

TTNC News



Volume 2, No. 3

Summer 2013



Diane May comes to Kelowna, BC

Many new and some experienced Therapeutic Touch practitioners took the opportunity to receive training in Levels 1 to 3 with Diane May in Kelowna, BC in June. L to R: Marlies Venier, Tarcicio Rosales, Diane May, Leona Lapierre, Rebecca Lumsden, Noelle Nadeau, and Lynn Murray. As a result, Kelowna now has nine new practitioners, and eight who have received their Levels 2 or 3 for the first time or as a refresher.

Picture taken by Bonita Kay Summers

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Does your community need a teacher?

It's been an exciting summer in Kelowna, BC, as we've had the pleasure of having Diane May, renowned Therapeutic Touch Teacher, instruct Levels 1, 2, and 3 in the Okanagan. Since her first courses offered here last fall, the news and the interest in Therapeutic Touch™ has increased dramatically in the Interior of BC.

As a result, our local Therapeutic Touch community has grown, with nine new practitioners, and with established practitioners taking higher levels or coming back for refresher courses.

Does your community need an injection of vital Therapeutic Touch energy? Consider hosting a teacher in your area. There are qualified Therapeutic Touch teachers nationally and internationally who travel in order to train new practitioners, by offering the three levels as well as advanced courses and retreats.

If your area does not have a Therapeutic Touch teacher, contact teachers in the listings in the back of this issue for one able to travel to your community.

Warmest greetings,

Bonita Kay Summers, Editor

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Next Issue: Autumn 2013

Deadline for Submissions: Oct 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. 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 Autumn 2013 – Report from...."

PUBLICATION DEADLINES AND DATES

Next publication date is the 31st of October 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

Greetings from the TTNC Board.

I hope everyone is enjoying the sunny weather and, just as the sun nurtures plants, I hope it nurtures your soul. I find the sun's rays so peaceful and restorative.

The TTNC board and subcommittees continue to move forward to maintain the integrity of Therapeutic Touch™. We attempt to get feedback from the individual Member Networks, through their network representatives and often through their board members. In this way, we are assured that we really are representing all of our Member Networks.

"TTNC News" continues to produce a great newsletter. The committee is also developing a charter that will help define its roles and responsibilities and how it relates to the TTNC board.

Our brochure committee submitted a draft of the brochure, which was then distributed to each of the Member Networks. Feedback was received, and the final touches are being completed.

The curriculum committee has now begun its work. We look forward to hearing more from the members of the committee after the committee members have had a bit more time together.

We continue to offer a low-cost group liability insurance plan. Even though the year is more than halfway through, you may find it is cheaper than insurance you may already have. Check out the TTNC website at www.ttnc.ca and look under "insurance". We have completed our Communications Policy and our job description for Vice President of Communications. We have one more job description left to finalize.

Some preliminary work has been done to look into the possibility of having Therapeutic Touch sessions covered by insurance companies. We'll keep you posted.

Wishing you time to smell the roses.

*Cheryl Larden
President, TTNC*



Enthusiastic new Therapeutic Touch practitioners in Kelowna, BC take instruction from Diane May. From left to right: Cheryl Baker, Noelle Nadeau, Claudette Jones, Tarcicio Rosales, Leona Lapierre, Rebecca Lumsden, Diane May, and Marlies Venier.

Reports from Member Networks Across Canada

British Columbia Therapeutic Touch Network Society (BCTTNS)

Hi everyone,

We strive to serve our existing membership and hope to expand our membership further. Roy Osing, the husband of Lani Osing—one of our long-time members—graciously volunteered his time and led the BCTTNS board and subcommittee members in a strategic planning day. Roy comes with a wealth of expertise. He is the former Chief Marketing Officer for Telus and author of “Be Different or Be Dead”. We are now re-examining everything we do and how we do it.

I think it is human nature to do things the same way we have done them in the past or not do something because it wasn't successful in the past. However, things are constantly changing, so we will be evaluating what we have been doing and continuing with what we feel has worked well and also implementing new strategies. Including board members, we have 18 members working on different aspects of our plan. We have our work cut out for us, and I am sure we will learn a lot. It should be an exciting time of renewal and growth!

*Cheryl Larden
President, BCTTNS*

RÉSEAU DU TOUCHER THÉRAPEUTIQUE DU QUÉBEC (RTTQ)

Therapeutic Touch Network of Québec (TTNQ)

Practice Day TTNQ April 27, 2013

Our Spring Practice Day held at Centre St. Pierre in downtown Montreal was a great success with more than 20 participants both French and English. We learned that having it in a central location, near buses and Metro/Subway was very beneficial, allowing participants from all parts of the city to attend.

Chantal Belleville talked about the importance of compassion, and its definition and connection to Therapeutic Touch™. Susan Hamilton talked about chakras, focusing on the heart being the center of compassion and love, keeping to the theme of this practice day.

Our first General Assembly was held after the practice day, chaired by Marie-Claude Poupart, our TTNQ President.

The new board of directors was elected as follows:

President: Marie-Claude Poupart
Treasurer: Monique Gregory
Secretary: Pascale Servonnat

Administration portfolios were given to Susan Hamilton and Dolores MacKenzie.

A copy of the Rules and Regulations of the General Assembly was given to the members.

A fulfilling day was had by all, and the evaluations of the day were very, very positive.

Susan Hamilton, RT (TTNQ)



**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***

Reports from Member Networks Across Canada continued...

The Therapeutic Touch Network of Ontario (TTNO)

"Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life." - Dr. Christiane Northrup

Thinking about the new experiences that will come with this position, I realize how grateful I am for what others have done and for those who now are walking with me.

Organizational Statements for the TTNO were drafted out of ongoing work with Strategic Planning:

TTNO Mission: The Therapeutic Touch Network of Ontario is a not-for-profit organization that promotes the practice and acceptance of Therapeutic Touch™; a non-invasive energy healing modality.

TTNO Vision: Our vision is to have Therapeutic Touch™, a non-invasive energy healing modality, widely recognized and practiced in Ontario. We see Therapeutic Touch promoting and enhancing health and wellbeing within our communities.

TTNO Values: As an organization and as individuals, we believe in transparency, integrity, and collaboration. We embrace diversity; valuing mutual respect and compassion. We strive to be supportive and attentive to our membership. Our intention is to provide clear and effective communication about, and standards for, competent Therapeutic Touch™ practice. We recognize the merit and strengths of this non-invasive energy healing modality.

Sharron Parrott, Acting Chair.

Patricia Tamosetis, Practitioner Liaison Chair, announced that the newest workbook version, 5th Edition of the Practitioner Workbook is available to those who wish to become a Recognized Practitioner. There is also a Supervisor's Version of the workbook available. It has the same information, but without the additional 78 pages for recording sessions offered. An in-service program on the Workbook is available for Groups who request it.

Communications Chair, Julia von Flotow, suggests we often refer to our website "Events" page:

<http://therapeutictouchontario.org/ttnoevents/outreach>

where we post member outreach activities. It's an exciting way to find out what is happening Therapeutic Touch-wise in Ontario. An attractive TTNO postcard and 'rack card' have been produced. Their purpose is to inspire people to visit our website.

Our links page, <http://therapeutictouchontario.org/links/other-links> gives us a picture of where, in Ontario, Therapeutic Touch is offered. Here's a great example of a reciprocal link from the Toronto East General Hospital: http://www.tegh.on.ca/bins/content_page.asp?cid=6-3584

You can also subscribe and contribute to our YouTube Channel: <http://www.youtube.com/user/TTNOntario>, and Twitter feed at: <https://twitter.com/TTNOntario>. Consider producing a short video on Therapeutic Touch. If that thought inspires, please contact the TTNO office, and we will send you some guidelines to help you plan your project.

In discussing research, Research Chair Judith Kanee reminds us that, although the double-blind methodology is considered the most valid and recognized standard in the world of empirical science, in the Social Sciences and the Humanities, we can find examples of other equally valid research methods that contribute to the systematic search in the understanding of our world and our human experience of it. Please refer to her article in this issue.

The Teachers Liaison Committee under the guidance of the new chair Flo Hartleib is exploring "The Fine Art of Mentoring". At the Southwest Teachers Day, the lively discussion included: What is a Mentor?; What is a Supervisor?; What characteristics are we looking for in a mentor?; What level of experience is required to become a mentor? The feedback was creative and valuable.

We are delighted to be exchanging information with other Canadian Networks through this newsletter, and we know its value in promoting Therapeutic Touch across Canada and in connecting with Therapeutic Touch practitioners throughout the world.

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

Atlantic Therapeutic Touch Network (ATTN)

Greetings from the Atlantic region of those who practice Therapeutic Touch™ with the reminder that if you are in any of our areas that host a Therapeutic Touch Practice Group, you are most welcome to drop in—just check the ATTN website for specifics!

ATTN hosted another successful annual May Conference and AGM with both Friday and Saturday open to the general public for the first time. ATTN was fortunate to have capable ATTN members present at the Conference: Therapeutic Touch Teachers Charlotte Quirk and Rev. David Maginley and member: Natascha Polomski. Each year, the Conference is held at the QE 11 Health Science Complex in the VGH-Dixon Center at no charge, thanks to staff person Rev. Maginley.

Feedback from members is quite positive regarding receiving the TTNC newsletter. As I am on the TTNC newsletter committee, I would like to take this opportunity to remind you that it is YOUR newsletter, so please do not hesitate to send a submission for any of the four publications issued each year. Our capable volunteer editor, Bonita Summers cannot be expected to compose submissions, so please send her your sharing/submission no matter how short to ttnnews@gmail.com.

ATTN continues to grow in numbers partly thanks to an incentive similar to one the Quebec Network implemented. Practitioners taking Level One for the first time receive the invitation by the ATTN teacher to join ATTN free-of-charge for the remainder of the year. Those who have completed their Level 2 or 3 and are joining the ATTN for the first time will save \$10 on their fee for 2014. Details are on the website. I've been a proponent of this initiative for many years, as it was what helped keep my interest in the Network.

I joined when I completed Level One with Teacher Evelyn Mitchell in 2002. While reading the very professional **in touch** and the ATTN newsletter, I learned so much and felt part of a community.

TTNC is still rather new as an organization, and the usual wrinkles go with anything new such as the newsletter, so we must be patient but not idle. I hope all will embrace it and READ the articles and consider submitting; our ATTN newsletter editor, Colette Thibodeau hopes for the same for the **Atlantic Touch!**

As noted in the last issue of TTNC News, the Practice Group in Saulnierville, District of Clare and Yarmouth PG are hosting a retreat in October with proceeds donated to ATTN to help with the operational budget.

These loyal, founding members of ATTN hosted the retreat in 2011 with great attendance and pleased participants. Other efforts they are making on behalf of ATTN include currently selling tickets with the winner receiving a wonderful weekend for two with long-time members Marcel and Colette Thibodeau who provide their home, meals, energy modalities including Therapeutic Touch, and touring of the area, at a mutually convenient date. The draw date will take place during the retreat weekend in October. Tickets are \$2 or 3 for \$5 and sold only to those who are familiar with energy work. The past two years, Lillian Cunningham provided a beautiful themed quilt for ticket sales!

Meanwhile the good work goes on—doing the practice of Therapeutic Touch from those new to it all working with family and friends, those working on their Workbooks, and RPs giving volunteer time to Sunshine Room, Hfx, Harmony Room Yarmouth, NS, Hospice/Palliative Care in PEI and contacts in NB!

*Judy Donovan Whitty
Secretary (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.



Vice-President, Communications, TTNO Rep:

Brita Ball learned about Therapeutic Touch™ from an article in the Globe and Mail in 1994. She took her first of many Therapeutic Touch and related workshops in 1995 and became a Recognized Practitioner a few years later. Brita has attended advanced Therapeutic Touch retreats in Ontario since the late 1990s and will be attending the advanced invitational retreat at Pumpkin Hollow in July of this year. She is Vice-President of Communications for TTNC and chairs the Newsletter Committee.

With a background in leadership and organizational development, Brita helps local and international non-profit organizations become stronger and focused. She has a PhD in food science, which she combines with her facilitation and business skills to help people develop and advance their network marketing businesses.

Secretary, TTNA Representative: Marion Cameron's introduction to Therapeutic Touch was given by a registered nurse at the Lions Gate Hospital in North Vancouver, BC. Since then, she has had numerous classes/workshops with wonderful teachers, including Dolores Krieger at Indralaya.

While in BC., Marion was an active member of the BCTTNS. Attending the TTNO Conferences, she was one of the BC representatives at the founding meetings of the CTTN, which is now TTNC. Presently, she is secretary on the Boards of TTNC and TTNA.

Marion lives in Edmonton, AB. and travels from Victoria to Halifax, touching down in Toronto and Ottawa at least once a year to visit her four children. As a semi-retired RN, she has time to volunteer and spend time with her extended family and is thankful for Therapeutic Touch being part of her daily life.

Letters to the Editor

Great Info for Therapeutic Touch Practitioners

This data below may be of interest to those doing energy work; Rev. David Maginley referred to it during his presentation at the ATTN Annual Conference in May. As it is a free issue, it would be nice if you can somehow include the data below within the upcoming TTNC newsletter. Thanks so much.

Judy Donovan Whitty (ATTN)

Journal of Subtle Energies and Energy Medicine archive now available free on-line.

ISSSEEM announces today the launch of a professional-grade website for its archive of the peer-reviewed Journal of Subtle Energies and Energy Medicine (SEEMJ).

The website features free public access full-text to every item ever published in this, the premier journal in the field, for the 21 years of its publication (including original art covers); full-text search capabilities via a professional search engine built into the site; full-text indexing and

access via Google Scholar (a unique research tool that gives access to the full text of countless archives of documents in pdf. NOTE: this material is not indexed by the regular Google search engine crawler because it does not look inside a pdf document).

Many other noteworthy articles have appeared here including research and presentations by leaders in the field including: Robert O. Becker, Daniel J. Benor, Larry Dossey, Konstantin Korotkov, Jeff Levin, Hiroshi Motoyama, Dean Radin, Elizabeth Rauscher, Norm Shealy, Charles Tart, William Tiller, John E. Upledger, B. Alan Wallace, and many more.

The archive can be accessed through the ISSSEEM website under "archives." Anyone interested can post a link to this archive on your own website: <http://journals.sfu.ca/seemj/index.php/seemj/index>

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

Bookworm's Food for Thought

How often do we focus on the needs of others and neglect our own well-being? As Therapeutic Touch™ practitioners, one of our challenges is in practicing self care. In her landmark book, Dr. Ann Marie Chiasson offers a refreshing and enlightening perspective on how the North American energy body tends to operate, how ungrounded this can make us, and what we can do to remedy the situation.

I resonated greatly with Chiasson's findings, as it confirmed my own observations. Like the author, I also notice that for many people, the energy field activity is concentrated mostly in the higher chakras, making for a lack of groundedness. I recognize, too, that the nature of my spiritual work can make me predisposed to a disconnect with my lower chakras, making Chiasson's techniques ideal for my well-being as a complementary health care professional.

Borrowing from several ancient traditions, Chiasson offers a program of self-care working with the energy centres in the body's field to reconnect and deepen the connection with the unified energy field and the shamanic field.

Chiasson's methods are designed to enhance the connection to the unified field and the shamanic field through movement, meditation, breath, sound, and tapping on points all over the body. Chiasson recommends particular pieces of music to go along with her exercises, which she indicates for relief of various physical conditions as well as emotional and mental stress.

The history of her foray into energy medicine and anecdotal information from some of her cases make this a compelling read that you'll want to put into practice for your personal and professional growth and wellness.

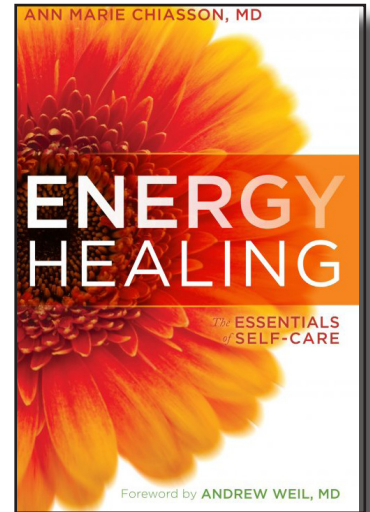
More than an energy healing wellness program, Chiasson's book offers a perspective on living in a more connected way; something that most Therapeutic Touch practitioners will understand, given that Therapeutic Touch is a spiritual path and a way of life, not just a model by which we deliver energy medicine.

Here is a quote from Chiasson's book, to entice you:

"Most people who come through my door do not have a problem understanding the mind and working from that. However, they are often working from a mind that is not strongly connected to the shamanic field or the unified energy field.; instead, it is connected only to their own energy field. Because we have often dampened our ability to sense energy and read reality at the level of energy, we are working with only our own field, not tapping into the larger field of awareness. The aperture that allows awareness to come in is too small. In these cases, people are living their lives from a set of ideas about how life should be. There is a lot of disappointment in this disconnected reality. Life is always following the rules of energy, and if we are not connected to these rules, it appears that nothing is happening the 'right' way."

If you are looking for ways to increase your effectiveness in the healing arts and in your life, then this book is for you.

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



Therapeutic Touch and the Concept of Working with Hope

“Defining hope can be as elusive as spooning fog”. This creative description explains how difficult it can be to capture the concept of hope, a feeling integral to a person’s sense of purpose and the impetus to move on through the trials and tribulations of life. If one loses hope, all is lost.

Hope is the state that promotes the belief in a good outcome related to events and circumstances in one’s life. Despair is often regarded as the opposite of hope.

Hoping is the longing and believing that although something may not be certain, it is at least possible. It is an important perspective to hold in life.

Hope is considered to be a valuable personality trait or coping mechanism in the face of adversity—especially in chronic illness, at the end of life, or during bereavement.

In Therapeutic Touch™, we know that hope is an essential element in the healing process. What does this mean for Therapeutic Touch practitioners?

Cathleen Fanslow-Brunjes RN MN, a Therapeutic Touch practitioner and an internationally acclaimed author writes of the significance of hope in caring for those who are at the end of their life. Although Therapeutic Touch practitioners must be unattached to outcome, this is not true for our clients. Hope is a human attribute that assists the healing process.

We ask clients to trust our expertise and our intention to assist them in becoming more comfortable. Trust and understanding must exist in the healing relationship in order to inspire hope. When practitioners are open to possibilities and hopeful themselves, this translates in the unspoken message to the client.

The literature on hope states that “higher-hope helpers” are less likely to experience burnout, and that this attribute can be positively correlated with the helpfulness of their clients. It assists the client in learning to be more resourceful in dealing with life’s difficulties, to be forward-looking and optimistic, thereby alleviating negative emotions and modulating negative thoughts.

The use of hope in Therapeutic Touch can be described in various terms, but the process is that of a co-created therapeutic journey of healing with the use of hope as a helping factor.

The special bond between a client and a practitioner will always be enhanced by hope—as long as there is hope, there remains possibility!

Jennifer Brion, RN, BScN, RP (TTNO)

Jennifer Brion, RN, BScN, works as a consultation liaison nurse in mental health.

Subtle Energy Systems

Below is an invitation to those working with energy modalities, including Therapeutic Touch. Chris has taken a level in Therapeutic Touch, and is a Reiki Master in British Columbia. His interest in recording the changes in the energy field have led to the successful development of software that can do that, using a picture of the subject as described below. As this is research work, there is no cost involved should you decide to participate. If the image submitted happens to be one that he would like to insert in the book he is writing, he will contact you with a permission form. This is an exciting research project. Chris will update his website for clarity, but meanwhile feel welcome to browse for further information and/or contact him directly at 778-458-2141 or biofields@yahoo.ca.

“Hello, I am a subtle energy researcher looking for assistance in recording the changes in the energy field before, during, and after healing for a book I am writing. It would be a simple matter of taking photographs under specific lighting conditions and emailing them to me for processing. I would, of course, send a copy of the processed pictures to you. My email is biofields@yahoo.ca. Please advise me of your interest, and thank you for your consideration.

Now to the requirements for the digital photos. BioField Reader is a software program that uses a series of filters to

show up the light reflected by the energy field. It is extremely sensitive and for that reason there can be no shadows in the photo.

To highlight the field, the background needs to be a light pastel colour, homogenous and non-reflective, a painted wall is fine. The subject should be located 1ft to 2ft from the wall illuminated from above with a florescent, full-spectrum strip light about 2ft away horizontally. I suggest a series of photos of the healer and client before, during, and after healing. I will process the photos and send you back copies of the scans, showing the energy field. You can also play with this by visualizing yourself changing the field, e.g. a column of light forming above your head or even coming out your ears. This proves you can alter the field with your thoughts alone. Let your imagination run wild, and tell your friends to take photos as well. I look forward to hearing from you, Namaste, Chris.

P.S.: For more info on the system being used, visit:

www.biofieldimaging.com

Subtle Energy Systems - Chris Lovelidge
biofields@yahoo.ca

Revealing the Unseen with BioField Reader
Web: **www.subtleenergysystems.biz**

Hangover, anyone?

At our Therapeutic Touch™ gatherings, I periodically witness or hear about something that I call—for lack of the right word—an adverse reaction to the treatment. Often, I hear about the event from witnesses rather than from the participants.

It seems to me that very few are willing to talk about it. Since both practitioner and receiver are “supposed” to feel great, relaxed, joyful and so on, how come their experience was all but relaxing? Why does one have a restless night carrying over to the next day? There may be doubts about one’s ability “to do it right” or suspicion about personal insufficiency preventing one from having the “right” experience.

I was not aware that we need to talk about this as a practice group until it came out on three occasions. One of our practitioners called the after-state a “hangover”, and I think it fitting. Both discomfort arising during the session and discomfort arising later on seem to have common causes. They could happen sporadically or—for some—rather regularly, to the degree that the recipient may decline having treatment.

Before I go any further, there is one more—in my opinion—rather rare reaction: intense, short-lived symptoms that disappear without a trace, often indicating a healing shift in the field.

If this sounds familiar to you, consider the following points and courses of individual or group action:

- For energy that feels heavy and dense on arrival, center and clear the space.
- For a high energy level caused by energy work, center and send it off to someone in need or to a worthwhile cause. Take what you need and let the rest go.
- For temporary personal challenges that are causing increased vulnerability, ask for what you need. Relaxing while watching others practicing may be enough.

Some of us are drawn to healing work for a reason. We have difficulty centering (concentrating in everyday life) and grounding (meaning lack of connection with the physical life of the body). Some lack a sense of their own boundaries. As a consequence, everything affects us strongly. We say we are sensitive.

True sensitivity, however, is a wholesome, fully integrated state. (Dora Kunz in *Spiritual Healing*, pg. 302 says: “Sensitivity is a very close empathy, and an understanding of what the other person is feeling, without being in any way identified with that feeling. It’s an observation without identification”.

In order to heal that over-sensitive part of the self, assume responsibility for your own wellbeing. Know yourself; communicate your needs. Talk to your practitioner and give her immediate, honest feedback. People tend to suffer to the end and start talking later. That may lead to feelings of guilt, endless apologies and ruminating. Once you understand what is the cause, work with it; do the homework. It is worth it.

The practice group is the best place to do this; you are amongst people who will support you along the way. You are learning and giving others an opportunity to learn from your experience.

Other questions related to the session: Can you rest fully? Without looking at the clock? Can you sink into that state and enjoy it? We need to learn how to rest. Otherwise, we interfere with the process of balancing our energies and cannot fully benefit from the session. To me, it is similar to wanting to repair a car while it is driving.

I encourage people to try all sorts of healing methods. The more we experience and learn, the more we understand what healing is about. A healthy person usually tolerates and benefits from a treatment of any sort once or twice a month. Shifts in the field require time; the whole system has to adjust in order to recreate the balance. I like to compare receiving more treatments within a short time period to visiting an all-you-can-eat place every day. How long could your digestive system cooperate?

Last, but not least: How do you care for your very body? Do you come to the meeting hungry or overfilled? Perhaps dehydrated? Energy work requires well flowing rivers of bodily fluids and a semi-filled stomach. Do you have water and a snack on hand for the break time? I recommend chocolate; it is both yummy and grounding. Do you replenish your energy by having a little snack before you go to bed? All that can influence the way you feel during and after the meeting.

Thanks for reading! Enjoy your time with Therapeutic Touch friends and stay well!

Submitted by Jitka Malec, RT (TTNO)

Therapeutic Touch in my Life

As a child, I enjoyed my own company. Not that I noticed feeling emotions of others, I just knew that being on my own provided a calmer more enjoyable environment. Yes, I ventured into family and friend activities but, given a chance to meet new people, I much preferred to “stay home”. This provided a difficult time for my mother who had organized outings especially for my sister who loved going out and being with others.

I did have one friend who was very brave and even a bit of a bully. She was so brave and exciting, I felt rather safe in her strength. She was my chosen friend for 10 years despite the bitter arguments and my tears. After a while, with parental help, I learned not to cry. OK, maybe I was learning to bury my emotions.

I loved sports and spent my spare time playing baseball and badminton and practising against a tennis backboard. Looking back, I realize how standing in a field or hitting the ball against a wall helped me to relax into my surroundings. Reading provided another great escape from the turbulence of real life. I loved to hide in a book and be off in a different time and place, just for relaxation, as my childhood from what I remember seemed quite filled with freedom to explore the woodsy environment. We lived near the ocean on the west coast, and I enjoyed sitting by the sea listening to waves rise up the rocks to greet me. The ebb and flow was so calming.

On went the adventure of Life. Marriage and family happily arrived, and then I realized I wanted to join the work force. At first, I was thrilled; then, I became more stressed with my position in the library. I asked for a big promotion and was given the chance of public responsibility. After all my schooling, I was sure I could master this. Trouble signs popped up when I could not remember simple rules of accepting identification. What was happening to me?

My mind would blank when I needed it most and especially in front of an irate customer. I could feel their anger. My movements were not fast enough, my knowledge was escaping into a black hole, and no longer was I able to access it. Panic set in. So ended my library career.

I could not figure out what was wrong. Never before had my brain shut down in the face of terror. Well, actually when I thought about the past few years, maybe there was a pattern here, as I had hit a few previous brick walls and had to change course before. More things seemed to be scaring my lately. How to solve this?

Aha! The self work had to start. Counselling, Tai Chi and Reiki classes were attended. The ideas sounded great but my feeling were buried quite deeply and much more self work was needed. Reiki was so incredible and I wanted to

help people so much through its amazing energy but I could not feel my own energy let alone other people's energy.

It had been suggested that I am empathic. Picking up others' emotions can be really confusing when you are expecting to feel a field through your fingertips not your tense lower abdomen. Meditation classes were helping greatly, but I had so much to learn. Fortunately, I happened upon a Therapeutic Touch™ practitioner who told me about Therapeutic Touch and practice groups. Right away, I felt at home in this group of kind and caring people. Their background jived with the courses I had taken in magnetism and electricity. This was so believable and opened up an incredible possibility of an amazing and wonderful life. Back came the childhood enthusiasm for life.

I have used Therapeutic Touch on myself to help with digestion, circulation issues, and dental mouth pain. Incredible results occurred, especially at one in the morning when I couldn't sleep. Currently, I am working on a sore IT band, but that seems to need rolling with a foam roller. Honestly, I have found Therapeutic Touch gives me personal relief on most of my issues.

I still have much to learn, but with great books such as [Vibrational Medicine](#) by Richard Gerber, [The Biology of Belief](#) by Bruce Lipton, [The Stress of Life](#) by Dr. Hans Selye, and [Quiet](#) by Susan Cain (living as an introvert in an extrovert world), I feel very excited and optimistic. Synchronicities are now something of which I take great notice, and celebrate with my own personal happiness. Journaling helps me more than I can ever explain. If you are struggling, know that you are not alone. I am hopeful that just as my garden of native plants took much longer than I imagined to grow and flourish and take off with a life of its own, I am building up a strong internal spirit before I blossom into a full-fledged Therapeutic Touch practitioner. As an extra exciting bonus, I hear from my Therapeutic Touch friends that the learning never stops. Hooray!

May we all move forward together.

Sheila Camp (TTNA)

A Journey of Discovery Through Examining the Lived Experience

As we have seen over the years, there are challenges in conducting Therapeutic Touch™ research. Although Kirlian photography shows that when the energy changes, something changes in the aura of a practitioner's hands, as yet this energy has not been measured. We are more fortunate in knowing some of the outcomes of Therapeutic Touch with cells. Gloria Gronowicz (2008) found growth in healthy cells. Also Dr. Gronowicz's colleague, Jhaveri (2008) found a differentiation and mineralization in a human osteosarcoma-derived cell line. Discussions of their research on cells are found in *in touch* Spring 2008, Autumn 2010, and Autumn 2012.

Although the double-blind methodology is considered the most valid and recognized standard in the world of empirical science, in the Social Sciences and the Humanities, we can find examples of other equally valid research methods that contribute to the systematic search in the understanding of our world and our human experience of it.

An example of one such field of study is hermeneutical phenomenology, an approach to researching and finding meaning in lived experience. "Researchers in professional domains such as education, nursing, medicine, law, counseling and psychology increasingly are becoming aware of the importance of interpretive models that place human situatedness central and are based on the belief that we can best understand human beings from the experiential reality of their lifeworlds."¹ (van Manan pxi). Using these methods allows the researcher to investigate and discover how we experience our life-world.

While I was looking online for books about Therapeutic Touch through Amazon, I came across a book in which the author used a phenomenological approach in her Therapeutic Touch research. The author is Deborah Ann Shields, the 2009 Holistic Nurse of the Year. (see *in touch* Autumn/09, p.2) She turned her 2008 doctoral dissertation, *The lived experience of receiving therapeutic touch in people with heart failure* into a book, which has the same title as her dissertation.²

Dr. Shields conducted an esthetic hermeneutical-phenomenological clinical study of six women and two men with heart failure to explore the lived experience of receiving Therapeutic Touch. Each of the eight participants had four treatments. Dr. Shields conducted extensive interviews (1-2 hours) with each participant. When they were asked, "What has the experience of receiving Therapeutic Touch been like?", a unity of meaning regarding the experience of receiving Therapeutic Touch was revealed. Each discovered hope through telling their story.³

In van Manen's book, *Researching Lived Experience*, the Austrian psychologist, Ludwig Binswanger has shown that we can best understand something or someone for whom we care. (p. 6) "In bringing to reflective awareness the nature of

the events experienced in our natural attitude, we are able to transform or remake ourselves" (1997 p.7) In other words, when we examine and reflect about a thing we are most passionate about, we can change.

"Hermeneutic phenomenological research edifies the personal insight contributing to one's thoughtfulness and one's ability to act toward others..." (1979, p.7)

Dolores Krieger, in *Accepting Your Power to Heal*, concludes that while intellectual rigour has been a large part of the development of Therapeutic Touch, the techniques of doing Therapeutic Touch are not difficult. Moreover she writes, "It is what you do with yourself that is essential to the process." (p.186)

How does this discussion of different types of research relate to the practice and understanding of Therapeutic Touch?

Firstly, based on Deborah Ann Shield's research and writing, we can learn a lot from peoples' experience while receiving Therapeutic Touch under very difficult, life-threatening situations.

Secondly, when we pay attention to our clients, the environment around them, and what it is they are experiencing, it gives us an opportunity to become aware of their world and their experience.

It is important that we also reflect on our own experience during this exchange. This may lead to a deeper knowledge of self and of the process of Therapeutic Touch.

Finally, when we write down our experience, it can lead to new insight into our practice more than mere reflection will reveal.

The TTNO's new Practitioners Practice Book and D. Krieger's, *Therapeutic Touch Inner Workbook* are excellent tools to help us in this process. We can continue our self research and become effective reflective practitioners as we use ourselves as instruments of our continuing education and development.

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Submitted by Judy Kanee, Research Chair (TTNO)

Doing Therapeutic Touch as a Private Practice

I have been doing Therapeutic Touch™ for over 20 years. As a nurse, I used Therapeutic Touch a lot in the hospital to decrease pain, promote wound healing, lower blood pressure, relieve anxiety, and the list goes on. I also used it a lot on family and friends with various health issues. The more I used Therapeutic Touch, the more I could see how useful it was. It seemed to be a natural progression to start to offer it privately.

When I first began working out of my home, I ran a small advertisement in our local paper. I thought I was being very careful to pick my words and make it clear what Therapeutic Touch was. When I had a number of males respond to my ad, I realized that I hadn't done a very good job after all. After that, I decided not to advertise in the newspaper and tried to get the word out in other ways. I did a number of Therapeutic Touch presentations to various groups usually within an hour of my home. The information sessions were well received, but I discovered that if the information session I had given was more than a half hour away from where I was located, I did not receive clients. In general, people want to go to someone close to them.

After doing Therapeutic Touch out of my home for some time, I decided it might give more credibility to my practice if I worked out of a wellness centre, and I was fortunate to be able to connect with a former nursing colleague who was close to my home. I worked at Natural Comfort Wellness Centre for seven years alongside others who did massage, aromatherapy, and various types of energy work.

I was involved in the events that were held at the centre and was promoted through their newsletter. I still needed to do a lot of self-promotion, but working in the centre was great, as I worked with very gifted individuals. It is so nice to work with people who really understand what you do and who collaborate together, supporting each other.

One of my passions around Therapeutic Touch is teaching. I teach regularly at Langara College in Vancouver, BC and through Delta Continuing Education, a community-based program. In both of these, there is an online and a hard copy catalogue of courses, which is distributed to hundreds of people; so I consider this free advertising. I also have my own website: www.myhealingconnection.com and advertise my courses and services there.

I often offer free Therapeutic Touch sessions to community organizations that are doing fundraising activities. It only costs me my time. Marketing myself has never been my strong point, but my intent is to get better. I have created this affirmation for myself: "By marketing myself, I can promote Therapeutic Touch and empower people in their individual journeys."

Having a private practice in Therapeutic Touch has always been rewarding. Working with clients and other practitioners has allowed me to learn and grow while helping others. I love everything about Therapeutic Touch, so having my own Therapeutic Touch practice is my dream job.

Submitted by: Cheryl Larden, RN, BSC, RT (BCTTNS)

Cheryl Larden provides Therapeutic Touch in a private wellness practice. She teaches Therapeutic Touch in BC, and in other areas on request. Cheryl is a founding member and President of BCTTNS, and President of TTNC.

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

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