



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

IMAGINE...



YOU MAY SAY I'M A DREAMER...
BUT I'M NOT THE ONLY ONE...

~ JOHN LENNON ~

HEALING TOUCH INTERNATIONAL, INC.
 445 UNION BLVD., SUITE 105
 LAKEWOOD, CO 80228
 303-989-7982 FAX: 303-980-8683
 OFFICE HOURS (MOUNTAIN TIME)
 8:30 AM - 4:30 PM MON. - FRI.
 WWW.HEALINGTOUCHINTERNATIONAL.ORG

STAFF

Executive Director / Integrative Healthcare / Editor
 Lisa Anselme
 Director@HealingTouchInternational.org
 Volunteer Co-editors, Perspectives in Healing
 Sue Kagel / Terry Sparks / Mary Frost
 Office Administration / Certification / Graphics
 Kassi Anderson
 Certification@HealingTouchInternational.org
 Office Administration / Membership
 Cathy Nunemaker
 Membership@HealingTouchInternational.org
 Administrative Assistants / Education
 Carrie Niewenhaus
 Jodi Eaton
 Education@HealingTouchInternational.org
 Research Director
 Mary Megel
 mmegel@unmc.edu

BOARD OF DIRECTORS

President Sue Kagel
 Sue.Kagel@gmail.com
 Vice President Mary O'Neill
 oneillmary@yahoo.com
 Secretary Laura Hart
 lahart38@msn.com
 Treasurer David Wolffs
 dnwolffs@aol.com
 Director Terry Ann Sparks
 terryannsparks@sbcglobal.net
 Director Judy D. Turner
 turnerjudy3@yahoo.com
 Director Evie Caprel
 evie@livewellhealing.com

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 www.HealingTouchInternational.org

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HEALING TOUCH INTERNATIONAL, INC.

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

Healing Touch – a Nurturing Energy Healing Therapy

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

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

HTI Healing Touch Certificate Program

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

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

HTI Healing Touch Certification

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

Healing Touch International Non-profit Membership Organization

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

HTI Core Values

- Integrity
- Heart Centered
- Respect
- Service
- Working Together in Community
- Solid Established Curriculum
- Spirit Level-Letting Go of Ego
- Unconditional Love
- Outcome of the Work is the Spiritual Journey

HTI Perspectives in Healing, the official publication, is published quarterly.

cover photo by Audrey Elliott



Letter from the Editor

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

IMAGINE

"A dream you dream alone is only a dream. A dream you dream together is reality..... Reality leaves a lot to the imagination."

~ John Lennon ~

When I was growing up, I wished that I shared a birthday with Paul McCartney. He was the Beatle that was considered to be so "dreamy" by so many young girls. Instead, I shared a birthday with John Lennon. Known as the "smart Beatle", John was a bit of a rebel; his sharp wit and independent thought were expressed in his music and sometimes outrageous behavior. As I grew older, I came to appreciate this wit along with what I believe was a true musical genius. He created amazing art through his music that was both passionate and purposeful. He pushed the edges with his lyrics and melodies as often as he pushed the buttons of the public. He created visionary, musical works that had such rich texture and called to our idealism, humanitarianism and inspiration.

"You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us, and the world will be as one." ("Imagine", John Lennon, 1971)

Many describe being "called" to this work of Healing Touch. I think that we are often initially called because we share a dream of wholeness and healing for ourselves and our loved ones. As we deepen our work, this dream expands to our world family and all beings, and our planet. While walking this calling and dreaming this dream, sometimes we become discouraged because the dream doesn't seem to be manifesting fast enough or in the way we had first envisioned it; perhaps sometimes it seems as though the broader dream has been abandoned and has become something else, something no longer recognized. Or maybe we become disheartened because the relationships that were cultivated within the dream have changed or no longer serve.....

If we sit quietly and reflect within our hearts, we discover that the dream is glowing quite brightly and that it is notably linked into an even larger, collective dream of wholeness and healing, one that expands beyond the boundaries of Healing Touch, and connects with other groups in service, both planetary and throughout the

universe. Together, we do push that envelope of the status quo with the shared vision of ourselves whole, our planet whole, our universe whole, at peace with ourselves and filled with and sharing light.

Our theme for this issue is "Imagine". I invite you to take some time right now to quiet your mind, breathe deeply and come into your heart center. Place your hands on your heart center and high heart and listen to the deep pulse within your being. For those trained in Level 3, set your Hara line and focus in upon your soul seat, your soul's greatest longing. Reconnect with your dream; listen, remember and recommit to your unique purpose that brought you to this planet and this work at this time. Let beams of light radiate from your heart chakra and your soul seat and notice how the beams connect to each other and HTI, aligning with our purpose of Spreading Healing Light Worldwide. And now, open your heart to this work and purpose that is being expressed around the planet. Some of it is being told within these pages.

"I believe in everything until it's disproved... It all exists, even if it's in your mind. Who's to say that dreams.... aren't as real as the here and now?"

~ John Lennon ~



photo by Audrey Elliott



Motivations from the President

Imagining and Metaphor

by Sue Kagel, RN, BSN, HNB-BC, CHTP/I

"Weeds are flowers too, once you get to know them."

~ A.A. Milne (via Eeyore) *Winnie-the-Pooh* ~

I awoke this morning feeling clear, inspired and with a renewed sense of hope, creativity and possibility.

As we near the solstice and I look at my yard, quite damaged from a harsh and prolonged winter, I become quite overwhelmed with the vastness of the project. As I look closer, I recognize that I have been working in sections to clear it and prepare it for new growth, beautiful veggies and flowers. The "overwhelm" begins to fade. The desert morning is clear and unseasonably cool, so it draws me outside, and inspires me to write this article that has been churning in my imagination.

I sense a new beginning, a clarity and a need for deeper clearing and centering, so I smudge myself and my house. My visiting friend joins in with her Tibetan bells and I get my drum. We walk the house and yard clearing any stagnant, energy for today is one of high vibration.

Setting Intention

I set the energy in my yard and for my day with the moving Mayan Meditation, *"The way opens before me, there are no impediments or obstacles in my path. I bring forth from the past only that which is useful to me now."* I bring in the elements and wisdom of the 4 directions, heaven and earth, and be in my heart in all things.

I will prepare the flower garden around the patio today and the containers to receive the new plants and flowers that will provide beauty, healing and nourishment for my soul and my body, all who visit my garden, as well as the earth. As the light increases and the sun rises above the mountains to the east, the sky becomes more blue, the birds more active and sweet. The vibrant, hot pink bougainvillea flowers reach up above the wall from my neighbor's yard in front of me, sharing and showing me that all is possible; I just have to reach higher to the light as they do.

I am ready, I see it all clearly now and completed. The sense of overwhelm for the huge and daunting task is over. I have the time, energy, resources and help to complete the tasks.

I recognize that the metaphors created by my yard directly relate to HTI and our work in many levels. I imagine my yard filled with vitality, blooming in many colors and revitalized after the very harsh and prolonged winter.

I have been clearing, pruning and weeding, turning the debris and the garbage into compost and healthy soil to support the new growth and new plants that will be planted tomorrow in the morning coolness.

I have been saving and harvesting my grey water to conserve, help the earth, become more green, and decrease expenses. The reclaimed water is used to revitalize the new growth and beautiful flowers.

The final product is not quite here yet, but I see the progress and imagine it complete. The roots are strong, there is new growth, and the spaces are almost clear and ready to receive the new plants.

I know that by the end of the weekend, my yard will be bursting forth in new life, as I complete one section at a time using Kaizen, small steps to change. I can imagine it, see it as done, give thanks and relish in the sense of wholeness that this brings to me. I hear the birds, and know that they will be in my yard again as the blossoms lure them, and bring the hummingbirds in - representing joy.

Manifesting

In my work as President of HTI, I imagine every day who we are, what we represent, who and what we are becoming, and how we will fulfil the dreams of Janet Mentgen, our founder, in carrying this work forward for 7 generations.

In a non-profit, this means setting a system and policy and procedure for every aspect of our organization so that it moves forward with clarity and consistency. It is never about one person, or about a few, and it must meet the needs of the whole. There must be a rotating collective of leaders in all aspects of our Boards and Committees to support and carry out the HTI Vision and Mission. It actively includes the members, practitioners, instructors and students who joyfully participate in keeping the non-profit strong and viable.

Last year at our HTI conference in Tucson, we placed empty vessels on the stage representing certification, then filled them with unique, colorful crepe paper flowers created by our instructors. These represented our students blossoming forth. We filled the room with color and new ways of being with our "found item" creative decorations.

continued on pages 5 & 6

An empty room transformed and filled with color, sound, vibration, dance, drumming and the high vibration of our group. We imagined new ways to grow, blossom and expand our work both in the group, as well as in our HTI Board of Directors, and set our intentions. We have been hearing wonderful stories of what is transpiring related to our group visioning and we will repeat this again in our St. Louis conference in September.

Metaphor

The metaphor of my yard related to HTI is that we have been through a very prolonged winter for several years. The roots remained strong and the opportunities for new growth continue to be joyfully envisioned, imagined and manifested.

We have been going through every inch of HTI (the yard), clearing the weeds, removing the sticks and rocks and old growth that no longer serves (systems, beliefs, ways of being). We're creating compost to support our new growth. We have been very careful to preserve the roots of the plants and the HTI "tree of life", the metaphor that we use in our strategic planning. Every aspect related to HTI is in the process of being revisited, reviewed, and clarified. Our Boards, Committees, Greater Council and Office Staff have used Group Genius to imagine, brainstorm, and think out of the box. It has been a long and arduous process that has been moving forward in each committee or board simultaneously, and the revisions are almost complete. I can hardly wait so see the dreams and visions become reality! We are so close!

As we remove these obstacles, prune, remove those things that no longer serve, rearrange, create space for the new, and go green to conserve, we have revitalized and are stable in our HTI Mission, Vision and Purpose. Our roots are strong and we are nourished & supported energetically and financially.

We have been tilling the soil and adding nutrients to support the new growth of HTI. Many new leadership members have come forward as volunteers in our boards and committees. We have renewed our standard committees, resurrected dormant groups, created new committees, sub committees and task forces to bring forward the new growth of class materials, Instructor

Training and Advancement, Professional Development Series, Instructor Co- Facilitators and more.

In the garden, we divide plants that become overcrowded so that they have room to spread and grow. In HTI we have separated out the International Development Committee into the International Council (leaders of affiliate and developing countries), and the International Teaching Committee (those who teach across borders) each with separate agendas. This has just occurred and you will be hearing more. The Instructor Training and Advancement process is moving into place with trainings to be held at conference. New aspects for funding are being created, as is the Humanitarian Relief Committee.

I am distracted by a movement on the wall near the pink bougainvilleas. A big fat lizard is up in the sun doing "pushups" and it reminds me of how strong our organization has become.



Imagine

I imagine every day and invite you to do the same. If we all join together in imagining the same thing, see it as done and give thanks for this or something greater, it will become a reality very quickly. We have already made great strides. I have been encouraging you all to see what this looks like for your lives in your Healing Touch work over the last several years and now we will take it to the level of HTI and the world.

Imagine HTI continuing with strong roots and foundation, running smoothly with all systems revised or created and in place, clear policy and procedure to guide us all forward. All who are in alignment with HTI follow the systems so that our work is effortless.

All who interface with HTI do so in a loving, heart-centered and respectful manner, using collaborative and supportive communication. The Board and Committee team members work together in Creative, Collaborative Genius, creating systems for longevity and the good of the whole.

Imagining Our Conference

The HTI Conference in St. Louis is a huge success and 500 or more people interested in healing attend to bask in the high vibration, quality presenters and workshops, and networking while creating and renewing friendships, ultimately changing the world and spreading healing light worldwide.

continued on next page

Motivations Continued...

Manifesting Our Future

Our new look and “face” to the world is in place, our materials are complete, and new tools are being developed. We are expanding HTI and our Healing Touch work out into the world. The ship is strong, the sails are full and we are underway in calm waters, enjoying a wonderful, healing journey. We are in peace, supported within and without and in alignment and partnership with many healing alliances.

We are growing and our member, class, student, practitioner and instructor numbers are doubling and tripling as we continue to Spread Healing Light Worldwide in Service, Education, Professional Development, Health Care Integration and Research.

HTI is blossoming and blooming as we move into summer. The joyful, vibrant color we add to the world with our healing energy, one on one, in clinics and practice groups, hospitals, in presentations, classes and collective distance healings, positively impacts individuals, groups and the earth.

The Fruits of Our Labors

Continuing with our Tree of Life metaphor, we are moving into harvesting our fruits, which is next year's strategic planning theme. What might that look like? Imagine.... And while you are doing that, I will continue with my yard and the HTI “yard” so that both are beautiful and complete by conference! Our Leadership teams will sense your energy supporting our HTI projects, their work, and each of your contributions.

Dreams to Reality

“You may say I'm a dreamer - but I'm not the only one.”
(John Lennon, 1971) I see you all as joining us - and we are living as one! And the world... is a better place for you, and me and all of our collective service, because of all you are and do.

In love and gratitude,
Sue

PS: The plants are in and blooming, more to go in. The first hummingbird has appeared and fed from the red salvias!



In the News

Community Outreach



AHNA - Healing Touch International, Inc. was well represented at the 30th Annual American Holistic Nurses Association (AHNA) conference in Colorado Springs June 3-6, 2010. AHNA has provided endorsement for the HTI Healing Touch Certificate Program since 1997. This year's AHNA conference boasted over 500 attendees and provided an opportunity for networking with our sister organization and its members, and collaborating and educating attendees about Healing Touch. Lisa Anselme RN, BLS, HN-BC, CHTP/I hosted an HTI exhibit space. Myra Tovey RN, BSN, CHTP/I, HN-BC and Jody Hueschen RN, MN, NEA-BC, CNOR, CHTP/I presented a workshop on the “Heart of Sacred Healing Space” working with the attributes of the heart. A number of HTI students, certified practitioners, and instructors and holistic nurses were also present and represented Healing Touch very solidly and beautifully. Thank you to all of you!!!!



ISSSEEM - Lisa Anselme RN, BLS, HN-BC, CHTP/I and Diane Wind Wardell PhD, WHNP-BC, AHN-BC, CHTP/I presented a workshop entitled “Healing Touch: A Multidimensional Approach to Understanding” at the 20th Annual International Society for the Study of Subtle Energy and Energy Medicine (ISSSEEM) conference June 25-29, 2010 in Westminster, CO. The focus upon the spiritual healing experience and how it is then framed by neuroscience. Three experiential exercises from the HTI Healing Touch Certificate Program that informs the process were included to demonstrate application of HT. Participants were given the opportunity to experience techniques that connect one to another from the heart, balancing the brain's activities and providing a foundation with the earth.



North Central Regional Meeting - Barb Schommer RN, MS, CHTP/I hosted a Healing Touch International Exhibit Space for education about Healing Touch International, March 26-27, 2010 in Plymouth, MN.



4th Annual Regional Symposium of Healing Touch California - Anne Day RN, MA, CHTP/I and Mari Kelley RN, CNN, CHTP/I hosted a Healing Touch International, Inc. exhibit space for Healing Touch International in San Diego, Sunday April 25, 2010.

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Inspirations

Inspirations

Rainbow Warriors

Can we plant the seeds for peace?
How about a living rainbow?
Not all modern warriors carry weapons.

Surrender to the enemy within –
It's smaller than your love.

Look within to find your strength.
Lift your weary arms and drop your burdens –
Throw off your cloak of doubt.

Sign your peace treaty in the shadows –
That is where you find your hidden desire.

Open your awareness to new solutions.
Nurture those seedlings to maturity
For the realization of a peaceful word: compassion.

Build your bridges to other souls.
That is where you find unification:

Mere fragments of the journey,
These seedling swatches
Of awareness –

All part of a universal tapestry
Whose story we weave together.

So, let's support each other,
Helping each one sew his piece, her piece –
So our home can be warm and beautiful.

(inspired by Abd al Malik, French Sufi Rapper)

~ Stephanie Ann Barrows, 2010 ~

About

Stephanie Ann Barrows

Stephanie Ann Barrows is an aspiring poet, musician and dancer. The above poems will appear in her first chapbook, "Planting the Seed", a homegrown multimedia project in Lawrence, Kansas. Once finished, she hopes this mix of poetry, jazz and classical instrumentation and photography will inspire others. Please send inquiries to barrowssa@gmail.com or find her on Facebook at [Facebook.com/stephanie.a.barrows](https://www.facebook.com/stephanie.a.barrows).



Inspirations

Dragon's Rebirth

It's a balance, erring on the side of love
Without throwing yourself into fire -

Perhaps this dragon will find its fire
Cooler than a Spring lake, and

Allow the silent insurrection of
A peaceful heart to bloom.

~ Stephanie Ann Barrows, March 2010 ~

Community Development

“Incredible India” - Healing Touch Service Continues

By Mary Frost RN, MS, HNB-BC, CHTP/I and Marty Rather BFA, CHTP/I

February 2010 marked a milestone for Healing Touch educational trips to India. Over the past 10 years many instructors have traveled to varied locations in this rich and colorful country from the high Himalayan snow-capped peaks to the sultry south coast of the Bay of Bengal. We have offered classes to individuals who speak Tibetan, Hindi, Tamil, English and other resident languages, with all of us sharing the common language of heart-centered touch.



This year the highly spirited group of seven was comprised of three Certified Healing Touch Instructors; Marty Rather (Nashville, TN), Mary Ann Carlson (Bismarck, ND), and Mary Frost (Covington, LA); Mary Ann's husband, Kelly; and three Healing Touch students, Judy Davie, Lisa Karasek and Amy Glasow. We were accompanied throughout our time by a kind and knowledgeable man, Rajiv Parva, who guided us to some very enchanted places, enabling us to immerse ourselves in both ancient and modern cultural experiences.

The focus of our Healing Touch class series this year was once again in Auroville, a 42 year old international intentional peace community which is near the large city Puducherry (previously Pondicherry) on India's southeast coast. See www.auroville.org. We were once again welcomed by our coordinators and friends, Sivaraj and Malar (husband and wife) who had a very exciting surprise to show us. A beautiful two-story healing center, once a vision, has been built and is ready for occupancy. Within this



structure are a classroom, guest rooms, office for Sivaraj's herbal medicine consultations, and treatment rooms, one of which is dedicated to Healing Touch! A sight to behold and will no doubt flourish as the surrounding community avails itself of the holistic care offered.

We were able to share a four-hour introductory class with 23 young nursing students and their two male instructors. Marty Rather taught the introductory class and noted that these very shy young women were tremendously self-conscious. It was a challenge to help them relax and become comfortable with this different type of educational offering. She remembered how she had gone through this with other classes in previous years. The male nursing instructors were quite enthusiastic about acting as translators for this material. They were determined to encourage the students to become more individualized. They were also eager to continue with the rare gift of learning about energetic healing.

Mary Ann Carlson had a special treat of teaching some Auroville volunteers from Europe as well as local resident enthusiasts. The Level 1 class was filled with a new and eclectic group of students from different nations.

For the Level 3 class, we all rejoiced as we observed how these local village women have matured into natural, serious healers. Mary Frost enjoyed the presence of the younger generation in class as some of the women brought their daughters to be part of the learning opportunity. They wanted their daughters to learn as much as possible so that they too can soothe and comfort family and friends who are in need of this loving, caring touch. It is marvelous to witness the total embracing of Healing Touch practice as it becomes part of daily life. We find it easy to commit to return trips to watch the evolution of this society and the growth of the children.



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Community Development

Blossoming in Omaha

By Iva Mueller, RN, BSN, M.Min, CHTP; Sr. Mary Hogan, OSM, MA, CHTP;
Sr. Suzanne Vandenheede, OSM, MS, CHTP; Pat Freel, RN, BSW, CHTP

“...beginnings, let us nourish beginnings. Not all things are blest, but the seeds of all things are blest. The blessing is in the seed.”

~ Muriel Rukeyser (American Writer, 1913-1980) ~

In the early 1990s, AHNA regional members were very active in developing a healing community. Judy Koenig, Jackie Devaney and Patty McClellan provided monthly networking meetings which included practice and education for eastern Nebraska and Omaha communities, including the work of Healing Touch.

The seed that blossomed into the Eastern Nebraska Healing Touch Community (ENHTC) was planted in the early 1990's by Carole Winscot, a registered nurse employed by Clarkson Hospital in Omaha, NE when she invited the Colorado Center of Healing Touch to Omaha. She arranged classes at Clarkson until she became Director of Nursing at St. Joseph Hospital in Omaha, moving classes to this new location. It was in the spring of 1994 when Iva Mueller, CHTP, began her Healing Touch journey. She feels blessed and fortunate to have had fine instructors for all levels. Iva recalls there being as many as eight or nine students in each of these classes. At this time, there weren't many CHTPs in Omaha, but she did meet Mary Megel, Elaine Tucker, Jackie Devaney, and D. Knicely who were certified at that time.

From 1996 to 1997, Omaha Healing Touch practitioners met monthly at Clarkson Hospital. Here they heard from other healers and talked about their own Healing Touch experiences. Practitioners were finding ways to utilize their newfound skills. Some volunteered at the Stephen Center, a center that partners with the Omaha community

in overcoming homelessness, addiction and poverty. They gave each other treatments and practiced Healing Touch anywhere they could to prepare themselves for Level 5.

In 1997, Sr. Mary Hogan, OSM began working with Carole Winscot, helping to organize the Healing Touch classes in Omaha. This same year, the Healing Touch Spiritual Ministry (HTSM) Program was invited to Omaha. With the help of our early “pioneers,” some of whom are still guiding us today (Sr. Mary Hogan, Iva Mueller, Mary Megel), the seed that was planted has continued to grow. We are now blessed to have many Certified Healing Touch Practitioners in our ever growing HT community. Now known as ENHTC, we

continue to “just do the work,” and to offer classes at all levels to meet the needs of a growing list of students.

We also participate in many community outreach events, offering abbreviated Healing Touch sessions and educational materials at no cost. This is our way of encouraging folks in our area to consider receiving Healing Touch on a regular basis, while

at the same time helping to establish Healing Touch as an accepted complementary health practice. Since January of 2010, we have been very busy. Omaha HT practitioners have participated in a Holistic Health Day for 80 staff members at Marian High School on March 20th and 21st. We offered a Level 2 class, taught by Mary O'Neill, Vice President of the HTI Board of Directors and a HTI Level 3 class taught by Sue Kagel, President of the HTI Board of Directors, with classes being held at the Conference Center of Immanuel Medical Center. On April 7th we were invited to offer



continued on next page

Community Development - India Continued....

During our visit, we were warmly embraced by the family of Sivaraj and Malar, whose eldest daughter, Raji, took the Level 3 class and assisted in translating. As the years pass, we feel more like part of the family than guests.

Our scrumptious lunches were prepared by women cooking over an open fire and consisted of locally grown vegetables, rice and pungent spices along with the ever present masala tea. The meals here are an organic affair as some of the spices come from Sivaraj's plants and trees. At times our plates were banana leaves which can easily be recycled into the garden.



On her way back to the U.S.A., Mary Frost stopped in Delhi for a visit with two amazing men, Tenzin and Ugyen, both students of Healing Touch from Tibetan communities in northern India. They vow to keep this work and study alive and well in their separate areas, Ladakh and Sikkim. As they were excitedly conversing in our guest house sitting room, the women who run the facility overheard them and were bold enough to request Healing Touch treatments. Mary says, "We gladly obliged and together we treated them and left a trail of grateful, smiling faces."

These three weeks were completely rewarding, as we brought this work to far away members of our "one family". We all better appreciate their ancient culture, which was easily available for us to step into with all of our senses, our whole selves. We served while being served in turn. Together we are creating one global heart.

If you are interested in joining our continuing adventure, you may contact Marty Rather for information on our next educational adventure to 'Incredible India' at martyrather@comcast.net



Community Development - Omaha Continued....

Healing Touch at the 2010 ICAN Women's Leadership Conference which was held at the Quest Center in Omaha. Twenty of our members volunteered and shared HT with 100 of the 1,552 participants at the conference. Then on April 26th, HT was given to cancer survivors at a Spa Night at Bergan Mercy Hospital. This was the third time that our group has participated in this annual event. And, on May 11th we traveled to Council Bluffs, IA to give HT to members of a cancer survivor's group during their "Wings of Hope Spa Day."

Recently we were pleased to welcome Lisa Anselme, Executive Director of Healing Touch International, to Omaha to teach a Level 4 class from April 29th to May 2nd and offer her the opportunity to feel the energy that abounds in our HT community. It's already been a very full year for our Omaha HT family and we're only into May!

This Omaha community of healers is very generous, not only through offering their time and complementary HT treatments on many occasions, but also in the care and comfort they offer students attending classes and the instructors who teach them. Our members have always offered hospitality to instructors by inviting them to stay in their homes, and more and more students who come in from out of town are accepting this same offer. It lowers the cost of attending class and helps them be more comfortable and relaxed throughout the weekend.

We invite you to try a Healing Touch class in Omaha. Watch for our next offering on the HTI website, and if you're flying in we'll pick you up at the airport. We look forward to meeting you.

Our Eastern Nebraska Healing Touch Community (ENHTC) is very grateful that we have been so abundantly blessed by the planting of just one seed!

Nebraska

Associate Partnerships

Second Gathering of the Eagles, 2010

By Mary J. Frost, RN, MS, HNB-BC, CHTP/I



Last year a group of thirty five of the bravest and boldest minds and hearts in medicine flew into Scottsdale, Arizona for the first "Gathering of the Eagles." The gathering was called by Gladys T. McGarey, MD, affectionately known as "the Mother of Holistic Medicine". They came soaring like eagles, with courage, keen eyes, and evolutionary perspective to write a position paper on holistic care entitled, "Living Medicine Report... Roadmap to Wholeness". This was in response to the national health care reform effort and intended to present solutions to health care needs in America. The 33 page document was presented to President Obama, his health care reform committee, legislators, key individuals within the medical community, other politicians at all levels of governance and many associated individuals in the holistic/integrative care community. (to view the paper visit the Gladys Taylor McGarey Medical Foundation web site, www.McGareyFoundation.org)



photos by Jerry Anselme

This year in June a second three-day gathering was called by Dr. McGarey to further develop the tenets set down in the stunning original paper. Expanding on the original group, 50 souls heard the call and included nurse leaders as well as care providers from many disciplines: naturopaths, homeopaths, osteopathic physicians, acupuncturists, psychotherapists, and other key professionals. The 1st evening opened with inspirational music and a presentation by Larry Dossey, MD. On day two, we collectively created an intentional sacred space to hold the high vibration for the creative work to ensue. Three work groups began the task of exploring practical direction for new designs to bring optimal health care to all citizens across the life span -- from perinatal to elders, with dignity for life.

Topics and key issues explored were: Education, Spirituality, Licensure and Certification of Providers, Research, Funding and Women & Children's Health. The outcomes of the follow-through plans derived from the group work will be crafted

into an "Active Agenda" by the group until it rises to our satisfaction. The joy felt and expressed by all participants was indicative of positive interactions and issues transformed into clear and high direction. The new agenda will be presented to all the persons, and more, that received the original position paper in 2009. Our wings are full as we fly into the light of the future. (Please check Dr. McGarey's web site for updates.)

The Essence of Leadership ~ Anonymous ~

"A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs others. He does not set out to be a leader, but becomes one by the quality of his actions and the integrity of his intent. In the end, leaders are much like eagles ... they don't flock; you find them one at a time."



Larry Dossey, Gladys McGarey, KC, Mary Frost center

Board Corner

A Busy Time



Stability

We remain financially stable and growing.

Growth

Every committee is busy with growth and refining their areas. We are grateful for their dedication and service. Without our volunteer Leadership teams we would not be able to create all that is coming to fruition.

Nominations Committee is recruiting for 2 positions on the HTI Board of Directors. Election coming in July. Watch for ezines.

Research Committee is recruiting new members.

Health Care Integration is moving to committee and is recruiting new members.

Education Committee has been busy with Instructor Advancement. Levels 1-5 and Instructor Trainer is posted on the website and Instructor Training and Advancement classes are scheduled surrounding conference. Criteria and application are posted on HTI website. Workbooks are in final draft and moving forward. Thank you Education Committee!!

Classes are going well and our new Professional Development Series offerings are providing wonderful learning opportunities. Class interest is high and we will be adding more soon. These are open to anyone with an interest in healing. Some pre-requisites apply. Those of you interested in creating new Professional Development Series offerings, the criteria will be posted soon on the website it is almost ready.

Ethics Committee has new members and has reviewed all policy and procedure. We thank them for their hard work!

Conference is in full swing and has a wonderful St. Louis volunteer team of 47 members. Registrations are coming in. Be sure to register early for the best discounts and accommodations. Join us for a wonderful conference.

Certification Board is reviewing their process and has brought on new members. They are recruiting for 3 more positions. Check their column for criteria and consider being in service in this area.

Fund Development is hard at work on a new project to be revealed at Conference.

Marketing Committee is reviewing and revising the website and all written materials for a new and fresh look, carried over into our branding throughout our publications.

The HTI Office continues to streamline with our new office staff working together as a positive team effort.

Outreach: Our Outreach team has presented booths or HTI materials in the CA Symposium, Scripps Integrative Medical Conference, AHNA in Colorado Springs, CO; ISSSEEM in Westminster, CO; ACEP in San Diego, CA and will continue to reach out to other venues to get the word out about HTI, Healing Touch Classes and Professional Development Series. We have run ads in national magazines to increase awareness in HTI, our class offerings and conference.

The HTI International Development Committee has been separated into two distinct areas with specific focuses now. HTI International Council is being formed and will include representatives from our HTI Affiliate Members as well as representatives from HT developing countries. This will create a base for bringing forward international needs and serve as a mentorship for developing countries. Stay tuned.

HTI International Teaching Committee is forming. This group will contain instructors who are currently teaching in countries other than their own, and be a mentoring forum for those who are interested in doing so. We will be creating guidelines for teaching across borders to be sure that the appropriate legal parameters are followed when working in other countries, and appropriate protocol is in place for entering and teaching on invitation.

Humanitarian Relief Committee is forming. If you are interested in this area, please contact: Board@HealingTouchInternational.org

See you in St. Louis!

BREAKING NEWS:

HT & ADVANCED CERVICAL CANCER

Preservation of Immune Function in Cervical Cancer Patients during Chemoradiation using a Novel Integrative Approach article accepted for publication in *Brain, Behavior and Immunity Journal*, official journal of the Psychoneuroimmunology Research Society.

The findings of this prospective randomized clinical study suggests that intensively administered HT (sessions every day of radiation treatments for the 6 weeks of chemoradiation) has **positive effects in preserving natural killer (NK) cell activity** and **reducing depressed mood** during chemoradiation therapy for patients with advanced cervical cancer.

Authors: Susan K. Lutgendorf ^{a, b, c, d}, Elizabeth Mullen-Houser ^a, Daniel Russell ^e, Koen DeGeest ^b, Geraldine Jacobson ^f, Laura Hart ^g, David Bender ^b, Barrie Anderson ^b, Thomas E. Buekers ^b, Michael J. Goodheart ^b, Michael H. Antoni ^b, Anil K. Sood ^j and David M. Lubaroff ^{c, d, i}

Representing the following departments, universities and clinical cancer centers:

^a Department of Psychology, University of Iowa, Iowa City, IA;

^b Division of Gynecologic Oncology, Department of Obstetrics and Gynecology, University of Iowa, Iowa City, IA;

^c Department of Urology, University of Iowa, Iowa City, IA;

^d Holden Comprehensive Cancer Center, University of Iowa, Iowa City, IA

^e Institute for Social Science Research, Iowa State University, Ames, IA

^f Department of Radiation Oncology, University of Iowa, Iowa City, IA

^g College of Nursing (Emeritus), University of Iowa, Iowa City, IA

^h Departments of Psychology and Psychiatry and Sylvester Cancer Center, University of Miami, Miami, FL

ⁱ Departments of Gynecologic Oncology and Cancer Biology, University of Texas MD Anderson Cancer Center, Houston, TX

^j Department of Microbiology, University of Iowa, Iowa City, IA

Visit the HTI Website:

www.HealingTouchInternational.org

for an online link to the study **abstract**.

In The News - Continued...



ACEP - Rauni Prittinen King RN, BSN, HN-BC, CHTP/I provided Healing Touch International networking materials at the 12th Annual International Energy Psychology Conference, June 3-9, 2010 in Pittsburgh, PA. In addition, Rauni and Mary Jo Bulbrook EdD, RN, CEMP/S, CHTP presented a workshop entitled "Powering Up through Hara Alignment".



2010 ICAN Women's Leadership Conference - The Eastern Nebraska Healing Touch Community provided Healing Touch sessions April 7, 2010 in Omaha, NE.



Symposia Medicus - Sue Kagel, RN, BSN, HNB-BC, CHTP/I will be presenting two keynote lectures: Healing Touch & Energy Therapy and Creating Resiliency in a Changing World and Interactive workshop, "Healing Touch & Energy Related Therapies", at the Integrative Medicine in Women's Health Conference in Santa Fe, New Mexico, September 15-18, 2010.



For Further Information on this study, please contact:

Susan K. Lutgendorf, PhD

Professor Departments of Psychology, Urology, and Obstetrics and Gynecology, Member Holden Comprehensive Cancer Center, Fellow Academy of Behavioral Medicine Research

susan-lutgendorf@uiowa.edu

or:

Laura Hart, RN, PhD, MEd, MS, CHTP/I

Email: lahart38@msn.com



Integrative Health Care – India

Sri Narayani Hospital and Research Centre launches Healing Touch as part of their Nursing Curriculum

By Rauni Pritinen King, RN, BSN, MIH, HN-BC, CHTP/I
Founder and Director, Programs and Planning
Scripps Center for Integrative Medicine

Integrative Health Care - India

In February I had the honor of teaching a Healing Touch Level I class in Southern India, for the Sri Narayani College of Nursing. I was invited to teach Healing Touch by the hospital director Dr. Balaji Nandagopal. The third and fourth year nursing students and their instructors were eager to learn about Healing Touch International and were thrilled to incorporate HT into their nursing curriculum. The class took place at the Sri Narayani Hospital and Research Centre, in the Thirumalaikodi, Vellore District of Southern India.

Our level one class had 55 nursing students and four visitors from Australia and Canada. All were eager to be part of the world wide web of healing light called Healing Touch.

In 2006 the College of Nursing opened with 10 students. It happened to be in India at the time of the inauguration of this first class. Now, just four years later, 250 students are pursuing their career in nursing. Students can pursue a BSN or diploma degree depending on their years of study under the leadership of Principal Lalitha Purushothaman, M.ScN.

At The Sri Narayani College of Nursing all teaching is conducted in English because students come from various language backgrounds. The admission criteria is strict. These young women are very fortunate in that they will have a profession that will provide for them and their families for a lifetime. The new Nursing College was completed in 2009 and includes student housing. All students are unmarried women from all across India.

During this trip, Dr. Mimi Guarneri and I had the opportunity to participate in the Lamp Lighting Ceremony and the Florence Nightingale pledge for 75 new students who received their white nursing uniforms. Watching these young women start on their career surrounded by family and friends, was a moving and profound experience.

This was my fifth trip to Peedam, (which translates to Seat of the Divine). Sri Narayani Peedam is a destination for millions of people from all over the world who are seeking spiritual wisdom and knowledge. My healing journey started over 10 years ago when I met the young Avatar, Sri Narayani Amma, whose main teaching is love and service. Healing Touch is one of the ways to serve humanity. It was my absolute honor to teach this course with the blessing of the Divine. Our course started with a Puja or prayer provided by Dr. Kannagi the Chief of Staff and Dr. Balaji, the Director of the hospital. When the course was over, they encouraged these new level one Healing

Touch students to start providing Healing Touch to their patients immediately, as a way to thank me for their training.

It is very interesting to observe how the web of life takes us from our point of origin to areas that we are less familiar with. For me it was leaving my native Finland to first study nursing, followed by Holistic Nursing and energy healing in the United States. Now I have become a teacher in Finland as well as India, the home of the "chakra system", which is full circle for me.

It was very heart warming to see these beautiful young women clothed in flowing colorful saris providing Healing Touch to those that are suffering. The Sri Narayani Hospital and Research Centre, where the student gets their practicum, is a 250 bed multispecialty hospital. In addition, the hospital provides various community outreach programs in Maternal and Child health, preventive medicine, diagnostic screening programs and mid-wife training. All students at the Sri Narayani College of Nursing are provided housing, food and a first rate nursing education free of charge, if the student is in need for assistance. I am thrilled to report that Healing Touch is now officially included in the College of Nursing curriculum. I was blessed to travel to India, to provide this training. Personally, it brings me great joy to be able to participate in this service. In addition, I receive a high vibration energy boost when walking the Sripuram (Place of Peace) and attending daily Pujas.

Photo Captions:

- 1.) Lamp Lighting Ceremony
- 2.) Students honoring Goddess Saraswati, Goddess of Knowledge
- 3.) Class
- 4.) Dr. Balaji, Lalitha Purushothama, Rauni, Dr. Mimi Guarneri, Debra Reffson
- 5.) Dr. Kannagi, Chief of Staff speaks to students at graduation
- 6.) Sri Narayani Hospital & Research Centre
- 7.) Celebration Cake



Healing Touch International announces its 14TH Annual International Conference & Instructor Training

HEALING, TRANSFORMING AND EXPANDING THROUGH THE GATEWAY OF LIGHT

Thursday, September 8 - Sunday, September 12, 2010
Marriott St. Louis Union Station
St. Louis, Missouri

Explore new knowledge, connections and opportunities as we blossom forth into new frontiers. This year's conference agenda promises outstanding programming, unparalleled seminars, the latest exhibits, relationship building and fun! Here's a glimpse of outstanding keynotes and entertainment already on the docket:

~ Keynotes ~

Anodea Judith PhD

Anodea is a leading authority on the therapeutic application of the chakra system, a popular workshop presenter, and evolutionary activist. Her books have been considered classics in the field, and include *Eastern Body-Western Mind*, *Chakra Balancing*, and *Wheels of Life*, as well as the award-winning video: *The Illuminated Chakras*. Her most recent book



Waking the Global Heart maps the chakra system onto our collective journey and won two literary awards in 2007. With a million books in print in 15 languages, she is a leading voice in the world of healing and cultural transformation.

Brian Luke Seaward PhD

Brian is a renowned and respected international expert in fields of stress management, mind-body-spirit healing and health promotion. The wisdom of Brian Luke Seaward can be found quoted in PBS specials, college lectures, medical seminars, boardroom meetings, church sermons, keynote addresses, and graduation speeches all over the world. His



mission, as expressed through his legacy of acclaimed books and public appearances, is to make this a better world in which to live by having each of us reach our highest potential. Dr. Seaward is an award-winning author, photographer, teacher, celebrated film director/producer and much sought after inspirational speaker. Brian will be addressing his movie premier of "Earth Songs" pre-conference. He truly touches hearts, and most anyone will tell you, this is how he heals. Through

his teachings, he offers a unique synthesis of insights blending the "ageless wisdom" of human spirituality with the topic of stress to reveal the unique alchemy of humanity and divinity, what we call the "human journey."



Marilyn Mandala Schlitz, PhD

For three decades, scientist and anthropologist Marilyn Mandala Schlitz, Ph.D. has pioneered clinical and field-based research in the area of human consciousness, transformation and healing. She is a thought leader on matters of individual

and social change whose respected voice offers new insights into the most pressing challenges of our time. A researcher, speaker, change consultant, and writer, Marilyn's books include: *Living Deeply: The Art and Science of Transformation in Everyday Life* and *Consciousness and Healing: Integral Approaches to Mind Body Medicine*. She writes, "We are alive at a time between stories. Out of this place of convergence are great new possibilities for the human condition. I enjoy thinking and writing about these opportunities." Marilyn serves as the CEO and President of the **Institute of Noetic Sciences (IONS)**, where she has worked for 15 years. She is also Senior Scientist at the California Pacific Medical Center. Noetic Science is featured prominently in the new novel by Dan Brown, *The Lost Symbol*.

~ Entertainment ~

Pack your comfortable dancing shoes, your fancy banquet duds and don't forget the feather boas! HTI Conference will rock on Saturday night!

Lenny Klinger's Galaxy Band

is one polished and well-rehearsed group! The Galaxy Band has been everywhere & played in most major US cities & internationally, too. They've opened



coast to coast for acts including The Neville Brothers, Backman-Turner Overdrive, Ronnie Milsap, Sheena

Easton, Melissa Manchester, The Bacon Brothers, Marilyn McCoo, Marvin Hamlisch, Michael McDonald, Chick Corea, Nancy Wilson, The Righteous Brothers, and many more. They've backed up acts including The 4 Tops, The Temptations, Mary Wilson, The Platters, Jack Jones, Vic Damone, Jerry Vale, Henny Youngman, The Chiffons, The Shirelles, Smokey Robinson, Bob Newhart, and many others. They play anything and everything and the Galaxy Band can deliver!

Visit: www.GalaxyBand.com

JOIA!!

Opening Ceremony! Bright, brilliant, clear and shining jewel is the translation from Portuguese. The musical translation in St. Louis is a dynamic, mobile world percussion ensemble with a contagious, primal pulse. Led by Rick Kramer, Joia is not only a band, but a



musical community based on the concept of making the experience of percussion performance accessible to anyone with the combination of desire and commitment. Different and evolving configurations of personnel perform a core repertoire of music steeped in the traditions of Brazil, Africa, Cuba, Japan and other world music forms.

St. Louis, Missouri is the **Gateway to the West**, a city rich in history of courageous exploration and thoughtful expansion. Beginning with the Lewis and Clarke Expedition on the banks of the Mississippi River and pioneers setting forth to explore new frontiers in the west, to the production of the Mercury and Gemini spacecraft, St. Louis has always been a beacon of Light. You won't want to miss it! Visit: www.explorestlouis.com to learn 25 awesome things to do in St. Louis, including:

The **St. Louis Arch and Museum of Westward Expansion** is a quick metro ride from the hotel. See the world famous **St. Louis Zoo**...**FREE** admission to all! Take a walking tour of the **Historic St. Louis Union Station**...hotel is located on the property.

Cheer the **St. Louis Cardinals** at a baseball game... the stadium is walking distance from the hotel. Visit the new **City Garden** in the middle of downtown...also a short walk from the hotel. Visit **Anheuser Busch Brewery** and the famous **Clydesdale** horses, free tour and a free sample of the product. Visit **Forest Park**, site of the 1904 Worlds Fair. Forest Park is larger than Central Park in New York City and houses the **Zoo, Art Museum, History Museum, Municipal Opera, Boat House, Golf Course** and the incredible

Science Center. Plan to spend time at the **Missouri Botanical Gardens** about three miles west of the hotel. You don't want to miss a blooming thing at the **largest Japanese Garden outside of Japan**.



Drive through the historic neighborhoods of **Lafayette Square** and **Soulard** with their unique row houses and historic Victorian homes. These neighborhoods are located just a short drive south of the hotel. Visit the **Historic Soulard Market**. Open air farmers market in continuous operation since 1779. It was part of the early French establishment in St. Louis. **Laclede's Landing** rocks on the weekend with Blues and Jazz and of course great food. It is just north of the Arch on the riverfront.

Plan a brief tour of **The Hill**. This is the Italian neighborhood filled with restaurants, corner markets and bakeries offering the very best of Italian dining. And let your inner child play at the very amazing and whimsical **City Museum**!

Accommodations: Union Station Join us in the historic Union Station, a newly-renovated 11 acre complex for an unforgettable experience rich in tradition of a bygone era. Built in 1894, it was the largest single-level passenger rail terminal in the world. In 1976, this magnificent station was designated a National Historic Landmark. With a \$150 million restoration 100 years later, it has been transformed into an 11 acre complex inclusive of 20 specialty boutiques, dining and entertainment venues including the Marriott Hotel. **Our exclusive and amazing negotiated conference rate is \$99/night single or double!** (Rate available September 3-15, 2010, based on availability through August 16, 2010) **Reserve your room now by calling 314-621-5262 and mention Healing Touch International.**

Register online for conference and hotel at
www.HealingTouchInternational.org

Hotel rooms are filling quickly.
Book now to ensure space!
See you soon!

Ethics of Touch Series: Part 9

Illness, Judgment and Florence Nightingale: Imagining Wholeness

By Lisa Anselme RN, BLS, CHTP/I, HN-BC



Perfection and Wholeness

In a holistic, integral and energetic paradigm, we are taught to center, breathe deeply, connect with source, observe, seek the patterns within the energy and life itself, discover the challenge at hand and set mutual goals. We then detach from the outcome, set intention for the highest good and hold the individual in a vision of perfection and wholeness. We recognize that the individual cannot be separated from the whole, their environment and the world surrounding them and that they are woven within an exquisite pattern of energy that creates the substrate of this universe.

Sculpting

As we assist in releasing congestion and opening energetic flow, we support the creation of new patterns and help reveal the true and perfect form within. *"There is an ancient myth about the image asleep in the block of marble until it is carefully disengaged by the sculptor. The sculptor must himself feel that he is not so much inventing or shaping the curve of breast or shoulder as delivering the image from its prison."* (Saint-Exupery, A. 1940) When we are supporting this flow and movement towards wholeness, our work truly becomes holy work. We are acting ethically by respecting the patient's autonomy, we are committing to "do no harm" and we are working towards their well being or beneficence. We enter the realm of "allow" and trust in the person's inner wisdom and nature itself to create the opportunity to self-heal.

Healing vs. Curing

Notice that we say "self-heal" and not "self-cure". Healing is about the emergence of right relationship and becoming whole; it is multidimensional and can occur at the level of the body, mind, emotion or spirit. (J. Quinn, 1989) Curing is the process of eliminating the signs and symptoms of disease; it is our "sick care system". A person can be cured, without being healed, and a person can be healed without being cured. Healing completely honors the complete autonomy of the individual and recognizes the mutual and equal partnership between patient and practitioner, while curing sometimes destroys disease with complete disregard for the patient and their relationship to the world.

Florence Nightingale, a mystic and the mother of modern nursing, talked about this in her journals. In her "Notes on Nursing" she wrote, *"It is often thought that medicine is the curative process. It is no such thing; medicine is the surgery of functions as surgery is that of limbs and organs. Neither can do anything but remove obstructions, neither can cure; nature alone cures. Surgery removes the bullet out of the limb which is an obstruction to cure, but nature*

heals the wound. So it is with medicine; the function of an organ becomes obstructed; medicine so far as we know, assists nature to remove the obstruction, but nothing more.

And what nursing has to do in either case, is to put the patient in the best condition for nature to act upon him." Her assertiveness and radical ideas transformed the delivery of health care in the 1800s through her work in the poor districts of London and in the Crimean war. She imagined a healthier system that recognized the inter-relationship of all things. Now, 100 years after her death in 1910, this collaborative work towards wholeness remains holy.

Creating our Own Realities

The power of intentionality and its effect upon the physical, emotional and mental realms is being supported by modern research. (McTaggart, 2007) The commonly held belief that "we create our own reality", is very prominent in group thinking at this time. Indeed, the way to creating a healthy reality was taught by the Buddha some 2,500 years ago and by Christ and many others since. It's not necessarily a simple path and yet is one that has consistently been held as beneficial, not only for self but also for others. Sometimes, our modern and streamlined version of this creative act takes on an attitude of impatience and judgment if someone has not achieved this healthy reality or has a reality that is less healthful than one's own.

Judgment

How do we reconcile the basic principles of healing, wholeness, patterning, detachment from outcome, and highest good with this now commonly held belief that "we create our own reality"? If it is true that we create our own reality, are we not then responsible for any illness or infirmity, disease or lack that is in our lives? Is there something wrong with our thinking and our livingness? Are people who are ill or diseased or imperfect less than or not as virtuous as those who appear healthy or beautiful or prosperous? Perceiving someone as less than or less worthy than the practitioner can only inhibit the therapeutic work; it will not allow a shared and collaborative relationship on the healing journey. Seeing someone as less than is truly not beneficial and does not serve.

Part Time Enlightenment

How much power do we or our patients actually have to individually create our own reality? When we look at the level of intentionality and group focus that is needed for shifts in consciousness or planetary events, how many of us

continued on next page

Ethics Continued...

can actually walk around with that level of focused intent and power 24/7? When we speak of the various enlightened masters who had miraculous capabilities, along with the instructions that “this we can do also”, how many of us are actually consistently “doing this also”? There thankfully are small numbers of realized or enlightened beings actually embodied here in Earth school at this time. The rest of us are evolving and not there yet! While the *“I create my own reality’ is a truth that can take someone out of the stifling prison of helplessness and victim-hood, when it is adopted as a complete belief system, is it simply a new box to eventually break out of into... what might the next box be?”* (Sobel, 2009)

When we look at our realities, it is helpful if we also factor in the concept of a mutually interdependent web of cause and effect that is happening continuously with countless sentient beings that share our universe. If all of these beings are also creating their own reality, and we are all interconnected, would it not be important to consider that our reality is created and expanded by a collective group consciousness? Thich Nhat Hanh describes this as “interbeing”, how everything is related to everything else. (Hanh, 1991)

There is a great deal of confusion, questioning and judgment about what is happening when wonderful people are seriously ill or die of bad diseases. Carolyn Myss ascribes this to a misperception, even an addiction, to the reward and punishment system; that is, the belief that if you’re good, there is no pain and if you’re bad, there is. She gives the example of the teacher Jesus; on the way to the crucifixion he was stopped by a man named Simon who said, “Do you want some help with that cross? It looks like you’re having a bad day.” She notes that Jesus didn’t say, “Are you crazy? This is my karma, get out of my way.” No, he said, “Thank you very much for carrying this; I’ve had better days in Earth school.” And Simon carried his cross for a while. Myss notes that this act is symbolically much more powerful than has ever been interpreted and that in our journey towards selfhood, we’ve got to become able to carry the burdens for others that they’re not strong enough to carry for themselves. (Myss, 2001) How then does that fit into our views and judgments of disease and wellness?

Myss speaks about how very few of us are consciously aware of our creations the majority of the time; in reflecting upon the lives of family, colleagues, patients, and myself, I believe she is right on target. We mostly have one foot in the reality that we are currently experiencing and are trying to have one foot in the intention setting arena for what we desire. We are at best, part time intenders and part time creators. To judge anyone for the reality that they are experiencing is to reduce them to an isolated object, disconnected from everyone and everything else and completely disregard the pattern of the interconnected whole of who they are.

Best Practice and Ability to Respond

So how DO we reconcile these two belief systems? Perhaps what we can take responsibility for and encourage those whom we serve to take responsibility for, is our ability to respond to those events that have been given us in the best possible practice that we can imagine. We can encourage ourselves and others to be reflective of what we are experiencing, to trial new responses that uplift and inspire, and to walk with deep compassion for ourselves and others. It is so very important that we become aware and free ourselves of any judgment that we may hold about those whom we serve. We need to make sure that we don’t inadvertently make them feel guilty or less than, because of the current circumstances or health with which they find themselves. We can also mirror for them those behaviors or choices that may be compromising their wellness and support their healthy choices, responses and livingness. We need to recognize and honor that they are interwoven within a greater environment, culture, social system and planetary energy and that this impacts their life circumstances. By honoring our interrelationship with all life and supporting healthful means of response, we will respect the autonomy of our patients and ourselves, we will then support their highest good and truly do no harm.

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(Lisa pursued graduate coursework in general ethical principles, biomedical ethics and methods of arriving at sound ethical decisions as a result of her passion and interest in philosophy and ethics. She has co-taught biomedical ethics to University of Iowa medical students under the tutelage of bioethicist Dr. Robert Wier, and served on panels for ethical decision making within the pediatric population.)

HTI Professional Development Series

HTI Professional Development Series classes offer advanced professional development of the healer that can be used for continuing education in nursing and massage and also can be applied to Healing Touch International Certification and Renewal. These classes are open to registered nurses, health care professionals, body-oriented therapists, psychotherapists, licensed health care professionals, and individuals interested in an in-depth understanding of healing-related work. Some pre-requisites apply. Click on the www.HealingTouchInternational.org website for the latest listings on the new HTI Professional Development Series page. **Attend these Professional Development Classes or Schedule One in Your Area:**

* Beyond Surgery Program – Bridging the Gap

A powerful blend of integrative therapies to support primary medical care that are useful before and after surgeries, medical procedures, chemotherapy or radiation, and to assist in relieving anxiety or discomfort, coaching the body's innate healing response.

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

Contact: Judy Ray at

JudyLynneRay@yahoo.com

Check HTI website for future classes

www.HealingTouchInternational.org

* Energy Wisdom and Practice

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

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

Contact: Liz Fraser at

Fraser.Elizabeth@scrippshealth.com

Check HTI website for future classes

www.HealingTouchInternational.org

* Healing Disruptive Energy Patterns

Chronic pain often involves an injury that creates a pattern of "memory" that is retained within the body. Learn how to work with these energy patterns through an extensive review of the body system as a whole. Assist in re-

creating a healing pattern to release the cellular memory, and re-pattern the energy for a higher level of functioning.

Pre-requisite - This course is open to all experienced energy workers who desire to learn how to work with releasing disruptive energy patterns causing chronic pain.

Contact: Liz Fraser at

Fraser.Elizabeth@scrippshealth.com

Check HTI website for future classes

www.HealingTouchInternational.org

* Heart Centered Living

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

August 21-22, 2010

Location: Colorado Springs, Colorado

Instructor: Myra Tovey

Contact: Myra Tovey at 719-622-0694 or

davidmyra7@msn.com

September 17-18, 2010

Location: Fort Wayne, Indiana

Instructor: Myra Tovey

Contact: Myra Tovey at 719-622-0694 or

davidmyra7@msn.com

* Journaling the Healing Journey

Journal writing is widely acknowledged by leaders in the holistic health movement to be an integral part of the journey toward health and wellness. In this innovative two-day workshop, you will learn proven techniques and processes to chronicle the spiritual journey. Whether you are facilitating others in the healing process, or taking charge of your own healing, you'll find these methodologies easy, enjoyable – and most of all effective! Whether or not you have had any experience with the journal, you will learn new ways to access your inner healer through the writing process. Dress comfortably and bring a notebook or journal!

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

Contact: Anne Day at

AnneDay7@gmail.com

Check HTI website for future classes

www.HealingTouchInternational.org

Student Perspectives

Breast Cancer Connection (BCC) experience, May 2010

By Jane Klickman, BA, MBA, Student of Healing Touch Level 3

I was participating in one of the quarterly sessions at the Palo Alto Breast Cancer Connection where women suffering from cancer can receive Healing Touch for free. The women come from a wide variety of backgrounds and experience.

One of these women reinforced the wondrous power of Healing Touch to ease the pain that is often unrealized or hidden deeply within. She complained of feeling tired and very anxious about her everyday life. She lay down and after a pendulum assessment where all chakras were fairly open, I started to do a Chakra Connection. When I reached her second sacral chakra, she suddenly burst into tears and started sobbing heavily, eyes closed, in what seemed like quiet, intense pain. I was surprised but realized that something special was happening. I held one hand over her heart and with the other, touched her shoulder gently in comfort. I assured her that it was alright to cry and that she must have a heavy burden on her heart, which is what it felt like to me.

She continued to cry strongly and I held the same position for 5-10 minutes. Her sobs then subsided a bit but tears continued to streak from her eyes, as I dabbed her cheeks with a tissue. I then continued with

some hands-in-motion and hands-still movements over chakras #1-5. Mostly it seemed important just to stay with her, be comforting and provide a time and place for her to safely release what she was feeling. As the session drew to a close, she opened her eyes and sat up, starting to apologize, but I assured her it was alright. She said that she had been avoiding participating in any BCC support groups or programs thus far, but "maybe now it's time". Afterwards, she stayed at the Center for some time, talking to the BCC worker and exploring the materials there.

This experience once again confirmed for me just how amazing it is that the human spirit and the workings of the universe can show themselves at just the right moment, how the slightest movement of hands with caring, loving intention can provide the avenue for deep and meaningful healing, and how Healing Touch can make such an impact in alleviating suffering.

Editor's Note: Jane is a volunteer with the Stanford Healing Partners Program which matches Healing Touch volunteers with individuals with cancer, and also volunteers at the Breast Cancer Connection (BCC) in Palo Alto.

Congratulations to the Newly Certified!!

Practitioners

Anouk Bekker - Amsterdam, Netherlands
Janet Bergman - Swisher, IA
Sherry Bieman - Zurich, ON Canada
Pegi Black - Santa Ana, CA
Lisa Bormann - North Liberty, IA
Jolande Broeders - Rottne, Sweden
Donna Cahill - Coronado, CA
Stephanie Clark - Phoenix, AZ
Marjory Clinton - Palm Coast, FL
Kathleen Connors - Roseville MN
Sandra Coutts - Milton, ON Canada
Jane Cranston Nelson - Dunedin, FL
Katheryn Darlington - Livermore, CA
Patti Flaherty - San Diego, CA
Suzanne Fry - Maplewood, MN
Shirley Funnemark - Anaheim, CA

Nell Gates - Centerville, IA
Yvonne Geeraedts - New Plymouth, New Zealand
Sandy Kemp - Iowa City, IA
Edythe Kuntz - Brooklyn, IA
Der-Fa Lu - Iowa City, IA
Joye Meyer - Cresco, IA
Stephan Nobs - Binningen, Switzerland
Juanita Nunez - Chula Vista, CA
Bridie Southall - Whawgarei, New Zealand
Lyn Walker-Norman - Edmond, OK
Ellyn Waterbury - Iowa City, IA
Irma Wooliever - Carlsbad, CA

Instructors

Jeanne Thune - Big Stone City, SD



Educational Insights

“We are the Ones We Have Been Waiting For”

By Barb Schommer RN, MS, CHTP, CHTI

Certified Healing Touch Instructors, did you see the e mail? Healing Touch Level 2, 4, and 5 Instructor Training classes will be held before conference on Wednesday September 8, 2010. Level 3 Instructor Training class will be held after conference on Sunday September 12 through noon on Monday September 13, 2010. Certified Healing Touch Practitioners, did you see the e mail? Level 1 Instructor Training class will be held Sunday September 12 through Wednesday noon September 15, 2010. Are you ready for that next step?

The process of developing objectives and admission criteria for each of these classes was carefully, lovingly, and thoughtfully created by the Instructor Training and Advancement Committee, Education Committee, and the HTI Board of Directors. Deep gratitude to all who collectively worked on these documents using group genius, heart centeredness, and a great deal of collaboration!!! Participants in this process include: Lisa Anselme, Mary Jane Aswegan, Anne Day, Maggie Freel, Mary Frost, Laura Hart, Alexandra Jonsson, Mari Kelley, Deborah Larrimore, Mary Szczepanski, Myra Tovey, Judy Turner, Diane Wardell, HTI Board of Directors, and Barb Schommer.

Now it is time for each of you to go deep inside and ask your inner wisdom if the time is right for you to take that next step – taking Level 1 Instructor Training, or taking Instructor Training in preparation to teach the next Level of Healing Touch. Participation in Instructor Training classes is by admission. Go to www.healingtouchinternational.org. In the Instructor tab is a section entitled “Instructor Training and Advancement”. Click on that for instructions and application forms for all Instructor Training classes.

Whether or not you are moved to take Instructor Training, I invite each of you, students, instructors, interested persons, to meditate on this Hopi Prayer as we collectively expand the loving energy of Healing Touch International.....

“A Hopi Elder Speaks”

~ Author Unknown ~
Oraibi, Arizona - June 8, 2000

We have been telling the people that this is the eleventh hour.

Now you must go back and tell the people that this is the hour.

And there are things to be considered:

- * Where are you living?
 - * What are you doing?
 - * What are your relationships?
 - * Are you in right relation?
 - * Where is your water?
 - * Know your garden.
 - * It is time to speak your Truth.
 - * Create your community. Be good to each other.
- And do not look outside yourself for the leader.

Then he clasped his hands together, smiled, and said, “this could be a good time!”

There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will feel they are being torn apart and will suffer greatly.

Know the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open and our heads above the water. And I say, see who is in there with you and celebrate.

At this time in history we are to take nothing personally, least of all, ourselves. For the moment we do, our spiritual growth and journey comes to a halt.

The time of the lone wolf is over. Gather yourselves!

Banish the word “struggle” from your attitude and your vocabulary.

All that we do now must be done in a sacred manner and in celebration.

We are the ones we have been waiting for!

Clinical Applications

Distance Healing with Intention

By Sue Kagel RN, BSN, HNB-BC, CHTP/I



While the HTI Healing Touch Certificate Program doesn't specifically teach Distance Healing, we use it all the time with our positive intention. Distance Healing can be done in a variety of ways and in its simple form is a version of well wishing.

Setting Intention

When we begin a Healing Touch treatment session, we set our intention, this or something greater, for the highest good of all, seeing the person or situation as whole, and to not being attached to the outcome. This same method can be used for those who are not present as a form of Distance Healing, well wishing or for some it may be a version of prayer. There are more complex versions of distance healing, but they won't be elaborated for the purpose of this article.

Research

We have found in our research during our conferences with Lynne McTaggart and Gary Schwartz, in conjunction with the University of Arizona Laboratory for Advances in Consciousness and Health (LACH) Tucson, Arizona, that we can effect seed growth from across the United States - North Carolina to Arizona. We have also changed the structure of cosmic rays at the U of A lab while at conference in Tucson 20 miles away.

Seeing Results?

During the Haiti earthquake, our HTI Community initiated an ezine requesting healing energy as well as calm and peace to be sent to the region. We asked people to send it far and wide to involve as many healers and like minded/hearted individuals as possible. As we wrote that ezine, I was guided to add the specific words "calm and peace", and at the time I thought "Why am I adding these words?" but knew that calm and peace was definitely needed. I watched Anderson Cooper on the news the next evening and he made the following comment, "we can't figure out what is going on. It is so calm and peaceful here. We have been expecting chaos and it isn't happening". I was so excited - YES! We made a difference!

Local Groups

Our Tucson Healing Touch Group has been doing distance healing and prayer requests for years. As our group grows, we have members from around the world and a larger and larger base. Not everyone is available for every request, but we always have people on the task.

I encourage you to do this with and for your communities. Probably the easiest way is to set up a private - to prevent spam - Yahoo! Group for your community. This can be done fairly simply and then invite in those HTI students, practitioners and instructors in your area. They can then post their own requests without having to go through a central person.

Permission

The key here is that anyone posting health information about someone else must have their permission to reveal health information. (HIPPA) We often just use a first name and a location. But you must have permission to request, and for the person to be receiving the healing. This is vitally important and ethically important or you are breaching boundaries, even with your good intentions.

The results that I have seen over the years in our Tucson Group have been amazingly outstanding. We have had people on the brink of death recover, and others on ventilators be able to be weaned off, say good bye and then peacefully leave without the families having to make difficult decisions to end life support. We have assisted people through surgeries, healing simple or massive injuries, extensive burns, or moving through grief. We've also held the light for safe journeys, eased labor and birth with the use of texting, calmed anxiety and emotional issues, boosted people energetically to move through difficult transitions, including families moving elder parents into assisted living, and the list goes on. This work is the most rewarding part of my day and the first emails to which I respond and forward out.

Local to Global and Out of the Box

On a local community level, and world level, you can also use distance healing and intention in supporting HTI Healing Touch Community projects, your personal practice, HTI classes and HTI mastermind groups and the HTI Leadership.

We also believe that we have been able to assist in calming forest fires, dissipating hurricanes and downgrade the categories, and containing the oil spill to keep it off shore for a very long time (again the news commentators and scientists were puzzled as to why this didn't come on shore within a week or two). Even if we haven't been able to stop the leak, it did slow for a while. More and more

continued on next page

Clinical Applications Continued.

healers are intending and working with the oil spill and we need to keep on it as well.

Our ability to work with laser focus in intention has always been acknowledged, and now “proven” in our 2 experiments (one more planned for our St. Louis conference). Our mission and vision is to Spread Healing Light and Love, restoring Wholeness on Earth. To be in alignment with our mission, we encourage you to begin a distance healing intention group in your community and spread it out beyond your borders, joining Healing Touch International in Spreading Healing Light Worldwide.

Our focus for today is the Gulf Oil Spill. Dr. Masaru Emoto from Japan, who has researched the characteristics of water and sending emotional intentions, is recommending the following Ho’oponopono version of healing. This has been circulating in emails and there are many others out there as well. It is recommended that you do this several times a day:

“I send the energy of love and gratitude to the waters and all living creatures in the Gulf of Mexico and its surroundings. To the whales, dolphins, pelicans, fish, shellfish, planktons, corals, algae... to ALL living creatures... I am sorry. Please forgive me. Thank you. I love you”.

HTI has a partnership with Lynne McTaggart’s Intention Experiments. She has also been working on the spill. You can connect with her work as well, through her website at www.TheIntentionExperiment.com. Other versions are more specific, to see the oil pipe plugging off, supporting the workers as they contain and clean up the spill, protecting the animals, seeing the spill contained off shore and out to sea, seeing it in calm waters for easy clean up.

Let’s envision this year’s hurricane season bringing gentle rains to areas that need it. Always set the intentions, this or something greater, for the highest good of all, and give thanks and gratitude. We can keep this rolling, it doesn’t have to be done at a specific time as there are so many groups working this now.

Let’s join together as a mass consciousness and collective of high vibration and integrity, as we continue to heal the world.

Practitioner Perspective

A Question of Trust

By Judy Stoddard, RN BS, Ed, CHTP

Almost every client I have ever had has said that they only tried Healing Touch because I was doing it. It is a question of Trust.



I believe there is a Twilight Zone side of the modality, unexplained, beautiful and powerful. Simply being able to feel the energy is humbling and inspiring to me. During a session there is a trusting of both the practitioner and the client and it is not so much an expectation that something will happen but rather, a knowing that whatever occurs or does not occur is what is supposed to happen for both of us at that moment in time.

Since learning HT, I find that “trust” is the word foremost in my life. I am trying to let go of other words and thoughts such as “worry” and “control” and I no longer try to comprehend what transpired in a session. When clients ask, “What was that?”, I find myself shrugging and smiling. I can answer that it was the energy moving, that we know energy goes where it is needed and offer information I have read or have been taught, but I have no idea what actually happened. It is what it is.

The more experienced I become as a practitioner, the less I need to try to understand the technicalities of Healing Touch. And the more I learn about energy healing, the less I feel I know. That is okay. It is a question of trust.

Ethics Considerations

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

The Healing Touch International Ethics Committee has completed its task of clarifying and updating Ethics policies and procedures as part of our ongoing quality improvement focus. The updated policies will be on the web site this summer.

We have also added some new members to our committee. More information will be coming in future editions of the Perspectives in Healing.

Energy Research

Knowledge, Attitudes and Use of CAM

By Mary A. Megel, RN, PhD, MEd, CHTP



One of my duties as Director of Research is to regularly search the literature databases for current research articles involving Healing Touch. This month, an article caught my eye that I wanted to share with you. This is not an article testing Healing Touch as an intervention; this is an article involving the knowledge, attitudes, and use of complementary therapies

by Clinical Nurse Specialists (CNSs) in a large Midwest medical center*. After noting that the awareness and use of complementary and alternative therapies have steadily increased in the United States since the early 1990s, the National Center for Complementary and Alternative Medicine (NCCAM) recently reported that 1 in 3 Americans use CAM therapies. This increased use prompted the authors to survey the CNSs at a large medical center regarding their knowledge, attitudes, and use of CAM therapies.

The survey was sent to 76 CNSs electronically. Forty-nine (64%) CNSs responded; most of these worked in inpatient areas of the medical center. Less than half of the respondents indicated they possessed enough knowledge of CAM therapies to refer patients for services; 40% had attended educational offerings provided by the hospital related to CAM therapies. Approximately half of the respondents believed that CAM therapies could be beneficial. The top therapies the CNSs wanted to learn more about included Traditional Chinese Medicine (including Qigong and Tai Chi), Ayurveda, energy therapies (including Healing Touch), Reflexology, Rolfing and Alexander technique. The “top 4” therapies the CNSs thought would be most beneficial to patients were massage, meditation, music, and guided imagery (Healing Touch was included at a lower priority in a longer list of therapies the CNSs considered to be of benefit).

Interestingly, in the “Top 8” therapies that CNSs have used, were reported as most requested by patients, or would use if available, Healing Touch only appeared in the “Top 8 Therapies that Patients Request!” Thirty per cent of patients requested Healing Touch, which was the third

highest CAM therapy requested after massage (55%) and spirituality/prayer (37%). CNSs did not report offering Healing Touch to patients, nor would they recommend for use if available, at this medical center.

The CNSs did identify several barriers to the use of CAM therapies in practice. The most frequently mentioned barriers were lack of available practitioners (65%), lack of training (57%), and lack of institutional support (53%). However, when asked if the use of CAM therapies at the workplace might reduce stress and improve job satisfaction, over 90% of CNSs responded either yes or maybe.

The authors conclude that information regarding CAM therapies needs to be included in educational preparation of CNSs. In my opinion, this article is a call to us to be proactive and seek ways we can assist in the formal or continuing education of advanced practice nurses (APRNs), both CNSs and nurse practitioners. Clearly, if APRNs become aware of potential benefits of Healing Touch to themselves as well as their patients, they can be referral sources to Healing Touch practitioners, involved in policy development regarding the use of Healing Touch in health care organizations, and advocates for their patients who request Healing Touch.

***Reference:**

Cutshall, S., Derscheid, D., Meiers, A. G., Ruegg, S., Schroeder, B. J., Tucker, S., & Wentworth, L. (2010). Knowledge, attitudes, and use of complementary and alternative therapies among clinical nurse specialists in an academic medical center. *Clinical Nurse Specialist*, 24(3), 125-131.



Words of Wisdom

Beginning Journey

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



In 1981 at the age of 42, Janet Mentgen started writing journals as part of a therapeutic process. She was in significant turmoil about a recent job loss and having difficulty within her personal relationships. From then on the journals provide glimpses into her thoughts and processes over the years through her journey to find truth. As the chronicler of these excerpts, I also find it interesting as to what I select from the over 20 years of journals I hold in my care. For example, for this column I thought I would reflect on something pertaining to the Level 2 material. I had just taught a Level 2 class and it is such a wonderful foundation for the HTI certificate program within the heart energy. The energetic principles upon which it is built are timeless and awesome! It is not a surprise that Janet recognized Myra Tovey as the holder of wisdom for this level. Myra had studied deeply with Brugh Joy, the physician who contributed the chakra connection and spiral meditation to the HT Level 2 curriculum. Janet identified Myra as the “heart” of Healing Touch in her writings, therefore, I thought I would search for something that mentioned Brugh Joy or simply something about Level 2 content. What a surprise it was when I found it within one of Janet’s first entries!

In February of 1981 Janet began to explore, somewhat unwillingly, extra-ordinary events. She reports an out-of-body experience that happens after writing a letter to someone and the phone rings and the other person is on the phone... She wrote “*I felt a strangeness all day, realizing that I had experienced something new.*”

Janet’s words, “something new” was perhaps possible because of the framework that Brugh Joy offered in his own personal story. She was able to reframe this as an expanding consciousness from an experience of the extraordinary. It is an opportunity for us to realize the impact that our thoughts and actions have in our every day lives. It is profoundly powerful to recognize the intentional process of being in this human form with the ability to affect our lives. I do not necessarily support the therapeutic use of letter writing that Janet was engaged in but 30 years ago and even now in some situations, it is a useful tool. With a deeper understanding of the power of the positive we recognize that gratitude and forgiveness are factors which can impact us even at the molecular level of beingness.

The message from Janet’s writings is that our thoughts and actions can create and even alter our reality to be “something new”. Janet’s written journey has a strong element of learning forgiveness as a key component to becoming a healer. It provided a way for her to learn how to live her life from the heart. It is this shift in perspective that can create happiness. It does not mean that we are to be walked on or over but that we recognize that interaction with others make us who we are; it literally creates us. When engaging in the chakra connection and spiral meditation from Brugh Joy we are further supporting the international and global work of Healing Touch by creating an energetic pattern of the heartfelt virtues of compassion, innate harmony, healing presence, and unconditional love. These virtues teach us how to live a life that is following the principle of integrity as we see the value in each person as it reflects upon us and our own value for what we chose to create.

*References:

Joy, W. Brugh. (1979). *Joy’s Way: A map for the transformational journey.*



Mentorship

Sharing the Wisdom

By Anne L. Day BSN, MA, HNB-BC, CHTP/I



This is the first of a regular column on mentorship that will be in the HTI Perspectives in Healing as a resource for mentors, mentees and those considering that relationship.

Over the last 20 years that I have been teaching the Healing Touch Level 4 classes, I have always told the new Healing Touch Apprentices that their Level 5 homework assignments are all gifts – especially the required mentorship! This relationship with a Certified Healing Touch Practitioner, who has walked the path of becoming a practitioner, is a true gift of sharing the wisdom. Both individuals learn and grow, so it is really a gift for both the mentor and the mentee.

In considering whether or not to be a mentor if you are a practicing CHTP, please ask yourself if you are willing to make space in your schedule for monthly meetings with this mentee. E-mail is helpful, but at least once a month it is important to talk either over the phone or in person. If this commitment is not possible, then wait to say “yes” to this relationship. So much is gained as the wisdom is shared, questions explored, treatments and homework are reviewed, which makes it a very rich experience. But, if your life events do not allow time for this exchange, then it is not appropriate to begin this commitment. The mentee can become discouraged without your support, which may result in them not moving forward to becoming a practitioner themselves.

Another consideration for mentors that is important – are you up-to-speed with the HTI Level 5 Homework requirements, as well as the latest HTI Certification packet? If you are unsure about this, then plan to look for a HTI Level 4 class, ask to be a mentor or helper in order to refresh this information. If there is not space for a mentor or another helper, then ask the instructor or coordinator if you can come for the section on homework to review. Another great way to review is to come to a HTI Level 5 class on the day they review the homework and present case studies. Instructors welcome helpers to read homework with them and you learn so much about what is expected! If you don't have a copy of the updated Certification Packet, please download it from the HTI website.

For the mentee, begin this relationship setting intention for yourself that this will be a time of exciting growth and expansion in your HT knowledge and practice! Choose a mentor that you respect and who demonstrates the path of integrity and commitment to a Healing Touch practice. Be very clear as you set up guidelines for this mentorship relationship; it is helpful to have written goals for yourself and for the mentorship itself. Make sure that you make appointments to talk with your mentor at least monthly, as they are giving of their valuable time. If you need to re-schedule, follow through on a new appointment, as this is your responsibility. Your mentor is a resource and a cheerleader, not your mom!

Over the many years that I have been a mentor, I have been richly blessed by these wonderful relationships. It is a time commitment, but the rewards flow back to you abundantly. We want mentorship to be a gift for both the mentor and mentee. We will be continuing this column with more “shared wisdom” from our experience. If you have questions about mentorship, please e-mail me at anneday7@gmail.com or Mary Jane Aswegan at mjaswegan@gmail.com.

Certification Application Tip: Do not write out every step of the techniques you use in your case study. It is important to present a good flow of interventions and appropriate case management in your case study. It is appropriate to name the technique you used and the rationale for using it. Write the detailed steps of a treatment technique in Criteria #7 only.

Consider signing up for the Mentorship Workshop at the conference this year, which will be led by Mary Jane Aswegan on Friday afternoon.

Healing Touch Class Schedule 2010 - 2011

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

Level 1 - 2010

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jul 10-11	Cary, NC	Deborah Larrimore	Jane Templeton	919-604-2327	jane.templeton@gmail.com
Jul 10-11	Baldwin City, KS	Robin Goff	Robin Goff	785-255-4583	info@lightcenter.info
Jul 10-11	St. Louis, MO	Kay Cook	Kay @ Genesis	314-772-6333	kaycook@prodigy.net
Jul 17-18	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	tntpascucci@hotmail.com
Jul 21& 28	Sun City Center	Nancy Wingerter	Nancy Wingerter	941-360-0517	nwingerter@aol.com
Jul 30-31	West Palm Beach, FL	Lori Wyzykowski	Lori Wyzykowski	561-818-4517	lwyzy@bellsouth.net
Jul 30-Aug 1	Orlando, FL	Patricia Huster	Judy Lee	407-240-8778	Jlee20@cfl.rr.com
Jul 31-Aug 1	Jackson, MI	Barb McConnell	Barb McConnell	517-914-4133	mconb51@bigplanet.com
Jul 31-Aug 1	Yarmouthport, MA	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Aug 6-7	Minneapolis, MN	Tim McConville	Kathy Kerber	612-863-7937	kathryn.kerber@allina.com
Aug 7-8	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-838-0438	jhueschen@aol.com
Aug 7-8	Capitan, NM	Lynne Jeffrey	Lynne Jeffrey	575-354-3424	lbjeffrey1@windstream.net
Aug 7-9	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Aug 21-22	La Jolla, CA	Rauni Prittinen King	Liz Fraser	1-800-SCRIPPS	fraser.elizabeth@scrippshealth.org
Aug 21-22	Spring Green, WI	Penny Hanson	Penny Hanson	319-277-3786	pinkfonda2@cfu.net
Aug 21-22	Oklahoma City, OK	Raine Benham	HT Oklahoma	405-627-3606	heartsmith@sbcglobal.net
Aug 22-24	Phoenix, AZ	Lynne Jeffrey	Stephanie Clark	602-321-9775	stephanie.j.clark@bannerhealth.com
Aug 24-25	Charleston, SC	Deborah Larrimore	Janet Neal	843-388-1834	htpclasses@bellsouth.net
Aug 27-29	Virginia Beach, VA	Judy Lynne Ray	Karen Meade	757-428-3588	Karen.Meade@edgarcayce.org
Aug 28-29	Ann Arbor, MI	Barb McConnell	Barb McConnell	517-914-4133	mconb51@bigplanet.com
Sep 11-12	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-453-4954	kscacciaferro@gmail.com
Sep 11-12	St. Louis, MO	Kay Cook	Kay @ Genesis	314-772-6333	kaycook@prodigy.net
Sep 17-19	Ft. Lauderdale, FL	Trish Huster	Marcia Gill	954-973-1928	Marciag@bellsouth.net
Sept 17-18	New Richmond, WI	Barbara Schommer	Connie Counter	651-208-5275	Conniecounter@gmail.com
Sep 17-18	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brenda.disparti@memorialhealthsystem.com
Sep 18-19	Baton Rouge, LA	Mary Frost	Mary Frost	228-342-1519	tothealt@aol.com
Sep 18-19	Winston-Salem, NC	Deborah Larrimore	Deborah Larrimore	336-777-0680	DLbyriver@aol.com
Sep 24-25	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brenda.disparti@memorialhealthsystem.com
Sep 24-25	Yankton, SD	Jan Halbach	Marci Pederson	605-668-8475	mapederson@avera.org
Sep 24-26	Springfield, Mo	Mary O'Neill	Shirley Murphy RSM	417-882-1297	sjmurphy@mercystl.org
Sep 25-26	Morristown, NJ	Maggi Hutchinson	Healing Touch NJ	973-214-2582	info@HealingTouchNJ.com
Sep 25-26	Lake Park, FL	Judy Lynne Ray	Carol Figgins	561-542-1276	CarolA623@yahoo.com
Sep 25-26	Jackson, MI	Barb McConnell	Barb McConnell	517-914-4133	mconb51@bigplanet.com
Sep 25-26	Encinitas, CA	Mary Jane Aswegan	Mary Jane Aswegan	760-633-6312	aswegan.maryjane@scrippshealth.org
Sep 25-26	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com
Sep25-Nov13	Middleton, NY	David Rabinowitsch	Orange County CC	914-443-5997	rainbow@sunnyorange.edu
Oct 1-3	Asheville, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Oct 1-3	Daytona Beach, FL	Trish Huster	Joanne Vogel	386-441-0685	Jovoh@cfl.rr.com
Oct 2-3	Lakewood, CO	Lisa Anselme	Red Rocks CC	303-914-6600	admissions@rrcc.edu
Oct 2-3	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Oct 2-3	Pontiac, MI	Janet Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Oct 2-3	Minneapolis, MN	Sue Peck	Janet Dahlem	651-690-7758	jldahlem@stskate.edu
Oct 8-9	Waterton, SD	Jeanne Thune	Jeanne Thune	605-924-0141	jeannethune@hotmail.com
Oct 8-10	St. Joseph, MN	Dana Spates	Jackie Mielke	952-473-9378	jackiemielke@qwestoffice.net
Oct 8-10	Bismarck, ND	Mary Ann Carlson	Sharon Spaedy	701-400-5026	sespaedy@aol.com
Oct 9-10	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-838-0438	jhueschen@aol.com
Oct 9-10	Nashville, TN	Marty Rather	Marty Rather	615-776-2240	martyrather@comcast.net
Oct 15-17	Alton, IL	Mary O'Neill	Ruth Ann Meyer	618-463-0901	ram.chtp@att.net
Oct 15-16	Cambridge, MN	Jackie Mielke	Natasha Baer	763-433-1707	Natasha.Baer@anokaramsey.edu
Oct 16-17	Hutchinson, MN	Dana Spates	Carol Devries	320-234-8534	carol.devries@ridgewater.edu
Oct 16-17	Evansville, In	Victoria Slater	Peggy Graul	800-467-8600	pgraul@usi.edu
Oct 20 & 27	Sun City Center	Nancy Wingerter	Nancy Wingerter	941-360-0517	nwingerter@aol.com

Healing Touch Class Schedule 2010 - 2011

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Level 1 - 2010 cont...

Oct 22-23	Alexandria, MN	Dana Spates	Sandy Larson	N/A	SandyL@alextech.edu
Oct 30-31	Oklahoma City, OK	Carol Smith/Raine Benh	HT Oklahoma	405-627-3606	heartsmith@sbcglobal.net
Nov 5-6	Raleigh, NC	Deborah Larrimore	Deborah Larrimore	336-777-0680	DLbyriver@aol.com
Nov 6-7	Charleston, SC	Bonnie Johnson	Janet Neal	843-388-1834	htpclasses@bellsouth.net
Nov 6-7	Pine River, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsi.com
Nov 6-7	New Brunswick, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
Nov 6-7	St Louis, MO	Pam Kelch	Joan Hogrebe	314-351-9621	joanhogrebe@aol.com
Nov 6-7	Belmont, CA	Elizabeth Helms	Elizabeth Helms	209-795-2559	Elizabeth@sierrahealingtouch.com
Dec 4-5	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-838-0438	jhueschen@aol.com

Level 1 - 2011

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jan 29-30	Jackson, MI	Barb McConnell	Barb McConnell	517-914-4133	mconb51@bigplanet.com

Level 2 - 2010

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jul 9-10	Aberdeen, SD	Barb Schommer	Janene Papendick	605-225-4613	jkpapendick@abe.midco.net
Jul 10-11	Asheville, NC	Judy Lynne Ray	Nora Hersey	561-632-1031	Nherseylmt@yahoo.com
Jul 30-31	Maplewood, MN	Barb Schommer	Mary Beth Miller	651-230-3854	mbm63@mac.com
Jul 31-Aug 1	San Diego, CA	Lisa Thompson & Anne Day	Lisa Thompson	858-481-3768	lthompson@rchsd.org
Aug 14-15	Lake Park, FL	Judy Lynne Ray	Nora Hersey	561-632-1031	Nherseylmt@yahoo.com
Aug 21-22	Oklahoma City, OK	Carol Hjersted-Smith	HT Oklahoma	405-627-3606	heartsmith@sbcglobal.net
Aug 21-22	Littleton, CO	Ruth Muhr	Ruth Muhr	303-794-4720	ruth1234@q.com
Aug 21-22	Boone, IA	Maggie Freel	Lisa Person	515-432-1786	N/A
Sep 17-18	La Crosse, WI	Jackie Mielke	Melanie Bush	608-789-6021	bushm@westerntc.edu
Sep 18-19	West Palm Beach, FL	Lori Wyzykowski	Lori Wyzykowski	561-818-4517	lwyzy@bellsouth.net
Sep 18-19	Capitan, NM	Lynne Jeffrey	Lynne Jeffrey	575-354-3424	lbjeffrey1@windstream.net
Sep 24-26	Orlando, FL	Nancy Wingerter	Judy Lee	407-240-8778	Jlee20@cfl.rr.com
Sep 25-26	La Jolla, CA	Rauni Prittinen King	Liz Fraser	1-800-SCRIPPS	fraser.elizabeth@scrippshealth.org
Sep 25-Nov 13	Middleton, NY	David Rabinowitsch	Orange County CC	914-443-5997	drainbow@sunnyorange.edu
Sep 29-30	Charleston, SC	Bonnie Johnson	Janet Neal	843-388-1834	htpclasses@bellsouth.net
Oct 1-3	Daytona Beach, FL	Nancy Wingerter	Joanne Vogel	386-441-0685	Jovoh@cfl.rr.com
Oct 2-3	Minneapolis, MN	Jan Halbach	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Oct 8-10	St. Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackiemielke@qwestoffice.net
Oct 9-10	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-453-4954	kscacciaferro@gmail.com
Oct 16-17	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Oct 22-25	Payson, AZ	Lynne Jeffrey	Lynne Jeffrey	575-354-3424	lbjeffrey1@windstream.net
Oct 23-24	Red Wing, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackiemielke@qwestoffice.net
Oct 23-24	Jackson, MI	Barb McConnell	Barb McConnell	517-914-4133	mconb51@bigplanet.com
Oct 24-25	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brenda.disparti@memorialhealthsystem.com
Oct 29-30	New Richmond, WI	Barbara Schommer	Connie Counter	651-208-5275	conniecounter@gmail.com
Oct 30-31	Ann Arbor, MI	Barb McConnell	Barb McConnell	517-914-4133	mconb51@bigplanet.com
Nov 6-7	Lakewood, CO	Lisa Anselme	Lisa Anselme	303-989-7982	htihosp@aol.com
Nov 6-7	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-838-0438	jhueschen@aol.com
Nov 6-7	Pontiac, MI	Janet Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Nov 6-7	Lake Park, FL	Judy Lynne Ray	Nora Hersey	561-632-1031	Nherseylmt@yahoo.com
Nov 6-7	Cresco, IA	Maggie Freel	Lisa Bormann	319-330-0623	chi.lisabormann@gmail.com
Nov 6-7	Encinitas, CA	Mary Jane Aswegan	Mary Jane Aswegan	760-633-6312	aswegan.maryjane@scrippshealth.org
Nov 13-14	Denville, NJ	Maggi Hutchinson	Healing Touch NJ	973-214-2582	info@HealingTouchNJ.com
Nov 13-14	St. Louis, MO	Kay Cook	Kay @ Genesis	314-772-6333	kaycook@prodigy.net
Nov 13-14	Asheville, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Nov 13-14	Winston-Salem, NC	Deborah Larrimore	Deborah Larrimore	336-777-0680	DLbyriver@aol.com

Healing Touch Class Schedule 2010 - 2011

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Level 3 - 2010

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jul 10-11	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-453-4954	kscacciaferro@gmail.com
Jul 17-18	Denville, NJ	Maggi Hutchinson	Healing Touch NJ	973-214-2582	maggi@HealingTouchNJ.com
Jun 26-27	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Aug 7-8	Winston-Salem, NC	Deborah Larrimore	Deborah Larrimore	336-777-0680	DLbyriver@aol.com
Aug 20-22	Ft. Lauderdale, FL	Nancy Wingerter	Marcia Gill	954-973-1928	MarciaG@bellsouth.net
Aug 21-22	Winston-Salem, NC	Deborah Larrimore	Deborah Larrimore	336-777-0680	DLbyriver@aol.com
Aug 28-29	San Diego, CA	Anne Day	Lisa Thompson	858-481-3768	lthompson@rchsd.org
Sep 24-26	St. Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackiemielke@qwestoffice.net
Sep 28-29	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com
Oct 1-2	Woodbury, MN	Barb Schommer	Mary Beth Miller	651-230-3854	mbm63@mac.com
Oct 1-2	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com
Oct 2-3	Minneapolis, MN	Carol Schoenecker	Janet Dahlem	651-690-7758	jldahlem@stake.edu
Oct 8-10	Bismarck, ND	Judy Turner	Sharon Spaedy	701-400-5026	sespaedy@aol.com
Oct 9-10	Baton Rouge, LA	Mary Frost	Mary Frost	228-342-1519	tothealt@aol.com
Oct 15-16	Yankton, SD	Jan Halbach & Barb Schommer	Marci Pederson	605-668-8475	mapederson@avera.org
Oct 22-23	West Palm Beach, FL	Lori Wyzykowski	Lori Wyzykowski	561-818-4517	lwyzy@bellsouth.net
Oct 30-31	Oklahoma City, OK	Mary Frost	HT Oklahoma	405-627-3606	heartsmith@sbcglobal.net
Nov 6-7	Capitan, NM	Lynne Jeffrey	Lynne Jeffrey	575-354-3424	lbjeffrey1@windstream.net
Nov 6-7	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-453-4954	kscacciaferro@gmail.com
Nov 6-7	Farmington Hills, MI	TBA	Barb McConnell	517-914-4133	mconb51@bigplanet.com
Nov 6-7	St. Louis, MO	Mary O'Neill	Joan Hogrebe	314-351-9621	joanhogrebe@aol.com
Nov 12-14	Orlando, FL	Nancy Wingerter	Judy Lee	407-240-8778	Jlee20@cfl.rr.com
Nov 13-14	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Nov 20-21	Winston-Salem, NC	Deborah Larrimore	Deborah Larrimore	336-777-0680	DLbyriver@aol.com
Nov 20-21	La Jolla, CA	Rauni Prittinen King	Liz Fraser	1-800-SCRIPPS	fraser.elizabeth@scrippshealth.org
Dec 3-5	Lakewood, CO	Lisa Anselme	Lisa Anselme	303-989-7982	htihosp@aol.com
Dec 4-5	Winston-Salem, NC	Deborah Larrimore	Deborah Larrimore	336-777-0680	DLbyriver@aol.com

Level 4 - 2010

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jul 15-18	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Jul 17-18	Denville, NJ	Deborah Larrimore	Healing Touch NJ	973-214-2582	maggi@healingtouchNJ.com
Jul 22-25	Lakewood, CO	Lisa Anselme	Lisa Anselme	303-989-7982	htihosp@aol.com
Jul 23-26	Stoneville, NC	Deborah Larrimore	Deborah Larrimore	336-777-0680	DLbyriver@aol.com
Aug 5-8	St. Louis, MO	Mary O'Neill	HT St. Louis	314-822-4410	N/A
Sep 23-26	Hinton, OK	Mary Frost	HT Oklahoma	405-627-3606	heartsmith@sbcglobal.net
Sep 30-Oct 3	Colorado Springs, CO	Judy Turner	Myra Tovey	719-622-0703	davidmyra7@msn.com
Oct 1-3	Warner Springs, CA	Rauni Prittinen King	Cathyrose Johnson	N/A	cathy13roseHT@roadrunner.com
Oct 7-10	Payson, AZ	Lynne Jeffrey	Lynne Jeffrey	575-354-3424	lbjeffrey1@windstream.net
Oct 7-10	Denville, NJ	Deborah Larrimore	Healing Touch NJ	973-214-2582	info@HealingTouchNJ.com
Nov 5-7	Baton Rouge, LA	Mary Frost	Mary Frost	228-342-1519	tothealt@aol.com

Level 4 - 2011

Date	Location	Instructor(s)	Contact	Phone	e-mail
Apr 14-17	Stillwater, MN	Anne Day	Barb Schommer	763-458-0220	barb.schommer@gmail.com

Healing Touch Class Schedule 2010 - 2011

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Level 5 – 2010

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jul 29-Aug 1	Stoneville, NC	Deborah Larrimore	Deborah Larrimore	336-777-0680	DLbyriver@aol.com
Aug 5-8	St. Louis, MO	Deborah Larrimore	Mark Blum	314-471-3229	MJDBlum@sbcglobal
Aug 6-8	Tucson, AZ	Mary Frost	Sue Kagel	520-577-9371	sue.kagel@gmail.com
Aug 12-15	Lakewood, CO	Judy Turner & Lisa Anselme	Lisa Anselme	303-989-7982	htihosp@aol.com
Aug 20-22	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Sep 23-26	Hinton, OK	Judy Turner	HT Oklahoma	405-627-3606	heartsmith@sbcglobal.net
Sep 30-Oct 3	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com
Oct 1-3	Warner Springs, CA	Anne Day	Cathyrose Johnson	N/A	cathy13roseHT@roadrunner.com
Dec 3-5	Baton Rouge, LA	Mary Frost	Mary Frost	228-342-1519	tothealth@aol.com

Level 5 – 2011

Date	Location	Instructor(s)	Contact	Phone	e-mail
Apr 14-17	Stillwater, MN	Judy Turner	Barb Schommer	763-458-0220	barb.schommer@gmail.com

International Classes

Level 1 – 2010

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jul 26-27	Ylivieska, Finland	Rauni Prittinen King	Rauni Prittinen King	858-554-3319	king.rauni@scrippshealth.org
Aug 7-8	Brisbane, Australia	Jenny Wales	Jenny Wales	61-7-3209-1476	N/A
Aug 21-22	Cairns, Australia	Jenny Wales	Madonna Brodie	61-7-4039-1800	N/A
Sep 11-12	Wauchope, Australia	Susan Ashton	Susan Ashton	61-2-6585-6316	N/A
Sep 25-25	Dieppe, NB, Canada	Jeanne Balcom	Jeanne Balcom	506-3824832	hummingforhealth@hotmail.com
Oct 2-3	Comox, BC Canada	Beverly Worbets	Beverly Worbets	250-339-7452	bevworkbets@shaw.ca
Oct 2-3	Vancouver, BC Canada	Catherine Awai	Karen Stewart	778-292-1845	kasinbc@yahoo.ca
Oct 23-24	Fredericton, NB Canada	Jeanne Balcom	Jocelyn Clark	506-455-31412	brad3@nb.sympatico.ca

Level 2 – 2010

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jul 11-12	Cairns, Australia	Rosalie Van Aken	Sarina Piercy	61-7-4056-2254	N/A
Sep 25-26	Prince George, BC Canada	Marilyn Blair	Marilyn Blair	250-564-5015	Marilyn_Blair@telus.net
Oct 9-10	Tokyo, Japan	Lori Protzman	Maki Shimamura & Miki Toda		info@ht-tokyo.jp
Oct 15-17	Comox, BC Canada	Beverly Worbets	Beverly Worbets	250-339-7452	bevworkbets@shaw.ca
Nov 20-21	Brisbane, Australia	Rosalie Van Aken	Rosalie Van Aken	61-2-6628-8439	N/A

Level 3 – 2010

Date	Location	Instructor(s)	Contact	Phone	e-mail
Aug 13-14	Dieppe, NB Canada	Sandra Pickerell-Baker	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com
Aug 14-15	Brisbane, Australia	Rosalie Van Aken	Rosalie Van Aken	61-2-6628-8439	N/A
Aug 28-29	Wauchope, Australia	Rosalie Van Aken	Susan Ashton	61-2-6585-6316	N/A
Nov 6-7	Comox, BC Canada	Catherine Awai	Beverly Worbets	250-339-7452	bevworkbets@shaw.ca
Dec 4-5	Cairns, Australia	Rosalie Van Aken	Kay McVean	61-7-4036-4458	N/A

Healing Touch Class Schedule 2010 - 2011

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International Classes Continued...

Level 4 – 2010

Date	Location	Instructor(s)	Contact	Phone	e-mail
Sep30-Oct 3	Alma, NB Canada	Alexandra Jonsson	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net
Oct 31-Nov3	Yamba, Australia	Rosalie Van Aken	Rosalie Van Aken	61-2-6628-8439	N/A
Nov 18-21	Nanaimo, BC Canada	Catherine Awai	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net

Level 5 – 2010

Date	Location	Instructor(s)	Contact	Phone	e-mail
Oct 21-24	Toronto, ON, Canada	Alexandra Jonsson	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net
Oct 25-28	Yamba, Australia	Rosalie Van Aken	Rosalie Van Aken	61-2-6628-8439	N/A
Nov 18-21	Dieppe, NB Canada	Alexandra Jonsson	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net

Healing Touch International, Inc.
445 Union Blvd., Suite 105
Lakewood, CO 80228

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