



Volume 3, No. 1

Winter 2014



TTNA Fall Retreat at Kerry Woods Nature Centre in Red Deer, Alberta

Back row; Rea, Zena Djouder, Vreny Haas, Marion Cameron, Roberta King, Betty Whitney, Joy Baxter, Diane Kroeger, Chery Ann Hoffmeyer Front row; Joyce Chisholm, Doris Sablone, Sherry Crann-Adair, Linda Terra, Debra Thomey, Sheila Camp

Picture submitted by Sherry Crann-Adair

Editorial	Page 2	Bookworm's Food for Thought	Page 12
Greetings from the TTNC Board	Page 3	Our Own Stories...	Page 13
Marion Cameron: New President, TTNC	Page 3	Letters to the Editor	Page 13
Updates from the TTNC Board	Page 4	A Story of TT Research	Pages 14, 15
TTNC Annual Report	Page 5	TT Modifie Notre Vie	Page 15
Reports from Member Networks	Pages 6 to 8	Becoming a Teacher	Page 16
Grounding Ourselves	Page 8	TTNO 2013 Fall Event	Page 17
Andrée West, Pioneer in Québec	Page 9	Therapeutic Touch Chart	Page 18
TT in the Relay for Life	Page 10	Therapeutic Touch Network Listings	Page 19
TT Helped Dad's Final Journey	Page 11	Teacher and Practice Group Listings	Page 20

One Robust Issue!

Wow! I asked for submissions to future issues, and you all responded in spades. Many thanks, everyone. Keep it coming—and don't forget to include your high-resolution photos. The many submissions were a welcome surprise when I returned to Canada in November.

This past fall, I flew to Nepal and Tibet. On my flight over, an elderly passenger began vomiting, and experienced a dangerous drop in blood pressure. Two paramedics on the flight had expertise but no equipment. The route took us over Alaska, so there was little possibility of an emergency landing. When I realized the gentleman's plight, I offered my assistance.

He was on his way home to our first stop, Guangzhou, China. The gentleman had been made comfortable, lying down over several seats. Since my Mandarin is limited, I used gestures to communicate and gain his consent to offer Therapeutic Touch™.

As I worked, he relaxed considerably, and eventually fell asleep, returning to a stable condition and resting for the remainder of the 13-hour flight to Guangzhou.

It's reassuring to know that, wherever we are, we always have Therapeutic Touch. In this passenger's case, it may have made the difference between recovery and tragedy.

Warmest greetings,

Bonita Kay Summers, Editor

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TTNC Newsletter

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Next Issue: Spring 2014

Deadline for Submissions: April 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 Spring 2014 – Report from...."

PUBLICATION DEADLINES AND DATES

Next publication date is the 30th of
April 2014.

TTNC Newsletter
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to be distributed by them to their members.

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Greetings from the TTNC Board

Happy New Year from BC!

I would like to welcome Paulette Deveau as our new BC Representative to the TTNC Board. Paulette has started her two-year term as BC Representative, and I am very confident that Paulette will represent us well and that she will be an asset to TTNC. Thank you, Paulette, for sharing your skills and talents!

As I step down from the TTNC board, I would like to thank all the TTNC board and committee members who supported me and TTNC as a whole. I would also like to welcome Marion Cameron as the current TTNC President.

May this be a year of opportunity and growth, and may your lessons be gentle. So often, we look back at things and see an easier way of doing something. We know the power of intention, so let's remember to use it, whether it is in our personal life, to support our own Therapeutic Touch networks or TTNC. We can intend that opportunities will present themselves and that the people we need will come forth. Sometimes, we need to remind ourselves to be open to receiving; perhaps in a different way. Instead of narrowing our sights and seeing something happening in a very specific way, let the universe in its wisdom provide.

The world is full of infinite possibilities.

Wishing you all the very best in the future,

*Cheryl Larden
Past-President, TTNC*

Marion Cameron as new President to TTNC

I would like to congratulate Marion Cameron as she steps into the President position. Many of you will know Marion, as she has been involved in Therapeutic Touch networks for many years. BCTTNS was fortunate to have her on our BC board in the early days, before she moved to Alberta. She has been on the Alberta board for many years now. She also participated in many meetings and discussions for several years, as the vision of TTNC evolved. She was one of the founding members and has continued on the board since that time. She comes with many skills and talents, and we are grateful to her for sharing them with us. I ask that you continue to support Marion and the new TTNC board just as you supported me and the previous board. Through Marion's leadership and the teamwork of all the board and committee members, I am sure TTNC will continue to grow and prosper!

*Cheryl Larden
Past-President BCTTNS*

Updates from the TTNC Board

We at TTNC are grateful for all the successes, lessons, and opportunities of the past year, and especially the support from our Member Networks (MN).

We will meet the challenges of 2014 with determination and imagination with the continued support of our MN—the Boards and individual members across Canada.

The third AGM was held on November 17, 2013 via Skype conference call with 11 participants on line. The minutes and reports have been shared with the participants, and the Boards of the MN. Cheryl Larden compiled a very comprehensive Annual Report of TTNC activities. (See TTNC Annual Report - Sept. 1, 2012 - August 31, 2013) Following the AGM, the Board held elections for the positions on the Board.

A big welcome to Paulette Deveau as the new representative from BCTTNS. A rep from TTNQ is still being determined.

The election results are as follows: President: Marion Cameron (TTNA); Treasurer: Barbara Stone (ATTN); Secretary: Paulette Deveau (BCTTNS); VP of Operations: Brita Ball (TTNO); VP of Communications: open.

Thank you to Cheryl Larden (BCTTNS) and Leo Gregory (TTNQ) for their tireless efforts while serving in their positions on the Board. Their contributions and expertise have advanced the establishment of TTNC as national voice for the Canadian Networks. Leo will continue in the role of advisor for technical support. We value his expertise with the ever-changing and challenging technology.

The Winter 2014 edition of the e-newsletter is in progress for distribution. We look forward to the news and articles from all the Therapeutic Touch™ practitioners.

The pictures are an important part of the content of the newsletter; they facilitate the connection with each other.

The Therapeutic Touch brochure has been revised and is ready for download from the TTNC website: www.ttnc.ca.

The committee members on the National Curriculum on teaching Therapeutic Touch are in discussion about their direction and mandate. Thanks to Cherry Whitaker (ATTN) for facilitating this group.

The Membership (Member Networks) Participation Support includes feedback from the Boards of the MN on policies for TTNC. A copy of our proposed Mission statement along with Vision and Values was forwarded to the Boards of the MN. We have received feedback from

the Boards of the MN. We have received feedback from some and are looking forward to receiving input from the rest.

Thank you to the MN for your financial management support in the past years. Each MN will be receiving an invoice for remittance of fees for 2014. Your continued support is acknowledged and much appreciated.

Some of the business for 2014: (a) revision of the bylaws to comply with the federal government guidelines; (b) compiling a document to include the present policies on governance and duties of the positions on the Board as well as committees; (c) continued support for the committees; (d) ongoing discussions with MTTN to join TTNC; (e) drafting the duties for the position of past-president.

Best Wishes to all Therapeutic Touch™ practitioners in 2014. May you experience more personal growth and joy with Therapeutic Touch.

Some Background on How the TTNC Board Functions

The following bylaws govern the operational aspect of the Board:

1. Each Member Network (MN) appoints a representative to TTNC for a two-year term. The appointment can be renewed for a second term. The representatives are called Directors.
2. Rotation for the replacement of representatives will be as follows: for odd years - BCTTNS and TTNQ; for even years - ATTN, TTNO and TTNA.
3. Positions will be President, Treasurer, Secretary, VP of Communications, VP of Operations.
4. Directors shall elect from among themselves the officers of TTNC at a meeting right after the AGM.
5. Each Director shall be elected for a position for a one-year term; they can be reelected after the first year but not for more than two consecutive years in the same position.
6. Each Board member signs a Code of Ethics.

*Marion Cameron
President, TTNC*

TTNC Annual Report September 1, 2012 - August 31, 2013

This report is part of the TTNC Annual General meeting of November 17, 2013. It is an informative review of the activities of TTNC and Committees.

Accomplishments:

- Developed job descriptions for Vice-President of Communications and Vice-President of Operations, TTNC board positions.
- Had financial statements for the period of September 1, 2012 – August 31, 2013 reviewed.
- Prepared a budget for the year September 1, 2013 – August 31, 2014 for approval.
- Submitted annual report to Corporations Canada.
- Renewed commitment from each network to provide TTNC with \$1.00 per member annually.
- Negotiated the continuation of the group rate for liability insurance, which is valuable to members of each Canadian Therapeutic Touch™ network.
- Had correspondence with and prepared and submitted a letter to Canadian Nurse in response to their article about Therapeutic Touch and energy work. The letter was not published.
- Had discussions with Therapeutic Touch International Association (TTIA) regarding Therapeutic Touch description on Wikipedia. It was decided not to invest further energy into this at this time.
- Developed a national e-newsletter, which is put out quarterly.
- Developed an e-newsletter charter.
- Developed a national Therapeutic Touch brochure, which can be used by all TTNC member networks.

In Progress/Ongoing:

- Working with TTNO and monitoring the application of the French Therapeutic Touch Trademark, providing further information to the government upon request.
- Continuing discussions with the Manitoba network as to how we can support them, providing encouragement for them to join TTNC.
- Continuing discussions with various organizations e.g. TTIA, Canadian Holistic Nurses Association.
- Continuing to support the newsletter committee, submitting articles and updates regarding TTNC activities.
- Working towards an active national teaching curriculum committee.
- Re-evaluating our Mission, Vision, and Values for TTNC with input from our member networks.
- Promotion of the national group liability insurance.
- Continuing TTNC board discussion and correspondence through monthly Skype meetings, LinkedIn discussions, e-mails, and the use of Dropbox.
- Providing regular communication to networks through TTNC representatives and through articles in network newsletters and AGM.
- Initiated preliminary investigation into having Therapeutic Touch sessions covered by insurance companies.

Future Goals:

- Review our bylaws and adjust as necessary to ensure they are in compliance with upcoming regulatory changes to nonprofit organizations.
- Register TTNC logo.
- Continue to work to foster the growth of Therapeutic Touch, its networks, and TTNC.
- Continue to work on existing, ongoing and work-in-progress goals.
- Continue to develop and refine policies and procedures that are integral to the ongoing operation of TTNC.
- Continue to assess, strategize with, and respond to the needs of the Therapeutic Touch networks we represent.

*Cheryl Larden
Past-President, TTNC*

Reports from Member Networks Across Canada

British Columbia Therapeutic Touch Network Society (BCTTNS)

Happy New Year from BC!

In 2013, BCTTNS had a strategic planning day, and our focus was membership: getting new members and meeting the needs of our existing members. We will be having some practice days in different areas, where those working towards their Recognized Practitioner status can have supervised Therapeutic Touch™ sessions, and others can practice. Members will hear more about this in the upcoming months as plans are finalized. We are pleased to report our membership is growing. We have more members now than ever before!

We look ahead with excitement to our spring retreat on April 4, 5, and 6th at Springbrooke Retreat Centre in Langley. This is the same location where we had the retreat two years ago. We received very positive comments last time, and Marie-Paule Wiley, our Education Chair, is organizing interesting speakers and setting the tone for a relaxing and inspirational weekend.

Come rejuvenate in the relaxing, healing atmosphere of the Springbrooke Retreat and Conference Centre in Langley, BC. Our conference this year will offer two options: a day attendance or a two-day retreat. The conference will feature Sound Therapy with Kathy Cameron and Paul Bissonnette; Colour and Light Therapy with Caroline Wong; Body Talk with Cress Spicer; Neuro-Linguistic Programming with Kathy Welter-Nichols and our Annual General Meeting.

You will have the opportunity to experience Somatic exercises with Judith Schweers, as well as to share and exchange information and Therapeutic Touch™ sessions. For more information, visit BCTTNS at <http://bctherapeutictouch.com>, or e-mail Marie-Paule mpawiley@hotmail.com, [250 832-8176].

The BCTTNS committee welcomes new practitioners Tama Recker, Ruth Stubens, and Alex Jamieson. We congratulate you on all your efforts and many hours of excellent work, and wish you the best in your future journey with Therapeutic Touch.

*Cheryl Larden
President, BCTTNS*

The Therapeutic Touch Network of Alberta (TTNA)

Happy New Year Fellow Therapeutic Touch™ practitioners,

Our fall retreat this year landed on a warm sunny day. We all met at Kerry Woods Nature Centre in Red Deer, Alberta, as arranged by Marion Cameron, on Sept. 24. It is a beautiful natural wetlands area with many walking paths. TTNA members, some new, gathered to watch the movie *The Living Matrix*, followed by a question and answer session. The warm weather drew people outdoors during the lunch break to walk the pathways, eat lunch and give and receive Therapeutic Touch sessions.

Following the break, Chery Ann Hoffmeyer gave a presentation on the Therapeutic Touch dialogues, which she had attended. Part of the presentation involved distance Therapeutic Touch, so we paired up and practiced doing distance sessions. A great time was had by everyone.

In October, Linda Terra and Vreny Haas taught a Level One Therapeutic Touch introductory workshop at Wellspring in Calgary. There were 12 participants in attendance, 10 of whom were having cancer treatment or have cancer. They were a sensitive group.

Many expressed interest in Therapeutic Touch and felt it would be a positive use for them. Five expressed interest in learning Therapeutic Touch.

The following courses will be taught in Alberta in 2014:

Introduction to Therapeutic Touch, Basic TT – Level 1
9 am - 4 pm, Saturday and Sunday,
February 1st and 2nd, 2014
Location: Sherwood Park (near Edmonton)
Facilitator: Dr. Chery Ann Hoffmeyer PhD, TT, (TTNA)
Please contact Chery Ann at chaiholistichealth@shaw.ca or 780 467-8701 for more information.

Therapeutic Touch Level One
Sat. Feb. 22, 2014
Location; 907 Canaveral Cres., Calgary, Alberta
Facilitators: Linda Terra and Joy Baxter
Contact Linda at 403-238-4632 for more information.

May we all keep warm and safe in the new year.

Sherry Crann-Adair, Coordinator (TTNA)

Reports from Member Networks Across Canada continued...

The Therapeutic Touch Network of Ontario (TTNO)

If you could change one thing about yourself, what would it be? Do you carry around with you worries and fears that serve no purpose other than to cause you stress and lower your immunity? Are you shy and reserved but wish that you could be outgoing and fun-loving like your friend you so greatly admire? What if I told you that you can change anything and everything you wanted and that you can do it for free and in the comfort of your own home? Of course, you want proof, and that is what I want to share with you.

“Change the way you look at things and the things you look at will change”—Wayne Dyer. No truer words were ever spoken. The TTNO took a closer look at our logo and realized that it was time for a change. Our new logo symbolizes who we have become, honouring our past and leading us forward on this incredible journey. We invite you to view our new logo on our new TTNO Website.

Recruiting new members has always been part of our mandate. A few years ago, The Ontario Ministry of Education initiated a new program for high school students across Ontario called The Specialist High Skills Major Program (SHSM). As part of the grade eleven curriculum in alternative and complementary medicine, Patricia Tamosetis was invited to speak on many occasions to two schools in Pembroke and Renfrew. She was then asked to teach Therapeutic Touch™ Level 1 to interested students. Her first class had 12 students, her second class 11, and her last group a whopping 31 participants who had to be divided into two groups! The youth of today exist in a world of wireless communication that makes it simple for them to

step into the energetic world of Therapeutic Touch. Could it be that our future practitioners will step out from behind the counter at MacDonald's to come to the aid of a mother with a migraine headache? Perhaps, the time has come for us to realize that our young people are eager to embrace the endless possibilities of the world they were born into when given knowledge and direction from our Therapeutic Touch community. Change is happening all around us.

Our Fall Event was an absolute success with the recurring theme of igniting passion through self reflection. Most of us grew up in a world where gratification was found “somewhere out there”. How healing and fulfilling it is to find out that “we are the one” we've been looking for all this time. Change can be found just by looking in the opposite direction.

Our new board members are Sharon Parrott - Chair, Annefrances Morris - Vice Chair, Trish Dean - Secretary, Flora Hartleib -Teacher Liaison, Laura Morasset - Practitioner Liaison, and Simone Radman - Treasurer. The positions of Research and Professional Practice and Communications remain open. There is also a need for editors for the TTNO newsletter. Need a change? “Pull up a chair. Take a taste. Come join us. Life is so endlessly delicious.” - Ruth Reichl (writer)

As 2014 unfolds, the TTNO extends heartfelt gratitude and blessings of peace, health and abundance to all of our members across this great country of ours. Remember, you must be the change you want to see in the world - Gandhi.

Paula Burchart, RP (TTNO)

Reseau de Toucher thérapeutique de Québec (TTNQ)

Practice Day TTNQ April 27, 2013

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

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

Our first General Assembly was held after the Practice Day, chaired by Marie-Claude Poupart, our TTNQ President. The new board of directors was elected as follows: President: Marie-Claude Poupart, Vice-President: Chantal Belleville, Treasurer: Monique Gregory, Secretary: Pascale Servonnat. Administration portfolios were given to Susan Hamilton and Dolores MacKenzie.

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

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

Susan Hamilton, RT (TTNQ)

Reports from Member Networks Across Canada continued...

Atlantic Therapeutic Touch Network (ATTN)

Greetings from the Atlantic!

The retreat in October was a great success. The theme for the retreat was “finding our way home” (exploring the geography of our deepest commitment to healing), led by Sheila LeBlanc Joyce. Sheila led us through a creative process to “find ourselves”.

The food and ambience of the riverside setting were perfect. The delicious evening meal overlooking Mavillette beach, the entertainment with singers Anne Downing and Denise Robicheau, and the magical walk through an impressively decorated private woods on Sunday morning capped off our weekend.

The retreat was hosted by the Yarmouth and Saulnierville Therapeutic Touch Practice Groups. The proceeds from the retreat, and from ticket sales on a healing weekend getaway hosted by Marcel and Colette Thibodeau of the Saulnierville Practice Group, brought in \$1,109, which was donated to ATTN. These two practice groups have done many such fundraisers over the years to support the Network. Therapeutic Touch in Nova Scotia started more than 20 years ago and continues to grow. There is

something in the air in that part of Nova Scotia that allows them to use the energy they have successfully.

The Atlantic is in the depths of winter, and planning for spring. As with all volunteer boards, we struggle to get people to sit on the Board. Currently, we require a treasurer and a fundraiser. Our AGM is in May, and there will be other board members completing their term who would like to find a replacement. Our hope is that members will seriously consider this opportunity to be involved in a unique way of sharing their talent and promoting Therapeutic Touch. It is a growing experience and causes one to have a respect for the mechanics of successfully operating a network on behalf of its membership.

Our Events Committee Chair, Colette Thibodeau, is working diligently, planning the May Conference. We will soon have details to share with our members.

May we all have a peaceful, productive New Year!

*Bertha (Birdie) Fiddes
Coordinator (ATTN)*

Grounding Ourselves: Being a Strong Container

As a human being living on earth it is important to learn to ground yourself in relation to your earth mother.

We often hear people telling us to ground ourselves, but we may not be sure what that means and how we might do it. Grounding ourselves is a way of bringing ourselves literally back to earth. Some of us are more prone than others to essentially leaving our bodies and not being firmly rooted in our bodies. There's nothing terribly wrong with this, but while we are living on the earth plane it is best to stay grounded in the body.

One of the easiest ways to ground ourselves is to bring our attention to our breath as it enters and leaves our bodies. After about 10 breaths, we will probably find that we feel much more connected to our physical selves. We might then bring our awareness to the sensations in our bodies, moving from our head down to our feet, exploring and inquiring. Just a few minutes of this can bring us home to our bodies and to the earth, and this is what it means to ground ourselves.

We can go further by imagining that we have roots growing out of the bottoms of our feet, connecting us to the earth. The roots flow with us so we can always move, but at the same time they keep us grounded. We receive powerful energy from the earth just as we do from the forms of energy we associate with the sky, and our body is a tool that brings these two energies together in a sacred union. When we are grounded, we essentially become a strong container in which our spirits can safely and productively dwell. This is why grounding ourselves every day, especially at the beginning of the day, is such a beneficial practice. Fortunately, it's as simple as bringing our conscious awareness to our bodies and the earth on which we walk.

*Submitted by Judy Donovan Whitty (ATTN)
Author, Madisyn Taylor. With permission from DailyOM at <http://www.dailyom.com>.*

Andrée West, Pioneer in Québec

TTNQ is proud and happy to welcome as member and Recognized Teacher, Andrée West, pioneer in Québec in the practise of Therapeutic Touch™.

Passionate leader, wife, mother and grandmother, Andrée is a therapist, teacher, conference speaker and, for 30 years, a truthseeker for energy medicine. Andrée received her Bachelor of Science in Nursing and Masters in Adult Education. She has taught Therapeutic touch for over 30 years, and for seven years has taught internationally, notably in France, Belgium, and the French Antilles (Saint Martin).

Her thirst for knowledge for this great mystery led her to various domains dealing with health, community care, education, Shamanism, American Indian spirituality, polarity, spiritual healing, etc., until she was introduced to Therapeutic Touch and taught by Dolores Krieger and Dora Kunz. This permitted her to create a 'bridge' between conventional medicine and other holistic modalities.

Therapeutic Touch was the 'door' towards the subtle and immeasurable universe, a unified energy field. A field where every living being is present and interconnected.

Andrée is the author of the book Toucher Thérapeutique, Participer au processus naturel de guérison Montréal, Édition du Roseau 2001. She is the co-founder and director of the center called Les Sentiers de l'Aube.

Dolores Krieger and Dora Kunz opened the path. Andrée West has continued to advance on this path by deepening and widening the knowledge of Therapeutic Touch.

The arrival of Andrée West in the family of the Therapeutic Touch Network of Québec will enormously help the network in its mission:

To make known and spread the knowledge of Therapeutic Touch in the province of Québec.

Susan Hamilton, RT (TTNQ)

Andrée West, Pionnière à Québec

Le RTTQ est fier d'accueillir en tant que membre et enseignante reconnue, Andrée West, pionnière au Québec aussi bien dans la pratique du Toucher Thérapeutique que dans son développement.

Femme passionnée, épouse, mère et grand-mère, Andrée est également thérapeute, formatrice et conférencière en santé intégrale. Infirmière, elle détient un Bac en Sciences et une Maîtrise en Education des Adultes. Elle enseigne le Toucher Thérapeutique au Québec depuis 30 ans et depuis 7 ans à l'international notamment en France, en Belgique et aux Antilles françaises : Saint-Martin.

Chercheuse de vérité en quête de l'essentiel, sa soif de percer le grand mystère l'a conduite dans bon nombre de domaines touchant à la santé, aux soins communautaires, à l'éducation, à la spiritualité amérindienne et au chamanisme, à la polarité, à la chélation, au healing de même qu'au Toucher Thérapeutique notamment avec Dolores Krieger et Dora Kunz. Ce qui lui a permis de créer un pont entre la médecine conventionnelle et d'autres approches holistes et systémiques.

Andrée est l'auteure du livre, Le Toucher Thérapeutique, Participer au processus naturel de guérison Montréal, paru aux Éditions du Roseau en 2001. Elle est également co-fondatrice et directrice du Centre de ressourcement intégral Les Sentiers de l'Aube fondé en 1989.

Dolores Krieger et Dora Kunz ont ouvert la voie, Andrée West a continué d'avancer sur ce chemin en approfondissant et en élargissant la technique du Toucher Thérapeutique.

L'arrivée d'Andrée West renforce le RTTQ dans sa mission de faire connaître le Toucher Thérapeutique et d'étendre sa pratique au Québec.

N.B. Les portions de phrase en italique sont extraites du livre d'Andrée West.

Susan Hamilton, RT (TTNQ)

Therapeutic Touch Works for Participants in the “Relay for Life”



Left to right: Brenda Jamieson, healee, sun goddess, healee, and Alex Jamieson

Photo by Lynda Harvey

Over the years, I have offered free Therapeutic Touch™ sessions to dozens of people at public events, but three experiences stand out as truly special. One of these occurred at this year’s “Relay for Life” at Mahon Park in North Vancouver, BC. Each session was unique, but what all three had in common was that the three individuals, after our session, were motivated to further pursue Therapeutic Touch for self-healing as well as to help others.

Here’s my account of what happened on June 8: I was enjoying a moment of afternoon sun, awaiting a chance to offer free energy healing sessions to participants in the “Relay for life”, when I saw a woman in a bright purple dress hurrying across the dusty field toward me. “J”, speaking rapidly, said that she really wanted to learn about Therapeutic Touch, but she had a cold and was concerned that she was contagious.

I assured her that because I have grandchildren, I was probably immune, and suggested that the best way to learn about Therapeutic Touch was to receive a session. We chatted about her health and the three stages of Therapeutic Touch: assessment, treatment and grounding.

Talking is a way of connecting and helping a person relax in order to better receive the healing energy. She did need to relax, so she lay down on the massage table and closed her eyes, still talking. I centred myself, remaining calm and shutting out everything except her energy field.

Sensing that she needed calm in order to participate in her own healing, I got her permission to use gentle touch. I slowly moved my fingers over her forehead and cheeks, reducing inflammation in the sinuses and encouraging the immune response. I also used gentle but firm stroking down the shoulders, arms, hands, calves and feet, repeating the process several times. Gradually, I observed her breathing becoming slower and calmer. She stopped talking. She was benefitting from the healing energy, and I knew it would continue to work even after I stopped. I held her feet for a minute to ground her, and thought that she resembled someone who was sleeping like a baby. The whole process had taken about 20 minutes. I moved away slowly and became aware that several people had been watching us, and they were lining up to try Therapeutic Touch!

“J” lay still on the table for about 10 minutes, and then bounced up, eyes bright and cold symptoms gone. She calmly—but eagerly—asked how she could learn more about Therapeutic Touch. We gave her contacts for lessons and free sessions at practice groups. She subsequently took a Level 1 course.

Alex Jamieson (BCTTNS)

Therapeutic Touch AGM and Retreat 2014



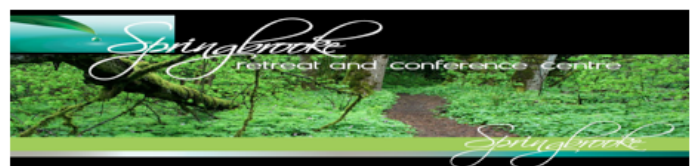
BC Therapeutic Touch Network Society

Friday pm. April 4th, All day April 5th, 6th

**Sound Therapy, Colour Therapy, Body Talk,
Neuro-Linguistic Programming, Visualization,
Somatic exercises, TT practice, AGM**

For more information visit our website BCTTNS <http://bctherapeutictouch.com>
email mpawley@hotmail.com, or call Marie-Paule 250 832-8176 for details.

Springbrooke Retreat Conference Centre, Langley, BC



<http://www.springbrookeretreat.com>

Therapeutic Touch Helped Me On my Dad's Final Journey

My life with Therapeutic Touch™ began in 1995 while working as an RN on a dementia unit with aggressive and disturbed residents. They taught me what I needed to learn so I could help them, e.g. mental telepathy, mind pictures, visualizations, etc.

For the last seven years, I have been working in hospice—an honour and privilege to be at the bedsides of dying residents and their families. Therapeutic Touch has provided comfort, solace and healing to those who wish it. At times, it has been useful for determining pain and anxiety in comatose individuals.

On September 27th, I arrived for my annual visit with my elderly father, to find him hospitalized for intractable post-herpetic pain. He had been caregiver for two years for my stepmom, who suffered multiple vertebral osteoporotic fractures. My father also had been receiving chemotherapy every two years for chronic lymphoblastic leukemia and was due for more. He was further weakened by basal cell carcinoma of both ears and had received three rounds of radiation in June.

He had always declined Therapeutic Touch until now, when he was desperate for anything to relieve his suffering. In the beginning, I could feel the prickliness around his lesions, but as his medication burden increased (with many different groups being introduced), his field became solid and impenetrable. Some days, he was quite confused, especially from narcotics. When he was lucid, he would apologize for “ruining” my visit!

I left after ten days to go to Kelowna, and he would be receiving an epidural for five days and packed cells for low hemoglobin. Prior to my return to Calgary, I was disturbed to learn of many increases in his medications and his need for an indwelling catheter (the perfect route for infection). Periods of confusion also continued. On October 15th, I returned home, very much in limbo.

Since I had left Penticton, I had been doing distance Therapeutic Touch. My father's field was frail and was only receiving very short sessions, usually less than five minutes in length. On October 18th, my dad was put on the wait list for hospice and enrolled with the palliative home care team, with the focus on medication review, pain stabilization and discharge.

On October 21st, his doctor phoned with a diagnosis of urosepsis and recommended the family to return. My younger brother arrived from Vancouver the next day. Dad recognized him only briefly. My older brother and I arrived the next day. Dad had been in considerable pain, was restless, fevered and semi-comatose. I immediately went to his side and, while doing Therapeutic Touch, spoke both verbally

and mentally to him that we had arrived. His fever subsided. I consulted with his caregivers, requesting sedation and analgesia. As this took effect, I continued with light clearing of his field, which became soft and clear.

We left to find accommodation and supper, returning in the evening. My father's field had a sharp, hard quality, and I felt it was his attempt to hold on. His fever subsided, and I sat with him, using the Hand-Heart Connection, encouraging him to let go. He became relaxed, his breathing regular and deep. His heartbeat was strong, so we left him for the night.

On October 24th, he was comatose, but comfortable. His face was relaxed; his pulse strong. At 3 p.m., I took my stepmom home, as she needed to eat and drink. I'd been dropping by for short periods during the day, when other family members were present. Now, I had him to myself and could do a full Therapeutic Touch session. He had had a shivery tremor all day, and his hands were cold and white; his forehead, neck and chest were hot. He had a fever of 39 degrees Celsius. As I was reaching for his arm, I felt a blast of icy air. I covered him with a light warm quilt. Shortly after, the tremors ceased. I reminded dad that he wouldn't get lost; his parents, sibling, my mom and others who had gone before him would show him the way *home*. Also, he could come and see us, guided by the love in our hearts.

My brothers arrived, and we sat by his bed, talking. Our father's breathing became irregular, and his pulse became thready. He died comfortably and peacefully at 4:45 p.m., exactly 24 hours after our arrival. My younger brother opened the window, and the sun shone briefly, for the only time we were in Penticton. When all the other relatives were present, I felt his field, and it was softly leaving.

On October 31st, when I was hiking, and I had just crested the ridge blasted by 100km winds, I heard the words “memorial to Dad”. Later, behind some trees, sheltering me from the wind and the beautiful view south of the front range mountains, I was reminded of a couple of hikes Dad and I had done twenty years ago. I felt loved and supported with his presence.

I then saw all of us surrounding Dad's bedside in a halo of light and love. I was told to go on Saturday to the group home where my sister lives (She is cognitively and physically impaired. She also doesn't speak). I gave her the memorial card and the picture of Dad. Using a variety of sensory stimuli, including weeping with profound sadness, I communicated the news. I felt she understood. I felt quite weary afterwards, but also lighter and less sad.

Recounting the journey is helping me to heal.

Diane Kroeger RP (TTNA)

Bookworm's Food for Thought

Whether you've been to a Diane May workshop or just wish you could attend, this book is for you.

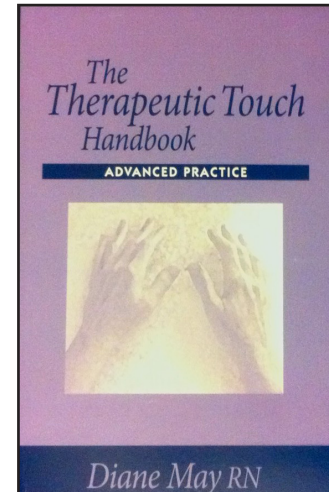
Replete with inspiring quotes, practical exercises and Q & A's from actual workshops, *The Therapeutic Touch Handbook: Advanced Practice* is a must-have for any serious practitioner of Therapeutic Touch™.

May begins her book with a great review of the basics. Many of you who have attended her workshops will recognize the format. Even if you feel quite well-versed in the tenets of Therapeutic Touch, it's wise not to skip over this portion of the book. You may surprise yourself by discovering truths that had previously slipped into your subconscious.

I remember during my training being anxious to get to Level 3 and beyond so that I could explore the chakras. I'm delighted with May's attention to them in this book. Pay close attention to the way she dialogues with a workshop participant, helping the querent to draw conclusions regarding the chakra exercise, rather than supplying the answers. If you are considering becoming a teacher of Therapeutic Touch, you'll gain a lot by reading these excerpts from her workshop interactions, in terms of learning how to teach with greater skill.

The Advanced Practice book also makes great reference material, as Diane May draws on her considerable experience to detail techniques for treating specific illnesses and chronic conditions. I also appreciate the emphasis on personal development exercises for such matters as placing intention or working with compassion.

For spiritual, personal and professional development, and for Practice Groups desiring material as a jump off point for group exercises and discussion, this book is a valuable and, I believe, necessary resource for all Therapeutic Touch practitioners.





If you're looking for a fun way to experiment with the universal laws of creation, consider Pam Grout's book, *E-Squared*. This quick read invites readers to perform nine experiments to discover how we do indeed create our own reality. Very tongue in cheek, Grout's book is full of pithy and amusing quotes such as, "It's right underneath your fingers, baby. That's all you have to understand—everything is right underneath your fingers." Ray Charles, American singer and pianist from Grout's chapter, The Alby Einstein Principle: You, Too, Are a Field of Energy.

Grout's sense of humour and anecdotal commentary encourages the reader not to take the creation of our life quite so seriously, but to bring a sense of play to the experiment of living.

You may wish to bring *E-Squared* to your practice group, so everyone can try the same exercise, and report back their experiences at the next meeting. Similar to the concept put forth by Lynn McTaggart of "The Field" and "The Intention Experiment", this book's value is in imbuing all of us with a deeper understanding of the true nature of our world, helping us to see that we do indeed act not only as facilitators of change in the human energy field but in the world around us.

Our Own Stories...

Where would we be without the stories of Therapeutic Touch™ to engage others and to encourage the use of this modality? Perhaps, it is the stories of exciting and amazing results that intrigue people enough to study Therapeutic Touch.

When we share our stories, especially if we do it in a casual way, we inspire in listeners the idea that they, too, could learn to help others. There is a mystery to our stories that intrigues listeners, touching a desire to participate in such mystery! Telling of our excitement around success in which we have been involved—that is a strong incentive for others. We should be sharing our stories, not just with each other, but with people who may find it implausible, with people who may find us unusual. In leaving ourselves open to being approached, we can tell others, “You can do what I do. I can show you how you can help!” This can lead to learning that is very welcome to people new to such concepts.

Recently, I had a request for distant healing from a guest at a remote cottage. The guest had just had a bad fall resulting in pain and swelling of knee, ankle, and foot. I agreed to do distant healing immediately, and I asked if she had someone with her. She said that she did, but the person with her was unable to do Therapeutic Touch. The caller had taken a class but was in such pain that she could not treat herself. I suggested that she tell the person with her what to do, to clear well from the hip

down and beyond the foot. She shared with me that her companion had only one hand and arm and was very insecure about helping. However they did try together, one instructing and the other trying to be helpful. Soon, insecurity left as the helper began to feel the energy she was attempting to move! The caller informed me the next day of the change in her friend—that even with one hand, she could do something pretty amazing! This was a huge boost to her self-esteem!

Dr. Krieger would like this. She wrote, “The basic techniques can be taught to relatives and friends of persons who are ill.”* When we last heard from Dr Krieger in Toronto, she expressed the sentiment that ideally, we might have someone capable of doing Therapeutic Touch in every family, not limiting it to a few in the community, but having it available from within a family when needed.

Of course we will continue to have people who practice Therapeutic Touch professionally. We need these people. We need others, too, who want to help the people they love. Each of us can help by teaching even part of this simple modality, enough to make it possible for others to ‘shine’ by doing a little Therapeutic Touch.

*Dolores Krieger, PhD, RN, Page 82, *Accepting Your Power to Heal*

Evelyn MacKay, RT (TTNO)

Letters to the Editor

The Summer/13 issue of the TTNC newsletter (p.9) had an invitation from “Chris” of BC. He asked Therapeutic Touch practitioners to submit digital photos with the possibility of including them in a book he is writing. I explored the site mentioned, www.biofieldimaging.com, and found it interesting.

I find, so often, that those who practice Therapeutic Touch downplay their remarkable ability to sense an energy field. For some time, Therapeutic Touch seemed to be the only researched modality to do this, but recently I understand that some teachers of Reiki are including this in their curriculum.

Several years ago, I was at a health conference where thermography was being demonstrated. With the salesman’s permission, I did a clearing of a person’s arm, and the change was immediately noted on the screen. Since then, I have not had the opportunity to access that equipment, but have felt that we are missing out on an important aspect of demonstrating that Therapeutic Touch can make a difference.

I believe we should take advantage of these opportunities to demonstrate the changes that can be facilitated through Therapeutic Touch. I am curious if anyone took Chris up on his offer.

Although I’m a little unclear exactly what ‘energy’ they are photographing and videotaping, the fact that changes might be visible should pique the interest of every practitioner.

The Biofield Reader web site requires a Windows-compatible computer to access the program. It doesn’t include us “Mac types”.

Keeping in mind that we must always approach new ideas with a healthy skepticism, do we have any follow-up to this?

Mary Simpson, RT (TTNO)

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

A Story of Therapeutic Touch Research

Following my presentation of this material in September, 2013, at South West Ontario Teachers Day, participants encouraged me to write an article. It is a story of one determined retired nurse and eight wonderful Therapeutic Touch™ practitioners who, due to their lovely nature, did not abandon her. I appreciate their trust in me, for I had no research-related education and had to learn along the way.

It started in 2003 at the University of Western Ontario, where I met Dr Younus, Clinical Oncologist at the London Regional Cancer Clinic. He was open to research on Therapeutic Touch, obtained a grant from B.C. and for the next two years, worked his way through the maze of the approval process.

Our project was considered, because we could treat the subjects without touch. That seemed to be important, given that the subject and the practitioner were alone in a room.

The target population was women with early breast cancer, who had a lumpectomy followed by five weeks of five-day-per-week radiation treatments. The study aimed to evaluate if Therapeutic Touch was effective in preventing the development of radiation dermatitis.* “Quality of Life” and “Mood/Fatigue Inventory” were added.**

It was the doctors’ role to explain Therapeutic Touch. They developed a Letter of Information and a Consent Form, and later on chose a clinically comparable group of 17 women.

Following the approval, I met with Dr. Younus and Radiation Oncologist Dr. Lock to discuss the details. They wanted five-minute treatments. To that I strongly objected, suggesting it was like giving a hungry person one spoon from a full plate. I explained that a session responds to the needs of the field and has to be offered as a complete unit, which includes a minimum 10-minute rest period. In terms of frequency, I asked for three sessions a week—altogether 15 in the five-week period. We know that Therapeutic Touch sessions are cumulative in their effects, and I wanted full coverage for our subjects. We also agreed that the women receive treatment immediately after the radiation.

- The subjects were to report unusual sensations or occurrences during the session (waves of heat, tingling, seeing colors and so on). That was for reassurance; the women needed to know their experience was common.
- Staying in the room while the subjects rested was important. I felt we were responsible for their wellbeing and safety. That posed a challenge for us, since we had to remain in a detached state.

Hundreds of people came to the clinic daily; the overall energy can be quite challenging there. Practitioners were requested to send healing energy to the clinic before

entering, and remain centered during their stay.

I asked eight practitioners in our area to be a part of the team. They all had experience and integrity, and I knew I could fully rely on them. All had a minimum three levels of Therapeutic Touch and three years of practice. Practitioners were paid \$20 per session. My role as organizer was voluntary.

Getting Started

In the fall of 2007, we had team orientation and were ready to go. I inspected the treatment room and found it empty! The clinic would not supply a recliner chair for us. I asked for one, because I wanted to keep the subjects comfortable—as opposed to lying on the hospital bed. We purchased the chair, and I bought pillows and sheets.

We started in October 2007. I received radiation schedules from the clinic’s research liaison and organized the visits. We might have two to three subjects daily, at different times. There was often waiting involved (a good exercise in keeping centered in that environment).

Treatment Procedure and Guidelines

While developing the treatment procedure and guidelines, I was required to eliminate non-research aspects by offering a “treatment”, not a “session”.

- Minimum communication was employed while staying pleasant and respectful.
- We offered a simple explanation of the process: settling in, treatment, resting and getting up. We could not engage in any treatment-related or personal conversation.

Completion

By June 2008, after eight months of intense involvement, we were done. We had provided 255 treatments to 17 women. Only one withdrew after the first treatment, on her priest’s recommendation. On the last day, I got a reminder from the clinic: the recliner had to be removed immediately. It was not accepted as a donation.

I cannot say enough about my fellow practitioners—their skill, commitment, reliability and patience. We met after the study was finished (see my article “Participating in Therapeutic Touch Research - Practitioners’ Experience”, **in touch**, Autumn 2008). Their names are published there.

Several comments from that meeting still stand out for me today:

- We were questioned how the women knew Therapeutic Touch was good for them. Why else would they keep coming 15 times?

A Story of Therapeutic Touch Research continued...

- It was difficult to treat without touch. To avoid it, we had to stand further from the chair. Interestingly, by doing that, the energy field seemed to be more responsive. We developed ways of making sure the energy was flowing and the subjects were grounded.
- Another difficult task was to completely detach after the treatment was done. We did it in order to avoid continuing the interaction.
- While at the clinic, the challenge was to stay centered and peaceful in the face of so much suffering, fear and anguish. I believe, that way, we contributed to healing of the whole place.
- The subjects tended to “settle” after the second or third visit. It was as if their fields recognized the work, opened up and received more fully. That is our common experience in treating clients over time.
- We sensed the presence of radiation in the field, and learned to clear the chair, linen and pillows after each treatment. An interesting detail: the colourful sheets I bought felt “lighter” than white hospital sheets.
- We wondered if one can truly eliminate the human caring and effects of healing intent. Why else would we receive unexpected hugs, smiles, kind words, and cards?
- Lastly, working as a team gave us a great advantage in complementing each others’ approach. This is also our common experience in working on the London Hospital Team at Wellspring, and on the Distance Team.

The Conclusion of Our Research

In September 2011, I received an email from the American Society of Clinical Oncology University (ASCO), informing me I was an ASCO member and co-author of an abstract

La pratique régulière du Toucher thérapeutique Modifie Notre Vie

Il y a déjà un moment, je regardais la fin d’un documentaire à la télévision. On y voyait des gens discuter à une rencontre au ranch de Dolores Krieger. A l’époque je n’ai retenu qu’une seule chose “Therapeutic Touch”. Je me suis renseignée et à ce moment là un des seuls sites qui parlait du Toucher Thérapeutique était aux USA. Je leur ai demandé par courriel à quel endroit je pourrais apprendre cette technique au Canada et plus précisément au Québec.

Depuis, j’ai suivie les formations en Toucher Thérapeutique. Sans m’y attendre, cette technique toute simple allait changer ma vie tout doucement comme un traitement.

Car, doucement, le besoin de m’ouvrir aux autres, de combattre mes imperfections, de regarder vers d’autres horizons s’est installé en moi.

Et, doucement, étape par étape je chemine vers une spiritualité inconnue et inattendue.

that was accepted for a panel presentation at a breast cancer symposium in San Francisco. I also learned that, since our part of the study had concluded, the doctors had added 31 women as a control group.

This study is the first evaluation of Therapeutic Touch™ in patients with breast cancer, using objective measures.

Therapeutic Touch may be feasible for the management of dermatitis. It did not enhance overall cosmetic outcome, but improved pigmentation and edema. Grade II/III toxicity was not impacted by Therapeutic Touch.

Shortly after, our past TTNO Research chair, Mei-fei Elrick, compiled a new research bibliography for 2004-2011. I eagerly looked for our research. It was not there! Mei-fei kindly informed me that first the doctors have to publish an article in a peer-reviewed paper. Only then can our research be added! Apparently, there is a saying among scientists: “publish or perish”. According to Dr. Lock, the manuscript is presently in development.

And so, ten years after it all started, we are still waiting. I am, by nature, an impatient person. This is a very good exercise for people like myself. As I said at the beginning, I keep learning!

**The effects of radiodermatitis can impact a patient’s quality of life, cause pain and discomfort, limit activities, and delay treatment (Aistairs, 2006). Radiodermatitis also may cause interruption in or cessation of treatment, depending on the severity of reaction. <http://www.medscape.com/viewarticle/751486>*

***Results of these are not yet available.*

Jitka Malec, RT (TTNO)

Tout doucement mon chemin se trace. Et si quelquefois je me rebelle ou je m’éloigne de ce chemin la vie m’y ramène.

Toute personne qui s’adonne et pratique le Toucher Thérapeutique avec compassion en retire beaucoup plus que prévu. Soyez patient, à l’écoute et sans attente. Docilement suivez le chemin qui se trace devant vous puis, retournez-vous, vous constaterez le chemin parcouru.

Doucement et subtilement la pratique du Toucher Thérapeutique nous amène à nous dépasser sans crainte et sans peur. On se laisse toucher par cette pratique!

Marie-Claude Poupart, RT (TTNQ)

Becoming a Teacher

Have you ever had even an inkling—a tiny feeling inside that you would like to become a teacher? Perhaps you think you don't know enough. Take a moment and think about this clearly. Now, go down the following checklist and see how many "yeses" you come up with!

Do you:

- love Therapeutic Touch™ and what it has done for you and your family/friends?
- love to give Therapeutic Touch sessions?
- love to receive Therapeutic Touch sessions?
- think a lot about what has happened in your sessions and want to know how to make them increasingly effective? In other words, are you "self-reflective"?
- discuss your sessions with others so you can learn, improve and better understand the treatment process?
- attend a practice group on a regular basis?
- remember an excellent teacher from any time in your life who you would like to emulate?
- enjoy sharing the knowledge of and joy of Therapeutic Touch?
- encourage others in their learning—to take classes to learn Therapeutic Touch?
- support others in your practice group?

If you said "yes" to many of the above, then you already have developed a strong base for becoming a teacher. Your network needs and wants you!

Please feed and encourage that feeling, that inkling, feed and hone the reflective skills and all those communication skills, the love and wonder of Therapeutic Touch until that inkling becomes strong enough for you to be bold enough to take out and share with one of our teachers. Discuss the opportunity to become a teacher. ☺

We encourage people to share their love of Therapeutic Touch, because we know how important it is to have good people become good Therapeutic Touch practitioners and then become good teachers!

Becoming a teacher is now an easier process, with better support systems. The current Teachers Collective is working hard to develop a process of encouragement and support.

Come to one of our meetings and join the team to see if you would like to work with us. We are the future of Therapeutic Touch in this network. Therapeutic Touch is on the cutting edge of science. Teaching Therapeutic Touch puts us out there as a beacon, attracting more and more people to this incredible art and wonderful practice.

So what's it like to be a Therapeutic Touch teacher?

For me, teaching has been a journey of incredible rewards—many of which I would never have imagined.

I get to:

- meet the most wonderful of people.
- learn more with each class and articulate that learning, because students have asked such brilliant questions.
- be taught so much about doing sessions by others, which adds to my ability and the joy of doing those sessions.
- know the joy of watching people with interest, grow from tentative beginnings into assured, confident and competent Therapeutic Touch practitioners.
- experience the delight of knowing that I am being of service to people, teaching something that many others will benefit from, in an ever-widening effect (the pebble creating ripples in the pond).

If I do a session, I have directly been in service with one person. If I teach Therapeutic Touch with love and joy, then I can be in service with many people, who will then be in service with many others. How cool is that?

I wish I could impart to you the joy and the satisfaction I receive from teaching, but that can only be contained in the many stories that I could tell about each student. I feel so thankful that I was encouraged on this journey and actually decided to become a Therapeutic Touch teacher.

If you choose to become a teacher, the current teachers in your network will welcome you, support and encourage you on this journey, and provide you with as much assistance as you need.

We want you!

Your network is a wonderful organization built on the foundation of each Therapeutic Touch session that people give. As a teacher, you can build a stronger foundation for Therapeutic Touch, and create options for improved health care for our future generations.

Like the Canadian Armed Forces needing recruits to serve, to protect, to rescue and to go into battle, our networks need teachers to lovingly step into the classroom and bravely teach this incredible modality whose practitioners are steeped in compassion.

We need you!

Cherry Whitaker, RT, Education chair (ATTN)

Therapeutic Touch Network Ontario 2013 Fall Event

This event was as wonderful as the others I have been lucky to attend. It is with such gratitude that I can attend because the camaraderie, the event locations, and the learning make the trip well worthwhile. Here are some of the “nuggets” that I discovered at this event.

Diane May has published her long awaited book, [Advanced Therapeutic Touch](#), and it looked great from my first perusal.

Crystal Hawk volunteered to be the Saturday night entertainment and teach people how to bend spoons. Great fun with lots of laughter, and some successes but, sadly I am going to need much more practice!

Allison Cooke led the two-day presentation I was privileged to attend. She goes to the Montana Dialogues each summer with Dolores Krieger. Her presentations were a series of experiences to lead us into a closer relationship with “Issie”, Dr. Krieger’s name for our inner self or higher self. She emphasized the importance of “Issie” in our personal life and in Therapeutic Touch. As Dolores has said, “Therapeutic Touch is only partially about healing others. Equally and perhaps even more important, it is about an inner journey.” (Montana Dialogues 2013)

The workshop sessions were about finding our own truth through our own experiences, and the discussions were opened under the following topics:

- Intention: “With one atom and with all that I have, I can sustain the whole universe.”
- David Bohm, a world-renowned physicist who created the terminology ‘Implicate Order’ and ‘Explicate Order’, and how these related to our world view and Therapeutic Touch. Briefly, a) our Western culture operates as though consciousness is part of the Explicate Order—known through our five senses. Holding this world view tends to create the illusion of separateness. b) Eastern culture operates as though consciousness is the exploration of our consciousness—our “Issie”, and the ability to make conscious our unconscious knowledge. This world view holds that the world is endless energy and creates the knowing that we are all one. The endless energy is the energy of the space holding our atoms and subatomic particles together.
- We examined the role of karma (which Dora Kunz called destiny) in our lives and how we need to be aware of the role of compassion in our Therapeutic Touch sessions so that we do not take on or interfere with the karma of ourselves and others. So, we spent quite a while defining compassion, to be able to act more clearly with compassion and not with empathy or sympathy. Part of our destiny is to be in healing

relationships with others, but we need to do it with care, in compassion and with non-attachment to outcome.

- How do we access Issie and help Issie grow? It is very important to watch our mood, which either enhances or creates barriers in our access to Issie.

“Let the doctors handle your body, God handle your life, and YOU handle your moods.” (quoted from an email—no source given)

a) Mood

b) Music: Find music that brings you into a receptive, joyous mood and play it often.

c) Cultivate compassion: being compassionate has been proven to bring more happiness into life for oneself and others. Compassion is a porthole to “Issie”.

d) Use a journal to record the ideas and senses about life as it goes by and then see how many become intuitive hits. For example, entries could be: I wanted to go into... but didn’t take the time, and found out later there was something there I had been looking for. OR I decided on an impulse to go into...and guess what I found! The more one marks the intuitive hits one has, the more they become accessible to us.

e) Journal your dreams and then read them a week later to see how they relate to your life.

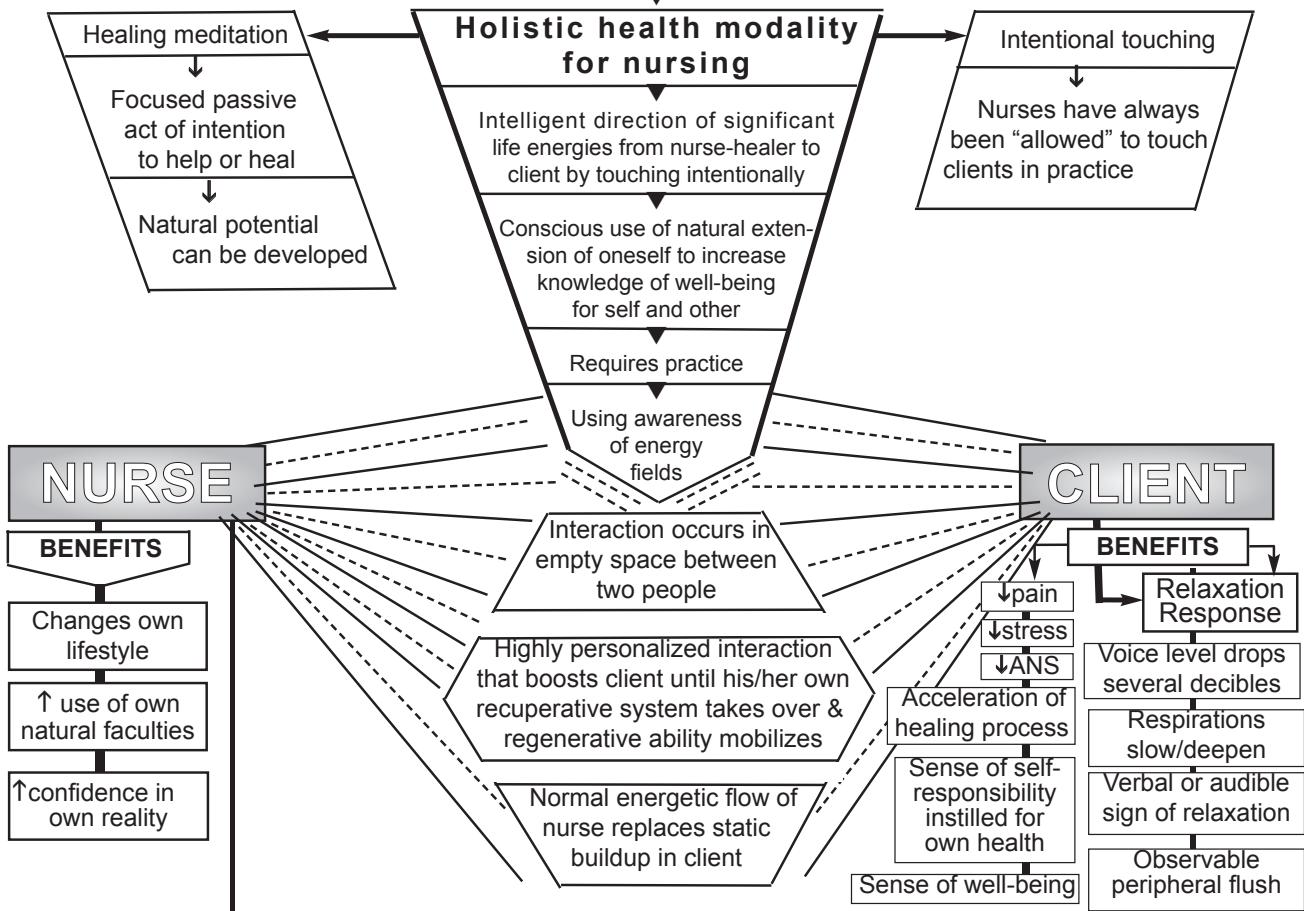
f) Meditation, ritual, centering and any spiritual practice, (drumming, journeying, praying), cultivates our relationship with “Issie”!

I am truly thankful that I learned Therapeutic Touch ‘way back when’. Part of one exercise was to write down in point-form the fundamental and pivotal moments in our life that have led us down this path in Therapeutic Touch. How did your growing up create an opening for you to want to learn Therapeutic Touch and other healing modalities? What synchronicities created the chance for you to lead a life supporting your own and others’ healing? And then once written, tell your story to others, because in the retelling, you will find even more salient points that led you on this specific journey.

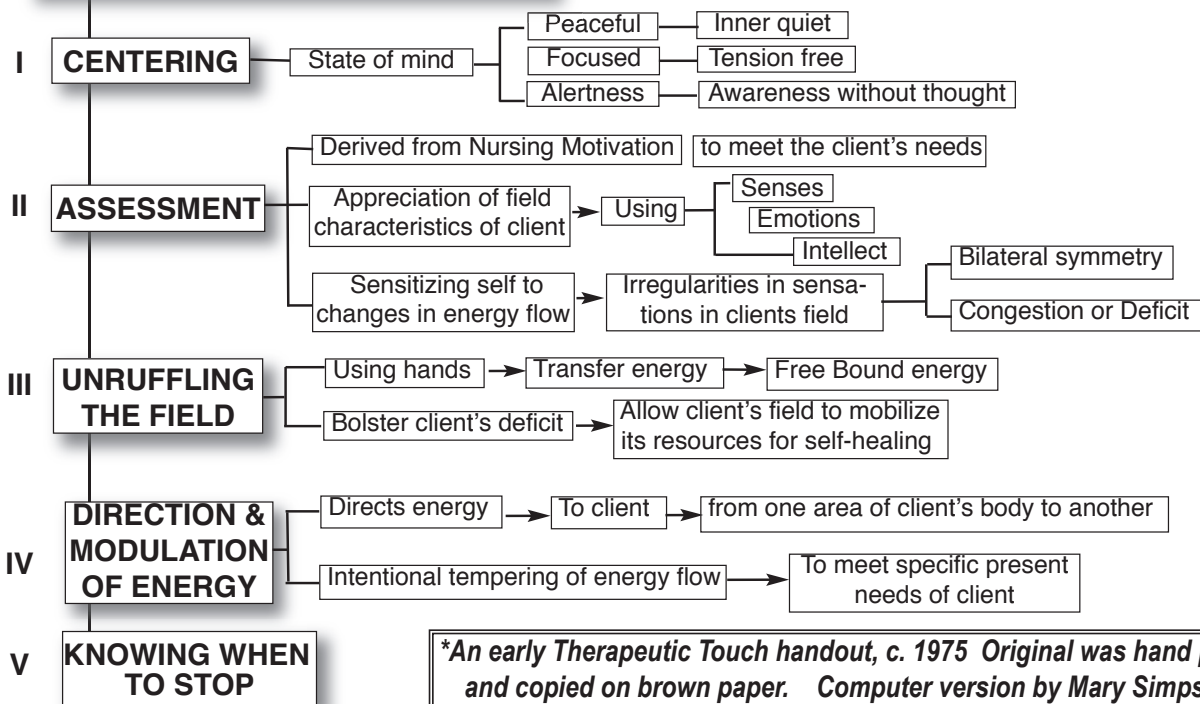
It is important to know that Dolores Krieger has requested that the word CLEARING be used and not the word unruffling, as clearing is a word that the medical professionals can and do understand readily.

Cherry Whitaker, RT, Education chair (ATTN)

THERAPEUTIC TOUCH*



PHASES OF THERAPEUTIC TOUCH



**An early Therapeutic Touch handout, c. 1975 Original was hand printed and copied on brown paper. Computer version by Mary Simpson, RT*

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

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