



29th Annual International Energy Healing Conference  
& Instructor Meeting

*Presented by Healing Beyond Borders*

**September 4-7, 2025**

**Hyatt Regency Hotel**

**Bloomington, (Minneapolis) MN**





# Healing Beyond Borders

Educating and Certifying the Healing Touch®

**VISION STATEMENT:** Spread Healing, Light and Love, Creating Wholeness on Earth.

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

- Administers the Certification process for Healing Touch practitioners and instructors
- Sets international standards of practice and international code of ethics for practitioners and instructors
- Supports Healing Touch students, 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

## Purpose

The purpose of this annual conference is to provide continuing education for nurses, health care providers and others interested in healing, to strengthen the holistic approach of healing work including body, mind, emotion and spirit. The focus is to enhance self-awareness, self-care, holistic and energetic concepts and practices, and to increase the knowledge base of all who are interested in health and healing of self, family, clinical populations, community and planet.

## Conference Learner Outcome

Participants will identify one new method they will use in caring for self and/or others.

## About Our Theme “*Standing in Our Power. Healing in Action.*”

**Power:** In *Power vs. Force* (1985), Hawkins notes, “Force is a finite ‘pushing against’ that requires external energy that will eventually run out (e.g., fuel or a battery), whereas power is self-generating and self-sustaining as the result of its essence.”

In *The Art of Power* (2007), Thich Nhat Hahn writes, “Vast inequality between people and groups makes power unstable. But when power is seen as legitimate and comes with spiritual authority and is a manifestation of love, wisdom, and freedom from afflictions, it can establish justice, order, and withstand challenges peacefully, without resorting to violence or oppression. It is appreciated and even revered.”

In Healing Touch, power is rooted in healer preparation, through being grounded, centered and committing to the attributes of the heart as identified by Brugh Joy: Compassion, Unconditional Love, Healing Presence, Innate Harmony, and Selfless Service.

**Healing:** The root/origin of the word “heal” is derived from the Anglo-Saxon word “haelen” which means to be, or become whole. Nurse theorist and researcher Janet F. Quinn PhD, RN, FAAN defines “healing” as the emergence of right relationship at one or more levels of the body-mind-spirit system. (1977, Quinn, J.)

Healing begins with the self and is a prerequisite for offering service to others. Healing in Action implies a process toward wholeness. What actions will engage to support wholeness for yourself, patients, community and planet?

## References:

- Anderson, J. G., Anselme, L., & Hart, L. K. (2024). *Foundations and Practice of Healing Touch*, 2nd Ed. Lakewood, CO: Healing Beyond Borders.
- Hahn, T.N., (2007). *The Art of Power*. Harper Collins. NY: NY.
- Hawkins, D.R. (1995). *Power vs. Force*. Hay House, Inc. NY: NY.
- Joy, B. (1979). *Joy’s Way: A map for the transformational journey*. Putman, NY: Jeremy P. Tarcher.
- Quinn, J. “Healing: A Model for an Integrative Health Care System,” *Advanced Practice Nursing Quarterly* 3, no. 1 (1997): 1-7.

## 2025 Conference Program Committee

Lisa Anselme BLS, RN, HN-BC, CHTP/I; Gina Bondurant RN, BSN, CHTP/I; Donna Henry RN, MSN, LMT, AHN-BC, CHTP;  
Christine Stewart MSN, RN, CCRN, CHTP/I, RSCP; Christa Voorn RN, BScN, CHTP/I  
2025 Conference Logo Design by Cat Miller BFA



# Conference at a Glance - Schedule of Events

\*Subject to Change

## PRE-CONFERENCE

**THURSDAY MORNING September 4, 2025**

### Instructor & Leadership Meeting

9:00am - 1:00pm Instructor & Leadership Meeting (PC 1)  
(CHTIs, Instructors-in-Training only)  
(Networking Lunch Included)

**THURSDAY AFTERNOON September 4, 2025**

### Half Day Afternoon Workshop Bundle

*Must Select 1 from each time slot*

1:00pm - 3:00pm (PC 2) (PC 3) (PC 4) (2.0 hr)  
3:30pm - 5:00pm (PC 5) (PC 6) (PC 7) (1.5 hr)

**Exhibitor Hall** will be open:

Thursday, September 4 10:00am - 6:00pm  
Friday, September 5 7:00am - 7:00pm

### Healing Beyond Borders Business Report

Available during conference in the Members Only area of the Healing Beyond Borders website.

### Healing Room

Available for exchanges during select hours.  
Check with the Registration Desk for room assignments.

## GENERAL CONFERENCE

**Thursday, September 4, 2025**

10:00am - 6:00pm **Exhibit Hall Open**  
5:00pm - 6:00pm Meet & Greet Light Reception/View Exhibit Hall  
6:00pm - 6:30pm Welcome & Opening: HBB Board of Directors  
6:30pm - 7:30pm Pinning Ceremony: New CHTPs & CHTIs  
7:30pm - 8:30pm **Plenary: Standing in Our Power**

**Friday, September 5, 2025**

7:00am - 7:00pm **Exhibit Hall Open**  
7:00am - 8:00am **Morning Energy Activity** (ME 1, ME 3)  
7:00am - 8:15am Light Refreshments (not breakfast) in Exhibit Hall  
8:15am - 8:30am Announcements and Meditation  
8:30am - 10:00am **Plenary: Certainty and Inner Authority: Owning Your Space**  
10:00am - 10:30am Break. View Exhibit Hall  
10:30am - 12:00pm **Workshops** (FRI 1, 2, 3, 4, 5)  
12:00pm - 1:30pm Grab & Go Lunch, View Exhibit Hall, Self Care  
1:30pm - 3:00pm **Workshops** (FRI 6, 7, 8, 9)  
3:00pm - 3:30pm Break. View Exhibit Hall  
3:30pm - 5:00pm **Plenary: Kinship Medicine**  
5:00pm - 7:00pm View Exhibit Hall, Book Signing & Dinner on your own  
7:00pm - 9:00pm **Exhibitor Hall Dismantling**  
7:30pm - 9:00pm **Plenary: Movie - Into the Heart of the Mountain**

**Saturday, September 6, 2025**

7:00am - 8:00am **Morning Energy Activity** (ME 1, ME 3)  
8:50am - 9:00am Announcements and Meditation  
9:00am - 10:30am **Plenary: The Lived Experience of Women Healers**  
10:30am - 11:00am Break  
11:00am - 1:00pm **Plenary: Addressing Spiritual Emergence & Emergencies**  
1:00pm - 2:30pm Grab & Go Lunch, Self Care, Committees and Networking  
2:30pm - 5:00pm **Workshops** (SAT 1, 2, 3, 4)  
5:00pm - 6:00pm Break, Self Care, Networking  
6:00pm - 7:00pm Banquet with Cash Bar  
7:00pm - 8:30pm **Rhythms and Music including Sound Bath**

**Sunday, September 7, 2025**

7:00am - 8:00am **Morning Energy Activity** (ME 2, ME 3)  
7:45am - 8:00am Announcements and Meditation  
8:00am - 9:30am **Workshops** (SUN 1, 2, 3, 4)  
9:30am - 10:00am Light Refreshment Break  
10:00am - 12:00pm **Plenary: Rehumanize Humans in Human Services**  
12:00pm - 12:30pm Closing & Gratitude

### Registration / Information

Thursday, September 4 8:30 am - 6:00 pm  
Friday, September 5 8:00 am - 6:00 pm  
Saturday, September 6 8:00 am - 12:00pm; 2:00pm - 6:00pm  
Sunday, September 7 8:00 am - 1:00pm



# Thursday Afternoon Pre-Conference Presenters

**\*\*Optional. Additional Fee Required. Must Select Two: One from Each Group**

## Group One - 2.0 contact hours

### PC2: Alignment for Healing

MARY SZCZEPANSKI MS, RN, CHTP/I



Mary Szczepanski worked in nursing in psych/mental health, addictions treatment, education, and holistic practice. She has been a Certified Healing Touch Practitioner and Instructor since 1993. She has taught Healing Touch in 11 states and several countries.

Mary served on the certification board for Healing Touch and the instructor advancement committee. Her private practice in Juneau Alaska offers Healing Touch treatments and guided imagery, and energy related classes. Her three books related to healing are: *Energy Healing: Reflections on a Journey* (non-fiction), *Strands* (futuristic fiction) and *A Path of Healing* (YA fiction).

### PC3: Integrating Healing Touch into Main Stream Health Care

DAVID RABINOWITSCH DNP, RN, AHN-BC, CHTP/I, CNE, SGAHN



David Rabinowitsch has been a nurse for over 35 and a CHTI for 25 years. He is an Associate Professor of Nursing at York College of CUNY. He incorporates Healing Touch in every day "mainstream" health care. David has shared the gifts of holistic health and Healing Touch around the world.

and



LYNN LEMERE BSN, RN, CHTP/I

Lynn LeMere has been a nurse over 30 years and is currently working at TRIA Orthopedics. She has worked in a variety of hospital settings and has worked in Hospice. Blending Healing Touch techniques into her nursing practice restored her passion for nursing and tied into holistic nursing practices, she learned at the University of Wisconsin Milwaukee. This passion motivated her to become a CHTI.

### PC4: Amygdala Connection and Bowl of Love

BONNIE JOHNSON MS, RN, CHTP/I

Bonnie Johnson is a Registered Nurse, Certified Healing Touch Practitioner and Instructor, Certified Holistic Nurse and Master's prepared Child Development Specialist. She has over 60 years



of experience in nursing, counseling and educating adults and children. She serves on the Healing Beyond Borders Professional Development Committee. For the past 35 years, she has had a holistic nursing practice in Nashville, Tennessee. Bonnie's philosophy of healing, which she lives and teaches, is that as we heal we are helping to heal others and the earth. She extends her healing efforts toward

the earth by planting and protecting trees. An avid gardener of native plants and trees, Bonnie has created a haven for birds and wildlife at her Tennessee home. In addition, she is the published author of numerous healing techniques and the text, *Three Turns of a Kaleidoscope: Healing the Victim Within* (2008).

## Group Two - 1.5 contact hours

### PC5: Rewiring Wealth: How Healing the Nervous System Creates Financial Freedom



ROSELYN PÉREZ CASIANO LCSW, MSW, NFEC

Roselyn Pérez Casiano is a licensed clinical social worker, financial literacy educator, and holistic wealth coach with over 15 years of experience in trauma, behavioral health, and financial empowerment. She specializes in helping individuals rewire

their nervous system's response to financial stress, shifting from survival-based habits to empowered decision-making. Through her work with high-performing professionals, entrepreneurs, and diverse populations, she bridges the gap between emotional regulation and financial well-being. As a speaker and educator, she delivers transformative insights on financial empowerment, nervous system regulation, and sustainable success, guiding audiences toward greater abundance, confidence, and holistic well-being.

### PC6: The Healing Power of Zentangle: A Meditative Creative Practice

BONNIE PAULSEN DNP, RN, CHTP



Dr. Paulsen has been a nurse for over 30 years. Most of her career has been in Community Health Nursing, working to make individuals and communities healthier. She received her Doctorate in Transcultural Nursing from Augsburg University. Dr. Paulsen is a Registered Nurse and licensed to practice in the State of Minnesota. Dr. Paulsen has been interested in and using

Energy Medicine since the 1990's. She currently practices Healing Touch in private practice in the Twin Cities Metro area and distance healing.

# Thursday Afternoon Pre-Conference Presenters

**\*\*Optional. Additional Fee Required. Must Select Two: One from Each Group**

Group Two cont.- 1.5 contact hours

## PC7: Barriers and Facilitators to Integration of Healing Touch in Healthcare Organizations



CHRISTA VOORN RN, BScN, CHTP/I, MSc student

Christa Voorn has worked internationally as a nurse for over 30 years. She uses non-pharmacological approaches, including Healing Touch, at her workplace, Erasmus

MC-Sophia Children's Hospital, Rotterdam, the Netherlands. She is a guest teacher for complementary methods at Erasmus Academy, a co-founder of Healing Touch Benelux, and has a private Healing Touch practice.

Christa has served as Secretary and is currently serving as Vice President on the Healing Beyond Borders Board of Directors.

## THURSDAY / FRIDAY Plenary Presenters

### THU Keynote: Standing in Our Power

CHRISTINE STEWART MSN, RN, CCRN, CHTP/I, RSCP



Christine discovered Healing Touch as a new nurse, when she recognized there was something missing in the care provided to her cardiac ICU patients. She attended her first Healing Touch class in April 2008 and knew this was the missing piece in patient care. Christine's passion for integrative therapies lead to certifications as a Certified Healing Touch Practitioner and Instructor, certification

in Mind-Body Medicine and Stress Management, and licensure as a Spiritual Practitioner. Christine is passionate about sharing this heart-centered healing modality with care providers, patients, families, and students. Christine has been recognized for her work with Healing Touch in the hospital setting and has been a featured keynote speaker at national conferences. She has served as the Secretary, Vice President and currently serves as the President on the Healing Beyond Borders Board of Directors.

### FRI Plenary: Certainty and Inner Authority: Owning Your Space

STACY JANE KLUCK L.Ac, Diplomate OM, CHTP, CST-T, LMT



Stacy Jane is a Licensed Acupuncturist, Certified Craniosacral Therapist, Certified Healing Touch Practitioner, Clairvoyant, Animal Communicator, and Chinese Herbalist, living in Austin Texas. Prior to pursuing Holistic Healing, Stacy received undergraduate degrees in Dance and Photography. Stacy Jane is fascinated by life and people. She finds constant joy and amusement in the absurd experience of being a human.

Stacy Jane's favorite things include: re-framing perspectives, learning, dancing, writing, tattoos, meditation, improv comedy, healing work, photography, putting the pedal down in her Dodge

Challenger, music at top volume, hugs, watching her cats wrestle, and laughing as loud and often as possible.

### FRI Plenary: Kinship Medicine: How Relationship Fosters Healing



WENDY JOHNSON MD, MPH

Wendy Johnson is a double-board-certified Family and Addiction Medicine physician, community activist, and author whose career includes stints scaling up HIV treatment in Mozambique; overseeing an urban public health department in Cleveland, Ohio; and directing a community clinic in Santa Fe, New Mexico. She currently practices in

Northern New Mexico for El Centro Family Health. She completed medical school at The Ohio State University, received her Masters in Public Health from Johns Hopkins University and holds faculty appointments at the University of Washington Department of Global Health and the University of New Mexico Department of Family and Community Medicine. Dr. Johnson has been a vocal activist on many progressive issues both locally and globally and is a two-time TEDx speaker. Her first book, *Kinship Medicine: Cultivating Interdependence to Heal the Earth and Ourselves* was released earlier this year.

### FRI Plenary: Into the Heart of the Mountain

LISA C. ANSELME BLS, RN, HN-BC, CHTP/I



Lisa Anselme is a Registered Nurse of 45+ years, a long-time consultant to health care facilities in integrative health, and the Executive Director for Healing Beyond Borders (HBB). Lisa holds a Bachelor's degree in liberal studies from the University of Iowa and pursued graduate coursework in Biomedical Ethics. She has co-taught biomedical ethics to Iowa medical students

# THURSDAY / FRIDAY Plenary Presenters cont.

under the tutelage of bioethicist Dr. Robert Wier, held certification as an ABTC Clinical Transplant Coordinator while in her role as a Nurse Clinical Specialist in Pediatric Nephrology, and served on panels for ethical decision making at the University of Iowa. She has expertise in the clinical areas of pediatrics, nephrology, and transplantation, and was part of the University of Iowa team in the national RCT, "Modification of Diet in Renal Disease", and co-investigator in the N. American Pediatric Renal Trials and Collaborative Studies. Lisa teaches Biomedical Ethics in Integrative Health and Healing Touch Courses at Red Rocks College, Denver, CO.

A Certified Healing Touch Practitioner and Instructor for 29 years, Lisa teaches all courses of the HTI Healing Touch Certificate Program within the USA and internationally and is an Instructor Trainer. She is an AHNCC Certified Holistic Nurse for 28+ years,

a Usui Reiki practitioner/teacher for 35+ years, and a long time Qi Gong practitioner and Jin Ki Do practitioner through the lineage of Ven. Seiji Takamori and Dr. Ranga J. Premaratne since 2001. Lisa has published in professional health care journals and presented widely to both professional and lay audiences. She is editor of HBB's quarterly publication *Perspectives in Healing*, co-author of *Healing Touch: Enhancing Life through Energy Therapy* (2014) with Diane Wardell and Sue Kagel, and co-author with Laura Hart and Joel Anderson of *Foundations and Practice of Healing Touch* 1st (2017) and 2<sup>nd</sup> editions (2024). She is Past President and co-founder of LifeSpark Cancer Resources and Energy Partners program (Denver) and serves on the Practitioners Council of the Consciousness and Healing Initiative (CHI). Lisa maintains a private practice in Holistic Nursing and Energy Therapies in Lakewood, CO.

## FRIDAY Workshop Presenters

### FRI 1: The Lived Experience of Empowering Holistic Nursing Students: Unfolding the Art and Science of Healing

JOYCE BERYL PERKINS PHD, MS, MA, RN, AHN-BC, CHTP, RMP-T, ACE-GFI, SGAHN



Dr. Perkins is a Professor at St. Catherine University in St. Paul, MN. She trained in Psych/Mental Health Nursing (University of Minnesota; Mayo Clinic, Rochester) and completed her PhD at the University of Colorado. She is AHN-BC with certifications in Healing Touch, Reiki, Qigong and Group Fitness Training. She has served on the Board of Directors for the Society of Rogerian Scholars and is Chair of the Education Committee for the Global Academy of Holistic Nursing (GAHN). She is a postdoctoral senior scholar of Watson's Caring Science Institute. Her expertise includes the development of a Unitary Human Caring Science.

and

CYNTHIA LEE DOLS FINN DNP, MN, RN, PHN, AHN-BC



Cynthia, a Professor at St. Catherine University in the School of Nursing, assisted in the development of a holistically endorsed BSN prelicensure curriculum. With a passion for integrating mind, body, and spirit into healthcare, she designs courses that emphasize holistic approaches to patient care. Cynthia advocates for self-care practices among student nurses, promoting mindfulness, stress reduction, and wellness techniques to enhance well-being. Through her work, she aims to empower future nurses to foster healing environments that honor the whole person. She presents locally, regionally, and nationally on holistic nursing, holistic nursing curriculum, and healthy work environments.

### FRI 2: The Healing Frequencies of Music



TAMI BRIGGS Therapeutic Harpist

Tami Briggs is a therapeutic harpist. After receiving her International Harp Therapy Program certification, she founded Musical Reflections located in Minneapolis, Minnesota, and played the harp at the hospital and hospice bedside for 25+ years. When the pandemic began in March 2020, her work evolved:

- Playing the harp for the world peace movement.
- Exploring distance healing and energy work with her harp.
- Developing expertise in vibrational healing using the harp.

She has produced 15 CDs for relaxation and written two books: *Grace Notes: Reflections on the Harp and Healing* (2002) and *Women as Healers: Voices of Vibrancy* (2009).

### FRI 3: Explore Azul Embodied Awakening: Enjoy moving the body with loving presence and grounded power

ROBERTA BROWN BSN, RN, CHTP/II, Sound Healer, Azul Conscious Movement Teacher



Roberta Brown, has 48 years of a variety of clinical nursing and Integrative Medicine experience. She discovered her passion was in learning preventative and holistic healing therapies. Roberta is a Registered Nurse, Certified Healing Touch Practitioner and

Instructor, and recently retired after twenty years of service as the Healing Touch volunteer and Integrative Medicine coordinator at Greenwich Hospital in CT. She trained the volunteers and managed their schedules. Roberta shares soothing sound healing instruments during group relaxation meditations. She creates playlists and teaches Azul conscious movement classes. Roberta maintains a holistic practice offering relaxing healing therapies in Greenwich, CT.

# FRIDAY Workshop Presenters

## **FRI 4: Compassionate Healing Touch for Patients Experiencing Depression**

MARY G. O'NEILL RN, CHTP/I



Mary G. O'Neill is a Certified Healing Touch Practitioner and Instructor in private practice since 1998. She has offered Healing Touch to patients in hospital settings, Cancer Centers and drug rehabilitation inpatient units. Mary has served in leadership roles with Healing Touch St. Louis and is Past President of Healing Beyond Borders. She is an experienced and inspiring presenter on Healing Touch, spirituality, wellness and self-care. Mary is a holistic nurse, compassionate healer, mentor, teacher, and visionary leader.

## **FRI 5: Standing in your power: Sharing and teaching Healing Touch out into your world.**

SUE KAGEL RN, BSN, HNB-BC, CHTP/I

(See page 11 Morning Energy Activity Presenters)

*and*

MARY J. FROST RN, MS, CHTP, CHTI, HNB-BC, Ret.



Mary has been teaching Healing Touch for 33 years across the country and internationally, served the Northshore of New Orleans as medical and hospice nurse, and teaches Trauma care to individuals and healthcare professionals. She maintains an independent practice in Healing Touch, and other Holistic Therapies. Her passion for this work has led to frequent international service, most recently in South Africa. She believes that compassion and caring touch can open the doorway for restoration of body, mind and Spirit. Mary volunteers with several non-profit organizations including Healing Beyond Borders, The Council for Healing and the Covington Community.

## **FRI 6: Sacred Geometry and Sri Yantra Healing**

RAUNI PRITTINEN KING MIH, BSN, RN, HNB-BC, CHTP/I



Rauni Prittinen King RN, MIH is the co-founder and executive director of Guarneri Integrative Health, Inc. at Pacific Pearl La Jolla, California, USA, an internationally renowned Integrative Medicine center. She is a director and coordinator of national and international holistic and Integrative Medicine conferences for physicians, nurses, and

other healthcare providers. Rauni is the co-founder and president of Miraglo Foundation, a non-profit 501c3 public charity. She has over 20 years of experience in critical care nursing, co-founded Scripps Center for Integrative Medicine in La Jolla, California, and has served on the Board of Directors for the Academy of Integrative

Health and Medicine (AIHM), Healing Beyond Borders (HTI) and currently the Consciousness and Healing Initiative (CHI). Certified in holistic nursing, hypnotherapy and interior design, Rauni also is a Certified Healing Touch Practitioner and Instructor. She started Healing Touch at Scripps Hospitals in 1993 and has been the lead instructor for the Greater Los Angeles Veterans Administration (VA) Healthcare System. She has been teaching Healing Touch in Europe, India and throughout North America and her native Finland.

Rauni received the Trailblazer Award from the Scripps Health Foundation and the Change Maker award from the Academy of Integrative Health and Medicine. She has been honored for her work in Southern India by Project Concern International. Rauni has published in peer reviewed journals. She holds a BSN from Arizona State University, and Master's in Integrative Health from National University. Rauni is a member of the American Holistic Nurses Association, Healing Beyond Borders and Academy of Integrative Health & Medicine. Rauni integrates holistic practices with conventional medicine, creates healing environments and sees herself as a bridge in this process.

*and*

ANNE DAY BSN, MA, HNB-BC, CHTP/I



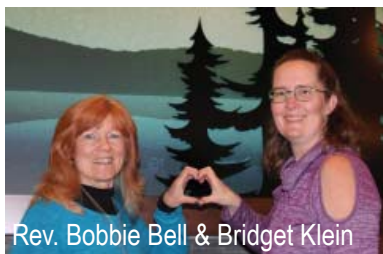
Anne Day has been a visionary in helping to build two holistic health centers in Lakewood, Colorado. She is a past President and Charter Member of Healing Touch International, (now dba Healing Beyond Borders) and was a member of the Board of Directors for over 8 years. Anne has been a member of the American Holistic Nurses Association since 1988. She founded Healing

Touch Hawaii in 1996 and is actively teaching and supporting HT classes in Hawaii, as well as classes on the mainland of the US, and internationally. She has been a lead instructor for Healing Touch since 1990, teaching Courses 1 – 5, and assisted Janet Mentgen in the development of the coursework for the Practitioner levels of Healing Touch.

Anne has over 40 years experience as a holistic nurse and health educator. She has a Bachelors Science in Nursing from the University of Minnesota School of Nursing, a Masters of Arts in Health and Wellness from Boulder Graduate School, is a Certified Healing Touch Practitioner and Instructor, Certified Holistic Nurse, Massage Therapist, Certified Journal Instructor, and a recognized speaker and leader in the areas of healing, holism, journaling and presence. Anne is dedicated to bringing Healing Touch and other integrative therapies into mainstream health care. She is passionate about teaching others to connect with their inner healing potential. Anne is dedicated to bringing Healing Touch and other integrative therapies into mainstream health care. She is passionate about teaching others to connect with their inner healing potential. Her private practice in San Diego includes Healing Touch, therapeutic massage, wellness counseling, and guided imagery for healing.

# FRIDAY Workshop Presenters

## FRI 7: Evaluation of Healing Touch's Effect on Coronary Artery Bypass Grafting (CABG) Recovery: A Randomized Controlled Trial



BRIDGET KLEIN BSN, RN, CV-BC, CHTP

Bridget Klein is a certified Cardiac and Vascular nurse and is also a Certified Healing Touch Practitioner with Healing Beyond Borders. She has

worked as a Registered Nurse caring for cardiac patients, including CABG patients, since 2008 at the St. Cloud Hospital in MN.

*and*

### REV. BOBBI BELL MDiv, CHTP

Rev. Bobbi Bell received a MDiv from Luther Seminary in 2007, and is a Lutheran pastor and Disneyphile who believes in God's revealed presence. She was an elementary and special education teacher utilizing energetic techniques with students and athletes while coaching sports and academic enrichment programs. Bobbi has attended the St. Cloud, MN Citizen's Police Academy, Soul Injury, Pandemic Preparedness, EMDR conferences and more! A lifelong learner, she relishes the exploration and discovery of connections and relationships. Bobbi has been practicing Healing Touch and Healing Touch for animals since 2015, becoming a Pet Partners Therapy Team in 2018 and CHTP in 2021. Healing Touch has blessed her! She is a Healing Touch volunteer at CentraCare.

## FRI 8: Your Presence Is Enough: The Energetics of Self-Worth and Sacred Healing Presence

### SHARON WACKS RN, BSN, ThetaHealing® Certificate of Science Instructor



Sharon Wacks is a holistic nurse, intuitive healing guide, and author of *Align & Shine*. With over 15 years of experience in vibrational healing, she supports fellow healing professionals in reclaiming self-worth, reconnecting to their authentic voice, and embodying inner peace — regardless of external circumstances. A former

Certified Healing Touch Practitioner and current ThetaHealing® Certificate of Science Instructor, Sharon gently reminds others: Your presence is enough.

## FRI 9: Public Health & Planetary Wellness: Integrating Greenspace for Climate-Resilient Healing in Practice and Policy

### CAROL ZIEGLER DNP, FNP-C



Carol Ziegler is a Professor of Nursing and a certified Family Nurse Practitioner and Advanced Practice Holistic Nurse. She is founder of the Planetary Health Policy Innovation Lab and serves on the Metro Nashville Board of Health, the Tennessee Urban Forestry Council and the Lancet

Commission Countdown on Climate and Health. Apart from her involvement in nursing education, practice, and entrepreneurship, she collaborates with community-based agencies and businesses to advocate for and implement policies and practices promoting planetary health and climate justice and works to channel funds to front line community-based organizations.

*and*

### RANDALL SMITH DNP, FNP-BC



Mr. Randy Smith is a Board Certified Family Nurse Practitioner by the American Nurses Credentialing Center and licensed by the state of Tennessee to provide family-centered healthcare to patients of all ages. His scope of practice encompasses health promotion, disease prevention, diagnosis and management of common and complex health care problems

beginning in childhood and continuing through the aging process.

## Healing Beyond Borders Core Values



Integrity



Heart-Centeredness



Respect of Self and Others



Self Care



Service



Community



Unconditional Love

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# SATURDAY / SUNDAY Plenary Presenters

## SAT Plenary: The Lived Experience of Women Healers

CAROL GEISLER PhD, RN



Carol has been teaching and serving as the Research Coordinator in the Master of Arts in Holistic Health Studies St. Catherine University since 2004 and has guided over 250 graduate students in completing a master's thesis of their own choosing. Personally, she has been interested in the interconnections between mind, body, and spirit since she was a young child. Her life journey has taken her on an interesting and ever-evolving path where she has studied nursing, counseling, psychology, spirituality, energy healing, plants as medicine, soul purpose, ritual, death & dying, meditation, collaboration, and research as part of her own lifelong integrative health journey.

*and*

JANET MARINELLI MS



Janet Marinelli is Assistant Professor, and grateful to teach in the Master of Arts in Holistic Health Studies Program at St. Catherine University; she has been doing so since its creation in 2004. A highlight of her teaching career has been to lead the early collaborative development of curriculum. She has many interests, as her students do,

including spirituality, energy healing, the arts and healing, women and myth, and Jungian psychology. The overarching theme for her teaching is transformative process, and it is a joy for her to work with students as we explore at the edge of knowing.

## SAT Plenary: Addressing Spiritual Emergence and Emergencies

KERRI HUSMAN MD, FAPA, CHTP



Dr. Kerri Husman is a holistic psychiatrist, practicing psychiatry since 2002 after completing residency and fellowship at the University of Iowa, with extensive training including certifications in many modalities in energy psychology, psychedelic-assisted therapy, healing touch, core shamanism, breathwork,

health coaching, and more. She also offers coaching and healing services, emphasizing a clear boundary between serving psychiatric patients and coaching and wellness clients. Dr. Husman currently serves as the president of the Association for Comprehensive Energy Psychology, an international organization devoted to utilizing the subtle energy field and centers to support the treatment of trauma and other mental health needs.

Kerri provides outpatient integrative psychiatrist incorporating medication management, psychotherapy using energy psychology methods, hypnosis, breathwork, ketamine and Spravato administration with psychedelic-assisted psychotherapy at Vitality Psychiatry, P.C.. Her practice focus is on trauma, pain, spiritual emergence and emergencies, functional neurologic disorders, and treatment of resistant conditions.

## SUN Plenary Endnote: Rehumanize Humans in Human Service: Dismantling Dehumanization in Systems of Care

NEERJA SINGH PhD, LICSW, LADC



Neerja Singh is a Bush Fellow and public servant with over 20 years of experience in behavioral health, policy, and systems reform. She is the Area Manager for Children's Mental Health in Hennepin County, MN, and teaches trauma-focused social work at the University of St. Thomas. An immigrant woman of color

and civic engagement scholar, Neerja leads with a healing-centered, equity-driven approach. Her work bridges personal experience and public leadership to challenge dehumanizing practices and reimagine care systems rooted in authenticity, justice, and dignity.



# Saturday Evening Banquet

Rhythms and Music including Sound Bath

*Michele McNiff and Sherry Strand*

7:00 pm - 8:30 pm September 6, 2025 - *all General Conference attendees*

## MICHELE MCNIFF RN, MSN, HEALTH & WELLNESS NURSE COACH



Michele McNiff is a Board-Certified Health & Wellness Nurse Coach and Advanced Holistic Nurse (AHNCC) with over 30 years of experience in critical care, integrative wellness, and energy-based healing. Michele blends clinical expertise with a whole-person approach, offering personalized Health & Wellness Coaching informed by advanced training through the Integrative Nurse Coach Academy in partnership with the Institute for Functional Medicine.

Michele began her Healing Touch® journey in the late 1900s at Scripps and completed her Advanced Holistic Nursing internship at Pacific Pearl La Jolla. As a Sound Ambassador with

Sacred Sound of the Soul in Encinitas, CA, and Sedona, AZ, she has trained with renowned sound healing mentors including Sylvia Nakkach, Wah! Devi, and Christine Stevens.

Michele currently serves as the Lead Nurse Care Navigator for CalVEBA and provides continuing education through the American Holistic Nurses Association. She is also a Yoga Alliance Certified Education Provider (YACEP). As the founder of Blue Heron Holistic Inc., Michele offers private sessions, group support, and education, blending science with the sacred to foster resilience, restore balance, and support a more peaceful world.

## SHERRY STRAND RN, HOLISTIC HEALTH PRACTITIONER, USUI REIKI MASTER, HEALTHRHYTHMS FACILITATOR, VIBRATIONAL/SOUND HEALER

Sherry Strand is a rare integration of ancient wisdom and modern science. She is the founder of Create Wholeness, offering wellness for the mind, emotions, spirit, heart & soul. With over 35 years of experience in health care, she holds a certificate in Holistic Health Studies from St. Catherine University, is a Usui Reiki Master, a Course 4 Healing Touch student and has over 25 years performing and playing percussion. Sherry is a certified

HealthRhythms Facilitator and offers individual and group work for people and animals utilizing a blend of her own embodied practices based on foundational studies of QiGong, Tai Chi and integrative sound healing. She recently completed a study in the Amazon with a last of lineage Peruvian shaman, learning more about indigenous healing tools. Her studio is located within Wholehearted Healing in Stillwater, MN.



# SATURDAY Workshop Presenters

## SAT 1: Standing in Our Power to Heal Viral Illnesses

BONNIE JOHNSON RN, MS, HN-BC, CHTP/I

(See page 4, Pre-Conference Bio)

and

GERALDINE KERNS HARTMAYER RN, BS, CHTP/I



Geraldine Kerns Hartmayer is a Registered Nurse and Certified Healing Touch Practitioner and Instructor. She has enjoyed over 50 years of experience in Nursing, educating adults and facilitating women's groups for spiritual enrichment and fun. An ordained minister and graduate of Rosalyn Bruyere's Crucible program. Gery has maintained a holistic nursing practice in Newburgh, Indiana for almost 20 years, which extends to hospitals and women shelters. Honored to have taught Healing Touch and energy concepts, nationally and internationally, her hope is to empower those she teaches and cares for, to STAND IN THEIR POWER with support and love.

## SAT 2: Reflection Creates Trust: The Power of Self-Insight and Transformation in Healing Touch

WILMA BIJL BSN, RN, CHTP/I



Wilma is a nurse and expert in integrative care. With more than 25 years of experience in both mainstream and integrative care, she focuses on Healing Touch and energetic work. She is the founder of the Integrative Care Course Center and chair of the Integrative Care Academy, where she trains healthcare professionals in combining standard and complementary interventions. In 2025, together with Nancy Strybol and Aart Eliens, she published the book *Integrative Nursing, a practical and scientifically based handbook for future-oriented nursing care* (2025). Wilma is known for her holistic approach and her motto: "Integrative care is the power of simplicity".

and

NANCY STRYBOL BSN, RN, MS, CHTP/I



Nancy Strybol is a Bachelor of Nursing, Masters Social Scientist, and Certified Healing Touch Practitioner and Instructor. She worked in various departments in general and academic hospitals and was Head of Training and Quality at the OLVG. She developed curricula, taught nursing science

and was editor of *Effective Nursing*, among other things. Within V&VN Complementary Care, she fulfilled key roles and co-wrote guidelines for case studies. In 2011, she founded the Academy of Integrative Care together with Wilma Bijl. She runs the practice Feel your Energy and published the book *Integrative Nursing* with Wilma Bijl and Aart Eliens in 2025.

## SAT 3 Neurosensitives: When Their Superpowers Can Be Dysregulating (ADHD, ASD, TBI, Anxiety, PTSD)

JUDY LIPSON MA, LPC



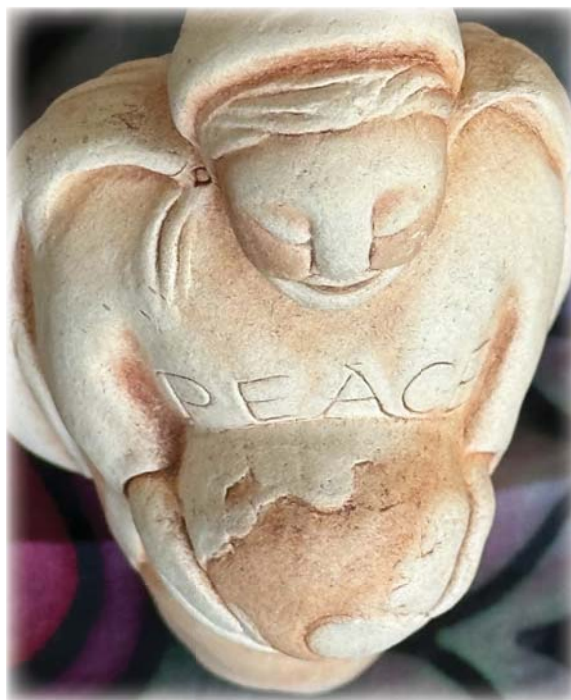
Judy Lipson is a Licensed Professional Counselor and former special educator who began her private practice, Spiral Wisdom LLC, in 2002 to work with kids and adults of all ages who are Sensitives (highly attuned to the five senses, energy, intuition, and empathy). These individuals are frequently described as having ADHD, anxiety, and/or autism.

She is a writer, speaker, clinician, and educational consultant who teaches about metaphysics, transformation, and how to engage the gifts of being a Sensitive, while minimizing the challenges that so many experience in this lifetime.

## SAT 4: SUN 4: Marmas, Meridians, Mudras and Nadis! Oh My!

LISA C. ANSELME BLS, RN, HN-BC, CHTP/I

(See page 5, FRI Plenary Bio)



# SUNDAY Workshop Presenters

## SUN 1: Healing Art: A Creative Approach to Open your Chakras

KATHY ANDERSON BSW, CHTP



Kathy Anderson is a mostly retired Hospice Social Worker (still works one day a week), a Certified Healing Touch Practitioner since 2017, and a lover of Process Art. Throughout Kathy's 37 year career as a medical social worker at Augusta Health, she has facilitated art with groups and individuals. She has been in charge of arts and crafts at our grief camp, Camp Dragonfly, for over 20 years which included facilitating arts and crafts for up to 100 children and an equal number of volunteers, used art as a tool for legacy building and grief support with pediatric patients and their families, facilitated art in a family grief group and also used it in individual bereavement sessions to help with anxiety. Art is her passion, her go to source for healing. Kathy resides in Waynesboro, Virginia.

## SUN 2: Caring for First Responders and Communities During Crisis Events

LINDA GARROW MSN, MEd, RN-BC, CHTP

Linda holds a Bachelors Science in Botany from the University of Wisconsin, a Masters in Education from National Louis University, and Masters Science in Nursing from the University of Phoenix, Certified Healing Touch Practitioner, She serves as a Health Promotion Disease Prevention program Manager at the Tibor Rubin Long Beach Veterans Health Care Administration. She provides a weekly drop-in clinic of Healing Touch for Veterans and offers weekly sessions to staff for well-being. Linda co-organized a team of 10 trained Healing touch providers to offer treatments to staff at Huntington Hospital in Pasadena during the recent Los Angeles wildfires.

*and*

KATHERINE KADRLIK PETRARCA MSN-CNL, BSN, RN, CHTP

Katherine holds a Bachelors in Nursing from the University of California, Los Angeles, a Masters in Nursing from the University of San Francisco, and is a Certified Healing Touch Practitioner. She is the Case Conference and Psychosocial Coordinator, Cancer Program at the Tibor Rubin Long Beach Veterans Health Care Administration and has participated in hospital wide events to offer Healing Touch to Veterans and staff. Katherine co-organized a team of 10 trained Healing touch providers to offer treatments to staff at Huntington Hospital in Pasadena during the recent Los Angeles wildfires.

## SUN 3: Finding your power through self-care. Exploring approaches and efficacy through biofield research.

SUZANNE M. HESS PhD, CHTP

Sue Hess is an HRI Scientist and Assistant Professor at Roswell



Park Comprehensive Cancer Center in Buffalo, NY. She is a Certified Healing Touch Practitioner since 2005 and a Course I Healing Touch (HT) Instructor in Training with Healing Beyond Borders (HBB), practicing biofield therapies 20+ years. She is currently Chair of the HBB research committee and Research Director. Sue continues to present HT at Grief and Survivorship workshops sponsored by Roswell Park, as a presenter at regional AHNA self-care workshops, and within the community. Sue helps to develop HT research projects and programs across the United States.

## SUN 4: Healing Beyond Borders Group Read: To Show Another Way

LISA C. ANSELME BLS, RN, HN-BC, CHTP/I  
(See page 5, FRI Plenary Bio)

*and*

JOEL G. ANDERSON PHD, CHTP, FGSA



Joel G. Anderson, PhD, CHTP, FGSA, is a Professor in the College of Nursing at the University of Tennessee-Knoxville (UTK). He holds a Doctor of Philosophy Degree in Nutrition from the University of North Carolina-Greensboro (UNCG), a Bachelor of Science Degree in Biology from the University of North Carolina-Wilmington, a certificate in Advanced Clinical Dementia Practice from the University of Michigan, and a certificate in Inclusive Teaching from UTK. Joel completed an NIH-funded postdoctoral research fellowship in the conduct of clinical research at the Center for the Study of Complementary and Alternative Therapies at the University of Virginia (UVA). He is an Honorary Associate Professor at the Centre for Age-Related Medicine in Stavanger, Norway.

Joel's research program focuses on supporting caregivers of people living with dementia. This focus includes exploration of the psychosocial impacts of caregiving to develop strategies to alleviate caregiver strain and improve quality of life. He currently leads several studies to examine quality of life in dementia caregiving, including the use of digital health resources and the unique needs of LGBTQIA+ caregivers and older adults. Joel has received funding from the National Institute on Aging, the RRF Foundation for Aging, the Pat Summitt Foundation, and the British Academy. He has published over 90 peer-reviewed articles in numerous academic journals, including *The Gerontologist*, *the Journal of Aging and Health*, and *Brain Research*, and co-author of both editions of *Foundations and Practice of Healing Touch* (2017, 2024). Joel is a member of the editorial boards of the *Journal of Family Nursing* and *Research in Gerontological Nursing*. He chairs the Gerontology Research and Scholarship Group and is a member of the Scholars Collective on Mortality at the Denbo Center for Humanities and the Arts at UTK.

Joel is an elected fellow of the Gerontological Society of America. He received the Innovative Contribution to Family Nursing Award

# SUNDAY Workshop Presenters

from the International Family Nursing Association (2021), the UTK College of Nursing Allison and Patrick Harrison Nursing Innovation Award (2020), the UTK LGBTQ Advocate Award in recognition of his contributions in promoting an inclusive campus environment (2023), and the 2025 Sands Family Faculty Endowment from the UTK College of Nursing. He has served as a peer reviewer for the National Institutes of Health, the Department of Defense Congressionally Directed Medical Research Program, the Dementia Australia Research Foundation, the Wellcome Trust, and the Singapore Ministry of Health. He is past

president of Healing Beyond Borders, and currently serves on the Board of Directors for the Carolina Aging Alliance and the Advisory Committee for the Aging Rainbow Coalition. For over two decades, Joel has been actively involved in efforts to support multicultural diversity, equity, and inclusion. Dedicated to inclusive teaching, Joel received the 2022 Open Education Resource Trailblazer Award from the UTK University Libraries and Student Government Association and the Outstanding PhD Faculty Award from the UTK College of Nursing in 2020 and 2023.

## Morning Energy Activity Presenters

ME 1: Yoga and ME 2: Chair Yoga

VICTORIA E. CORNELIUS MD, CHTP, RYT 200 HOURS



Victoria Cornelius is Board Certified in Pediatrics and Internal Medicine, and Adolescent Medicine, and currently serves as Adjunct Professor of Pediatrics, Division of Adolescent Medicine St. Louis University Health Science Center. Previous positions include Assistant Professor of Internal Medicine and Pediatrics (clinical track) St. Louis University Health Science Center, and Associate Program Director of Internal Medicine Program, University of Louisville, Louisville, KY, and Staff Physician and Educator in Emergency Medicine and Ambulatory Care, Newark Beth Israel Hospital (affiliated with UMDNJ). Victoria served on the Board of Directors of Healing Beyond Borders from 2016 through 2023.

Her experiences as a Certified Healing Touch Practitioner and a Yoga Instructor provide the base for energy treatments and movements to encourage wellness from within. She notes: "Healing Beyond Borders is an organization that brings this light and philosophy to the world. This organization offers a unique perspective. Our educational programs, certification, and conferences provide an anchoring community with that philosophy. The people, the mission, and the work continue to inspire me. And in giving, I have received. Thank you for the opportunity to contribute in this capacity."

### Yoga - ME 1 with Victoria Cornelius (Friday & Saturday Only - 7:00am - 8:00am)

We move our energy through both active and passive yoga poses and breath work. Each person will be guided in their own personal expression of such poses as Downward Dog, Child, and Dolphin. Curiously exploring the poses helps to bring mind, body, and spirit into harmony. Bring your towel or mat and appreciation for all efforts. Open to Beginning & Experienced Practitioners.



### Chair Yoga - ME 2 with Victoria Cornelius (Sunday Only - 7:00am - 8:00am)

Chair Yoga is a specific form of yoga as therapy developed by Lakshmi Voelker in 1982, practiced sitting on a chair, or standing using a chair for support. The poses are often adaptations of asanas in modern yoga as exercise. Open to Beginning & Experienced Practitioners.

ME 3 - 8 Pieces of Brocade Qi Gong and Neuro Reset

SUE KAGEL RN, BSN, HNB-BC, CHTP/I



Sue has been in nursing for over 40 years. She has taught and presented Healing Touch internationally and is now in private practice, having retired from a 25 year Healing Touch /holistic nursing practice at Canyon Ranch, Tucson, AZ During that time she presented weekly lectures on a variety of topics related to Healing Touch and Holistic-integrative approaches to healthy lifestyle. As adjunct faculty with Andrew Weil's Program at the Arizona Center of Integrative Medicine at the University of Arizona since 2001, she co-developed the online learning module "Energy Medicine – Discuss and Refer". A HTI Certified Instructor for over 24 years, she has been active in the community as a Past President and former Board Member of Healing Touch International/ Healing Beyond Borders, and former chair of the Professional Development Committee, introducing and creating virtual courses and classrooms, both supportive and online. She is co-author of *Healing Touch – Enhancing Life through Energy Therapy (2014)* with Diane Wardell and Lisa Anselme. Her goal now is to inspire new instructors to ripple our Healing Touch work out into the world.

## Morning Energy Activities

7:00am - 8:00am - FRI, SAT, SUN

September 5, 6, 7

*all general conference attendees*

*1 CE for each day*



### ME 3 - 8 Pieces of Brocade Qi Gong and Neuro Reset with Sue Kagel

(Friday, Saturday & Sunday - 7:00am - 8:00am)

Want to start your day on an even keel and maintain it? Join Sue Kagel for morning reset skills including gentle 8 Pieces of Brocade Qi Gong and several other neuro-reset techniques to move yourself into a calm sense of power, ready for action.

# Thursday September 4, 2025 Pre-Conference Workshops

\*Optional. Additional Fee Required.

## PC1: Instructor & Leadership Meeting

9:00 am - 1:00 pm Luncheon Included

(Instructors and Instructors-in-Training Only) (Additional Fee)

Moderator, *Caroline Niewenhous RN, BS, CHTP/I*; Members of the Healing Beyond Borders Instructor Training Committee

As instructors, we create the framework for the environment of the classroom. Indeed, we are the environment of the classroom. We impart the art of healing and healing touch to the next generation. This year's instructor and leadership meeting will include opening and welcome by members of the Instructor Training Committee, Updates, Discussion re: remote classes, and Clinical Simulation Group Work. We will be updating you, the instructors, with more details!

## SEPTEMBER 4, 2025 THURSDAY AFTERNOON BUNDLE

**Must Select Two: One from Each Group 1:00 pm - 5:00 pm**

GROUP ONE - 1:00 pm - 3:00 pm (Pick One)

### PC2: Alignment for Healing

*Mary Szczepanski MS, RN, CHTP/I*

In this workshop we will focus upon enhancing the healing ability of the patient as well as the practitioner and explore entering into alignment with Source Energy to allow for healing to be more powerful and immediate. We will discuss the work of David Hawking, Caroline Myss, and others within the context of spiritual evolution. Myss also describes the process of "Calling Your Spirit Back" when one hold on to hurts and resentments. David Hawking in Power vs. Force teaches the importance of how working to hold higher level virtues can lead to Enlightenment as well as counterbalancing negativity of those who resonate at lower vibrations. We will have the opportunity to identify sources of resistance to alignment, experience approaches for releasing resistance and sustaining a connection to Source energy, and practice 5 techniques to increase our capacity for Calling Our Spirit Back.

### PC3: Integrating Healing Touch into Main Stream Health Care

*David Rabinowitsch DNP, RN, AHN-BC, CHTP/I, CNE, SGAHN ;*

*Lynn LeMere BSN, RN, CHTP/I*

As Healing Touch Practitioners, we use energetic principles in everyday life. In addition to presencing and use of intention, we will share some modifications to standard Healing Touch techniques that take a fraction of the time. There will be opportunity for some sharing to collect the "tricks of the trade" for Healing Touch integration.

### PC4: Amygdala Connection and Bowl of Love

*Bonnie Johnson MS, RN, CHTP/I*

In this workshop, we will delve into the discovery and application of the Amygdala Connection technique, developed by Marty Rather and Bonnie Johnson, described in the Healing Touch Enhancing Life companion text. We will also explore the Bowl of Love, developed by Victoria Slater PhD RN, described in the Foundations of Healing Touch textbook, and its application in Traumatic Brain Injury and other clinical circumstances.

GROUP TWO - 3:30 pm - 5:00 pm (Pick One)

### PC5: Rewiring Wealth: How Healing the Nervous System Creates Financial Freedom

*Roselyn Pérez Casiano LCSW, MSW, NFEC*

Together, we will explore how financial stress impacts the nervous system contributing to burnout, decision fatigue, and emotional exhaustion. Through guided self-reflection, journaling, simple nervous system regulation exercises, and small group discussion, we will learn skills to regulate our response, acquire greater confidence in making financial and career decisions, reduce stress-driven behaviors, develop a personalized action plan, and improve well-being beyond traditional money management methods like budgeting and saving.

### PC6: The Healing Power of Zentangle: A Meditative Creative Practice

*Bonnie Paulsen DNP, RN, CHTP*

In our fast-paced world, full of stressors, we need activities to help our mental and emotional well-being. This workshop will explore the innovative art form of Zentangle as a meditative creative practice that promotes healing through mindfulness, self-expression and relaxation. Participants will not only learn about the art form but will engage in the practice of Zentangle, an easy-to-learn method of drawing structured patterns that fosters both creativity and presence, making it accessible to individuals of all artistic backgrounds.

### PC7: Barriers and facilitators to integration of Healing Touch in healthcare organizations

*Christa Voorn RN, BScN, CHTP/I, MSc student*

Implementation Science is the study of applying and integrating evidence-based interventions to inform practice and policy in healthcare settings and potentiate an impact on population health. Nursing has a rich history of advocating and implementing evidence-informed/based, non-pharmacological approaches. The use of Healing Touch encompasses a person-centered, holistic, whole person/system, and relationship-based focus to facilitate service user health outcomes. As international interest and utilization of complementary and integrative strategies continues to develop, standardizing safe and effective therapies, such as Healing Touch, allows practitioners to 'stand in their power' and demonstrate 'healing in action' throughout allopathic healthcare organizations.

# Thursday Opening

6:00 pm -7:30 pm - September 4, 2025 - all General Conference attendees  
2025 Healing Beyond Borders Board of Directors



T R A N S F E R R I N G   T H E   L I G H T   f r o m   P R E S I D E N T   T O   P R E S I D E N T

## Pinning Ceremony

*2025 Newly Certified Practitioners & Instructors*

CONGRATULATIONS TO OUR NEWLY CERTIFIED PRACTITIONERS  
& INSTRUCTORS! PINNING CEREMONY PARTICIPANTS TO BE ANNOUNCED!



## Thursday Opening Keynote

7:30 pm - 8:30 pm - September 4, 2025 - all General Conference attendees - 1 Contact Hour

**Standing in Our Power**

*Christine Stewart*

Opening remarks, musings, and inspirations from our current Board of Directors President. What does it mean to Stand in Our Power? As students, practitioners, instructors and community at large, being authentic and true to oneself, making decisions and acting with courage

and conviction, regardless of external pressures or expectations, honoring our internal compass and embracing and enacting our core values and attributes of the Heart, trusting your own intuition, while setting and enacting our intentions for the highest good.

## Friday Plenary

8:30 am - 10:00 am - September 5, 2025 - all General Conference attendees - 1.5 Contact Hours

### Certainty and Inner Authority: Owing Your Space

*Stacy Jane Kluck*

Healing begins with empowerment. When we establish seniority in our energy field and psychic centers, we stand in our power. Aligned with the flow of source, we develop certainty and trust in both life and in ourselves. Stacy Jane will offer a set of tools we can use to clear energy out of our space that is not ours and that is not in present time. We achieve a state of clarity and neutrality. We develop the capacity to meet others exactly as they are, with no agenda, no judgment, and no getting 'lit up'. We empower ourselves and acknowledge the innate power and wisdom in others. We bring in the rich, loving energy of the universe that is our deepest truth. Filled to the brim with love, fear drops away. We no longer worry about "absorbing" anyone's "negative" energy or "taking

anything on". In this state of true power, there is nothing to protect against. We stop trying to "keep others out". Instead, we become so filled with the loving energy of source, with the beautiful truth of our authentic selves, that we naturally begin to radiate it outward, shining on those we might have otherwise feared. In seniority, we stop looking to the external world for answers and validation. We know and trust ourselves. We learn to discern the difference between authentic desire and craving. When we stand in our power, we stop trying to control and manage others. We understand that if we are 'lit up' by something, it means we share the resonance of that energy. We take responsibility and clear that energy from our own space.

## Friday Plenary

3:30 pm - 5:00 pm - September 5, 2025 - all General Conference attendees - 1.5 Contact Hours

### Kinship Medicine: How Relationship Fosters Healing

*Wendy Johnson*

Western Medicine prioritizes technological interventions like medications or procedures over strong patient-provider relationships. Health professional educational programs focus almost entirely on those technologies and the scientific bases behind them. Students learn very little about the importance of compassionate, trusting relationships with patients or how to build those relationships. Many find that although

they have heard of the "biopsychosocial model" of healthcare, they graduate knowing very little about the "psychosocial" components. This talk will explore the power of relationship in healthcare and discuss actionable ways healthcare providers can build strong and lasting healing relationships with patients.

## Friday Plenary

7:30 pm - 9:00 pm - September 5, 2025 - all General Conference attendees - 1.5 Contact Hours

### Movie: Into the Heart of the Mountain

*Facilitator: Lisa C. Anselme*

Take the rare and extraordinary opportunity to walk beside Zen Buddhist priest and social activist Roshi Joan Halifax on her path to empower women and indigenous people. This visually magnificent and emotionally bracing documentary, directed and filmed by Annegré Bosman, charts an intimate pilgrimage with the Nomads Clinic—a team of Western, Nepali, and Tibetan healthcare workers—to deliver free medical care in the most remote regions of the Himalayas. Halifax, in her late 70s,

spends 28 days hiking arduous miles, sharing wisdom and practical guidance with her team, and fostering cultural and spiritual exchange with the communities they serve. She also turns directly to the camera to deliver hard truths about gender equality and the relatable "kind of wrath" awakened in her as she observes increasingly selfish and harmful behavior in our societies. Like Joan, the film inspires a desire for peace and a spur towards positive action through service, generosity, and fearlessness.



# Friday Morning Workshops

10:30 am - 12:00 pm - September 5, 2025 - all General Conference attendees

Select One - 1.5 Contact Hours

## **FRI 1: The Lived Experience of Empowering Holistic Nursing Students: Unfolding the Art and Science of Healing**

*Joyce Beryl Perkins PhD, MS, MA, RN, AHN-BC, CHTP, RMP-T, ACE-GFI, SGAHN; Cynthia Lee Dols Finn DNP, MN, RN, PHN, AHN-BC*

This presentation brings to light the lived experience of two nursing professors as they distill the dynamic process of teaching/learning the art and science of healing with their students. Highlighting the journey of empowering new caregivers, they share with you the attitudes, tools and practices that shape the space of unfolding care and compassion in everyday moments. Learn the practices and mindset of a holistically endorsed BSN nursing program along with intention and experiential practices to open yourself to your highest possibilities, or best self. Learning to access your best self is unpacked via the caritas processes, caring attributes/modes of being, ways of knowing, expanding consciousness and awareness of possibilities found in every moment. Learn to sort/order all levels and kinds of information, such that you gain access to the unitary transformative aspects of a higher intuitive knowing. What emerges out of ordinary, linear rational thought perspectives, and unfolds extraordinary possibilities through a universal connection that facilitates healing outside of time and space. This workshop guides you through the process of building heart coherence, using meditations and contemplative practices to speed your journey. Learn both the art and science of healing, along with practices that build authentic presence in the co-creation of a healing environment. Discover the ethic of belonging in a world that magnifies love itself in deep relationship to all creation. Come and lend your creative gifts to the process and be the solution that the world needs now. All is One in the greater cosmic design.

## **FRI 2: The Healing Frequencies of Music**

*Tami Briggs Therapeutic Harpist*

Music can play a powerful role in these transitional times and be a healing balm for the world. In this experiential session, Tami Briggs, therapeutic harpist, will demonstrate and discuss how music contributes to your inner peace and healing, as well as radiates energetic vibrations of peace and love around the world. We will review Dr. David R. Hawkin's scale of vibrational consciousness as it relates to you personally and collectively. We will also experience how music can be a vibrational healing tool - a unifier, as well as a bridge between peace and consciousness. Join us for this high vibrational session, and leave feeling inspired to take action from your peaceful core.

## **FRI 3: Explore Azul Embodied Awakening: Enjoy moving the body with loving presence and grounded power**

**WORKSHOP IS FULL**

*Roberta Brown BSN, RN, CHTP/I, Sound Healer, Azul Conscious Movement Teacher*

This workshop offers participants a new learning experience with Azul Embodied Awakening; a conscious movement-based embodiment practice. This exploration can serve to deepen awareness of physical

sensations that connect to the emotional, mental and spiritual subtle bodies. Participants will be held in sacred space, to be present with their deeper inner knowing and connection to the Divine source, and are invited to drop below the mind to occupy the body and access the heightened intelligence of the 5 Wisdom centers (feet, belly, heart, head, hands), and the 4 Orientations - a GPS for dance and life - listening, allowing, opening and moving towards will support feeling and expressing authentic grounded power. This creative embodiment practice is an opportunity to allow the body to feel good through the movements and let go of what no longer serves. The rhythmic musical soundscape and lightly guided somatic language will cultivate restoring the body's capacity to feel. Free-form spiral movements anchor in the aliveness circulating through the whole system. From this place of wholeness, we are able to stand in our power and explore our evolutionary journey as individuals and collectively. Awakening our hearts to Love is at the center of the Azul spiral map, which opens a space of healing and personal transformation. We conclude by giving gratitude for the unity created from the experiential healing in action. Upon completion, there will be a safe container to integrate, connect and share with others.

## **FRI 4: Compassionate Healing Touch for Patients Experiencing Depression**

*Mary G O'Neill RN, CHTP/I*

Today's world is growing more complex at a faster rate. Clinical depression is increasing for all age groups. Healing Touch Practitioners will benefit from skills to remain grounded, centered, focused and in alignment with their goals as they offer their patients a healing protocol to reduce depression. Practitioners will feel confident and skilled in assessing and treating patients with depression. They will also know the limits of their scope of practice and when and how to make safe referrals. This will teach practitioners to stand in their power and how to put their healing skills into compassionate action. This presentation offers appropriate actions practitioners will use in assisting patients dealing with depression. The content will include overview of acute and chronic depression, intake documentation, safe practice for patients with suicidal ideation, appropriate referrals, discussion and demonstration of a Healing Touch sequence for depression.

## **FRI 5: Standing in your power: Sharing and teaching Healing Touch out into your world.**

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

*Mary J. Frost RN, MS, CHTP, CHTI, HNB-BC, Ret.*

Want to be an Instructor? Explore with us! Remember your a-ha moment in your first Healing Touch class? Want to make a bigger impact than you ever thought possible? Imagine teaching multiple students and the ripple effect it creates. Is your future in teaching Healing Touch? Come and be inspired, excited and encouraged. Our impact can be huge and together we can create change the world.

# Friday Afternoon Workshops

1:30 pm - 3:00 pm - September 5, 2025 - *all General Conference attendees*

*Select One - 1.5 Contact Hours*

## **FRI 6: Sacred Geometry and Sri Yantra Healing**

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

*Anne Day BSN, MA, HNB-BC, CHTP//*

Sacred Geometry is the language of creation, which exists as the foundation of all matter. It has been called various names such as the pattern for all creation, the harmonic configuration of the soul, and the divine rhythm. Throughout the history of mankind, nature has been considered as a source for healing. Sacred geometry has been used since the beginning of times and is found in the solar system, a star cluster nebula and all living beings, including humans, plants and animals as in the nautilus shell. The human body as illustrated by DaVinci is a form of sacred geometry and is direct mathematical proportion found in sacred geometry. Geometric shapes represent the stage of unity and wholeness with nature and each other. Sacred Geometry is often referred to as Divine Proportion, Golden Section, and Golden Spiral. It can be used during meditation, healing and during self-growth work. The Sacred Geometry pattern of a six-pointed star, known in Jewish tradition as the Star of David or Tetrahedron, or mystical Merkaba comes from ancient Egypt MER meaning rotating light, KA meaning soul or spirit and BA meaning body is a symbol connecting heavens and earth, as above, so below, balancing masculine and feminine energies. For the past 25 years Rauni has been learning teachings of Sri Narayani Amma and experienced development of a 6-pointed star path called Sripuram at several temples, schools and hospitals. The Sri Yantra technique which she created from a vision during meditation, is connecting our sacred divine self to the divine grid, to empower, ground and clear our fields to the true purpose of our soul existence or Bindi. The attendee can practice this Sri Yantra technique for self and others.

## **FRI 7: Evaluation of Healing Touch's Effect on Coronary Artery Bypass Grafting (CABG) Recovery: A Randomized Controlled Trial**

*Bridget Klein BSN, RN, CV-BC, CHTP*

*Rev. Bobbi Bell MDiv, CHTP*

We can all stand in our power and facilitate research! By being centered and grounded, a small team sustained and completed a 9-month randomized controlled trial evaluating the effects of Healing Touch (HT) on Coronary Artery Bypass Grafting (CABG) patient recovery. This presentation will explore research motivations, and this research trial's design, protocols, results and implications. The principal investigator and one of the HT practitioners will share how they stood in their power to scientifically show the benefits of HT as patients heal and journey towards wholeness after CABG surgery. Conducting research is imperative and can be accessible and collaborative. Discussion will include examples of how these principles were implemented.

## **FRI 8: Your Presence Is Enough: The Energetics of Self-Worth and Sacred Healing Presence**

*Sharon Wacks RN, BSN, ThetaHealing® Certificate of Science Instructor*

In a world that often celebrates doing over being, this presentation is a sacred return to the inner source of healing - presence. Rooted in personal experience, energy-based practices, and decades of guiding others through their own healing journeys, this workshop explores how standing in our power begins not with something we do, but with who we allow ourselves to be. Together, we will explore how self-worth isn't something we earn - it's something we embody. When we reconnect with our inherent value and presence, we not only accelerate our personal healing, but activate a ripple effect that supports generational and collective transformation. This is healing in action. Drawing upon her journey as a holistic nurse, Healing Touch Practitioner, and internally recognized energy healing instructor, participants will be guided through both reflection and experiential practice to: Discover how the energetic frequency of self-worth impacts healing; Identify and shift unconscious beliefs that keep us disconnected from inner power; Explore "presence" as a multidimensional healing force; Experience a brief integrative meditative process to embody this alignment; and Discover how honoring our unique essence is the service we offer the world. This workshop is grounded in the principles of compassionate awareness and integrative energy healing. Whether you're a seasoned practitioner or someone on a personal healing path, this experience will help you return to the quiet yet powerful truth: your presence is enough.

## **FRI 9: Public Health & Planetary Wellness: Integrating Greenspace for Climate-Resilient Healing in Practice and Policy**

*Carol Ziegler DNP, FNP-C*

*Randall Smith DNP, FNP-BC*

This workshop explores the transformative potential of green spaces in fostering both individual well-being and community resilience in the context of climate change. By focusing on the interconnectedness of human health and environmental sustainability, participants will discover the benefits of nature-based practices, such as forest bathing and the incorporation of indoor plants, to reduce stress, enhance mental clarity, and support physical health. Additionally, the workshop will emphasize the role of urban greenspaces and trees in creating climate-resilient environments, offering health care professionals practical strategies for advocacy and practice in integrating these health-promoting tools into their care approaches. Teaching strategies will include an interactive air quality and heat map used for a case-based learning and application activity followed by discussion and self-reflection of strategies that can be used in practice in the learner's home environment.

# Saturday Plenary

9:00 am - 10:30 am - September 6, 2025 - all General Conference attendees - 1.5 Contact Hours

## The Lived Experience of Women Healers

*Carol Geisler and Janet Marinelli*

Women healers have been present in many cultures for centuries despite “predominant patriarchal, societal views and subsequent hardships for women engaging in healing roles” (Morgan-Consoli, 2018, p. 8). Women have been persecuted, underpaid, and devalued for their healing work and excluded from systems of power and formal education. Much of women’s healing knowledge has been passed down outside of formal education. Western views of medicine and healing are often in direct conflict with women’s and indigenous world views of healing (Struthers, 2003). Women healers are often disconnected from their ancestral history, a social-political-economic framework, and a conscious awareness of the healer archetype disempowering the potential of women’s healing. Giving voice to the lived experiences of women healers

and how they make meaning of their identity and their healing work in the world has the potential to expand consciousness in these areas, develop a more inclusive framework, and contribute to us standing in our power and taking action. Given the challenges that women healers face and their undocumented stories, this project aims to give voice to the lived experiences of current women healers and to understand how they make meaning of their experiences.

This presentation will encourage attendees to reflect upon their identity as a woman healer, identify themes emerging from interviews with women healers, and describe implications for practice, research and education.



# Saturday Plenary

11:00 am - 1:00 pm - September 6, 2025 - all General Conference attendees - 2 contact hours

## Addressing Spiritual Emergence and Emergencies

*Kerri Husman*

Key learning points that empower practitioners supporting the client’s healing journey while addressing spiritual crises include:

- Knowing the distinctions between spiritual emergence and spiritual emergency and recognizing the psychological, emotional, and spiritual factors involved, allowing us to approach each situation with clarity and purpose.
- Acknowledging and respecting diverse cultural and religious perspectives, thus enhancing the healing process and fostering trust and connection with clients from various backgrounds.
- Being familiar with validated assessment tools to effectively evaluating spiritual crisis, to better understand clients’ conditions and tailor their approaches accordingly.

- Engaging in ethical practices in order to navigate ethical dilemmas, maintain professional boundaries, prioritize client safety, and ensure that our interventions align with ethical standards.
- Collaborative learning through case presentations and group discussions to allow practitioners to practice assessment skills, share insights, and brainstorm interventions, and recognizing our influence and responsibility in facilitating healing.

By integrating these key points, practitioners can develop an awareness of the gravity of a spiritual crisis, recognize the unique differences between spiritual emergence and spiritual emergency, and confidently approach the next ethical steps with cultural humility and inquiry

# Saturday Afternoon Workshops

2:30 pm - 5:00 pm - September 6, 2025 - all General Conference attendees

Select One - 2.5 Contact Hours

## SAT 1: Standing in Our Power to Heal Viral Illnesses

Bonnie Johnson RN, MS, HN-BC, CHTP/I

Geraldine Kerns Hartmayer RN, BS, CHTP/I

Viruses are everywhere, affecting humans and other life forms. Some like Covid 19, influenza, and HIV affect humans in morbid and long-term ways. Some, like herpes simplex are uncomfortable and inconvenient. Others like the “common cold” contribute to lost work hours and potential adverse effects, like pneumonia. This workshop focuses on standing, thus grounding, our power in the knowledge of the cellular and energetic make up of viruses (cellular structure, replication, energetic strength and defense.) We will learn about the energy of viruses as well as the most helpful ways of healing conditions affected by viral activity. Thus, serve as a guide to helping to heal viral illnesses. In addition, we will address the many common types of viral illnesses, the common symptoms, common conventional treatments, and supportive HT techniques. Two unique healing techniques, “The Scrambler” and “Blue Goop” will be described, demonstrated and practiced. “Blue Goop” will also be experienced as a meditation.

## SAT 2: Reflection Creates Trust: The Power of Self-Insight and Transformation in Healing Touch

Wilma Bijl BSN, RN, CHTP/I

Nancy Strybol BSN, RN, MS, CHTP/I

This workshop offers an overview of the history of Healing Touch training in the Netherlands as part of knowledge development in the field of complementary care, in which the spearheads of clinical reasoning and reflective practice are the spearheads. We (Nancy and Wilma) find these spearheads very valuable because the HT practitioner is empowered and have co-authored a workbook to take the student through their process of becoming a Healing Touch Practitioner.

Homework and Reflection After each module, participants write reflections upon their experiences, learning points and challenges. This helps them to become aware of their growth and the effectiveness of their techniques. Homework is assigned and targeted feedback is offered by the teacher. At the start of the new lesson day, the reports are shared with each other. During this workshop we will take you through reflective practice and how you can use this during your work

## SAT 3 Neurosensitives: When Their Superpowers Can Be Dysregulating (ADHD, ASD, TBI, Anxiety, PTSD)

Judy Lipson MA, LPC

Individuals identified as Neuro-sensitives include those with autism, anxiety, traumatic brain injury, PTSD, and ADHD. They are a commonly misunderstood group that come in all ages. Those with significant or intense symptoms or behaviors are still inefficiently addressed by western medicine and other systems and are especially unlikely to receive the most effective services that would help them to minimize their discomforts, difficulties, and challenging behaviors. That’s where you come in...

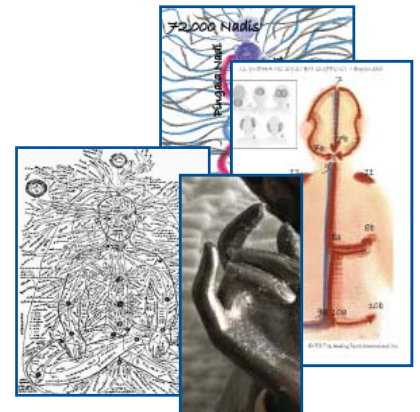
Utilizing the attributes of the heart, compassion, unconditional love, healing presence, innate harmony and selfless service, serves as your guide as you work with neurosensitives. In this workshop, you will learn about Neurosensitives’ strong sensory awareness and how it impacts their daily lives; Neuro-sensitives’ highly reactive nervous systems due to their “little t” traumas, how sensory overload impacts social situations, the accessibility of new information, impulsivity, and the neuro-sensitive’s experience of trauma; the metaphysical perspective of what they bring to us. You will acquire: techniques for effective communication and interpersonal skills, greater ease and confidence in their presence, and effective behavioral, verbal and energetic responses.

## SAT 4: Marmas, Meridians, Mudras, and Nadis! Oh My!

Lisa C. Anselme BLS, RN, HN-BC, CHTP/I

As we incorporate techniques that engage various components of the energy system, we are also engaging aspects of different systems of medicine: Western health care (modern), and traditional and indigenous health care systems that have been used to maintain health for centuries. We weave aspects of these various systems within Healing Touch. How do they intersect? How can we best appreciate, honor, and apply these diverse systems of care within our practice? In this workshop, we will explore how they intersect, how they inform our practice, learn e new material and weave a synthesis of systems to further empower ourselves and implement our work.

“One’s life has value so long as one attributes value to the life of others, by means of love, friendship, indignation and compassion.”  
~ Simone de Beauvoir



# Sunday Morning Workshops

8:00 am - 9:30 am - September 7, 2025 - all General Conference attendees

Select One - 1.5 Contact Hours

## SUN 1: Healing Art: A Creative Approach to Open Your Chakras

**WORKSHOP IS FULL**

*Kathy Anderson BSW, CHTP*

In this experiential workshop, we will engage in a creative approach to opening our chakras through experiencing art. Individuals will have a chance to immerse themselves in various art activities - options will be offered so that something will appeal to each person that enters the workshop. Art activities chakra stations will be spaced throughout our workshop room and the art activities will be simply designed to allow each individual to express their own creativity while also ensuring that the art can be transported home once conference concludes. Activities will offer the opportunity for both personal and group healing. Recognizing that some individuals are very comfortable with art while others are not, I believe strongly that the process of art is more important than the result. Thus, you will be encouraged to do whatever feels comfortable to you - visit each chakra station or spend your time at just one or two stations. Flexibility and compassion will be the key. Participants will receive handouts with basic information on Chakras and will include a list of suggested easy art activities for future use for self or with groups.

## SUN 2: Caring for First Responders and Communities During Crisis Events

*Linda Garrow MSN, MEd, RN-BC, CHTP*

*Katherine Kadrlík Petrarca MSN-CNL, BSN, RN, CHTP*

Our planet is experiencing more crisis events in the forms of hurricanes, wildfires, tornadoes and more. Recent wildfires in Los Angeles catapulted us into action to serve those directly affected by the fires- first responders and the community they serve. Guided by the attributes of the heart (Selfless Service, Healing Presence, Compassion, Unconditional Love, and Innate Harmony) we found a way to help others in an unstable and emotional time. Through these heart attributes we found our power and our joy. What happens when the people who are deployed to help in emergencies need some help themselves? Who helps the first responders when they need support? Who helps the community members begin to heal from the crisis? As mental health nurses, we've often wondered about the toll these emergencies take on the helpers and the communities they serve. We saw despair, fatigue, hopelessness, and loss of connection during the recent fires in the greater Los Angeles area. We discussed how the first responders and the community could benefit from Healing Touch. We put out a call for help and activated our network to bring a team of ten trained Healing Touch Providers to offer treatments to staff at Huntington Hospital in Pasadena, located next to one of the fires. Our aim was to spread hope, unconditional love and connection to the staff we treated. In this workshop, we will share our process, the feedback we received from the sessions, and future goals and actions.

## SUN 3: Finding your power through self-care. Exploring approaches and efficacy through biofield research.

*Suzanne M. Hess PhD, CHTP*

By taking an active approach to self-care, we can focus on being in balance with body, mind, and spirit. This allows us to stand in our power. This allows us to be a better healing presence when working with clients or patients. It allows us to prevent burnout and become resilient. It allows us to heal physically, emotionally, and mentally. This workshop will address:

- What happens when we are not standing in our power and addressing self-care.
- What techniques may be useful for self-care.
- What published biofield studies relate to self-care strategies and their efficacy.
- Additional energetic approaches related to self-care.

## SUN 4: Healing Beyond Borders Group Read: To Show Another Way

*Joel G. Anderson PhD, CHTP, FGSA*

*Lisa C. Anselme BLS, RN, HN-BC, CHTP/I*

One way to explore topics in community is through shared reading. Research on shared reading or group reading finds that taking part in reading groups increases relaxation, calmness, the ability to concentrate, life satisfaction, confidence, and self-esteem, all of which are aspects of healing. By participating in group reading, one shares community and common purpose. Author Susan Trout PhD, Co-Founder of the Institute for the Advancement of Service, Washington, DC, has focused her life on a single purpose – to understand service as a way to live in harmony with the soul's true nature. The teachings within her seminal work, *The Soul and Service Trilogy*, and the newly published *To Show Another Way: How to Learn, Heal, and Serve at a Time of Crisis on Planet Earth*, synthesize universal spiritual teachings, psychological and neurological research, inner revelation, and practical application. In our live, interactive discussion, we will explore four themes related to: seeing the bigger picture of life on Earth, taking humanity's next evolutionary leap, joining heart and mind, and honoring commitment and self-responsibility. Participants will be expected to have read the book prior to the discussion and come prepared to discuss the book.

“When we commit to showing another way to ourselves and others, we take the first step toward our ultimate destiny as human beings: to evolve as souls by extending the gifts of our learning in service to others.”

~ From *To Show Another Way* ~

# Sunday Endnote

10:00 am - 12:00 pm - September 7, 2025 - all General Conference attendees - 2 Contact Hours

## Rehumanize Humans in Human Services: Dismantling Dehumanization in Systems of Care *Neerja Singh*

This presentation invites participants - especially human services professionals, public servants, and community leaders - to critically examine how our systems have dehumanized the very people they were created to support. Through a blend of historical analysis, personal narrative, and facilitated dialogue, this session challenges participants to reflect on internalized systemic practices, reconnect with the humanity of those we serve, and envision more compassionate, equity-centered approaches to social welfare.

The presentation doesn't just talk about healing - it facilitates it. It offers space for participants to reflect, unlearn, and reimagine their roles within systems of care. By encouraging professionals to reconnect with the humanity of those they serve - and of themselves - it transforms everyday work into an act of healing justice. This is healing in action - through education, policy, relationship, and advocacy.

The presentation calls on human services professionals - especially those from marginalized backgrounds - to reclaim their agency in systems that often suppress authenticity and emotional truth. By sharing my positionality as a woman of color, immigrant, public servant, and healer, I will model what it looks like to stand in personal and collective power.

Though rooted in policy and social service contexts, the presentation also touches on deeper energetic wounds - shame, powerlessness, disconnection - that practitioners and clients carry. By naming these truths, I will open the door for collective healing that bridges mind, body, spirit, and system - fully aligned with Healing Beyond Borders' holistic mission.

Long Sleeve  
\$25

### LONG SLEEVE SHIRT

Colors: Sold in Black or White only

Sizes: S-3XL

Imprint Area: Full Front: 12" H x 12" W

These unisex Gildan® Softstyle® long-sleeve t-shirts are reinforced with double-needle stitching at the collar, cuffs, and hem.

- Fabric: 4.5-oz ringspun cotton
- Crewneck
- Back neck taping
- Long sleeves
- Double-needle stitching
- Open cuffs and hem



Bag  
\$22

### BAG

Color: Black/Natural

Imprint Area: 6.5"h x 6"w

This heavyweight 12oz cotton canvas tote with colored accents on the base and handles is great for everyday use. Key ring retainer hangs inside bag to keep keys handy and secure.

- Material: 12oz cotton canvas
- Handles: Dual 28" length
- Attached key holder
- Size: 13" H x 18" W x 6" D



# Continuing Education, Meals, Silent Auction & Cancellation Policy

## Registration Cancellation Policy

Refunds, less a \$75 processing fee, will be granted upon written cancellation request received by Monday, August 11, 2025.

Please note: Healing Beyond Borders incurs necessary expenses that are obligated to the conference hotel, meeting space or outside event agencies. Thus for all requests received in writing, by fax or email, or postmarked after Monday, August 11, 2025, conference registration, optional workshops are non-refundable

Alternative options are as follows:

1. Transfer your registration to another person for a \$50 processing fee.
2. Receive credit for the following year's conference. You will be charged a \$50 processing fee and will receive a letter of credit worth 50% of what you paid for general registration in 2025, which can be used toward the 2026 conference.

## Indemnification

Healing Beyond Borders reserves the right to refuse conference registration if HBB determines that the registrant would detract from the goals and/or security of the conference. Healing Beyond Borders reserves the right to request that a person attending the conference leave if HBB determines that the registrant detracts from the goals and/or security of the conference.

## Photo Disclaimer

All 2025 conference attendees consent to be photographed and/or videotaped and allow use of these photographs/video recordings in Healing Beyond Borders marketing materials.

## COVID-19 Alert

We have taken enhanced health and safety measures to protect our venue guests. However, there is an inherent risk of exposure to COVID-19 in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and mortality. According to the CDC, senior citizens and guests with underlying medical conditions are especially vulnerable. By entering the venue, you voluntarily assume all risks related to exposure to COVID-19, and HBB and venue disclaims any and all liability related thereto.

## Conference Bags and Shirts

Conference Bags and Shirts with this year's conference logo are now available for purchase in our Shop. Description of products are on page 22.

Bag \$22

Long Sleeve Shirt \$25 (sold in Black or White only)



## Continuing Education Credits

This activity has been approved by the American Holistic Nurses Association an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

"The provider of this educational event has designed the program so that it may be considered by participants for use as continuing education to enhance the professional knowledge and pastoral competency of chaplains certified through the Board of Chaplaincy Certification Inc.® an affiliate of the Association of Professional Chaplains®."

Any participant may accumulate a maximum of 30 contact hours including preconference options. Instructors may accumulate a maximum of 33 contact hours, including preconference options.

## Conference Meals

For those having special dietary needs or restrictions, we recommend bringing additional food or supplements. Note: All menus will be primarily plant focused. Regular, vegetarian and gluten free options will be offered. General conference registration includes: Thursday evening light reception; Friday morning light refreshment and lunch; Saturday lunch and evening banquet; and Sunday light refreshment break. This is subject to change based upon any public health requirements.

Additional Guest Saturday Banquet tickets may be purchased on a space available basis - *PLEASE IDENTIFY MEAL PREFERENCES FOR GUESTS.*

## Hotel Restaurants

Visit hotel link for further details regarding the hotel restaurants. <https://www.hyatt.com/hyatt-regency/en-US/msprb-hyatt-regency-bloomington-minneapolis/dining>

## Silent Auction

We will hold a silent auction that benefits Healing Beyond Borders' integration and outreach programs. We welcome your support. Please bring an item with description and value to the Exhibitor Hall. Note: as a non-profit 501c6 professional organization, Healing Beyond Borders is unable to provide a charitable tax deduction for your gift.



# Hotel Information

## Hyatt Regency Hotel

3200 East 81st Street Bloomington/Minneapolis, MN 55425

### The Hyatt Regency Hotel

Healing Beyond Borders Conference Rate:\$119/night The rate is available (single or double) until Wednesday, August 13, 2025, subject to availability until the group block is sold out. If guest rooms are available after the cutoff date, they will be offered at the Best Available Rate.

*Please Note: By staying at our conference hotel, you assist in offsetting HBB's conference meeting room costs and in keeping our conference tuition rates low. We thank you for your loyalty to our conference location site!*

### Make Your Reservations

Make your reservations by visiting our website at our website: [www.HealingBeyondBorders.org](http://www.HealingBeyondBorders.org) and linking to the Hyatt Regency Hotel - Healing Beyond Borders registration page. To reserve a hotel room by phone, please call the hotel at (952) 922-1234 and ask for the Healing Beyond Borders group rate over the dates needed. These beautiful accommodations feature one king or two queen beds with: A modern 300–330 square-foot room with panoramic views and a convenient workspace.

Room Amenities include: 55" flat-screen HDTV with premium channels, Video messages, video account review and video check-out; Cordless phone with ethernet data port, Individual climate control, Flexible workspace, Mini-fridge, Coffee maker featuring premium coffee and tea, Complimentary Wi-Fi, iHome alarm clock radio, In-room safe, Luxury bathroom with backlit vanity and sliding-glass shower, Premium bath amenities, Hair dryer, Iron and ironing board, Bathrobes on request, Turndown service on request, Crib on request.

### ADA Accessible Rooms

Accessible rooms are available upon request for our attendees who need ADA features.

### Pet Friendly

Hyatt gladly welcomes your most cherished travel companion. Please inform the hotel at least three days in advance of your arrival that you'll be arriving with a pet (or pets). Dog Guidelines: ● Please inform the hotel you'll be arriving with a pet (or pets) at least three days in advance of your arrival. ● Up to two dogs with a total weight of 100 pounds permitted. ● Dogs are required to be always on a leash and in your control. ● For any dog accidents that require additional housekeeping cleanup, a \$150 cleaning fee will be applied to your final bill. ● The hotel does not assume any liability for your dog or its actions while on hotel grounds.

### About the Hotel

Hyatt Regency Bloomington-Minneapolis family-friendly hotel in west Bloomington, minutes from Minneapolis–Saint Paul International Airport (MSP) and steps from METRO Blue Line, offers something for everyone, from a 24/7 fitness center to a heated indoor pool and an on-site restaurant and bar. Hop on the Blue Line and head downtown or spend the day at the nearby Mall of America with over 500 stores, 50 restaurants and the nation's largest indoor theme park. While at Mall of America, families can visit Sea Life to be amazed by one of the largest underground aquariums in the entire world. Or take advantage of good weather and enjoy a walk or jog through Minnesota Valley National Wildlife Refuge, which is within a mile of our hotel.

Commitment to sustainability: The wellbeing of our people, planet, and our communities is paramount. It's why Hyatt hotels strive to prioritize plant-forward dining options and waste reduction, aiming to foster a cycle that enhances our neighborhoods and helps us all thrive together. Initiatives include reducing single use plastics and transitioning to large format bathroom amenities. Hyatt's culinary philosophy is grounded in care — focused on food and beverage experiences that are good for people, communities, and the planet. Hyatt partners with local farmers, source certified ingredients, and even grow their own when possible.



## Minnesota Travel Information

### By Plane - Minneapolis/St. Paul Airport

Thirteen commercial passenger airlines service the Minneapolis/St. Paul Airport and include: Aer Lingus, Air Canada, Air France, Alaska, American Airlines, Delta, DenverAir, Discover, KLM Royal Dutch Airlines, Lufthansa, Spirit, United, and West Jet. For more information visit <https://www.mspairport.com/>

### Ground Transportation

Hyatt provides a [Complementary Airport Shuttle](#) to the hotel and also to Mall of America. [Light Rail transit](#) goes directly from the airport to the Hyatt Hotel, to the Mall of America. Public bus service,

### Rental Cars

Uber/Lyft/other app-based ride services, Taxi, Van and shuttle services, car rental companies. To reach the new facilities in the Silver Ramp, travelers will take the underground tram from Terminal 1 toward the Red and Blue parking ramps and light rail station. After getting off the tram, follow the signs for rental cars and the transit center. You will need to take an escalator or elevator up one level after entering the new building.

### Parking

Healing Beyond Borders attendees receive complimentary self parking next to the hotel.

## Things to do - Minneapolis

*For more information visit:*

<https://www.hyatt.com/hyatt-regency/en-US/msprb-hyatt-regency-bloomington-minneapolis/events-and-attractions>

# 2025 Conference Registration Form

Please print clearly, one form per attendee. This registration and payment of fees reserves your space.

Refunds, less a \$75 processing fee, will be granted upon written cancellation requests received no later than Monday August 11, 2025.

See brochure page 21 or HBB website for complete cancellation policy.

NOTE: All attendees consent to be photographed/videotaped for use in HBB marketing materials.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Street

City \_\_\_\_\_ State/Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Country \_\_\_\_\_

Email Address \_\_\_\_\_ Phone \_\_\_\_\_

### Required for CE Reporting

Are you a Nurse?  Yes  No

Are you a Member of AHNA?  Yes  No

### Meal Preference

Regular  Vegetarian (select one)

Gluten Free (in addition to above selection)

If you have special dietary needs please plan accordingly  
Note: Menus will be primarily healthy, eco friendly plant focused.

Yes, I give HBB permission to include city, state and email on the Participant Listing given to all attendees \_\_\_\_\_ (signature)

Yes, I would like to provide an item for the Silent Auction. \_\_\_\_\_ (signature)

Yes, I plan on being pinned at conference (bring your pin). Pinned By: \_\_\_\_\_

	HBB Member Rate		Non-Member Rate		Amount Due
	Received by June 30		Received after June 30		
<b>Pre-Conference Workshops:</b> (select below)					
PC 1 Morning Pre-Conference Instructor Workshop (THU)	52.00	52.00	52.00	52.00	_____
PC 2-7 Afternoon Pre-Conference Workshop Bundle (THU)	75.00	85.00	80.00	90.00	_____
<i>(Must select one from each group)</i>					
Group 1 - 1:00 pm - 3:00 pm <input type="checkbox"/> PC2 <input type="checkbox"/> PC3 <input type="checkbox"/> PC4					
Group 2 - 3:30 pm - 5:00 pm <input type="checkbox"/> PC5 <input type="checkbox"/> PC6 <input type="checkbox"/> PC7					
<b>General Conference:</b>					
(Includes Banquet: <i>Must select FRI, SAT, SUN workshops below</i> )	540.00	630.00	600.00	690.00	_____
<b>Single Day Rates</b>					
Thursday Evening Only (Includes Reception)	120.00	145.00	140.00	165.00	_____
Friday Only (Includes Morning Refreshments & Lunch)	230.00	255.00	250.00	275.00	_____
Saturday Only (Includes Lunch & Banquet)	250.00	275.00	270.00	295.00	_____
Sunday Only (Includes Morning Refreshments)	120.00	145.00	140.00	165.00	_____
<b>Guest Banquet Ticket(s) \$120 each</b>	120.00	120.00	120.00	120.00	_____

Guest Name/Meal Preference \_\_\_\_\_

Regular  Vegetarian (select one)  Gluten Free

Conference Bag \$22 each with conference logo \_\_\_\_\_

Conference Long Sleeve Shirt \$25 each w/ logo \_\_\_ Sm \_\_\_ Md \_\_\_ Lrg \_\_\_ XLrg \_\_\_ XXLrg \_\_\_ XXXLrg (Order by Aug 11)

Color: \_\_\_ Black or \_\_\_ White \_\_\_\_\_

Payment Plans, reduced rates for students & reduced rates for international attendees based upon currency exchange rates at the time of this publication, are available through online registration only at [www.healingbeyondborders.org](http://www.healingbeyondborders.org)

Become a member now or renew membership now (\$125 per year) and receive the member discount for conference registration \_\_\_\_\_

TOTAL DUE \_\_\_\_\_

<b>General Conference Workshops</b> FRI AM (select 1) <input type="checkbox"/> FRI 1 <input type="checkbox"/> FRI 4 <input type="checkbox"/> FRI 2 <input type="checkbox"/> FRI 5 <input checked="" type="checkbox"/> FULL: FRI 3	<b>General Conference Workshops</b> FRI PM (select 1) <input type="checkbox"/> FRI 6 <input type="checkbox"/> FRI 8 <input type="checkbox"/> FRI 7 <input type="checkbox"/> FRI 9	<b>General Conference Workshops</b> SAT PM (select 1) <input type="checkbox"/> SAT 1 <input type="checkbox"/> SAT 3 <input type="checkbox"/> SAT 2 <input type="checkbox"/> SAT 4	<b>General Conference Workshops</b> SUN AM (select 1) <input checked="" type="checkbox"/> FULL: SUN 1 <input type="checkbox"/> SUN 3 <input type="checkbox"/> SUN 2 <input type="checkbox"/> SUN 4
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Return this registration form with payment to Healing Beyond Borders 7112 W. Jefferson Ave. Suite 301, Lakewood, CO 80235

Please remit fees in US dollars only, payable to Healing Beyond Borders 303-989-7982 phone 303-980-8683 fax

Please bill my credit card \_\_\_\_\_ Exp \_\_\_\_\_ 3or4 digit code \_\_\_\_\_

or enclose check/money order