

Therapeutic Touch Canada News/Nouvelles

Volume 7, No. 2

Spring, April, 2017

The 2017 TTIA Congress was truly International 8 Countries Represented!



THE CANADIANS at Congress:

after the formal picture the delightful photographer told us to get 'huggy'! See names, P. 2

We proved that

“You can take Canadians out of Canada, but you can't take Canada out of Canadians!”

“A Great Conference and Teachers Intensive!”, was a phrase heard often about the 4th International Congress on Therapeutic Touch, '**Deepening our Practice as Compassionate Healers**'.

Sixty-nine teachers and teachers-in-training attended the two day Teachers Intensive. New guidelines and TT C.A.R.E.R. notes were introduced, designed to deepen our practice. The 110 people attending the Congress heard three keynote speakers and nine presentations by members of TTIA, including our own Cheryl Larden and Paulette Deveau, Tama Recker, Peggy Frank and Diane May.

The first **International Award** went to TTNO's **Crystal Hawk** for her groundbreaking work in Canada.

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Thoughts from your editor . . .

“ . . . and a good time was had by all!

I think that's the best description of the recent TTIA Congress! Held at a marvellous 'resort complex' outside Chicago, designed after the architect Frank Lloyd Wright, the building was 'horizontal' rather than 'vertical'. It was "good exercise" walking from the rooms section to that of the conference.

My air flight there was made pleasurable because - due to my 'advanced age' - I requested wheelchair assistance. So I was whisked past long line-ups, eased through customs and deposited next to the ramp to board the plane. I enjoyed every minute of it, occasionally suppressing the urge to give a queenly wave!

TTIA certainly knows how to facilitate a conference! The best 'take home' aspect was the "USB Stick" with most of the presentations on it. Of course that required the presenters to get their materials in early - not an easy task! A cloth goodie bag included other items of use and for fun. The handout included a 3 ring folder full of information.

Meeting people face-to-face for the first time was a delight, although we already new many from pictures and Emails.

Time hasn't permitted detailed articles about the presentations. There will be more in the Summer issue.

Apologies for being late with this issue. We wanted to include information from the Congress but it means that some of the activities/conferences listed in this issue have already occurred. However, *note them on your calendar* as a TT 'happening' for 2018!

Listing TT activities across Canada are important! If you are intending to travel to another province, why not plan it at a time when they are having a TT activity. Did you know that this newsletter is sent out internationally? Perhaps your event might encourage far-away TTers to visit your region!

Years ago I came across a slogan we all should remember...

Doing work without advertising is like dancing in the dark.

You know what you're doing but no one else does!

So let us know what **you** are doing!!!

Mary Simpson

The happy group on the front cover!

From left: Front sitting/kneeling...Marlene Roth, Pat Tamosetis (kneeling), Helen Will, Sandi Soulliere, Paulette Deveau, Lesley Reichert, Cherry Whittaker, Tamara LaFrance, Arlene Cugelman

Centre sitting: Crystal Hawk, Dolores Krieger, Mary Simpson

3rd row: Diane May, Doreen Sullivan, Paula Neilson, Laura Pokoradi, Tama Recker, MJ Phillips, Claire Massicotte, Evy Cugelman

Back: Sharron Parrot, Cynthia Gall, Jeannie Dunnet, Shirley Boon, Alison Cooke, Jane Graham, Flora Hartlieb, Karen Bradie, Cherry Ann Hoffmeyer, Cheryl Larden

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: July 8, 2017

→ **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,

David Maginley, Doreen Sullivan, Evelyn MacKay,

Crystal Hawk, Julia vonFlotow Claire Massicotte,

Sherry Crann-Adair, Heike Rahn, Lynn Vukosavljevic,

Grant Hallman, René Dosen and all the Regional Chairs!

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Your TTNC Newsletter Committee

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The Therapeutic Touch Networks Canada

Update from the Therapeutic Touch Networks Canada

Paulette Deveau, President, TTNC Board



Paulette (r) with incoming TTIA President Cindy Cole

In April, the Therapeutic Touch International (TTIA) held its Congress in Chicago. Twenty eight Canadians – including myself – attended. *It was wonderful!*

I felt such gratitude to hear Dolores Krieger give her speech and I'm confident all attendees felt the same. Dolores announced to the audience that she will be 96 this summer. Amazing! Everyone had the opportunity to be included in photos taken with her. These – photos and I'm hoping articles of the Congress – will be shared with our membership, in the next TTNC newsletter and/or in the member networks that have their own newsletter.

On behalf of the TTNC Board and its member networks, I would like to express the following:
1) Welcome to Cindy Cole, TTIA's new President! I already share a wonderful working relationship with Cindy, because I attend TTIA Board meetings as a member of TTIA's international committee; and

2) I also would like to thank Sue Conlin for her tremendous leadership, contribution, and passion for Therapeutic Touch. Sue provided me with a lot of encouragement and support when I became TTNC's President. I shall miss her. I enjoyed getting better acquainted with both Sue and Cindy!

What a great honor it was to represent Canada on the International Panel! Currently there are discussions on the TTNC Board to share this power point presentation with our membership. In addition to an overview of TTNC, it included updates from some of the member networks. I was very proud to see other members being presenters at the Congress. TTNC will ensure that their information is also shared with our membership.

I would also like to mention that TTNC paid for an information table in the Market section of the Congress. Most of the member networks included their own materials. It appeared to be beneficial, especially to the international attendees.

A personal highlight was meeting all of our members who attended. The Congress provided me an opportunity to spend some individual time with our members who are on the networks' Boards or on our committees. This included the following:
1) Shirley Boon (TTNO), the only Chair / President of a member network able to attend; 2) Mary Simpson (TTNO), our valued editor of the TTNC newsletter and member of the Curriculum Committee; 3) Cheryl Larden (BCTTNS), chair of our Extended Health Coverage Committee; 4) Chery Ann Hoffmeyer (TTNA), chair of our Curriculum Committee; and 5) Cherry Whitaker (ATTN), member of the Curriculum Committee.

Since the last issue of our newsletter, most of TTNC's work concentrated on preparing for the Congress. In the next issue, I'll have an update regarding the trademark, reports from our committees, and so on.

Reports from Member Networks Across Canada

The Therapeutic Touch Network of Manitoba

The Manitoba Therapeutic Touch Network had another successful year at the "Body Mind Spirit Show" on April 23.

A big thanks to Laura, Sid (as noted in the picture), Tanis, Susan, Dave and Steele. We offered Therapeutic Touch to the public and were quite busy at times.

We offered the TTNC brochures and have already had some inquiries.

On 30 April we had our annual general meeting at the Whole Touch Natural Wellness Centre. At this meeting Tanya Sabourin, RT, accepted the position of chairperson.



Therapeutic Touch Network of Quebec

We are pleased to announce that the following members have recently completed their Recognized Practitioner Status. Congratulations to the following: Nadia Baraghi, Cecilia Csima, Geneviève Larocque, Karen Mosuk and Debra Smith.

Their journey now begins as they work to help others have a better quality of life in Palliative Care, Hospices, Hospitals and Senior Homes. Their names have been added to our Referral List on the ttnq.ca website.

Monique Gregory, Practitioner Liaison

The 21st International Congress on Palliative Care Montreal, October 18 to 21, 2016

The conference was held in Montreal at the Palais des Congrès and was a huge success for the Québec Network. We were fortunate to have the front booth, therefore the first to be seen at the opening.

Doctors, oncologists and researchers from all around the world received treatments and shared very positive comments. Some of them travelled from Australia, New Zealand and even Bangladesh. Even though they were on a tight conference schedule, they welcomed the idea of trying a Therapeutic Touch session.

It was also an excellent opportunity for our volunteer practitioners to treat professionals from all around the world in a different setting. Several people inquired about contacts in their country to learn more about Therapeutic Touch. I am in the process of contacting them through the help of TTNC and TTIA.

The next congress will be held October 2nd to October 5th, 2018 in Montréal and we were invited to take part in this event! It was great exposure for Therapeutic Touch and we are proud of our volunteers in TTNQ who participated in this great event.

*Cecilia Csima RT,
TTNQ (board member) and TTNC (rep. for Quebec)*

Toucher Thérapeutique du Québec

Nous sommes heureux de vous annoncer que les membres suivants ont récemment atteint le statut de Praticien Reconnu. Félicitations aux suivants: Nadia Baraghi, Cecilia Csima, Geneviève Larocque, Karen Mosuk et Debra Smith.

Leur parcours commence en travaillant à aider les autres à atteindre une meilleure qualité de vie soit en soins palliatifs, hospices, hôpitaux et maisons pour personnes âgées. Leurs noms ont été ajoutés à notre liste de référence sur le site web de ttnq.ca.

Monique Gregory, Agent de liaison pour praticiens

21e Congrès international en soins palliatifs Montréal, 18 au 21 octobre 2016

La conférence s'est déroulée à Montréal au Palais des Congrès et a été un grand succès pour le réseau du Québec. Nous avons eu la chance d'occuper le kiosque à l'entrée principale et d'être les premiers vus à l'ouverture.

Des médecins, oncologues et chercheurs de partout dans le monde ont reçu nos traitements et on fait part de commentaires positifs. Certains sont venus de l'Australie, la Nouvelle-Zélande et même du Bangladesh. Ils avaient des horaires très chargés mais ont tout de même pris le temps de profiter des traitements en Toucher Thérapeutique.

Cet événement a également été une excellente opportunité pour permettre à nos praticiens bénévoles de traiter des professionnels venant de partout dans le monde. Plusieurs ont demandé d'avoir des contacts dans leur pays pour en apprendre davantage sur le Toucher Thérapeutique. Je travaille présentement à communiquer avec eux via le RTTC et TTIA.

Le prochain congrès aura lieu du 2 au 5 octobre 2018 à Montréal and nous avons été invités à y participer! Ceci a été une belle opportunité de faire connaître le toucher thérapeutique et nous sommes fiers de nos bénévoles du RTTQ qui ont participé à cet événement.

*Cecilia Csima, PR, RTTQ (membre du CA)
et RTTC (représentante pour le Québec)*

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.

To help us with this, we'd like to know • What you really like in this newsletter?
• What could be more helpful to you as a TT student, practitioner, teacher or
Group Leader/Member?

Talk to your regional Network Newsletter Committee Rep. on Page 2

The Therapeutic Touch Network of Alberta

As we welcome spring and all the budding trees and plants, we look forward to our AGM/Practice Day this month. This is held at Kerry Woods Nature Centre, situated in a relaxing park through which one can walk. The theme, Long Distance TT, is a topic of interest to me and I look forward to learning more.

TT Awareness week – CARE 150 to plan for and look forward to, encourages and challenges us to make more connections in our communities. In trying to do so we are finding where else Therapeutic Touch could fit in, and also that many groups plan their speakers a month or more in advance. Consequently by the time we approach them they cannot accommodate a presentation by us during TT Awareness week this year.

A week dedicated to Therapeutic Touch activities in our communities will set our practice and presence in more peoples' minds every year. We continue to present to the groups which we have presented to in the past such as Wellspring Calgary and seniors groups.

As well our practice groups, listed on our website; www.therapeutictouchalberta.com, continue to meet monthly and invite new attendees.

Take care, Sherry Crann-Adair, TTNA

Bienvenue au Printemps et aux nouveaux bourgeons sur les arbres!

Nous attendons avec impatience le jour de notre Assemblée Générale Annuelle et de notre session d'entraînement de ce mois d'Avril. Cette session aura lieu au Kerry Woods Nature Centre qui est situé dans un parc naturel dans lequel on peut se promener et se relaxer. Le thème du Toucher Thérapeutique à Longue Distance (Long Distance T.T.) est un sujet qui m'intéresse et j'ai hâte d'en apprendre davantage.

Aussi, l'événement TT Awareness week-CARE 150 est une excellente opportunité pour notre réseau de développer des nouvelles relations avec notre communauté. Plusieurs groupes arrangent pour leur conférencier un mois à l'avance, par conséquent, nous les approchons trop tard cette année pour accueillir notre présentation pour cette semaine de sensibilisation du Toucher Thérapeutique (TT).

C'est une semaine dédiée aux activités de Toucher Thérapeutique dans nos communautés qui permettra à nos praticiens de mettre leurs talents à profit et laisser une présence mémorable chaque année.

Nous continuons à présenter aux différents groupes comme Wellspring Calgary et aux groupes de personnes âgées.

Aussi, nos praticiens, que vous trouverez sur notre site internet: www.therapeutictouchalberta.com se réunissent chaque mois and invitent de nouveaux participants.

A très bientôt ! Sherry Crann-Adair, TTNA

Atlantic Therapeutic Touch Network

Greetings from the Atlantic side of Canada . . . looking forward to being without snow!

Our latest ATTN member to be awarded RP status is Cynthia MacDonald. The Stratford Practice Group presented her with the lovely bouquet and they all had a meal together - a great way to celebrate RP status!

We are busy getting ready for our exciting conference. Please visit our web site at: www.atlanticcttn.com.

Natascha Polomski and Michelle Greenwell will be presenting "Intention, Frequency and Colour in Therapeutic Touch". Alessandra Morassutti will be presenting "Explore Therapeutic Touch with Plants". In addition Cherry Whitaker will present "Tales of Pumpkin Hollow and the TTIA Congress. Barbara Stone will discuss "Therapeutic Touch for 2017".

Judy Donovan-Whitty, Coordinator



Stratford Practice Group Leader Mary Hughes, RN, (right) presents flowers to Cynthia MacDonald, a new RP.

Picture taken by PG member Mary MacIntyre

Atlantic Therapeutic Touch Network

Annual Conference and Fundraiser

May 26-28, 2017

"New Horizons:

Widening Your Focus with Therapeutic Touch®"

Intention* Colour* Frequency*

This full weekend of experiential learning, sharing, skill, building and ideas will take your Therapeutic Touch® practice to a new level.

Each session is designed to enhance your tool box!

info@atlanticcttn.co

The Therapeutic Touch Network of Ontario

CARE150 Therapeutic Touch Awareness Week –

WOW! this is so exciting!

As I write this column we are in the middle of the first ever province-wide initiative to promote Therapeutic Touch® and the reports coming in are wonderful! Over 50 events are scheduled during the week of May 1 to 7, with others happening before and afterwards. You'll want to check out the TTNO website and summer edition of *inTouch* for pictures of our various activities.

For example, my own TTNO Branch in Huntsville has partnered with four local libraries, have been interviewed and had radio and cable TV coverage! There are people interested in taking TT workshops as well as having more sessions. Many had heard of TT but nothing more. We gave sessions to people who had signed up at the library as well as to some "walk-ins". Two events have finished with two more to go. We are "pumped"! Hoping for follow-up newspaper coverage as well.

All this is with great thanks to Julia von Flotow and her *ad hoc* committee who organized this huge undertaking in only six months! We are so grateful for the interest shown by our sister Canadian networks and to Mary Jane Phillips who facilitated your participation by putting your provincial logos on the various CARE150 documents [See below]. We'll be waiting to hear of your results as well.

It was wonderful to meet provincial TTNC reps at the International Congress in Chicago. *What an inspiring event that was* with Dolores Krieger's presence and her address to us with lots of information to share with our own networks!

The TTNO's new office manager, Miranda Elmazi started working with us in March. She will handle your enquiries in a professional and timely manner. We are *very* happy to have her as part of the TTNO team.

You are invited to our **TTNO Annual Conference** to be held again at the Kempenfelt Centre near Barrie on Friday to Sunday, October 13-15, 2017, with Teachers Day on Monday, Oct. 16. We are delighted that Sue Conlin, TTIA Past Pres. has consented to be with us. Mark the date on your calendar and check the TTNO website for details.

We'd love to have TTers from across Canada!

Wishing you a happy and rejuvenating spring and summer.

Peace and Light, Shirley Boon, Chair



Provincial Symbols in the "CARE" logo....

British Columbia Therapeutic Touch Network Society

BCTTNS is preparing to hold its

Twentieth Anniversary Conference/AGM

in Tsawwassen BC! We are honored to have Crystal Hawk travelling from Ontario to present "The Mystery and Magic of Therapeutic Touch", along with a Teachers evening on Friday night presenting "What Teaching Therapeutic Touch Teaches Us". On Sunday we will be holding a Practitioner Day where members can have up to 3 supervised sessions with a different supervisor each time.

At our Saturday conference we are excited to share with our members a new History Book covering the 20 years of BCTTNS with photos and information. We wish to thank Lynda Harvey especially for the hours of research, finding photos and the putting together of this book. Jean Ruttan has also spent many hours pulling out information from old Minutes to include. The book will be sold for \$20 and we hope to have it available for purchase through our website in due course.

We will also be unveiling our beautiful new T-Shirts which are purple with our BCTTNS logo - thanks to Lesley Reichert for organizing these. These will be great to wear at Therapeutic Touch community events, helping to give a professional look.

Along with our T-shirts we have had a banner made that we can easily erect at any of the events we attend and will help us stand out in a crowd - thanks to Jean Ruttan for organizing this.

So, it has been a busy few months and we are really looking forward to sharing it all with our members this weekend.

Love and Light

Jacqui Saran, BCTTNS President

**Diane May Wellness Education – Therapeutic Touch
Distance Advanced Mentorship Program 2017-18**



*August is right around the Corner
Act now to ensure your place*

Study with Diane May RN, author of the popular Therapeutic Touch Handbook Series, from the comfort of your home (pajamas and fuzzy socks encouraged), as she presents the updated version of her two-decade, successful, year-long TT Practitioners (Advanced Mentorship) Program from **Aug.17, 2017 to Apr.18, 2018**.

This comprehensive, international Program consists of monthly online 1.5 to 2 hour teleconferences/skype sessions, some customized individual sessions, 5 days of in-person, face-to-face workshop sessions with Diane (in Southern California), case studies, independent research and reading, class projects, and a monthly home study component.

Developed for long time practitioners to reignite their passion, personal exploration and to move their practice to another level OR to maintain or achieve RP status.

Prerequisite: TT Level Three/Intermediate

Take advantage of this opportunity. Registration is limited.

*Anyone having done my year long program before
can participate at half cost.*

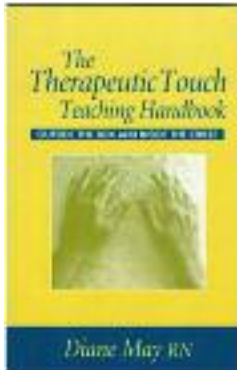
For more information, please contact

Diane May RN, QTTT, RT at Tel: 909-553-2035

Email: dianemay.com@gmail.com www.DianeMay.com

DIANE MAY'S NEW BOOK

**The Therapeutic Touch Teaching Handbook:
Outside the Box and Inside the Circle**



This handbook is a guide for teaching anything new (outside the box) within the basic parameters of how people learn (inside the circle). Building on the principles explored in The Therapeutic Touch Handbook series, it shows how to teach TT, while helping you become an effective teacher and communicator in every aspect of your life. Whether you're a teacher, therapist, or practitioner, new or practiced, you will learn to creatively apply experience-based principles to any

topic you teach and to presentations you do for clients, individuals, small or large groups, or formal trainings. With information, inspiration, and encouragement from a gifted teacher, this book offers you the specific guidance she has developed teaching 68,000 people worldwide over the past thirty plus years.

To order Price: \$30.00 plus shipping

Eastern Canada: Laura Pokoradi peaceandlight34@gmail.com

Western Canada: Heather Meikle h_meikle@hotmail.com

USA and Internationally: Diane May dianemay.com@gmail.com

**THERAPEUTIC TOUCH® ACTIVITIES
ACROSS CANADA**

**20th Annual Eastern Ontario
Therapeutic Touch Retreat**

May 26 - 28, 2017

Arnprior, Ontario

"Silent Mind, Powerful Mind"

Facilitated by Gail Lafortune and Pat Tamosetis

Guest: Arlene Cugelman, RT

Info at: c-g.tt@sympatico.ca

~ ~ ~ ~ ~

**Ninth Annual Advanced Intensive
Therapeutic Touch Retreat**

June 8 to 11, 2017

"Inspirations & Echos"

Puslinch, Ontario

Facilitated by Laura Pokoradi and Diane May

Info at: peaceandlight334@gmail.com

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ATTN Annual Conference

May 26 - 28, 2017

New Horizons: Widening

Your Focus With Therapeutic Touch

- See Page 5 for details -

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BCTTNS

Twentieth Anniversary Conference/AGM

Saturday, May 6, 2017

in Tsawwassen BC

Speaker: Crystal Hawk

"The Mystery and Magic of Therapeutic Touch"

Friday, May 5

Teachers Evening

*Plan now for your 2017
Therapeutic Touch studies . . .*

In 'the East' at

Pumpkin Hollow Retreat Centre, NY

www.pumpkinhollow.org

~ ~ ~ ~ ~

In 'the West' at

Camp Indralaya, WA

www.indralaya.com

*"an experience forever
in your memory"*



The attached summary shows of 9172 patients and 79 family members who received TT, almost 100% rated it as a very good-excellent experience.

The doctor commented that when TT helps, it's "just" the placebo effect. I agree, but we need to understand what that effect is – the body healing itself. We teach that TT practitioners are only supporting the body's natural healing process. Our complete and compassionate presence activates something more than mechanical processes of healing. To really grasp the implications of this, watch https://www.youtube.com/watch?v=LWQfe__fNbs

The one main factor which initiates the healing placebo effect is the compassionate care of the health care provider.

The other material I sent focused on the existence of the biofield. This information focuses on the mystery of consciousness to initiate balance and healing in the body. Wrapped up together, and the effect is profoundly wise, elegant and effective in facilitating healing.

Cheers, David

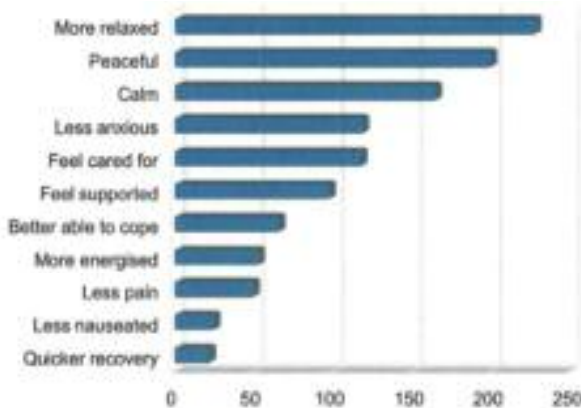
David Maginley, M.Div, CSCP
Spiritual and Religious Care
Nova Scotia Health Authority - Central Zone
Hematology, Palliative Care, MSICU, NS Cancer Centre

Therapeutic Touch® Evaluation of Questionnaires

Questionnaires were completed by outpatients and caregivers who received Therapeutic Touch (TT) treatments from volunteer therapists in the Sunshine Room (SSR) in 2016. The SSR is part of the chemotherapy unit of VG (11th floor)

9172 patients and 79 caregivers and family members received 20 minute TT treatments (206 females/45 males). Most were out-patients. 87% were 46 years and older. 97% indicated that their experience was excellent or very good: 79% found their experience to be excellent.

The graph below indicated the number of individual responses as to how patients felt after the treatment.(251 total responses)



Selected comments made by Therapeutic Touch® Therapy Recipients in Sunshine Room

- Brought me back to a more placid place – great relaxation
- Extremely relaxing – a highlight after chemo.
- I look forward to these sessions.
- Felt more relaxed, slept better
- I want to come back as often as I can
- SSR is a great service when feeling overwhelmed and lonely
- Therapist full of information, kind and giving. Thank God for the SSR!
- Very loving relaxing experience - I'm exhausted caring for Mom
- Will recommend to other patients
- Wonderfully caring and supportive – 5 stars all around!

Att'n TTNC Members and Groups . . .

The excellent posters on Therapeutic Touch® in Hospice Palliative Care and in Dementia from Baycrest Hospital in Toronto (printed in previous issues of this newsletter) could be a real highlight of your displays at presentations, conferences and health fairs, as well as used for teaching..

To receive a 'pdf' of the posters . . .

please contact your Newsletter Rep on page 2 or the editor

Staples store will print copies on heavy glossy paper

which can be fastened onto poster board

18"x 24" for under \$20.00,

2' by 3' for about \$35.00

"Imbalanced Energy Field" Approved as a Nursing Diagnosis

The American Holistic Nurses Association (AHNA) is celebrating! The North American Nursing Diagnosis Association International (NANDA-I) recently announced approving the "Imbalanced Energy Field" nursing diagnosis. It was submitted in 2016 by the AHNA NANDA-I Energy Task Force chaired by Noreen Frisch PhD, RN, FNI, FAAN.

This nursing diagnosis will support registered nurses – performing energy modalities – in documenting their client's responses in the health record.

A survey for Registered Nurses (deadline March 10) was designed by members of the AHNA Research Committee to determine the barriers, prevalence and learning needs related to the implementation and use of energy healing modalities within institutional clinical practice. AHNA will be compiling the survey results to share with AHNA members and non-members as an initial step in assisting with providing resources toward implementation with institutions using energy modalities.

The survey includes practitioners of Healing Touch, Reiki, Therapeutic Touch®, Barbara Brennan and Rosalyn Bruyere schools, Polarity Therapy, Cranio-sacral, Qigong/Tai Chi.

Our Experiences With Therapeutic Touch

www.myelomacanada.ca/en/about-multiple-myeloma/what-is-myeloma

Multiple Myeloma

Multiple myeloma, commonly referred to as myeloma, is a **cancer of the plasma cells found in the bone marrow.**

A plasma cell is a type of immune cell that produces antibodies to fight infection. Its cause remains unknown.

Although myeloma remains relatively unknown, its prevalence is increasing. There are over 7,500 Canadians living with multiple myeloma. With the aging population (the average age of diagnosis is in the mid-60's) the number of patients will continue to increase. Although there is yet no cure, with increasing research and emerging treatments the overall outlook for patients is improving steadily.

Good cells gone bad: Cancer begins when cells in part of the body become abnormal and multiply uncontrollably. In myeloma, something is wrong with plasma cells. Genetic material (DNA) is damaged during cell development. The plasma cells become abnormal and multiply out of control. As a result:

- Too many plasma cells are produced and crowd out other types of cells that our body needs to be healthy.
- The abnormal plasma cells only produce one type of antibody, known as paraprotein, that serves no useful function. Multiple myeloma is actually often diagnosed and monitored through the measurement of this paraprotein.

Where "multiple myeloma" gets its name

Unlike most cancers, myeloma does not exist as a lump or a tumour. Instead, the myeloma cells multiply in the bone marrow, which prevents it from doing its job properly and interferes with the production of good, healthy red blood cells, white blood cells and platelets.

As a result, myeloma affects places in the body where bone marrow is normally active – i.e., the bones of the spine, the skull, the pelvis, the rib cage, the long bones of the arms and legs, and the areas around the shoulders and hips – which is why it's often referred to as "multiple" myeloma.

Most of the symptoms and complications associated with myeloma are caused by the build-up of abnormal plasma

cells in the bone marrow and the presence of paraprotein in the blood and/or urine.

The relapsing-remitting nature of multiple myeloma

Multiple myeloma is what is known as a relapsing-remitting cancer. That means it alternates between:

- periods during which myeloma causes symptoms and/or complications, and needs to be treated, and
- periods of more stable disease during which myeloma does not require treatment (remission).

TTNO teacher Doreen Sullivan was diagnosed with Multiple Myeloma last year. During her chemo she maintained a positive attitude. When taking medications she focused on their healing ability. She had no nausea and little hair loss. Most of her pain involves long bones.

She received *hands on* sessions in her home and from her Branch when she was at meetings. Much of her experience however, was through Distant TT, which she found gave great relief. One practitioner – a close friend – could sense when she was in pain and would phone to confirm, then send healing. Two other TTers did daily distant healing, one in the morning, the other in the evening.

Although she was very tired much of the time, with frequent naps required, Doreen feels that the Distant TT gives her an amazing "bank of healing" from which she can draw as needed.

Although she is now in remission, she feels that "bank" is still there for her to use. . . offering great comfort and on-going healing.

Each issue will bring you the experiences of Therapeutic Touch® practitioners and/or recipients working with specific conditions.

What would you like to see here?

Let us know your experience... if you need help please contact your Regional Newsletter Representative (p.2)

IMAGERY to use in Life-Limiting Situations

If you can, imagine that you are surrounded by an egg-shaped circle of light ...from above your head to below your feet.. fresh and white... light that surrounds you and protects you. The light is also within.... guiding your thoughts and supporting your understanding ... you, aware of the light, sensing and being with the light for a little while, ...light supporting you...calming you.... soothing you..... easing you.

Feeling your own breathing and being aware of the in-breath coming in to your body, feeling it moving in.... and out... of your body... sensing it bringing in healing and feeling the breath moving to any parts of your body that may feel stress or discomfort.... continuing to breathe evenly.... soothing the areas inside you with a peaceful calm... letting the breath move through any distress until the discomfort is lessened ... and only calm is noticed ... breathing now without direction, just easy and even and calm...

Knowing the light is all around you, like a cushion of energy... holding the answer to your need, holding all you ever needed ... This cushion of energy... all around you, supporting you and uplifting you completely... this cushion holds, for you, all the love that ever has been sent your way by your family... from the time your birth was anticipated, you were thought of and welcomed with love... the family you now have and any member of family you ever have been connected with.... and this cushion of light holds all the love and regard and acceptance of friends, new friends and old friends, even those you may not have seen for a long time.... still, the love and regard they have felt for you is there, in the supportive cushion of energy around you.

The affection and love of childhood friends and playmates... it's all there, surrounding you, uplifting you...holding all the joy and gaiety of play time and movement, freedom and freshness... all there for you, stored in your childhood joys and delights There, too, is all the appreciation of those you have helped in your working life... clients ...coworkers....and those who looked to you for help and support... their regard is held in the cushion of energy... so too are the feelings of appreciation and nods of acknowledgement for favours extended or help supplied... this is all there for you, in the energetic cushion.

All the loving trust and loyalty of any pets you have ever had, or been connected with... that energy is there, too, never lost, activated by your memory and adding to the strength of this cushion ... adding to your peaceful ease and inner comfort.

There too is the love and regard of sweet spirits... those who may have passed on yet love you still...precious love and regard that is flowing your way even as you are remembering those dear and loved ones.... all the guardians and guides and angels ... their love extends through the distance between you and you realize it is no distance at all... their love can be felt now, around you, within you.,... pure thought which carries all the love they send you, without condition...

This cushion.... full, supportive and as strong as it needs to be.... all there for you, to support you and strengthen you, offering a supply of sustenance ... and peace.... and calm and healing throughout the whole of your being.... all the collective of peace and love you ever could need.... a supply to draw on for so long as it is needed, and beyond all need.... Never failing... always available ... holding you... soothing you, strengthening you .., sustaining you... bringing you all the peacefulness of mind and heart you ever have longed for... all there... for you...keeping you safe and knowing you can access it whenever you choose to... and knowing in a deep place within you, that you are better for this.

And so you are, and so you are.

Adapted with thanks from the work of Belleruth Naparstek.

by E. MacKay 03/05 Revised 2010/2015

Sharing Therapeutic Touch for Self Care

by Crystal Hawk, MEd, RT



After 12 years teaching both Emotional Freedom Technique (EFT) and Imagery at The Toronto Gilda's Club – for those living with cancer – I was well acquainted with this population and their needs. It occurred to me that I might develop some way to teach them Therapeutic Touch® for their own self care. Over the past four years I've been doing just that in two hour sessions over six weeks. Members are using several methods to treat themselves - both to remove pain and support healing.

Without learning Assessment they have learned to use Unruffling, energize cotton, the Blue Bottle Imagery and the Hand/Heart Connection®. Learning how to do these modalities has encouraged self confidence which in turn has promoted their health and wellness. Gilda's now sports a monthly TT Practice Group. In the Breakout at the recent TTNO Conference I shared what worked well, what was not taught and I helped the TT practitioners who attended to plan their own similar course for a population of their choice.

Eighty-four TTers attended that Breakout session sitting in groups of 6. My first question was whether they gave themselves TT and if they did, where did they learn how to do this? Fifty-nine practitioners reported that they did give themselves TT; thirty said they learned how to do that in their Basic Levels, 17 figured it out for themselves and someone had shown 8 of them. *Less than half of them were given the encouragement to give themselves TT!* It would be so helpful if this could become a regular part of our Level I teaching.

Twelve of the fifteen groups handed in their suggestions for a chosen population and their proposed curriculum. Suggestions of populations to teach TT for Self Care were:

- children 6, • pain, chronic or children 3,
- caregivers 2, • teenagers 3, • Seniors 2,
- young mothers 2, • pre-natal mothers 1,
- families 1, • cancer patients 1,

and one group said "anyone who is interested"!

Most said they would leave out: definitions, assessment, terminology, the history of TT and one said "The less you say the better".

They suggested teaching in various number of hours and weeks depending on the population. One TTer said she realized that she has been teaching TT for Self Care to many in Hospice, in the community and to family members, and this Breakout *put a name to what she has been doing*. I'm sure that was true for many who attended and for many who are reading this article.

In Ontario this Program has already been presented twice in

Oshawa at a Cancer Clinic, in several Toronto churches, and in several clinics and offices by TTers who were working there. It is also presently being taught at the Better Living Community Centre in Toronto where the TT facilitator is being paid.

Forty-four attendees requested the Handouts which myself and others have been using and I will be happy to send them to any who make that request. However, I think it would be good for TT practitioners who plan to teach "TT for Self Care" to create their own handouts. The beauty of using mine, however, is that all the information comes from either former Practice Days or from my own specific TT workshops and therefore have been approved by the TTNO.

The handouts are only part of the story. Facilitators will have to be creative in planning exercises that fit their chosen population. Those who attended the 2016 Ontario Practice Day found it a big help. The focus of that day was teaching TT to family members and friends. Alison Cooke and I designed that Day and offered several easy TT exercises for family members.

They learn that they can take their power back and begin helping themselves in other ways. People ask me what the Gilda members actually achieved by attending these seminars on TT for Self Care. Almost all cancer patients lose their inner power when they are diagnosed and usually turn all their power over to the medical world. In addition to the self confidence they developed in their ability to help themselves, they learn that they can take their power back and begin helping themselves in other ways.

For many of them it has made a tremendous difference. About 10 of them have taken the 6 week seminar from 4 to 6 times. Those are excellent practitioners and attend the Gilda Branch Group monthly. Although the course is to teach Self Care they practice on each other to learn Unruffling and very soon they are giving excellent Level 1 TT sessions to others. I always play the TTNO's DVD showing how to use TT on others. These are important to the success of the Program.

I show two DVDs during the course. I open with the one from the East¹. In it Rev, David Maginely talks about using TT in hospitals. I don't know the members religious affiliations and feelings about hands-on-healing, his words create a sense of 'OKness' in using TT. On the final day I show the DVD created by the TTNO.²

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It's important for me to keep remembering that these students are not going to be practitioners and that is they are not planning to give TT sessions professionally. I am constantly amazed at how quickly and with little direction, they pick up aspects of hands-on-healing. I never teach sending energy to a person yet with very little direction they are all able to send energy into the cotton washcloth I give them so they

Cont'd on P. 12

My Awareness of *Care150* in Ontario . . .

Usually when I go to the hospital and offer a Therapeutic Touch® to a patient on request, I just quietly go in, give the session and leave.

This time when I went to the hospital to offer Therapeutic Touch sessions I took advantage of wearing my "Ask Me About" badge and my name tag!

. . . . And I dropped off some brochures!

The staff there are – of course – extremely busy. But even if it only 'sparks' or 'hooks' one person or patient on this wonderful complementary energy modality it's worth the effort!

I advertise Therapeutic Touch on my car as well – the window sticker and licence plate cover (old TTNO logo, but it says "Therapeutic Touch" and the hands attract attention). Every little bit helps. Just a tidbit to inspire others!

Claire Massicotte, TTNO RP, Windsor, ON

A Therapeutic Touch Student Reflects on Her Level 3 Experience

"I was dreading this weekend so much. I didn't know why I agreed to take level 3 and I was mad at myself for doing so! I felt so unprepared. I hadn't practiced my Therapeutic Touch on anyone. I didn't want to. I didn't have the confidence.

The day before the level 3 workshop I tried to make peace with it. I stayed up all night, I promised myself I was going to study. I did the quiz and read only a few pages.

Saturday morning when I arrived at Julia's house, and sat in her living room, it felt really nice and I thought "Oh yeah, I remember this. I had a lot of fun last time." And as the workshop started I was more and more at ease. I learned so soooooo much this weekend.

We were 4 students all together and it was really interesting sharing and exchanging our experiences. I realized that I wasn't the only one feeling unprepared. I'm so glad I came and didn't cancel. Julia is an amazing teacher and she always creates a wonderful atmosphere. I felt very comfortable. I loved what I experienced and learned this weekend. It was so much fun. I liked sharing my thoughts and experience with you.

Of course you can share my thoughts. . . .

I think I am going to move forward with the training. So much amazing info. Such wonderful experiences!!

To Level 2 students . . . *Take level 3!* It's awesome! The exercises are amazing. And everyone is like-minded so you make new friends and new connections. It's really fun!

One exercise I really thought was interesting was where we had to try to enter someone's field when we weren't allowed to! I learned a lot this weekend.

Thank you! Parisa

Submitted by Julia von Flotow, TTNO RT

Sharing for Self Care, *cont'd from P. 11*

can create a "generator" for themselves. They do this easily and use them constantly for pain and general comfort.

I have never taught them TT at a distance. Yet when one of the members was ill with a bad cough and sinus and unable to attend my class, I suggested to my class that we send her a distant TT session. This was not even in a TT class! I was teaching EFT at the time and half of that class had studied "TT for Self Care". I told the others to think of sending love.

With the sick member Amy, I had set up a time of 4:50 to receive a group distant TT. We didn't get started till 4:55. The next day Amy sent me this note:

"Yes, I did feel something. I was in position as planned at 4:50 (actually 4:45 to be ready) and at 4:55 I felt my sinuses drain and my head felt much clearer. I was much more relaxed and almost drifted off to sleep. I stayed still till about 5:30. Thank you so much! To you and all the participants. It certainly made a difference."

Several of them told me recently that they gave a TT to a hospitalized fellow Gilda member. Knowing how to do this healing modality is a great confidence builder for them all. I hope that many of you will decide to begin teaching TT for Self Care to a population of your choice.

I am always available for consultation with those who need to talk about what and how they plan to teach. Good luck and I would love to hear from you about what you plan to do in this regard and any report of what you have done.

Crystal Hawk is the co-founder of The Therapeutic Touch Network of Ontario. A popular presenter, she teaches a variety of innovative workshops.

416-922-4325, crystal.hawk@sympatico.ca.

http://www.therapeutictouch.com/tt1.html

At the recent TTIA Congress 2017, Crystal was the recipient of the TTIA International Award for her groundbreaking work in Canada.

1. Kari Mitchell is the creator of this DVD. Find it on the website under products at www.kokreatove.org.

Contact her at: 902-463-8360. E-mail: Kari@KoKreative.org

Address: 9 John Cross Drive, Dartmouth NS B2W 1X1

Cost: \$27 plus shipping - total is about \$29.10.

DVD is mailed out to you with an invoice.

2. The Order Form for this DVD is on their website at www.therapeutictouchontario.org. Cost: \$25 plus \$10 shipping. TTNO phone is: 416-231-6824. Office open Tues and Thurs.

Any sufficiently advanced technology
is indistinguishable from magic.

Arthur C. Clarke

Dr. Gladys McGarey's 10 Commandments of Wholeness

"Dr. Gladys" feels that prevention is the best way to ensure sound body-mind and spiritual wellness.

This article has been reprinted with permission of the BCTTNS "Shifts in Energy", Winter/16,

1. Be positive. Give yourself something to live for. What we think is often what we become. When the body is truly diseased, there is still a part of the body that is functional and capable of turning things around with the proper incentive. [burning desire to get well]

2. Love yourself without being indulgent. You are the center of your universe. Keep the center strong to enable you to help someone, including yourself, especially if you are a caregiver.

3. Be forgiving. Malice and judgment tends to put a strain on mind and body, depletes the spirit and leads to disease and premature aging.

4. Keep your life balanced. The metaphysician, Edgar Cayce, said, "Spirit is the life, the mind the builder, the physical the result." If any aspect of your person is overemphasized, other aspects of your life may be slighted.

5. Take time to meditate and pray. In meditation, you listen to God. In prayer, you talk to God. Both practices bolster your connection with the universal world. Give yourself some quiet time and get to know your 'physician within'. Pray for love. It instills courage and fosters serenity. Without love there is no real healing, a healing that reaches deep into the spirit. The spirit within, responds to that love, which transforms the ordinary into the extraordinary and the common into the divine. The physician within is always there for you.

6. Listen closely to whatever message your body has for you. Use common sense and take care of your body. Exercise daily, if only for ten-fifteen minutes. Keep your body firm and resilient, keep your circulation moving, the blood and lymph bring nourishment and strength to your bones. Without exercise, osteoporosis, a brittleness of the bones becomes a geriatric problem. The push/pull of flexible muscles will keep bones from drying out.

7. Look for joy and humor in every situation. It is indispensable to our health. Laughter stimulates the adrenals and activates the immune system. Ask the Lord for help and He will give you strength; out of life's trials come opportunity for growth.

8. Breathe deeply. There is nothing more important to our well-being than the air we breathe. Breathe in health and breathe out illness. Breathe in hope and breathe out fear. Breathe in love and breathe out anger. Your body and mind will respond. You'll feel like you are walking on air and you will be.

9. Dream yourself into health. Tell yourself that you will dream when you retire for the night. Soon you will be having dreams significant to your health and well being. Write the dreams down right away or they will dematerialize as in mid air. The physician within guides the sleeping patient's subconscious mind into problem areas that their conscious mind has been grappling with.

10. Know that healing comes from within. Every cell in the body has an innate intelligence of its own, responsive to the body's subconscious impulse to heal. The automatic response can be reproduced anywhere in the body by giving the patient access to the physician within. The subconscious mind directs the healing alpha waves to the diseased cells. I have seen it work a thousand times. All it takes is faith and fortitude, and an open mind.

Dr. Gladys Taylor McGarey presented at the 2015 TTI Congress in Seattle, WA. Internationally recognized as the Mother of Holistic Medicine, she is board certified in Holistic and Integrated Medicine and has held a family practice for more than sixty years.

She is the co-founder of the American Holistic Medical Association, as well as the co-founder of the Academy of Parapsychology and Medicine. She was the first to utilize acupuncture in the U.S.

View her at: <https://www.youtube.com/watch?v=yurGrbXRYQU>

My Story by Dr. Karen Carbone, RN, ND

I was on an airplane last week and a woman was having respiratory difficulty so they called for medical assistance from the other passengers. Of course I responded...as well as an Emergency Room physician. The two of us worked with her. She didn't have a rescue inhaler but did have her *Combivent* so we had her take a couple of puffs of that. The airline is very reluctant to use oxygen, so we did the best we could by giving her steam to inhale, etc. Her breathing remained challenged, however.

I asked the physician if he was familiar with Therapeutic Touch, to which he replied no. But, at that point, he was willing to try anything. I began to work with her field and over the next 10 minutes her breathing improved, no longer labored or tight, and she fully relaxed. The physician was amazed and said he wanted to know more about this technique. So, I gave him my email and encouraged him to contact me for more info.

The paramedics had been in touch with us during the flight and they were waiting when we arrived, coming to the door with their stretcher and gear but the woman was able to walk off the plane on her own. The EMT's were dumbfounded.

And so, TT comes to the rescue. Warmed my heart in a big way!

Reprinted from TTIA's "Cooperative Connection", Winter 2017



Bookworm's Food for Thought



It's the 30th Anniversary of Hay House Publishing! Back in 'those days', when nobody had heard of Hay House, we had to beg authors to let us help them produce a book or audio tape.

Hay House was founded in 1984 by Louise L. Hay to self-publish her first two books, **Heal Your Body** and **You Can Heal Your Life**. Then in 1988, she appeared on the Oprah and Phil Donahue talk shows in the same week, turning her into an overnight success.

The amazing thing was that what she said was *so right!* Many of us who were counsellors or therapists at the time, had it in our libraries to consult when a client was presenting 'challenges'. They publish so many of our favourite authors: Joan Borysenko, Deepak Chopra, Gregg Braden, Carolyn Myss, Marianne Williamson. Now they have Balboa Press – Hay House's self-publishing division, which gives self-publishing services with Hay House expertise. *If you are writing a book - go there!*

Her latest book, **I Can Do It**, includes a CD) teaches us to pay attention to our thoughts so that we can begin to eliminate the ones creating experiences that we don't want. Go to: www.hayhouse.com AND www.hayhouseradio.com/

We get Letters ... and Comments!

Thank you for the article in the Winter/2017 newsletter 'Baycrest Article re Therapeutic Touch Use in Dementia Published'. I was 'googling' something last week and clicked on Wikipedia's definition of Therapeutic Touch. I was really irritated that the 'Emily Project' was in this section, not once but twice. The scientist who cited this research is likely a skeptic but this was the only research he cited to refute Therapeutic Touch. I know people reading it won't be aware of this.

I had seen that experiment years ago on television and I remember wondering how the medical community could hold this child's experiment up as an example? I just shook my head. Back to Wikipedia, in the sidebar of this page, were links to instructions on how to cite research and insert it into a Wikipedia page. I thought why don't we do that? We have research on Therapeutic Touch, certainly a lot more now than we did back in 1996!

At this point you are probably thinking I am asking a lot or I don't know what I am talking about. I am not a researcher. I have a diploma in Nursing from 1986. Although I have been practicing Therapeutic Touch since 2005, I am just this year seriously taking steps towards Recognized Practitioner. So, yes, I don't know much about research but I do believe in Therapeutic Touch, the Therapeutic Touch community and our reputation.

Well thank you for reading my 'rant'. I just wanted to share my thoughts with you.

Sherry Crann-Adair, Coordinator, TTNA

Editor's Reply - Apparently the TTIA has investigated the 'Wiki' process of keeping something 'up front' and discovered that it is quite an on-going process. The 'debunkers' (who call themselves Skeptics) constantly make sure it is there.

~ ~ ~ ~ ~

I am taking this opportunity to say HELLO from Germany!

You asked in the last TTNC newsletter if anyone reads it. YES, I definitely do. Both newsletters actually. There are great articles in there. I love both newsletters!! (including TTNO's in TOUCH)

Little did we realize back then in Brampton. . . even less did I know back in March 1994 when I took my first class with you in Toronto. It was a class of about 30 students, and I was *the only one who was not a nurse* and that is why I would never be able to learn TT! And the weird things you told us and showed us!!! Remembering, I sometimes wonder why I stayed with it, or rather, *why it stuck with me!* I guess there were some higher powers who had their fingers in the game there. It feels so good to remember . . .

Heike Rahn, TTNO RP, Boetersheim, GERMANY

~ ~ ~ ~ ~

Re Winter/17 . . . It's an awesome edition!

I loved the Alzheimer's anecdote with the nun and the book review. I was moved to tears by David Maginley's writing!
Thank you, Lynn Vukosavljevic, TTNO RP

A Response to Common Skepticism.

by David Maginley, Chaplain VGH, ATTN RT

An excerpt from his book,

“Beyond Surviving: Cancer and Your Spiritual Journey

The idea of an ‘energy field’ emanating from a body has remained – to the scientific community – an oddity at best and Our ability to affect the body through the power of the mind has long been relegated to the scope of psychics and religious mysticism. This *material reductionist cultural perspective* on what it is to be a living being, is the backdrop against which Therapeutic Touch®, and other modalities, struggle, and that will likely be the case until a complete paradigm shift occurs from a materialist-based reality to a consciousness-based one.

Though that shift began over 100 years ago with the advent of quantum physics, it is still difficult to find studies on energy field therapies that meet the rigorous standards of academic publication. There are several reasons why this is simply not practical:

- practitioners are rarely versed in research methodology, resulting in poorly designed experiments;
- studies of the size preferred for publication are expensive;
- phenomena which explore the effects of consciousness tend not to lend themselves to replication but are one-time events;
- it is difficult, if not impossible, to account for the variability of consciousness itself, an enigma that does not fit into the scientific model.

Removing that variable as much as possible has resulted in a few very good studies. One examined the effect of healing energy on bone cancer. The cancerous bone cells sat in dishes alongside healthy tissue. Therapeutic Touch was performed twice a week for ten minutes. The samples that received treatments had *a significant increase in healthy cell growth for the normal tissue, while the cancer cells had a greater rate of cell death*. By examining the effect on cells in isolation, the researchers removed many of the variables that emerge with a human subject.¹

Research on human energy fields

can be traced back through the decades. In 1935, Dr. Harold Saxton Burr, professor of anatomy at Yale School of Medicine, stated in a classic paper, “The Electro-Dynamic Theory of Life,” that “the pattern and organization of any biological system is established by a complex electrodynamic field.”² In his book *Blueprint for Immortality*, he explored what he called L-fields, or life fields. “The Universe,” he wrote, “...is organized and maintained by an electro-dynamic field capable of determining the position and movement of all charged particles. For nearly half a century, the logical consequences of this theory have been subjected to rigorously controlled conditions and met with no contradictions.”³

Burr advanced the theory that illness began with subtle changes in bioelectric fields caused by *dissonance* with fields in the local environment.

While it has long been known that activities of cells and tissues generate electrical fields that can be detected on the skin’s surface, the laws of physics demand that any electrical current generate a corresponding magnetic field in the surrounding space. Since these fields were too tiny to detect, biologists assumed they could have no significance on the body.

This picture began to change in 1963

when Gerhard Baule and Richard McFee of the Department of Electrical Engineering, Syracuse University, detected the biomagnetic field projected from the human heart. In 1970 David Cohen of the Massachusetts Institute of Technology confirmed the heart measurements, using a SQUID magnetometer (Superconducting Quantum Interference Device). By 1972 Cohen had improved the sensitivity of his instrument, enabling him to measure magnetic fields around the head produced by brain activities.⁴

Subsequently, it has been discovered that all tissues and organs produce specific magnetic pulsations, which have come to be known as *biomagnetic fields*. Photomultipliers can also detect the human energy field by measuring light particles emerging from the hands and foreheads. That field is strongest at the heart, and when one achieves a harmonious link between the brain and the heart, this field leaps out from the individual to affect the local environment.⁵

Others have confirmed these findings

Orthopedic surgeon Robert Becker developed a device that mapped out the electrical resistance on the body, and it corresponds directly with the Chinese map of the energetic anatomy, complete down to each meridian line and acupuncture point. Becker and others confirmed what had been known for thousands of years: this energy field alters in shape and strength with physiological and psychological changes. It responds to the environment and to other people’s energy fields. *Every aspect of who and what we are is reflected in the field*.⁶

Ironically, human energy fields have been a component of biochemistry education since at least 2000. Biochemist Albert Lehninger, author of the standard reference, *Principles of Biochemistry*, explains that cellular processes throughout the body happen almost simultaneously, not through chemicals or hormones but via biophotons. Low-level light emissions are a common property of all living cells, with up to one hundred photons of light emitted every second for every square centimeter of area. That’s very, very faint, yet it takes the absorption of only a single photon to close one thousand or more ion channels and change the cell membrane’s electric potential.⁷

This ability of cells to communicate with light is now being explored through the field of *optogenetics*, in which biological processes are controlled and manipulated through the introduction of photosensitive proteins that react to light shining both inside and, surprisingly, outside the body.⁸ →

Response, cont'd from p. 15

For those working with the energy field through modulating their own consciousness – as is the case with Therapeutic Touch – compassionate presence turns out to be so much more than kindness. It is the active engagement of one's own bioenergetic field, one that is infused with wisdom and power, to assist another person in restoring health and vitality.

The strongest field, interestingly, comes from the heart. The Institute of HeartMath has done extensive work in this area, demonstrating that *the heart's electromagnetic field can be many times stronger than that produced by the brain*. It can be measured several feet away from the body.⁹

Dr. Margaret Moga, associate professor of anatomy and cell biology at Indiana University School of Medicine, conducted her own experiments that verified shifts in the 8–10 Hz range of the magnetic field emitted by practitioners performing healing treatment.¹⁰

All disease, indeed all metabolic processes, first starts at the level of subtle energy. Before any chemical reaction can occur, at least one electron must be activated by a photon with a certain wavelength and enough energy. Therapeutic Touch operates on this principle, with the practitioner as the instrument mapping out the electromagnetic balance of the body and modulating energy through the quality of the practitioner's own consciousness to initiate resonance and achieve balance.

This may be helpful as well. An attached summary shows that of 9172 patients and 79 family members who received TT, almost 100% rated it as a very good/excellent experience. Comments summarized as well.

The doctor commented that when TT helps, it's "just" the placebo effect. I agree, but we need to understand what that effect is – *the body healing itself*. We teach that TT practitioners are only supporting the body's natural healing process. Our complete and compassionate presence, however, activates something more than mechanical processes of healing. To really grasp the implications of this, watch https://www.youtube.com/watch?v=LWQfe__fNbs
The one main factor which initiates the healing placebo effect is *the compassionate care of the health care provider*.

The other material looks at the existence of the biofield. This information focuses on *the mystery of consciousness to initiate balance and healing in the body*. Wrapped up together, the effect is profoundly wise, elegant and effective in facilitating healing.

David Maginley, M.Div, CSCP,

Spiritual and Religious Care Nova Scotia Health Authority

davidmaginley.com

You may sign up on his website to receive a free chapter of his book, or purchase it at https://www.amazon.com/dp/0995881111/ref=cm_sw_r_cp_a_pi_Pv6.ybQSZPZ7W

For more information on the human energy field, explore:

- The Electricity of Touch: Detection and measurement of cardiac energy exchange between people
- Achieving collective coherence: Group effects on heart rate variability coherence and heart rhythm synchronization
- Energetic Communication

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Mark your calendar now!!!!

2017 TTNO Annual Conference and AGM

October 13-15 Kempfenfelt Centre, Barrie, ON

➔ **Special Guest ~David Maginley, M.Div, CSCP** Chaplain VGH, ATTN RT

Teachers Day, Mon, October 16

For more information please visit:

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Real “Quantum”, Real Healing

by Grant Hallman, B.Sc., Ph.D.

How often have you seen the claim that modern science, especially quantum mechanics (QM), supports or proves that energy healing works? I see it from time to time, and every time I see it, I have to cringe inside. Why? Perhaps it's that I studied QM for 10 years at University of Toronto and received a Ph.D. in it in 1971, and started learning TT in 1984, which probably makes me one of a few people with qualifications in both fields. And for the last 32 years I've been watching for something that objectively links the two disciplines, without finding anything remotely quantitative. I do see things that sound qualitatively similar, until I look closely - and then the similarity just disappears.

What does “quantum” actually mean to a scientist?

It simply means a quality which comes in discrete amounts, not in any old fraction one pleases. When I'm making my Grandma's waffle recipe, I can add two cups of milk, or 3.14159 cups, or any amount I choose. But when I'm adding eggs, it's one, or two, or three eggs, never 2.71828 eggs. So a QM scientist would say eggs are “quantized”, whereas milk is “continuous”.

QM studies things as small as atoms, and attempts to explain how they interact. In that world, many properties, such as energy and angular momentum, are measurably “quantized”. It's a truly strange world, where things can seem like a particle one moment, and a wave another moment; a thing can seem to be in several places at once, or in a place it should not be able to reach, or no specific place at all; and above all, where objective, measurable truth often seems at odds with common sense and everyday experience.

Nevertheless QM's predictions have been borne out whenever tested, and appear in practical applications which are part and parcel of our everyday world. Cell phones, LED lights, computer chips, all depend on QM effects. No field of science, with the possible exception of Special and General Relativity, has been so thoroughly tested in so many different ways and verified to so many decimal places as QM has been.

I vividly recall the sense of wonder as an undergraduate studying the Schrodinger Wave Equation, the mathematical heart of QM. Starting with a few basic assumptions about atoms, and a page of not-too-complex math, the entire Periodic Table of the Elements fell elegantly, almost inevitably, into place - the very nature of everything we see around us, revealed as a set of basic mathematical relationships.

So what are some of the things that seem similar between QM and energy healing? One is the real phenomenon of “quantum entanglement” (QE), which Einstein famously called “spooky action-at-a-distance”. Does that remind you of “distance healing”? Well, kind of - but so does having a conversation over cell phones. Are they the same phenomenon? Not by a country mile.

QE is typically observed with individual atoms or photons, never whole people or a “human energy field”. There are a few cases of “macroscopic QE”, i.e. “big enough to see”. They are newsworthy because they are so rare, and typically involve ultra-frigid temperatures, laser beams, powerful magnetic fields or other special circumstances. Do any of those circumstances remind you of a TT session? Me neither.

The Heisenberg Uncertainty Principle (HUP).

is another “analogous” phenomenon. It tells us that both the position and momentum (or speed) of an object cannot be known accurately at the same time - in fact it tells us that at a sufficiently small scale, the qualities we call position and speed simply do not exist simultaneously. This means that to measure something at a small scale, is also to alter it.

This reminds me of the well-known effect that Assessing someone's energy field, changes the field. Again the phenomena are analogous - but they are not the same phenomena.

At the scale of an atom, HUP is so important it determines how atoms form chemicals. But if we're looking at something as massive as, say, a single grain of table salt, which may contain 1,000,000,000,000,000,000 atoms (that's a billion, billion atoms), the effect is too small to measure.

Why is it important to keep such a very clear distinction between things being like one another, and things being the same as, or “proving” one another? Because the truth matters. *By claiming quantum mechanics “supports” energy work, we make TT look absurd to actual scientists, and feed the claims of Skeptics.*

We have no more right to claim quantum mechanics proves energy healing works, than we have to claim that TT always cures cancer - and I submit we should make neither of these claims, for exactly the same reason - they're untrue, and damage TT's reputation.

Of course I'd love to see some kind of scientific proof that energy healing “works”. But it's just not there, not from QM, not in the quantifiable, objective and reproducible way that science means by “proof”.

After years of practicing Therapeutic Touch®,

I remain content with the everyday miracles we experience as healers. Energy which follows intent, *real healing* which follows that energy, *real confirmation* of benefit from clients.

I am so glad we don't need lasers, refrigeration or other scientific equipment other than our own selves, to engage that energy and those miracles, nor big scientific-sounding words, to validate what we already know works.

Grant is an original TTNO member and a Recognized Teacher who lives near Huntsville, ON

Dr Franz Anton Mesmer

By René Dosen



Welcome to the first article about energy healing pioneers.

Energy healing is as old as humanity, and it is considered that acupuncture is one of the oldest forms of that discipline. According to some historians, acupuncture appeared around 100 B.C.

Franz Anton Mesmer is the first Western scientist who not only started researching energy healing, but also treating patients with it (where he used his hands as the only tool in his practice). Later, when he was doing treatments for the groups, he invented what he was calling a “baquet”.

An English physician who observed Mesmer described the treatment as follows:

“In the middle of the room is placed a vessel of about a foot and a half high which is called here a “baquet”. It is so large that twenty people can easily sit round it; near the edge of the lid which covers it, there are holes pierced corresponding to the number of persons who are to surround it; into these holes are introduced iron rods, bent at right angles outwards, and of different heights, so as to answer to the part of the body to which they are to be applied. Besides these rods, there is a rope which communicates between the baquet and one of the patients, and from him is carried to another, and so on the whole round. The most sensible effects are produced on the approach of Mesmer, who is said to convey the fluid by certain motions of his hands or eyes, without touching the person. I have talked with several who have witnessed these effects, who have convulsions occasioned and removed by a movement of the hand...”

Mesmer was born in the village Iznang in Germany (on the shore of Lake Constance) in 1734 and studied to become a medical doctor in Vienna, Austria. After graduation, he married a wealthy widow Anna Maria von Posch and established himself as a physician. He also became a patron of the arts and at one point is said to have arranged a performance in his garden of Mozart’s one-act opera. Mozart was only 12 years old at that time. Mesmer’s career in Austria came to an abrupt end after unsuccessful treatment of blindness that caused a scandal.

One year later, he moved to Paris, France where he established a medical practice in a wealthy part of the city. Very soon after his new beginning in Paris, people were divided in two groups: one believing that he was a charlatan and the other believing that he made a great discovery.

In his first years in Paris, Mesmer attempted to get the approval of Royal Academy of Sciences or Royal Society of Medicine for his newly discovered theories. The only one

physician of high professional and social status that became Mesmer’s student and supporter was Charles d’Esion. He encouraged Mesmer to publish a book about animal magnetism and this helped at least initially to bring him recognition and even most importantly new clients.

Like many researchers throughout history, he discovered that inside human body there is energy that when blocked or in excess could cause illness and that that same energy can be manipulated (by hands, acupuncture needles or similar) and thus restore the body to perfect balance and when that happens, we become healthy.

Asian people called this energy chi, qi or ki and Mesmer believing that stars and planets influence our bodies, called it animal magnetism. It is important to clarify that in this context, the word “animal”, coming from the Latin word “anima” means “magnetism of the soul”. The practice of helping clients with this technique was called magnetism or mesmerism and practitioners were called magnetizers or mesmerizers.

In 1784, King Louis XVI without Mesmer’s request formed a commission that was made of celebrity scientists of that time, such as chemist Antoine Lavoisier, American ambassador Benjamin Franklin, physician Joseph-Ignace Guillotin (yes the inventor of a guillotine) and some other scientists that are less known today. Even though the commission never concluded that mesmeric treatments did not work, their main reason was to see if that fluid or energy that Mesmer was talking about really existed or not. The conclusion was that this was not the case.

That fact – that they could not find any proof of existence of energy or fluid in the human body – is being used even today to “conclude” that any energy treatment’s success is purely because of the placebo effect or the fact that the recipient of the treatment believes that such treatment would help. Only one member of the commission – the botanist Antoine Laurent de Jussieu disagreed with the conclusion of their official report. He declared Mesmer’s theory credible and worthy of further investigation.

Even though the commission never directly investigated Mesmer (they investigated the practice of Charles d’Esion), Mesmer was soon driven into exile. He continued to practice in Switzerland for a number of years and eventually died in 1815 in Meersburg, Germany.

Although Mesmerism is believed to be the same phenomenon as hypnosis, practitioners of hypnotism can rarely accomplish pain reduction that can rival the outcome of the typical practitioner of mesmerism. Scottish doctor named James Esdaile performed pain-free surgeries (or more correctly amputations) and had mortality rates far lower than any other surgeon at the time when anesthesia was not even invented.



Mesmer, cont. from p.18

This is Dr Esdaile's report from 1846:

I beg, to state, for the satisfaction of those who have not yet a practical knowledge of the subject, that I have seen no bad consequences whatever arise from persons being operated on when in the mesmeric trance. Cases have occurred in which no pain has been felt subsequent to the operation, even the wounds healing in a few days by the first intention; and in the rest, I have seen no indications of any injury being done to the constitution. On the contrary, it appears to me to have been saved, and that less constitutional disturbance has followed than under ordinary circumstances.

There has not been a death among the cases operated on

Typical patient in mesmeric state went to deep sleep where they could come up with the best course of treatment or substance needed to cure them (it is believed that Edgar Cayce was using mesmeric sleep to get his readings).

Other than for surgeries, mesmerism was used to successfully treat many different medical conditions, because, after all, most physicians of that era only had bloodletting and different poisons as their main tools of the trade.

In 1994, a movie "Mesmer" was made, starring late Alan Rickman. It is highly recommended to watch the movie and find more details about the life of that legendary pioneer of energy healing.

The way Mesmer was treated by 'official science' is not the only case of persecution because of a discovery that does not resonate with the orthodoxy.

This series of articles will explore some other great pioneers such as Wilhelm Reich, Bruno Gröning and others. Many of them were imprisoned because of their discoveries and even died as a direct result of pressures that they had to endure to remain in practice and defend themselves in trials that looked like modern day witch hunts.

Mr René Dosen, TTNQ, on the Board of Directors as Research chair holds Bachelor of Electrical Engineering degree from Concordia University (Montreal). He is certified Con-sulting Hypnotist and Energy Healer specializing not only Therapeutic Touch® but in other modalities such as Bioenergy Healing, Pranic Healing, Reconnective Healing, Reiki (master of Usui and Karuna), Inka Shamanism (trained by Dr Alberto Villoldo's The Four Winds Society).

Meditation for Peace

May I be at peace.

May I have an open heart.

May I know the beauty of my true nature.

May I be healed.

May my life be a gift of peace in the world.

May the world be at peace.

May we all have an open heart.

May we all know the beauty of our true nature.

May we all be healed.

May we all serve as a gift of peace to each other.

Within each heart there is a place of peace.

May we each live from that place,

and thus we are healed into

the heart of peace.

Author unknown

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* indicates a teacher of all levels.

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