



TTNC News

Volume 3, No. 4

Autumn 2014



Andrée West guided the participants in treating and using the 'wand' with various techniques at the TTNQ Retreat in the Laurentians in September. See Page 8.

CONTENTS

Editorial	Page 2	Letters to the Editor	Page 9
Updates from the TTNC	Page 3	TT on the Mountain: A Peak Experience	Page 10
Board Reports from Member Networks	Pages 4 to 5	TTNA Practice Day: Compassion in TT	Page 11
Dedication to Charlotte Quirk	Page 6	Advertisement in Canadian Nurse	Page 11
Sunburns and Therapeutic Touch	Page 7	Roles of Support: Doing Our Best Work	Page 12
Change to Trademark Symbol	Page 7	Therapeutic Touch Network Listings	Page 13
Retreat in the Laurentians	Page 8	Recognized Teacher Listings	Page 14
Bookworm's Food for Thought	Page 9	Practice Group Listings	Page 15

A New Look and Farewell

Oh, the joys of Mercury retrograde! If you know your astrology, you are aware that a Mercury retrograde is associated with miscommunications, travel disruptions, and electronic mishaps of all kinds.

Just before assembling this newsletter, my computer crashed, obliterating the program used to produce each issue, and the program DVD was nowhere to be found! I downloaded a new program, and had a snazzy version 3/4's done, when a software upgrade nixed that file as well.

Not to be outdone, I downloaded yet another program. *Pages*, built for iMacs, has yielded an even prettier newsletter, and with greater ease than either of the programs I used previously.

It's my hope that this will facilitate the next editor, as this will be my final issue. I am taking on other volunteer opportunities with TT. Thank you, everyone, for supporting TTNC News!

Bonita Summers, RP (BCTTNS)

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TTNC News

is the newsletter of
Therapeutic Touch Networks of Canada

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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: Winter 2015

Deadline for Submissions: Jan 08/15

Late submissions may be held for the following issue. Submissions must be in .doc, .docx, or other text format. Articles should be approximately 500 words. Writers may include a brief bio with an article at a length of no more than 50 words.

Ads in JPG format please.

Please send submissions to TTNC at TTNCnews@gmail.com with "Newsletter + which issue + the nature of the submission" in the subject line; e.g. "Newsletter Winter 2015 – Report from...."

PUBLICATION DEADLINES AND DATES

Next publication date is
the 31st of January 2015.

TTNC News

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

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Updates from the TTNC

We welcome Steele Pruden to the TTNC Board and are happy he could be part of the teleconference on behalf of the MTTN in September. Steele has been the contact person for MTTN for several months.

Thanks to Brita for all her expertise and efforts in writing the new bylaws, which are ready for review by the Member Network Boards. A special meeting on October 16, 2014 was held by the Board Presidents/Coordinators to discuss the proposed bylaws for approval.

The September issue of the Canadian Nurse included the advertisement submitted by TTNC. This is the first venture of advocacy with another professional group. If you know of another professional organization that has a national publication and whose members could benefit from Therapeutic Touch, please let me know. Cheryl Larden, BCTTNS, will monitor inquiries about Therapeutic Touch generated by the ads. (See 'Advertisement in Canadian Nurse' for more information).

The year end for TTNC is August 31, 2014. Plans for the next AGM are underway; it will be held on Sunday, November 23, 2014 at 1:00 p.m. PST. Reports, agenda and invitations were sent out on October 23, 2014 to the Member Network Boards.

News from the Committees: members of the **Newsletter Committee** have been busy reminding members of their Networks to make submissions for future issues of the TTNC News. Bonita Summers, Editor, has a new desktop publishing program to produce the newsletter. The **Curriculum Committee** resumed its discussions in October via email, pending members' availability for a teleconference. The Chair of this committee is presently vacant, as Cherry Whitaker has stepped down from the position. The **Extended Health Coverage for TT Sessions Committee** has developed a proposal, which they will use in presentations to insurance companies. The **Brochure Committee** is considering a plan for another brochure that would include information about Therapeutic Touch® for families with relatives at end-of-life care, addressing a host of situations other than cancer. The committee members welcome suggestions and input from all Therapeutic Touch practitioners across Canada.

There is a Therapeutic Touch discussion group on LinkedIn, which can be used to post news and views from individual Therapeutic Touch practitioners/teachers. It can also be employed to promote Therapeutic Touch practice groups or courses in your area.

The renewal date for your policy for the Liability Insurance is due on December 1st. If you are applying for the first time, an application form can be found at www.ttnc.ca. If you have any questions, please contact me at mumcam@telus.net.

I wistfully say farewell to summer, and welcome the autumn with all the special colours and smells. I join everyone in thanks for the bounty of the harvest.

Namaste,

*Marion Cameron,
President, TTNC*

TTNC Committees

Newsletter Committee: See page 2 of the newsletter.
TT Brochure Chair: Mary Simpson, TTNO mary.simpson@cogeco.ca
National Curriculum on Teaching TT Chair: vacant
Extended Health Coverage for TT Sessions Chair:
Cheryl Larden, BCTTNS clarden@shaw.ca

Therapeutic Touch® has been a registered trademark
in Canada since 2003.

Reports from Member Networks Across Canada

British Columbia Therapeutic Touch Network Society (BCTTNS)

News from BC!

Here in BC, it is starting to get a bit colder with a bit more rain—snow in some places, but at the moment the sun is shining and it is a beautiful day!

Our recent Thanksgiving celebration emphasized that we have much to be thankful for. I am constantly reminded what a wonderful board we have. We are supported by members on subcommittees, our newsletter, and website! Together, we support each other and the members of BCTTNS. It is a great team!

A couple of highlights of the last few months:

- We continue to develop and revise policies as the need presents.
- Preliminary results from our members' survey have been compiled and will be used to guide us as we continue to move forward as a network.
- We have revised our brochure, including our mission, vision, and values. The final edits are being made, and it will be available very soon!

- We have developed Practitioner Days for those working towards their certification as Recognized Practitioners. Practitioner days provide four supervised sessions. Our first day was a great success. We have our next scheduled, with plans to offer them regularly.
- We will be participating in a large Health Fair on November 8th and 9th in Vancouver.
- Planning for our next conference is well underway. We are in the process of confirming plans and will be sharing more with you in the next newsletter.

Wishing everyone peace and abundance!

Cheryl Larden, BCTTNS President

The Therapeutic Touch Network of Ontario (TTNO)

The Therapeutic Touch Network of Ontario has voted in favour of joining the Peterborough Sustainable community. The focus group was started in 2011 by a group of concerned citizens in the community to develop an integrated sustainable plan specifically for the Greater Peterborough Area. The Board was approached by Craig Niziolek RT, who saw Therapeutic Touch® as a sustainable practice that does not use any of the Earth's limited resources, has proven, positive effects on the well-being of clients and practitioners, and has and will continue to have an enormous impact on the overburdened healthcare system in Ontario and around the world. Under the leadership of Craig, The Therapeutic Touch Network of Ontario will

enter as a Champion partner to help develop the plan to provide a greater role for Therapeutic Touch in hospitals, hospices, and retirement homes. There will be more on this creative and wonderful endeavour in the next newsletter.

It was of concern to some of our members that The College of Psychotherapy Act that is coming into being this year would have an impact on the practice of Therapeutic Touch. Crystal Hawk RT, has verified that the Act does not regulate counselling or coaching and it has nothing to do with energy healing. This will put an end to the circulating misinformation.

The Therapeutic Touch Network of Ontario (TTNO) continued...

Currently, the TTNO has 54 Recognized Teachers and 10 people working on becoming teachers. Congratulations is extended to the four members who achieved their Recognized Practitioner status during our last quarter. Annefrances Morris, Vice Chair, will be stepping down after this year and will continue to work with Evelyn MacKay in recruiting new committee members. We are extremely thankful for all of her hard work and commitment.

The 2014 Fall Event and 21st Annual General Meeting took place at the Barrie Conference Centre on October 31st. On Friday, it began with a practicum, followed by a sit-down dinner and a full weekend of workshops and presentations. On Saturday evening, Patricia Tamosetis lead the

group in the Universal Dances For Peace. This is part of a timeless tradition of sacred movement, song and story. This was a time to learn, reflect and enjoy the company of good friends in a beautiful and peaceful setting.

So button up your coat, hold your head up high, and look around you. This is an amazing place, and you are right in the middle of a great adventure. Every forward movement takes you closer to a world of endless possibilities.

Paula Burchart, RP (TTNO)

The Therapeutic Touch Network of Alberta (TTNA)

What a summer it has been. The up and down weather made it feel more busy than usual. We still managed to have our annual potluck dinner in Calgary, held during practice group in June. This included the giving and receiving of Therapeutic Touch® treatments by all. Work on our website continued through the summer months. I am finding this to be an interesting and time-consuming activity in which one learns new computer skills.

On Sept. 13, members of TTNA gathered at Kerry Woods Nature centre in Red Deer for our annual Retreat. We had a good turnout of members and good weather so, during the lunch break, many of us hiked the outdoor trails available to us.

Marion Cameron brought her 'chakra' chimes and led us through an exercise during which we listened to each chime played and noted its effect on our energy field. We began by sitting quietly and grounding ourselves. Marion explained that each level of the chimes resonated with a chakra in our energy field. She then tapped each level while we absorbed the sound and sensation it produced. I found this to be fascinating, as I could sense my spinal column align energetically. I also found it interesting that it was after the tone had levelled out

that I was able to distinguish which body area it was affecting. That is, I could say this tone affected an upper body chakra or that tone affected a lower body chakra. Our group's individual experiences were quite varied, and I'm glad members shared their experiences, and we had this opportunity to listen.

Jean Gurnett gave a presentation on Brain Gym. Jean is a licensed Facilitator of Brain Gym. After some background information, Jean led us through some group exercises and explained their positive effects on the different parts of the brain. This was both fun and informative.

The day would not be complete without giving and receiving Therapeutic Touch treatments. We held a healing circle for those to whom we wished to send healing, as well as sending healing energy to the world. Thank you, Jean and Marion, for putting this day together and to all those who participated.

Enjoy the autumn.

Sherry Crann-Adair, Coordinator (TTNA)

Dedication to Charlotte Quirk

Charlotte is one of those unique gems of a person who carried a twinkle in her eye, displayed quirky English humour, and showed much joy in life. When she was passionate about something, she just glowed with it. When enthusiastic, she sparkled with knowledge and wonder, and when happy she was a steady shining. But when she had a goal, that was when she polished each facet with her dogged determination.

Charlotte came to Therapeutic Touch® loving it because she learned that, in most situations, she could always do something, always help. When she was encouraged to become a teacher, she showed incredible dedication to the process, working hard over a number of years to be fully qualified. She loved to teach, loved to see people become more than they were when they came to her as a student, loved their progress in Therapeutic Touch, and loved to see the “aha moments” on their faces. She thrived on her students’ blossoming competence. Her zest for life was carried into her zest for teaching—an enthusiasm that will be missed by many of us who were lucky enough to be her students.

She showed the same ‘stick-to-itiveness’ when deciding that others would profit from a relating of her experiences in life. She worked diligently many early mornings at becoming an author, writing and rewriting her book, finding a publisher and again reworking parts of her book. True to her generous personality and quenching that desire to help, part of the funds that she earned from her book went to the homeless. It was lovely to learn more of Charlotte’s life while reading her book, but, for me, the nuggets were understanding how much she fostered her intuition and honoured the appearance of ‘signs’ to confirm that she was to take a specific path in life, or to confirm that her intuitively-based actions were correct. A reminder to us all to develop more of our potential.

I will miss dear Charlotte who has given so much to Therapeutic Touch, to the ATTN as a BOD member, (involved with fundraising and hosting our Spring Conferences), and I will miss her as part of our Teachers Collective and Education Committee. She always contributed ideas and enthusiasm and was willing to work towards our goals. Charlotte and I also had some of the most dedicated and heated discussions I have ever known, around specific topics about our treatments. These we delved into many a time. Her trust in the ALL KNOWING, THE SOURCE was absolute, and I have deep respect her for what she believed and how she followed that in her life.

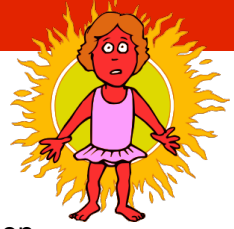
It is lucky for us that you, Charlotte, made the decision to be a Therapeutic Touch practitioner, committing with all your heart. We as an organization and as individuals are the richer for having YOU in our lives. We have learned a lot from you.

With a sadness in my heart for what else we could have shared but won’t,
And with a gladness in my being for the thoughts that you are at peace and in joy with Derek,
I am at peace knowing that your trust in the all-knowing guided you back to your source.

Cherry Whitaker, RP (ATTN)



Sunburns and Therapeutic Touch



My big summer adventure involved kayaking off the beautifully wild western coast of Vancouver Island. Unfortunately, part of the adventure included an embarrassing sunburn. Embarrassing because, despite all warnings and taking most precautions, there I was at the end of the day with a very red face!

After a day of “paddling”, I realized that sun reflection on the water can, despite my best efforts at covering up, burn any visible skin. I had diligently worn a large brimmed hat above my face and spent the day peering downward through the kelp forests. Although I had heard about water and reflection, I chose to forgo sunscreen.

Returning to camp in the afternoon to give my arms a rest, I realized my face was starting to radiate heat. I tried to ignore the sideways glances of concern, but that was not working. Off I slunk to my tent to be on my own. I gave myself a five-minute Therapeutic Touch® treatment and then rejoined the other campers and the festivities. Our day was capped with a beach party, watching the setting sun. I felt as if I was producing my own heat glow of fire.

After the gorgeous but hot sunset, we clambered across beach rocks and then into the woods. I basked in the opportunity to cool down as I wandered through the rainforest covering of evergreens. Dusk had settled in on us. I felt hidden. Once back at my tent, I gave myself a bit more Therapeutic Touch, then settled off into a peaceful sleep.

Morning brought a welcome relief. Light, warm rain and overcast skies. My skin had healed considerably through the night. A fellow paddler checked over my face and commented, “I thought you had a sunburn, but it must only have only been a wind burn.” I knew my skin had received a sunburn and, because she was a medical doctor, I took this as another wonderful verification of the healing potential of Therapeutic Touch.

Therapeutic Touch works, and it is always worth a try in any situation.

Sheila Camp (TTNA)

We’re changing our trademark symbol.

In Canada the choice of using ™ or ® is left to the owner of all trademarks.

Beginning when the trademark was given to us “in trust” for all networks, the TTNO has been using the ™ symbol. More recently, editing guidelines in the latest edition of Editing Canadian English suggest that we use the ® symbol to identify a registered trademark. The TTNO is about to print their new brochure and has chosen this publication to begin the changeover to the use of ® rather than ™ after the words Therapeutic Touch. The guidelines for use of ® are the same as they were for ™ —only required once in a document. So, don’t be surprised when you start to see this new way of identifying our trademark, and please, begin to use it, too.

*Alison Cooke, RT
Webmaster, TTNO*



Retreat in the Laurentiens September 20 and 21, 2014

Snuggled in the rolling hills of the Laurentiens, a beautiful retreat took place in a rustic chalet overlooking Lac Théodore. We enjoyed walking, kayaking and soaking in the hot tub. The participants had a minimum of Level One of Therapeutic Touch®. The speakers were Andrée West and Claude Millette, both experienced Therapeutic Touch practitioners and energy-workers.

The subject was integrating the “crystal wand” and using it in a Therapeutic Touch treatment. The participants were instructed in the making of their own “wand” using a copper pipe, leather and a crystal.

Claude Millette explained the properties of copper and crystal and how they amplify the energy, and how the wand can be used. Andrée West guided the participants in treating and using the wand with various techniques. It was a unique retreat, and much knowledge and joy were shared by all.

Retraite dans les Laurentides 20 et 21 septembre 2014

Au cœur des collines ondoyantes des Laurentides, une magnifique retraite s'est déroulée dans un chalet rustique donnant sur le lac Théodore.

Nous avons eu beaucoup de plaisir à faire de la marche, du kayak et à nous relaxer dans le bain tourbillon.

Les participants avaient au minimum le Niveau Un du Touché Thérapeutique®.

Les intervenants étaient Andrée West et Claude Millette, tous les deux ayant une longue expérience dans la pratique de la TT et le travail sur les énergies.

Le sujet était l'intégration de la « baguette de guérison » et son utilisation dans un traitement par le Touché Thérapeutique.

Les participants ont reçu une formation sur la fabrication de leur propre baguette à partir d'un cristal de quartz, d'un tuyau en cuivre et d'une peau en cuir.

Claude Millette a expliqué les propriétés du cuivre et du cristal et comment ils amplifient l'énergie et son utilisation.

Andrée West a guidé les participants dans divers techniques pour utiliser la baguette et apporter des soins.

C'était une retraite vraiment unique, beaucoup de connaissance et d'amitié étaient là, à partager.

Bookworm's Food for Thought



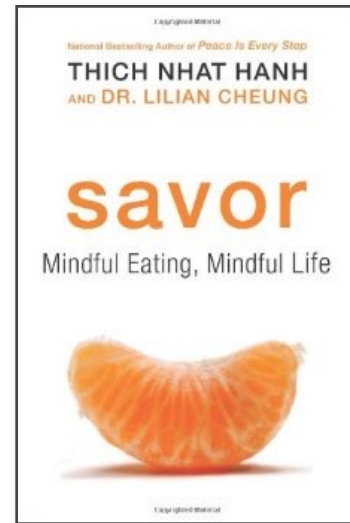
Maintaining a healthy weight is a challenge for many of us, especially as we get older and experience a change in metabolism.

Along with the expertise of Harvard nutritionist Dr. Lilian Cheung, Thich Nhat Hanh takes a refreshing approach to this issue by applying buddhist principles to bringing awareness to our thoughts and habits around eating.

Too often, food is used as a coping mechanism. We eat to feel pleasure and to bury our pain and discomfort with life's difficulties. We eat in front of our computers and television sets, so unaware of the act of eating that we overindulge. Before we know it, the entire bowl of popcorn is gone or we've finished the potato chips with no awareness of our actions until we are left holding a large and empty bag.

Thich Nhat Hanh applies buddhist concepts to help readers become aware of habits that take us away from the present moment. He offers a 10-week plan to gradually modify our eating behaviour, increase our level of activity, and achieve greater consciousness through meditation exercises.

Consider this unique approach to healthy eating that combines science and spiritual principles. Bring awareness to wellness.



[Buy this book.](#)

Letters to the Editor

I have enjoyed reading the book reviews in the TTNC news.

Thank you to Bonita for sharing your books and love of reading.

*Marion Cameron, (TTNA)
President, TTNC*

Editor's Reply:

Thank you, Marion. I enjoy sharing with our readers the books that have helped me to improve my Therapeutic Touch practice and my life. If you've read a book that you think we should know about, please submit your reviews for consideration.

Thank you!

*Bonita Summers (BCTNS)
TTNC News Editor*

Therapeutic Touch on the Mountain: A Peak Experience



"There's a short easy climb before you reach the alpine meadow," Anita had said. The host of our Wilderness HI hostel also said to take bear spray, make a lot of noise, and be sure to take a warm sweater because it can get cold at that altitude. But the view is worth it.

Armed with Anita's cautions and our naïveté, we three sixty-somethings set off to follow the popular mountain trail to Ptarmigan Cirque in Kananaskis Country, in the Canadian Rockies.

The 'short climb' was actually 2.5 km up and 2.5 down, and the 'easy bit', ninety percent of the climb, was described as "pretty stiff" in the guidebook. I found out later.

We took our time, carefully planning each step and noisily chatting about buying and selling cars, should any hungry bruin be within earshot. (By happy coincidence, Marion wanted to buy a car, and Margot was wanting to sell a car. It was a sure sign of good things to come.)

However, as we neared the tree line, Margot stopped to catch her breath and complained that her heart was pounding. There was no way we could carry her down the narrow, steep mountain path. We couldn't call 911 because there was no cell service. What were we going to do?

Then, it dawned on me. I looked at Marion and joked, "We've got an app for that!" We moved to face each other, centered, grounded, took a deep breath, and began clearing her field, front and back. She still seemed distressed, so I held my hands, palms turned up, directly under her palms facing down.

As we stood there in the scant shade of a scraggly larch, I felt a mighty stream of energy pouring into my hands. I planted my feet and visualized myself as a ground, directing the energy flow through me into the depths of the mountain. We held that position until Margo felt her heart grow calmer, her breathing slowing and deepening. She later wrote from Ottawa, "I was suffused in a feeling of calm and renewed strength. I could feel the energy transmitted through our hands even though they weren't touching; a lovely and transformative experience."

We three then followed the narrow stoney path around the perimeter of the cirque, amazed by the carpet of yellows, purples, and reds, washing down the side of the mountain below our feet. The descent was easier.

We reached the parking lot, some 2300 metres below, hot, tired, but exhilarated. We looked back up to the tree line and to the mountain top beyond. "Look where we were! Look what we just did!" Three middle-aged city-dwellers feeling so alive, so vital. "Anita was right," I said, as we headed for the car. "The view is worth it".

Jean Gurnett, (TTNA)

TTNA Practice Day: Compassion in Therapeutic Touch

The theme for the TTNA's Practise Day held in April 2014 was "Compassion in Therapeutic Touch®". We were thankful for the well-prepared package sent to us by TTNO, which allowed us to listen, learn, think, discuss and practice on a deeper level.

Watching the small group conversations was so interesting. Those present really did participate; they listened, and everyone contributed. There were smiles, long faces, giggles, sighs, nods and signs of complete understanding and, of course, occasional disagreements and questions. Each group had a pertinent summary and comments to contribute to the larger group discussions. A few of the important points that came from the discussions were:

- 1) Compassion needs to be nurtured; it is nonjudgmental and involves being more aware of self and others.
- 2) Compassion is listening, staying mindful, and intentionally connecting on a heart level.
- 3) With compassion, there is no room for ego. Compassion allows us to be more grounded, expands our world and outlook, and allows us to know who we are.

4) With compassion, we acknowledge the reality of what is going on, we walk with our healing partners, supporting them without taking their power. With compassion, Therapeutic Touch is a mutual process and, through common humanity, ourselves, others, and the world can be healed.

5) Compassion must be like centering, present and automatic, not just a step but a spiritual key to a door that leads to infinity.

We were all grateful to learn more about "compassion fatigue", and reviewing and experiencing the "Hand-Heart Connection" was a special blessing. As Dolores Krieger states, "Without Compassion whatever else one may do is not Therapeutic Touch. The power that compassion provides is the engine that drives the process of Therapeutic Touch."

Linda Terra, RT (TTNA)

Advertisement in Canadian Nurse

This ad appeared in the September 2014 issue of Canadian Nurse:

AS A HEALTHCARE PROFESSIONAL DO YOU HAVE COMPASSION FATIGUE?

Explore how using Therapeutic Touch™ can enhance your personal and professional life to create greater job satisfaction. www.ttnca.ca or info@ttnca.ca

The ad will again be published in the October and November issues. The total cost for the ad was \$472.50. Thank you to the Member Networks for your monetary support. Mary Simpson, TTNO, had

the vision for this project and contributed time and effort to see it to its completion. Many thanks, Mary.

Cheryl Larden, BCTTNS, has kindly agreed to monitor the enquiries at info@ttnca.ca. To date, there has been one from the Ottawa, ON region. The hope is to do more advocacy with other national groups.

Roles of Support: Doing Our Best Work

Each one of us is very much needed and we all have our role to play adding to the success of the whole.

In the great symphony of life, we all have important parts to play. While some people are best suited to be conductors or soloists, their contributions would be diminished considerably without the individual musicians that lend their artistry to the fullness of an orchestra. The magical accents of the percussion section might sound random and out of place without the music they accompany. But any one member of an orchestra, doing less than their best at their particular part, can destroy the harmony of the whole piece, such is their importance. So although we may not receive the same amount or quality of attention as another, all of our contributions are valuable and integral to the success of the whole.

When we do our tasks well, we infuse them with our unique energy, making each act a gift. Each of our personalities and talents are suited to different roles of support. Even leaders and star performers support others in their own way. We can look around us at any moment to see that while we nurture some people with our work, others are supporting us with their gifts. Doing any job from this place within us allows us to do our part with

humility and gratitude, while also learning lessons that move us steadily toward our goals.

When we can be fully present in every job that we do, we bring the fullness of our bodies, minds and spirits to the moment. Our contribution is enhanced by the infusion of our talents and abilities, and when we give them willingly, they attract the right people and circumstances into our experience. Anything we do begrudgingly limits the flow of our energy and closes us off from the good that is available to us in every situation. But by giving the best in us to make the world around us better, we open ourselves to receive the best from the universe in return.

by Madisyn Taylor

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THERAPEUTIC TOUCH NETWORK OF CANADA



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THERAPEUTIC TOUCH NETWORK OF CANADA

RECOGNIZED TEACHERS

Teachers will travel to other areas on request.

Each network sets its own criteria for curriculum and teaching.

* indicates a teacher of all levels.

(Information for these pages is supplied
by the individual networks and is accurate
up to and including October 8, 2014 (see note in box below))

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THERAPEUTIC TOUCH NETWORK OF CANADA

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