

# Therapeutic Touch Canada News/Nouvelles

Volume 5, No. 3

Summer, July, 2016

***To print this newsletter...***

***You don't have to print pages in which you are not interested.***

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- Click on the 'print file' icon
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***Enjoy!***

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***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 the Summer issue of your Therapeutic Touch Canada News/Nouvelles

After much consideration the name was chosen by the TTNC Newsletter Committee and accepted by the TTNC Board.

In each issue I bring your attention to a number of web sites and organizations which are of interest to those who practice Therapeutic Touch. In this issue please see page 12.



As I think about the proliferation of Energy Field Modalities (EFM) and the solid research confirming them, it brings an image of a geyser of wisdom about to explode! Perhaps 150 years ago, the doctors who knew they had to wash their hands felt the same way. All it took was **acceptance of the proof**, and then even the debunkers knew they had to head for the soap!

There are many people in a variety of organizations who are aware of the proven effectiveness of TT, HT, Reiki, etc. I have just become aware of the "Consciousness and Healing Initiative". For a list of some of our amazing 'friends' (EFM researchers) please go to <http://www.chi.is/about/#advisors>

It's important for all healers to know that the research is on our side, and not to be intimidated by debunkers who call themselves "skeptics". We *have to know this*, be aware of it, even able to quote it so we can stand up and firmly say,

**"Energy field therapies are effective!"**

I wonder however, if we, as modest, self-effacing, Therapeutic Touch practitioners/volunteers, really understand our true abilities. We stress that we do not 'cure', but I wonder if at some level we may, in fact, *be limiting the ability* of our recipients to make major changes, because *WE* are not sure that it does!

I have just finished reading Bill Bengston's book (See Books, p.15) where in 'proper' replicated studies he cured rats of cancer. He *expected* them to be 'cured'! (It appears that he strengthened their immune systems.)

So as we read through this issue of our Canadian Therapeutic Touch newsletter, let's do so with excitement and a new way of viewing our wonderful practice of Therapeutic Touch!

**Let's get excited about Therapeutic Touch and share our experiences both as givers and receivers!**

**Send in yours for the Autumn issue!**

*May you have a magnificent summer!*

*Mary Simpson*



*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!*

### Therapeutic Touch Canada News/Nouvelles

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

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

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**Deadline for Submissions: October 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.**

**For their contributions to this issue we thank,**

Arlene Cugelman, Cherry Whitaker, Sue Conlin, Shiela Camp, Marion Cameron, Nancy Hall, Tiffany Pope, Mimi Craig, Judy Donovan Whitty, Sid Wittman, Betty Whitney and Tarja Osotendarp.

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### TTNC NEWSLETTER COMMITTEE

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# The Therapeutic Touch Networks Canada

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



I would like to begin by sharing some facts about **Advertising Standards Canada** (ASC) specifically in regards to complaints against Therapeutic Touch (TT) not supported by reliable, science-based evidence. It's already happened to my member network and one can refer to the BCTTNS article submitted to this newsletter about the details. (P. 7) What is of the utmost importance is to know that ASC is not a government body and have no real power.

After the summer break, I will be working with the rest of the TTNC Board members to come up with recommendations on how to deal with this specific situation if it arises again. In the meantime, it is my recommendation that if a member network is advised by ASC of such a complaint against them, to not respond at all to ASC and consult legal advice immediately. It's not as expensive as one might think.

If it's a practitioner being advised by ASC of such a complaint, it is my recommendation that the practitioner as well, to not respond to ASC and to inform its member network of the complaint against them in order to be supported.

In discussions with the TTIA President and President Elect on this specific situation, they report that they have never had a complaint against TT regarding lack of support by reliable, science-based evidence with their equivalent of ASC. I will continue to have discussions with TTIA on this situation in order to be on the same page and support one another. This appears to be uncharted territory so to speak.

As more practitioners are choosing TT as a business and the general public is becoming aware of TT, the skeptics may choose to take this route. Skeptics are entitled to their opinions and complaints like everyone else, until these transform into behaviors that that cross a line of no longer being considered acceptable.

**TTNC has a new webmaster**, Julie Boyse, from TTNO! As a result, a website committee was formed consisting of Julie, Marion Cameron, and Peter Cheshire. The committee is to look at cosmetic changes as well as updating the content. Julie will phase in the updates in August. I invite all to have a look at the website by the end of the summer.

### **News from the Committees:**

TTNC Newsletter Committee – a meeting was held in May. The newsletter has a new name - *Therapeutic Touch Canada News / Nouvelles*. The charter was discussed and changes made with the addition of a Mission statement; lines of communication re distribution were clarified. This was approved by the TTNC Board on June 21st.

The National Curriculum on Teaching Therapeutic Touch They are continuing with their work, always in progress.

The TTNC Brochure - Reminder that all the TTNC brochures are available on the TTNC website: [www.ttncc.ca](http://www.ttncc.ca).

Extended Health Coverage for Therapeutic Touch Sessions Cheryl Larden and I had a successful presentation on June 5th with nurses from various Vancouver Community Health Centres. This created other possibilities for more presentations. On June 18th, the Atlantic Association Energetic Healing Modality's networking event was another opportunity for sharing and distributing this committee's letter. It was widely received and a lot of interest generated. At another event that Susan attended, a contact was offered for follow up with a major business that has a self directed health plan for its employees. The letter has been translated in French; a copy is on page 19. Cecilia Csima will share the letter with TTNQ members who have contacts in French communities abroad.

In concluding, I continue wishing peace and prosperity to the Therapeutic Touch community across Canada. May we all enjoy the summer.

*Sincerely,*

*Paulette Deveau, TTNC President*

# Reports from Member Networks Across Canada

## Atlantic Therapeutic Touch Network



### 2016 TT convention PEI celebrates 20 years ~ ATTN Board May, 2016

From left: outgoing board member , Sandra Fraser; Cara Coes (Saint John, NB) Events Chair, Barbara Williams Membership chair, Barbara Stone PG/Practitioner Liaison, Judy Donovan Whitty Coordinator/secretary, Birdie Fiddes Treasurer and Cherry Whitaker Education Chair. Missing is new board member Lezley Prime.

#### ***This year ATTN celebrates its 20th Anniversary.***

In the past the AGM was held at 8:30 am prior to the annual conference presenter. This year we held our AGM via "Clarity Conference Call". Because participants had read the reports in advance, it was only a matter of ratifying the work of the board and any required motions, so it was completed in about 20+ minutes! (At \$.04 cents/min per participant the cost was under \$30.00!) We thanked outgoing Board member Sandra Fraser for all her work over the years, and welcomed her replacement Lezley Prime of New Minas, NS. Lezley came highly recommended by Alison Cook of TTNO saying their loss is ATTN's gain!

For the first time our annual Conference was held in PEI on the last week end in May, with 52 participants. Mary Anne Hanley, PhD,RN, (U. of Texas), a colleague of Dr. Krieger, presented the latest information on the *Dialogic Process* as part of Therapeutic Touch®. Between teachings participants were divided into interactive "quads". The feedback forms were all positive.

Membership Chair Barbara Williams, awarded a special ATTN pin to those nominated for recognition for Exceptional Effort on behalf of ATTN over the years. Receiving the pin and a Certificate of Merit were: from NS - Rev. David Maginley, Albert Crouse, Sandra Noah; from PEI: Carol Evans and Mary Hughes. The nomination Tribute Letters articulated the wonderful ongoing work of all the nominees and were worth hearing! Thanks to Barbara Williams, Kathy Chaddock and Gail MacDougall who developed guidelines on the award.

Honorary Membership status was given to charter member Annette Comeau of N.S.

Barbara Stone read a thank you letter from Practice Group Leader Sandra Noah, Salmon River, NS. TTNO member Lynda Hill read a "Greetings and Congratulations" letter from TTNO Chair Shirley Boon.

#### Hand Made Lap Quilt

A unique effort is the completion of a hand quilted lap quilt. It is 47" x 52" and its picture on our web site! Raffle tickets are being sold - \$1.00 each or 6 for \$5.00. The Draw will be in time for Christmas! Proceeds will go toward the operation of the Network and our Bertha Ellis Scholarship Fund. The quilt was begun by ATTN member Lillian Cunningham of Cape Fourchu, NS. It was completed in May by ATTN friend, 95 year old Denise Arsenault of Tignish, PEI, who is recuperating from a heart attack in the Prince County Hospital.

*May you all have a wonderful summer...*

Judy Donovan Whitty,  
ATTN Coordinator



TT practitioner Irene MacIsaac, R.N. hugs quilter Denise Arsenault recuperating in Prince County Hospital, Summerside, PE.

**See ATTN's Conference Report on Page 9**

## The Therapeutic Touch Network of Ontario

The TTNO was saddened this spring with the passing of two of our long-time teachers – Donna Logan Van Vliet in May and Jitka Malec in June. They will be missed and remembered by many.

**Congratulations to the ATTN!** They have been an organized network for 20 years! Lynda Hill attended their Conference in Charlottetown, PEI, in May and brought a letter of congratulations from the TTNO.

We have had a very busy spring in Ontario getting ready for our 2016 **TTNO Annual Event** in Barrie in October. The program is planned and the registration forms are out for the Event with a fantastic line up of presenters.

### ***You are all invited!***

Invitations went out to all the chairs of the Canadian networks so you should have the information by email from your chair. We have had some problems with our on-line payment system as well as hackers getting in to our website, but with extra security in place we are now up and running at full speed again.

Congratulations to our Communications Committee which has produced a new Media Kit helping us to promote Therapeutic Touch with a consistent message. Member feedback has been very positive.

The TTNO has sent out a survey to all past and present members and to those we could find who have taken Therapeutic Touch classes but never joined our Network. We are very pleased with the response rate with well over 300 so far! The results will be analyzed to give the Board valuable information for the direction of the TTNO in the future.

We have not yet found a TTNO rep to sit on the TTNC Curriculum committee but are committed to looking for a replacement for Jodi Cole. We recognize the importance of this committee and its task and to working together with our sister networks to increase reciprocity and acceptance of Therapeutic Touch across our country.

*Happy Summer everyone. Peace and Light.  
Shirley Boon©*

## The Therapeutic Touch Network of Alberta

Hello Fellow TT'ers, Hopefully you are enjoying the summer holidays wherever you are spending them and the weather is fine enough to do Therapeutic Touch outside amongst nature.

Our TTNA member Betty Whitney of Vulcan, AB. set up a table at a fair there this past spring and featured Therapeutic Touch. Fellow members Sheila Camp and Linda Terra joined her. Betty set up a draw for a free Therapeutic Touch session which brought some interest.

Our Practice Day in April was interesting with the theme of teaching family members and caregivers Therapeutic Touch. Many of us found this very enlightening, particularly the

practice sessions where one participant plays 'teaching' Therapeutic Touch' to various age groups. It gave us food for thought over how to approach different family members in various situations

Our Calgary practise group had our last practice evening and a potluck dinner on June 21. We will break for the summer.

We look forward to our retreat in Sept. 2016.

Please visit our website: [www.therapeutictouchalberta.com](http://www.therapeutictouchalberta.com) for upcoming courses and events.

Take care,  
Sherry Crann-Adair, Coordinator, TTNA

## The Therapeutic Touch Network of Manitoba

Steele Pruden remains as Chair of the Manitoba/Sask. group. The MTTN held their AGM awhile back in the Spring. The meeting was well attended, with at least 3 new members participating.

We are grateful that fellow MTTN member L.Carroll was available to offer Level 1 TT classes within the past year, and the classes have been well received.

Our Winnipeg group does not get together often enough, apart from the AGM. However the intention to get together to visit with fellow TTers and do a treatment exchange is always thought to be a good idea. Whenever Therapeutic Touch can be offered and received, it is a reminder of how wonderful a modality it is!

*To experience it, is to believe in it!*

## British Columbia Therapeutic Touch Network Society

As the new President of BCTTNS, I would like to thank Tarja Oostendarp for all the work that she has put in over the last year as President, especially for organizing the speakers and format for our wonderful Conference/Retreat at Springbrooke in April.

One project we have underway at present is redesigning our website to make it more attractive and user friendly and hopefully will help draw a wider audience to it. We also now have our Facebook page. Please look at page -- for a report about our Conference.

*Wishing you all Inner Peace,  
Jacqui Saran, BCTTNS President*

## Therapeutic Touch Network of Quebec

### Changes in the board of directors

René Dosen will now be doing the portfolio of TT and Energy Research. His scientific background as an engineer will guide him in opening new avenues in energy and scientific research. We welcome him to the board.

Also, Nathalie Choo-Foo has accepted the portfolio for "event planning". Her background as an event planner will assist us in this endeavour.

We are looking for volunteers to help out with the board activities: please call 514-624-0920

### Practice Day/Pot Luck August 20th, 2016

There will be a practice day for TT'ers on the grounds of Susan Hamilton's home in Pierrefonds. Practitioners are asked to bring a garden chair, a favourite dish and their Workbook for any supervised or non-supervised work. In the afternoon non TT'ers are welcomed to come and enjoy the delicious dishes and mingle with their friends. Please check out our website for further details: [www.ttnq.ca](http://www.ttnq.ca)

### Workshop November 5th, 2016

Our next workshop guest speaker is Rosa Bergola, author, healer, and poet. She has written "Awakening to the Peace

Within" and "The Journey of Spirit into Matter".

The workshop will be at the Quality Suites in Pointe- Claire. It will be a bilingual workshop. Check out our website for further details. [www.ttnq.ca](http://www.ttnq.ca)

*Submitted by Susan Hamilton, President*

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### Volunteering at the West Island Cancer Wellness Center.

From Dolores Mackenzie, RP

Therapeutic Touch is one of the holistic complementary services offered without charge at the West Island Cancer Wellness Center ([www.wicwc.org](http://www.wicwc.org)) available to people undergoing cancer treatments as well as their caregiver.

Monique Gregory, RP, approached the center in 2010 and after an interview was welcomed to offer sessions. The favourable response from the participants keeps her schedule full. When Monique was no longer able to give of her time she asked me to continue Therapeutic Touch sessions at the center. I started in February of 2011 and with a waiting list for these sessions we can say that the results are very positive.

## Toucher Thérapeutique du Québec

### Changements dans le Conseil d'administration

René Dosen sera responsable du volet de recherche lié au toucher thérapeutique et à l'énergie. Sa formation en sciences en tant qu'ingénieur le guidera vers de nouvelles avenues dans la recherche énergétique et scientifique. Nous lui souhaitons la bienvenue au sein de notre Conseil d'administration.

Également, Nathalie Choo-Foo a accepté le volet sur la planification des événements. Sa formation en tant que planificatrice d'événements sera un atout pour le Conseil d'administration.

Nous sommes à la recherche de bénévoles pour offrir leur aide avec les activités du Conseil. Veuillez communiquer au 514-624-0920.

### Journée de pratique \ Repas-partage - 20 août 2016

Il y aura une journée de pratique pour les praticiens en toucher thérapeutique au domicile de Susan Hamilton à Pierrefonds. Les praticiens sont encouragés à apporter leur chaise et un met favori. Veuillez également apporter votre cahier d'exercice pour tout travail supervisé ou non-supervisé. En après-midi les non-praticiens en toucher thérapeutique sont bienvenus à venir se joindre au groupe et savourer les délicieux mets. Veuillez visiter notre site web pour plus d'information: [www.ttnq.ca](http://www.ttnq.ca)

### Atelier le 5 novembre 2016

Notre prochaine invitée pour un atelier en novembre sera Rosa Bergota, auteure, guérisseuse et poète. Elle a écrit <Awakening to the Peace Within> et <The Journey of Spirit Into Matter>. L'atelier se donnera au Suites Quality Inn à Pointe-Claire et sera bilingue. Veuillez visiter notre site web pour plus d'information: [www.ttnq.ca](http://www.ttnq.ca)

*Susan Hamilton, President*

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Le toucher thérapeutique est un des services complémentaires en santé holistique qui est offert au Centre de bien-être de l'Ouest-de-l'Île pour personnes atteintes de cancer ([www.wicwc.org](http://www.wicwc.org)) et leurs soignants.

Monique Gregory, praticienne reconnue, a approché le centre en 2010 et suite à une entrevue a pu offrir des sessions de toucher thérapeutique. La réaction des participants a été très favorable ainsi gardant son horaire assez chargé. Lorsque Monique s'est retrouvée incapable d'offrir ses services, elle m'a demandé, Dolores Mackenzie, praticienne reconnue, de continuer à offrir des sessions de toucher thérapeutique au centre. J'ai débuté au centre en février 2011 et les résultats furent très positifs au point d'avoir une liste d'attente pour ces sessions.

*Dolores Mackenzie, RP*

## What Does Advertising Standards Canada (ASC) Have to Do With the British Columbia Therapeutic Touch Network Society (BCTTNS)?

**First of all what is ASC?** On their website The Advertising Standards Canada describes itself as follows:  
The Canadian Code of Advertising Standards (Code) sets the criteria for acceptable advertising in Canada. Created by the advertising industry in 1963 to promote the professional practice of advertising, the Code is the cornerstone of advertising self-regulation in Canada.

Administered by ASC, the Code contains 14 clauses that set the criteria for acceptable advertising that is truthful, fair and accurate. These clauses form the basis for the review of consumer and special interest group complaints, and trade disputes. The reviewers are composed of representatives from the advertising industry and the public, who volunteer their time to support the consumer complaint process.

BCTTNS and one of our members have recently had an advertising complaint given to ASC. The complaint was in regards to Clause 1: Accuracy and Clarity and Clause 8: Professional or Scientific Claims. The complainant reported various statements we had on our website and alleged the advertised claims were not currently supported by reliable, science-based evidence.

BCTTNS provided ASC with a lengthy reply including copies of summaries of many research studies supporting Therapeutic Touch research, defending our statements. Unfortunately, ASC does not appear to have researchers on their panel nor do they seek out their opinions. They review the research from a non-professional perspective. The ASC chose to side with the complainant and ruled against us, even in our appeal. Our member chose not to place a subsequent ad so the member's name is not mentioned.

### What does this mean?

It means that there is a very brief summary of this complaint on the ASC website. It is important to realize that *ASC is not a government body and they have no real power.*

The complainant is a critic of Therapeutic Touch and other energy based modalities and is well known to people in the energy field, stating disparaging remarks wherever an audience can be found.

If you have a complaint against you, as a Therapeutic Touch Practitioner, or your Therapeutic Touch business please advise the BCTTNS board so we can strive to assist you.

Therapeutic Touch is well recognized in hospices, many hospitals, and health care settings.

In BC, with proper training in Therapeutic Touch, it is considered within the scope of nursing practice. It is included under Complementary (CAM) Therapies in a booklet put out by the Canadian Cancer Society. Although an increasing amount of research is being done and Therapeutic Touch is recognized in more places, there remain skeptics.

I think Arthur Schopenhauer, a German philosopher said it best:

*"All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident."*

BCTTNS is in the process of reviewing our written material to add clarity. We are also exploring other possibilities. We will keep you posted...

*Respectfully submitted by: Cheryl Larden, Marie Preissl, and Paulette Deveau,  
ASC Complaint Review Committee*



### Integrative Healthcare Symposium Canada Oct. 14-15, 2016

*The most comprehensive integrative healthcare conference in Canada*

Sheraton Parkway Toronto North Hotel & Suites Richmond Hill, Ontario

[www.ihSYMPOSIUM.com/canada](http://www.ihSYMPOSIUM.com/canada)

*For two days, you'll have the opportunity to learn, collaborate, and take new insights and techniques back to your practice. This is the best place to connect with practitioners, researchers and thought leaders at the forefront of the surging integrative movement.*

Hear the latest research and patient care strategies around topics including the microbiome, nutrition, brain and mood, pain management and more. This clinically relevant, evidence-based medical conference program was designed to educate, inspire and engage integrative practitioners and those interested in learning more about alternative and complementary approaches to health care.

## Hospice Palliative Care Ontario, 2016 – Pre-Conference Meditation

By Arlene Cugelman RN, RT,

To each of you exploring further dimensions of caring.....

I continue to be inspired in meaningful ways by Therapeutic Touch® (TT) on this journey of life.

It is my hope that by sharing it, you too will recognize its many benefits and that it will enrich your life. Used with our clients and residents from diagnosis to bereavement – we share the gentle role of TT today.

At the start of any new venture it is helpful to focus your attention - coming consciously and fully to the present moment. This meditation helps do that . . . the result being similar to the Centering process – the entry point of Therapeutic Touch.

Just out of curiosity - you might wish to do a mental inward check – noting on a scale of 1 to 10 how you are feeling . . . and your energy level right now ..... and then revisit that after the meditation and compare.

Make yourself comfortable – back supported, feet flat on the floor, hands resting in your lap

Let your eyes gently close if that feels comfortable for you.

Take a few breaths . . . bringing awareness to your body . . .

Allowing the rush or business of getting here to drift off . . .

Allowing any distractions to drift to the edges of your mind . . .

With each breath feeling a sense of ease.

Many times in nature you have seen the sun's rays streaming down as bands of light . . .

If it feels comfortable to you, I'd like you to imagine one – or several of those rays of light beaming down . . . right to you . . .

You are bathed in this loving . . . living . . . golden light.

Feel the streams of light washing over you . . .

Perhaps .. inviting it to enter the top of your head

and wash down thru your body like a stream . . .

Washing down thru your body . . . thru your torso, down your arm . . . and legs . . . and out through your feet . . . carrying away any fatigue or worry or discomfort . . .

Leaving in its stead . . . a feeling of balance . . . of ease . . . of comfort.

As this energy flows out – imagine it is being absorbed by the earth . . .

where it is transformed . . . dissipated.

Invite these rays of light to wash / clear your heart . . . washing thru to the very edges . . .

and in so doing – revealing your inner light.

Invite that heart light to shine brightly outward . . . gently filling your cells and tissues ...

and – if it feels comfortable . . . expanding beyond your body . . .

so you are surrounded – above, below and on all sides . . .

supported – and held – in this healing, protective light.

Take a few breaths acknowledging / resting in this peaceful state.

And now . . . preparing to come back to this time and this place . . .

Take another breath . . . notice how you are feeling – relaxed – refreshed – ready to begin.

As you feel ready . . . gently open your eyes . . . connecting to those around you.

## ATTN CONFERENCE, SPRING, 2016 - THERAPEUTIC TOUCH AS DIALOGUE

From Cherry Whitaker, Education Chair



Mary Anne Hanley

Each year – as we do every year in our networks – we search for the speakers and topics we believe will suit the directions and meet the needs of our network members, as we move forward in the coming years.

This year we in the ATTN were fortunate to have Mary Ann Hanley, PhD, RN, accept our invitation to be speak at in our spring conference.

### The goals of the weekend were:

1. To bring us a mini Montana Dialogue so we could begin to understand the process of Dialogue
2. To bring us up to date with material that was being discussed and ideas formulated from the Montana Dialogues
3. To help us infuse our practice of Therapeutic Touch with a sense of newness and with questions to keep ourselves and our practice fresh.

We wanted a speaker who could expand our views, shake up some of our understanding and renew our practice of Therapeutic Touch®. After meeting and listening carefully to the speakers at the Seattle Congress, we could think of no one better at this time to be our teacher. And we were right!

*“She was brilliant and just freaking wonderful”*, to quote a member. (Other quotes from other members are included in italics throughout his article). She accomplished all of the stated goals by: spacing out her teaching with our practice of Therapeutic Touch; using groups of 4 people (all treatments done in pairs with an observer) and, exploration of new concepts and treatment protocol through practicing dialogue to understand what we have learned. The ability to reflect on our practice was a large part of the emphasis in our large group sharing session.

Participants appreciated her use of power point screens to guide her presentation. They provided a basis for her teaching and clarity of direction. People paid close attention to them and were delighted to see photos of PEI taken by Dr. Hanley as she travelled through the province pre conference. Her personal approach, readiness to take questions and provided clear answers helped to carry us through some very difficult material.

Her sense of pacing is immaculate and her perceptive reading of our group members and our abilities meant she introduced new material and concepts in a non threatening but challenging manner. The treatment protocol she wanted us to use was new to most of us so the steps

were clearly outlined for us to follow. Looking at her presentation it was difficult to see how she was going to accomplish what she set out to do without overwhelming all of us! But her gentle sense of humour, use of personal experience and her clear, measured presentation of all that new material somehow reduced that gargantuan task to something manageable! It was accomplished so fluidly that no one seemed overwhelmed. Indeed, we were inspired.

*“She was an artist in her teaching and as she painted her pictures for us, we seemed to meld in with her, started working with her and wanted to go where she was leading us.”*

On Sunday she presented the Model of a Theory of Healing to our membership, clarifying, explaining, taking questions and leading us into a better understanding of the Model, (but knowing there is much yet for us to explore!). She then challenged us to be conscious of one of the stages of the Model, to go into our group of four for treatment sessions and see how that concept fit into our practice, and vice versa. In the discussion post treatments with everyone in the small group it was delightful to hear the insights gained and shared.

*“It is like she has given lead us to the cusp of our future in Therapeutic Touch! We sure have got lots to still learn.”*

What has happened in our network post Dr. Hanley? Well there have been emails back and forth about how to better apply dialogue during treatments with our clients, questions about the concepts that Dr. Hanley has introduced, Practice Group Discussions, the call for future Practice Day material to be built upon what was taught here and at least one group has formed to ‘dialogue’ about specific topics that have arisen from our conference presentations, which will of course, include sessions with our healing partners of course.

### Thank you Dr Mary Anne Hanley!

...for everything you brought to us over that information packed weekend. Because of your gentle smile, and quiet interactions with all of us, your patience and thought provoking questions and answers you hold a special place in the hearts of the TTERS in the Atlantic Therapeutic Touch Network.

*“Damn she was good! Bless her!”*



## Therapeutic Touch International Association (TTIA)

Message from President Sue Conlin,



**2015 TTIA Congress  
Video Collection Available!**  
*Experience what Dee Krieger has called  
“The best TT conference ever!”*

The 135 attendees, representing seven countries and five continents helped create a common voice for the understanding and advancement of TT worldwide. It covered a wealth of information, setting new standards for years to come. The video collection contains five keynote addresses.

1. Stephan A. Schwartz – The Power of Intention;
2. Dolores Krieger, PhD RN – Future-Shaping the Dialogue: Therapeutic Touch as a Highly Human Function;
3. Montana Dialogues Panel - Creating a Theory of Healing through Therapeutic Touch;
4. The International Panel in Therapeutic Touch – A Global Perspective
5. Dr. Gladys McGarey & sister Margaret Courtwright RN International Communities of Healing, Past and Future

There may also be flash drives available, and once that is accomplished we will add that option to the order form. We look forward to receiving our first orders! It may be a few weeks before they are shipped, but the wait won't be long!

Prices (USD) \$20.00 each ~ all 5 for \$68.00

**Please discuss the possibility of obtaining these with your regional Network - or your local TT Group... or share among several groups.**

To receive an order form please go to:  
ttia@therapeutic-tough.org

Peace and gratitude,

*Sue Conlin*, President, TTI

**www.therapeutic-touch.org**



**2016 Annual Event Program**  
**Back to Our Roots in Therapeutic Touch**  
October 14 -16  
Post Event Workshops, Monday, October 17th

### Featured Speakers/Workshops

The Montana Dialogues  
*Alison Cooke, BSA(Hon), BEd*

Healing Presence to Healing Moment:  
Patterns of Experience  
*Diane May RN, RT, QTTT*

The Art and Science of Distant Healing  
*Mary Simpson, RN (Ret), RT, QTTT*

Healing With Your Ancestors  
*Arrole Lawrence*  
*First Nations healer/teacher.*

Sharing Therapeutic Touch for Self Care  
*Crystal Hawk, RT*

### MONDAY: TEACHERS DAY

Teaching Outside the Box and Inside the Circle  
*Diane May RN, RT*

Therapeutic Touch Level 2 Workshop  
*Pat Tamosetis. BA, BEd, RT*

**For details please visit**

<https://www.therapeutictouchontario.org/news-events/2014-ttno-fall-event/fall-event-program>

*Save the Date!*

**Fourth International Congress  
on  
Therapeutic Touch®**

**“Deepening Our Practice As  
Compassionate Healers”**

**April 21 to 23, 2017**

**Eaglewood Resort & Spa  
Chicago Area**

**At Pumpkin Hollow Retreat Centre, NY**

**Basic and Intermediate  
Therapeutic Touch Programs  
October 7 to 9**

*Friday Dinner through Sunday, 3 pm Additional day optional*

**www.pumpkinhollow.org**

~ ~ ~ ~ ~

**Camp Indralaya, WA**

**For Therapeutic Touch Workshops in 2016 visit:  
www.indralaya.com**

# My Calling to Therapeutic Touch

by Lynne Calnek

## *THERAPEUTIC TOUCH REFLECTIVE JOURNAL*

*I feel that I need to provide an introduction to my learning of Therapeutic Touch® - the beginning of my journey to become a Recognized Practitioner of Therapeutic Touch.*

The seeds were planted a long time ago.

I was fascinated by what I was hearing and reading about healing, especially through prayer. When I registered at Emmanuel College to study theology, I was thrilled to be able to take a course in Christian Spiritual Healing. We spent about half our time in reading and discussion, the other half in trying out various healing methods. The professor invited us to try things out to see what would happen... or not. There was no pressure.

I discovered that, using prayer as my connection to divine energy, I could detect some imbalances in a person's energy field and could provide relief from some symptoms. I practiced a little with a classmate and used it a couple of times in pastoral situations. For a few years I let it fall into disuse.

Then, one night I was called to be with a young woman with advanced cancer whose pain was not being controlled with medication. When I arrived, she was sitting up in bed screaming in pain and fear. Her mother was with her and clearly distraught. Her mother requested prayers for her daughter so after asking a few questions about their faith background, I prayed for the two of them and all the others involved in caring for this young woman.

After the prayer, I wondered what I could do – was prayer

enough? should I leave? My answer came in the form of a call. Very clearly I was called to go to the other side of the bed and offer spiritual healing. The young woman agreed and I began to gently smooth her field, praying intently for direction. At first, I added to her agitation by telling her to relax – she screamed back at me that the pain was too great. I shut up and let my hands work. After several minutes, she relaxed a little so I stood up to give my back a break. She asked me if I would do some more of what I'd been doing.

It took help to roll her over so that I could work on her other side. Then next time I stood up, she was calm and settled enough that she turned herself over. I worked well over the twenty minutes limit that's recommended for Therapeutic Touch but the end result was well worth it. The young woman was lying on her side, calm and peaceful.

I sensed then that it was time for me to leave. I told the mother that I was going to leave and she became upset. Before I left, I showed her how to do what I'd been doing and she seemed happy to sit beside her daughter, gently stroking her starting from the top of her head. I then left and have since heard that the young woman died a couple of hours later with her mother still gently stroking her.

This experience rocked my world!

*Lynne is in the process of completing her workbook to attain TTNO Recognized Practitioner status. After 30 years working in information technology, work of the heart over work over the mind drew Lynne into various forms of ministry, especially pastoral care. She is currently part of the volunteer Spiritual Care team at Grand River Hospital, Kitchener/Waterloo, ON.*

## **THERAPEUTIC TOUCH PRESENTED AT THE HPCO ONTARIO 2016 CONFERENCE**

Nancy Hall, RN of Bethell House and Hospice Wellington, and Arlene Cugelman, RN, volunteer at Hospice Simcoe, presented "A Gentle Touch - Integrating Therapeutic Touch into Hospice Palliative Care" at The Hospice Palliative Care Ontario (HPCO) 2016 conference, "Putting the Pieces Together - Collaborating for Quality Hospice Palliative Care in Ontario", held in April.

Those present reflected a cross section of the health care field, with front line workers and volunteers from Long Term Care facilities and hospice alike. Other areas represented included a clinical educator, bereavement counsellor, administration, and volunteer co-ordinator. Engagement was excellent with many staying well beyond the hour presentation to continue active discussion of the use of Therapeutic Touch. It was exciting to share the many benefits of Therapeutic Touch with this amazing group who care so deeply about the wonderful work in which they are engaged.

### **"Taster Sessions"**

This annual HPCO conference also hosted 2 days of *Complementary Therapy Taster Sessions* for the 5th year. Five

Therapeutic Touch practitioners participated, and along with Reiki, Reflexology, Indian Head Massage, Craniosacral Therapy, and Aroma Therapy Massage provided 161 fifteen-minute taster sessions, reaching about 30% of the delegates.

Paula Neil, the HPCO Deputy Director, and Ingrid Norrish, the Event Coordinator, both sent emails of appreciation and admiration for the growing success of the taster sessions. Neil stated, "It is great to hear how people actually book their CT taster sessions before registering at the conference."

### **Refining Presentation**

There is an intention to refine the abstract submission that was accepted for the HPCO conference this year as well as the PowerPoint and notes for the presentation "A Gentle Touch . . ." The aim is to make this package of materials available as a template for other Therapeutic Touch practitioners to adapt and utilize at the hospice palliative care education events in their areas.

Submitted by Nancy Hall, nancyhall634@gmail.com  
*Reprinted from TTNO's inTouch, Summer/16*



Exciting  
**WORLD**  
Happenings!



**Interconnectivity: Tree Research Project**

HeartMath's scientists have focused especially on oak and redwood trees as they seek answers to questions.

**What We Know**

- Oak and redwood trees in different locations at HMI's California campus and research center have different overall electrical voltage patterns.
- Trees, like humans, have a circadian or day-night rhythm.
- Trees can elicit positive feeling states in humans.
- Trees provide Earth with oxygen, and they clean our air.

**Scientists Will Explore**

- How people and trees are energetically connected.
- How trees are affected by human emotions.
- How people are uplifted while in the biofields of trees.
- How trees can inform us about approaching earthquakes.

For more information go to: [www.heartmath.org](http://www.heartmath.org)



**You are invited to participate in a new research project**

The "**Consciousness Field Project**" led by Deepak Chopra PhD, Bill Tiller PhD, Gabriele Hilberg PhD, and Paul Mills PhD.

This team is researching an investigational process using a remote energetic broadcast, which delivers a Wellness Intention to you every few minutes- similar to sending a prayer 24/7, 365 days a year. It is hoped that this process will accelerate your lasting mental, emotional, and spiritual development. **The goal is to see if the broadcast wellness intention helps you continue to listen to and express your soul's purpose while living your busy life.**

**How it works:** The intention will be energetically broadcast over the course of 18 months to you - using only your name and address. No effort is required on your part. While the mechanism of this subtle energy effect is not yet fully understood, it appears fundamentally to be a non-local resonant energetic process, which may catalyze shifts at multiple levels of your being.

**What you may experience:** You may or may not notice subtle changes such as greater resiliency in dealing with challenges, spontaneously choosing healthy behaviors, and an effortless shift toward greater coherence (order), love, and spiritual awakening. The specific shifts will be self-reported monthly through an online 10-minute survey (by computer or smartphone). Study participants will be supported through teleseminars and a dedicated community forum in partnership with the JIYO online well-being platform.

Cost: The cost is only \$33 per month for 18 months (\$600 total), which will help partially defray research costs for testing and equipment.

**For more information and to register, visit:**  
[consciousnessfieldproject.org](http://consciousnessfieldproject.org)



**CONSCIOUSNESS AND HEALING INITIATIVE**  
<http://www.chi.is>

Our Purpose: *CHI exists to evolve the scientific understanding and real-world application of consciousness and healing practices, so that individuals and societies are empowered with the knowledge and tools to ignite their healing potential and thus lead more healthy, fulfilling lives.*

This article describes the challenges in research in bio-field therapies (BFT), which reinforces the importance of consistent teaching and practice of Therapeutic Touch®.

**"Nontouch Biofield Therapy"**

A Systematic Review of Human Randomized Controlled Trials Reporting Use of Only Nonphysical Contact Treatment.

<http://www.chi.is/media/viz/pdf/NonphysicalContact.BFT.14.pdf>



**24th ANNUAL ISSSEEM CONFERENCE**

Sept. 21 - 24, 2016, Unity Village, MO

Theme: **HEART TO HEART**

**KEYNOTE SPEAKER**

**DR. MARILYN SCHLITZ, PhD**

**Transformative Aging**



The new paradigm of health originates in consciousness and finds expression in our bodies, minds, hearts, and souls as well as our relationships and community. We are all connected and understanding and utilizing "the field effect" of consciousness can have profound effects on our individual and collective health as well as the ways in which our mind and body age. Join Marilyn as she explores with us various potentials for transformative aging.

Marilyn Schlitz is a social anthropologist, researcher, and award-winning writer and charismatic public speaker. She serves as President Emeritus and a Senior Fellow at the Institute of Noetic Sciences. Marilyn is the author of *Consciousness and Healing: Integral Approaches to Mind Body Medicine*, and *Death Makes Life Possible*. She also wrote and produced a feature film that has appeared on the Oprah Winfrey Network, *Death Makes Life Possible*, with Deepak Chopra.

**PRESENT A 90-MINUTE FORUM!**

Upon Registration, conference attendees are invited to submit a proposal to share their expertise and concepts in one of twenty, 90-minute Forum Sessions. We welcome your submissions!

**Download the Conference Brochure at:**

<https://view.publitas.com/p222-665/2016-planner-nov-issue/page/1>

It's here to stay - so what do we need to know?

## The Challenges of Wireless Radiation

by Craig Nizolek, RT, TTNO

*This article brings forth a number of considerations about the approach of a Therapeutic Touch® practitioner to 'sensitive' people'. They live in a state of on-going "stress response" which creates holistic havoc in their lives. In addition to constantly having to prove that they have these 'challenges', there is a complete inability to eliminate the offending situation in their lives (as opposed to someone who is allergic to soy products). As Therapeutic Touch practitioners we need to be aware of this and treat their concerns and beliefs with respect, making every attempt to provide suitable surroundings for the session, keeping in mind that TT needs to be done with awareness of their overwrought emotional field. This article will increase our awareness of the challenges of WIFI – knowing that it is not going to go away – and that we can make efforts to create a healthier personal environment, as well as provide more effective Therapeutic Touch.*

### Is Wireless Radiation Safe?

We all know that subtle energy fields (SEF) can be healing. Scientists however, have known for decades that subtle energy fields can also be harmful. Just as there are healthy and harmful bacteria, so too are there healthy and harmful SEF's. Although as healers we can sense these fields, I have concluded that many energy healers are unable to sense these Electro Magnetic Fields (EMF's) simply because they are in these radiation fields all the time!

Wireless radiation is Radio Frequency Micro Waves, (RFMW). The U.S. Air Force sponsored a study on pulsed microwaves at 2.45 GHz (WiFi frequency). Although the study was published in 1992, it was not made public until 2011. It showed a significant increase in malignant tumors in rats and noted effects in the adrenal glands and the entire endocrine system. Shortly after this study was made public the World Health Organization (WHO) listed Radio Frequency Micro Wave Radiation as possibly carcinogenic. Search 'microwave sickness' and you will find that the effects of microwave 'wireless' radiation basically amplifies illness. However it is difficult to say exactly what types of illness are caused by exposure to RFMW radiation.

Let us go back in time. Why didn't people get sick watching TV or listening to the radio? TV and radio 'wireless' signals are less than 108 Mega Hertz (top end of the FM dial). Below 110 MHz, the wavelength is too large to be absorbed into the body. Above that however, it is short enough to be absorbed. People did not get sick from the wireless signals for TV and radio, unless they lived near the broadcast antenna also known as the transmitter. The high power density or voltage intensity in the air around the transmitter also causes harm to the human body. The problem is two-fold – frequency and intensity of the signal.

*To-day, however, people carry a high frequency transmitter!*

### What is going on today?

Although there is no question that this technology is exceptional in emergency situations, that it is fun, new and exciting, we need to keep in mind that every WiFi router, mobile phone, cell tower, smart meter, etc is a transmitter that emits RFMW in the range of 500 MHz to 6 GHz (Giga (billion) Hertz). The human brain operates in the frequency range of 0.5 Hertz to about 30 Hertz. Consider what may be happening when a billion Hertz is transmitted next to your head! There is a reason the owner's manual states to keep the phone at least an inch away for your body at all times.

### Some people are getting sick . . .

In 2012, The Environmental Health Clinic (EHC), at Toronto's Women's College Hospital began diagnosing Electro Hyper Sensitivity (EHS), and has a 13 month waiting list. It is estimated that 3 to 10% of the population suffers from EHS. It has been recognized as a *functional disability* by Sweden. When any member of the UN recognizes a disability, all members recognize it. This can be verified with the UN Human Rights Act and Human Rights Commission in Canada.

### EHS Symptoms

These are similar to classical radiation damage symptoms such as aging of skin, loss of concentration, headaches, memory loss, irritability, eye floaters, blurred vision and hypothyroid issues, as well as tinnitus, vertigo, sterility/infertility and a host of heart problems due to microwaves interfering with the heart regulating autonomic nervous system .

In addition to environmental treatment to reduce exposure, society must make an effort to *protect* people with EHS symptoms by minimizing exposure to electro-magnetic pollution - *electrosmog*. Measures similar to banning smoking and wearing fragrance inside public buildings must be adopted for wireless radiation.

### How to "Practice Safe Tech"

- Consider turning your cell phone COMPLETELY OFF when ever you can or turning FLIGHT MODE on.  
*This reduces the wireless pulsed signals emitted from your phone and the cell towers with which they communicate.*
- Turn WiFi off at night before you go to bed.
- Encourage organizations to adopt guidelines for public and occupational exposure to EMF exposure that reflects the *PRECAUTIONARY PRINCIPLE* <sup>3</sup>.

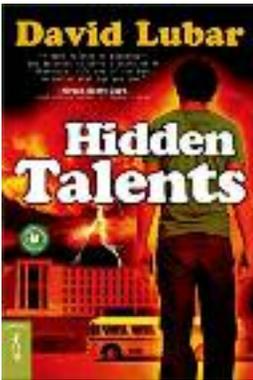
### Reference

1. Flight mode is also known as Airplane mode and disables the transmissions but the device can still be used for other uses
2. See: [www.EHTrust.org](http://www.EHTrust.org) on how to Practice Safe Tech  
[www.C4ST.org](http://www.C4ST.org) to join the national organization to help make policy changes in Canada.
3. The PRECAUTIONARY PRINCIPLE states when there are indications of possible adverse effects, though they remain uncertain, THE RISKS FROM DOING NOTHING may be FAR GREATER than the RISKS OF TAKING ACTION TO CONTROL THESE EXPOSURES. The PRECAUTIONARY PRINCIPLE shifts the burden of proof from those suspecting a risk to THOSE WHO DISCOUNT IT."

Craig Nizolek, RT [craignizolek@gmail.com](mailto:craignizolek@gmail.com)



# Bookworm's Summer Food for Thought



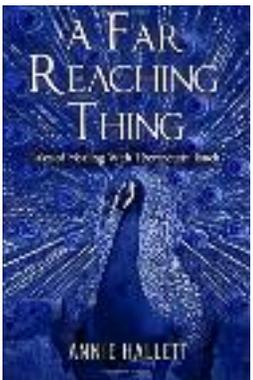
*Do you need an exciting book suggestion for a 12 year old boy?*

**Hidden Talents by David Lubar** is my favorite answer. A funny and fictional book about discovering and controlling those extra senses. Yes I would recommend it for any voracious reader, but let us start with those who deserve a delve into the world of enlightenment. Happy summer.

*Sheila Camp, TTNA.*

**From Amazon:** American Library Association "Best Books for Young Adults"

Martin Anderson and his friends don't like being called losers. But they've been called that for so long even they start to believe it. Until Martin makes an incredible discovery: each of his friends has a special hidden talent. Edgeview Alternative School was supposed to be end of the road. But for Martin and his friends, it just might be a new beginning.



**A Far Reaching Thing: Tales of Healing With Therapeutic Touch.** Annie Hallett was a TT practitioner in the National Health System (NHS) where, in 1993, she set up one of the first Counselling & Complementary Services in the Cancer Unit. She relates many of her Therapeutic Touch sessions with cancer patients. They read like case studies as she describes the TT process for each one, the outcomes for that patient and her self learning. There is a lot of wisdom in her stories as she is ever questioning what is really happening when there is this interchange of energy between practitioner and the client - "a connection with something beyond ordinary understanding". Annie emphasizes the importance of being centered and "listening with our hands and consciousness".

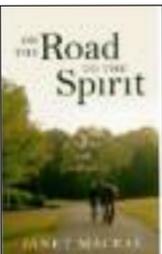
Annie studied with Dolores Krieger and Jean Sayre Adams who introduced TT to the UK.

This book is an important read for anyone beginning their journey of practising Therapeutic Touch, especially with palliative patients and clients in hospice.

*from Marion Cameron*

Please go to Amazon to learn more about the book including reading the first 19 pages of the book.

[https://www.amazon.ca/Far-Reaching-Thing-Healing-Therapeutic/dp/1784651044/ref=sr\\_1\\_1?ie=UTF8&qid=1467914699&sr=8-1&keywords=A+Far+reaching+Thing](https://www.amazon.ca/Far-Reaching-Thing-Healing-Therapeutic/dp/1784651044/ref=sr_1_1?ie=UTF8&qid=1467914699&sr=8-1&keywords=A+Far+reaching+Thing)

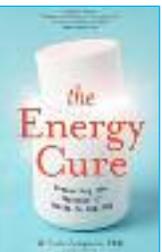


**On the Road to the Spirit**, by Janet Macrae, PhD. Ebook

Janet's first book, "Therapeutic Touch: A Practical Guide" is considered 'must reading' for all TTers.

On Facebook, Evy Cugelman, RN, TTI QTTP, writes, "It shines with her love and special connection to animals, healing and Dora's teachings".

From Amazon: This is a true story of the development of a bond of trust between the author and her horse. The strength of this bond allowed for a process of mutual healing to occur. Significantly, the human-horse relationship also allowed for a greater attunement to the higher dimensions of consciousness. The author shares some "glimpses of the spirit" and the help that came from them.



**The Energy Cure: Unraveling the Mystery of Hands-On Healing** by William Bengston, PhD,

(Review from Amazon) This easy-to-read paperback presents astonishing evidence that challenges us to totally rethink what we believe about our ability to heal. Drawing on his scientific research, incredible results, and mind-bending questions, Bengston invites us to follow him along his 35-year investigation into the mystery of hands-on healing, and to discover a technique that may activate your healing abilities. Part memoir and part instruction, this provocative book explores Bengston's paradigm-shifting experimental results and why they seem so difficult for some medical practitioners to accept. A self-proclaimed rationalist, he began an investigation that made him one of today's leading researchers into the mystery and power of energy medicine.

"It was a challenge for me not to feel enraged by the fact that instead of open-minded welcome or scientific curiosity, the medical and scientific establishments are doing their best to put obstacles in his way and wipe out this healing method that could eliminate so much suffering and loss of life."

**This book is a real milestone in the annals of energy medicine, and provides hope for the coming generations to see the medical world of healing move ahead into the quantum physics paradigm, with an invitation to learn and practice a proven self-healing method.**

Submitted by Mary Simpson who says, "We're not alone in being ignored - this book gives us real encouragement".

*An Open letter:*  
**I used to volunteer in a hospice  
and now  
I'm living my last days in one**

*As told to Tiffany Pope*



My name is Jitka Malec and I am living the last days of my life at St. Joseph's Hospice in London, Ontario.

As it happens, I used to be a volunteer at this same hospice for almost 20 years—offering Therapeutic Touch®, Reiki and Reflexology. I'm also a former registered nurse. I was trained to care for people and somehow that role of caregiver gets into your blood and stays there forever.

Several months ago I became ill and suddenly found myself in a different role. Now in the time I have left, I'm learning a valuable lesson: Can I learn to be both giver and receiver of care?

One of the staff was telling me what I said at the moment of my admission: "I am here to continue living until I die." And she was quite taken by this statement. Here I was pondering from the very first moment: What does this experience mean? Surely something good must come out of it and there's something I need to learn.

The conclusion I made was that I need to learn how to receive care. Up until now, I was always in the role of caregiver. The staff and volunteers are now my teachers and I'm the student. I'm learning how to say what my needs are, and I'm learning to receive their help with gratitude and new insights into their unique work. I need to learn how to humbly accept and trust my vulnerability, which at times can be very difficult for me. Yes, my ravaged unhealthy body is one aspect of my personhood, but I will not lose the core of who I am because of what my body goes through.

Here, the focus is on healing. And that doesn't mean being cured of my illness. I might be healed and die. You can still be weak, vulnerable and not necessarily fulfilled all the time, but you can take strength from within to live that part of your life reasonably content and happy, accepting the ultimate departure from this physical realm as inevitable, and trusting you will be part of the flow of life.

There are few places like a hospice where that chance to take care of final business comes through. To have that time relatively free of stress when you can look back and re-evaluate life, see what needs to be done in order to accept death, and to leave in peace knowing that the connections with the family have been made, issues were talked through, and that

the family perhaps came closer than ever before, is so important.

For my family, after the initial shock of me having to come here, they started appreciating the time we have left together, and enjoyed coming for visits. They are adjusting, but they're also learning there is a lot of life in dying. Even in this situation, there is so much one can live for and live through.

Thinking about my own death, I might have my own plans, but they're not necessarily plans that will transpire. The future is completely unknown. I think I have some kind of idea about how it's going to be to die, but I really don't know. Perhaps I'll discover things about myself I don't know. Maybe my beliefs will be greatly challenged or I'll discover certain weaknesses in me, and I'll have to ask myself: Will I be able to stick to who I am? Am I going to remain an entity—a soul, spirit, or something else? Am I going to perish forever? These are daunting questions. In a way, it's a great adventure. It's another great lesson, with the end unknown.

I continue to learn how to live the last chapter of my life here at the hospice. Some days are more difficult than others. My hope is that whatever happens to me will be peaceful, uplifting and beautiful for my family and loved ones, and that it will be a learning experience for all of us.

*From Facebook posted by Mimi Craig*

*Jitka was an honoured teacher and beloved practitioner of Therapeutic Touch in London, ON. In 2015 she received the prestigious June Callwood Award for her hospice work. She died in June, 2016.*

**Please refer to her article**

*"Our Role in a Complex Environment: Therapeutic Touch at London's St. Joseph's Hospice" in Vol. 4, #3, July 2015 issue of this newsletter.*

When we are in circle with others, the energy stays contained within the group giving back to all. From tribal circles to the mythical round table of King Arthur, the circle has been the shape adopted by gatherings throughout history. When a group of people come together in a circle, they are united. This unity becomes even more powerful when each person reaches out to touch a neighbor and clasps hands. This physical connection unites thought and action, mind and body, and spirit and form in a circle. Because a circle has no beginning and no end, the agreement to connect in a circle allows energy to circulate from one person to the next, rather than being dissipated into the environment. When the commitment is made by many to face one another, clasp hands, and focus on one intention their circle emanates ripples of energy that can change the world.

From "Daily OM"

from Judy Donovan Whitty

## "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.*

### **Mind-Guided Body Scans for Awareness and Healing**

Youtube Interview of Erik Peper, PhD

*Mind-guided body scanning involves effortlessly observing and attending to body sensations through which we can observe our own physiological processes.* 13 min.

[https://peperperspective.com/2016/02/19/mind-guided-body-scans-for-awareness-and-healing-youtube-interview-of-erik-peper-phd-by-larry-berkelhammer-phd-2/?fb\\_action\\_ids=10101757691668718&fb\\_action\\_types=news.publishes](https://peperperspective.com/2016/02/19/mind-guided-body-scans-for-awareness-and-healing-youtube-interview-of-erik-peper-phd-by-larry-berkelhammer-phd-2/?fb_action_ids=10101757691668718&fb_action_types=news.publishes)

From Judy Donovan Whitty, ATTN . . .

"We humans are much more than we think we are and Psychoenergetic Science continues to expand the proof of it."

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

### **Dean Radin, PhD: Quantum Theory and Distant Healing**

Dr. Radin describes how quantum physics allows science to embrace consciousness studies. 2 min

<https://www.youtube.com/watch?v=OHcAkewTZcE&nohtml5=False>

### **Dr. William Bengston, Hands on Healing Research Ignored - Skeptiko #185 1 hr (See Books, P. 14)**

<https://www.youtube.com/watch?v=yeAxMCgvTPk&nohtml5=False>

### **Morphic Resonance, and Quantum Consciousness Mind Tuning**

Practical applications for an EMF field theory of consciousness are highlighted, offering explicit physiological maps for contemplative practitioners and conceptual tools which can facilitate the modification, tuning, and exploration of paranormal states of consciousness. <https://www.youtube.com/watch?v=tj6k0lf90tQ>



**ATTN's Port Hawkesbury, Cape Breton,  
Therapeutic Touch Practice Group.**

This very active Nova Scotia Group, meets weekly at a nursing home and have been providing sessions for many years. They all attended ATTN's Annual Conference and are now planning to attend Diane May's two day workshop

From left, Stephanie Butschek, Tanya Levy, Kathleen Burbidge, Natascha Polomski, Karen Bissonnette, and Michelle Greenwell.

*About our members . . .*

## Therapeutic Touch Practitioners in Private Practice



### **Sid Wittmann, CC, CTPP BA**

I am a Holistic Health Practitioner living in Winnipeg, MB with a home based practice. After training at the Riverview Health Center in Winnipeg, I became certified in Therapeutic Touch in 1999. I am a member of the Manitoba TTN.

I am proud to be offering sessions regularly as a healing modality for my clients.

The gentle yet sincerely beneficial application, as well as the convenience and versatility of Therapeutic Touch is unique and reliable... With hearts hands and positive intention, TT can be experienced anywhere, and recipients can receive benefit, whether the treatment lasts 5 minutes, 15 minutes, or longer. I consistently have witnessed such heartfelt positive results providing Therapeutic Touch myself, and while partnering with fellow TT practitioners.

My clients have expressed to me that they really like receiving Therapeutic Touch. Witnessing the relaxation response in recipients, or hearing clients say that they enjoy how they feel during and after TT, or being told how TT has helped them in some way - always invites me to feel grateful and humbled in my work.

Often, I will provide TT in conjunction with Counseling, or with the Psychic Readings that I do. In my experience, these modalities lend themselves well to one another, as both speak so genuinely to intuition.

In events such as Holistic Fairs that I participate in, offering Therapeutic Touch either by itself, or concurrently with the Readings that I do, I appreciate TT as a non-invasive and reliable tool that can invite the recipient to allow balance and healing for themselves.

This Fall in Winnipeg I am participating as a vendor and practitioner providing Therapeutic Touch in combination with Psychic Readings at the unique and varied events:

- Holistic Living Expo 2016, run in conjunction with the Winnipeg Rock and Mineral Show in October
- Assiniboia Downs put on by Jacobs Trading of Manitoba

### **Sid Wittmann, BA, CC, CTPP**

Private Practice Holistic Health Practitioner  
Therapeutic Touch Practitioner, Certified Counselor, Reflexology, Psychic Medium, ADC, Psychometry, Akashic Records Readings, BodyTalk, Breath work, Guided Imagery, Meditation facilitation.  
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Therapeutic Touch Groups are an important aspect of your Therapeutic Touch learning and practice.

## Creating a Dynamic Therapeutic Touch Group

*Whether you call it a Practice, Support - or just simply Group, it's a challenge to attract & maintain members*

### How Can My Group be more Effective?

**Consider yourself as as the Therapeutic Touch authority and source of information in your community.**

- Get a write-up done in your local paper. (See article below) Invite a local reporter to your Group meeting to see TT 'in action' and to receive a session. Be sure she leaves with a TT brochure and a good article from which she can quote.
- Facilitate a workshop in your community and invite a teacher to come. Being responsible for on-going workshops will increase the awareness and value of Therapeutic Touch in your community.
- The teacher will give your group a percent of the workshop income.
- Having funds available will enable your Group to:
  - Print TT Brochures to distribute in the community
  - Put together a display in your local library
  - Mail information to local institutions, i.e., long term care and nursing agencies.
- Give group members a sense of value and belonging. Make use of their talents.
  - Develop committees such as Membership, Community Outreach, Education, etc.
- When a member reaches a goal, i.e., completing Level 3, starting a Workbook, make an announcement.
- When a member achieves Practitioner status, do a special presentation at your meeting and allow her to tell about her experiences.
- Have your own 'Conference' or mini annual general meeting. Bring in a special speaker, or view a special video/DVD.
- Arrange seasonal activities such as Potluck meetings.

**At meetings . . .** Discuss web sites and web casts you have seen.

- Bring this TTNC newsletter to your Group and discuss its articles. Mention it as a benefit of belonging to your regional Network.
- Reprint the letter to Insurance companies to hand out and encourage members to send it. Discuss it again at your next meeting.

### In Addition:

- Have someone do minutes of your meeting to send out to all Group members
- Send out a notice for each meeting, asking if anyone needs a ride. Phone call for those without email.
- Ask for names of people to place in your Healing Circle.
- Encourage members who cannot attend to participate in your Healing Circle from a distance.

**Print this page and take it to your next group for discussion!**

## Examining body care, the second part in a series

Two weeks we talked about massage as a great option for alternative body care.

I want to tell you why you may not know as much about anything about.

I want you to open your mind and your heart as we have this brief discussion on using what is known as energy work as an alternative body care practice.

Energy healing modalities such as intuitive energy healing and Reiki, often referred to as energy work, involve the transfer and direction of universal life force energy to help clear, strengthen and balance one's energy field and energy pathways to facilitate support and speed the healing process. As per

www.thekindnessway.com

Reiki Touch for Health:

Dr. George

### The Whole You



Allison M. Columbian

Reiki to name a few causing much less tension practices of very good reason.

Many of the best healing a variety of energy work practices are similar to those things like the production, managing relief of anxiety, and

hanced sleep patterns are common results and benefited in many instances.

Energy healing benefits can happen on any level - physical, emotional, mental and spiritual. Often energy healing results will happen at the most profound of levels. Sometimes the results

might that has helped me to make changes in my life on any and all of those levels I mentioned here - physical, emotional, mental and spiritual. Things have come to me as I understand

of these are ancient practices just being rediscovered. It's becoming more common to hear people talk about seeking out these amazing and beneficial practices as part of the

### Never underestimate the power of a small town paper!

This article was in the local paper in little Claresholm in Alberta, submitted by Betty Whitney, RP in Alberta.

**Take a look at your local Mall, or supermarket.**

There are many free publications focused on local activities. Many of these are looking for articles to attract the interest of people and a dynamic headline will do that.

An excellent picture is essential - done by someone with a camera (vs cell phone) who knows about background and

was the first to enter a combined knife designed

family heirlooms are about construction and

How Dook, Claresholm, Alta.

lighting. Hiring a professional photographer may be worth it.

If a non-TTer is doing the write-up make sure they know that Therapeutic Touch is done with "upper case" T's and that it includes ® at least once in the article. Check out the TTNC web site for writing tips, or ask your newsletter rep. (page 2) for suggestions.

Don't be afraid of being included along with other energy field therapies such as Reiki, but make sure you mention Therapeutic Touch research, etc. i.e., "40 years of research and clinical practice", and a web site.

## BCTTNA Conference 2016

By Tarja Oostendarp, BCTTNS Past President

Our Spring Conference was held at Springbrooke Retreat in Langley. Everyone had a wonderful time and experience while there.

Guest speaker, Linda Turner, President of the Canadian Holistic Nurses Association<sup>1</sup> presented "Mindfulness Based Stress Reduction" (MBSR). I recommend you take a look at a YouTube video by Julie Bayer Salzman and Josh Salzman at: <https://www.youtube.com/watch?v=RVA2N6tX2cg>



Adam McLeod, ND

Guest speaker Adam McLeod, ND, ("Dreamhealer") gave us a wonderfully presented look into the biology of energy, how energy interacts with another person, and how our focused intentions are sensitive but effective to bring about changes in our body.

He talked about our immune system and the bio chemical link, the effects of stress and inflammation and how we can reduce inflammation. He showed us how we can use visualizations as an effective way to bring positive changes in our body and how to customize those visualizations.

In closing Dr. McLeod offered the following helpful advice;

*"Walk bare foot, meditate, recognize your limit and take time to re-charge your own energy."*

Barbara Wallick, a Vitality Life Coach, Certified Food & Spirit Practitioner and Registered Chakradance Facilitator, spoke about the 7 aspects of the whole self and that eating is physical, social and emotional. She told us what foods are beneficial for our chakras, how each chakra plays a role in our lives and what each system/aspect looks like when it is excessive, balanced or deficient. Then we participated in the Chakradance. Move over Elvis Presley!



Barbara Wallick

Peggy Boon, presenting on the connection between our thoughts and our emotions, explained that our gut also has a lot of wisdom and a nervous system.

For biographies of the Conference speakers please see: <https://www.bctherapeutictouch.com/sites/default/files/retreat-2016-bios.pdf>

1. Nurses will also be interested in Linda's talk on incorporating alternative and complementary modalities into the mainstream of health care

<http://www.chna.ca/cmt-management-team/linda-turner/>

*Reprinted from "Shifts in Energy", the newsletter of the BCTNS*

## BC Therapeutic Touch Certificate Program

This is a brand new program, taught by Cheryl Larden, at Langara College, Vancouver. It will include all the courses, and more, necessary to receive the BCTTNS Recognized Practitioner Status. The courses in the *Therapeutic Touch Certificate Program* can be taken individually, whether or not you intend to proceed and get a certificate.

This program delivers the requirements needed to become

- a **Certified Therapeutic Touch Practitioner in B.C.**, and
- an **internationally accredited Qualified Therapeutic Touch Practitioner.**

The certificate program includes:

- Therapeutic Touch Levels 1, 2, and 3,
  - Therapeutic Touch Mentorship,
  - The Art of Self-Compassion,
  - Anatomy and Physiology for Body Workers,
- and one elective of either Mindfulness-Based Stress Reduction or a small business course.

Info at: <http://langara.ca/continuing-studies/programs-and-courses/programs/therapeutic-touch/index.html>

**This newsletter is for you as a member of your regional Network. Its intent is to bring you information about what's happening in Therapeutic Touch across Canada, and the world, as well as provide information on leading edge research and practice.**

**To help us with this we'd like you to tell us ~**

- **What you really like in this newsletter?**
- **What could be more helpful? - as in content, layout, ease of access**
- **What would be helpful to you as . . .**
  - a Therapeutic Touch practitioner
  - a Therapeutic Touch teacher
  - a Therapeutic Touch Group Leader
  - a TT Group member?

**Talk to your regional Network Newsletter Committee member . . . See Page 2**

**The following letter is now available to practitioners in Quebec and others who have clients in French communities across Canada. Practitioners can advise their French speaking clients to forward a copy of this letter to their French insurance provider . . .**

Date : \_\_\_\_\_

*Gestionnaire, Département des ressources humaines  
et / ou  
Comité réviseur des avantages sociaux*

Sujet : Proposition pour le plan d'assurance collective

En tant qu'employé(e) et membre contribuant au plan d'assurance de soins de santé collective, je souhaite par le biais de cette lettre que vous considériez rehausser le plan d'assurance pour l'ensemble des membres.

Le Toucher Thérapeutique est une thérapie holistique, non invasive et fondée sur des preuves qui stimule les processus de guérison du corps. Originellement, cette formation était offerte aux infirmières et en 1975 est devenue une partie intrinsèque du cours de maîtrise à NYU. Beaucoup de recherche a été effectuée face à cette pratique qui est acceptée dans plusieurs pays. Au Canada, il y a 6 réseaux provinciaux/régionaux de toucher thérapeutique et une organisation nationale à but non-lucratif, Réseau du Toucher Thérapeutique du Canada (RTTC). Je vous présente cette information afin que vous puissiez prendre en considération la possibilité d'intégrer cette thérapie digne d'intérêt dans notre plan d'assurance.

J'aimerais pouvoir profiter du toucher thérapeutique comme moyen bénéfique et efficace pour adresser mes préoccupations de santé tout en maintenant et améliorant mon état de santé générale.

Cette proposition est avantageuse pour l'employeur et le fournisseur d'assurance. Le Toucher Thérapeutique offre des approches thérapeutiques et préventives qui sont rentables et qui permettent de réduire les coûts des soins de santé. Une main d'œuvre en meilleure santé équivaut à une diminution d'absentéisme qui peut être dû à certaines maladies.

Je crois fortement que les **praticiens en Toucher Thérapeutique** devraient être inclus dans les fournisseurs de soins de santé avec notre compagnie d'assurance. Ils offrent une thérapie de qualité, abordable et bénéfique à tous.

Merci de prendre en considération cette proposition.

Bien à vous,

## 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

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<b>Ajax</b>	Janet Fallaize*, RN	905-683-9264
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# THERAPEUTIC TOUCH NETWORKS OF CANADA - GROUPS

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*Continued in next column*

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Ottawa	Gail Lafortune	613-834-4524
Owen Sound		
Peterborough	Berylyne Mills	613-687-2921
Port Perry/Uxbridge	Craig Nizolek	705-740-2157
Rockwood(Guelph)	Helen Thompson	905-852-5929
Saint Catharines/Welland	Evelyn MacKay	519-822-4174
Sarnia	Louise Aikman	905-938-2345
Sault Ste. Marie	Ashley Murray	519-336-0941
Stirling	Margaret Saarela	705-759-2024
Stouffville	Alison Cooke	613-395-3691
Thunder Bay	Marita Concil	905-642-4237
Toronto	Jean Riddell	807-622-7790
	Julia von Flotow	416-686-6463
Etobicoke	Cher Curshen	416-888-8852
Waterloo	Peggy Hallman	519-885-5388
Wawa	Aldona Mitrikas	705-856-1889
Whitby	Lynn Vukosavljevic	905-668-9683
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# THERAPEUTIC TOUCH NETWORKS OF CANADA (TTNC)



[www.ttnc.ca](http://www.ttnc.ca)

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