

# TTNC News



**Volume 2, No. 1**

**Winter 2013**



Animals often respond well to Therapeutic Touch.  
Editor, Bonita Summers is shown here, giving a session to her dog, Taz.

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## ***Animals love Therapeutic Touch!***

We're into our second issue of the TTNC Newsletter and the feedback has been very positive! Thank you for the kind and encouraging comments sent our way. All of us on the newsletter committee appreciate your support.

The cover photo shows my dog, Taz, receiving Therapeutic Touch™. I've always had an affinity for animals, and I do a lot of work with pets and work animals in the BC interior.

Pet owners are astounded when their "old" dogs suddenly act like two-year-olds after experiencing Therapeutic Touch, and the results are lasting.

Horse trainers appreciate how Therapeutic Touch can warn them of muscle strain before the horse starts to show signs of injury. In one case, the owner knew that his horse was balking during training, but he didn't know why. When I focused on the right shoulder to balance the energy, it suddenly made sense to him. He'd had the horse repeatedly coming down on that shoulder during his exercises. He then modified the tasks he was having the horse perform, so the horse could recover.

Therapeutic Touch is not only healing for the animals, but serves to communicate to their human companions needs that they cannot voice. I love the versatility of this wonderful modality and encourage you to try it on your animal companions.

*Bonita Kay Summers, Editor*

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## **TTNC Newsletter**

is the newsletter of  
**Therapeutic Touch Networks of Canada**

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[www.ttnc.ca](http://www.ttnc.ca)

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

**Next Issue: Spring 2013**

**Deadline for Submissions: May 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](mailto:TTNCnews@gmail.com) with  
"Newsletter + which issue + the nature of the submission" in the subject line;  
e.g. "Newsletter Spring 2013 – Report from...."*

### **PUBLICATION DEADLINES AND DATES**

Next publication date is the 31st of  
May 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 to everyone reading the second edition of the TTNC Newsletter! According to numerology, 2013 should be a good year. As always with new beginnings, there is also a review of what has been accomplished during the last year. We held our second TTNC AGM on November 13, 2012 via Skype conference call. Here's a snapshot of our previous year.

## Accomplishments:

- Job descriptions for the president, treasurer, and secretary TTNC Board positions were developed.
- A policy on the rotation of board officers was developed.
- A Code of Ethics and Conduct for TTNC directors and committee members was developed.
- Monthly financial statements were prepared and year-end statements were reviewed by an independent accountant.
- An annual report to Corporations Canada was submitted.
- A commitment from each network to provide TTNC with \$1.00 per member annually was renewed.
- Links to TTNC were placed on various websites including: all the Canadian networks represented by TTNC, the Canadian Holistic Nurses Association, and the Therapeutic Touch International Association (TTIA).
- Goals for the year were developed and prioritized. The top three goals identified were:
  - Development of a national newsletter.
  - Investigation into the possibility of having Therapeutic Touch™ sessions being covered by insurance companies.
  - Development of an equivalency for Therapeutic Touch teaching curriculum between Canadian networks.

## Work in Progress/Ongoing:

- TTNC has worked with TTNO to monitor the application of the French Therapeutic Touch trademark, providing further information to the government upon request.
- Several discussions have taken place with the Manitoba network to ascertain if there are ways we can support them, and we have provided encouragement to them to join TTNC.
- We are having discussions with various organizations, including the Canadian Holistic Nurses Association and TTIA.

## Future Goals:

- We will support member networks to foster the growth of Therapeutic Touch and their memberships.
- The Board of TTNC continues to develop and clarify our vision and mission so as to respond to the needs of the regional networks we represent. Input from the regional boards is very much appreciated. With their input, we will again be strategizing our goals and priorities for this year.
- We will continue to develop operational policies and procedures to aid in the smooth running of TTNC.
- We will continue to support our current committees:
  - Brita Ball, TTNO, is coordinating the e-newsletter. With submissions from across Canada, it is already successful and will be evolving with each edition. The e-newsletter committee is currently developing Terms of Reference and clarifying roles and responsibilities. We look forward to your continued support and involvement.
  - Barbara Stone, ATTN, is coordinating the committee that will be setting the standards for teaching Therapeutic Touch in Canada. The representatives from the five networks are well-qualified to help guide this project. They are currently collecting all the curriculae from the various networks and will begin reviewing them in the very near future.
  - Leo Gregory, TTNQ, is coordinating the brochure committee. They have been gathering samples of brochures from teachers, practitioners, networks, etc. to learn how Therapeutic Touch is being described and advertised. Thanks to all who have already sent in sample brochures and advertising on workshops and practice nights. They have created a private, committee only, Brochure Group in LinkedIn where all the documents are reviewed and suggestions for improvements are made on a page-by-page basis. If anyone has created a course outline, event or advertising brochure, please send a copy by email to [info@ttnc.ca](mailto:info@ttnc.ca).

Success with all these projects depends on the ability to communicate with each other. The technology available today is very instrumental in the progress of some of our initiatives. We thank all of our volunteers for their expertise, commitment and efforts.

*Cheryl Larden  
President, TTNC*

# Reports from Member Networks Across Canada

## British Columbia Therapeutic Touch Network Society (BCTTNS)

Greetings from B.C.,

I hope you had a wonderful holiday and some time to rest, relax, and enjoy!

In November, we attended the Vancouver Wellness Show at the Vancouver Convention Centre. We had a booth and provided Therapeutic Touch™ to the public on a donation basis. It was an exciting event for people attending the show and for our own practitioners who got a chance to reconnect with other members and at some point enjoy a session. The event was well attended, and we received a lot of positive feedback.

The planning for next year's conference is well underway. Our title for the conference is, "Awakening the Doctor Within". This year's event will be held May 4th, 2013 in Tsawwassen. Our keynote speaker, Elaine Hopkins, comes with a great deal of experience. More information will be coming your way, so stay tuned. In the meantime, if you just can't wait, please contact Marie-Paule Wiley at [mpawiley@hotmail.com](mailto:mpawiley@hotmail.com) for further information.

Wishing you peace and joy in 2013 and always,

*Cheryl Larden  
President, BCTTNS*

## Atlantic Therapeutic Touch Network (ATTN)

The Atlantic Therapeutic Touch Network of Nova Scotia extends an invitation for all Canadian Therapeutic Touch practitioners to attend our Fall Retreat 2013 on Friday, October 18th and Saturday, October 19th, 2013.

This retreat is to be held in Meteghan River in the beautiful Baie Ste-Marie region of Southwest Nova Scotia in collaboration with Saulnierville and Yarmouth Therapeutic Touch Practice Groups.

One of our presenters will be Sheila LeBlanc Joyce, with whom we will be exploring the geography of our deepest commitment to the healing and awakening of our collective human consciousness.

She will be asking, "What is our particular story in the tapestry of these changing times? What tools can we 'create' to overcome our inner obstacles." This work will be done through deep guided imagination, movement, spontaneous writing and through the use of various creative tools provided.

Our other presenter, Rose Theriault, medium and Angel Therapy Practitioner, will help to open the door of the spirit world to help inform us as to the meaning of all that will have been discovered and manifested during the day.

It will be a day rich in understanding, appreciation and enlightenment.

If you wish to have a peek at our area, please visit:

[www.baiesaintemarie.com](http://www.baiesaintemarie.com)  
[www.clarenovascotia.com](http://www.clarenovascotia.com)  
[www.canadianmysteries.ca/sites/jerome/indexen.html](http://www.canadianmysteries.ca/sites/jerome/indexen.html)  
<http://www.novascotiabackyard.com/explore-our-regions/yarmouth-and-acadian-shores/mavilette>  
[www.youtube.com/user/clarevoyante](http://www.youtube.com/user/clarevoyante)

*Bertha (Birdie) Fiddes  
Coordinator, ATTN*

## RÉSEAU DU TOUCHER THÉRAPEUTIQUE DU QUÉBEC (RTTQ) Therapeutic Touch Network of Québec (TTNQ)

### Practice Gift from your TTNQ Network

Beginning January 2013, all practice groups in Montreal (n.d.g., South Shore, West Island) are offering those people who attend a special benefit—free membership for 2014!

The membership fees, which are \$40 a year, can now be discounted depending on how many practice nights you attend. Using eight months a year x \$5 = \$40. Each practice night will cost \$5. You may accumulate enough money to pay for your next year's membership.

For example, if you attend four practice nights in 2013 (at \$5

a night), your total is \$20. The discount on your membership for 2014 is \$20. Therefore, you pay only \$20 for 2014.

We wish to encourage those people who attend practice groups and help with their membership costs. The discount months are January, February, March, April, May, June, September, and October. November will cost \$5 to attend, but the money will be used to pay for TTNQ to tally your discounts and for administration fees.

We hope to see you at all your practice nights!

*TTNQ Executive Committee*

# Reports from Member Networks Across Canada continued...

## Therapeutic Touch Network of Alberta (TTNA)

Happy New Year to all!

Therapeutic Touch Network of Alberta members enjoyed a wind-up potluck in June despite blustery weather, which prevented us from sitting outside. We held our Therapeutic Touch™ sessions after enjoying good food and companionship.

This summer, some of our members, Chery Ann Hoffmeyer, Linda Terra and Joy Baxter, attended the Therapeutic Touch dialogues in Montana held by Dolores Krieger.

In September 2012, TTNA members gathered at Kerry Woods Nature Centre in Red Deer, Alberta for our annual retreat organized by Marion Cameron. Marion also provided a cake to celebrate the 40th anniversary of Therapeutic Touch and walked us through a timeline of events. A history of TTNA was put together and presented by Sheila Camp. A presentation and discussion of the Therapeutic Touch dialogues with Dolores Krieger in 2012 was done by Chery Ann Hoffmeyer.

Therapeutic Touch courses continue to be taught by Chery Ann Hoffmeyer in Sherwood Park, Alberta, and by Linda Terra and Joy Baxter in Calgary, Alberta.



Sherwood Park Practice Group Autumn 2012

Monthly Practice Group meetings continue at the home of Linda Terra in Calgary (403-238-3734) and at the home of Chery Ann Hoffmeyer in Sherwood Park .

*Sherry Crann-Adair  
Coordinator, TTNA*

Therapeutic Touch Network of Alberta scheduled courses:

Level 2 & 3 May 4th & 5th, 2013 in Sherwood Park

Please contact Chery Ann Hoffmeyer at [chaihollistichealth@shaw.ca](mailto:chaihollistichealth@shaw.ca) for more information.

## The Therapeutic Touch Network of Ontario (TTNO)

A recent meeting between the TTNO Board and myself explored some interesting and perhaps unique aspects of the TTNO's relationship to the TTNC's newsletter. TTNO's **in touch** is sent to all regions, and members recently received the Winter/12 issue with details of Ontario 'happenings'. Thus, TTNO chair, Jane Graham, asked if I would do a review of Ontario activities for this newsletter.

Ontario's Annual General Meeting/Fall Event was held at the end of October at a delightful resort at the East end of Lake Ontario. Rainy weather failed to dampen the loving, welcoming and enthusiastic Therapeutic Touch family reunion. Enthusiastic feedback means that we will be repeating this format in 2013 in Barrie, ON.

Early in 2012, we facilitated fifteen Focus Group consultations across Ontario. The intention was to 'hear' our members and gain insight and knowledge about who we are as a network. We wanted to gather facts and identify trends, needs and opportunities in order to inform future directions of the TTNO. What we discovered in the process shows a healthy and dynamic organization—one with clear values, standards of practice, growing confidence and

ideas that can take us forward.

We were impressed with the diversity, strength and commitment of our scattered groups. Some individuals felt strongly connected to their Practice Group rather than to the larger TTNO. Some groups felt connected with the TTNO; others saw themselves as independent, functioning on their own without much interaction with TTNO. One member used the delightful analogy that the TTNO is the body, Practice Groups are the organs, and the Members are the cells; they are all important in relation to each other. For interesting details of the Focus Groups, please refer to page 9 of **in touch**, Winter/12.

A priority for the coming year is implementing strategies to encourage our members to remain with us, as well as attracting new members.

A TTNO "Communications Toolkit" has been developed for use by members in presentations to groups and at health fairs. We are building a database of contacts and agencies interested in having Therapeutic Touch presented at special events, health fairs or conferences.

# Reports from Member Networks Across Canada continued...

## The Therapeutic Touch Network of Ontario (TTNO)

In the past year, TTNO members presented at 12 events across the province.

This has revealed a need for Therapeutic Touch™ special interest groups and a greater knowledge of the talents and professional status (i.e., RNs and MDs, etc.) of our members. As a result, the TTNO's 2013 membership renewal form included space for professional designations.

Teachers Days throughout the province are being planned and will review the revised Practitioner Workbook, which will be available in the Spring.

While many of us are still unfamiliar with social media, the TTNO has created a members-only Facebook site, which is being used with increasing frequency.

Websites have become an essential tool of communication and information. Webmaster Alison Cooke states, "I play a part in the process of branding the TTNO. The brand of an organization is its promise to its members and the public. Our brand is derived from who we are, who we want to be, and who people perceive us to be."

"The foundation of the TTNO brand is our logo. We strive to ensure that all website, packaging and promotional materials integrate our logo and thus communicate our brand. Now all of our members can download the TTNO 'Writing Tips' and other information from our website."

The TTNO welcomes the opportunity to exchange creative, leading-edge, valuable ideas and to share in accomplishments across Canada through the TTNC newsletter.

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



**BC Therapeutic Touch Network Society  
Invites you to our Annual Conference 2013**

### **Awakening the Doctor Within: Hypnosis in Health**

Guest Speaker: Elaine Hopkins  
Counsellor, Hypnotherapist, Psychotherapist,  
Hypnotherapy Teacher & Reiki Master/Teacher

***Saturday May 4, 2013  
9am-5pm***

Tsawwassen United Church  
693-53rd Street  
Tsawwassen, BC V4M 3B6

**Cost for BCTTNS members  
\$125 until March 30 \$135 April 1 or later  
Non-members: \$155  
Everyone welcome to attend**

For more information: <http://www.bctherapeutictouch.com/>  
Or contact Marie-Paule Wiley (Education Coordinator)  
At [mpawiley@hotmail.com](mailto:mpawiley@hotmail.com) or 250 832-8176

## Letters to the Editor

### Appreciation for Practice Groups

Hello, I just wanted to say how much I look forward to our practice group meetings. Our circle of members share in a give and take of sessions, ideas and friendship. As I get ready to have everyone come, it feels as if our home, and all the energies in it are looking forward to our coming together and the healing that happens when we, with intent and clarity, commit ourselves to this amazing journey of being Therapeutic Touch™ practitioners. We are a community that makes our world better by coming together to practice.

In the Native American tradition, there is a word that embodies what it feels like when we come together. *Omatakoyasin*, for all my relations (what we do touches everyone and everything on Grandmother Earth).

So in much honouring and love, thank you, Dee and Dora, for dreaming us all in together. Thank you, Arlene Cugelman, for being our inspiring leader.

Love and light,

*Janey Water Dancer Green, Ontario (TTNO)*

### Kudos for First Issue

The first TTNC Newsletter looks very good and I love the photo. I believe it is from the Fall event I attended. What an amazing woman Donna Logan VanVliet is! I feel very blessed that I was able to attend her workshop.

I congratulate you all and thank you for the work done to give us this newsletter!

Best wishes,

*Vreny Haas, Alberta (TTNA)*

Congratulations on the first issue. It has great information and is a wonderful way of connecting all the Canadian Networks. Keep doing this wonderful and so important work.

Greetings from Germany,

*Heike Rahn*

*QTTT - Qualified Therapeutic Touch Teacher  
Geschäftsführerin Therapeutic Touch Seminare  
Tel. 04186 - 892967  
[www.therapeutic-touch-seminare.com](http://www.therapeutic-touch-seminare.com)  
[info@therapeutic-touch-seminare.com](mailto:info@therapeutic-touch-seminare.com)*

### More Kudos

Thank you so much; very professional looking.

Like a mini **in touch**.

Thanks again,

*Adeodata Czink  
Business of Manners  
416-971-9754*

[www.businessofmanners.com](http://www.businessofmanners.com)

It is great to get all the latest news! A member of my practice group will be transferred to B.C. Now I can tell her what is going on "over there". It will make her less nervous about the move.

*Rose Philip, Ontario (TTNO)*

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*

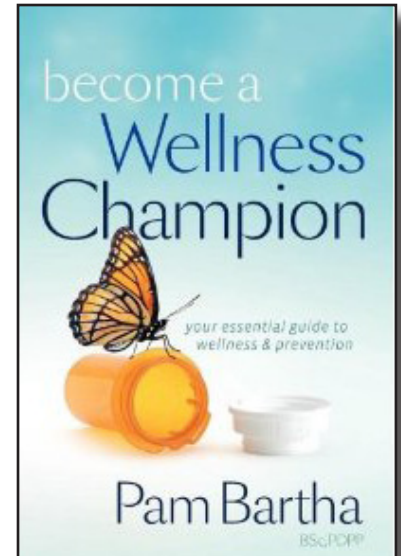
I have had the pleasure of meeting Pam Bartha and being astounded by her story. Looking much younger than she is, and glowing with abundant health, one could never imagine that Pam was every diagnosed with a serious illness.

As a young mother, Pam was stricken with MS. She was 28 years old, facing a debilitating condition that affected her mobility and robbed her of the sight in one eye. However, this wellness researcher, educator and coach was not to be brought down by her disease.

Through her research, Pam developed a program that identifies and treats dysbiosis and silent infections. Pam identifies the pillars of health and gives clear and specific steps on ways to attain and maintain well-being, not just for people with MS, but for everyone who wishes to maintain health in a safe and natural way.

Using her own program, Pam has been symptom-free for more than 20 years and travels widely, giving talk about her program and encourages others to become wellness champions.

Her book is available on [Amazon.ca](http://Amazon.ca) and through her website at: [www.simplestepstowellness.com](http://www.simplestepstowellness.com).



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

## **Spreading the Word!**

When I was a student nurse many years ago, I read a book by Dr. Krieger and Dora Kunz, but it was early days in the Maritimes for Therapeutic Touch™, and my classmates looked at me as if I had three heads when I tried to share information.

The timing must have been right 22 years later, during my healing journey from breast cancer, as I discovered through the PEI Breast Cancer Support Group that a Therapeutic Touch class was to be taught by Evelyn Mitchell (2002). I have been involved ever since in a variety of ways.

As a member of the CBCN (Canadian Breast Cancer Network) Board of Directors, I attended the Canadian Medical Association-sponsored gathering titled, "Innovating Together: Patient Forum on Health Care Transformation", Dec. 3, 2012 in Toronto.

A variety of speakers from Public Health to the University of Toronto spoke, as well as Sharon Baxter, Executive Director of Canadian Hospice Palliative Care Association.

I was pleased to have the opportunity to communicate to the entire group of participants (50), the difference between alternative health care and the term "complementary" or "integrative" health care, as the latter can include the modality we practice!



Dr. Anna Reid and Judy Donovan Whitty

Whenever those of us who practice the modality of Therapeutic Touch have an opportunity to introduce the topic, it can have a positive impact, including regarding the palliative care experience, in that it will help "spread the word".

It was a privilege to be part of this conference and, if anyone would like more details, please feel welcome to get in touch. Dr. Anna Reid, President of the Canadian Medical Association, has developed an understanding of health care systems and is passionate on issues related to improving quality of care. I am pleased to share a picture of us together taken by Wolf Kutnahorsky.

*Judy Donovan Whitty, PEI, (ATTN)*



## The Montana Dialogues 2012 - Reporting Back

The Montana dialogues are held each August for ten days in Columbia Falls, Montana, near the home of Dolores (Dee) Krieger. August 2012 was the third year of the Dialogues. Dee has a vision "that ultimately in dialoguing...working together as one mind, the input from all will grow into a coherent whole leading to a basic theory of healing, a human understanding of a process driven by universal law."

Dee has approached developing a theory of healing from two directions. The "Knowing Project" focuses on the experiential knowledge that wells up in the Therapeutic Touch™ practitioner during the healing moment. Dee is getting information for this project from the grass roots, through two projects: the "Looking Over Your Own Shoulder During Therapeutic Touch Sessions" study (2011) and the Distant Therapeutic Touch Study (2012). Work collated from the 2011 study has already been written up in an article that is still undergoing peer review. The Distant Therapeutic Touch study results will be collated this winter. She has two stalwart helpers in this huge endeavour, Pat Cole and Sandy Matheny. These two incredible people also help to organize the Montana dialogues.

The logic-bound "Seeking Project" is designed to analyse the variables important to the Therapeutic Touch practitioner's engagement, leading to the development of a Theory of Healing. Mary Anne Hanley, from Texas, plays a leading role in this project, helping Dee by compiling the work that we do in small groups over the ten days we share in Montana. This is no small feat!

Why do we need a theory of healing? Healing has been a constant for more than 10,000 years, yet we still have no understanding of what makes it work. It is done on the basis of belief and experience. Healers have recognized that:

- We don't fit in with the rest of the world.
- What we do is invisible to most people in the world.
- We don't have the language to describe what we do.
- We can't explain how what we do works.

A theory of healing will answer the need to be able to explain what we do to the rest of the world and allow us to take our rightful place in the future.

This theory is not going to change how we do our Therapeutic Touch, but it will change our understanding of Therapeutic Touch and, with understanding, comes deeper work and more profound experiences. It will also allow us to explain what we do in a clearer way and to begin to do research on healing itself at a different level. Research has changed since the findings on quantum theory discovered that the observer changes the results of what is being observed. This observation casts a whole new light on research methodology and calls into question the whole scientific method. We don't

know where research is going, just that it is changing, and with a theory in place we can begin to research how healing works.

This year, in Montana, we talked about the results of the "Looking Over Your Own Shoulder During Therapeutic Touch Sessions" project. All respondents noted that the heart chakra was involved immediately during their centering and noted also their own hand/heart chakra connection.

Dee talked about compassion as being the transformational aspect of Therapeutic Touch. As we engage in acts of compassion, we strengthen the link to our inner self. As well, it is transformational for our healing partners. They see the compassion in us. We have an "aura" about us, a healing presence, and they want that for themselves. They realize that they too can have that sense of peace, and begin to change their lives.

"Without compassion, whatever else one may do, it is not Therapeutic Touch." (Dolores Krieger. Therapeutic Touch as Transpersonal Healing, page 85)

Common to all respondents was the recognition of stillness. As we worked, we found that we entered a state of altered consciousness, beyond the space/time continuum. The crown chakra was engaged along with the throat and third eye chakras. We reached a place of stillness where we connected to our inner self so deeply that we stepped aside and found the true meaning of the term "effortless effort". It was no longer about "doing", but about "being". One of our members used the term "hovering".

As the Dalai Lama says, "Something is touched in sharing deep silence together that words alone can only point to but never express." (Dalai Lama. The Good Heart, Introduction)

I urge you all to do the "Looking Over My Own Shoulder" exercise. Email me at [adcooke@xplornet.com](mailto:adcooke@xplornet.com) if you would like a copy of the exercise. It will take you deeper into understanding your own process. Share your findings in your Practice Group so that, together, you come to a deeper understanding of the experience of Therapeutic Touch.

One Practice Group facilitator asked me to bring my 2012 AGM talk to her Practice Group. If any other groups would like to hear my talk about my Montana experiences, I would be happy to bring it to your group. I plan to use these visits as a fundraiser for the TTNO, so I will be asking for donations from those who attend.

As always, my thanks go to the TTNO for supporting me in my travels to Montana by paying a portion of my costs.

*Alison Cooke, RT, RP, Ontario (TTNO)  
TTNO webmaster*

## What's in a Name?

In the mid 1980s, Crystal Hawk and I were discussing what to call the Therapeutic Touch™ organization we were developing. At that time, we were impressed with the recently published “Decide to” writings. So, we chose the name “Network”, and as you read the following, you will understand why.

### Decide to network...

Use every letter you write  
Every conversation you have  
Every meeting you attend  
To express your fundamental beliefs  
and dreams  
Affirm to others the vision of the world  
you want

Network through thought  
Network through action  
Network through love  
Network through the spirit

You are the center of a network  
You are the center of the world  
You are a free, immensely powerful  
source of life and goodness

Affirm it  
Spread it  
Radiate it  
Think day and night about it

And you will see a miracle happen:  
the Greatness of your own life  
In a world of big powers, media,  
and monopolies  
But of six billion individuals  
Networking is the new freedom  
the new democracy  
A new form of happiness

This so clearly described our intent to “affirm to others the vision of Therapeutic Touch you want”, and it remains relevant today as we go about our lives, which have been so enhanced by this life path.

As we participate in our local Practice Groups, it might be worthwhile giving “Decide to Network” as a handout, then reading and discussing it line by line. As we think now of ourselves as a Canadian entity—and one of several national Therapeutic Touch organizations—we can begin to understand what a valuable exercise this could be!

I have recently been concerned about the ‘business networking meetings’, which consist of rather aggressively getting others to know your business and getting ‘leads’. As I gave this some serious thought, however, I realized that many of us could learn a thing or two about promotion. So many of our colleagues are shy, quiet souls who carefully avoid ‘standing on our hind legs’ and declaring Therapeutic Touch to our world!

Part of this reticence stems from our fear of being challenged or disrespected—which certainly can happen—but this fear can be considerably reduced by some simple measures.

- Carry Therapeutic Touch brochures with you at all times. The TTNC is currently designing one that will be available online and can be easily printed or ordered.
- Learn a definition of Therapeutic Touch so simple that a child can understand it.
- Share with others through your Group and this newsletter how you have personally networked Therapeutic Touch. *You'll inspire others to do the same!*

*Mary Simpson, RT, Ontario, (TTNO)*

*The Author, Robert Muller (March 11, 1923 – September 20, 2010) was an international civil servant with the United Nations. Assistant Secretary-General for 40 years, his ideas about world government, world peace and spirituality led to the increased representation of religions in the UN, especially of the New Age Movement. He was known by some as “the philosopher of the United Nations”.*

## Attending TTNO's Fall Event

On October 27 and 28, 2012, I attended TTNO's Fall Event taking place at the Isaiah Tubbs Resort in the beautiful Prince Edward County of Ontario. It was an added bonus that I could stay and visit with my good friend, Jane, who used to live in Alberta and was a member and executive of TTNA for many years. She now lives in Picton, Ontario, only 15 Minutes from where the event took place.

On Saturday morning, Alison Cooke presented a comprehensive report on the Montana Dialogues she had attended, together with other Therapeutic Touch™ Practitioners and Teachers from Canada and the United States. These dialogues, initiated and led by Dolores Krieger, have taken place over the past few years; Dee's vision being that, ultimately, in dialoguing and in working together as one mind and with input from all, this will grow into a coherent whole—the ultimate outcome being a Basic Theory of Healing and a human understanding of a process driven by universal law.

We learned about the difference between a dialogue and discussions or debates. Alison also explained that a Theory of Healing will help us explain to the rest of the world what we do. It will also allow us to take our rightful place in the future. There were questions from the 2011 dialogues under the heading: "Looking Over Your Own Shoulder During Therapeutic Touch Sessions", to help us deepen our own practice. I especially enjoyed Alison's sharing of personal experiences and am grateful for the handout, to review many more topics covered.

Following this, I attended the workshop offered by Donna Logan Van Vliet, titled: "The Heart-Based Simplicity and Art of Therapeutic Touch". Donna opened our eyes and hearts to the Art of Listening, or not listening as the case may be. In one exercise, we practised listening as a partner shared an emotionally significant personal story, talking for ten minutes without being interrupted. What an eye-opening exercise.

The workshop continued on Sunday with more experiential exercises, sharing, and an exchange of Therapeutic Touch sessions. We had a chance to visit with our "Pain Body" and were given ample time to reflect and share our insights. There were some lovely meditations, words of wisdom, realisations, and lots of fun, laughter and music to round up the sessions. Donna excelled in putting us at ease. I especially appreciated that we were not rushed and that there was lots of time to share, absorb and to just be.

I felt renewed and re-energized by being a part of this very special weekend and group of about 80 Therapeutic Touch practitioners. Heartfelt thanks to the organizing committee of this special event, the presenters and TTNO as a whole. You all are amazing!

*Vreny Haas, Alberta (TTNA)*

### **2013 ANNUAL THERAPEUTIC TOUCH CONFERENCE**

"HEALING ENERGY" May 24, 25 and 26, 2013

Victoria General Hospital Weather Watch Room, 5th floor, Dixon Bldg.  
1276 S. Park St, Halifax, NS (Free parking on street Sat/Sun)

#### **PRESENTERS**

Rev. DAVID MAGINLEY, BA, M.Div. talks on "Fields of Consciousness: Latest Developments in Understanding the Human Energy Field."

CHARLOTTE QUIRK discusses "The Essence of Energy," defining the energy source that enables long-distance Therapeutic Touch.

NATASCHA POLOSMKI will provide a description of the Singing Bowl Massage and the effects on the energy field.

#### **FOR FURTHER INFORMATION, CONTACT:**

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CHARLOTTE QUIRK: 902-865-0059  
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Atlantic Therapeutic Touch Network info@atlanticttn.com  
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## The Consequences You Sow: Action and Effect

*We should strive always to speak, think, and behave with great thoughtfulness and compassion.*

All motive and action affects the cosmos in some way. The principle of cause and effect is the truth that allows us to change ourselves and the world around us for the better. However, this same universal law is also at work when change is not at the forefront of our minds. Our intentions flow forever outward in the form of energy, affecting both the people closest to us and billions of individuals we will likely never meet. For this reason, we should strive always to speak, think, and behave with great thoughtfulness and compassion. The virtues we choose to embody can inspire joy and integrity in the lives of countless people, whether we touch their existence directly or not.

The influence we wield is infinite. In an effort to internalize our conscious understanding of the nature of cause and effect, we can never truly know how our thoughts, emotions, words, or actions will manifest themselves on the larger universal stage because it is likely that the furthest-reaching effects will fall outside the range of our perception. We can only look to the guidance of our conscience, which will help us determine whether each of our choices is contributing to humanity's illumination or setting the stage for unintended troubles.

When we are in doubt, we need only remember that the cultivation of altruism inevitably leads to a harvest of goodwill and grace. Motivated by a sincere desire to spread goodness, we will be naturally drawn to those choices that will help us express our commitment to universal well-being.

Nothing you do, however minor or mundane, is ever exempt from the rules of cause and effect. From the moment of your birth, you have served as an agent of change, setting forces beyond your comprehension into motion across the surface of the earth and beyond. You can exert conscious control over this transformative energy simply by examining your intentions and endeavoring always to promote peace, positive energy, and passion in your ideas and actions. While you may never fully comprehend the extent of your purposefully heartfelt influence, you can rest assured that it will be universally felt.

*By Madisyn Taylor*

*Reprinted from DailyOM—Inspirational thoughts for a happy, healthy and fulfilling day. Register for free at [www.dailyom.com](http://www.dailyom.com).*

**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](http://www.kempfenfelt.com)***

# Professional Liability Insurance

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

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

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

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

## **What's covered?**

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

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

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

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

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

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

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

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

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

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

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

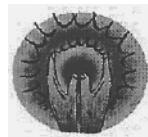
You need to decide for yourself if this insurance is for you. For a more complete description of what this insurance covers, premiums, etc. please look at the TTNC website: [www.ttnc.ca](http://www.ttnc.ca), under insurance coverage. The application forms can also be found there.

# THE CANADIAN THERAPEUTIC TOUCH™ NETWORKS



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[www.toucher-therapeutique.org](http://www.toucher-therapeutique.org)



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## CANADIAN THERAPEUTIC TOUCH™ NETWORKS RECOGNIZED TEACHERS

*Teachers will travel to other areas on request.*

Each network sets its own criteria for curriculum and teaching.

\* indicates a teacher of all levels.

(Information for these pages is supplied by the individual networks and is accurate up to and including January 15, 2013 (see note in box below))

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**Beaverbank:** Charlotte Quirk  
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**Halifax:** David Maginley  
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**Pierrefonds:** Susan Hamilton\*, RPN  
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**South Shore:** Marie-Claude Poupart\*  
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**Winlaw:** Camille Roberts\*  
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## CANADIAN THERAPEUTIC TOUCH™ NETWORKS Practice/Support Groups

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

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**Dartmouth:** Barbara Stone  
902-469-0317  
**Halifax:** Various RPs  
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**New Glasgow:** Cherry Whitaker  
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**Pictou:** Linda Chisholm  
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**Pt. Hawksbury:** Natasha Polomski  
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**Saulnierville:** Colette Thibodeau  
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**Sydney:** Louise Glasgow  
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**Truro:** Kathy Putnam  
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**Yarmouth:** Sandra Noah  
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**Muskoka South:** Bonnie Christie  
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**Niagara Falls:** Doreen Sullivan  
Pierrette Guise  
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905-356-2884  
**North Bay:** Monica Giles  
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**Orangeville:** Roslyn Levin  
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**Ottawa:** Gail Lafortune  
613-834-4524  
**Owen Sound:** Lynne Rusk  
519-534-1234  
**Parry Sound:** Anna Brisson  
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Barbara Bennett  
705-389-9828  
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**Peterborough:** Linda Nelson  
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**Stratford:** Sandra Fraser  
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Therapeutic Touch™ has been a registered trademark in Canada since 2003.

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