

Ethical Considerations for Distance Healing

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When deciding to conduct a Healing Touch session by distance all the usual ethical principles are still maintained as described in the Healing Touch Framework (Anderson, Anselme & Hart, 2017) and in the chapter on ethics in the support textbook, *Healing Touch: Enhancing Life through Energy Therapies* Chapter 5. In order to act in a principled manner, one must continually work on their own self-care in order to be truly present for the healing. “We do so through physical, emotional, mental and spiritual clearing; by becoming aware of what we put into and how we care for our physical bodies; through becoming cognizant of our spiritual non-virtuous and unskillful emotions and projections; through practicing some form of mindfulness and monitoring our thoughts, ideas and speech; and through studying and practicing some form of spiritual discipline and evolution” (Anselme, p. 175).

When coming from a place of therapeutic presence by centering, grounding, attuning, and setting intention for the highest good we maintain the ethical principles to “do no harm” and to “work for the highest good”. These principles and practices are well described in the support textbook. The steps in the Healing Touch Framework (practitioner preparation, assessment, problem identification, mutual goals, planning, intervention and evaluation) are of paramount importance in any healing session and include obtaining permission for the session.

Permission can be obtained verbally, in the case of a personal request, by simply agreeing to conduct a session. This is then followed by discussing the process by which you will conduct the session (for example, at a scheduled time with an “open” phone conversation). You and the person agree on the parameters for timing and how the session(s) will be done.

Permission may also be needed in a more indirect way when the request comes from someone other than the client (i.e., a friend, relative, or other) in which a request is made for a “healing” to you as an individual or as a member of a group. In this case, it is important to get the permission of the person who the healing is for by asking their “higher self”. If you are unclear of their response (either from lack of experience or other uncertainty) simply offer the healing to be available, if and when, the client so desires. If you get a “no” (which may come in the form of a feeling, possibly a sense of resistance, or a voice) then always respect this response and check back at a later time if it seems appropriate to do so. If you are offering the healing to be used at a later time (when the client so desires) state so at the beginning of the session with words such as, “I offer this healing for ____ (name) to be available to (name) whenever they so desire.” One suggestion for this “reserve” is to create a cocoon according to Barb McConnell a CHTP/I from Michigan. The person can “enter” the cocoon and surround themselves with unconditional love and healing for their highest good whenever they so desire.

Sharing of your findings as you conduct the session are best offered in an indirect way with statements that ask for clarification such as “I am sensing something here over your right shoulder does this mean anything to you?” Do not attempt to interpret the findings in your dialogue with statements such as “this signifies an old wound.” Always maintain the boundaries of professional practice. Allow the client to offer the meaning the energy disturbance signifies to them.

Often when working at a distance our understanding can become more in-depth as the physical body provides many distractions! However, it remains our responsibility as healers to work from a place of gentle awareness and offer support and guidance as directed by the client.

References:

- Anderson, J., Anselme, L., & Hart, L. (2017). *Foundations and Practice of Healing Touch*. Healing Touch International, Lakewood, Colorado.
- Anselme, L. (2015). Ethical underpinnings: Respecting and honoring the soul (pp. 159-187). In *Healing Touch: Enhancing Life through Energy Therapies*. iUniverse, Bloomington, Indiana.