



Volume 3, No. 3

Summer 2014



Diane May Holds Workshop in Halifax, NS

4 of the 5 compassionate, generous and fun-loving men who participated in the ATTN Conference - shown here with Conference presenter Diane May.

Back L-R: Marcel Thibodeau, Elmer Gallant, Marvyn Ramsay
Front: Andre Bellerive, Diane May (missing: Albert Crouse)

Editorial	Page 2	Bookworm's Food for Thought	Page 7
Updates from the TTNC Board	Page 3	Therapeutic Touch Network Listings	Page 8
Reports from Member Networks	Pages 4 to 6	Teacher and Practice Group Listings	Page 9

Endings and New Beginnings

It's been an exciting spring and summer for many of us, as AGMs, practice days, and retreats take place, and new board members join Member Networks at the same time that we bid a fond adieu to those who are leaving their positions—with tremendous thanks for the great work done in the service of spreading the news about Therapeutic Touch™!

In June, I flew to Ontario to see my daughter get married and move with her husband into her new home in Peterborough, Ontario. She also completed her BA at the University of Toronto and is anticipating her Masters program at Trent this fall. As my youngest begins the next stage of her life, I anticipate new possibilities for myself as well.

What is ending in your life? What is being cleared away to create the time, space, and energy for new beginnings?

Please write us about the changes you are experiencing in your world, and tell us how Therapeutic Touch assists with those changes. Note the addition of the new *Practice Group Corner*. We look forward to your comments!

Submit your stories for the next issue now, so that we will have a robust issue for the fall.

Warmest greetings,

Bonita Summers, Editor

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TTNC Newsletter

is the newsletter of
Therapeutic Touch Networks of Canada

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

Next Issue: Fall 2014

Deadline for Submissions: Oct 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 with "Newsletter + which issue + the nature of the submission" in the subject line; e.g. "Newsletter Fall 2014 – Report from...."

PUBLICATION DEADLINES AND DATES

Next publication date is the 31st of October 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

We welcome Cecilia Csima, the representative from TTNQ, as a new TTNC Board member. It is important for TTNQ to have a voice on the TTNC Board.

Thank you to the Member Networks (MN) for your approval and financial support for the advertisement in the *Canadian Nurse*, a national publication for the nursing profession. Advocacy at the national level is possible with the existence of the TTNC. Mary Simpson of the TTNO suggested the idea for the ad and is now working on the project with the TTNC Board. The goal is to have the ad in three issues of the journal starting in the Fall.

The Board is also working on an orientation package, which will be available to the Boards of the MN for future representatives to the TTNC Board.

Under the direction of Brita Ball, we are revising our bylaws to comply with new federal regulations governing non-profit organizations. These will be submitted to the MN Boards for approval before submission to the government. With the deadline of October 17, 2014, the board is meeting over the summer months to comply with the deadline. Then comes the task of writing policies and procedures. I recommend volunteers and/or future reps from the MN be on this committee, as you can have input in an important aspect of the TTNC organization.

The following committees are also busy: the members of the National Curriculum for Teaching Therapeutic Touch are meeting via Skype teleconference; the Newsletter Committee continues to produce the quarterly TTNC News, the Extended Health Coverage for TT Sessions Committee is working on a brief to present to insurance companies; the TT Brochure Committee is on hiatus right now, since their work is complete. Remember, the brochure is available at www.ttnc.ca.

The TTNC Board acknowledges all members on these committees for their dedication, time and effort.

On behalf of the TTNC Board, I wish everyone in the Therapeutic Touch™ community a summer of safe fun and sun. May we feel the energy of forgiveness, peace and love for ourselves and others in our hearts.

Marion Cameron, President, TTNC

We wish to acknowledge the members of our committees. For future reference, committee chairs will be listed in the directory of the newsletter for easy access.

TTNC Committees:

Newsletter Committee: See page 2 of the newsletter.

Therapeutic Touch Brochure Committee:

Chair: Mary Simpson - TTNO - mary.simpson@cogeco.ca
Selena Jones - BCTTNS - mrs.selenajones@yahoo.ca
Judy Donovan Whitty - ATTN - judydonovanwhitty@hotmail.com

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Extended Health Coverage for Therapeutic Touch Sessions

Chair: Cheryl Larden - BCTTNS - clarden@shaw.ca
Paulette Deveau - BCTTNS - pdeveau@telus.net
Colette Thibodeau - ATTN - thibodeaucolette@gmail.com

Practice Group Corner

Therapeutic Touch practice groups are an integral part of the Therapeutic Touch community. To attain recognized practitioner status, it is suggested to attend a practice group on a regular basis.

Attending a practice group gives us the opportunity to enhance our experience with Therapeutic Touch as we 'give' and 'receive'. The learning continues as we share our experiences.

The purpose of this column is to share the best practices of a successful Therapeutic Touch practice group. Positive comments and suggestions for improvement are welcome.

For the next issue, please submit your feedback on the following topic: **How do you and/or your group welcome a new member so he/she feels comfortable in their practice?**

Please send comments to TTNCnews@gmail.com.

Reports from Member Networks Across Canada

British Columbia Therapeutic Touch Network Society (BCTTNS)

Greetings from BC!

April 4-7th was our BCTTNS retreat held at Springbrooke Retreat Centre in Langley. Responding from the feedback of past retreat and conference participants, this year's retreat focused on our own self-care and techniques to supplement our Therapeutic Touch™ practice. Topics included sound, Neuro-Linguistic Programming, colour and light therapy, body talk, and time to do Therapeutic Touch and network. Some of the comments reflective of the participants' feedback were: "This was an amazing experience" and "very appropriate to TT practise and interesting ways to incorporate into our TT practise". Thanks to Marie-Paule Wiley for coordinating the retreat, all board members and others who helped in many ways, and all who participated and contributed to this wonderful weekend!

Our AGM, which of course included election of officers, was held on Saturday, April 5th. Continuing on the board are: Tarja Oostendarp as Secretary, Jeri-Lyn Munro as Treasurer, Marie Preissl as Research Coordinator, Lynda Harvey as Practice Group Coordinator, Jacqui Saran as Membership Coordinator, and myself as President. I would like to welcome Lesley Reichert to the Board in the Member-at-Large position. I am sure Lesley will be a great asset as she brings dedication, compassion, and many other valuable skills.

Jean Ruttan and Frances Schofield continue with the board on our Strategic Planning Committee, Paulette Deveau as BC Representative on the TTNC Board, and Tama Recker continues as Newsletter Editor. Dianne Whetstone has resigned from the Webmaster position. Thank you Dianne for all of your contributions over these many years! Bonita Summers has taken over as our webmaster and has already redesigned our website in order to make it more user friendly to various devices eg. cellphones, Ipads, etc.

Once again I would like to take this opportunity to thank all of the aforementioned people for all they do to support our network and to support and promote Therapeutic Touch. In addition, there are many people doing Therapeutic Touch and supporting the network in other ways. It is great to work together in harmony.

All the very best,

Cheryl Larden, President (BCTTNS)

The Therapeutic Touch Network of Alberta (TTNA)

Hello from Alberta,

On a beautiful day in April, 14 members of TTNA met in Red Deer, Alberta at the Kerry Woods Nature Centre for our Annual General Meeting and Practice Day. This is a gathering we look forward to as an opportunity to connect with our fellow Therapeutic Touch practitioners from across the province as well as to learn and to practice Therapeutic Touch. Thank you to Marion, Karen and Linda T. for the all work you did, and to all whom attended to make this day happen.

The theme for our practice day was compassion—a wonderful topic integral to Therapeutic Touch. Linda Terra led the Practice Day and gave a welcome lesson on the Hand-Heart Connection as developed by Kathleen Fanslow. While practicing the Hand-Heart Connection, I had the pleasant experience of seeing an image of my heart 'cradled' in a pair of hands. The healing energy in the room created by everyone while practicing Therapeutic Touch is always rejuvenating to the spirit and soul.

If you are out this way, come join us. The Therapeutic Touch monthly practice group in Calgary will resume the third Tuesday in September. Contact Linda at 403-238-3734.

The sharing circle is run by Linda Woznica in Edmonton and is held the third Wednesday of each month during which Therapeutic Touch sessions are given, followed by discussion. Contact number is 587-938-8891.

We continue to develop our website thanks to Roberta, who has put a lot of time and effort into its development.

Sherry Crann-Adair, Coordinatory (TTNA)

Reports from Member Networks Across Canada continued...

The Therapeutic Touch Network of Alberta (TTNA) continued...

TTNA AGM and Practice Day



Back row, L to R: Karen Komanac, Lilas Lysne, Debbie Stokke, Betty Whitney, Jean Gurnet, Linda Woznica, Linda Terra, Don Nonay
Front row, L to R: Diane Kroeger, Doris Sablone, Sherry Crann-Adair, Sheila Camp, Debra Thomey, Marion Cameron

TTNA Retreat 2014

On Sept. 13, 2014 at Kerry Woods Nature Center, Joy Baxter will introduce Sound Codes and their uses, and will offer a demonstration. To learn more, go to www.joyfulbalancing.com

Therapeutic Touch™ practitioners can give and receive a TT session. Bring your workbooks. Contact Marion Cameron at mumcam@telus.net or call 780-988-7211.

The Therapeutic Touch Network of Ontario (TTNO)

The heat is on! As the temperature starts to rise, we find ourselves immersed in a land where crops grow lush and green, and we yearn to spend our afternoons sitting in the shade on a lawnchair, sipping iced tea. We are busy as bees in the summer, tending our flowers, indulging in sun-sweetened berries and traveling to faraway places to see old friends and new sights. What a comfort it is to know that no matter where we go or what we do, our only purpose is to create balance.

The TTNO is actively seeking new board members to fill the current four vacant seats. There have been many positive changes in the past year, such as the launching of our new website. If you wish to take part at the planning level, please consider becoming a member of the Board of Directors.

Our joy of learning continued this spring with Diane May's workshop "Beyond the Basics Intensive in TT". Diane was also the keynote speaker at the delightful and enlightening retreat organized by Pat Tamosetis and Gail LaFortune in beautiful Pembroke, Ontario. Every day we learn; every day we grow; every day we evolve.

The Central Teachers Day on April 13 was a day of enlightenment, filled with difficult discussion that ultimately lead to constructive problem-solving and healing. Families stay strong by encouraging open and respectful dialogue, and our Therapeutic Touch family stays strong with communication among all of our members.

The Fall Event and AGM have been scheduled from October 31 to November 2 at the Kempenfelt Conference Centre in Barrie, Ontario. A weekend to remember with many workshops and educational speakers. For more information, please visit our website at www.therapeutictouchontario.com.

Enjoy your summer!

Paula Burchart, RP (TTNO)

Manitoba Therapeutic Touch Network (MTTN)



MTTN at the Body, Mind, Spirit Show

On April 27th, in Winnipeg, members of the MTTN manned a table at the Body, Mind, Spirit show. Since we were the only healers present doing free 10-minute treatments (donations accepted), we became very busy at times.

MTTN brochures were given out, and practitioners' cards were available. By the next day, one practitioner had been called to book an appointment! The main reason for our attendance was to present Therapeutic Touch to the public, and so, this day was very successful. Thanks to Sid W., Laura C., Tanis M., Jackie M., and Steele P.

Blessings,

Steele Pruden, Registrar (MTTN)

Reports from Member Networks Across Canada continued...

Atlantic Therapeutic Touch Network (ATTN)

Diane May Holds Workshop in Halifax, NS

Greetings to all members of TTNC. If you come to the Maritimes please look us up! See www.atlanticctn.com for Practice Group times and contact information.

The annual ATTN Conference and AGM was held May 30, 31st and June 1st. Diane May provided an excellent four-hour workshop for ATTN teachers and student teachers, followed by an evening and two full days of presenting, demonstrating, interacting, pairs and triads for 57 participants. Sounds busy? It was! Her amazing energy and knowledge are a joy to experience. Technology glitches meant no PowerPoint, but that did not deter her in the slightest. For the first time, the entire annual conference was open to the general public. The only criteria Diane requested was that participants have some understanding of 'energy work'. Be assured, if they had only a little at the beginning, they had more at the end!

Diane had copies of her three books and CDs, while Kari Mitchell provided the DVD on Therapeutic Touch™ she produced, and ATTN Teacher Charlotte Quirk launched her book, *The Spirit of Angels*. Charlotte is also a *Heal Your Life* workshop leader in the philosophy of Louise Hay. In recognition of her many years continuing to support ATTN, Teacher Evelyn Mitchell was given a framed certificate awarding her the status of ATTN Honourary Member.

Each year, ATTN has a review of the past year's action plans, and updating for the new "Strategic Plan". Every issue of the newsletter **Atlantic Touch** encourages members to connect by phone, email or to the newsletter. To determine satisfaction with the communication and efforts of the Board of Directors, ten questions were sent to members by email, using Survey Monkey, and via Canada Post to those without computers, generating a 65% response rate! (a 10% return is considered typical). Survey Monkey is free to use if 10 or fewer questions are distributed to 100 or fewer people. The analysis and positive responses confirmed the ATTN membership are satisfied with the work and communication efforts of the ATTN Board of Directors. It is a hardworking, volunteer board, so the satisfaction survey is affirming.

The ATTN ad hoc committee of ATTN RNs met to review/revise presentations on Therapeutic Touch™ that can be provided to interested groups such as the Gerontology Association, Hospice, and so on. Sandra Fraser, Judy Donovan Whitty, Mary Hughes, and Birdie Fiddes, led by Education Chair Cherry Whitaker, consider this effort a work in progress.

ATTN Conference Photos



Back: Judy Donovan Whitty, Sandra Fraser, Geraldine Cooper
Middle: Charlotte Quirk, Diane May, Barbara Stone
Front: Cherry Whitaker



ATTN 2014 Board of Directors

Back L to R: Barbara Stone, Barbara Williams, Heather Olthafer, Sandra Fraser, Kathy Putnam (outgoing)
Front L to R: Cherry Whitaker, Colette Thibodeau, Diane May (guest), Birdie (Bertha) Fiddes, Judy Donovan Whitty

The ATTN Board meets monthly by teleconference, using the flash/link option on the telephone, so it is not an expense for the Board. For the fourth time, (not counting the AGM each year), the Board will meet in person for Board Governance in September. This is an opportunity to orientate new and returning Board members, review proceedings, and evaluate/revise/strategize action plans. All Board members have found this to be a worthwhile exercise and, with the approval of the membership, will continue this process of Board development. A copy of the revised strategic plan is shared with the membership through the newsletter.

All the best,

Judy Donovan Whitty, Coordinator/ Secretary (ATTN)

Bookworm's Food for Thought

Recently, I had the pleasure of attending one of Dr. Alan Wolfelt's seminars on mourning. While some of my work with clients does involve grief counselling, I was fascinated by the way that Wolfelt's approach to companioning a mourner is also relevant to those of us who want to be truly present with our clients.

As Therapeutic Touch™ practitioners, we encounter many situations in which powerful emotions are at play. Whether we are working with cancer patients with terminal diagnoses or helping someone process a relationship break-up, our ability to stay connected with our client makes a huge difference in how supported they feel and how well they move through their current circumstances.

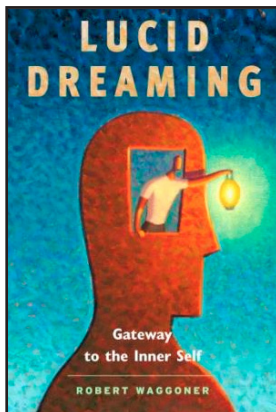
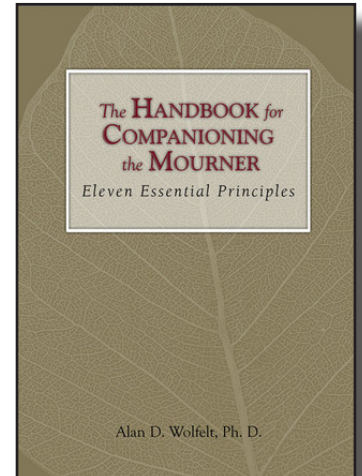
As practitioners, we know how different a Therapeutic Touch session feels when conducted by someone who is just learning the art from one with a practitioner who has more experience. We can feel when the person giving us a session is "up in their head" and when they are truly available to us in the moment.

The Handbook for Companioning the Mourner reflects core perspectives on Therapeutic Touch. The Tenets of Companioning the Bereaved (in the first part of the book) include the following:

Companioning is about going into the wilderness of the soul with another human being: it is not about thinking you are responsible for finding the way out.

Companioning is about being still; it is not about frantic movement forward.

You'll appreciate Wolfelt's focus on presence, centeredness, and respect for the natural process of mourning.



I first noticed my tendency to dream lucidly when I was 8 years old. I started "waking up" in my dream state, knowing that I was dreaming, and discovering that this gave me the ability to make conscious choices in the dream state.

Over the years, I've studied many books on the subject, and conducted a number of experiments while in the lucid dream state. Robert Waggoner's book is the first publication I've read on the subject that talks about the ability to heal in the lucid state.

He devotes a chapter specifically to the process of healing during a lucid dream, providing fascinating examples of dreams where healing was used.

After reading Waggoner's book, I had the opportunity to test this for myself. One Christmas, our dogs became very ill after eating something in the woods behind our house. I had tried using Therapeutic Touch during the day with no abatement to their digestive symptoms.

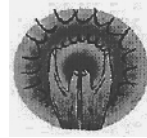
That night, I went to bed, placing the intent to work on them in the lucid state. I "woke up" in a lucid dream to find myself in a large city. I discovered my dogs resting on a bed in a hotel room. There, I offered them Therapeutic Touch. The next morning, the dogs were symptom-free.

If you've never explored your mind's ability to operate fully in the dream state, or if you're an accomplished lucid dreamer, you'll find this book a pageturner. Enjoy - and happy exploring!

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 July 8, 2014 (see note in box below))

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THERAPEUTIC TOUCH NETWORK OF CANADA Practice/Support Groups

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about Practice/Support Groups.

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