



# TTNCanada News

Volume 5, No. 1

Winter, January, 2016

*Welcome to our Newsletter's Fifth Year!*



TTNO's November/15 AGM

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*Every Network member is supporting the growth & acceptance of Therapeutic Touch® throughout the world!*

*Thank you for being a member!*

## Musings from the Editor . . .

Once again it is our pleasure to bring you interesting news about Therapeutic Touch® activities from across Canada, as well as articles which may enhance your practice.

Now that newsletters are sent 'electronically' it's always a challenge to get recipients to *read* them. So . . .

If YOU are reading this newsletter right now, please let us know! Simply email a note to your Newsletter Committee member (see lower right corner of this page). We appreciate – and pay attention to your comments and suggestions . . . and it gives us the warm fuzzies to know that you care!

Because of intense curiosity, I recently studied Reiki. It was an interesting experience. As I talked to the teacher however, I realized how precious our Networks are! We have the opportunity and privilege of attending TT Groups, Practice Days and Retreats, so we are *always learning!* Therapeutic Touch is evolving because of research and experience, as well as Dolores Krieger's annual "Dialogues" in Montana.

I subscribe on-line to a variety of interesting publications and organizations. A recent issue of "Subtle Energies" magazine included the article reprinted here by Eric Peper. He was most generous in allowing us to do so – as well as sending a number of articles co-written with Dora Kunz, titled *Fields and Their Clinical Implications*. Please take time to read them.

A big *thank you* to Marion Cameron who has written the history of TTNC, called appropriately "From Vision to Reality". The organization has real value as it now represents Canada (and YOU) internationally.

The *Index of the TTNC Newsletters* offers members an opportunity to review articles from Volumes 1 to 5. (Many quarterly publications include an index of the previous volume in the first issue of the new volume, which acts as a source of information for past issues.) There have been many excellent articles which you can reprint for distribution if you are giving presentations to organizations. When the TTNC web site finds a web master, the newsletters will be available there.

When strange weather happenings occur across Canada – such as fires in BC or snow up to the roof in PEI – we think compassionately of our colleagues in the area, and we learn important things . . . like – from Judy Donovan Whitty – as to why outside doors open inward!

*Best wishes for a warm and cosy winter.*

Why not curl up with a great Therapeutic Touch book?

*Mary Simpson*, Editor



*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, # 2, Spring, 2016**

**Publication date April 30, 2016.**

**Deadline for Submissions: April 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 picture from

TTNO's Liz Corbett: [www.circleofinnerwisdom.ca](http://www.circleofinnerwisdom.ca)

Eric Peper, Marion Cameron, Mei-fei Elrick,

Judy Donovan Whitty

and all the Chairs of the Canadian Networks

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### TTNC NEWSLETTER COMMITTEE

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

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# The Therapeutic Touch Networks Canada

**Mission:** *Therapeutic Touch Networks of Canada (TTNC) is the national voice for Therapeutic Touch®. TTNC provides support for its Member Networks. It also encourages the sharing of information so as to create a sense of unity and belonging across the country.*

**Vision:** *Our vision is that Therapeutic Touch will be the first choice for energy-based healing in Canada; teachers and practitioners will be easily accessible to all; and a harmonious Therapeutic Touch community will have a positive influence on the well-being of people across the country.*

**Values:** *Our values are consistent with those of Therapeutic Touch practice. We conduct all our business with respect, compassion and integrity. We encourage open communication, a sense of community and collaboration among Member Networks.*

## Update from the Therapeutic Touch Networks Canada

*Paulette Deveau, President, TTNC Board*



On behalf of the TTNC Board, I would like to wish the Therapeutic Touch community across Canada peace and prosperity in the New Year.

The efforts of the Member Networks with their TTNC representatives to foster greater growth of Therapeutic Touch will certainly continue in 2016.

The TTNC held its 5th Annual General Meeting on November 24, 2015 via a Skype teleconference. The fourteen in attendance represented all six Member Networks. All decisions were made by consensus. After the AGM, the board positions for 2015-2016 were decided.

TTNC wishes to acknowledge and give many thanks to Barbara Stone, the ATTN representative since the beginning, for her great work and contributions. We wish Barbara every success in her future endeavours.

An application for membership in Quality End of Life Care Coalition of Canada (QELCCC) was submitted on June 5, 2015. It was on the agenda of the Executive Committee of QELCCC in December, 2015, where, surprisingly, our application was declined at this time. In the following months to come, TTNC will work with the appropriate people from the Therapeutic Touch community on how to proceed with becoming a successful QELCCC member.

A change for next year will be TTNC taking over the responsibility of the Therapeutic Touch Trademark from TTNO. Discussions regarding this will commence in January.

TTNC will look at the benefits of becoming a member of

Therapeutic Touch International Association (TTIA). This will be discussed with our Member Networks for approval.

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

TTNC News - Many thanks to Mary Simpson, the editor, for her dedication and great job in the past year.

The National Curriculum on Teaching Therapeutic Touch - The committee met in November to finalize the curriculum guidelines for teaching Level One. The curriculum has been developed using the teaching guidelines from TTIA. This will assist with reciprocity in the future. This was done with respecting the individuality of the Member Networks.

The TTNC Brochure Committee developed a new brochure for Hospice/Palliative Care, which received wonderful feedback. It is now available with the other brochures on the TTNC website: [www.ttnc.ca](http://www.ttnc.ca).

Extended Health Coverage for Therapeutic Touch sessions. The committee is waiting to do presentations with Nurses and CUPE staff in Vancouver Community Health Centres to promote the request of Therapeutic Touch being covered under their Extended Health package. Other possibilities across Canada are continuing to be explored.

On behalf of the TTNC board I wish to acknowledge the dedication and hard work of Marion Cameron. We are very fortunate that she will still play a vital role with TTNC this year as our Past President. She's been a great mentor to me as I've transitioned in my new role as President.

I am looking forward to my new role and am very excited about TTNC's plans for this year!

*Paulette Deveau*

## TTNC Board of Directors 2016

President:

Paulette Deveau, BCTTNS  
pdeveau123@gmail.com

Vice-President: Open

Secretary:

Peter Cheshire, TTNO  
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Treasurer:

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## Therapeutic Touch Networks of Canada

### STATEMENT OF OPERATIONS for the year ending August 31, 2015

	2015	2014
<b>REVENUES:</b>		
Annual Dues collected from Canadian TT Networks	\$837.00	\$ 939.00
Ad to be put in "The Canadian Nurse"	—	\$ 125.00
Donation from Marion Cameron	—	\$ 50.00
<b>TOTAL</b>	<b>\$837.00</b>	<b>\$ 1114.00</b>
<b>EXPENSES:</b>		
Bank Charges	\$ 56.00	\$ 57.00
Filing Fee for TTNC's Incorporation	\$ 30.00	\$ 30.00
Telephone and SKYPE Meetings and Newsletter	\$ 70.00	\$ 42.00
Cost of Ad in "The Canadian Nurse for 3 months	—	\$ 472.50
Accounting Book for Treasurer	\$ 19.72	
Stamps for Treasurer	\$ 9.72	
Fee for Seattle TTI Conerence	\$500.00	
TTNC Newsletters for TTI Conference	\$ 29.12	
TTNC Brochures for Victoria, BC Conference	\$100.00	
<b>TOTAL</b>	<b>\$814.56</b>	<b>\$601.50</b>
<b>Excess Revenues over Expenses</b>	<b>\$ 22.44</b>	<b>\$512.50</b>

**Cash Balance for TTNC** in Scotia Bank as of August 31, 2015: \$2817.58

## Reports from Member Networks Across Canada

### British Columbia Therapeutic Touch Network Society

2015 certainly was a busy year with changes occurring. We continue to hold regular Practitioner Days in various locations for those working towards their certification as Recognized Practitioner.

We were excited and pleased to take part in the 17th Annual Canadian Energy Psychology Conference that was held the weekend of October 2 – 4, 2015, in Victoria, BC. Special thanks to our guest speakers Marie Priessl and Judith Schweers and all the volunteers for their participation at the event.

We also had the opportunity of taking part in the Wellness Show event on November 7th and 8th in Vancouver, B.C and thank everyone who volunteered at that event.

We are pleased to announce three new Practice Groups that have formed in Burnaby, North Shore, and Richmond.

Congratulations to Paulette Deveau in her new role as President at TTNC.

*Tarja Oostendarp, BCTTNS President*

*Advanced Notice from ATTN . . .*

### **The Annual ATTN Conference, 2016**

It's the *20th Anniversary of ATTN* and for the first time will be held in PEI!

**May 27-29th, 2016**

**Stratford, PEI**

*We welcome special guest,*

**Mary Anne Hanley, RN, PhD, U. of Texas**

We hope for great attendance and we are calling on all ATTN members and friends in PEI to consider being a billet for those who cross the Atlantic to our fair isle!! Watch as more details are released over the next while. Ideas to celebrate the 20th are appreciated including an extra pair of hands!

Check out our web site at  
<http://www.atlanticttn.com>

*Why not make our conference your time  
to visit our beautiful island province!*

## The Therapeutic Touch Network of Alberta

*Happy New Year everyone from wintery Alberta!*

Our wind-up potluck dinner was held in June at Linda Terra's home in Calgary. We enjoyed good food with the company of friends and fellow TT'ers and of course we all had Therapeutic Touch sessions after our meal.

Our TTNA retreat was in September at the Kerry Woods nature centre in Red Deer, AB. This is a very relaxing place to be in (see attached photo). The day was sunny and warm. Marion Cameron organized our retreat day and Sheila Camp assisted with the silent auction.

We had a productive day in reviewing Recognized Practitioner requirements in Alberta. This was compiled by TTNA teachers. A session of feedback and questions from members was facilitated by Chery Ann Hoffmeyer.

Marion Cameron brought her chakra chimes and led us in a new meditation using the chimes. A poem called 'Intent' by Deborah Larrimore and 'A Prosperity Blessing' by Veronica M. Hay were shared.

Chery Ann presented the working Model of the Theory of Healing from the TT Dialogues, Montana, 2010-2015. This is exciting work that is being done! Those present at the retreat gave feedback on this working model to Chery Ann.

May the new year bring peace, serenity – and lots of Therapeutic Touch!

*Sherry Crann-Adair, Coordinator, TTNA*



Back from left - Marion Cameron, Debra Thomey, Debbie Stokke, Linda Woznica, Vreny Haas, Chery Ann Hoffmeyer, Don Nonay, Betty White  
Front - Sherry Crann-Adair, Diane Kroeger, Sheila Camp

## The Therapeutic Touch Network of Ontario

I hope everyone had a wonderful holiday season with their family and friends. May 2016 bring you happiness, peace and lots of LOVE.

We had a wonderful Annual Event at the Kempenfelt Centre in Barrie in October. It was “full of energetic action – dancing, singing and musical vibrations - and created a quality of openness and sharing” (quote from Crystal Hawk). As our main fundraiser for the TTNO it was a financial success too .

Our seven member Board of Directors for 2015-16 includes 5 new members so we are on a steep learning curve. With Sharron Parrott from Windsor remaining as Past Chair, and Penny Craig from Belle River moving from Secretary to Finance Chair we do have some continuity. Please see our new members listed on page 22.

The new Board has swung into action, going forward with the solid base laid for us by the previous board and the members suggestions from the open dialogue at the Event to bring change, growth and more life into our Network.

We are committed to transparency and open dialogue with our members and will be posting the minutes of our Board meetings on the TTNO website in the Members Area.

We have responded positively to the TTNC's request to increase our per person annual fee to \$2 and look forward to working co-operatively with the TTNC and our sister Networks. Jodi Cole from Thornhill will be our TTNO representative on the TTNC National Curriculum Committee. We will actively seek a volunteer from TTNO to act as a member of the “Extended Health Coverage for Therapeutic Touch Sessions” committee.

Beginning January 2016, we have eliminated the free Introduction to the TTNO and replaced it with a new Introductory Rate of 50% off of the General Membership rate for the first year. This provides the student with a membership number and access to the "Members Only" section of the website along with four electronic issues of *InTouch* for the first year of membership only. We will monitor the success of this change.

Our new Office Manager, Susan King from Peterborough joined our team in December. She and Pranita will be job sharing so you may reach either of them if you phone the TTNO office. The office is open Tuesdays and Thursdays from 10 to 5. All correspondence will be forwarded from the office to the appropriate Board member.

Until the Spring . . .

*Peace and Light, Shirley Boon, TTNO Chair*

## Therapeutic Touch Network of Québec TOUCHER THÉRAPEUTIQUE DU QUÉBEC

The Network in Quebec has been quite active during the Fall. An outstanding workshop was held October 24th at the Quality Suites in Pointe Claire. The guest speaker was again, Bernard Dubreuil who discussed "Phantom Limb" with visuals and power point presentation featuring pictures of amputees communicating with each other about their limbs and their energy fields. During the talk Bernard led the group in various energy exercises; pushing and pulling their partner's field; and practicums using chanting. The Quality Suites, which is a central area of the West Island of Montreal, offered a large and bright room for the workshop, and lunch was also included. More than 25 participants attended the conference. Check out the website [www.ttnq.ca](http://www.ttnq.ca) for pictures and a video of the event.

April 2nd, 2016 is the date of the next Quebec 'Practice Day'. It will be held at the Quality Suites again. For information check out the website. Register on-line.

On April 9th, 2016, the Quebec Network will participate in the West Island Cancer Wellness Center's (WICWC) Wellness Fair at the Holiday Inn. The table for TTNQ will have TT volunteers doing PR and giving "mini TT treatments" to the public. The volunteers must have minimum Level Three training. We look forward to meeting the public and raising the awareness of Therapeutic Touch.

We are continually grateful to the members of the Network board who continue to bring amazing ideas and energy to the board. Lina Desjardins has offered her services as our Network French translator. Welcome Lina!

*Susan Hamilton, President, TTNQ*

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Le réseau du Québec a été très actif cet automne. Un atelier remarquable a pris place le 24 octobre 2015 au Quality Suites à Pointe-Claire.

Le conférencier, Bernard Dubreuil, a présenté sur le « membre fantôme » à l'aide d'une présentation powerpoint et de supports visuels. Il a partagé des photos d'amputés communiquant entre eux par rapport à leurs membres fantômes et champs énergétiques. Pendant la conférence, Bernard a guidé le groupe dans une variété d'exercices sur les énergies tel que pousser et tirer son partenaire avec les champs d'énergie et des pratiques utilisant le chant. Le Quality Suites qui est dans la région centrale de l'ouest de l'île de Montréal nous a offert une grande salle bien éclairée et le dîner était inclus avec l'atelier. Plus de 25 participants ont pris part à cette atelier. Visitez le site web [www.ttnq.ca](http://www.ttnq.ca) pour des photos et une vidéo de l'événement. →

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## Atlantic Therapeutic Touch Network

The members have been active as usual within the 14 Practice Groups.

The lovely poster that Baycrest Hospital designed has been well received - thank you to Mary Simpson for assisting in that project as only her copy seems to transmit well electronically to the print stores (eg Staples).

The photo below shows a few members of the Charlottetown Practice Group with staff from the Health PEI Hospice Palliative Care and the poster in the background. Volunteers, staff, family and residents have expressed their approval of such a professional presentation of data displayed within the poster. Being portable, it has also hung at four health fairs this past Fall, including one at University of PEI.

Wishing everyone a wonderful 2016 as we continue our journey of spreading peace and good will through our work in Therapeutic Touch®

*Judy Donovan Whitty, ATTN Coordinator/Secretary*



Therapeutic Touch Practitioners with  
Health PEI Palliative Care Staff -

From left: Diane Gibbon, Dr. Mireille LeCours, Manager Rachelle Pike, Elaine Reid, Judy Donovan Whitty and the Baycrest poster

2 avril 2016 – Prochaine date pour la journée de pratique pour les praticiens TT au Québec. Visitez le site [www.ttnq.ca](http://www.ttnq.ca)

9 avril 2016 – Le réseau du Québec participera à la foire de bien-être pour le Centre de bien-être de l'Ouest-de-l'île pour personnes atteintes de cancer. Cette foire se déroulera au Holiday Inn. TTNQ aura des bénévoles pour les relations avec le public et pour donner des "mini traitements TT". Nous anticipons cette rencontre avec le public et l'opportunité de les conscientiser sur le TT

Nous sommes reconnaissants aux membres du conseil d'administration qui continuent à apporter leurs excellentes idées et énergie.

Lina Desjardins a offert ses services de traductrice vers le français à notre réseau. Bienvenue Lina!

TTNC News, Winter, 2016

# Compassionate Presence: Covert Training Invites Subtle Energies Insights

By Erik Peper

*“Healing is best accomplished when art and science are conjoined, when body and spirit are probed together. Only when doctors can brood for the fate of a fellow human afflicted with fear and pain do they engage the unique individuality of a particular human being...a doctor thereby gains courage to deal with the pervasive uncertainties for which technical skill alone is inadequate. Patient and doctor then enter into a partnership as equals.*

*I return to my central thesis. Our health care system is breaking down because the medical profession has been shifting its focus away from healing, which begins with listening to the patient. The reasons for this shift include a romance with mindless technology.”*

Bernard Lown, MD

THE LOST ART OF HEALING: Practicing Compassion in Medicine (1999)

*This article was requested by, and originally published in Subtle Energies Magazine, Volume 26, Issue 2. It is reprinted here by permission. The healer referred to is Dora Kunz, although he also incorporated some experiences working with other healers. Ed*

I wanted to study with the healer and she instructed me to sit and observe, nothing more. She did not explain what she was doing, and provided no further instructions. Just observe. I did not understand. Yet, I continued to observe because she knew something, she did something that seemed to be associated with improvement and healing of many patients. A few showed remarkable improvement – at times it seemed miraculous. I felt drawn to understand. It was an unique opportunity and I was prepared to follow her guidance.

The healer was remarkable. When she put her hands on the patient, I could see the patient’s defenses melt. At that moment, the patient seemed to feel safe, cared for, and totally nurtured. The patient felt accepted for just who she was and all the shame about the disease and past actions appeared to melt away. The healer continued to move her hands here and there and, every so often, she spoke to the client. Tears and slight sobbing erupted from the client. Then, the client became very peaceful and quiet. Eventually, the session was finished and the client expressed gratitude to the healer and reported that her lower back pain and the constriction around her heart had been released, as if a weight had been taken from her body.

How was this possible? I had so many questions to ask the healer: “What were you doing? What did you feel in your hands? What did you think? What did you say so softly to the client?”

Yet she did not help me understand how I could do this. The

only instruction the healer kept giving me was to observe. Yes, she did teach me to be aware of the energy fields around the person and taught me how I could practice therapeutic touch. But she was doing much more and I longed to understand more about the process.

Sitting at the foot of the healer, observing for months, I often felt frustrated as she continued to insist that I just observe. How could I ever learn from this healer if she did not explain what I should do! Does the learning occur by activating my mirror neurons? Similar instructions are common in spiritual healing and martial arts traditions - the guru or mentor usually tells an apprentice to observe and be there. But how can one gain healing skills or spiritual healing abilities if you are only allowed to observe the process? Shouldn’t the healer be demonstrating actual practices and teaching skills?

After many sessions, I finally realized that the healer’s instruction to observe the healing was no indirect instruction. I began to learn how to be present without judging, to be present with compassion, to be present with total awareness in all senses, and to be present without frustration. The many hours at the foot of this master were not just wasted time. It eventually became clear that those hours of observation were important training and screening strategies used to insure that only those students who were motivated enough to master the discipline of non-judgmental observation, the discipline to be present and open to any experience, would continue to participate in the training process. I finally understood. I was being taught a subtle energies skill of compassionate, mindful awareness. Once I, the apprentice, achieved this state, I was ready to begin work with clients and master technical aspects of the healing practice – but not before.

*Continued on next page*

## Compassionate Presence *Continued from previous page*

A major component of the healing skill that relies on subtle energies is the ability to be totally present with the client without judgment. To be peaceful, caring, and present seems to create an energetic ambiance that sets the stage, creates the space, for more subtle aspects of the healing interaction. This energetic ambiance is similar to feeling the love of a grandparent: feeling total acceptance from someone who just knows you are a remarkable human being. In the presence of a healer with such a compassionate presence, you feel safe, accepted, and engaged in a timeless state of mind, a state that promotes healing and regeneration as it dissolves long held defensiveness and fear-based habits of holding others at bay. This state of mind provides an opportunity for worries and unsettled emotions to dissipate. Feeling safe, accepted, and experiencing compassionate love supports the biological processes that nurture regeneration and growth.

How different this is from the more common experience with medical practitioners who have little time to listen and to be with a patient. We might experience a medical provider as someone who sees us only as an illness (the cancer patient, the asthma patient) instead of recognizing us as a human spirit who happens to have an illness. At times we can feel as though we are seen only as a series of numbers in a medical chart – yet we know we are more than that. People long

*“Sitting at the foot of the master healer  
is not wasted time when the apprentice learns  
how to genuinely attend to another with  
non-judgmental, compassionate presence.”*

to be seen. Often the medical provider interrupts with unrelated questions instead of listening. It becomes clear that the computerized medical record is more important than the human being seated there. We can feel more fragmented, less safe, when we are not heard, not understood. The healing connection is often blocked, the absence of a human connection is so obvious. Often the medical provider is unaware of the effect of their rushed behavior and lack of presence. They can issue a diagnosis based on the scientific data without recognizing the emotional impact on the person receiving it.

What is missing is compassion and caring for the patient. Sitting at the foot of the master healer is not wasted time when the apprentice learns how to genuinely attend to another with non-judgmental, compassionate presence. However, this requires substantial personal work. Possibly all allied healthcare providers should be required, or at least invited, to learn how to attain the state of mind that can enhance healing. Perhaps the practice of medicine could change if, as Bernard Lown wrote, the focus were once again on healing, “...which begins with listening to the patient.”

*Copyright Erik Peper 2015*

## Erik's Reading List:

Denison, B. (2004). Touch the pain away: New research on therapeutic touch and persons with fibromyalgia syndrome. *Holistic nursing practice*, 18(3), 142-150.

Krieger, D. (1979). *The therapeutic touch: How to use your hands to help or to heal*. Vol. 15. Englewood Cliffs, NJ: Prentice-Hall.

Kunz, D. (2004). *The spiritual dimension of therapeutic touch*. Rochester, VT: Inner Traditions/ Bear & Co.

**Kunz, D., & Peper, E.** (1995). Fields and their clinical implications. *Spiritual Aspects of the Healing Arts*, 213-222.

*“Dora and I wrote series of article about the energy field:  
Below are the links to the articles.”*

<https://biofeedbackhealth.files.wordpress.com/2011/01/fields-and-their-clinical-implications-part-1.pdf>

<https://biofeedbackhealth.files.wordpress.com/2011/01/fields-and-their-clinical-implications-part-ii.pdf>

<https://biofeedbackhealth.files.wordpress.com/2011/01/fields-and-their-clin-implications-part-iii-anger-and-how-it-affects.pdf>

<https://biofeedbackhealth.files.wordpress.com/2011/01/fields-and-their-clinical-implications-iv-depression-from-the-energetic-perspective.pdf>

<https://biofeedbackhealth.files.wordpress.com/2011/01/fields-and-their-clinical-implications-part-v-depression-treatment-strategies.pdf>

Lown, B. (1999). *The lost art of healing: Practicing compassion in medicine*. New York, NY: Ballantine Books.

Peper, E., Gibney, K. H. & Wilson, V. E. (2005). *Enhancing Therapeutic Success--Some Observations from Mr. Kawakami: Yogi, Teacher, Mentor and Healer*. *Somatics*. XIV (4), 18-21

Van Gelder, K & Chesley, F. (2015). *A Most Unusual Life*. Wheaton Ill: Theosophical Publishing House.

**Erik Peper, Ph.D.**, is Professor of Holistic Health at the Institute for Holistic Health Studies/Department of Health Education at San Francisco State University. He has a biofeedback practice ([www.biofeedbackhealth.org](http://www.biofeedbackhealth.org)) and is the author of numerous articles and books.

*Readers are invited to look at his blog,*

The Peperperspective: ideas on illness, health and wellbeing:  
<http://peperperspective.com/>

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## **SUBTLE ENERGIES Magazine,**

Published by the International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM )

*to serve as an open forum for scientific and intuitive exploration  
of integrative healing, applied spirituality, and the subtle realms*

<http://www.issseem.org/>



# From Vision to Reality - The History of TTNC

By Marion Cameron, TTNC president, 2012 - 2014

At the 1997 TTNO Conference the idea of a national Therapeutic Touch® organization to be known as the "Canadian Therapeutic Touch Network" (CTTN) was presented to the representatives from the already established regional Networks. All in attendance agreed that there was support in their areas for such an endeavour. A quote from the minutes, "General consensus was that it should have representatives from all networks to reflect a national perspective".

Goals: the main issues to be considered:

- communication, connecting networks and people,
- standardization of curriculum and teaching standards,
- collect research and data
- be a source of information and support, and perhaps establish an internet space,
- list hospitals in Canada where Therapeutic Touch is available,
- provide information on how to start a network.
- CTTN.... "would become responsible for publication of the newsletter".
- Logo..."should be a maple leaf with hands to appear within this symbol".

Progress was slow as meetings were held only once a year at the TTNO Conference. The Steering Committee included Shirley McLaughlin (ATTN) as chair; Beverley Snaychuk (TTNA) as secretary, and Peter Andrewes (ATTN) as treasurer. It grappled with such issues as finance, a logo, individual statements for ethics, membership and a mission.

Peter Andrewes (ATTN) was instrumental in securing our Therapeutic Touch trademark designation; it has been viable since 2003. (It is now printed as Therapeutic Touch®)

In 2009, a volunteer board made up of representatives from the various Networks held the inaugural meeting via a teleconference call with Barbara Stone (ATTN) as chair. CTTN representatives were: Marion Cameron (TTNA) secretary, Linda Sampson (BCTTNS) treasurer. Members-at-large: Irma Bubolic (TTNQ); Brita Ball (TTNO); Lil Smith (MTTN). Subsequent meetings were held every 2 months.

At the TTNO Conference on Nov. 7, 2010, Barbara Stone chaired the meeting of the CTTN – later to become known as TTNC. Goals were:

- to set up a website,
- each network to be assessed yearly at \$1.00 per member
- establish a logo with bilingual reference,
- set up Skype for teleconferencing.

In January 2011, TTNC became a corporation registered with the federal government and with a board comprised of 5 directors (now 6 representing all Member Networks), with a set of bylaws and the website [www.ttnc.ca](http://www.ttnc.ca).

Its mission was to act as an umbrella organization for the Canadian Networks and be the National voice for Therapeutic Touch in Canada. Directors were

- Barbara Stone (ATTN) chair & treasurer;
- Marion Cameron (TTNA) secretary;
- Cheryl Larden (BCTTNS);
- Leo Gregory (TTNQ) webmaster;
- Brita Ball (TTNO).

Fast forward to 2015 . . . The TTNC Board holds monthly meetings via Skype teleconferencing; has a logo; mission, vision and values statements; policies for the officers of the board; bylaws; newsletter published quarterly (TTNC News); 3 brochures produced by the brochure committee (available on the website); National Curriculum for teaching Therapeutic Touch is in progress; to have Therapeutic Touch sessions covered by extended health is being earnestly pursued.

A Liability Insurance Policy for practitioners and teachers is available if you are a member of your Network.

In 2015, TTNC officially represented Canadian TTers at the Therapeutic Touch International Association (TTIA) Congress in Seattle, WA, USA.

The structure of TTNC resembles a federation in which the Canadian Networks are represented on the Board and consulted on major expenditures and other ventures.

All the achievements were made possible through the time and efforts of volunteers and financial support from the Member Networks. Kudos to all those that have supported the vision put forth 18 years ago.

## *Into the future...*

- advocacy by connecting with local and national interest organizations;
- effective use of technology and social media to spread the word about Therapeutic Touch;
- connect with the international Therapeutic Touch community;
- continue to champion the work of the TTNC committees and all volunteers.

*"you can't know where you are going  
until you understand where you have been"*

## QUANTUM THEORY

Is “spooky action at a distance” real?

By Mei-fei Elrick

Reprinted with permission from **inTouch**, Winter 2015.

**Research:** Quantum Theory claims that objects separated by distance can affect each other’s behavior. New research is looking at whether or not there is evidence to support this claim.

A recent study, conducted by B. Hanson, et al, entitled “Loophole-free Bell inequality violation using electron spins separated by 1.3 kilometers”, published in *Nature* Vol. 526:7575 pp 682-686 October 29, 2015 has supported one of the most fundamental claims of quantum theory - that objects separated by great distance can instantaneously affect each other’s behavior. “(NY Times Oct. 21, 2015 John Markoff: Sorry Einstein. Quantum Study Suggests ‘Spooky Action’ Is Real.)”

This finding is counter to Einstein’s understanding of locality which states that “...an object is directly influenced only by its immediate surroundings”. Einstein’s thought was that a separate particle could not be ‘entangled’ so completely that measuring one particle would instantaneously influence the other, regardless of the distance separating them.

According to the NY Times, Einstein was ‘unhappy’ with the uncertainty introduced by quantum theory and described its implication as “akin to God’s play dice”.

Experiments conducted by physicists began to suggest that there were ‘alternative explanations’ that are referred to as loopholes that, until now, previously enabling particles even if separated by the width of the universe could instantly interact.

The most recent experiment which was published in *Nature* was described as a ‘loophole-free Bell test’ in a reference to an experiment proposed in 1964 by the physicist John Stewart Bell as a way of proving that ‘spooky action at a distance’ is real.

The researchers working in Delft were able to ‘entangle two electrons separately at a distance of 1.3 kilometers...and then share information between them’. Physicists use the term ‘entanglement’ to refer to pairs of particles that are generating in such a way that they cannot be described independently.

A theoretical physicist, Leonard Susskind\*, at Stanford is quoted as saying “What I find interesting is that the experimenters are learning how to manipulate quantum systems and do experiments that are far beyond →

## “KEEPING UP” With New/Old Information!

Web sites listed here were available at the time of publishing.  
You may need to 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.



### Journal and Magazine

ISSSEEM provides an archive of all previously published Subtle Energies Magazines, Refereed ISEEM journals and an archive of Bridges Magazines - free and accessible to all. Also a link below to research done at Holos University.

<http://www.issseem.org/contact.html>

**Donna Eden** is a well know teacher of Energy Healing. If you are interested, visit her web site at:

<http://innersource.net/em/>

**Bruce Lipton** - known for ‘epigenetics’, gives an excellent view of the conscious and subconscious mind:

[www.thetappingsolution.com/screening/interview/lipton.html](http://www.thetappingsolution.com/screening/interview/lipton.html) More at: <https://www.bruce-lipton.com>

**Therapeutic Touch Demo** by Cordy Anderson, TTI, 10 min,

<https://www.youtube.com/watch?v=1dUW-i4VwGY>

**Edgar Cayce Therapeutic Touch Healing**

<https://www.youtube.com/watch?v=XhzyMLOnP0U>

**Therapeutic Touch Demonstration** - very amateur production - perhaps how *not* to do a video.

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

*Continued on next page*

what was possible when I was starting in physics.”

Scientists at M.I.T. are considering conducting more experiments to examine this phenomenon. .

**Mei-Fei Elrick, PhD**, is the Research consultant for TTNO. She and Evelyn MacKay have recently retired as editors of TTNO’s quarterly newsletter, **inTouch**.

\*Editors Note—on the lighter side: Two highly regarded theoretical physicists in the United States are Leonard Susskind at Stanford (also an associate member of the faculty of Canada’s Perimeter Institute for Theoretical Physics) and Nobel Prize winning Sheldon Glashow of Harvard. Fans of “The Big Bang Theory” may notice the coincidence!

## More "KEEPING UP" . . .

An amazing amount of information is to be found on-line. It requires the ability to be a "healthy skeptic". Many sites which promise amazing insights and information are simply pitches for sales. The simple fact is that most of us don't have the time or the cash to indulge in questionable courses.

It seems that a new "energy field therapy" appears every month. Some are suspiciously like already established modalities; others are just plain scarey!

The following however, are interesting sites . . . when viewed with the "Therapeutic Touch® (very sensible) mind".

• All the illustrations and pictures you can ever imagine related to TT may be found here . . .

[https://www.google.ca/search?q=Therapeutic+Touch&rlz=1C5CHFA\\_enCA523CA524&es\\_sm=91&tbn=isch&tbo=u&source=univ&sa=X&ei=Ej92U\\_zXBoyOyATSvIHgAQ&ved=0CEcQsAQ&biw=1035&bih=718](https://www.google.ca/search?q=Therapeutic+Touch&rlz=1C5CHFA_enCA523CA524&es_sm=91&tbn=isch&tbo=u&source=univ&sa=X&ei=Ej92U_zXBoyOyATSvIHgAQ&ved=0CEcQsAQ&biw=1035&bih=718)

• Pinterest - from Kim Watson, RN of Ontario

<https://www.pinterest.com/kwats911/therapeutic-touch/>

• Power point presentation: Slides created by Adam Gilbert. *We're not quite sure exactly who he is, but suspect not from TT since he spells Dora's name wrong.*

<http://www.slideshare.net/AdamTGilbert/therapeutic-touch-42409390>

• Paper on Therapeutic Touch. This is worth reading.

*"This method (TT) is a non-pharmacological approach that seemingly simplistic in nature yet complex . . ."*

<http://www.slideshare.net/AngelaSilipena/therapeutic-touch-comparison-paper>

• Dr. S. Krishnan's TT:

37 slides covering Reiki, TT (D.Krieger), Pranic Healing.

<http://www.slideshare.net/manaskrishnan/dr-krishnans-therapeutic-touch>

## On Facebook

from *Kathy Wilmering and Naama Yehuda of TTI.*

These slides - which can be copied - could be the basis of a talk on Complementary / Alternative / Intergative modalities. It has an excellent chart comparing Therapeutic Touch, Healing Touch(HT) and Reiki. These slides discuss the three modalities, although the focus is clearly on HT

A quote: *The Future is not something we enter.*

*The Future is something we create.*

[PDF] Get On The Pulse of Clinical Jazz

S Wheeler, L MT-BC, HD Stredny, CCA HTCP

[http://www.capitaldistrictnursingresearchalliance.com/images/Clinical\\_Jazz\\_ppt\\_updated\\_3.pdf](http://www.capitaldistrictnursingresearchalliance.com/images/Clinical_Jazz_ppt_updated_3.pdf)

## To Therapeutic Touch Group Leaders

### *We'd like you to share what your Group is doing!*

- Have you found a great idea for getting members out to meetings?
- Are you promoting Therapeutic Touch in your community? If so, how are you doing that?
- Is your Group acting as a source/resource for practitioners in your area?
- How do you get new students out to your Group meetings?
  - Does your Group take responsibility for facilitating Therapeutic Touch teaching of basic levels and continuing ed. workshops?
  - Do you encourage your Group members to attend conferences and workshops?
  - What kind of help would you like in order to make your Group more dynamic?

*Please send your feedback/questions/ideas to your TTNC Newsletter Committee member or to the editor. (see page 2)*

### *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](http://www.crieffhills.com)

*Facilitators:*

*Laura Pokoradi and Diane May*

More information contact:

Laura: [peaceandlight334@gmail.com](mailto:peaceandlight334@gmail.com)

Registrar:

Gary: [pokerman@sympatico.ca](mailto:pokerman@sympatico.ca) 905-385-9217

### Nineteenth Annual Eastern Ontario



### *Fine Tuning Your Inner Healer*

The Galilee Centre, Arnprior, 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](mailto:earthwalks@distributed.net)  
or contact Gail 613-834-4524 [c-g.tt@sympatico.ca](mailto:c-g.tt@sympatico.ca)

### **At Pumpkin Hollow, NY**

**March 18-20, 2016**

**Basic Therapeutic Touch**

Teacher: Carolyn Kay Wheeler

May 27-29, 2016

**Memorial Day  
Weekend Intensive**

Facilitator: Vicky Biondi, MD.,

Teachers: Holly Major, Beth Hagedown  
[www.pumpkinhollow.org](http://www.pumpkinhollow.org)

### *Camp Indralaya, WA,*

*For Therapeutic Touch  
Workshops in 2016 visit:  
[www.indralaya.com](http://www.indralaya.com)*

## SPOTLIGHT ON TTNO's SANDRA DIXON

What would you do if you received an envelope from your MP – plain white envelope with no stamp? I suspect that many of us would do just as Sandra Dixon did. We'd put it aside as non-urgent... or even throw it out.

She did finally open the envelope to discover that she had been awarded the Government of Canada Volunteer Award for the Don Valley West constituency. There was also an invitation to an award luncheon that had already happened. In January however, she received a second envelope from her MP which she opened it immediately. A second chance allowed her to receive her medal, a framed citation and a Canadian flag at a luncheon on Flag Day in February. She was thrilled to receive these, and accepted on behalf of all palliative volunteers.

Sandra's journey into Therapeutic Touch® began 12 years ago shortly after the death of her husband. A friend, who did volunteer palliative care, gave her a Reiki session. That experience began Sandra's interest in volunteer hospice work and also her exploration into energy healing methods.

From among them, it was Therapeutic Touch that spoke to Sandra, but she felt that she didn't have time. She 'asked for a sign' and then she spotted a one inch ad in the local weekly newspaper, The Mirror: "Bayview Community Hospice needs volunteers". Sandra phoned immediately and although was met with concern that it had only been 6 months since her husband's death she was granted an interview and accepted as a volunteer. This required that she take the 30 hour volunteer training.

Although her 93 year old parents were still living with her, and in spite of all the 'buts' that might have prevented Sandra from studying Therapeutic Touch, she took Level 1 from Maria Rossiter-Thornton and Theresa Moore in 2004. That year, although her father died in September and her mother in November, Sandra continued with her commitment to hospice and Therapeutic Touch. She feels that Maria and Theresa are best teachers you could ever find!

When Sandra was nominated for the Volunteer Award, she had contributed 2500 hours with palliative patients in eleven years. The hospice provides in-home visits but Sandra also goes to the hospital when asked. She finds that she is always welcomed in hospitals.

Each year **April** is dedicated to **Care for the Caregiver**.

The Quality-End-Of-Life-Care-Coalition-Canada is hosting a free webinar for the Caregiver. Help promote this to family, friends, volunteers, hospice staff. [www.qelccc.ca/](http://www.qelccc.ca/)

**IT'S AN OPPORTUNITY TO PROMOTE AND TO OFFER THERAPEUTIC TOUCH LOCALLY!**

She remembers arriving to find her client in a coma. The woman's husband apologized for not letting her know NOT to come. Sandra did Therapeutic Touch anyway. The patient opened her eyes and said, "Oh, Sandra, you've come!" That patient remained alert until her death the next day.

Over that time, Sandra's been told many times "You must be special. I could never do that work. It would make me sad." She responds that she does it because she can see the difference she makes with these beautiful people who are palliative. She believes that you must put your own ego aside to do it, but also understands the importance of caring for yourself, especially by not taking their sadness home with you.

Anything Sandra gives she receives much more back. She is filled with gratitude for having shared a small portion of their lives. Sandra's mindset is one of compassion, kindness, unconditional love, forgiveness, and a willingness to share yourself. Sandra feels that she is blessed to work with these wonderful people whom she knows are always grateful even when they can't find the words.

She sums up the impact of her volunteering with these words:

"Therapeutic Touch and hospice volunteering has had a monumental, amazing and wonderful impact on my life. I am so blessed to have them both to meet and help my fellow earth passengers, who in turn help me to be a kinder and more compassionate traveler. They have taught me that we have to love one another unconditionally, with loving kindness, acceptance and completely without judgment. I am convinced that's what our journey on earth is all about – *love thy neighbour as thyself.*"

*Original article by Lynne Calnek  
From inTouch, Winter/15*



Peter Cheshire and Mary Simpson represent TTNC at the TTNO AGM

About our members . . .

## Therapeutic Touch Practitioners in Private Practice

Members share their experiences and information

**ATTN's Carol Evans, RP,**

**Owner of "Hand to Heart", Kensington, PEI**



My journey with Therapeutic Touch began in 2004, while I was working full time as a Home Care worker. At that time I was caring for a stroke victim whose wife was told that his caregiver should take a look at this therapy because it would help him and other clients.

I took my first Therapeutic Touch workshop and I was sold! From that day on I began to work on

my levels and in 2010 I received my R.P status.

On opening my own business, called "Hand To Heart", I realized that no one had any idea what Therapeutic Touch was, so how was I ever going to get this off the ground! So I set out on a mission to spread the news.

First I got a practice group going, inviting people to come and receive treatments. This was slow going, starting with two but now we are over thirty every week – not always the same people. In addition, we started a group in a nursing home where staff and residents come weekly. Then I checked in at the community schools in the area. No problem – they are always looking for presenters.

Now the problem was how to give 2 hour sessions for 10 week presentations. So I came up with the idea called "Your Well Being". The focus was on how to be well and stay well in Body, Mind and Spirit. Every session was spent on the golden rules for healthy living, eat well, exercises and lots of sleep/rest. Every session ended with a Therapeutic Touch demo.

It didn't take long until people were calling for treatments, as well as organizations wanting me to come and speak to their group. As a result, the community knows what Therapeutic Touch is all about and my greatest advertisement is word of mouth.

I am now semi-retired from Home Care and I work daily with Therapeutic Touch. Once a client contacts me I set up four appointments – three back to back, followed by one two full days later.

The first appointment is an introduction *Cont. on Page 15*  
TTNC News, Winter, 2016

**Colette Thibodeau, Halifax, NS**

<thibodeaucolette@gmail.com>

In 2004 I set up a healing business with my husband, Marcel. It is called "Mar-É-Tarre Holistic Services". "Mar" is the Acadian pronunciation of "mer" – French for "ocean". É is simply a short "et" which is French for "and". "Tarre" is again the Acadian pronunciation of "terre" which is "earth" in French. So our purpose/meaning is to keep people grounded and yet "flowy", and connected to their spirit.

Throughout the past 11 years, we have encountered so many aspects of humanity. For the first two years the business went incredibly wells.

We started by charging \$20.00. People kept saying we were not charging enough, so we hiked it to \$30. No difference, they still kept coming. But all of a sudden it died! Boom! Done! I still have no explanation for it except that in this rural area everyone knows everyone and we lived across the street from a natural born gossip (forgive the sharpness) and confidentiality is a problem. But things happen the way they should . . . right?



Colette and Marcel Thibodeau

We believe that the anonymity of the city, or small town, makes it somewhat easier to establish this kind of business. But we are still slowly getting the message of shifting energy out into the ether.

People are catching on. With working in the hospitals – our Harmony Room in Oncology in Yarmouth, and travelling to Halifax to volunteer in the Sunshine Room for two years – people got the message that there must be something to this.

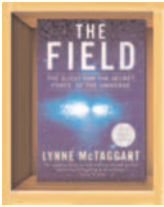
On our days off we also offer free sessions for the cancer patients who are in oncology. *Cont. on Page 15*



## Bookworm's Food for Thought . . .

**For Your Winter Reading . . . Books by Lynne McTaggart** Lynne's eNews: [www.lynnemctaggart.com](http://www.lynnemctaggart.com)

Note: The book descriptions are from Amazon



### **The Field: The Quest for the Secret Force of the Universe**

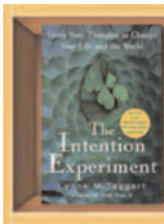
In this groundbreaking classic, investigative journalist Lynne McTaggart reveals a radical new paradigm—that the human mind and body are not separate from their environment but a packet of pulsating power constantly interacting with this vast energy sea, and that consciousness may be central in shaping our world. The Field is a highly readable scientific detective story presenting a stunning picture of an interconnected universe and a new scientific theory that makes sense of supernatural phenomena. Documented by distinguished sources, The Field is a book of hope and inspiration for today's world.



### **The Bond: How to Fix Your Falling-Down World**

Our way of life isn't working anymore. People are losing their jobs, their homes, their neighborhoods—and even their hope for a just society. We urgently need a new story to live by, based on fairness—not simply on the accumulation of wealth and “survival of the fittest.”

The Bond offers a radical new blueprint for living a more harmonious, prosperous, and connected life. Lynne McTaggart demonstrates with hard science that we are living contrary to our true nature. In fact, life doesn't have to be *I win, you lose*; we have been designed to succeed and prosper when we work as part of a greater whole. The Bond proves that we are weak when we compete, and thrive only when we cooperate and connect deeply with each other.



### **The Intention Experiment: Using Your Thoughts to Change Your Life and the World**

Drawing on the findings of leading scientists from around the world, The Intention Experiment demonstrates that *thought is a thing that affects other things*.

Using cutting-edge research conducted at Princeton, MIT, Stanford, and many other prestigious universities and laboratories, The Intention Experiment reveals that the universe is connected by a vast quantum energy field. Thought generates its own palpable energy, which you can use to improve your life and, when harnessed together with an interconnected group, to change the world.

McTaggart takes you on a gripping, mind-blowing journey to the furthest reaches of consciousness. As she narrates the exciting developments in the science of intention, she also profiles the colorful scientists and renowned pioneers who study the effects of focused group intention on scientifically quantifiable targets -- animal, plant, and human.

Using The Intention Experiment website to coordinate your involvement and track results, you and other participants around the world will focus your power of intention on specific targets, giving you the opportunity to become a part of scientific history. An Afterword by the author recounts the successes of the several Intention Experiments so far.

**The Intention Experiment forces you to rethink what it is to be human. It proves that we're connected to everyone and everything -- and that discovery demands that we pay better attention to our thoughts, intentions, and actions.**

## We get Letters . . .

I always read the TTN Canada newsletter cover to cover. Thanks for doing such a great job. I also like the new brochures. *Jean Riddell, Thunder Bay, Ontario*

Thank you for the lovely newsletter. It is a very interesting, great articles and information. Keep up the good work. *Almerinda Takahashi, Complementary Care*

I love the TTNC autumn news letter. The TT info brochures are awesome. I would love to have some. Just sharing my thoughts. *Claire Massicotti, TTNO*

*Continued on next page*

**Carol Evans** *Continued from page 13*

and is always complimentary. The regular fee is 40 dollars plus mileage. Many of my clients are 'pay what you can', especially those with chronic or terminal illness. One thing I don't do is place pressure on anyone who can't pay, for I believe the session is of no use if they are worried about how they will pay.

I continue to do presentations, and have just finished one for the Heart and Stroke Association. So Therapeutic Touch is on the move here in Kensington and around the Island, and I continue to spread the good news.

Our Kensington group that grew so fast, now has a teacher, four Registered Practitioners and fourteen practitioners, six of whom are working on their workbooks. How is that for growth in five years! We meet on Thursdays from 7 to 8pm. The first Thursday is for members only. The others are open to the public. ❖

**Therapeutic Touch®**



**Hand To Heart**



**Carol Evans**  
Registered Therapeutic Touch Practitioner

**902-836-5200      Cell: 902-439-4241**  
[dce@pei.sympatico.ca](mailto:dce@pei.sympatico.ca)  
[www.atlanticcttn.com](http://www.atlanticcttn.com)

**Colette Thibodeau** *Cont. from Page 13*

If they live up this way, we will welcome them and give them free Therapeutic Touch sessions in our home office. It's not fair for them to miss out just because we're not "scheduled" to be in the Harmony Room on that particular day.

AND, we just had a visit from a former client yesterday who keeps telling everyone that Therapeutic Touch was a miracle for her. And she keeps thanking us for healing her and allowing her to have a better physical life, as well as a stronger spiritual life. I quote, "And it all started with you guys".

This lady could not walk straight after a work related accident. She always bent over to alleviate her lower back pain. After a year and a half of working with her once or twice a week, the energy 'stalled', so we sent her to another type of healer. The healing continued. She found a third healer to work with her on aspects of her emotional challenges and is still frequenting these. But she always comes back to thank us for opening those doors. And we always get hugs

The work, to this day, is very rewarding. I, personally, am very grateful for Therapeutic Touch. It got me out of a deep dark hole and gave me my life back – a life that is worth celebrating every day.

We have added Reiki to our practice just because people were more drawn in by it. But once in the door ..... gotcha! (so to speak). Desperate measures . . . ❖

**Do you have a business which includes the practice of Therapeutic Touch®**

*or*

**Are you in "Private Practice" in 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 our precious Therapeutic Touch.***

### *Letters ...cont'd*

Have you considered doing Therapeutic Touch while on vacation? On a recent family visit to Edmonton, I had the wonderful experience of spending an evening with the Edmonton Therapeutic Touch Practice Group. I received a powerful and relaxing TT session from Linda Woznika while Don Nonay watched. As Don is working on his workbook to become a recognized practitioner, we turned my session into a teaching session. I obtained my RP status in March, so I enjoyed answering his questions. Linda fondly remembers Ontario Therapeutic Touch practitioners as this is where she did her training. I also had the privilege of learning about their recent Practice Day in Red Deer.

Before your next vacation, why don't you check to see if there are any TT Groups in your vacation destination?

*Roxana Roshon, Naturotherapist, Guelph, ON [www. / / roxanaroshon.com](http://www.roxanaroshon.com)*

## Attention Therapeutic Touch Groups

The article and questionnaire “A Model of Healing Theory” (TTNC Newsletter, Vol. 4, #4) is an excellent tool for exploring our practice of Therapeutic Touch®. Because a greater response would be appreciated by Chery Ann Hofmeyer who submitted it, we have reprinted it in this issue. We encourage Group Leaders to print copies for their members and to make it a Group effort in discussing the concept and in completing and submitting the questionnaire individually. *It is an opportunity for all of us to participate in this important study.*

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

Submitted by Chery Ann Hoffmeyer, PhD, RT

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

The essence of the Dialogue Process is learning. Through this process, meaning is explored and created. In the first dialogue session in 2010 the group struggled with understanding the use of the dialogue process and how one would work with this process to achieve the desired outcome. As the annual dialogue sessions continued the dialogue process became familiar to the participants and the process moved along under the guidance of Dr. Krieger and Dr. Mary Anne Hanley. Each year Dr. Krieger, Dee as she is fondly referred to by those who know and love her, provided the theme and foundational information for the dialogues. The Therapeutic Touch process was explored from numerous perspectives as the group developed broader understandings of the process and the terminology used to describe what was happening in the Therapeutic Touch process that would inform a broad theory of healing. Terminology that was outside the Therapeutic Touch realm was used as a focus for dialogue and greater understandings were derived through the dialogue process. In 2014, the key constructs were identified and Dr. Hanley diagrammed these constructs in a working model. In preparation for the 2015 dialogues, participants were asked to do Therapeutic Touch sessions and then ask themselves: “Where in the Therapeutic Touch session were these constructs present?” The outcome of these explorations were shared with the dialogue participants and served as an affirmation of the model representing Healing in the Therapeutic Touch process.

What follows is the model as it was shared at the Therapeutic Touch International Association Congress in Seattle, WA in April, 2015. The model (presented below) is a diagrammatic representation of the Theory of Healing that will be developed as the Dialogues continue. This Theory of Healing is comprised of five constructs. Within this Theory of Healing, healing emerges through epiphanal experiences when an individual’s wholeness is recognized by another and the individual manifests a change in personal field patterning. Healing is experienced as a shift in consciousness in which healer and healing partner experience reciprocal change or transformation.

### Model of a Healing Theory

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

The Model constructs are defined as follows:

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

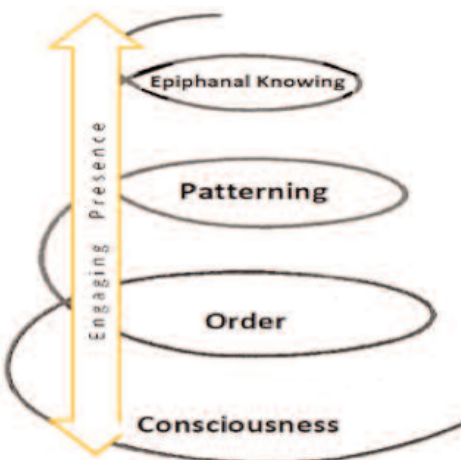
**Consciousness** “An awareness that transcends the dynamic fields used intentionally for the purpose of engaging in a partnership with another to help or heal”

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

**Patterning** “Continual expression of one’s unique biodynamic field in relationship with the universal energy field”

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

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





## Questionnaire Regarding a Theory of Healing and Working Model

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

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

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

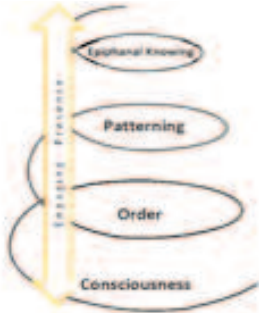
A **Theory of Healing** is comprised of five constructs. Within a *Theory of Healing*, as proposed, healing emerges through epiphanal experiences when an individual's wholeness is recognized by another and the individual manifests a change in personal field patterning. Healing is experienced as a shift in consciousness in which healer and healing partner experience reciprocal change or transformation.

The **purpose** of this questionnaire is to explore the applicability of this theory to practice and whether the model and definitions below support understanding of the theory.

**YES**

**NO**

**MAYBE**



The model sequencing/order is appropriate for my practice.

Comments:

The following construct definitions are relevant to my practice:

**YES**

**NO**

**MAYBE**

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

Comments:

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

Comments:

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

Comments:

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

Comments:

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

Comments:

**Thank you for your feedback.**

This is an opportunity for Canadians to participate. Completion of this questionnaire indicates your consent to do so.

**Please return your completed individual questionnaire by May 30, 2016**

to: Dr. Chery Ann Hoffmeyer Ph.D. – by email at: [chaiholistichealth@shaw.ca](mailto:chaiholistichealth@shaw.ca)

or mail to: 473 Viscount Crescent Sherwood Park, AB T8A 4K6

# Therapeutic Touch Networks Canada Newsletter

## Index of Issues - 2012 to 2015

Each issue includes reports from Member Networks, Lists of Teachers and Regional Groups

### Volume 1, 2012

#### No. 1 Fall

- Page
- 5 Professional Liability Insurance
  - 6 Book, *The Intimate Life* by Judith Blackstone
  - 6 Teaching Therapeutic Touch: Expanding your Consciousness by Susan Hamilton, RT
  - 7 Richard Gerber's "Therapeutic Touch and the Future of Healing into the 21st Century"
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### Volume 2, 2013

#### No. 1 Winter, January

- 8 Book, *Become a Wellness Champion* by Pam Bartha
  - 8 "Spreading the Word" (re CMA) Judy Donovan Whitty
  - 9 "The Montana Dialogues 2012 - Reporting Back", Alison Cooke, RT,
  - 10 "What's in a Name?: Decide to Network," Mary Simpson, RT
  - 11 "Attending TTNO's Fall Event" by Vreny Haas
  - 12 "The Consequences You Sow: Action and Effect" from *DailyOM*
  - 13 Professional Liability Insurance
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#### No. 2, Spring.

- 7 Book: *Belonging Here: a Guide for the Spiritually Sensitive People* by Dr. Judith Blackstone
  - 8 Response to the Canadian Nurse Article, "Energy at Work".
  - 9 Additional information on why it may be wise/essential for you to have Professional Liability Insurance
  10. Every Member is a Centre by Mary Simpson, RT
  11. My Therapeutic Touch Journey by Bonita Kay Summers, RP
- 

#### No. 3, Summer

- 8 Book: *Energy Healing: Essentials for Self Care*, By Ann Marie Chiasson, MD
  - 9 Therapeutic Touch and the Concept of Working with Hope by Jennifer Brion, RN, BScN, RP
  - 9 Subtle Energy Systems - Research Concept, Chris Lovelidge
  - 10 Hangover, anyone? by Jitka Malec, RT
  - 11 Therapeutic Touch in my Life by Sheila Camp
  - 12 A Journey of Discovery Through Examining the Lived Experience, by Judy Kane, TTNO Research Chair
  - 13 Doing Therapeutic Touch as a Private Practice by Cheryl Larden, RT
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#### No. 4, Fall

- 7 Letters: "Experience re Grounding", from Lynn Woods
  - 8 Book: *How to Meditate* by Pema Chodron
  - 9 Practising Therapeutic Touch and Taoist Tai Chi by Sandra Bogart Johnston, RP
  - 10 Professional Liability Insurance by Cheryl Larden, Pres., TTNC
- 

### Volume 3, 2014

#### No. 1 Winter

- 5 TTNC Annual Report. 09/12 to 08/13
  - 8 "Grounding Ourselves: Being a Strong Container" by Madisyn Taylor, from *DailyOM*
  9. "Andrée West, Pioneer in Québec" by Susan Hamilton, RT
  10. Therapeutic Touch Works for Participants in the "Relay for Life" in Vancouver. by Alex Jamieson
  11. "Therapeutic Touch Helped Me On my Dad's Final Journey" by Diane Kroeger, RP
  12. Books: *The Therapeutic Touch Handbook: Advanced Practice* by Diane May, RN, RT  
*E-Squared: Nine Do-It-Yourself Energy Experiments That Prove Your Thoughts Create Your Reality* by Pam Grout
  13. "Our Own Stories..." by Evelyn MacKay, RT
  14. "A Story of Therapeutic Touch Research" by Jitka Malec, RT
  15. "La pratique régulière du Toucher thérapeutique Modifie Notre Vie" by Marie-Claude Poupart, RT
  - 16 "Becoming a Teacher" by Cherry Whitaker, RT, Educa'tn chair, ATTN
  - 17 TTNO 2013 Fall Event by Cherry Whitaker, RT
  18. An Early Therapeutic Touch Handout, c. 1975
- 

#### No. 2, Spring

- 6 Invitation to Participate in a Biofields Study submitted by Judy Donovan Whitty, ATTN
  - 8 TTNC New Brochure
  - 9 Book: *Secrets of Your Cells: Discovering Your Body's Inner Intelligence* by Sondra Barrett, PhD  
CD: *The Therapeutic Touch Handbook Series -Advanced Practice* by Diane May, RN, RT
  - 10 "Therapeutic Touch and Major Burns" / "Toucher Thérapeutique et Grands Brûlés" by Pascale Servonnat, RP
  - 10 Websites of Interest to Therapeutic Touch Practitioners
  - 11 "Healing-at-a-Distance: An Exploratory Study" Montana Dialogues, 2013 by Dolores Krieger, PhD, RN, Patricia M. Cole, MD and Sandra J. Matheny, BS.
  - 13 "My Therapeutic Touch Journey with Animals" by Jolanta Dabrowski, RP
- 

#### No. 3, Summer

- 7 Books: *The Handbook for Companioning the Mourner: Eleven Essential Principles* by Alan Wolfe, PhD  
*Lucid Dreaming: Gateway to the Inner Self* by Robert Waggoner
- 

#### No. 4, Autumn

- 6 Dedication to ATTN's Charlotte Quirk by Cherry Whitaker, RP
- 7 "Sunburns & Therapeutic Touch" by Sheila Camp
- 8 Retreat in the Laurentiens, September 20/21, 2014
- 9 Books: *Savor: Mindful Eating, Mindful Life* by Thich Nhat Hanh
- 10 "Therapeutic Touch on the Mountain: A Peak Experience" by Jean Gurnett
- 11 "Practice Day: Compassion in Therapeutic Touch" Linda Terra, RT

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- 8 Report on Therapeutic Touch Dialogues August, 2014.  
"Therapeutic Touch as Transpersonal Healing"  
by Chery Ann Hoffmeyer PhD., RT, QTTT
- 10 Books: *Therapeutic Touch: A Healing Modality of the Heart and Hands* by Mary Gayle Floden-Selfridge, RN, PhD and Marilyn Johnstone, RN, EdD.  
*The Dance Of Anger*, by Harriet Lerner.
- 11 "Therapeutic Touch: Innovation to Improve and Strengthen Health care" Submitted by Marion Cameron, President, TTNC
- 12 "Relaxation Response Improves Immune Function, Quality of Life in the Elderly" Belleruth <newsletter@healthjourneys.com>
- 13 Our Therapeutic Touch Experiences:  
"A Therapeutic Touch Story" by Evelyn MacKay, RT
- 14 "Synchronicity and Therapeutic Touch",  
by Deborah Simone, BA, BEd, RP
- 15 "Receiving Personal Support in Practice Groups" by Mary Simpson
- 15 Websites/Youtubes of Interest to TTers
- 17 "The Other Three Fields - an Underutilized Resource in Therapeutic Touch" by Barbara Schuster, RP

#### No. 2, Spring, April - Focus: Multiple Sclerosis

- 7 Toronto's Baycrest Hospital Study
- 8 TTI International Congress, 2015
- 9 Using Subtle Energies with Multiple Sclerosis - D. Krieger, PhD, RN
- 10 Dora Kunz Writes About MS
- 11 TT and Multiple Sclerosis - Kathy Wilmering, MSW, APRN, BC
- 12 Books: *The Healing Circle*, R. Rutledge, MD & T. Walker, PhD  
Documentaries of Interest
- 13 TT with Parkinson's Disease - Linda Nelson, RT
- 17 TT Changed My Disease and My Life, by Pam Smith. OCSWSSW  
with Sue Browning
- 18 MS Testimonial from Al Nicolls
- 19 From Skeptic to Believer: My Experience of MS With TT  
by Donna MacKenzie Staggs

#### No. 3 Summer, July - Focus - End of Life Care

- 8 Therapeutic Touch in Palliative Care: Nurturing and Challenging,  
by Nancy Hall, BA, RN, RT
- 9 Witnessing Love: Therapeutic Touch at Life's End  
by Rev. David Maginley
- 10 Books: *The Four Stages of Hope* By Cathleen Fanslow  
*Because You've Never Died Before: Spiritual Issues at the End of Life* By Kathleen J. Rusnak, PhD  
*Death Makes Life Possible* by Marilyn Schlitz, PhD
- 11 Our Experiences with TT and End of Life Care
- 12 "Our Role in a Complex Environment" by Jitka Malec, RT
- 13 "The Hand Heart Connection©" by Cathy Fanslow, MA, RN
- 14 TTNO's Therapeutic Harp Practitioner - Francesca Durham
- 15 "Enhancing the Value of Your Practice Group"
- 17 "An Afternoon at Hospice" by Arlene Cugelmann, RN, RT
- 18 "The Midrash", a reading for Grieving
- 18 "Chaplains Accompany Patients: David Maginley" by Jon Tattrie
- 19 "The Value of Hospice Staff Learning Therapeutic Touch",  
By Nancy Hall, BA, RN, RT

#### No. 4, Autumn, October - Focus, TTNC Brochures

- 5 Report re TTNA's participation at the Int'l Kinesiology Conference
- 7 Report from TTIA International Congress, Seattle, WA  
from Paulette Deveau, TTNC Delegate
- 8 "The Healing Experience: an Interview" by Julia von Flotow, CPC, RT
- 9 Keeping Up with New/Old Information - Column
- 10 "Therapeutic Touch: Observations from Treating Hospice Clients",  
by Jitka Malec, RT
- 11 "Scientific Studies of the Human Biofield" by Thornton Streeter
- 13 About Our Members - TTNA's Linda Terra, RT
- 14 Model of a Healing Theory (Hanley) - From Chery Ann Hoffmeyer
- 15 Questionnaire re Healing Theory (Hanley, Krieger)
- 16 Information re TTNC Brochures
- 17 TTNC Therapeutic Touch Brochure
- 18 TTNC Multiple Sclerosis Brochure
- 19 TTNC Hospice/PC Brochure

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## 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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*Continued in next column*

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