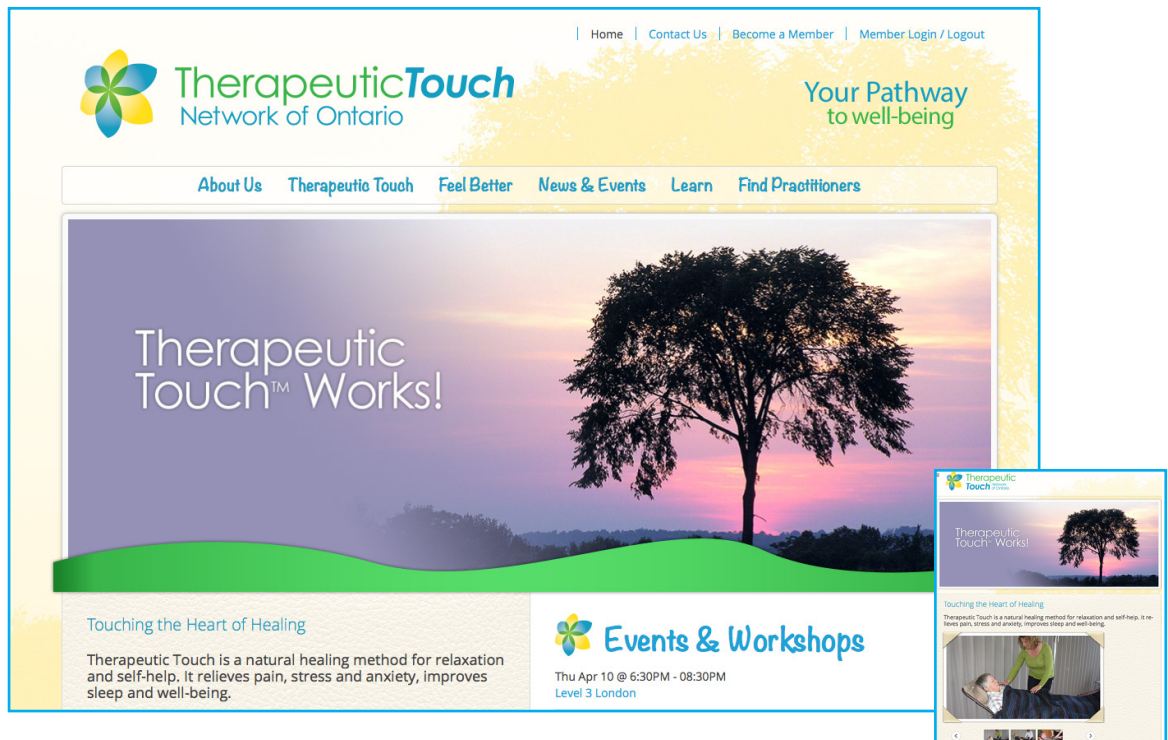




**Volume 3, No. 2**

**Spring 2014**



**TTNO Website Gets a New Look**

The Therapeutic Touch Network of Ontario has updated its website to join the new trend of responsive sites, which look beautiful on all devices, including tablets and smartphones. Check it out today at [therapeutictouchontario.org](http://therapeutictouchontario.org).

In the pictures above, you can see the way the site looks on a computer and on a mini iPad. Simply adjust your screen size to see the way this responsive site expands and collapses to fit your device.

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## Catching Up with Technology

As you can see by our cover, the TTNO has an exciting new website, making it easier for members to access information, and creating an enticing portal for newcomers to Therapeutic Touch™.

Congratulations to TTNO and the folks who created this beautiful new site.

It's great to have MTTN participate in the TTNC News with its first report. Welcome, Manitoba TT folks!

This month, I became webmaster to the BCTTNS site. Being like a dog with a bone when it comes to learning technology, I stayed up one night from 7:30 pm until 3:30 am, switching the site over to a responsive one, and simplifying the menu into a dropdown, making it more easily accessible on smartphones and tablets.

While I don't have the expertise to make it as attractive as the TTNO site, I hope over time to learn enough to improve the look. For now, it's simple, but functional, and users will notice easier access to info on upcoming courses and retreats.

I look forward to seeing the new website for the TTNA when it launches. More power to my fellow webmasters!

Warmest greetings,

Bonita Summers, Editor

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## TTNC Newsletter

is the newsletter of  
Therapeutic Touch Networks of Canada

Email: [TTNCnews@gmail.com](mailto:TTNCnews@gmail.com)  
[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: Summer 2014**

**Deadline for Submissions: July 08/14**

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

Articles should be approximately 500 words.

Writers may include a brief bio with an article at a length of no more than 50 words.

Ads in JPG format please.

Please send submissions to TTNC at  
[TTNCnews@gmail.com](mailto:TTNCnews@gmail.com) with  
"Newsletter + which issue + the nature of the submission" in the subject line;  
e.g. "Newsletter Summer 2014 – Report from...."

### PUBLICATION DEADLINES AND DATES

Next publication date is  
the 31st of July 2014.

#### TTNC Newsletter

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

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## Updates from the TTNC Board

April brings the promise of Spring and time of new growth as we embrace new ideas. Congratulations to TTNO. Your new logo and website is a big change from the old one; it is bright, fresh and attractive.

Some of the Member Networks (MN) are having their AGMs as well as educational activities at this time of year. We wish everyone to be exposed to new ideas and renewal with wonderful Therapeutic Touch™ experiences. We look forward to your submissions to the e-newsletter with news and pictures, too.

The Committees of the TTNC Board are hard at work with their agendas and goals.

The Therapeutic Touch brochure is in the newsletter and available on the TTNC website - [www.ttnc.ca](http://www.ttnc.ca). It is very attractive when printed up in the brochure format in either black and white or colour.

The National Curriculum Committee is dealing with the complex issues that are part of their discussion. Cherry Whitaker (ATTN) is guiding this committee as the members come to consensus about the national curriculum for Canada.

Cheryl Larden (BCTTNS) is chairing a small committee that is researching the possibility of acquiring Extended Health coverage for Therapeutic Touch sessions. Any information about insurance coverage would assist the efforts in discovering ways to approach the insurance industry for this endeavour. To have representation from all Member Networks on the committee would benefit the discussions around this national goal. It will be a win-win for clients and practitioners to have this coverage. If you can help on this committee, please contact Cheryl at [clarden@shaw.ca](mailto:clarden@shaw.ca) or 604-510-0190.

Manitoba Therapeutic Touch Network (MTTN) has officially joined the TTNC community. The Board members welcome them and look forward to their input and participation.

We recently finalized our mission, vision and values statements. These guide us and inform everyone on the issues we strive to address and how we operate as an organization:

**Mission:** Therapeutic Touch Networks of Canada (TTNC) is the national voice for Therapeutic Touch™. TTNC provides support for its Member Networks. It also encourages the sharing of information so as to create a sense of unity and belonging across the country.

**Vision:** Our vision is that Therapeutic Touch will be the first choice for energy-based healing in Canada; teachers and practitioners will be easily accessible to all; and a harmonious Therapeutic Touch community will have a positive influence on the well-being of people across the country.

**Values:** Our values are consistent with those of Therapeutic Touch practice. We conduct all our business with respect, compassion and integrity. We encourage open communication, a sense of community and collaboration among Member Networks.

With changes in the Canadian regulations governing not-for-profit organizations, including TTNC, we will be revising our bylaws. We will take this opportunity to look at restructuring TTNC to ensure we are sustainable as an organization. One aspect in our bylaws we will maintain is having representation from each of our Member Networks to provide input into how we can best meet the needs of the MNs and Therapeutic Touch across Canada.

The TTNC organization presently operates as a Federation that is responsible to the Boards of the MNs. Thank you for your support with your membership dues and with your feedback on ideas and policies.

According to the rotation set-up, ATTN, TTNO and TTNA will need to choose new representatives to join TTNC at our AGM this Fall. This is a two-year commitment. Please consider volunteering to be a representative from your Network, or be part of one of the committees. Requirements: a keen desire to have a strong and healthy Therapeutic Touch community, and a phone and /or computer.

Join us. Be a part of change and making history with TTNC.

*Marion Cameron, President, TTNC*

## TTNC Member Profile



My name is Paulette Deveau, and I am the newest member of TTNC, representing BCTTNS since December 10, 2013. As secretary of TTNC, my responsibilities include taking the minutes of our monthly meetings, and submitting the minutes and the Treasurer's report in Dropbox. Being very new, I'm looking forward to mastering the other responsibilities that come with this role. I was quite honoured when asked to be on this board and am very impressed with the work that my colleagues have been doing.

I was introduced to Therapeutic Touch™ in 2009 at a health fair, where I was invited to attend the practitioners' practice group and learn more about this modality. I have completed Level 3 and am currently working on my certification. My goal is to be an instructor and have my own Therapeutic Touch practice. This has been challenging, for I work full-time as a social worker for Vancouver Coastal Health. Being 51 years old, I'm hoping to transition into my goal in the next few years, as Therapeutic Touch has become my true passion.

*Paulette Deveau, Secretary, TTNC*

## Reports from Member Networks Across Canada

### British Columbia Therapeutic Touch Network Society (BCTTNS)

Greetings from BC via Panama.

I am here with my husband as he attends a conference. There are many opportunities to share Therapeutic Touch. A few days ago, I was on a tour bus, next to a Vietnamese woman who spoke no English and was not feeling well. As I gave her Therapeutic Touch, she nodded in appreciation and fell asleep. How wonderful to be able to help!

The BCTTNS retreat has concluded. Some of the comments I heard were, "What a whooper! My car mates raved about it and learned lots." "It was a great retreat—I'm looking forward to reflecting on everything we learnt." Many thank you notes have been received.

A special thank you to Marie-Paule Wiley, principal organizer of this event!

Thanks to all the other directors and members who supported this event in many ways. What a fabulous job!

As our year comes to a close, I would like to thank our executive, and volunteers on subcommittees, the website, and newsletter. A lot has been accomplished. I would also like to welcome those new to these positions. It is amazing what we can accomplish when we work together from a place of compassion and integrity.

I continue to be reminded about the positive and far-reaching effects of Therapeutic Touch. What a gift we have to share with the world!

*Cheryl Larden, President (BCTTNS)*

# Reports from Member Networks Across Canada continued...

## The Therapeutic Touch Network of Alberta (TTNA)

Hello fellow Therapeutic Touch Practitioners!

Spring is making its appearance at last out here! We hope it stays for a while.

Last fall, we had news that the World Conference on Breast Cancer would not be coming to Calgary; they had cancelled their venue here in the city. This was disappointing news, as TTNA was hoping to have a presence at that conference.

Last month, we had more news in regards to this. WCBC Foundation was dissolving due to 'lack of human resources'. This is unfortunate for all who were involved.

We move on to our next project of beginning talks around a website for TTNA. This is a good way, we think, to raise our profile in the province and get information about Therapeutic Touch™ to the web-surfing public in Alberta. Our treasurer, Roberta King has generously volunteered her time to gather information around this project and to set up the website.

We look forward to our AGM next month in Red Deer, Alberta.

We have a volunteer at Wellspring in Calgary, Vreny Haas, who continues to offer Therapeutic Touch to visitors there.

Therapeutic Touch Level 1 has been taught by Linda Terra and Joy Baxter this past March.

Therapeutic Touch practice groups continue to be held by CheryAnn Hoffmeyer in Edmonton and Linda Terra in Calgary monthly. If you're ever out this way and want to join in, send an e-mail, and we'll tell you where and when the next practice group meeting will be.

Enjoy spring when it arrives and keep sending that healing energy out into the world.

Take care,

*Sherry Crann-Adair, Coordinator (TTNA)*

## Manitoba Therapeutic Touch Network (MTTN)

### MTTN AGM 12 April 2014

In spite of a recent snowstorm, nine of us gathered for the Manitoba Therapeutic Touch Network Annual General Meeting.

Having joined the Canadian Therapeutic Touch Network, we discussed how we can support the CTTN and the curriculum we currently use. We plan to table a booth for the Body Mind Spirit show in Winnipeg on 27 April 2014 and if allowed, to table a booth for the Canadian Registered Nurses Biennial Convention June 16-18, 2014.

We topped off our AGM with a workshop by Laura Carroll and Tanis Moore on Sound and Vibration Healing.

We are planning to host a lunch with Diane May next month.

Blessings,

*Steele Pruden, Registrar (MTTN)*



### ATLANTIC THERAPEUTIC TOUCH NETWORK

## Annual Spring Conference 2014

Keynote Speaker and world renowned teacher & author of  
**Therapeutic Touch™** handbooks



**Diane May**

Do you have a basic understanding of energy work?

Join us as we explore the

**"INNER REALM OF THERAPEUTIC TOUCH"**

**Friday evening, May 30<sup>th</sup>, Saturday, May 31<sup>st</sup>  
and Sunday, June 1<sup>st</sup>, 2014**

Victoria General Hospital  
Weatherwatch Room, Dickson Building,  
Halifax, NS

For information about fees & parking contact:

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Email: [thibodeaucolette@gmail.com](mailto:thibodeaucolette@gmail.com)  
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1-902-454-2919

# Reports from Member Networks Across Canada continued...

## The Therapeutic Touch Network of Ontario (TTNO)

Spring is in the air! It's been a long winter and the Therapeutic Touch Network of Ontario has been busy making plans.

The theme for this year's Practice Day is "Compassion and Therapeutic Touch™". Focusing on the Hand Heart Connection, participants will experience this wonderful gift as giver and receiver. This technique was developed with the encouragement of Dr. Krieger and Dora Kunz by one of their first students, Cathy Fanslow-Brunjes. It can be used as a Therapeutic Touch practice, and as a technique that can be taught to families.

Trish Dean, RP, is back from Malawi, Africa where she volunteered as a Therapeutic Advisor at the Likuni Mission Hospital. Her inspiring adventure can be found at <https://www.uoguelph.ca/hr/blogs/Trish-dean>. Welcome home, Trish. You did us proud!

Each day, we are bombarded by the media with stories about disaster, disease, violence and misfortune. There

are wonderful things happening in our world, but these stories rarely get reported. Most people live in fear, unconsciously attracting negative energy and blocking the path of healing. In the wise words of Jikta Malec, RT, "Healing is urgently needed. We must step up to this challenge and contribute to the good of all. Hands on or hands off, our hearts engaging fully. For Good always wins." We encourage you to rise to the call with hearts wide open.

Recognizing that volunteers need clarity about what we want, need and expect, so that they can best choose what area supports their time and talents, Sharron Parrott, Chair of TTNO, along with the guidance and leadership of Penny Craig and Annefrances Morris, Vice-Chair of TTNO, are committed to identifying and clarifying role descriptions and terms of reference for standing committees. This report is expected to be completed by the end of March.

Please visit us at [www.therapeutictouchontario.org](http://www.therapeutictouchontario.org) and catch up on all the latest news. Happy planting!

*Paula Burchart, RP (TTNO)*

## Reseau de Toucher thérapeutique de Québec (TTNQ)

### Talk on Therapeutic Touch with the Quebec Association of Activity Professionals

The QAAP invited me to talk on Therapeutic Touch. It was held at the "Alzheimer Society" located at 5165 Sherbrooke St. West in Westmount, on March 18th, 2014. The QAAP work with seniors' centers and residences to establish recreational activities for seniors. This videotaped demonstration was attended by 20 participants who were very interested in what Therapeutic Touch was and how to use it in their work or on themselves.

A great stillness was felt in the hall, you could hear a pin drop during the demonstration. One of the treatment recipient's feedback was she "felt buzzing or tingling" over her body during the treatment.

I was asked by their coordinator to set up a special course for their employees at a further date.

A joyous day for all!

*Susan Hamilton, RT (TTNQ)*

## Atlantic Therapeutic Touch Network (ATTN)

Our big news is our upcoming annual Spring Conference and AGM with Diane May as our presenter. It is open to the public. Information is available on our website [www.atlanticttn.com](http://www.atlanticttn.com).

Practice Days on "Fun in Therapeutic Touch" have been held in Dartmouth, Yarmouth and PEI. The course was developed by Charlotte Quirk, who recently launched her book "The Spirit of Angels". The three Practice Days were presented by our teachers and student teachers. The teachers are working on a revision of guidelines for maintaining practitioner status.

ATTN has awarded the status of honorary membership to Evelyn Mitchell who has devoted many hours to ATTN as a member, board member, teacher, mentor, Sunshine Room volunteer at the Victoria General Hospital, and a champion of Therapeutic Touch in NS and PEI.

The ATTN board has been updating and developing policies for Board positions and committees under the guidance of Kathy Putman under the Research Portfolio, including library archive work. Kathy is completing her term on the Board of Directors but has kindly agreed to remain on the Documentation Committee, ensuring Policy and Procedures are completed in the future. She will still organize the yearly Governance/Transition weekend for new and returning Board Members each Fall in Truro, NS. Under Kathy's tutelage, the Board will pilot easy access of documents via a "dropbox", for all members to access by computer. Kathy will be difficult to replace, so we are very grateful for all her volunteer work.

Enjoy the new season and opportunities to commune with nature. Sincerely,

*Bertha (Birdie) Fiddes, Coordinator (ATTN)*

## Invitation to Participate in a Biofields Study

Below is an invitation to those working with energy modalities including Therapeutic Touch™. Subtle energy researcher, Chris Lovelidge 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 has led to the successful development of software that can do that using a picture of the subject as shown 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. Meanwhile, feel welcome to browse for further information and/or contact him directly at 778-458-2141 or email [biofields@yahoo.ca](mailto: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. Please advise me of your interest by email, 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.

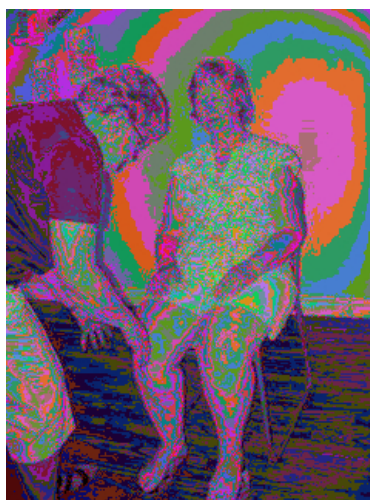
To highlight the field, the background needs to be a light pastel colour, homogenous and non-reflective; a painted wall is fine. The subject should be located 1ft to 2ft from the wall, illuminated from above with florescent full-spectrum strip lighting about 2ft away horizontally. I suggest a series 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

PS: For more info on the system being used, visit: [www.biofieldimaging.com](http://www.biofieldimaging.com)  
Subtle Energy Systems - Chris Lovelidge [biofields@yahoo.ca](mailto:biofields@yahoo.ca)  
Revealing the Unseen with BioField Reader  
Web: [www.subtleenergysystems.biz](http://www.subtleenergysystems.biz)

*Submitted by Judy Donovan Whitty (ATTN member)*



# Therapeutic Touch Networks of Canada New Brochure

The decision to design a Canadian Therapeutic Touch brochure was made in order to have a professional online publication that all members across Canada can download and print locally to promote their business or volunteer service.

Leo Gregory, then TTNC Vice-President of Operations and his committee designed the brochure with input and approval from all Canadian Networks (through their reps to TTNC).

This initial one was worded to provide information to the general public.

Download the PDF of the brochure at: <http://ttnc.ca/brochures>.

Type "brochure" in the password box to access the document.

*Therapeutic Touch is a holistic process which focuses on restoring balance in all aspects of the human energy field: body, mind, emotions and spirit.*

### How can Therapeutic Touch™ help me?

*Research and clinical practice show that Therapeutic Touch is effective in eliciting the Relaxation Response<sup>(Benson)</sup>, reducing anxiety, changing the perception of pain, facilitating the body's natural restorative process, bringing about an improved sense of well-being, and providing comfort during distressing circumstances.*

*Any condition that will be helped by these effects may benefit from Therapeutic Touch.*



### Therapeutic Touch may assist in:

- a need to relax and reduce stress
- radiation/chemotherapy discomfort
- acute trauma, pre/post surgery
- labour and delivery, neonatal care
- palliative care
- dementia and age related conditions
- drug and alcohol withdrawal
- neurological conditions, eg. shingles, multiple sclerosis, strokes, etc.

### Therapeutic Touch Networks Canada [www.ttnc.ca](http://www.ttnc.ca)

#### Contact Information for Therapeutic Touch™ in Canada

*Regional Networks are the governing bodies for Therapeutic Touch in their area.*

*Please refer to their websites for practitioners and teachers and for interest groups which are found in all major cities.*

British Columbia Therapeutic Touch Network Society  
[www.bctherapeutictouch.com](http://www.bctherapeutictouch.com)

Therapeutic Touch Network of Alberta  
Email: [mumcam@telus.net](mailto:mumcam@telus.net)

Therapeutic Touch Network of Ontario  
[www.therapeutictouchontario.org](http://www.therapeutictouchontario.org)

Réseau du Toucher Thérapeutique du Québec  
Therapeutic Touch Network of Quebec  
[www.ttnq.ca](http://www.ttnq.ca)

Atlantic Therapeutic Touch Network  
[www.atlantiacttn.com](http://www.atlantiacttn.com)

#### International Therapeutic Touch

Therapeutic Touch is practiced throughout the world. Refer to "Links" on the TTNC web site: [www.ttnc.ca](http://www.ttnc.ca)

*For local information please contact:*

### Therapeutic Touch™

*A gentle, non-invasive and compassionate practice*

*It is used throughout the world by and for people from all walks of life and health.*



*More than forty years of experience and research have proven its many beneficial effects*

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

### THERAPEUTIC TOUCH™

*is a modern interpretation of ancient healing practices.*

It is an *energy field therapy* in which the practitioner uses his/her hands as a focus to facilitate a healing process.

#### What is an Energy Field?

Everything in the universe is made of energy, hence our bodies are an "energy field". However, our field does not stop at our skin but extends for some distance beyond our bodies. This is often referred to as 'the aura'. In Therapeutic Touch we call it the *human energy field* (or if you have pets, the *animal energy field*).

In Therapeutic Touch we believe that in a state of health the energy is flowing freely through us in an orderly and balanced way.

If a person becomes ill or is injured, the flow of energy is disturbed in some way, and may be described as obstructed, disordered or depleted. Therapeutic Touch practitioners learn to sense those differences.

The intent of the Therapeutic Touch practitioner is to restore the integrity of the field and to move it toward wholeness and health.

*Therapeutic Touch is a registered trademark in Canada*



### What can I expect in a Therapeutic Touch™ session?

A Therapeutic Touch session always individualized, is followed by a period of rest, and may take up to 45 minutes.

The client remains fully clothed, sitting or lying down. Depending on the client's preference Therapeutic Touch can be done with no physical touching, or with light touch on the shoulders, arms and legs.

The practitioner places herself in a state of inner quiet. As she moves her hands from the head to the feet, a few inches from the body, she notes any differences in the quality of the energy flow. Then she moves her hands gently and rhythmically with the intent to reorder the energy field. During the rest the physical body responds to the changes in the energy field.

#### What will I feel during a session?

Responses to sessions vary. There is no 'right' way to experience it. Many of those receiving Therapeutic Touch fall asleep during the session. Sometimes they may feel energy moving through their bodies or have tingling sensations.

#### What Does it cost?

Private sessions vary with the practitioner and any expenses incurred (i.e. hospital parking and transit). Sessions are offered on a volunteer basis in many cancer support agencies and in hospices.

### Where can I receive a Therapeutic Touch™ Session?

• A qualified Therapeutic Touch practitioner may be found through your regional Therapeutic Touch Network (see back panel).

• Hospitals and long-term care facilities may have practitioners on staff who offer sessions to patients/residents on request.

In addition many practitioners offer sessions on a volunteer basis in:

- Cancer clinics and cancer support organizations
- Hospices and palliative care units

It may also be available through

- Physio and massage therapists
- Pain clinics
- Midwives and lactation consultants
- Homecare programs and PSW's
- Veterinary care - for your pets.

### Who Can Learn Therapeutic Touch?

Anyone with the compassionate intention to help another person has the natural potential to learn this practice. It is a skill that requires sensitivity and needs to be practised initially with supervision and feedback. There is ever-deepening awareness and learning in the practice of Therapeutic Touch.

Ask your regional Therapeutic Touch Network for information.

*Therapeutic Touch practitioners always use Therapeutic Touch on themselves!*



## Bookworm's Food for Thought

If you've attended a Diane May workshop in the past few years, you've often heard Diane talk about finishing up her *Advanced Practice* book. With a last burst of effort and inspiration, she did complete it this past fall in time for printing and release at the TTNO Annual General Meeting in Toronto in November.

Following quickly on its heels is the companion CD with selected meditations and exercises from the *Advanced Practice* book.

The CD begins with Diane singing Om Nama Shivaya very beautifully. Having been a yoga teacher, I'm quite partial to kirtan, the act of chanting Sanskrit to raise one's vibrations and expand consciousness, so I especially enjoyed the way the CD began.

What I particularly like about the availability of the CD is the opportunity it presents for deeper contemplation of the meditations and exercises at home, free from distraction. Okay, you may have to shoo children and/or spouses out the door, but you know it's worth it!

If you're familiar with Diane May's meditations, you realize that they can be used repeatedly with different results each time. The visualizations and exercises create a framework for self-inquiry, leaving openings for information to arise from the subconscious. For this reason, this material never gets old.

I'd strongly recommend a copy for your practice group. The opening kirtan is a beautiful way to set the mood for the meeting.

The CD presents a wonderful opportunity for getting the most out of Diane May's *Advanced Practice* book. As readers, we can easily intellectualize what we learn, which is not desirable when the material is basically kinesthetic. Using the CD along with the book ensures that you will take time away from mentally grasping the techniques to delve deeper into your own psyche and "feel" your way through the information provided. The CD paired with the book is the best way to benefit holistically from Diane's vast experience in the field of Therapeutic Touch™. Contact Diane at <http://dianemay.com/resources/books> to arrange for purchases of her books and CDs.

\*\*\*

Sondra Barrett's *Secrets of Your Cells* is a must for the scientifically-minded mystic. Barrett blends her deep knowledge of biochemistry and immunology with shamanism and energy medicine to produce one of the juiciest books I've ever read.

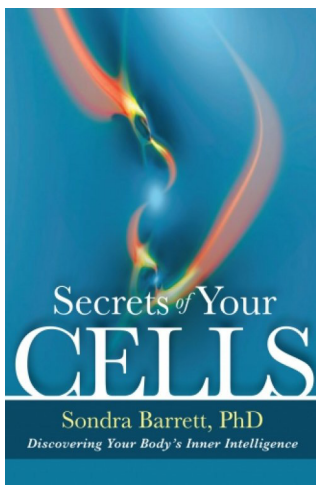
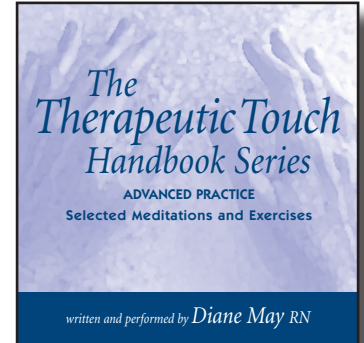
Take your time with this tome, because you will want to pause to fully explore the many exercises that are offered in each chapter. This is an excursion into the microworld of our bodies, exploring how cells operate in states of health and disease, how they communicate with one another, and why their structure and behaviour closely mirror the macro world of the body and consciousness as a whole.

Given my work with cancer patients, helping them to transform the subconscious patterns being expressed as disease, I'm deeply appreciative of the parallels Barrett draws between physical illness and psychological states.

One of the most profound correlations she makes is the rigidity of cancer cells with the stoicism of cancer patients, who typically struggle to allow their emotions to the surface. I've noticed this pattern for years, making it my focus to support my clients to liberate their emotions. I love the fact that I can actually use science to explain the importance of emotional release.

This is the strength of Sondra Barrett's work, that she draws you in by explaining in precise detail the workings of the cells in your body, and generously offers a plethora of exercises with which we can bring those very cells into a higher state of being, addressing the very behaviours and beliefs that have the most profound effect on our well-being.

Keep a pen handy when you read this book. It will spark new ideas for workshops and retreats.



## Therapeutic Touch and Major Burns

The first advantage of a Therapeutic Touch™ treatment on a major burn is the fact that the practitioner can treat without physically touching the person.

In addition, any treatment induces an almost immediate relaxation, which naturally tends to reduce pain and thus leads to a better body awareness, allowing the patient to better position themselves in relation to what is happening to him/her.

With Therapeutic Touch's ability to alleviate the client's pain while enhancing self-healing, attending to a major burn at the early phase while in intensive care, can have the greatest benefit. During the post-traumatic phase and rehabilitation, Therapeutic Touch is also a benefit because it accelerates healing, and reduces postoperative effects in addition to providing relaxation and decreased pain. There is scientific evidence to support this.

The Department of Defense has even demonstrated and declares that using Therapeutic Touch for major burns helps the client to regenerate feeling throughout the body.

*Pascale Servonnat, RP (RTTQ)*

## Toucher Thérapeutique et Grands Brûlés

Le tout premier avantage d'un traitement de Toucher Thérapeutique sur un Grand Brûlé est le fait que le praticien peut ne pas toucher la personne physiquement.

De plus, tout traitement induit une relaxation presque immédiate, ce qui tend naturellement à diminuer la douleur et entraîne donc une meilleure conscience de son corps en permettant à la personne de mieux se situer par rapport à ce qui lui arrive.

Poursuivant l'objectif du Toucher Thérapeutique, à savoir soulager la personne tout en renforçant ses capacités d'auto guérison, le Grand Brûlé dès la phase précoce qui le situe aux soins intensifs, ne peut qu'en tirer du bien être. Les phases successives post-traumatique, sortie de l'hôpital et réadaptation à la vie extérieure en bénéficieraient également étant donné que le Toucher Thérapeutique accélère la cicatrisation, réduit les effets post opératoires en plus d'apporter relaxation et diminution de la douleur, preuves scientifiques à l'appui.

Le ministère de la défense américain en a même apporté la preuve et déclare que le Toucher Thérapeutique aide le Grand Brûlé à ressentir à nouveau l'ensemble de son corps.

*Pascale Servonnat, RP (RTTQ)*

## Websites of Interest to Therapeutic Touch Practitioners

Greg Braden is highly regarded by many people. He frequently comes to Toronto in the spring and presents at the Hay House "I Can Do It" conference. His website is full of information and some excellent videos of interest to Therapeutic Touch practitioners.

<http://www.greggbraden.com>

At one of the TTNO conferences, we were delighted to have Serena Roney-Dougal, PhD, who talked about the importance of the pineal glands to the brow chakra, considered by some to be the psychic centre. You can find an interesting article by her at:

[http://www.psi-researchcentre.co.uk/article\\_2.html](http://www.psi-researchcentre.co.uk/article_2.html)

Her book "Where Science and Magic Meet" is available through Amazon. She gives an interesting talk at:

<http://www.youtube.com/watch?v=eFcgBJ6uepc>

A modality that has great meaning for TTers is "Heart Math". It gives insight into the effect of the heart energies on our whole system and expands our knowledge of energy field anatomy.

At the Heart Math Institute website, you'll find an excellent video overview of the amazing and vital role of the heart in our lives, and how our personal energetics shape our social relationships and ultimately affect global consciousness.

<http://www.heartmath.com/about/institute-of-heartmath.html>

Two sites that you should check frequently are:

- IONS (Institute of Noetic Sciences) at:  
<http://noetic.org>
- ISSEEM (The Institute for the Study of Subtle Energies and Energy Medicine). TTNO member Crystal Hawk has frequently presented at their conferences.  
<http://www.isseem.org/>

*Mary Simpson, RT (TTNO)*

# HEALING-AT-A-DISTANCE: AN EXPLORATORY STUDY 2013

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*The entire document will soon be available on the TTIA website  
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## Conclusions: What we understand, what we know

### **A. Healing-at-a-distance is Universal**

All peoples all over the planet, for all of history pray; they ask a large unseen force for help. They ask for "it" to become better, to heal. Culturally, the expressions look different (e.g. among shaman and other indigenous cultures). But the core activity, that of asking an unseen, non-objective large "Something" to assist, is universal.

### **B. The Primary Frame of Techniques**

How do they do it? They all move into an altered state of consciousness. Often, they are assisted by group experience, music, chanting, powerful intention and altered breathing. Or quietly, inwardly, they close their eyes and are immediately "in" another frame of perception. They deliberately set aside the ordinary activities of life, at least briefly, to enter into relationship with the Divine. Focusing inwardly on the needs of another, intending the good, yields a mysteriously satisfying calmness and possibly brings new information to the healer.

### **C. Core Avenues for Perceiving Information**

The information comes in many forms. Some "just know" within their altered state of consciousness. Others "see" visions, colours, or images. Others "hear" words, music, tones, wind or deep silence. Many "feel" meaningful sensations in their bodies, such as hands warming, or heartfelt compassionate emotion.

### **D. Primary Incentives**

Why do they keep doing it? The experience itself is rewarding, uplifting, joyful, purposeful, meaningful, profound, and often touches a core place that is deeply satisfying. The experience has lasting impact, on the healer and on the object of the healing. The healer becomes more proficient at the process, the longer she practices the activity. The experience of doing healing morphs and increasingly "makes sense" to the healing practitioner, as if another language or way of knowing the world is being learned. Using anecdotal evidence, through self-reflection, the healer concludes that something tangible and important is being accomplished by the process. Faith, initially blind, is bolstered by experiential evidence.

Some of these experiences are so deeply meaningful to the healer, the memory of them lasts a lifetime. The act of prayerful healing becomes many acts over time, thus

transforming the healer's lifeway.

### **E. Psychic Profiles of Healers At-A-Distance**

Who are these healers? Do those drawn to healing inhabit a subset of psychic profiles? Minnesota Multiphasic Personality Inventory (MMPI) data on a Therapeutic Touch practitioner sample was remarkable for its normalcy. Are some more sensitive to these psychic experiences and therefore drawn to practice them? The tradition of selecting "apt" children to follow a path of "healership" is widely practiced around the world, especially in indigenous cultures. The exquisitely sensitive may avoid such experiences as frightening or dangerous (e.g. schizophrenics). Children of alcoholics or psychotics live in unpredictable circumstances. Abused or battered children, emotionally or physically, become more aware of nuances of behaviour in order to protect themselves. They develop their intuitive skills.

### **F. Major Findings of the Study**

Did we learn from this healing at a distance study? Despite their idiosyncratic descriptions of altered states of consciousness, there is an underlying sameness or coherence among these Therapeutic Touch™ practitioners. Previous studies of Therapeutic Touch practitioners have established the essential "normalcy" of their psychological profiles<sup>1</sup>. These modern practitioners, often working in clinical helping professions such as nursing, teaching, administration, readily enter another world of psychic phenomena, which would be familiar to ancient shamans and mystics.

Many framed their healing style on Therapeutic Touch (TT) principles and approached the process as they might if the healing partner (HP) were physically present. They described recurrent patterns to their process such as specific colours or patterns "seen", "sounds heard" or specifically "not heard" in a wave of enveloping silence. They recounted "feeling" changes in their bodies (e.g. hands get warm and tingling) reminiscent of their TT healing experience.

Almost universally, they described feeling a joyful "upliftment" from the radiant "light" they "saw" and a humble sense of gratitude for the privilege of entering this healing encounter. They describe experiencing peace, love, wholeness, timelessness and unity, as well as openness.

Many described sensing that they were assisted by other non-tangible beings. They recognized these beings as familiar, loving and helpful. Sometimes they discerned that the "loving energy" was already connected to the Healing Partner (HP) and sometimes occurred when the healer invited the help. *continued on next page...*

## HEALING-AT-A-DISTANCE: AN EXPLORATORY STUDY 2013 (continued)

They described entering or traveling in an altered state of consciousness. Various, they were in touch with their physical surroundings and personal body. Some “left” their body to be entirely in spirit form in order to encounter the other. They describe being permeated by the energy or rhythm of the HP. They “see” inside or “sense” emotional turmoil that gradually smooths or subsides as they “work” with the HP.

The Therapeutic Touch™ practitioners describe entering a profound stillness or “sea of silence” during healing at-a-distance. Some “hear” sounds or tones, and occasionally words or music. Some “receive” messages, which may guide their practice (e.g. “patience”, “not now”) or “knowings” to be conveyed to the HP. They describe “feeling” the messages or “hearing them in my head”, rather than hearing them with their sense ears. They describe mind-to-mind communication with the HP.

### **G. Similarity to Intercessory Prayer**

Healing with Therapeutic Touch is close to blessing the HP. For some, healing at-a-distance is similar and perhaps interchangeable with intercessory prayer. This form of prayer is understood by many Christians as a request for intercession, one of the five major types of prayer. Other forms of Christian prayer are prayers of adoration, in praise of the greatness of God, prayers of contrition or acknowledgement of sinfulness, prayers of love or charity, and prayers of thanksgiving.

Healers have a very strong belief in the “rightness” of what they are doing. The experience of healing at-a-distance can occur at such psychological depth that the healer is often unable to adequately verbalize the experience. She may describe a deeply personal and profound experience, even to herself, in very simple language, thereby failing to convey its full meaning.

### **H. What do they not experience?**

No one describes personal fear or anxiety although their transcendent experiences are very different from ordinary “reality”. No one has any trouble “coming back” to ordinary perception. No one describes any untoward personal consequences from these practices. They do not “catch” or become infected with whatever the HP is experiencing, despite being “permeated” with the other. They do not describe feeling worse, physically or emotionally, after their healing at-a-distance experience.

This is in contrast to descriptions in some cultures of the shaman “taking on” the illness of the client, and resulting in impaired physical health for them personally. Nearly universally, Therapeutic Touch practitioners indicate they feel better, even “healed” themselves after the healing at-a-distance experience.

No one describes the client feeling worse after the healing at-a-distance experience on their behalf. Many, in fact, invite additional healing for themselves, sensing that it is somehow helpful. Some people who are exquisitely sensitive prefer not to be “prayed upon” perhaps out of a sense of potential overwhelm or protection of personal privacy.

TT practitioners describe increasing confidence in their effectiveness and increasing meaning as they perform these healings at-a-distance over time, some over many years. No one in this study indicated wariness or warnings about potential psychic dangers. This may be a testament to the essential psychic hardness of this group, or naiveté, or a function of the convenience sample by which they were asked to self-select to participate. Or the fact that no one was asked directly about negative experiences related to healing at-a-distance.

### **I. Major Limitations of the Study**

As noted, the size of the study sample is 40 Therapeutic Touch therapists, each of whom had at least three years of experience with Therapeutic Touch. It is an exploratory study, and is not meant to attain statistical reliability; however, a larger, more defined sample would have added to its credibility. The descriptions of experience are likely to be familiar to other modern groups, such as Christian prayer ministries or the cloistered religious.

The age of this study group is roughly late 40s to 90s. Virtually all have practiced TT for more than five years, and many more than 20. There are no children, adolescents or even young adults in the demographics of this group. All participants are European Americans residing in the US or Canada. All but two respondents in this study are female.

### **Reference**

1. Brown C, Fischer R, Wagman A, Horrom N, Marks P, 1978. Journal of Altered States of Consciousness 3:169-180

Submitted by *Mary Simpson, RT (TTNO)*

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## My Therapeutic Touch Journey with Animals

It was few years ago with our cat Sweetie, when I tried to do Therapeutic Touch™ on an animal for the first time. The lesson was very short, and to my surprise I was the student.

I approached Sweetie and started doing a Therapeutic Touch treatment while keeping my hands above her body. She looked straight into my eyes and moved away. I approached her again, and the reaction was the same. "Aha," I thought, "She just doesn't want it."

The next day, I wasn't feeling well and lay down on a sofa after work. Sweetie curled down between my feet, closed her eyes, and went to sleep; or so I thought. After a few moments, I started to feel a tingling in my legs, especially in the feet. I lay there wondering what was going on. Then, the tingling stopped and Sweetie lifted her head, looked at me and jumped off the sofa. I felt humbled by the experience. From that time on, I make sure to always ask not only humans, but animals too, for permission before treatment. By the way, I felt quite well the next day.

I have always felt a strong need to treat not only people, but animals, too. I approached a veterinary doctor in a nearby hospital and asked for permission to give a session of Therapeutic Touch to the animal patients before they went into surgery on Fridays. It was about three years ago when I first got his permission, and it has been a journey I hope to be a part of for as long as I can. There have been many beautiful moments as well as some full of sorrow.

I met all the residential animals on the first day of my voluntary Therapeutic Touch work at the hospital. This was a gathering of unwanted or "too old" animals to which the vet gave homes. Fred, an old and grumpy orange cat; Kitty, with a kidney problem; a pair of love birds that were there due to having been discarded by their owner; and Petey, who had been brought to the vet to be put down. Petey was an old, blind, and deaf cat with several health problems, who was neglected once his owner died. Sometimes in attendance were two dogs, which belonged to the doctor.

At the hospital, I had a routine: first, I gave Therapeutic Touch treatments to the animals awaiting surgery, and after that, Therapeutic Touch treatments to all residential animals. After a short time, the residential animals began treating me as one of the staff. Sometimes, one of them would approach me, demanding Therapeutic Touch.

When I was giving treatments to Fred, very often I felt some big blockages around his mouth and hips, which were there even after rebalancing the field. I asked the doctor what kind of problems Fred had, and it turned out to be arthritis, poor kidneys, and teeth problems.

Later, when Fred had all his teeth removed, he was much happier.

Kitty eventually had total kidney failure, and it was time for her to go. When I gave her treatment for the last time, I could feel her acceptance of her fate. I was grateful that I could give Therapeutic Touch to her at that time.

At some point one of the two love birds died and the widower was under a lot of stress. He looked lonely and sad. There was no more chirping coming from the cage.

When I gave a Therapeutic Touch treatment to the bird, I could feel a very intense need for the treatment coming from such a tiny body. It was like a much bigger animal was in front of me. Very often when I was walking down the corridor after finishing his session, I could hear chirping from the room where the cage was.

I had a special bond with Petey the cat. I talked to him, knowing that he couldn't hear me, and he walked towards me, wandering from side to side, not being quite sure where I was. I would start with a Therapeutic Touch treatment and finish with a gentle brushing of his matted fur, while he stood there very patiently on legs that were crooked from old age.

Every time, after our encounter, I heard comments from the staff that Petey had more energy, ate better, and was more active. I started coming more often, mainly for Petey. I could see him blooming; he had shiny fur, a cheerful mood and was seen walking around more often (sometimes into the wall). I could hear him purring when I was giving him a treatment and brushing him. I was told by the staff that he had never purred before.

One time, the vet told me jokingly that Petey loves me more than him, even though he is the food provider. When one year passed, Petey's health deteriorated to the point that the doctor decided that it is time for Petey to go. The vet waited to perform the procedure until the day that I would be able to come and be with Petey in his last hour. The doctor had a soft spot in his heart for Petey, too.

I lost a dear friend on that day. Petey taught me a lot about living in the moment, cherishing what you have, and giving generously while expecting nothing in return.

One day, when I came to give a treatment to a surgery patient, I found a very obese cat in another room. I had never seen anything like that before: a tiny head, thin legs, and a tail, while the rest of the body looked like a balloon. The owner brought it in to be put down. The doctor persuaded him to agree to a weight loss treatment for the cat instead. *continued on next page...*

## My Therapeutic Touch Journey with Animals (continued from previous page)

I was doing Therapeutic Touch™ treatments for this cat to help him cope with the new place and with the trauma of the new eating regime. I could see a steady progress, but one day I was unable to rebalance his field as I had in the past, and his behaviour was different. I let the vet know that something had changed, and he promised me that he would do the bloodwork the following day. The cat was found dead by staff the next morning. It had been brought in by the owner too late, which had led to several massive organ failures. Despite everything, I had once again felt gratitude that I was able to do a Therapeutic Touch treatment in the last moments of his life.

One Friday, I found a cat in a cage that was waiting for an assessment and diagnosis. I was told by staff that the cat had developed a problem with standing. It was a 14-year-old, blind, and almost deaf female cat with long fur that looked well taken care off. I found her laying with her head in the farthest corner of the cage and her bum towards the door.

I always do treatments in front of the cage, without touching the patient, to avoid additional stress and also because not every animal will be friendly when in pain and in distress.

I started to do Therapeutic Touch while standing in front of the cage, and by the feel of the field, I knew that something was very wrong with her hind leg. After a few moments, she shifted her position and growled. I could see that it had cost her a lot to turn around. She was trying to stand, but fell, hissing and growling, and then attempted to get up several times.

In the end, she was facing me and trying to move her face as near to me as possible while looking at me with her blind eyes. She settled down and lay there quietly. It was very clear that she felt the treatment and welcomed it. At one point, the doctor walked in and, with surprise, said, “She knows that you are here”.

By the end of the treatment, she had fallen asleep. When I came by the next time, I asked about her, and the doctor told me that they’d had to put her down. He also showed me on the X-ray why. Her femur bone in the hind leg had been broken, and the sharp end of it had been digging into her muscles. At that moment, I understood the significance of her struggle to turn around. Another lesson learned.

Along with all these difficult experiences there are also nice, rewarding moments when scared animals, or ones that are in pain, fall asleep after receiving Therapeutic Touch. When their terrified eyes close, their bodies relax, and their breathing becomes slow and even, this tells me that now everything is OK.

What I am taught by animals during Therapeutic Touch treatments about death, dying, and ‘living in the moment’ is what I cherish the most.

*Jolanta Dabrowski, RP (TTNO)*

### Clarification re “The Therapeutic Touch Chart”

In the Winter issue of the TTNC news (Vol. 3, No. 1), information was printed on page 18 entitled “Therapeutic Touch Chart”. Although the explanation of it was in a box in the lower righthand corner, several people were under the impression that it could be used as a handout.

It is in fact a computer version of an original hand-drawn archival handout from the early 1970’s. During that time, it was the only handout. We were also expected to read Janet Macrae’s book, “Therapeutic Touch: A Practical Guide”.

At the time, Therapeutic Touch was being taught only to nurses, and it is interesting to note that the benefits of Therapeutic Touch to the nurse were considered equally as important as benefits to the client.

It is evident that the format for giving Therapeutic Touch remains relevant today—forty years later.

*Mary Simpson, RT (TTNO)*

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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  
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Julia von Flotow 416-686-6463  
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**Wellesley:** Ellen Hadley 519-656-3493  
**Wilno:** Karen Schimansky\*, RN 613-756-6172  
**Windsor:** Flora Hartleib\*, RN 519-974-2157  
Claire Massicotte\*, RPN 519-948-9453  
Sharon Parrott\*, RN 519-258-0440

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Lil Smith\* 204-489-7977  
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**Calgary:** Linda Terra\* 403-238-3734  
Melanie Graham 403-249-9489  
**Lethbridge:** Joy Petheridge Baxter\* 403-329-6615  
**Sherwood Park:** Cheryl Ann Hoffmeyer\* 780-467-8701

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**Duncan:** Judith Schweers\* 250-748-5993  
**Golden:** Maryke Patterson-Robinson\* 250-344-5325  
**North Vancouver:** Lynda Harvey\* 604-980-6604  
**Salmon Arm/Okanagan:** Marie-Paule Wiley\* 250-832-8176  
**Surrey-White Rock:** Faye Torgerson\* 604-576-8176  
**Winlaw:** Camille Roberts\* 250-226-6886

## Therapeutic Touch Network of Canada Practice/Support Groups

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

### NOVA SCOTIA

**Bridgewater:** Albert Crouse [albertcrou8@gmail.com](mailto:albertcrou8@gmail.com)  
**Dartmouth:** Barbara Stone 902-469-0317  
**Halifax:** Various RPs 902-454-2919  
**New Glasgow:** Cherry Whitaker 902-925-2042  
**Pictou:** Linda Chisholm 902-485-4548  
**Pt. Hawksbury:** Natasha Polomski 902-625-2622  
**Saulnierville:** Colette Thibodeau 902-769-2160  
**Sydney:** Louise Glasgow 902-564-6130  
**Truro:** Kathy Putnam 902-843-0881  
**Yarmouth:** Sandra Noah 902-649-2201

**Mississauga:** Debbie Abate 905-712-8119 x225  
**Moffat:** Martha Hoey 519-823-5847  
**Muskoka South:** Shirley Goyea 705-645-4492  
**Niagara Falls:** Doreen Sullivan 905-354-8873  
Pierrette Guise 905-356-2884  
**North Bay:** Monica Giles 705-724-5163  
**Orangeville:** Roslyn Levin 519-925-2401  
**Ottawa:** Gail Lafortune 613-834-4524  
**Owen Sound:** Lynne Rusk 519-534-1234  
**Pary Sound:** Anna Brisson 705-342-5769  
Barbara Bennett 705-389-9828  
**Pembroke:** Berlyne Mills 613-687-2921  
**Peterborough:** Linda Nelson 705-745-2849  
**Port Perry/Uxbridge:** Helen Thompson 905-852-5929  
Terrie Slack 905-982-0389

### PRINCE EDWARD ISLAND

**Charlottetown:** Judy Donovan-Whitty 902-569-3496  
**Kensington:** Carol Evans 902-836-5200  
**Souris:** Patty Mooney 902-687-3514  
**Stratford:** Sandra Fraser 902-569-5310

**Roseneath:** Pat Hall 705-924-9320  
**Sarnia:** Margaret Pennesi 519-336-9990  
**Sault Ste. Marie:** Margaret Saarela 705-759-2024  
**Scarborough:** Marleene Burfield 416-438-7720  
**St. Catharines:** Margaret Deane 905-646-4945  
**St. Thomas:** Melinda Whitehead 519-633-2506  
Helen Spangenberg 519-769-2374

### QUEBEC

**Montreal/NDG:** Irma Bubolic 514-483-6688  
**West Island:** Monique Gregory 514-694-6994

**Stouffville:** Marita Concil 905-642-5403  
**Sudbury:** Susan Lee 705-524-5084  
**Thunder Bay:** Jean Riddell 807-622-7790  
Lee Searles 807-628-8054

### ONTARIO

**Acton:** Elinor Wagner 519-853-2423  
**Ajax:** Janet Fallaize 905-683-9264  
**Brampton:** Margaret Shearman 905-841-6059  
Vera Turner 905-833-5969  
**Barrie:** Arlene Cugelman 705-721-1850  
Margaret Cottle 705-719-1463

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Lee Searles 807-628-8054  
**Toronto:** Julia von Flotow 416-686-6463  
**Wardsville/Glencoe:** Regina Sheere 226-785-1894  
Phyllis Ann Lillyard 519-693-4347

**Beamsville:** Beth Schat 905-563-8495  
**Belleville:** Nancy Sherk 613-395-2973  
Alison Cooke 613-395-3691

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**Welland:** Louise Aikman 905-938-2345  
**Whitby:** Nancy Turner 905-666-5503  
Susan Scherbak 905-430-9600  
**Whitby:** Lynn Vukosavljevic 905-668-9683  
Dorothy Pierce 905-668-8474

**Bolton:** Diane Demidow 905-880-2220  
**Bramalea:** Gabriele Boer 905-791-8637  
**Brampton:** Lillian Hutchinson 905-457-2211

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### MANITOBA, SASKATCHEWAN

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### ALBERTA

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**Huntsville:** Ruth Brandt 705-787-1445  
Shirley Boon 705-789-7434  
**Kitchener:** Margo McIntosh 519-894-0002  
**Kitchener/Waterloo:** Susan Frid 519-885-3764  
Joyce Mingiardi 519-570-1258

**Langley:** Cheryl Larden 604-510-0190  
**Lionsgate:** Lynda Harvey 604-980-6604  
**Maple Ridge:** Jean Ruttan 604-463-7771

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Dorothy Salmon 519-641-2761  
**Midland:** Norma Piitz 705-549-5165  
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### Board of Directors for TTNC

**President:** Marion Cameron, TTNA [mumcam@telus.net](mailto:mumcam@telus.net)  
**Vice-President, Communications:** Open  
**Vice-President, Operations:** Brita Ball, TTNO [brita.ball@sympatico.ca](mailto:brita.ball@sympatico.ca)  
**Treasurer:** Barbara Stone, ATTN [barbarastone@bellaliant.net](mailto:barbarastone@bellaliant.net)  
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