



TTNC News

Volume 4, No. 1

Winter, January, 2015



Therapeutic Touch Dialogues 2014

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TTNC - Member Networks Back Cover

Editorial Comments . . .

“The Only Constant is Change” *Heraclitus 500 BC*

I have had the privilege of taking over the editing and formatting of the TTNC Newsletter. I want to honour and thank retiring editor Bonita Summers for her hard work in getting everything—required of a newsletter—in order. She has been an invaluable mentor as I put this issue together. This is her last issue as BCTTNS newsletter rep. and we will miss her.

As an editor (of TTNO’s *inTouch*) for many years, I have not previously worked with a committee. It is proving to be a welcome experience and I look forward to the members’ ideas and input—plus their many eyes for accuracy in proof reading! The committee will also act as a resource and source of information for their regional network members.

Please look at the lower right ‘box’ to find your TTNC Newsletter representative, and feel free to contact that person if you have any questions and ideas.

There will continue to be changes as this publication adjusts to meet the needs of Therapeutic Touch® students, practitioners and teachers across Canada. We can learn so much from each other through sharing experiences in our personal practice, as well as in our Therapeutic Touch regional activities.

This newsletter is emailed to the various Networks who in turn send it out to their members. Because of the additional expense of printing and mailing each issue, those who do not have email may not be receiving this national newsletter. I would like to suggest that you check the membership list of your Network and if someone near you does not have email, contact them to see if they’d like you to print a copy for them.

You may notice there is less solid colour in this issue. Members of a local Practice Group shared that, even though they preferred reading ‘hard copy’ instead of on their computer screens, they didn’t print it because it used too much ink!

I have asked each Network to send me their newsletter, because there are articles and information which Therapeutic Touch practitioners all across Canada would like to read.

Each issue brings new ideas and interests, which will enhance and expand our practice of Therapeutic Touch as well as our role as ‘healers’. We would like to increase our “Interest Groups” columns, so if you would like to act as a gatherer of specific information/interest, please let us know.

We hope you will feel free to contribute your ideas for content, your experiences . . . and send us a letter to comment or complain (oops!) . . . “offer constructive feedback”! ☺

Warm regards, Mary Simpson, Editor

Therapeutic Touch has been a Registered Trademark in Canada since 2003. The symbol ® is used.

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.

www.ttnc.ca

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

➔ **Next Issue: Spring, 2015**
Publication date April 30/15.

Deadline for Submissions: April 8, 2015

Please send submissions to: ttncnews@gmail.com

Late submissions may be held for the following issue.

Written submissions may be in any format.

A one-page article is approximately 1,000 words.

Writers are requested to include a bio of up to 70 words.

➔ **Pictures in “jpg” format only please.**

Contributors to this issue . . .

Cover banner picture is from TTNO’s Liz Corbett. See her at: www.circleofinnerwisdom.ca

Chery Ann Hoffmeyer, Sheila Camp, Marion Cameron, H el ene Chevalier, Judy Donovan Whitty, Evelyn MacKay, Deborah Simone, Cheryl Larden, Susan Hamilton, Mary Simpson, Barbara Schuster, Shery Crann-Adair.

  2015 Therapeutic Touch Networks of Canada

TTNC NEWSLETTER COMMITTEE

If you have any questions, ideas or concerns about the newsletter, please contact your local representative.

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Annual Report From the Therapeutic Touch Networks of Canada for September 1, 2013 to August 31, 2014

- Our Mission -

*The Therapeutic Touch Networks of Canada (TTNC) is the national voice for Therapeutic Touch®.
TTNC provides support for its Member Networks.*

It encourages the sharing of information in order to create a sense of unity and belonging across the country.

Activities and Accomplishments

- renewed the commitment for continued financial support from the Member Networks (MNs) of \$1.00 per member annually
- all six Canadian TT Networks are now Member Networks of TTNC with representation on the Board
- held monthly Board meetings via Skype teleconferences
- TTNC AGM was held on November 17, 2013 with participation from MNs and TTNC committee members
- completed Draft Terms of Reference for the Committee on National Curriculum for Teaching Therapeutic Touch
- completed the new TTNC Mission, Vision and Values as stated in the TTNC News, Spring 2014
- submitted an ad to the Classified section of the *Canadian Nurse* journal for three issues - Sept., Oct., and Nov. to promote Therapeutic Touch® - see TTNC News, Fall/14 issue
- requested and received \$25 from each MN to help pay for the ad in the Canadian Nurses Journal
- consulted the MN on the new bylaws as required by the Federal Government
- held a special Members meeting to have the new proposed bylaws approved before submitting to the Federal Government
- correspondence with BFL Canada for renewal of the Group Liability Insurance for Qualified TT practitioners -
- continued support of the TTNC e-newsletter with quarterly publications
- updated the MN on TTNC activities through submissions to the TTNC News
- continued support of the TTNC committees through dialogue
- Therapeutic Touch brochure continues to be available on the TTNC website
- developed the Role description for representatives from Member Networks to the TTNC Board
- dialogue with TTNO re the designation of the Therapeutic Touch trademark from TM to ®
- developed an organizational chart for TTNC
- created the position of past-president on TTNC Board.

Future Goals

- continue to support the work of the TTNC committees and its members
- complete the job description for past-president
- continue to dialogue with the Boards of the Member Networks to promote Therapeutic Touch
- promote TT through advocacy with other professional organizations on a national level
- continue to promote the efforts of the TTNC Board to be an effective voice on a national level
- continue to improve the TTNC website with updated content
- promote the participation from Member Networks in TTNC committee work
- promote participation in the Therapeutic Touch Discussion Group on *Linked In* to promote local practice groups and other activities of Member Networks
- continue to strengthen the organization of TTNC through review of policies and procedures
- promote the participation of the Member Networks representatives on their Network Boards
- promote continuum of effective TTNC Board activities and governance through creating the position of president-elect
- research the possibility of reciprocity among Member Networks for RPs and RTs
- create a roster of consultants/volunteers in specialties such as IT work, website management, computer technology, etc to assist Board members

Thank you to the Boards of the Member Networks and the TTNC Committee members
for their support and efforts this past year. *Marion Cameron, TTNC President*

TTNC Board of Directors 2015

President:
Marion Cameron, TTNA
mumcam@telus.net

Vice-President:
Open

Secretary:
Paulette Deveau, BCTTNS
pdeveau@telus.net

Treasurer:
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TTNQ Rep: Cecilia Csimá
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MTTN Rep: Steele Pruden
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TTNO Rep.
Open

Website: www.ttnc.ca



Therapeutic Touch Networks of Canada STATEMENT OF OPERATIONS for the year ending August 31st 2014

	2014	2013
REVENUES:		
1. Annual Dues collected from Canadian TT Networks	\$ 939.00	\$943.00
2. Contribution of \$25.00 per Member Network for Ad to be put in "The Canadian Nurse"	\$ 125.00	0
3. Donation from Marion Cameron	\$ 50.00	0
TOTAL	\$ 1114.00	\$943.00
EXPENSES:	2014	2013
1. Bank Charges	\$ 57.00	\$ 30.00
2. Filing Fee for TTNC's Incorporation Federal Government	\$ 30.00	\$ 30.00
3. Telephone calls for SKYPE Meetings, AGM, Newsletter, Communications, Teacher's Meetings	\$ 42.00	\$ 28.00
4. Printing of cheques for the Network	0	\$ 46.48
5. Cost of Ad in "The Canadian Nurse" for 3 months Sept. - Nov. 2014	\$ 472.50	0
6. Website Hosting and Domain renewal for 3 years.	0	\$224.74
TOTAL	\$601.50	\$359.22
Excess Revenues over Expenses for the year 2014	\$502.50	\$583.78
Cash Balance for TTNC in Scotia Bank as of August 31, 2014:	\$2579. 20	

Update from The Therapeutic Touch Networks Canada

The year 2015 is, in numerology, an '8' year, which signifies a good year. May 2015 bring peace and prosperity to everyone. Happy New Year to the Therapeutic Touch community across Canada. On behalf of the TTNC Board, may the co-operation and sharing among the Member Networks foster greater growth of Therapeutic Touch.

The TTNC held its 4th AGM on November 23, 2014 via a Skype teleconference with 14 in attendance representing all six Member Networks (MNs). All decisions were made by consensus. The Directors on the TTNC Board for 2014-2015 are as follows: Paulette Deveau (BCTTNS), Jean Gurnett (TTNA), Steele Pruden (MTTN), Cecilia Csimá (TTNQ) and Barbara Stone (ATTN). Marion Cameron (TTNA) was elected president for another year. See *TTNC Director's roster*.

Many thanks to Brita Ball who represented TTNO for several years and spearheaded the necessary changes to the bylaws for TTNC. We wish Brita every success in her future endeavours. See the Annual Report and Financial Statement for further information about TTNC activities for 2013-2014.

A significant change for TTNC in 2014 was the transition to being incorporated under the new Canada Not for Profit Corporations Act, which entailed new bylaws and regula-

tions. A Special General Members meeting was held on Oct. 16, 2014, with representation from all MN's to approve this transition. Brita Ball led the discussion with great expertise on all the relevant points. Approval was by consensus.

The TTNC advertisement in the *Canadian Nurse* journal appeared in the Sept., Oct., and Nov. issues. To date, there have been three inquiries about Therapeutic Touch classes, which Cheryl Larden referred to Therapeutic Touch contacts in their respective regions of Ontario and Saskatchewan, in which case referrals were made to MTTN and TTNA. See the Autumn issue of TTNC News for details about the ad.

A Brief was submitted on December 5, 2014, to the Advisory Panel on Healthcare Innovation with a focus on end-of-life care and the use of Therapeutic Touch in this stage of life. My great thanks to Cheryl Larden (BCTTNS) and Nancy Hall (TTNO) for their expertise and efforts in preparing this Brief. See the Summary of the Brief elsewhere in this newsletter.

News from the Committees:

TTNCNews - Bonita Summers (BCTTNS) has resigned from the position of Editor; thank you for your years of dedication to this important project. Mary Simpson (TTNO) →

TTNC Update, cont. from previous page

has volunteered to be the new Editor; we are very grateful to Mary for taking on this job starting with this current issue. Jean Gurnett (TTNA) is the new liaison from the Board to the Newsletter committee.

The National Curriculum on Teaching TT committee resumed their discussions in November via a teleconference call with all 4 members in attendance.

Decisions from that meeting:

1. To use the definition of Therapeutic Touch by Dolores Krieger from the "TT Dialogues of 2014".
2. To move forward by using the Therapeutic Touch International curriculum as the template for the development of the TTNC curriculum. The final document would not take away

the individuality of the Member Networks. Further discussions planned for January 2015.

The TTNC Brochure remains available on the TTNC website: www.ttnc.ca. If you have any questions, contact Marion Cameron at 780-988-07211 or mumcam@telus.net.

Extended health coverage for TT sessions: The committee is awaiting response to their presentations to contacts at CUPE in Vancouver to their Extended Health package and to the Benefit Review Committee at Pacific Blue Cross.

Very Best Wishes to everyone reading this newsletter. May thoughts of Peace, Love and Forgiveness be our guide in our daily contact with family, friends and clients.

Namaste,

Marion Cameron, President, TTNC

Reports from Member Networks Across Canada

Atlantic Therapeutic Touch Network (ATTN)

ATTN continues to be busy and increasing in membership, thanks mainly to promotion by the ATTN teachers and the "new member incentive" (free for first year if taken prior to level 2). If they choose to renew by end of 2015 the incentive will be considered a success indeed!

Thanks to Teacher Cherry Whitaker, ATTN once again has a presence in New Brunswick.

It was my privilege to attend the TTNO Annual Fall Event, and I have to say it is more than worthwhile. I am so grateful! TTNO has always been generous in waiving the registration fee for any Network Coordinator to help defray the cost of attending.

To be in the presence of such an enthusiastic membership, including original Canadian founders who are still teaching and so very active is amazing: Mary Simpson, Crystal Hawk, Evelyn MacKay, Diane May, Doreen Sullivan and Helen Will. I like that TTNO gives recognition in the form of a Founders Award at the AGM. This year, Alison Cooke was the recipient.

Anne Frances Morris holds many hats, but the one I'm most impressed with is Coordinator of the Fall Event. She called me three times over the months to ensure all would be smooth sailing for travel - that's going the extra mile!

The *inTouch* newsletter continues to be such a professional document. Without it all these years, our Networks would not be nearly so "in the know"!! Thanks to ongoing effort by long-time volunteer Evelyn MacKay, it will continue to be available.

ATTN members continue to provide mini-sessions at health

fairs, university, nursing home staff presentations - wherever invited - in addition to ongoing volunteer work at Hospice PEI, Sunshine Room at VGH, Halifax, and the Harmony Room Yarmouth Hospital, Yarmouth, NS.

It is exciting that energy research is happening in the Maritimes, such as by Dr. Rusk assisted by Dr. Vessey at UPEI. Jane Aiken Herring, a Therapeutic Touch Practitioner who teaches Nursing at UPEI shared that she and another professors' research is mainly in the area of addictions using Therapeutic Touch®. Jane is very excited about the positive results she has been witness to in this work. More on this when results are published!!

We hope there are some members "out there" who will submit a book review to the TTNC newsletter, or we will miss Bonita even more, as her reviews were well appreciated!

Thank you for all you've done for TTNC, Bonita, and much gratitude to the effervescent Mary Simpson for taking the reins of the newsletter. It is such an important component of communicating with other Therapeutic Touch practitioners all across Canada!!

May you all have a bountiful, joyful peace-filled 2015

Judy Donovan Whitty, Chair, ATTN

*We can never obtain peace in the world
if we neglect the inner world
and don't make peace with ourselves.*

*World peace
must develop out of inner peace.*

The Dalai Lama

British Columbia Therapeutic Touch Network Society (BCTTNS)

I hope everyone had a wonderful Christmas and/or holiday season! With the New Year often comes New Year's resolutions. As we know, we have many lessons to learn. Perhaps this year, we might consider putting ourselves at the top of the list. We can learn so much about ourselves through a regular Therapeutic Touch® practice.

In BC, we have now made Practitioner Days a regular happening. These days have been primarily set up for those working towards their Recognized Practitioner status and needing supervised sessions. Of course, any member wanting a supervised session is welcome to attend. Our first two days were very successful, and two more are currently being planned. We hope to be able to offer these throughout BC.

We participated in a large health fair in Vancouver on November 8th and 9th, giving many Therapeutic Touch sessions and handing out brochures and information about practitioners and Therapeutic Touch classes.

We are planning for our next conference, to be held May 2, 2015, in Ladner, BC. The topic, "Therapeutic Touch Support with People Who Have Cancer", will be presented by Lin Bauer, MS, CCMHP, QTTT. (See details on page 16)

Many of us will also be going to the TTIA 3rd International Congress in April in Seattle, WA. Lots of great learning opportunities for us this year!

Wishing everyone peace and abundance in 2015!
Cheryl Larden, President, BCTTNS

The Therapeutic Touch Network of Alberta (TTNA)

We wish you a Happy and Healthy New Year!

We have several Practice Groups throughout our province. Betty Whitney has started a new group in Vulcan, which met in November at the hospital. Well done, Betty.

Work continues on the TTNA website . . . a challenging task when our working group is scattered around the province.

We are arranging to be present at the Kinesiology conference in Banff, in Sept. 2015. Here is an opportunity to spread the work about Therapeutic Touch.

Several of our network members are looking forward to attending the TTIA Congress in Seattle in April, 2015.

Take care, Sherry Crann-Adair

TTIA Retreat: Back from left; Diane Kroeger, Karen Komanac, Marion Cameron, Don Nonay, Jean Gurnett, Betty Whitney
Front from left: Doris Sablone, Gina Komanac, Debra Thomey, Linda Terra, Sherry Crann-Adair, Sheila Camp

The Therapeutic Touch Network of Ontario (TTNO)

The TTNO Fall Event and Annual General Meeting, held at the Kempenfelt Conference Centre in Barrie in early November, was a huge success. Bylaws were reviewed, updated and presented to membership prior to the AGM and were accepted at the meeting. Members are invited to view the bylaws, as a downloadable file, at the TTNO Website. We appreciate the work of all those associated with this task.

Because the board is "member-challenged", certain responsibilities, once held by Board members, will pass to individual Practice Groups. A contact person from the Practice Group will liaise with a designated board member. Among others, Membership will fall to the Guelph Practice Group. The TTNO Website will remain the responsibility of Alison Cooke, and the TTNO Newsletter, that of Mei-fei Elrick and Evelyn MacKay. Lynda Hill and the Burlington Practice Group have accepted the challenge of Public Relations/Promotion and are accepting any ideas TTNO members might have. Our 2015 Annual Event/AGM will be organized by the Huntsville Practice Group under the guidance of Shirley Boone and Mary Jane Phillips.

A blind person had asked St. Anthony: "Can there be anything worse than losing your eyesight?" He had replied: "Yes, losing your vision." TTNO's vision is as clear as ever. We are facing challenges and bringing about necessary changes compassionately and collectively, without losing sight of the original vision of our founders. Speaking of our founders, Crystal Hawk was proud to present the most recent Founders Award to Alison Cooke. Congratulations, Alison, and thank you for your contributions to TTNO.

A big welcome goes out to the Owen Sound Practice Group who have made and energized 'healing pillows' for those recovering from surgery or needing comfort.

May we enjoy a peaceful and prosperous new year.
Deborah Simone, RP, TTNO



Photo by Diane Kroeger, R.P., TTNA



TTNO Founders

Back Row from left:
Doreen Sullivan, Evelyn MacKay, Helen Will
Front from left:
Diane May, Mary Simpson, Crystal Hawk, Alison Cooke



From left: Barbara Stone, ATTN,
Helene Chevalier, Switzerland, and Sue Conlin, Pres. TTIA

**TTNO's 2014
Fall Event
and AGM**

*Photos thanks to
TTNO's in Touch*

Judy Donovan Whitty , ATTN,
and Kate Lusk, QTTN.



**Therapeutic Touch Network of Québec
(TTNQ)**

**Réseau du Toucher Thérapeutique du Québec
(RTTQ)**

The Therapeutic Touch Network was honoured to have Jean-Marc Girard as speaker and teacher at the Centre St. Pierre Montreal, November 1, 2014.

His topic was "Energetic Approach" using Therapeutic Touch. A treatment was given while gently talking to the participant, asking how they were feeling in certain areas of the body. Many amazing comments were given as to different emotions that came to the surface as different areas were touched. It was a powerful approach to release blockages and open the "energy field". Later, Jean-Marc, with his guitar, lead the group in a song expressing how we are all "interconnected" in this flow of energy and that working with energy can be a playful and enjoyable experience.

The day was fulfilling for all, and we are grateful to Jean-Marc for giving us a memorable day.

Susan Hamilton, Pres. TTNQ

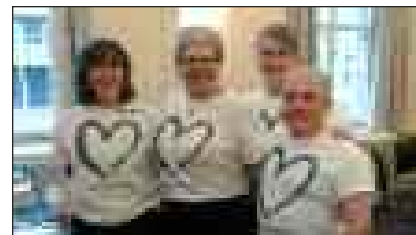
Le réseau du toucher thérapeutique est honoré d'avoir reçu la visite du conférencier et enseignant Jean-Marc Girard au centre Saint-Pierre (Montréal) ce premier novembre dernier. Le sujet de discussion était "L'approche énergétique et le toucher thérapeutique". Un traitement fut donné aux participants tout en leur demandant ce qu'ils ressentaient auprès des différentes parties de leur corps. Plusieurs commentaires bénéfiques ont été révélés. Lorsque des endroits spécifiques ont été ciblés, des émotions sont venues à la surface. Ce fut une approche puissante pour dénouer les blocages et ouvrir les champs énergétiques. Plus tard, Jean-Marc joue de la guitare tout en nous encourageant à chanter une chanson reliée à l'interconnexion et au flux d'énergie. On se rend compte que le travail des énergies peut être une expérience amusante et agréable.

La journée a été profondément satisfaisante et nous lui sommes tous reconnaissants pour nous avoir donné une aussi journée mémorable.

Susan Hamilton, Pres., RTTQ



From left: Cecilia Csima, Susan Hamilton, Jean-Marc Girard,
Monique Gregory, Lise Rose and Leo Gregory.



Board wearing T-shirts

From left: Dolores MacKenzie, Monique Gregory,
Susan Hamilton and Leo Gregory

Therapeutic Touch as Transpersonal Healing

by Chery Ann Hoffmeyer Ph.D., RT, QTTT

The Dialogues are an invitational event in Columbia Falls, Montana, the home of one of the founders of Therapeutic Touch®, Dr. Dolores Krieger Ph.D. The Dialogues were started with the intention of bringing together a group of advanced Therapeutic Touch practitioners to develop a theory of healing derived from the practice of TT. For a week each August for the past five years, 30 to 40 advanced TT practitioners have come together for this purpose.

This year, we were again blessed to have Dolores Krieger dialogue with us each day. How very fortunate for us to have this incredible teacher and TT co-founder continue to offer such great wisdom at the wonderful age of 93 years! We tease Dee (as she is so lovingly called) that she is like the “Energizer Bunny”; she just keeps going and going!

The first day of the dialogues, Dee provided us with a foundational description of Therapeutic Touch as *transpersonal*. Some key points she addressed included the following:

- When someone is healed, you know when they are turned on or turned off. How do you know? You feel it – it is *simplistic*.
- In the process of TT, you may or may not touch. Without using proprioceptors¹, you can pick up oceans of material. What is going on is not seen by most of us.
- When you see someone who is trying to heal another, you see in it the overwhelming sense of *compassion* and *sharing*. You (as the TT practitioner) have to have courage to examine the process and ask: “Who am I? What am I doing?” When you are healing someone, you are affecting their karma.
- You (as the TT practitioner) also have to have *courage*. What you find is that the bottom line comes from the ‘ah-ha’ of the experience that the practitioner has in working with the Healing Partner.

Dr. Krieger went on to explain that Therapeutic Touch practice has two prongs:

1. The aspiration to heal (compassion), and
2. The inner journey one takes as one begins the healing act.

These key ideas provided the foundation for the exploration of *Therapeutic Touch as Transpersonal* throughout the remainder of the Dialogues. This exploration included an overview of the three main spheres of influence for Therapeutic Touch. Here are a few of the key points were addressed.

1. Chinese Sphere of Influence:

The Chinese have an underlying law fundamental to everything they do; all of nature is interconnected. This forces one into a logic that is inductive (not deductive) using inference, analogy, metaphor, and intuition. The Chinese look at things based on *their experiential knowledge*. They look to nature to understand themselves. In Chinese medicine they look at the meridians and these lines are not seen, but they are alive².

2. Indian Sphere of Influence:

To understand this sphere of influence, one must understand the chants and mantras of the Indian culture. Participants experienced some of this music and representative chants. The most important aspect of Indian life is the reference to a relationship with a personal god. Some of this information comes from the Indian Book of the Dead (2000, W.Y. Evans-Wentz Interpreter and Editor). Emphasis is placed on focusing on the inner self like a moon reflected on the water. Indian philosophy is deep into the study of mind; they have committed their lives to this inner study and to live this in their lives, primarily through the study of yoga.

Therapeutic Touch is called the *Yoga of Healing* because so much of the process is internally based. Even before one approaches the Healing Partner, one’s ‘antenna’ is listening – one’s intuition is turned on, and psychic abilities develop. The TT practitioner is also developing the mind.

In addition, in Therapeutic Touch, there is a great deal of focus on the heart and throat chakras. The throat is approached when one works with music, chant, and sound. Sound is extremely powerful, and using one’s voice to express can facilitate self-healing.

3. Mediterranean Sphere of Influence:

It is from the Mediterranean basin that Islam, Judaism and Catholicism come. These seem to be three disparate forms of religion, but they have commonalities. The knowledge of Egyptian culture has filtered into modern culture through figures from the political history of Egypt. Although Egypt is no longer an eminent political power, it is still sought out to mediate controversies.

Egypt has a *Book of the Dead* that is similar but different from the Tibetan *Book of the Dead*. This Egyptian book brings together the heritage of thousands of years of wisdom. With the Egyptians, you get the first hint of the soul. This hint gives one an opening to understand that life is more than the *manifest reality* that one sees, and one has the opportunity to get to know one’s inner self. According to the Egyptians, the soul is the harbinger of the life source.

Therapeutic Touch healers act as “guardians” of the life source, so this notion of soul should be important to us. It is important also to realize that there may be levels of consciousness that are differentiated within the soul.

Throughout the week, Mary Anne Hanley, RN, Ph.D. facilitated dialogue regarding the ongoing development of a **Theory of Healing as derived from the practice of Therapeutic Touch**. This dialogue centered on the descriptions and definitions that the Construct Groups formulated during their year-long dialogues during 2013-2014. *Cont’d on page 9*

"Canadians and Others" at the Dialogues . . .
Back from L: Alison Cooke, ON, Linda Shockey, AB,
Ruth Stubens, WA, Peggy Frank, BC, Chery Ann
Hoffmeyer, AB, Cheryl Larden, BC

Front from L: Sheila Camp, AB, Betty Croce, AZ,
Diane May, CA, Marcia McEwan, AB, Tama Recker,
WA

Dialogues, cont'd from page 8

The dialogues on a *Theory of Healing*
focused on the following:

- the evolving constructs for a practice-based theory,
- development of propositional statements for a practice-based theory, and
- model development.



What stood out the most for myself was how the model that is being developed is internally consistent. The constructs are inter-related, and the propositional statements demonstrate the strong coherence of the model. In future Dialogues, this Theory of Healing will come to completion.

As mentioned earlier, Therapeutic Touch has two prongs: compassion and the inner journey. The inner journey was supported and addressed through ceremony, moments of gratitude, activities referred to as the laboratory of the self, and the infamous ID night where there was a culmination of the key ideas and activities of the week. Compassion was expressed through the dialogue process and our TT sessions.

This is the fifth year that I have been invited to attend the Dialogues, and each year has been an incredible learning and growing experience. A strong Therapeutic Touch community has been created with individuals from the North American

continent and abroad. You can rest assured that the work of the Dialogues is laying a strong foundation for the future of Therapeutic Touch.

I want to express my gratitude to Dr. Dolores Krieger and Dora Kunz for the amazing practice of Therapeutic Touch that they developed. It has changed my life and the lives of those in our Dialogue group in so many ways.

Namaste ◇

1. Proprioceptors: a sensory receptor that receives stimuli from within the body, especially one that responds to position and movement.

2. The movement of energy through the meridian system has been documented by radioactive isotopes and body scanners (1967, Professor Kim Bong Hen; 1985, Pierre de Vernejoul at the University of Paris; 2002, Zang-He, Olson, Alimi & Niemtzw).

Each issue of the TTNC Newsletter will share *your* experiences with a particular illness/condition.

The April issue will focus on Multiple Sclerosis.

Please share your experience with MS as well as the experience and comments of the recipient.*

In July we will explore "Therapeutic Touch and End-of-Life Care"

Do YOU have a "story" to tell?

Here are just a few ideas to get your thoughts percolating!

Have you soothed a restless, frightened loved one struggling to take their last breath? Have you experienced the intimacy of the hand-heart connection? Do you have words to describe the field of someone whose heart is failing or someone who is on chemo? What has been your experience with end of life care? *Tell us your story.*

Have you experienced TT with preterm babies, children, the elderly, people with cancer, dementia? Have you experienced the need for less analgesics after treatments? What about how TT helps family members, empowering them to stay calm and care for their loved one after other interventions are no longer effective? What have you learned about end of life care by being directly involved through TT?

Please send your personal story to the editor . . . see page 2

****If the recipient's name is used, you must get permission; otherwise, please use a pseudonym.***



Bookworm's Food for Thought . . .



Therapeutic Touch: A Healing Modality of the Heart and Hands

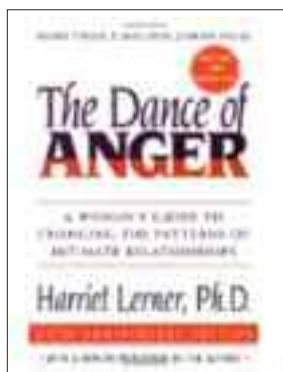
By Mary Gayle Floden-Selfridge, RN, PhD and Marilyn Johnstone, RN, EdD.

Published by College of DuPage Press, Illinois. 2010

This document-size book is graphically beautiful in design, and its 30 pages are clearly written. Included is a 30-minute DVD, which gives the details of the steps and includes several demonstrations of Therapeutic Touch. In addition, there are testimonials from a variety of recipients. This combination could have a variety of uses. The book could be a reliable text for beginning students. The video would be a good introduction to TT (including the public), as well as an excellent review for Levels 2 and 3. I ordered it from TTI's bookstore at: <http://therapeutic-touch.org/store>.

Cost with S & H was US \$37.00

From Mary Simpson, RT, TTNO



The Dance Of Anger

by Harriet Lerner. New edition published in 2005 by First Currents.

A book that I have read repeatedly (five times) has helped me come to terms with a better understanding of body, mind and spirit. *The Dance of Anger*, written in 1985, was advertised as *A Woman's Guide to Changing the Pattern of Intimate Relationships*, and gives old and new strategies for anger management.

As much as I agree with this synopsis, I found it to be much more than that. For me, this book is a reminder to all people that we are more than just a mind and physical body. We are also souls living in our physical bodies. First and foremost, our souls deserve our attention and protection. This entails listening to our own soul or self and not allowing the self we are housing in our body to be neglected. This book dovetails perfectly with Therapeutic Touch as we learn about communicating with our inner self.

I have found "The Dance of Anger" at new bookstores, old bookstores and second-hand sales of books held in the community. I find it or it finds me when I need a refresher or to go a little deeper into its profoundness. Sometimes I feel that I could almost repeat it in my sleep, but maybe I need to read it one more time . . .


From Sheila Camp, TTNA

We get Letters . . .

Hello Everyone,

Just a quick hello from the French-speaking part of Switzerland, called "la Romandie", where a small group of people have been meeting for nearly thirty years. Every first Wednesday of the month, except in summer, we meet, meditate, share experiences and practice TT on each other. Nothing big, yet we have had the chance, over the years, to welcome Dora Kunz, Diane May and many other wonderful healers.

As the modulator of the group, I try to attend events and keep in touch with TT associations in Canada and the US, taking back home the spirit of TTers beyond boundaries and languages. I had the chance to live the Ontario Fall Event in Barrie and, amazingly, it felt like I was coming home, thanks to Janet Fallaize and Claire Masicotte and all the people there. What a warm and open welcome! Meeting old friends was more than fun, and exchanging experiences was really empowering. Just being among truly warm and enthusiastic people was a real treat. Thank you to all of you for making that meeting magical.

I took home some of your beautiful energies ... and your old logo for my TTers so don't be surprised when visiting Switzerland if you come across a car bearing  at the back, you'll know you have friends. ☺

Hélène Chevalier



Therapeutic Touch: Innovation to Improve and Strengthen Healthcare

Submitted by Marion Cameron, President, TTNC

The Advisory Panel on Healthcare Innovation in Canada asked for input from the public about how to improve healthcare in Canada and more specifically how to improve the quality of end-of-life care for individuals in the last stages of their disease process, or just living out their lives as old age approaches. With the collaboration of Cheryl Larden, BCTNS, Nancy Hall, TTNO, and Marion Cameron, TTNC, a brief was composed and submitted. The following is a summary of that Brief.

The Therapeutic Touch Networks of Canada (TTNC) proposes that the use of Therapeutic Touch® can make a difference in the quality of health care services in Canada for all Canadians, particularly in end-of-life care. Therapeutic Touch is a no-risk, non-invasive, cost-effective approach to care, which can be used across the spectrum of disease processes and in all aspects of health care.

"Therapeutic Touch is a holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being." (from TTIA).

Several well-established references were stated to give a history of the use of Therapeutic Touch "as an adjunct to the standard management of symptoms to achieve an overall well-being for patients with malignant and non-malignant terminal illnesses."

Many advantages were cited for the use of Therapeutic Touch and for its positive effects for the patient, family, caregivers, volunteers, and health care professionals; for all those involved when administering care with compassion and respect.

"Therapeutic Touch in health care, specifically in Quality End-of-Life-Care, can be used to innovate and provide high quality, low cost, sustainable health care to Canadians regardless of location.

Please share your Therapeutic Touch activities with the rest of Canada!

Have you participated in successful health shows or conferences?

Have you had interviews - or articles in publications?

Let us know!

What worked? What needed improvement?

How you found out about it.

Give us the details so we can ALL benefit from your experiences.

Patients, family members, caregivers, and health care professionals all benefit from Therapeutic Touch.

Therapeutic Touch is patient-centered – as is Hospice Palliative Care. It can be provided by any member of the transdisciplinary team optimizing access and providing increased flexibility for the patient and the health care team.

Recommendations:

1. Provide health care professionals and volunteers with information, training, and support in the use of Therapeutic Touch. This should be included in the curriculum of their various professions as well as training for those that are already in the field.
2. Ensure the patient and their family are at the center of care, with all members of the transdisciplinary team being aware of the benefits of Therapeutic Touch and how to access Therapeutic Touch resources.
3. Provide patients and families with written information describing the use of Therapeutic Touch so they can make informed choices in their end-of-life care.
4. Provide Therapeutic Touch services as an easily accessible health care choice at end-of-life, for all Canadians.
5. Support a process for the recognition of Therapeutic Touch as an integrative therapy.

The Therapeutic Touch Networks of Canada are committed to assisting in developing strategies in education and implementation of Therapeutic Touch in all areas of Canada, allowing for equal access to quality end-of-life care. For more information on Therapeutic Touch in Canada please refer to the website of the Therapeutic Touch Networks of Canada: www.ttnc.ca."

Two endorsements were also submitted along with the Brief; one from Bethell Hospice in Inglewood, Ontario, and the other from Cowichan Valley Hospice Society in Duncan, B.C.

We thank Judy Donovan Whitty, ATTN, for bringing this opportunity to the attention of the Therapeutic Touch Networks of Canada.

Several other individuals gave their time in support of this project: Gail Ellsworth, ATTN, Linda Terra and Sherry Crann-Adair, TTNA, as well as the blessings of the TTNC Board. A special thank you to Cheryl and Nancy for working in a tight time-frame to get this Brief submitted on time.

The full Brief will be available on The Therapeutic Touch Networks of Canada website: www.ttnc.ca. Also check out the websites of other Member Networks. ◇

ATTN Groups at Hospice PEI

Hospice PEI has existed for a long time, but this was the first gathering of volunteers in Hospice so we had a picture taken of those of us also involved in Therapeutic Touch®. It was the Coordinator of Volunteers who decided it would be nice to have this gathering and ensured ALL volunteers were invited. It was held in the afternoon following our regular ATTN Practice Group there. It will be an annual event. All our TT volunteers weren't able to stay for the gathering, so this is partial group. Andrea had exciting news - she let us know that when the new Hospice building is finished (near the QE hospital), our ATTN Charlottetown Practice Group will have a space to continue to meet and will be welcome to provide sessions there and in the unit (when invited by the recipient and/or family). The pamphlets being designed will mention Therapeutic Touch and our Group. We've had to relocate four times as a PG, so it's lovely to know that when we go to the new Hospice facility in Spring, 2015, this is likely our last move. We meet every Thursday from 10 am to noon - or later if necessary. There are four Practice Groups on the Island!



Back row from left, one of original "founders" of Hospice PEI Eleanor Davies, Geraldine Cooper ATTN-RT, Elaine Reid, RP, Hospice Volunteer Coordinator, Andrea Conway, Hospice volunteer Claire Young
Front row: Judy Donovan Whitty ATTN-RT, Theresa Murphy, Deborah Wood-Salter, Counsellor (Ret'd), Hospice volunteer .

This is so nice to have. Thanks Judy!

Confirming the Benefits of Therapeutic Touch

Relaxation Response Improves Immune Function, Quality of Life in the Elderly

Researchers from the University of Alicante in Alicante, Spain, performed a randomized controlled study to evaluate the impact of the Relaxation Response on enhancing the psychological well-being and modulating the immune responses of elderly people living in a residential facility when compared to a waitlist control group.

The study included a two-week intervention period and a three-month follow-up period. The main outcome variables were psychological well-being and quality of life, biomedical variables, and immune changes from the pre-treatment to post-treatment and follow-up periods.

The findings revealed significant differences between the experimental and control groups in CD19, CD71, CD97, CD134, and CD137 lymphocyte subpopulations at the end of treatment. Further, there was a decrease in negative mood, psychological discomfort, and symptom perception in the treatment group. Quality of life scores were increased at the three-month follow-up.

Application of a passive relaxation technique in residential programs for the elderly appears to be effective at enhancing psychological well-being and modulating immune activity in a group of elderly people in a residential facility. This relaxation technique could be considered an option for achiev-

ing health benefits with a low-cost for residential programs, but further studies using this technique in larger samples of older people are needed to confirm the trends observed in this study.

From "Health Journeys" by Belleruth Naparstek

Psychotherapist, author and guided imagery pioneer Belleruth Naparstek is the creator of the popular Health Journeys guided imagery audio series.

Belleruth <newsletter@healthjourneys.com>

To Members of all Canadian Networks from The Therapeutic Touch Networks Canada

As a Member of your Network, you are entitled to have this quarterly TTNC Newsletter forwarded to you by email.

However, due to the cost of mailing a printed copy (your Network may not have a budget for this), members without email may not be receiving it.

Please check in your Practice Group or your Network membership list to see if someone near you does not have Email, and offer to print a copy for them.

Thank you!

Our Therapeutic Touch Experiences

A Therapeutic Touch Story

by Evelyn MacKay, RT, TTNO

On a Wednesday in late June, I was called by a nurse at the hospital asking me to come and treat a young woman. This young woman—I will call her Jenny—had previously been in hospital, when she had experienced a serious illness. She had picked up a very bad infection that affected her hands and feet. Her hands healed, although they were very stiff and had obvious keloid scars. But her feet did not heal at all. The plan was to amputate them. The nurse called me, with permission of the attending surgeon, to ask me to try Therapeutic Touch as a last resort, because this young woman was so upset at the thought of losing her feet.

I asked the nurse how she knew me, and she said “I remembered you used to bring in an elderly woman who had a large wound on her leg. I used to pack that wound twice weekly, and we thought it would need a skin graft. You treated her often, and that wound closed without surgery. I always remembered that, so I asked the nurse-practitioner and the doctor if we could just try Therapeutic Touch®, to see if it could help. Will you come and try?”

I went the next day to the hospital out-patients where dressings on Jenny’s feet were to be changed. She was in isolation, so I masked, gowned and gloved before I could enter her room.

Jenny’s feet were black; much of the flesh had fallen away, and the bones and heel joints were visible. Her toes had already fallen off, just held in place by the tough and blackened skin. These feet looked as if the skin that was left had been burned, it was so black. And because the flesh was decaying, the smell was very obvious.

I began treatment. The surgeon came in, saw me working, and said he would wait until I finished. I suggested he go ahead and do what he had to do, since I was not in a hurry. He told Jenny that her feet must come off, that a final decision would be made the following Tuesday, but that things looked very bad indeed. Jenny was weeping as the surgeon left. I finished treatment and left her with the nurse who was re-bandaging the feet.

That week, I went twice more, meeting her at the hospital where she went for a dressing change. When I was there on the following Monday, the day before the final decision was to be made, the nurse told me they saw some sign of improvement and were going to put maggots on the feet to see if this treatment could clear up some of the infected and dead tissue, since the feet showed signs of new tissue being formed and looked a tiny bit better.

The nurse said, “. . . and we have a big problem. Jenny is afraid of bugs and doesn’t want the maggots applied!”. I suggested to the nurse that when I treated Jenny that day, I would do so with the intent of relieving her of this fear of bugs. Jenny accepted the maggots the next day.

I continued to treat her, and every day another Therapeutic Touch practitioner did distant sessions. Some days, I did too. Surgery was postponed. I continued to do treatments. A few days later, the nurse told me that flesh was beginning to fill in the heel joint, and new flesh was growing up the side of her foot.

“You are a magician!”, she said, and thanked me so much I was embarrassed! I treated on and off in person, and did distant treatments when I could not get in or when she was at hospital in another city. After a while, the news came, via Jenny’s mother, that Jenny’s feet would not be amputated but would need skin grafts!

In late October, when I went to treat her, a visiting nurse was completing treatment on Jenny’s feet, so her feet were uncovered. Her toes had been removed because they had already been disconnected due to the infection. But her feet were pink!!! No black; no missing flesh! The flesh was very tight and looked thin, but it was as fresh-looking as could be. What an amazing thing! Her feet looked so pretty after seeing them black!

This took 4 months. When I last saw her, the nurse doing the dressings said there would likely be no skin grafts! And so far this is true.

Jenny first got sick in January, and by October she was walking with special padded shoes. She has hope, which counts a lot, and is engaged to a very nice young man. Perhaps falling in love helped her heal! I think so. ♦

Evelyn MacKay, a retired nurse, has been involved in Therapeutic Touch since the early ‘80’s. She has served on the TTNO Board of Directors as Chair, and presently co-edits the inTouch newsletter. Evelyn considers the encouragement of new Therapeutic Touch teachers her a most important contribution to her community. She has a private practice in Therapeutic Touch and volunteers with Hospice Wellington.

In
the April issue,
“Our Experiences” will focus on
Multiple Sclerosis.

Please see page 9 for details.

Synchronicity and Therapeutic Touch

by Deborah Simone, BA, BEd, RP

When you walk with someone who has a fatal cancer, your walk periodically changes. Your thoughts, hopes, prayers, activities, and feelings are often transformed. As a consequence, your walk reflects your sadness, compassion, determination, admiration, love and hope, your anger, doubt, helplessness, sorrow, and perhaps, acceptance. (And here, I would like to offer my sincere condolences to those who know exactly what I mean...)

While you are busy supporting the person you love, you become aware that you yourself are being supported. I am, and will forever, be grateful to my husband, family and friends, to my church community, students and neighbours, for their love and kindnesses. I am also grateful for a more subtle support that wove its way quietly, almost imperceptibly, in and around everything; I realize now that I took much for granted, but perhaps it was best that way. In any event, I am speaking of Therapeutic Touch and the people it embraces.

I benefitted from wonderful treatments and treasured new friendships. I was taught and mentored by two wonderful teachers, Sharron Parrott and Flo Hartleib. The Hospice patients I met and offered treatments to in completing my Workbook sensitized me to so much that positively affected my relationship with my sister. And, I will forever find solace revisiting the afternoons I gave her sessions in her living room while the sun shone in through the windows.

So many fellow practitioners offered distance healing. Concrete, perceptible support was bolstered by the quiet compassion of others at Practice Group. I am humbled and thankful for the compassion and healing offered to my sister. Now that it is time to move on and find my place in this new reality that exists since her death, gentle support and friendship nurture and encourage me.

In October of 2007, I was walking though the exhibits at a "Pumpkin Fest" craft show with my sister. She was newly diagnosed, and our laughter was tinged with fear and disbelief. I was a bit preoccupied with wanting to do something special to help her, but not knowing what form that could take. We came upon a table displaying information about Therapeutic Touch classes being offered, and standing behind the table was Flo, wearing the warm and welcoming smile I would come to know so well. Even though I had not followed a class in ten years, she said "Come, take Part III with us."

Fast forward to November of 2013. I am again with my sister, but this time she is in bed at the Hospice Residence. Flo arrives, on her way to Practice Group, just to see how I am doing, to give a hug, and to tell me that my sister and our family would be offered distance healing later that evening by the assembled practitioners. It meant so much to us as a family, and we opened ourselves to the gentle healing thoughts coming our way. Sharron dropped by at the close of the meeting, just to offer her support. My sister died that night; though I know it had already been determined that she was leaving us on the wings of angels, those angels were given a bit of help that night by the Windsor Essex County Practice Group.

The Universe works in mysterious and not so mysterious ways, but, in the end, it does take care of us. I know that I was led to a specific table at the craft show in 2007, and I am grateful. ♦

Deborah Simone, BA, BEd, attained her RP in 2013. A member of the Windsor Practice Group, she volunteers with The Hospice of Windsor-Essex County. Debbie is a member of both the TTNO's inTouch and the TTNC Newsletter committees.

*Deb Shields, who some of us know
from Pumpkin Hollow wrote the following ~*

In my jaunting over these days I have been invited to ponder peace . . . always knowing that truly peace on earth begins in my own heart! It seems that I (perhaps we) are invited to dwell in spaces of perplexing wonder as we meet unfoldings each and every day that are unsettling. Surely we hear about some ~ surely there are many that are untold. I am called to remember that I am, indeed, a thread in the fabric of humanity.

And so I offer this thought to each of you ~my beloved friends and peacemakers...

I invite you to take a moment and join me as we together allow peace to flow from our hearts to all sentient beings everywhere....and if it is comfortable for you, perhaps we could take

a moment each day at 8:15 PM (2015 h.) and do the same!

There is such beautiful power in love and unity...

Practice Group Corner

Therapeutic Touch Practice Groups are an integral part of the Therapeutic Touch® community. To attain Recognized Practitioner status, it is suggested one attend a Group on a regular basis. Attending a group after the introduction to the modality gives us the opportunity to experience and enhance our abilities as practitioners, as we 'give' and 'receive'. As we share and ask questions about our experiences with the energy, learning continues.

The purpose of this column is to share the best ideas for a Therapeutic Touch Practice Group. Positive comments, suggestions and questions for improvement are welcome.

For the next issue, please submit your feedback on the following topic:

How do you and/or your group welcome a new member so he/she feels comfortable in their practice?

Please send comments to the TTNC News - see page 2

Receiving Personal Support in Practice Groups

I attended the TTNO's AGM, and I came away with a sense that in Ontario, after a challenging two years, the "phoenix is rising". I think that can happen best when we realize that, worldwide, *TTers are all in this together*. Everything we do in Therapeutic Touch is important, and that as we share our experiences - not only in its practice - but in organizational and promotional successes, it will benefit the growth and acceptance of Therapeutic Touch internationally.

At the Event, in one of the exercises done in Debbie Gould's workshop, we were asked to share 'pivotal moments' in our use of Therapeutic Touch. As each person shared, it reminded each of us of another important personal experience. I came away from the workshop refreshed and renewed, understanding that *one of the most affirming things we can do is to share our experiences with others!*

It's so easy to become discouraged! I have personally been driven to tears, when our beautiful, awesome modality is disparaged. Several of us, who are involved with Practice Groups, agreed that one of the most important aspects of a group is to share our experiences and *to have them believed!* I think this is essential for our Canadian experience—that we are able to tell others how personally important Therapeutic

Touch is to us, and how it helps those who have received it.

I'm beginning to suspect that perhaps our emphasis on "un-attachment to outcome" has dampened our enthusiasm for sharing experiences lest we be seen as "bragging".

In addition, we do not ask clients to share their experiences because we are not supposed to "care". In fact, what we are truly needing are signed statements from recipients—called *testimonials*—saying for instance, "After receiving one session of Therapeutic Touch, the dreadful pain from my shingles went away, and never came back!" These statements can be used as quotations for articles and pilot studies as we become aware of conditions that respond well to Therapeutic Touch.

As I listen to Group participants sharing what they have done, I am in awe! If we were anyone else other than modest Therapeutic Touch practitioners, we'd be shouting it from the roof tops and demanding recognition!

When we have completed our precious "healing circles" and say farewell to each other, there are always hugs and loving sentiments expressed to our Group members who have become a very important "family" in our lives. ♦

Submitted by Mary Simpson, TTNO RT

Websites/Youtubes of Interest to TTers

An advantage of being "online" is that we can easily click on listed websites of interest. If you would like to have one listed here, please include a short description and length of time of the presentation.

Energy Medicine Research Network, established by Donna Eden has a comprehensive list of research on many EM modalities: http://c.ymcdn.com/sites/www.energypsych.org/resource/resmgr/files/energy_medicine_reference_li.pdf

Secrets in Plain Sight 224 min 59

<http://topdocumentaryfilms.com/secrets-plain-sight/>

It is described as: "This is an awe-inspiring exploration of great art, architecture, and urban design, which skillfully unveils an unlikely intersection of geometry, politics, numerical

philosophy, religious mysticism, new physics, music, astronomy, and history. Exploring key monuments and their positions throughout the world, it brings to light a secret obsession shared by philosophers, kings and artists spanning the whole of recorded history up to the present time. The series of videos reveals how profound ancient knowledge has been encoded in units of measurement ("sacred geometry"), in famous art, in the design of buildings, in the layout of city streets, and in the precise placement of obelisks and other important monuments upon the Earth, the viewer is led to perceive an elegant harmonic system linking the human body with the architectural, urban, planetary, solar, and galactic scales". ♦

Therapeutic Touch® Activities Across Canada

RETREATS

18th Annual Eastern Ontario Retreat

June 5 to 7, Arnprior, ON

"Beyond Your Practice

Inside the Heart of Therapeutic Touch"

Facilitated by Patricia Tamosetis and Gail Lafortune.

Guest, Donna vanVliet. Contact: c-g@sympatico.ca

7th Annual Advanced Intensive Retreat

June 11 to 14, Puslinch, ON

"Inspirations and Echoes"

Facilitated by Laura Pokoradi and Diane May

Contact Gary at: pokerman@sympatico.ca

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BCTTNS Annual Conference

"TT Support with People Who Have Cancer"

Presenter: Lin Bauer MS, CCMHP, QTTT

Saturday May 2, 2015 in Ladner B.C.

Lin Bauer has been a Therapeutic Touch practitioner since the early '90's and a Teacher since 2002. Lin will share her experiences with people dealing with cancer during chemo, radiation, post surgery and working with those who choose to opt out of the western medical route for treatment. Lin will use her knowledge as a "SOUND" healer to enhance a TT session. Techniques will be explained and demonstrated, and participants will have the opportunity to practice.

*submitted by Lesley Reichert, Member at Large
BCTTNS Board of Directors*

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See What's Happening in BC!

Therapeutic Touch Certificate Program

This is a brand new program, taught by Cheryl Larden, at Langara College, Vancouver, includes all the courses necessary to receive the BCTTNS Recognized Practitioner Status. The courses can be taken individually, whether or not you intend to proceed and get a certificate. It includes: 3 Levels of Therapeutic Touch, TT Mentorship, The Art of Self-Compassion, Anatomy and Physiology, and one elective of either Mindfulness-Based Stress Reduction or a small business course. <http://www.langara.bc.ca/continuing-studies/programs-and-courses/programs/therapeutic-touch/index.html>

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2015 ATTN Annual Conference

May 29, 30 & 31

Victoria General Hospital, Halifax, NS

http://www.atlanticctn.com/news_details.php?id=3

Interesting information for Canadian TTers . . .

Exploring TTNC Member Websites

The Atlantic Therapeutic Touch Network . . .

www.atlanticctn.com

serves Nova Scotia, New Brunswick, PEI and
Newfoundland/Labrador.

The creative Vision of the Atlantic Therapeutic Touch Network is *"to have Therapeutic Touch embraced as a common occurrence in everyday life."*

They have for sale, a lovely pewter necklace and earrings with a hands and heart motif. The most recent addition is a hand and heart zipper pull! (Go to Members' Page)

The Therapeutic Touch Network of Quebec

www.ttnq.ca

They have professional flyers to help you promote TT practice. It is bilingual and on a high-gloss paper.

See a pamphlet sample at: <http://www.ttnq.ca/wp-content/uploads/2012/03/pamphlet-Sample.pdf>

It is hard to read because of an overlay saying 'Do not copy'.

The Therapeutic Touch Network of Ontario

www.therapeutictouchontario.org

In 2013, TTNO 'rebranded' itself with a new logo and website. The website is quite involved, with some kinks yet to be ironed out, but definitely worth a visit. There is an extensive section for members only.

Visit the

Therapeutic Touch Networks Canada

www.ttnq.ca

It has a variety of interesting aspects, but still needs some fine tuning. It has a great Therapeutic Touch brochure available for download, but it requires a password (try 'brochure'). It will be the website used for international advertising, and contains links to all regional Networks.

And don't forget the

Therapeutic Touch International Association,

<http://therapeutic-touch.org>

for international updates.

PLEASE REMEMBER . . .

that all of these websites are maintained by members who volunteer to do this. If you are confused or need help 'navigating' a website, please contact a board member of that Network for clarification.

**Visit these websites at least once a month -
they are interesting and informative !**

The Other Three Fields - an Underutilized Resource in Therapeutic Touch

by Barbara Schuster, RP

In Level 3, Therapeutic Touch students learn about the Emotional, Mental and Intuitional field in addition to the (etheric) energy field, which is closest to the physical body. We learn to locate them and work with them, but in my experience these fields do not receive much further attention—theoretical or practical—in subsequent TT practice. I have come to the conclusion that this is a loss to both practitioner and client.

A couple of years ago, I began working on these fields more regularly, and I would like to share some of my observations. There are a few key points that stand out:

- each field has a particular feel or quality that shows a certain consistency relative to that field
- the space occupied by each field is a mystery
- doing a treatment with a specific intent makes a big difference to what one finds during the assessment, in all fields
- working on each of the fields has profound effects
- the treatment may last longer than 20 minutes

Let me start with the space the fields presumably occupy. I remember when I took Level 3 ten years ago, we started approaching our partners' fields from the far side of the room, and would then try to sense the outlines of the field. That worked. When I work on a client, however, or even when I do distant treatments and have to do them in a space much smaller than a small classroom, this is not workable. Experience has taught me that if I choose to assess the intuitional field at whatever distance I am standing from the client, that is the field I will sense. I may then move only very little with the intention of assessing the mental field, and that indeed is what I will sense. Are the outlines of the particular field "where" I sense them, are they "elsewhere", or am I asking the wrong question - I do not know. What I do know is that *my experience is consistent*.

I have discovered that there are certain general characteristics typical to each field. We all know what the field closest to the body feels like, whether we may call it the physical or the etheric field (I call it the etheric). The energy is usually very palpable. The emotional field always makes me think of clouds; there is softness to it that I imagine clouds to have. It is very pliable. The mental field usually reminds me of an eggshell, in its feel and shape. The intuitional field has a particular feel that I find hard to put into words. It is finer, but still very much "there".

I have often worked on all four fields using a particular intention for the treatment, e.g. freeing each field from "left-overs" of particular traumatic experience, etc. When I have a specific intention and assess the fields, for instance, for remnants of certain resentment the client is carrying, what I sense

during the assessment is very different—in each field—than if I did a general assessment. The difference of what I find depending on what I am looking for always strikes me, because my rational mind would say, "The resentment is there, so I will pick up its traces in the field even during a general assessment". My experience tells me otherwise.

The results of working on all four fields and using a particular intention are consistently profound. It is often said that if you work on one field you affect all the fields anyway, implying that therefore it is not that crucial whether you work on one field or several. That is true to a degree, but again it uses *arithmetical* logic instead of *real-life* logic. If you do something good to your physical body, you will also affect all the fields, but does that make working on the fields—like when you are doing Therapeutic Touch—superfluous?

I have found that working on several fields makes it appropriate to extend the length of a session, with the consent of the recipient. The wellbeing of the client is the ultimate arbiter. The rest period must be extensive as well—it takes time to integrate a four-field treatment!

Last year, I treated a lady in her eighties. She was suffering from heart pounding, sweating, boredom, grief, guilt feelings and a number of other things that can accumulate when one has been a wife, mother, grandmother and other things for many years. I gave her 19 sessions over a period of 8 months, always working on every field. There was continuous improvement, with some normal ups and downs (apart from one or two periods when she booked the treatments too far apart and had a setback). Her heart pounding decreased, she became easier on herself, less repressed with her husband (less depressed as well), grief and guilt feelings lessened, and she became more outgoing.

At each appointment, during our initial conversation, I would usually get a sense of what the particular intent for the session should be. If that was not the case, I would ask for guidance after centering, and act on the information I received. It worked.

I encourage everyone to make more use of valuable multi-field knowledge we received during our training! ♦

Barbara Schuster holds a degree in Waldorf Education and worked as a language teacher. After living in Germany and Sweden, she first came to Canada in 1984 where she taught at the Ottawa Waldorf School. Later she spent several years with her family in Harare, Zimbabwe. During a lengthy illness, in 2000, Barbara was introduced to Therapeutic Touch and gained RP status in 2002. In 2004, she became certified as a Flower Essence Practitioner. She has a practice where she uses both modalities. Visit her website at www.theflowersofaeskulap.com

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

Ajax	Janet Fallaize*, RN	905-683-9264
Barrie	Arlene Cugelman*, RN	705-721-1850
Belleville	Alison Cooke*	613-395-3691
Brighton	Marian Wierenga	613-921-7595
Carrying Place	Donna Logan Van Vliet*, RN	613-962-1004
Chatham	Kathleen Armstrong*	519-354-8141
	Charlotte Harris	519-351-1025
Elora	Deborah Gould*, RN	519-846-2770
Glencoe	Regina Sheere	226-785-1894
Golden Lake	Patricia Tamosetis*	613-625-2277
Grimsby	Rose Phillip BEd	905-309-4755
Guelph	Mimi Craig*, BEd	519-827-1819
	Evelyn MacKay*	519-822-4174
	Michelle McMillan	519-837-0038
	Valerie Morrell	519-821-4006
Hamilton	Laura Pokoradi*, RN,QT	905-385-9217
Huntsville	Shirley Boon*, RN	705-789-7434
Kitchener/Waterloo	Kathleen Armstrong*	519-354-8141
	Charlotte Harris	519-351-1025
London	Jitka Malec*, RN	519-668-2409
	Carole Wray*	519-668-0272
Midland	Helen Will*	705-534-1101
Mississauga	Susan Keith*, RN	416-578-6970
Moffat	Martha Hoey	519-823-5847
Niagara Falls	Doreen Sullivan*, RDH	905-354-8873
Oakville	Mary Simpson*, RN,QT	905-825-0836
Ottawa	Gail Lafortune*,RPN	613-834-4524
Peterborough	Linda Nelson*	705-745-9320
	Craig Niziolek	705-740-2157
Pickering	Karen Marks, RN	905-649-3030
Roseneath	Pat Hall*	705-924-9320
St. Thomas:	Helen Spangenberg	519-769-2374
	Melinda Whitehead	519-633-2506
Sarnia	Ashley Murray*	519-336-0941
Stouffville	Pamela Beach*	905-852-6440
Thunder Bay	Jean Riddell	807-622-7790
Toronto	Marlene Burfield*, RN	416-438-7720
	Jodi Cole*,RN, M Ed	905-731-4713
	Crystal Hawk*, M Ed,QT	416-922-4325
	Diane May*	909-553-2035
	Jane Milligan*, M Ed	416-694-1636
	Theresa Moore*, RN MScN	416-493-7646
	Maria Rossiter Thornton*, RN,QT	416-926-8944
	Julia von Flotow*	416-686-6463
Thunder Bay	Jean Riddell	807-622-7790
Wawa	Aldona Mitrikas	705-856-1889
Windsor	Flora Hartleib*, RN	519-974-2157
	Claire Massicotte*, RPN	519-948-9453
	Sharron Parrott*, RN	519-258-0440

BRITISH COLUMBIA

Burnaby	Marie Preissl*	mariepreissl1@telus.net
Coquitlam	Anne Walker	604-948-0660(wk)
Delta/Langley	Cheryl Larden*QT	604-510-0190
Duncan	Judith Schweers* QT	250-748-5993
Golden	Marjike Patterson-Robinson*	250-344-5325
Kelowna	Diane May* QT	909-553-2035 or 250-469-2209
Lionsgate	Lynda Harvey	604-980-6604
Maple Ridge	Jean Ruttan	604-463-7771
North Vancouver	Lynda Harvey*	604-980-6604
Salmon Arm/Okanagan	Marie-Paule Wiley*	250-832-8176
Surrey-White Rock	Faye Torgerson*	604-576-8176
Winlaw	Camille Roberts*	250-226-6886

ALBERTA

Calgary	Linda Terra*	403-238-3734
	Melanie Graham	403-249-9489
Edmonton	Linda Woznica*	780-707-4021
Lethbridge	Joy Petheridge Baxter*	403-329-6615
Sherwood Park	Chery Ann Hoffmeyer* PhD, QT	780-467-8701

MANITOBA, SASKATCHEWAN

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

QUEBEC

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

ATLANTIC

Hope River, PEI	Geraldine Cooper	902-964-2609
Charlottetown, PEI	Judy DonovanWhitty	902-569-3496
Halifax, N.S.	(Rev.) David Maginley	902-444-9369
	dmaginley@yahoo.com	
Dartmouth/PEI	Evelyn Mitchell*	902-462-1975
Dartmouth,N.S.	Barbara Stone *	902-469-0317
Salt Springs,N.S.	Cherry Whitaker *	902-425-2042

THERAPEUTIC TOUCH NETWORKS OF CANADA
PRACTICE/SUPPORT GROUPS - Contacts for Information

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Burnaby	Marie Preissl	mariepreissl1@telus.net
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Golden	Marjike Patterson-Robinson	250-344-5325
Kelowna	Laurie Bartley	250-469-2209
Langley	Cheryl Larden	604-510-0190
Lionsgate	Lynda Harvey	604-980-6604
Maple Ridge	Jean Ruttan	604-463-7771
Salmon Arm/Okanagan	Marie-Paule Wiley	250-832-8176
Surrey-White Rock	Faye Torgerson	604-576-8176

ALBERTA

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MANITOBA, SASKATCHEWAN

Winnipeg	Steele Pruden	204-477-1524
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ONTARIO

Acton	Elinor Wagner	519-853-2423
Ajax	Janet Fallaize	905-683-9264
Aurora	Margaret Shearman	905-841-6059
Barrie	Arlene Cugelman	705-721-1850
Belleville	Nancy Sherk	613-395-2973
Bolton	Diane Demidow	905-880-2220
Bramalea	Gabriele Boer	905-791-8637
Brampton	Lillian Hutchinson	905-457-2211
Brantford	Raymond Poole	519-753-4150
Brockville	Audrey Harkness	613-348-3736
Burlington	Lynda Hill	905-681-2575
Carrying Place	Donna Logan Van Vliet	613-962-1004
Chatham	Louise Brodie	519-354-0534
Coburg	Susan Story	905-372-3035
Collingwood	Nancy Lee Johnson	705-445-4032
Elora	Deborah Gould	519-846-2770
Gananoque	Elaine Davidson	613-382-3772
Glencoe	Regina Sheere	226-785-1894
Golden Lake	Patricia Tamosetis	613-625-2277
Grimsby	Rose Phillip	905-309-4755
Guelph	Evelyn MacKay	519-822-4174
	Trish Dean	tdean@uoguelph.ca
Haliburton	Marilyn Mighton	705-457-9560
Hamilton	Laura Pokoradi	905-385-9217
Huntsville	Tammy Chochslowsky	705-641-0537
Kitchener	Sue Frid	519-885-3764
Kitchener/Waterloo	Margaret McIntosh	519-894-0002
London	Jitka Malec	519-668-2409
Midland	Helen Will	705-534-1101
Mississauga	Debbie Abate	905-712-8119 x225
Niagara Falls	Pierrette Guise	905-356-2884
North Bay	Monica Giles	705-724-5163

Continued in next column

ONTARIO *Continued*

Ottawa	Gail Lafortune	613-834-4524
Owen Sound	Lynne Rusk	519-534-1234
Parry Sound	Anna Brisson	705-342-5769
Pembroke	Berlyne Mills	613-687-2921
Peterborough	Linda Nelson	705-745-9320
	Craig Nizolek	705-740-2157
Petrolia	Ashley Murray	519-336-0941
Port Perry/Uxbridge	Helen Thompson	905-852-5929
Roseneath	Pat Hall	705-924-9320
St. Catharines	Marg Deane	905-646-4948
St. Thomas	Melinda Whitehead	519-633-2506
Sarnia	Ashley Murray	519 336-0941
Sault Ste. Marie	Margaret Saarela	705-759-2024
Stouffville	Marita Concl	905-642-5403
Sudbury	Susan Lee	705-524-5084
Thornhill	Jodi Cole	905-731-4713
Thunder Bay	Jean Riddell	807-622-7790
Toronto	Julia von Flotow	416-686-6463
	Etobicoke	Cher Curshen
	Scarborough	Marleene Burfield
Wawa	Aldona Mitrikas	705-856-1889
Welland	Louise Aikman	905-938-2345
Whitby	Lynn Vukosavljevic	905-668-9683
Warton	Maureen Smith	519-534-3574
Wilno	Karen Schimansky	613-756-6172
Windsor	Flora Hartleib	519-974-2157

QUEBEC

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West Island	Monique Gregory	514-694-6994

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Falmouth	Anne Parks	902-798-9267
Halifax	Barbara Stone	902-469-0317
New Glasgow	Cherry Whitaker	902-925-2042
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Yarmouth	Sandra Noah	902-649-2201

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THERAPEUTIC TOUCH NETWORKS OF CANADA (TTNC)

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Therapeutic Touch Network of Quebec (TTNQ) Réseau du Toucher Thérapeutique du Québec (RTTQ)

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 Membership Chair: Barbara Williams, NS 902-433-1718
 Events Chair: Colette Thibodeau, NS 902-769-2160



Manitoba (MTTN)

Steele Pruden, 689 Walker Avenue,
 Winnipeg, Manitoba, R3L 1C6
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EXECUTIVE COUNCIL

President: Jackie Marion 204-758-3861
 Registrar: Steele Pruden 204-477-1524
 Member at Large: Laura Carroll 204-452-1107