



HTI's *Perspectives in Healing*

A PUBLICATION OF HEALING TOUCH INTERNATIONAL, INC.

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

The Ripple Effect: Healing & Creating Collectively



The pond is the world.
Our hearts are the pebbles.

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Letter from the Editor

by Lisa Anselme, Editor and HTI Executive Director

The central theme of this volume of *Perspectives in Healing* is the "Ripple Effect". A classroom management theorist named Jacob Kounin identified the term "Ripple Effect" in 1970 to describe the positive or negative effect teachers may have on students; that by working to positively or negatively reinforce a behavior in one student, there was a resulting impact on the other students in the class.

We have all observed this effect in the physical world when we have thrown a pebble into a still pond. We see a splash and hear a corresponding plunk of the pebble as it enters the water; we observe concentric circles rippling out from the point of splash as a vibration and wave effect is created. If we look even more closely, we may observe birds startling and lifting into flight or fish scattering into many directions, or other wildlife and fellow humans lifting their heads and localizing the sound. Our little toss of a pebble is creating a significant change within the bigger environment.

In our Healing Touch work, we utilize the Ripple Effect in order to set the stage for healing, for growth, for developing a clinical or teaching practice, and for spreading Healing Light worldwide. In our actual clinical work, our first step is Healer Preparation. We do this by centering within and grounding to the Earth. As we center and quiet our monkey minds, we enter into a place of quiet and stillness. We become the smooth waters of the lake. In grounding with the Earth, we tap into the strength, calm and vibration of the planet and its infinite potential for healing. As we connect with a higher power than ourselves and open and link to our hearts in a vibration of unconditional love, we become the intention, the pebble that initiates and powers the ripple.

So what is my personal understanding of the take away message from the Ripple Effect? It's the importance of cultivating our own stillness and healing presence, our own clear and deep waters; that placing our heads in the sand is an abdication of personal responsibility; and that the personal work that we do determines our capacity to draw people and opportunities, and be available to be in service to others. That we take care regarding what pebbles we cast into the pond, recognizing that every thought, word and action impacts not only our immediate environment, but can impact hugely on the global level. And that we ultimately realize that we can be the positive change that we wish to see in the world.

Advertise your business and/or event in *Perspectives in Healing*

Rates: 1/2 page - \$300; 1/4 page - \$150
1/8 page - \$ 75; Business Card size - \$50

Community gathering announcements are free. All ads must be approved by the editor who retains final decision for appropriateness of the advertising.

For more information contact us at HTIheal@aol.com

Motivations from the President Setting Sail

by Sue Kagel, RN, BSN, HNC, CHTP/I



A canoe is not swamped by the outside waves but by the inside wave known as the wave that swamps all. On the ship, all need to play their part in harmony. —Polynesian saying

We continue the metaphor of the HTI sailing vessel, and I am reminded of my daughter Stephanie's experience studying Polynesian culture on the Big Island one college summer. She was invited to sail on a traditional sailing vessel that is constructed out of wood and rope only. The principles, values and code of honor for life on the boat are the same as the code of honor expected on the island. Anything that occurs or behaviors exhibited by one affects the whole. All is constructed with respect, heart-centeredness and kindness, for the vessel and the island to be in harmony and function well. These are similar to our HTI core values and are what is necessary for us to sail forward in harmony and function smoothly. They are: Integrity, Heart-centeredness, Self Care, Respect for Self and Others, Service, Community, Unconditional Love.

Crew Coaching - Ripple Effect

As we prepare for full sail - all of our crew leaders and our membership are now being coached and reminded to come to their higher selves, and maintain these principles and core values at all times. We are reminding each other that as we raise our individual vibrations, our family, community and the world all come into higher vibration and alignment. We individually affect the whole. At this time in the world, we need to be conscious of this now more than ever. In Peru, this is the principle of Ayni, reciprocity, all four aspects working together, beginning with self, then family, community and the world. We extend this reminder to everyone in our community as we weather rough waters in our world situations. All interactions with each other, our clients, our communities, our HTI Office and world must follow our core values for smooth sailing, teamwork and achieving the highest vibration of peace and joy. Even in these times of uncertainty and chaos, inner and outer peace can reign.

HTI Office Mainsail

The HTI office is bursting at the seams now with the workload of both the original HTI organization and the added responsibilities of managing all the class and continuing education items since April, 2008. Please be patient, polite and heart-centered in your interactions with the staff, and each other. Know that we are back logged,

and that we are creating systems to handle the load and become more efficient. Kindness goes a long way, and keeps our HTI vibration high in the office for our small, hard working staff of 4! Our continuing education audit and reporting is completed for conference and for this year's classes. New Professional Development offerings will be coming forth shortly.

Certification Mainsail Set.

We have a climate of hope and change in our country and in HTI. Some HTI projects that have been growing behind the scenes are now birthed, others are "in labor". The revised and polished HTI Certification Packets are complete, thanks to the Certification Board's hard work over the last year of review. Other aspects of this mailsail are set and seaworthy for the March 1 Application deadline. The HTI Certification Board is calling for 3 new "deck hands", people willing to serve on the Certification Board as volunteers. Since certification applications will now be accepted 4 times a year, the Certification Board needs more deck hands to sail smoothly. We are very grateful for these volunteers and all that they do to maintain the Certification standards and keep them strong.

Education Sail Now in Process

The Education Committee and its subcommittees have been very busy. The HTI Student Solutions for those students, practitioners and instructors in training who are caught in the transition and want to continue with the HTI Healing Touch Certificate Program are now available. The Student Letter with instructions is available in the Student Section on the HTI Website. The Education Committee is working on Class Materials, and has created a Mentorship sub-committee to strengthen our process. Instructor Training and Advancement continues with a recent Level 1 Instructor Training. Level 2 Instructor Training is scheduled for February. The HTI Instructor Guidelines have been revised. Level 4-5 Co-facilitators- Anne Day and Diane Wardell have been appointed to meet with the Level 4-5 instructors to bring forth curriculum

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A Client's Journey to Wellness

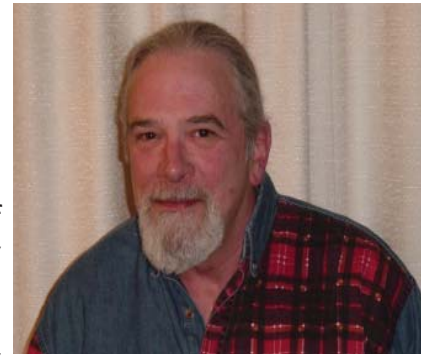
Ed Baumstark, HT Student, Ann Arbor, MI

Freak Accident Leads to Chronic Pain

I injured my back in a freak accident in late December 2001. Between December, 2001 and October, 2004 my life was miserable and full of chronic pain, 24/7. I had many epidurals. They got to be less and less effective. The doctors could not find the problem. During the summer of 2004 I began to lose the use of my legs. By early October, surgery was scheduled. I had 4 major surgeries at the same time. My spine was fused, discs removed, and two rods screwed in place to keep it stable. Still the pain was there. It never left. I tried therapy and it made it worse. I tried Pilates and was asked to not return. The instructor told me I was making my back worse. I became severely depressed, had really high blood pressure and peripheral nerve disease. My nerves were dying at the ends of my feet and hands. I had braces on both legs and both hands, and no reflexes. I could not drive and had trouble walking. My car stayed parked for nearly 7 years.

Relief Begins with Healing Touch Treatment

In the spring of 2007 I received my first Healing Touch treatment. It was awesome. In one hour I was helped more than I had been with 6 years of doctors. In just one hour my life changed. I could walk again and my back was actually better. It was the start of my return to health. In July of that year I took a Level I class with Barb McConnell here in Michigan. I wanted to learn more so I could be the best patient ever. I knew this was so crucial to my rebound. I have had sessions weekly for nearly 18 months.



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Motivations, continued

updates related to the Certification Packet revisions and Level 4 instructor training changes. A meeting is being scheduled to communicate these updates and create a cohesive group of instructors. This procedure will be forthcoming for other class levels. The HTI Annual Instructor Meeting and Conference is being planned.

The HTI Greater Council is Initiated

We have called together the "Greater Council" to assist in brainstorming, input, a new process called Group Genius, and creative solutions for issues that the HTI Board of Directors brings forth for collaboration and discussion. The Greater Council includes 33 committee members from all aspects of HTI which include the HTI Board of Directors, the HTI Certification Board, Ethics Committee, Education Committee, Resource Council, and Instructor Alliance. Representatives from many of our HTI Affiliate Countries are within this group and it will be widened in the future as we learn how to work together in this new paradigm, process and format.

Invitation to All of HTI to Participate in Raising Our HTI Vibration

The Greater Council has been working together in raising our collective HTI vibration and drawing in new students and members. The Greater Council is also sending Healing Light to the students, members,

practitioners, instructors, and those interested in healing as they create a huge column and blanket of healing light throughout our organization and out into the world. You are all invited to participate in connecting with our Greater Council energetically to raise our vibration even higher to support the classes, the practitioners, their Healing Touch practices, the students in their work, the service projects and the world. Since beginning this work a month ago, our class numbers are growing and enthusiasm is high. The Greater Council also focuses on committee projects that are in process and we are finding that this helps it all move forward with ease.

Flow

The ice is breaking up and the waters are flowing more easily. Many aspects of our work dovetail and overlap, so all aspects need to be considered as we scrape the barnacles, repaint and reformat.

Vision

Our vision is to raise our vibes high enough to create a new energetic platform that supports our work. Our goal is to establish this energetic platform by March 6, 2009 - Healing Touch International Day. Every day a new section lights up and activates. We invite you to join in community on this day, or in subsequent weeks to gather and raise the vibration for HTI Joyously and Collectively!

Clinical Applications

My Heart Has Spoken, and I Am Listening

Myra Tovey RN, BS, CHTP, CHTI, HN-BC



The events that have happened to me since March, 2008 are my second series of what I'd call physical transformations, - or wake up calls. During the first series (which began in February, 2005 with a diagnosis of breast cancer), I asked myself questions like; "What changes do I need to make?" and "If I were to die within a year, what would be my legacy?" Thus began the one-year facilitator's program, the focus of which was to bring my legacy, teaching the heart energy, into every aspect of one's life.

In March 2008, my heart spoke to me, and I started to listen. The first heart "event" woke me up at 2:00 AM with an irregular, fast heart rate which lasted four hours. I went through fear and anxiety, and wondered, "should I go to the ER?" I was to get on the airplane in four hours to visit my family in Ft. Wayne, IN. I was disappointed that I was not feeling good. My heart went back to normal about 30 minutes before I departed from Colorado Springs. During my stay in Ft. Wayne, I made it through ok; I'm sure that being around my grandchildren helped me forget my anxiety. Other heart "events" continued from March to October. In October, I went to the ER very early in the morning and was admitted. Two weeks later, I was admitted again. This time, I went in around 4:00 AM and, after admission, eventually agreed that I needed a pacemaker. I was diagnosed with atrial fibrillation and unstable blood pressure.

As with my first physical transformation of breast cancer, I wondered if I was going to die. What was THIS wake up call about? At that time I was going through sadness and grief regarding the split between HTP and HTI. There had been a collapse in what was, and I worked several times a day to center and re-center at the heart. I let myself feel the grief and sadness, and did not deny the feelings or the events surrounding the split.

During this time I also had several dreams about Janet, mostly regarding her teaching. In one dream, she was teaching a class called Laser Focus. This was in 2007. She had me pick a picture in the room, and told me to keep observing it, until it changed. I was not to be distracted

by any one else in the class. I did see the picture change, and I was excited. For me, this dream meant keep my focus, stay heart centered, follow my heart, and not get caught up in all the thought forms resulting from the Healing Touch split.

The definition of "laser" within our curriculum is "a penetrating focus of light energy" and its purpose is to "break up congestion (distractions) in the energy field". To use that laser as Laser Focus, I had to go back and visualize looking at that picture in the dream and remember "don't be distracted by all the things and thought forms out there" and "keep my focus". I needed to use that Laser Focus, keeping my eye on my purpose in order to alter the energy conditions back to congruence and alignment, by refocusing upon the heart and its' attributes. I know I am to teach about the heart and I know I am to teach HT. Sometimes I take one attribute a week and really develop that. The attribute that I was focusing upon most was innate harmony; to remain calm in the midst of chaos.

One day in April 2008, during my meditation, I had an image of my heart. I saw that, instead of my heart working as one unit, it was split into the upper and lower chambers - the atrium and the ventricle. This vision of my heart represented the split between the two Healing Touch groups. As I reflected upon this, I wasn't thinking about what's going on physically with this heart, but rather how the emotions play a major part in diseases. We tend to forget that, and I didn't know to what degree until this happened to me.

Sue Kagel has invited us to energetically focus on upcoming classes and meetings in order to increase the vibrational levels of HTI. I've seen the results of this heightened vibration here in Colorado Springs. In addition to increased classes, one local hospital has scheduled Healing Touch Level 1 & 2 classes while the other hospital is considering HT classes. This is remarkable considering that I've tried for 8 years to teach HT classes in the hospitals here. The

continued on next page

Inspirations

The Ripple Effect

Do you want to be a positive influence in the world? First, get your own life in order. Ground yourself in the single principle so that your behavior is wholesome and effective. If you do that, you will earn respect and be a powerful influence.

Your behavior influences others through a ripple effect. A ripple effect works because everyone influences everyone else. Powerful people are powerful influences.

If your life works,
you influence your family.
If your family works,
your family influences the community.
If your community works,
your community influences the nation.
If your nation works,
your nation influences the world.
If your world works,
the ripple effect spreads through the cosmos.



Remember that your influence begins with you and ripples outward. So be sure that your influence is both potent and wholesome.

-author unknown

My Heart Has Spoken, cont.

resistance has melted away, I believe it is because of our focus and heart centered intention to raise the collective vibration.

At this time, I am teaching with HTI, and am on the greater council, while keeping my focus on heart centered living. I sponsor weekly meditations for the purpose of visioning my legacy. Speaking of my legacy, the facilitator program that came about through my first series of physical transformations has recently restructured into a program called Heart Centered Living Training. I also have developed another program, called the Heart Centered Living Educator program which will allow others throughout the US to teach Heart Centered Living.

My heart events of this past year have taught me to listen to my heart - it is speaking! My emotions of sadness, because of the split, did affect me physically. My use of Laser Focus and returning to the heart center has supported my personal healing. Remember to listen to your heart; he/she is a very intelligent organ. Today let your intention be to pay attention to your soul's purpose. Then manifestation happens.



HEART CENTER

Changing The World One Heart At A Time

HEART CENTERED LIVING WORKSHOP With Myra Tovey

This workshop is Myra's overview of what it means to live in the heart center.

Here are two upcoming workshop dates:

April 4 and 5, 2009

Colorado Springs, CO Tuition: \$225*

Contact: Myra Tovey (719) 622 - 0703

June 13 and 14, 2009 Bozrah, CT

Tuition: \$250*

Contact: Kathy Noyes (860) 886 1960

*The tuition cost includes: Heart Centered Living workbook, Yes I Will (Myra's book), and Meditations from the Heart (Myra's meditation CD)

Email: davidmyra7@msn.com
www.heartcenteredliving.net

Paid Advertisement

Healing Touch International wishes to acknowledge our deep gratitude to the following individuals and groups who rose to the Grant Challenge and contributed to supporting our offering of Healing Touch services worldwide.

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Myra Tovey

Diane Wardell

We would also like to acknowledge and thank Tamí Briggs and Lynne Maki for their ongoing gift of 50% of the sales of their CD's and Mala Stones on our website.



Integrative Health Care

Healing Touch in Japan

By Sarah Porter RN, PMHNP, PhD, MP, CHTP, CHTI

Full circle around

Japan, the country that introduced Reiki to Hawaii and then the rest of the western world is now seeking out Healing Touch. Even though Japan is the originator of modern-day Reiki and has a host of other 'hand-healing' modalities, there seems to be a growing interest in Healing Touch.

How did HT come to Toyko?

It was my intention to bring Healing Touch to the Tokyo area and perhaps other areas in Japan when I moved to Tokyo in 2003 to teach at St. Luke's College of Nursing. Introductions to Healing Touch total seven for the general public and three for St. Luke's College of Nursing in Tokyo (a highly regarded private nursing school with a PhD program). Lori Protzman RN CHTP/I (Hawaii) and I have held three Level One classes beginning in November 2007 for a total of about 55 students. I held introductions to Healing Touch beginning in 2004 and Lori and I began the first HT class in 2007 in Tokyo. Although some Reiki practitioners take the class, not everyone in Japan has heard of Reiki. What they do seem to grasp easily is the flow of energy. In a country that abounds with a variety of energy therapies, Healing Touch is unique in its ability to align with conventional medical care. Several enthusiastic Japanese nurses from the Kanagawa Cancer Center Hospital in Yokohama arranged with their hospital educational director to feature Healing Touch as the yearly large inservice education presentation. As I had been their instructor they invited me to present a two hour Introduction to Healing Touch. I jumped at this wonderful opportunity.

Building the energy

Sitting in the office of the Director of Kanagawa Cancer Center Hospital in Yokohama, I marveled at the Director and her two top staff members' patience; they had already worked a full day. They greeted me and welcomed me to their

hospital. I was introduced by the interpreters, who were also Level 2 HT students. The Director seemed relived to know I was a nurse and one who had worked for a Japanese college of nursing. As we all talked about Healing Touch, it seemed that her interest was piqued. I was marveling at what an open-minded Director she was, when suddenly it was 'show-time'.



Going with the flow

Japan is always full of surprises for me; I never really know what is going on. It was the best place for me to learn more of how to go with the flow and trust. We headed for the auditorium only to discover that neither my lap top nor the downloaded power-point on their lap-top was functional, a common cross-cultural technological gaff. Plan 'C' commenced. They had a projector for the hard copy of the power point, and the presentation began.

I set my intention to have my energy (suffering from jet-lag) boosted to the level needed for this group. I presented the two hour Introduction to Healing Touch that I created several years ago. This would be my sixth presentation but my first with 60 nurses. As I began my presentation I also started making contact with each person.

Holding the space

Despite my minor stage fright, I could feel my heart starting to open as the enormity of their oncology practice seeped into my being. In thirty minutes I wanted to emphasize the meaning and origins of Healing Touch. I've learned that if the audience doesn't have an experience of Healing Touch after

about 30 minutes I begin to lose them. I did a demonstration on a volunteer, including using the pendulum. We moved to feeling the energy, then an experience in grounding. They learned a brief introduction to the patient, healer

continued on next page



Healing Touch in Japan, cont.

preparation, assessment, magnetic passes, post assessment and evaluation. After the assessment and intervention they shared their experiences with each other. The room exploded with talking and laughter. At this point I knew what was going on. They were actually doing the work. All participated. They were taking this seriously. The Director of Nurses and her staff stayed and participated fully. I emphasized how they could use this themselves and with each other. Using the pendulum I showed them how they shifted the energy in the room (the pendulum was swinging vigorously and widely clockwise) and how they could shift the energy for the patient's room by their own state of being. It was the efforts of two Level One Healing Touch students from that hospital who made the presentation possible. I felt enormously grateful to have the opportunity to talk with nurses from that hospital. At the closing of the presentation, the Director of Nurses announced that Healing Touch is like the caring concept in nursing. She got it!

The Japanese Level One Class Experience

The classes are conducted exactly like we do in the USA. We have two experienced Healing Touch students who are bilingual and do the interpreting and translation of material as well as coordinate the classes. Space is expensive, as is travel to Japan, therefore the cost of the class is several hundred dollars more for Japanese students. Still, we have from 15-20 students attending. Most of the students come from the Tokyo area, which has an excellent subway and train system. Our class sites are within easy walking distance to the subway. The coordinators select a room that has long tables. We use the tables instead of massage tables. The students show up with small suitcases full of blankets and pillows. Some of the recommended reading such as *Hands of Light* and *Light Emerging* (Barbara Brennan) and the works of Kyriacos Markides are available in Japanese. As usual, there is a range of ages and backgrounds. Around 15-20% of the students are



male and about the same percentage are nurses. A few physicians took the class, enthusiastically I might add. The beginning of the class feels like a very formal affair. There is minimal talking before it starts as they are strangers to each other. Many Japanese have an engaging way of introducing themselves and it brings laughter from the group. The humor is lost to me

but I am always happy for the laughing. It isn't until we do a grounding experience where one student pushes the other to demonstrate - 'not grounded' and predictably - the room erupts into laughing and talking as the energy begins to build.

Ways Students Apply What They Learn

Some students are using HT in the hospitals and care facilities, quietly incorporating it into their standard care. As clients begin to talk about their experience, the students believe it becomes easier to broaden the discussion with administration.

I am so grateful for meeting the two women who eventually came to Hawaii to learn Healing Touch and who are now coordinating classes and Introductions in the Tokyo area. They each have their own busy practices with other energy based healing modalities in addition to coordinating Healing Touch classes. Future plans include offering Healing Touch in other cities and translating more teaching materials.

INFORMATION NEEDED FOR NICU STUDY

CALL FOR: NICU sites for expanded NIH Research Study

Sharon McDonough-Means MD, a developmental pediatrician, has recently completed a successful NIH funded small pilot research study titled the "Efficacy of Healing Touch in Stressed Neonates" at the University of Arizona. There have been positive findings in the outcome measures. As a result, we are in the process of beginning to plan for a larger study. Additional sites will be needed in Level 3 Neonatal Intensive Care Nursery Units. If you believe your NICU might be interested in participating in a Healing Touch research study, Dr. McDonough-Means is asking for the following information:

- NICU Location, City and State
- Level of interest and commitment of the neonatologist in participating in a HTI HT research study.
- Contact information for an RN doing HT on the unit, if possible, or one who is connected to the hospital.
- Whether Healing Touch is practiced in the NICU now.
- Number of Certified Practitioners- CHTP RN's in the area who would be available for the study.

Please send the above information as an *email attachment* to Dr. Sharon McDonough-Means at

mcdosh@dakotacom.net.

Creating Flow: Healing Globally

13th Annual Energy Healing Conference
presented by Healing Touch International, Inc.
September 3-6, 2009

Explore the use of flow in support of global healing (thinking globally)
through our personal development and work (acting locally).

"Flow is the natural, effortless unfolding of our lives in a way that moves us toward wholeness and harmony. When we are in flow, occurrences line up, events fall into place, and obstacles melt away. Rather than life being a meaningless struggle, it is permeated with a deep sense of purposefulness and order. Flow has tremendous power to transform our lives, for it is dynamic and moves us unerringly toward joy and aliveness."



"Celebration" by Lee Rumsey

- *The Power of Flow: Practical Ways to Transform Your Life with Meaningful Coincidence*, by Charlene Belitz



Jan Phillips, visionary thought leader and award winning author of "The Art of Original Thinking" will present a dynamic keynote address, and a wide variety of education presentations and workshops will be offered.

Join us as we gather at the 5-star Loews Ventana Canyon Resort in Tucson, AZ where we've negotiated a room rate of just \$110/night! The conference is open to all those interested in healing. Continuing education contact hours will be given for nursing and massage.

Watch for more information on our website at
www.HealingTouchInternational.org

Student Perspective

Calm and Tranquil

By Ricardo H. Espinosa

I just wanted to tell you that I had an outstanding experience at the HT Level I workshop. I did enjoy the discussions and all your demonstrations. And the support from Nancy and Sue was great.

It has been almost two years since I had my first HT session. At that time I was under heavy stress balancing my time between working on my Doctor of Engineering thesis and learning new stuff at my job while trying to deliver at the same time. After trying acupuncture, chiropractic, and massages to reduce my stress level and get the concentration needed to make progress on my thesis, my first session at the HT Center was like finding water in the desert. It was not until a couple of months ago that my combined stress got down a little bit and I found myself mentally ready to take HT Level I. It was an eye opening experience, the techniques were clearly explained and the practice was well directed, great job!!!

This week has been super hectic at the office but I have been calm and tranquil. I can feel that my smile comes from inside of me, it is honest and transparent. It seems that the workshop was taken at the right time so all the techniques practiced on me prepared me to face above normal work pressure without buckling. I am amazed that I have not experienced the level of apprehension I used to deal with under similar circumstances in the past, my mind is pretty clear and I am confident in my abilities to deliver all my assignments on time.



I am looking forward to continue practicing what I learned at the HT Center, personally and with my family.

Thanks a lot for this magical weekend.

A Client's Journey, continued

Inspired to Become a Healing Touch Student

I went on to help Barb at a Level I class in April of 08. Barb is now my friend and my teacher. Since then I have completed Level 3, and will take Level 4 soon. My brother



and daughter are also along for the trip. They saw first hand the incredible improvement.

Evolution - Doing the Work, Giving Back

Along the way I found that I can now help

others. I seem to attract others with back issues and have been effective in helping them. I had always been healthy and was a triathlete for 25 years. My life had been full of exercise and other physical things. I lost it all, plus my career, income and other things. I fought for many years in court to get the lawyers and doctors out of my life. They stopped me from moving forward. By early 2008 I was making progress rapidly. The high blood pressure was gone, along with the peripheral nerve disease. The chronic pain became manageable without the drugs that had been used for years. I was even able to cancel other surgeries. Healing Touch is what I need at this point in my journey. Today is February 1, 2009 and I am still improving.

I will never be as I was, but then again, I don't need to be. I found out that wellness is so much more than hard body fitness. I have an absolutely fantastic support system now. Between Barb, www.healingtouchmichigan.com, and The Great Lakes Center for Healing Touch at www.greatlakeshealingtouch.org, I will continue my journey back to health. I will make it now. And best of all I have learned so much that can be used to help others.

Personal Healing Journey Continues

I am most fortunate and blessed to have fought back this far. I was never expected to be able to do this. I was given a 10 percent chance of improvement. So far I have gotten about 60-70% improvement and am still gaining. I rarely use pain meds - occasionally, but rarely. I feel you have a best kept secret in Healing Touch. This is very powerful and fantastic work! Others need to know. I will do my part to help spread the word. I want to thank you and all the others who do this work. You truly are wonderful. That "heart centered" is the key for me. Unconditional love is so very powerful! I will spend the time I have left giving back. I found I may have a knack for helping others. It is fun work for me. It has given purpose to my life that had been lost for years. I was adrift in a world of chronic pain. Now I have purpose and hope again. When hope is gone, there is not much left. I can never thank enough all the practitioners who pitched in to help me. You ladies know who you are! Again many, many thanks to them and my cousin Jim for all their help.

Energy Research

Healing Touch for Hospitalized Cancer Patients

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

The latest publication to support the use of Healing Touch with cancer patients was published in a cancer specialty medical journal. Integrative medicine recognizes a more holistic approach to patient care and incorporates complementary therapies for symptom management such as pain and fatigue. Therapies that are being recognized in this venue include acupuncture; body therapies (i.e. massage and yoga); and mind-body interventions (i.e. guided imagery and mindfulness). Healing Touch and other energy therapies are beginning to be recognized and are being supported by the publication of the article highlighted in this column.

A clinical team worked with acute adult leukemia patients to conduct a pilot study to determine if Healing Touch could be delivered in a hospital setting and if it would help reduce some of the emotional and symptom distress in this group of patients. Dr. Susan Danhauer along with Dr. Janet Tooze, Deborah Larrimore, RN, CHTP/I, Dr. Kathi Kemper, and others conducted the study. The title of the article is: Healing Touch as a supportive intervention for adult acute leukemia patients: A pilot investigation of effects on distress and symptoms and is published in the Journal of the Society for Integrative Oncology, volume 6, number 3, (summer), on pages 89-97.

The Healing Touch intervention included nine 30 minute treatment sessions for three weeks at three per week for the 12 participants out of the 40 enrolled in the study. The procedure involved setting intention for the highest good and doing the chakra connection technique by Brugh Joy, M.D. A variety of instruments were used to determine if they could detect changes before and after treatment and for long term effects. Significant improvements were found pre and post Healing Touch session in patients' fatigue and nausea. There were also improvements in their reported distress and pain but these did not reach significance. There was no difference from baseline to the 5 week follow up for symptom frequency and interference, sleep, or psychological distress. The qualitative feedback was positive in that patients spontaneously reported (n=9) feeling more relaxed and calm after the sessions and that this was an important aspect of the emotional benefits (n=7) of receiving Healing Touch.

There were no negative side effects and no one withdrew

from the study for this reason. The authors concluded that the findings were positive and recommend that Healing Touch should be further studied with a focus on its more immediate effects in symptom and distress management. Further, the authors stated that although a majority of patients had never heard of Healing Touch prior to the study, they found it to be a very positive experience.



You are Invited!

Healing Touch California

A network for practitioners of Healing Touch

3rd Annual Regional Symposium

"Expanding the Light of Healing Connection"

Sunday, April 26, 2009

8:00 a.m. - 6:00 p.m.

Holiday Inn - Santa Barbara/Goleta, CA

at 5650 Calle Real, Goleta, CA 92117

(805) 964-8467

Saturday, April 25, 5:30pm - 8:30pm

No-Host Cocktail Social/Dinner and Pinning

Register by March 15th: \$125

HTI / HTPA/AHNA Members

Register after March 15th: \$150

HTI / HTPA/AHNA Members

For more details and Registration

please visit our website:

www.HealingTouchCalifornia.com

Paid Advertisement

Certification Matters

by Jody Hueschen, RN, MN, CNOR, NEA-BC, CHTP/I

Healing Touch is a wonderful modality that has become such a part of our lives. This is a statement that most of us might easily make. When we started on this journey of learning about Healing Touch, many of us began without any plans to complete all course levels or become certified as a practitioner or instructor. What created the desire for us to commit to the additional activities and requirements that the pursuit of certification entails? What did we learn in the process of achieving certification? Would we make the journey again if we needed to make that choice today? What are the benefits of certification? Why do we encourage our colleagues and friends to consider this journey?

The desire to learn how this energy works, to explore different ways it can work, to feel the differences in ourselves as well as see the difference this healing energy makes for others, creates a push to learn even more. Along the journey we learn the importance of taking care of ourselves so we can serve as a beacon of healing to others. Then a sense of personal satisfaction and accomplishment pervades us as we complete each level of Healing Touch coursework. Once start on this path, we find it necessary to keep moving forward. The journey may not always be an easy one; however, everyone I have asked would choose to make that journey and that same choice today.

Achieving certification enhances professional credibility by demonstrating knowledge and skills. Many agencies require individuals to have certification in order to provide services to those in their care. Those that seek certification have gone beyond the basic steps of doing the work to gain additional knowledge and competence. Certification communicates to the public that the individual has completed a rigorous course of study and has attained identified standards of expertise in Healing Touch. It serves as a stamp of approval that is understood by the general public and professional community.

The American Holistic Nurses Association established the certification criteria for Healing Touch in 1993, which was then transferred without change to Healing Touch International in 1996. Practitioner and Instructor certification through Healing Touch International Certification is recognized as the gold standard throughout the world and acknowledges the professional competency that is grounded in the HTI Healing Touch Certificate Program and its strong Code of Ethics and Standards of Professional Practice. Those that have achieved certification (CHTPs and CHTIs) are recognized leaders within the community, both nationally and internationally.

The Certification Board is excited to announce the increased number of application submission dates and the newly revised application forms. The new applications continue the criteria that were originally developed and established by AHNA and have been



designed to communicate clearly the requirements for action/evidence supporting your preparation and application for certification. Please take time to review the new documents in the **TOOLS** section of the Healing Touch International web site at

www.HealingTouchInternational.org

The work of Healing Touch and Healing Touch International continues to grow. During this past year, 159 practitioners have achieved Certified Healing Touch Practitioner (CHTP) and 11 CHTPs have been awarded Certified Healing Touch Instructor (CHTI) status. There were 226 CHTPs and 19 CHTIs who renewed their certification this year, demonstrating their commitment to lifelong learning. We honor your work and we are eager to recognize and celebrate your achievement with each of you at our Healing Touch International Conference in Tucson in September. Congratulations.

Congratulations!

Newly Certified Practitioners

Helen A. Alexander - Shoreview, MN
Joyce M. Beckley - Greeneville, TN
Marybelle Buescher - Washington, MO
Julia O. Caira - Davie, FL
Melissa K. Elley - Pasadena, MD
Patricia A. Freel - Omaha, NE
Anne T. Ganey - Mankato, MN
Susan F. Hedrick - Malvern, PA
Linda Leah Knudson - Deerwood, MN
Leta Kelli LeRoux - Pinellas Park, FL
Maureen Orsini Mahoney - Brookside, NM
Kayla J. Montgomery - St. Paul, MN
Jane Ellen Nielsen - Burnsville, MN
Mark Simkin - Keewatin, ON Canada
Zenaida Taniguchi - Bloomington, MN
Suzanne M. Vandenheede, OSM - Omaha, NE

Newly Certified Instructors

Patricia Huster – Deltona, FL
Susan Peck – Eau Claire, WI

Correction:

Ruth Ann Eaton resides in Waterbury, VT
not CT as previously reported.

Words of Wisdom



Self Expression

By Diane Wind Wardell

Janet's journals contain a wealth of information for her own personal development and for that of others. In

order to share with you her wisdom both received and generated, I decided to search her writings from 1989 for this article. It is now twenty years later and another beginning is always unfolding.

The year 1989 was one of "openness" for Janet. She wrote: *"It feels real good to be beginning this new year, because I feel quite new, like a rebirth into a new life."* Janet was very right about that new beginning as it was in 1989 that the first Healing Touch class was offered. It was the year in which she became a "teacher of teachers" as she started the processes of taking "the work" forward. In her writings she reflected on how teachers Rosalyn Bruyere, Barbara Brennan, and the work of Brugh Joy, made this possible and influenced her in teaching her own healing therapy classes (that's what she called them then!).

She was given direction on how to live her life in right balance with others from her meditations with

her "guides". She wrote, *"I need to just express myself outward without fear of outcome or expression of outcomes or judgment, to just let myself be who I am, and own that part of me. I need to take hold of me, get connected inside very solidly and go for the fullest fulfillment of my own life expression. Let others watch me, if they want. I am not to do it for others. I am to do it for me. By withholding my self-expression, I limit my greatness."*

Another theme for her during this year long ago was to learn about solitude and peace within. She wrote, *"My guides are demanding two hours of quiet solitude daily devoted to writing, channeling, and meditative time. My instructions are that, that time is imperative and I must be obedient."* There was a distinction between loneliness and solitude as Janet reflected, *"I think solitude is what I am striving for, because when I choose solitude, I am doing just fine."* Above all she continued to search for the balance in her life through relationships, nutrition, rest, exercise, and work. These were lessons that she found came back to be reflected upon on again and again.

Today in 2009, as we begin this year may we walk in the footsteps of our teachers. And may we continue to broaden the path to include others along the way so that our learning and joy can grow. Our work is to create a vision of peace and light for the world through our connections.

Professional Development - Unfolding Opportunities

Kick off with HTI Conference Presenter CD's and DVD's Have you missed our HTI Validating Our Heart's Work Conference this past September? It is not too late to enjoy the wonderful learning opportunities that our conference participants raved about and use them for your Education Requirements for HTI Practitioner Certification or Renewal. These specially selected Keynote and Workshop recordings and DVD's, some with Power Point Slides can be counted as education, based on the length of time for each presentation. This is a great way to do home study with the experts who offered incredible presentations. This is also a wonderful resource for your personal review or for your HTI local community practice group to share and have available for future students.

Evolution of HTI Professional Development Offerings

As we continue to evolve our Professional Development menu and webpage, we will be offering a variety of educational opportunities, some with continuing education, some as workshop opportunities and some online. We will be presenting these selected workshop opportunities as HTI Approved Education. Classes will be useful for topics related

to Advanced Healing, Development of the Healer, Heart Centeredness, Mentorship, Healing with Specific Populations and more. We are applying for continuing education for nursing and massage for many of these offerings, but will offer them without CE's until this is finalized. Watch for announcements in the coming months as this unfolds.

Widening Our Outreach Classes are being created and posted for all levels of Healers, some with pre-requisites, and are open to those outside of our Healing Touch Community so that we are inclusive of all healers interested in energy related continued learning and advancement.

Join us in Creating Flow in our new Professional Development Offerings

Increase the depth and breadth of your healing work, personal and professional, with these approved continuing education opportunities. If you have a continuing learning opportunity that you would like to offer through HTI, please contact Director@HealingTouchInternational.org Attn: Professional Development for the approval process. We are very excited about growing this aspect of HTI. Stay tuned!

Living Energetically

Magic Writing

by Lori Powell, CHTP

In the flow of life there are times when everything moves along just as we wish; things get done, synergy happens, connections are made; and we feel grounded, centered and balanced! We also all have times when our energy is not flowing the way we desire. At these times we may feel heavy, dull, or unbalanced. Living energetically and with awareness, we recognize this and think of strategies to help us move our energy in a positive direction.

I was having one of those unbalanced times. My husband and I had recently moved into a new home, we'd had house guests several times and were expecting more guests soon. My 'to do' list was long and instead of prioritizing and moving on, I just felt overwhelmed and frustrated.

I thought of the many activities I use to get things 'moving' again: Healing Touch, yoga, a walk, music, prayer, calling a friend. And I realized just what I needed, a friend.

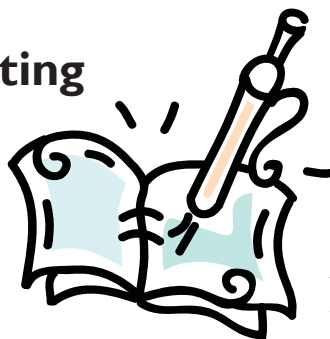
I think one of the most beautiful things about being human is that we need each other. I called my friend Juli. We have known one another since seventh grade and our love for each other is deep and strong. She also happens to be going through training as a Life Coach, but I simply called her because she knows me so well. With a fresh perspective and a fun energetic tool she helped me shift gears.

We chatted a bit and then she asked what word would best describe how I was feeling at that moment. I said, "frustrated." She then asked me to write this word with the letters in a column. It looked like this:



F
R
U
S
T
R
A
T
E
D

She then directed me to write a word for each letter - instructing me to choose words with a high vibration.



Following my intuition and writing the words that quickly came to mind, here is what I wrote:

Fun
Rain
Umbrella
Star
Tumble
Rainbow
Art
Time
Envelop
Dance



Then Juli directed me to use these words to write about what I really wanted. Here is what I wrote:

It raises my vibration when I take time to have fun in the rain with my umbrella. The raindrops envelop me as I dance. The rain tumbles down my umbrella like performance art and creates stars on the pavement. A rainbow follows.

Ah, such relief and joy I felt simply shifting into something fun. Did I really want to dance in the rain? Given the chance I would have, it is a fun memory from my childhood. Aha! I realized I needed to focus more on fun! This whimsical piece of writing helped shift my focus toward creating fun memories with my guests, and away from all the work on my list.

The rest of that day and into the next whenever I felt and thought, "Frustrated," I simply recited my little ditty and smiled, thinking of all the fun to be had once my guests arrived.

Living energetically creates awareness of those times when we need a shift. Having a variety of tools to help us shift is a gift we can all appreciate! The next time you, or one of your Healing Touch clients needs a shift, try 'magic writing' and see what happens. Have fun Living Energetically!

In Service

Merritt Center Returning Combat Veterans Program

Marie Fasano, RN, MN, MA

It has been called shell shock, or post traumatic stress disorder (PTSD), but it's well known that sometimes after veterans have been in the fire of combat they have difficulty coming back to "life as usual."

The Returning Combat Veterans Program, started by Betty Merritt



at the Merritt Center, speaks to this issue. With veterans as mentors, the program is available free to veterans who continue to experience trauma from their combat experiences. There are separate sessions for men and women.

Veterans from any war or conflict may come home and bury their feelings, only to have them resurface at stressful times in their lives. Some veterans have nightmares and sleep disorders that cause them to wake up to "check the perimeter" of their homes several times a night. Some feel anger and rage; others say "I feel nothing."

The Merritt Center and Lodge is a non-profit retreat center in Star

Valley, founded in 1987 by Betty Merritt, for individual or group renewal and empowerment. Workshops and retreats conducted there over the years have provided an atmosphere conducive to personal growth. Betty practices Healing Touch and weekend programs containing Healing Touch are conducted at the center.

The 13-acre Merritt Center offers a home-like, simple retreat in a rural area of Star Valley near Payson, Arizona that allows the participants the freedom of forest exploration, a family-like setting for meals and welcoming accommodations.

In talking about the Returning Veterans Program, Betty said, *"This is a unique resource because we provide a safe space and provide a place for trust to develop quickly."* All the people who work in this program are volunteers - from the people who conduct the daily programs, to those who facilitate the groups and cook the meals.

Karyl Blair RN, a Certified Healing Touch Practitioner, offers HT sessions

and I offer energy work and cranio-sacral therapy sessions one day each weekend of the program. We have listened to compelling stories of combat incidents that won't leave the individual in peace. For the short time the veterans are with us, we can only hope to help them to relax and move through some of the trauma.

"Turning off the switch is not that easy," said a Purple Heart and Vietnam Veteran, who was first a participant, and now acts as a mentor in this Vet program at the Center.

The Vet mentors for the program want to reach vets who are now returning from Iraq and Afghanistan. A combat veteran said, *"When we came back from Vietnam there was nothing."* They want these current returning combat Vets to know this retreat is here for them. *"We want them to know they are never forgotten."*

To learn more about The Merritt Center's free **Returning Veterans Program**, call 928-474-4268, or visit the website www.merrittcenter.org.

Certification Submission Dates Expanded

We are delighted to announce expanded practitioner certification submission dates as follows:

2009: March 1, July 15, and October 15
2010: January 15, April 15, July 15, and October 15
2011: January 15, April 15, July 15, and October 15

Practitioner Certification Application and Renewal Forms and HTI Instructor Renewal Forms for January 2009 through December 2011 are complete and available on the HTI web site or through the HTI office.

HTI's Perspectives In Healing Procedure for Article Submission

Submission dates:	Publication dates:
Jan 7	February 15
Apr 1	May 1
Jul 1	Aug 1
Oct 1	Nov 1

Submission should be in a word document and include the Category Heading (see list below), Title, Author's name & credentials, Author's photo, Content (including headings above paragraphs). When including other photos, please include captions of people along with their permission (form can be requested at HTIsupport@aol.com)

The editor reserves the right to accept or edit the article for appropriateness or length if necessary and will make every effort to inform you of any recommended changes.

Category Heading List

Inspirations - Art, poetry, mixed media, photography

Integrative Health Care - Share your health care integration story.

Clinical Applications - Do you have a combination of techniques that you have been using successfully that you would like to share or have others validate?

Professional Development - What do you have to share to enrich us in our professional development? This could be a book review or new information coming out that is written and shared.

Energy Research - Share new research or new possibilities for research that you are working on.

Business Success - Are there success stories that you have experienced – or things that don't work – that you would like to share?

In Service - Share your service projects or individual service experiences.

Words of Wisdom - Do you have some favorite words of wisdom that help you through your day or work?

Community Development - What is going on in your community and what are your secrets for success in building it?

Student Perspective - What have you been doing as a student that has spread Healing Touch or helped a client?

Is there something you have to offer that doesn't fit into a category? What category would you create for it?

Announcements

WE ARE DELIGHTED TO PRESENT OUR HTI STUDENT AND PRACTITIONER SOLUTIONS PROCESS.

Please note: All Healing Touch classes taken PRIOR to April 1, 2008 continue to be accepted towards HTI certification - no additional steps are needed.

Students who took classes through HTP AFTER April 1, 2008 can easily transfer into the HTI Healing Touch track. Just visit our website, click on Tools, then Student Solutions where you'll find a Student Solution Letter and Instructions. These solutions lead to HTI Healing Touch Certificate Program course completion and your eligibility to apply to become a HTI Certified Healing Touch Practitioner (CHTP).

www.HealingTouchInternational.org

Practitioners who would like to certify with HTI and have previously certified with HTP may utilize the Practitioner Solutions process located on the website by clicking on Tools, then Become Certified.

www.HealingTouchInternational.org

HTI Instructor and Instructor-in-Training Solutions will be available soon.

We look forward to assisting all of you in achieving your goals with HTI. The leadership, staff and HTI certified instructors are here to support your successful completion of the HTI Healing Touch Certificate Program. If you have any questions, please contact the HTI office

HEALING TOUCH DAY - MARCH 6TH.

Save the date and celebrate HTI's birthday with community gatherings, world healing meditations, presentations and celebrations honoring Janet Mentgen, ourselves, and the Healing Touch work! Visit www.HealingTouchInternational.org

CBS RADIOCAST - GOING BEYOND MEDICINE

Diane Wind Wardell PhD, RN, WHNP-BC, AHN-BC, CHTP/I, HTI Research Director and Lisa Anselme RN, BLS, CHTP/I, HN-BC were interviewed for "Going Beyond Medicine" powered by CBS Radio, by host, Elaine Grohman, CHTP, APP, ATP in January 09. Diane and Lisa were also interviewed by Alan Smith, author of the award winning book, "Unbreak Your Health", in Aug 28, 2008. Visit www.HealingTouchInternational.org for podcast.

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.

AFFILIATE ORGANIZATION CONFERENCES

1st International Congress on Therapeutic Touch

April 24-27, 2009 Cambridge, MA
Therapeutic Touch International-
Nurse Healers Professional Assoc.
Theme: "A Gathering of Healers"
Keynotes: Delores Krieger,
Diane May, Lisa Anselme
Visit: www.therapeutic-touch.org

2009 HTAC National Conference

April 24-26, 2009 St. John's NL
Healing Touch Association
of Canada
Theme: "Energy Rocks"
Keynote: Vicki Slater
Visit: www.healingtouchassociationofcanada.org

AHNA 29th Annual Conference

June 11-14, 2009 Madison, WI
American Holistic
Nurses Association
Theme: "Reflective Practice:
Creating Sacred Space"
Keynote: Rachel Remen MD
Visit: www.ahna.org

ISSSEEM 19th Annual Conference-

June 26 – July 1, 2009
Westminster, CO
International Society for the Study of
Subtle Energy and Energy Medicine
Theme: "Sacred Synthesis:
Science with Heart"
Keynote: Deepak Chopra
Visit: www.issseem.org

2nd HTConference in Europe October 9-11, 2009

Theme "Healing @ Work"
Join us in celebrating the 13 year
journey of Healing Touch in
Europe. Bring your wonderful
energy to unite and spread
healing light by sharing love and
joy with other healers. Enjoy
learning from the education and
empowering presentations, sing
mantras and heal with music and
dancing. Contact Wietzke van
Oene at info@healingtouch.nl or
David Rabinowitsch at
healingtouchcatskills@hotmail.com

NOTE: Prior to and following the
Conference, Level 4 and 5 will be
offered. Ask for a registration
form at cursus@healingtouch.nl
This is an opportunity to study,
play, work and heal in the green
heart of the Netherlands.



COMMUNITY MEETINGS

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.

North Central Healing Touch Community Gathering

March 20-21, 2009 Ham Lake, MN
Theme: "Voicing our Sacred Truth,
Celebrating the 5th Chakra"
Keynote: Michele Mayama
Visit: www.nchtcommunity.org

3rd California Regional Symposium

Sun. April 26, 2009
Theme: "Expanding the Light
of Healing Connection"
Keynotes: Anne Day, Barb
Kelly, Carol Maleki
Visit: www.healingtouchcalifornia.com

Ethics Considerations

By Mary E. Brekke, RN, PhD, CHTP, AHN-BC,
Ethics Committee Chair

Professional Behavior

I wouldn't be surprised if readers of this column have different points of view as to what professional behavior looks like. I like to think about it this way: *When ethical values and principles are internalized, they guide the behavior of a person in professional situations.* What is a "professional situation?" In our organization, these situations include, but are not limited to, Healing Touch classes (whether one is a student, helper, or instructor), a mentoring relationship, Healing Touch conferences or meetings, and, of course, sessions with Healing Touch clients.

Let's get a bit more specific about professional behavior. What do we mean when we say a person is acting "professionally" in the **practitioner role**? The *Healing Touch International Code of Ethics/Standards of Practice for Healing Touch Practitioners* can be used for guidance here. The 12 Standards can be found on the Healing Touch International web site. One of the standards that relates to professional behavior is # 10, Confidentiality. A Healing Touch practitioner who acts in a professional manner maintains confidentiality regarding clients and mentees.

When acting in the **instructor role**, the *Healing Touch International Instructor Guidelines* are to be followed, in addition to the Standards. Guidelines by their nature are sometimes a bit general and do not cover every single situation that could arise. One guideline relates to classroom management and states that the instructor intervenes if a student monopolizes the class, interfering with the learning process of other students.

In **both roles**, *Core Values* of integrity, heart centeredness, respect, service, community, and unconditional love guide our behavior.

Following are some Questions and Answers that are designed to promote clarity in specific situations that any of us might experience.

Q: I know we love our animals. A couple of times I have needed to bring my animal to class since the classes last longer than she can be comfortably alone. Is that okay?

A: An animal can be very cute and cuddly, but students register for a Healing Touch class to learn Healing Touch. An animal can distract students from their primary focus, that of learning concepts and techniques. In addition, a student may have allergies to the animal. So, here the professional behavior involves being considerate and respectful of other students. If the animal needs special care, find a friend, neighbor, or pet sitting service.

Consider that Healing Touch classes are a paid educational event. If you were enrolled in a college course, you would not

bring your animal to one of those classes. Bringing an animal to class is acceptable only if one is using a service animal. Healing Touch International, Inc. complies with American Disability Association policies in this regard.

Q: I was really embarrassed by the low cut clothing two students were wearing in the last class I attended. The clothes were stylish, but very distracting. I cannot imagine wearing that kind of clothing when working on a client! Should I have said something about my discomfort? What can be done about this?

A: What is "professional dress?" None of our documents address clothing worn by anyone in the classroom--instructors or students. Again, although dress is a personal matter, if it offends people in the class, it is not respectful, and therefore is not "professional." Professional clothing is conservative and should give the message that you are serious about your Healing Touch student or practitioner role. Save the low cut tops and bare midriffs for purely social situations.

I might add that the same guidelines apply to personal fragrances, even essential oils. Health care facilities are increasingly going "fragrance free" in order to provide a safer environment for people who are sensitive to fragrances or just may not like them. Again, save your favorite fragrances for social situations.

Q: I am a newly recovering alcoholic and really need to work my program. I want to make Healing Touch a significant part of my life but have felt very uncomfortable and awkward at a Healing Touch class event where alcohol was served (no alternative to alcohol except water which I had to find myself).

Q: I attended a class and the person sitting next to me had alcohol on her breath. I was astonished! This can't be okay with the Ethics Committee!

A: Alcohol is a mind altering legal drug and it is expected that no instructors or students are under the influence of alcohol during a class or a class related event, such as celebrating the end of the class. A festive alternative for a celebration is any of the non-alcoholic beverages available. We strive to be respectful by honoring diversity, and accept differences with unconditional love.

If you experience this classroom situation again, bring it to the attention of the instructor. Alcohol is acceptable in a Healing Touch social situation, such as the annual conference, when it is purchased by an individual, and not provided by Healing Touch International Inc. or any representative of the organization.

Please send questions that you would like clarified to maryebrekke@earthlink.net and I will do my best to address them in the column.

Board Corner

Laura K. Hart RN, PhD, CHTP/I, HTI Board of Directors Secretary

Serve the Public - The mandate of a not-for-profit organization.

Healing Touch International's public is the greater public and our membership.

In order to better achieve this legal directive, during the last few months the HTI Board of Directors (BOD) has been focusing on:

- Updating, and getting into print, the policies and procedures which guide the HTI Board of Directors, HTI standing committees and the HTI office activities and direct their decisions affecting the flow of the organization's public service.
- Stabilizing the financial base which supports HTI's service activities.

Stephan Nobs, the BOD Treasurer, has assisted the HTI office with developing an ongoing, current financial variance report which will be very assistive with decisions regarding how HTI resources can be used to support and/or increase services to our public. For the past five years, HTI has been working to ensure that each of its service lines is financially self sustaining. A financial guideline that the BOD has been using is to match the monies HTI receives to support the activities and services HTI provides.

The BOD is being guided by this principle in order to match:

- the services provided to the membership to the level of funding received by membership dues;
- the business support of HTI independent instructors to the level received from class fees; maintenance of credential standards and service provided to certification applicants to the funding received from the certification process.

The following are ways the BOD have been using to reduce expenses so that HTI monies can be used to increase services:

- Going green! Moving from paper use to increased use of electronic communication (Ezine, the newsletter-- Perspectives, online voting).
- Use of free electronics (email & Skype) to communicate regarding the work of the BOD and the work of the Standing Committees.
- Return to the original operating policy that BOD members and all Standing Committee members are volunteers and will no longer be receiving any form of compensation for their work (except our undying appreciation).
- All class levels (1 through 5) will be delivered through

independent Certified Healing Touch Instructors' businesses and these businesses will provide the funds to support the administrative functions provided by the HTI office.

- HTI Instructor Training Classes are to be self supported and the students' tuition will provide the funds to support the coordinating activities provided by the HTI office.
- Continue to serve the public (hospitals and other health care agencies and research groups) through consultation. Persons who are not HTI members will be charged a fee of \$50/hour for this service.
- Office activities: PR and other services will be obtained through specific contracts per project. Kassi Cunningham will be moved to full time and will assume responsibility for tracking classes, student lists, class evaluations, and office reception of CE and class fees.



Standing Committee Updates

Education Committee: Anne Day has accepted appointment to the education committee.

This committee is currently working on the following items:

- Updating Guidelines for Mentors & Mentees
- Policy for students, who have unknowingly taken an HTP class, thinking it was a HTI offering, re-entry into HTI's curricular pattern
- Preparing class notebooks or a HTI textbook

Instructor Training & Advancement Committee: (a subcommittee of the Education Committee): Level 1 and Level 2 Instructor Training Classes are being held on Feb. 13-15, 2009 and March 6, 2009 respectively.

Ethics Committee: As noted in our last publication, Myra Tovey has resigned from the committee after serving 8 years. (Thank you, Myra for your contribution to HTI). The BOD will begin to recruit a person to fill this vacancy. The Ethics Committee is a standing committee of the Healing Touch International, Inc. Board of Directors. The committee has appointed members with educational background and/or experience in ethics.

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HTI Business Strategies

Business Ethics and Success

By Lisa Anselme RN, BLS, CHTP, CHTI, HN-BC

Two key contributors to success for business people include “ethics and a solid sense of above-board business practices, and professional growth in the pursuit of expanding your knowledge base” according to Tom Elliott, a marketing trainer for schools and professional associations. I would add a third contributor and that would be our own personal energetic vibration.

Personal Ethics

Others judge us by our personal and business ethics; our professional reputation can be damaged by a single instance of poor business practices. Business ethics and “above-board business practices” include honesty, integrity, doing no harm and the moral courage to adhere to high professional and practice standards with clients and students, and between business colleagues. Clients and students appreciate and value a CHTP or CHTI who is confident and comfortable enough to refer business elsewhere if it is in the best interests of the client or student. For example, within the Midwest community where I previously lived, the practitioners readily referred to each other based on our unique skills, interests and availability; as instructors, we would readily refer students to our colleague’s classes.

By focusing upon the value of our work, service, or teaching for our client’s or student’s well being, growth, or improved quality of life, we focus our energy upon the positive ethical behaviors of doing good, doing no harm, respecting the client or student, and acting in a just manner. There is no room for undercutting and subversive behavior in a successful career path; maintaining a positive focus helps us

keep our energy vibration high, and thus enhances the magnetic attraction to grow a healthy clinical or teaching practice.

Professional Growth and Continuing Education

As an ethical business person, we owe it to our clients and students to become the best practitioner or instructor we can possibly be. We can do this by participating in continuing education, staying current in the latest HT information, attending workshops and conferences in HT, Energy Medicine and professional development. As we fulfill our Healing Touch Practitioner & Instructor continuing education requirements, we grow professionally so that we can best serve our clients and students; this is a very powerful tool in growing our clinical and professional practice.

Personal Energetic Vibration

Our personal energetic vibration sets the environment and magnetic draw for our Healing Touch business, whether that is a private practice, a collaborative practice within a public health facility or clinic, or our class offerings as a Certified Healing Touch Instructor. Our own personal clarity, professional skills and energetic vibration is an important factor in setting the stage for a successful practice. I forever remember something Janet Mentgen shared in my level 5 class in 1995, “If you are having trouble drawing clients, get on the table. If you are having trouble in your life, get on the table. If your classes are not filling up, get on the table.” She clearly realized that receiving personal work was the means by which we maintained our clarity and raised our own vibration to create the environment to magnetically draw others to us.

While traditional marketing practices are important and helpful and help bring new clients and students, who we are professionally and ethically is what will determine whether those clients and students remain engaged with us, and encourage others to experience this work.

Board Corner, cont.

This committee is currently working on the following:

- Developing student guidelines
- Developing student Bill of Rights
- Developing client Bill of Rights

Certification Board: As noted in our previous publication, Lori Wyzykowski has resigned from the Certification Board after 12 years of service (Thank you, Lori for your contribution to HTI) The Certification Board has a 3 year term limit with options for renewal of the term. The BOD would like to develop a list of individuals who would be willing to serve now or later as other vacancies occur. The criteria for a Certification Board member are:

- Registered Nurse with advanced degree (MSN desired)
- Certified Healing Touch Practitioner (CHTI desired)
- Prior review experience and/or background in education
- Understanding of legal and ethical ramifications of practice scope
- Volunteer position
- Desire to add at least one member with Fluent Spanish Language Skills (verbal and written)
- HTI Member in good standing

Membership Committee: A committee will be appointed to head up recruitment efforts and to help identify what services and/or perks could best support the membership of HTI. Please submit suggestions you may have regarding either of the above.



Associate Partnerships

Time to End Discrimination against Alternative Health Care Practices, Sen. Harkin Says; Practitioners Must Lobby Congress to Make it Happen

By Daphne White, CHTP

It was not your usual Senate hearing. Testifying on behalf of integrative medicine before Senators Harkin, Mikulski and Enzi at the Senate HELP Committee (link to http://help.senate.gov/Hearings/2009_02_26/2009_02_26.html) were four leading physicians: Mehmet Oz, Dean Ornish, Andrew Weil and Mark Hyman. Testifying on behalf of the status quo was ... no one! That's an unusual set-up on Capitol Hill, where panels are usually set up to represent "both points of view." Lobbyists for the medical establishment were present to watch the proceedings and plot their next steps, but they didn't have a seat at the table. Not this time, anyway.

By any measure, it was a watershed week: the Feb. 26 HELP Committee hearing was the second in four days to focus on integrative medicine. And the very next day, Sen. Harkin traveled across town to the Institute of Medicine, to address the 500-strong Summit on Integrative Medicine.

"Clearly, the time has come to 'think anew' and to 'disenthrall ourselves' from the dogmas and biases that have made our current health care system – based overwhelmingly on conventional medicine – in so many ways wasteful and dysfunctional," Harkin told both groups, borrowing some quotes from President Lincoln's 1862 address to Congress. "*It is time to end the discrimination against alternative health care practices.* It's time for America's health care system to emphasize coordination and continuity of care, patient-centeredness, and prevention. And it's time to adopt an integrative approach that takes advantage of the very best scientifically based medicines and therapies, whether conventional or alternative."

Speaking to the IOM Summit on Monday, Harkin said, "I have just four words for you: Our time has come!" He added that IOM visitors to Washington might think "it *looks* like the same old Washington, but it's not."

Yet Harkin warned the IOM participants that the real work of serious health reform is still ahead of us. "Just because what we're talking about here is the most common sense, most cost-effective kind of medicine doesn't mean it's a done deal," he said. "*Nothing* in Washington is a done deal." Even though the "status quo is broken and wasteful" to the tune of \$2.1 billion, Harkin said, "the 'stagnant quo' is still" very powerful and very much alive. "There are forces that will defend allopathic medicine with all their power," Harkin said. "It's human nature."

"We pay trillions for surgery but peanuts for prevention," he added, noting that only 5 cents of every health care dollar is spent on prevention. "We are happy to pay for amputation" for diabetes patients, but there is almost no re-imbursement for nutrition and prevention. "The time has come to think of outcomes and quality, and to reimburse for *that*," Harkin said.

But Harkin said he can't bring about this revolution in health care reform and reimbursement on his own. "I will do everything I can to include integrative medicine in the health care reform bill," he said. "But I can't do it alone. I need each and every one of you here to go home and be real health evangelists for health reform." Integrative practitioners must take the message of integrative and preventive health to their places of worship, to civic leaders, to their friends and everyone else they know, Harkin said.

"I need you to make appointments with your Congressmen and your Senators, either here in Washington or in your home districts," he said. "This reform *won't just happen*. We have to get people around the country to *demand* this change. Seize the day" and make it happen he said. Contact information for all the Senators is at http://www.senate.gov/general/contact_information/senators_cfm.cfm?Class=2 and Congressmen can be located here http://www.house.gov/house/MemberWWW_by_State.shtml.

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Associate Partnerships, continued

Harkin is clearly looking for active partners in this health care reform effort. In the middle of the Senate hearing, he had asked Ornish, Weil, Oz and Hyman: "I'm just wondering, how do we harness you all in advising us and advising the President? How can I put you in great positions of power so you can" help make decisions about the needed reforms?

"How can you get us involved?" Ornish responded. "Ask us! We've been waiting for this opportunity for a long time!" Ornish added that he had once naively assumed that good research was the key to reforming medicine. But research alone doesn't cut it, he said. "We need to change the re-imbursement system. We are all here to help you. Just ask!" Responded Harkin, "we just have to figure out how to integrate you into the health care reform debate."

The next day at the IOM Summit, Harkin took the time to answer questions from the floor, and I asked whether part of the \$1.1 billion he appropriated for comparative effectiveness research in the stimulus bill could be used to study the effectiveness of CAM treatments. Harkin had indicated at the Senate hearing that he was "afraid" this money would be used simply to compare one kind of allopathic treatment against another. Apparently, there is nothing in the stimulus package language requiring that CAM treatments be included, but Harkin was receptive to the suggestion.

Harkin didn't mince words at the Senate hearing in an impromptu assessment of NCCAM, an office that he spearheaded and funded through the Senate Appropriations Committee. "One of the purposes of this center was to investigate and *validate* alternative approaches," he said. "Quite frankly, I must say publicly that it's fallen short. The focus, quite frankly, has mostly been on *disproving* rather than seeking out and improving" alternative therapies.

The next day, Harkin told the Summit that he thought the time has come to rename NCCAM: instead of the National Center for Complementary and Alternative Medicine it should be called the "National Center for Integrative Medicine," he said. Previous to his arrival, there had been much discussion at the Summit about the need to move away from the concept of "integrative medicine" and toward "integrative health

care," a term more inclusive of non-physicians. "Why not call it the National Center for Integrative Health Care?" someone asked Harkin. He seemed to agree, and wrote down the suggestion on his notes at the podium. "Let's disentangle from the status quo and get health care reform done right this time," he said.

The question is whether those who attended the Summit will take the enthusiasm home with them, and take time off from their practices to actually begin lobbying and agitating for change. Those who are profiting from the current broken system - will be spending hundreds of thousands (and possibly millions) of dollars to make sure their "voice" is heard. Their "First Amendment right," as the spokesman for the Chamber of Commerce so poetically put it, will be amply represented.

Who will speak for us? Don't look to the right or the left: there is nobody there! If you want to make sure that integrative health care is *really* included in this health care reform effort, you're going to have to put the sweat equity in yourself. If we don't get ourselves, our clients, our friends and colleagues organized now, we'll have no one to blame but ourselves.

Call your Senator: http://www.senate.gov/general/contact_information/senators_cfm.cfm?Class=2

Call your Congressman: http://www.house.gov/house/MemberWWW_by_State.shtml

Write the Integrator and tell John Weeks who you've called, and what the response was! As Hillel once said: "*If I am not for myself, who will be for me? If I am not for others, what am I? And if not now, when?*"



Statistics Report on the HTI Healing Touch Certificate Program Classes

We are in the final process of tabulating our HTI Healing Touch Certificate Program class information and would like to share it with you. For those who enjoy statistics, here is our year-end class report for April 1, 2008 to December 31, 2008. This information does not include all of our international affiliate countries other than Canada and Australia at this point.

Class Locations

Since April 1, 2008 to December 31, 2008, HTI Certified Healing Instructors (CHTI) have been teaching in 38 of the United States, 13 countries (some intros) and 5 provinces in Canada. Of the 97 CHTI's registered to teach with the HTI AHNA Continuing Education Contact Hours, 75 were actively teaching in 2008. More are teaching and scheduling classes in 2009.

Student and Class Numbers

We have had at least 2,769 students pass through 287 classes inclusive, which does not include coordinators or helpers. Including those individuals would put our numbers well over 3,000 participants.

Numbers by Class Levels

Our Level 1 classes had 1,498 students in 155 classes, averaging 9.6 students per class (not including coordinators or helpers.) Level 2 classes had 566 students in 67 classes averaging 8.4 students. Level 3 classes had 398 students in 40 classes, averaging 9.9 students. Level 4 had 187 students in 14 classes, averaging 13.3 students. Level 5 had 128 students in



Level One Instructor Training - Australia

(L-R) Mentors - Jenny Wales, Qld; Mary Alford, Qld; Instructor - Rosalie Van Aken, NSW; Elaine Davies, SA; Kay McVean, Qnsld; Savitri Kumaran, HI; Christine Hill, NSW; Veronika Oliver, Qld.

11 classes, averaging 11.4 students. 38% of Level 1 students continued to Level 2. 70% of those went to Level 3, 47% of those went to Level 4, and 68% of those went to Level 5.

Classes by Month

We averaged 32 classes per month topping out at 46 classes in October. The number of classes and number of students per class is growing.

Total Classes and Student Numbers by Instructor

All of our instructors contribute in their own way. Our instructors taught anywhere from 15 classes during this time frame to 1 class. Class numbers ran from 40+ students to 1 student in the Katrina area. Since April, the following has occurred:

- 2 instructors who have taught 15 classes each.
- 5 instructors who taught 10 or more classes each
- 15 instructors who taught 5 or more classes each
- 53 instructors who taught under 5 classes each.

Individual instructors ranged from 1 instructor teaching 201 students, 4 instructors in the 150 – 200 range, 17 instructors in the 50 - 100 range, and 53 instructors in the under 50 range. They all added to our almost 3,000 students passing through. We thank you all for your dedication, time and energy in helping to spreading healing light worldwide!



Level One Instructor Training - Des Moines, Iowa

1st Row L-R: Carol Westmoreland, FL; Laura Hart, IA; Mary Oberg, KS; Jeanne Thune, SD,

Back Row L-R: Jody Hueschen, MO; Alexandra Jonnson, ON, Canada; Joanne Pfeiffer, IA; Jo Adams, IA; Sr. Mary Maloney, Chile; Linda Holmes, IA, Maggie Freel, IA.

A Joyful Gathering

By Savitri Kumaran, RN, CHTP/I

While at our HTI Annual Conference in Milwaukee this past year (which was awesome!) I made the decision to travel to Australia to attend the Australia Foundation for Healing Touch, Inc. Annual Gathering. I had gone to their Gathering two years ago and felt called to return. It was held at the Angourie Rainforest Resort in New South Wales.

Waking to the call of the Whip bird and the laughter of the Kukubura, I knew I was in a different world! This was also evident in the road signs, which warned of koala and kangaroo crossings! About 40 dedicated Healing Touch practitioners who traveled many miles to come together to celebrate “the work” attended the Gathering. Jo Boney, Jenny Wales, and Rosalie Van Aken, the Gathering planning committee, put together a wonderful program. Each presenter and experience was enriching and nurturing. Among them, was Alana Fairchild, a gifted intuitive counselor, who led powerful meditations and gave an inspirational talk calling on each person to tap into their “authentic” selves.

Susan Ashton led a workshop on Mandalas and brought materials for all the attendees to participate in the creation of a Mandala, which we deconstructed in ceremony at the end of the Gathering. Each of us took a little piece of the Mandala home to keep up nourished and connected.

Mary Alford made an exciting announcement! She has been working on getting the recognition of the **Royal College of Nursing, Australia (RCNA)** and it has been granted. Mary shared this good news at the Gathering Banquet. “The RCNA runs courses for nurses as well as accrediting and endorsing courses run by other organizations for nurses. It is certainly recognized as our peak professional nursing organization and is affiliated with the ICN. Thus having the endorsement is a great step forward.” Mary explained. Healing Touch classes and the Gathering in Australia are now eligible for Continuing Education credits by the RNCA and classes will be listed on their website. This is a very important professional recognition for Healing Touch in Australia.

I was told that the association with the professional organization, Healing Touch International, helped them to gain this recognition.



Everyone put their energy into creating this wonderful Healing Mandala. At the end we all got to take a little home to make a healing soup!

The Gathering was preceded by a **Level One Instructor’s course**. Four student instructors attended. I felt privileged to be able to observe Rosalie conduct this fine course. When I asked her what I could contribute, she requested that I teach the students the Lovely Healing Hands Hula. The students were surprised to have this addition to their class but were very enthusiastic dancers. In fact, we were asked to demonstrate for the Banquet at the Gathering, and then joined by most all the participants.

I highly recommend that HTI members take the next opportunity to attend Australia’s Healing Touch Gathering. Next year it is planned to be in Cairns, which is the gateway to the Great Barrier Reef and the world’s oldest Rainforest. Connecting with our Healing Touch brothers and sisters in their wonderful environment is an experience that words cannot adequately describe.

I want to express my gratitude to the Australian Healing Touch community for their warm hospitality and for the dedication they have to doing “the work”. I can’t wait to come back!

Willing
Hula
students
perform
Lovely
Healing
Hands!



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 integration and research in Healing Touch
- Provides opportunities for promotion of and education about Healing Touch.