



Perspectives in Healing

A PUBLICATION OF HEALING BEYOND BORDERS

2ND QUARTER 2014

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Healing Beyond Borders Dissolving Limitations to Healing - Part 2 Stillness



"A mind at peace, a mind focused on not harming others, is stronger than any physical force in the universe."

~ Wayne Dyer

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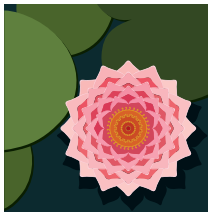
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Healing Beyond Borders

Educating and Certifying the Healing Touch™

*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 biofield (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 Healing Beyond Borders Certified Healing Touch Instructors. Classes are open to anyone interested in healing. Students progress through the course at their own pace and may take as many levels as desired. Nursing and Massage continuing education contact hours are provided.

Healing Touch grew out of the nursing practice of Janet Mentgen and was developed as a certificate program by the Education Committee of the American Holistic Nurses Association (AHNA) in 1989. In 1996, the AHNA Healing Touch Certificate Program and credentialing was transferred to Healing Touch International and became the HTI Healing Touch Certificate Program; this original standardized curriculum continues today. AHNA has endorsed the HTI Healing Touch Certificate Program since 1997. See www.HealingBeyondBorders.org. Click on Education for class information.

Healing Beyond Borders Healing Touch Certification

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

Healing Beyond Borders, Non-profit Membership Organization

Healing Touch International, Inc., now doing business as Healing Beyond Borders, is the Healing Touch non-profit professional organization founded by Janet Mentgen RN in 1996. We are dedicated to spreading healing, light and love 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.

Healing Beyond Borders Core Values

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

HTI 2003, Revised 2004

Healing Beyond Borders Perspectives in Healing, the official publication, is published quarterly.

Art Credits: Crater Lake (Cover & pg 3 photo) by Lisa Anselme; Sunflowers by Cat Miller



Letter from the Editor

Dissolving Limitations to Healing Part 2 - Projections & Stillness

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

"A mind at peace, a mind focused on not harming others, is stronger than any physical force in the universe." ~ Wayne Dyer

For years, I would await the latest journal publication of *Nursing Management*, eagerly reading the latest editorial from Leah Curtin, RN, ScD(h), FAAN, former editor-in-chief. She was a class act, and always had a unique and discerning viewpoint on the latest trend, opportunity, crisis or state of the art within the fields of nursing and ethics. I recently came across one of her most recent journal articles in *American Nurse Today* entitled "Déjà vu all over again". She notes that "Sometimes being older than dirt pays off....The thing about being ancient is that you were there when so many things were tried and retried – and are now being tried again....Some people simply can't learn from the past – even the fairly recent and painful past". She shares a story from a veteran emergency department nurse describing a patient who came to the ER with both ears severely burned. The nurse asked him what happened. He explained that his wife was ironing the clothes while he was watching TV. She put the iron down next to the phone, and when the phone rang, he answered the iron. When asked what happened to his other ear, he replied, "Well, right afterward, the phone rang again!"

As another "older than dirt" colleague, it's always worth asking the question, "What needs to change? What needs to shift?" Knowing that persistence in repeating the same behaviors and thoughts will produce the same results, letting go of the illusion that one's actions have no personal repercussions, allows one to surrender to the knowledge that discerning change may be the means out of insanity.

While it is imperative to observe if there are established patterns over time before coming to any conclusions about an individual, Barbara Brennan notes that *"Most people...have three or four chakras spinning counterclockwise at any one time. Usually these become more and more open with therapy. Since chakras are not only metabolizers of energy, but also devices that sense energy, they serve to tell us about the world around us. If we 'close' chakras, we do not let that information come in. Thus, when we make our chakras flow counterclockwise, we send our energy out into the world, sense what the energy is that we send out and say that it is the world. This is called 'projection' in psychology."*



Alice Bailey and Torkom Saraydarian, metaphysicians, note that criticism harms the energy field of the person receiving the projection. I recently came across a social media cartoon in which a father was speaking to a very chagrined son, questioning if he understood what he had done wrong. The son replied that yes, he understood he had shared false information without checking facts and as a result, had contributed to the "dumbing down" of humanity. Of course, the greatest risk of sharing false information is the resulting high speed rumor train which then ensures not only the "dumbing down" of humanity, but the creation of a global "projection". If the false information is presented or shared with the purpose of diminishing or undermining another person, group, or culture, then we have the ultimate risk of harming the field of the person or persons receiving the projection. And then, in recognition of the fact that we are all mirrors and projections of aspects of each other, the ultimate risk of harming ourselves. The answer? To check all information before passing it onward, and then checking if this information is for the highest good of all. To truly come into our stillness, our integrity, our quiet, our simple, and our authentic, clear selves.



Motivations from the President

Dissolving Limitations: Part Two

by Mary-Cathrine Campbell RN, BA, CHTP, Healing Beyond Borders President

In our last issue of Perspectives in Healing, I wrote about limitations and fear. Reflecting further on limitations, it seemed to me that these can either be self-imposed or imposed by others. Each has its challenges. A self-imposed limitation may be more difficult to identify; a limitation imposed by others may be more difficult to overcome, especially if there are layers of bureaucracy and/or power layered into the limitation.

Our own perceptions can sometimes cause difficulties... we may perceive limitations that others do not. Is the limitation real or an illusion? This perception may be based in inaccurate beliefs. For example, a person might have been raised with comments from older humans (parents, siblings, or educators, for instance) that they were disruptive and unruly. Down the road, it turned out these children were unusually bright, but *bored*, and sought stimulation. Once labelling starts, it may be difficult for a young child not to believe what he or she feels is an inaccurate perception. "If my parent (or older sibling, or neighbour) says it is so, then it must be." Our innocent trust in others may be shattered in seemingly "harmless" remarks by them.

One of my favourite cousins is the youngest sibling in her family. She was a quiet, shy child, and often was happy just to be included in any activity of her older siblings. I recall one of her older sisters relaying this young cousin's distress when informed by the eldest sibling that she had been adopted. The proof, he said, was the fact that there were no baby pictures of her. She believed this for awhile, despite my aunt and uncle's attempt to dissuade her. Considering she was the youngest of five, it was probably unlikely either of her parents had time to stop to take individual portraits of her during infancy. As she grew into adulthood, there were many pictures of her along with her parents. Compared to her other siblings, she was the identical clone of her father. While there was no need for DNA testing, this erroneous statement by an older sibling created for a brief period, a limitation in my cousin's belief system, and therefore, in her self-worth.

Sometimes life presents situations that seem to be immovable roadblocks or limitations. How we perceive ourselves in relation to the situation can determine how we handle the limitation, as well as the ultimate outcome.

Recently I read a story about Albert Einstein. When asked what his greatest regret was, he replied that he had never been able to become a concert musician. (I forget whether it was the piano or violin...at any rate, he said he practiced many hours on a daily basis, but simply did not possess the manual dexterity required). This was an actual physical limitation for the young aspiring musician. When the interviewer commented about his wonderful contributions to science, Einstein reportedly replied: "I hated math, but I was good at it". So, here is someone who was unable to achieve his initial dream, but went on to develop his innate strengths and become a leader in this field. A great example of making lemonade when life gives you lemons! I would venture to say that Einstein did not allow that limitation to prevent him from achieving his potential.

Many people involved in the healing arts have researched and written on the topic of pain. Certainly the experience of pain can be a huge limitation to healing, whether it is physical or emotional pain. Perhaps you have witnessed patients who developed additional complications after surgery or invasive procedures because they either were afraid that they might experience pain while participating in recovery (ie, deep breathing and coughing after surgery to prevent pneumonia) or that they might become addicted to the pain medication prescribed in order for them to participate in their rehabilitation and physiotherapy. Part of our expertise as healers is to support the client's journey. In the example just given, that might include an explanation regarding the benefit of medications, which, when taken appropriately, aid the recovery process.

Emotional pain is, I think, a more difficult challenge. All of us have read of people in emotionally abusive relationships and how they have struggled to resolve the pain. We may even know of such individuals personally. Their Lives are intensely limited--- financially, emotionally and often physically, because of a faulty perception that they "deserve nothing better". Opportunities for creativity, love, and abundance are merely dreams to these individuals, whose biggest challenge is to overcome their own self-limiting beliefs.

Re-scripting a negative belief system (limitation) seems to be one of the primary requirements for anyone wishing to change his or her life. The self-limiting beliefs and expectations must be transformed into more positive ones.

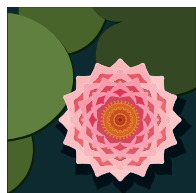
continued on page 5

Motivations cont...

Before this can happen though, the person must have the awareness of what is causing the difficulty. This awareness often happens only when the individual, supported by a skilled, empathetic and compassionate professional, takes time to be with themselves, quietly and calmly. Is there something that presents itself over and over? How might this provide an opportunity for learning as well as healing? And so the "work" begins...

In my own experience, fear to face an issue was the main limitation to some emotional healing. Once I had identified the problem, I was able, with the help and support of others, to discard old thought-patterns and beliefs which no longer served me in a positive manner. Gradually I moved forward in a happier, healthier way.

I believe that we never finish growing during our lifetime. Sometimes patterns repeat themselves, and we are able to recall how we had reacted in the past, but now choose other options. We can see our own healing and expansion. We re-align more with the Divine essence that sparked our beginning here on planet Earth. As we do so, we are able to reach out to others in loving-kindness and compassion, to make our world a better place for all. Here's to moving forward on our journey.



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Strands by Mary Szczepanski
In a futuristic tale set in a time of global warming, shifting politics & social change, an evolving healer with enhanced DNA finds her own growth intertwined with everyone else's. Her challenge is to remember where she came from & to learn to use her abilities. Available at Amazon.com hard copy or kindle.

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44 Expert Contributors

A portion of all proceeds will be granted
to Healing Beyond Borders

Healing Touch

*Enhancing Life
through Energy Therapy*

Diane Wardell, PhD, RN
Sue Kagel, BSN, RN
Lisa Anselme, BLS, RN

Be prepared to be enlightened and inspired. If any book deserves to be subtitled a "life enhancing" book, this is it.

— GARY E. SCHWARTZ, PhD

Healing Touch

"I believe that energy therapies will be part of medicine and health care of the future... This informative and thorough book is an excellent introduction to the field."

—Andrew Weil, MD, author of *Natural Healing*

Healing Touch: Enhancing Life through Energy Therapy offers guidance for those interested in deepening their understanding of holistic energy therapy, holistic health care, and further developing their skills. It's a practical companion for those who are curious, interested, or work in health care or the healing arts fields. Forty-four contributors from around the world share expertise, experiences, passion, and caring examples on how to use Healing Touch to better our lives, community, and world. This guide was carefully edited by Diane Wind Wardell, Sue Kagel, and Lisa Anselme.

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Inspirations

Sunflower



Find beauty in the small things...



Keep your face always towards
the Sunshine, and the shadows
will fall behind you.

~ Walt Whitman

Advice from a Sunflower

Be outstanding in your field
Hold your head high
Spread seeds of happiness
Feed the birds
Think solar
Stay on the sunny side
Keep on Growing!



Reflections from the Past President

Dissolving Limitations to Healing - Dreams and Visions

by Mary O'Neill RN, CHTP/I Immediate Past President

*"Stop thinking in terms of limitations and start thinking in terms of possibilities."
~ Terry Josephson*

What were your thoughts and dreams regarding Healing Touch as you progressed through your study? Did you grow and develop a vision for how you would use this work in your future? How is that going for you?

It is important to check in and see if we are on track with our dreams and visions. The energy that is produced around our initial experience can serve to propel us forward into uncharted territory. It can be scary but exciting at the same time as something new is coming to life. It will take some care and attention to bring our dreams into reality.

Our society many times can squash dreams without even realizing it. Sometimes we undermine our own goals by listening to the tapes in our head offering a negative "dose of reality". The limitations we place on ourselves and the limitations we allow others to place on us can really hinder our development as healers. Questions from others can be daunting if we are not prepared. Educate yourself so you are prepared for questions. Inquiring minds want to know, it is a sign of interest. We should welcome questions. If we don't have the immediate answer, let them know you will find out and get back to them. Then follow through.

I was working with a student of Healing Touch recently. In our conversation she related that she rarely did a hand scan in her assessment because she never feels anything. I gently reminded her that she never will if she doesn't try. Also it is important to follow through and act as if sensations will be recognized and be open to receive information. I invited her to visually scan the body and bring full awareness of all her senses to the scanning. After our conversation she realized it was her own limitations that were holding her back.

I have been employed at a large hospital offering Healing Touch to patients. This health center has incorporated Healing Touch since 2001. I joined the staff in 2005. We are indeed fortunate that Healing Touch is widely accepted even to having consults requested from physicians on staff. This has not been by chance. It has been a long, slow process of education, education and more education. Several years ago, no pendulum assessments were ever done in the Health Center. Today a brief, professional explanation of the usage of the pendulum as an assessment tool is offered if

the patient seems to be open. I have found that most people are interested and intrigued by the assessment and post assessment. They have experienced the energy and now they can see the difference with the movement and the enhanced energy flow. Today, I chart my note on the electronic health record. My goal is that it serves as a record of the session and also serves to educate the nurses and physicians as to the purpose, benefit and outcome of a Healing Touch session. We are now receiving more consults than ever before. Rather than keeping HT quiet and hidden, we have gradually opened the door and educated staff, patients and their families. The limitations are dissolving and the possibilities are endless. We have now been invited to expand our Policy and Procedure to the entire network of hospitals within this large system. Soon all eighteen hospitals will have Policy and Procedure for Healing Touch.

A brief note in the electronic health record is made in the following form:

Healing Touch consult received. Healing Touch introduced to patient and she agreed to receive. Patient rates current pain in right shoulder at 7/10. Stress level is rated at 6/10. Assessment obtained and goals established with patient to reduce pain and stress. Patient rested during session and went to sleep. Post assessment obtained. Following session patient noted that pain is decreased to 3/10 and stress level is now 1/10. Patient would like to receive HT again tomorrow. Will continue to follow patient. Bed lowered and side rails up for safety. Call light within reach.

We keep a separate log documenting the HT techniques used and details of the pre and post assessment. Each of the HT nursing staff has access to this log. We do not include the technique names in the electronic health record as other staff would not know what it means.

What are your current Healing Touch practices? What limitations do you recognize? Are they placed by you or someone else? What small steps can you take to begin to educate others to the benefits of Healing Touch?

As the commercial on TV states, "your dream is out there, go get it"! Share your stories of dissolving limitations and creating possibilities at Conference in Colorado Springs. See you there!

Heart Centered Marketing

Marketing Update

by Evie M. Caprel, BA, CHTP, FT, WC, Vice-President, Healing Beyond Borders



Website

We are so excited about the redesign of the website, and we promise it will be released soon! Our goal is to make it easy-to-use, add many more features and bring you additional resources. The 'back-end programming' is almost complete and will offer a much more user-friendly website for you! We are reviewing designs, photographs and the look and feel of the website. We'll keep you posted – we're very close!

Twitter and Tweet Chat

Healing Beyond Borders, Educating and Certifying the Healing Touch™ held its first Tweet Chat on Saturday, May 3 with Research Director (and Board member) Joel G. Anderson. Joel offered questions and answers on Healing Touch Research. Thanks Joel!

Make sure you sign up for Twitter and www.Twitter.com! During Conference we're going to have fun tweeting and we want you to join in! It's easy and fun.

Facebook 'likes' and postings continue to grow. We now have 2,393 likes – you can post your thoughts or questions. Join the fun and connection. **LinkedIn has 953 Members.** There's a great video on Healing Touch on LinkedIn posted by a Healing Beyond Borders member. Join our group and check it out!

Business Tip of the Quarter

The Catalytic Four: Reflecting on 2013 and Creating Outcomes for 2014

"What are you doing today to get closer to your goals for the next one to five years?"

Maybe your day-to-day urgencies get in the way of strategic activity. Review this four-step process to help guide you with begins with a self-reflection question:

1. What do you feel were your most significant accomplishments and disappointments, personally and professionally this year?

This is meant to create self-awareness and an opening for honest self-assessment. This critical first step may uncover what has made you successful and/or identify areas where you're 'stuck'. This awareness and assessment of satisfaction levels for the past year can open the door to fostering new behaviors for the future.

2. Step two is uncovering and finishing the affects our concealed past has upon our actions in the present. The following questions will identify behaviors which worked for you in the past but may not be appropriate now.

- a. What did you **stop** doing this year which made you a better healer, leader, mother, father, professional.....etc?
- b. What's one of your most negative or self-limiting beliefs about yourself? (e.g. "I might fail")
- c. How does it make you feel? (e.g. "anxious, stressed")
- d. Is feeling this way actually helping you get what you want, be more successful, etc?

This exercise can help us break the pattern of "It's always worked before," or "Why do I end up with the same results?" (Either under performance or never reaching the pinnacle).

3. The pivotal third step in manifesting true behavioral change is creating a new future. This 'new' future must take your past into account for content (what skills you have) and process (how you learn), while helping you shift your context (how you believe and act in your life). It's about your future as it relates to the actions right now. As yourself these questions:

- a. What did you **start** doing this year which made you a better healer, leader, mother, father, professional.....etc.?
- b. What do you declare your future to be? (I'm a world-renowned speaker.)
- c. What are 3 to 5 Professional and/or Personal Performance Objectives which will move you toward that declaration? This must include expected outcomes/ and dates to be completed.

This future is literally declared into existence. Using the performance objectives as a map, the measurable results help to evaluate who the person is "being" in the world to accomplish those performance objectives.

continued on page 11

~ Help HBB Flourish ~

Help Healing Beyond Borders Flourish
in 2014 and years Beyond!

Many of us have assisted patients as they have transitioned - a gift beyond compare. Healing Beyond Borders wishes to continue our important work of spreading healing light worldwide into the next millennia. You and your loved ones can help HBB expand and thrive.

Please consider a bequest to Healing Beyond Borders in your will. It's easy and we can help you with the appropriate wording. Because of HBB's 501c6 status, bequests must be made in the form of grants but of course can be designated or restricted to what's important to you. (Healing Beyond Borders is a non-profit association, but is not a charitable tax deduction.) Perhaps you would like to provide funding for student education, conference scholarships or expanding professional development. It's up to you.

Questions?

Please contact HBB Executive Director Lisa Anselme
Email: Director@HealingBeyondBorders.org
Phone: 303-989-7982

On behalf of the HBB students, CHTPs, CHTIs, the Board of Directors, and most importantly, patients everywhere, thank you.

Mary O'Neill
Past President, Healing Beyond Borders

Heart Centered Marketing cont...

The final step is developing a community that supports and challenges you:

- a. How can your significant other, coach/mentor, manager and or your peer group most effectively assist and support you this year?

Research shows that peers and managers who offer compassionate critique develop an organization that help each other be the best they can be, and do their best work.

2014 Conference

Signing up for Conference is even easier – Online registration is now open! Early-bird deadline is approaching and rooms are starting to fill up. We look forward to seeing you in Colorado Springs!

~ Congratulations ~ Newly Certified

Practitioners

Anne Alexander - Cumming, GA
Debra Andazola - River Falls, WI
Yukari Asakura - Kanagawa-ken, Japan
Susan Baker - Winston-Salem, NC
Melinda Bielefeld - Lime Springs, IA
Bobbi Sue Bowers - Bel Air, MD
Sherry Burg - Grand Forks, ND
Kevyn Burn - Staunton, VA
Mary DiTommaso - Dover, DE
Ayako Furukawa - Tokyo, Japan
Asako Gomi - Tokyo, Japan
Donna Gurdgiel - Cape May Court House, NJ
Laura Himmelstein - Katonah, NY
Sharon Knight - Sunnyvale, CA
Hiroko Kondo - Gunma, Japan
Kimberly Lande - Walford, IA
Lorna Lydem - Broken Arrow, OK
Noriko Nakamura - Kanagawa, Japan
Ann Pearsall - Roseboro, NC
Maggie Reece - Winston-Salem, NC
Laurie Schwarck - Riceville, IA
Akiko Shibata - Tokyo, Japan
Ushio Tokita - Tokyo, Japan
Kathy Vaughn - Blairsburg, IA
Allison Vorel - Boonton Township, NJ
Kate Waitek - Osage, IA
June Weis - Osage, IA
Steve Weis - Osage, IA
JoAnn Yates - Winston-Salem, NC





Board Corner

2nd Quarter Update

by Rauni Prittinen King RN, BSN, MIH, HNB-BC, CHTP/I

What a year it has been! A year filled with many changes, challenges, and joys with both the HBB organization and my personal life. I was going to slow down with my work and yet, I found that this has been one of my busiest years.... expanding the vision of bringing healing locally and globally.

Healing Beyond Borders is providing a platform to do this work professionally and compassionately. As many of you know, my work has been for the past two decades in the field of integrative medicine. Healing Touch has been a very big part of this work. Once again, it has given me a platform to work from, especially when it is in a conservative healthcare setting or in the international sector. One of the key priorities of the HBB board for this year has been to expand this work globally with integrity. As I am getting ready to go and teach abroad, I can say that it has been my honor to teach something that is not always understood, but has a professional organization backing me up.

Keep your eyes and ears open for the new Academy for Integrative Health and Medicine that has been formed. It will be another platform for us to work from. I am continuously counting my blessings to work locally and globally, which has been my mantra. I live in Southern California, which is one of my many blessings. I have many like-minded friends, various kinds of healers and teachers, many of them in the field of science and healthcare. They may be nurses or doctors but all of them are working towards the same goal of bringing healing to those in need as well as to our current healthcare system. It has been interesting to observe how my monthly meditation/chanting gathering has become a networking event for sharing ideas about spirituality, education, research and good food. There seems to always be more to do and more to learn.

I consider myself a teacher and healer and teaching comes in so many ways; one on one, workshops, large conferences and sharing with research. I am once again at the Los Angeles Veterans Hospital, where I teach HT workshops as well as consult on implementing integrative medicine and HT to the largest healthcare system in the USA. It is not easy but it is not impossible. Today's meeting with

the doctors, nurses and researchers, was to figure out how to make the most impact on this particular population. Helping and serving those that are in need physically, emotionally and spiritually...wow, what a challenge. What better remedy than HT which works with all levels; you cannot put it in a bottle, but you can provide it with a compassionate, open heart. We know from our own work how wonderful HT is, but how to bring this awareness to those that do not know is the challenge. I believe it is by personal experience, education and research. What an honor it is to provide healing to those that are suffering. When we all work together in harmony and collaboration, this work can be a paradigm shift to a true system of health and caring.

The consumer clearly wants this kind of care. Our new healing center (Pacific Pearl La Jolla) grand opening, had 350-400 people attend. It shows that the consumer wants more than they are getting now. Another HBB agenda item is to always keep professional integrity in our work. One of the ways to do that is by research. Biofield is the new frontier in medicine; lets keep going and stay tuned...there is more to come on this topic.

Healing Beyond Borders Networking Column

Healing Touch Community Meetings/Gatherings

The purpose of community meetings is to: build community; educate by relaying information from the international organization outward; promote membership in Healing Beyond Borders; encourage attendance at the international annual conference, thus affording global networking for students, practitioners and instructors. *Members of HBB are presenting and HBB is exhibiting at each of the following offerings.

Affiliate Organizations: National & International Conferences

Healing Beyond Borders 18th Annual Energy Healing Conference & Instructor Meeting

Date: September 4-7, 2014

Location: Colorado Springs, Colorado - Cheyenne Mtn. Resort

Theme: Dissolving Limitations to Healing

Keynotes: Gregg Braden, Joan Halifax, Gayan Gregory Long, Vivian Rice & Jonathan Ellerby

For more info: www.HealingBeyondBorders.org

Healing Touch in the News and “In the Field”

Look what's been happening to spread the news and research about Healing Touch! Do you have news to share? We'd love to hear about it! Email: evie@livewellhealing.com.

Healing Beyond Borders **Research Director and Board Member Dr. Joel G. Anderson** and the Research Committee have been hard at work. We wanted you to see what they have been up to! Here are some highlights:

The Healing Touch Research team at the Inova Health System led by Dr. Mary Ann Friesen and HBB Research Director Dr. Joel Anderson had a poster accepted for presentation at the **2014 American Nurses Credentialing Center National Magnet Conference in San Antonio** in October 2014 titled “Nursing research: findings from implementation of a Healing Touch program for bariatric surgical patients.” The team includes Research Committee member and CHTP/I Lucrezia Mangione and Healing Touch students Liliana Suchicital and Maria Lang. This group also recently received funding from the Epsilon **Zeta Chapter of Sigma Theta Tau International** for their project titled “Examination of the Use of Healing Touch by Registered Nurses in the Acute Care Setting.”

Healing Touch students Liliana Suchicital and Maria Lang gave invited presentations of their work along with Joel at two events sponsored by the **Inova Health System** this past fall. Research Committee member and CHTP/I Lucrezia Mangione also is a member of this research team.

Joel was also a featured panelist for the Q&A session during the **2014 Healing Touch California Annual Regional Symposium** that focused on Healing Touch research.

An article co-authored by Joel published in the *Clinical Journal of Oncology Nursing* has been profiled by the **American Academy of Pain Management**. The article titled “Biofield therapies and cancer pain” appeared in the February 2012 issue of the journal.

“Effects of Healing Touch in clinical practice: a systematic review of randomized clinical trials”, published in the *Journal of Holistic Nursing*, has remained one of the journal's most frequently read articles since its publication in 2011.

Joel recently submitted an entry about Healing Touch for the **Encyclopedia of Theory in Counseling and Psychotherapy**, which is in press at Sage Publishers. We are deeply grateful to Joel and his Research team for supporting Healing Touch!

Meanwhile, **Healing Beyond Borders staff and past board members** have also been hard at work representing Healing Touch both nationally and internationally. Here are some highlights:



Barb Schommer RN, MSN, CHTP/I, HBB Education Committee Chair, staffed the Healing Beyond Borders Exhibit Booth at the **North Central Regional Conference in Plymouth, Minnesota** March 7-8.

Sue Kagel RN, BSN, CHTP/I, HNB-BC and **Leslie Teyssier CHTP** staffed the Healing Beyond Borders Exhibit Booth at the **California Regional Symposium** April 12 and 13.

Lisa Anselme RN, BLS, HN-BC, CHTP/I presented a workshop entitled *Healing Touch: Supporting Body, Mind, Emotion and Spirit* and Lisa, along with **Mary O'Neill RN, CHTP/I** staffed the Healing Beyond Borders Exhibit Booth at the **Westburg Symposium National Parish Nurse Conference in Memphis, TN**, April 24-27, 2014. Together, they offered a multitude of Healing Touch sessions throughout the conference.

Lisa Anselme RN, BLS, HN-BC, CHTP/I gave invited 1/2 day lectures on *Holistic Nursing, Healing Presence* at the **Shizuoka Nursing Association, Shizuoka Prefecture, Japan** and presented *Holistic Health and Healing Presence* to the community at large in **Tokyo, Japan**, May 27 - June 1, 2014. Included in these lectures were foundational precepts of Healing Touch.

Sue Kagel RN, BSN, CHTP/I, HNB-BC and **Carrie Niewenhaus RN, CHTP/I** then staffed the Healing Beyond Borders Exhibit Booth at the **American Holistic Nurses Association Conference** June 5-9, in Portland, OR. **Lisa Anselme RN, BLS, HN-BC, CHTP/I** then presented a post conference workshop on *Leadership and Healing Touch* at the **American Holistic Nurses Association Conference**.

Lisa Anselme RN, BLS, HN-BC, CHTP/I attended and represented HBB at the **International Society for the Study of Subtle Energy and Energy Medicine (ISSSEEM)** conference in Unity Village, MO, June 11-14, 2014.



Healing Beyond Borders

Educating and Certifying the Healing Touch™

INTERNATIONAL CODE OF ETHICS / STANDARDS OF PRACTICE FOR HEALING TOUCH PRACTITIONERS and STUDENTS

PURPOSE:

The following Code of Ethics/Standards of Practice guide the energetic and holistic practice of Healing Touch.

DEFINITION:

Healing Touch is an energy therapy in which practitioners use their hands to enhance and balance the physical, mental, emotional and spiritual well-being of their clients.

GOAL:

The goal in Healing Touch is to restore harmony and balance in the energy system, facilitating the client's self healing process.

CODE/STANDARD 1: Scope of Practice

Healing Touch practitioners integrate and practice Healing Touch within the scope of their education, training, current licensing and credentialing. They represent themselves to the public in accordance with their credentials and practice within the guidelines of Healing Touch International's Scope of Practice statement.

CODE/STANDARD 2: Collaborative Care

Healing Touch is a holistic therapy that is complementary to conventional health care and is used in collaboration with other approaches to health and healing. Healing Touch practitioners must know the limits of their professional competence. Health/medical conditions are to be followed by health care professionals. Referrals are made to appropriate health care professionals as needed.

CODE/STANDARD 3: Self Development

Healing Touch practitioners work from a theoretical and practical knowledge base of Healing Touch. They integrate self care practices to enhance their own physical, emotional, mental and spiritual well-being. They maintain a commitment to ongoing learning and self growth.

CODE/STANDARD 4: Equality and Acceptance

The practitioner and client are equal partners in the process of healing. Honoring individual autonomy, growth and self empowerment, clients will be respected and valued at all times regardless of race, creed, age, gender, disability, sexual orientation or health condition. The Healing Touch practitioner respects the individual spiritual beliefs and practices of the client. Healing Touch does not promote a particular spiritual practice.

CODE/STANDARD 5: Communication and Education

Information given to the client is individualized according to the expressed need, context and personal situation. The explanation about the treatment is conveyed at the level of the client's understanding. Healing Touch practitioners act as a resource for appropriate education materials that can support the ongoing self care of clients.

CODE/STANDARD 6: Healing Touch Process

The Healing Touch practitioner obtains essential health information, an energy assessment, and sets mutual goals. Appropriate interventions are applied, the energy system is reassessed, and client feedback is obtained. This process serves as the foundation for understanding the health/healing needs of the client and promoting client safety.

CODE/STANDARD 7: Intention

Healing Touch is offered only for the benefit of the client, with intention for his or her highest good. The Healing Touch practitioner acts with the commitment to Do No Harm.

CODE/STANDARD 8: Creating a Safe Healing Environment

Healing Touch practitioners provide a safe, welcoming, supportive and comfortable environment that is conducive to healing. Consent for Healing Touch therapy and permission for hands-on touch is obtained. The practitioner is free from the influence of alcohol, recreational drugs, or prescription medication that would compromise their judgment, actions, or interfere with safe practice for the patient. The practitioner is physically, emotionally and mentally capable of providing for the patient's care and safety during the entire Healing Touch session. The practitioner is dressed in a non-revealing manner, clean and professional in appearance, with a minimum of scent. The patient is empowered to give feedback, modify or discontinue the session at any time. Safe and clear professional boundaries are maintained. Touch is non-sexual and non-aggressive and respects the patient's boundaries. The practitioner does not engage in romantic or sexual relationships with our clients. The patient is clothed except in professional therapy contexts involving physical or medical interventions requiring disrobing, in which case appropriate draping is provided.

CODE/STANDARD 9: Principle of Healing

Healing Touch practitioners recognize and honor the client's unique self healing process. The individual is acknowledged as a complex being, who is part of a social system, and is interactive with and is acted upon by their internal and external environments.

CODE/STANDARD 10: Confidentiality

Client confidentiality is protected at all times. Treatment findings are documented appropriately specific to the practitioner's background and setting. Client records are secured in such a way as to protect privacy and be in compliance with professional and legislative regulations. Client written permission must be obtained prior to release of or reporting of any record or information.

CODE/STANDARD 11: Quality Care

Healing Touch practitioners maintain a commitment to a high standard of quality care. The practitioner obtains supervision and consultation as needed from Certified Healing Touch Practitioners and other qualified professionals.

CODE/STANDARD 12: Professional Responsibility

Healing Touch practitioners represent Healing Touch to the public in a professional manner by exercising good judgment, practicing with integrity and adhering to this HBB Code of Ethics/Standards of Practice.

Standards of Practice Approved: 6/1996

Code of Ethics Approved: 6/1996

Code of Ethics Revised: 2001

Standards/Code of Ethics Combined/Approved: 12/2006, Revised: 2/2014

Healing Touch International, Inc. Board of Directors

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www.HealingBeyondBorders.org

Editor's Note:

The Healing Beyond Borders International Code of Ethics/Standards of Practice has been revised to more broadly define what constitutes a "Healing Environment", and in particular, a "Safe, Healing Environment." Please review and become familiar with this expanded definition and apply to your Healing Touch practice.



Healing Beyond Borders

Educating and Certifying the Healing Touch™



VIVIAN RICE



JONATHAN ELLERBY



ROSHI JOAN HALIFAX



GAYAN GREGORY LONG



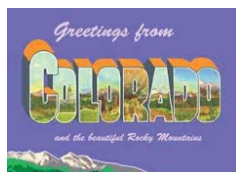
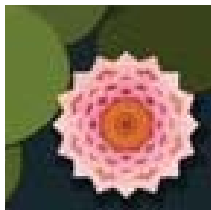
GREGG BRADEN

*Healing Beyond Borders
Dissolving Limitations to Healing*



18th Annual Energy Healing Conference & Instructor Meeting
Preconference September 3-4, 2014 * General Conference September 4-7, 2014
Cheyenne Mountain Resort * Colorado Springs, CO

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September 4-7, 2014

PreConference September 3-4, 2014

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2014 Conference Sponsorship Opportunities

Sponsorship opportunities for HBB's 18th annual conference are now available and can be tailored to meet your needs. Individual Grants of any value are also available and greatly appreciated. For a complete sponsorship package please visit the website at: www.HealingBeyondBorders.org
Please contact the Healing Beyond Borders office for individual opportunities not listed.

Sponsorships are available along with the following additional opportunities

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- International Scholarship Sponsor
- Entertainment
- Refreshment Break
- Conference Proceedings Booklet Back Cover
- Keynote Speaker
- Saturday Banquet



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- Exposure to 400+ attendees and 15,000+ students, members & practitioners
- Acknowledgement in HBB Perspectives in Healing Quarterly Publication
- Visibility and name recognition throughout the Healing Touch community
- Establishment of your organization as a proponent of holistic and integrative care
- Enhanced exposure of your products, services or organization

Keynote Speakers - 2014 Conference



Gregg Braden PhD

New York Times best selling author Gregg Braden is internationally renowned as a pioneer in bridging science, ancient wisdom and the real world! Following a successful career as a Computer Geologist for Phillips Petroleum during the 1970's energy crisis,

he worked as a Senior Computer Systems Designer with Martin Marietta Defense Systems during the last years of the Cold War. In 1991 he became The First Technical Operations Manager for Cisco Systems.

For more than 27 years Gregg has explored high mountain villages, remote monasteries, and forgotten texts to merge their timeless secrets with the best science of today. His discoveries are now shared in 33 countries and 38 languages through such paradigm-inspiring books as: *The God Code*, *The Divine Matrix*, *Fractal Time*, and his newest, *Deep Truth*. His 2007 best seller, *The Divine Matrix*, was recently selected as the source for the made-for-television feature, "Entanglement," and is now a textbook for college level courses exploring new discoveries of science and our relationship to the world.

Gregg is an active member of several leadership organizations, including the Evolutionary Leadership think tank, founded by Deepak Chopra in 2008, and has received numerous awards in recognition of his insights and innovation.

Gregg's work has been shared on every continent of the world and in recent years he has presented his seminars and trainings to Fortune 500 companies, the U.S. military, international businesses and is now featured in media specials on the History Channel, the Discovery Channel, National Geographic, ABC and NBC.

Joan Halifax PhD



Roshi Joan Halifax, PhD, is a Buddhist teacher, Zen priest, anthropologist, and pioneer in the field of end-of-life care. She is Founder, Abbot, and Head Teacher of Upaya Institute and Zen Center in Santa Fe, New Mexico. She

received her Ph.D. in medical anthropology in 1973 and has lectured on the subject of death and dying at many academic institutions and medical centers around the world. She received a National Science Foundation Fellowship in Visual Anthropology, was an Honorary Research Fellow in Medical Ethnobotany at Harvard University, and was a Distinguished Visiting Scholar at the Library of Congress.

From 1972-1975, she worked with psychiatrist Stanislav Grof at the Maryland Psychiatric Research Center with dying cancer patients. She has continued to work with dying people and their families, and to teach health care professionals and family caregivers the psycho-social, ethical and spiritual aspects of care of the dying. She is Director of the Project on Being with Dying, and Founder of the Upaya Prison Project that develops programs on meditation for prisoners. She is also founder of the Nomads Clinic in Nepal.

She studied for a decade with Zen Teacher Seung Sahn and was a teacher in the Kwan Um Zen School. She received the Lamp Transmission from Thich Nhat Hanh, and was given Inka by Roshi Bernie Glassman.

A Founding Teacher of the Zen Peacemaker Order and founder of Prajna Mountain Buddhist Order, her work and practice for more than four decades has focused on applied Buddhism. Her books include: *The Human Encounter with Death* (with Stanislav Grof); *The Fruitful Darkness*; *Simplicity in the Complex: A Buddhist Life in America*; *Being with Dying: Cultivating Compassion and Wisdom in the Presence of Death*; *Being with Dying: Compassionate End-of-Life Care* (Professional Training Guide); *Seeing Inside*, among others. She is a Lindisfarne Fellow and a Mind and Life Fellow and Board member.

Keynote Speakers - 2014 Conference



Gayan Gregory Long
Master Drummer, Mystic

Gayan Gregory Long is a master drummer, mystic Sufi teacher, singer, storyteller, ritual leader and composer. Greg lived in Fort Collins, Colorado for many years but is now "on the road". He performs at venues as diverse

as the Cathedral of Saint John's the Divine in New York City and the New Orleans Jazz and Heritage Festival.

A Certified Leader of the Dances of Universal Peace, Gayan has been drumming for the Dances for fifteen years. He drums and teaches regularly in the Western United States, Russia, Europe, Canada, and South America. He is fluent in all languages of the heart: Afro-Cuban-Brazilian drumming and singing, sacred chants and dances with Indian and Middle Eastern stylings, community celebration and ritual, group leadership and inclusion and personal empowerment.

Gayan is a leader, drummer, composer, storyteller, and singer. He leads sacred dances, rituals and retreats in the United States and Europe. He has two CD's of his own, "Padma Thunder" and "When Two or More are Gathered" (recorded with Pamela Robinson), and has appeared on twenty recordings. With fiery traditional African rhythms, devotional chants from around the world, and stellar rhythmic and melodic accompaniment.



Jonathan Ellerby PhD

Jonathan Ellerby returns to us! Featured as an expert in films, print, television, and radio, Jonathan Ellerby, Ph.D., is the author of two international bestsellers, "*Inspiration Deficit Disorder*", and "*Return to the Sacred*," as well as the new release, "*The Promise of Paradise*." He is the CEO of Tao Inspired Living, a wellness company and community in the Riviera Maya of Mexico. Jonathan has over 20 years of experience in the fields of holistic healing, spiritual counseling, integrative medicine, and corporate consulting. Drawing from a PhD in comparative religion and travels to meet and study with healers and teachers in more than forty cultures around the world Jonathan brings unique insight and practical pathways to everything he does.

Vivian Rice CN, CGP
Tka Shoonkey
Washitay We'en

Vivian's professional career began in 1964, as an LPN. Her experience working in hospitals as well as her personal experience with allergies motivated her to study and implement holistic healing methods.

She studied at the American Hygienic Society in Chicago, Dr Shelton's Health School in Texas with a focus on nutrition, with Paavo Airola, N.D. in Arizona and with N.W. Walker, Ph.D in California. She became a Certified Hypnotherapist and later graduated as a massage therapist and foot reflexologist.

Vivian became a Certified Healing Dialogue Therapist in 1983, and has done extended independent studies in nutrition, herbology and applied kinesiology. She has had 50 years experience in natural healing with nutrition and herbs. In 1980, Vivian opened and continues to operate her own wholistic practice in Colorado Springs, Wild Rice Nutrition.

A nationally known ceremonialist, educator and speaker, she is an active member of the American Holistic Nurses Association, The American Herb Guild, and the Pikes Peak Herb Association. Vivian lives what she teaches. In 1983, she honored her Seminole/Creek Indian blood by learning and living the Spirit Road that honors all of the Creator's life forms and their synergistic purpose. She was adopted by the Lakota White Hawk family in South Dakota in 1987.



Community Development

The Patient Perception of Caring: Preliminary Findings

by Emily W. Nowak PhD, RN, CNE and Valerie Lincoln PhD, RN, AHN-BC

Background:

In August of 2000, Woodwinds Health Campus (WHC) in Woodbury MN was born. A small, community envisioned 86 bed hospital, WHC has successfully supported thousands of patients achieve their desired levels of health and wellness through an integrative approach to care. At the heart of their success is the Holistic Nursing Model (HNM). The HNM is foundationally based on the Caritas processes of Watson's Caring Science theory (2008) and Koerner's Healing Presence (2011) empowering nurses to nurture patient and self-healing through a holistic perspective. The use of the HNM and an organizational commitment to compassionate care are considered innovative within healthcare systems. Combined, they are believed to create a unique space in which patients seek to heal (Lincoln, 2000 & Lincoln, 2003). This is evidenced by WHC being named a 100 Top Hospital by Truven Health for the fourth time and winning the Everest Award for the second year in a row (Truven Health, 2014). To achieve this level of recognition, Woodwinds stood out as a leader at a national level in quality, patient satisfaction and financial performance.

However, despite continued accolades and reports of patient satisfaction, it is not well understood what specific actions make patients feel cared for at WHC. The authors surmised that providing care in a HNM was a significant factor, however, the typical organizational data that had been collected could not support this hypothesis. Therefore, to understand the patient perception of caring, the authors looked to the nursing literature to define "care" from a patient perspective. Interestingly, not only was the concept of caring in nursing not consistently defined as a whole, but a noteworthy gap existed in defining the concept of caring from a patient perspective.

Methods:

The identification of this gap led the authors to develop a mixed methods study, *The Patient Perception of Care in an Acute Care Hospital*. Patients were consented and interviewed while admitted to WHC. Using the Caring Factor Survey (CFS), patients were asked

to rate 10 questions using a likert type scale. Each question was read aloud to the patient and followed up with a qualitative question. For instance, question one asks the patient "Everyday I am here, I see the care provided with loving kindness;" the investigator then asked "what actions did you experience that made you feel that your care was provided with loving kindness?" The CFS has been demonstrated to be both reliable (alpha = .89) and valid (DiNapoli, Turkel, Nelson & Watson, 2010). Naturalistic Inquiry was used for the analysis of the qualitative findings (Lincoln & Guba, 1985).

Findings:

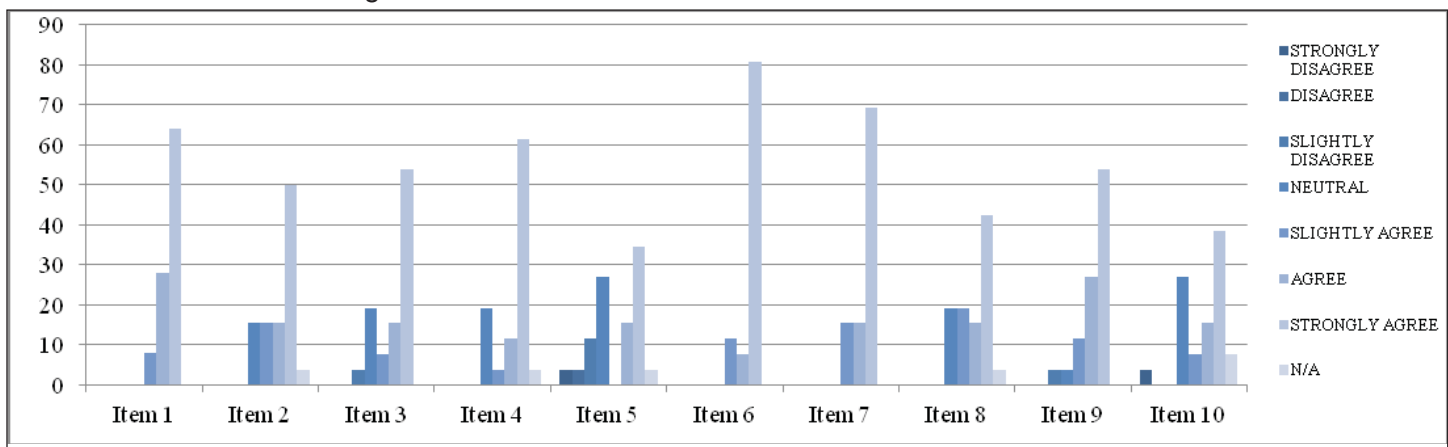
Patients were sampled from all in patient units and represent a diverse mix of age, race and reason for hospital stay. These demographics are provided in Table 1. Quantitative Results of the CFS are reported in Chart 1. Items 1 – 4, 6, 7, and 9 were rated positively an average 79% of the time (range 65.4% - 92%) while those items addressing spirituality, items 5, 8 and 10, were rated positively an average 53.9% of the time (range 50.0% - 57.7%).

Table 1. Demographics

Age	Unit	Patient Type	Race/Ethnicity
18-25: 3.8%	2N: 40.0%	Medical: 56%	Non-Hispanic White: 87.5%
26-35: 30.8%	2S: 24.0%	Maternity: 20%	Hispanic: 8.3%
36-45: 3.8%	3S: 24.0%	Orthopedic: 16%	Asian American/ Pacific Islander: 4.2%
46-55: 11.5%	3N: 8.0%	Surgical: 8%	
56-65: 23.1%	2E: 4.0%		
66-75: 23.1%			

continued on next page

Chart 1. Quantitative Findings



Key:

Item 1: Every day I am here, I see that care is provided with loving kindness.

Item 2: As a team, my caregivers are good at creative problem solving to meet my individuals needs and requests.

Item 3: The care providers honored my own faith, helped instill hope, and respected my belief system as part of my care.

Item 4: When my caregivers teach me something new, they teach me in a way that I can understand.

Item 5: My caregivers encouraged me to practice my own individual spiritual beliefs as part of my self-caring and healing.

Item 6: My caregivers have responded to me as a whole person, helping to take care of all my needs and concerns.

Item 7: My caregivers have established a helping and trusting relationship with me during my time here.

Item 8: My healthcare team has created a healing environment that recognizes the connection between my body, mind & spirit.

Item 9: I feel like I can talk openly and honestly about what I am thinking because those caring for me embrace my feelings, no matter what my feelings are.

Item 10: My caregivers are accepting and supportive of my beliefs regarding a higher power, which allows for the possibility of me and my family to heal.

Preliminary findings for the qualitative portion of the survey included four overarching themes which supported the quantitative findings. These included:

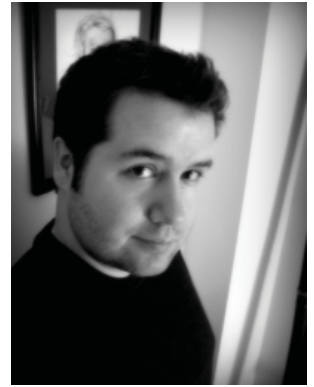
- Attitudes and Attributes (of patient caregivers) – *“They listen to me; and react...”*
- Actions – *“People always ask, ‘Is there anything else I can do for you?’; a pat on the arm after helping getting lifted into position or something like that, those are the kinds of things that I’m always seeing and always appreciating...”*
- Spirituality
 - Honoring - *“Everybody that I know of that knows my faith has strongly upheld it or upheld me, and, therefore, I feel honored, cared for...”*
 - Not addressed – *“It just never came up...and that’s how I think it should be...”*
- Environment
 - Personnel – *“They all seemed to kind of interconnect and work together...”*
 - Physical Space – *“This is the best hospital I’ve ever been in...”*
 - Healing Art Therapies – *“It (healing touch) made me feel special; I was just taken aback that someone would come in and do that, and that the nurse would see that as something I could benefit from...I think people here see or connect to how a person might be feeling – it’s nice...”*

Conclusions: Watson’s Caritas Consciousness and Koerner’s Healing Presence are foundational aspects of our HNM at Woodwinds Health Campus. Now an integrated part of the Acute Care Hospitals in the HealthEast Care System, leadership from WHC will be advancing the knowledge gleaned from this study to influence holistic nursing practice at St. Joseph’s of St. Paul, MN and St. John’s of Maplewood, MN. Previous research by Lincoln et.al (2009) indicated that the use of the HNM was an important contributor to nurses work satisfaction and their ability to care for self, patient and peers. Understanding the patient experience of receiving care in a healing environment where holistic nursing is a core component will continue our body of nursing inquiry and allow us to have a quality measurement of patient perception for ongoing performance improvement.

Energy Research

The Impact of the Relaxation Response on Metabolism, Inflammation and Other Physiological Pathways

by Joel G. Anderson, PhD, HTI-P, HBB Board of Directors and Research Director



The ancient philosophies that have given rise to mind-body and biofield therapies, including Healing Touch, assert that these practices produce changes in an individual at the most basic level, right down to the cell. As science continues to explore the physiological pathways of these practices and therapies, new evidence is emerging that supports the paradigms of these ancient philosophies. Recently, a study was published in the open-access journal *Public Library of Science (PLOS)* One that sheds new light on the mechanisms involved in these therapies and adding evidence to the conceptual framework regarding how these therapies, including Healing Touch, might be eliciting effects.

The study by Bhasin and colleagues set out to determine temporal transcriptome changes induced by the relaxation response. So what does *that* mean? Essentially, the researchers wanted to know whether the relaxation response leads to differences in the transcriptome over time following meditation. And the transcriptome? Omics have become very popular in biomedical research in recent years and refer to the ability to look at changes in thousands of specific types of biochemical markers simultaneously. In this case, the transcriptome refers to changes in levels of messenger RNA or mRNA. mRNA is responsible for transcription of gene expression into protein expression, hence the term transcriptome. Transcription is the way in which the cell takes what is encoded in the DNA, transfers that information into RNA and then uses the RNA as the recipe for making the proteins the cell needs to express the gene. Looking at mRNA expression allows a researcher to see how gene expression is changing in response to a phenomenon. One way of doing this is by looking at changes one gene at a time. When you approach the assessment of mRNA expression in this fashion, you have particular target gene in mind. Transcriptomics allows a researcher to look at hundreds or thousands of genes at the same time, giving a wider picture of what is happening with gene expression. This was the approach taken by Bhasin and colleagues in this study.

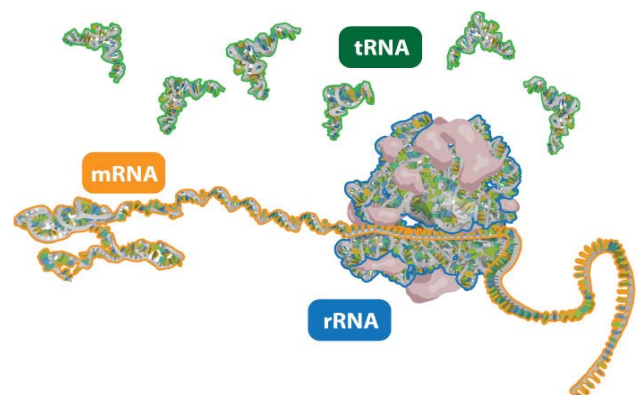
In the study, blood samples were taken immediately before, immediately after and 15 minutes after the elicitation of the relaxation response following a mind-body mindfulness practice. Samples were taken from healthy subjects who had either been practicing mind-body practices for years, who had completed an 8-week mindfulness training program or who had just begun a mindfulness training program.

Both short-term and long-term significant changes in gene expression were observed in all three groups—experts, newly trained individuals and novices. Experts exhibited greater changes than the novices. However, all of the changes were similar between groups. The relaxation response enhanced the expression of genes related to metabolism, cell maintenance, immune function and aging. At the same time, expression of genes related to inflammation and stress pathways was decreased. This is the first study of its kind to demonstrate such changes.

It is an exciting time for biofield therapy research. New studies, such as the one featured here, are helping to shed light on the potential mechanisms of action, aiding in constructing the evidence base to support the clinical application of mind-body biofield therapies such as Healing Touch.

References:

Bhasin, M. K., Dusek, J. A., Chang, B. H., Joseph, M. G., Denninger, J. W., Fricchione, G. L., Benson, H., & Libermann, T. A. (2013). Relaxation response induces temporal transcriptome changes in energy metabolism, insulin secretion and inflammatory pathways. *PLoS One* 8, 5, e62817.



Mentorship

Sequencing Demystified

by Mary Jane Aswegan RN, CHTP/I



When Healing Beyond Borders Apprentices begin the documentation for 100 client sessions as required for Level 5 work, I find, as a mentor reviewing their early work, that there still seems to be some confusion regarding how to use and sequence the various techniques. As the student travels through the first 4 Levels of HT, many interventions/techniques are added to their repertoire. Learning how to listen to their client, take what they have learned from the pre-energetic assessment and then choose the appropriate techniques is part of the development of the healer process. There are some simple guidelines, which might help make the process less mysterious. This article will focus primarily on Level 1 & 2 techniques along with using Full Body Connection from Level 4. (A separate article on Level 3 interventions and sequencing of those will appear in the next mentoring article.)

1 Begin with some sort of Opening/Balancing technique. If you have a client who has never had Healing Touch before and is a little nervous then it might be appropriate to begin with an Opening Spiral. This will awaken the chakras in ascending order in a clockwise spiral from the heart chakra. At the same time it relaxes the client so he/she can be ready to receive the work. Since the Opening Spiral does not take the place of a Chakra Connection, it would be necessary to follow with a Chakra Connection to fully balance the major and minor chakras. You could also just choose to begin your session with a Chakra Connection or a Full Body Connection as an opening and full body balancing of the major/minor chakras or in the case of the Full Body Connection a full body balancing of the chakras and organs.

2 If you have listened to your client well, it is now important to pay attention to what Specific Techniques could benefit your client based on symptoms they are having. If they have complained of anxiety and stress, it might be nice to incorporate a Mind Clearing or Modified Mind Clearing. If they have pain in a particular area, you could use Ultrasound/Laser to break up congestion and then follow with a pain drain. If you notice a leak in an area—employ wound sealing. Perhaps hands in motion or hands still to an area of congestion might be needed. If they have back problems---you might consider the back techniques.

3 It is then important in closing to take care of the Biofield and any congestion you may have felt there during your pre-energetic assessment. You could consider Magnetic Passes — Hands in Motion down the entire length of the body or to a particular area where you felt congestion. If they are post surgical client/patient or a cancer patient receiving radiation or chemotherapy, Magnetic Clearing is a wonderful technique to use.

- a** Remember, if you began with the Opening Spiral, then you would re-assess with hand scan and pendulum and Close the Spiral (beginning at the transpersonal point counterclockwise ending at the heart.)
- b** Often with patients in the hospital, or clients who are able to go to sleep, one does not have to close the spiral and the client/patient can be allowed the integration through the sleeping process.

The Chakra Spread also seems to appear at odd times in some of the documentation so it is worth it to make a couple of notes regarding its use in sequencing. The Chakra Spread can be a “stand alone” technique and is often used for people in transition of life to death, or going through personal transitions in their lives. When it is used with other techniques, it should be an ending technique. It has been seen in some documentation as a beginning technique with other things that follow and it should not be used as one would use a chakra connection to open and balance the chakras.

To recap, think of sequencing in three steps: Opening/Balancing; Specifics and Closing by making sure you have taken care of the biofield. Perhaps this can simplify the process. Always remember to listen to what your client is telling you in the intake/update; pay attention to what you are finding in your pre-energetic assessment; and do not be afraid to let your intuition guide you. Keep it Simple - it is not necessary to use every technique you know. Think about how and why you have chosen the technique.

Educational Insights

Presence - the Great Dissolver

by Barb Schommer
RN, MS, CHTP/I, Education
Committee Chair

I have been getting re-acquainted with Eckart Tolle, author of *The Power of Now*, *Stillness Speaks*, and *A New Earth*.



His message is simple - live in, and be present in the *now*. He repeats this message in each of his books. The simple truth is that when one lives in the “now”, in the present, then one is not living in the past or the future. What a concept!! So just what does this have to do with dissolving limitations to healing?

A huge limitation to my own inner healing is that I tend to live in the past and the future. Having regrets for things undone, words unsaid, actions not taken, words said, things done, actions taken. The past is rich with roads taken, or not, which I revisit with amazing regularity and passion, re-living those experiences and re-imagining them to be what I really had wanted them to be. I am an equal opportunity employer, allowing the future to occupy at least half of my life hours. The future is rich with words to say, actions to take, things to do, usually with a fair amount of worry and fear attached to these mental meanderings. There are times when I will play out entire conversations in my head, two-sided conversations without the benefit of the other party even knowing they are engaging in conversation with me because it is still out there in the future in my head! There is not much room for living in *now* in the midst of all this living in past/future. Inner healing is needed to bring me back to living in *now*. When I am truly present to *now*, I enter a great stillness and deep consciousness where inner healing is possible. Presence is that place that is not in the past nor in the future. It is the *now*. Presence is the dissolver of our tendency to live in past or future. It is the way home to inner healing.

The invitation for each of us is to dissolve limitations to healing by being present to the *now* and living it.

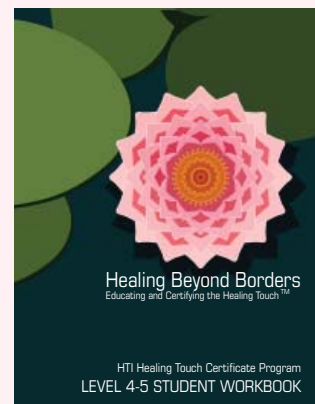
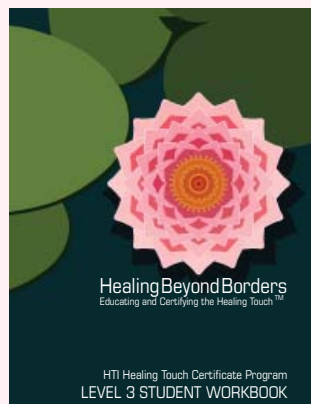
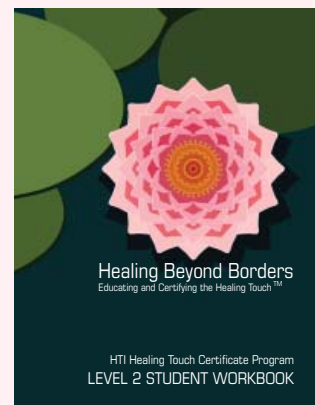
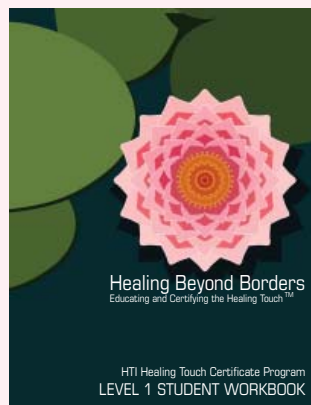
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Healing Beyond Borders

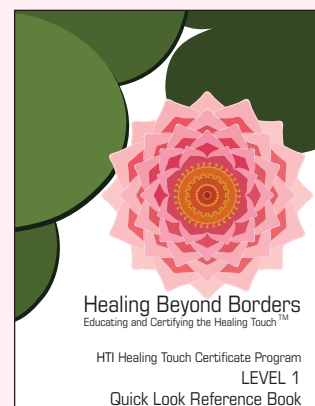
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HTI Healing Touch Certificate Program
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Books 1-5



Words of Wisdom

Dissolving Limitations to Healing: Janet's Travels

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



In the decade I knew Janet Mentgen, the founder of Healing Touch, she was a traveler. She traveled to teach Healing Touch almost every weekend. She often taught in pale yellow or green polyester pants, white shirt, and tennis shoes. She would also often don a sweatshirt for cooler locations. Through her journal writings one can get a brief glimpse into her travels by the dates of her entries which always included the place she was staying on that day. For example, in the writing from the first week (one week only!) of September in 1997 she was in California, Florida, and Canada.

Her words of guidance are about awareness and change. Change helps us to dissolve our limitations by helping us to become more fully aware. We would do well to look at each day and each moment in this way. Janet is told:

Be attentive to change, the many changes around you, the new place, the new environment, the new space. All feels different and this is what change is about. Nothing remains the same; even though the changes may be undetected there is still change. To have life means there is evolving change. . . . New and different relationships are another evolving example. Each person changes daily and then there is a difference in relating, sometimes subtle and sometimes quite dramatic. It is the expectation of sameness that creates distress. As you learn to flow with the changes of life becomes an interesting puzzle with interchangeable pieces. How you handle yourself in this kind of scenario is another challenge. The key is to hold your center allowing for the free flowing of change to be present. When you are living in the current moment this flow can be present and there is less friction. As events happen you are in a state of acceptance, will absorb the knowledge and will have a heart and mind connection to the thought. This is different than a reactionary response which brings distress to the mind and body. . . . Notice your awareness of these different events and things, not that you need to comment, but in your silence increase your watchfulness.

Janet is given further instructions in the days that follow to further her development about being in the moment. She is aware of how easy it is to teach where she is greeted warmly upon her arrival in Florida. Her guidance points out that when she is in the moment and coming from the heart it has a positive and calming affect.

Your thoughts are centered in the heart of your work and this is good for you are learning to work through love. Focus your thinking on loving people, objects, events, even problems that come along your path. Did you notice how gentle and easy the groups was as you put the love thoughts through your heart center? This is what we mean to focus on your heart center. Practice this continuously correcting any thought or intention so that you come from the center of your heart.

We need constant reminders to be present and to come from the heart. With these seemingly "simple" tools we will become compassionate individuals. It is in this way that we will remove limitations to healing and expand our work to encompass the world and beyond. The light is within each of us.



Writing a Healing Touch Story

An Interview with Marty Rather

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

Martha Rather, BFA is a retired Healing Touch instructor and a certified practitioner who has published three books in the last two years! The books (*From Tennessee to the Taj Mahal*, *Embracing the Heart of India*, and *Kismet or Kamasutra*) are about traveling to India, teaching Healing Touch, and surviving breast cancer. What follows is an interview with Marty (MR) on some of the wonderful nuances you will find in her stories.



D.W. Explain how you selected the titles? Did you know there would be three books?

M.R. After surviving breast cancer treatment, I yearned for something creative to do in order to prove to myself that I had survived. Writing my personal story sounded too boring. I had received excellent care from the doctors in Tennessee. However, the art of story telling was calling me. I had lots of stories from my six trips to India, four of which included teaching Healing Touch. I remembered reading that a person could only tell emotional truths in fiction, while non-fiction merely reported the facts. Also, I wanted my books to contain humor, adventure, romance and deep emotions. In order to accomplish my goal, I decided to write a three part series, which would include three separate trips from Tennessee to India.. Each trip would be to a different location in India and would serve a different purpose, thereby adding depth to the characters.

Many titles were discarded before the final results. I even enlisted my Facebook friends to vote on the title for the first book. *From Tennessee to the Taj Mahal* was the winner.

D.W. You selected the story to be about a young woman (in her 30's) instead of the more "usual" Healing Touch instructor in midlife. Was there something more intriguing about this age for you?

M.R. Yes, I wanted the main character, Sonia, to be young, naïve, and optimistic about life. I had recently become aware of the horrible statistic that there was an incredibly high divorce rate for young breast cancer survivors. I knew that Sonia would be blindly going in that direction and I provided clues that show she is in trouble from the first book forward, clues that Sonia optimistically ignores because she is all about service for her students and clients. Mainly, I wanted this book to be about a woman surviving cancer and rebuilding her life. The second book, *Embracing the Heart of India*, includes more "usual" HT teachers who travel to India with her to share in the experience of teaching in another country.

D.W. The main character is not you but in some cases has similar experiences. How much separation do you feel from her life and how much connection? Is this true for the other characters?

M.R. I have to admit that writing this book was wonderful therapy. I got to invent some wonderful and also horribly sad experiences for her. Then I would feel like "at least I didn't have to experience that!" I also got to share some of my favorite true stories about traveling in India, especially my interactions with elephants.

I gave Sonia a back-story similar to my own, so that I could write cleanly and truly about her reactions and emotions. All the other characters are fictional. I have no trouble separating my own personal life from this character. My husband was even one of my content editors. He was also a huge source of strength for me while I was sick.

D.W. Healing Touch seems to be a common and familiar practice in your stories. How did you introduce Healing Touch to those who don't know what it is or is the book meant only for the Healing Touch audience?

M.R. The book is meant to be fun entertainment for everyone. One of the pleasures of writing fiction is that I could invent a world in which Healing Touch is common knowledge. Most people in this book have heard of it. Some do not like it, but they have heard of it. Others like it and use it regularly.

continued on page 25

Writing a Story cont...

I liked the idea of using HT as a helpful first aid for minor injuries as the characters traveled. In the second book, there is a scene where all the people are feeling overly stressed. So they get barefooted in the sand and magnetically calm each other. I love that scene. I wish we had done that on any one of my trips. It would look like Tai Chi on the beach, except it would have been Magnetic Passes on the beach. So picturesque!

D.W. What were you trying to convey in the classroom scene in India?

M.R. First of all, I did not want to describe any of the HT techniques. I also did not want to tell any confidential information from any of the classes. There was some odd resistance to this information in India. The translator really was concerned about touching. He thought that it would cause him to acquire another person's karma that he would then have to work out, as if karma were contagious. In fact, there is a history of great saints in India who could totally cure a person by accepting that person's karma. So for them, it was a new idea that we can help others and not take on all their problems. We can help others work through their problems without hurting ourselves. I thought this was an idea worth discussing.

D.W. Music is so very integral to healing. How does "country/western" fit into this perspective?

M.R. Well, I live in Nashville, Tennessee! Over the years, there have been a few songwriters (the creative brains behind the stars) who have taken Healing Touch classes out of curiosity. Many years ago, one of those songwriters, after completing Level I, announced in our local newspaper that his music was "healing" because (to paraphrase) it was expressive of emotions and it made people happy. That was good enough for him! I could not argue with his unique perspective.

There are several musical scenes in each book. There are also several scenes where bright colors are integral to the story. These were intended as healing vibrations for the reader, a subliminal healing experience, if you will.

I also felt it was important to tell the reader up front that Sonia does not die. I did not want to instill sadness into the reader. Reading the whole series is meant to be a healing experience in itself.

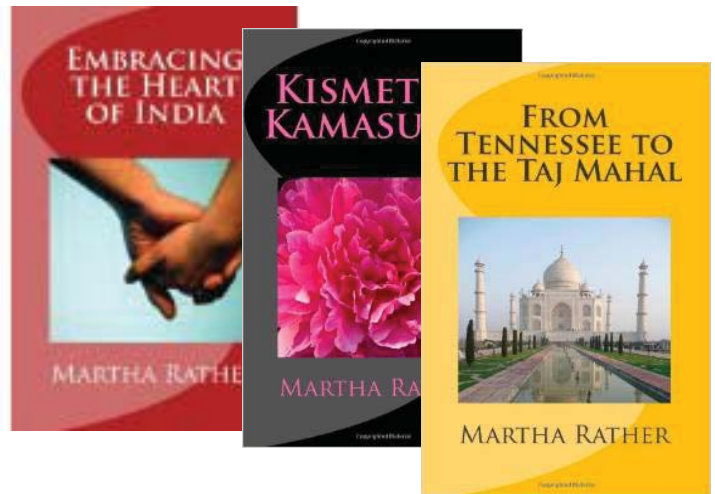
D.W. What personal experience did you most want to share about your healing journey?

M.R. On my weakest day during chemotherapy, I was amazed at how alive I felt. It was a moment of complete clarity, like being free. I felt completely like myself

without a single problem in the world. I tried to have Sonia describe this state in the third book, "*Kismet or Kamasutra*."

Later, when I looked back on that moment, I realized it was an experience of eternity. I had heard these words in my head, "Even this moment is part of your eternal life." This statement has continued to give me feelings of optimism and comfort.

The books are available in paperback or e-book formats at Amazon.com.



Congratulations Nellie Goins!



Nellie Goins, of Gary, Indiana, longtime friend of Healing Beyond Borders and sister of Herschella Horton RN, BAM, CHTP, is being inducted into the Hall of Fame for drag racers. Nellie was the first African American woman to drive funny cars in the B/FC, A/FC and AA/FC classes. Her driving career spanned from 1969 to the late

1970's However, on April 11th, 1971 at the Great Lakes Dragway in Union Grove, Wisconsin, Nellie Goins made drag racing history when she made the first pass in her 1968 Barracuda injected nitro fueled funny car (A/FC). On this day she was given a new racing name and became known as "Nitro Nellie". This is a fact that has not received much coverage and is not widely known in the drag racing community. Congratulations, Nellie!

Healing Beyond Borders Professional Development Series and Advanced Practice Offerings

Healing Beyond Borders 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 Beyond Borders Certification and Renewal. These classes are open to any individuals interested in an in-depth understanding of healing-related work. Some pre-requisites apply. Please watch the Healing Beyond Borders Website for dates and class coordinator contact information. **For more information about these classes:** Visit www.healingbeyondborders.org, Select "Education", then "Professional Development Classes". **If you wish to bring one of these classes to your area:** please contact the coordinator or instructor to learn how this may be accomplished.

Heart Centered Living

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

Contact: Myra Tovey at davidmyra7@msn.com

Check our website for scheduled classes
www.HealingBeyondBorders.org

Healing Disruptive Energy Patterns

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

Contact any of the following instructors:

Anne Day at anneday7@gmail.com
Rauni Prittinen King at rking487@aol.com
Judy Turner at judithturner38@gmail.com
Diane Wardell at diane.wardell@uth.tmc.edu

Check our website for scheduled classes
www.HealingBeyondBorders.org

Energy Wisdom and Practice

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

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

Contact any of the following instructors:

Anne Day at anneday7@gmail.com
Rauni Prittinen King at rking487@aol.com
Judy Turner at judithturner38@gmail.com
Diane Wardell at diane.wardell@uth.tmc.edu

Check our website for scheduled classes
www.HealingBeyondBorders.org

Holistic Stress Management Instructor Training

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

Contact: Brian Luke Seaward at
brianlukes@cs.com

Check our website for scheduled classes
www.HealingBeyondBorders.org

Beyond Surgery Program-Bridging the Gap

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

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

Contact: Judy Ray at judyray333@gmail.com

Check our website for scheduled classes
www.HealingBeyondBorders.org

Journaling the Spiritual Journey and

Journaling the Healing Journey

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

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

Contact: Anne Day at AnneDay7@gmail.com

Check our website for scheduled classes
www.HealingBeyondBorders.org

Healing Touch Class Schedule 2014

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

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

PROFESSIONAL DEVELOPMENT

(see web site for class info details)

Beyond Surgery Program Training Seminar

Date	Location	Instructor(s)	Contact	Phone	e-mail
July 17-19	Red Wing, MN	JL Ray / N Blue	Sarah Stinson	651-267-3506	stinson.sarah@mayo.edu
Aug 22-24	Cary, NC	JL Ray / N Blue	Diane Cox	919-350-2536	dcox@wakemed.org
Sep 19-21	Brevard, NC	JL Ray / N Blue	Kathy Blue	828-577-6948	BlueCavu527@aol.com

Energy, Wisdom & Practice

Date	Location	Instructor(s)	Contact	Phone	e-mail
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Healing Disruptive Energy Patterns

Date	Location	Instructor(s)	Contact	Phone	e-mail
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Heart Centered Living

Date	Location	Instructor(s)	Contact	Phone	e-mail
Aug 15-16	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-838-0438	jhueschen@aol.com

LEVEL 1

Date	Location	Instructor(s)	Contact	Phone	e-mail
July 11-12	Winston-Salem, NC	B Johnson / K Segal	Kathleen Segal	336-782-6863	kcsiegle@hotmail.com
July 11-12	Jackson, WY	MaryKay Foley	Julia Heemstra	307-739-7244	jheemstra@tetonhospital.org
July 12-13	Indianapolis, IN	Sharon Smith	Lori Wernsman	317-695-8944	lwernsman@gmail.com
July 12-13	Stewartstown, PA	Gina Bondurant	Julia Lamb	717-993-6553	jbonlam@yahoo.com
July 19-20	Greensboro, NC	K Gray/D Pastoor	Denise Pastoor	336-207-7959	denise@sunstonewellness.com
July 19-20	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggihtnj@gmail.com
July 19-20	Sarasota, FL	Valorie Knowlton	Valorie Knowlton	941-720-2884	valorie@tampabay.rr.com
July 20-21	Tucson, AZ	Sue Kagel	Barbara Evans-Levine	520-907-0769	bje17@yahoo.com
July 26-27	Farmington Hills, MI	B McConnell/G Sliwinski	Nancy Judge	248-471-4624	judgenj1@aol.com
July 26-27	Berkeley, CA	M Szczepanski/YA Pak	Youngmi Pak	510-295-3718	ypak@me.com
July 26-27	La Jolla/San Diego, CA	Trish Wragg	Haley Wragg	760-310-1057	wragg.patricia@scrippshealth.org
July 31-Aug 1	Springfield, VA	closed	Lucrezia Mangione		
Aug 2-3	Charleston, SC	Linda Thomas	Janet Neal	843-388-1834	healingtouch1@bellsouth.net
Aug 2-3	San Diego, CA	Suzanne Weeks	Suzanne Weeks	858-538-4963	suzanne@suzanneweeks.com
Aug 2-3	Shasta Lake City, CA	Raine Benham	Debi Simon	530-355-3669	healingtouchrdg@aol.com
Aug 2-3	Thief River Falls, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsi.com
Aug 15-16	Minneapolis, MN	Carol Schoenecker	Kathy Kerber	612-863-7937	kathryn.kerber@allina.com
Aug 16-17	La Jolla, CA	Liz Fraser	Liz Fraser	1-800-scripps	fraser.elizabeth@scripps.org
Aug 16-17	Omaha, NE	Jeanne Thune	Vicki Baines	402-350-8402	vickibaines5@gmail.com
Aug 16-17	Paynesville, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsi.com
Aug 02-03	Sioux City, IA	Carol Ann Flack	Carol Ann Flack	712-333-7394	carolflack@longlines.com
Aug 22-23	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Aug 23-24	CO Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brendadispartia@yahoo.com
Aug 22-23	Arvada, CO	Carrie Niewenhaus	RRCC	303-914-6600	www.rrcc.edu
Aug 23-24	Norwich, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
Sep 6-7	Minneapolis, MN	Dana Spates	Tanya Boigenzahn	612-787-7895	tanya@devanadiyoga.com
Sep 13-14	Rochester, MN	Sue Knutson	Sue Knutson	507-292-0247	sueknutson@usfamily.net
Sep 13-14	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
Sep 13-14	Silver Spring, MD	Lucrezia Mangione	Lucrezia Mangione	802-578-3700	hhservice@handcraftedhealth.net

Healing Touch Class Schedule 2014

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

LEVEL 1; cont'd

Date	Location	Instructor(s)	Contact	Phone	e-mail
Sep 19-20	Rochester, MN	Jan Halbach	Mary Laven	507-281-6649	mcleven@charter.net
Sep 19-21	Grand Forks, ND	Nan Cicha	Nan Cicha	701-738-8888	ncicha23@hotmail.com
Sep 20-21	Harrisonburg, VA	Gina Bondurant	Gina Bondurant	540-433-3421	calendulas@live.com
Sep 20-21	Truth or Consequences, NM	Lynne Jeffrey	Lynne Jeffrey	575-354-3424	lbjeffrey1@windstream.net
Sep 20-21	Bainbridge, IN	Sharon Smith	Sharon Smith	812-878-2034	cswholeness@aol.com
Sep 20-21	St Louis, MO	TBA	Joan Hogrebe	314-351-9621	joanhogrebe@aol.com
Sep 20-21	Pontiac, MI	Jan Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Sep 20-21	Sioux City, IA	Carol Ann Flack	Carol Ann Flack	712-333-7394	carolflack@longlines.com
Sep 24-25	Woodbury, MN	Barb Schommer	Denise Wills	651-326-0025	dmwills@healtheast.org
Sep 25-26	OKC, OK closed	Terry Sparks	Christine Woolard	405 456-5138	
Sep 26-28	St Joseph, MN	Dana Spates	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Sep 27-28	Rochester, MN	Sue Knutson	Sue Knutson	507-292-0247	sueknutson@usfamily.net
Sep 27-28	Maple Grove, MN	Sheila Judd	Barb MacIntyre	651-324-3750	barbmactyre@comcast.net
Sep 27-28	Flat Rock, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	karentoledo@hotmail.com
Sep 27-28	Omaha, NE closed	Dorothy Lawse	Vicki Baines	402-350-8402	vickibaines5@gmail.com
Sep 27-28	Tampa, FL	Kimberly Gray	Tammy Dragel	813-870-4766	tammy.dragel@baycare.org
Sep 27-28	San Diego, CA	Lisa Thompson	Tricia Pascucci	619-520-8995	ppascucci@rchsd.org
Sep 27-28	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-838-0438	jhueschen@aol.com
Sep 27-28	Red Bud, IL	Mary O'Neill	Clare Boehmer	618-282-3848	mailhealingmin@aol.com
Oct 2-3	Springfield, VA closed	Lucrezia Mangione			
Oct 3-4	St Paul, MN	Barb Schommer	Denise Joswial	651-241-6217	denise.joswial@allina.com
Oct 4-5	Farmington Hills, MI	Barb McConnell	Nancy Judge	248-471-4624	judgen1@aol.com
Oct 4-5	Ann Arbor, MI	Jan Tait	Judy Rascano	248-241-6636	judy.rascano7@comcast.net
Oct 4-5	Berkeley, CA	L Anselme / YA Pak	Youngmi Pak	510-295-3718	ypak@me.com
Oct 4-5	Encinitas, CA	Mary Jane Aswegan	Rebecca Lundgren	858-435-7181	lundgren.rebecca@scrippshealth.org
Oct 4-5	Bismarck, ND	Nan Cicha	Renee Feist	701-222-0546	drlrmfeist@bis.midco.net
Oct 11-12	Lebanon, MO	Susan Shoemaker	Susan Shoemaker	907-252-6266	sjkshoe@gmail.com
Oct 11-12	San Diego, CA	Cecilia Kasperick	Lori Johnson	858-382-9191	ljohnson@ucsd.edu
Oct 11-12	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	
Oct 11-12	Charleston, SC	Bonnie Johnson	Janet Neal	843-388-1934	healingtouch1@bellsouth.net
Oct 14-15	Woodbury, MN	Sheila Judd	Denise Wills	651-326-0025	dmwills@healtheast.org
Oct 18-19	Minneapolis, MN	Jan Halbach	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Oct 18-19	Norwich, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
Oct 18-19	Tulsa, OK	T Sparks / D Wolffs	Lori Weatherholtz	918-706-6477	Lori.weatherholtz@okstate.edu
Oct 18-19	San Diego, CA	Lisa Thompson	Tricia Pascucci	619-520-8995	ppascucci@rchsd.org
Oct 18-19	Evansville, IN	Vicki Slater	Peggy Gaul	812-465-1161	pgraul@usi.edu
Oct 24-25	Pontiac, MI	Jan Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Oct 24-26	Omaha, NE closed	Lisa Anselme	Sheila Mee		
Oct 25-26	Evansville, IN	Vicki Slater	Peggy Gaul	812-465-1161	pgraul@usi.edu
Oct 25-26	La Jolla/San Diego, CA	Trish Wragg	Haley Wragg	760-310-1057	wragg.patricia@scrippshealth.org
Nov 1-2	La Jolla, CA	Liz Fraser	Liz Fraser	1-800-scripps	fraser.elizabeth@scripps.org
Nov 1-2	CO Springs, CO	Myra Tovey	Brenda Dispart	719-365-6741	brendadispartia@yahoo.com
Nov 1-2	Indianapolis, IN	Sharon Smith	Carole Creech	317-340-1926	sassyroo1@yahoo.com
Nov 8-9	Charleston, SC	TBA	Janet Neal	843-388-1934	healingtouch1@bellsouth.net
Nov 8-9	Bridgeport, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
Nov 8-9	Nashville, TN	Bonnie Johnson	Bonnie Johnson	615-383-3337	jbonnie@aol.com
Nov 14-15	Grand Forks, ND	Nan Cicha	Nan Cicha	701-738-8888	ncicha23@hotmail.com
Nov 21-22	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Dec 6-7	Farmington Hills, MI	Barb McConnell	Nancy Judge	248-471-4624	judgen1@aol.com
Dec 12-13	Red Wing, MN	Sarah Stinson	Sarah Stinson	651-267-3506	stinson.sarah@mayo.edu

Healing Touch Class Schedule 2014

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

LEVEL 2

Date	Location	Instructor(s)	Contact	Phone	e-mail
July 12-13	Indianapolis, IN	Kimberly Gray	Linda Lee	317-498-0621	corjalinn@aol.com
July 19-20	Tucson, AZ	Sue Kagel	Sue Kagel	520-891-5162	sue.kagel@gmail.com
July 19-20	Millbank, SD	Jeanne Thune	Jeanne Thune	712-635-4301	jeannethune@hotmail.com
July 19-20	Pac Pearl/La Jolla, CA	Rauni King	Rauni King	858-459-6919	rking487@aol.com
July 26-27	Nashville, TN	Bonnie Johnson	Bonnie Johnson	615-383-3337	jbonnie@aol.com
July 26-27	San Diego, CA	Lisa Thompson	Tricia Pascucci	619-520-8995	ppascucci@rchsd.org
July 26-27	Flat Rock, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	karentoledo@hotmail.com
Aug 2-3	Springfield, IL	Mary O'Neill	Kendra Hurd	217-816-9287	kkc6345@aol.com
Aug 2-3	Sarasota, FL	Kimberly Gray	Valerie Knowlton	941-720-2884	valorie@tampabay.rr.com
Aug 9-10	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-838-0438	jhueschen@aol.com
Aug 9-10	Bainbridge, IN	Mary O'Neill	Sharon Smith	812-878-2034	cswholeness@aol.com
Aug 16-17	Encinitas, CA	Mary Jane Aswegan	Rebecca Lundgren	858-435-7181	lundgren.rebecca@scrippshealth.org
Aug 23-24	Sioux City, IA	Carol Ann Flack	Carol Ann Flack	712-333-7394	carolflack@longlines.com
Sep 13-14	Bridgeport, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
Sep 19-20	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Sep 19-20	Aberdeen, SD	Jeanne Thune	Janene Papendick	605-622-5164	janene.papendick@avera.org
Sep 19-20	Arvada, CO	Lisa Anselme	RRCC	303-914-6600	www.rrcc.edu
Sep 20-21	St Louis, MO	Jody Hueschen	Joan Hogrebe	314-351-9621	joanhogrebe@aol.com
Sep 20-21	La Jolla, CA	Rauni King	Liz Fraser	1-800-scripps	frraser.elizabeth@scripps.org
Sep 20-21	St Louis, MO	Jody Hueschen	Joan Hogrebe	314-351-9621	jhogrebe@att.net
Sep 26-28	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Sep 27-28	Omaha, NE	Jeanne Thune	Vicki Baines	402-350-8402	vickibaines5@gmail.com
Oct 4-5	Bismarck, ND	Judy Turner	Renee Feist	701-222-0546	dlrmfeist@bis.midco.net
Oct 11-12	Charleston, SC	Bonnie Johnson	Janet Neal	843-388-1834	healingtouch1@bellsouth.net
Oct 18-19	Minneapolis, MN	Carol Schoenecker	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Oct 18-19	Sioux City, IA	Carol Ann Flack	Carol Ann Flack	712-333-7394	carolflack@longlines.com
Oct 18-19	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
Oct 18-19	Rochester, MN	Sue Knutson	Sue Knutson	507-292-0247	sueknutson@usfamily.net
Oct 25-26	Evansville, IN	Bonnie Johnson	Peggy Graul	812-465-1161	pgraul@usi.edu
Oct 25-26	Grass Valley, CA	Elizabeth Helms	Sue Berney	530-575-6586	sberneyht1@gmail.com
Oct 25-26	Flat Rock, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	karentoledo@hotmail.com
Oct 27-28	OKC, OK closed	Terry Sparks	Christine Woolard	405 456-5138	
Nov 1-2	Harrisonburg, VA	Deborah Larrimore	Gina Bondurant	540-433-3421	calendulas@live.com
Nov 1-2	Greenwich, CT closed	Jeanne Zuzel	Roberta Brown Brugo		
Nov 8-9	Paynesville, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsi.com
Nov 8-9	Tampa, FL	Kimberly Gray	Tammy Dragel	813-870-4766	tammy.dragel@baycare.org
Nov 8-9	San Diego, CA	Lisa Thompson	Tricia Pascucci	619-520-8995	ppascucci@rchsd.org
Nov 15-16	Red Bud, IL	Mary O'Neill	Clare Boehmer	618-282-3848	mailhealingmin@aol.com
Nov 15-16	Farmington Hills, MI	Barb McConnell	Nancy Judge	248-471-4624	judgen1@aol.com
Nov 15-16	Denville, NJ	Maggi Hutchinson	Healing Touch NJ	973-214-2582	maggihtnj@gmail.com
Nov 17-18	Springfield, VA closed	Lucrezia Mangione			
Nov 21-22	St Paul, MN	Carol Schoenecker	Denise Joswial	651-241-6217	denise.joswiak@allina.com
Nov 22-23	Pontiac, MI	Jan Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Dec 6-7	Norwich, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
Dec 7-8	Tucson, AZ	Sue Kagel	Sue Kagel	520-891-5162	sue.kagel@gmail.com
Dec 12-13	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com

Healing Touch Class Schedule 2014

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LEVEL 3

Date	Location	Instructor(s)	Contact	Phone	e-mail
July 18-19	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
July 19-20	Farmington Hills, MI	Barb McConnell	Barb McConnell	517-914-4133	mconb51@bigplanet.com
July 26-27	Harrisonburg, VA	Deborah Larrimore	Gina Bondurant	540-433-3421	calendulas@live.com
Aug 9-10	OKC, OK	Raine Benham	HT Oklahoma	405-627-3606	heartsmith@sbcglobal.net
Aug 16-17	Pac Pearl/La Jolla, CA	Rauni King	Rauni King	858-459-6919	rking487@aol.com
Aug 23-24	San Diego, CA	Anne Day	Tricia Pascucci	619-520-8995	ppascucci@rchsd.org
Sep 12-14	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Sep 20-21	La Jolla, CA	Mary Jane Aswegan	Trisha Wragg	760-519-6760	wragg.patricia@scrippshealth.org
Sep 20-21	St Louis, MO	Mary O'Neill	Joan Hogrebe	314-351-9621	joanhogrebe@aol.com
Sep 24-25	Woodbury, MN	Barb Schommer	Denise Wills	651-326-0025	dmwills@healtheast.org
Sep 27-28	Nashville, TN	Bonnie Johnson	Bonnie Johnson	615-383-3337	jbonnie@aol.com
Oct 4-5	Indianapolis, IN	Mary O'Neill	Sharon Smith	812-878-2034	cswholeness@aol.com
Oct 17-18	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Oct 18-19	Bismarck, ND	Judy Turner	Renee Feist	701-222-0546	dlrmfeist@bis.midco.net
Oct 18-19	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-838-0438	jhueschen@aol.com
Oct 18-19	Minneapolis, MN	Barb Schommer	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Oct 18-19	La Jolla, CA	Rauni King	Liz Fraser	1-800-scripps	fraser.elizabeth@scripps.org
Nov 8-9	Stanford, CA	Sue Kagel	Elizabeth Helms	650-863-1701	Elizabeth@sierrahealingtouch.com
Nov 8-9	Pontiac, MI	Jan Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Nov 15-16	Encinitas, CA	Mary Jane Aswegan	Rebecca Lundgren	858-435-7181	lundgren.rebecca@scrippshealth.org
Dec 6-7	Norwich, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healing touch ct@yahoo.com

LEVEL 4

Date	Location	Instructor(s)	Contact	Phone	e-mail
July 31-Aug 3	Norwich, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healing touch ct@yahoo.com
Aug 7-10	Stoneville, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Aug 14-17	Farmington Hills, MI	Barb McConnell	Barb McConnell	517-914-4133	mconb51@bigplanet.com
Aug 21-24	Columbia, IL	Mary O'Neill	Maureen Flachs	314-640-1720	moflax4@yahoo.com
Aug 22-24	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggihtnj@gmail.com
Sep 11-14	Cedar Falls	Maggie Freel	Lisa Bormann	319-330-0623	chi.lisabormann@gmail.com
Sep 22-25	Madison, VA closed	Deborah Larrimore			
Sep 26-28	San Diego, CA	Rauni King	Tricia Pascucci	619-520-8995	ppascucci@rchsd.org
Oct 23-26	Omaha, NE	Maggie Freel	Jeanne Thune	712-635-4301	jeannethune@hotmail.com
Oct 24-26	St Paul, MN	Carol Schoenecker	Barb Schommer	763-458-0220	barb.schommer@gmail.com

LEVEL 5

Date	Location	Instructor(s)	Contact	Phone	e-mail
July 17-20	Norwich, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healing touch ct@yahoo.com
July 24-27	Kansas City, KS	Judy Turner	Jody Hueschen	816-838-0438	jhueschen@aol.com
Aug 14-17	Farmington Hills, MI	TBD	Barb McConnell	517-914-4133	mconb51@bigplanet.com
Aug 21-24	Columbia, IL	Mary Szczepanski	Jan McArthur	636-724-2435	Janmac2001@gmail.com
Sep 26-28	San Diego, CA	Anne Day	Tricia Pascucci	619-520-8995	ppascucci@rchsd.org
Oct 2-5	Hamptonville, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Oct 16-19	Selma, IN	Lisa Anselme	Sharon Smith	812-878-2034	cswholeness@aol.com
Nov 7-9	Tampa, FL	Judy Turner	Tammy Dragel	813-870-4766	tammy.dragel@baycare.org
Nov 13-16	Coralville, IA	Maggie Freel	Lisa Bormann	319-330-0623	chi.lisaborman@gmail.com
Nov 14-16	St Paul, MN	Carol Schoenecker	Barb Schommer	763-458-0220	barb.schommer@gmail.com
Nov 20-23	Tulsa, OK	Lisa Anselme	Lorna Lydem	918-855-4620	lornalydem@gmail.com

Healing Touch Class Schedule 2014

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International Classes Level 1

Date	Location	Instructor(s)	Contact	Phone	e-mail
Aug 15-16	Sunshine Coast, AUST	Veronika Oliver	Veronika Oliver	754422921	
Aug 30-31	Alto Hospicio, CHILE	Mary Moloney	Solange Benedetti	88279991	
Sep 6-7	Wauchope, AUSTRALIA	Susan Ashton	Sisan Ashton	265856316	
Sep 13-14	Vancouver, BC CANADA	Ginny Mulhall	Karen Stewart	778-292-1845	kasinbc@yahoo.ca
Sep 13-14	Potters Bar, UK	Lisa Anselme	Alison Facey	1707652978	alisonfacey@googlemail.com
Sep 20-21	Victoria, BC CANADA	Catherine Awai	Catherine Awai	250-597-4312	catherineawai@gmail.com
Sep 20-21	Galway, IRELAND	L Anselme/F McCarthy	Flish McCarthy	353876750446	mccarthyfelicla@gmail.com
Sep 27-28	Parksville, BC CANADA	Toby Krell	Anji Jones	250-752-3893	innerjpyht@gmail.com
Sep 27-28	Dieppe, NB CANADA	Jeanne Balcom	Jeanne Balcom	506-382-4832	humming4health@hotmail.com
Oct 4-5	Dieppe, NB FRENCH	Jeanne Balcom	Jeanne Balcom	506-382-4832	humming4health@hotmail.com
Oct 4-5	Princeville, BC CANADA	Lisa Hickey	Jacqueline Klosch	250-617-9267	peacethroughlove@yahoo.ca
Oct 25-26	Kelowna, BC CANADA	Kathleen Smythe	Kathleen Smythe	250-447-6201	sunflowerinnbb@shaw.ca
Nov 1-2	Vancouver, BC CANADA	Ginny Mulhall	Karen Stewart	778-292-1845	kasinbc@yahoo.ca
Nov 8-9	Townsville, AUSTRALIA	Rosalie Van Aken	Kristin Wicking	427102221	
Nov 22-23	Ballina, AUSTRALIA	Susan Ashton	Dawn Stead	266247859	

International Classes Level 2

Date	Location	Instructor(s)	Contact	Phone	e-mail
Aug 9-10	Perth, AUSTRALIA	Rosalie Van Aken	Rosalie Van Aken	410286287	
Sep 20-21	Fredericton, NB	Jeanne Balcom	Julie Chasse	506-451-8894	acushla.cher@gmail.com
Oct 4-5	Christina Lake, BC CANA	Bev Worbets	Kathleen Smythe	250-447-6201	sunflowerinnbb@shaw.ca
Oct 11-12	Alto Hospicio, CHILE	Mary Moloney	Solange Benedetti	88279991	
Nov 1-2	Dieppe, NB FRENCH	Jeanne Balcom	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com
Nov 8-9	Dieppe, NB CANADA	Jeanne Balcom	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com

International Classes Level 3

Date	Location	Instructor(s)	Contact	Phone	e-mail
Sep 18-19	Galway, IRELAND	Lisa Anselme	Flish McCarthy	353876750446	mccarthyfelicla@gmail.com
Oct 4-5	Toronto, ON CANADA	Alexandra Jonsson	Angela Mattos	705-652-0506	HTCanada@healingtouchcanada.net
Oct 4-5	Victoria, BC CANADA	Catherine Awai	Catherine Awai	250-597-4312	catherineawai@gmail.com
Nov 1-2	Parksville, BC CANADA	Bev Worbets	Anji Jones	250-752-3863	innerjoyht@gmail.com
Nov 10-11	Siddnaburen, NETHER	Deborah Larrimore	Wilma Bijl		wilma_bijl@hotmail.com
Nov 14-16	Dieppe, CANADA; FR	Jeanne Balcom	Jeanne Balcom	506-382-4832	humming4health@hotmail.com
Nov 21-23	Dieppe, NB CANADA	Jeanne Balcom	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com

International Classes Level 4

Date	Location	Instructor(s)	Contact	Phone	e-mail
Nov 13-16	Siddnaburen, NETHER	Deborah Larrimore	Wilma Bijl		wilma_bijl@hotmail.com
Nov 27-30	Nanaimo, BC	Catherine Awai	HTC	705-652-0506	HTCanada@healingtouchcanada@net

International Classes Level 5

Date	Location	Instructor(s)	Contact	Phone	e-mail
Oct 26-29	Brisbane, AUSTRALIA	Rosalie Van Aken	Rosalie Van Aken	410286287	
Nov 28-30	Santiago, CHILE	Eileen Kearney	Virginia Bustos	81645051	

Healing Beyond Borders
445 Union Blvd., Suite 105
Lakewood, CO 80228



Healing Beyond Borders
Educating and Certifying the Healing Touch TM

VISION

Spread Healing, Light and Love, Creating Wholeness on Earth.

MISSION STATEMENT

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

- * Administers the Certification process for Healing Beyond Borders 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