it to assist with reducing stress or anxiety, 79% for decreasing pain, 66% for creating a sense of well being, 52% for easing acute and chronic conditions, and 44% for enhancing recovery from surgery, 42% for supporting cancer care, 42% for deepening spiritual connection, 42% for strengthening the immune system, 37% for neck and back problems, and 32% for relieving depression.

When asked to name all the settings in which they practice HT, 61% of respondents said they have private practices where they offer Healing Touch only or combine it with other modalities. 27% volunteer and 6% are paid to perform Healing Touch

in hospitals, clinics and medical centers. 8% said they volunteer HT at a hospice, and 3% volunteer HT as spiritual directors or chaplains. 42% selected "other," with the majority of those noting they practice on themselves, friends and family.

When asked to describe how many HT patients they treat for a fee versus how many they treat for free, findings show that treatments are still skewed toward volunteer work. 54% indicated that they do not charge fees to any clients, 25% said they treat up to five clients a month for a fee, 9% treat 6-10 clients per month for a fee, 6% indicated charging fees to 11-20 clients a month, and 3% say they treat more than 21 clients each month for a fee. Only 7% of respondents said they do not give away any free treatments, while 55% say they treat up to 5 clients a month for free, 20% report 6-10 free clients each month, 12% provide free treatments to 11-20 clients each month, and 4% report free treatments for more than 21 clients each month.

When comparing all respondents with CHTPs, there is very little variance in answers except for the fee versus free findings, which show that only 27% of CHTPs have no paying clients, 37% receive fees from up to 5 clients per month, 18% treat 6-10 clients for a fee each month, 9% treat 11-20 for a fee each month, and 6% charge fees to more than 21 clients on a monthly basis. Interestingly, even though they have more fee-based clients, 53% of CHTPs provide free treatments for up to 5 clients each month, 16% treat 6-10 clients for free each month, and 23% provide free treatments for more than 11 clients each month. Only 7% of CHTPs report that they provide no free treatments, attesting to our culture of being of service.

### **HTI Day Celebration cont...**

#### ***HTI Day Celebrated at Wake Forest University***

by Deborah Larrimore RN, BSN, CHTP/I

Healing Touch was offered to all staff at the Wake Forest Medical Center over a 12 hour period in celebration of HTI Day. Over 100 sessions were given.

## Community Outreach

### *When What You See Isn't What You Get:*

#### *"Energetic Assessment: Field Over Head Seems to Be Crawling"*

by Terry Sparks JD, MDiv, CHTP/I Staff Chaplain, Oklahoma City VA Medical Center



The Oklahoma City Healing Touch community has been attending Yellow Ribbon events since last November. These are one or two day events that the Oklahoma Army National Guard holds on weekends to welcome home soldiers who have recently returned from deployment to Iraq or Afghanistan. Some Yellow Ribbon events are just for the soldiers, while some include the soldiers and their families. We have a Healing Touch booth in the resource room at these events, where we tell people about a Healing Touch and guided imagery VA Innovation project I am doing with these veterans this year, and give short Healing Touch treatment sessions.

A few weeks ago, Jean Kidd CHTP, Jody Larrison HTI-PA and I were at a Yellow Ribbon in which a lot of family members and children attended. The National Guard staff has a program for children set up as part of these events. Jean was doing a Mind Clearing and Jody was doing a Modified Mind Clearing with two women seated in chairs just to the left of our booth. I was standing behind the booth, talking with people and telling them about the VA Innovation project.

A woman holding a small child came up to the booth.

She looked over toward Jean and Jody and asked me, "Did one of the children have lice?" I was rather perplexed, as I had no connection to the children's program at this event, and told her I didn't know. As soon as that left my mouth, I followed her gaze, and saw Jean and Jody, both with their fingers around the crown of the head of the person they were working with. I immediately knew what she was seeing, and told her, "They aren't combing for lice, they're doing Healing Touch." I briefly explained Healing Touch, and invited her to experience a treatment session. She told me, "I'm a child care worker (for the Yellow Ribbon event), and I see everything in terms of child care."

Jean, Jody and I had a good laugh. I don't know that the child care worker saw the humor in it, but I think she was relieved she didn't have to deal with a contagion. There's the obvious point that the lens we look through determines a lot of what we actually see and experience in life. But there's also just the lighthearted knowing that what we do can look very strange from the outside. And thankfully for Jean and Jody, they were working with light, not lice!

## HTI Day Celebration cont...

### *HTI Day Celebrated at DePaul Health Center*

by Mary O'Neill RN, CHTP/I, HTI President

DePaul Health Center, ST. Louis, MO has offered Healing Touch to patients since 2001. It began with the implementation of the Palliative Care Program. It has been a wonderful adjunct to the care patients receive. Nurses are available 4 days per week to provide sessions to patients, family members and staff as needed. We receive the Healing Touch requests for patients from Physicians, nurses, patients themselves or family members of patients.

This year we chose to celebrate HTI Day by offering brief HT sessions to staff at the Health Center. The HTI professional poster was placed in the lobby with colorful balloons attached. The staff were informed through email that the Healing Touch nurses would be coming to their divisions and offering them an

opportunity to experience the benefits of HT for themselves. Lia Farber, Marie Martir and myself set up in the staff break rooms. Staff members took turns coming in for a session and then sending more into the room when they finished. We received wonderful comments. The staff was very grateful for the opportunity to receive. We had a great time sharing more information on self care and the benefits of HT for all. Each division was visited over the two days. The techniques offered ranged from Mind Clearing, Scudder, to Hands in Motion and Hands Still or Pain Drain.

It was a great celebration and many expressed further interest in learning it for their patients, family and themselves.

## In The News

**Rauni Prittinen King** RN, BSN, HN-BC, CHTP/I presented The Healing Journey and Healing Touch at the Integrative Health Care Symposium, New York, NY, February 2012.

**Rady Children's Hospital** - February 29, 2012, Located in San Diego, California, Lisa Thompson, a Certified Healing Touch International Practitioner and Instructor, speaks on how Healing Touch can help ease the pain for children while in the hospital. (Video available at [www.healingtouchinternational.org](http://www.healingtouchinternational.org) - In the News)

**A Spirit of Compassion** - January 25, 2012, Deborah Larrimore, a Certified Healing Touch International Practitioner and Instructor, talks about Healing Touch and the spirit of compassion in health care through this wonderfully presented video. (Video available at [www.healingtouchinternational.org](http://www.healingtouchinternational.org) - In the News)

**Wake Forest Baptist Medical Center** - January 19, 2012, Deborah Larrimore, Dr. Kathy Kemper and Dr. Chuck Tegeler integrate Healing Touch into their health care at the Wake Forest Baptist Medical Center in Winston-Salem, North Carolina. (Video available at [www.healingtouchinternational.org](http://www.healingtouchinternational.org) - In the News)

**Yankton Daily Press & Dakotan** - December 12, 2011, one of Healing Touch International's Certified Healing Touch Practitioners, Gwen Steckler, has been spreading the word of Healing Touch to her local community. (Newspaper Article available at [www.healingtouchinternational.org](http://www.healingtouchinternational.org) - In the News])

**News 8 on WTNH.com** - May 17, 2011, one of HTI's Certified Instructors, Jeanne Zuzel of Norwich, CT was on her local news station talking about the affects that Healing Touch has on those with dementias like Alzheimer's. (Video available at [www.healingtouchinternational.org](http://www.healingtouchinternational.org) - In the News)

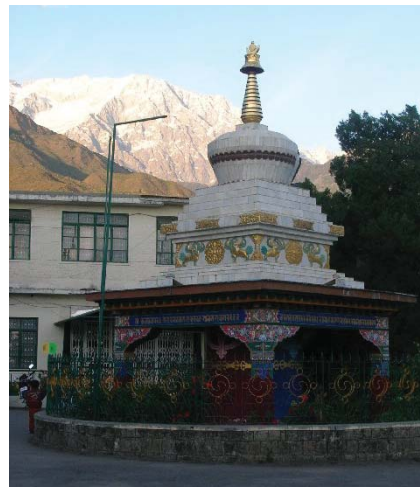
## In The News cont...

### *HTI Meets the Dalai Lama*

by Mary Frost RN, MS, HN-BC, CHTP/I

I have been traveling and teaching in South Africa, then on to India with several others. "Through Tenzin, Mingma, and two Tibetan monks, now our friends, we were able to get a miracle audience with His Holiness the Fourteenth Dalia Lama! I told His Holiness that I came representing HTI and that we had been offering HT teaching at Men Tsee Khang Tibetan Medical College, that there have been two of us who have taught there in the past, and to the TWA and others in the community. He said with great emphasis, "Very Good". He took both Claire (ed. note- sorry we don't have her last name) and my hands and had his photographer take our photo with him. I have the photo and still cannot believe that this happened! It was less than 24 hours in the arranging, and most people apply for this honor years in advance, and many are turned down. SO - I am taking this as an honor for HTI and all of us and our work!!!!

Light Blessings and Tashi Delek!  
Mary Frost



## Board Corner

### *Treasurer's Report*

by David Wolfs BA, CHTP, Treasurer HTI Board of Directors



2011 proved to be a year of great resilience for HTI. In a period of economic uncertainty, HTI experienced a strong year of increased revenues and tight control on expenses. On the revenue side HTI:

1. Increased its members, practitioners, and instructors.
2. Expanded its professional development courses.
3. Published Student Workbooks for Levels 1,2,3,4/5 at low cost to instructors, practitioners and students.
4. Developed Quick Look References for Levels 1,2,3,4/5.
5. Increased the number of Classes throughout the world.
6. Had a successful Conference 2011.
7. Developed imaginative and productive marketing and outreach strategies.

On the expense side HTI:

1. Reviewed and stabilized all systems.
2. Updated office technology.
3. Micromanaged expense ledger to maximize savings.

HTI is projecting 2012 to be a year of high heart centered vibration. With a focus on service, continued revenue increase, and vigilant expense oversight, HTI is positioned for continued growth.

In addition, the following are highlights for this quarter:

#### **16<sup>th</sup> Annual Energy Healing Conference**

September 27-30, 2012, Colorado

Enthusiasm, energy and excitement are building as we finalize the details of this year's 16<sup>th</sup> annual Energy Healing Conference. Sponsorship and Exhibiting Opportunities are now available and packets may be obtained online at [www.healingtouchinternational.org](http://www.healingtouchinternational.org).

#### **Certification**

The HTI Certification Board and HTI Board has been active this first quarter in reviewing and revising Certification Packets and Certification Processes, with a special focus upon retaining the core Certification Criteria while fine tuning Action/Evidence that allows for inclusion and cultural sensitivity.

#### **Board of Directors Acknowledgement of Service and Welcome**

We thank outgoing board member Judy Turner for her service, and welcome newly appointed board member Kimberly Gray. There will be an open seat on the HTI Board in September and we will be holding a general election in late summer for this position. Of note, since our incorporation and in alignment with our organization's bylaws, HTI Board positions may be filled in one of two ways, either through an election process or through an appointment process. In times of specific need, skill or representation the Board may choose to appoint a specific individual. (e.g. International representatives) We truly appreciate our board volunteers!

# Grace and Intention

## *In Memory of Kathy Sinnett RN, HNC, CHTP/I*

by Barb McConnell RN, CHTP/I and Nancy Judge CHTP



In acknowledgement of Kathy Sinnett. I met Kathy Sinnett in March, 2000. She had just closed down her clinic business the end of 1999. The Healing Touch Center formed a membership and a 501c3 to continue serving the public and students. Kathy, at this point, became a consultant for the Center. She always told us she was the 6th Instructor taught by Janet Mentgen. At the time, there were no notebooks; information was written on pieces of paper. How we have progressed!!

I became aware of Healing Touch while visiting and caring for my new granddaughter in Hawaii. Upon my arrival home, I immediately searched the internet and found a Level 1 Healing Touch Class scheduled (within two weeks) in Farmington Hills, Michigan. Kathy Sinnett was the Instructor. When I called to register she asked, "Have you ever had a Healing Touch treatment?" My answer was no, so she suggested I go to the Healing Touch Center in Farmington Hills and receive a treatment before the class. Little did I know where this new "journey" would lead me. Initially, I had a challenge listening with my hands and attempts to use the pendulum were fruitless. Kathy responded, "Barb just pretend you can feel and practice with your pendulum." By the end of Level 1, I realized there was a difference under my hands, but the pendulum was another matter.

Kathy always had **large** classes! She taught Levels 1, 2A (now known as level 2), and other energy type classes. She brought higher level Instructors in to complete the Healing Touch curriculum and Instructors that taught additional energy classes; like Janet's "Advanced Practice" and Sue Hovland's "Anatomy for Healers". Kathy knew how to market classes and offered some of us to be "room assistants". This helped me a lot; giving us a different perspective and deepened our work, especially Level 2B (now known as Level 3). She had a penchant for moving students through the classes. Kathy had to have taught hundreds of students over her teaching career.

She developed a large Healing Touch presence in Michigan, while speaking at institutions bringing awareness to this wonderful modality. We currently have 100 plus members that are a part of the Healing Touch Center in Farmington Hills, Michigan and many, many more that are certified or are in some level or step of this program.

Kathy came from a family of musicians that played multiple instruments and sang. According to Kathy,

they always had music in their home growing up. She would often bring her string instruments; play and lead the singing. She was multi-talented in so many ways.

I did not always resonate with Kathy, but I will always respect her knowledge, wisdom, and the great community that she helped build in Michigan. If not for Kathy, I would not be the person I am today and certainly would not be teaching this program.

Thank you Kathy, for your hard work, tenacity, perseverance, and all the knowledge and wisdom you imparted throughout your career. You will always be remembered for bringing Healing Touch to Michigan.

By Barb McConnell, CHTP/I



In Memory of Kathy Sinnett

Music was an important part of Kathy Sinnett's life, as important as energy work. She enjoyed music. She enjoyed making music and sharing it with others. As I was traveling to the hospital, knowing that this may be our last visit together, the song "Tuesday Afternoon" was playing on the radio. It **was** a Tuesday afternoon in January. I smiled thinking "how appropriate". It was **so** Kathy to use music to get my attention.

The hospital visit was brief but profound. Previous to my visit, her daughters had made the decision to move Kathy to hospice. So the visit began in ICU and ended up in hospice. In ICU, I had alone time with Kathy where significant guided energy work took place. As many of you know, Kathy worked with the energy of St. Michael so as they were settling her into her new room on the hospice floor, I was clearing and setting the energy as Kathy had taught me to do many times. The thought ran through my head that soon Kathy would be on the other side, working with this energy. Almost immediately

continued on next page



after that thought, her daughters gathered round and began to sing. Kathy had taken her last breath. What a gentle passing to the other side.

Kathy was "Healing Touch" in Michigan since the early '90s. She was part of Janet Mentgen's original group that organized and spread the message of Healing Touch nationwide. I met Kathy in the mid 90's when I went for a treatment at her center and soon was taking classes. She shared her depth of knowledge in energy with **everyone** in **all** of her classes. I was just telling someone the other day that I would not know and understand energy the way I do today if not for Kathy. As I look back on all the years we worked together, we didn't always agree but through all of that I learned from her, and I am grateful for those teachings. It has helped me to be a better healer and to know who I am within the context of this work.

In the Detroit area we are blessed to have a very large community that allows us to run a Center with volunteers who serve the public two days a week. We also provide workshops on topics that enhance our understanding of the work and hold a support group for members. All of what we do today is based on the strong organizational skills and foundation that Kathy established for us. We use many of the methods and procedures she created for the holistic center she ran for years. One of her most significant accomplishments is the community building she did through her organization of classes and providing a place for students to practice afterward. It took years but by the time she decided to close her business, our community was strong enough to create a non-profit to carry on this work. She also inspired others to become instructors which has expanded the area that we draw on for classes.

...and so, even though it is time for Kathy to move on to the next phase of her existence, her efforts (and Janet's) will continue through us.

*(postscript)* Recently, our Center held its Spring meeting. The energy was high and it was a great gathering at which Kathy was mentioned. As I was driving home from the meeting, the radio was on. You guessed it, the song "Tuesday Afternoon" was playing. I smiled knowing that Kathy continues to work with us and support us.

And life goes on.

Submitted by  
Nancy Judge  
President and Manager  
Healing Touch Center Inc.  
Farmington Hills Michigan

## CONGRATULATIONS NEWLY CERTIFIED!!

### Practitioners

Jessica Abramson - Cape Town, South Africa  
Ginny Anderson - Highlands Ranch, CO  
Paige Bernard - Yorba Linda, CA  
Michele Bernhardt - San Francisco, CA  
Anissa Berry-Frick - Juneau, AK  
Elena Bleakley - Tarpon Springs, FL  
Gail Cook-Beauchamp - Encinitas, CA  
Kandy Duke - Athens, GA  
Mary Kay Foley - Hailey, ID  
Jenna Grayson - Topanga, CA  
Diane Greene - San Diego, CA  
Julie Hevezi - Encinitas, CA  
Lilykyle Kimbel - Solana Beach, CA  
Karen Little - Ketchum, ID  
Cynthia McMains Willford - Oceanside, CA  
Lisa Person - Boone, IA  
Hilda Rodgveller - Rancho Palos Verdes, CA  
Judith Stevens - Ponte Vedra, FL

### Instructors

Toby Krell - Cumberland, BC Canada  
Mary Oberg - Olathe, KS  
Kathleen Smythe - Christina Lake, BC Canada  
Suzanne Weeks - San Diego, CA

# Certification Matters

## Updated Certification Applications

The revised / updated HTI Certification Application and Renewal Packets for 2012 - 2014 are now posted on the Healing Touch International website.

- Updated **New Certification Application Packets** will go into effect with the **July 15** application submission for review. New applicants should plan to use the updated packets for the July submission for Practitioner Certification.
- Updated **Certification Renewal Packets** will go into effect **April 15, 2012**. *\*\*Note: Continuing education that has been acquired for certification renewal prior to April 2012 will be reviewed in accordance with the 2009-2011 application packets. However, anything that is acquired after April 2012 will need to be in accordance with the updated certification renewal applications of 2012-2014.*

### A Strategic Planning Focus on Removing Cultural and Language Barriers to Certification

As you may recall, the HTI Board of Directors met almost one year ago in Denver April 8-10, 2011 to engage in visioning and strategic planning for the organization. We looked five years out, to 2016, and then we looked 12-18 months out, at the more concrete strategies, goals and key actions we need to take in order for the 2016 vision to manifest. We saw refinements we could make in over the next 12-18 months that we believed would benefit the HTI global community greatly. One key area that we looked at in both the five-year visioning and the 12-18 month action line was certification.

Top on our list was that we looked at how to remove language and cultural barriers to certification that many of our non-English speaking members currently experience. We appointed an International Certification Coordinator and made updating the application packets a priority. This strategic planning focus upon removing cultural and language barriers to certification is reflected in the current packet revisions.

### HTI Remains Committed

- HTI remains committed to honoring and using the original Healing Touch Practitioner and Instructor Certification processes as they were created through the American Holistic Nurses Association in 1993 and transferred to HTI in 1996, when Janet Mentgen founded HTI. This Healing Touch Certification Credential has been recognized and respected for 19 years and continues to open doors for those who carry them. The HTI Board of Directors and HTI Certification Boards believe that the portfolio method of certification continues to be the best method of evaluating the competency and safety of HTI Healing Touch Practitioner applicants, Instructor applicants and those renewing Healing Touch Certifications.
- **HTI will continue its current certification process** and will NOT be moving to a test format, as stated in our previous communication.
- **HTI Certification renewal process also remains unchanged** as it was created in AHNA as a process involving continuing education and peer review.

### Lapsed Certification or Desiring HTI Credentials

Healing Touch Practitioners who have lapsed, or may desire HTI Healing Touch Certification Credentials: there are processes in place for each situation. Please call the HTI Office at 303-989-7982 or email [Certification@HealingTouchInternational.org](mailto:Certification@HealingTouchInternational.org) and our staff will be happy to provide you with information and assist you in this process.

### HTI Student and Practitioner Solutions

HTI Student and Practitioner Solutions remain active for those students and practitioners who have taken other Healing Touch Classes and would like use the one time transfer into the HTI Healing Touch Certificate Program and HTI portfolio Certification process.

Blessings and light to you in all your Healing Touch work as we continue together to Spread Healing Light Worldwide.



## Practitioner Perspective

### *Journey Into Wellness: An Opportunity for Self Healing and Learning*

by Judy Stoddard RN, BS, Ed, CHTP



In mid-September 2011, I returned from a two week trip to Scotland where I had been in full health and able to hike daily. The first weeks at home found me exhausted and not able to recover from what I thought was jet lag. I suddenly became very ill with viral symptoms of severe headache, body pain, loss of appetite and, after numerous blood tests, was diagnosed with a high Epstein-Barr titer, the virus that causes mononucleosis. By mid-October, all the viral symptoms had left except exhaustion, and I began to have extreme shortness of breath, high temperatures late afternoon and evening which broke in the middle of the night with night sweats. An x-ray showed that I had pneumonia and was started on an antibiotic. The symptoms abated, but returned after going off the medication and I was given another round of a broad spectrum antibiotic. The second x-ray showed the pneumonia was progressing and extensive blood work, chest, abdomen and pelvic scans were ordered.

Christmas week found me in a pulmonologist office with a bronchoscopy scheduled. The biopsy diagnosis was a rare, life-threatening non-contagious inflammatory pneumonia (bronchiolitis obliterans obstructive pneumonia). The viral assault on my body caused my immune system to turn against itself and allow connective tissue to start to fill my lungs. I was started on three months of massive doses of prednisone, thus starting my journey into wellness.

Prednisone has many unpleasant side effects, so when I brought my prescription home, I took it to my healing touch room, cleared it and brought energy into it. I placed it against a rose quartz crystal and every morning when I took it, thanked it for its healing properties and asked that it cause as few side effects

as possible. I usually journal daily and continued to do so, including a healing mantra. Because I was immuno-compromised and still feeling unwell, I spent much time at home, so I had more occasion to concentrate on self-care, meditating, going to a healer for energy work, reflexology and aromatherapy and using magnetic clearing and chakra connection daily on myself. I claimed time to read and listen to music. Other than when I was contagious with the virus, I was able to continue my Healing Touch practice and felt peaceful and at my best physically during sessions. I knew the energy was healing me as well as the client.

This five month illness provided opportunities for learning that I would not have had otherwise. I now have an increased understanding of and appreciation for the exhaustion of chemotherapy, the frustration of a chronic or long term illness and the physical drive of addiction (there is an insulin-produced uncontrollable hunger caused by large doses of prednisone). These were hard lessons learned, but this illness personally reaffirmed that my combining holistic curative techniques with excellent medical care and strong support from family and friends helped and probably hastened the healing process and hopefully brought about a “complete cure”. Is there risk of this condition returning? Yes. Have I set my intention to remain fully well? Yes. I will maintain my self-care practices to try to ensure lasting healing and wellness. I am ever thankful that I have learned Healing Touch and I am grateful for the deeper spiritual richness it has brought into the core of my life.

## Student Perspective

### *A Mother, A Son: A Healing Journey to Connectedness*

by Karla Mitchell, HTI Healing Touch Level 4 Student

In the time preceding the delivery of my son in July, 2010, I enjoyed a life full of health and joy, surrounded by my loving husband and four daughters. My evolution as a Healer had begun and I was enjoying heightened vibrations and increased levels of consciousness. I was settled, grounded, connected and pleased. In the fall of 2009, I had just completed a Level 3 course and found that my reaction to the energy work was rather peculiar. It felt like energy overload and I experienced a great deal of nausea. It was unusual. The next day following the class, I made a visit to the doctor and learned that my husband and I had conceived our fifth child.



The pregnancy was full term. The little bun in the oven baked like clockwork: no-risk and easy going, without incident or major concern in its entirety. During labor, however, meconium stained amniotic fluid was discovered. As a result, a Neonatologist was immediately called to await the birth of the baby. At birth, my son was diagnosed with Severe Meconium Aspiration Syndrome and immediately taken to the neonatal intensive care unit. I did not get to see him or hold him. All I had was a cell phone picture from my husband's phone. The very next morning he was relocated by emergency transport to children's hospital. There, he spent the next three weeks under the aid of a high frequency ventilator and medications to treat (PPHN) persistent pulmonary hypertension in a newborn and other related conditions.

As a result of postpartum hemorrhage, I was unable to join my son for three days. When I arrived at Children's Hospital, I was still unable to hold him because he was in an incubator, heavily sedated and stabilized by the position of the tubes from the ventilator. It was a



breathhtaking sight and a very difficult time. The severity of his aspiration made him a candidate for ECMO - a procedure which requires a machine very similar to a heart-lung bypass machine used for open-heart surgery. It transports oxygen deprived blood from the body and cleans it for return back into the body. However, the presence of a blood clot on his brain presented too high of a risk for this procedure and it could not be done. To be clear, ECMO is usually offered to children who have a severe lung or heart condition that has not responded to the usual therapy of mechanical ventilation, medicines, and extra oxygen. Infants and children who do not respond to the usual therapies could die, but ECMO could be successful if used to treat your child. In my son's case, ECMO was not an option.

As I observed my son fighting for his life, day after day, I became distressed over his separation from his dad and sisters; yet most of all from his mother. I was distressed over the absence of the single opportunity after birth to meet face to face, connect and fortify the bond that he and I began at conception. My heart was heavy and my own recovery was waning. I felt absent as a mother to my son, less than a wife to my husband and even less of a mother to my daughters. It was a spiritually and emotionally horrid time. Then I remembered...

I remembered that I had spent the previous two years of my life training for such a time as this. I remembered that although I didn't have the strength to activate my gifts and training, I was part of a community of healers: teachers and students whose unconditional love and healing intentions were waiting for my call.

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## Student Perspective cont...

And they answered....lovingly and earnestly, they answered.

I called on a fellow student of Healing Touch and now, my sister soul, Georgia Ambarian, whom I met and partnered with in Level 4 (I had taken this course in Grass Lake, MI when I was 7 months pregnant). From Fort Walton Beach, Florida, she helped me to set and maintain intentions for our healing. She coached me to stand in a gap for my son, firmly planting our roots in this consciousness. We reaffirmed his purpose and presence, welcomed him time and again, and granted forgiveness and acceptance. All of this, I believe, helped to create a sacred, welcoming space for his full arrival. He was receptive and accepting of our work. His acceptance was evidenced by his pulling the breathing tubes from his own mouth at 8 days old and again at 11 days old. On that 11th day, he was able to leave the breathing tube out!

I also called on Rita Kluny of Healing Touch for Babies. From Austin, Texas and with very little background information, she guided me through a meditation technique called the Remembrance Process. Over the phone, she coached me to a calm and connectedness I had not felt. She encouraged me to tell him his story and to explain that his birth trauma was in no way any indication of how life would be; that by healing now, the trauma would have no affect on the rest of his life. Through this guidance from Rita, my son and I gained so much strength for healing our hearts and bodies. Through Rita's Remembrance Process, Heart Centered Meditation, we fortified and strengthened my bond with my baby, and it dissolved the distance between us. As I used this process daily, we were restored on many levels - returned to love and connectedness from sadness and separation. I had returned - back to being a very present wife and mother.

Within hours of this guidance and practice, he was downgraded to a low frequency ventilator and even thereafter, the settings were consistently and continuously further downgraded. It was a surreal experience to observe how quickly doctors weaned him from the ventilators to an oxygen cannula, to no nitric oxide, then no medication. Suddenly, the length of stay which initially could not be determined by the doctors had changed to just two more days, after which he was discharged from the neonatal intensive care unit. At discharge, the ultrasound of the clot on his brain was "unremarkable" - it could not be found. The nurses were referring to him as "the miracle baby".

"Remembrance....always tell him the story" resonates in my spirit when I remember Rita Kluny's work, words of lovingkindness and heartfelt connection as she coached and guided me through what seemed to be the worst time ever in my life.

Little Mr. Emmet E. Mitchell, II is now 16 months old and has defied every odd stacked against him. For him, achievement of early developmental milestones were "child's play" and are now a thing of his past. The world has become his playground. Yes, I still tell him the story. He listens intently and smiles as if his soul knows. He knows the love, kindness and healing intentions we were surrounded by when we each "thought" we were disconnected from each other and others.

I know undoubtedly that Healing Touch had its major role to play then and still has its place in our daily lives. The work of Healing Touch is an important one. Its benefits on all levels of our being can not be underestimated. I am thankful for such a skillful and wonderful community, now family, of healers: instructors and students. I pray so many more lives are touched by the far-reaching benefits of Healing Touch.

*(Note: Meconium aspiration syndrome is a condition that occurs when a newborn infant aspirates (or breathes in) a mixture of meconium and amniotic fluid (the fluid in which the baby floats inside the mother). Meconium is a newborn infant's first bowel movement, which is sticky, thick and dark green and is typically passed the first few days after birth. For reasons that are not always well understood, the baby will sometimes pass this first bowel movement while the infant is still in the womb. During the birth process the yet-to-be born, baby may breath in or aspirate this meconium. This aspiration can happen hours before, during or immediately after delivery.*

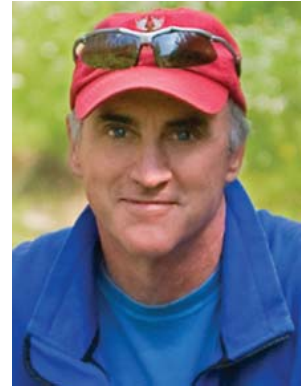
*The aspirated meconium can partially or completely block the baby's airways making it difficult for the infant to breathe or may cause irritation or a lung infection. Further, meconium is known to prevent the normal function of an important lung chemical called surfactant, which helps the lungs expand properly. The result of these meconium aspiration effects is a baby with mild, moderate to severe difficulty breathing.)*

# Guest Perspective

## *A Spiritual Healing*

by Brian Luke Seaward, PhD

*“Mystics and spiritual luminaries remind us that before we can learn something new, we need to unlearn previous lessons, so that we may have room for new wisdom”*



While waiting in line at the Boulder Film Festival last week, I happen to meet a woman standing behind me who, several minutes into our exchange, said she was a healer. Her style of healing included sound vibrations, though she added that she works with spirit guides from other dimensional realms. In our conversation about healing, she offered this advice: “If we don’t get to the root cause of the problem, then we perpetuate the current codependent health care system, no different than the current health care model where patients give away their power to physicians.” I nodded in agreement. Her words reaffirmed my belief in the holistic healing arts (the integration, balance and harmony of mind, body, spirit and emotions where the whole is always greater than the sum of the parts). First and foremost, healing is an inside job. At best, we are merely co-facilitators of the healing process. At worst, we compound the disease process with mixed messages and distorted intentions.

In stopping to reflect on her words, I realized the greater importance of coming to peace with unresolved feelings of anger (fight) and fear (flight) before there may be room to absorb the light of compassionate love; much like washing and drying a dinner place setting before using it again. I think the biblical expression is putting new wine in old wine skins. You get the idea.

It’s no secret to healers of all modalities that stress plays a very significant role in illness and disease. Some estimates suggest an association as high as 85 percent (I once heard Caroline Myss even suggesting 100 percent).

From my perspective as a health psychologist, every disease has an emotional correlate. Unresolved issues of anger, fear or both tend to surface in the physical body in a great many ways, from migraine headaches to hemorrhoids. Many of these feelings begin as perceptions through words or expressions that were recorded in the mind’s subconscious realm at an early age. Mystics and spiritual luminaries remind us that before we can learn something new, we need to unlearn previous lessons, so that we may have room for new wisdom. Simply stated, we need to erase the tapes of perceived (and often fear-based) impressions that at one time early on may have served us, but later in life become burdensome baggage. Additionally,

from my perspective, healing must occur within the realm of the human spirit. Through the eyes of metaphor (the language that the unconscious knows best) unresolved issues of anger and fear choke the human spirit. While energy healing may offer the opportunity to clear congestions and distortions in the auric field, this choking effect will only reappear if the individual continues to generate these thoughts and feelings from a deeper place, connected to the ego’s energy.

Years ago I read an article by Brendan O’Regan, research director at the Institute of Noetic Sciences. He shared his delight to learn that the word remission is derived from the same root word as forgiveness. Many people whom I have met who have shared their chronic disease stories with me, often tell me that a shift in their healing journey occurred shortly after a shift in their perceptions their relationships with themselves and others; a shift in consciousness that included some level of forgiveness (a shift from fear/anger to love).

In my work as a health psychologist, I never cease to be amazed at the power of the unconscious mind, in both sickness and health. The power of symbols, colors, stories, metaphors and dreams offer much in the way of healing. I have come to the understanding that before we can invoke the healing properties of love and compassion, we must first help the individual to reconcile both consciously and unconsciously any unresolved feelings of anger or fear. If using nothing more, than the intention of our healing energy. Simply stated, spiritual healing is moving from a place of fear (stress) to love and compassion. And while healing, on all the many levels and dimensions is complex at best, the road to inner peace begins with letting go of fear and anger.

*Brian Luke Seaward, Ph.D. is the executive Director of the Paramount Wellness Institute in Boulder Colorado. His is the author of over 14 books including the acclaimed best seller, Stand Like Mountain, Flow Like Water: Reflections on Stress and Human Spirituality. Dr. Seaward facilitates the AHNA endorsed certification Instructor workshop in Holistic Stress Management. He can be reached via his website: [www.brianlukeseaward.net](http://www.brianlukeseaward.net)*

## 2012 Spirit of Ireland Healing Journey



Come join us for a trip of a lifetime as we travel to the Emerald Isle for the *Spirit of Ireland Healing Journey* where we offer “healing energies” to the sacred sites and lay lines (known as faerie lines) of Counties Donegal Mayo and Galway.

Come join us as we explore the Celtic culture, music and spirituality with Brian Luke Seaward, Ph.D., June 15-25th, 2012. Professional development/personal growth instruction with 6 CNE's contact hours approved through the AHNA\* \$3,100 (land only).

**Instructor:** Brian Luke Seaward, PhD

**Date:** June 15-25, 2012

**Call:** 303-678-9962

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*\*This continuing nursing education activity was approved by the American Holistic Nurses Association's Education Approver Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.*

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## Education Insights

### *Everyday Healing*

by Barb Schommer RN, MS, CHTP/I

*“We learn how  
to heal - ourselves,  
others, the world”*



Healing - it is what we are all about! It is why we come to Healing Touch classes.

Perhaps you have taken one Healing Touch class, or several classes, or been certified, or never taken a Healing Touch class, or taken a class a long time ago. You might be thinking “I don't even remember much about that class.” Perhaps the techniques and interventions you learned in that class or classes have slipped away from your memory or from your active practice.

The beauty of this work is that even if you think your brain has forgotten exactly how to “do” any one of the interventions, your cells “know” what to do. You reach out your hands and heart each and every day, offering healing to yourself and others. It can be as simple as a smile, a warm hug with intention to share heart love, looking another person in the eyes, letting your heart lead you into a room, filling a room with heart-centered loving energy. You use healing in your work life, in your home and family life, with friends, with strangers. It is allowing your healing presence to expand and fill the space around you. It is allowing yourself to live intentionally, with an awareness that you can raise the vibrations of the space around you.

Let your awareness expand into all the many ways you offer healing during your day. Celebrate this awareness and tap into it as you go about your daily life. Let “everyday healing” infuse you and radiate inward to yourself and outward towards others. Claim yourself as an everyday healer!!

## Energy Research

### *Research: Assessing Subjective Patient Outcomes*

by Joel G. Anderson PhD, Research Committee Member



Recently, I had the pleasure of repeating Level One with Nancy Strybol, a fellow member of the HTI Research Committee, who is an instructor-in-training. During one of the class breaks, she and I talked about the use of subjective measurement of symptoms in Healing Touch research studies, a topic she said had come up in the discussion during the research presentation at conference this past year. I suggested that we as the Research Committee collect a set of measures to recommend for Healing Touch studies - measures that are validated and reliable for use in clinical research and will allow for better comparability between Healing Touch studies, studies of other integrative therapies and conventional care studies. The issue of comparison is one that is encountered in all clinical research studies generally. The issue has become even more relevant in the current climate of developing evidence-based practice in conventional health care, and the idea and study of comparative effectiveness to make such a practice a reality.

It is hoped that by the Research Committee selecting and recommending a set of very good instruments for reporting subjective outcomes, we can strengthen the work that we are all doing. This is particularly true when one considers that improvement in symptom outcomes is an area in which Healing Touch shines. The following are a set of measures that the Research Committee recommends for use, as appropriate, in Healing Touch research to assess stress, depressed mood, anxiety, fatigue, pain, sleep disturbances and quality of life - symptoms that commonly cluster together. These instruments are commonly used throughout clinical research and are reliable, valid tools for assessing subjective health outcomes. An important note to remember when designing and conducting a research study is that of study participant burden. While it is essential to collect appropriate and adequate data, burdening the study participant with too many questionnaires and scales must be considered.

The challenging array of symptoms and physical, emotional and behavioral stressors impair quality of life in individuals with chronic disease who might be

participating in a research study. Stress increases symptoms related to disease and has a negative influence on treatment outcomes. The **Perceived Stress Scale** (PSS) is a 10-item scale that asks individuals to rate how often they have felt or thought a certain way. Depression is a strong predictor of quality of life and a contributing factor to fatigue. The **Beck Depression Inventory** (BDI) consists of 21 questions and is the most widely used instrument for measuring the self-report of depressive symptoms. In addition to depressed mood, anxiety often is reported by individuals with chronic disease. The **State-Trait Anxiety Inventory** (STAI) is the standard instrument to assess anxiety and measures feelings of apprehension, tension, nervousness and worry.

Fatigue may be interpreted as both physical and psychological and may be a product of both the disease itself and its treatment. Fatigue has a negative impact on quality of life, impairing activities of daily living, self-esteem, and social involvement. **Lee's Fatigue Inventory** (LFI) consists of 18 items that assess fatigue and energy using 0 to 10 numeric rating scales.

Originating from a physiological source, pain is subjective, may be both acute and chronic, and can result from the disease itself, treatment or unrelated causes. The **McGill Pain Questionnaire Short Form** (MPQ-SF) consists of 15 items that measure sensory and affective aspects of pain using sensory (throbbing, shooting, stabbing, sharp, cramping, gnawing, hot-burning, aching, heavy, tender, and splitting) and affective descriptors (tiring-exhausting, sickening, fearful, and punishing-cruel) of pain.

Sleep disturbances are common in people experiencing symptoms that affect quality of life. The **Pittsburgh Sleep Quality Index** (PSQI) has 19 items that generate seven subscale scores related to subjective sleep quality. The sum of the scores from these seven components yields one total score.

Quality of life is a multi-dimensional construct that

continued on next page



## Energy Research cont...

involves the four aspects of health addressed by Healing Touch - physical, mental, emotional, and spiritual. Many of the deleterious symptoms reported by patients have a negative impact on quality of life. The Short Form Health Status (SF-36) questionnaire relies on 36 items to assess aspects of quality of life including functional health and well-being, and has proven useful in both general and specific patient populations. However, the best measure for assessing quality of life often will be specific to the study population. For example, the **European Organization for Research and Treatment of Cancer Quality of Life Questionnaire (EORTC-QLQ)** reflects the multidimensionality of the quality of life construct for patients with cancer and is one of the most widely used and validated measures of quality of life for these patients. Separate scales have been developed for individuals with different types of cancer, as well as other chronic diseases. For more information about specific quality of life scales for various diseases, contact one of the research committee members.

In addition to these more formal instruments for assessing symptoms, a simple way of assessing symptom outcomes is by using a **Numeric Rating Scale (NRS)**. The NRS is a simple, yet sensitive measure of subjective phenomena and has been used successfully in various research studies. Validity and reliability of the NRS as a measure of symptoms have been demonstrated, and patients are accustomed to symptom assessments using the NRS in both hospital and clinical settings.

These measures are not all inclusive. Indeed, given that symptoms scales may not capture all of the potential positive and negative effects of the Healing Touch intervention (Verhoef et al., 2002) as well as the fact that the observations of practitioners are only beginning to be explored by researchers (MacIntyre et al., 2008), investigators also should consider the addition of qualitative measures in studies. For example, study participants and practitioners could answer several open-ended questions at the conclusion of a study to capture descriptive data regarding their individual experiences. This mixed-methods approach is second nature for many nurse scientists and provides a collection of rich data from which to draw conclusions.

Another aspect of research involving Healing Touch that should be addressed is the presence of the

practitioner. The **Tellegen Absorption Scale** is a validated means of quantifying the personality characteristic of absorption, or increased focus, which is associated with greater usage of complementary modalities delivered by a practitioner and may be indicative of the effect of a healing presence. It is predicted that individuals who score highly on this scale will perceive a greater healing presence than those with lower scores. Use of this scale could be a way to account for the healing presence of the practitioner in a research study, providing valuable data.

Additionally, it is important to present results of Healing Touch research in a standardized, systematic way so that it can be clearly interpreted and replicated by the research community at large. The **Consolidated Standards of Reporting Trials (CONSORT)** statement was developed by researchers and journal editors to provide a systematic framework for reporting and presenting research studies. The CONSORT statement provides a checklist and flowchart that can be used by researchers when developing their findings for publication. While originally designed for randomized controlled trials, use of the CONSORT statement in all clinical research studies is encouraged. The statement and associated documentation can be accessed online (<http://www.consort-statement.org>).

The Research Committee hopes that these recommended outcome measures and the use of the CONSORT statement in the presentation of research findings will aid those conducting Healing Touch research, strengthening our evidence base and carrying Healing Touch research forward. Additionally, each of us on the research committee is happy to serve as a resource for designing and conducting Healing Touch Research.

### References

Verhoef MJ, AL Casebeer, RJ Hilsden. Assessing efficacy of complementary medicine: adding qualitative research methods to the "gold standard." *Journal of Alternative and Complementary Medicine* 2002; 8:275-281.

MacIntyre B, J Hamiklton, T Fricke, W Ma, S Mehle, M Michel. The efficacy of Healing Touch in coronary artery bypass surgery recovery: a randomized clinical trial. *Alternative Therapies in Health and Medicine*; 14:24-32.

# Words of Wisdom

## On Healing Self and Others

by Diane Wind Wardell PhD, RN, WHNP-BC, AHN-BC, CHTP/I



Janet Mentgen's journals begin in 1981. They are a record of her personal accounts through life's struggles and also in later years reflect the guidance and wisdom she is given to move forward. The journals begin, as many journeys do, after significant life challenges. Janet's involved facing an impending divorce, the raising of three young teens, and the shifts and changes that occur once you begin walking the path as a healer. Support for our journeys is ever present and for Janet often included a renewed connection to her source which she perceived as God. Even so, she did not profess a particular faith, she expressed her freedom in that regards, and felt comfortable within many religious traditions looking for the wisdom to be gained. She often carried a notebook with her to take notes about what she heard and learned in "churches".

This section is from her earliest journal dated from 1981. She is doing daily meditations as part of her personal healing. Janet writes, "...tapping into a universal source that seems to be directing my life in a direction unknown to me. I have broken through a barrier and am letting go of some previous bonds that were holding me back. Holding on to him [husband] at this level will no longer work for me." There is a renewed trust in God that offers an ability to look at trust and a way to see her self as being "kind and loving to all, by keeping my eyes on the light." One

morning she wakes early with the sunrise, "There is a new dawning, a new day, a new challenge, a new lease on life, a lightness, a wonder at what will transpire, an openness to the world around me." She feels, "The vibrations of life are within and without, and there is a oneness with the universe as we are connected." She recognizes through a meditation that, "The healing has to come from within. The intellect cannot do it. It will take surrender."

Healing is also coming in the form of giving in her healing sessions with others. "When I give of myself I receive so much more in return," Janet writes. "I need to just let the gift of others be received as energy for me to proceed on with life. I cannot stay within myself and be healed. I must give it away. I am to practice the skills and continue the learning."

The journey into healing involves an internal process of recognizing oneself as an instrument of healing. One of the important processes as a healer is allowing ourselves to be clear transmitters of light. There is always work to be done!

### Reference

Wardell, D. (2005). *Path of a Healer: Janet Mentgen's Early Days*. Unpublished manuscript. p. 21.



## Call for HTI Marketing & Membership Committee

HTI's Marketing & Membership Committee promotes information about HT and HTI to the Healing Touch and health care communities and general public. The committee is now open for new members who have marketing, media relations, online research, social media and writing skills to help grow awareness of HTI and our mission. Committee members strategize and implement campaigns to increase positive awareness of HT and HTI, grow our membership, and promote attendance at our annual conference. If you are interested in joining the committee, please contact committee chair Michele Bernhardt at [michele@healing2gether.com](mailto:michele@healing2gether.com).

# HTI Networking Column

## Healing Touch Networking Column

Healing Touch International is pleased to offer the following column as a means to facilitate networking within your local communities. Healing Touch International, Inc. makes no claims as to the accuracy or content of the various networking groups. It is our expectation that all groups conduct themselves in accordance with the HTI Code of Ethics & Standards of Practice and maintain respect and confidentiality of all networking information.

## Community Meetings/Gatherings

The purpose of community meetings is to: build community; educate by relaying information from the international organization outward; promote membership in Healing Touch International, Inc.; encourage attendance at the international annual conference, thus affording global networking for students, practitioners and instructors. We suggest that these meetings can best serve these goals by being held within a single day format, serving as distant points of light that shine outward from the center.

### **Healing Touch California's 6th Annual Regional Symposium**

*"Expanding the Light of Consciousness to Prosperity"*

Date: April 28-29, 2012

Location: Santa Barbara/Goleta CA

Contact: [www.HealingTouchCalifornia.com](http://www.HealingTouchCalifornia.com)

## Affiliate Organizations: National & International Conferences

### **AHNA's 32nd Annual Conference**

**Date:** June 13-16, 2012

**Location:** Snowbird, Utah

**Theme:** *Holistic Nurses: Catalysts for Conscious Change*

**Contact:** For additional information please visit: [www.ahna.org](http://www.ahna.org)

### **Healing Touch International's 16th Annual Energy Healing Conference & Instructor Meeting**

**Date:** September 27-30, 2012

**Location:** Broomfield (Denver), Colorado  
OMNI Interlocken Resort & Spa

**Theme:** *Healing and the Path of Infinite Potential*

**Contact:** For additional information please visit: [www.HealingTouchInternational.org](http://www.HealingTouchInternational.org)

# 2011 Healing Touch International Conference

**“EARTH: Exploring the Elements, Creating the Wholeness”**

October 20 – 23, 2011 Kona, HI

**\*Please Read \*** All orders are going to be shipped to you this year because of transportation issues. You may order recordings individually or as a complete set. Full Sets are offered at a significant discount, priced below. Orders placed at the conference will be shipped to you within 2 weeks. The differences in price represent different numbers of discs per session. Thank you for your business!

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## Thursday Sessions

#	Presenter	Title	CD
PC-3	Brian Luke Seaward	Care for the Caregivers & Healers	\$28
PC-4	Debra Greene	The 5 Energy Bodies & the Elements of Healing	\$28
PC-5	Hunt	M Sound, the Other Earth Element	\$28
KEY-1	Hob Osterlund	Keynote	\$18

## Friday Sessions

#	Presenter	Title	CD
KEY-2	Rangi Rose Pere	Keynote	\$18
KEY-3	Brian Luke Seaward	Keynote	\$12
KEY-4	Sue Kagel	2011 Intention Experiment	\$12
FRI-1	Mary Frost	Harmonizing w/ the Elements	\$12
FRI-2	Elizabeth Wiley	Dancing w/ your Dragon	\$18
FRI-3	Kimberly Gray	Transforming Stress: From Chaos to Coherence	\$18
FRI-4	Greg Pacini	Mud Stuck, Sky Fly, Water Wonder	\$18
FRI-6	Donna Laurents	Wholeness/Akashic Records	\$18
FRI-7	Hob Osterlund	On Becoming an Albatross	\$18

## Saturday Sessions

#	Presenter	Title	CD
KEY-5	Annis Parker	Keynote	\$12
SAT-1	Annis Parker	Human, Marine Mammal, Natural World Interface	\$18
SAT-2	Brian Luke Seaward	Enhancing Awareness of all Things	\$12
SAT-3	Julie Lindholm	Little Hospital that Could	\$18
SAT-5	Anne Warren	Calming/Activating your Merkeba	N/A
SAT-6	Mimi George	Source of Lomilomi	\$18
SAT-7	Kristen Corman	Healing Haptics	\$18
SAT-8	Rosalie Van Aken	Energetic Patterns in Addiction	\$18

## Sunday Sessions

#	Title	Presenter	CD
SUN-1	Rangi Rose Pere	Linking to World Family through Heart	\$18

SUN-2	Terry Ann Sparks	Enneagram	\$18
SUN-4	MJ Bulbrook	Return to Wholeness...Disaster & Trauma	\$18
SUN-5	Evie & Tom Caprel	Elements of Growing & Marketing	\$18
SUN-6	Diane Wardell	Energy Lessons from Janet Mentgen's Intensive	\$12
SUN-7	Goldberg & Wong	Healing Touch Scholarship	\$18
CL-1	Anselme & Keynotes	Closing Panel	\$12

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# HTI Professional Development Series and Advanced Practice Offerings

HTI Professional Development Series classes offer advanced professional development of the healer that can be used for continuing education in nursing and massage and also can be applied to Healing Touch International Certification and Renewal. These classes are open to any individuals interested in an in-depth understanding of healing-related work. Some pre-requisites apply. ***If you wish to bring one of these classes to your area, please contact the coordinator or instructor to learn how this may be accomplished. Please watch the HTI Website for information on how to apply.***

## Heart Centered Living

Living through the heart center has many advantages. It keeps one focused in present time and keeps one's relationships balanced and whole. It helps one handle stressful situations without blame or projection and allows individuals to value self-care. Research has proven that heart centered living leads to a healthy life.

**Contact:** Myra Tovey at davidmyra7@msn.com  
**Check the HTI website for scheduled classes**  
www.HealingTouchInternational.org

## Healing Disruptive Energy Patterns

Chronic pain often involves an injury that creates a pattern of "memory" that is retained within the body. Learn how to work with these energy patterns through an extensive review of the body system.  
**Pre-requisite** - The course is open to all experienced energy workers who desire to learn how to work with releasing disruptive energy patterns causing pain

**Contact any of the following instructors:**  
Anne Day at anneday7@gmail.com  
Rauni Prittinen King at rking487@aol.com  
Judy Turner at judithturner102@comcast.net  
Diane Wardell at diane.wardell@uth.tmc.edu  
**Check the HTI website for scheduled classes**  
www.HealingTouchInternational.org

## Energy Wisdom and Practice

Increase your repertoire of healing tools with a variety of different healing approaches that will aid in balancing the body, decrease symptoms from muscle-skeletal disorders and provide the client an opportunity for deep healing. Explore sacred geometry and the foundations of energy medicine.

**Pre-requisite** - This course is open to all experienced energy workers who desire to learn new healing techniques and to deepen their healing work.

**Contact any of the following instructors:**  
Anne Day at anneday7@gmail.com  
Rauni Prittinen King at rking487@aol.com  
Judy Turner at judithturner102@comcast.net  
Diane Wardell at diane.wardell@uth.tmc.edu  
**Check the HTI website for scheduled classes**  
www.HealingTouchInternational.org

## Holistic Stress Management Instructor Training

The goal is to train professionals to teach, direct or facilitate the finest quality presentations/workshops at their worksite. Topics include humor therapy, art therapy, music therapy, meditation, visualization, stress & spirituality, stress & disease, energy medicine, etc...

**Contact:** Brian Luke Seaward at  
brianlukes@cs.com  
**Check the HTI website for scheduled classes**  
www.HealingTouchInternational.org

## Beyond Surgery Program-Bridging the Gap

This class teaches a protocol which blends Healing Touch with other integrative therapies to support your client's primary medical care. The Beyond Surgery Program is a specific protocol useful for patient support before and after surgery, chemotherapy or radiation treatments, or stressful medical procedures of any kind.

**Pre-requisite** - Completion of Healing Touch Level 2 (or completion of Healing Touch Level 1 with permission of instructor)

**Contact:** Judy Ray at JudyLynneRay@yahoo.com  
**Check the HTI website for scheduled classes**  
www.HealingTouchInternational.org

## Journaling the Spiritual Journey and Journaling the Healing Journey

In this two-day workshop, you will learn proven techniques and processes to chronicle the spiritual journey. Whether you are facilitating others in the healing process, or taking charge of your own healing. Dress comfortably and bring a notebook or journal!

**Pre-requisite** - This course is open to all experienced energy workers who desire to learn new methodologies of journaling to promote optimal health and wellness.

**Contact:** Anne Day at AnneDay7@gmail.com  
**Check the HTI website for scheduled classes**  
www.HealingTouchInternational.org

## Healing Touch Class Schedule - 2012

These classes are recognized by the HTI Healing Touch Certificate Program; endorsed by the American Holistic Nurses Association, NCBTMB and California Board of Nursing

**This listing is updated regularly; check often for classes near you!**

### LEVEL 1

Date	Location	Instructor(s)	Contact	Phone	e-mail
Apr 27-28	Eau Claire, WI	Sue Peck	Sue Peck	715-598-4141	pecksd@uwec.edu
Apr 27-29	St Joseph, MN	Dana Spates	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Apr 27-29	Fargo, ND	Mary Ann Carlson	Dawn Latunski	701-541-5226	dawnski75@hotmail.com
Apr 27 & 30	Kansas City, MO	Mary Oberg	Mary Oberg	913-599-6750	healingtouch736@gmail.com
Apr 28-29	Brevard, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Apr 28-29	Baldwin City, KS	Robin Goff	Robin Goff	785-255-4583	info@lightcenter.info
Apr 28-29	Watertown, WI	Penelope Hanson	Penelope Hanson	920-390-2899	pinkfonda2@cfu.net
May 5-6	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-237-1217	jhueschen@aol.com
May 5-6	Encinitas, CA	Mary Jane Aswegan	Rebecca Lundgren		nursebecky@roadrunner.com
May 5-6	Cary, NC	Deborah Larrimore	Jane Rochelle	919-602-5680	teenytinypieces@gmail.com
May 4-5	Lakewood, CO	R Muhr / C Niewenhaus	Carrie Niewenhaus	303-210-3906	caroline@bodywisdom.bz
May 5-6	Vero Beach, FL	Keith Manley	Keith Manley	772-774-8788	keithc.manley@gmail.com
May 5-6	Farmington Hills, MI	Barb McConnell	Nancy Judge	248-471-4624	judgenj1@aol.com
May 5-6	Somers Point, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
May 5-6	Pierz, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
May 5-6	Somers Point, NJ	Maggi Hutchinson	Maggi Hutchinson	973-214-2582	maggi@HealingTouchNJ.com
May 10-12	Bismarck, ND	Mary Ann Carlson	Sharon Spaedy	701-223-5926	sespaedy@aol.com
May 11-12	St Cloud, MN	Carol Schoenecker	Vickie Ruegemer	320-255-5642	sch.education@centracare.com
May 16-17	Red Wing, MN	B Schommer / S Stinson	Sarah Stinson	651-267-3506	sstinso1@redwing.fairview.org
May 18-20	Phoenix, AZ	Lynne Jeffrey	Stephanie Clark	602-321-9775	stephanie.j.clark@bannerhealth.com
May 19-20	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
May 19-20	Rochester, MN	Sue Knutson	Sue Knutson	507-292-0247	Sueknutson@usfamily.net
May 19-20	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
May 19-20	Red Bud, IL	Mary O'Neill	Clare Boehmer	618-282-3848	mailhealingmin@aol.com
May 19-20	Pontiac, MI	Jan Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Jun 1-2	Olathe, KS	Mary Oberg	Mary Oberg	913-599-6750	healingtouch736@gmail.com
Jun 2-3	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
Jun 2-3	Bemidji, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsi.com
Jun 8-9	Yankton, SD	Jan Halbaach	Julie Camp	605-668-8477	jcamp@avera.org
Jun 9-10	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Jun 9-10	Oceanside, CA	Lisa Thompson	Cynthia Baker	760-940-3129	bakercj@tcmc.com
Jun 9-10	Tampa, FL	Kimberly Gray	Tammy Dragel	813-870-4766	tammy.dragel@baycare.org
Jun 9-10	Des Moines, IA	Gail Hardinger-McCarthy	Gail Hardinger-McCarthy	515-964-9842	lifenbalance@aol.com
Jun 16-17	Lake Park, FL	Judy Lynne Ray	Lindsay Babich	561-596-2727	ADivineLindsay@aol.com
Jun 23-24	Oxford, MI	Janet Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Jun 23-24	St Charles, MO (closed)	Mary O'Neill	Mary O'Neill	314-602-2701	oneillmary@yahoo.com
Jun 23-24	LaJolla, CA	Rauni King	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
Jun 23-24	Daytona Beach, FL	Judy Lynne Ray	Joanne Vogel	386-441-0685	Jovoh@cfl.rr.com
Jun 30 - Jul 1	Bridgeport, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Jun 30 - Jul 1	LaJolla, CA	MJ Aswegan / T Wragg	Tricia Wragg	760-519-6760	wragg.patricia@scrippshealth.org
July 12-13	Fairfax, VA <b>closed</b>	Lucrezia Mangione	Lucrezia Mangione	802-578-3700	hhservice@handcraftedhealth.net
July 13-14	Lebanon, MO	Mary O'Neill	Tammie Breault	417-533-6072	TammyBreault@Mercy.net
July 14-15	Brevard, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
July 14-15	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
July 14-15	Brevard, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
July 21-22	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com
July 21-22	Alton, IL	Mary O'Neill	Ruth Ann Meyer	618-463-0901	ram.chtp@att.net
Aug 3-4	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brenda.disparti@memorialhealthsystems.com
Aug 4-5	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-237-1217	jhueschen@aol.com
Aug 4-5	OKC, OK	Benham & Smith	HT Oklahoma	405-706-7716	innerchi@cox.net

## Healing Touch Class Schedule - 2012

These classes are recognized by the HTI Healing Touch Certificate Program; endorsed by the American Holistic Nurses Association, NCBTMB and California Board of Nursing

### LEVEL 1; cont'd...

Date	Location	Instructor(s)	Contact	Phone	e-mail
Aug 11-12	St Louis, MO (closed)	Mary O'Neill	Mary O'Neill	314-602-2701	oneillmary@yahoo.com
Aug 18-19	Encinitas, CA	Mary Jane Aswegan	Rebecca Lundgren		nursebecky@roadrunner.com
Aug 18-19	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HTotheCarolinas@me.com
Aug 24-25	Arvada, CO	Lisa Anselme	Red Rocks College	303-914-6600	admissions @ rrcc.edu
Aug 25-26	Paynesville, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsi.com
Aug 25-26	LaJolla, CA	Rauni King	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
Sep 8-9	Tampa, FL	Kimberly Gray	Tammy Dragel	813-870-4766	tammy.dragel@baycare.org
Sep 8-9	Pontiac, MI	Jan Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Sep 8-9	Farmington Hills, MI	Barb McConnell	Nancy Judge	248-471-4624	judgenj1@aol.com
Sep 15-16	Rochester, MN	Sue Knutson	Sue Knutson	507-292-0247	Sueknutson@usfamily.met
Sep 15-16	Bemidji, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsi.com
Sep 22-23	Brevard, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Sep 22-23	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
Sep 22-23	San Diego, CA	L Thompson/ C Kasperick	Cecilia Kasperick	858-246-1126	ckasperick@ucsd.edu
Oct 5-6	Minneapolis, MN	Carol Schoenecker	Kathy Kerber	612-863-7937	kathryn.kerber@allina.com
Oct 6-7	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brenda.disparti@memorialhealthsystems.com
Oct 8-9	Pontiac, MI	Jan Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Oct 11-12	Fairfax, VA <b>closed</b>	Lucrezia Mangione	Lucrezia Mangione	802-578-3700	hhservice@handcraftedhealth.net
Oct 12-14	Bismarck, ND	Mary Ann Carlson	Sharon Spaedy	701-223-5926	sespaedy@aol.com
Oct 12-14	St Joseph, MN	Dana Spates	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Oct 13-14	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
Oct 13-14	Rochester, MN	Sue Knutson	Sue Knutson	507-292-0247	Sueknutson@usfamily.met
Oct 18-21	Richardson, ND	Mary Ann Carlson	Sharon Spaedy	701-223-5926	sespaedy@aol.com
Oct 20-21	Minneapolis, MN	Dana Spates	Janet Dahlem	651-690-7758	jldahlem@stskate.edu
Oct 20-21	Des Moines, IA	Gail Hardinger-McCarthy	Gail Hardinger-McCarthy	515-964-9842	lifenbalance@aol.com
Oct 27-28	Brevard, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Oct 27-28	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-237-1217	jhueschen@aol.com
Nov 3-4	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HTotheCarolinas@me.com
Nov 10-11	San Diego, CA	Mary Jane Aswegan	Donna Cahill	619-686-3774	cahill.donna@scrippshealth.org
Nov 10-11	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com

### LEVEL 2

Date	Location	Instructor(s)	Contact	Phone	e-mail
Apr 27-28	Eau Claire, WI	Vicki Marish	Sue Peck	715-598-4141	pecksd@uwec.edu
Apr 27-29	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Apr 28-29	LaJolla, CA	Rauni King	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
May 4-5	Minneapolis, MN	Carol Schoenecker	Kathy Kerber	612-863-7937	kathryn.kerber@allina.com
May 5-6	Capitan, NM	Lynne Jeffrey	Lynne Jeffrey	575-354-3424	lbjeffrey1@windstream.net
May 10-12	Bismarck, ND	Judy Turner	Sharon Spaedy	701-223-5926	sespaedy@aol.com
May 11-12	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brenda.disparti@memorialhealthsystems.com
May 19-20	Charleston, SC	Bonnie Johnson	Janet Neal	843-388-1834	healingtouch1@bellsouth.net
May 19-20	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
May 19-20	Paynesville, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsi.com
May 23-24	Red Wing, MN	Barb Schommer	Sarah Stinson	651-267-3506	sstinso1@redwing.fairview.org
May 23-24	St Louis Park, MN	Jan Halbach	Renay Ingledew	952-457-3844	renay.ingledew@parknicollet.com
Jun 2-3	San Diego, CA	Mary Jane Aswegan	Donna Cahill		cahill.donna@scrippshealth.org
Jun 2-3	Harrisonburg, VA	Deborah Larrimore	Gail Bondurant	540-433-3421	calendula@ntelos.net
Jun 2-3	Brevard, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Jun 6-7	St Cloud, MN	Carol Schoenecker	Vickie Ruegemer	320-255-5735	ext 54685
Jun 9-10	Rochester, MN	Sue Knutson	Sue Knutson	507-292-0247	Sueknutson@usfamily.met
Jun 14-15	Coon Rapids, MN	Jackie Mielke	LeAnn Snidarich	763-433-1279	leann.snidarich@anokaramsey.edu
Jun 16-17	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
Jun 16-17	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HTotheCarolinas@me.com
Jun 23-24	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-237-1217	jhueschen@aol.com



## Healing Touch Class Schedule - 2012

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### LEVEL 2; cont'd...

Date	Location	Instructor(s)	Contact	Phone	e-mail
July 14-15	Farmington Hills, MI	Barb McConnell	Nancy Judge	248-471-4624	judgenj1@aol.com
July 21-22	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
July 25-26	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com
Aug 4-5	Red Bud, IL	Mary O'Neill	Clare Boehmer	618-282-3848	mailhealingmin@aol.com
Aug 10-11	Yankton, SD	Jan Halbaach	Julie Camp	605-668-8477	jcamp@avera.org
Aug 11-12	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
Aug 18-19	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Aug 18-19	Brevard, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Sep 7-8	Arvada, CO	Lisa Anselme	Red Rocks College	303-914-6600	admissions @ rrcc.edu
Sep 8-9	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Sep 8-9	Bemidji, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsi.com
Sep 14-16	Phoenix, AZ	Lynne Jeffrey	Stephanie Clark	602-321-9775	stephanie.j.clark@bannerhealth.com
Sep 15-16	Lake Park, FL	Judy Lynne Ray	Lindsay Babich	561-596-2727	ADivineLindsay@aol.com
Sep 15-16	LaJolla, CA	Rauni King	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
Sep 20-21	Fairfax, VA <b>closed</b>	Lucrezia Mangione	Lucrezia Mangione	802-578-3700	hhservice@handcraftedhealth.net
Oct 6-7	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-237-1217	jhueschen@aol.com
Oct 6-7	Cary, NC	Deborah Larrimore	Jane Rochelle	919-602-5680	teenytinypieces@gmail.com
Oct 12-14	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Oct 20-21	Minneapolis, MN	Jan Halbach	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Oct 20-21	Farmington Hills, MI	Barb McConnell	Nancy Judge	248-471-4624	judgenj1@aol.com
Oct 27-28	Pontiac, MI	Jan Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Oct 27-28	Brevard, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Nov 2-3	Minneapolis, MN	Barb Schommer	Kathy Kerber	612-863-7937	kathryn.kerber@allina.com
Nov 3-4	Tampa, FL	Kimberly Gray	Tammy Dragel	813-870-4766	tammy.dragel@baycare.org
Nov 3-4	Rochester, MN	Sue Knutson	Sue Knutson	507-292-0247	Sueknutson@usfamily.met
Nov 3-4	Encinitas, CA	Mary Jane Aswegan	Rebecca Lundgren		nursebecky@roadrunner.com
Nov 9-10	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brenda.disparti@memorialhealthsystems.com
Nov 13-14	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com
Dec 1-2	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Dec 6-7	Fairfax, VA <b>closed</b>	Lucrezia Mangione	Lucrezia Mangione	802-578-3700	hhservice@handcraftedhealth.net
Dec 8-9	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org

### LEVEL 3

Date	Location	Instructor(s)	Contact	Phone	e-mail
Apr 27-28	Eau Claire, WI	TBA	Sue Peck	715-598-4141	pecksd@uwec.edu
Apr 28-29	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Apr 28-29	Red Bud, IL	Mary O'Neill	Clare Boehmer	618-282-3848	mailhealingmin@aol.com
Apr 28-29	Farmington Hills, MI	Barb McConnell	Barb McConnell	517-914-4133	mconcb51@bigplanet.com
May 5-6	Colorado Springs, CO	Judy Turner	Myra Tovey	719-622-0703	davidmyra7@msn.com
May 17-20	Bristol, VT	Jeanne Zuzel	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
May 19-20	Belmont, CA	Sue Kagel	Elizabeth Helms		Elizabeth@sierrahealingtouch.com
Jun 9-10	LaJolla, CA	Rauni King	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
Jun 23-24	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
Jun 30 - Jul 1	OKC, OK	Mary Frost	HT Oklahoma	405-627-3606	heartsmith@sbcglobal.net
July 7-8	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
July 27-28	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com
Aug 22-24	Coon Rapids, MN	Jackie Mielke	LeAnn Snidarich	763-433-1279	leann.snidarich@anokaramsey.edu
Aug 25-26	San Diego, CA	Anne Day	Lisa Thompson	858-414-3631	lisamct@sbcglobal.net
Sep 14-15	St Cloud, MN	Carol Schoenecker	Vickie Ruegemer	320-255-5735	ext 54685 change in admin !!!
Sep 21-23	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Sep 22-23	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Sep 29-30	Charleston, SC	Bonnie Johnson	Janet Neal	843-388-1834	healingtouch1@bellsouth.net

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### LEVEL 3; cont'd...

Date	Location	Instructor(s)	Contact	Phone	e-mail
Oct 11-13	Bismarck, ND	Judy Turner	Sharon Spaedy	701-223-5926	sespaedy@aol.com
Oct 13-14	Harrisonburg, VA	Deborah Larrimore	Gail Bondurant	540-433-3421	calendula@ntelos.net
Oct 20-21	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Oct 20-21	Minneapolis, MN	Carol Schoenecker	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Oct 20-21	LaJolla, CA	Rauni King	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
Oct 26-27	Yankton, SD	Jan Halbaach	Julie Camp	605-668-8477	jcamp@avera.org
Nov 1-3	Red Wing, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Nov 10-11	Kansas City, MO	TBA	Jody Hueschen	816-237-1217	jhueschen@aol.com
Dec 1-2	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com

### LEVEL 4

Date	Location	Instructor(s)	Contact	Phone	e-mail
Apr 26-29	Watertown, SD	Carol Schoenecker	Jeanne Thune	605-924-0141	jeannethune@hotmail.com
Jun 7-10	Lakewood, CO	Lisa Anselme	Carrie Niewenhous	303-989-7982	education@healingtouchinternational.org
July 19-22	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
July 26-29	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com
Aug 2-5	Stoneville, NC	Deborah Larrimore	Ashley Fleetwood	337-777-0680	HToftheCarolinas@me.com
Aug 23-26	Capitan, NM	Lynne Jeffrey	Lynne Jeffrey	575-354-3424	lbjeffrey1@windstream.net
Aug 24-26	Farmington Hills, MI	Deborah Larrimore	Barb McConnell	517-914-4133	mconb51@bigplanet.com
Sep 13-16	Columbia, IL	Mary O'Neill	Jeanne Whalen	314-771-8649	jwshamrock@sbcglobal.net
Oct 4-7	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
Oct 18-20	Oahu, HI	Anne Day	Mike Marcos	808-349-4863	papamoon@hawaii.rr.com
Nov 16-18	LaJolla, CA	Rauni King	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
Nov 29- Dec 2	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net

### LEVEL 5

Date	Location	Instructor(s)	Contact	Phone	e-mail
May 3-6	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
May 17-20	Lakewood, CO	Lisa Anselme	Carrie Niewenhous	303-989-7982	education@healingtouchinternational.org
May 17-20	Bristol, VT	Jeanne Zuzel	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
Jun 21-24	Omaha, NE	Lisa Anselme	Iva Mueller	402-392-0664	Bobnlva@aol.com
Aug 2-6	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Aug 9-12	Stoneville, NC	Deborah Larrimore	Ashley Fleetwood	337-777-0680	HToftheCarolinas@me.com
Aug 24-26	Farmington Hills, MI	Diane Wardell	Barb McConnell	517-914-4133	mconb51@bigplanet.com
Aug 24-26	Soldotna, AK	Mary Szczepanski	Mary Szczepanski	907-790-2402	marysz@gci.net
Sep 13-16	Columbia, IL	Lisa Anselme	Jan McArthur	636-724-2435	janmac2001@gmail.com
Nov 1-4	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Nov 1-4	Oahu, HI	Anne Day	Mike Marcos	808-349-4863	papamoon@hawaii.rr.com
Nov 15-18	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com
Nov 16-18	LaJolla, CA	Anne Day	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
Dec 6-9	Denville, NJ	Deborah Larrimore	HT New Jersey	973-214-2582	maggi@HealingTouchNewJersey.com

### Instructor Training Level 1

Sep 24-26	Broomfield, CO	TBA	Carrie Niewenhous	303-989-7982	education@healingtouchinternational.org
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## Healing Touch Class Schedule - 2012

These classes are recognized by the HTI Healing Touch Certificate Program; endorsed by the American Holistic Nurses Association, NCBTMB and California Board of Nursing

### International Classes Level 1

Date	Location	Instructor(s)	Contact	Phone	e-mail
Apr 28-29	Oosterbeek; Netherlands	Wietzke van Oene	Natascha van den Ban	31235321521	healing4eu@aol.com
May 5-6	Montreal, QC Canada	J Balcom / A Zaritzky	Irma Bubolic	514-483-6688	ibubolic@videotown.ca
May 5-6	Ballina, Australia	Jenny Wales	Dawn Stead	02 6624 7859	
May 8-9	Montreal, QC FRENCH	J Balcom / A Zaritzky	Irma Bubolic	514-483-6688	ibubolic@videotown.ca
May 19-20	Nowra, Australia	Susan Ashton	Heather Ann Smith	02 4447 5023	
May 19-20	Sunshine Coast, Australia	Veronika Oliver	Veronika Oliver	07 5442 2921	
May 19-20	Parksville, BC CANADA	Toby Krell	Anji Jones	250-752-3893	innerjoyht@gmail.com
May 26-27	Ottawa, ON CANADA	Alexandra Jonsson	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net
Jun 9-10	Townsville, Australia	Rosalie Van Aken	Kristin Wicking	61 74758 1227	
Jun 9-10	Terrace, BC CANADA	Marilyn Blair	Lendra Hovanes	250-638-7610	lendra_hovanes@telus.net
Jun 16-17	Haarlem; Netherlands	Wietzke van Oene	Natascha van den Ban	31235321521	healing4eu@aol.com
Jun 16-17	Wauchope, Australia	Susan Ashton	Susan Ashton	0409 223 186	
Jun 23-24	Toronto, ON CANADA	S Mkosinec / W Joscelyn	Wendy Joscelyn	416-961-2768	wendyjoscelyn@aol.com
Aug 18-19	Perth, Australia	Rosalie Van Aken	Rosalie Van Aken	0410 286 187	
Aug 25-26	Sunshine Coast, Australia	Veronika Oliver	Veronika Oliver	07 5442 2921	
Sep 1-2	Cairns, Australia	Jenny Wales	Madonna Brodie	07 4039 1800	
Sep 8-9	Parksville, BC CANADA	Toby Krell	Anji Jones	250-752-3893	innerjoyht@gmail.com
Nov 17-18	Perth, Australia	Rosalie Van Aken	Rosalie Van Aken	61 86161 2562	
Nov 24-25	Perth, Australia	Rosalie Van Aken	Rosalie Van Aken	0410 286 187	

### International Classes Level 2

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jun 6-7	Toowoomba, Australia	Rosalie Van Aken	Sandi Smith	0412 504 950	
Jun 9-10	Toronto, ON CANADA	Alexandra Jonsson	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net
Jun 23-24	Nanaimo, BC CANADA	Bev Worbets	Frankie Rose	250-754-3027	apurplerose@shaw.ca
Sep 22-23	Wauchope, Australia	Susan Ashton	Dawn Stead	02 6624 7859	
Sep 29-30	Vancouver, BC CANADA	Ginny Mulhall	Karen Stewart	778-292-1845	KASinBC@yahoo.ca
Nov 3-4	Cairns, Australia	Rosalie Van Aken	Madonna Brodie	07 4039 1800	
Nov 3-4	Haarlem; Netherlands	Wietzke van Oene	Natascha van den Ban	31235321521	healing4eu@aol.com

### International Classes Level 3

Date	Location	Instructor(s)	Contact	Phone	e-mail
May 5-6	Perth, Australia	Rosalie Van Aken	Rosalie Van Aken	61 86161 2562	
May 25-27	Dieppe, NB CANADA	Jeanne Balcom	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com
May 26-27	Ballina, Australia	Rosalie Van Aken	Dawn Stead	02 6624 7859	
Jun 1-3	Vancouver, BC Canada	Catherine Awai	Karen Stewart	778-292-1845	kasinbc@yahoo.ca
Jun 1-3	Dieppe, NB Canada	Jeanne Balcom	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com
Jun 1-3	Prince George, BC	Bev Worbets	Dawn Bryant		dragonflyacres@shaw.ca
Jun 2-3	Sun Shine Coast, Austral	Rosalie Van Aken	Rosalie Van Aken	61 86161 2562	
Oct 26-28	Toronto, ON CANADA	Alexandra Jonnson	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net
Nov 17-18	Haarlem; Netherlands	Wietzke van Oene	Natascha van den Ban	31235321521	healing4eu@aol.com

### International Classes Level 4

Date	Location	Instructor(s)	Contact	Phone	e-mail
Oct 11-14	Memramcook, NB CANADA	Catherine Awai	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net
Oct 24-27	Sth East Qld, Australia	Rosalie Van Aken	Rosalie Van Aken	61 86161 2562	

### International Classes Level 5

Date	Location	Instructor(s)	Contact	Phone	e-mail
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Healing Touch International, Inc.  
445 Union Blvd., Suite 105  
Lakewood, CO 80228

## **VISION**

Spread Healing, Light and Love, creating wholeness on Earth.

## **MISSION STATEMENT**

Our mission is to spread healing and light worldwide through the heart-centered practice and teaching of Healing Touch. It is fulfilled by this non-profit membership and educational organization which:

- \* Administers the Certification process for Healing Touch International practitioners and instructors
- \* Sets international standards of practice and international code of ethics for practitioners and instructors
- \* Supports Healing Touch practitioners and instructors as they develop, practice and serve communities worldwide
- \* Promotes and provides resources in health care integration and research in Healing Touch
- \* Provides opportunities for promotion of and education about Healing Touch