



# TTNC News

Volume 4, No. 4

Autumn, October, 2015



On the trees are only a few gnarled apples that the pickers have rejected. They look like the knuckles of Doctor Reefy's hands. One nibbles at them and they are delicious. Into a little round place at the side of the apple has been gathered all of its sweetness. One runs from tree to tree over the frosted ground picking the gnarled, twisted apples and filling his pockets with them. Only the few know the sweetness of the twisted apples.

*Sherwood Anderson, "Paper Pills"*

## The focus of this issue . . . the TTNC Therapeutic Touch Brochures!

*Please see pages 19, 20 and 21 for samples of the TTNC brochures prepared for use by all Canadian Networks*

### - Table of Content -

Editorial, Publication details	2	About Our Members - <i>Linda Terra, TTNA</i>	13
Updates from the TTNC	3	Model of a Healing Theory	
Insurance Update. Internat'l Activities	4	<i>From Chery Ann Hofmeyer</i>	14
Reports from Member Networks	5	<b>*Questionnaire re Healing Theory</b>	15
Report from TTIA Internat'l Congress	7	<i>Please complete by Nov. 30!</i>	
The Healing Experience: an Interview		Information re TTNC Brochures	16
<i>by Julia von Flotow, RT</i>	8	TTNC Therapeutic Touch Brochure	17
Keeping Up With New/Old Information	9	TTNC Multiple Sclerosis Brochure	18
Therapeutic Touch: Observations from		TTNC Hospice/PC Brochure	19
Treating Hospice Clients, <i>By Jitka Malec</i>	10	TTNC Groups	20
Scientific Studies of the Human Biofield		TTNC Recognized Teachers	21
<i>by Thornton Streeter</i>	11	TTNC Member Networks	22

**Every Network member is supporting the growth & acceptance of Therapeutic Touch® throughout the world! Thank you for being a member!**

## *Musings from the Editor . . .*

Each experience of editing and formatting this newsletter is a marvelous adventure. One of my main characteristics is a curious mind, so you can imagine my delight with 'Google'! In addition I subscribe to strange, mysterious and exciting web sites and organizations. I was delighted to become 'acquainted' with Thornton Streeter and impressed with his research (see page 11).

A number of articles in this issue had to be reduced to fit the space available. Doing this reminds me of a can of condensed soup - you want to keep the taste and nutrition, but make it less bulky.

Chery Ann Hoffmeyer's excellent article on "The Model of Healing Theory" invites us to explore our Therapeutic Touch practice. We can't all attend Krieger's Dialogues, but thanks to Chery we can have input by completing the Questionnaire on Page 15 - the deadline is close - so try to do it right away.

We also thank Chery Ann, Marion Cameron, Linda Terra and Sherry Cran-Adair for their reporting and comments on the TTNA's experience of having a Therapeutic Touch Booth at the September International Kinesiology Conference in Banff, AB. We can all learn from hearing of each others PR activities.

Until TTNC was 'born' we had no ability to have an 'official' Canadian representative, so we were delighted to have Paulette Deveau as our delegate to the 2015 TTI Congress. See her review on page 7.

You'll notice - although this issue is very full - there are no columns on Practice Groups, Book Reviews, Experiences or Letters. This is simply because none were submitted. Perhaps there will be some in the next issue???

A word of explanation about the picture of apples and the quotation on the front cover. Last year about this time, while I was visiting a friend in the Quinte area (east end of Lake Ontario) we drove through Presq'ile Provincial Park and ate the apples so well described in the writing. The pictures and quote came from Liz Corbett, a TTNO member, who sends out daily inspirational/informative messages. You can find her at: [www.circleofinnerwisdom.ca](http://www.circleofinnerwisdom.ca). So try to take some time to find an old wild orchard and have a special autumn treat!



*If you are a Group Leader, please print this newsletter and take it to your meetings. Mention it as a benefit of becoming a Network member!*

TTNC News is the quarterly newsletter of the Therapeutic Touch Networks of Canada. It is emailed to Member (Regional) Networks and is distributed by them to their members.

*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.*

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**Please send submissions to:**

**mary.simpson@cogeco.ca**

*Late submissions may be held for the following issue.*

*Written submissions may be in any format.*

*A one-page article is approximately 900 words.*

*Writers are requested to include a bio of up to 100 words.*

**→ Pictures in "jpg" format only please.**

**Contributors to this issue . . .**

Cover picture Liz Corbett

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# The Therapeutic Touch Networks Canada

**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.*

## Update from the Therapeutic Touch Networks Canada

*Marion Cameron, President, TTNC Board*

*Hello and Hugs to All.* I acknowledge all those folks that volunteer their time and talents to promote Therapeutic Touch whether for your practice group, on your Network board, and/or for the TTNC Board and committees. There are some activities and meetings – especially emails – that happened all summer long. I do hope that everyone had some R&R with family and friends.

The TTNC Board made the decision to give \$100 to several Member Networks to help cover the cost of printing TTNC brochures to be distributed at a national and/or international conference at which they were participating this year. These brochures have a two-fold purpose: to provide information about Therapeutic Touch and to give contact information for all the Member Networks of Canada to the attendees.

We anticipate news/reports from the 3 Member Networks that took part in the market place at their respective conferences: BCTTNS, TTNA and TTNO.

Peter Cheshire (TTNO) will attend the TTNO Event and AGM on behalf of TTNC. Thank you to the Event committee for their kind offer to waive the fee for a TTNC board member to attend the Retreat.

**TTNC AGM** is scheduled for Nov. 24, 2015 via Skype conference call. Invitations and agenda will be sent out in the next few weeks. More details to follow.

Barbara Stone, ATTN, long time volunteer and advocate for TTNC will retire after the AGM. Thank you to Barbara for her tireless service over the many years. We will miss her wise counsel and sense of humour.

**Website:** Bonita Summers has resigned as webmaster for the TTNC website. We appreciate her time and efforts on behalf of TTNC to update and monitor the website to keep it safe from threats by hackers and spammers. Is there a volunteer

TTNC News, Autumn, 2015

to volunteer. In the meantime any additions and/or changes have been suspended.

**Newsletter Committee:** Thanks to Mary Simpson and to the committee members for encouraging members of their respective network to submit articles and share 'news' of happenings/activities in their network.

Jean Gurnett, TTNA, has resigned as committee chair due to illness; thank you to her for her efforts and ideas. We send best wishes for a return to good health. If anyone is interested to take over the position, please contact me.

**Brochure Committee:** The TTNC Hospice Palliative Care brochure has been completed and distributed to the membership. Several esteemed members of the hospice and palliative care community in the Toronto area augmented the Brochure committee for this project. The TTNC Board appreciates the efforts of Nancy Hall, Evelyn MacKay, Arlene Cugelman and Peter Cheshire. Thanks to Judy Donovan Whitty and Selena Jones for their assistance with editing of the final text.

**National Committee on Teaching Therapeutic Touch:** on a hiatus from further discussions for the time being.

**Extended Health Coverage** for Therapeutic Touch sessions: Committee members have been busy contacting groups/associations of other modalities to assist in their efforts to influence providers of health benefits. Paulette and Cheryl have promising contacts within the healthcare professions community. Many thanks for all your efforts. More committee members/ reps would be helpful to spread the network of contacts. Contact Cheryl Larden at clarden@shaw.ca.

*Logic will get you from A to B.  
Imagination will get you everywhere.  
Albert Einstein.*

***A Reminder!***

**Liability Insurance with  
BFL Canada**

**The renewal date for your insurance policy  
with BFL Canada is Dec. 1, 2015.**

You may not get a reminder so a copy of the application can be obtained from the TTNC website. For TTNO members it is also available from your website.

You may find the year is outdated so you can update that by writing in 2015-2016. We have been given permission to make that change on the policy.

We welcome new applicants as the numbers that have taken advantage of this comprehensive and very reasonable policy are less than what was expected.

I would like your feedback if this policy does not meet your needs.

Please contact me if you have any questions or problems obtaining a copy of the policy. I can forward a copy of the policy as well as further details to you.

Marion Cameron, president, TTNC Board  
mumcam@telus.net or 780-988-7211.

**International Activities**

*For the 'Snowbirds!'*

**Therapeutic Touch**



**Therapeutic Touch  
East Coast, Inc.**

Presents its Second Regional Conference  
***Reflecting In and On  
the Practice of Therapeutic Touch®***  
integrating experience, intention, and meaning  
through self inquiry

**January 22-24, 2016 Jacksonville, FL**

**Keynote Speakers:** Mary Anne Hanley, PhD RN,  
Denise Coppa, PhD, RN, Diane May, RN  
and a Video with Dolores Krieger PhD RN

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**At Pumpkin Hollow, NY, USA**

Nov. 20-22 Deepening Therapeutic Touch  
in Your Life: Rest, Restore and Rejuvenate  
Dec 31- Jan 2 Winter Solstice/New Year's Retreat

*Enjoy the Hollow in the Beauty and Quietude of Winter*

March 18-20, 2016 Basic Therapeutic Touch

Teacher: Carolyn Kay Wheeler, BA, RN, QTTT

May 27-29, 2016 Memorial Day Weekend Intensive

Facilitator: Vicky Biondi, MD, QTTT

Teachers: Holly Major, APRN, MSN, QTTT,

Beth Hagedorn RN, QTTT

**Pumpkin Hollow:** [pumpkinhollow.org/](http://pumpkinhollow.org/)  
[pumpkin@taconic.net](mailto:pumpkin@taconic.net)

***Camp Indralaya, WA, USA***

For Therapeutic Touch Workshops in 2016 visit:  
<http://www.indralaya.com/>

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# Reports from Member Networks Across Canada

## The Therapeutic Touch Network of Alberta

The Banff Centre in Banff, Alberta! Such a lovely mountainous setting in which to have a conference themed "Confluence"! This International Kinesiology Conference was brought to our attention by TTNA member Jean Gurnett who was a *Brain Gym* facilitator. Preparation for this began about nine months ago. Chery Ann Hoffmeyer, PhD, RT, QTTT, accepted our request to speak for TTNA and did a fantastic job! For excellent coverage please see: <http://letsgetrealchattinwithcatherine.com/category/international-kinesiology-conference-2015special-coverage>

We took advantage of the opportunity to have a vendor booth at the 'early bird' price of \$350.00 (less than half the regular price of \$850.00). TTNA membership was supportive when we introduced this plan at our AGM in April.

Our goals were:

- to spread the word about Therapeutic Touch;
- to inform the public, especially Albertans, about TTNA;
- to potentially increase our membership.

Members from both Edmonton and Calgary practice groups filled the spots required at our booth. Volunteers, who could not travel, folded the TTNC brochures and provided input and suggestions. Thank you all for your experience and time.



L to R, Sherry Crann-Adair, Sheila Camp, Marion Cameron, Linda Terra

Only 4 conference/vendor booth badges were issued. Because the marketplace was open between 9 and 10 hours each day, we prepared a schedule of rotating shifts. A volunteer 'expectation list' was made which included dress, behaviour related to visitors, Hp's, media; materials to be displayed on the table in the vendor booth, etc.

Eventually – in spite of various unforeseen complications, – all was processed, our speaker accepted and, breathing a sigh of relief, we began planning our display.

A useful resource was experience of members who, over the years, have attended various conferences and shared their observations of booths and displays. Our free-standing banner was ordered. Brochures and our website sign were printed. Many thanks to TTNC for assisting with payment towards the purchase of brochures.

~ This report is continued on page 12 ~

## The Therapeutic Touch Network of Ontario

*"If nothing ever changed, there would be no butterflies."*  
(unknown)

A sincere thanks from members of the TTNO to our retiring Board of Directors: Sharron Parrott (Chair), Penny Craig (Secretary), Simone Redman (Treasurer), Flo Hartleib (Teacher Liaison) and Laura Morassett (Practitioner Liaison). This dedicated group has worked tirelessly to ensure that our Network could and would continue to flourish. The list of their accomplishments is too long for this space, but to name a few...

- Role Descriptions for TTNO positions,
- Terms of Reference for TTNO committees
- TTNO Board Operations Manual as well as our Financial Guidelines.

Lots of work on our behalf... thank you!

Our new Board members will be elected at our AGM at the end of October.

The Office Manager is, of course, vital to the Network. Hala Riad has fulfilled this position wonderfully for 8 years, but it is time for her to move on. We thank her for her service to the Network. Pranita Prasad-Murphy became our new Office Manager in September. We welcome and support her!

Another remarkable lady, Sally-Ann Kerman, has been in charge of the TTNO Referral Service since 1996. As Sally herself noted, people looking for treatments can now use the "Find a Practitioner" link on our TTNO Website, so she is retiring from this role. Your personal touch cannot be duplicated Sally; thank you for your twenty years of service in this capacity.

After nearly thirty years of publication, it looked as if December would be our last issue of *inTouch*, because Evelyn MacKay and MeiFei Elrick, are retiring as editors. So we are delighted to announce that James Metson of Bolton will be the new editor as of January 2016! Thank you for accepting this opportunity James! Evelyn and Mei Fei... we cannot thank you enough for the inspiration and support you have provided through the newsletter over the years.

"The Last Gift – A Peaceful Transition", is the last workshop Evelyn Mackay will be presenting. She has chosen to present it in three cities, and I am very grateful that she has chosen Chatham as one of these cities... it is so close to Windsor, that I will be able to participate!

*Let's enjoy this beautiful season of change...*

Deborah Simone, RP

## Atlantic Therapeutic Touch Network

Members have been busy providing a presence at Health Fairs helping make Therapeutic Touch® better known. The ATTN Board had the annual “year review” with action plans developed including ways to help promote information and publicity about Therapeutic Touch; so now to implement the action!

See our website [www.atlanticttn.com](http://www.atlanticttn.com) when time permits.



Michelle with Dr. Rashida Naraharasetti (MP). Their presentation was titled “Dancing to the Rhythms of the Cosmos”.

*May the Fall season be good to us all!*  
Presenters at the September Kinesiology conference sponsored by *The Canadian Association of Specialized Kinesiology* in Banff, AB, included ATTN member Michelle Greenwell, BA Psych, (CAM specialist; TFH, Tai Chi and Dance Instructor) from Mabou, NS, who presented with Dr.

Rashida Naraharasetti, MBBS, DO (MP). Their presentation was titled

A dance and movement specialist, Michelle is passionate about helping others to move easily and pain free, while reaching their highest dreams and potential through movement. She is very active in ATTN and looking forward to becoming an RP.

Rashida is an Energy Kinesiology Practitioner, Osteopath and TFH Instructor from Richmond Hill, ON, with a 25-year background in conventional Medical practice and Physiotherapy.

Please go to <http://www.celebrate2015.com/> to learn more about this excellent conference.

### ATTN Board

Clockwise from left :

Barbara Stone, Birdie Fiddes, Judy Donovan Whitty, Kathy Putnam, Cherry Whitaker, Sandra Fraser, Barbara Williams. Missing, Cara Coes.



*Please go to page 16 for a special report from Prince Edward Island.*

## Therapeutic Touch Network of Québec

### Plaisirs d'été . . .

Les praticiens et praticiennes en TT et leurs invités ont partagé un repas Pot Luck le 15 août dernier au domicile de Pierrefonds de Susan Hamilton, présidente du réseau de Montréal. Les invités ont pu déguster une variété de plats délicieux.

M. Bernard Dubreuil qui offre des ateliers sur les membres fantômes et sur le chant harmonique était présent et nous avons été privilégié d'avoir une petite démonstration de sa part.

Le beau temps et la possibilité d'échanger entre les amis a fait de cette journée un succès. Tous sont d'accord que ce rassemblement de gens avec un intérêt commun était essentiel et bénéfique.

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### Summer Fun . . .

The Montreal TT'ers enjoyed a pot luck party on August 15th in Pierrefonds at the home of our president, Susan Hamilton. A variety of delicious food was offered and shared by members and non-members and their guests.

Bernard Dubreuil, who gives workshops on the Phantom Limb and Harmonic Chanting, was present to give a small demonstration.

Everything was enhanced by the friendly conversation and beautiful weather. We all agreed that a social get-together was essential to bring people of like minds together and plan to do it again next year.

*Susan Hamilton*



L to R, 1st row Bernard Dubreuil, Monique Gregory, Carol Lavoie, Susan Hamilton  
2nd row; Patsy Angotti, Shariyfah Nurse  
3rd; Debra Smith, Dusica Jurisic  
4th; René Lavigne, Phyllis Judge, Roberto and TT friend



# TTIA International Congress, Seattle WA, – April 17 – 19

A Report from TTNC Delegate, Paulette Deveau

*Editor's Note: Because the focus of the last issue was Hospice Palliative Care, this article was saved for this issue.*



The theme of the 2015 TTIA International Congress was that Therapeutic Touch (TT) has a vital role in shifting world consciousness to a view that humans, animals, plants, and the earth, are all interconnected and are all part of the whole. Therapeutic Touch® is viewed as one vehicle to change the world.

Representing the Therapeutic Touch Networks of Canada in an official capacity, I was very conscious of how vital it was to network with as many practitioners as possible from the countries represented. I was very successful in meeting most of the 134 practitioners from every country.

Dolores Krieger's speech, "Future-shaping the Dialogue: Therapeutic Touch as a Highly Human Function" was the anchoring event of the conference. Reminding us that when we are centered, we are connected to our heart, she also referred to the heart center as the inner self. She called upon the attendees to constantly look towards their inner self to guide them in every aspect of their lives, not just in the TT sessions. This *sustained centering* is the consciousness that will bring love and healing to the world resulting in a much better place to live. She referred to Therapeutic Touch practitioners as "technicians of compassion".

The Congress Objectives were:

1. Develop an international community of educators and researchers to support the culturally competent application of TT with diverse populations;
2. Explore the processes essential to designing a practice-based theory of healing through TT;
3. Examine the state of inquiry and evidence-based literature as the foundation for global TT practice and education;
4. Identify ways to use informational technology for establishing collaborative communities in TT.

These objectives were met through the various presentations.

**Stephan A Schwartz**, in "The Power of Intention", presented extensive research and experiments demonstrating that the use of therapeutic intention has a positive healing effect on diverse populations such as people with advanced Aids and people admitted to a Coronary Care Unit. He emphasized how he came to focus on consciousness when he began to look at all the research.

**The Plenary: Montana Dialogues Panel;** The Montana Dialogues is an annual event. Five panelists presented their

work on creating a theory of healing through Therapeutic Touch. A working theory of healing was defined as a shift in consciousness and magnitude in which healer and healing partner experience reciprocal change or transformation. Consciousness was defined as *an awareness that transcends the dynamic fields* used intentionally for the purpose of engaging in a partnership with another, to help or heal.

Susan Wager, MD; in her presentation, "Human Consciousness and Healing", stated that "Energy fields represent human function and are states of consciousness. The inner self is never sick and carries the blueprint for wholeness. Healing involves helping the inner self to express more fully its pattern for wholeness."

**The International Panel** discussed "Therapeutic Touch: A Global Perspective". The countries included Turkey, Austria, France, Germany, Africa, Australia, the United States, and Canada. Great Britain forwarded an email since they did not have any member attend the conference. Each representative gave an overview of how Therapeutic Touch came to their country and discussed the progress of their programs and education. The commonality between the countries is the tremendous work, dedication, and passion given to the growth of Therapeutic Touch. Despite all of this effort, membership is small in each country.

**Australia:** The representative shared the course outline of their Certificate and Diploma in Energy Healing (Therapeutic Touch), which appeared progressive. She reported that they are looking at adding electives like Aboriginal Health. They have a mentorship program and approximately 40 members.

**Canada:** Alberta's Chery Ann Hoffmeyer did a wonderful presentation of TTNC, the national voice of its member networks. She gave an overview of its mission, vision, and value statements, its committees, and advocacy role.

**France:** reported a huge challenge in having TT accepted by the medical establishment. Finding that it is very difficult to translate TT in French, they have liaised with Quebec.

**Germany's** representative reported that TT is part of the care plan. Diane May's books and one of Dee's have been translated in German, which is very difficult to do.

**Turkey:** 14 people are now practicing in this country.

**"International Communities of Healing, Past and Future"** was presented by Gladys McGarey, MD, and Margaret Courtwright, RN, two sisters in their 90's. *Cont'd on P. 16*

# ON THE HEALING EXPERIENCE – AN INTERVIEW

by Julia von Flotow, CPC, RT

*The following interview has been edited for length. Ed.*

Karen first approached me in April, 2011, to help her become more at peace with herself. She disclosed that she had an inoperable brain tumour resulting in epilepsy with severe vomiting type migraine headaches and seemed to stress easily due to the trauma she had experienced as a young child. Karen responded well to the mindfulness coaching approach. The reflective practice before and after a coaching session, along with supportive emails between sessions, provided her with the kind of support she needed to feel safe and open to herself and to me, as her life coach.

Over the years, we began to supplement coaching sessions with distance healing sessions over skype. Karen, a former nurse, requested healing sessions only in times of great need. Her primary focus was to develop lifestyle management best practices to help her achieve her goals. Of a total of 127 sessions offered over the 4 years of our professional relationship only 11% were distance healing sessions.

The interview questions below were sent to Karen in advance of an interview I conducted with her using skype. I want to acknowledge Karen for her emotional strength, her intellectual curiosity and rigor and her generosity of spirit to face herself, explore and discover what's there and have the courage to share it.

## A HEALER INTERVIEWS HER HEALEE

Julia: In your case, what kind of issues prompts a request for a healing session?

Karen: For severe headaches (migraines with complications) either building up to going out of control or headaches which are now full blown with nausea, extreme pain, and distorted vision, and knowing I am out of alignment after a really bad shock or traumatic event, where I'm unable to ground or steady myself and feel a growing sense of panic.

Julia: What changes for you once you have a healing session confirmed before it starts?

Karen: If the session is for when I feel out of alignment or ungrounded, it starts to steady me a little. If for a headache which is threatening to go out of control, a feeling of relief. If the headache is out of control I am grateful, but the wait for it to start takes all my control to just hang in there.

Julia: How do you prepare for a healing session?

Karen: I try to calm myself and work on my breathing. I try and stay in the present moment not going into the future and wonder if it will be much longer, or wondering "what if it doesn't work this time and I stay like this, etc. There already

is a "Please do not disturb" notice on my front door! I make sure I have a glass of water a box of tissues and a blanket.

Julia: What do you notice happening in a healing session?

Karen: Something which I used to describe as magical and now concede is mysterious. I meet with you through skype with the cameras and feel instantly better connected to you. During the session I experience an increasing feeling of peace, alignment, well-being, and flow.

On the Healing Experience have found the best thing for me to do is to open to you, to 'let you in'. After a short while there is a feeling of deep relaxation leading to a sense of peace and well-being and something I call 'blissful flow'.

Julia: How do you connect with me as healer – how do you sense the conditions for healing to be established?

Karen: In the very beginning I experienced a great deal of resistance – my mind was very active with a sense of curiosity. I wanted to learn what was happening. I wanted to be sure that what was happening was going to be OK – that I wouldn't feel unsafe in what was happening.

A huge part of what happens, I discovered, is a sense of opening – a trust in you, as healer and trust in the healing process. As I open, my mind quiets. The feeling of not being alone in a severe headache, feeling frightened, is amazing. If I didn't trust the healer or the healing process, my mind would be continually active, wanting to control, not trusting. My real deep healing requires mental quieting and trust. It's when you, the healer, are peaceful...it is your calmness and peacefulness that makes me want to be like you...the calmness you are, makes me want to match the feeling you're projecting to me...and then I am able to open, to allow the healing connection to happen.

Julia: So, my inner calm and quietness, inspires and awakens your desire for it – you recognize what you want in me and desire to make it your own – what a great insight. Thank you, What have you noticed happens?

Karen: At this moment I am usually aware of how you seem to be tuning in to me. I believe it's the knowledge that I am no longer alone trying to help myself – that I now have someone with whom I can share the load. To start with, this is very difficult, but as you get to truly relax and feel total trust in the healer, it becomes possible. For this I am deeply grateful Julia. There is truly exquisite relief in this healing.

Julia: What have you learned about yourself in and through the healing experience?

*Continued on next page --*



**Interview**, continued from previous page

Karen: I'm only aware of the depth of healing at the end of the session. The most important way I respond is to become aware of you and to simply 'give myself to you', and follow your lead. I notice my inner attitude and self-messaging changing from "I don't know what's going to happen. I can't stand it anymore. I can't cope", to a state of wonder and openness with, "I can do this. I feel strong enough to do this". At the end of the session, I feel more relaxed and peaceful in which a gentle, quiet strength emerges.

Healing seems to me to be a movement from being negative to being positive and somewhere along this continuum we come to the place of Peacefulness where we come face to face and connect with our inherent healing potential, *The Healer Within*, as you call it.

I remember when you told me "Focus on what you want. If you want to heal yourself, then focus on the whole...on your whole self. We all have the inherent ability to heal, and while the outcome is always beyond our control, our intention is ours to create." It changed the way I think. Up until now, it seemed all quite extraordinary, magical even. *The Healer Within* is a new concept for me.

Julia: What do you notice is different or has changed upon completion of a healing session?

Karen: The difference in how I feel is very marked. I feel peaceful, as though 'my bucket' has been emptied from overfull and spilling over, to just an inch or 2 at the bottom ... or completely emptied! I experience a feeling of health restored in my body and an increase in my ability to cope. What happens in a healing session is something very beautiful, very special. I know we are working with the Universe and I treat our sessions with great reverence.

• • •

Reflecting on this interview, I realize how my work continually renews me. The healing and transformation it enables awakens intuition and opens us with awareness to connect with ourselves, the other and the Universe. It gives me joy as I witness Karen and others release their suffering, shift their focus and grow in hope, peace and strength. It is truly an honour and a privilege to do this work.

*Julia von Flotow, Certified Professional Coach, first came to Therapeutic Touch® in 2002. Her own healing journey, guided by extensive training with diverse Therapeutic Touch teachers, led her to become a Recognized Teacher in 2010. Julia's passion lies in helping her students and clients live authentic, mindful lives. Today, through the Therapeutic Touch Institute, she founded in 2014, she offers workshops, continuing education programs, practitioner training and development programs as well as healing and coaching sessions.*

Website: <http://www.kaizenleadershipinstitute.com/kaizen-therapeutictouch-clinic/>

## "KEEPING UP" With New/Old Information!

In the not-too-distant past we read books! We eagerly anticipated new publications from Krieger and Kunz, as well as Richard Gerber, MD and others who could expand our knowledge and awareness.

We read about exciting Conferences sponsored by the Institute of Noetic Sciences (IONS), ISSEEM and Hay House, but they are too far away and expensive to attend. Now, however, a wealth of information and excellent sources of learning about the latest in physics and consciousness are easily available on YouTube.

We have listed some interesting sites here, hoping that you decide to spend an hour or two a week in learning new information that will enhance our understanding of human energy fields and how they function. It may even help us respond to those annoying people who say, "You don't believe in that stuff, do you?"

### Consciousness Science Kept Hidden

<https://www.youtube.com/watch?v=LFSRTsLOiv0>

*"How do we create an intelligent dialog with the creative force of the Universe to allow us to experience a Quantum leap in our own intelligence?"* 2.5 hours

### Secret Ancient Knowledge Exposed 1.25 hours

<https://www.youtube.com/watch?v=MliWcu0GoxM>

*A quick cartoon explanation of the possible "human history" based on the informations gathered from all around the world. This is public information free to share from the "authors". Slowed down due to extra fast flow of information (25% pitch down). Nothing has been changed in the content itself. Please have your own experience while watching this. I'm not telling you that these are facts. I am simply saying, decide for yourself.*

Mind Science Kept Hidden Documentary 2.5 hrs

### WE ARE VIBRATIONAL BEINGS.

<https://www.youtube.com/watch?v=VjpCKZ7cEoYLaw>  
of attraction/vibes

Full Documentary 2015 - 50 min.

### Power of Human Mind - Mind Over Matter

<https://www.youtube.com/watch?v=sp3U8kj86TM>

NEW full Documentary 2015

### The Awakening

<https://www.youtube.com/watch?v=T8oBhEMOX6Q>

### Helpful Hint...

Cut up pieces of fruit - or bring grapes to watch these videos!

The Editor

## Therapeutic Touch: Observations from Treating Hospice Clients.

By Jitka Malec, RT



In my volunteer work at the St. Joseph's Hospice London I treat residents of the Hospice as well as clients in the community. I have been treating people in various stages of illness and the dying process. Their individual presentations and characteristics of energy fields seemed to follow certain common patterns. Over the time, I realized they were related to the phases of what is referred to as the Universal Creative Evolutionary Process: Involution and Evolution<sup>1</sup>.

Before anything can unfold/un-wrap/evolve, it has to first fold-in/wrap. In Nature, a whole majestic oak tree is contained in one tiny seed. The fetus is folded in mother's uterus. In the state of great suffering, in old age or in dying we often fold into 'fetal position'. In our lives, anything we create comes from a seed of idea/thought/desire that grow in our minds towards fruition – for better or worse. What we feed into, unfolds into reality. This is true on all levels of being.

As the life moves us towards the end of our song, we gradually focus inward. Priorities in life are changing and, concentrating on what is most important, start to let go of that which no longer serves us. The urge is to travel light.

In my experience as a former geriatric nurse, this is the stage when the person may be easily labelled as 'losing' her mental powers. She just does not pay attention to certain things. They are no longer important to her. She is 'wrapping up'.

Involution is actually a natural process of preparation for one's death, continuing until the last moment of life on this plane of existence. According to Erikson, in this developmental stage we deal with integrity versus despair.

In healthy aging, we grow in wisdom and acceptance of the things past and the things to come. One is at peace with moving towards the end of life. In such circumstance the 'passing over' can be voluntary and free of struggle.

The person is preparing for death by dealing with their own and family issues, letting go, tying loose ends. That requires a lot of inner work. As a Therapeutic Touch practitioner, I have the intent to support her in accomplishing the task. Working from the place of peace and compassion, I feel utmost respect for her unique journey.

Amongst Therapeutic Touch practitioners and in settings like Hospice I find what I call 'real people': no gimmicks, no

pretention; nothing to hide, all is laid-out in the open. In accepting one's humaneness and vulnerability, there is a dignity that leaves me deeply moved and grateful.

The field structure is becoming weaker, less defined, thready, almost as if it would start to dissolve. On assessment, the field may seem to be 'lifeless', mainly in lower parts of the body, with no detectable cues. Heavy sedation with narcotics can play a part in this 'cue-less' state.

As the person moves closer to passing, I may perceive the chakras 'shutting down', starting with the root chakra. I often find myself gently clearing areas of upper body, mainly chest – where the heart is beating its final beats, where the emotions are most intense. Treatments are short and light.

The Hand-Heart Connection<sup>®</sup> is an invaluable tool. It touches the deep recesses of our very substance. My message is 'I am here with you'. No words are needed. I often hold her hand while ever so lightly clearing the field with the other hand. Grounding may be unnecessary.

The Soul can be perceived as a specific individual form of subtle energy wrapped in what some call 'astral body'. It seems to vacate the body in upward direction. According to Barbara Brennan<sup>2</sup>, the crown chakra fully opens at death. People present at the moment of final passing often perceive palpable light and love in the room. Once again, the Soul is free.

Death signifies beginning of the next stage of individual evolution and we hear about Soul going through a life review and planning for the next journey. We all are moving in the same evolutionary direction, upward and onward, learning our lessons on the 'way home'.

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### References:

1. Resource: Yogi Ramacharaka, Lessons in Gnani Yoga, 1906, The Yogi Publication Society. Chapter on Cosmic Evolution
2. Barbara Brenner, author of "Hands of Light" and "Light Emerging".

*Jitka Malec, RT has been teaching since 1997 for institutions, privately and internationally. She volunteers at Wellspring of London and St. Joseph's Hospice, London, ON. She organized the research project at the London Cancer Centre. As a former R.N. she is committed to promoting Therapeutic Touch in the Health Care and in the Community.*

## From the alchemy of the astral body to the scientific study of the human biofield

*As Therapeutic Touch® practitioners we welcome research into human energy fields. At our request, Thornton Streeter sent a brief overview of his work. Please visit the web sites for illustrations of his exciting endeavours. Editor*

Over the last 40 years a global band of pioneering investigators have integrated ancient knowledge of the chakras and the meridian system of subtle and healing energies into modern anatomy and physiology to improve preventative and proactive healthcare in our communities.

When we founded the Centre for Biofield Sciences in 1998 at the UNESCO World Peace Centre on the MIT campus in Pune, India, we were empowered by a strong scientific community, whose cultural roots allowed for endeavors that would have not found such fertile and open minds in other countries. Over the years we have examined thousands of biofields and biofield interactions and hundreds of energy medicine modalities has been tracked and new understandings shared.



Thornton Streeter with mentor Bruce Lipton in New Zealand both keynote speakers for the Holistic Cancer Congress 2013

So we established a dynamic relationship with our local community and thousands streamed into our free clinic to help us shed light on the human biofield from a scientific perspective. This was all made possible by a diligent team gathering all the known devices sensitive enough to measure what we were looking for, some of which we had to invent for this purpose, such as the 3D Biofield Viewer.

<http://www.item-bioenergy.com/rfi/RFICorrelationAnalysis.pdf>

We wanted to map an individual's health trajectory long before any physical symptoms or biomarkers would indicate disease, by comparing biofield patterns in different people with known medical cases.

We called this database project, the Atlas of Disease States and the findings were presented in Exeter, England at the Complementary Health Conference. The abstract was listed in Focus on Alternative and Complementary Therapies.

<http://onlinelibrary.wiley.com/doi/10.1111/j.2042-7166.2003.tb05827.x/full>

Mapping the human biofield is now the focus of a wide range of institutes, and the goodwill and co-ordination amongst these groups has optimized the progress. With so many years experience in this field, the contribution of the Centre for Biofield Sciences is globally noted and we widely and freely distribute updates of our work.

The biofield itself has multiple dimensions and can be measured with a variety of different tools. Bio-photons make up the core and these can be measured in a shielded room with a bio-photon multiplier and analyzer. We can also listen to the biofield in the audible spectrum with sensitive microphones and now see its effect with the Biofield Viewer which is a sensitive light meter that helps visualize the subtle gradations in light intensity between the biofield and the biofield viewer environment which includes a matte white background and full spectrum lighting to standardize the imaging process. The biofield is shaped by torsion and the influence of the Earth's bio-magnetic fields.

The Biofield Viewer has allowed scientists to measure the impact of interventions and quantify any changes statistically for significance.

A recent contribution that CBS and John Catchpole have made is the development of 3D Biofield, which like Kirlian electrography allows for an isolated view of the innermost etheric layer of the Biofield. Instead of the limitations of the 2D plate that means only a hand or leaf can be images, 3D Biofield allows for unstimulated observation of the etheric layer live and in colour. This enables subtle concave and convex patterns to be observed for the first time.

More recently we have been conducting research for an international range of new medicine companies and organizations such as Lifewave a 50 million dollar turnover company that funds a number of research institutions like the Centre for Biofield Sciences in lieu of institutional support. You can see a selection of our published research for Lifewave online.

<http://lifewave.com/pdf/Research/pub-HolisticHealthCareJrnl.pdf>

<http://lifewave.com/usa-en/science.asp#lw-research>

If you would like to see a demo of our new Biofield Viewer device please see this video link

<https://www.youtube.com/watch?v=J6wiG12T8gM>

Here is the link to our latest Centre for Biofield Sciences Power point slideshow

<https://www.facebook.com/media/set/?set=a.749535548505820.1073741829.252124344913612&type=1&l=726c6e2141>

Thornton W. J. A. Streeter  
[thornton.streeter@gmail.com](mailto:thornton.streeter@gmail.com)



### Was it worth it?

As far as getting the word out about Therapeutic Touch in Alberta, other provinces and in other countries I would say 'yes'. Increase in membership will be evaluated in future. We share this info from our tally/comment sheet at our vendor booth:

- 61 visitors were recorded as stopping by – from Canada, Scotland, Malaysia, Spain, Hungary, Russia, Mexico, Australia, Hong Kong, France, Germany, and U.S.A.
- Many received sessions. Some signed up for TT courses.



Chery Ann Hoffmeyer, presenter, "Therapeutic Touch Process as Exemplar of Confluence"

Our table featured a picture of Dolores and Dora, a binder of information, books – both for sale and display, ribbons with 'Who I Am Makes a Difference' to give to visitors (a good conversation starter), TTNC brochures, 'Theory of Healing' questionnaires to give to other energy therapy modalities, a sign 'Therapeutic Touch Sessions Offered', and workshop information of two Alberta teachers.

A media partner, Catherine Whelan-Costen who runs 'Let's Get Real-Chatting with Catherine' an interactive website, interviewed TTNA's Dr. Chery Ann Hoffmeyer. It is currently under revision. Please contact Chery Ann at [chaiholistichealth@shaw.ca](mailto:chaiholistichealth@shaw.ca).

Personally the opportunity to give sessions to newcomers and talk to them about their own experience with energy modalities was very interesting and uplifting for me. The Banff Center is literally nestled in and surrounded by mountains and this was especially rejuvenating to me.

*Sherry Crann-Adair, Coordinator, TTNA*

### Comments from participants . . .

*From Marion Cameron, TTNA, President TTNC Board*

What a great experience to be a volunteer at the Therapeutic Touch booth. Conference attendees from all over the world included countless Canadians and local Albertans. Many stopped by to ask about Therapeutic Touch. During these connections information about Therapeutic Touch was exchanged with explanations of their modality, usually Brain Gym and Touch for Health, etc.

We didn't reach all 300 delegates at the booth but others heard Dr. Hoffmeyer's presentation about Therapeutic Touch and Confluence. She also introduced the model for a Theory of Healing through the practice of Therapeutic Touch. The connections made with about 5 Hong Kong delegates and the one from Malaysia resulted in requests for

Therapeutic Touch workshops in their countries. Contact information was exchanged and ideas explored. Now to set the intention!

It was a delight to meet Natascha Polomski and Michelle Greenwell from ATTN. They shared their passion for energy based healing and their many other interests and talents to help others live a healthy balanced life.

Effectiveness of time, effort and cost cannot always be judged by numbers. The quality of our encounters through discussions and the experiences from Therapeutic Touch sessions was significant. Having the TTNC brochure was very valuable on the local, national and international stage for contact information as well as getting the word out about Therapeutic Touch.

*Linda Terra, RP* I was amazed at the experience and the



*"Dancing to the Rhythms of the Cosmos"-TTNA's Linda Terra provided TT to ATTN member Natascha Polomski who also presented at the Kinsesiology Conference*  
Picture by TTNC's Marion Cameron

benefits we received. Foremost was giving TT sessions to representatives of the other vendor booths as well as conference attendees from many countries. These healing partners were knowledgeable about Energy in many different perspectives. They were aware of its sensations in their bodies, its potential and possibilities.

We learned about energy modalities we had never heard of! As we experienced some of their sessions and got to know each other better as fellow Therapeutic Touch members, we made important contacts – both local and international. Information was shared after dinner each night. Chery Ann brought us new info and ideas from the four days of lectures and sessions she attended. Being in the beauty of nature, the mountains and fall colours everywhere was invigorating.



L to R. Linda Terra, Karen Komanac, Debra Thomey, Sherry Crann-Adair

## A Tribute to Linda Terra, RT

Written by Chery Ann Hoffmeyer, RT

The words gentle, caring, dedicated, committed, and giving, are words frequently used to describe one of Alberta's long time Therapeutic Touch® practitioners and teachers, Linda Terra. Linda has been a Therapeutic Touch practitioner since 1984. Her dedication and commitment to learning about Therapeutic Touch and then sharing her knowledge and experiences with others, drew her into teaching Therapeutic Touch in 1986.

Linda has opened her home to many people interested in learning more about Therapeutic Touch and practising Therapeutic Touch. Her home is a hub for TT activity including regular practice groups and annual potluck dinners.

On the Board for the Alberta Therapeutic Touch Network since its inception in 1994, Linda held the position of Coordinator for many years and was a stable, steady leader for the organization. She supported her Board members and continued to hold the vision of a strong organization even with the ebb and flow of a variable membership throughout the years, keeping her enthusiasm for this amazing practice strong. She ensured that the members' needs were addressed and that the organization stayed true to the Therapeutic Touch process as it was taught by its founders Dora Kunz and Dr. Dolores Krieger.

Linda's dedication and commitment to the Alberta Therapeutic Touch community is also demonstrated in her facilitation of the organization's annual Practice Day, which she has been doing since 2006. She has assumed this leadership role guiding fellow TT'ers through information and activities from the TTNO Practice Day Workbook, expanding awareness, understanding and love of the Therapeutic Touch process.

Inspiring people to want to learn Therapeutic Touch and continue to practice, Linda has shared Therapeutic Touch with many seniors in the nursing home and long term care facility where she worked for many years. It is here that she honed her Therapeutic Touch skills and gave its practice to the residents in her care.

Her passion, commitment and dedication to Therapeutic Touch is reflected in the way she lives her life. Although

Linda worked full-time and raised two very active boys, she always made time for her passion, Therapeutic Touch. With display tables at health fairs, trade shows, she offered free Therapeutic Touch sessions, maintained a private practice, and taught Therapeutic Touch workshops.



Annual Potluck at Linda's home.

People who know Linda talk about her gentle, warm and caring ways, how she made them feel comfortable and accepted when she met them.

*"She [radiated] a very special energy and her touch felt so warm and reassuring" (J. McFarlane, TTNO).*

Linda's caring and sharing is also demonstrated in her love of cooking and baking, her home kitchen is a center of activity and creativity. Whenever there is a Therapeutic Touch gathering Linda is renowned for her wonderful, tasty and healthy home baking. Her generosity is also reflected in the

numerous times she has welcomed people into her home and offered them a place to stay.

Linda Terra – a fellow TT'er, a wonderful woman, wife, mother and grandmother. She is truly an exemplar of what Kunz and Krieger would have envisioned as a model for TT practitioners and teachers.

The Therapeutic Touch Network of Alberta, all its members and Board members, offer this tribute and thanks, to you Linda Terra, for all that you have done for Therapeutic Touch here in Alberta and in Canada.

*"Linda is an angel on earth" (Vreny Haas, TTNA).*

Everyone who knows Linda feels blessed to have this 'angel' in our midst.

*Linda has been given a lifetime membership in TTNA in recognition for her long time commitment to Therapeutic Touch and to our organization.*

*Thank you to all in our Therapeutic Touch community who provided their verbal, email and editing input, including: Marney Armitage, Joyce Chisholm, Sherry Adair, Vreny Haas, Jane MacFarlane, Joy Petherbridge, Betty Whitney and many others who reviewed this document before submission.*

# A Model of a Healing Theory derived from the Practice of Therapeutic Touch

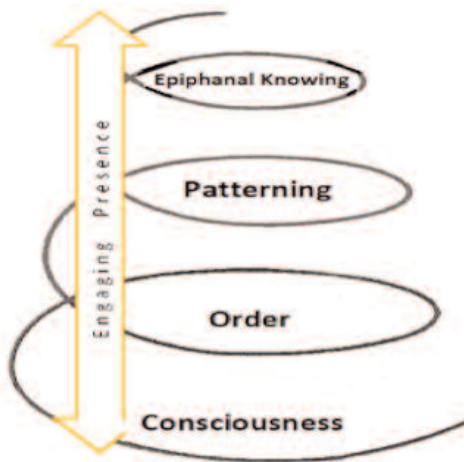
Submitted by Chery Ann Hoffmeyer, PhD, RT

Over the past six years a group of advanced Therapeutic Touch practitioners have come together in Columbia Falls, MT, the home of Therapeutic Touch co-founder, Dr. Dolores Krieger Ph.D. The purpose for these practitioners, teachers, and researchers gathering together was to develop a Theory of Healing derived from the practice of Therapeutic Touch, through the use of the Dialogue process.

The essence of the Dialogue Process is learning, through this process meaning is explored and created. In the first dialogue session in 2010 the group struggled with understanding the use of the dialogue process and how one would work with this process to achieve the desired outcome. As the annual dialogue sessions continued the dialogue process became familiar to the participants and the process moved along under the guidance of Dr. Krieger and Dr. Mary Anne Hanley. Each year Dr. Krieger, Dee as she is fondly referred to by those who know and love her, provided the theme and foundational information for the dialogues. The Therapeutic Touch process was explored from numerous perspectives as the group developed broader understandings of the process and the terminology used to describe what was happening in the Therapeutic Touch process that would inform a broad theory of healing. Terminology that was outside the Therapeutic Touch realm was used as a focus for dialogue and greater understandings were derived through the dialogue process. In 2014, the key constructs were identified and Dr. Hanley diagrammed these constructs in a working model. In preparation for the 2015 dialogues, participants were asked to do Therapeutic Touch sessions and then ask themselves: "Where in the Therapeutic Touch session were these constructs present?" The outcome of these explorations were shared with the dialogue participants and served as an affirmation of the model representing Healing in the Therapeutic Touch process. What follows is the model as it was shared at the Therapeutic Touch International Association Congress in Seattle, WA in April of 2015. The model (presented below) is a diagrammatic representation of the Theory of Healing that will be developed as the Dialogues continue. This Theory of Healing is comprised of five constructs. Within this Theory of Healing, healing emerges through epiphanal experiences when an individual's wholeness is recognized by another and the individual manifests a change in personal field patterning. Healing is experienced as a shift in consciousness in which healer and healing partner experience reciprocal change or transformation.

## Model of a Healing Theory

(Hanley, M. A., et al., 2015)



The Model constructs are defined as follows:

**Engaging Presence** "An intentional empathic attunement for the purpose of mutual interconnectedness"

**Consciousness** "An awareness that transcends the dynamic fields used intentionally for the purpose of engaging in a partnership with another to help or heal"

**Order** "A fundamental principle/law of underlying intelligence foundational to the dynamic interconnected wholeness of the universe"

**Patterning** "Continual expression of one's unique biodynamic field in relationship with the universal energy field"

**Epiphanal Knowing** "A sense of spontaneously connecting with the universe in a new way, an expression of change"

To develop the Theory of Healing represented in this Model, the applicability of the model needs to be tested in practice, to this end the questionnaire on the following page has been developed. Each of you as Therapeutic Touch practitioners and practitioners of other modalities can contribute to the development of this theory by completing this questionnaire and returning it to Chery Ann Hoffmeyer by November 30, 2015. →

*If you practice a number of modalities, it would be helpful if you would answer a separate questionnaire for each modality, there is a place on the questionnaire to indicate which modality you are applying to the model. Providing specific comments about how you see the constructs as relevant or not, present or not, in your practice, will provide data to determine the usefulness of this model and theory to practices that support the healing process. Your feedback is needed and greatly appreciated. You have the opportunity to provide input into a theory and model that could shape and guide our practice in the future. Please make time to provide this important feedback on this Model of Healing.*




## Questionnaire Regarding a Theory of Healing and Working Model

(M. A. Hanley, D. Krieger, et al., TT Dialogues 2010 – 2015, Columbia Falls, MT)

Name/Initials (optional) \_\_\_\_\_ Date \_\_\_\_\_

My Practice is \_\_\_\_\_

<p>A <b>Theory of Healing</b> is comprised of five constructs. Within a <i>Theory of Healing</i>, as proposed, healing emerges through epiphanal experiences when an individual's wholeness is recognized by another and the individual manifests a change in personal field patterning. Healing is experienced as a shift in consciousness in which healer and healing partner experience reciprocal change or transformation.</p>			
<p>The <b>purpose</b> of this questionnaire is to explore the applicability of this theory to practice and whether the model and definitions below support understanding of the theory.</p>	<b>YES</b>	<b>NO</b>	<b>MAYBE</b>
<div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p>The model sequencing/order is appropriate for my practice.</p> <p>Comments:</p> </div> </div>			
<p>The following construct definitions are relevant to my practice:</p>	<b>YES</b>	<b>NO</b>	<b>MAYBE</b>
<p><b>1. Consciousness</b> “An awareness that transcends the dynamic fields used intentionally for the purpose of engaging in a partnership with another to help or heal”</p> <p>Comments:</p>			
<p><b>2. Order</b> “A fundamental principle/law of underlying intelligence foundational to the dynamic interconnected wholeness of the universe”</p> <p>Comments:</p>			
<p><b>3. Engaging Presence</b> “An intentional empathic attunement for the purpose of mutual interconnectedness”</p> <p>Comments:</p>			
<p><b>4. Patterning</b> “Continual expression of one’s unique biodynamic field in relationship with the universal energy field”</p> <p>Comments:</p>			
<p><b>5. Epiphanal Knowing</b> “A sense of spontaneously connecting with the universe in a new way, an expression of change”</p> <p>Comments:</p>			

**Thank you for your feedback.**

Completion of this questionnaire indicates your consent to participate.

**Please return your completed questionnaire by November 30, 2015** to: Dr. Chery Ann Hoffmeyer Ph.D. by email at: [chaiholistichealth@shaw.ca](mailto:chaiholistichealth@shaw.ca) or mail to: 473 Viscount Crescent Sherwood Park, AB T8A 4K6

## Special Report form Prince Edward Island

Years ago, I doubt you ever would have viewed this CBC news clip - it was when we had the Charlottetown Practice Group meet weekly at what was then Mount Saint Mary's - home to the sisters of the congregation of Saint Martha. It now has been sold and they live in one wing for now; so we relocated to the Catholic Family Services for a few times, (not enough parking). We went to St. Pius Xth church basement for more than 2 years, then they were renovating. In 2010 our 'resting place' became Hospice PEI in the Health PEI Palliative Care facility and in the NEW one since April 2015. It's starting to feel like home

We're sharing this video since it is still hanging on in cyber space for anyone to see - as you'll see it is called Touch Therapy in error...one of these days I'll speak to the lovely man at CBC and maybe they'll do another!

<http://www.cbc.ca/news/canada/prince-edward-island/touch-therapy-services-urged-for-hospitals-1.1106545>

*From Judy Donovan Whitty*

## TTIA Congress, cont'd from page 7

They shared their work experience over many decades. It is Gladys' view that the patients heal themselves and the GP plays a supportive role. She emphasized that it is the patient who needs to be treated, not the disease.

Although I did not attend the Teachers' Day, from all accounts it was very beneficial to the teachers. One teacher's thought was that Therapeutic Touch was taking an empirical/interpretive approach to developing a science of TT and she felt this distinguishing feature sets it apart from other energy modalities. Another teacher expressed her belief that while Therapeutic Touch will continue to be tweaked over the years to come, Dora and Dee will still be honored in preserving what is essential in the modality.

I am grateful to Therapeutic Touch Networks of Canada for giving me this wonderful opportunity to attend this international conference, having a very special experience in hearing Dolores Krieger's keynote address and meeting her in person. It will never be forgotten. In addition, all presentations were of relevance and benefit for my Therapeutic Touch Practice.



## TTNC Brochures

**Brochures have been designed by the TTNC for the use of members across Canada.**

**To give you an idea of what they look like, we have included a sample of each of the three on the next two pages.**

- In a tri-fold format, they are of similar design, but in a variety of colours.
- The back panel has information on the various Networks across Canada. It includes an area for personal - or group information, and is large enough to attach a business card.

Eventually the brochures will be available for download on the TTNC web site  
(currently in need of a web master)

*In the meantime, if you want to download a pdf, please contact me.*

- The challenge, of course, is in the cost of printing. Unless you are doing at least 500, the cost can be prohibitive. Through 'good fortune' we had 1000 of the "Hospice Palliative Care" brochures printed (on light glossy card) through a printing company in Mississauga. With a 15% deduction the cost was \$160.00. (Many of these went to the HPC conference in Ottawa)
- Another challenge is distribution. The cost of mailing 25 copies from Ontario to PEI was \$4.25.

### ***My Suggestion . . . for the easiest, most reasonable reproduction:***

I discovered that Staples prints brochures on 28 lb Hammermill paper. It is very high quality heavy paper, and makes a very presentable brochure - and less heavy to mail. A package of this paper (500 sheets) cost about \$12.00

Each Network/Group could buy the paper and have a member print it (from the PDF) on their (good) personal printer. This allows the printing of only the number required. The person doing the printing should receive reimbursement for the ink used. My calculations (thanks to the HP web site info) is that the cost per brochure would be about \$0.12.

***I look forward to your comments and ideas.***

***Mary Simpson, Chair, Brochure Committee. mary.simpson@cogeco.ca***

*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**

**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

Therapeutic Touch Network of Alberta  
www.therapeutictouchalberta.com

Therapeutic Touch Network/Manitoba  
steelepruden@hotmail.com

Therapeutic Touch Network of Ontario  
www.therapeutictouchontario.com

Réseau du Toucher Thérapeutique du Québec  
Therapeutic Touch Network of Quebec  
www.ttnq.ca

Atlantic Therapeutic Touch Network  
www.atlanticctn.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 body is 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**

**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!*



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

A Therapeutic Touch session, always individualized, is followed by a period of rest, and will last 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, legs and feet.

In a state of inner quiet the practitioner moves her hands from the head to the feet, a few inches from the body, then moves her hands gently and rhythmically with the intent to reorder the 'energy field'. During the following rest the physical body responds to the changes in its energy field.



### What will I feel during a session?

Responses vary – there is no 'right' way to experience it. Sometimes you may have a sensation of energy moving through your body or have slight tingling sensations.

Many of those receiving Therapeutic Touch fall asleep during the session. The practitioner may use imagery and quiet music during the session and the rest time.



## Therapeutic Touch Networks Canada

### 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, teachers and interest groups which are found in all major cities.

British Columbia Therapeutic Touch Network Society  
www.betherapeutictouch.com

Therapeutic Touch Network of Alberta  
www.therapeutictouchalberta.com

Therapeutic Touch Network/Manitoba  
stelepruden@hotmail.com

Therapeutic Touch Network of Ontario  
www.therapeutictouchontario.com

Réseau du Toucher Thérapeutique du Québec  
Therapeutic Touch Network of Quebec  
www.ttnq.ca

Atlantic Therapeutic Touch Network  
www.atlanticctn.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)

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For local information please contact:

## Therapeutic Touch® A complementary modality for Multiple Sclerosis

This gentle therapy 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)

### What is Therapeutic Touch®?

Therapeutic Touch – an interpretation of several ancient energy practices – is a consciously directed process of energy exchange during which practitioners use their hands as a focus for facilitating well-being. This technique was first developed as a modern well-being method by Dolores Krieger, PhD, RN, and her colleague, Dora Kunz, in 1972.

*It may be classified as "energy medicine".*

### Research and clinical practice show that Therapeutic Touch is effective in:

- eliciting the Relaxation Response (Benson)
- reducing anxiety,
- changing the perception of pain,
- facilitating the body's natural restorative process,
- bringing about an improved sense of well-being,
- providing comfort during distressing circumstances.

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

*From AI Nicolls, Burlington, ON (front cover) I receive Therapeutic Touch frequently. I had no expectations of a cure (always open to that!). I keep going back, so clearly I'm getting a lot out of it.*

*Therapeutic Touch helps me with:*

- tension in neck, shoulders, legs, arms feet.
- warms fingers
- general relaxation and calming my mind.
- reinforces positive attitude
- soothes sinus headache and
- whatever comes up from day to day.

*Occasionally I do TT on myself. Others who give sessions of Therapeutic Touch to me have noticed my energy field is extremely wide. My experience has been that there is a symbiotic relationship between TT practitioner and recipient; both experience the shared energy.*

### Sensitivity in Multiple Sclerosis

People with MS are extremely sensitive to energy changes. This sensitivity may manifest in an energy field that extends much further from the body than usual. Often when people begin to work on some areas of the person with MS they have to stand a foot or more away. If they don't, that person may become nauseated, twitchy, and more ataxic than usual. Sometimes hands-on work makes this less of an issue but only if the practitioner is deeply centered and slowly and smoothly modulates the energy.

*Kathy Wilmering*

*I feel that if I hadn't received Therapeutic Touch I would be much worse than I am now. I feel it is able to somewhat stabilize what is to come.*

*I'm well aware of what lies ahead, and where I am going, and my practitioner, in her very calm manner, is able to placate me.*

*D. MacKenzie-Stagg*

*From Kathy Wilmering, MSW, APRN, BC, Seattle, WA, who has had MS for 26 years.*

*Some of the symptoms that plagued me were vertigo, ataxia, an especially spastic left leg that spasmed, nystagmus and intense nerve pain in both my shoulders, arms, and hands, as well as left sided weakness. I had carpal tunnel syndrome and chronic head and neck pain from using my canes.*

*Directly after the Therapeutic Touch session I would not feel any different, but when I'd lie down, I'd feel like a rag doll and would drift off into a deep sleep.*

*When I woke, my balance would be better for a while and I'd feel more energy and less pain. Therapeutic Touch applied consistently was helpful in decreasing pain, spasticity, and nystagmus, increasing energy, and decreasing anxiety.*

*Kathy can be reached at: [kwilmering@Quidnumc.net](mailto:kwilmering@Quidnumc.net).*

### Where Can I Receive a Therapeutic Touch Session

- Your local MS Society may have - information about Therapeutic Touch. <http://mssociety.ca>
- A qualified practitioner may be found through the Therapeutic Touch Network in your region (see back panel).
- Hospitals and long-term care facilities may have Practitioners there who offer sessions to patients/residents on request.
- Many practitioners volunteer their services in a variety of health care agencies.

Practitioners may also be found through

- Physio and massage therapists
- Pain clinics
- Homecare programs and PSW's

*From Pamela Smith, OCSWSSW, CASC, Mississauga, ON.*

*I was diagnosed with MS in 1998 after my first MRI scan. Initially, it was "Remit Relapse", as the previous lesion indicated that I had already had the first attack, and the disease had gone dormant for 10 years. However, that diagnosis changed as I rapidly got worse and more attacks occurred.*

*After my first session I noticed an instant change in the way I felt. I even took a group of children for a walk after that treatment! No tripping, no falling and it didn't feel like my leg dragged at all. I continued to see the TT practitioner, Sue, as often as I could. By our third session I felt as though I didn't have MS anymore. My neurologist(s) thought I was a crazy woman for not trying a more accepted medical method, but I felt that Therapeutic Touch was working and continued for another dozen sessions. The medical model does its best, but I think our bodies can do better with the right tools. Therapeutic Touch was the right tool for me and my MS!*

### How can Therapeutic Touch® help me?

#### Research and experience shows it will help in:

- a need to relax and reduce stress
- calming restlessness
- the management of pain
- the discomfort of radiation and/or chemotherapy
- improving a sense of well-being.
- providing comfort during distressing circumstances.

In addition to being offered to those requiring palliative care at any time during their illness – from diagnosis to bereavement – family members and caregivers find that receiving a session offers respite from their weariness and concerns as they assist the dying on their journey.

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

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

Responses vary – there is no ‘right way’ to experience Therapeutic Touch.

Within a few minutes you will be aware of your breath slowing and deepening and your body beginning to feel relaxed.

Your practitioner will tell you when the session is finished and ask you to rest for about twenty minutes.

Many who receive Therapeutic Touch fall asleep during the session.

### Therapeutic Touch Networks Canada www.ttncc.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

Therapeutic Touch Network of Alberta  
www.therapeutictouchalberta.com

Therapeutic Touch Network of Manitoba  
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Therapeutic Touch Network of Ontario  
www.therapeutictouchontario.com

Réseau du Toucher Thérapeutique  
du Québec  
Therapeutic Touch Network of Quebec  
www.ttnq.ca

Atlantic Therapeutic Touch Network  
www.atlantttn.com

**International Therapeutic Touch**  
Therapeutic Touch is practiced throughout the world. Refer to “Links” on the **TTNC web site: www.ttncc.ca**

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*For local information please contact:*

## Therapeutic Touch® in Hospice Palliative Care

*This gentle complementary therapy is used by and for people from all walks of life and health throughout the world.*



*It reduces anxiety and promotes comfort for all those involved during the challenging time of transition*

**www.ttncc.ca**

### What is Therapeutic Touch®?

Therapeutic Touch is based on the fact that the universe – including the human body – is composed of particles of pure energy. Because the “human energy field” extends beyond the body, Therapeutic Touch practitioners are able to detect and change imbalances in this ‘field’ toward wholeness and well-being.

Therapeutic Touch was developed by Dolores Krieger, PhD, RN, and her colleague, Dora Kunz, in 1972. It has over 40 years of clinical practice and research and is taught world-wide.

*As a complementary therapy, Therapeutic Touch is considered to be “energy medicine” and may be included in “integrative health care”.*



#### *Being with a loved one who is dying~*

can be awkward and difficult to endure and accompanied by a feeling of helplessness. Your Therapeutic Touch practitioner may show you the **Hand-Heart Connection®**. This simple, yet profound technique allows you to maintain contact with the loved one and prevents them from feeling abandoned. This ‘connectedness’ enables them to let go and die peacefully, and allows you to know that you were with them in a loving way.

The Hand-Heart Connection® by Cathleen Fanslow, MA, RN



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

The room where the session is given is ideally quiet and pleasant. You remain fully clothed and may be sitting or lying down . . . whatever is comfortable for you.

Your Therapeutic Touch practitioner will quiet herself, then begin to move her hands slowly, 4 to 6 inches away from your body, using gentle, flowing and rhythmic movements. With your permission, she may use light touch particularly on the hands, lower legs and feet.

The length of the session varies from 10 to 20 minutes, depending on your specific needs. Resting undisturbed for at least 20 minutes is encouraged. During this quiet time your body responds to the changes in its “energy field”.

### How often should I receive a session?

A session is always unique to you, thus the frequency depends on the specific nature of your condition and may range from several sessions daily (for acute situations) to weekly for more chronic conditions.

Your practitioner may teach you or your family to do simple movements and activities at home which will sustain the sessions you received.

### What does it cost?

Private sessions vary with the practitioner and will include any expenses incurred. Sessions are offered on a volunteer basis in many cancer support agencies and in hospices. Volunteers appreciate a donation to assist with their personal expenses, such as hospital parking and transit.

### How Can I find a Therapeutic Touch Practitioner?

- A qualified practitioner may be found through the Network in your region (see back panel).
- Hospices, hospitals, and long-term care facilities may have practitioners available who offer sessions to patients/residents and their families on request.
- Many practitioners volunteer their services in a variety of health care agencies/institutions.

**Any compassionate person can easily learn Therapeutic Touch®**

Please refer to the web sites for information and to find qualified teachers and locations.

## THERAPEUTIC TOUCH NETWORKS OF CANADA

### RECOGNIZED TEACHERS

Each network sets its own criteria for curriculum and teaching. Information is supplied by the individual networks.  
Many teachers will travel to other areas on request.

*\* indicates a teacher of all levels.*

*"QT" - Qualified Teacher with Therapeutic Touch International*

#### ONTARIO

<b>Ajax</b>	Janet Fallaize*, RN	905-683-9264
<b>Barrie</b>	Arlene Cugelman*, RN	705-721-1850
<b>Belleville</b>	Alison Cooke*	613-395-3691
	Jean Dunnett	613-969-7483
<b>Brighton</b>	Marian Wierenga <sup>1</sup>	613-921-7595
<b>Carrying Place</b>	Donna Logan Van Vliet*, RN	613-962-1004
<b>Chatham</b>	Charlotte Harris*	519-351-1025
<b>Elora</b>	Deborah Gould*, RN	519-846-2770
<b>Golden Lake</b>	Patricia Tamosetis*	613-625-2277
<b>Grimsby</b>	Rose Phillip BEd	905-309-4755
<b>Guelph</b>	Mimi Craig*, BEd	519-827-1819
	Evelyn MacKay*	519-822-4174
	Michelle McMillan	519-837-0038
	Valerie Morrell*	519-821-4006
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<b>Hamilton</b>	Laura Pokoradi*, RN,QT	905-385-9217
<b>Huntsville</b>	Shirley Boon*, RN	705-789-7434
<b>London</b>	JoAnne Lacroix-Campling	519-474-0998
	Jitka Malec*, RN	519-668-2409
	Carole Wray*	519-668-0272
<b>Midland</b>	Helen Will*	705-534-1101
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<b>Peterborough</b>	Linda Nelson*	705-745-9320
	Craig Niziolek*	705-740-2157
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	Kathy Armstrong*	519-354-8141
<b>Stouffville</b>	Pamela Beach*	905-852-6440
<b>Thunder Bay</b>	Jean Riddell	807-622-7790
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	Diane May*	909-553-2035
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	Julia von Flotow*	416-686-6463
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	Flora Hartleib*, RN	519-974-2157
	Claire Massicotte*, RPN	519-948-9453
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<b>Golden</b>	Marjike Patterson-Robinson*	250-344-5325
<b>Kelowna</b>	Diane May* QT	909-553-2035 or 250-469-2209
<b>Lionsgate</b>	Lynda Harvey	604-980-6604
<b>Maple Ridge</b>	Jean Ruttan	604-463-7771
<b>North Vancouver</b>	Lynda Harvey*	604-980-6604
<b>Salmon Arm/Okanagan</b>	Marie-Paule Wiley*	250-832-8176
<b>Surrey-White Rock</b>	Faye Torgerson*	604-576-8176
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#### ALBERTA

<b>Calgary</b>	Linda Terra*	403-238-3734
<b>Edmonton</b>	Linda Woznica*	780-707-4021
<b>Lethbridge</b>	Joy Petheridge Baxter*	403-329-6615
<b>Sherwood Park</b>	Chery Ann Hoffmeyer* PhD, QT	780-467-8701

#### MANITOBA, SASKATCHEWAN

<b>Winnipeg</b>	Steele Pruden	204-477-1524
	Laura Carroll*	204-452-1107
	Lil Smith*	204-489-7977
<b>St. Jean Baptiste</b>	Jacqueline Marion*	204-758-3861

#### QUEBEC

<b>LaSalle</b>	Patricia Angotti*	514-365-4726
<b>Laurentians</b>	Andrée West*	450-226-2260
<b>Montreal</b>	Irma Bubolic, RN	514-483-6688
	Jean-Marc Girard*	514-680-4970
<b>Pierrefonds</b>	Susan Hamilton*, RPN	514-624-0920
<b>South Shore</b>	Marie-Claude Poupart*	514-830-3942

#### ATLANTIC

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<b>Charlottetown, PEI</b>	Judy DonovanWhitty	902-569-3496
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	dmaginley@yahoo.com	
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# THERAPEUTIC TOUCH NETWORKS OF CANADA - GROUPS

## Contacts for Information

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<b>Bramalea</b>	Gabriele Boer	905-791-8637
<b>Brampton</b>	Lillian Hutchinson	905-457-2211
<b>Brantford</b>	Raymond Poole	519-753-4150
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<b>Burlington</b>	Lynda Hill	905-681-2575
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<b>Coburg</b>	Susan Storry	905-372-3035
<b>Collingwood</b>	Nancy Lee Johnston	705-445-4032
<b>Elora</b>	Deborah Gould	519-846-2770
<b>Gananoque</b>	Elaine Davidson	613-382-3772
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<b>Golden Lake</b>	Patricia Tamosetis	613-625-2277
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*Continued in next column*

### ONTARIO *Continued*

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<b>Pembroke</b>	Berlyne Mills	613-687-2921
<b>Peterborough</b>	Linda Nelson	705-745-9320
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<b>Port Perry/Uxbridge</b>	Helen Thompson	905-852-5929
<b>Sarnia</b>	Ashley Murray	519-336-0941
<b>Sault Ste. Marie</b>	Margaret Saarela	705-759-2024
<b>Stouffville</b>	Marita Concil	905-642-5403
<b>Thunder Bay</b>	Jean Riddell	807-622-7790
<b>Toronto</b>	Julia von Flotow	416-686-6463
<b>Etobicoke</b>	Cher Curshen	416-888-8852
<b>Wawa</b>	Aldona Mitrikas	705-856-1889
<b>Welland</b>	Louise Aikman	905-938-2345
<b>Whitby</b>	Lynn Vukosavljevic	905-668-9683
<b>Warton</b>	Maureen Smith	519-534-3574
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<b>Windsor</b>	Flora Hartleib	519-974-2157

### QUEBEC

<b>Montreal</b>	Irma Bubolic	514-483-6688
<b>West Island</b>	Monique Gregory	514-694-6994

### NOVA SCOTIA

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<b>Falmouth</b>	Anne Parks	902-798-9267
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# THERAPEUTIC TOUCH NETWORKS OF CANADA (TTNC)

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