



*Therapeutic Touch  
Networks of Canada*

**Volume I, No. 1**

**Fall 2012**



**TT Networks News**

**Therapeutic Touch Articles**

**Book Reviews**

**Network Listings**

## Let's get talking...

One year ago, I moved from Ontario to British Columbia. Such a move felt monumental to someone who had never before been further west than Manitoba.

As I made the long flight across Canada, looking down on farmland, lakes and mountains, I really came to appreciate the size and diversity of Canada.

Equally diverse are the many people who are drawn to the practice of Therapeutic Touch™. Our common bond is this beautiful process that offers comfort to others, and can be applied in any environment, near and far.

With our common connection in mind, I ask you to join all of us at the TTNC Newsletter by sharing your stories of experiences within your own practice, your practice groups, and at your conferences, as well as some of the surprising, inspiring, even amusing ways Therapeutic Touch has affected your life and the lives of others.

Let's get talking, and join together to forge a connection through this newsletter that not only brings us closer together but helps us to stay informed on matters of national consequence for Therapeutic Touch as well as those issues close to home.

Welcome, and we at the TTNC Newsletter look forward to hearing from you!

*Bonita Kay Summers, Editor*

### NEWSLETTER COMMITTEE

Judy Donovan Whitty, ATTN  
judydonovanwhitty@hotmail.com  
902-569-3496

Mary Simpson, TTNO  
mary.simpson@cogeco.ca  
905-825-0836

Bonita Summers, BCTTN  
spiritkelowna@gmail.com  
778-755 5887

Dolores MacKenzie, TTNQ  
doloresmack@hotmail.com  
514-697-1327

Sheila Camp, TTNA  
s.camp4020@gmail.com

## TTNC Newsletter

is the newsletter of  
Therapeutic Touch Networks of Canada

Email: [TTNCnews@gmail.com](mailto:TTNCnews@gmail.com)  
[www.ttnc.ca](http://www.ttnc.ca)

***The opinions and ideas expressed by the writers in this publication are their own and are not necessarily endorsed by Therapeutic Touch Networks of Canada.***

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### PUBLICATION DATES AND DEADLINES

Next publication date is the 31st of  
January 2013.

### Next Issue: Winter 2013

Deadline for submissions: Jan 08/13  
Late submissions may be held for the following issue.  
Submissions must be in .doc, .docx, or other text format.  
Articles can be approximately 500 words at most.

***Please send submissions to TTNC at  
TTNCnews@gmail.com with  
"Newsletter + which issue + the nature of the  
submission" in the subject line;  
e.g. "Newsletter Winter 2013 – Report from...."***

**TTNC Newsletter**  
is emailed to members of TTNC,  
to be distributed by them to subscribers  
in other Canadian Networks and countries, and  
to selected organizations and institutions  
throughout the world.

**Cover photo:** Left to Right: Kate Brant, Donna Logan van Vliet, and Sam Conroy at Donna's workshop, *The Heart Felt Simplicity and Art of Therapeutic Touch*, at TTNO's annual gathering October 27-28.

## Greetings from the TTNC Board

We are excited to see the first TTNC newsletter being published. It is a great opportunity for the five representatives from the networks across Canada to work on this project. Thanks to all that have made this possible.

A special 'thank you' to The Therapeutic Touch Network of Ontario (TTNO) and the "in touch editors", Evelyn MacKay and Mei-Fei Elrick, for taking on this task for many years.

In other efforts to become more cohesive, the national brochure committee will soon be up and running. We are still waiting for a few more volunteers, so if you think this might be something you would be interested in, contact your Therapeutic Touch™ network, and they can put your name forward.

We now have volunteers from each network to work on a national teaching curriculum. They are set to begin their discussions shortly.

The liability insurance that was obtained last year will also be available this year and for the same rates! The term begins December 1st. For further information, see the article in this newsletter and/or download the application form from the website at [www.ttnc.ca](http://www.ttnc.ca).

Thank you to all the volunteers for doing all of the above. As we grow and support each other, it can only help to strengthen us all as individuals and to strengthen the practice of Therapeutic Touch.

Until next time,

*Cheryl Larden*  
President, TTNC

## Reports from Network Coordinators Across Canada

### British Columbia Therapeutic Touch Network Society (BCTTNS)

Greetings from B.C.,

On behalf of the BCTTNS board, I would like to welcome Tama Recker as she joins us and takes on the position of Director-At-Large. Tama will be taking over the role of Editor for our newsletter while Jeri-Lyn Munro will assist as needed. Jeri-Lyn will also continue in her position as Treasurer.

This fall has provided us with opportunities to share information about Therapeutic Touch and our network. In October, some of our members attended a Council of Senior Citizens Organizations of BC (COSCO BC) Conference and were able to talk to many about Therapeutic Touch. We had our BCTTNS brochure in every participant's package—well over 200 people. Later this month, we will be participating in the Vancouver Wellness Show at the Vancouver Convention Centre. We will have a booth and be providing Therapeutic Touch to the public for a nominal fee. This is a huge event with hundreds of people attending and we are excited to be a part of it.

The planning for next year's conference is well underway and we hope to have the dates and location confirmed for the next newsletter.

We continue to look for more donors to support the training of hospice and cancer agency staff and volunteers throughout the province. We have had some support from various organizations, and are waiting to hear back from others, and we continue to submit additional applications. The feedback that we have had from the participants and the agencies that have been supported have been very positive.

Together we can make a difference.

*Cheryl Larden*  
President, BCTTNS

## Reports from Network Coordinators Across Canada continued...

### Atlantic Therapeutic Touch Network (ATTN)

Hello to the rest of Canada from ATTN. Congratulations to TTNC on publishing your first newsletter. This certainly is an exciting time for all of us involved with Therapeutic Touch. It is great to have information from all across Canada.

In September, we did a planning session at the board level to develop goals for the next few years. Information will be sent to the entire ATTN membership regarding those goals. In the meantime, we continue to promote the use of Therapeutic Touch, teach, and practice.

*Bertha (Birdie) Fiddes  
Coordinator ATTN*

Each of us gave mini-sessions to a total of 56 Therapeutic Touch™ sessions at the WI (Women's Institute) hosted Health Fair, Murphy Center, Charlottetown, PEI Sept. 25, 2012; held from 6-9 pm. Well over 500 participants viewed over 30+ health-related exhibits, plus demonstrations on stage every half hour from belly dancing to U-Fit! Response was very positive.



*L to R: Elaine Reid, Mary Hughes, Anne Smith & Judy Donovan Whitty - missing from photo: Angela Gallant, Ann Francis, Diane Francis*

Pioneer ATTN member and past board member, Gail MacDougall, shared her time and wealth of knowledge, particularly in the area of ethics at an ATTN BOD Governance session held in Truro Sept. 22-23, 2012.



Members all agreed they learned so much and appreciate having Gail's time and expertise! Kathy Putnam organized and consulted with Gail in addition to presenting to a fully engaged Board of Directors!

### The Therapeutic Touch Network of Ontario (TTNO)

Congratulations to Therapeutic Touch Networks of Canada on its inaugural newsletter! TTNO is excited about the growth of TTNC and its initiatives. We are grateful that TTNC is taking leadership in issues that are common to Canadian Networks, and are thrilled to see the progress TTNC is making as it works to become respected as the national voice for Therapeutic Touch™.

Therapeutic Touch has grown across Canada during the past three decades. As TTNO celebrates its 25th Anniversary this year, we are reminded of the hundreds of dedicated individuals who have given their time and talents to make this happen. Passionate people make successful organizations. Therapeutic Touch practitioners and teachers are the drivers of Therapeutic Touch. Their commitment brought us to where we are today.

The same type of people are needed to help make our national organization successful. As such, TTNO is committed to having representatives on all TTNC committees. We look forward to continued collaboration

with our sister networks through the TTNC board and its committees. Working together, we can enhance the practice and acceptance of Therapeutic Touch across Canada.

For our own part, earlier this year, the TTNO board set a priority to focus on our future: to clarify our direction, and to look closely at what we are doing and how we can improve. We began a strategic planning process, and we discussed the plan with members at our annual general meeting. The AGM was held at our fall gathering, which included two days of workshops (Oct 27-28).

We will update you on outcomes related to our continuing support for TTNC and Therapeutic Touch across Canada.

With gratitude for all those helping to strengthen the Therapeutic Touch community in Canada,

*Jane Graham, Chair  
The Therapeutic Touch Network of Ontario*

# Reports from Network Coordinators Across Canada continued...

## Reseau de Toucher thérapeutique de Québec (TTNQ)

### **TTNQ is proactive in obtaining new members in Quebec, one head nurse at a time.**

Our executive and select members were very proactive this fall in increasing the membership in Quebec. It was done by obtaining by phone the full name, title, department and address of head nurses in the major hospitals in Quebec. Hospital staff changes often, and we wanted to reach the right person at the right department and not rely on an outdated web site. This information was used to mail professional TTNQ introduction letters printed on quality paper. A follow-up phone call was then made to discuss Therapeutic Touch™ and set up an appointment for further explanation.

The timing was excellent. Success comes when opportunity meets preparedness. Effective January 1, 2012, nurses practicing in Quebec are required to devote a minimum of 20 hours per year to continuing education. Seven of these hours must be in an accredited activity. Further information is available from the OIIQ's website at [www.oiiq.org](http://www.oiiq.org).

After a lengthy discussion by Susan Hamilton RN with the Director of Nursing Education in Quebec, we have received confirmation that the Therapeutic Touch Network of Quebec qualifies for teaching to nursing staff in Quebec, and the nurses will receive educational credits. This was granted because of our high standards, workbooks, certificates, websites in French and English, permission to use the Canadian trademark "Therapeutic Touch" and membership of TTNQ in the national supporting body, Therapeutic Touch Networks of Canada.

This is exciting, because our fees for Level 1 courses include membership in our network. Courses are being lined up at John Abbot College, and they are being attended by nurses practicing at the local nearby hospitals. We are planning on training more network members, most of whom will renew annually as they also have to earn these continuing education credits each year.

TTNQ is preparing to teach at nursing schools; we will be giving them our curriculum and "Plan of Care" similar to what will be used at Ste. Anne's Hospital. A lot of procedures are required in order to set up a course within a hospital. The "Quebec Order of Nurses" have advised us that each institution has a right to accept or reject our application to teach at their hospital or college.

Well done, Susan Hamilton B.A., RPN, RPT, Recognized Teacher of Therapeutic Touch, Membership Chair, TTNQ. She spearheaded this program under the initiative and guidance of our president, Marie-Claude Poupart. TTNQ is now adding new members, one head nurse and one hospital at a time. Other provinces in Canada may have similar opportunities, and the only way to find out is to call and be proactive just like a business, a growing holistic business.

*Leo Gregory, November, 2012  
TTNQ Director, TTNC VP Operations*

## Therapeutic Touch Network of Alberta (TTNA)

Congratulations to the TTNC Newsletter Committee on the publishing of this first newsletter for all the Canadian Networks.

Advances in technology are changing the way we communicate with each other. Members of TTNA thank everyone for their dedication and expertise with this TTNC project.

Therapeutic Touch practitioners are engaging with each other through the two support groups - one in Calgary and the other in Sherwood Park, which includes the Edmonton area.

We are happy to welcome several new members, some of whom have moved from B.C. and Manitoba.

Best Wishes to all our fellow Therapeutic Touch practitioners for the coming New Year.

*Marion Cameron, Secretary, TTNA*

# Professional Liability Insurance

## **Did You Know...**

Some of our members were looking for low-cost insurance. The Therapeutic Touch Networks of Canada (TTNC) have worked with BFL Canada Risk and Insurance Services Inc. to put together a package in which some of you may be interested.

## **When does the new term begin?**

The new term is from December 1, 2012 – November 30, 2013. There will be a flat rate for the year regardless of when you sign up, i.e. the policy will not be prorated.

## **What's covered?**

You are covered for Professional Liability coverage up to \$2,000,000.00. You will also have Commercial General Liability coverage, which includes bodily injury, property damage, personal injury, advertising injury, medical payments, tenant's legal liability, non-owned automotive liability, and damage to hired automobiles.

## **What about coverage for other modalities I do?**

Since many practitioners practice more than one modality, a secondary optional package can be purchased for coverage of the following : acupressure, aromatherapy, crystal healing, energy work, raindrop therapy, sound therapy, hydrotherapy, Reiki, qigong (rhythmic breathing), reflexology, polarity therapy, Healing Touch, iridology, and colour therapy.

## **What's the cost?**

This current year, the fees have been set at \$125.00 per year, which gives the practitioner the above coverage as a Therapeutic Touch™ Practitioner. This is available to members only. The additional, optional package, which covers others modalities, is available for an additional \$60.00 per year, plus taxes. Members report that other insurance companies are charging up to \$800.00 per year for comparable coverage.

Even though our participation has been lower than anticipated, BFL Canada Risk and Insurance Services Inc. has agreed to keep the same rates as last year!

## **Why do I need insurance?**

Whether you get the insurance or not is up to you. People who volunteer in hospitals or hospices may have some insurance coverage when doing Therapeutic Touch in that facility. BFL insurance may provide additional coverage.

Some agencies are asking volunteers if they have their own coverage. As an example, many Therapeutic Touch practitioners used to volunteer at the Vancouver Sun Run (a large cancer fundraiser). Now, insurance is required in order to be a volunteer.

If you have your own business, most would agree that it just makes sense. Even if you did nothing wrong, it often costs money to defend yourself against any claims.

## **I'm still not sure if I want this insurance and if it fits my needs.**

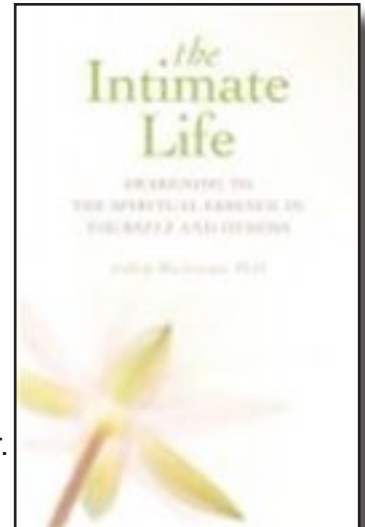
You need to decide for yourself if this insurance is for you. For a more complete description of what this insurance covers, premiums, etc. please look at the TTNC website: [www.ttnc.ca](http://www.ttnc.ca), under insurance coverage. The application forms can also be found there.

## *Bookworm's Food for Thought*

The Intimate Life, published by Sounds True, adds a new dimension to human interaction. Through a series of exercises, the author Judith Blackstone, PhD, leads readers into a deeper relationship with themselves and others by bringing to awareness how we resonate at various frequencies within ourselves and with each other. This book reflects the evolutionary process happening at this time. We are beginning to recognize in an experiential way that we are indeed energy, and that we interact with each other through vibrational frequencies.

If your desire is to understand better how your energy influences and affects people around you, then I highly recommend this book. It will change the way you experience yourself, and it will enhance your relationships with others, since many of the exercises are designed to be used with a partner.

The Intimate Life has inspired me to use these ideas during the beginning meditation in some of my yoga classes, so that we vibrate on the same frequency at the start of the class, thus we truly get to feel the union that yoga engenders.



*Bonita Kay Summers, RP, Kelowna, BC*

## **Teaching Therapeutic Touch: Expanding your Consciousness**

There is an old adage that goes like this, “Give a man a fish, and you feed him for a day; show him how to catch fish, and you feed him for a lifetime.” I feel teaching Therapeutic Touch™ to people who will help others in the world is like the ‘fish story’.

The Therapeutic Touch teacher certainly is not doing it for the financial rewards. It is a spiritual journey while one is teaching; the people and healers you meet, the organization, the public speaking, the classes that are unbelievable and the classes that have to be cancelled for lack of registrations.

Talking about healing and “energy” is a hard sell. We are talking about an abstract quality that you can't see or touch. Belief that we are “more than our bodies” is at the core of this modality. Developing our intuition and compassion are some of the qualities that will grow the more we teach and do Therapeutic Touch. Teaching brings you to a new level.

Dealing with “healers” in the class also expands and develops our patience and tolerance. Some may be more advanced than you; they may see colors, intuit emotions, or hear voices. Keeping your centre during the teaching of Therapeutic Touch is essential to running a great class.

Meditation is also necessary for the teacher to practice on a regular basis. This helps you maintain your centre and be calm.

Meditation will help you advance in your spiritual progress as well as keeping your cool during crises. It will help you be more adept at working the field and picking up on cues during a Therapeutic Touch session.

Do we expand our own consciousness teaching Therapeutic Touch? Absolutely! We are teaching people to “fish” for themselves. What could be more rewarding?

*Susan Hamilton, RT, Montreal, PQ*

# Therapeutic Touch and the Future of Healing into the 21st Century

*This summary of a lecture given by the late **Richard Gerber, M.D.** at the 1997 TTNO Conference remains relevant as a vision of the future for Therapeutic Touch™.*

Richard Gerber's lecture began with an outline of the Newtonian approach to medicine - that the body is only a physical machine, which has developed the ability to think and feel and suggested that it may be quite the opposite to reality: living beings may be consciousness that has developed the ability to create physical matter. The possibility of this new reality was first outlined by Einstein in his equation  $E=mc^2$ . This equation defines the relationship of energy:matter interchange.

With a new concept of consciousness, Gerber began exploring life force and spiritual energies in healing, as it relates to Therapeutic Touch. He described energy as a carrier of information, for example, the bioelectric signals that travel between the brain and the nerve cells and carry information on muscle movement. This 'bioinformational' model defines disease as distorted information, and it is possible that energetic healing is a form of information exchange resulting in this distorted energy being repatterned towards a state of order.

"Healing is a transfer of magneto-electric energy, and its transfer stimulates the enzyme repair systems of the body, which drive increased biological order and organization. The end result of healing energy transfer is increased energy availability for cells to carry out repairs and boost cellular metabolism."

Gerber suggests that if this energy transfer occurs, the motivational force behind healing must involve intention, a very "powerful aspect of consciousness". Intention is an incredibly powerful aspect of consciousness, and it is really one of the things that helps direct healing. It is likely that this motivating force of intent is pure unconditional love found in the interconnectedness of life. The healer working with Therapeutic Touch may actually

generate—with this energy of unconditional love—an unforeseen effect on the structuring and repatterning of etheric fields.

Healing practitioners are aware that learning and experiencing energetic healing, such as Therapeutic Touch, will bring about changes in life, causing an altered perception of self, empowerment in living and/or an alteration in consciousness. Ultimately, once a path such as Therapeutic Touch is chosen, the doors of possibility widen, and one can never view life in quite the same way again. New experiences often include increased synchronicity, symbolic insight, clairvoyant perception, and angelic awareness. These new experiences become integrated into a practitioner and in turn enhance one's healing abilities.

In addition to this reality, different practitioners use a variation of methods to enhance their individual treatments. Some practitioners use a variety of healing imagery to facilitate their process. Gerber calls upon all healing practitioners to be co-creators of peace and healing, and to make an impact in planetary healing through the use of heart centered meditations. As Gerber explains, "Love is the most powerful force in the universe."

Dr. Gerber concluded his presentation by indicating that it is this shift in awareness from a Newtonian to a more Einsteinian energetic concept of healing that will cause a "growth in human consciousness to more widely embrace concepts of love and healing within the framework of an evolving science of vibrational medicine and multidimensional human anatomy." It is this "convergence of science and spirituality" that will create the medicine of the 21st century.

*The original article was written by Alexandra Fortuna.*

*Condensed by Mary Simpson, RN(Ret), RT,  
Oakville, ON*



# THE CANADIAN THERAPEUTIC TOUCH™ NETWORKS



**ATLANTIC (ATTN)**  
 P.O. Box 24073, 21 Mic Mac Blvd  
 Dartmouth, NS B3A 4T4  
 Phone: 902-454-2919  
 Email: info@atlanticttn.com  
 Website: www.atlanticttn.com



**MANITOBA (MTTN)**  
 Mailing Address: MTTN, c/o Lil Smith  
 669 Queenston St., Winnipeg, MB R3N 0X6  
 204-489-7977 Email: mttn@mts.net  
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**Members at Large:** Laura Carroll 204-452-1107



**ALBERTA (TTNA)**  
 908 Canaveral Cr. S. W.,  
 Calgary, AB T2W 1N5  
 Email c/o: mumcam@telus.net



**Reseau de Toucher thérapeutique de Québec (TTNQ)**  
 Therapeutic Touch Network of Québec (TTNQ)  
 B.P., P.O. 46054, Pointe Claire, Québec H9R 5R4  
 www.ttnq.ca

## BOARD OF DIRECTORS

**Coordinators:** Linda Terra, Calgary 403-238-3734  
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**Teachers Collective Representative:** Cheryl Ann Hoffmeyer 780-467-8701  
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 Karen Komanac 403-242-8807  
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**Public Relations:** Susan Hamilton RT 514-624-0920  
**French Liaison:** Chantal Belleville 450-449-1218



**ONTARIO (TTNO)**  
 290 The West Mall, Ste. 4, Etobicoke, ON M9C 1C6  
 TTNO OFFICE: 416-231-6824  
 Referrals 416-65-TOUCH (416-658-6824)  
 Email: ttno.membership@sympatico.ca  
 www.therapeutictouchontario.org



**BRITISH COLUMBIA (BCTNS)**  
 Phone: 604-294-0880  
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 www.bctherapeutictouch.com

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**Practice Group Coordinator:** Lynda Harvey lyndajharvey@gmail.com  
**Director at Large:** Tama Recker TT\_Tama@hotmail.com

## CANADIAN THERAPEUTIC TOUCH™ NETWORKS RECOGNIZED TEACHERS

*Teachers will travel to other areas on request.*

Each network sets its own criteria for curriculum and teaching.

\* indicates a teacher of all levels.

(Information for these pages is supplied by the individual networks and is accurate up to and including October 15, 2012 (see note in box below))

### NOVA SCOTIA

**Beaverbank:** Charlotte Quirk chquirk@hotmail.com  
**Bridgewater:** Janet Manthorne\* 902-543-4266  
**Dartmouth:** Barbara Stone\* 902-469-0317  
 Evelyn Mitchell\* 902-462-1975  
**Halifax:** David Maginley dmaginley@yahoo.com  
**Salt Springs:** Cherry Whitaker\* 902-925-2042

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 Jodi Cole\*, RN, BA 905-731-4713  
 Crystal Hawk\*, M Ed 416-922-4325  
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 Theresa Moore\*, RN MScN 416-493-7646  
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 Julia von Flotow 416-686-6463  
**Wawa:** Aldona Mitrikas 705-856-1889  
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### QUEBEC

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### ONTARIO

**Ajax:** Janet Fallaize\*, RN 905-683-9264  
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**Stouffville:** Pamela Beach\* 905-852-6440  
**Sudbury:** Susan Lee\* 705-524-5084

### MANITOBA, SASKATCHEWAN

**Winnipeg:** Laura Carroll\* 204-452-1107  
 Lil Smith\* 204-479-7977  
 Lyn Wren\* 204-477-1757  
**St. Jean Baptiste:** Jacqueline Marion\* 204-758-3861

### ALBERTA

**Calgary:** Linda Terra\* 403-238-3734  
 Melanie Graham 403-249-9489  
 LeeAnn Wiseman\* 403-873-0457  
**Edmonton:** Linda Woznica 780-468-9326  
**Lethbridge:** Joy Petheridge Baxter  
**Sherwood Park:** Chery Ann Hoffmeyer 780-467-8701

### BRITISH COLUMBIA

**Burnaby:** Marie Preissi\* 604-526-6836  
**Campbell River:** Huguette Ruel\* 250-285-2117  
**Delta:** Cheryl Larden\* 604-510-0190  
**Duncan:** Judith Schweers\* 250-748-5993  
**Golden:** Maryke Patterson-Robinson\* 250-344-5325  
**Kelowna:** Diane May\* dianemay@ca.inter.net  
**North Vancouver:** Lynda Harvey\* 604-980-8604  
**Salmon Arm/Okanagan:** Marie-Paule Wiley\* 250-832-8176  
**Surrey-White Rock:** Faye Torgerson\* 604-576-8176  
**Winnlaw:** Camille Roberts\* 250-226-6886

## CANADIAN THERAPEUTIC TOUCH™ NETWORKS Practice/Support Groups

The people listed below will give you information about Practice/Support Groups.

### NOVA SCOTIA

**Bridgewater:** Janet Manthorne 902-543-4266  
**Dartmouth:** Barbara Stone 902-469-0317  
**Halifax:** Various RPs 902-454-2919  
**New Glasgow:** Cherry Whitaker 902-925-2042  
**Pictou:** Linda Chisholm 902-485-4548  
**Pt. Hawksbury:** Natasha Polomski 902-625-2622  
**Saulnierville:** Colette Thibodeau 902-769-2160  
**Sydney:** Louise Glasgow 902-564-6130  
**Truro:** Kathy Pulnam 902-843-0881  
**Yarmouth:** Sandra Noah 902-649-2201

**Mississauga:** Debbie Abate 905-712-8119 x225  
**Moffat:** Martha Hoey 519-823-5847  
**Muskoka South:** Bonnie Christie 705-646-2095  
**Niagara Falls:** Doreen Sullivan 905-354-8873  
 Pierrette Guise 905-356-2884  
**North Bay:** Monica Giles 705-724-5163  
**Orangeville:** Roslyn Levin 519-925-2401  
**Ottawa:** Gail Lafortune 613-834-4524  
**Owen Sound:** Lynne Rusk 519-534-1234  
 Maureen Smith maureensmith@rogers.com  
**Parry Sound:** Anna Brisson 705-342-5769  
 Barbara Bennett 705-389-9828

### PRINCE EDWARD ISLAND

**Charlottetown (DVA):** Angela Gallant 902-626-6419  
**Charlottetown:** Judy Donovan-Whitty 902-569-3496  
**Kensington:** Carol Evans 902-836-5200  
**Souris:** Patty Mooney 902-687-3514  
**Stratford:** Sandra Fraser 902-569-5310

**Pembroke:** Berlyne Mills 613-687-2921  
**Peterborough:** Linda Nelson 705-745-2849  
**Port Perry/Uxbridge:** Helen Thompson 905-852-5929  
 Terrie Slack 905-982-0389  
**Roseneath:** Pat Hall 705-924-9320  
**Sarnia:** Margaret Pennesi 519-336-9990  
**Sault Ste. Marie:** Margaret Saarela 705-759-2024  
**Scarborough:** Marleene Burfield 416-438-7720  
**St. Catharines:** Margaret Deane 905-646-4945  
**St. Thomas:** Melinda Whitehead 519-633-2506  
 Helen Spangenberg 613-687-2374

### QUEBEC

**Montreal/NDG:** Irma Bubolic 514-483-6688  
**South Shore:** Marie-Claude Poupart 450-671-2223  
**West Island:** Monique Gregory 514-694-6994

**Stouffville:** Marita Conil 905-642-5403  
**Sudbury:** Susan Lee 705-524-5084  
**Thunder Bay:** Jean Riddell 807-622-7790  
 Lee Searles 807-628-8054  
**Toronto:** Julia von Flotow 416-686-6463  
**Wardsville/Glencoe:** Regina Sheere 226-785-1894  
 Phyllis Ann Millyard 519-693-4347

### ONTARIO

**Acton:** Elinor Wagner 519-853-2423  
**Ajax:** Janet Fallaize 905-683-9264  
**Aurora:** Margaret Shearman 905-841-6059  
 Vera Turner 905-833-5969  
**Barrie:** Arlene Cugelmann 705-721-1850  
 Margaret Cottle 705-719-1463  
**Beamsville:** Beth Schat 905-563-8495  
**Belleville:** Nancy Sherk 613-395-2973  
 Alison Cooke 613-395-3691  
**Bolton:** Diane Demidow 905-880-2220  
**Bramalea:** Gabriele Boer 905-791-8637  
**Brampton:** Lillian Hutchinson 905-457-2211  
**Brantford:** Doris Marcellus 519-752-7044  
 Raymond Poole 519-753-4150  
**Brockville:** Audrey Harkness 613-348-3736  
**Burlington:** Lynda Hill 905-681-2575  
 Connie Price 905-637-2659  
**Carrying Place:** Donna Logan Van Vliet 613-962-1004  
**Chatham:** Louise Brodie 519-354-0534  
 Cheryl Dickson 519-674-0602  
**Collingwood:** Nancy Lee Johnston 705-445-4032  
**Elliot Lake:** Dianne Bussmann 705-461-7599  
**Etobicoke:** Karen McKeown 416-742-5628  
**Fergus:** Deborah Gould 519-846-2770  
**Gananoque:** Elaine Davidson 613-382-3772  
**Golden Lake:** Patricia Tamosetis 613-625-2277  
**Grimsby:** Rose Phillip 905-309-4755  
**Guelph:** Evelyn MacKay 519-822-4174  
 Mimi Craig 519-827-1819  
**Hamilton:** Laura Pokoradi 905-385-9217  
**Huntsville:** Ruth Brandt 705-787-1445  
 Shirley Boon 705-789-7434  
**Kitchener:** Margo McIntosh 519-894-0002  
**Kitchener/Waterloo:** Susan Frid 519-885-3764  
 Joyce Mingiardi 519-570-1258  
**London:** Jitka Malec 519-668-2409  
 Dorothy Salmon 519-641-2761  
**Midland:** Norma Piitz 505-549-5165  
 Helen Will 705-534-1101

**Wawa:** Aldona Mitrikas 705-856-1889  
**Welland:** Louise Aikman 905-938-2345  
**Whitby:** Nancy Turner 905-666-5503  
 Susan Scherbak 905-430-9600  
**Whitby:** Lynn Vukosavljevic 905-668-9683  
 Dorothy Pierce 905-668-8474  
**Wilno:** Karen Schimansky 613-756-6172  
**Windsor:** Flo Hartleib 519-974-2157  
 Sharron Parrott 519-258-0440  
**Wiarton:** Maureen Smith 416-967-0381

### MANITOBA, SASKATCHEWAN

**Winnipeg:** Lyn Wren 204-477-1757

### ALBERTA

**Calgary:** Linda Terra 403-238-3734  
**Edmonton:** Linda Woznica 780-468-9326  
**Sherwood Park:** Chery Ann Hoffmeyer 780-467-8701

### BRITISH COLUMBIA

**Burnaby:** Jeri-Lyn Munro 604-298-5279  
 Marie Preissi mariepreissi1@telus.net  
**Coquitlam:** Justin Newell jnewell@telus.net  
**Delta:** Cheryl Larden 604-510-0190  
**Duncan:** Judith Schweers 250-748-5993  
**Golden:** Marijke Patterson-Robinson 250-344-5325  
**Kelowna:** Nicky Siegner 250-762-5771  
 Bonita Summers 778-755-5887  
**Lionsgate:** Linda Harvey 604-980-6604  
**Maple Ridge:** Jean Ruttan 604-463-7711  
**Salmon Arm/Okanagan:** M-P Wiley 250-832-8176  
**Surrey/White Rock:** Faye Torgerson 604-576-8176  
**Vancouver-Langra:** Alex Jamieson 604-738-0453  
**Winnlaw:** Camille Roberts 250-226-6886

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### Board of Directors for TTNC

**President:** Cheryl Larden, BCTNS 604-510-0190  
**Vice-President, Communication:** Leo Gregory, TTNQ 514-694-6994  
**Vice-President, Public Relations:** Brita Ball, TTNO 519-823-4452  
**Treasurer:** Barbara Stone, ATTN 902-469-0317  
**Secretary:** Marion Cameron, TTNA 780-988-7211

Website: www.ttnc.ca