

TTNC News



Volume 2, No. 4

Fall 2013



The TTNA Annual Potluck Dinner

Left to Right: Back Row: Diane Kroeger, Joy Baxter, Vreny Haas, Sherry Crann-Adair, Debra Thomey, Roberta King
Left to Right: Front Row: Linda Terra, Christine Wuerscher, Sheila Camp, Marion Cameron

Picture submitted by Sherry Crann-Adair

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Our Issue is on a Diet

You may notice that this issue has less meat on the bones. We at the Newsletter Committee have been doing our best to feed the TTNC News, with some contributions from outside our group, but this endeavour needs your help.

We know you've got amazing stories to tell about your experiences with Therapeutic Touch™. We hear them every time we get together at our practice groups.

Since the TTNC News only comes out four times a year, you have ample time to assemble these stories and fire them off to me at TTNCnews@gmail.com.

Please don't wait for the deadline to contribute your interesting tales. Pen your stories and send them off as they happen. In this way, we'll have three months of fantastic recollections from which to choose.

Think of the newsletter as one big practice group where you get to share your perspective with practitioners all across the country—and have the opportunity to be heard by the TTNC Board, which is paying attention not only to your stories but your concerns.

As you read this issue, please think of ways that you could contribute—and make yourself heard to an entire nation of practitioners.

Warmest greetings,

Bonita Kay Summers, Editor

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TTNC Newsletter

is the newsletter of
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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.

Next Issue: Winter 2014

Deadline for Submissions: Jan 08/14

Late submissions may be held for the following issue. Submissions must be in .doc, .docx, or other text format.

Articles should be approximately 500 words. Writers may include a brief bio with an article at a length of no more than 50 words.

Ads in JPG format please.

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 2014 – Report from...."

PUBLICATION DEADLINES AND DATES

Next publication date is the 31st of January 2014.

TTNC Newsletter
is emailed to Member Networks of TTNC, to be distributed by them to their members.

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Greetings from the TTNC Board

What's happening in TTNC?

TTNC is preparing for its third Annual General Meeting, which will be held on Sunday, November 17th, 2013. The meeting will be held by Skype teleconference call and is open to Board members of all the TTNC Network Members (BCTTNS, TTNA, TTNO, TTNQ, and ATTN) and the members of all the TTNC committees. Formal invitations will be sent out shortly. Financial statements for the current year and a budget for the new 2013-2014 year are being prepared and will be reviewed by an accountant.

One of the planned brochures has been completed and is being distributed to the individual networks for them to decide how they will use it. On behalf of the TTNC board, I would like to thank the Brochure Committee members: Mary Simpson, Judy Donovan Whitty, Selena Jones, and TTNC rep Leo Gregory.

Now in its second year, "TTNC News" is going strong, being published four times a year. What a great addition to our Therapeutic Touch™ community. Thanks to our Newsletter Committee: Bonita Summers, Mary Simpson, Judy Donovan Whitty, Sheila Camp, Dolores MacKenzie, and TTNC rep Brita Ball.

Our Curriculum Committee has had some struggles finding meeting times and has had technical difficulties with communication. This has hampered committee members' efforts at getting together. They have also lost a committee member. We are expecting to get these issues resolved in the near future so the committee can move forward.

Our low-cost liability insurance continues to be offered, and those using it seem to be very happy with the rates and coverage. Remember to look on the TTNC website: www.ttnc.ca for further information and for application forms.

Speaking of websites, check out the website. Is there anything else you would like to see? We would love your feedback.

As always, we continue with development of policies and procedures, and job descriptions. At this time, we are also reviewing and tweaking our mission, vision, and values to ensure we are all still on the same track and are meeting the needs of the networks.

We are also having discussions with the Manitoba Therapeutic Touch Network (MTTN) and are encouraging them to join TTNC. Hopefully, they will agree, and we will have all six Canadian Networks represented by TTNC!

Respectfully submitted,

*Cheryl Larden
President, TTNC*

Reports from Member Networks Across Canada

British Columbia Therapeutic Touch Network Society (BCTTNS)

Planning has already begun for our spring retreat. Venues are being looked at, and speakers are being shortlisted. Expect to hear more at the time of the next issue as details are confirmed. The possibilities are exciting!

We are continuing to develop and fine-tune our strategic plan, endeavouring to meet the needs of our members while maintaining the integrity of Therapeutic Touch™ through credentialing. We are evaluating both our newer and older initiatives, and ascertaining their effectiveness, while constantly looking at new ideas to serve members and promote Therapeutic Touch in the community.

This past weekend, I was teaching a Therapeutic Touch course, and one of the students' objectives was to go deeper. Today, I came across an affirmation from Louise Hay: "Inside of me lie all the answers to all the questions I will ever ask." Whether we are seeking information for the best course of action for ourselves, clients, or our networks, this quote is worth remembering.

Respectfully submitted,

*Cheryl Larden
President, BCTTNS*

Atlantic Therapeutic Touch Network (ATTN)

Hello to Canada's other Therapeutic Touch™ members from the Atlantic Therapeutic Touch Network.

We have been busy as usual! Some of our practice groups slow down for the summer, but others carry on. We currently have 13 practice groups throughout Nova Scotia, five on Prince Edward Island, and a contact in New Brunswick. All are listed on our website: www.atlanticttn.com

Our membership numbers have increased in part due to an incentive for new members, and the dedicated work of our five ATTN teachers.

We started the season off with the Fall Board Strategy Planning Session in order to get to know new members of the board, review/revise our goals and objectives from last year and continue with our strategic planning. The time was well utilized and the general membership will be receiving information about the planning session in the Atlantic Touch newsletter.

A Practice Day on Self Care was held at St. Peters, Cape Breton Island. This Practice Day program was developed by TTNO. Just another example of how the networks can help support each other. The Practice Day was well attended with enthusiastic, vocal participants, including Theresia Grewe from Germany. Theresia is the mother of Stefanie Butschek who lives in Judique, CB. Stefanie is the outgoing ATTN Membership Chair. It is wonderful that Theresia timed her visit to Canada to work in her levels and Practice Day. Thanks to the teachers who led the day: Barbara Stone, Cherry Whitaker and Charlotte Quirk, who provided us with insight on why and how to care for ourselves with exercises and laughter. The evening before the Practice Day, ATTN member Natascha Polomski treated the group to a demonstration of her singing bowl message.

We are looking forward to the upcoming Retreat on Oct 18, 19 and 20, 2013, "Find our way Home", exploring the geography of our deepest commitment to healing, in Meteghan River on mainland Nova Scotia's Acadian area. The Retreat is being hosted by the Yarmouth and Saulnierville Therapeutic Touch Practice Groups. They also hosted in 2011, and evaluations were excellent. Read more about the Retreat in the next issue, and we will have news about who won the wonderful Getaway Weekend for two, donated/hosted by ATTN members, Colette and Marcel Thibodeau, Saulnierville, NS.

Looking forward to reading submissions from the other Canadian Networks in TTNC newsletter!

All the best,

Bertha (Birdie) Fiddes

Reports from Member Networks Across Canada continued...

The Therapeutic Touch Network of Ontario (TTNO)

Surrounded by the breathtaking beauty of the colours of fall, we find ourselves in a peaceful place of renewal and reflection.

Dora Kunz lived in a world of vibrant energy, having the ability to detect people's personal auras. At this glorious time of year, we are given the opportunity to see the world as she saw it, alive with colour. We are familiar with the symbolism of the mighty tree with its entwined roots, connecting all of us together. But do we ever stop to think about the significance of the leaves? Leaves are nature's food factories. They store food and waste from the trees. All summer long, they feast on sunlight and water, preparing for the dark, dryer days that lay ahead. As the days become shorter, the trees shut down their food production and settle into a stage of rest and renewal. How fortunate we are to belong to a network that mirrors this astounding support system, providing creativity, manifestation, initiative, community, opportunity and balance to all of its members across this great country of ours!

We at the TTNO are delighted to announce that a committee of talented individuals are nourishing their creative abilities, and a new website is in the works.

We are honoured to have among us Mimi Craig (Recognized Teacher) and Helga Brown (Recognized Practitioner), prestigious winners of the June Callwood Award, given by Hospice Palliative Care Ontario to outstanding volunteers.

Our differences make us unique and interesting; our similarities draw us together and make us family. Ontario is having a wonderful time gathering ideas that will help encourage existing members to open up and share their talents as well as to invite new members to join in and experience all the adventures that happen when you belong to a strong and thriving community of 'TTers'.

"Unattachment to Outcome" is the theme in Ontario for Practice Day 2013. We stand in awe of the breakthroughs in understanding and the ease in which past ideas are let go and replaced with concepts that provide endless opportunities to create and manifest a world of infinite possibilities. We are humbled by the harmony and growth which flows so gracefully through our Therapeutic Touch™ family.

We wish to extend a heartfelt invitation to all to join us at The Kempenfelt Centre on the beautiful shores of Lake Simcoe in Barrie Ontario, November 8-10 for The 2013 AGM and Fall Event. Our workshops will surely satisfy your yearning for greater depth and balance as you discover the path to the wisdom of self, guided by mindful teachers eager to light the way.

Until next time, remember to paint with all the colours of the wind...

Paula Burchart, RP (TTNO)

The Therapeutic Touch Network of Alberta (TTNA)

Hello from Alberta.

We have been enjoying warm, dry weather here, which is a nice change for us.

In the spring, TTNA held our annual potluck dinner at Linda Terra's home in Calgary. This is our last get-together before breaking for the summer and is a wonderful time to get caught up on news both old and new! We ate indoors due to the rainy weather. The food was delicious and the atmosphere healing. We had several members from out of town join us in Calgary, which is always a delight! Of course, Therapeutic Touch treatments were shared by all.

Our TTNA member, Joy Baxter, gave us a demonstration of some of the powerful healing sound codes developed by Elisabeth Westermann, founder of Atlas Balancing.

In June, the Bow River began to swell west of the city of Calgary. It overflowed through downtown Calgary, which

was one of many communities affected in south Alberta. Many are still trying to rebuild their lives. Those of us who could, helped those affected in any way we could; at evacuation centers, taking in friends, helping neighbours with basement clean-ups, helping to find lost pets, etc. It was the worst flooding I've seen in the 24 years I've lived here.

Coming to Calgary in June 2014 is the World Conference on Breast Cancer. TTNA would like to have a presence at this event, and are working towards this goal.

As always we invite anyone visiting Alberta to look us up and come join our practice groups! Our e-mail remains the same: therapeutictouchalberta@shaw.ca

Keep safe and in the moment.

Sherry Crann-Adair, Co-ordinator (TTNA)



ATTN Board for 2013-2014

Front Row L-R: Colette Thibodeau (Publicity/Events), Charlotte Quirk (Fundraising), Judy Donovan Whitty (Secretary).

Back Row L-R: Barbara Stone (Practice Group/Practitioner Liaison), Barbara Williams (Membership), Cherry Whitaker (Education), Kathy Putman (Research and Policy), Birdie Fiddes (Coordinator)

Picture submitted by Wayne Fiddes

*ATTN
Photo
Moments*



**ATTN Practice Day, St. Peters, Cape Breton, NS
Sept. 29, 2013**

Front Row L-R: Sharon Unsworth, Sandra MacLennan, Theresa Grewe from Germany, Stefanie Butschek
 Second Row L-R: Louise Glasgow, Cherry Whitaker, Natascha Polomski, Tanya Levy
 Third Row L-R: Charlotte Quirk, Barbara Stone, Karen Bissonnette, Susan Ivany, Michelle Greenwell
 Back Row: Jeannine Crouse, George Rodgers

Submitted by Wayne Fiddes

Letters to the Editor

A Great Reminder on Grounding Ourselves

Thought I'd share a stunning grounding reminder I experienced.

I have limited my Therapeutic Touch™ practice since moving from Toronto to Collingwood. Being a bit sensitive and volunteering at Hospice for 7+ years, I used to ground myself at waking and before sleep. I gradually neglected this practice, and I suspect grounding patterns totally eroded from my field.

After I had brunch with three friends in a restaurant, I found my legs totally useless. I couldn't stand. I had to use my arms to rise from the chair. Oh my goodness. What was going on? Leaning on chairs, walls and a friend, I exited the building. My legs were weak and unable to support my weight. I then realized one of my companions had severe back issues and highly limited mobility. I was echoing his weakness. I cleared the echo once I returned home.

I used to mildly echo others' imbalances and used this as a tool to guide treatment. The echo would clear as I treated

them. Occasionally, it would "tweak", telling me I'd missed a spot. I felt it was their field spontaneously asking for help. On one occasion, I was aware of someone else's headache and instantly thought, "This doesn't belong to me. Go away." They said, "Ouch", and I realized it went back to them. I apologized and treated them right away.

I have enough of my own health issues; I don't need anyone else's. I now remember to ground myself occasionally and ask the energy to move THROUGH me. FLOW and BALANCE are key to all our lives.

Lynn Woods (TTNO)

Letters to the editor will be published at the discretion of TTNC News and may be edited for length and relevant content.



**Mark
Your Calendar
NOW! to Save
the Date...**

for the

**Therapeutic Touch Network of Ontario's
Annual Fall Event & AGM**

November 8 to 10, 2013

at the
**Kempfenfelt Conference Centre
Barrie, Ontario**

The TTNO is planning this year's Fall Event, much like the one enjoyed in 2012.

*We are looking forward to bringing
the same - and more,
at the beautiful
Kempfenfelt Centre on Lake Simcoe
www.kempfenfelt.com*

Bookworm's Food for Thought

As Therapeutic Touch practitioners, our initial focus is to centre ourselves, and teachers of our modality often encourage us to meditate, an activity that seems simple enough, and yet challenges most of us when we first begin to adopt the practice.

One of the pitfalls of meditation that many of the students in my meditation classes have held is the belief that they have to “still the mind”. This usually leads to a fight with the ego consciousness—one that we invariably lose.

Pema Chodron's latest book, “How to Meditate” addresses this issue with her usual succinct but warm writing style. In describing meditation, she mirrors the way we see our centering process:

“... meditation gives us the opportunity to have an open, compassionate attentiveness to whatever is going on. The meditative space is like the big sky—spacious, vast enough to accommodate anything that arises.”

Chodron begins with the basics, including posture, breathing, checking in with the state of the mind, and performing a body scan so that the meditator connects with the body as a place of wisdom and awareness. This helps to prevent the pitfall of using meditation to “bliss out”, rather than become alive to everything happening in the moment. In keeping with that perspective, she recommends that meditators keep their eyes open during their practice, with gaze cast down at a comfortable distance.

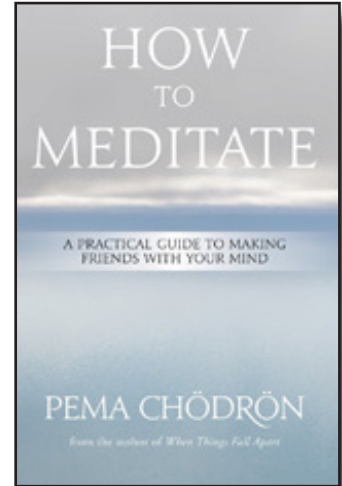
Often, meditators feel defeated because their minds wander or they get caught up in their emotions. They denigrate themselves for “failing”, concluding that if they aren't happy and thought-free, they're no good at meditation. Chodron communicates the concept beautifully that this is a process where we “keep coming back” to the breath and allow ourselves to feel emotion while learning not to get caught up in giving our emotions a story—a favourite activity of the mind.

In her chapter, “Getting Our Hands Dirty”, she says something really pertinent to those of us working with the human energy field who are empathic and occasionally get entangled by the emotional energy we pick up from our clients:

“Emotions, in essence, are just pure energy, but because of dualistic perception we identify the emotion as “me”, and it gets very locked in. The energy gets frozen. Trungpa Rinpoche once said, “Emotions are composed of energy, which can be likened to water, and a dualistic thought process, which could be likened to pigment or paint. When energy and thought are mixed together, they become vivid and colorful emotions.”

Chodron communicates the need to feel rather than think our emotions so that we learn not to colour them with our thoughts. I believe “How to Meditate” is incredibly valuable to those of us working with energy, so that we can take our meditative process to the next level, using it to develop a pure awareness of energy unsullied by the workings of the ego mind, rather than simply achieving a state of calm. The question then becomes: are we willing to get our hands dirty and drop down into the well of our emotions in order to learn to work with that pure energy more skillfully? It's a fascinating journey indeed.

Bonita Kay Summers, RP, Kelowna, BC (BCTTNS)



Practising Therapeutic Touch and Taoist Tai Chi

I'm a practitioner of both Therapeutic Touch™ and Taoist Tai Chi™. As I deepen my understanding of each, I notice some similarities, and I'm beginning to see that the practice of each can help me with the other.

Taoist Tai Chi is a body/mind/spirit practice, sometimes called a “moving meditation”. There is a strong focus on being grounded in your feet and keeping intention (but not tension) in your hands, as you perform the specific moves. It's easy to see a parallel with Therapeutic Touch—not only grounding the client, but your own grounding during the session to help stay deeply centered. Of course, intention is so crucial to Therapeutic Touch.

“Your mind is in your hands” or “put your mind in your hands” (specifically the palms) is a Taoist Tai Chi saying, which reminds me of intention as we move our hands and how they can both offer energy and sense imbalances in a field during a Therapeutic Touch session.

During both practices I get a strong sense of energy in my hands. They feel warm and almost puffy/throbbing during Taoist Tai Chi, as if my hands and my whole field have expanded or warmed up. This is said to be because the chi/energy is flowing better. That sense of expansion in my hands during Tai Chi has actually helped me better notice the field's presence and form while practising Therapeutic Touch. It's something I want to pay more attention to as I continue each practice.

Tai Chi promotes a focus on relaxing the body, stopping internal chatter and distraction—similar to what I try to maintain while doing Therapeutic Touch.

One of the differences that bears mentioning is that in Taoist Tai Chi, the 108 moves of the set have prescribed hand, arm, leg, foot, and torso positions. It's easy to get caught up in wondering, “Is this position right?” I do a better job of settling into a centered space during a Therapeutic Touch session, because I'm moving to balance the field in a freeform way—within the guidelines of Therapeutic Touch basics. It takes less thinking/effort on my part to ground, rebalance the field, unruffle, and so on, because the session seems to flow once I centre and move to work in the client's field.

The flow and ease that I often feel with Therapeutic Touch helps me relax while I'm practising Tai Chi. The focus on groundedness and intention in the hands with Tai Chi helps me with even deeper grounding and focus while practicing Therapeutic Touch. In each, I perceive energy flow, relaxation, deepening, being centered, meditation, and a practice that involves not just body but mind/spirit as well.

If other Therapeutic Touch practitioners practise Taoist Tai Chi, I'd love to know if they have experienced any of these commonalities.

Sandra Bogart Johnston, RP (TTNO)

Professional Liability Insurance

The new term is about to begin!
December 1, 2013 – November 30, 2014

Time to RENEW!

Did You Know...

Our members have been happy with the low-cost insurance that has been offered as a result of the collaboration between Therapeutic Touch Networks of Canada (TTNC) and BFL Canada Risk and Insurance Services Inc. They have put together a package you may be interested in.

When does the new term begin?

The new term begins December 1, 2013. There will be a flat rate for the year regardless of when you sign up, so now is the time!

What's covered?

You are covered for Professional Liability coverage up to \$2,000,000.00. You would 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: acupuncture, aromatherapy, crystal healing, energy work, raindrop therapy, sound therapy, hydrotherapy, Reiki, Gi-Gong (rhythmic breathing), reflexology, polarity therapy, Healing Touch, iridology, and colour therapy.

What's the cost?

This current year, the fees have been \$125.00 per year, which gives you the above coverage as a Therapeutic Touch Practitioner. This is available to members only. The additional, optional package, which covers other 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.

Why do I need insurance?

As with any 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. This 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 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 and look under insurance coverage. The application forms can also be found there.

Cheryl Larden, TTNC President

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THERAPEUTIC TOUCH NETWORK OF CANADA 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 8, 2013 (see note in box below))

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