



# Therapeutic Touch Canada News/Nouvelles

Volume 5, No. 4

Autumn, October, 2016

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

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**Enjoy!**

## Thoughts from your editor . . .



### Welcome to the Autumn issue of your Therapeutic Touch Canada News/Nouvelles

Putting together every issue of this newsletter is an adventure! This time we have articles that must wait for the next issue, and that is very gratifying because it means that you – the readers – are increasing your submissions. And that always makes an editor happy.

#### The Web Site – Passwords

Due to ‘hacking’ problems, etc. passwords must be used to access various items such as the brochures and past newsletters. Please contact your local Group leaders, teachers, or your regional TTNC representative or newsletter committee member to get these passwords and any other information about TTNC.

We are delighted with the information about the Therapeutic Touch International (TTI) Congress next year. (They call it that to distinguish it from ‘conferences’ and because it is held every two years). Please read the details from Peggy Frank, TTNC’s representative on the TTI board, on page 8

Please take a look at the updated **TTNC Committees** on page 10. So often we are not aware of the people who are giving unbelievable amounts of talent and time to do the work that is required to make Therapeutic Touch Networks respected, reliable, ethical organizations, committed to the growth of Therapeutic Touch throughout Canada and the world. *Please take a moment to read the Mission, Vision and Values of the TTNC on the next page.*

We are profoundly grateful to Dr. Helen Senderovich of Baycrest Health Sciences Centre, Toronto, for allowing us to use her remarkable posters on the value of Therapeutic Touch in Geriatric Palliative Care and Dementia (page 8). This kind of promotional material is outstanding for conference and health fair displays.

Once again I want to thank the newsletter committee for their ‘eagle eyes’ in proof reading and for their help in getting the details correct.

We continue the search for another TTNC newsletter editor/formatter (due to the advancing age of the current one - me!)

If you are interested, we’ll give you lots of help.  
If you are a ‘Mac user’ it will be easier!

*Mary Simpson*



*If you are a Group Leader, please print this  
newsletter and take it to your meetings.  
Mention it as a benefit of becoming a  
Network member!*

### Therapeutic Touch Canada News/Nouvelles

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

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

**Next Issue: Vol. 6, #1, Winter, 2017**  
Publication date January 30, 2017.

**Deadline for Submissions: January 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,**

The Regional Networks’ Chairs, Michelle Greenwell,  
Peggy Frank, Mei Fei Elrick, Betty Whitney,  
Judy Donovan Whitty, Alison Cooke, Mary Hughes,  
Patricia Connell, Jane Hall, Tamara Lynn Wardell,  
Kathy Barns, Alex Jamieson

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### Your TTNC Newsletter Committee

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

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# The Therapeutic Touch Networks Canada

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

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

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

## Update from the Therapeutic Touch Networks Canada

*Paulette Deveau, President, TTNC Board*



Last year, TTNC agreed that it would take over the responsibility of the Therapeutic Touch Trademark from TTNO. TTNO has prepared the legal documents required for this transition. Recently, quotes were requested from different law firms for comparison to one received from a lawyer – friend of one of the TTNC Board members. His was the most reasonable and TTNC voted and agreed that the application for this transfer would be done by this lawyer to prevent legal issues in the future. The Member Networks will be advised when this transition is completed.

Please refer to the article submitted in this newsletter regarding points of reference which I developed on how to proceed in regards to complaints with Advertising Standards Canada (ASC) against Therapeutic Touch not supported by reliable, science-based evidence. I did consult the TTIA President and President Elect on these. The points of reference were approved by the TTNC Board on September 20th.

### **TTNC will have its Annual General Meeting on Sunday, November 20th at 2 pm PST.**

Invitations, reports, and agenda will be forwarded to the Member Networks. Immediately after the AGM, there will be a meeting for the election of the TTNC Board officers. Everyone will be advised of the changes on the website and the next issue of the newsletter.

### **News from the Committees**

TTNC Newsletter Committee – Feedback was asked regarding the new name of the newsletter - Therapeutic Touch Canada News/Nouvelles. No complaints were received. I will be replacing Bonita Howard as the BC rep. I would like to thank Bonita for her contributions to the committee.

The National Curriculum on Teaching Therapeutic Touch – TTNO has a new rep to this committee, Mary Simpson. The committee is proceeding with the Level Two Curriculum. The chair of this committee, Chery Ann Hoffmyer(TTNA), has been asked to join the TTIA curriculum committee meetings.

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

### Extended Health Coverage for Therapeutic Touch Sessions

I have resigned from this committee. However, I will continue to support Cheryl (BCTTNS) in continuing to follow up on more possibilities of introducing TT to the offices of Vancouver Coastal Health. Susan (ATTN) followed up with a contact with a major business that has a self directed health plan for its employees. This contact will take the request of having TT covered to their next Benefits Governance meeting. If there is any indication to pursue it further, she will respond to Susan directly. Cecilia (TTNQ) reports that both the English and French letters will be shared at the International Congress on Palliative Care being held in Montreal on October 18 – 21, 2016.

Website This new committee has been busy. After discussions with Peter (TTNO) and Marion (TTNA), the webmaster Julie Boysie (TTNO) made changes and updates on the website. Please check it out if you have not done so. They are also working on Terms of Reference for the Committee.

*I'm wishing you all Optimum Health, Peace and Prosperity.*

Sincerely,

Paulette Deveau, TTNC President

**Please see information on Liability Insurance on Page 10**



# Reports from Member Networks Across Canada

## Atlantic Therapeutic Touch Network

Practice Groups within the Atlantic Network continue to be the best way to keep the momentum of actually doing and receiving Therapeutic Touch® and lots of learning happening. Recognizing this, Andre Bellerive has initiated a PG in Alberton, the Western end of PEI; the closest one prior to this was an hour away in Summerside each week, so thank you Andre!



ATTN teachers Cherry Whitaker assisted by Judy Donovan Whitty taught Level 2 in October at the wonderful venue of Geneva Villa, Charlott'n, PE Front L: Wanda MacGregor, C. Whitaker, Cathy Kaptein, Diane MacQuaid, Admin, Geneva Villa  
Back L: J. Donovan Whitty, Darlene MacDonald, Irene MacIsaac, Marlene Roach

Kensington PG continues to expand as the community has embraced it fully, thanks to loyal members and the ongoing work of former PG leader Carol Evans. Carol is now the scheduler for volunteers to provide TT in Hospice in the hospital in Summerside. She says this is going well as staff and volunteers ensure potential clients are aware the modality is available - a wonderful partnership! The Charlottetown PG continue to meet in Hospice as well and are met with great enthusiasm by staff, volunteers, family and clients.

The Stratford PG is hosting the annual 'Rest and Restore Day' for the fourth year. ATTN teacher Cherry Whitaker will present a component of the day including the "dialogic process" as introduced to us at the annual ATTN Conference with Dr. Mary Ann Hanley, colleague of Dr. Krieger's. So, despite PEI being a small province, there are now 5 Practice Groups with another 10 in Nova Scotia all of whom remain very active - they are the backbone of ATTN.

A number of the PG's participate in Health Fairs and Conferences by giving mini sessions and distribution of the lovely TTNC brochure. ATTN members Michelle Greenwell and Natascha Polomski generously distributed the TTNC brochure/info at their exhibit table at the September Conference of Energy Psychology (CAIET) held for the first time in the Atlantic area. Their next conference is again in Vancouver October, 2017, where there were two presenters on Therapeutic Touch at their 2015 Conference. —>

## The Therapeutic Touch Network of Alberta

As I write this, autumn is being heralded in by leaves changing colour and a crispness in the air.

Linda Terra and Sheila Camp gave a presentation on Therapeutic Touch at Wellspring Calgary in September 2016.

Level 1 Therapeutic Touch courses will be taught in Calgary this fall. For information please check our website: [www.therapeutictouchalberta.com](http://www.therapeutictouchalberta.com).

Our September Retreat invited the staff at Kerry Woods Nature Centre to experience a Therapeutic Touch session!

Jean Gurnett gave a presentation on the Polyvagal Theory by Stephen Porges. A discussion followed on how this knowledge could relate to a TT session.

Chery Ann Hoffmeyer gave a presentation on documentation of the Therapeutic Touch session; guidelines and legal implications. She also updated us on the T.T. Dialogues which she attended this summer with Dolores Krieger in Montana.

Thank you to T.T.N.C. for all the work you do for Member Networks and your support in all matters concerning Therapeutic Touch.

*Sherry Crann-Adair, Coordinator, TTNA*



Back L; Jean Gurnett, Vreny Haas, Chery Ann Hoffmeyer, Betty Whitney

Middle L; Sherry Crann-Adair, Linda Terra, Marion Cameron  
Front L; Diane Kruger, Sheila Camp Missing; Don Nonay

ATTN teachers continue to offer levels wherever/whenever invited to a community...my most recent class was held for staff and repeaters at the Geneva Villa Nursing Home, Charlottetown, PEI - we were treated royally with treats and lunch!

*Judy Donovan Whitty, ATTN Coordinator*

## The Therapeutic Touch Network of Ontario

*Hello from Ontario!* The weather has turned cooler as I write this report but what a marvelous summer we have had.

This has been a VERY busy quarter for the TTNO Board as we prepared for our TTNO Annual Event at the beautiful Kempenfelt Centre near Barrie. And what a smashing success it was. Our numbers were up almost 30% with 91 people registered to go “Back to our Roots” with workshops by Crystal Hawk, Mary Simpson and Diane May. They inspired us, challenged us, planted seeds and gave us working tools to continue to grow and spread the word about Therapeutic Touch® in our communities.

At our AGM, the Board had an opportunity to share our major accomplishments for the year which include:

- Revising the categories and fee structure for TTNO membership renewal. We now have two new categories of membership – Associate and Retired. The fees were lowered. First year membership is half price. Recognized Practitioners have the option of paying as Volunteer practitioners or as practitioners in Professional Practice.
- Simplifying the Membership Renewal Form to one page.
- Renaming TTNO Practice Groups to “TTNO Branches” and encouraging them to be more active in bringing TherapeuticTouch to their communities,
  - Practice Days to “Professional Development Days” and
  - TTNO Annual Event to “TTNO Annual Conference” .
- Developing the TTNO survey which was well received and helped to confirm the future direction of the TTNO.
- Increasing our membership numbers over last year.

More volunteers have stepped forward.

- Mary Simpson for Teacher Liaison Chair
- Deb Gould for Communications Chair
- Trish Dean for Professional Practice Chair
- Darlene Daudlin for Referral Service Coordinator

We welcomed a new TTNO Office Manager, Daphne Hunt, who will be in the TTNO office from 10 to 5 on Tuesdays and Thursdays.

I look forward to the coming year with joy and in anticipation of the opportunities which will present themselves to the TTNO and to each of us individually.

May you receive many blessings this year and have a wonderful Holiday Season with your family and friends.

*Wishing you Health and Happiness  
Shirley Boon, Chair, TTNO*



TTNO Board 2016/17

Penny Craig, Mary Jane Phillips, Lillian Hutchinson, Deb Gould, Mary Simpson, Shirley Boon, Debbie Brear, Morlan Rees

*Picture by Peter Cheshire*



TTNO's Daphne Hunt, (new office mgr), Pranita Murphy (retiring Office Mgr.) Jim Metson, Editor *inTouch*, Goranka Marinik, book keeper, Simone Radman, Treasurer

## The Therapeutic Touch Network of Manitoba

I am a member of the Manitoba Therapeutic Touch Network, and as such, am the host of our Facebook page.

So, I thought it would be worth a mention in the newsletter.

For those folks interested in keeping up with our activities and other posts, if you are on Facebook, you can check out the Manitoba Therapeutic Touch Network Facebook page.

Thank you!

*Tanis L Moore*

*This newsletter is for you as a member of your regional Network.*

Its intent is to bring you information about what's happening in Therapeutic Touch® across Canada and in the world, as well as provide leading edge research.

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

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



## Therapeutic Touch Network of Quebec

### The 21st International Congress on Palliative Care

We are pleased to have a booth at this prestigious event hosting hundreds of health care professionals, therapists, and volunteers who are involved in the care for the dying. Founded by Dr. Balfour Mount in 1976, this biennial Congress has grown to become one of the premier international events in Palliative Care. It will be held at the Palais des Congrès, downtown Montreal.

Our Quebec Network will have a booth with volunteers giving free sessions to the public. We will be handing out our own pamphlet plus a palliative care pamphlet. Free promotional pens will be given to the public. We look upon this as an amazing public relations event for our network as well as an opportunity for our practitioners to practice their craft.

### Workshop November 5th in Pointe Claire

Rosa Bergola, is the guest speaker and will explore the interrelatedness of the human energy field. This workshop is an opportunity to step into a deeper awareness of who we are. The foundation will be set for a deeper understanding of how energy forms and shapes our lives. The conference will be bilingual and a magnificent buffet is included in the price of entry. Please check out [www.ttnq.ca](http://www.ttnq.ca) to register on line.

### New Practice Group in St. Lazare Quebec

We are happy to announce a new Practice Group in St. Lazare Quebec. Meeting will be held at the home of Cheryl Winslow; [wwhiskeyriver@yahoo.com](mailto:wwhiskeyriver@yahoo.com) - on the third Thursday of every month. Please contact her for further information.

### Scientific Research on Energy

René Dosen who is a board member and an avid TT supporter has agreed to do [research on the history of energy work](#). Check out future articles on the evolution of energy in our Newsletter. Up coming articles will explore the work of Bernard Grad, the well known energy researcher from Montreal, who did many studies on plants and humans related to energy.

Congratulations to the TTNC for having a bilingual title for our Newsletter. We are happy to continue having our information in both languages and urge our French members to submit articles in French of their stories or case histories. All are welcome!

Susan Hamilton,  
President, TTNQ



Happy Therapeutic Touch colleagues in Quebec.

## Toucher Thérapeutique du Québec

### 21e Congrès international en soins palliatifs

Nous sommes heureux d'avoir un kiosque à cet événement prestigieux qui accueillera des centaines de professionnels en soins de santé, thérapeutes et bénévoles en soins de fin de vie. Fondé par Dr. Balfour Mount en 1976, ce congrès bi-annuel est devenu un des grands événements international en soins palliatifs. Celui-ci se déroulera au Palais des Congrès à Montréal et notre réseau aura un kiosque à partir duquel des bénévoles offriront des sessions gratuites au public. Nous distribuons nos dépliants ainsi qu'un dépliant sur les soins palliatifs. Des stylos seront également remis au public comme articles promotionnels. Cet événement sera une excellente opportunité pour notre réseau de développer des relations avec le public ainsi que de permettre à nos praticiens de mettre leurs talents à profit.

### Atelier – 5 novembre à Pointe-Claire

Rosa Bergola est une conférencière qui explorera l'interrelation du champ énergétique humain. Cet atelier permettra d'avancer vers une conscience plus profonde de soi-même. La fondation sera établie afin d'avoir une meilleure compréhension de comment l'énergie définit et façonne nos vies. La conférence sera offerte dans les 2 langues et un buffet sera inclus avec le prix d'entrée. Veuillez consulter le site [www.ttnq.ca](http://www.ttnq.ca) pour vous inscrire en ligne.

### Nouveau groupe de pratique à St-Lazare, Québec

Nous sommes heureux de vous informer qu'il y a un nouveau groupe de pratique à St-Lazare, Québec. Les rencontres auront lieu au domicile de Cheryl Winslow le 3e jeudi de chaque mois. Veuillez communiquer avec elle pour plus d'information au: [wwhiskeyriver@yahoo.com](mailto:wwhiskeyriver@yahoo.com).

### Recherche scientifique sur l'énergie

René Dosen, un de nos membres sur le conseil d'administration et un adepte du toucher thérapeutique, fera de la [recherche sur l'histoire du "travail énergétique"](#). Gardez un œil ouvert dans les prochains bulletins pour des articles sur l'évolution de l'énergie. Les prochains articles exploreront le travail de Bernard Grad, un chercheur reconnu à Montréal,

qui a effectué plusieurs études reliées à l'énergie en lien avec les plantes et les humains.

Félicitations au RTTC pour le titre bilingue de notre bulletin. Nous apprécions avoir l'information dans les deux langues et encourageons les membres francophones à soumettre leurs articles en français. Vos articles sont bienvenus!

Please Note . . .

### Points of reference regarding complaints of Therapeutic Touch research with Advertising Standards Canada (ASC)

I'll summarize the events leading up to developing these points of reference. Advertising Standards Canada (ASC) received a complaint against BCTTNS that the advertised claims on their website were not currently supported by reliable, science-based evidence. Concern over consequences of ASC's decision to be in favor of the complaint led to BCTTNS decision to appeal. In the appeal, it came to the attention of BCTTNS that there is no legal obligation to respond to ASC. They are not a government body and have no power.

This complaint was posted on the ASC's website. It is not to be viewed in a negative way.

In fact one does find other respected practitioners of complementary modalities listed on this site. Meanwhile at the TTNC Level, I followed up with other TTNC Board members, TTIA's President and President Elect regarding any other complaints of this nature. There are none. As Discussions at this level regarding the concern/implications if such complaints were to come from a health care professional we decided that points of reference were required.

On September 20, 2016, TTNC approved the following **points of reference for such complaints:**

- If a member network is advised by ASC of such a complaint against them, the recommendation is to not respond at all to ASC. Depending on the complainant or the circumstances, the member network has the discretion of consulting legal advice. This refers to complainants that are health care professionals, where filing a concern towards them with their professional association would be considered beneficial for the Therapeutic Touch community. *Consulting legal advice does not mean taking legal action.*
- If it's a practitioner being advised by ASC of such a complaint against them, the recommendation is for the practitioner to *not respond* to ASC and to immediately inform its member network for support. The member network can refer to the first point of reference.
- To advise TTNC of any such complaints.

*Submitted by Paulette Deveau, TTNC President*

### CAIET Conference and Trade Show

September found two ATTN Practitioners at the CAIET Conference and Trade Show in Halifax. Michelle Greenwell and Natascha Polomski were thrilled to be able to share their passion for the healing arts with Halifax, Nova Scotia, and all those who had travelled from across North America and from abroad to attend the conference. There were some very powerful presenters at the conference.

Michelle and Natascha chose to focus on the attendees and how they could enhance lives by sharing their passion for healing through their booth. Natascha had a great reception to her Singing Bowls, Hapi Drum, and Koshi Chimes. The 5 Element Tea Blends that Michelle and Natascha have prepared were very well received, and Michelle had a lot of interest in her books and CD for children, as well as her "Little Black Book of Energy". Their role at the trade show was to increase awareness about what is available in the province, as well as globally.

Spending the weekend overlooking the harbour in Halifax, these two TT'ers were able to share their expertise with the other trade show attendees and they felt that this was a great way to really get to know others in the field, as well as to share talents and expertise. One connection that really resonated was with Alessandra Morassutti – "Clear Intentions" Homeopath of Toronto - as she shares the science of recording the secret language of plants, with "a patented technology that transforms the biorhythms of plants and trees into a musical performance to interact with." During quiet times in the trade show, they combined the technology with TT techniques to enhance the musical performance and to help support the vibrancy of the plant. It was a great way



to feel, sense and experience energy through the hands, with intention and with group dynamics as everyone pitched in to explore - increasing the music coming from the plant through the electronics. One of their fondest memories includes witnessing Michael Moon, a powerful spiritual musician, who exchanged song through his guitar with the resident plant. There was over 20 minutes of call and answer between them, and it was mesmerizing and inspiring. Natascha and Michelle look forward to hosting Alessandra in the spring for more experiences with TT and the plants.

Overall, the conference was a wonderful experience, and they hope that when the conference is in Vancouver next year, there will be a TT table there to really explain the incredible opportunity that TT holds for people. Many brochures were picked up for the TT network, and conversations were started!

*Submitted by Michelle Greenwell, BA Psych/Postgrad CAM*



## Therapeutic Touch International Association (TTIA)

*A Letter to Canadian Therapeutic Touch Enthusiasts*

Last year I was invited to sit on the Board of the Therapeutic Touch International Association (TTIA). I imagine this was partially because of the teaching opportunities I've had in Africa, but maybe it had something to do with being Canadian, eh? It is an honor to sit with the other trustees and plan a course that will ensure Therapeutic Touch remains vibrant, inclusive and meets the needs of our members, and those who support the teachings of Dora Kunz and Dee Krieger.

One of the most exciting events in the next year is the 4th International Congress<sup>1</sup> in Chicago, a city very near the border between Canada and the USA. Our 4th International Congress will be held April 21-23, 2017, with a two-day Teachers' Intensive - *open to all interested in teaching Therapeutic Touch* - on April 20th and 21st. The congress creates possibilities not just for learning more about TT from brilliant presenters, but also an opportunity to be in community for a few days.

The 2017 Congress will be special because Dolores Krieger, now 95, will be a keynote speaker. Additionally, Keynotes are: Gloria Gronowicz, PhD, QTPP, Professor Emerita at the University of Connecticut, and Tim Boyd, President of the Theosophical Society in America, and International President of the TS.

### Rwanda Guest

For me, personally, one immense joy of this Congress will be Peninah Abatoni, from Rwanda. I taught her basic TT in 2005. She received further training at Indralaya and has taught the art and science of TT to over 500 home-care workers in Rwanda! Everyone who meets Peninah knows she's is a special woman.

### To succeed the Congress organizers need your help.

1. Can you come? Registration information soon at [www.therapeutic-touch.org](http://www.therapeutic-touch.org)
2. Can you or your group support the Congress as a sponsor? There are lots of creative ways of raising the \$250 Sponsorship donation. *Ask for a sponsorship form.*
3. Can you send a donation to TTIA to help cover Peninah's airfare? Do you have air miles that you aren't using, which could be used for her flight?  
Send a check or contact TTIA at Box 130, Delmar, NY 12054.

We are looking for presenters, sponsors, vendors, and attendees! If you are interested in being a presenter, please contact the office at [ttia@therapeutic-touch.org](mailto:ttia@therapeutic-touch.org) for an application and Conflict of Interest form. **We will be accepting applications until October 31st, 2016**, and reviews will be completed by the end of November.

Thank you for all you do in your provinces.

With love and respect,

*Peggy Frank of BCTTNA, TTIA Program Chair.*

<https://www.visualaids.org/artists/detail/peggy-frank>

<sup>1</sup> Since the name was changed from Nurse Healers International

*A True 'Friend' of Therapeutic Touch!*

## Helen Senderovich MD, MCFPC

Dr. Senderovich is a physician at Baycrest Health Science System with practice focused on Palliative Care, Pain



Medicine and Geriatrics. She is an Assistant Professor at the Department of Family and Community Medicine, and Division of Palliative Care at the University of Toronto who actively involved in teaching medical students and residents. She has a broad international experience and a solid research background. Her research was

accepted locally, nationally and internationally. She is an author of multiple manuscripts focused on geriatrics, patient's centered care, ethical and legal aspect of doctor patient relationship, palliative and end-of-life care.

### Update from Dr. Sanderovich . . .

Just to give you an updates: our article on Therapeutic Touch in a Geriatric Palliative Care unit - A Retrospective Review was recently published in Journal of Complementary Therapies in Clinical Practice.

Our article on TT in the management of responsive behavior of dementia was accepted for publication as well, and should be up soon in the Advances in Mind-Body Medicine Journal.

Helen Senderovich MD MCFP COE PC  
Geriatrics & Palliative Care & Pain Medicine  
Baycrest Health Sciences  
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### Att'n TTNC Members and Groups . . .

These excellent posters will be a real highlight of your displays at conferences and health fairs.

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

1. TT in Geriatric Palliative Care
  2. TT re Dementia - *see next page*
- please contact your Newsletter Rep on page 2

Staples store will print copies on heavy glossy paper ranging from 18"x 24" for under \$20.00 to 2' by 3' for about \$35.00



# REVIEW: Role of Therapeutic Touch in the management of responsive behavior in patients with dementia.

Alfonsine V. Nandorovich (MSc., MEd., Health Services Research, MEd., MEdPPsych)  
 Baycrest, Toronto, Canada; Department Family and Community Medicine, Division of Palliative Care, Faculty of Medicine, University of Toronto, Canada

## Background

### Responsive Behaviour in Dementia:

- In 2010, there were more than 35 million individuals living with dementia.
- An estimated 90% of individuals with dementia experience behavioral symptoms over the course of their illness
- Behavioural symptoms may be harmful to patient, and can be physically and emotionally tolling on family and other caregivers
- Untreated symptoms lead to disease progression, functional decline, repeated falls, longer hospitalization, misuse of medication, and decline in quality of life

## Methods

- To evaluate the current use of Therapeutic Touch (TT) in managing responsive behavior in patients with dementia, we searched PubMed "Therapeutic Touch". We limited our inclusion to reviews studies published in the last 10 years (January 2005 to January 2015). We excluded articles in languages other than English and studies for which no outcomes were reported

## Therapeutic Touch

- TT is an alternative therapy that was described by Dolores Krieger, PhD, RN and Dora Kunz in the 1970s, but is based on ancient healing practices.
- In the centering phase, the healer achieves inner calmness and intends to be of service to the patient. This phase can be achieved by quiet meditation or by taking deep breaths to relax the body.
- During the assessment phase, the healer places her/his hands (ten to four inches over the patient's body) to gauge the energy field of the patient. These movements are performed with the palms facing towards the patients, and gradually move from the head of the patient to the feet of the patient. While performing these movements, the healer needs to be aware of sensory cues such as warmth, coolness, static, and tingling.
- During the treatment phase, the healer uses rhythmic and symmetrical movements of the hands to rebalance any disturbed flows of energy.
- According to practitioners, this method works because healers are able to realign the body's energy field.
- This mechanism of action is controversial due to its speculative nature. Alternatively, Moohan proposes that TT has mostly a placebo and psychological effect<sup>1</sup>.



## Studies Reviewed

Author (Year)	Study Design	Population	Outcomes (Interventions)	Authors' Conclusions
Greene and Wolkstein (2007)	Exploratory study with pre-test/post-test comparison	Eligible residents (n=120) with dementia	Outcomes in agitation, pace, tone, and behavior	80% and 60% of patients with dementia experienced physical improvement and positive behavioral changes, respectively. Not necessarily observed behavioral changes included improved verbal abilities, reduced meltdowns, and improved discipline
Woods, Orrock, and Whitney (2012)	Randomized, double-blind, three-group experimental study	57 residents in long-term care with behavioral symptoms of dementia	Agitated Behaviour Response Scale	Reduced manual restraints/medications and vocalizations
Dubler et al. (2010)	Focus group with semi-structured interviews (staff, pre-test/post-test comparison)	Staff (n=55), 4 residents	Dementia Care Mapping and Practice Response Schedule	Healthiest evidence for use of TT is observable improved staff perceptions
Haverstick (2008)	Multiple case series, clinical, experimental design	Residents in long-term care with Alzheimer's disease (n=51)	Cohen-Mansfield Agitation Inventory	Reduced aggressive behaviors
Woods, Hink, and Shaw (2011)	Double-blind experimental randomized three-group study	(n=66)	Agitated Behaviour Rating Scale, safety (injury)	Decreased meltdowns with TT, greater variability in ratings control items

## Results

- Manual manipulation/freshness and vocalization were the specific behaviors that showed a marked improvement with TT. It may be that TT studies show improvement in agitation and restlessness since they are among the common symptoms associated with dementia. Lack of power can make it difficult to ascertain the value of TT for other less common behavioral and psychological symptoms of dementia. Understanding the specific behaviors that are improved with TT will be important in bringing TT into clinical practice.
- The double-blind RCT showed no significant differences in cortisol levels between the groups. However, there was a significant difference in the morning cortisol variability among the groups.
- TT practitioners commented on improved therapeutic relationships and ability to maintain a form of communication that may not otherwise be possible in patients with dementia.
- In addition to TT, other forms of touch have been studied as alternative therapies in managing behavioral responses including massage, hand stroking, and holding hands. Studies that further examine TT and other touch modalities are necessary to separate the benefits of TT vs other touch modalities.

## Conclusions

- Despite limited evidence, TT may be explored as an adjunctive therapy for controlling behavioural symptoms in individuals with dementia since it is associated with the absence of negative sequelae.
- TT may be beneficial for common behaviours of agitation such as wandering, restlessness, and vocalizations.
- Future studies should include categorizing individuals by dementia sub-type and severity, having larger sample sizes, and better methodological consistency in recording behavioural symptoms.
- For inquiry please contact Dr. Helen Sendorovich at hsendorovich@baycrest.org

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**TTNO:** Chair: Shirley Boon shirleyboon@suren.net

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## → LIABILITY INSURANCE for the Therapeutic Touch® Community

In the last week, notices have been sent out for the renewal of your Liability Insurance. You probably noticed that the cost has increased to \$150 for the basic policy; and the extra modalities now cost \$75. This is still quite affordable for a \$2,000,000 coverage for liability insurance. This is the first increase since Therapeutic Touch Networks of Canada procured this insurance in 2012. We are grateful to TTNQ's Leo Gregory for negotiating this policy for us.

If you are a teacher, practitioner with a business, or a volunteer, and a member of your regional Therapeutic Touch Network, this insurance is for you.

Many articles have been written with testimonials about the benefits of this insurance. It has been found that with this low cost insurance, practitioners are more readily received in hospitals and hospices; teachers are able to rent spaces for workshops, etc. Also practitioners find the public are more accepting to pay for sessions. There is no age restriction.

The master policy period runs from December 1st to Dec 1st. and is non-proratable. A complete description of the insurance package can be found on the TTNC website -

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

The current application can also be downloaded there.

If you have any questions consult your Network Board or contact me at mumcam@telus.net.

Submitted by Marion Cameron,  
Past pres. TTNC Board

## The Fourth International Congress on Therapeutic Touch®

*"Deepening Our Practice As  
Compassionate Healers"*

**April 21 to 23, 2017**

Eaglewood Resort & Spa  
Chicago Area

See details on page 8

Save the  
Date!

## Dr. William Bengston, Hands on Healing Research Ignored:

an interview with St. Josephs College sociology professor Dr. William Bengston examines his extensive research into hands on healing.

Join **Skeptiko** host Alex Tsakiris for an interview with Dr. William Bengston about his book, *The Energy Cure: Unraveling the Mystery of Hands-on Healing*. During the interview Bengston describes his experiments with hands-on healing:

Visit: <http://www.skeptiko.com/william-bengs>

Skeptiko.com is the #1 podcast covering the science of human consciousness. We cover six main categories:

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- Parapsychology and science that defies our current understanding of consciousness.
- Consciousness research and the every expanding scientific understanding of who we are. See more on the web site

## Research into Outcomes of Therapeutic Touch

*Gloria Gronowicz and her colleagues have studied the outcomes of Therapeutic Touch*

An early study, conducted by Dr. Gronowicz and colleagues, Ankur Jhaveri, Libbe Clarke, Michael Aronow and Theresa Smith was entitled "Therapeutic Touch® Stimulates the Proliferation of Human Cells in Culture". It was published in *The Journal of Alternative and Complementary Medicine* 14.3(2008): 233-239

To control for the mind body connection in studying complementary and alternative modalities Dr. Gronowicz and her colleagues decided to conduct experiments using osteoblasts, fibroblasts, and tenocytes in culture dishes. They used an osteosarcoma-derived cell line.

They chose Therapeutic Touch (TT) because 'it is a highly disciplined method and requires extensive training' (p233). They found "A specific pattern of TT treatment produced a significant increase in proliferation of fibroblast, osteoblasts, and tenocytes in culture. Therefore, TT may affect normal cells by stimulating cell proliferation (p233). In another study, "Therapeutic Touch Affects DNA Synthesis and Mineralization of Human Osteoblasts in Culture" published in the *Journal of Orthopaedic Research* 26.11 (2008) 1541-1546, the researchers, Ankur Jhaveri, Stephen J. Walsh, Yatzen Wang, MaryBeth McCarthy and Gloria Gronowicz found that Therapeutic Touch appears to increase human osteoblast DNA synthesis differentiation and mineralization and decrease differentiation and mineralization in a human osteosarcoma-derived cell line (1541).

More recently, Dr. Gronowicz and colleagues Secor ER, Flynn, JR, Jellison, ER, & Kuhn LT conducted a study, "Therapeutic Touch Has Significant Effects on Mouse Breast Cancer Metastasis and Immune Responses but Not Primary Tumor Size" *Evidence Based Complementary and Alternative Medicine* 2015 May 31. Dr. Gronowicz and her colleagues are aware that approximately 12.3% of women in both developing and developed countries will be diagnosed with this type of cancer during their lifetime. To control for the mind body connection, mice were the subjects. They were injected with metastatic 66cl4 mammary carcinoma cells and were randomly assigned to either actual or control/mock TT which was offered twice a week for 10 minutes by two experienced Therapeutic Touch practitioners. The researchers note that as Therapeutic Touch treatments do not require physical touch, results cannot be attributed to heat transfer/physical touch.

When being treated with actual or control TT, the mice were placed in flasks which were clamped two feet in the air in a ring stand at the end of an L-shaped room. Practitioners alternated treatments so that each practitioner treated mice once a week with either real or mock TT lasting 10 minutes. The practitioners kept their hands 2–10 inches from all sides of the flask without touching.

Results: Measurements were taken at 26 days. Metastasis to popliteal lymph nodes was determined by clonogenic assay. Changes in immune function were measured by analysis of serum cytokines and by fluorescent activated cells sorting (FACS) of immune cells from the spleen and lymph nodes. No significant differences were found in body weight gain or tumor size. Metastasis was significantly reduced in the TT-treated mice compared to mock-treated mice. Cancer significantly elevated eleven cytokines. TT significantly reduced IL-1-a, MIG, IL-1b, and MIP-2 to control/vehicle levels. FACS demonstrated that TT significantly reduced specific splenic lymphocyte subsets and macrophages were significantly elevated with cancer. Conclusion: Therapeutic Touch had no significant effect on the primary tumor but produced significant effects on metastasis and immune responses in mice.



**Gloria A. Gronowicz, Ph.D.**

*Since her training is in molecular and cell biology, Dr. Gloria A. Gronowicz has combined her interest in energy medicine with cell biology techniques. The goal of her laboratory is to understand the effect of Therapeutic Touch on the growth and differentiation of cells. Her laboratory has studied normal cells isolated from patients' tendon, bone and skin, and compared their responses to those from transformed cell*

*lines, in particular derived from osteosarcomas. The mechanism for the effects that they have found on these cells, is being investigated, in particular cell signaling pathways, integrins, and the synthesis of extracellular matrix proteins. They were funded as an Exploratory Program Grant for Frontier Grant by the National Center of Complementary and Alternative Medicine at the National Institutes of Health in Washington, D.C.*

*Gloria is a frequent presenter at the Advanced Therapeutic Touch program at Pumpkin Hollow Retreat Centre, Craryville, NY.*

Submitted by Mei-fei Elrick, TTNO

**For Therapeutic Touch Workshops  
in 2017 visit**

**Pumpkin Hollow Retreat Centre, NY**

**[www.pumpkinhollow.org](http://www.pumpkinhollow.org)**

~ ~ ~ ~ ~

**Camp Indralaya, WA**

**[www.indralaya.com](http://www.indralaya.com)**



## Canadians (and others) at the 2016 Dialogues with Dolores Krieger in Montana



Front row from left: -Carol Fairchild, Jean Kijek, Evy Cugelman, Alison Cooke, Dee Krieger, Chery Ann Hoffmeyer, Marcia McEwen, Anne Walker  
Back row from left: Cheryl Larden, Mary Anne Hanley, Linda Shockey, Peggy Frank (TTNC's representative on Therapeutic Touch International's board.)  
*Picture submitted by Alison Cooke, TTNO*

### **Current Nursing - How Therapeutic Touch is "Fitting In"** ***Nurses Share Their Experiences of using Therapeutic Touch in their job setting***

In the early 1970's, Dolores Krieger, PhD, RN, co-developer of Therapeutic Touch® designed the modality to be used by nurses in their patient care in a hospital setting. Circumstances have changed since then.

***Are you, as a registered nurse or RPN, using TT in your workplace? Let us know your successes/challenges.***

#### ***A Nurse from USA shares . . .***

I have been doing Therapeutic Touch since 1976 and in some way or another always used it in my practice. At times it was surreptitiously and behind pulled curtains but gradually it was more open and other nurses became interested in TT. In 1978 I began teaching and since 1982 I have had a private practice in some form.

In the '90s when I moved to Florida there were no practitioners in the area. This was a very conservative "red neck" com

munity. However over time I was able to work with the local medical centers and a policy for the practice of TT was developed.

I have used Therapeutic Touch in acute care, long term care, chronic debilitating diseases, emotional and mentally ill persons, children, babies.

*I believe that Therapeutic Touch becomes so much a part of one's life that we are compelled to use it whenever and wherever you can.*

In the Spirit of Healing and Compassion,  
Patricia J. Connell, RN, PhD, AHN-BC, QTTT, CCHT  
Healing Connection  
Oak Harbor, WA, 98277-8416  
<islandgraces@gmail.com>

## Therapeutic Touch and Nursing

Mary Hughes, RN, Stratford, PEI

This year I paid my nursing license fee for the 45th time. Of those years I have been doing Therapeutic Touch® for about 20 years.

I clearly remember my first class. ATTN Teacher Evelyn Mitchell of Nova Scotia had asked me to come on a Saturday. She was hosting her first class on P.E.I. At that time I was Nurse Manager of a 131 bed Long Term Care Home and giving up a Saturday was difficult! I remember arriving and wishing I was a thousand miles from the place. I had a headache, I was tired and grumpy.

Evelyn took one look at me as I approached the registration desk and said “What’s wrong with you?” She followed this by, “Get over here and I’ll do a treatment on you.” Need I say more?! Headache gone, tiredness gone, and I was on top of the world! I had a great day! I was almost scared, I felt so good.

Then a wonderful kind woman with the warmest smile began her talk. TTNO teacher Evelyn MacKay led us through the beginning of Level 1.

Later that afternoon we paired up with someone we didn't know to assess their field. Very soon into the assessment I detected a great difference between the left and right side at the kidney area of the person I was working with. In my noisy, boisterous way called I Evelyn over and asked her what was going on. Gently she said “ask your partner”. When I did I learned that she had lost her left kidney. I was sold! I could sense energy, I could feel the difference in the energy field. I had to learn more so I could use this with the residents that I worked with daily.

Since that memorable Saturday I have used Therapeutic Touch in so many situations, from car accidents, to community events where a person fell and broke her ankle beside me, to treating my family both in their immediate presence to distant treatments as my son travels the world as a professional wrestler, to family pets.

I have treated my residents the most, those living with a life limiting illness who have a more extended time, to those with only hours in this life.

My most rewarding (they are *all* rewarding!) was being with a woman who was only minutes from dying. She had no family with her and was struggling to breathe. I did a very short treatment, then sat and did the Hand Heart Connection® ( my favourite “tool” to use at the final moments). As I finished the treatment her breathing was more even in depth and number. As I finished the Hand Heart she opened her eyes, smiled and mouthed “thank you”, closed her eyes and breathed her last breath minutes later.

In all my years of nursing and doing Therapeutic Touch there was never a question of which one do I use, nursing skills or

Therapeutic Touch. It has always been both together and they have allowed me to serve my residents compassionately, and provide quality care.

I continue to treat people who have a very short time on this earth often in Hospice care. I teach students the Palliative Care course so have an opportunity to introduce them to the many benefits of Therapeutic Touch.

Nursing and Therapeutic Touch truly complement each other.

o o o o



**Mary Hughes**, PG Leader, Andrews of Stratford Practice Group, Stratford, Prince Edward Island

Mary has received recognition over the years for her extensive work in Hospice particularly. At the annual 2016 ATTN Conference, held for the first time in its 20 years IN PEI, the Atlantic Therapeutic Touch Network presented Mary with a Certificate of Merit to recognize exceptional service as an ATTN member, and a specially made pin to recognize her continued contribution to promote the use of Therapeutic Touch® especially on PEI.

Through Mary’s ongoing work as an instructor in Palliative/Hospice courses for volunteers and staff, Health PEI recognized the importance of Complementary/Integrative care. ATTN volunteers have been providing sessions in Hospice and/or home since 2010. Mary assisted the group in New Glasgow, Nova Scotia to provide this service in the Aberdeen Hospital (Hospice) as of 2015. On October 15th, Mary and her faithful Practice Group will host – for the 4th year – an annual “Rest and Restore Day” for those who provide Therapeutic Touch and others with an interest in energy work. She is also the first one to volunteer to assist at Health Fairs!

Well done Mary and group, and thank you for your ongoing commitment.

*Submitted by Judy Donovan Whitty,  
ATTN Coordinator/Secretary*

### *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

## Beyond Surviving: Cancer and Your Spiritual Journey

By David Maginley <http://www.davidmaginley.com/>



*"These tumors act like a Molotov cocktail. The release of even the smallest amount of adrenaline signals the tumor to explode, releasing massive doses of norepinephrine and dopamine – hormones that control blood pressure. The result is catastrophic; most people die instantly of a heart attack. Blood pressure skyrockets, bursting arteries throughout the body. It's as if the entire circulatory system is overloaded with super octane fuel. Symptoms of lesser attacks include racing heart, profuse sweating, diarrhea, and stomach cramps. It fit perfectly with everything I had been going through. It also meant I had taken my life in my hands every time I stepped into the pulpit, every time I even got excited. I was a time bomb!"*

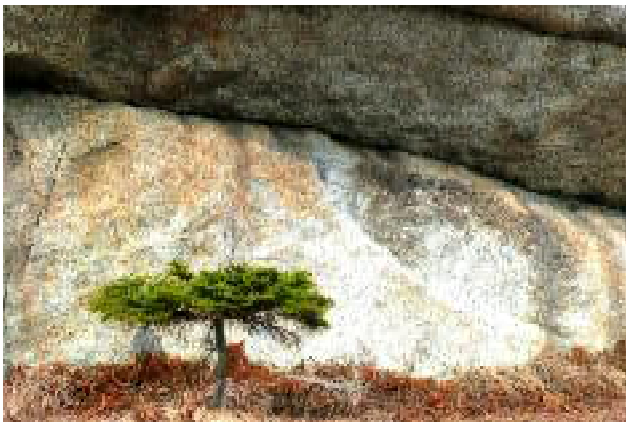
– an excerpt from Beyond Surviving: Cancer and Your Spiritual Journey

David Maginley, M.Div, CSPC is an interfaith spiritual counsellor for the cancer program at the QEII Health Sciences Centre in Halifax, Nova Scotia, a minister with the Lutheran Church in Canada, and a Therapeutic Touch Teacher with the Atlantic Therapeutic Touch Network.

Order soon at Amazon or Chapters.

### David Maginley is also a creative photographer.

Go to <http://www.davidmaginley.com/about/photography>



#### *Resilience*

**You are so much stronger than you imagine, able to withstand the onslaught of chemo and radiation, able to endure in the harsh landscape of cancer. With your back against the wall, turn and face the storm trusting your body is wise, that you can do this.**

## We get Letters ... and Comments!

> Hi Sheila

I am just getting organised for a long leave to go and walk the *Camino* in Spain. This has been a challenging year with training for the 800 km walk as well as major house renovations which have meant moving house for 6 months!!

We would love to hear from you in Canada any time you care to send us material. You are an inspiration to us all. Canada is much to the fore at the moment for me - at least 3 sets of friends have traveled to your country and have come back with glowing reports - not just of beautiful scenery but of gracious, kind and hospitable people. We sympathise with you re the fires - here they go by the name of "bush fires"... a truly terrible thing.

> Your Newsletters are shared with all members to their great benefit.

*Warm regards, Jane Hall, President of Therapeutic Touch Association of Australia (TTAA)*

> Well done to everyone involved with the TTNC Newsletter. Very informative and interesting And good to read about what is happening in other Provinces. *Lynda Hill, TTNO*

> Great read! Thank you! *Cheers, Evelyn McKay, TTNO*

> Yes, I'm reading the newsletter from top to bottom! *Thanks! Sue Oliver, TTNO*

*More ... →*



## My Barnyard Healing Partners

By Betty Whitney, OT, TTRP

I'm a relatively new Recognized Practitioner (RP), having just retired from my full time Occupational Therapy (OT) job in rural Alberta.

I took my first Therapeutic Touch® course 5 years ago, and am now having a wonderful time practicing it combined with OT. I'm a country girl, and really enjoy being around animals, so it only follows that, when an opportunity presents itself, I jump at the chance to practice TT on animals.

My first equine Healing Partner (HP) was Cass, a young stallion who had a draining, infected abscess on his right lower jaw. First diagnosed as a tooth abscess, it was eventually found to be a fracture – he'd been kicked by another horse in June of 2015. Antibiotics had helped only temporarily.

By the time I met Cass in January of 2016, he had lost a lot of weight, had no energy, and walked with his head down – a very sad sight! I said "Hello" and gave him some time to get to know me. Then I proceeded with my assessment and clearing, just as I was taught – head to feet, grounding at his feet, modulating where I felt differences.

I'd also been taught to stop when I felt it was time to stop. I was surprised when that feeling hit me after only five minutes into the session, but thankful that I listened to it. When his "mother" went to lead him back to the pasture she laughed because he was so relaxed his legs wobbled under him! Goodness knows what would have happened if I'd kept treating him longer!

I continued with weekly sessions and was amazed at his progress. He obviously enjoyed them. In one week, his "mother" reported that he seemed much livelier, throwing his grain bucket around and such. In two weeks he was galloping to the gate for his grain. In three weeks the pus had stopped draining and it was crusted over. In four weeks, there was no more pus or drainage, only nice red blood, and

he was much friskier. Five weeks showed only a small, dry red spot at the drainage site, and by six weeks it was completely closed over. By eight weeks the hair was growing over it as well.

Today his "mother" is again able to ride him, and I occasionally see him for barbwire injuries and such. I'm thankful to have had such a willing, gentle fellow as a Healing Partner to learn from. He gives me a great example when someone talks about the placebo effect!

The fellow in the picture is a slightly bigger HP that I was able to practice on – my sister's 2,500 lb bull named Beau, short for *Beaudacious*. Beau had an abscess or corn between the toes of his front foot, causing a terrible limp. Again, a very gentle, trusting fellow but after weeks of antibiotic injections he was quite fed up with the confining chute and such.



The first time I saw him was out in the field, and he relaxed wonderfully. The second time my sister wanted to soak his foot with

Epsom salts, but simply could not convince him to put his foot in the washtub! A few minutes of TT calmed him down enough to put his foot in the tub and even keep it there! This and some Oil of Oregano drops added seemed to help to reduce the swelling.

Unfortunately I was only visiting for a few days, so three sessions was all we had together. My sister now reports that the Epsom salts and Colloidal silver drops seem to be helping, to the point where he no longer limps at all. And one day when she was running late, he walked right into the chute and started bellowing at her!

While my three sessions may not have contributed a lot, I feel at least it helped him relax enough to accept her other treatments, and he's doing well.

I am so blessed to have been able to work with these two amazing Healing Partners! What great experience!

### *. . . more Letters and Comments!*

> I'm excited to see that the brochures are on the website for the TTNC, and as I volunteer at Hospice, am eagerly waiting for the PDF full size to have some run off. However when I went to the TTNC, website for Brochures, it wants a PASSWORD. How do I get that? *Valerie Morrell, TTNO [Please see page 2 for password information. Ed]*

> I just want to say that the TTNC newsletter is great. The colour is good and formatting is excellent. Thanks who ever created the brochure on MS. I have been printing it and handing it out to many when I give talks on Therapeutic Touch. Well done. *Martha Hoey, TTNO*

> First off, thank you for all your work! I will be giving a couple of community presentations over the next few months. As such, I'll be giving out the TTNC Therapeutic Touch and Hospice/Palliative Care and the MS brochure .

*Cheers, Lynn Vukosavljevic, TT/R co-leader Whitby TTNO Group*

# Perceptions of Expert Active Licensed Register Nurse Therapeutic Touch® Practitioners®

Tamara Lynn Wardell, PhD, MSN, RN

## ABSTRACT

**Background:** Therapeutic Touch® (TT) is a nursing modality, developed in 1972, with a long history of research completion. It is also one of the leading complementary and alternative medicine (CAM) therapies. A comprehensive review of the literature (over 350 studies) from the 1960s to 2015 demonstrated a gap related to delineating expertise associated with clinical practice from the view of the practitioner.

**Purpose Statement:** This study examined the state of expert practice as envisioned by those who themselves qualified as experts in the discipline of TT.

**Methods:** This study utilized a qualitative descriptive independent focus group methodology (Krueger, 1994, 2006; Krueger & Casey, 2001, 2009). This methodology has become popular in nursing studies. The choice of a synchronous method to collect data was made to provide a unique environment maintained by the university-supported online platform. Focus groups were used as a standalone and self-contained method to conduct the study (Hupcey, 2005; Morgan, 1997).

The sample consisted of 12 expert, registered nurse (RN) TT practitioners (TTPs), with a minimum of three years of TT experience. They also had attended a minimum of three TT workshops/courses, which included advanced training in the discipline. The use of electronic media facilitated a sample drawn from three countries across two continents. Six very small, synchronous, online focus groups (Toner, 2009) were conducted to reach data saturation and minimum sample size acquisition.

**Results:** Rich data were collected from these experienced practitioners. Parameters explored were the practitioners' description of expert practice, their own expertise, how research impacted their practice, and the direction TT is headed in the future. Findings were supported by the expert practice literature. Krieger's (2002) concept of transformation was especially apparent in the lives of many of the participants in this study. Respondents described both how TT had become an integral part of their lives and how TT influenced their lives immeasurably.

The importance of practice as one factor leading to expertise was very apparent among the participants. Many of the studies stress the need for practice in order to gain expertise in specialty practice.

TT is a form of specialty practice by nurses, supported in a holistic framework and caring environment.

**Conclusions:** Sharing, which includes mentorship, collaboration, and teaching, is an important part of an advanced practice model, and is apparent in the practice of these advanced TTPs.

Expert practice includes the components of expert practice knowledge, which is a necessary prequel to the ability to share it with others. It is also a necessary component to provide leadership to others, to conduct research in the field, and to further one's own practice goals.

*Support was received from the PA Office of Vocational Rehabilitation (OVR) tuition assistance and support, including collaboration with the Social Security Administration Ticket to Work Program, which approved funding for advanced training in teaching Therapeutic Touch®; PA Higher Education Foundation Graduate Nurse Educator Grants for tuition assistance; Duquesne University RA/TA positions under Dean de Chesnay, which included tuition remission; an Allegheny County (PA) Housing Authority Family Self-Sufficiency Program book grant; the Mensa Education and Research Foundation Kuhnle Scholarship for education expenses; and Patricia Cooksey Wardell, tuition expenses from overview through defense.*

**Tamara Lynn Wardell, PhD, MSN, RN** has been practicing TT for over 20 years and studied with Dr. Krieger and Dora Kunz. This article is a culmination of her dissertation research, for her PhD at Duquesne University in Pittsburgh, Pennsylvania. She resides in Terre Haute, Indiana planning research projects, write, and present internationally (most recent at the 1st Integrative Nursing Symposium in Reykjavik, Iceland).



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Therapeutic Touch Groups are an important aspect of your Therapeutic Touch learning and practice.

## Creating a Dynamic Therapeutic Touch Group

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

**The TTNO recently changed the name of its Practice Groups to TTNO "Branches".**

*It hopes that its Branches will recognize their value and act as a resource for Therapeutic Touch® in their communities.*



**In the Summer/16 issue of this publication we suggested that you print out the information and take it to your Group for discussion. Did you do this??? We'd like to hear about it!**

**Promoting Therapeutic Touch** can be a volunteer activity where a member gives presentations in the community.

**Advertising Therapeutic Touch** is a more challenging proposition - the greatest obstacle being cost. Regional Networks don't have the cash flow to do advertising. Their Groups don't have income and may not see the value of posters in libraries or public places.

The easiest way for your Group to get some cash is to invite a Teacher who will be happy to split the income!

*When did you last have the Levels taught in your community - ar a continuing education workshop for your members?*

Ideally regional Networks would advertise in their provinces and the TTNC would advertise nationally, but all are hampered by lack of funds. The status of non-profit - or not-for-profit is defined as "A business that operates for a cause other than making a profit". Without "charitable status", (i.e., Cancer Society, etc.) we are unable to issue tax receipts or be eligible for specific tax incentives. To achieve charitable status is a daunting undertaking. This means however, that – other than income from activities such as conferences, etc., and donations (which are never high because we can't issue tax receipts) – the Network *depends for its income on membership fees!* The problem here is that fees must be kept low or members object and leave the organization!

### Many values of a Group

The amount of volunteer work done by each regional Network is astonishing. For many *it is the equivalent of a full time job*. The challenge is getting new volunteers from a group of younger people (who are not as dedicated as the older members). Remember that Group members who belong to their Network are potential Board and committee members.

***Therapeutic Touch Groups are essential in spreading the word about Therapeutic Touch in their communities. Let us know about any ideas and activities that have worked for your Group!***

~ ~ ~ ~ ~



Two recipients receiving TT at St. Christopher's with practitioner Jane Stephen.

**The Burlington TTNO Branch** meets monthly at St. Christopher's Church, and some of its members are parishioners there. Several years ago, some of them decided to approach the clergy about offering Therapeutic Touch on Sundays between church services to parishioners, and thus Therapeutic Touch became a component of our *Compassion and Care* ministry.

Sessions were promoted in the service bulletin, articles explaining Therapeutic Touch were published in our monthly newsletter, and pamphlets were posted on our bulletin board.

Every Sunday morning Therapeutic Touch is offered in our "Quiet Room" from 10:30 to 11:15, on a one-to-one basis by practitioners who volunteer their time. Each session begins with a prayer, asking God's healing touch to be present. On some Sundays, several people come for a session, and on others, no one comes. We have several "regulars" who come frequently. Occasionally sessions are given at the church during the week by appointment.

In the Christian context, Therapeutic Touch is a spiritual practice, in which the practitioner is able to act out his/her compassion, and in which the recipient receives TT as "body prayer". *This is a very special ministry*, and I can honestly say that I receive as much benefit from offering the treatments as the recipients do from receiving them.

*From Kathy Barnes, TTNO*



## Paul Sugar Palliative Support Foundation and Therapeutic Touch: A model for client - centred integrated care in BC

The Paul Sugar Palliative Support Foundation (PSPS Foundation) has a new approach to meeting the non-medical needs of people who are living with and dying from a serious illness and undergoing physical, emotional and spiritual distress. It goes deeper than what is generally available in the BC health care system.

The PSPS Foundation is an independent, non-profit, charitable organization that is funded by the community through individual donations. In 2015, a generous donation enabled the opening of the Palliative Support Centre in North Vancouver. This article will describe the integrated nature of the Centre, the people, and the clients. Most importantly it tells the story of people in an evolving relationship which re-defines the meaning of “care”.

Dr. Paul Sugar, a palliative care physician, and Dr. Marylene Kyriazis, a clinical pharmacist, are the co-founders of the PSPS Foundation. Their vision is to support terminally ill patients and their families, so that no one endures serious illness without respect, dignity and comfort, regardless of the circumstances.

### The Palliative Support Centre

The Centre, which is led and managed by Marylene, harnesses the skills and expertise of volunteers in the community to provide the support. The Centre has become a place where people can come to discuss their problems with someone who has time to listen. People appreciate the unhurried nature of the Centre, which is not constrained by time, government policies and billing requirements. All programs, supports and services that are offered are free. The programs are non-medical and focused on emotional support. They also include practical support, the provision of

information, resources, guidance, advocacy and help navigating the health care system.

One of the first official programs in the Centre was the “PS...Let’s Relax” program, with volunteer practitioners providing Therapeutic Touch® (TT), Healing Touch, and “gentle touch” massage weekly. Clients included people who were seriously ill, grieving, or palliative, plus family members and caregivers.

I began volunteering at the first sessions, along with my wife, Brenda and a few other practitioners. We have been there at least once a week ever since. Some clients I only see once but many are repeats and we have therefore formed a sense of trust and a strong bond.

The Centre now offers energy treatments twice a week, along with restorative yoga, meditation, hypnotherapy, art therapy, music therapy, sound energy healing, acupuncture, deep lymphatic drainage massage, cranio-sacral therapy, educational workshops, group discussions and opportunities to just meet informally and chat.

### A Case Study

One of the first clients to come through the door was Jon, a man about my age who was suffering from advanced cancer and the effects of several rounds of radiation. We went into the meeting room and had some tea and cookies along with a cheerful group of volunteers and clients, after which the group moved into the treatment room. The space has natural light and room for about 6 massage tables. A musician played, and someone read a meditation.

Jon and I had the mutual intent to reduce pain and to allow him to relax, at least for a while. I spent some time →



Julie, Frankie, Alex, Sandy, Paulette, Gaye, Heidi, client, Kelly, Lynda

photo by Iven

### **PSPS Foundation, Cont'd from previous page**

trying to understand what was going on, and used very gentle TT and something from Healing Touch® called a 'pain drain'. The session lasted about 30 minutes, and he stopped fidgeting and seemed to sleep. He awoke smiling.

After that session, Jon came back every week. I guess that we 'hit it off', and could laugh and joke or just be calm and silent together. One evening Frankie told me that he was in the Emergency Department at Lions Gate Hospital, so I visited him there and offered a short TT session to him, and to his daughter.

I gave him two more Therapeutic Touch sessions after he was moved upstairs in the hospital. During the first session (after we had a pot-luck for him and all the volunteers and family members) the musician played during the treatment, and several other people were in the room. It was a challenging, but moving, experience.

Eventually he went into the hospice, but still insisted on coming to the Centre every Wednesday for his session, and for the camaraderie. Frankie picked him up and drove him. I also visited him in hospice on the invitation of his daughter. He continued to come to the Centre until two days before he died. He was always upbeat and smiling, and everyone liked him. Frankie was with him during the vigil, and his daughter chose to hold his memorial service at the Centre. It was a full house, a clear indication of how he touched all of us. We learned a lot from him.

I have written this case-study to illustrate how the Centre – with its client-centred and community supported philosophy – enables us to get close to the people in their time of need, both in the Centre and wherever their journey takes them, right up to the time of transition and beyond. The volunteers and professionals are free to be themselves without bureaucracy, budgets, or time constraints.

#### **Future Plans**

Marylene is planning a series "PS...Let's Talk about Pain": physical, social, emotional and spiritual. The sessions on emotional and spiritual pain may be the most appropriate, because, as I mentioned, clients learn to trust us after a while, and generally really open up and want to talk about their issues. Some of their physical symptoms are caused by



Brenda, Kelly, J, Marylene and Iven photo by Frankie  
emotional issues and as they become aware of this, solutions are more readily available to them.

#### **Book review:**

I want to mention one of the other clients at the centre, for two reasons. The first is that he is a retired MD *who values energy healing*. The Centre has truly become a place of complementary medicine...

Secondly, he loaned me a book that contains, among various complementary therapies, an excellent summary of the beginnings of TT: Bernard Grad, Dr. Krieger, and Major Estebany. The book is:

Vibrational Medicine by Richard Gerber, MD, 1988, 1995.

#### **The Therapeutic Touch practitioners**

Besides Frankie Hester, Sandy Cullen and Louise Donald (who are also board members of the PSPS Foundation), other TT people who have volunteered their time at the Centre, include: Brenda Jamieson, Lynda Harvey, Diana Hurst, Nadia Louzi, Paulette Deveau, Julie McLeod, Gaye Cross, Carrie Lazaref and Heidi Ugaz. Other energy practitioners are: Kelly Gillard, Patricia Belvedere, Tahmineh Nikookar, Maria Kenney, and Karen Byers. Some of these volunteers come every week, sometimes on short notice, so that no client gets turned away.

*May we all continue to serve from the heart.*

See; [www.palliativesupport.ca](http://www.palliativesupport.ca)

*Submitted by Alex Jamieson, TTRP,  
with thanks to Brenda Jamieson and Paulette Deveau*

### **FYI . . .**

#### **Canadian Cancer Society and Canadian Breast Cancer Foundation to Merge**

This news was revealed on October 28/16, and stated its purpose is to have a greater impact on cancer research and support programs across Canada. The mandate and spirit of the Canadian Breast Cancer Foundation (CBCF), including its key programs and activities, will remain a vital and important part of the Canadian Cancer Society (CCS).

Lynne Hudson, currently CEO of the CBCF is the new President and CEO of the CCS. Hudson has extensive experience in change management, strategic planning, fundraising and development in the corporate and non-profit sectors in Canada and the U.S. She will lead both CBCF and the Canadian Cancer Society through the amalgamation. The proposed merger is expected to be finalized by February 1, 2017, and still requires the completion of due diligence and appropriate approvals, including Canadian Revenue Agency. In the meantime, each organization will continue to operate as usual.

<http://www.newswire.ca/news-releases/canadian-cancer-society-and-canadian-breast-cancer-foundation-plan-to-merge-599063751.html>

*Information submitted by Judy Donovan Whitty, ATTN*

## 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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# THERAPEUTIC TOUCH NETWORKS OF CANADA (TTNC)



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

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