



Therapeutic Touch Canada News/Nouvelles

Volume 7, No. 3

Summer, July, 2017

Therapeutic Touch®
 is a holistic, evidence-based therapy that incorporates
 the intentional and compassionate use of universal energy
 to promote balance and well-being in all aspects
 of the individual: body, mind, and spirit.
TTIA Definition

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Thoughts from your editor . . .

In the middle of formatting this newsletter, I took my computer in for an essential 'update'. When I got it back it was similar to a facelift and I'm still seeing new things - some of them very strange! Being without a computer was an odd experience – no Address Book, no Google – no Emails!!! But I read a book and cleaned out my desk. If you have long haired cats you'll know what I mean about 'clean-out'. There were hairs even inside my Mini-Mac! After 5 days I had 220 Email messages!

This issue has a LOT of reading - all of it so interesting. Much of it comes from the excellent TTIA 2017 Congress.

You'll notice a definition of Therapeutic Touch® on the front cover. We need to all be on the same page with this definition, since we are now so international. This is taken from the Therapeutic Touch International web site. If you haven't visited it, please do. <http://therapeutictouch.org>

On page 13 you will see a "Request for Participation in Model Relevance Study for a Theory of Healing". This was submitted by Chery Ann Hofmeyer who sincerely hopes we will participate. Please note that it must be completed by the end of August.

Many of us have had a degree of uncertainty and resistance regarding the information coming from the Dialogues. After some personal resistance – because frankly, I didn't understand the language – I have taken time to explore it and to understand (in my way of thinking) that it doesn't change *what we are doing* in our Therapeutic Touch sessions (which already work), it is encouraging us *to become aware of what it is that we are doing . . . and, from the deep inner self ("Issie"), how we are doing it*. I now personally describe it as an *inner exploration*.

I realize this isn't 'editorial material', but I hope my 'confession' re my journey 'from confusion to awareness' may encourage others to explore it as well.

Activities across Canada are so interesting . . . the lovely 'capelets from ATTN, and their exciting conference! And the very successful – promo-wise– TTNA presentation at the CSPCP Conference. Please let us know what is happening in your Region - retreats, conferences, special events, etc.

If you look to the right you'll see "Your TTNC Newsletter Committee". If you have any questions/suggestions about this newsletter, please contact them - they would love to hear from you! They keep me updated with information from their regions as well as proof read this newsletter. I am so grateful for their support.

Mary Simpson

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

Therapeutic Touch Canada News/Nouvelles

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

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

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Deadline for Submissions: October 8, 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,

Colette Thibodeau, Mary Anne Hanley,

Cherry Whittaker, René Dosen

and all the Regional Chairs!

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Your TTNC Newsletter Committee

If you have any questions, ideas or concerns . . .
or need passwords

(which are not published because of web site hackers)
please contact your local representative.

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The Therapeutic Touch Networks Canada

Update from the Therapeutic Touch Networks Canada

Paulette Deveau, President, TTNC Board



The most important updates since our last issue are:

- Steele Pruden, MTTN has stepped down from being their rep. We wish him the very best in his future endeavours and appreciate his contributions to the Board. I wish to give a warm welcome to Tanya Sabourin, who has taken his place.
- TT Awareness Week held May 1-7: Every member network participated in some way. From all accounts it was viewed as successful and worthwhile to continue next year. On behalf of the TTNC Board, I would like to express our gratitude to the TTNO Board and their committee who did the work of putting this all together and sharing with the other member networks;
- TT Trademark: TTNC received a letter from the government to confirm the change in title.

As of May 15, 2017, TTNC is now the owner of the TT Trademark in Canada.

The Trademark committee will have more details at a later time. Again, on behalf of the TTNC Board, I would like to express our gratitude to the TTNO Board and all involved in this transition. We will simply use the documents already in place and update where required.

There will be no TTNC Board meetings during the summer months. To be expected, work will also slow down for our various committees.

It is with deep regret that I'm letting you all know that I have resigned from the TTNC Board, effective after the TTNC AGM in November. This decision was not an easy one, simply based on business priorities. I wish to acknowledge how it has been a true honor and privilege for me to have represented BC on the Board for the past 4 years and to have served both as the TTNC President and Secretary.

I wish to thank you for the great support and encouragement that all of you have given me, especially as your President. I had the opportunity to work quite closely with some of you and I will never forget the wonderful relationships formed. We have all done great work together.

Sincerely, Paulette Deveau, TTNC President

Reports from Member Networks Across Canada

The Therapeutic Touch Network of Alberta

Welcome the birdsong at both morning and evening this season for it reminds us of being close to nature!

Our TTNA AGM and Practice Day was at the end of April this year in Red Deer, AB, at the Kerry Woods Nature Centre. We learned more about Distance TT for groups during our Professional Practice day which we found enlightening.

The following week was **CARE150**, the TT Awareness Week. Two of our practice groups held activities in their respective communities. Sheila Camp and Sherry Crann-Adair held an information session to a very small group at a local library. A TT session was given to an audience participant. Thank you again to the group who put together the **CARE 150** toolkit. It was well thought out and useful.

Chery Ann Hoffmeyer and Marion Cameron gave a Therapeutic Touch presentation at a Seniors home in Edmonton and also gave TT sessions to audience participants.

The CSPCP (Canadian Society of Palliative Care Physicians) Advanced Learning in Palliative Care conference was attended by Chery Ann Hoffmeyer and Marion Cameron who manned a display table June 1-3, 2017 in Edmonton, AB. Please read their submitted write-up on the event for more information. (See page 6) Well done ladies!

Our wind-up potluck dinner for the Calgary practice group was enjoyed outdoors in sunny weather this year and followed by TT sessions.

Therapeutic Touch courses will be held this fall in Calgary.

For information, please

check our website at: www.therapeutictouchalberta.com

Enjoy the summer ~

Sherry Crann-Adair, TTNA



Chery Ann with a doctor at CSPCP Conference

Therapeutic Touch Network of Quebec

Practice Day April 29, 2017

There are five new teachers with the Quebec Network: Angie Tsubos, Cecilia Csima, Nadia Baraghi, Debra Smith and Karen Mosuk. *Congratulations to these wonderful ladies. You are inspiring to us all!*

To help them get started, our April Practice Day theme was "Back to the Basics", and the new teachers each took a subject (i.e. grounding, assessment, etc) to expand on. Debra Smith began with a meditation and finished with Karen Mosuk who gave a crystal/tibetan bowl meditation. Everyone was mesmerized.

In the afternoon, TTNQ had their AGM with the following persons elected for 2018 : Susan Hamilton: re-elected President, Debra Smith: Treasurer, Nathalie Choo-Foo (with Debra Smith and Dolores MacKenzie as assistants): Membership: Lina Desjardins: re-elected Translator and Practitioner Liaison, Susan Hamilton (Fr) and Karen Mosuk (En):Teacher Liaison, Cecilia Csima: re-elected TTNC representative, Dolores MacKenzie:re-elected TTNC Newsletter Representative, René Dosen: Scientific Research and Janice Barnes: Secretary.

It is with great sadness that we bid "au revoir" to Monique Gregory for 2018 who will be taking her well deserved retirement. She has been a loyal and steadfast worker for the Network, wearing many, many hats over the years as secretary, president, treasurer and practitioner liaison.

Toucher Thérapeutique du Québec

Journée de pratique, 29 avril 2017

Nous avons 5 nouvelles enseignantes au sein du réseau du Québec : Angie Tsubos, Cecilia Csima, Nadia Baraghi, Debra Smith et Karen Mosuk. *Félicitations à ces dames. Vous êtes une inspiration à nous tous!*

Afin de leur donner un coup de pouce dans leur début, lors de notre journée de pratique "Retour aux principes fondamentaux", chacune d'entre elle a élaboré sur un sujet (ancrage, évaluation, etc.). La journée a commencé avec une méditation animée par Debra Smith et s'est terminée par une méditation avec bols de cristaux et bols tibetains animée par Debra Smith et Karen Mosuk. Tous étaient captivés.

En après-midi le RTTQ a tenu sa réunion générale annuelle. Les personnes suivantes furent élues pour 2018: Susan Hamilton: réélue Présidente, Debra Smith:Trésorière, Nathalie Choo-Foo (avec l'appui de Debra Smith et Dolores MacKenzie): Adhésion, Lina Desjardins: réélue Traductrice and Agent de liaison pour praticiens, Susan Hamilton (Fr) et Karen Mosuk (En): Agent de liaison pour enseignants, Cecilia Csima: réélue Représentante RTTC, Dolores MacKenzie: réélue Représentante du bulletin RTTC, René Dosen: Chercheur scientifique et Janice Barnes: Secrétaire.

C'est avec grande tristesse que nous saluons Monique Gregory qui nous quittera pour une retraite bien méritée. Elle a été loyale et fidèle au réseau et a porté plusieurs chapeaux au fil des années tel que secrétaire, présidente, trésorière et agent de liaison pour praticiens.

Atlantic Therapeutic Touch Network

"Comfort To Go" Caplet

These small capelets are lovingly made by volunteers who are family, and friends with the intention to energize the caplet with healing Therapeutic Touch® energy. If you are not a practitioner of Therapeutic Touch, simply energize with your most loving/healing energy and we practitioners of Therapeutic Touch will also add to yours. The client may place the caplet on any area of their body that is experiencing discomfort/pain though it may be placed anywhere on the body. Be prepared for positive results!

Our ATTN member and retired teacher, Evelyn Mitchell, devised this pattern and both she and Dianne Simister and many others continue the project. Feel free to download the pattern and knit along with us.

<http://www.atlanticctn.com/images/capelets%202017.pdf>

This lovely capelet designed by Atlantic Therapeutic Touch Network (ATTN) member and teacher Evelyn Mitchell, has been knitted by ATTN members and other volunteers and energized using Therapeutic Touch® by members of ATTN Practice Groups. This healing energy will remain even through washing. Simply lay the capelet over the area needing comfort and let the energy do its work. Yours to enjoy
www.atlanticctn.com



Colette Thibodeau had some cards made up to pass out to attach to the actual little "capelet".

British Columbia Therapeutic Touch Network Society

It doesn't seem that long ago I was writing about our upcoming **20th Anniversary Conference** which we held on May 6 in Tsawwassen. The day was a great success with our special Guest Speaker Crystal Hawk - sharing her experiences, stories and humour to reignite our passion and awaken aspects of the magic and mystery of Therapeutic Touch that we may not have considered.

We also had a wonderful surprise of a DVD interview with Dolores Krieger answering four questions we had given her to talk about including: sharing special memories of her TT journey and how it has transformed her; what brings her the most Joy (our Conference theme) and how she envisions TT evolving. Everyone attending our Conference were given a copy of the DVD for their own personal keepsake. Our **20th Anniversary Book** was very well received, and copies are available for \$20. If you would like a copy please contact me.



Founding members of BCTTNS -
Christine Dockman, Marijke Patterson-Robinson,
Cheryl Larden and Lynda Harvey

We concluded our Conference with a circle dance - a very special way to close the day. Our birthday cake with our BCTTNS logo was delicious too.

During our AGM which we held at the beginning of the day, we recognised four special people who were founding members of BCTTNS in 1997: Cheryl Larden, Lynda Harvey, Marijke Patterson-Robinson who have been continual members, as well as Christine Dockman who attended and was a founding member.

We held a Teachers Evening with Crystal on the Friday night and our Practitioner Day on the Sunday. Overall we had a wonderful weekend reconnecting with old friends, meeting new members, sharing knowledge and laughter, in a relaxed, organised and well catered environment.

We have all taken a well earned break with our Board meetings spaced out over the summer, but with preparations already underway for our weekend Retreat in May next year.

Our Board members for 2017-18 are listed on Page 22 of this newsletter. We will be looking for a TTNC Rep as Paulette has resigned from this position effective from November. Paulette has been an amazing BC Rep for four years, holding the positions of Secretary and President – she will be dearly missed, Thank you Paulette for your time and dedication given to these roles and all that you have achieved.

Jacqui Saran, BCTTNS President
jacquisaran@gmail.com

As a member of your regional Network . . . this newsletter is for YOU!

Its intent is to bring you information about what's happening in Therapeutic Touch® across Canada and update you on new information.

- **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. - see Page 2***

The Therapeutic Touch Network of Ontario

Summer has finally arrived after a cool and wet spring in most parts of Ontario with flooding in many areas.

Our inaugural **CARE150** Event the first week of May, 2017, was a tremendous success, spreading the word that Therapeutic Touch Works! Practitioners from all across Ontario and others across Canada stepped up to take on leading roles to promote awareness of Therapeutic Touch. We definitely plan to carry on with this in 2018. The kick-off will likely be at our Annual Conference in October so watch for information after that to make 2018 truly a Therapeutic Touch week across Canada.

The registration form and full information about the TTNO 2017 Annual Conference and AGM on October 13 - 15 are now on the TTNO website. David Maginley will be speaking on Sunday and our own talented TTNO members – Mimi Craig, Val Morrell and Martha Hoey - will be presenting workshops on Saturday. Evelyn MacKay and her committee from the Guelph area have prepared a wonderful program for us and you are all invited to attend! We will be back at the Kempenfelt Conference Centre near Barrie for the last time as that venue is closing the end of October. We will finish off the week-end on Monday October 16 with a Teachers Day with Sue Conlin from TTIA facilitating the day for us.

Our Treasurer Simone Radman is retiring as of the AGM in October and we hope to have a replacement for her to train before too long. Simone has freely given of her time and talent to the TTNO for many years and we are very grateful for that. We wish her well as she redirects her energy to her family and her career.

We have renamed our “Practice Day” to “Professional Development Day” (PDD). The 2017 PDD is about Distant Therapeutic Touch and was created by Alison Cooke and her TTNO Belleville Branch. If any teacher across Canada wants to facilitate this day, you can order your electronic copy of the 2017 PDD from Miranda at the TTNO office which is open on Tuesdays and Thursdays. 416-231-3520 or memberships@ttno.ca

Evelyn MacKay has been collecting meditations for over a year and we hope to have this collection published to be for sale for the first time at the 2017 TTNO Annual Conference. After that it will be for sale on the TTNO website.

I wish everyone a happy summer with some “me-time” to recharge yourselves and family and friends time to enjoy.

Peace and Light, Shirley ☺

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!

TTNA at Palliative Care Physicians Conference in Edmonton, AB

The Therapeutic Touch Network of Alberta sponsored a booth at the Canadian Society for Palliative Care Physicians (CSPCP) Conference in Edmonton, Alberta. Marion Cameron and Chery Ann Hoffmeyer hosted the display table on alternate days during which time they met primarily medical doctors, a few social workers, and some nurses from across Canada. They also met representatives at the other displays in the Market Place that focused on hospice/palliative care. One positive outcome from these networking efforts was the inclusion of Therapeutic Touch in the blog on the Alberta Hospice Palliative Care Association website (www.ahpca.ca). Contact was also made with the representative from the Canadian Medical Association (CMA) where they were asked if the CMA had a policy regarding Integrative Modalities within the medical care system. TTNC brochures were also shared with many of the Market Place representatives.

The three day CSPCP conference with about 200 attendees provided opportunity to plant seeds regarding: what Therapeutic Touch is; the effectiveness of Therapeutic Touch in end of life care, including the Hand Heart Connection®; talking about research that has been done with Therapeutic Touch in palliative care; sharing articles of some hospices using Therapeutic Touch; and sharing the TTNC brochures on Therapeutic Touch and Therapeutic Touch in Palliative Care. Our display also included the Baycrest poster on Palliative Care and Therapeutic Touch along with various Therapeutic Touch and related books, some written by medical doctors.

The majority of attendees we chatted with had not heard of Therapeutic Touch, however, most seemed interested in learning more about what our organization offered. Because TTNA had a display table and not a booth, there was not the physical space to offer TT sessions, however, two TT sessions were offered and several brief experiences of Therapeutic Touch assessments were shared. One medical doctor was extremely surprised that congestion in his left elbow was picked up in the assessment; he shared that he had tennis elbow and pain in that elbow; he then asked how he could learn Therapeutic Touch!

Interested attendees were referred to their local network's website for information. There was interest in having a Therapeutic Touch course as part of ongoing education for palliative care workers in the Edson area.

A Nova Scotia social worker told of helping to set up the first free standing hospice in Halifax. She was given contact information re TT happenings in the Halifax area.

We found that the TTNC brochures and articles from the TTNC newsletter – relevant to the palliative care topic of the Conference – were valuable tools to spread the word about Therapeutic Touch. This display proved to be an excellent way to make medical doctors aware of Therapeutic Touch and the benefit it can have for their patients. *Submitted by Marion Cameron*



Therapeutic Touch®
International Association



**We welcome Cindy Cole,
New Coordinator of TTIA**

Cindy Cole, BA, QTTP has been practicing Therapeutic Touch since 2004. Currently she is going through the credentialing process to become a Teacher of Therapeutic Touch. Cindy facilitates a practice group in the Seattle area and was the Secretary and then the Coordinator of Therapeutic Touch Professional Associates. She practices TT at Providence Mount St. Vincent Nursing home and with friends and family. Her hope is to help further the mission of TTIA: To lead, inspire and advance excellence in Therapeutic Touch as a healing practice and lifeway.

*Plan now for your 2017 & 2018
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"*

**Plan to come to Ontario for an Autumn visit!!!
and attend the**

2017 TTNO Annual Conference

**Friday to Sunday, Oct. 13-15 and Teachers Day, Mon., October 16
at the marvellous Kempenfelt Centre, on Lake Simcoe, Barrie**

Friday Evening: Energy Flow, Energy Patterns

Hosted by Deborah Gould, RN, and Ann Osborne, PhD, ThD

This open mic session focuses on the flow of energy in the human energy field with two insightful and experienced hosts.

Saturday Workshops

A: Letting Inner Feelings Manifest in Art

with **Martha Hoey, BFA, BEd, RT**

Assisted by Yvonne Browning, RP

A session designed to encourage attendees, through the use of clay, to express their inner feelings associated with Therapeutic Touch®. Creativity and healing is maximized when you are living in the moment!

B: Self-Discovery

- **Healing in Progress** with Mimi Craig, BEd, RT
- **Hands Awareness** with Valerie Morrell, RT

Saturday Evening:

**All the Therapeutic Touch® Questions
You Have Always Wanted to Ask**

Claire Massicotte, RN, RT, & Janet Fallaize, RN, RT

Claire and Janet have come up against any and all challenges, questions, and their answers in the course of their careers and are a wonderful resource for practitioners who are looking for answers to the questions that they have always wanted to ask.



Sunday Workshop

**Therapeutic Touch: Where Science and Spirit Meet
with Rev. David Maginley**

Rev. Maginley is a spiritual counsellor at the QEII Health Sc. Centre in Halifax, NS, and author of

"Beyond Surviving: Cancer and Your Spiritual Journey".

Explore the interface of TT and medical science through stories from the trenches of a cancer unit. Discover the fascinating contribution of early pioneers in healing, and delve into the ultimate mystery that holds a shocking and delightful surprise: not only are we so much more than our bodies, but reality itself may not be what it seems.

Monday TEACHERS DAY - open to all RT's and RP's.

Presenter: Sue Conlin, QTTT, Past Coordinator of TTIA will focus on helping your students to understand how their own consciousness shifts as they move through the Therapeutic Touch process, and how this awareness enhances their practice. This comes out of the work done by Dee Krieger and her ever evolving group of "TT dialoguers".

For details go to:

<https://www.therapeutictouchontario.org/news-events/2017-ttno-annual-conference-agm>

Compassion as Power in the Transpersonal Healing Practices of Therapeutic Touch: A Highly Human Function

Dee Krieger, PhD, RN8

Therapeutic Touch International Association's Fourth International Congress, 2017 in Chicago

Therapeutic Touch® as transpersonal healing starts with a deep yearning, almost a felt need or an irresistible urge to be compassionate to a healing partner, a healee, who is ill, in trauma, wounded, or approaching end of life. Such compelling, often emotionally-moving summons to compassion in action we have recently designated as The Call¹. Specifically, The Call is that undeniable inner prompting; a Call arising out of the deep stillness of one's Being to help or to heal. In committed response, the Therapeutic Touch therapist (TTrx) shifts into an altered state as she assumes a sustained centering of her consciousness, and remains in that state throughout the healing session. Consequently, in using the Therapeutic Touch method, it is compassion, one of the higher human functions, that is the constant companion of the transpersonal-sensitive psychodynamic background of the TTrx' healing style.

To clearly make the point, without compassion, whatever else one is doing with the techniques, it is not Therapeutic Touch. For, as the TT therapist continues this compassionate healing act, the special psychodynamic forces of compassion itself upwells within the therapist and drives her toward a crucial transformation in her worldview and her lifestyle. That is, over time the intentionality incorporated in the continued compassionate practice of TT sculpts the fine spaces of the therapist's vital-energy field, as the informed enactments of the TT process patterns and repatterns the pranic flow of healing energies to the TT therapist's healing partner. In this way Therapeutic Touch becomes a "habit" of compassion; that is, the "habit" is clarified and defined as the repetitive TT healing practices "sculpts" the pranic flow of the therapist's vital-energy field, and thereby reshapes the field itself over time. It is this refashioned field which then expresses itself through the therapist as compassionate healing acts.

I have been deeply interested in healing since my very early 'teens, particularly in the use of compassion as a function of the heart chakra. As I pursued graduate studies in the life sciences, I looked at the concept of compassion within a Darwinian frame and wondered: Compassion is not a survival skill; why should it have persisted? What is its purpose re: evolution, where the acme is reached by a law which proclaims the survival of the fittest? Actually, it is the opposite that plays itself out in the compassionate act, for compassion demands that one opens oneself - one's heart, if you will - to the needs of others. This voluntary exposure of the more humane qualities has the effect of making one more sensitive, fragile and vulnerable to life's events. It was only as I grew in experience and reflection that I began to realize that the answer lay not so much in recognizing that such questions presented a paradox, but in the realization that the validity of compassion lay outside the common

framework of modern science. Compassion is a power with its own sphere of influence, a realm engaged by fine energy patterns that play out as behaviors, such as aspiration, empathy and the fulfillment of a need-to-heal, rather than those driven by a competitive frame of reference that fosters dualisms such as win-lose, good-bad, etc. Compassion is a highly human - and humane - function.

However, for this to happen most effectively, the setting must be prepared. In Therapeutic Touch this occurs as the therapist gives her full attention to the task at hand, bringing a sense of deep peace and equanimity to the healing milieu. It is in this still ambience born out of unconditional love that The Call from within, as a higher human function, can reach the critical level required to effectively project healing energy. It is as if the welling up of compassion from the depths of the individual resulted in the release of an inner sound or vibration. My sense is that this inner reverberation sets up a "silent mantra" that can progress to set into motion fine levels of subtle energies in one's own chakras. Since compassion is a necessary state of consciousness for the TT therapist, in this case it is the heart chakra that is energized by the intentionality of the therapist's surge of compassionate regard for the needs of the healing partner. The point being made is that by deeply engaging the powers of compassion and then doing something with that force of benevolence to relieve the needs of someone ill or in trauma, the TT therapist (her engaged subtle energies conceivably propelled by an altruistic desire to help or to heal the person in need) harnesses her inner "mantric" or resonant powers in the service of healing. It is because this act of compassion as merciful power is one of the natural "tools of the trade" in the mature expression of Therapeutic Touch, that without compassion, as I have previously noted, whatever else one may do, it is not Therapeutic Touch.

Fundamentally, Therapeutic Touch is natural and instinctive, arising out of the essential perceptions and basic knowing needed to help or to heal living beings in need. One irrefutable basic assumption states that healing is a natural potential that can be actualized under the appropriate conditions. Because of this you will find that, if you get it right, the universe is behind you and, even from the early stages of learning TT, the success rate of helping/healing others is high. However, we want you to be conscious in the practice of Therapeutic Touch; that is, be self-aware of what you are doing, the meanwhile reaching a bit beyond your grasp even as you simultaneously learn to use the fine-energy systems of your chakra complex in the service of those in need. It is because Therapeutic Touch is a well-defined, compassionate and transpersonal healingway that I have called it "yoga of healing", and like yoga, the mindfully cultivated →

Krieger, continued

practice of TT is an in-depth exploration of the active relationship of the TT therapist with her inner self, whom we playfully call "Issie".

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

It is often during the TT healing session that these technicians of compassion have the opportunity to bestow a most enduring gift upon the healing partner. The encounter is very moving, and in a deep study of compassion over the past 20 years I have often intently reflected on its astounding powers during the healing moment. It is a happening that is difficult to put into words adequately; however, with the aid of a dollop of "clairvoyance-lite", I often have noted that it appears to me as if something like the following can take place: Most healing partners like, are even fascinated by, the subjective inner experience of the Therapeutic Touch process as a TT session gets under way. He often is as deeply attracted by the interior effect of the TT process as by the subtle interactions with the TT therapist. After noting his interest, often the therapist will teach him about the TT process itself as the healing session progresses, and so the healing partner with even minimal knowledge about TT quickly learns that its most basic assumption is that healing is a natural potential that can be actualized under appropriate circumstances. He knows, therefore, that whatever the therapist is doing, he can learn to do, too. Especially if his condition is improving under TT treatment, he admires the therapist. She may become his teacher or mentor in reference to TT, for he can envision that one day he might be able to do for others in need what she is doing for him now.

The dynamics of the healing interaction between the healee and the Therapeutic Touch therapist is deep-seated, often more profoundly so than either may recognize at the time. However, the parameters of this therapeutic human field phenomenon might be glimpsed by describing an example of what has come to be called peer therapeutics. Peer therapeutics is an offshoot of Therapeutic Touch in which a healee who has been healed and intentionally taught the basics of Therapeutic Touch as part of his on-going healing program, voluntarily proceeds to do TT with another healee who has the same illness as the first healee had. The purpose of peer therapeutics is that in doing TT to the second healee, the first healee (now neophyte healer) very

frequently in his compassion to help or to heal another, gains profound insight into his own original problems as he empathizes with another who now has problems similar to what he, himself, had to endure.

A peer therapeutics group was founded in the recent past by one of the current group of "Krazies" (my students call themselves "Krieger's Krazies"). This group is made up of men who are bilateral amputees and have phantom pain, which can be relieved by Therapeutic Touch. After class one day, Eileen, one of the TT therapists showed me photos of these men doing Therapeutic Touch to each other. The beautiful sight of one of these men, the healer, working in the invisible subtle energy field of another man whose physical leg was no longer there, had a stunning effect on me. From the intent look on his face, there could be no doubt that he was purposively interacting with a reality of an energetic nature and was confident of the therapeutic outcome for the healee. They were both seated in wheelchairs facing each other. The healee's gaze seemed absorbed in his own experience in this interaction. He was in a state of relaxation, his face reflecting a freedom from anxiety and pain, a slight smile playing about his lips, and his "soft eyes" seeming to express approval of the actions of his friend: together the two helping and being helped by each other.

Compassion is only recently becoming fashionable, supported by strong crosscultural teachers, such as Thich Nhat Hahn, the Dalai Lama, and Archbishop Tutu. What is being called upon is a self-awareness of our essential self-worth as a humane being who, having answered a universal appeal to love one another, concomitantly would be working towards the fulfillment of the concept of the fully human being, a boundary state toward which we are continuing to evolve. This Call is to actualize the potential of the human stature, and in so doing, to have compassion for self and other, for "other" is our brother/sister in the context of the intangible continuum of our inner self, the matrix of Issie who is the essential source and inspiration of compassion as power.

To exercise this laudable state of compassion and kindness, a few years ago the following affirmation arose to consciousness and I pass it on to you:

*I breathe in the powers of prana;
I pause to appreciate its vital presence.
I breathe out the grace of compassion;
In quietude I offer gratitude.*

In closing I want to thank the Therapeutic Touch International Association for providing an incisive platform which brings to attention in our time a most noble concept of one of human beings' higher functions, compassion as power. I am honored to share that insight with you. Thank you so much.

Reference: D.Krieger, P.Cole and S.Matheny. LOOKING OVER MY SHOULDER: A Study of Mindfulness during Therapeutic Touch. Therapeutic Touch Dialogues, Inc. Whitefish, Montana 2012.



American *Holistic Nurses* Association
A Journey on Behalf of Holistic Nursing:
Eight Travelers Sharing a Path
by Noreen Cavan Frisch, PhD, RN, FNI, FAAN

Reprinted with permission from the AHNA Beginnings 02/16

More than two years ago, I was contacted by AHNA President Peggy Burkhart, who asked me if I would lend some support to a newly formed AHNA task force that was addressing issues related to the nursing diagnosis (NDx) of “Disturbed Energy Field.” Little did I know that this adventure would become a major part of my life over the next two and one-half years.

Nurse leaders are often called upon for consultation, advocacy, organizational support, and/or for their writing and communication skills. So when I first called Marci Resnicoff, the AHNA Board member heading this work, I believed that I would be taking on one such role. However, looking back, this experience has turned out to be far more encompassing and more meaningful to me. Together with a wonderful group of seven other very committed and very different nurses, we became engaged in what I’d now call the “stewardship of holistic nursing” itself.

Stewardship means “the careful and responsible management of something entrusted to one’s care” (MerriamWebster.com, 2016). My stewardship journey began with my first phone call to Marci. Today, I’m happy to report a bit about the work accomplished by this task force, and the meaning of that work for those of us who traveled together.

Beginning Our Journey: A New NDx Proposal

The task force had been established to address a problem: the fact that the Diagnosis Development Committee (DDC) of NANDA International (NANDA-I) had voted to remove the energy-field diagnosis from its active list of nursing diagnoses. In determining what the problem really was, Marci and I met over Skype with two other task force members, Deb Shields and Ann Fuller, to discuss the concerns. As a group of four, we discussed and clarified the issue that had been so challenging for many holistic nurses:

1. A nursing diagnosis is a statement of a nursing concern or a phenomenon of interest to nursing.
2. It is not a description of a nursing action, a nursing intervention, or a nursing outcome.

Thus, we were able to move past the inevitable confusion, understanding that the NDx addresses the concept of the human energy field within professional nursing practice, and it does not identify or define interventions (such as Therapeutic Touch, Healing Touch, or Reiki) that nurses may use.

Despite a body of research and scholarship on the topic of energy-based modalities, we found no published papers in the literature on the use of the NANDA-I NDx of “Disturbed Energy Field” as a term helpful to nursing. Further, while there

is a body of writing on the human energy field as a concept, there had been no attempt to define this concept exclusively within nursing’s professional practice. No wonder the DDC removed the term from its active list. We knew then we needed to write something that would serve as a justification for the reinstatement or revision of the NDx. We also knew that doing so would help to identify energy-based practices within the larger nursing community as being within the boundaries of professional nursing care.

Recognizing the scope of our task, we concluded that our team needed help. We reached out to the most senior scholar we knew on the topic of the human energy field – Howard Butcher from the University of Iowa – to see if he would join our journey. He immediately agreed to help and now we had five people moving forward acting to maintain the integrity of an important part of holistic nursing. We also reached out to T. Heather Herdman, the Executive Director of NANDA-I, for clarification about the documentation NANDA-I would eventually need. Heather also immediately agreed to Skype with us, adding one more person to help sort out the concerns and possible solutions we might provide. This group produced a narrative statement about possible revision of the NDx and proposed the term “Imbalanced Energy Field” as a label for the revision.

Defining the Concept of the Human Energy Field

I soon realized that our work could not be easily submitted through the online form that was required for NANDA-I revisions. You can only imagine the challenges of taking a concept as “whole” as the human energy field and breaking it down to component parts for submission to a committee! So, acting as a steward of this work, I decided to send our thoughts directly to the international chair of the DDC – Dickon WeirHughes. Dickon read our document, contacted us immediately, and with his characteristic energy and enthusiasm, offered to join our group to work on this effort toward revision of the NDx. We now had a team of seven. We learned from Dickon that we needed to validate:

- that there are nurses engaged in energy-based work as part of their professional practice, and
- that our proposed definition of the concept would be useful in practice.

It became clear that the next step of our journey would be to conduct a validation study and perform a scholarly concept analysis on the human energy field defining its use in nursing. At this point, six of us embarked on two major projects:

1. a study that included a survey of self-identified holistic nurses (many of whom may be reading this column!) who could tell us about their practice and when, how, and for what reasons they engaged in energy-based modalities, and
2. a formal concept analysis.

Within only two weeks, more than 400 participants had already responded to the survey. We had much more data than expected, and I was beginning to feel overwhelmed anticipating the task of analyzing free-text, *Cont’d on P.16*

Summary of the TTIA 4th INTERNATIONAL CONGRESS, Chicago, 2017

by Cherry Whittaker, RT, QTTT, of ATTN

The TTIA 2017 Congress in Chicago started out well as soon as one stepped into its wonderful spacious venue designed after Frank Lloyd Wright. The accommodations enhanced a great time for four full days.

Teacher Intensive Training

This year the planning committee began with two days of teacher intensive training – instead of the usual one day – which focused on introducing the TTIA revised curriculum. After the day's welcome to everyone, was a great intro by Kathy and Lynne Bauer, two teachers and Montana Dialogue attendees. They set the tone for learning with humour and activity breaks which kept everyone entertained as well as open and ready to listen.

Their main topic was Adult Learning but soon they began to lead us down a path that everyone knows about, but is rarely brought into the open, *everyone's reluctance to change, the distress at change and in fact, our fear of change!*

To ease us through the next few days and the next set of changes they had a ready solution. They held up an empty jar and announced that those of us who have a fear of change are encouraged to put into that jar all the change we were carrying that was weighing us down! They would relieve us of our change and thus reducing our fears and, they assured us, TTIA would be strong enough to be the recipient of all this change! It was a delightful idea - and a good fund raiser as the jar was passed around the room! (I expect the Canadian loonies and toonies were welcomed!)

As the day progressed we realized that the adjustments created for the new curriculum were mostly – although not entirely – a change in *perspective* more than a change in *content*. We settled into the newness and the work began.

Three facilitators shared the teaching, Deborah Shields, Mary Anne Hanley and Denise Coppa. Each delivered aspects of the three levels of the new curriculum.

To keep everyone fresh we had movement breaks interspersed with a lot of discussion in group work. Each of five groups included a mix of people from different areas and experiences with teaching. After learning about the different perspectives of each section, we met to examine how we were going to approach or teach this new material. The two days were challenging because there was considerable information to absorb, but each part of the learning was well supported.

Keynote Speakers

All of us love the “Dora and Dee” stories and the first keynote Tim Boyd, president of the Theosophical Society told us of his first meeting (as an impressionable and questioning young man) with Dora at a book store and their subsequent relationship.

Dr. Krieger was, of course a highlight with her in-depth talk “Compassion as Power in Therapeutic Touch: a Highly Human Function”. She has a lovely deprecating sense of humour which endears her to her audience. We were grateful that her speech was provided as a handout.

At Dr. Krieger's request, two awards were given this year honouring two people for their long-term commitment to Therapeutic Touch. Betsy Ungvarsky – at Pumpkin Hollow since its inception as the ‘mecca’ for teaching Therapeutic Touch, and our own Canadian Crystal Hawk.

Gloria Gronowicz, PhD, QTTT gave an excellent power point presentation of her research on bone cell growth in petrie dishes and how they were affected by TT. Her subsequent research on mice injected with a fast growing, metastasizing breast cancer brought to light some surprises. With Therapeutic Touch treatments, the cancer in many did not appear to spread outside of the injection site!

Of the many breakout sessions, that of Peggy Frank, QTTP, and Peninah Abatoni of Rwanda was truly exciting. Peggy, a frequent visitor to Rwanda, taught TT to Peninah, who in turn has taught it to over 500 people there. AIDS affects the females who have been violated in the past wars as well as their children. Therapeutic Touch seems to strengthen the immune system so that these people live a better quality of life. The TT treated children do not show the same affects of illness. Peggy's and Peninah's presentation left me awestruck with the magnitude of the effects in their teaching of Therapeutic Touch, and having it administered so faithfully under sometimes very terrible conditions.

Many other special moments and events happened in this Congress. The group who hosted had a native theme and gave each of the participants a gift bag containing an amulet along with other necessities (pen and paper). The main presentation room had a teepee in the corner with sticks and wool yarn and beads etc. for us to make our own prayer sticks. The Opening and Closing included us all in Native American Ceremony. It was so very special.

The four days were a joyous gathering of people from eight countries ranging from the continents of Africa, North America, Europe and the Middle East, all sharing, learning, laughing, singing and dancing and greeting each other with open hearts and open minds.

I came away enlightened and heartened by the many wonderful people I had the good fortune to be with . . . but I was also challenged with so much new information that it's going to take some time to integrate it and share it with those in my Network.

It was a Congress well worth attending and I can hardly wait until the next in the Autumn of 2019 . . . the location yet to be determined!

Holding the Center

M. A. Hanley, PhD, RN, QTTT and M. Anderson, MS, RN, PMHCNS-BC, QTTT

Reprinted with permission from **Cooperative Connection**, the TTIA Newsletter Vol. XXXVII, No. 6 – Winter 2017

Since the 1960's, Therapeutic Touch, created by co-founders Dora Kunz and Dolores Krieger, PhD, RN, has grown and evolved. Over time, through observation and reflection, the cofounders, therapists, and teachers of TT have continually refined and clarified this innately human and compassionate healing approach. Through these reflective processes we have deepened our understanding of TT, ourselves, and how our community of healers experiences and is impacted by TT. While the practice, knowledge, and science of Therapeutic Touch continuously evolves, the foundational principles that inform and underlie the process remain unchanged: 1. A willingness to help or to heal; 2. Compassion; and 3. Non-attachment to outcome. These principles, the center of the TT process, are our touchstone for ensuring that we are constant in our practice.

In 2010, Krieger invited practitioners, teachers, and students of Therapeutic Touch to come to Montana to engage in a process of deep dialogue and reflection to explore the future consciousness of Therapeutic Touch. Simultaneously, TTDialogues, Inc., was created with one of its purposes to support the ongoing development of Therapeutic Touch knowledge and scholarship.

Over the past seven years, we have participated in the evolution of Therapeutic Touch while holding the foundational principles as our center. In 2010, Krieger articulated four contemporary assumptions of Therapeutic Touch. After the first year of immersion in the process of dialogue, the Dialoguers explored each assumption in depth, one by one. Following the exploration of these assumptions, Krieger has invited us to delve more deeply into inner aspects of the future consciousness of TT. These explorations are helping to inform our TT practice and deepen our relationship with the inner-self.

As the participants of the TT Dialogues moved out into the larger TT universe, they shared a deepening understanding of TT in their lives, and shared the process of reflective dialogue with peers and students. The words and terms used to describe and explain these evolving concepts of TT and healing, and more importantly, the deepening understanding of the inner self are seemingly complex, yet are intended to promote greater clarity. Brief reports of the activities and products of the TT Dialogues have been published in the Connection; and included in presentations at a variety of meetings and conferences, such as TT Intensives, the 2015 TT Congress in Seattle, and national and international conferences of nurses and other health professionals.

Responses from the TT Community have been mixed. Some people reported that the terminology is complicated and confusing initially, but after a second or third hearing and

application, they find themselves feeling that their TT practice is enriched and their understanding is deepened. Others report a sense that the process of TT is opening up and enabling them to go deeper into process. Still others report that the new concepts and ideas answered questions about TT they had in the past. Other practitioners stated that they preferred earlier TT terms and concepts and were concerned about losing the heart and principles underlying the process.

In response to these comments and concerns, in August, 2016, the board members of TTDialogues, Inc. and Therapeutic Touch International Association held a joint meeting in Columbia Falls in order to:

1. Dialogue on the ways learnings and discoveries from the annual TT Dialogues dovetail with current Therapeutic Touch teachings; and
2. Reflect on usefulness of the TT Dialogues and TT practice for the TT community at large.

Common themes throughout this dialogue included how our deepening understanding and expressions of the processes and practice of Therapeutic Touch evolved, the ways in which our personal growth as Therapeutic Touch therapists expanded through the deepening of our relationship with our inner-self, and that while concepts and practice of TT evolve and mature, TT's foundational principles remain constant and central to the process.

During the meeting, Krieger noted, "We need to make clear that [TT] practice is part of our culture and is continuously changing. I waited until you were ready to hear this. There is so much more. *TT isn't like other healing modes*. A lot has been incubating in Montana and now lots of products are coming out. The 'Looking Over One's Shoulder' research led to the seven stages of consciousness," reflecting the inner experience of TT therapists as they carry out TT.

Sue Conlin stated that the TTIA board voted to integrate the levels of consciousness and concepts of a Theory of Healing into the TT teaching guidelines. The board initiated an overall review of teaching guidelines to ensure that the flow of knowledge and experiences deepen from one course to the next. (A task group will carry out this review and revision during 2016-17 with a goal of presenting the revised guidelines at the 2017 TT Congress)

Krieger also stated, "Everything we've learned up until today is about to change tomorrow. Long before Dora made her transition, she and I were talking about TT in the future. Dora said, 'I think TT will continue in the future, but not in the way we originally thought'." Krieger continued, "We never expected this response. It indicates [TT] has legs and will move on its own."

The board members explored the experiences each person had when bringing ideas and concepts from the TT Dialogues out to the larger TT community. *Cont'd on P. 15*

Request for Participation in Model Relevance Study for a Theory of Healing

A Theory of Healing derived from the practice of Therapeutic Touch was developed, during week-long gatherings in the summers of 2010 to 2015, by a group of advanced Therapeutic Touch practitioners using the dialogue process. This Theory of Healing is comprised of five constructs. Within this Theory of Healing, healing emerges through epiphanal experiences when one 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. In addition, a *Model* of this Theory of Healing was also developed.

The purpose of this survey is to determine the relevance of this Model to the healing practices of complementary/integrative practitioners.

As a practitioner who supports the healing process of your clients, you are invited to participate in a study to determine the relevance of the Model to your healing practice. In completing the questionnaire, choose ONE specific practice area that you use in working with clients and answer the questionnaire from that specific practice perspective. Your feedback will assist in determining the relevance of this model to a variety of complementary/integrative practices and will assist in refining the model and the model constructs. Both rating feedback and written feedback are equally beneficial. All responses are anonymous. Return of the completed questionnaire is completely voluntary and is deemed consent to have your responses to be included in this research study. Completion of the questionnaire may be discontinued at any time without any consequences to yourself. Your confidentiality will be completely maintained as data will only be reported as grouped data.

When you choose to participate, please complete the following questionnaire by clicking on the link provided on or before **August 31, 2017**:

“Relevance of a Working Model for a Theory of Healing” CLICK ON THIS LINK:

https://www.surveymonkey.com/r/Model_Theory_of_Healing

When you have completed the survey, hit **DONE** and your survey responses will be sent to the survey collection site for compilation.

The completed questionnaire **data** will be forwarded to the Principal Investigator, Chery Ann Hoffmeyer, PhD. Your specific, honest feedback will contribute to the refinement of this model as it depicts a Theory of Healing.

The Capital University IRB gave its permission for the researcher to begin his or her use of human subjects in this study. The IRB has the right to put on hold or to stop support of any research that does not follow the IRB's rules. The IRB can stop or suspend studies that cause too much harm to subjects.

You should contact Capital University's IRB chair if you:

- have questions, comments, or concerns about this research study,
- are concerned about your being in the study, or
- believe you have been injured or hurt while being in this research study.

The IRB chair is Professor Andrea M. Karkowski. She can be reached at (614) 236-6449 or akarkows@capital.edu.

Thanking you in advance for your voluntary feedback about the relevance of this Model to your complementary/integrative practice.

Attention all RN's RPN's and PSW's!

Please share your experiences in using Therapeutic Touch® with your clients/patients/residents, as well as their family care-givers.

Your experiences can be an inspiration to others

and expand our knowledge of the beneficial effects of Therapeutic Touch.

For assistance contact your Network Newsletter Rep.(p. 2)



Bookworm's Food for Thought



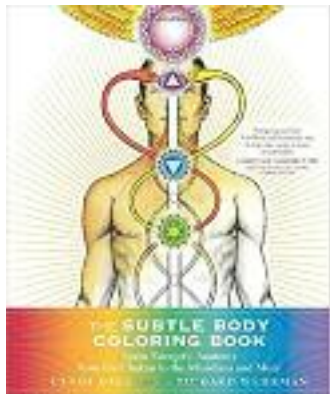
Title: A Far Reaching Thing - Tales of Healing With Therapeutic Touch

Author: Annie Hallett ISBN: 9781784651046

Annie Hallett has been practising Therapeutic Touch in a professional capacity for many years. As such she has a wealth of experience to pass on for anyone looking to work in this area. From dealing with terminal cancer patients - young and old - to helping loved ones through difficult times, this collection of case studies and theory serves to illustrate what the therapy is capable of when practised as an adjunct to traditional medicine. Not to mention what it can provide to everyone who wants to feel better in themselves.

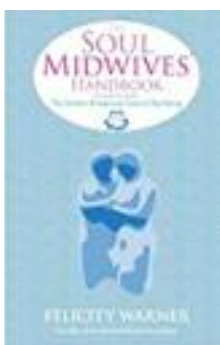
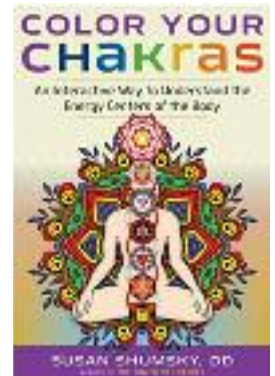
ABOUT THE AUTHOR: Annie Hallett has a background in Nursing, Counselling, Complementary Therapies and Healing. She has studied various traditions of Healing, Shamanism and Reiki, but it is the interpretation of Healing through Therapeutic Touch, which has had the most influence on her work. She has studied Therapeutic Touch with its founder Dolores Krieger, both in Australia and in the United States and with Jean Sayre Adams who first introduced it to the UK. Contact can be made with the author via: annie.hallett@hotmail.com From Amazon.ca @\$14.65

FINALLY! COLOURING BOOKS WE CAN LEARN FROM!!



The Subtle Body Coloring Book: Learn Energetic Anatomy-- From the Chakras to the Meridians and More Spiral-bound by Cyndi Dale Filled with practical guidance -an information-rich book that serves as an educational tool and a great way to relax and explore the energetic dimensions of our health.

Color Your Chakras: An Interactive Way to Understand the Energy Centers of the Body by Susan Shumsky. Each left-hand page includes a description and explanation of each chakra Each right-hand page is an appropriate drawing.



The Soul Midwives' Handbook: The Holistic and Spiritual Care of the Dying

is published by Hay House – available through Amazon

The author, Felicity Warner, founder of **Soul Midwives** was named *END OF LIFE CARE CHAMPION of the YEAR 2017* by the National Council of Palliative Care at a ceremony at the House of Lords.

In traditional cultures around the world, death has always been regarded as an important rite of passage, an initiation, a journey across a spiritual threshold. Modern soul midwives are able to draw on these ancient skills and traditions, applying them to our modern world and using them to ease the passage of those who are dying. Soul midwives lovingly assist and accompany a dying person on their journey, and can provide their services within a home, hospital or hospice.

Soul Midwives Newsletter <info@soulmidwives.co.uk> <http://www.soulmidwives.co.uk/>

Homeopathy Escapes the NHS Cuts

Despite a relentless campaign by doctors, medical regulators and internet trolls, homeopathic remedies will continue to be made available on the UK's National Health Service (NHS). The remedies, which cost the NHS around £4m a year, have escaped the latest round of cost-cutting which has removed heartburn pills, sun cream, omega-3 fish oils, travel vaccines and gluten-free foods from the list that can be prescribed to patients. The decision angered many in conventional medicine, who describe homeopathy as "rubbish" and a waste of taxpayers' money. It is condemned by a range of groups, even including the House of Commons science and technology committee.

Critics have said that homeopathy is unscientific and unproven, but supporters say that good evidence exists for its effectiveness against a range of conditions. The Swiss health authority has announced that homeopathy is effective enough to be included among therapies that can be claimed under health insurance plans. It will be available from May this year.

We get Letters ... and Comments!

Re Bruce Lipton video . . . it's still available at: www.facebook.com/energypsych/videos/10154187698869529/

Thanks for this link.... I've been trying to tell folks this but friends in my peer group have been schooled in the pharmaceutical model. Too bad.

We as TTERS have to be more assertive in getting the message out there. Many TTERS don't really understand this concept either. Our perception & beliefs are what changes our lives. After 10 years the book **Biology of Belief** needs to be presented all over again. Always go back to reconsult Louse Hay's books!

Marion Cameron.

....

I attended some of the TT Conventions in Toronto. I came from Seattle, WA, representing our satellite chapter, Therapeutic Touch Professional Associates of the NHPAI now, TTIA. I found your conventions invigorating and informative.

Thank you for these videos – each is helpful and supportive. I have no desire to live as a victim. My 100 yr old mother has a few things as challenges, strong challenges, but I can see that I need to be more aware of my boundaries and my own power over my life. I can see where my healthy beliefs sort of shimmer in the face of her osteoporosis and macular degeneration, therefore I take to heart Bruce Lipton's epigenetics information and the need to create a stronger, sturdier, HEALTHY belief system. Thanks again for passing these Hay House videos on.

In Love, Light, and Joy! Sharon Hunter

....

Is Our Value Undervalued???

In this day and age work is not valued or even considered legitimate unless it is paid for. Take for example Reiki vs Therapeutic Touch. Reiki is now mainstream, available in many clinics or home practices. It is not cheap but it is valued.

Therapeutic Touch, generally only offered on a volunteer "out of the good of your heart" basis is not mainstream, not charged for. *"Anything free cannot be considered as good, as effective as something that is paid for".*

Therapeutic Touch Recognized Practitioners are educated/trained/experienced individuals and deserve to be paid for their knowledge and experience and the efficacy of their treatments. No other practitioner – that I can think of – works for free. Not only that but we all lead busy lives, few of us are wealthy enough that we can donate large portions of our time . . . our time is valuable and should be valued, and IS of value.

Laura Crossett, TTNO

Holding Centre, cont'd from page 12

Mary Anne Hanley stated, "Intentionally or unintentionally, the products that have emerged out of Montana are necessary elements to evolving TT. This year, we are integrating the steps of TT with the stages of consciousness. We have even more to share with students as we move forward." In relation to the process of teaching, she asked the members to consider, "How does reflection start and how does it go deeper? What does Dialogue do for us as a community and how do we integrate it into our teaching?" As teachers, what steps are needed for us to not only engage our students to learn but to excite them about the journey to become expert therapists and to deepen their relationship with the inner self?

When teaching teachers, Sue Conlin suggested doing the "Looking Over One's Shoulder" exercise/process to engage students, stimulate insights, Aha moments, and then understanding epiphanal knowing. There were a dozen people at the meeting sharing their ideas.

Mary Anne Hanley noted, "We had to be in this a while to be ready to articulate what was happening. Once it's out there, it can't be stopped."

When talking about how people were responding differently to the evolving ideas and concepts emerging from the TT Dialogues, Kathy Arquette added, "You have to teach it all whether the whole class is ready or only one person is ready to hear it."

Hanley responded, "We have people who have lived TT for so long and are now hearing things that don't seem to mesh with their reality. We need to keep clarifying and refining."

In response to a sense that there was some resistance to change, Denise Coppa reflected, "All of this goes back to the original teachings in the 1970s and 1980s. The rudiments of the theory started from the beginning." (See text on Spiritual Dimensions in TT by Krieger).

Members explored different ways to address concerns about the language being too complicated, or too academic. They noted the process of introducing change is challenging. Hanley suggested, "As we go out into the community, we do so with authenticity and integrity, trust, clarity and being true to TT over time. We use each other as touchstones to maintain that process."

Members reflected on the numbers of TT classes and intensives they attended and how *Continued on page 16*

Eight Travellers, cont'd from page 10

narrative data from such a massive number of respondents. However, that's when the eighth nurse appeared! Diana Campbell is a doctoral student at the University of Victoria, who (for some serendipitous reason) was standing next to me at an event sharing how she was very interested in gaining experience with a software program that helps analyze narrative data. My response was, "Have I got a project for you!" Diana joined as

a colleague and scholar on the project as she committed herself first, to her own learning and then found herself drawn to this project to help articulate a part of nursing practice that remains unknown in many settings.

Holding the Light

Over these two and one-half years, this committed team of eight nurses has conducted a study, performed a concept analysis, written a summary of the work which was submitted to NANDA-I, presented a very coherent revision of an existing NDx to the DDC, and started the process of dissemination of the work. The DDC has voted to approve the revised NDx and has sent our submission for ratification to the NANDA-I Board. If approved by the Board, our proposal will go out to the NANDA-I membership for final vote for approval in February. We have certainly made progress.

So, as I look at our work I realize now that each of these eight nurses is committed beyond their own careers, their own endeavors, their own jobs. Why was Deb up late at night completing a literature review? Why did Ann change her doctoral study timeline so that she could participate? Why did Diana decide to devote hours of her time to a project that was not within her defined area of study? What motivated Dickon to support a group he hardly knew? How did Howard make time in his academic schedule during the busiest part of the year for this work? How did it happen that Marci could relate exactly the scenario we wanted to describe after she came home from work on a busy hospital unit? There was

something more here than professional commitment. I believe that each of us was responding to a call to conserve knowledge from the past, to define priority issues for the profession, and to act when needed to manage or transform something entrusted to us. We were called to be stewards of holistic nursing. Why was this work meaningful? Because it permitted expression of nursing practice grounded in philosophy and theory of holism and reflected the essence of holism in nursing.

I end this report thinking about Charlie McGuire¹ who was always pleading for us to "Hold the Light." She was calling for just this work, this stewardship in action. Please continue to "hold the light" as we move to the last stage of the approval process on this journey.

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Noreen Cavan Frisch, PhD, RN, FNI, FAAN, is a past-president of AHNA and is currently a Professor of Nursing at the University of Victoria in B.C., Canada. In the past, she served as a liaison between AHNA and NANDA-I and was called on to support AHNA's interest in this NDx. She is a Fellow of NANDA-I, a member of NANDA-I's informatics committee and, of course, a holistic nurse.

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Holding Centre, cont'd from page 15

their understanding deepened with each class. Marjorie Anderson recalled when a concept made a significant impression on her at a TT Intensive. She believed this was a new concept until others told her, yes, this concept was discussed every year. When she went home and looked at notes from previous Intensives and classes, and found she had underlined and emphasized the same concept every year. And yet, it didn't hit home until that last hearing.

Lin Bauer highlighted that, "Repetition is important. Over time, it begins to make more sense."

Arquette encouraged members to trust the process, "If we have the mindset to go beyond what we don't know and keep trying, even when we don't yet understand. Thought precedes action, mindful thinking, intention."

As a community, the board members agreed there is a need to expand this dialogue to the larger group. Reflecting on the importance of the boards meeting to discuss ways to work

together and to communicate the evolving nature of TT, Hanley noted, "Part of where I see we're going, our two organizations are holding the center and then we go out from there."

In response, Dolores Krieger agreed, "In holding the center, you remain in focus. In this last incubating period, many may challenge our theory while it is still new and fragile. So while others may challenge this, it is a good thing. It could topple us unless we hold the center. It is good to have the challenges. It just strengthens what is true."

The board members of TTDialogues, Inc. and TTIA are committed to supporting the evolving consciousness of Therapeutic Touch. While honoring the foundational principles of TT, the board members' process of "holding the center" for our community provides a scaffolding for the evolution of the knowledge, practice, scholarship, and science of Therapeutic Touch. The boards agreed to meet and dialogue on issues and ideas of mutual concern in support of the TT community at large. ◦

The Atlantic Network's May Annual Conference Report from Cherry Whittaker, RT

Our Conference program was a fast-moving, information packed, event presented by two of our Network members, Michelle Greenwell and Natascha Polomski. Both came to Therapeutic Touch® from other modalities and extended TT into their practice because they recognize its value as a support scaffolding for whatever else they do in life. Their presentations were informative, enlightening and sometimes mind boggling because they extended the possibilities and understandings of some of our very basic premises and practise.

The field is the sole governing agency of the physical realm.

Albert Einstein is credited with this statement, and in Therapeutic Touch we know this intimately because our work is in the field and this is the principle we follow. We know that:

- intention underlies and outlines our actions and is critical to outcomes;
- everything is made of energy and that energy vibrates;
- emotions are critical in both our health and our clients;
- our beliefs – our faith in what we are doing – affects our emotions, our confidence and outcome of what we do;
- self-care is critical for our own health and development;
- our biology affects or changes our energy field and that the changes in our energy become our biology;
- all vibration (sound, light, colour, symbols, temperature, smell, images etc.) can be fixed into an intention while we are working with our healing partners;
- intention affects the field.

All of these are actively engaged in and used during our day-to-day interactions and with Therapeutic Touch, and lead us into understanding how we could expand our TT sessions for ourselves and our Healing Partners.

Friday night we dove into forming intentions, what affects the quality of our intentions and how to shape them for increased effectiveness in our treatments.

Saturday focused on vibrations, vibratory rates, and their importance to our health and to our treatments. We learned the variety of ways the different vibrations affect us and how to use them more effectively. Much of their presentation was in the form of charts, available on the internet. We learned about the quality of light vibration having a more profound effect on our health than just the food we eat. They showed images of how different rates of sound vibrations created elaborate patterns – some resembling symbols of sacred geometry.

We learned where our own base emotional (vibratory) interactive level is and how to change that. We understand in TT, we need to be at a higher and healthier vibrational level than our clients in their treatments, and for ourselves and others in our day-to-day interactions. They expanded the boundaries of what can be used in TT session through our intentions.

They suggested that “language is slow” and, in some ways it puts us into a specific frame-of-mind which may limit what we can describe or encapsulate. If we can get beyond our need for language and begin to use other means (e.g. sacred symbols) we can get beyond the boundaries of our thinking in a restricting language.

Michelle and Natascha have created a base – from which we can explore more during our Therapeutic Touch process – that will augment the treatments by improving the *quality of the intentions* we create. Dora Kunz said that when we do treatments *we should envision the person as whole and healthy*. Michelle and Natascha helped us do that in their excellent presentation.

Language and “Music” of the Plants

Alessandra Morisutti, from Ontario and Italy brought us some wonderful music produced from the plants as they sat in on our learning during the conference!

She brought 2 ‘machines’ developed through the research at Damanhur in Italy that translated the electromagnetic output of the hooked-up plant into sound. After learning a little about them we took the plants we had brought and hooked them up to the machines to see their reaction to words spoken around them, to Therapeutic Touch offered to them, to emotionally loaded words written on cards and placed next to them, and to music produced near them.

They reacted to the emotions in the room, became silent with group expectation to perform, and reacted when spoken to and about. It took us a while to realize their incredible receptiveness and reactivity. They were feedback for us and without words! The plants are *incredibly responsive to all aspects of life around them!* Now as I talk to my plants I look upon them as intelligent beings! What a joy!

<https://www.youtube.com/watch?v=V230OVzwieU>

David Maginley, Author

One of our precious TT'ers, David Maginley, RT, entertained us with delightful humor, story telling and sharing excerpts from his newly released book, “Beyond Surviving: Cancer and Your Spiritual Journey”.

It presents with humour and sorrow his adventures with cancer as well as the adventures with others from whom he has learned – touching at times, engrossing throughout. He tells how the lessons of cancer have helped him find love, and communicate that love as a spiritual care taker in his role as Chaplin at the QE11 hospital.

He includes information on Therapeutic Touch and his use of it, and on Near Death Experiences with which he has had intimate experience.

He had us laughing and crying and truly inspired by the end of his presentation – truly a gifted writer, thinker, person and presenter!

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Bruno Gröning

By René Dosen



In our second article about pioneers of Energy Healing, we are turning our attention to Mr Bruno Gröning. Considered the most successful healer of the 20th century and yet to accomplish this incredible title, he never needed to use his hands to heal even though he still belongs to the classification: energy healer.

Born in 1906 in Danzig, Germany (now Gdansk, Poland) in a family that had very little, Bruno showed his abilities very early in life when he told his dying grandmother that she still has some time left on this Earth and to the utter amazement of the whole family, she quickly regained her health. In his childhood, he would spend a lot of time in nature surrounded with animals that were attracted to him and his energy.

As the WWII started, Mr Gröning found himself drafted in the army. As he joined he announced to his commanding officers that he would never kill a human being and he remained true to that decision. As a POW at the end of the war, he ended up in Russia in captivity. He had already started his healing work and many soldiers – both Russian and German – were healed in his presence. Mr Gröning never completed his apprenticeship as a carpenter due to the lack of jobs and economic problems. This lack of education was a major issue to highly-trained medical professionals, who were unable to do what Mr Gröning was capable of doing in healing people who came to see him.

After being released from Russia, Mr Gröning returned to a Germany in ruins – devastated by the war. Many were hungry and destroyed physically, emotionally and mentally by the war. The scene was being set for the healer of that calibre to begin his work.

In 1949, Mr Hültsmann, an engineer from Herford, Germany invited Mr Gröning to help his son Dieter suffering from progressive muscle dystrophy. That particular case illustrated Bruno's way of healing. He simply told Dieter to get up and start walking! To everyone's amazement, he was able to stand up and even walk a little bit. It did not take long for the young boy to fully recover. That was the first major healing success that was made public.

The house where this was done had a big balcony and very soon thousands of people appeared in front of the house asking for healing. Mr Gröning appeared on the balcony, instructing people to make healing happen.

“Only God can truly heal, not man,” he told them.

“God is the greatest physician. For Him, there is no incurable; nothing is impossible. Trust and believe that the divine power helps and heals!”

Medical professionals viewed him as dangerous competition

and asked local authorities to put a stop to his activities. They reacted quickly and issued a total ban against him. throughout the whole region. The true reason for the prohibition, however, is clear from the following statement by influential medical people who were involved, “Gröning can prove whatever he wants, but he will not be given permission to heal. It offends the professional honour of the doctors to associate with him”.

Outraged people demanded that authorities allow Mr Gröning to continue his work. Although they allowed it, pressure was put on city's authorities to prevent Mr Gröning from working again. At this point, he decided to continue healing people, but in different part of Germany. Unfortunately, almost the same situation ensued and he decided that if he only gave public talks he would be safe from further bans. At about the same time, a young girl died from tuberculosis and Mr Gröning was blamed for telling her to stop the conventional treatment and only receive his treatment. This was a complete lie because Mr Gröning always told people to continue with the treatments that their doctors prescribed; nevertheless it was used to permanently shut him down. He had to defend himself in court and the prosecutor used a clever approach in which he asked people – who were successfully healed by Mr Gröning – if they received treatments from him. Most of those people had very low levels of education and by admitting that they were being treated by Mr Gröning, they failed to understand that they were accusing Mr Gröning of practicing medicine without being adequately trained for it! He was ordered by court to pay the fine that he was unable to afford, because he never charged people. This trial eventually costs Mr Gröning his own life. The combination of stress, disappointment in people who he helped heal and who inadvertently ruined him in court, as well as by being prevented from continuing to help people resulted in stomach cancer.

At an earlier time, a young woman from Austria (initially highly sceptical about Mr Gröning's abilities) was asked to accompany her friend who was almost completely blind to one of his lectures in Germany. Her own healing (three serious health conditions), as well as the fact that her friend regained her eyesight, made her a key supporter of Mr Gröning's work from that point onward. Thanks to Mrs Greta Häusler we still have access to the healing energy that Mr Gröning discovered.

Here is how that happened: Mr Gröning was to give a lecture in a small city in Austria. Local authorities discovered the location and ordered police to shut it down. The venue where the lecture was supposed to happen was packed with people and they asked Mrs Häusler to talk to them about Mr Gröning. As she started describing many cases of spontaneous healings she had personally witnessed, people began reacting to the energy that they began to feel →

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Cherry Whittaker's Comments about her experience . . .

In summary, I thought I had a pretty good grounding in topics these vivacious women presented until, I was actually in front of them madly taking notes! while thinking how foolish I had been thinking I understood. They opened many TT practices to be examined in breadth and depth, and led us into understanding how we could deepen our TT sessions and our life practices through these newly explored understandings. I am so glad I went to this "kick-ass" conference!

✱

TT Interview with Michelle Greenwell and Natascha Polomski

Click the following link to watch an interview about Therapeutic Touch. Our own ATTN members Michelle Greenwell and Natascha Polomski took the time with videographer, Paul Bissonnette, an ATTN member as well, to make this video. It is very interesting, concise and well done. Please enjoy.

vimeo.com/214311889/0d927e7fbc

as soon as Mr Gröning was discussed. Soon some people from the audience experienced spontaneous and profound healings and lost all symptoms of their chronic illnesses and *remained free from them*. This experience led to the formation of "Bruno Gröning Circles of Friends". This is still happening today and in many countries (worldwide there are more than 100 countries where the Circle of Friends of Bruno Gröning exist) people gather to capture the healing energy that Mr Gröning discovered. Known as *Heilstrom* and translated from German, it literally means "healing current". To capture the energy, Einstellen (or tuning in) is done – a short meditation that works best in group environment, even though it can also be practiced in the comfort of one's own home.

Local groups of Circle of Friends also periodically screen the documentary movies made about Mr Gröning - the oldest one being titled "Phenomenon Bruno Gröning". Often, during screening of those movies, the healing energy is activated and many spontaneous healings are known to happen. When the energy is activated (either during Einstellen or during the screenings of the movies), so called "Regelungen" (regulation) is experienced. This is, simply speaking, a healing crisis, which may include a temporary increase of pain or main symptoms that someone has suffered from. Sweating, tingling, emotional reactions such as crying or similar can also be experienced. Although it usually goes away quickly, it is helpful to be aware of it.

Internet search connects you to a local group, where everything described so far can be personally experienced. Circle of Friends of Bruno Gröning also has a subgroup that

? **WHAT DO YOU THINK . . .** ?

#1

At a recent Group a discussion occurred around 'dirty energies', WIFI, etc. and their effect (some say controversial) on people. A TT teacher suggested that cell phones should be left outside the room where the Therapeutic Touch session was being given.

After a thoughtful silence, a Recognized Practitioner said that if that happened she wouldn't be able to check her phone messages while the client rested.

What do YOU think?

#2

A Group member said that she was a Reiki Master and that she combined it with Therapeutic Touch - especially for the assessment. Another member said she had taken Reiki, but preferred doing Therapeutic Touch.

There seemed to be some evidence that the first method of healing one learns tends to be the method of choice.

However . . . the (TTNO) *Statement of Ethics and Conduct* says that the TT practitioner will only do Therapeutic Touch®.

What do YOU think?

is called the "Medical Scientific Group". This is a forum of several thousand physicians and other medical practitioners that checks the reports and when possible provides documentation with a physician's commentary based on medical findings of independent doctors.

"The Circle of Friends of Bruno Gröning" is financed exclusively by voluntary donations and volunteer workers. The Circle is not connected to any religion. There is no diagnosis, therapy, examination or treatment in the Circle of Friends nor is anyone advised against visiting doctors, taking medication or undergoing therapy or surgeries.

Mr Gröning died in 1959 at the young age of 52, having always claimed that he would burn from the inside if he was prevented from healing people. He was the first of our pioneers of energy healing to be literally killed by the orthodoxy for discovering a powerful rapid form of healing that was perceived as competition to "highly-trained professionals". Let us not forget that the court drew a conclusion that is still an unwritten law in medical and scientific circles and that is "no energy exists in a human body that can produce healing".

References: <https://www.bruno-groening.org>
Phenomenon Bruno Gröning documentary
Circle of Friends of Bruno Gröning literature

René Dosen holds Bachelor of Electrical Engineering degree from Concordia University (Montreal). He is also certified Consulting Hypnotist and energy healer, doing Therapeutic Touch®, Bioenergy Healing, Pranic Healing, Reconnective Healing, Reiki (master of Usui and Karuna), Inka Shamanism (trained by Dr Alberto Villoldo's The Four Winds Society). He is chair of Research for TTNQ.

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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