



# HTI's *Perspectives in Healing*

A PUBLICATION OF HEALING TOUCH INTERNATIONAL, INC.

VOL. 1, SUMMER 2008

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

## *The Gathering*



*Joy  
In the sweetness of friendship  
let there be laughter,  
and sharing of pleasures.*  
- Kahil Gibran

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## Editor's Note

by Lisa Anselme, Editor and HTI Executive Director

I am thrilled to introduce this first issue of HTI's Perspectives in Healing, a Publication of

Healing Touch International. This quarterly publication, formerly the HTI Newsletter, represents the natural evolution of Healing Touch International's professional communication to its members and subscribers. As an organization, we strive to offer articles which inform, enhance professional practice, and reflect our vision of Spreading Healing Light Worldwide. This past year, it has become timely to have the name of our publication reflect the scope of our mutual vision and the scope of your work. This name emerged through inspiration at the AHNA conference. This publication will continue to evolve with Clinical Application and Professional Development articles, moving toward a more professional journal format over time. As noted in our previous newsletter, we

are going green as an organization. We received positive support from a number of you for this environmentally conscious decision, and also heard from a small number that you truly preferred the paper copy. We are offering this first publication electronically to a wide audience. Those of you who requested a hard copy will receive one by mail. In the next issue, you will be accessing this publication through your membership or subscription link on our website:

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

If you don't have email, we encourage you to get a free email account through your local library. During this time of transition, we will make a hard copy available to those not having email for this first volume. We will also continue to provide a hard copy for all instructors so that they have this available in the classroom. We welcome feedback on this new format to [board@healingtouchinternational.org](mailto:board@healingtouchinternational.org). Let us know how this flows for you. Enjoy!

### VISION

Spread Healing, Light and Love, restoring 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 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

Cover Art by Carol Hagan, Carol Hagan Studios  
<http://www.carolhaganstudios.com>

# Thoughts from the President

by Savitri Kumaran RN, CHTP/I



Dear Members and supporters of Healing Touch International,

As I prepare this last article I write in my role as President and member of the HTI Board of Directors, I have been reflecting about how my path has unfolded. I first ran for the Board because my dear teacher and friend, Janet Mentgen

encouraged me to do so. I had been traveling with her in New Zealand and on our Healing Touch Hawaii inter-island and Alaska cruises. I was inspired by the many opportunities for service that Healing Touch had brought into my life and took this call to serve on the Board of the professional organization for Healing Touch as another such opportunity.

## Building the Foundations

I have had the honor and privilege to serve with many dedicated Board members over the years that I have been on the Board. Much foundation work was still being done. We explored our Core Values, worked on Instructor Guidelines, and reworked the Vision and Mission. We planned conferences, built communities by encouraging regional gatherings, and supported the growth of Healing Touch classes in many countries. It was a real honor and joy to be with Janet during those times and to work closely with Anne Day and Diane Wind Wardell, during their terms as HTI Board presidents.

## Transitions

Those of you who have been members for some time know that the passing of our Founder, Janet Mentgen, affected us all deeply. The Board during that time was determined to continue the work that she had begun and to work closely with those she left in charge of her business. If you have been part of this organization over this time, you will be aware that things did not unfold as we had hoped. There

has been a “parting of ways” between HTI and HTP (formerly Janet’s business CCHT). This is something that I never would have thought possible.

## The Work Continues

These events have made it necessary for us to look carefully at our Mission and Vision and responsibilities and determine how to carry on. The work continues as classes are booked, new Instructor Trainings take place and new students apply for certification. But the work continues on a deeper level as each individual who awakens the healer within reaches out to help others with the power of their loving touch.

## Community

As I move on to whatever next opportunity to serve presents itself, I look forward to being with the Healing Touch International community at the Conference this year in Milwaukee. I know how important it is for us to come together in community; for the group helps the individual and the individual helps the group! Our conference is a celebration of the good work that all of you do. The conference committee has done an outstanding job lining up a star studded cast of speakers. So, I look forward to seeing you all there.

With fond “aloha”, Savitri





## Inspirations

# Words

by Lisa Anselme

Words  
of hope, friendship  
and mystery.  
Words, impeccable  
and deeply spoken. Words  
in relationship, without personal agenda.  
Words of wholeness.

Excitement and newness, a creation  
in process. The circle was called.  
Ones newly met were offering words  
of joy, sweetness, sharing of  
heart and openness.

Words were like lovers  
and daughters  
and sons  
cherished, warm and new  
like a sun rising in the morning.

Flirtatiousness on stage; a word  
play mirrored flirtatiousness of words  
within the notes of the spoken.



As witness  
to the words I saw and felt  
a community  
at peace with itself, open  
creating and expressing  
in a way of honor.

Like lovers  
and children  
the community reflected the midwife  
of this event; friend  
colleague, sister, warm, articulate  
witty, elegant, gentle-dakini-hearted.

It was a healing of sorts  
a transmutation  
of other gatherings where words  
lost their way  
in their quest for spirit.

Lisa Anselme RN, BLS, CHTP/I, HNC, HTI Executive Director

June 21, 2008 Lakewood, CO

Editor's Note: The above was written at the closing of the International Journal Conference, in response to Mary Oliver's poem "At Blackwater Pond", in which it was asked, "oh what is that beautiful thing that just happened?"

# Health Care Integration

## Prestigious Medical Center Opens It's Doors to Healing Touch

by Deborah Larrimore, RN, BSN CHTP/I

I joined Wake Forest University Baptist Medical Center and have been appointed as the Director of Healing Touch Education in the Program for Complementary & Integrative Medicine.

### **"When Grace Comes Calling"**

"When grace comes calling, open your door." These are the words I used to describe the invitation I received when asked to join forces with Wake Forest University Baptist Medical Center in the Program for Complementary & Integrative Medicine. Here's my story....

### **Reflection**

THE cold gray skies of winter hovered in the air. I had taken a period of "time out", a spiritual sabbatical to reflect upon the direction of my life. I had been drawn into stillness within my mind, body and spirit. What I knew was that it was very much akin to the germination process of the season. Beneath the surface of my "being" laid new beginnings. I was in a place of quiet solitude while remaining watchful. I was resting in the unknown and paying attention to signs as they appeared. When approached about what my future plans were, my answer was, "I don't know." What I did know was that something was germinating which would come forth in the spring. I felt a quickening beneath the surface of my "being," but could not define (if you will) whether it was a daffodil or a tulip. I only knew that the germination process which was going on deep within was a very active one and that I was remaining watchful of what was about to spring forth.

### **Grace Appears**

AND then, "Grace Came Calling". At first I didn't recognize it, other than it's one of those events which could only unfold through the orchestration of the Divine. Grace appeared in the faces of two people, Kathi Kemper, MD and Charles Tegeler, MD. One I had long ago named as a pioneer in holistic and integrative medicine, Dr. Kemper. As a matter of fact, the two of us had actually taught Healing Touch to medical students in previous years, as well as collaborated on different projects, lectures and research utilizing Healing Touch.



Wake Forest University, School of Medicine

### **Nicknames**

THE other person I had nicknamed "Moses" although his real name was Dr. Charles Tegeler. Actually, the nickname had come about during a Healing Touch workshop which he had attended the previous year. During the last day of class, I experienced Dr. Tegeler's presence as one who would "part waters" in our modern day world. I had no idea what this meant, but shared these words with him after the workshop and kindly nicknamed him "Moses".

### **Preparation**

LOOKING back it seems, collectively, somewhere out in the layers of the ethers, the 3 of us united our intentions to bring the teachings of Healing Touch into the medical center. We gave talks and lectures, and held meetings of hope and of vision. For a period of time, all was dormant for what seemed to be a very long winter. We held faith. We prayerfully, let go. We remained diligent with our intentions. We knew we had turned the soil, planted the seeds, and it was now the season of germination. We waited.

SOME 33 years previous, as a novice nurse I began my journey into the exploration of health and healing at Wake Forest University Baptist Medical Center. It was there, I gave my first Healing Touch treatment to a patient in the Intensive Care unit. The results were so profound, that it forever changed my life and awakened me to aspects of healing that went far beyond the technology of the critical care unit. Shortly thereafter, I left the medical center embarking on a journey which would lead to further explorations & studies of holistic and integrative medicine. I knew one day I would return bringing these teachings. That was 17 years ago.

**continued on next page**

## **Wake Forest, continued**

IN the spring of 2008, grace came knocking on my door. After a long period of dormancy and germination new possibilities and life sprang forth. And oddly enough it was neither a daffodil nor a tulip, but instead the budding forth of a new program. Dr. Charles Tegeler and Dr. Kathi Kemper asked me to join forces with Wake Forest University Baptist Medical Center under the Program of Complementary & Integrative Medicine as Director of Healing Touch Education.

DR. KEMPER had pioneered the way and Dr. Tegeler had parted the waters...and grace came calling. In alignment with Healing Touch International, I agreed to bring the HTI Healing Touch Certificate Program into the Program for Complementary & Integrative Medicine of WFU Baptist Medical Center.

### **Blossoming**

COURSES began in May 2008 and are being conducted on a monthly basis. They are open to medical center staff as well as the public. In July, a grant was received to fund Nurse Educators from all over the Medical Center. Excitement flourished as media coverage from local networks carried the story of Healing Touch. Articles were published & announcements in hospital newsletters and local magazines were written.

### **Spreading Healing Touch**

CURRENTLY, as Director of Healing Touch Education, I am offering hospital-wide introductory HT classes entitled "Healing for the Heart". These classes are open to medical staff, patients and families. In addition, volunteers will be trained in this introductory program, which will enable them to take simple Healing Touch techniques to the bedside of patients who request treatment.

### **Visions**

FUTURE visions include a televised hospital channel which all patients can tune into to learn more about how they or their family can provide HT to promote healing and reduce



Charles Tegeler MD, Kathi Kemper MD, Deborah Larrimore RN

hospital length of stay. In addition, we plan to establish clinical services for patient referrals and support a variety of Healing Touch research projects.

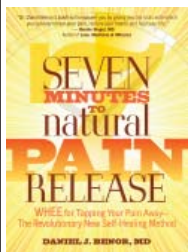
### **Understanding**

MAY we each come to understand the seasons of our lives, and that in those times when all seems dormant, perhaps the long winter of germination is at hand. Wait. For, when "Grace comes calling, open your door, as the opportunity and blessing of the Divine has just crossed your threshold, perhaps saying, "Welcome Home."

**Looking for tips** on integrating Healing Touch into your health care setting? Health Care Integration information is listed on the HTI website, and in the HTI Health Care Integration Booklet, available for purchase on the HTI website at [www.HealingTouchInternational.org](http://www.HealingTouchInternational.org)

### ***WHEE for Tapping Your Pain Away –***

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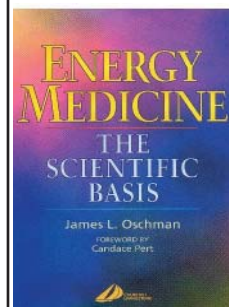


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# *"Validating the Heart's Work"*

Healing Touch International's  
12th Annual Conference and Instructor Meeting

**We are so excited about this year's 12<sup>th</sup> annual HTI Conference!**

We will be igniting the mind and deepening our hearts as we explore, learn and experience the Heart's Work. This year's conference is an immersion in Brugh Joy's four attributes of the heart: innate harmony, healing presence, compassion and unconditional love. Join us! Invite your friends, health care professionals or other energy or body/mind practitioners so that they can be inspired by exciting keynotes and presenters offering quality professional development.

See you in Milwaukee!

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



"Energy" by Karen Taylor

Love this artwork? It's available on conference t-shirts and bags (must pre-order) and on notecards as a fundraiser for future HTI projects.

# Clinical Application

## Short and Sweet Healing Touch (SAS HT)

by Maggi Hutchinson, BS, JD, CHTP/I

### **Sampler Sessions**

What if you were asked to do Healing Touch “sampler sessions” at a local health fair or 15 minute mini-sessions for nurse’s week? Although it’s important to know and practice the full version of each technique, don’t pass up an opportunity to share this work for lack of time. Healing Touch is versatile and can be adapted to any situation.

### **Volunteer Program**

When a local hospital began a Healing Touch volunteer program, each volunteer was expected to visit four in-patients during a 2 hour shift. Healing Touch classes focus on preparing students to do a one-hour Healing Touch session. The hospital allotted only 30 minutes per patient. During that time, the volunteer had to find the room, set up the music, wash their hands, adjust the bed, introduce themselves and explain HT. Often this left only 15 minutes for the actual hands-on!

### **Short & Sweet HT Born**

To overcome the hospital’s concern that HT might be too complicated to do in shorter intervals, I created a tip sheet, “Short and Sweet Healing Touch (SAS HT)”, suggesting ways to shorten and combine Level One techniques. These tips have now been used successfully with patients for several years.

### **The Challenge**

While a volunteer could do Mind Clearing, Hands in Motion/Still or any of the pain relief techniques in 15 minutes, my challenge was to discover how to do the Chakra Connection (CC), Magnetic Clearing (MC) or Chakra Spread (CS) or a combination thereof in the time allowed. I wanted patients to experience the profound relaxation of receiving these basic techniques.

### **Modify within the Healing Touch Sequence**

Keep in mind that even when techniques are modified, the sequence remains the same: 1) do a quick intake and ask permission to do HT, 2) prepare yourself (center, set your intention and attune), 3) assess the energy field, 4) interventions – short and sweet in this case, 5) re-assess the energy field, 6) ground and release, and 7) evaluation and feedback. Through preparation you become a “healing presence,” that allows the energy to flow as needed with every technique, in any setting.

### **Chakra Connection**

Let’s focus on ways to shorten the Chakra Connection (CC). The textbook version, in which each position is held for one minute, takes 20 minutes. Simply holding each position for 30 seconds or half the time, shortens the CC to 10 minutes. Here’s another version: connect ankle to knee and knee

to hip (each leg), connect both hips and then connect the seven main chakras. Use intention to connect the arms from the shoulder position. Hold each position 1 minute for a total of 10 minutes, or hold 30 seconds to complete in 5 minutes.

### **Magnetic Clearing Combo**

What if you are working with a patient who is receiving chemotherapy and you want to do both the CC and Magnetic Clearing in 15 minutes? Do the SAS CC by holding each position 30 seconds followed by 10 strokes of MC. Now you have a fifteen minute combo.

### **Chakra Spread**

Many students do not practice or use the Chakra Spread because they run out of time during a session. Consider this shortened version: open each foot, open each hand and then complete one round of the spreading sequence and finish at the heart. A lovely way to end a session, and it takes only 7 minutes.

### **Mini Sessions at Events**

Doing SAS HT sessions became even more challenging when I was asked to give 10 minute mini-sessions to teachers at a primary school as part of a holistic health event. Was that even possible? Yes! I cleared the entire field with Hands in Motion and then did an SAS CC addressing only the seven main chakras holding each position 1 minute. The teachers loved it.

### **Five Minute Refresher**

Would you think it possible to do HT in only 5 minutes? Absolutely. Open and hold each foot for 1 minute, open and hold each hand for 1 minute and then gently do Hands in Motion to clear the entire field. A 5 minute refresher!

### **Endless Possibilities**

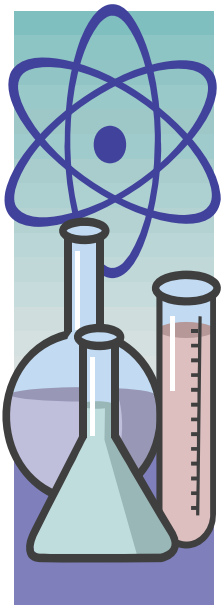
The possibilities are endless, and once you get the hang of it, you can create some combinations that work for you. Mind clearing or pain management techniques also work well in combination, bringing quick relief in any setting. As always, spread the word, do the work, and have fun!

### **Editor’s Note:**

As always, it is important to consider what is the highest energetic and clinical priority for the patient/client. In keeping with the concept, “less is more”, you may determine to focus upon one intervention (e.g. chakra spread) during the time you have, rather than offer several abbreviated interventions during a shortened time period.







## Energy Research

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

### The Effect of Healing Touch on Body Response Mechanisms

A recent publication by Janice A. Maville, EdD, MSN, CNS, HTP, Judy E. Bowen, MPA, OTR, CHTP and Grant Benham, PhD studied the effect of Healing Touch on stress perception and biological correlates. This was published in the journal of *Holistic Nursing Practice* in the March/April 2008 issue. The objective of this pilot study was to investigate the effect of Healing Touch on anxiety and physiological measures (heart rate,

blood pressure, muscle tension, skin conductance, and skin temperature) in 30 healthy adult volunteers. The participants completed a standardized questionnaire on stress before and after the session. The physiological data were collected prior to, during and after the Healing Touch session which included two techniques: hands in motion and the chakra connection. Changes were found for anxiety measures and the physiological measures, with the exception of muscle tension which did not change.

Results support the basic premise of physiological and psychological relaxation with Healing Touch. A majority of the participants also used the word "relax" to describe the session. Despite the pilot nature of this study the findings suggest that Healing Touch may contribute to positive changes in physiological stress mechanisms and subjective measures of anxiety. This study significantly contributes to the growing body of evidence that supports the use of Healing Touch for the reduction of anxiety and stress.

### The Energy Field in Veterans Experiencing Chronic Neuropathic Pain from Spinal Cord Injury

Diane Wind Wardell, PhD, RN, WHNP-BC, CHTP/I, and collaborators from the Anesthesiology Pain Program at the Michael E. DeBakey VA Medical Center in Houston: Diana Rintala, PhD, and Gabriel Tan, PhD, ABPP present information from a research study conducted with veterans. The Healing Touch experience of the practitioners and participants is presented from the perspective of energy field data in this May/June 2008 article in *Explore: the Journal of Science and Healing*. *Explore* is an interdisciplinary journal edited by Larry Dossey, MD that addresses the scientific principles behind and applications of evidence-based



healing practices from a variety of sources including the healing arts, consciousness, spirituality, eco-environmental issues, and basic sciences as they related to health.

Before and after experiences are included for six sessions for two participant/practitioner teams. This is one of the first published explorations into how the energy field is perceived by the practitioner during a session and its relationship to the participants' experiences. There was general improvement in the field patterns over time that helped to explain some of the experiences of the veterans concerning their pain. The energy field information influenced the session techniques and often times matched the experiences of the veterans.

### The Six Pillars of Energy Medicine

This article by Dr. David Feinstein and Donna Eden incorporates Healing Touch as one of the modalities referred to as having research demonstrating efficacy. It is published in *Alternative Therapies in Health and Medicine* in January/February 2008.

**continued on next page**

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## Energy Research, cont.

Prior to discussing the six pillars the authors review the current structure and function of the human energy system. Then the pillars are identified as: (1) reach in which energy medicine is able to impact the full spectrum of the living organism; (2) efficiency as electromagnetic frequencies are more efficient providing precision, speed, and flexibility; (3) practicality in that they are non-invasive and readily available; (4) patient empowerment in that they can be used on the self and in any location; (5) quantum compatibility that expands our traditional way of looking at healing to include one of that recognizes the importance of intention; and (6) holistic orientation in order to achieve a greater sense of well-being and peace. These six pillars of energy medicine clearly form the foundational practice of Healing Touch.

### Healing Touch, Reiki, and Therapeutic Touch

People often ask the difference between Healing Touch, Reiki, and Therapeutic Touch as there are a number of similarities between them. A recent book by Julia Carroll, a Reiki Master includes all three with chapters on Healing Touch and Therapeutic Touch in this predominant exploration of today's Reiki practice and research. *Reiki Touch: 20<sup>th</sup> Anniversary Edition: Professional Touch Mysteries* includes chapters on Healing Touch by Diane Wind Wardell and a short chapter on Therapeutic Touch by Casey Cheek. The book is set up

in an easy to read style with pictures and a personalized presentation. There are other chapters on aromatherapy, massage, spirituality, and overview of research in alternative touch therapies that enhance reading. The forward to the book is by Dr. Stanley Krippner who identifies the book as a "bridge" to help others understand complementary treatments. It is an important contribution.

### White Shadow Books Granted to HTI as Fundraiser

Diane Wind Wardell's chronicle of her nine month sabbatical, walking with Janet Mentgen, is now available on the HTI website store. Students, practitioners and instructors have found pearls of Janet's wisdom and experience in sharing insights and classroom observations in the Healing Touch work.

Also included are the personal journeys of both Janet as teacher, and Diane as student. We are grateful to Diane for her generosity in granting the proceeds of her book to HTI as a fundraiser for future HTI projects.

To order your copy, go to our website and click on "Shop"

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

# Congratulations!

## Newly Certified Practitioners and Instructors

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Janet Alford	Tucson, AZ
Margot Baker	Carmel Valley, CA
Janis Becker	Manitou Beach, MI
Tama Bevan	Sitka, AK
Elizabeth Carlson	Jackson, WY
Kathleen Coates	Nevada City, CA
Claire D'Andrea	Carlsbad, CA
Diane Deslauriers	Bon Aqua, TN
Judeann Glover	Chino Hills, CA
Mariellen Griffith	Bloomington, IL
Susan Higgins	Ft. Lauderdale, FL
Marilynn Jackson	Ontario, OR
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Los Altos, CA  
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Elaine Collin  
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Moncton, NB  
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### New Zealand

Sharron MacIver

Taranaki

### Peru

Blanca DiNegro  
Sissi Molero  
Maria Ruiz Barrio

Lima, Peru  
Lima, Peru  
Piura, Peru

### Denmark

Kirsten Jung

Copenhagen

### Instructors

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Susan J. King Shoemaker  
Soldotna, AK  
Tim McConville  
Minneapolis, MN  
Sarah E. Porter  
Kula, HI  
Dana Spates  
Paynesville, MN  
Lisa M. Thompson  
San Diego, CA  
Jennette Wales  
Queensland, Australia

## Associate Partnerships

### The Global Peace Intention Experiment



Healing Touch International has entered into partnership in the Global Peace experiment being conducted by Lynne McTaggart and our logo is now on their website. Results from our experiment with Lynne McTaggart and Gary Schwartz PhD at HTI's 11st Annual Conference last year were so impressive that we have partnered with them for further intentional work.

**YOU ARE INVITED** to join in a “Live Aid” of scientific experiments through Lynne McTaggart, that will test the power of group mind to lower violence around the world. The experiment will be conducted on September 14<sup>th</sup>, 2008. Further dates will be announced.

**LYNNE MCTAGGART**, architect of the experiments and author of the best-selling book *The Intention Experiment*, has enlisted internationally recognized scientists, philanthropic organizations and readers around the world in a series of global experiments to send intention to controlled scientific targeted areas to restore peace.

**PSYCHOLOGIST GARY SCHWARTZ** of the University of Arizona, who will be speaking at the HTI 12<sup>th</sup> Annual Healing Touch Conference in September, will be one of the scientists participating in the experiments. He is director of the Laboratory for Advancement of Consciousness and Health, and has run many healing energy experiments, including the highly successful HTI 11<sup>th</sup> Annual Healing Touch Conference Intention Experiment in conjunction with Lynne McTaggart last year.

**THE PURPOSE** of The Global Peace Intention Experiment is to involve the web and participants in a voyage of discovery to see to what extent collective thoughts and intentions can change the world. These studies, in effect, constitute the largest mind-over-matter experiments in history.

**POSITIVE RESULTS** thus far include a series of experiments carried out in 2006-7, the Intention Experiment has demonstrated that ‘group mind’ can make seeds grow twice as high as normal, change basic physical properties of leaves, alter the essential structure of water and change physical properties in a plant and a human being.

**CURRENT PROJECTS** include a ‘mini-Gaia’, which involves constructing a miniature ecosystem with the University of Arizona and asking readers to attempt to lower the temperature inside. If this experiment has significant effect, the implications — that our collective thoughts could tackle global warming — will be extraordinary.

**FOR MORE DETAILS** contact: Pavel Mikoloski, Intention Experiment Public Relations

Email: [pavel@livingthefield.com](mailto:pavel@livingthefield.com) Tel: 011 44 (0)788 2542113



### REIKI TOUCH® Twentieth Anniversary Edition Professional Touch Mysteries

Julia Carroll, Diane W. Wardell and Joan Engebretson are among the distinguished authors of this definitive reference manual. Reiki, Healing Touch, Therapeutic Touch, Aromatherapy & Massage, Touch Therapy Research plus Spirituality & Meditation are presented in a holistic format. This quintessential guide should be “on call” for everyone in any touch therapy modality.



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## Professional Development

### Mirror Neurons and Intention: New Research Shakes Scientific World

By Daphne White, HT Practitioner Apprentice, Maryland

#### Insights

Over the past few months, I have been working with a client called Amy (not her real name), who reminds me of “The Princess and the Pea.” Though she herself is a body worker, it takes Amy a good 5-10 minutes to settle on the table when she comes in for a Healing Touch session. One pillow is too soft, the other is too hard. The bolster is the wrong shape; the pollen count is high; the room temperature is too hot or too cold. One day, watching her wriggle on the table, unable to settle down, I got an image of a prickly cactus. “Aha!” I thought. “That must be how it feels to be in her body: it’s so *uncomfortable* in there!”



As healers, we get used to these flashes of insight, to *sensing* what the other’s body might feel like. How do sensations and images seemingly leap from mind to mind, and from body to body? I used to think this was a mystical or even slightly magical process, but I recently discovered a scientific explanation that might explain this phenomenon.

#### Mirroring

It turns that out scientists have discovered something they call “mirror neurons” in our limbic brains. These are the neurons that enable a newborn baby to smile in response to her mother’s smile; they are also the neurons that cause us to cough or yawn when others are coughing or yawning. Research studies have now shown that “mirror neurons” fire when a person watches someone *else* performing an action: if I were to watch you eating an apple, the same neurons would fire in my brain as if *I* were eating the apple.

#### Accidental Discovery

These mirror neurons were discovered accidentally in a lab in Italy. Researchers had implanted thin wires in a macaque monkey’s brain to study the region related to planning and carrying out movements. When the monkey would

grasp or move an object, cells in that region of his brain would fire, and a monitor would translate this firing into an audible sound. One day, a graduate student entered the lab holding an ice cream cone. As the student began eating the ice cream, the monkey observed him, and suddenly the monitor started emitting sounds: the monkey’s neurons had begun to fire. The simple act of *observing* the student eating had activated the same motor region of the monkey’s brain as his own eating would have done.

#### Intention

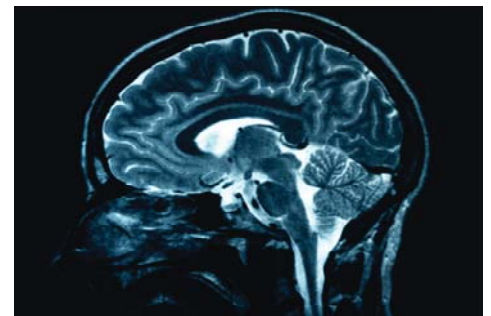
“It took us several years to believe what we were seeing,” Italian researcher Dr. Giacomo Rizzolatti told *The New York Times*. Perhaps more importantly, further experiments revealed that different neurons fired when monkeys understood the *intention* of an action. Based on repeated experiments, monkeys learned to anticipate whether a researcher was picking up a banana to eat it or to put it in a bowl. It turned out that different neurons fired for the “pick up banana to eat” motor sequence vs. the “pick up banana to put in bowl” sequence.

#### Motor Actions

So the mirror neurons were picking up more than just *motor* actions: they understood the *intention* of those actions. And again, the same neurons fired whether the monkey was *performing* the action or merely *watching* that action performed. “A strict link thus appears to exist between the motor organization of intentional actions and the capacity to understand the intentions of others,” Rizzolatti wrote in the November 2006 issue of *Scientific American*. What an amazing statement from a research scientist!

#### Intention Verified

The implications for Healing Touch practitioners are profound: it now appears that when we practice Healing Touch techniques with the *intention* of promoting healing, the mirror neurons of our clients are likely *picking up our intention!* We are taught to use intentionality when we practice HT techniques, but who would have thought there was a *biological basis* for this?



#### NY Times

The revolutionary nature of these findings goes well beyond Healing Touch. Some scientists have written that the discovery of mirror neurons may become this century’s equivalent of the last century’s discovery of DNA. Sandra

**continued on next page**

## Mirror Neurons, cont.

Blakeslee, the *New York Times* reporter who interviewed Rizzolatti wrote: “[This] discovery is shaking up numerous scientific disciplines, shifting the understanding of culture, empathy, philosophy, language, imitation, autism and psychotherapy.”

### Experiencing Others

Rizzolatti's research has been replicated in hundreds of other studies, including scans of human brains. “We are exquisitely social creatures,” Rizzolatti says. “Our survival depends on understanding the actions, intentions and emotions of others. Mirror neurons allow us to grasp the minds of others not through conceptual reasoning but through direct stimulation. By feeling, not by thinking.”

In his book called *The Present Moment*, psychologist Daniel Stern takes this one step further, saying: “Our nervous systems are constructed to be *captured* by the nervous system of others, so we can *experience others from their own skin*.” (Italics added.) Experiencing others from their own skin: is this what happened when I got that prickly feeling from Amy?

### Self Regulation and Attunement

We have been taught to think of our minds as unique and separate entities, but research shows that no *mind* is an island. Mammals can only survive infancy and childhood through an exquisite dance of attunement with other minds and bodies: those of their caretakers. “Most people assume that the body they inhabit is *self-regulating*,” writes psychiatrist Thomas Lewis in *A General Theory of Love*. This belief, like many others in our individualistic culture, turns out to be wrong. Mammals (as distinct from reptiles) have evolved a limbic brain: this is the part of the brain that houses emotions, and many mirror neurons. And it turns out that the limbic part of our brain regulates itself *in relationship* to other limbic brains: those of humans, and those of other mammals, such as our pets.

### Influences on Others

“Because human physiology is (at least in part) an open-loop arrangement, an individual does not direct all of his own functions,” Lewis writes. “A second person transmits regulatory information that can alter hormone levels, cardiovascular function, sleep rhythms, immune function, and more – inside the body of the first. The reciprocal process occurs simultaneously: the first person regulates the physiology of the second, even as he himself is regulated.”

Have you noticed how you sometimes become anxious in the presence of some clients, or inexplicably fatigued with others? Conversely, does your body relax in the presence

of your partner, or your favorite yoga teacher? That is your limbic system regulating itself *in relationship* to another limbic system.

### Limbic System

While we do exist in a kind of open loop with others and our environment, this does *not* mean that we have no control over our own nervous system or our reactions. Indeed, it is possible – and important – to begin to notice what happens to our nervous system under different conditions, and to learn techniques (such as breathing, meditation, yoga or qi gong) that can help bring us back into regulation regardless of outside conditions.

### Self Awareness and Self Care

During one session with Amy, for example, I noticed myself becoming increasingly irritated. I realized that Amy was projecting her discomfort outward: I was not sufficiently centered, and some of her irritation was now in my field. I breathed deeply for a few moments, reconnected with my own center, and expanded my energy field. As my nervous system calmed down, I noticed that Amy herself was beginning to settle down and relax. Perhaps my calm Healing Touch energy was now influencing her mirror neurons.

### Setting the Vibration for the Highest Good

That, of course, is the ultimate challenge of HT practitioners: we need to use our mirror neurons in order to understand our clients, but not be so open that we take on their aches, pains and states of mind. Energy healer Rosalyn Bruyere has said that “the biggest aura in the room wins.” By this she means that as healers, we need to keep our vibrations strong, so that we set the vibrational tone in the treatment room, and the client's physiology adjusts to ours. As we set our intention for the client's highest good, their mirror neurons should begin to fire in tandem. *That* is when true healing can begin.

**HELP WANTED:** Director of Nursing for the Golden Living Center- Lynwood, a 54-bed skilled nursing facility, just outside Minneapolis, MN is looking for an energetic, enthusiastic, and committed individual to supervise, coordinate, and lead the nursing department. The ideal candidate will have long-term care experience as well as a drive and passion to integrate holistic modalities into the nursing home environment. To be considered for this exciting opportunity, please contact:

Shanna Swanson, Executive Director  
GL - Lynwood \* 5700 East River Road \* Fridley, MN 55432  
Phone: (763) 571-3150 \* Fax: (763) 571-2805  
shanna.swanson@goldenliving.com  
www.goldenlivingcenters.com

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# HTI Business Council

## Creating a Fee for Service Structure

by Ann Cathcart RN, CHTP, HN-BC, Chair HTI Business Council



The Vision for this Q & A column is to share ideas, suggestions, tips and news that will help all HT practitioners interested in creating, maintaining and/or expanding a Healing Touch business.

### Frequently Asked Questions:

#### **Q: What do practitioners charge for an HT session? Is there a standard fee?**

**A:** It is always good to research costs of similar types of services like massage therapy, acupuncture and psychotherapy in your area. You will probably find a great range of fees that depend on location, experience of practitioner and other factors. Some prosperity counselors say that the more you charge the more the public will think the service is worth and will clamor for your expertise. I once encountered a therapist who said she could guarantee helping my teenage daughter overcome her driving phobia with a twenty-minute phone consultation. It would only cost me \$350! I told the practitioner that a local internationally renowned psychotherapist I knew didn't charge that much. She then pronounced that she had published a book that made her famous. I figured for \$350 I could be patient. My daughter would drive in her own time, which she did. It is appropriate however, to align your fees to other similar professionals, including HT practitioners, in your area.

Often practitioners offer discounts with referrals or series pricing which reduces the per-session fee but encourages subsequent appointments. When I first opened my practice fifteen years ago, I offered two sessions for \$75 each and the third session was at no charge. Depending on your rent expense, offering different rates for home visits and travel may be in order. I sublease an office at a per-time rate so I charge my same fee for home visits since I avoid a \$25 rental charge. You may want to charge for mileage over a certain distance. Home visits can be convenient and cost effective for many infirm and homebound clients.

A sliding fee scale may work for some clients who feel they can't afford HT. A rule of thumb is to halve your standard fee then add 1% of the client's income. For example, if



your fee is \$80 per session and your client's net income is \$18,000 per year, you would charge \$40 plus \$18 or \$58 per session.

Recently, I received a broadcast email from a hospital volunteer coordinator hankering for two HT practitioners to volunteer a minimum two days per week. She stated that many more patients were asking for HT and of course the hospital couldn't meet their needs due to a lack of volunteers. All I could think was "good!"

There is a demand for HT practitioners and we should be excited to work for free? Remember that we spend hundreds if not thousands of dollars and countless hours learning our craft and are board certified professionals, or are working toward that goal. Many health institutions operate for profit with CEO's earning and receiving annual bonuses in the millions of dollars and they won't even offer gas money to professional healers? We have to maintain confidence that we are worthy of being paid for our time, skills, and professionalism. Janet Mentgen, founder of Healing Touch, often talked about having confidence as a healer. Confidence as a healer in business is just as important. Of course there are times to offer HT to those in need without remuneration. Some tithe their time and HT service to their spiritual and religious centers.

One of these days insurance will pay consistently for this wonderful and effective work we do. We'll have more administrative costs but universal acceptance will likely dictate standard fee schedules and reimbursement. In the meantime, go within and settle on an amount you are comfortable with charging and know you are worthy of receiving abundance for your HT work.

**\*\*Note:** You must always check your city, county, and state laws in regard to license and credential requirements for conducting a business for which you are charging.



## In Service

### A Call to Action

by Suzanne Weeks, Healing Touch Practitioner

WE are called to action sometimes before we know what that will look like. During the October 2007 wildfires in San Diego, my husband and I tuned in anxiously for news of our time to evacuate as we packed what we would “need” if the house burned down. Knowing thousands were evacuating (nearly 1 million in Southern California by event end), we decided our fear could be turned to action. The idea came to us, why not bring a Healing Touch booth to an evacuation site? Unloading our possessions from the car, we reloaded to bring relief to others. Canopy, table, identification, water; all we might need to bring healing while being self-sufficient and aware of our own self-care in the smoke filled city.

AFTER considering our location, we obtained authorization from a Red Cross Worker to set-up at a near-by evacuation site. Providing a relaxing space with music under a canopy, we were finally ready. Lisa Thompson RN, HHP, CHTP/I also left her safe haven to join our efforts. Although, they were happy to have us there, we initially had a challenge finding clients. Treating an elderly evacuee in a chair near her cot where she had spent the past 2 nights, she did not



THE next day, we agreed to contact more healers and set up where we thought the need was greatest: the firefighter staging area. We spent two hours walking through the encampment looking for the “right” people to authorize our set-up. After passing hundreds of exhausted firefighters lying near their trucks awaiting the next rotation, we found the command center. With tears in their bloodshot eyes, the logistics workers sitting behind their computer terminals said they would love a treatment. The decision had been made however, that this type of aid was not possible and the volunteer massage therapist had already been asked to leave. Undaunted, we moved to the aid station to reach those evacuees who had lost their homes, knowing that a mind clearing at this time would be well received. We met police citing logistics, liability issues and fear, preventing our offer to bring healing. By this time the hot conditions and poor air quality had exhausted us and we returned home.

#### NEW Disaster Relief Committee NEW

Healing Touch International is beginning a Disaster Relief Committee to create strategies and alliances with various relief organizations worldwide so that when events occur, there is easy access and availability to provide healing service to those impacted and their relief workers. If you are interested in being part of this HTI Service Project, please contact Lori Wyzykowski at [lwyzy@bellsouth.net](mailto:lwyzy@bellsouth.net). She will be gathering the committee.

AT first, we were disappointed at not reaching anyone directly that day. Upon reflection though, we realized that our intention was always for the highest good. Our desire to touch with our heart brings healing to those we focus on, even at a distance. The first day we had treated several people who had never experienced this type of healing and greatly needed a compassionate heart. Often we do things and do not realize the healing effect, just by offering our intention, smile and hug at a time of despair.

want me to stop treatment and was notably less anxious when I finished. At first, it seemed frustrating to not be able to treat more people, but I was also able to dedicate longer treatments, especially to the gentleman who had slept in his car for two nights. He reported feeling “a lot better” after receiving back techniques.

THIS “Call to Action” was one of my “community project” write-ups for my HT Level 5 homework. The longer-term project could be to establish an authorized crisis-healing group so that we could mobilize in case of natural disasters. With the support of aid workers and fellow citizens, we could affect healing for the heart and soul within the community.

## Certification Update

by Helen "Jody" Hueschen RN, MN, CNOR,  
CNAAC, CHTP/I, Certification Board Director

There is so much excitement as many individuals are preparing applications for certification. Some are preparing applications for the first time. Others are preparing to submit applications for certification renewal. Healing Touch International Certification is the original certification for Healing Touch and is the gold standard. Certification as a Healing Touch Practitioner (CHTP) or as a Certified Healing Touch Instructor (CHTI) is an achievement of excellence recognized by professional organizations worldwide.



Each certification application form is currently under review and revision. The original criteria remain unchanged in the revisions. Changes are being made to the application forms with the intention to clarify the action/evidence required to meet the criteria. Notification of the completion of all newly revised certification application forms will be provided in the near future.

The following notes provide information on those changes that have already been implemented:

**CHTP Application:** Criteria 1 - Recommendation for Certification by the HTI Level 5 Certified Healing Touch Instructor has replaced the recommendation from the CCHT Program Director. The required "Certificate of Course Completion" is now issued through HTI, but those issued by CCHT/HTP prior to April 2008 will continue to be accepted.

**CHTI Application:** The Lead/Solo Instructor Experience must now be a HTI Level 1 class, arranged by the applicant with an HTI Certified Healing Touch Instructor teaching to the HTI Healing Touch Certificate Program terminal objectives and course content.

**CHTI Renewal Application:** We now request a Recommendation of Renewal signed by a peer, HTI Certified Healing Touch Instructor and is no longer required from the CCHT/HTP Program Director.

Updated certification application and renewal packets should be available by September 1st. There will be a 12-month grace period during which both the new and old documents will be accepted.

Please check the application forms carefully and ask for clarification as needed through the HTI office. Submitting questions via email to HTIheal@aol.com is a good way to get responses with the information in writing.

Recognition of newly certified Healing Touch practitioners continues to be within a traditional pinning ceremony among your peers at the HTI Conference or in your community if you are unable to attend the Conference. We will be recognizing and honoring newly certified practitioners in our traditional pinning ceremony at the Healing Touch International Conference in Milwaukee. The registration form for conference contains a place to notify HTI of your desire to be pinned in this ceremony. Please notify Joyce Ramsaur via email at HTIheal@aol.com if you are able to be pinned in this ceremony and did not have the opportunity to complete the information on the registration form.

This traditional pinning ceremony has been carried out since the inception of HTI as we honor your Healing Touch work, your achievements and your continuing pathway of excellence to carry the Healing Touch Light worldwide.

## Words of Wisdom Presence

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

In 1992 Janet was already deep into teaching Healing Touch classes but still maintained a private practice where she saw clients. She wrote in her journal about a particular client's experience in receiving the mind clearing technique. As she placed her fingers at the side of the woman's head she was able to see light enter her so completely that it replaced the heaviness and darkness that had been there before. The client was given a message that she was "all right" and to stop judging herself so harshly about all the things she wished she was doing in order to be in right relationship with herself. Both felt a profound inner peace afterwards.

In response to her story, the guidance she was given in her journal was: "You were doing well and following instructions from your centered quiet space and were open for the energetic charge to come through your body without incident. Notice the difference when the space you are in is very quiet and receptive. There is no need for drama, nothing to claim on your part, only your participation. The work is done beyond both of you; you only set the stage for it to occur. This is how it should be, with both of you open and receptive." This is the essence of the healing work, being in a space of receptivity and calm.

**continued on next page**

# Community Development

## Australian Foundation HT Gathering

31st Oct - 2nd Nov, 2008 ●Angourie Rainforest Resort ●Yamba, NSW

### Living our Connectedness

This theme was chosen to afford us the opportunity to enter a space of enduring connectedness with 'all that is'. At one level or another, Spirituality relates to our experience of connectedness. This includes our relationship with Source, others, nature and oneself and that connection can be seen as the core of Spirituality. So, therefore, our connection with 'all that is' helps us to live our lives from a place of Spirit.

### Speakers

We have been very fortunate to obtain the presence and services of wonderful speakers. Alana Fairchild who describes herself as a 'healer's healer'. For the past decade Alana has offered her services as a professional intuitive, spiritual teacher and psychotherapist, Kaliana Rose, works with vibrational healing on many levels, including voice and essences. Some of you may have heard her beautiful songs "Child of Light" and 'Bless you and Welcome'.

### Venue

Angourie Rainforest Resort is a wonderful venue with a great variety of accommodations, which include 1 bedroom spa apartments, 2 bedroom cabins as well as deluxe cabins. The cabins are very spacious and could easily sleep at least four people. Also there is a Day Spa on site for self care. The village of Angourie, which is on the beach, is a short bicycle or drive away and takes about 15 minutes to walk.

### Program

The Gathering begins on Friday evening with a welcome

### Words of Wisdom, cont.

It is also the essence of how we should live our lives. It is often hard to do this without drama, as every element of change brings an unsettling to our way. It is also important to be aware of the natural and innate subtle striving for power and recognition. This can be brought into awareness by teachings given to Janet to: "Let yourself be present here and participate fully in your experience in the present. It is time right now to participate and be supportive, the past is over; it is only the present that is important at the moment. Can you be fully here now?" All that has gone before only creates a carpet from which our feet can walk into the future. Life is lived to its fullest in paradox. Living is moving forward while being present in the moment.



to country by a Koori Elder and a keynote presentation from Dr Jo Boney. There will be plenty of self-care and networking time factored into the program. The business of AFHT Inc will also be attended to with the AGM, practitioner and instructor meeting

Please put these dates into your diary now. There will be more information including brochures sent out in the next month. Hope to see you there.

For details or further information contact Jenny Wales – email [fj\\_wales@bigpond.com](mailto:fj_wales@bigpond.com), phone 61 7 3209 1476 or Rosalie Van Aken – email [rosalie@roselight.com.au](mailto:rosalie@roselight.com.au) phone 61 2 6628 8439.

## Announcements

**HEALING TOUCH DAY - MARCH 8TH.** Save the date and begin making plans to celebrate HTI Day with community gatherings, presentations and celebration honoring Janet Mentgen, ourselves, and the Healing Touch Work!

**HEALER'S TRIP TO SOUTH AFRICA** February 2009 Two week trip including stay on the beautiful Indian Ocean beach, swimming with the penguins, tour of sacred sites in and around Cape Town, Cape Point, class with African Healer, Safari and viewing of the Big Five animals in the wild.

Opportunity to take *Healing Touch Level 4* with South African students and/or other boating, drumming, hiking, shopping, relaxing options. Contact Mary Frost if interested for more details: [Tothealt@aol.com](mailto:Tothealt@aol.com) or 228-342-1519

### **A "MIRACLE OF HEALING" CRUISE**

Dedicated to the enrichment and rejuvenation of all healers 8 days in the eastern caribbean on the Carnival ship "Miracle". Sailing from New York City in the Spring of 2009. Sponsored by Norwich CT Healing Touch Community. Contact Paula Noveak 860-642-6428 for more information.

### **ENERGY PARTNERS VOLUNTEER TRAINING**

Oct. 17 - 19, 2008 Denver, CO

LifeSpark Cancer Resources - contact Sandy Priester at [info@LifeSparkNow.org](mailto:info@LifeSparkNow.org) or 303 425-5670



## Board Corner

August, 2008

by Sue Kagel RN, BSN, HNC, CHTP/  
I, HTI BOD Secretary



“ If we are peaceful, if we are happy, we can smile and blossom like a flower, and everyone in our family, our entire society, will benefit from our peace.”

- Thich Nhat Hahn

### VISION AND JOY

Recall our vision of a beautiful, abundant tree with strong roots, beautiful flowers and fruit as our HTI Strategic Plan for 1-5 years. Pruning helps the tree grow strong, and we are utilizing Feng Shui at the HTI Office (the art of shifting energy in the environment) to clear and create space for the new as we open, blossom and travel up the spiral with joy, grace and calm in a peaceful environment. Be part of the vision; join us!

### ROOTS, STABILITY AND UNITY

We are **uniting and communicating** on many levels while **enhancing heart-centeredness and enthusiasm** in our HTI professional organization and in our work. The **Instructor Alliance** is playing a **key role** in this process. **Financially** we have been blessed with **grants totaling \$11,000** from two anonymous donors. **HTI Annual Conference is going strong** and registrations continue to arrive. **Resource Council** is coming together with new members and will be listed on the website. **Thanks and gratitude to all of you for your support and passion!**

### GROWTH AND EXPANSION

**Education.** Our new **Instructor Advancement Committee** is co-chaired by Alexandra Jonsson RN, CHTI and Diane Wind Wardell, PhD, RNC, CHTI.

Members include Maggie Freel RN, CHTI, - IA (USA), Laura Hart, PhD RN, CHTI – IA (USA), Myra Tovey, RN, CHTI - CO (USA), Judy Turner RN, CHTI – FL (USA) and Lisa Anselme, Executive Director, RN CHTI, CO (USA). 12 volunteer instructors from Australia, Ontario and British Columbia, Canada, and around the USA participated in creating the HTI Level 1 Instructor Training in July, 2008. This was followed by a **HTI Level 4 Instructor Training** including 8 instructors from North America who teach worldwide. A **Student Task Force** with representatives from the HTI Board, Education Committee, Certification Board and Instructor Alliance has been appointed to **create solutions for those students inadvertently caught** in the transition. **Solutions are expected mid August** following a reply from AHNA. Solutions are for students to continue studies in HTI's Healing Touch Certificate Program if they have taken HT courses other than HTI's. The **Education Committee** is working on and updating the HTI Instructor Guidelines.

**HTI HEALTH CARE INTEGRATION Groundwork** is in process **to explore third party billing** with our new **HTI Advisory Board members**. The **booklet is being updated**. If you are using Healing Touch through HTI in your health care system, please notify htihosp@aol.com to be listed in the booklet

**WEBSITE** Check out the **new Student Page** with **links to all student tool and information**. **Website expansion** is coming soon. Work continues to merge data bases and create **Members Only, Instructors Only**, and more. [www.healingtouchinternational.org](http://www.healingtouchinternational.org) Website links to HTI - Please double check your website links to our HTI website so that they are linked directly to HealingTouchInternational.org and not being redirected to an AOL address. HTI is no longer linked to the HealingTouch.net address. Please correct any discrepancies so that people can find us!

### OUTREACH

#### ASSOCIATE ORGANIZATIONS/ PARTNERS/SPONSORSHIPS

HTI is creating new alliances and strengthening existing connections through the mutual goals of collaboration, professionalism, education, community building and exposure. Learn more at [www.healingtouchinternational.org](http://www.healingtouchinternational.org), Associate Organizations/Partners Page.

**continued on next page**

## Board Corner, cont.

**NETWORKING** The **HTI Traveling Display Booth** has been making its rounds. **HTI** was represented at the following conferences, some providing advertising and website promotion for HTI as well. **Council for Healers** conference in Salt Lake City, UT, by Mary Frost (representative) and Mary Jo Bulbrook (alternate representative). **American Holistic Nurses' Association (AHNA)** conference in New Hampshire by Sue Kagel, Lisa Anselme, Maggi Freel, Diane Wardell, and Barb Welcer. **International Society for the Study of Subtle Energy and Energy Medicine (ISSSEEM)** Conference in Boulder, CO networked by Lisa Anselme. **International Journaling Conference** in Denver, CO by Lisa Anselme. **Association for Comprehensive Energy Psychology (ACEP)** Conference in Albuquerque in May by Terry Sparks, Lynne Jeffrey, Liz Carlisle, and Deborah Denker.

**SPEAKERS BUREAU** Diane Wardell, former HTI President delivered a heart centered-presentation on Healing Touch in a panel discussion on energy medicine at **AHNA conference** in New Hampshire. Comments – “You did us proud!” **Hal Blatman MD, President, and Healing Touch Practitioner and Molly Roberts MD, Board Member of the American Holistic Medical Association (AHMA)** will both be speaking at the **HTI Conference**. Hal was instrumental in bringing Healing Touch into the Tri-State Hospital system in Cincinnati, OH (USA). In September, **Lisa Anselme, HTI Exec Director** presents 2 keynotes and a workshop on Ethics and Integrative Health Care at **Symposia Medicus' 9th Annual Conference on Integrative Medicine in Women's Healthcare** in CA. **Pat Dulles RN CHTP** is co-presenting on HT and Pain Relief at the **American Society for Pain Management** in Tucson, AZ in September. Tucson Community members are providing hands on HT experience for attendees.

**PUBLICATIONS** Newsletter enhancement continues with this first volume of **HTI's Perspectives in Healing, a Publication of Healing Touch International, Inc.** **Clinical Application** articles will be reviewed and parameters for these articles will be listed on website in members only area soon.

**CREATIVITY - BLOSSOMING** HTI is now sponsoring The **International Journal of Healing and Caring**. The

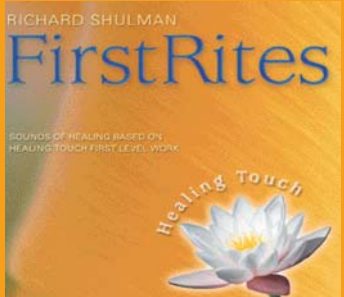
Journal focuses on holistic and integrative education, research, healing the planet, society and more. **Quality HTI articles will be accepted** for review and publication and a wide distribution.

**PROFESSIONAL DEVELOPMENT** for enhancing your practice and personal development: offerings coming by conference.

**NEW MEMBERS** are coming in, as well as charter member and regular renewals. Remember, discounts to conference, HTI Healing Touch Certificate Program **Classes**, and **products** as well as for new developments. are benefits of your membership. Support your HTI Professional service organization so we can continue to expand and support your work!

**THANK YOU ALL** for continuing to share your time, ideas, questions, articles, committee participation, and volunteer hours in so many ways. **We are truly grateful for the outpouring of participation, and invite all to contribute in any way to our organization.**





Richard Shulman  
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## HTI Healing Touch Certificate Program Classes

The HTI Healing Touch Certificate Program is a nursing continuing education program for registered nurses, health care professionals, body-oriented therapists, psychotherapists or other licensed health care professionals and individuals who desire an in-depth understanding of healing work that uses energy-based concepts.

This program is endorsed by the American Holistic Nurses Association.

Certification as a Healing Touch Practitioner (CHTP) is an appropriate goal for those who wish to establish a Healing Touch practice or incorporate Healing Touch as a major focus within an existing professional practice.

Please visit our website at:  
[www.HealingTouchInternational.org](http://www.HealingTouchInternational.org)

The screenshot shows the homepage of the Healing Touch International, Inc. website. The header includes the organization's name and tagline "nurturing energy therapy". A navigation bar lists various sections: WHAT IS HEALING TOUCH, FIND HEALING TOUCH, NEWS & EVENTS, JOIN, RESEARCH & HEALTHCARE, CHTP & CHTI TOOLS, SHOP, and ABOUT US. A search bar is located on the left. The main content area features a "Find" button, a "Practitioners & Support Groups" link, and a "Healing Touch International, Inc. is the professional non-profit organization for Healing Touch. We set standards for practice, administer certification, coordinate research & health care integration, & provide educational opportunities." link. Below this are links to "HEALING TOUCH CLASSES", "12TH ANNUAL INTERNATIONAL CONFERENCE", and "HEALING TOUCH RESEARCH". A "what's happening..." section includes an "ADVISORY BOARD" announcement, a "2008 CONFERENCE" announcement, and a "WE ARE MAKING NEWS!" section. A "Become a member" callout points to the "JOIN" link. A "Tools - for students and CHTP's" callout points to the "CHTP & CHTI TOOLS" link. A "Find classes" callout points to the "HEALING TOUCH CLASSES" link. A "2008 Conference Information" callout points to the "2008 CONFERENCE" announcement. A "Find Research Information" callout points to the "HEALING TOUCH RESEARCH" link. A "News and Events" callout points to the "NEWS & EVENTS" link.

HEALING TOUCH INTERNATIONAL, INC.  
nurturing energy therapy

WHAT IS HEALING TOUCH | FIND HEALING TOUCH | NEWS & EVENTS | JOIN | RESEARCH & HEALTHCARE | CHTP & CHTI TOOLS | SHOP | ABOUT US

search...

**Find**

Practitioners & Support Groups

Healing Touch International, Inc. is the professional non-profit organization for Healing Touch. We set standards for practice, administer certification, coordinate research & health care integration, & provide educational opportunities.

links:

HEALING TOUCH CLASSES

12TH ANNUAL INTERNATIONAL CONFERENCE

HEALING TOUCH RESEARCH

what's happening...

ADVISORY BOARD: HTI announces a new Advisory Board including five experts in health care integration. **INSTRUCTOR SECTION:** Certified Healing Touch Instructors can access instructor documents. **CHTP & CHTI TOOLS:** Certified Healing Touch Instructors can access instructor documents. **PARTICIPATE IN RESEARCH:** Three master's degree holders are conducting research on the practice of alternative medicine. Such providers advised to use caution with recent email solicitations.

2008 CONFERENCE: **FEATURES DIANE MAY, JIM OSHMAN, RICHARD SHULMAN.** Register online. Join the worldwide Healing Touch community in America's heartland. The 2008 International Conference will be in Milwaukee, Wisconsin, on the shores of Lake Michigan. Special airline and hotel pricing. **CONFERENCE.**

HEALING TOUCH CLASSES: A list of classes is posted on this website. This list is growing daily, so return often. **2008 CONFERENCE:** A list of classes is posted on this website. This list is growing daily, so return often. **2008 CONFERENCE:** A list of classes is posted on this website. This list is growing daily, so return often.

WE ARE MAKING NEWS! **USA TODAY** recently ran an article about Healing Touch. The Research Director, Diane May, was featured in the article. **INTERNATIONAL NEWS AGENCY:** A news agency, International News Agency, has been established. **ABOUT HEALING TOUCH:** A number of prominent news publications including **Scientific America, ABC News,** and **India's MUMBAI MIRROR.**

AMERICAN HOLISTIC NURSES ASSOCIATION **CONTINUING EDUCATION:** The American Holistic Nurses Association is offering continuing education for Healing Touch practitioners. **DIRECTOR:** The American Holistic Nurses Association is offering continuing education for Healing Touch practitioners. **INSTRUCTOR:** The American Holistic Nurses Association is offering continuing education for Healing Touch practitioners. **CHTP & CHTI TOOLS:** The American Holistic Nurses Association is offering continuing education for Healing Touch practitioners.

Become a member

Tools - for students and CHTP's

Find classes

2008 Conference Information

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News and Events