

TTNC News



Volume 2, No. 2

Spring 2013



PEI welcomes Cherry Whitaker!

Charlottetown and Stratford Practice Groups met on May 2, 2013 to share and learn more about Therapeutic Touch with Practitioner Liaison, C. Whitaker. **Front Row L-R** all RP's: Sandra Fraser, ATTN Student teacher, Elaine Reid, Lisa Gallant, Cherry Whitaker, Olga MacDonald, Mary MacIntyre, Mary Hughes **Back row L-R**: Lorraine, T. Murphy, Donna Murphy-MacInnis, Anne Smith, Cynthia MacDonald, Glenda Graves, Kelti MacMillan, Rae Lane.

Picture taken by J. Donovan Whitty

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We want YOU!

You may notice that this issue of TTNC News is shorter than the last. We've happily received your kind comments about the TTNC News, but we'd like more submissions.

We want to hear from you! What experiences do you want to share with your fellow practitioners across the country? What issues do you feel are relevant in terms of how we practice Therapeutic Touch™ and where we can take it in the future?

I, for one, would love to see it become a funded modality within our health care system. I'm pleased to see that this is something that TTNC has in mind as a goal.

How do you want to be represented by TTNC? The board sees every issue of the newsletter, so consider this your opportunity to be heard in a direct manner. Be prolific!

We will carefully consider all submissions that arrive in our inbox and do our utmost to ensure that TTNC news represents a diverse cross-section of perspectives of Canadian Therapeutic Touch practitioners and teachers.

It begins with you! Have something to say? Don't delay. Send a submission for the next issue. Letters to the editor and articles are most welcome.

Many thanks for adding your voice to the TTNC News!

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: Summer 2013

Deadline for Submissions: July 08/13

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.
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 Summer 2013 – Report from...."*

PUBLICATION DEADLINES AND DATES

Next publication date is the 31st of
July 2013.

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

I hope everyone is enjoying spring! It's always great to see nature awaken and come into bloom. Hopefully, we can allow ourselves to do the same. In regards to what we are currently working on, here's an update:

- You will be reading this report in the third edition of "TTNC News". Fine tuning is being done on the newsletter and the processes for putting it together. There have been glowing reviews from readers!
- Our **brochure committee** is developing a brochure that can be used by all networks. The committee has produced a draft, which has gone out to the individual TTNC Member Network boards for feedback.
- Our **curriculum committee** has determined a plan of action and will soon be meeting to start its work.
- Access to a low-cost **liability insurance plan** has been obtained, now in the second year of coverage. While those that are using it are very happy with the coverage and the cost, at the current number of users it is unlikely that the insurance company will continue to provide this policy at the current rate. We have provided information to the networks through the newsletter, and information is available online at www.ttncc.ca should you wish to consider obtaining it. We haven't given up yet; we are exploring ways in which this insurance can continue to be provided at a low cost.
- We will be looking further into the possibility of having Therapeutic Touch™ sessions covered by insurance companies.
- We are continuing to strengthen the foundation of our network, currently working on job descriptions for Vice-President of Communications and Vice-President of Operations and developing a Communications Policy.

*Cheryl Larden
President, TTNC*

What is TTNC?

More than 15 years ago, Therapeutic Touch networks across Canada came together as a group called Canadian Therapeutic Touch Networks (CTTN). After years of working together, members of CTTN decided it was time to register and incorporate a bonafide organization. This is how TTNC was born.

TTNC board members play two roles. The first is to represent their member networks (BCTTNS, ATTN, TTNO, TTNQ and TTNA), acting as a liaison between their own networks and the TTNC. The second is to help TTNC fulfill its mission of being the national voice for Therapeutic Touch in Canada and support Member Networks (MNs).

In representing our own MNs, we ask our MN boards what TTNC can do to help, what can be done to move from harmony to unity within Canada. We take the information back to the TTNC table to set priorities for the year. Information and direction flow back and forth between our MNs and TTNC.

TTNC is not about doing jobs that member networks are already doing, but we:

- speak as one voice in Canada,
- support Therapeutic Touch, and
- help our member networks grow.

In helping TTNC fulfill its mission, each MN representative takes a position on the TTNC board. She/He may chair a committee comprised of interested and experienced people from each of our MNs. More people bring in more diverse views. This means we have a greater ability to be representative to the needs of our MNs. We have access to a greater pool of knowledge and expertise. It makes the work more manageable for everyone, allowing us to do more.

TTNC exists for our member networks, and exists through their support and confidence. We invite you to participate with us on a committee or as a MN representative on the TTNC board. You can learn what others are doing, explore resources, work with a great group of people, feel more connected, and learn and grow in a supportive environment—after all this is a Therapeutic Touch network! If you are interested in becoming involved let your MN board and/or TTNC representative know. We would be glad to welcome you to this rewarding opportunity.

Over the next few issues, we will introduce TTNC board members. In this issue, meet our BCTTNS and TTNQ representatives.

*Cheryl Larden
President, TTNC*

Reports from Member Networks Across Canada

British Columbia Therapeutic Touch Network Society (BCTTNS)

Greetings from BC!

We had our AGM and conference on May 4th. The day began outside with introductions followed by a lovely meditation. We then moved inside for our AGM. Three people joined the board and six joined subcommittees! It was very exciting to see the enthusiasm. Two people left board positions, but have volunteered to help the BCTTNS in non-board positions, so thankfully we are not losing them.

Jean Ruttan has been our Website and Publicity Chair. She has been on the board for approximately 15 years in many roles, including President, Membership, and Publicity and Website. She will continue on the publicity committee – yeh!

Dianne Whetstone has stepped down from Membership Chair but has volunteered to do our website – yeh again!

We wish to thank our former board members, all those joining us, and everyone that helps our organization in various ways!

We are excited to work, learn, and grow with such a wonderful group of people!

Our conference was attended by members and non-members. Our speaker, Elaine Hopkins, in her talk, “Awakening the Doctor Within: Hypnosis in Health” discussed visualization, the connection between thought and energy, the connection between life events and physical, mental, and emotional symptoms, the importance of self-care, and more. There were new concepts as well as reinforcement of those with which we were already familiar.

Following our guest speaker, our practitioners working towards their Recognized Practitioner status conducted supervised Therapeutic Touch™ sessions. It was a wonderful way to end a special day. A special thanks to Marie-Paule Wiley, our Education Chair, for organizing this event and for everyone who assisted!

*Cheryl Larden
BCTTNS President*

Therapeutic Touch Network of Alberta (TTNA) Réseau Toucher Thérapeutique de l'Alberta (TTNA)

Hello from Alberta! Thank you TTNC for this e-newsletter. I enjoy reading it and encourage all members to read it also.

TTNA held our Annual General Meeting and Practice Day at Gaetz Memorial Church in Red Deer, Alberta on April 20, 2013. Nine members attended, and Linda Terra facilitated our Practice Day, which was on the topic of Centering. Practicing deeper, sustained centering while giving and receiving Therapeutic Touch™ was a good way to spend an afternoon.

Two of our members, Vreny Haas and Sheila Camp, volunteer at Wellspring in Calgary. Chery Ann Hoffmeyer continues to teach Therapeutic Touch courses in Sherwood Park, Alberta. Linda Terra will resume teaching Therapeutic Touch courses this fall in Calgary. Monthly practice groups run at the home of Linda Terra every third Tuesday of the month and with Chery Ann in Sherwood Park every fourth Sunday of the month.

We look forward to our wind-up potluck dinner in June. If you find yourself in Calgary the third Tuesday of June, join us.

For information on Therapeutic Touch courses, practice group meetings, recognized practitioners, and membership in TTNA contact us at therapeutictouchalberta@shaw.ca.

Enjoy your summer!

*Sherry Crann-Adair,
Coordinator, TTNA*

Bonjour de l'Alberta! Merci TTNC pour cette e-newsletter. J'aime lire et encourager tous les députés à le lire également.

TTNA tenu notre assemblée annuelle et General journée d'essais à Gaetz Memorial Church à Red Deer, en Alberta, le 20 Avril 2013. Nous avons neuf membres assistent et Linda Terra facilité notre journée de pratique qui était sur le thème de centrage. Pratiquer profonde, soutenue centrage tout donner et de recevoir le Toucher Thérapeutique™ est une bonne façon de passer un après-midi.

Deux membres, Vreny Haas et Sheila Camp, bénévoles à Wellspring à Calgary. Chery Ann Hoffmeyer continue à donner des cours de Toucher Thérapeutique à Sherwood Park, en Alberta. Linda Terra va reprendre l'enseignement de cours de Toucher Thérapeutique cet automne à Calgary. Groupes de pratique mensuelles continuent à la maison de Linda Terra chaque troisième mardi du mois et avec Chery Ann à Sherwood Park chaque quatrième dimanche du mois.

Nous nous réjouissons de notre liquidation dîner-partage en Juin. Si vous vous trouvez à Calgary le troisième mardi de Juin, venez nous rejoindre.

Pour plus d'informations sur les cours de Toucher Thérapeutique, réunions de groupe de pratique, praticiens reconnus, et l'appartenance à TTNA nous contacter à therapeutictouchalberta@shaw.ca. *Sherry Crann-Adair*

Reports from Member Networks Across Canada continued...

The Therapeutic Touch Network of Ontario (TTNO)

Spring is a time of change and new beginnings. Here at the TTNO, we are in the midst of some changes and new beginnings as well.

Our Chair, Jane Graham, has resigned from her position, looking to move in a new direction, while remaining a strong, supportive member of our network. Jane initiated Focus Groups that saw board members travelling across Ontario to get a vision of the hopes and desires of our members. The information gleaned from these meetings will guide the Board in its next steps, keeping the TTNO relevant for our members, while holding to its vision of spreading the word about Therapeutic Touch™ into the broader community. Jane will continue to support the TTNO as coordinator of the office and as a resource to the Strategic Planning Committee.

Sharron Parrott has agreed to become our new Chair. A Recognized Teacher, she joined the Board in 2007 and became Chair of the Teachers Liaison Committee. Under her tenure, the revised Curriculum and Guidelines were distributed in 2010. Sharron has written eloquently about becoming a TTNO board member.

"We have all arrived on a committee or on the Board by different paths and, once there, we realize the paths have all been challenging and rewarding. We have experienced self-discovery and discovery of others. For me, the journey has been like no other and I am grateful and blessed to have had such amazing opportunities to grow, learn new skills, and feel validated and valued. A few years ago, Susan Keith said what I thought was a beautiful statement about the Board... "It is so nice to belong to a group that is not AT each others' back but HAVE each others' back"."

Flora Hartleib, who has co-taught with Sharron for many years, becomes the Teacher Liaison Committee Chair. She became the Submission Coordinator last year, organizing

reviewers, compiling reviews and giving feedback to teachers in training. She takes on this job at a time when we are beginning to look critically at the 2010 Curriculum and Guidelines to determine revisions that need to be made.

Our Practice Days, with the theme, "Non-attachment to Outcome" are being well attended and enthusiastically received. It is an area of challenge for all of our compassionate Therapeutic Touch practitioners.

In our Community Outreach, members continue to participate in various health fairs, encouraging attendees to learn Therapeutic Touch. We are developing a postcard that will help to promote awareness and acceptance of Therapeutic Touch at community events and conferences and will encourage people to visit our website.

Communications Chair Julia von Flotow encourages us to spread the word about our "YouTube Channel": <http://www.youtube.com/user/TTNOntario>. She suggests that anyone interested in producing short videos on Therapeutic Touch contact the TTNO office to receive guidelines to help plan your project.

The newly revised practitioner workbooks are ready for distribution. Pat Tamosetis visited several Teachers meetings to get us acquainted with them. The 8.5" x 11" format makes them easier to use, and the explanations for review/supervised sessions are helpful.

We wish the TTNC well as it moves forward in its efforts to explore its role and to represent Canada on the international Therapeutic Touch scene.

*Submitted by Mary Simpson, RT, Ontario (TTNO)
TTNC Newsletter Committee Rep.*

Atlantic Therapeutic Touch Network (ATTN)

Greeting from Atlantic Canada. The year has just flown by! We are preparing for our AGM on May 25th and our Spring Workshop that same weekend. The line-up of presenters includes: Rev. David Maginley, Charlotte Quirk and Natascha Polomski, all ATTN members.

Membership has increased since January as have our Practice Groups. We have a practice group in New Brunswick for the first time in years, with hopes of expansion in that province.

Current teachers are encouraging practitioners to become teachers, as we will be in need (everyone is getting older).

After the Spring Workshop, we will look forward to the Fall Retreat being organized by the Saulnierville and Yarmouth practice groups on the French Shore of Nova Scotia. Those of you from other parts of Canada may wish to plan an autumn colours vacation around this event. Dates are Oct 18,19 and 20. Watch for more information at www.atlantic.com.

If vacationing in Atlantic Canada, you are welcome to attend a practice group. Check our website for practice group listings.

*Bertha Fiddes
Coordinator ATTN*



In an effort to connect with everyone, we, the members of the TTNC Board, would like to share a bit about ourselves and what roles we play in the operation of TTNC.

BCTTNS Representative: Cheryl Larden has been using Therapeutic Touch™ since the 1980's and has been fortunate to attend many Therapeutic Touch workshops at Camp Indralaya, participating as a mentor in 2011 and as a facilitator in 2012. She was a founding member of the B.C. Therapeutic Touch Network and is currently President. She is also President of TTNC.

Cheryl has worked as a Registered Nurse both at the bedside and as a Clinical Nurse Educator. She is a Recognized Therapeutic Touch Practitioner and Teacher, has conducted research in Therapeutic Touch, has a private Therapeutic Touch practice and facilitates a Therapeutic Touch Practice Group in Delta, B.C. She finds Therapeutic Touch to be a very powerful and gentle way of helping individuals heal themselves.

Letters to the Editor

Praise for the TTNC News

We enjoy your newsletter; it is very interesting and informative. Great work.

Monique Gregory, Quebec (TTNQ)

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



TTNQ Representative: Leo Gregory has been practicing Therapeutic Touch for five years in Montreal, Quebec, to obtain a balance and calmness in life compared to the average twelve-hour work day of owning a computer reseller company. Leo is Vice-President of Operations for TTNC and chairs the brochure committee.

Leo's wife, Monique, was the past president of TTNQ. Their son Richard owns an Osteopathic Clinic in Ottawa and treats major sports-related injuries. Their daughter Andrea lives with her family in Sydney, Australia and works as a specialist helping autistic children. Leo's leisure time is spent gardening and doing major renovations.

**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

Growing up empathic, I had the usual challenges sensitive people experience, including picking up on the emotions of everyone around me, and blaming myself for any upsets that occurred in my immediate vicinity. Noises and the turbulent energies of others were often too much to handle. I would take off into the woods for hours at a time, just to be alone with myself and in nature. This escape was soothing, as it reduced my contact with the excitable world of humans. When a ramble in the forest wasn't possible, I'd retreat into books or meditation. By my early teens, I'd learned how to leave my body and its powerful reactions to the energies around me. Not only did I feel like an alien in the world, I had almost completely disconnected from my own body.

It took many years before I could re-integrate with my body and stay completely present, feeling physical sensations and emotions without becoming overwhelmed. This sensitivity really came to the fore when I started taking my Therapeutic Touch™ training. If there were half a dozen sessions going on in the room, I'd feel every one of them as though they were happening to me. It took a lot of work on my part to learn how to release the energy congestion this created.

This is why Dr. Judith Blackstone's book, "Belonging Here", is such a godsend. I suspect many Therapeutic Touch practitioners are spiritually sensitive people, and Blackstone's book is beautifully designed to address various sensitivity types and the defense patterns that they manifest in order to cope with their environment.

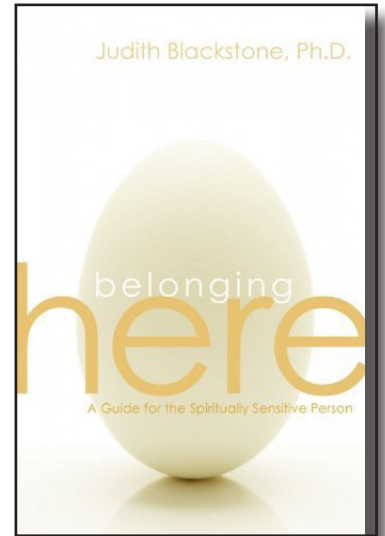
Moreover, Blackstone assists her readers to become completely present in their bodies by learning to recognize on an energetic level that they are actually one with their environment. Her techniques are designed to help sensitive people to experience their world without being triggered by it, eliminating the need for defensive patterns.

Blackstone's book gives a number of case studies along with exercises used to address the issues each case presents. Some exercises are designed to be performed with a partner, so I encourage practitioners to team up with loved ones and other practitioners to get the full benefit of the book.

For those of us who grew up feeling like strangers in a strange land, due to our extreme sensitivity, Blackstone gives a path back to belonging to the human race and to the world in which we live. She also offers ways to use our sensitivity to cultivate deep compassion and spiritual maturity. For those of us who have felt alienated and defensive, it's remarkably helpful in a way that I have not seen any writer address as effectively until now.

One exercise that really jumped out for me involves visualizing a loved one, such as a parent, sitting across from you and noticing how that affects your internal energy. I believe it's really useful for us as Therapeutic Touch practitioners not only to be aware of the need to centre ourselves, but to understand what throws us off centre in the first place. By proactively processing our triggers, we can increase our efficacy and deepen our ability to connect with our clientele and our own inner awareness.

Dr. Blackstone's book is available on [Amazon.ca](https://www.amazon.ca).



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

Response to the Canadian Nurse Article

The Canadian Nurses Association publishes a periodical "The Canadian Nurse". The September 2012 issue featured the article "Energy at Work". It left nurses who are practitioners of complementary energy field therapies in states ranging from anger to disappointment. The TTNO sent a notice that Therapeutic Touch™ was a registered trademark in Canada. The following letters were submitted to the Editors. The one from the TTNO was published in a subsequent issue. Unfortunately, this excellent response from CTNIG was not:

From Darka Neill, Executive Editor, The Complementary Nurse Interest Group of The Registered Nurses Association of Ontario: After reading the article on Energy at Work (Sept/12), I remain bewildered and disappointed by the inconsistency of nursing organizations throughout Canada in recognizing the use of Complementary Therapies (CT), including energy-based modalities, as nursing interventions within Holistic Nursing practice. Nursing practice evolves and responds to changing needs, resources and knowledge. It is not only informed by what we learn in the basic nursing program but is a lifelong process.

Healthcare is consumer driven and now includes Complementary Therapies (CT). In 2007, the Frasier Institute reported 54% of Canadians had used some form of CT within the last year, and 3 out of every 4 Canadians (74%) had used CT at least once sometime in their life.

In December 2006, the American Nurses Association recognized Holistic Nursing as a nursing specialty with a defined scope and standards of practice, acknowledging holistic nursing's unique contribution to the health and healing of people. The holistic nurse serves as a bridge between conventional and complementary and alternative healing practices, and is trained in both healthcare models.

The roots of Holistic Nursing are attributed to Florence Nightingale, considered the "founder" of Holistic Nursing. Modern nursing theorists such as Watson and Rogers contributed to the evolution of Holistic Nursing and support CT as nursing interventions. Nursing theory is dynamic and evolving and guides innovation in nursing practice. It behooves nursing organizations to keep abreast of these innovations and support practices for the good of the healthcare consumer and the nursing profession.

Complementary Therapies offered within a Holistic Nursing framework, within the scope of nursing practice, with the required education, and evidence informed are indeed performed through the unique perspective and trained eye of a registered nurse and as such constitute nursing.

From the Therapeutic Touch Network of Ontario: In the discussion and controversy around the complementary modality known as Therapeutic Touch™, one fact is often not

mentioned. Every single practitioner knows that it is effective. They know this – not just through research, because they use it on themselves.

Therapeutic Touch was developed in the early 1970's by Dolores Krieger, PhD, RN, Professor Emerita of New York University and her colleague, Dora Kunz. The first nurses—who had chosen New York University to achieve their Masters in Nursing degree—were taught the modality through a program called "Frontiers of Nursing". It has been taught each semester since 1974 and its format has been replicated internationally at other universities. It can be learned by anyone who comes from a state of compassion and a desire to learn.

As a nursing intervention, Therapeutic Touch is considered a natural extension of professional skills. More than 50 doctoral dissertations and postdoctoral researches on the Therapeutic Touch process have been completed. Now, at the age of 90, Krieger continues her work by exploring what happens during the healing moment. Therapeutic Touch never claims to 'cure' but to assist recipients in healing themselves.

Similar to the reaction in the mid 1800's of fellow physicians to Semmelweis' discovery that puerperal fever could be reduced by the use of hand washing, the challenge today is the acceptance of the new paradigm referred to as quantum physics—that everything in the universe is pure energy. Acceptance of this significantly changes our lives and allows us to practice Therapeutic Touch and other energy field modalities such as Reiki, Healing Touch, reflexology and acupuncture.

In response to the claims that it is unscientific, Krieger admits there is a problem, but it is not with Therapeutic Touch. It's the lack of sophisticated research methods that can measure such elusive factors as energy transfer and conscious intent in human interaction. One of the misconceptions put forth by the very determined skeptics [Rosa et al.] is that no one can prove that there is an energy field 'around' people. The actual fact is that we are an energy field.

Therapeutic Touch is based on the premise that in a state of health, life energy flows freely through the field. Through injury or illness the field becomes disordered. Therapeutic Touch practitioners learn to sense these changes with their hands, about 4 to 6 inches away from the recipient's body. The intent of the treatment is to restore order in the field toward wholeness and health. During the essential rest period the physical body responds to the changes in its energy field.

The effects of Therapeutic Touch include The Relaxation Response [Benson], an altered perception of pain and enhanced healing of wounds and fractures. Thus any condition that will benefit from these effects will be helped by Therapeutic Touch.

Submitted by Mary Simpson, RN(Ret), TTRT

All TTers should know about this.

Can YOU afford to be without it?

Additional information on why it may be wise/essential for you to have . . .

Professional Liability Insurance

The Therapeutic Touch Networks of Canada (TTNC) have worked with **BFL Canada Risk and Insurance Services Inc.** to put together a low-cost insurance package for Canadian members.

It's amazing what is covered!

- *Professional Liability up to \$2 million
- *Commercial General Liability, which includes:
 - *bodily injury
 - *personal injury
 - *property damage
 - *tenant's legal liability
 - *non-owned automotive liability
 - *damage to hired automobiles
 - *advertising injury
 - *medical payments

What's the cost?

The 2013 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.*

Covering other modalities you may do . . .

Since many practitioners provide more than one modality, a secondary optional package can be purchased for 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.

This optional package 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?

Practitioners: If YOU volunteer in a hospice or hospital—for your own protection—you should check the institution's policies regarding coverage in case of lawsuit. If an institution is sued, they may come back to you for reimbursement.

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.

Although it is highly unlikely that you might personally be successfully sued, you would still have to pay for a lawyer. Being a volunteer makes no difference.

Teachers: Facilities often have to be rented for workshops. An increasing number of venues now require proof of insurance before you can rent their facilities.

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

For a more complete description of what this insurance covers, including premiums, etc. visit the TTNC website: www.ttnc.ca, under insurance coverage. The application form is there.

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.

Every Member is a Centre

While downsizing my 'library' (a task in which I engage about every three years to create space for more books), I came across an article in "The Messenger", a publication from the Theosophical Society. Its title was "Every Member is a Center", and it occurred to me how appropriate this is for Therapeutic Touch™ organizations—from International to Practice Groups. I have used some of its ideas here—and I'm sure the Theosophical Society won't mind, since Dora Kunz, the co-developer of Therapeutic Touch, was president for many years.

Every member of a Therapeutic Touch network or association is a proponent of this modality and all contribute to or detract from the realization of that ideal to the extent that they live up to the standards of the organization.

Although it's easy to think of TTNC as being the centre in Canada, in reality every member is a centre of their own circle of influence. Thus we each are responsible for serving as a centre for the dissemination of knowledge about Therapeutic Touch in our circle. This involves not only educating others, but demonstrating it through our way of living, compassion and treatment of others, expression and consciousness of our own self-awareness.

Though this may sound 'airy-fairy', we have chosen Therapeutic Touch as a Lifeway, with all that it implies. We are inevitably drawn into examining our lives and beliefs, thus developing what many call a "spiritual path".

Of course—in the real world—there has to be a certain amount of machinery with which the organization operates and presents itself to the public at large. However, Therapeutic Touch does not happen just from one place or office. Every member of a network across the length and breadth of Canada is a contributing factor in making our central organization work smoothly. Everyone shares in this responsibility.

What is it that an organization needs in order to function in a healthy, productive way? It needs members—many of whom participate in forming a creative visionary board of directors for that organization. Otherwise, it ceases to exist.

Remembering that the members of every Member Network become affiliate members of TTNC, in the population of Canada, the number of TTNC affiliate members is tiny. Everyone, therefore, is entrusted with the task of presenting Therapeutic Touch to their community. Each one of us is essential in rising to this opportunity, assuming our responsibility and becoming, in reality, a radiating centre of Therapeutic Touch.

We should strive to have—and recognize—a deep core and resonance of Therapeutic Touch within ourselves. When we have developed to a point of competence and self-confidence, we will radiate this consciousness to our family and community, and as we begin to 'live Therapeutic Touch', our influence will begin to radiate more brightly and more effectively.

Seeing ourselves as a centre for Therapeutic Touch can be a bit daunting. When we speak of it to others, how often do we receive a positive, interested response? What happens when we meet with resistance—and sometimes outright hostility? Do we have the knowledge to back up our claims, or do we feel disrespected, and withdraw? Do we have the conviction that Therapeutic Touch is valuable and

researched so we can stand up to the debunkers?

If we take a moment to see ourselves as the centre of our personal universe, we discover that our influence extends first of all to our immediate family. How influential are we with those closest to us? They are often the ones we talk to first, especially after our first workshops when we have sensed an energy field! The

response is often eye-rolling and expressions of disbelief, and, because we want family respect and acceptance, it disheartens us. It is through our quiet determination and continuing efforts that this will happen and then, to our delight someone comes to us and says, "Do you think your 'thing' might help?"

Look at the illustration and consider how large our personal Therapeutic Touch circle could be. Are we 'enlightening' each of these possible contacts? Have we ordered "A Doctor's Guide to Therapeutic Touch" by Susan Wager, MD, and given it to our doctor(s)? Have we told our organizations that they can book an interesting presentation? Have we left brochures at libraries and churches? Have we suggested that our Practice Group facilitate Therapeutic Touch workshops, and actively promoted them?

Occasionally, we hear someone say, "What does the Network do for us?" I would suggest that we rephrase that to say, "What can I do for Therapeutic Touch?" To quote a well-known phrase, "If we don't use it, we'll lose it!" Will Therapeutic Touch grow and thrive? It depends on each of us who honour it and become its centre!

Mary Simpson, RN(Ret), TTRT



My Therapeutic Touch Journey

As a child, I interacted with my world energetically, and I didn't think anything of it. I could feel the energy of people, plants and animals. I would know when I walked into an empty room if there had been an argument in there an hour before, by the way the energy in the room affected my stomach. I received mental images of people's thoughts just before they verbalized them.

Growing up in a family of intuitives, there was nothing unusual in these experiences. All the women and some of the men in my maternal family line had a highly developed sensitivity, which was rarely discussed but never ridiculed. It wasn't until I was in school that I realized that my family's norm was vastly different from my friends', and that some skills were best left hidden, at least at that point in my life.

When I grew up, I realized that my abilities could be useful to people, but I was a blunt instrument. The first few times that I spent more than a few seconds touching someone's field, my volunteers felt like they were leaving their bodies. This was very disturbing for them, and they would ask me to stop. At that time, I knew nothing about grounding.

When an elderly relative was suffering from throat cancer, I offered to help. My energy work took the pain away, but it also removed his ability to speak, albeit temporarily. For the next three days, he had no pain, but he was also mute.

I realized then that I needed a teacher, someone who could transform this clumsy instrument into one that moved with greater delicacy and finesse. I also knew that I wanted to be trained in a modality that wouldn't be labelled as fringe. I wanted to be able to move in socially accepted circles so that I could help as many people as possible.

I was delighted to discover Therapeutic Touch™, and to learn that it was accepted in hospitals and that the process was built on a medical model. From the first class, I was impressed by the clear methodology, the ethics upon which this modality is built, and the emphasis on being gentle. This is a unique aspect of Therapeutic Touch, especially given the rise in recent years of other energy modalities that have practitioners "power" in energy to the recipients.

We're so used to pushing and pulling energy in our modern world that we often don't realize until we're shown the difference how much more effective it is to work gently. The field doesn't have to shield against energy offered in this manner, and it can therefore let more in, and let it in at a deeper level. This gentle way of approaching energy work addressed my concern about ensuring the comfort of my clients—an issue I struggled to address before I had the proper training, after which many doors opened for me.

Wherever I have gone, Therapeutic Touch is welcomed and well-received. Whenever I've worked in hospitals, whether its with coma patients, clients who have hired me to come in immediately before and after operations, or folks who have asked me to assist loved ones in emergency situations or in palliative care, I have always been treated respectfully by medical staff. They give me the time and space to do my work, and nurses have even asked me to work on them when I'm done with my clients! I'm deeply grateful to the great minds who have painstakingly developed this modality so that it is roundly received by the medical community.

Therapeutic Touch is a popular modality among my clients. It provides a complementary end to my yoga classes, as each student is offered a small session while resting in savasana. Many students say it's the reason that they take my yoga classes, and that they wouldn't miss their Therapeutic Touch for anything. Often, during class, if a student is struggling with an injury, I'll offer to assist with some energy, and it's never refused.

I'm contracted on a regular basis to work with companion and work animals as well as my human clients. On several occasions, pet owners have been shocked to see their elderly dogs, who have always taken the steps gingerly one at a time, running up and down the stairs effortlessly after one session. Some of my regular clients have told me that the effects of a single session last for months, and they are now choosing Therapeutic Touch regularly for their pets, because it's more effective and less costly than some of the medical care they had been employing.

My experiences over more than 20 years of working with Therapeutic Touch have given me the confidence to present it to the world as a standard complementary health practice, with every expectation that it will be accepted and respected. Indeed, I believe it is my confidence in my training, in the structure of Therapeutic Touch, and in the many referrals from satisfied clients that enable my practice to continue to grow and to make Therapeutic Touch an increasingly mainstream modality.

I started out in life feeling ostracized for my abilities. Therapeutic Touch helped me turn those abilities into finely tuned skills that continue to develop so that I am accepted by my community at large and am able to serve clientele in every facet of society. For that, I am deeply grateful. I thank every remarkable teacher who has educated me, and I thank the founders who made it possible to work in an energy medicine modality and be mainstream.

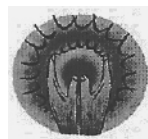
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Teachers will travel to other areas on request.

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 January 15, 2013 (see note in box below))

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