



Volume 5, No. 2

Spring, April, 2016

And Spring arose on the garden fair,
 Like the Spirit of Love felt everywhere;
 And each flower and herb on Earth's dark breast
 rose from the dreams of its wintry rest.
"The Sensitive Plant" By Percy Bysshe Shelley (1792-1822)

- Table of Content -

Editorial, Publication details	2	Therapeutic Touch: It's All in the Hands: Stirling Manor, ON	13
Reports from the TTNC and Member Networks	4	TT Practitioners in Private Practice	14
The 2015 CAIET Conference Details	7	Book Reviews	15
TTIA President's Message	8	Letters	15
Therapeutic Touch as a Highly Human Function by Dolores Krieger	9	Keeping Up With Information	16
Edgar Mitchell, IONS Founder, Obit.	11	Japan Welcomes TT	17
Therapeutic Touch as a Leading Edge of Change by D. Krieger	12	TT Coverage by Extended Health Providers	18
An Observation Re: The Model of Healing Theory, E. Cugelman	12	TTNC Recognized Teachers	20
		TTNC Groups Across Canada	21
		TTNC Member Networks	22

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

Thoughts from your Editor . . .

Welcome to another issue of your Canadian Therapeutic Touch® newsletter! It's always such a pleasure to have the articles and pictures in place and do the final 'tweaking' to make it interesting to look at. Then a draft is sent to the excellent members of the Newsletter Committee for their scrutiny and corrections. It's always amazing how many spelling mistakes appear!

Unless you are familiar with type fonts you may not have noticed that this newsletter is done in **Helvetica** ('sans serif') instead of **Palatino** ('serif') used in previous newsletters. If you'd like to comment, please contact your Newsletter Committee member (see list in the next column).

I always print out newsletters because I prefer reading hard copy. The TTNO charges an additional \$25.00 a year for mailing printed copies of **inTouch**, and I think that's a real bargain. This newsletter however, relies on you to do it - and I hope if you are a teacher or group leader you will do so. For those of you who print out a copy we use a minimum amount of colour - such as borders instead of solid banners. If you don't have an adequate printer, you can transfer the "pdf" you receive onto a 'stick' and take it to your local office supply store.

BCTTNS, TTNO and ATTN have their own newsletters, as does TTIA. In reviewing them, I frequently see articles and notices that I think might interest TTERS across Canada, and ask for permission to reprint them. This includes the inspiring talk given by Dolores Krieger at the TTIA Congress in Seattle, WA, last year as well as her insightful writing from the 2013 Dialogues.

We like to include activities such as regional conferences and retreats, so that if you're planning to be in that area at that time, you can attend. *The added benefit of being a TTER is that we have "friends" in every province!*

We have had good feedback and letters - a few of which have been printed here . . . We really appreciate your input about what you like and what you would like to see discussed in this newsletter for all of Canada - and now internationally - to read.

I'm looking for someone to take on a "Group" column . . . perhaps contacting the chairs of Regional Groups to see what they've been doing to encourage membership and increase the profile of Therapeutic Touch in their communities.

This issue includes a LOT of interesting/valuable web sites and videos. (All were working at the end of April/16)
Please take time to watch and learn!



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.

Next Issue: Vol. 5, #3, Summer, 2016
Publication date July 30, 2016.

Deadline for Submissions: July 8, 2016

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 . . . We thank -

Cover quote Liz Corbett

Alex Jamieson, Sue Conlin, Evy Cugelman,
Alison Cooke, Suzette Morgan, Pam Patterson,
Claire Massicotte, Marion Cameron, Cheryl Larden,
Judy Donovan Whitty, Julia von Flotow,
Donna Logan van Vliet, the letter writers
and all the Chairs of the Canadian Networks

© 2016 Therapeutic Touch Networks of Canada

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

TTNC NEWSLETTER COMMITTEE

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

Interim Chair Marion Cameron, mumcam@telus.net
780-988-7211

BCTTNS: Bonita Howard bonitahoward@shaw.ca

ATTN: Judy Donovan Whitty
judydw@eastlink.ca 902-569-3496

TTNO: Deborah Simone debsimone@hotmail.com
519-966-4889

TTNQ: Dolores MacKenzie doloresmack@hotmail.com
514-697-1327

TTNA: Sheila Camp s.camp4020@gmail.com
Jean Gurnett gurnettj@gmail.com 780-554-0919

° ° ° °
Editing & Formatting: Mary Simpson,
mary.simpson@cogeco.ca 905-825-0836



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 encourages the sharing of information so as to create a sense of unity and belonging across the country.*

Vision: *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

Paulette Deveau, President, TTNC Board



It feels like yesterday that we were the new TTNC Board for 2016! In January, the Board returned to the work that it had prioritized as being their main focus. Currently, the Secretary position is vacant. In the meantime, most of the Board members have agreed to take turns in writing up the minutes of our Board meetings. We hope that this important position will be filled very soon.

In March, TTNC decided to become an affiliate member of Therapeutic Touch International Association (TTIA). The annual cost is only US\$40. We have one vote on changes to bylaws, policies, and to elections of TTIA Board Directors. It is viewed by all TTNC Board members that it will be very beneficial to TTNC to compare our policies to TTIA's and to provide us guidance in developing new ones.

All TTNC Board members will be able to access the TTIA website and will receive their newsletter. On their website they have an annotated bibliography for members, which is a paragraph outlining the specific research listed. As well, any of the TTNC Board members can join any of their committees.

As mentioned in my last update, our application for membership in Quality End of Life Care Coalition of Canada (QELCCC) was declined by their Executive Committee in December, 2015. I did initiate a subcommittee of the appropriate people from the Therapeutic Touch community to begin the discussion on how to proceed with becoming a successful QELCCC member. At this time, this committee includes Nancy Hall (TTNO), Judy Donovan Whitty (ATTN), Marion Cameron (TTNC) and I. A meeting is planned for mid April.

Discussions regarding TTNC taking over the responsibility of the Therapeutic Touch Trademark from TTNO commenced

in January. At this time, TTNO is currently working on updating the documents required for this transfer and they will advise me of any infringements of the trademark.

News from the Committees

TTNC Newsletter - I am pleased to announce that the committee has a new member, Bonita Howard, who will be the BC representative. Sheila Camp, a member of the newsletter committee has networked with the TTIA international ambassador and its various countries to share the TTNC Newsletter and vice versa. This was very well received.

The National Curriculum on Teaching Therapeutic Touch - The TTNC Board gave its stamp of approval to the curriculum guidelines for teaching Level One. These were subsequently shared with all the member networks, where— from all accounts – all were very impressed. As mentioned in my last update, the curriculum has been developed using the teaching guidelines from TTIA to assist with reciprocity in the future. This was done with respecting the individuality of the Member Networks.

The TTNC Brochure - Reminder that all the TTNC brochures are available on the TTNC website: www.ttncc.ca. The password is 'brochures'

Extended Health Coverage for Therapeutic Touch Sessions Cheryl Larden and I are still working on doing presentations with Nurses and CUPE staff in Vancouver Community Health Centres to promote the request of TT being covered under their Extended Health package.

Other possibilities across Canada are still continuing to be explored. An important one to note is the Atlantic Association of Energetic Healing Modalities (AAEHM), with which Susan Duncan from ATTN has been in contact. One of their mandates is to promote Extended Health Coverage for energy modalities. Their goal is: *to gain the confidence of the medical professionals in both the family practice* →

TTNC Report, cont. from page 3

and hospital levels so that energy healing can become a standard choice of treatment. This association is planning to host an upcoming event in the Halifax area. ATTN has been invited to send a Board or committee member to represent TT. In addition, AAEHM is publishing a newsletter and will feature Therapeutic Touch.

As President, I find it very exciting to hear the outcomes of all the work being done and the next steps being planned! As a result, I'm looking forward to giving you my *next* TTNC newsletter update. Until then, I continue to wish peace and prosperity to the Therapeutic Touch community across Canada.

Reports from Member Networks Across Canada

British Columbia Therapeutic Touch Network Society

We are all set for our conference scheduled for **April 22 – 24, 2016** at the Springbrooke Retreat in Langley, BC. It will be a time to relax, to reflect, and nourish our whole self to create balance and harmony while cultivating a greater awareness between the unity of our minds and body to become better aware of how consciousness affects our thoughts and feelings, and how healing with our focused intentions can lead to a healing practice emotionally, physically and spiritually.

Our membership continues to grow and we continue to hold regular Practitioner Days for those working towards their designation as Recognized Practitioner.

We will be participating at the 3rd annual Natural Wellness Career & Jobs Fair put on by Health Action Network Society (HANS) on May 7, 2016 at Robson Square, Vancouver, BC.

I will be stepping back from the Board as President and I thank the Board for their support and dedication. It has been a great experience serving on the BCTTNS Board as it has allowed me to grow as a person and gain many new experiences.

Thank you to all the volunteers who have with such dedication chosen to give up their personal time and energy to expend it to help, support and benefit others.

Tarja Oostendarp, BCTTNS President

The Therapeutic Touch Network of Manitoba

On April 17th was the Body Mind Spirit Show in Winnipeg. The MTTN was represented and we offered free 15 minute treatments to the public, as the best way to *explain* Therapeutic Touch is to *experience* Therapeutic Touch! After all, the best way to get wet is to jump in the pool. Dozens were willing and we got very busy at times. Apparently most did not mind getting wet as donations collected were greater than the cost of our table at the show. Special thanks to Dawn Colby, Laura Carroll, Susan Masnyk, Sid Wittmann and Steele Pruden.

*Blessings to all.
Steele*

Photo: Laura Carroll and Sid Wittmann →

The Therapeutic Touch Network of Alberta

Hello Fellow TT'ers,

Spring is here with singing birds and budding trees. A wonderful time to connect with nature. At times I've found it easier to 'find center' while walking through the trees like those at Kerry Woods Nature Center where we meet annually to learn and practice Therapeutic Touch.

We look forward to our AGM/Practice Day in Red Deer, AB, in April, 2016. Information for this is on our website:

Our effort last fall at the EduK conference in Banff, AB, was enlightening and helped spread the word about Therapeutic Touch. This Spring we are looking at having a 'presence' at conferences in Banff in different ways;

TTNA member Betty Whitney will attend the conference of the Canadian Association Occupational Therapists (CAOT) conference in Banff, April 19 to 22, and will hand out Therapeutic Touch brochures.

We have submitted a business card- sized ad to the syllabus for the Canadian Hospice Palliative Care Association (CHPCA) Learning Institute in Banff in June, 2016.

Several TTNA members greatly enjoyed Diane May's advanced TT course in Kelowna, BC, in March, 2016.

Our practice groups in Edmonton and Calgary continue. Please see TTNA website for this info and do join us if you are out this way. <http://www.therapeutictouchalberta.com/>

Peace in mind and heart,

Sherry Crann-Adair, TTNA



Atlantic Therapeutic Touch Network

Greetings from the Atlantic area where periodic bursts of snow are still happening but the crocuses are trying hard to tell us that Spring is nearly here! I hope it is the same for you as Winter has had its share of our time!

I've just returned from a 33 study trip in Jerusalem, Israel and as wonderful a learning experience as it was am grateful to be back in PEI and for the freedoms we have in our Canada!

The main news for ATTN continues to be good growth in that our members strive to achieve Registered Practitioner status both in NS and PEI and two more Practice Groups are volunteering in Hospice in their area (Summerside, PEI and New Glasgow, NS). Wonderful work you/we all are doing!

Mary Ann Hanley, RN, PhD, is the presenter at the ATTN's Annual Conference in PEI, May 27-28, 2016, in addition to a Teachers Training Session on May 27th. This is the first time the Conference is being held in PEI and is the 20th Anniversary of ATTN so lots to be grateful for and celebrate. Feel welcome to visit our website if you'd like more information. We already have a TTNO member attending!!

As a not-for-profit organization ATTN holds an AGM each year and it is required by the NS Registry of Joint Stocks to be held in Nova Scotia. For the first time the AGM will be held by a Conference call on May 24, 2016 at 6:30 pm, through Clarity Conferencing. Reports are sent out well in advance for members to read, via email and via Canada Post to those without computer. This has helped shorten the length of the AGM as it deals mainly with ratifying the work of the Board during the year. We hope that at least 1/3 of the membership will participate which is approximately the same number that have attended in person. If it works well this may be the model for the future saving travel time and expense.

Some happy news . . . Health PEI approved Prince County Hospital to offer Complementary Therapy in the Hospice Unit so our ATTN members in that area in Summerside, plus Practice Group members in Kensington will be offering TT sessions regularly...that is exciting! Both Carol Evans and Mary Hughes can take credit for it happening.

Same thing in Cherry Whitaker's area of Pictou county! Mary Hughes gave a presentation to decision makers etc. and now they can give sessions in the local hospital in New Glasgow, Nova Scotia (hospice unit).

A wonderful Spring to each of you as we carry on the good work of Dr. Krieger and Dora Kunz in providing Therapeutic Touch!

Judy Donovan Whitty, ATTN Coordinator

The Therapeutic Touch Network of Ontario

Congratulations on choosing a name for the TTNC Newsletter, *TTNCanada News!*

Congratulations also to Jim Metson, the new **inTouch** editor for the TTNO, for producing the wonderful Spring/2016 edition of our newsletter. Thank you for stepping up to take on this role. Many thanks go to Evelyn Mackay and Mei-fei Elrick who produced our newsletter for many years.

Our TTNO Board met monthly over the winter and all committees are working hard.

Mary Jane Phillips and her committee have plans well underway for our **2016 Annual Event** at the Kempenfelt Centre near Barrie, October 14-16, 2016. On Monday October 17th, there will be a Teachers Day, facilitated by Diane May. Pat Tamosetis will offer a Therapeutic Touch® Level 2 workshop on the Monday, allowing those who wish to take advantage of the chance to learn from a different teacher to do so.

Two regional Teachers Days are being held this spring - Central Ontario on April 3rd and South Western Ontario on April 17th. Thanks go to Laura Pokoradi and Charlotte Harris for organizing these days.

Mary Simpson has agreed to update three booklets that the TTNO originally published in 2003 to promote Therapeutic Touch. They are:

- The Use of Therapeutic Touch® in Hospice Palliative Care,
- The Use of Therapeutic Touch® in Long Term and Extended Care, and
- Therapeutic Touch®: Information and Guidelines for Institutional, Agency, and Organizational Settings.

Although they were updated once, they were eventually taken out of circulation as they were so outdated. Thank you Mary. We look forward to having these resources available again and *plan to share them* with all of the Canadian Networks.

Have a wonderful Spring.

Peace and Light,

Shirley Boon, TTNO Chair

~ ~ ~ ~ ~

Our minds are powerful tools that we can harness to create our reality. Through them we move the unformed energy of the universe into form, which gives us direction for our words and actions. Each thought is like a stone dropped into a lake, sending ripples out into our world to affect all they touch. We can choose our focus and how we invest our energy, which gives us the power to design our lives to be whatever we choose in each and every moment.

Daily Om <http://www.dailyom.com/>

Reprinted with permission

Therapeutic Touch Network of Quebec Toucher Thérapeutique du Québec

Practice Day, April 2nd, 2016

Once again an amazing Practice Day was enjoyed by over 20 participants at the Quality Suites in Pointe Claire. There was a choice for English or French participants. For the morning session, the speaker, René Dosen, consulting hypnotist, spoke of 'Demystifying Hypnotism', using a power point presentation and doing demonstrations. The participants felt the power of hypnotism. Therapeutic hypnosis is used to improve your life habits, health and well-being and is different from so-called stage hypnosis used by entertainers. It can help you manage and reduce stress, boost your immune system and help you prepare for surgery. René practises Therapeutic Touch with his wife Gordana and lives in Nuns Island.

The French session led by Rosa Bergola, a holistic health practitioner, spoke of 'self care of the therapist'. What happens to the energy field and the chakras when we don't do self care? Rosa has written a book of spiritual poems. "Healing is a Dance of Souls", a remembering of who we really are and where we came from."

The afternoon was facilitated by Susan Hamilton leading the participants doing various "energy exercises". The day ended by participants doing the practicum with a partner. They used their workbooks and had supervision by experienced TT practitioners. A "gratitude candle" was passed around at the closing ceremony. A full day of joy and love. A lot of hugs and two-cheek kisses.

Wellness Day, April 9th, 2016

We are grateful to have had a table at the West Island Cancer Wellness Fair. Therapeutic Touch treatments were given to the public by experienced practitioners. The prerequisite for their participation was Level three and being a member of the TTNQ network. We had a full roster of eager TT volunteers to work at our table and it was a full and fruitful day. We achieved good PR and increased the public's awareness of Therapeutic Touch.

Susan Hamilton, President

o o o o o o o o o o o o o o o o

Journée de pratique, 2 avril 2016

Encore une fois une, une vingtaine de participants on eu le plaisir de participer à Journée de pratique exceptionnelle au Quality Suites à Pointe-Claire. Les participants ont eu l'option de participer à une session en français ou en anglais.

En matinée, la session anglaise était offerte par René Dosen un hypnotiste consultant dont le sujet était « Démystifier l'hypnotisme ». Par le biais d'une présentation powerpoint et d'exercices pratiques, les participants ont pu observer le pouvoir de l'hypnose. L'hypnose thérapeutique est utilisée pour améliorer les habitudes de vie, la santé et le bien-être et est différent de ce qui est connu comme l'hypnose utilisée

pour le divertissement et les spectacles. Elle peut aider à gérer et réduire le stress, renforcer le système immunitaire et même vous préparer pour une chirurgie. René pratique le Toucher Thérapeutique avec sa conjointe Gordana et habite à l'Île des Sœurs.

La session française, également offerte en matinée, a été menée par Rosa Bergola une praticienne de santé holistique qui a parlé sur le sujet de « Prendre soin du thérapeute » et de ce qui arrive aux champs énergétiques et aux chakras lorsque nous ne prenons pas soins de nous même. Elle a écrit un livre de poèmes spirituels. « Guérir c'est permettre à notre âme de danser, de nous rappeler qui nous sommes réellement et d'où nous venons ».

L'après-midi a été menée par Susan Hamilton en guidant les participants à faire diverses « exercices énergétiques ». La journée s'est terminée avec une session de pratique où les participants étaient jumelés et ont pu être supervisés par des praticiens d'expérience et avoir l'option de remplir leur cahier de praticien. La cérémonie de clôture a été marquée par le partage d'une « chandelle de gratitude » entre chaque participant. Une journée remplie de joie et d'amour a été appréciée par tous.

Journée du bien-être, 9 avril 2016

Nous sommes reconnaissants d'avoir un kiosque à la Foire du Centre du bien-être de l'Ouest-de-l'Île pour personnes atteintes du cancer le 9 avril ou des traitements de toucher thérapeutique ont été offerts au public par des praticiens d'expérience. Les prérequis pour la participation des bénévoles sont la formation du niveau 3 ainsi qu'être membre du réseau. Nous avons une grande liste de bénévoles prêt à offrir leurs services au kiosque et comptons avoir une journée fructueuse. Nous espérons promouvoir de bonnes relations et conscientiser le public au toucher thérapeutique.

Susan Hamilton, President



Practice Day, April 2nd/Journée de pratique, 2 avril 2016

The 2015 CAIET Conference in BC

From Alex Jamieson, North Vancouver

On the final after-noon of the October/15 Canadian Association of Integrated Energy Therapies (CAIET) conference, October/15 in Victoria, BC, “The dynamic Duo” Marie Preissl and Judith Schweers, – well prepared by their total of over 60 years of experience – presented on Therapeutic Touch. About 80 conference participants had received TT sessions over the previous three



Judith, client and Marie.

days when thirteen volunteer practitioners worked in shifts to offer treatments by donation. Conference attendees were a varied lot, including psychologists, social workers, energy workers, chiropractors, and lay people.

Introduction

There were three parts to the presentation: a brief talk from each, a demonstration of TT and then individual treatments. Judith and Marie gave everyone a folder with a list of the phases of TT, a one page self-healing sheet about creative visualization and releasing trauma, a bibliography and a “TT First Aid Kit” (a purple bag with organic cotton and instructions how to charge it with healing energy).

Judith opened with a description of the basics of TT, using clear language and a poster of its Phases. She drew on her personal TT experience in helping her with the birth and care of her son, living on lighthouses! She was able to learn TT from her mother, one of the first people taught by Dee Krieger. Judith is currently involved with First Nations Elders, hospice and people dealing with grief... “Moving forward without words”.

Marie Preissl did what she does best: tell stories. Her early years saw her as one of the first nurses to introduce TT in a large hospital setting. Because patients were often stressed and frightened by the hospital experience her first job was to help them relax.

To illustrate the phases of TT Judith worked with a volunteer from the audience. Noting that the practitioner must maintain compassion or be detached from the outcome, she described it as “moving human energy like a beautiful river”. Finally, she advised us to keep the “healer” out of the way, letting the client heal herself. As Judith was giving the session, Marie narrated. For the rest of the afternoon, we

gave individual TT sessions to everyone in the room. . . truly the best way to get people “hooked into” energy therapy.

I was honoured to provide a session to a veteran TT practitioner from Ontario who looked a lot like Dee, but spoke like Dora! She was an excellent subject. Afterwards, she remarked to me that she was surprised when I did the “hand-heart connection” in the middle of the session instead of the end. In the de-briefings later on, she told us that it was the best TT session she’d had for a long time!

Generally, that was how most of the sessions went, in spite of some strange energy swirling around the room. People went away with an excellent grasp of Therapeutic Touch.

Conclusions

What made this such a rewarding presentation?

Besides the wisdom and charm of the dynamic duo, many of the people in the room already knew about TT because they had seen us in action for the previous three days or had already received a treatment. So they were there to bathe again in “the beautiful river of human energy.”

The TT volunteers were: Marie Preissl, Judith Schweers, Jean Ruttan, Morris Peckham, Diane Peckham, Paulette Deveau, Laurie Hatton, Susan Rutherford, Leslie Reichard, Brenda Jamieson, Lisa Green, Meiyan Mullin and Alex Jamieson.

NOTE! The 2016 CAIET conference is in Halifax, NS!

Be sure to watch the Video by Cheryl Larden, RN,BScN,RT of BCTTNS for The Canadian Holistic Nurses Association

“Incorporating Therapeutic Touch into Practice”

<http://www.chna.ca/incorporating-therapeutic-touch-into-practice>

If
clicking on these web sites
doesn't work for you, copy and paste
them into your browser

Get a cup of tea and spend an hour with Greg Braden, learning about the world and

new concepts supporting Therapeutic Touch

<https://www.youtube.com/watch?v=Hul7bwL-cbLA&feature=youtu.be>



Therapeutic Touch International Association

Musings from Sue Conlin, President, TTIA



A few years ago our Therapeutic Touch International Association (TTIA) marketing committee sent me to Bentley University outside of Boston to brain storm with some young people about marketing our organization. They helped us create a Facebook Page. I've tried to post interesting articles and news on this page, and I encourage everyone to take a look at it, as well as our TT Group on Facebook that helps join us as friends and healers. I have to admit, I never realized that social media could have such an impact on so many lives!

At the beginning of 2016 I hit a link on Facebook to find the words that I had used the most in my postings during the year 2015. Not surprisingly, they were: *Therapeutic Touch, grateful, news, conference, group, gratitude, time and retreat*. I say not surprisingly because 2015 was the year of our third TTIA International Conference, and it had all those words woven through the days we spent together, and in the months (years actually!) we spent planning it.

It was such a pleasure to welcome our friends, from outside the USA, to Seattle, Washington, a year ago. This was truly an International Conference! We had two leaders from Canada among us - Cheryl Larden, Coordinator of the BCTTNS, and Sharron Parrott, Chair of the TTNO. In addition we had 16 people from BC, 2 from Alberta, 1 all the way from Nova Scotia, and another 8 from Ontario – a total of 30 from Canada.

We had one person from Austria, 2 from Australia, 1 from France, 2 from Germany, and 1 from Turkey – our new International Trustee, Serbulent Bicer. We also had Peninah Abatoni from Rwanda join us via video since she wasn't able to join us in person. We had representation from 20 states in the US, including one from Alaska. The variety of attendees helped this Congress be "the best Therapeutic Touch Conference ever", according to our co-founder Dolores Krieger, PhD RN.

Being part of the Congress filled my heart with gratitude to see all the smiling faces and listen to the wonderful conversations and discussions about all the topics the keynote speakers and presenters addressed. It was fascinating to hear all the viewpoints, and to participate in sharing Therapeutic Touch with this diverse group.

Now we find ourselves in 2016, and wonder how many of the new members that TTIA added in 2015 will continue with us. Do we even understand why an International Association is so critical to the practice and education of TT?

Let me review a bit of the history of the organization of TTIA with you. Therapeutic Touch was created by Dr. Krieger and and Dora Kunz ("Dee and Dora") in the early 1970's. The first

formal course in TT was taught at New York University in 1975. TTIA was first incorporated as "Nurse Healers Professional Associates, Inc." in 1979. After a few years people from other countries asked why it was not an international organization, supporting TT practitioners throughout the world. Thus we became Nurse-Healers Professional Associates International, Inc. In 2008, we added TTIA – Therapeutic Touch International Association, as our membership Arm. NH-PAI, Inc. remains as the *credentialing arm* of the organization. People worldwide can learn TT and become a Qualified TT Practitioner (QTTP), and a Qualified TT Teacher (QTTT). Our education and support of people around the world continues. Around the world, we have Practice Groups and Satellite Chapters of TTIA.

In Canada, the organizational structure took a different path. Mary Simpson and Crystal Hawk studied with Dora and Dee, and with their blessing started the Therapeutic Touch Network of Ontario in 1986. Other Provinces soon followed, and regional Networks were created. Many Canadians go to Pumpkin Hollow on the East coast, and to Indralaya on Orcas Island, WA, to attend TT workshops.

Therapeutic Touch Networks Canada was incorporated in 2011, serving as the umbrella organization for the regional Networks. So you see, in the US we started with a *national* organization which became an International organization that supported regional groups as they were created. In Canada, however, TT started with regional groups and then an umbrella organization was created to help standardize benefits, education and practice.

TTIA stands ready and willing to help everyone and every TT organization around the world to create quality programs and education, and to work together with our friends everywhere to set the standards and offer our resources to everyone. On our website the research bibliography is open to the public, and an annotated version will be available to the members soon. There are other benefits available to members that will encourage all our new members to remain with us!

But most important, we need to remain connected to help spread the word about Therapeutic Touch throughout the world, and to help each other grow as practitioners and teachers. The more we share our thoughts and opinions with each other, the stronger the practice of Therapeutic Touch will be. I hope that 2016 we will continue the dialogue between and among all the practitioners throughout the world.

Many resources are available on our web site.

Please visit us... www.therapeutic-touch.org

- "Cooperative Connection" – Newsletter - 3 times a year
 - E-newsletter for Members and QTTTs/QTTPs
 - Items available to purchase include books and DVD's
- We offer a closed Facebook and LinkedIn Groups
- Education and Credentialing: QTTP and QTTT process, Connecting Students and Mentors, Teachers' Intensives™
 - Mentoring the Mentor™ courses
 - Scholarships • Research Grants

FUTURE-SHAPING THE DIALOGUE: Therapeutic Touch as a Highly Human Function

Dolores Krieger, PhD, RN

Third International Congress of the Therapeutic Touch Int'l. Assn.
April 19, 2015, Seattle, Washington

This was originally published in the TTI's "Cooperative Connection" and is reprinted with permission.

Hello! How very good to see you again. I have been privileged to know most of you, but it has been several years since we've had the opportunity *mano a mano*.

Our mutual quest, Therapeutic Touch® – now over 40 years into that questing – has guided us through the last days of a worldview that saw all about as being a grounded concoction of atoms and electrons. This conception slowly but surely morphed into one of digital bits and bytes, and now, in this time of unique Singularity, that understanding delves more confidently and deeply into the turf of clouds and avatars.

However even here, in this rarified very high-tech ambience, Therapeutic Touch, as a mode of transpersonal healing, can do better than high-tech on a number of counts when we frame that ambience in an atmosphere that is important to humans, rather than robots.

Therapeutic Touch is then superior in:

- The efficiency with which the Therapeutic Touch therapist (TTrx) can establish a conscious relationship with her inner self.
- The ease and clarity of mind-mind communication
- The recapturing of the TTrx's natural ability to "google" the vital-energy and psychodynamic fields of her healing partner, the person she is treating.
- The elegance with which she rapidly learns to use her chakra complex with knowing intentionality.
- And how to scaffold a person in need with deep compassion-based TT healing skills.
- How to draw upon that compassion to "bless" such healing partners who are in urgent need.
- How to intelligently assist in the conscious awakening of the healing partner's relationship with her or his own *Issie* (the TTrxs' affectionate name for the inner self).
- How to sensitively assist a person in final transition with appropriate TT skills. And not least,
- How to ground angelic assistance knowledgeably during treatment with Therapeutic Touch.

Scanning that list one is impressed by the sophistication of the higher human functions that have the opportunity to potentiate during the Therapeutic Touch process. Foremost and critically is the underlying initial impulse of Therapeutic Touch as an act of transpersonal healing, the TTrx's compassion for the plight of someone in need. Under the urgent drive of this profound yearning to help or to heal, the subtle energies of compassion can ally themselves to become an effective power in the employ of higher human functions.

Compassion as power drives the inner work of Therapeutic Touch. It maintains the fire-in-the-belly, the imperative that presses the TT therapist towards a conscious relationship with her deep-seated ally *Issie*, her inner self. This enactment of the "heroic leap" of mythology, permitting the self-awakening into a new territory, is personally demarcated for the individual by her *Issie*. It is because of this centrality of compassion-in-action to the TT process that, after M. Eliade, a foremost authority on shamanism, who coined the term describing the essential shaman as *technician of ecstasy*, I have dubbed Therapeutic Touch therapists as "*technicians of compassion*".

The Psychodynamic Language of Compassion

This language is expressed in many ways that evoke great power. The spectrum is diverse, spanning simple expressions of one's humaneness, e.g., random kindnesses and forbearances, through a range of benevolences under the name of grace, charity and mercy. These expressions tell us that compassion prompts or sets in motion a spiritual force that arises out of the heart chakra.

Fundamentally, the Therapeutic Touch process itself is a function of the heart chakra:

- In the beginning it is compassion for someone in need that brings the TT therapist to the healing act.
- The TT therapist starts the session with a shift in level of consciousness to that of *sustained centering*, and maintains that centered state until the end of the TT session. That state of quietude and inwardly focused attention is assumed so that she can significantly help or heal the person in need. This provides the deep spiritual tension for the attraction of *Issie*, her inner self, who resides in the heart chakra, it is said. In practice, the TT therapist uses the heart chakra to get at and bolster the healing partner's (the healee's) own defenses, such as his immune system. As the TT therapist begins the TT Assessment, she frequently uses her solar plexus chakra to assist and reinforce this largely psychic determination.
- High aspirations for the success of the TT session and other strong emotions cascade, the intrinsic forces subtly honing in on the fine focus of the dynamism of the TT therapist's heart chakra. This is quickly followed by a similar translocation in the throat chakra, and perhaps also in the crown chakra, depending on the zeal and authority of her motivation.
- In the meanwhile the search for cues in the healing partner's vital-energy and psychodynamic subtle energy fields may result in a true visualization of the healing partner's problems, the operant subtle energies now transposing their pranic flows from the TT therapist's heart chakra to

the ajna chakra, popularly known as the Third Eye.

- Stimulating the ajna chakra also serves to marshal the pranic flow to the crown chakra. The crown chakra has several unusual mental and spiritual attributes, which coalesce to help both the TT therapist and the healing partner during the healing moment.
- As the TT therapist shifts into the rebalancing, or actual healing phase of TT, she seeks the help of her ally, Issie, and any other benevolent forces, such as angels, beings considered in holy regard, or other helping exemplars she believes in. Called upon, they respond; however, they do so on their own terms.
- If the TT therapist is able to create a fine-energy atmosphere where these figures can operate, the healing partner's sensibilities may be awakened. He may feel as though a sense of presence is intervening on his behalf.

The Most Precious Gift

It is often at this time that the TT therapist has the opportunity to bestow perhaps a most enduring gift upon the healing partner. With the aid of a dollop of "clairvoyance-lite", it appears to me as if something like the following can take place: The healing partner who is even minimally knowledgeable of the Therapeutic Touch process, knows that its most basic assumption is that healing is a natural potential which can be utilized under the appropriate circumstances. He knows, therefore, that whatever the therapist is doing, he can learn to do, too. Particularly if his condition is improving under Therapeutic Touch treatment, he admires the TT therapist. She may become his model or mentor in reference to Therapeutic Touch, for he can imagine that one day he might be able to do for others what she is doing for him now.

He intently watches the therapist and may closely identify with her, particularly at the highpoint of the healing moment when her interior experiences often are reflected in her physical and emotional states. Her actions appear to "light up" with conscious intentionality, and her "soft eyes" convey the calm resolve and compassionate affect that deeply motivates her.

Her whole being resonates to the vibrations of the essential nature of her ally, *Issie*. Together, bonded by motivation and aspiration, the TT therapist and her ally dance this healing moment in balance and harmony, as one.

In the power of that moment, the healing partner knows that he is witnessing the conjoined work of the therapist and her soulmate, *Issie*, and he is assured that, like her, he also has a soul which he can call upon. This realization may be the most precious gift the therapist can give him, for this special knowing will resound again and again in the coming days of his recuperation as he, too, comes to realize for himself the profundity of the compassionate act, and recognize himself as one of many in a living chain of beings who aspire toward human unition made conscious through resolute acts of loving kindness for those in need.

According to Richard W. Samson, the highly regarded futurist, highly human skills will be sought after well into this "Newer"

Age, to the year 2030 and beyond. Samson is the first of whom I am aware to use the term, "highly human functions" in the workplace. His reasoning is straight-forward, stating the case to be that as high tech progresses there will be a growing felt need for highly human functions. These can only be supplied by human workers with uniquely human traits, abilities and skills that even computers tied to extremely skillful artificial intelligence cannot perform; they simply are not designed for highly human functions.

Higher Human Functions

Among the highly human functions that are acknowledged to be of exceptional use are such inborn traits as creativity, responsibility, and subjective reasoning. Seen from a deeper perspective, these traits would infer that highly human functions also include insight and intuition, trust and faith, the ability to conceive remarkably abstract thought and the potential to foresee future permutations of probable, new flow patterns of life energies that can be importantly associated with healing in this Newer Age.

Megatrends that highlight higher human functions are rapidly shaping the tomorrows of our Newer Age. In a recent issue of *The Futurist* (1-2/11, p31) several leading trend analysts envisioned a diverse array of likely occupations that would be functioning and economically feasible by the year 2030. In its final form this list included such future jobs as brain signal decoder, for instance. Such decoders would rate high in the ability to use mind-mind communication to understand persons disabled by brain damage.

In all, a list of 70 occupations was developed, some of which had not yet been invented. As examples, included were such categories as space junk haulers and recyclers on one end of the spectrum, while classifications such as augmented reality architects and trans-humanist consultants occupied the other end. Importantly, however (and I'm sure to all our great delight, even our relief) right in the middle of this list, about 32nd in this field of 70 listings, was ranked healing as we know it now, in Therapeutic Touch. So, based on such well informed and heavily credentialed professional advice, most of us in this room needn't worry about a job for the next 15 years!

In its sphere of influence, it is humane efforts such as Therapeutic Touch that are coming forward with a strong voice to declare a vision of the possible and its fundamental meaning. At this time, we understand, human beings harbor within themselves a very great possibility and a corresponding huge responsibility. These tidings teach us about the inner world at the core of the concepts, deep heart qualities and moral practices of the world's major systems of inner quest and, importantly, how they can be applied with compassion in the outer world that most people consider the more common reality.

For such a vast scheme to materialize during our time there will be a crucial need for us to develop a user-friendly access to a new and higher quality of consciousness. However, we are also living in a time of the most all-encompassing global paradigm shift in this planet's history. Consequently we are facing a future so unique – a time of Singularity is the



Krieger, con't from page 10

descriptive phrase frequently used – to make one wonder whether we are about to slip into a world familiar heretofore only to that of slick sci-fi.

Still, we, as TT therapists, are not at a total loss. Therapeutic Touch as a lifestyle has quietly imbued within us certain characteristics of the heart that can best develop in intimate relationship with Other, such as occurs during the healing act. Among such valued correlates are compassion and empathy, kindness and mercy, tenderness and the giving of solace. And the key is in the active “practice, practice, practice” of Therapeutic Touch to meet the needs of those who are ill or injured or in final transition, for it is here, in this yearning to help or to heal, that we strive beyond our reach and in so doing learn to claim the new inner territories of this Newer Age.

It is a quest worthy of our finest efforts, and I wish you well upon your journey. I'm sure the Program laid out for us in the coming days of this 3rd International Congress on Therapeutic Touch will provide many incisive models. Thank you for having me. I enjoyed being with you very much.

*Richard W. Samson. “Highly Human Jobs”, The Futurist, May 2011, p.29.

A Friend of Therapeutic Touch®

Edgar Mitchell

1930 - 2016

45 years ago he became the sixth man to walk on the moon.



Traveling back to Earth, having just walked on the moon, Apollo 14 astronaut Edgar Mitchell had an experience for which nothing in his life had prepared him. As he approached the planet we know as home, he was filled with an inner conviction as certain as any mathematical equation he'd ever solved. He knew that the beautiful blue world to which he was returning is part of a living system, harmonious and whole—and that we all participate, as he expressed it later, “in a universe of consciousness.”

Trained as an engineer and scientist, Captain Mitchell was most comfortable in the world of rationality and physical precision. Yet the understanding that came to him as he journeyed back from space felt just as trustworthy—it represented another way of knowing.

This experience radically altered his worldview: he realized that we had barely begun to probe the deepest mystery of the universe—the fact of consciousness itself. He became convinced that the uncharted territory of the human mind was the next frontier to explore and founded the **Institute of Noetic Sciences (IONS)** in 1973. www.noetic.org

The Institute of Noetic Sciences is a nonprofit organization dedicated to supporting individual and collective transformation through consciousness research, transformative learning, and engaging a global community in the realization of our human potential.

In the Spring edition of *inTouch*, Crystal Hawk, RT, wrote, “I’ve been an IONS members almost since its beginning.

Exploring consciousness had naturally led IONS to explore healing and most of the best research into healing has been done at IONS. Amazingly, we had Marilyn Schlitz, PhD, the then Research Chair of IONS as our speaker at one of our Therapeutic Touch Conferences. She had co-produced the extensive research proving that by our intent one can change living tissue at a distance, important research for all Therapeutic Touch practitioners.

“Several years ago when I was the IONS Co-ordinator for Toronto, Mitchell came to Toronto as part of one of Adam’s² healing workshops, as IONS was a big supporter of Adam’s healing work. I asked him to speak to Ontario IONS members and invited Therapeutic Touch members to attend. It was a memorable evening. In those two hours he had much to tell us about consciousness and healing. We thank him for his contributions to us all and wish him a peaceful final journey.”

Connect with the Toronto IONS Chapter at: www.meetup.com/ions-ontario

¹ Adam Dreamhealer- A ‘natural healer’ he provided healing workshops across North America. Now Dr. Adam McLeod, ND, he sees only cancer patients at his clinic in Vancouver, BC.



Nineteenth Annual Eastern Ontario
Fine Tuning
Your Inner Healer
The Galilee Centre, Amprior, ON
June 3 ~ 5, 2016
Facilitated by
Patricia Tamosetis and Gail LaFortune
Special Guest, Diane May
To register
call Pat 613-625-2277 earthwalks@distributed.net
or contact Gail 613-834-4524 c-g.tt@sympatico.ca

Come to Ontario in June!
Eighth Annual, Advanced Intensive
Therapeutic Touch® Retreat
“Inspirations and Echoes”
Credit for maintaining or achieving RP status
June 9 to 12, 2016
Crieff Hills Retreat Center, Puslinch, ON
Near Guelph www.crieffhills.com
Facilitators: Laura Pokoradi and Diane May
Contact: Laura: peaceandlight334@gmail.com
Registrar: Gary at pokerman@sympatico.ca 905-385-9217

At Pumpkin Hollow, NY
Memorial Day Weekend Intensive ~ May 27-29, 2016
Facilitator: Vicky Biondi, MD, with: Holly Major, Beth Hagedown
www.pumpkinhollow.org
Camp Indralaya, WA, For Therapeutic Touch
Workshops in 2016 visit: www.indralaya.com

THERAPEUTIC TOUCH AS A LEADING EDGE OF CHANGE

Dolores Krieger, PhD, RN

This is a strange, disquieting time: we are at the leading edge of change, we are coming to "... the end of the world as we know it." However, to me that means that it is a time for new beginnings, new relationships, new insights into what it means to be human; that is, the present is in a time for self-awakening.

It is a time of unusual opportunities in search of the extraordinary person, an individual who has shifted to a different mind set that will strongly influence our conceptions of our future. This realization will mark the penetration of a new, a singular spirituality.

It is the time for the full expression of inner, personal functions, such as those quickened by Therapeutic Touch® (TT).

For example:

- Compassion, whose characteristic yearning to help those in need powerfully drives our steps along the healing way;
- Sustained centering, the ability to maintain an inner orientation to the critical center of our being, our inner self, *Issie*;
- The ability to release therapeutic forces of the nonphysical to foster functionality once again;
- The knowledgeable use of intentionality to

rebalance chaotic subtle-energy flows of those who are in trauma, are ill, dysfunctional, or in a terminal state;

- And who are themselves stable and can maintain the courage to undertake this inner journey of self-awakening.

Consciously utilizing these characteristics, the TT therapist gains access to a new consciousness in the service of those in need, a consciousness that knows:

1. We do not stop at our skin;
2. That people can help each other, if we try;
3. That in this helping/healing we can reach beyond our current ego-focus – which we, ourselves, have circumscribed –
4. Gain access to boundless potential that can exceed our most secret imaginings,
5. And ground in future-consciousness the person we have hoped to be.

We are here because, as healers, we are embedded in the Therapeutic Touch process and, in a sense, *we share its destiny*. But the music that leads that dance is individually composed, for the orchestration coheres with the subtle harmonics of *Issie*, our innermost *Maestro*!

An Observation . . . Re: "A Model of Healing Theory*"



I find it interesting. I like the depth it takes one to, when trying to understand the dynamic that occurs in that healer/heelee experience. It also leaves wide open the intuitive experiences that happen during the healing moment and that continue on in depth as we evolve as healers. The Dialogues created an environment where it was finally safe to share what appeared to be forbidden at Pumpkin Hollow during the "Dora years".

I remember the saying, "Anyone can do Therapeutic Touch but not everyone is a healer". So when one begins to introspect what is taking place it allows 'for the healer to emerge' as there is a deep recognition of the depth of possibilities.

If one just takes away a headache and never explores deep healing internally and with others, they never become the healer. There is no element of understanding what is happening. I remember saying to Dee one day that the power of Therapeutic Touch is what happens to us personally. The side benefit is helping others feel better.

It was an amazing "aha" that I had. It was life changing. Because to understand what is happening in the healing moment is also to understand what happens when we go negative, speak negative, act negative.

That itself is life altering!

Evy Cugelman, RN, QTTP, Colorado, USA (formerly of TTNO)

*See "Model", TTNC Newsletter, January / 16 issue.

Therapeutic Touch: It's All in the Hands

For over twenty years residents of Stirling Manor, a 75-bed nursing home in Stirling, Ontario, have been receiving Therapeutic Touch®

Life enrichment manager Melanie Cannons says the practice has benefited people affected by a myriad of conditions from Huntington's disease to dementia. An added approach to the home's wellness philosophy: "embracing the mind, the body and the spirit of each and every individual", Therapeutic Touch has been incorporated into both Nursing and Life Enrichment Policies and Procedures.

Therapeutic Touch was developed in the 1970s by Dolores Krieger, a nursing professor at New York University and her mentor, Dora Kunz. It is a holistic approach to helping people relax, easing their pain and reducing anxiety.

Centering

Before beginning a Therapeutic Touch Session, practitioners take time to centre themselves. This involves finding "that quiet place within" where the mind clutter of the everyday world is left behind. The practitioner becomes calm, alert, and completely focussed on the person receiving the treatment. The practitioner remains centred throughout the session.

Assessment

The next phase of a Therapeutic Touch Session is called "assessment". Therapeutic Touch practitioners use their hands to assess (scan) the energy field of the receiver by moving their hands slowly downward from head to feet about 2 to 4 inches away from the body. In a healthy state, the energy flow is symmetrical, balanced, and smooth. Practitioners can detect any imbalances and disturbances in the energy flow as differences in the field. They may feel these differences as areas that are warm, cool, tingly, depleted, or congested.

Clearing

Once the assessment has been made, Therapeutic Touch Practitioners begin to clear the energy field by gently passing their hands through it in a sweeping motions. This movement will smooth away congested areas and imbalances and restore a healthy flow of energy through the field. At the end of the session, the receiver is usually deeply relaxed and often asleep.

More than 35 residents receive regular Therapeutic Touch treatments at Stirling Manor. Two Recognized Practitioners are employed to provide weekly sessions to these residents.

For residents, the most obvious effects of Therapeutic Touch are a relaxation response, improved pain management, and reduced anxiety. When residents first come into Nursing Home care it is a huge upheaval for them. For the most part, those residents who receive Therapeutic Touch adjust very quickly to the change in their way of life and feel more comfortable and secure in their new surroundings. Other effects noted are improved sleep patterns, fewer psychosomatic illnesses, and improved circulation.

One resident who was in interim care, waiting for admission

to a home closer to her family and tightly knit farming community said after her first treatment, "You know, everything is alright now, it's going to be OK." From that time on she was accepting of her situation and she was at peace and socially engaged.

One of the residents who had Huntington disease found that Therapeutic Touch sessions gave her relief from her body's uncontrollable constant motion. She was grateful for this relief that was evident right up until she passed away.

Another resident who who often experiences agitation can usually be calmed with Therapeutic Touch, falling asleep during or shortly after receiving the treatment. This is a great gift for her and the staff since she is rarely free of anxiety and has trouble sleeping.

Therapeutic Touch has a unique impact on residents with cognitive impairment. Cannons adds, "Once the practitioner starts describing Therapeutic Touch and makes the movements with their hands, they remember Therapeutic Touch and how it makes them feel and (the residents) nearly always nod their head to say they would like to have (the treatment) that day".

Therapeutic Touch may have a dramatic calming effect on long-term care residents, especially those who present with behavioral problems. This is particularly useful for those with dementia. For these and other residents, Therapeutic Touch "moments" are very effective at bedtime. Their calming effect helps the residents to relax and enjoy a good night sleep.

Staff who received Therapeutic Touch treatments suffer less stress and find relief from such ailments as tennis elbow and shoulder and lower back pain.

Therapeutic Touch is easy to incorporate into the work routine. Sessions can be offered anywhere to anyone. The benefits of a regular program are substantial and almost immediately recognizable. No special equipment is required. All it takes is sensitive hands and an open mind.

Melanie Cannons is the Life Enrichment Supervisor at the Stirling Manor.

Alison Cooke, RT of TTNO, is employed, along with Suzette Morgan, RP, to provide Therapeutic Touch at Stirling Manor.

For information on Therapeutic Touch visit the website of the Therapeutic Touch Network of Ontario at:

www.therapeutictouchontario.com.

Information about research for Therapeutic Touch and elder care, Alzheimer's and dementia, and palliative care go to:

www.therapeutictouchontario.org/learn/research-at-a-glance

Melanie Cannons, Alison Cooke, RT and Suzette Morgan, RP

Here is an article about Therapeutic Touch at Stirling Manor. An abbreviated form is found at <https://www.therapeutictouchontario.org/news-events/news/158-we-re-in-the-news>.

About our members . . .
Therapeutic Touch Practitioners in Private Practice

Pam Patterson, M.A., RP, CH.T

Owner of
Mediation Services, St. Clair Beach, Ontario

Claire Massicotte, RT

Windsor, ON



When I first began I was engaged in family and organizational mediation. In working with my clients I became increasingly aware of energy levels around them and became curious as to how I might learn more about the energy fields of people. A friend suggested that I learn Therapeutic Touch, which I did. I was not sure initially if this would be of assistance in the work I did, but I wanted to see.

Once I did my first workshop I was totally sold on the beautiful, transformational nature of this practice. I completed my basic and continuing study and attained my RP in about 1996.

I incorporated Therapeutic Touch into my existing business and then became a Clinical Hypnotherapist as well, because the power of the unconscious mind is beautiful and astounding. Now with all of these facets of healing work incorporated into my business I feel very grateful and blessed to be able to witness the positive and healing changes that take place in people's lives.

My office is located in a French community center where I pay a monthly rent. All of my referrals come by word of mouth. I found advertising to be very costly and do little of it. The other healing modalities, aside from TT, help to sustain the cost of continuing to have an office and to meet ongoing expenses including training. A year ago I raised my fee for Therapeutic Touch to \$45 per session but if any clients cannot afford the fee, or need to come more often than they feel they can afford, I either provide the service free or ask for a 'love offering'.

I would note, as others have done in the past, that the practice of Therapeutic Touch is not enough to support a full time

Back in 1995, for a full year I had a variety of different types of cases to offer TT treatments. The CCAC paid me to offer the sessions. Then the nursing agency I was working for as a palliative care nurse at that time, paid me more than my regular hourly wage, because my supervisor stated I am there as a Therapeutic Touch® Recognized Practitioner, therefore I should get paid more.

I have been charging \$40.00 for a Therapeutic Touch session for the past 20 years, and I know my rate should be higher. I only charge when it's not a friend or when someone's family member calls me for a session.

It's usually in a hospital setting or in the home. If the family requires a yearly receipt I will also provide that as well.

This is why I attend so many advanced Therapeutic Touch events to maintain and offer great TT sessions.

I have to admit that many a time I "wear my heart on my sleeve"! <claires.care@sympatico.ca>

business on its own. This is because fees are reasonably low for this work and most clients do not require a long term commitment.

I love this work which has changed my life in ways I could not have imagined. The clients who have come to see me have experienced transformational changes in their lives and consequently refer others that they know to me for treatments. I also feel it is important to do community work and I am currently volunteering my services to a boy's residence.

pjpatters3165@gmail.com

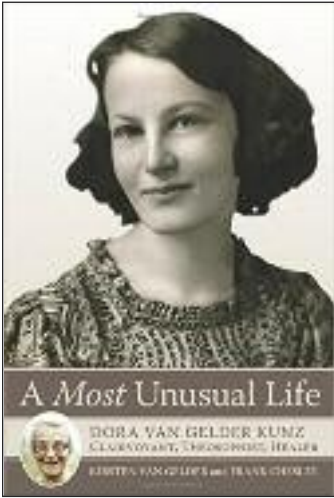
Are you in "Private Practice" or you have a business which includes Therapeutic Touch®?

Please tell us your story, how you advertise/get clients. Send us your picture and your card.

**You can be a true inspiration to others as we focus on
letting the world know about Therapeutic Touch!**



Bookworm's Food for Thought . . . Etc.



A Most Unusual Life: Dora van Gelder Kunz; Clairvoyant, Theosophist, Healer
by Kirsten Van Gelder and Frank Chesley Available through Amazon

This biography is a well written account of Dora's life from when she was a little Dutch girl born with special clairvoyant abilities in Java to her adaptation as a world traveler and through a progression of events to become a "leader, a teacher, a healer and a social activist." Whether Dora was communicating with angels or when she was interpreting the aura of a patient for a diagnosis, she lived "in altruistic commitment to the wellness of human beings and Nature." She was a very influential figure in the Theosophical Society of America and the world.

The book has many transcripts of Dora's lectures and interviews she did with various individuals. Dolores Krieger described Dora's experiences as a healer in a "didactic way" to become the fundamentals of Therapeutic Touch®.

The numerous stories reaffirmed my belief in the practice of Therapeutic Touch. As you read Dora's words on the pages of the book, be prepared to be instructed and inspired.

Submitted by Marion Cameron



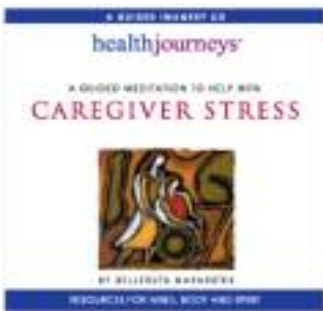
Science of the Heart: Exploring the Role of the Heart in Human Performance

An Overview of Research Conducted by the HeartMath Institute

<https://www.heartmath.org/research/science-of-the-heart/>

New research shows the human heart is much more than an efficient pump that sustains life. Our research suggests the heart also is an access point to a source of wisdom and intelligence that we can call upon to live our lives with more balance, greater creativity and enhanced intuitive capacities. All of these are important for increasing personal effectiveness, improving health and relationships and achieving greater fulfillment.

This overview will explore intriguing aspects of the science of the heart, much of which is still relatively not well known outside the fields of psychophysiology and neurocardiology. We will highlight research that bridges the science of the heart and the highly practical, research-based skill set known as the HeartMath System.



CD – A Guided Meditation to Help With Caregiver Stress

by Bellaruth Napersteck

Bellaruth wrote this imagery to remind the caregiver – whether this is a family member or a professional provider – of their own strength, goodness, tenacity and resourcefulness. Underlining the need for self-care, it provides relaxation and balance, and restores hope for the future.

She was a presenter at a TTNO conference several years ago.

Many excellent CD's at: <http://www.healthjourneys.com/>

We get Letters ... and comments!

Forwarded by Trish Dean, TTNO, who facilitates a Distant Healing Email Group . . .

Thank you so much for being there for everybody - and me too! I totally agree with you that ASKING for TT or help is the quintessential key for healing and does not necessarily need a direct reply. Haven't we always learnt that all healing is self-healing? Just writing my story to you made me feel connected with the whole network of well-meaning healers and made a big change. I am feeling so much better, even went to work today.

Thank you all for being in this world and for your kindness!

Love, friendship and blessings,

Doris Weber, Woodstock, NY (formerly of TTNO)

See
more on page 17

"KEEPING UP" With New/Old Information!

Web sites listed here were available at the time of publishing.
For best results copy and paste them into your browser.
Please note that they are not necessarily endorsed by TTNC,
but are to keep you informed about current information.

Laying on of Hands/Therapeutic Touch

http://noetic.org/sites/default/files/uploads/files/SE_Laying_on_of_Hands_and_Therapeutic_Touch.pdf

... overall, the quality of future efficacy research on TT could be improved by standardizing TT procedure, utilizing methods which better control for expectancy effects and other confounding variables, either by employing sham treatments or designing further biologically focused (i.e. cell cultures) methodologies.

Peter Russell - Buddha at the Gas Pump Interview 1.5 hr

<https://www.youtube.com/watch?v=KKGaX150cf0>

Peter Russell holds degrees in theoretical physics, experimental psychology, and computer science from the Cambridge, England, where he was a student of Stephen Hawking. Following university he went to India, to study meditation and Eastern philosophy. In the 1970s, he pioneered the introduction of personal growth programs to corporations, running courses for senior management on creativity, stress management and sustainable development.

He coined the term "**global brain**" with his 1980s bestseller of the same name in which he predicted the Internet and the impact it would have on humanity. His other books, which include *Waking Up in Time: Finding Inner Peace in Times of Accelerating Change*, and *From Science to God: A Physicist's Journey into the Mystery of Consciousness*, and his visual presentations and videos have won international acclaim and awards.

"We hold on to our belief systems harder than anything else!"

Peter's website: www.peterrussell.com

✓ Check out . . .

<http://noetic.org/blog/helan?-wahbeh/walking-talk-purple-socks>

For those of you who 'cruise'

<http://www.consciousnesscruises.com/>

Consciousness Cruises are dedicated to bringing groups together to learn, grow and raise Consciousness on the planet.
Check out UPCOMING! ALASKA! Aug 30 - Sep 6, 2016
"A NOETIC EXPERIENCE" featuring several speakers including Peter Russell, Rupert Sheldrake, Cassandra Vieten.

An interesting Publication from the UK . . .

Soul Midwives www.soulmidwives.co.uk.

"Death is an intimate and sacred process. It is best done in its own time, in a tranquil and peaceful way and should be at best, a final honouring of a life well lived"

*The Soul Midwife's Handbook- Felicity Warner- Hay House
- Felicity Warner- A Safe Journey Home*

You may enjoy Eric Peper's recent published blog, *Increase Energy.*

<https://peperperspective.com/2016/04/01/increase-energy/>



ISSSEEM - 24th Annual Conference
The International Society for the Study of Subtle Energies and Energy Medicine
September 21-24, 2016 Kansas City, MO

Marilyn Schlitz: *Living Deeply: Art & Science of Transformat'n*

Jack Stucki: *Our Awakening as Pan-dimens'l Beings*

Sharon Wesch: *Healing the Heart - Healing the Soul*

Barbara Marx Hubbard: *Evolutionary Spirituality*

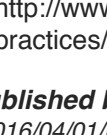
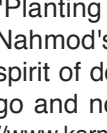
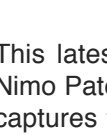
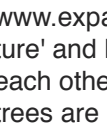
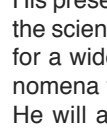
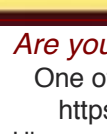
Christine Blair: *The Heart Field*

Claude Swanson: *Life Force - The Scientific Basis*

Stephanie Bland: *Music from the Heart*



Jack Stucki



CEU'S for Nurses & General CEU's: 30 available contact hours

Are you planning to attend? Send us a report!

One of the presenters is CLAUDE SWANSON, PhD.

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

His presentation will provide a scientific/empirical foundation for the science of consciousness & summarize the "best evidence" for a wide range of human abilities and unusual physical phenomena that demonstrate the characteristics of subtle energy. He will also outline a physics theory for how these energies could be integrated into an expanded science of consciousness.

www.issseem.org

From Judy Donovan Whitty, ATTN

Check out "**The Consciousness of Trees**"

www.expandedconsciousness.com website, click on 'Nature' and look for the video 'How Trees communicate with each other'. Four amazing minutes - from BC -discussing trees are interacting with one another in a symbiotic relationship that helps the trees to survive.

From Donna Logan VanVliet via Alison Cook, TTNO

"The true meaning of life is to plant trees,
under whose shade you do not expect to sit."

~Nelson Henderson.

This latest music video by the singer/songwriter team of Nimo Patel and Daniel Nahmod and filmmaker Ellie Walton captures the joy, introspection and inspiration in the song, "Planting Seeds." The song was inspired by Daniel Nahmod's original 2006 Water album, which captures the spirit of doing our part (planting the seeds), but then letting go and not holding on to what may come. - See more at: <http://www.karmatube.org/videos.php?id=7049#sthash.tOSUBuMh.dpuf>

From Julia von Flotow, TTNO

Take courage...with this post on the University of Minnesota's website.. with thanks to Craig Niziolek
<http://www.takingcharge.csh.umn.edu/explore-healing-practices/therapeutic-touch>

TT for Tokyo – Japan Welcomes Therapeutic Touch

By Julia von Flotow, TTRT, CPC

Little did I know or anticipate last September, when I was first contacted by a Japanese tour organizer and interpreter and invited to talk about the value of Therapeutic Touch for use with dementia and Alzheimer's patients, that I would have the honour and privilege of introducing TT to Japanese healthcare professionals, this spring.

At the time, I had invited one of my students, Kumiko Sugahara Puley (Kumi), originally from Tokyo, and now a landed immigrant and student of Therapeutic Touch, to join me and translate for me, for the 3 hour lunch meeting we held at Verity Club, in Toronto. The luncheon meeting featured a Therapeutic Touch demonstration and mini Therapeutic Touch session for all four guests. These were much appreciated!

As a result, in April, four people took the 12 hour flight from Tokyo to Toronto to take Therapeutic Touch Levels 1 and 2 with me. They included Mariko Tsunoda, Executive of a long term care facility, Naomi Ide and Etsuko Makita, Physiotherapists at the same facility, and Mayumi Kobayashi, Supervisor of a Rehabilitation Centre and First Response Operation.

Kumiko Puley provided active translation services throughout the weekend. We were delighted to welcome Seiichi Ariga, TTRP, and Japanese translator who joined us for much of our last day together.

Kumi exchanged business cards with Mayumi and facilitated communications and negotiations, on behalf of the Therapeutic Touch Institute, throughout the winter. Final negotiations and workshop scheduling began early in 2016 with the workshop fees and cost of translation confirmed early in March.

While I customized my Level 1 and 2 teaching day plans to meet the unique needs of this group, Kumi organized the

translation of documents into Japanese. A few days prior we were happy to be able to send them a Japanese translation of "Therapeutic Touch Beginnings – Early History" to prepare for the workshop.

Together, last fall, after our luncheon, Kumi and I had created a vision of having the Japanese ladies return to learn Therapeutic Touch and open up the channels of communication and flow of Therapeutic Touch knowledge and practice between our two countries. We visualized Therapeutic Touch Japan Network as a believable and inspiring ideal. Coincidentally, a few nights before our April workshop, I found this statement scrawled into one of my notebooks:



Mayumi, Mariko, Julia, Naomi, Etsuko and Kumiko

"TT for Tokyo Vision – Intention 2016: To establish a hub of trained practitioners committed to developing their skills and knowledge in Therapeutic Touch and applications to alleviate pain and suffering and enhance wellness in patient and staff populations."

And so it is! We're thrilled that Mayumi, Mariko, Naomi and Etsuko will be back in June for Level 3! In the meantime, they have committed to do two Therapeutic Touch sessions a week, form their own Practice Group to continue to receive and give TT sessions and do a minimum of 3 case studies.

We thank the TTNO and the TTIA, all the RTs, RPs and Therapeutic Touch practitioners for the rich body of knowledge we have collectively created and continue to develop, the ethics we commit to and the tools and techniques available to develop ourselves and others as Therapeutic Touch practitioners. ARIGATO (a Japanese phrase meaning "Thanks a lot" or "Thank you very much")

Julia von Flotow, RT, CPC, TTNO member from Toronto, founded The Therapeutic Touch Institute in 2014.

<http://www.kaizenleadershipinstitute.com/kaizen-therapeutic-touch-clinic/>

More Letters . . . I like that there is not too much overlap with the TTNO newsletter. I would like to see more about those in private practice and I am very hopeful that TT will one day be recognized for health care coverage! I hope you find a webmaster soon.
Barb Burger, Napanee, Ontario

I enjoyed reading it this morning and loved the reprinted article by Erik Pepper. Usually I skim through the newsletter but seldom go back to reading it. I intend to read the last article for Monday night Practice Group.
Trish Dean, Guelph, ON

Please forward my incredible admiration for the group of people making this newsletter so informative and all encompassing. I was delighted with the articles and I have bookmarked several bits of information! Thank you to all involved!!!
Michelle Greenwell, Cape Breton Island

I am a TT student in BC. Thank you and I love it! I really appreciate the depth of the newsletter and as a student I find it a very valuable resource. I am especially interested in reading about the TT Dialogues and the Compassionate Presence, the history article is really good to know about.
Yours in healing, Mary Lou Trinkwon

Therapeutic Touch Coverage by Extended Health Providers

by Cheryl Larden, Chair

Therapeutic Touch Extended Health Coverage Committee

Where have we been?

Some of you may be aware that there is a Therapeutic Touch Network of Canada (TTNC) subcommittee looking into coverage for Therapeutic Touch sessions by extended health providers.

The four committee members have made numerous enquiries to insurance companies, government, and other holistic associations – anyone we could think of that might be able to provide us with information on how to achieve this.

It has been an interesting process. Many enquiries have resulted in dead ends, some have taken months to receive any kind of an answer and have required several follow-up emails and/or phone calls. We have however, made some encouraging discoveries.

Lobbying Unions Effective

From all the information we have received, the one course of action that seems to work is to have Therapeutic Touch members and members of the public lobby unions. Once a particular union or association has heard from enough of its members requesting coverage for Therapeutic Touch they will consider offering this coverage.

In Nova Scotia the reflexology association developed letters for clients to forward to their Extended Health provider directly, requesting coverage. Teachers lobbied their union, the Nova Scotia Teacher's Union, who negotiated on behalf of their members and were successful in getting reflexology covered under Extended Health. The insurance companies that we contacted also stated that coverage was based on what members reported wanting.

Paulette obtained two letters that Nova Scotia's reflexology group developed for clients to forward to their Extended Health provider directly. Using these letters as a foundation, Susan developed a generic letter for Therapeutic Touch® practitioners to use for themselves, as well as to give to their clients, family, and friends. They could also be given out at public events.

With feedback from TTNC and its member networks, minor changes were made and the generic letter was finalized.

Where are we going from here?

We are asking all of our members to give these letters out to others and have them give them to their Employee Benefits Review Committee and to their Manager of the Human Resources Department.

A copy of this generic letter (in 'Word') is attached to this newsletter for you to copy and use. All YOU need to do is address the letter to the appropriate person in the individual's workplace and of course, sign it.

If people know about Therapeutic Touch it should be easy. Those who are not familiar with Therapeutic Touch might consider finding a workplace you are familiar with and offer a short information session about Therapeutic Touch, followed by free sessions. Have the letters available for participants to send in – as we have indicated above. It is our thinking that individuals are more apt to ask for this coverage if they know how wonderful Therapeutic Touch is. We will be using this approach in BC.

Quebec is having the letter translated into French so if anyone would like a French version please contact Cecilia and she can send you a copy once that is available.

The Atlantic Association of Energy Healing Modalities (AAEHM) has made preliminary contact with ATTN. One of their mandates is to promote Extended Health Coverage for all energy modalities. Susan, and possibly others, will be talking with them further. They have been provided with information for their first newsletter where they will be featuring Therapeutic Touch. It is also hoped there will be a representative from ATTN at the AAEHM conference in April.

We are looking for a representative from each network so if your network is not represented and you are interested in being a voice let us know.

If any of you have questions or are looking for assistance in ways to get these letters out, please contact any of the committee members and we will do our best to assist you.

We are very interested in how this process is going for you so drop us a line.

We will continue to pursue other leads but by all accounts the letter seems to be the way to go. So help us get these letters out there and signed. Thank you in advance for your assistance in getting Therapeutic Touch covered. We feel strongly that this will benefit many. As Therapeutic Touch Practitioners you are likely to get an increase in clients, since they will have a greater likelihood of being able to afford Therapeutic Touch sessions, and it does increase our professional profile.

Contact any of our committee members
with questions or for assistance:

Cheryl Larden, BCTTNS clarden@shaw.ca

Paulette Deveau, BCTTNS pdeveau123@gmail.com

Cecilia Csima, TTNQ ccsi@videotron.ca

Susan Duncan, ATTN smduncan21@hotmail.com

The letter is available in Word

To the Manager of the Human Resources Department:
and/or
To the Benefits Review Committee:

SAMPLE
THIS IS AVAILABLE IN 'WORD'
Contact a committee member(P. 18)

Date: _____

I am currently an employee and also a participating member of our group health insurance plan. I am sending this letter to you with the hope of enhancing our insurance plan benefiting all the members.

Therapeutic Touch® is a holistic, evidence based, non-invasive therapy that stimulates the body's own healing processes. It was originally taught to nurses and in 1975 was an intrinsic part of a Master's Level course at NYU. It has been highly researched and is widely accepted in many countries. In Canada, there are six provincial/ regional Therapeutic Touch networks with a national, not-for-profit organization; Therapeutic Touch Network of Canada (TTNC). I am providing you with this information to illustrate it is a very worthwhile therapy that should be considered for coverage under our plan.

I would like to receive Therapeutic Touch therapy as a beneficial and efficient means of addressing my health concerns and maintaining and improving my overall health.

This becomes a twofold issue for the employer and insurance provider. Therapeutic Touch therapy offers both therapeutic and preventative approaches to health care thus offering a cost effective means of helping to reduce ever increasing health care costs. A healthier workforce equates to decreased absenteeism from certain illnesses.

I strongly believe Therapeutic Touch Practitioners should be included as service providers with our insurance company. They offer a quality, affordable and very beneficial therapy for us.

Thank you for giving this request consideration.

Sincerely,

Department: _____

Place of Employment: _____

Health Benefits Service Provider: _____

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
	Jean Dunnett	613-969-7483
Brighton	Marian Wierenga ¹	613-921-7595
Carrying Place	Donna Logan VanVliet*, RN	613-962-1004
Chatham	Charlotte Harris*	519-351-1025
Claremont	Karen Marks, RN	905-649-3030
Elora	Deborah Gould*, RN	519-846-2770
Golden Lake	Patricia Tamosetis*	613-625-2277
Grimsbay	Rose Phillip BEd	905-309-4755
Guelph	Mimi Craig*, BEd	519-827-1819
	Martha Hoey	519-823-5847
	Evelyn MacKay*	519-822-4174
	Valerie Morrell*	519-821-4006
Hamilton	Laura Pokoradi*, RN,QT	905-385-9217
Huntsville	Shirley Boon*, RN	705-789-7434
London	Jitka Malec*, RN	519-668-2409
	Carole Wray*	519-668-0272
Midland	Helen Will*	705-534-1101
Newbury	Regina Sheere	519-639-5672
Niagara Falls	Doreen Sullivan*, RDH	905-354-8873
Oakville	Mary Simpson*, RN,QT	905-825-0836
Oro-Medonte	Jo-Anne Lacroix-Campling ¹	519-474-0998
Ottawa	Gail Lafortune*, RPN	613-834-4524
Peterborough	Linda Nelson*	705-745-9320
	Craig Niziolek*	705-740-2157
Sarnia	Ashley Murray*	519-336-0941
	Kathy Armstrong*	519-354-8141
Thornhill	Jodi Cole* RN, M Ed	905-731-4713
Thunder Bay	Jean Riddell	807-622-7790
Toronto	Marlene Burfield*, RN (Scarboro)	416-438-7720
	Crystal Hawk*, M Ed,QT	416-922-4325
	Diane May*, QT	909-553-2035
	Paula Neilson ¹	416-447-1600
	Maria Rossiter Thornton*, MA,RN,QT	417-2744
	Julia von Flotow*	416-686-6463
Wawa	Aldona Mitrikas	705-856-1889
Windsor	Penny Craig ¹	519-727-4784
	Flora Hartleib*, RN	519-974-2157
	Claire Massicotte*, RPN	519-948-9453
	Sharron Parrott*, RN	519-258-0440

BRITISH COLUMBIA

Burnaby	Marie Preissl	604 526-6836	mariepreissl@telus.net
Campbell River	Huguette Ruel	778 348-0526	ruel.huguette@gmail.com
Coquitlam	Anne Walker		awalker75@hotmail.com
Delta	Cheryl Larden	604 510-0190	clarden@shaw.ca
Delta/Ladner	Tama Recker	604-803-6672	tt_tama@hotmail.com
Duncan	Judith Schweers	250 748-5993	spiritwideopen@yahoo.com
Kelowna	Diane May	<i>contact via email</i>	dianemay.com@gmail.com
Salmon Arm/BC Int.	Marie-Paule Wiley	250 832-8176	mpawiley@hotmail.com
Surrey/White	Rock Fay Torgerson	604 576-8176	HF_Torg@telus.net
Vancouver	Cheryl Larden	604 510-0190	clarden@shaw.ca
Victoria	Peggy Frank	250 891 6346	pegfrank@telus.net
Winlaw	Camille Roberts	250 226-6886	4camille@gmail.com

ALBERTA

Calgary	Linda Terra*	403-238-3734
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 *	902-925-2042

TTNC COMMITTEE CHAIRS

Extended Health Coverage: Cheryl Larden - BCTTNS - clarden@shaw.ca

TTNC Newsletter Committee: Interim Chair: Marion Cameron mumcam@telus.net

National Curriculum on Teaching TT: Chery Ann Hoffmeyer - TTNA chaiholichealth@shaw.ca

TTNC Brochure: Mary Simpson, TTNO - mary.simpson@cogeco.ca

THERAPEUTIC TOUCH NETWORKS OF CANADA - GROUPS

Contacts for Information

BRITISH COLUMBIA

Burnaby	Marie Preissl	mariepreissl1@telus.net
Chilliwack	Tarja Oostendarp	604 393-0636
Delta	Cheryl Larden	604-510-0190
Duncan	Judith Schweers	250-748-5993
Kelowna	Laurie Bartley	250-469-2209
Ladysmith	Diane & Morris Peckham	250-924-0808
Langley	Cheryl Larden	604-510-0190
Maple Ridge	Jean Ruttan	604-463-7771
North Van	Lynda Harvey	604 980-6604
Richmond	Lesley Reichert	604 272-1436
Salmon Arm/BC Interior	Marie-Paule Wiley	250-832-8176
Surrey-White Rock	Faye Torgerson	604-576-8176
Victoria	Peggy Frank	250 891-6345

ALBERTA

Calgary	Linda Terra	403-238-3734
Edmonton	Linda Woznica	587-938-8891
Sherwood Park	Chery Ann Hoffmeyer	780-467-8701

chaiholistichealth@shaw.ca

MANITOBA, SASKATCHEWAN

Winnipeg	Steele Pruden	204-477-1524
-----------------	---------------	--------------

ONTARIO

Acton	Elinor Wagner	519-853-2423
Ajax	Janet Fallaize	905-683-9264
Aurora	Margaret Shearman	905-841-6059
Barrie	Janey Green	705-737-1512
Belleville	Nancy Sherk	613-395-2973
	Alison Cooke	613-395-3691
Bolton	Diane Demidow	905-880-2220
Bracebridge	Shirley Goyea	705-645-4492
	Bonnie Blain	705-646-1155
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	Kathy Armstrong	519-354-8141
	Charlotte Harris	519-351-1025
Coburg	Susan Storry	905-372-3035
Collingwood	Nancy Lee Johnston	705-445-4032
Elora	Deborah Gould	519-846-2770
Gananoque	Elaine Davidson	613-382-3772
Glencoe	Regina Sheere	519-639-5672
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	Shirley Boon	705-789-7434
Kitchener	Peggy Hallman	519-885-5388
London	Jitka Malec	519-668-2409
Midland	Helen Will	705-534-1101

ONTARIO *Continued*

Mississauga	Debbie Abate	905-712-8119 x225
Muskoka South	Bonnie Blain	geoakley@simpatico.ca
Niagara Falls	Doreen Sullivan	905-354-8873
North Bay	Jocelyne Greenfield	kioske@ontera.net
	Rita Sutherland	rsuds1@hotmail.ca
Ottawa	Gail Lafortune	613-834-4524
	Norah McMahon	613-828-1350
Owen Sound	Darlene Turner	519-376-0968
	Gina Smith	519-371-3576
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	519-759-2024
Port Perry/Uxbridge	Helen Thompson	905-852-5929
Sarnia	Ashley Murray	519 336-0941
Sault Ste. Marie	Margaret Saarela	705-759-2024
Stouffville	Marita Concil	905-642-4237
Thornhill	Jodi Cole	905-731-4713
Thunder Bay	Jean Riddell	807-622-7790
	Lee Searles	807-628-8054
Toronto	Julia von Flotow	416-686-6463
Etobicoke	Cher Curshen	416-888-8852
Wawa	Aldona Mitrikas	705-856-1889
Welland	Louise Aikman	905-938-2345
Whitby	Dorothy Pierce	905-668-8474
	Lynn Vukosavljevic	905-668-9683
Warton	Maureen Smith	519-534-3574
Wilno	Karen Schimansky	613-756-6172
Windsor	Flora Hartleib	519-974-2157
	Sharron Parrott	519-258-0440

QUEBEC

Allumette Island	Lorna Gleason	lornagleason54@gmail.com
Montreal	Irma Bubolic	514-483-6688
West Island	Monique Gregory	514-694-6994

NOVA SCOTIA

Antigonish	George Rodgers	902-533-2349
Bible Hill	Kathy Putnam	902-843-0881
Bridgewater	Gina Freeman	902-541-3342
Dartmouth	Barbara Stone	902-469-0317
Falmouth	Anne Parks	902-798-9267
Halifax	Barbara Stone	902-469-0317
New Glasgow	Cherry Whitaker	902-925-2042
Pictou	Donnie Wright	902-485-6581
Port Hawksbury	Natascha Polomski	902-623-1271
Saulnierville	Colette Thibodeau	902-278-2050
Yarmouth	Sandra Noah	902-649-2201

PRINCE EDWARD ISLAND

Charlottetown	Judy Donovan-Whitty	902-569-3496
Kensington	Carol Evans	902-836-5200
Stratford	Mary Hughes	902-569-41170
Summerside	Carol Evans	902-836-5200

Continued in next column

THERAPEUTIC TOUCH NETWORKS OF CANADA (TTNC)



www.ttnc.ca

Board of Directors

Past President: Marion Cameron
President: Paulette Deveau, BCTTNS pdeveau123@gmail.com
Treasurer: Birdie Fiddes, ATTN bmfiddes@gmail.com
Jean Gurnett, TTNA gurnettj@gmail.com
Steele Pruden, MTTN steelepruden@hotmail.com
Cecilia Csima, TTNQ ccsi@videotron.ca
Peter Cheshire, TTNO pwcheshire@gmail.com



British Columbia (BCTTNS)

Phone: 604-510-0190
clarden@shaw.ca

www.bctherapeutictouch.com

BOARD OF DIRECTORS

President: Tarja Oostendarp 604 393-0636 buddyandboots@hotmail.com
Past-President: Cheryl Larden 604 510-0190 clarden@shaw.ca
Vice-President: *Vacant*
Secretary: Marjorie Perzow 604 792-7268 marjorieprzw@gmail.com
Treasurer: Susan Rutherford 604 218-7707 srutherford@gmail.com
Education: *Vacant*
Membership: Jacqui Saran 604 948-2742 jacquisaran@gmail.com
Member-at-Large: Lesley Reichert 604 272-1436 lesquest377@gmail.com
Publicity: *Vacant*
Practice Groups: Lynda Harvey 604 980-6604 lyndajharvey@gmail.com
Research: Marie Preissl 604 526-6836 mariepreissl@telus.net
TTNC Rep: Paulette Deveau pdeveau123@gmail.com



Ontario (TTNO)

2nd Fl., 4-290 The West Mall, Etobicoke, ON M9C 1C6
Email: ttno.membership@bellnet.ca

www.therapeutictouchontario.com

BOARD OF DIRECTORS

Chair: Shirley Boon shirleyboon@surenet.net
Vice Chair: Mary Jane Phillips mjc.yinyangstudio@gmail.com
Past Chair: Sharron Parrott sparrott@cogeco.ca
Secretary: Debra Brear d.brear77@bell.net
Finance: Penny Craig 2pennyc@bell.net
Practitioner Liaison: Lillian Hutchinson lillianhutchinson@rogers.com
Membership: Morlan Rees morlan.rees@yahoo.ca
TTNC Rep: Peter Cheshire pcheshire@gmail.com

Therapeutic Touch Network of Quebec (TTNQ)

Réseau du Toucher Thérapeutique du Québec (RTTQ)



B.P., P.O. 46054, Pointe Claire, Québec H9R 5R4
www.ttnq.ca www.toucher-therapeutique.org

BOARD OF DIRECTORS

President: Susan Hamilton susan43@videotron.ca
Vice-Pres/Treas/Sec:
Monique Gregory imgreg35@hotmail.com
Teacher Liaison: Susan Hamilton susan43@videotron.ca
Membership/Teacher Liaison: Susan Hamilton susan43@videotron.ca
Practitioner Liaison: Monique Gregory imgreg35@hotmail.com
Webmaster: Silvie Cadieux slnppr@gmail.com
TTNC Rep: Cecilia Csima ccsi@videotron.ca
TTNC Newsletter: Dolores MacKenzie doloresmack@hotmail.com
Translator: Lina Desjardins lina.desjardins@gmail.com

Atlantic (ATTN)

P.O.Box 24073, 21 Mic Mac Blvd
Darmouth, NS B3A 4T4

Email: info@atlanticttn.com
<http://www.atlanticttn.com>



Coordinator: Judy Donovan-Whitty, Charlottetown PEI 902-569-3496
Secretary: Judy Donovan-Whitty, Charlottetown, PEI 902-569-3496
Treasurer/TTNC Rep: Bertha Fiddes,
South Brookfield, NS 902-685-3993
Education Chair: Cherry Whitaker, Salt Springs, NS 902-925-2042
Practitioner & PG Liaison: Barbara Stone, NS 902-469-0317
Research: Sandra Fraser, Stratford, PEI 902-569-5310
Membership: Barbara Williams, NS 902-433-1718
Publicity: Cara Coes 902-654-2675



Alberta (TTNA)

8 Canterbury Gardens S.W.
Calgary, AB T2W 2S9

Email: therapeutictouchalberta@shaw.ca
www.therapeutictouchalberta.com

BOARD OF DIRECTORS

Coordinator/Treas. Sherry Crann-Adair 403-238-4632
Secretary: Marion Cameron, Edmonton 780-988-7211
Teachers Collective Rep: Chery Ann Hoffmeyer 780-467-8701
Membership: Karen Komanac 403-242-8807
Members at Large: Linda Terra, Calgary 403-238-3734
Debbie Stokke, Medicine Hat 403-580-3455
TTNC Rep: Jean Gurnett, Edmonton 780-554-0919



Manitoba (MTTN)

Steele Pruden, 689 Walker Avenue,
Winnipeg, Manitoba, R3L 1C6
204-477-1524 steelepruden@hotmail.com

EXECUTIVE COUNCIL

Registrar:/TTNC Rep.
Steele Pruden pruden@hotmail.com 204-477-1524
Member at Large: Laura Carroll 204-452-1107