

Therapeutic Touch Canada News/Nouvelles

Volume 8, No. 2

June, 2018

*And the day came
when the risk
to remain
tight in a bud
was more
painful than
the risk
it took to
blossom . . .*

~ Anaïs Nin



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.

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Peter Andrewes, 1934 - 2018, ATTN - through whose efforts we have our trademark - Obituary Page 7

Therapeutic Touch® is a registered trademark in Canada

Thoughts from your editor . . .

After much consideration about the amount of reading/newsletters sent to TT'ers across Canada, it has been decided to have three issue per year in **February, June and October**.

As a reader of this newsletter, I expect you have no idea how delighted I am when articles, information and letters are sent in from TT'ers across Canada. We have such a wealth of information about our experiences and activities that could – and *SHOULD* – be shared with others.

Whenever we meet, whether at Group/Branch meetings, conferences or retreats, one of the highlights we all look forward to is *sharing experiences!* At a regional teachers meeting last year, those attending were asked to introduce themselves by telling what it was that made them want to learn Therapeutic Touch®. Recalling that moment was a delightful experience for everyone! You might think about doing that at your next gathering!

PLEASE NOTE

I will be retiring as editor and formatter of this newsletter at the end of 2018 - following the 3rd issue, October/18.

If you are interested in filling the role as editor and/or formatter, please contact me or your Regional Newsletter Rep (see list in column to right). There are excellent formatting programs available through "Word". I will help you get started in this important – and interesting role.

If you know someone who might be interested please let them know.

During the '60s 'parapsychology' and holistic health appeared and *were so exciting!* I first became aware of 'healing' in the late '70s through reading of the work of Sr. Justa Smith and Bernard Grad, then learned of TT through the Canadian Branch of the American Holistic Nurses Association. After attending Pumpkin Hollow in 1985 I began to teach. I had the great gift of studying with Dora and Dee for many years. In 1986 Crystal Hawk and I started the Ontario Retreats - and then co-founded the TTNO. For many years I 'did' *InTouch*, and that experience enabled me to take on this position when it became necessary.

But now – at age 84 – it's time to retire from forty years of dedication to the precious art of Therapeutic Touch. *I know that exactly the right person will appear to take my place*, and will have the support of the precious Newsletter Committee.

Mary Simpson

***Every Network member supports the growth & acceptance of Therapeutic Touch®
Thank you for being a member!***

Therapeutic Touch® Canada News/Nouvelles is the newsletter of the Therapeutic Touch® Networks of Canada. Published three times a year, in February, June and October, 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. 8, #3, October, 2018

Deadline for Submissions: Sept. 30, 2018

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 - up to 100 words.

➔ **Pictures in "jpg" format only please.**

The front cover picture *Thanks to Liz Corbett - again!*

For their contributions to this issue we thank,

Judith Kanee, Tarja Oostendarp, Claire P. Stark,
Lynne Carscallen, Evelyn MacKay, Nancy Hall,
Susan Duncan, Tanya Levy, Liz Heeley-Ray, Valerie Morrell,
Janet McMillan, Cheryl Larden,
and all the Regional Chairs!

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Therapeutic Touch® has been a Registered Trademark in Canada since 2003. The symbol ® is used.

In written articles ® needs to only be used once per page.

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

It by-passed Spring and the lazy days of Summer are here!!

To follow up with some of the issues from the Winter Edition:

- The TTNC Board agreed with the recommendation from the Newsletter Committee to publish only 3 editions a year in February, June and October.
- TTNC was pleased to get an agreement with the publishing house (re copyright infringement) to change the title of their book from the words Therapeutic Touch. Even though the lawyer was generous in asking only for about half his usual fee for services, the amount of his invoice we received was still a shock to our financial situation. Through generous donations from private individuals and several of the Member Networks, TTNC was able to pay the bill and still remain viable.
- The Policy for the use of the words Therapeutic Touch has been reviewed by the Member Networks and suggestions for edits have been received. Thank you for your input. When the document has been finalized, it will be on the website.
- For those individuals in the Therapeutic Touch community that have been authorized to use those words, please help to raise the awareness to the public that the words Therapeutic Touch are trademarked by using the ® symbol in your writings, on your websites, Facebook pages, documents, flyers, posters, etc. (see page 8)
- Thank you to those individuals that have spotted the unauthorized use of the words Therapeutic Touch. Another infringement has been brought to the attention of TTNC; this time it was in a health magazine in an article by a fitness business.
- Judy Donovan Whitty and Peter Cheshire have engaged the Canadian Cancer Society to change their description of Therapeutic Touch on their website. The CCS agreed to change the language to a much more acceptable version, but to date this has not happened.

We look forward to reading about the successful activities that took place during the “TT Awareness Week”.

Thank you to TTNO for initiating this wonderful campaign.

With gratitude, Marion Cameron, TTNC President

Meet Your TTNC Board!



About Our President, Marion Cameron: I lived in the Vancouver area for many years where I was introduced to Therapeutic Touch®; it was a big part of my nursing career and in my daily life as a mother to 4 children. Being a founding member for a national TT organization has been a rewarding adventure - to now have the Therapeutic Touch Networks Canada since 2011. I have been involved with the TTNC Board since that time so know its history very well. In 2002, I moved back to Alberta and it was a natural continuum for me to become involved with the TT Network here. Since retirement I have promoted quality living for residents in a long term care facility. I have been a care giver and advocate for several relatives in their end stage of life so find my passion is to promote TT as part of quality end of life care. My hope is to see Therapeutic Touch introduced and used in all areas and stages of life.

Meet your TTNC Treasurer



Bertha Fiddes - known to most as “Birdie”, has been enjoying practicing TT since her first course in 2002. She has served on non-Therapeutic Touch Boards, on the ATTN Board and now on TTNC board as treasurer. She says, “I want to spread the joy of helping other by using TT.

“Ever since I started providing TT sessions to neighbours and friends, I was asked what I charged. This was well before I was a registered TT practitioner and my response was, “A donation to ATTN would be appreciated.” Now I ask people who wish to pay, to donate to TTNC. TTNC has the duty of protecting the Trademark and sometimes that involves lawyers, and that means money.

“It is not that I don’t like money! Just the thought of having a business did not – and does not appeal to me. I really just want everyone to receive TT if they want to and hopefully to learn TT as a result. If a fellow TT member had a business in my area, I would refer to them.

“I am sure I am not the only TT member in Canada who has been asked “What do you charge.” Please think of your network, or TTNC!” Donations to TTNC can be sent in cheque form, to:

Therapeutic Touch Networks of Canada, 1-4452 Hwy. 208, South Brookfield, NS B0T 1X0.

Reports from Member Networks Across Canada

Therapeutic Touch Network of Quebec

Metaphysical and Spiritual Show of Montreal - April 7-8th, 2018

TTNQ had a kiosk at the Metaphysical and Spiritual Show of Montreal where our practitioners gave TT sessions to the public, passed out TT flyers, and promoted our network. The practitioners were scheduled for 2 hour shifts and enjoyed the wonderful atmosphere with other holistic practitioners. It was a valuable public relations event to promote our network, make connections and for the teachers to promote their courses.

TTNQ Practice Day - April 14, 2018

One of our board members, Nathalie Choo-Foo, was the morning speaker. She explained the connection humans have with the animal kingdom and how TT may help with their health and behaviours. As a demonstration she used her stuffed dog, "BigMo", to show the animal chakras. Later on, we had a visit from Sparky (owned by Monique and Leo Gregory) who was a live presence to be cuddled and petted by the participants. This was followed by energy exercises led by Susan Hamilton and Irma Bubolic. Handmade items were also available for purchase at our craft table. It was a wonderful experience for all!

Congratulations to our 3 new "Recognized Practitioners" for TTNQ

Dorothée Vial, Bozena Latincic and Leo Gregory



Nathalie Choo-Foo and "BigMo" demonstrate TT

Toucher Thérapeutique du Québec

Salon métaphysique et spirituel de Montréal - 7-8 avril 2018

Le RTTQ avait un kiosque au Salon métaphysique et spirituel de Montréal où nos praticiens ont offert des sessions de TT au public, ont distribué des dépliants sur le TT et on fait la promotion de notre réseau. Les praticiens ont travaillé des quarts de 2 heures et ont profité de cette belle occasion avec autres praticiens holistiques présents. Ceci a été un événement en relations publiques et nous a permis de promouvoir notre réseau, faire des liens et permettre aux formateurs de promouvoir leurs cours.

Journée de pratique RTTQ - 14 avril 2018

Nathalie Choo-Foo, une de nos membres, était notre conférencière en matinée. Elle a expliqué le lien entre l'humain et le règne animal et comment le TT peut servir à améliorer leur santé et leur comportement. Son chien peluche, "BigMo", était son modèle pour faire la démonstration et expliquer les chakras sur les animaux. Plus tard, nous avons eu le privilège d'avoir la visite de Sparky (chien de Monique et Leo Gregory). Les participants ont eu l'occasion de le flatter et de lui donner des câlins. Susan Hamilton et Irma Bubolic ont suivi avec des exercices liés à l'énergie. Des articles artisanaux étaient également disponibles pour achat à notre table d'artisanat. C'était une première, mais tout un succès!!

Félicitations à nos 3 nouveaux "praticien(ne)s reconnu(e)s" au sein du RTTQ Dorothée Vial, Bozena Latincic et Leo Gregory



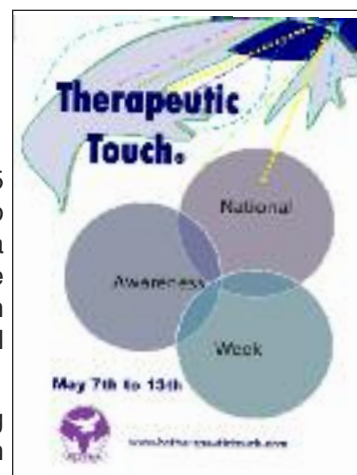
Our craft table with hand-made items for sale

British Columbia Therapeutic Touch Network Society

I hope everyone across Canada is enjoying some Spring weather - we certainly are here in Vancouver after a long wet winter with little sunshine. It's wonderful to see the re-awakening and renewal of plant life and perhaps mirrors our own feelings of newness and excitement for our own TT new year.

BCTTNS is holding their **Conference/Retreat** weekend and AGM on the weekend of May 25 - 27, at Springbrooke Retreat in Langley. We have held our weekend retreat here every two years for some time now and it is lovely to return to a familiar spot and reconnect for a weekend. This year we have our own members presenting over the two days including Anne Walker, Cheryl Larden, Judith Schweers, Marie Preissl, Lesley Reichert and Susan Rutherford. There will also be time for sharing and practice and enjoying some wonderful meals.

Our AGM will be held Saturday morning and we have several positions on the Board being vacated this year including Treasurer, Membership, and Member at Large. We are also keen to fill the Publicity position which has been vacant for some time.



We have included in our membership renewals this year, a button which was inspired when Crystal Hawk was our guest speaker at our 20th Anniversary Conference last year. Crystal shared with me one of TTNO's buttons which says "Ask Me About Therapeutic Touch®" and we thought it was a great idea - so we designed our own and decided to give each renewing and new member one to wear. Timing was perfect for the TT Awareness Week.

Speaking of **TT Awareness Week**, one of our new members was inspired to design a poster for our members to distribute and display in public venues and I think it looks great. Hopefully we will have stories to share of what our members have been doing during that week.

Best wishes from the West Coast

Jacqui Saran, BCTTNS President

The Therapeutic Touch Network of Alberta

Birds sing and the sun shines as I write news of TTNA activities.

Linda Woznica, RT, has been busy attending Wellness fairs and promoting Therapeutic Touch in Alberta with TT sessions and brochures.

Sheila Camp RP, and Linda Terra RT, attended the Caregiver Day sponsored by the Alzheimer's Society in Calgary and promoted Therapeutic Touch with sessions and brochures. Then they were in Didsbury, AB, at the Aspen Family centre where they taught Therapeutic Touch workshops on "Self-care" for social workers in attendance.

Debra Thomey and Sheila Camp will be promoting Therapeutic Touch at a market in Calgary in June.

Our Professional Practice Day was facilitated by Linda Terra in April. The topic of 'Self-awareness' was very interesting and challenged our knowledge of deepening our practice in Therapeutic Touch. It was held at Kerry Woods Nature Centre in Red Deer, where we walked in the fresh air and visited with friends during our breaks.

Sincerely, Sherry Crann-Adair, Co-ordinator, TTNA



TTNA Professional Practice Day

Front row; from left:

Marion Cameron, Linda Terra, Sherry Crann-Adair, Tina Fedun, Debra Thomey, Gina Komanac,

Back row; from left: Karen Komanac, Betty Whitney, Caroline Johnson Steeves, Diane Kroeger, Debbie Stokke, Sheila Camp

Missing; Don Nonay

The Therapeutic Touch Network of Ontario

As I write this note in May, the weather promises that summer is not far away. *Happy Summer to you!*
Our 2nd **Annual CARE150** Therapeutic Touch Awareness Week was a tremendous success, with about 60 Events province-wide. Reports are still being gathered. Pictures will be available on the TTNO website www.therapeutictouchontario.org
We'd love to hear about events held across the country. Please send your comments to the TTNO office at memberships@ttno.ca with "attention to Communications Chair Deb Gould".

In November we moved the TTNO office to a professional building in Etobicoke. On June 23, we are holding a TTNO Office Open House in the afternoon to show it off to our members. Everyone is invited.

Plans are made for our **Annual TTNO Conference and AGM in October**. We will be at a new venue this year – Kingbridge Conference Centre. Our Saturday Morning Key Note Speaker, Dr. Howard Eisenberg, M.Sc. (Psych), M.D., is a 'Psychonaut' – what Jean Houston termed an explorer of 'inner space'. Howard has a diverse and accomplished background as a Physician, Psychotherapist, Professor, Author, and Executive Coach. We are thrilled to have him come to speak to us. Diane May will present "The Practical Magic of TT: How You Do the Things You Do" and Crystal Hawk will give "Enhance Your Therapeutic Touch Practice with Imagery." Pat Tamosetis will facilitate our post conference Teachers Day workshop: "Building on What We Know and Do". Everyone is invited. Registration forms are on the TTNO website along with description the workshops and the venue.
Peace and Light, Shirley Boon, Chair, TTNO

Atlantic Therapeutic Touch Network

Happy Spring to all from Judy Donovan Whitty, Coordinator/Secretary. Our annual ATTN 2018 Conference is being hosted in Stratford, PEI, May 25 to 27. Rev. David Maginley is speaking and Sue Conlin is our main conference presenter. ATTN has endorsed the use of the term "Branch" while maintaining PG within that name.

As the group covers a much larger area, Bridgewater changed their name to South Shore Therapeutic Touch® Branch. Considering their small number (7), their statistics are quite impressive. The group's newest RP is Betty Nauss.

Dartmouth Branch has 7 ATTN members while Halifax has 10. They work in pairs, triads or groups of 4, and if short on time have the person sit in the circle while they send healing intention.

Barbara Stone facilitated the first ATTN PDD for 2018 in March with 17 participants in Dartmouth, NS. Their closing was a First Nations Blessing and, being St. Patrick's Day, an Irish Blessing. Positive vibes all way round. A PD Day on "Gifts from Dora" was held in the District of Clare in April. Because this date marked the 114th Anniversary of Dora's birth, they had birthday cake to celebrate! Fifteen enthusiastic participants attended. It was also "National Healing Day". How appropriate to practice healing skills on that day.

AWARENESS WEEK 2018: N.S: South Shore TT held an *Intro to TT* April 25 as a lead up to the week. In May, a successful presentation was held at Fishermen's Memorial Hospital, Lunenburg. All staff, in conjunction with Nursing Week, was offered a session and 36 were given!

PEI: 7 attended a Kensington Library presentation. Summerside had 1 keen participant while Stratford's Library had one young mother and child attend.



Yarmouth / Clare PG Professional Development Day: Rear: Jocelyne Comeau, Alison Boucher, Émilda Comeau, Marcel Thibodeau, Raymonde Doucet, Darlene LeBlanc, Ann Day, Ron Day, Sandra Noah. Front: Simone Deveau, Marilyn Moore, Barbara Stone (teacher), Lison Lacharité, Arlene Robichaud, Annette E. Comeau. To right, Colette Thibodeau with the cake.

Manitoba Therapeutic Touch Network

We have created a new banner to show case TT at events. It was well seen on display at the "Body Mind Spirit" show this past April. Several members offered mini treatments to the public and generated interest in Therapeutic Touch. Special thanks to Susan, Sid, Tanya, Aline and Steele.

Our AGM on May 6th was at "Whole Touch" in Winnipeg. Tanya Sabourin continues a 2nd term as chairperson. Steele Pruden has stepped down as treasurer secretary, remaining as member at large. Much gratitude for his dedication over the past years!! Marlene Geneau is fulfilling the duties as treasurer secretary. Aline Hildebrandt and Laura Carroll continue to assist the board.

MTTN has a few instructors that continue to be committed in teaching courses year round. These instructors can be found on our Facebook page and easily contacted.

*Wishing you all a great summer! ☐
Tanya Sabourin, MTTN Chair*



Peter Andrewes, ATTN, through whose efforts we have our trademark

Peter's long battle with Parkinson's ended peacefully, June 2nd, at the age of 83. He was charter founding member of ATTN in 1997 and a Coordinator of ATTN. He had the insight to apply for the trade mark (copyright) of the term Therapeutic Touch which was approved by the Federal Government in 2003. ATTN transferred ownership of the trademark to TTNO and recently it was transferred to TTNC.

Peter continued his interest in all things to do with TT and read the newsletters avidly, despite being unable to attend Conference. His interest never wavered in support of TT and ATTN.

Judy Donovan Whitty, ATTN Coordinator/Secretary

The following – from his obituary, describes this truly remarkable man.

Peter was a man with a passion for life, a lover of knowledge, and an eternal student. In his spare time he enjoyed volunteering, writing poetry, playing chess, and studying philosophy, with a particular fondness for the work of Carl Jung.

A 1956 graduate in Engineering from the U. of T., then earned his Masters in Engineering from Cornell University - where he met his wife of 57 years, Diane Andrewes. His joy in learning would see him return to institutions of higher education several times throughout his life. Peter spent eight years as a practicing civil engineer before family circumstances saw him enter the retail business. Though he would often joke that selling clothes was not what he envisioned when he was writing his thesis, the experience in his family's retail business brought with it the opportunity to explore his own entrepreneurial side, and he would go on to found the well-known bridal boutique Winchester's with his wife, which they owned and ran until retiring in 2005.

In his forties he studied law at Dalhousie University and was President of the Law Society during the Law School's 100th anniversary, though he never articulated nor practiced. He also studied theology at the Atlantic School of Theology, completing all but his thesis for a Master of Theological Studies completing all but his thesis for a Master of Theological Studies.

Peter shared his compassion with the community through his many acts of volunteer work, donating his time in palliative care hospital work, as President of the Halifax Board of Trade, Poetry Society of N.S., Co-ordinator for the Atlantic Therapeutic Touch Network, Board of Neptune Theatre, Board of Symphony Nova Scotia, Retail Council of Canada, University of King's College, Kidney Foundation of Canada, Children's Aid Society, Birthright of N.S, Canadian Red Cross Society, Halifax Civic Hospital, Council for Canadian Unity, Junior Achievement, Halifax-Dartmouth United Appeal, Atlantic Provinces Chamber of Commerce, Public Legal Education of N.S., member of the General Synod of the Anglican Church of Canada, Delegate for Canada to World Council of Churches Colloquium, Geneva. He was also a blood donor for many years, wishing to give back to the system which had helped save his wife.

He was truly a gentleman of character, integrity, and devotion to his family and will be dearly missed.

Re Trademark

TTNC Policy for the written use of the words “Therapeutic Touch®”

The Therapeutic Touch Networks of Canada (TTNC) owns the Canadian trademark registration no. TMA580,182 for THERAPEUTIC TOUCH when used with healing practices performed by practitioners trained to be sensitive to the receiver's energy fields. As the owner of Canadian trademark registration no. TMA580,182, the TTNC has the exclusive right under section 19 of the Trade-marks Act to use, and license others to use, THERAPEUTIC TOUCH in Canada with these services.

The words “Therapeutic Touch” are used to define an energy-based therapy developed in the early 1970's in the United States of America and is taught and practiced in many countries. The purpose of the trademark is to give legal protection to the words “Therapeutic Touch” and guarantee the public that, when they are being offered a service described as “Therapeutic Touch”, it is to a standard of practice and training that is certified by the owner of the trademark.

The Therapeutic Touch Networks of Canada, as owner of the trademarked words Therapeutic Touch, authorizes members of Canadian Therapeutic Touch networks to use the words Therapeutic Touch in their practice when they are a member in good standing in the province/territory in which they reside.

A member in good standing is as follows:

- have paid their current annual membership dues.
- have signed the Code of Ethics (or equivalent) required by the Member Network of the province in which they live.
- have taken a minimum Introductory/Level 1 workshop in Therapeutic Touch.

Member networks of the TTNC are to ensure that the words Therapeutic Touch are clearly identified with the trademark symbol ® on their websites or social media such as Facebook, LinkedIn, posters, flyers, brochures, business names, business cards and other printed materials. In addition, the footer of all of the above cited documents are to include “Therapeutic Touch® is a registered trademark in Canada”.

Written Materials

The registered trademark “®” following a trademarked term gives notice to the world that the trademark owner has better and higher rights to the term than anyone else. Having the term capitalized also conveys that it has a special significance.

The words Therapeutic Touch will be written at the first point of use in the text with a parenthetical reference to the acronym after the full title, for example, Therapeutic Touch® (TT). Thereafter it is recommended that the full words, Therapeutic Touch, be used at the first point of use in each paragraph. For all subsequent references in that paragraph the acronym TT may be used.

This creates options for the author, depending on the purpose of the writings, which include:

1. Choosing a balanced or equal usage of both the full term and the acronym to prevent the overuse of of either option as is suggested in the above statement.

This leads the reader to associate the two terms as one meaning or

2. Using Therapeutic Touch throughout the writings if appropriate for the use of the document.

The minimum standard set by the TTNC is that the full title Therapeutic Touch® (TT) is to be used the first time in any document and then the author has the option of using either the full name or the acronym thereafter.

The TTNC suggests that, to maintain the awareness of the words Therapeutic Touch with all Therapeutic Touch practitioners and the general public, they be used in balance with the acronym(TT). This leads the reader to associate the two terms as one meaning.

REFLECTIVE PRACTICE: TURNING OUR EXPERIENCE INTO KNOWLEDGE

By Judith Kanee, TTNO RP

Reprinted from *inTouch*, Spring 2014

At the beginning of this new year let's take the opportunity to look at the many things we can do to grow as individuals and to expand our skills and knowledge in the understanding and practice of Therapeutic Touch. One of the most rewarding ways we can achieve this is through Reflective Practice. To begin with I will look at the definition and purposes of Reflective Practice. I will show how this approach already is integrated into the process we follow in TT. Lastly I will suggest some ways we can implement or enrich Reflective Practice in all we do.

By definition Reflective Practice is, "... the capacity to reflect on action so as to engage in a process of continuous learning" (Argyris, & Schön, 1978). Or it can be understood as "a term used to describe professionals studying their own practice in order to improve it" (Costello, 2011, p. 5).

What prompts us to actually take the time to reflect on what we are doing? Often we pause to reflect when a routine response produces a surprise or an unexpected outcome, either pleasant or unpleasant. At other times we need to consciously plan a time to reflect on what we take for granted. We do this to see what we can do to learning from our experiences, be they good or uncomfortable. Most times the decisions we make and the actions we take are constrained by our conditioning, over learning and life experiences. We fall into routine ways of doing things and tend to accept things as they are, not questioning our repertoire of expectations, images and techniques. We become less subject to surprise the more stable our situation (Schön, 1983).

Reflection opens the door of perception. Insights can be revealed about our experience and offer a way of paying attention to this inner knowing. We can become mindful of each unfolding experience in a way that enables us to learn from that experience and move toward more desirable and satisfactory ways of being. Dr. Krieger writes in her instructive book, *The Therapeutic Touch- Inner Workbook*, that when we engage in reflection we become more clear about who we are and become aware of and gain access to our deepest self and knowing. Her book offers an excellent guide to Reflective Practice. Information turns into knowledge by conducting a cognitive post mortem.

Reflection involves reviewing and reliving an experience to bring it into focus. Reflection-on-Action is what we traditionally do when we look at a situation in retrospect. For example, doing a case study is one way of completing this type of Reflective Practice. The form for completing a case study can be found on our web site or in the TTNO's Practitioners Workbook.

Reflection-before-Action and *Reflection-in-Action* are two other ways of looking at our practice. These also appear to resonate with our practice of Therapeutic Touch. For example, using *Reflection-before-Action* you pause and reflect before you take action. We pause and Centre as we begin a TT session. Centering helps us prepare for and clear our mind for what we are about to do. By being completely focused in the movement, our client becomes our most important concern. Dr. Krieger says "The point of entry into the Therapeutic Touch process is the act of centering. The therapist remains on-center even while proceeding with other phases of the Therapeutic Touch process: the assessment, rebalancing, and reassessment of the healee's vital-energy field" (1997, p 17).

With *Reflection-in-Action* we reflect in the midst of action. Assessment helps us Reflect-in-Action as we examine the field when we begin and as we repeatedly reassess the field throughout the TT session. In this way we can ask ourselves these interesting questions: What am I doing emotionally, energetically and consciously? What has become routine? Am I responding to the client's field?

The challenge is that Reflection is both subjective and particular. It is a fusion of sensing, perceiving, intuiting and thinking about this particular experience in order to develop insights into the Self and our practice. Therefore it is purposeful and mindful. In *Transforming Nursing Through Reflective Practice*, author Eleanor Gully, in the chapter, *Creating Sacred Space: A Journey to the Soul*, sees it as a path of self awareness enabling us to become more self-conscious in the actions we take to realize our values and vision (Jones & Freshwater, 2005).

What can we do to explore these areas of our practice that have become habitual, that have caused us to wonder in surprise or pause in discomfort? Indeed there are different ways of developing a Self Reflective Practice. As we saw, we can use case studies and these can be very informative. Discussing situations on a regular basis in a Practice Group or with a colleague is helpful. Dr. Krieger highly recommends keeping and writing in a Journal. She says it brings us closer to the self, to the 'I' of who we are. In our writings we can also begin to notice patterns and areas in which we are strong and where we want to improve. Making art can be part of Reflecting on our work. Through images, colours and *Cont. on page 10*

Reflective Practice, cont'd from page 9

symbols we can reveal and relate to our not yet conscious knowledge. All these approaches are ways of discovering and bringing out our tacit knowing.

Dr. Krieger calls it a way of self-exploration of our latent abilities. She encourages us to take the time to work with our 'inner workbook.' Therapeutic Touch is an ever changing personal learning experience and a creative base for progressive learning about the inner self. Through AHA moments, insightful experiences, in our efforts to stay centered and to 'listen', we also learn what makes us 'tick' (Krieger, 1997 p.18). In doing so we care for our client's wellbeing, our wellbeing and what is required of us to enrich and deepen and to create a more effective, perceptive, compassionate and skillful practice of Therapeutic Touch.

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THE EMPOWERMENT OF COMPASSION

"I frequently have wondered at the power of compassion. It is by no means a survival skill, and I am in awe that it has continued to surge in the hearts of humankind over the millennia. Why? One answer might be that this is how we are supposed to relate to one another – perhaps it is in Nature's best interests that we exercise this most humane of all human traits toward other beings. Perhaps the success of evolution is not so much a matter that we survive, as how we survive.

The point has been made in earlier chapters that compassion is a necessary background for the therapist's use of Therapeutic Touch practices. It is not merely that without compassion as the motivating factor, the practice of Therapeutic Touch is in jeopardy of being nothing but a power play. It is also a subjectively testable fact that it is the dynamic nature of compassion that provides the opportunity to plunge into the farther reaches of our own consciousness, access our finest capabilities, and thus bring the wonder of the healing act into being for someone in need. It is, indeed, this irrepressible passion to help others that supplies the remarkable energetic thrust necessary for the decisive quantum leap that distinguishes the vitalizing state of healing from the debilitating state of illness. The integrative force we know as compassion shapes a path for universal healing energies to flow through our being, and it is through the experiential knowledge that attends that outpouring that we get an opportunity, in the healing moment, to acknowledge the reality of our inner self."

Therapeutic Touch Inner Workbook - Dolores Krieger, PhD, RN

We get Letters ... and Comments!

Debunker at Canadian Nursing Conference -

Hi everyone, I just thought I would bring to your attention that there is a skeptic that will be speaking at the **Canadian Nursing Association Convention** in Ottawa in June.

Some of you will be aware of a problem I had with a skeptic here in BC. When reading the CNA agenda I saw this person's name, Timothy Caulfield, and recognized it, since it was referenced in a complaint against me by the BC skeptic. According to the CNA agenda Timothy Caulfield, a Professor of Health Law and Science Policy, U. of Alberta, will be debunking falsehoods, pseudoscience, etc. I doubt that there is much we can do about it but **perhaps there could be some Therapeutic Touch® Practitioners and other holistic practitioners in the audience to support holistic views.**

From Cheryl Larden, BCTTNS clarden@shaw.ca

Editor's note - from on-line: "Over the past several years, Professor Caulfield has been involved in a variety of interdisciplinary research endeavours that have allowed him to publish over 300 articles and book chapters. He is a Fellow of the Trudeau Foundation and the Principal Investigator for a number of large interdisciplinary projects that explore the ethical, legal and health policy issues associated with a range of topics, including stem cell research, genetics, patient safety, the prevention of chronic disease, obesity policy, the commercialization of research, complementary and alternative medicine, and access to health care.

He is involved with a number of national and international policy and research ethics committees and won numerous academic awards and is a Fellow of the Royal Society of Canada and the Canadian Academy of Health Sciences. He writes frequently for the popular press and is the author of *The Cure for Everything: Untangling the Twisted Messages about Health, Fitness and Happiness, Is Gwyneth Paltrow Wrong About Everything?: When Celebrity Culture and Science Clash*, and his most recent book, *The Vaccination Picture*."

Reflections from Members . . .

From Susan Duncan, Publicity Chair ATTN

"I always wanted to learn Therapeutic Touch® but the timing never seemed to work out. Imagine my surprise when I walked in to a tai chi class in rural Cape Breton and found out there was a local Therapeutic Touch practice group and a level one class happening in the near future. So I took level one, two and three. Therapeutic Touch has brought immense healing to my life. I use it in all aspects of my life to promote health. "

Tanya Levy

"When the student is ready, the teacher appears".

How true this has been for me! I had just returned to my home on PEI in May, 2012 after studying in N.S. for a year. I earned my CCA diploma which is equivalent to an RCW (resident care worker). I had nothing on the job front, so my life was pretty much my own - gardening to my heart's content.

I was at a garden party one sunny day and was asked if I would be interested in volunteering at the local "Camp Triumph." I figured why not, as I had nothing else on the go, besides playing in the dirt barefoot. I was happy to help.

It was there that I met my dear friend Carol Evans. She had offered to give a fellow kitchen helper a TT session (always spreading the good work everywhere she goes). I watched on with great curiosity. When she offered me one I figured I had nothing to lose and agreed.

Nothing happened – so I thought. However, that night I had an amazingly sound sleep and woke up in the morning feeling so happy and empowered.

At that time in my life I had been on anti-depressants for 16 years. Anti-anxiety and sleeping pills, maximum doses, for over 4 years. Sleeping so soundly and waking up in the morning so happy was a foreign experience for me!

Carol mentioned that the practice group in Kensington, would resume in September so again, being curious, I went. What did I have to lose? I have never stopped with TT since.

It took me four years but I earned my RP status. After being such a hermit, I'm now a Palliative volunteer at the Prince County Hospital and love it. It's such a blessing for me to be in a position to help someone in a very difficult time in their life. To bring them peace, is an honor. It's sacred.

And somehow, I have found myself in the position of the Kensington Practice Group Leader. Insecure, shy me!

Therapeutic Touch has healed me physically, emotionally and spiritually. It has become my life's purpose, with the story of my journey being a powerful testament.

I may add, that I no longer am on any medications and so happy with my life, especially "playing in the dirt."

Liz Heeley-Ray

Nova Scotia Milestone

After about a 3-5 year effort on behalf of the pioneers like David Maginley, Health Sciences QE 11 (NS Health Authority), recognized Therapeutic Touch(TT) and opened the Complementary Therapy component of the Victoria General Hospital, called "The Sunshine Room".

Barbara Stone has been involved since the beginning and is the "scheduler" of the ATTN members who provide TT at least once a week. Previously Charlotte Quirk and Dianne Simister, RN, had done this work. Dianne worked at the hospital so had a real "in" to get admin to study and decide to cover the modality to operate in the facility etc...15 years ago.

Susan Duncan, ATTN

The Christian Explanation



Trinity United Church in Guelph, ON, offers a Healing Session following their Sunday Church Service. Usually it is on an as needs basis!

All new practitioners receive the article "Therapeutic Touch in the Church", written by Margaret Hougan, under the heading: Healing Pathways. Spring 2000 Exchange.

We keep it simple and use the following chapter and verse from the Bible: *The Prayer of Faith, James - Chapter 5*

Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Valerie Morrell, RT, TTNO, Guelph, ON

The Chemotherapy Clinic at the Guelph General Hospital welcomes Therapeutic Touch® practitioners every clinic day. When I arrived at the Chemo clinic this morning a man was chatting to the patients and staff. Just as I was starting a session with a lady, this man walked over and introduced himself to both of us. It was Dr Colem Smith, from Accreditation Canada. He was spending some time in Ambulatory Care on that day. He has been in the hospital all week.

The patients were giving glowing reports about their care in the clinic and of the excellent nurses.

I was very proud to tell him that I was a volunteer from Hospice Wellington, giving Therapeutic Touch. I let him know we had volunteers coming into the clinic every day. As he was leaving, after talking to staff and clients, he came over to me and thanked me for my care and everything we do for the clinic. TT was mentioned to him several times by clients.

Janet McMillan, Guelph, ON

Universal Life Force Energy

By Tarja Oostendarp, RT, BCTTNS

Reprinted by permission from "Shifts in Energy", Spring 2018, the newsletter of the BCTTNS.

There is a consciousness that connects all life. Some call it "Universal Life Energy" or "Unity Consciousness". It encompasses all energy in the universe, the creative mind, the governing law, the united love, and essence of our spiritual soul.

Universal life energy is the underlying of all vibration, whether it is physical, mental or spiritual. It is the continuous flow of energy from every source. It is the framework of all, sustaining all, and penetrating all. It is both hidden and manifested. It is never ending, unlimited, and we are all one with it.

Everything in creation is made up of electromagnetic energy known as an Aura that vibrates at different frequencies that correspond to sound, light and colour. This is a scientifically proven fact. There is an energy flowing deep inside everyone of us. It is powerful, also mysterious life force that coordinates and controls every function of our bodies from the process that naturally heals damaged tissues to the automatic beating of our hearts.

We assume that the vital energy is also a field force, it permeates space, becoming more concentrated within and around living organisms. All living organisms share in a generalized life energy field in the same way all physical objects in space are subject to gravity. Science of quantum physics has proven that bundles of this vibrating energy are constantly swirling at lightening speed through the vast empty space of the atoms that make up our physical bodies. This inner energy goes by several different names in many different languages.

Therapeutic Touch® has been derived from the ancient practice of the laying-on of hands based on the fundamental assumption that there is a universal life energy that sustains all living organisms. Dolores Krieger found the concept that most closely aligned with Therapeutic Touch was the Ayurvedic approach to how the body operates, which originated in the East Indian culture.

Traditional Chinese Medicine understands that the entire universe and every living being, plant or animal has been given the ability to evolve and function by a universal source of vital energy known as Prana, Qi or Chi.

The Yogis of ancient India called this vital life force Prana and considered breathing to be the vehicle of Prana. Prana is a Sanskrit word for life force or life energy. It also means constant motion, or the primary motion of life energy. The term refers to a cosmic energy believed to come from the sun and connecting the elements of the universe.

Prana is all energy that is manifested in the universe. Indian Yogis have taught that controlling the breath, controls the

universal energy within, which directly affects one's physical health and state of mind.

Prana circulates all around us. The way that Prana moves is much like the physical circulatory system. It circulates in the body through subtle energy pathways called Nadis. Nadis is a Sanskrit term that comes from the root "Nad" which means motion, flow or vibration. Nadis are the channels or energy pathways that carry Prana or life force throughout the body and they connect at special energy points called Chakras.

From ancient times, breathing exercises known as "regulation of prana" (pranayama) were designed to enhance the well-being through a balancing of the life energy flow. We have a network of about 72,000 Nadis pathways in the human body but 72 are considered important and 10 are considered major. They all stem from the three main Nadis within the spine and are the most important Nadis of the subtle energy body - mental, physical and spiritual.

The ancient concept of Prana references to the three thousand year old 'Chandogya Upanishad'. Nadis pathways exist in a similar way to the nervous system but are more refined and usually invisible to the eye because they are not part of the physical body but are part of the subtle energy body consisting of many layers, also known as the auric field. The entire physical body is full of these complex networks of Nadis pathways which are allowing Prana, the life energy to circulate and their influence extends beyond the spiritual planes.

Extended beyond the physical body, there are multiple subtle bodies through which vital energy fields interpenetrate each other and the physical body. *These energy fields directly influence our physical, mental and emotional health.* Even though these subtle bodies are not composed of matter, they can be felt through touch and experienced by energy healers.

All conditions of imbalance are rooted in the Human Energy Field (HEF) and are expressed as specific energetic patterns in the body. The practitioner conducts vital energy from the universal energy field into the human energy field, where the energy is changed into a form that is usable at the cellular level. The vital energy recharges, realigns and rebalances the subtle bodies bringing wholeness and order to all the recipient's systems.

When the body is in balance, it can begin to heal itself. The body's inner intelligence coordinates the entire session beyond the conscious mind, with no effort from the client to pull in the life force energy – *it all happens independent of any belief system, emotional state or religious preference.*

The practitioner is a conduit for the universal life force energy, connecting to the highest and best intention for the client to facilitate in the most helpful, *Cont'd on page 13*

Universal Life Force, cont'd from page 12

constructive, safe and easy manner. The Chinese refer to this energy as “Chi” and recognize it as the balance of Yin and Yang – being the male and female, positive and negative, electromagnetic energy.

The vital life force/energy present within every living thing and which flows through the body via meridians, maintain our health and wellness, mentally, physically, emotionally and spiritually. These meridians connect the organs and systems in the body.

Taoist sages of ancient China named this inner energy Qi - also known as Ki, and more commonly known as “chi”, “qi”, or “prana”(from the Ayurvedic teachings). It flows through distinct pathways in the body, linking tissues, organs and brain function into a unified whole.

They also believe that Qi *connects each person to the environment, and ultimately to the entire universe*. They feel that the primary energy of life found in the wind rustling through the trees, each blade of grass growing, is the same universal energy that flows through our own bodies.

The ancients knew that our bodies were not solid entities and that we were interacting fields of continuous energy that fluctuated. Ancient cultures understood the planets and the stars as well as the trees. They taught that everything and every being has consciousness and channels this energy according to its capabilities. They understood that all matter including the physical body is connected to this universal energy. They recognized that our thoughts and emotions are a form of energy. When all is in harmony with the living universal energy field, we become clear channels.

The Hopis of the American Southwest use the term *Kachina* to describe the world of subtle energies. They perform rituals and ceremonies to interact with the Kachina to receive healing and other benefits. Some Native Americans call the manifestation of divine spirit in living beings *life force energy*, or divine breath; known as *ni* in Lakota and *nilch'i* in Navajo or some simply call it *medicine*.

The Dogon people of Africa call the channel through which the earth projects energies through us, the *Bayuali*. They call the channel through which we receive energies from the cosmos, the *Yenu*. The Dogon believe it is our responsibility as humans to become clear channels who ease the flow of cosmic energies rather than interfere with it or obstruct it.

Shamanic traditions use drums to produce rhythmic vibrations that assist the Shaman in attuning the mind with the living universal energy field. In this state of altered consciousness, Shamans interact with the non-physical world. The Shaman channels and transmits subtle universal energies to help heal themselves and others. They can also receive information in the form of vivid imagery, thoughts, words, or ideas communicated to them by guides and ancestors from the spirit world.

The Hawaiian word *Mana* means a concept of a life force

believed to be seated in the head and associated with high social status and ritual powers. The ancient Hawaiians believed that every living thing contained *Mana*. This life force existed in the land, the sea, the plants and every living being. *Mana* is the energy of creation, the very core of life itself.

“Mana is our life force, the power that enables us to live. So many people go throughout life without even using Mana; they walk through life like they are in a fog. With Mana, you perceive what life really means and what its saying to you”-
Lanakila Brand.

Sekhem originates in ancient Egypt and uses a special form of life force energy that is very high in vibration. The *Sekhem* energy is connected to the heart centre and embodies unconditional love.

The word *Reiki* means universal life force. It utilizes the universal life energy with the warmth, reassurance and healing power of human touch. It is part of a whole that includes healing techniques self-awareness, development, growth and means of living life in harmony and happiness.

It seems that healing modalities are linked with one common presumption: A faith in the universal life force. The concept common to all these modalities lies within the power of the universal life force. Anyone can tap into this energy and channel it to heal the body, mind and soul. The power of the mind plays a major role in how one heals with this vital life force.



Tarja Oostendarp, TTRP/TTRT, is a very active member of BCTTNS - a board member since 2011 in the role of Secretary, President and now Education Coordinator.. She has been a Hospice volunteer since 2007, working 1-1 with people and providing TT to people in community. She contributes regularly to the BCTTNS Newsletter – “Shifts in Energy”. Tarja has her own private practice. She has worked in the legal field for the past 28 years.

Please see Page 21, “Scientists Prove Meridians Exist” *Ed.*



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THERAPEUTIC TOUCH IN LABOUR & BIRTH

By Claire P. Stark, R.N.

Childbirth! Mention this to anyone who has experienced giving birth, regardless of age, and the response will be a strong one. It may have been the most exciting moment in a woman's life and its memory can last a lifetime. Descriptive words I've heard include - incredible, unbelievable, amazing, terrifying, exhausting, painful, nervewracking, awesome, and wow!

As a labour and birth nurse at St. Michael's Hospital in Toronto, the challenges of my working day are many. Birth becomes the long-awaited event and the pregnant woman arrives on the unit with both emotional and physical needs. Issues may exist that can have an impact on the patient's labour experience and its outcome. Is she alone or with family support, married or single? Are there unemployment or housing difficulties? Is there evidence of abuse, alcohol or drug use? Is she a recent immigrant or refugee with limited understanding of English or Canadian culture? Is this an unwanted pregnancy? Is the sex of the baby a factor?

Some issues may not have been addressed during pre-natal visits - often due to the patient's hesitancy to say anything - so the labour nurse may be the first care-giver to notice behavioural "cues" such as unusual fear, anxiety, silence or excessive talking. Usually the patient is young and in good health. When in labour, she will show signs of coping with pain that may range from quiet, restrained internalization to high intolerance and near hysteria.

Where Does Therapeutic Touch® Fit Into All This?

I think it is the comfort and support given to woman in labour that ultimately affects her feelings towards childbirth and I believe Therapeutic Touch® (TT) to be a key element in providing such care in a reassuring, calm and gentle way.

Before I enter a room, I centre and focus on calmness in myself to help me accomplish whatever is required. I discuss with the woman and partner/support person their expectations of labour . . . do they wish for a natural childbirth. The woman may know of some comfort measures that can help her, however I always explain and demonstrate some simple techniques.

Breathing and Relaxation

During a contraction, have the patient breath gently in through the nose and out through the mouth, to visualize oxygen going into the lungs to nourish and give energy to herself and the baby.

For relaxation, as the contraction subsides, she should return to normal breathing, physically relax the shoulders and allow her body to sink into the bed, close her eyes and think of quietness and rest. When relaxing, I will gently touch her ankle, knee, hip, wrist, elbow and/or shoulder and suggest she visualizes all her joints relaxing and letting go of tension.

Breathing and relaxation allow the patient to participate, to

keep control for herself and perhaps, to lessen her anxiety and fear of the process of labour. The support person can help her continue this should the nurse not be available.

Visualization

During labour, a patient may have a visual point to focus on (her husband, a photograph, something pleasant in the room) or she may choose to close her eyes to visualize an "image" for herself, or listen to music.

Visualization can be very helpful. Mary Ann Alexander RN, who also works on the unit, finds that an idea often needs to be given to the anxious, tense woman in active labour and suggests this type of imagery:

"imagine the baby being out and in your arms during a contraction, breathe the baby down . . . completely relax and see the discomfort drain out of your body and into the floor.

Giving Therapeutic Touch

Labouring women are very sensitive to touch – it may be urgently called for or refused, all within minutes. By explaining that Therapeutic Touch is like a light "massage without touching" and that it may help towards relaxation, the idea of Therapeutic Touch is introduced as a gentle option and/or a complement to physical touch. The patient however, may not wish to know about Therapeutic Touch at this time; she may want immediate pain relief and only an epidural will do. This is to be respected.

While waiting for assessment, for blood results prior to getting an epidural, or to "locate a vein" for IV therapy, she may be willing to receive some TT and thus verbal permission is given. Often by "giving it a try", the woman will want Therapeutic Touch continued.

Centering

It only takes a breath but one may need to re-centre frequently as there are many interruptions. While coaching the patient with breathing, I will often breathe along with her and so centre myself as we breathe together. When I notice the stress level rising in the room, I will say "O.K. everyone, let's all now take in a big breath and let it out slowly" and I visualize those in the room being calmer.

Assessment

I scan the patient's field from time to time, not to identify "specifics" but to have a sense of her energy level. This is an acute care situation: every contraction requires attention and if they occur every 2/3/4 minutes, there is little time for incorporating all the phases of Therapeutic Touch. Away from the bedside, I will assess the energy field in the room. Often the energy level will greet me as I open the patient's door and I will visualize myself unruffling the whole room, asking for gentle soothing light to enter and calm the atmosphere within.

Unruffling/Clearing

When a contraction starts and the patient begins her visualization and breathing, I unruffle, starting at the →

forehead and gently sweeping down without stopping until well past the feet. I may unruffle once or up to three times during each contraction and my intention is that the patient's energy field will clear to allow the process of labour to continue its path to a healthy, safe outcome. I also envision the patient being calm, relaxed and able to manage her pain without anxiety or fear. As the contraction subsides, I ground the patient by gently touching her feet or by envisioning the energy flowing from her feet. I may unruffle again if there is high anxiety. A times I talk quietly with the patient while unruffling.

Evaluation

During relaxation (between contractions) I will stop and we "take a moment's rest". It is during this time that the nursing work takes priority (nursing care, assessments, monitoring, documentation), questions can be answered, drinks and nourishment offered etc. However, I have noticed that during relaxation a sense of peace and quiet permeates the room.

Partnering for TT

Although most labour units support one-on-one nursing, this is not always possible due to unexpected emergencies. To give TT to a patient who wishes it continued and the RN is called away, a "mini-course" in TT can be given to the support person. The husband is often willing to learn as it allows him more opportunity to support his wife. We try a few imagery ideas so they can both feel comfortable with a specific one or come up with one of their own.

I demonstrate unruffling/clearing, let the husband do it while his wife breathes through a contraction and during relaxation, have him sit by the bed, close to his wife, holding her hand or massaging her. We also unruffle/clear together.

Regarding intent, I suggest he visualize a soft mist or gentle sunshine all around them, that everything is calm and peaceful and his wife is managing beautifully.

When I leave the room, the husband may help his wife with visualization, breathing, physical massage and/or unruffling. As long as there is sincere intent in the participation between the two, then TT is being continued.

Effects and Benefits

Relaxation is the most obvious effect. The patient's awareness of relaxation may come within a few minutes of receiving TT or after some time when she realizes she has been coping better with the contractions (even at their most intense) and is able to fully relax and rest between contractions.

From the relaxation effect, there come a number of benefits

- decreased anxiety and fear,
- a sense of peace and calm, and
- being able to co-operate with the process of labour by no longer fighting against it.

The atmosphere in the room noticeably changes from high stress/tension to relaxed quietness.

After an epidural, giving TT will reduce anxiety and allow a relaxed sleep.

Does TT reduce pain, speed up the process and/or reduce complications?

Only research studies will provide affirmation to those questions. As 'TT nurses' however, we have seen that through the relaxation effect in labouring patients, the process of labour is allowed to travel its journey and pain does not appear as intolerable. The progress does seem faster in many cases and perhaps there are fewer complications.

Linda Wilkinson RN, who worked for many years at the Hamilton Health Sciences Centre, McMaster site, gained valuable insight from using TT with her patients over several years. Here are some of her observations:

"In my practice, I find the use of touch and visualization very important. Even the most active patient will benefit from a compassionate hand, stroking her arm and having the intent to relax her. A simple visualization such as watching her breath will help her take control and enhance the relaxation. It is not expected that all pain will be taken away but if the patient is in control of what she is doing and can manage her labour, then TT has been successful."

Linda suggests the writing of Carl Jones *The Labouring Mind Response* may help understand the psychological, emotional and behavioural changes that occur as labour progresses and how the left-brain orientation of logic/reasoning shifts to right-brain functioning of creativity/intuition/instinct and the patient becomes more open to suggestion, like touching, imagery, TT etc.

It is a privilege to be a part of childbirth!

It is intensely private and personal, the physical effort and emotional releases are intimately shared by all involved and the experience is truly profound.

To hear the cry of a lusty, healthy newborn baby is indescribable and to see the joy in the parents' eyes is reward indeed. A TT nurse can share in the knowledge that Therapeutic Touch contributes towards this accomplishment.

Claire Stark RN recently retired as a labour and birth nurse at St. Michael's Hospital in Toronto. Originally from Essex, England, where she trained as a midwife, Claire has been enthusiastically practising Therapeutic Touch since 1995. She is currently investigating the value of Therapeutic Touch in the post-partum phase.

She may be reached at 416-535-6357 or through the TTNO.

Updated from an article originally published in *inTOUCH*, August, 1999.

Permission to copy

Please note: Studies have been done in Therapeutic Touch With Preterm Infants, indicating "Therapeutic Touch, which does not require physical touch, presents a potential approach to the dilemma of comfort and stress reduction in the extremely premature infant". Therapeutic Touch may also be of value as an adjunctive measure in the treatment of chemical dependency among pregnant women. A harm-reduction approach entails nonjudgmental care that aims to reduce risks to the women and their fetuses.

Refer to Research through

www.therapeutictouchontario.org



Bookworm's Food for Thought



The Power of Eight: Harnessing the Miraculous Energies of a Small Group to Heal Others, Your Life and the World by Lynne McTaggart

Reviewed by Lynn Carscallen

Lynne McTaggart, author of “The Field”, “The Intention Experiment” and “The Bond” has written another fascinating book. As a journalist and investigative reporter it has taken 10 years for her latest book to come to fruition. In a one liner, this book is a scientific study of the power of human intention. Lynne details her own journey to make sense of all the miracles she witnessed. She dives into the larger context of the science behind this phenomenon, drawing on esoteric and historical religious practices, studies of prayer and altruism – and finally organizing a major independent university study of Power of Eight groups to explain how and why sending altruistic thoughts of healing in a group setting is a fast track to the miraculous.

Lynne McTaggart conducted many experiments using intention with groups of people to see if seeds would grow faster, if the ph of water could change and also if intention could lower violence. Most of these experiments showed measurable effects. She was soon learning that focused thoughts can affect physical matter. The next step would be -- could these groups heal people.

In her workshops, she gathered people into groups of eight, sending healing with intention to those wanting healing. It was discovered that the intention had to be specific, such as “may Jane Doe be free of pain in her right hip and be healthy and well”. Meeting as a group weekly made for faster healing. As the workshops continued, something else amazing took place. The senders were also healing from health issues, broken relationships were being mended, and others made significant job changes, etc. There seemed to be a mirror effect happening.

Chapter 22, Gathering the Eight, gives instructions on how to create a group of eight (or six being the least, and no larger than twelve) people who meet regularly in person or online. There are guidelines as to how the group proceeds with the healing intention circle.

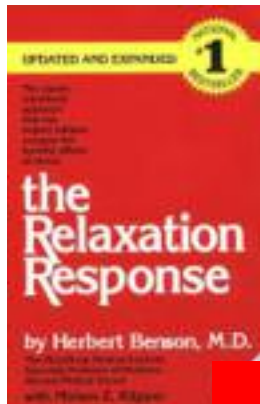
Lynne says *“the outcome of the group intention experiments are remarkable, but they aren’t the point of the story. This story is about the miraculous power you hold inside of you to heal your own life which gets unleashed, ironically, the moment you stop thinking about yourself.”*

Recommended reading for all Therapeutic Touch® practitioners

The Relaxation Response

The name was initially coined by Herbert Benson, MD.

The book is now available as an “E-Book.



For the first time, the ebook includes a video of Dr. Benson of Harvard Medical School, teaching how to elicit the relaxation response. This video allows the reader to access his or her innate capacity to counteract the harmful effects of stress.

When Dr. Benson introduced this simple, effective, mind/body approach to relieving stress forty years ago, his book became an instant national bestseller. Since that time, millions of people have learned the secret — without high-priced lectures or prescription medicines.

The book details the myriad of effects of relaxation on the body’s systems.

This revitalizing, therapeutic approach is now routinely recommended to treat patients suffering from heart conditions,

high blood pressure, chronic pain, insomnia, and many other physical and psychological ailments.

Understanding its effects gives TT practitioners a comprehensive understanding of the value of Therapeutic Touch in many conditions.

Available through Amazon: Kindle Edition CDN\$ 7.49, Paperback CDN\$ 18.32

The Egg and I . . . The Soft Shell

by Evelyn MacKay, TTNO RT(Ret)

Sometimes, when conducting a reverie or a meditative exercise for the clients who come to our Therapeutic Touch® program at the local Hospice Day program, I ask them to begin by paying attention to their breathing and to use that as a focus to bring their attention within, to the place where they feel calm and at peace. I might then invite them to imagine they are surrounded by an 'egg-shaped circle of light which guides your thoughts and illumines your understanding'. That egg-shaped circle of light is one they become familiar and comfortable with, one we might use at a later time in the progress of disease. They can be asked to recall that safe space which they have learned is a place of familiar comfort. It's like a remembered security. There is a value in having learned this, long before they need to recall it in their extremity. As well, I often ask a client to visit that space during a Therapeutic Touch treatment.

I have been reading "The Wisdom of Dying", by Michael Murphy, M.D., who has worked at a Hospice in Albany, New York. He has another insight of the egg and his reference to it has helped me to think in a different way about our interaction with palliative clients.

Dr. Murphy talks of each of us being '... like an egg with an ovum-like soul in the center of a nourishing yolk, the yolk being like soul food which holds love and support, value and caring from others'. That yolk nourishes all the time. Dr. Murphy doesn't talk much at all about the egg white. I like to apply this concept of a 'yolk' within, to think of that in relation to a way of dealing with the outer world . . . how we 'do' ourselves, depending on the messages and direction of the tiny ovum of 'soul'. And the shell, the ego, as protective and firm, yet sometimes rigid in our dealings with aspects of the world which may threaten us, cause us to be fearful, or even felt to be pushy in our dealings with others.

I wonder how that feels to our palliative Therapeutic Touch clients when we carry our hard shell into their space? They are frail, their resources strained, their once strong ego protection now pierced by the stresses of illness, feeling diminished by treatment, holding concerns for family, lack of funds, loss of all they hold dear. Are they bowled over by our unspoken [or maybe spoken] messages of power, health, authority and declarations of what is best for them?? It need not be intentional to be felt as real.

How can we realize if this might be so and begin to take steps to make a difference to their peace? We begin by realizing the dying are totally dependent on caregivers (that includes us!) and begin also to take stock of our actions and movements as we care for them.

Our robust strengths need to be quieted, our voices well modulated and slowed a bit. We need to move carefully and deliberately, with soft steps that do not jar. We must allow their condition to dictate our own demeanor.... let us bring a sense of peaceful calm in unhurried movement, patience in our ministrations, co-operative ease with our co-workers so the dying sense harmony and beauty in our presence and interactions. The dying need that to have peace within, because chaos hurts and communication is strained with everyone when their security is tentative.

Sometimes it is helpful and instructive for caregivers to speak together, to share information about client worries and how best to assuage them, client needs and how to meet them, client space and how to protect it, and client peace and how to promote it. Defining this together, hearing the insights of other caregivers and staff about perceived client needs - that's a satisfying exchange. And if we hear something not complimentary to our own actions, let's be glad of the courage that let you hear it, and then be prepared to change.

When we do Hospice work, that is, when we spend long periods of time at the bedside of the dying, we stand there for the whole world. We stand there for everyone who is not present. We stand for parents long dead, for children whom the dying are loathe to leave, for partners who can scarcely bear the pain of separation, for friends who cannot come, for loved ones who are afraid to be present with the dying. We stand, too, for hope for eventual relief from pain and for a peaceful future somewhere else, they know not where.

So when the strong ego-shell of that egg which is you comes into the presence of the ego-shell which is pierced and frail, breathe with it thoughtfully and know when you do, you can bring the most refreshing breath of all.

~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~



Evelyn MacKay recently received recognition of 30 years of service at Hospice Wellington, in Guelph, ON. Guelph-Eramosa Mayor Chris White presented the Guelph-Eramosa award saying, "She is a registered nurse and a dynamic leader in the Guelph/Wellington and Ontario Hospice movement. As a recognized Therapeutic Touch practitioner and teacher and a board member of Hospice Wellington, she has become an invaluable resource of expertise, providing programs, guidance, support, and compassion to people of all ages in Guelph and Wellington County. Evelyn offers her gift of Therapeutic Touch to people in need and provides training to volunteers - who then in turn serve others.

Sharing Energy Awareness and Stories Of Healing Across Cultures

By Nancy Hall, BScN, RT

There is a group of women who kayak and explore on multiple levels both on our home lakes near Algonquin Park in Ontario as well as on guided 7-9 day trips further afield. This group formed with the goal of kayaking the three oceans of Canada. I have had the privilege of journeying with them on two occasions.

The inaugural trip was kayaking and camping in Haida Gwaii national park, the Pacific coast adventure. The group's intent was connecting with the land and learning about the Haida Gwaii culture. Wonderful stories they shared on their return and I was determined to be a part of the next adventures.



The second trip was supposed to be to the coast of Newfoundland and Labrador but awareness of the quickly altering landscapes of the Arctic due to climate changes, led us to tackle the northern adventure next. Unable to find a Canadian Arctic trip that fit our needs we chose a trip to the fjords of East Greenland also on the Arctic Ocean.

What an exquisite experience. And true to the first experience off western Canadian shores we hoped to connect with the land, the people and their culture.

We briefly met the Kalaallit people (Greenlanders) as we spent part of the first day in Kulusuk, a village in East Greenland. One village woman was willing to open their tiny museum for us to have a look. It was a simple display of original equipment, garments and objects gathered by Justine, an elder. I could feel the energy from the pelts and the carved or moulded cooking utensils as my hands hovered under the watchful eye of Justine's niece who gave me a quiet nod as our group departed. No doubt a thousand stories of struggles and joys in that basic board and batten building.

Our 9 days of kayaking was truly into the wilderness of the fjords with 2 Canadian guides so there was very little further contact with the Kalaallit . . . unfortunately.

The land was old. We all commented on it during our first paddle. Mountains worn down over the ages towered over

us as we kayaked among the icebergs that had calved from multiple glaciers deeper in the fjords.

The craggy cliffs were full of faces, faces that glowered, sternly stood guard or grinned and welcomed us into sheltered bays where we'd set up camp. Several times sitting on huge boulders on the beach above the tide I would try and feel the energy of the rocks. Fascinating - If I scanned top down I sensed nothing but if I ran my hand horizontally across the vertical striations the vibrations flew out at me as if revealing life across the ages.

For the most part the ocean was calm except for the gentle swell that breathed around us at all times. All the meditations done over my 30 years of Therapeutic Touch study and practice that spoke about the ebb and flow, the rise and fall, the breath of ocean . . . I was living them every moment of each day.

Each day I took the time to centre and set my intention to be present to the land, to the group I was sharing the adventure with. The simplest place to feel centred was leaning into the mountain at the end of the day or settling into the kayak synchronizing my breath with the ocean as we set out in the morning.

Our final day on the land was a crystal clear. Because the sun only dipped below the horizon each day for a few hours, there was always light. Late after dinner I decided to walk up a huge gravelly expanse to what looked like it might be a lake encapsulated well above the sea level. My kayaking buddies looked like ants around the campfire below. I revelled in the clarity of their laughter and song.

Standing tall beside the lake I felt so still, so present. I thought I heard a sound growing louder, a motor? I looked around to see if there was an airplane overhead, nothing - a motorboat out in the fjord - nothing. It took some time to realize it was deep inside me, a low hum, a vibration that was startling and yet comforting.

That resonance stayed with me for months, mysterious and yet comfortable. A gift from Greenland.

Although the next plan was to paddle the Atlantic coast of Canada, we're a pretty adaptable group and one of the kayak queens was pining for a warmer paddling environment. We found a 9 day trip in the Kuna Yala Islands, also known as San Blas Islands on the north coast of Panama in January. Very appealing.

Kuna Yala, thousands of small islands among the reefs north of Panama is the land of one of the Central American indigenous people, the Kuna. So once again we fall into our original intentions learning while we kayaked.

As we met our Costa Rican guide over a Panamanian meal, we set our group intent to respectfully travel in the land of

the Kuna, a people, we learned, who fiercely guard their culture, and so to be to be inquisitive without being invasive and if possible to offer a piece of our own culture. We had several Kuna men who accompanied our group to guide us through the dangerous reefs between the islands. They spoke Spanish and Kuna, our Costa Rican guide spoke Kuna and English and Spanish so we were able to engage more with the local culture at each nightfall when we arrived at a new island and were welcomed to set up tents in their space.

One evening we camped on an island with a small village of Kuna people who welcomed us into their village to display their colourful traditional “molas” and jewellery.



I was particularly interested in their healing practices as they are quite isolated from the Panamanian culture. Our Kuna guide respectfully informed me that they might choose not to answer as many traditions are guarded. I cautiously asked how they managed illnesses or injuries. Although they can access the mainland hospital by boat I was informed they have a community healer whose title translates as “botanist”. They use plants in food and drink and as topical application for healing and more so for staying well. When I asked if they used any other method for healing he was more reluctant to answer but with encouragement from our Kuna guide (I think he was indicating I was safe) he shared that they “sang people to health”. My delight in his answer must have shown on my face because he smiled and then we all laughed.

The Kuna shared an evening of their traditional dance with their flutes played only by the men. We returned the entertainment one evening later in the trip. We demonstrated the Virginia reel while playing Turkey in the Straw on our trip kazoos. Much clapping and laughter both evenings. We left several kazoos with the Kuna man who teaches the young men to play their traditional flute. He was intrigued and delighted. No need for translators that evening – just sharing music and dance.

In Kuna Yala as in Greenland, I found time at the beginning and/or end of each day to be still, to meditate. What a different experience in this distant land. In my regular practice at home I tend to meander into my meditations, beginning with attention to breathing, using a variety of visualizations depending on the day, letting go of thoughts

and feelings that may be bothersome in the moment. The first night we stayed on Tigre Island. I lay down on a simple mattress in a bamboo hut with leaking thatched roof and closed my eyes intending to meditate and reflect on the day before sleeping. With attention to my first breath in I realized I was instantly deeply centred with a sense of being welcomed into the island’s energy. It was the same everywhere we camped; we were already immersed in and welcomed by the collective land and people.

Each trip has offered insights into myself, my Therapeutic Touch practice, and my relationship to nature and to community. At home I feel like I have to set aside the time, have to make an effort to deepen my practice. On each of these trips it was like taking a leap along the path, effortless, delightful. May I bring some of that experience home into the every day. And may I continue to have the opportunities to explore and share with my kayaking women more lands and more indigenous people who have so much to offer.



Nancy Hall, RN, BScN has 30 years experience as a Therapeutic Touch practitioner, with over 15 years as a Recognized Teacher. Nancy incorporates Therapeutic Touch into her hospice palliative care practice as a nurse at Bethell House, a residential hospice in Ontario.

As a member of the planning team for the opening of Bethell Hospice, Nancy ensured the integration of Therapeutic Touch and other complementary therapies as part of the holistic approach to care for residents and families.

Nancy teaches Therapeutic Touch to staff and volunteers in the hospice palliative care sector. She is also an advocate for Therapeutic Touch to be learned by everyone for self care and care of family.



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One-time-use plastics threaten the environment, and our health From coffee pods to straws, we need to rethink our dependence on plastics.

By STAR EDITORIAL BOARD, April 29, 2018

It may make us feel virtuous to throw plastics into the blue bin. But the uncomfortable reality is that most aren't salvaged — whether they bear recycling symbols or not.

Instead, they end up scattered across the land and floating in our oceans, where creatures as small as plankton and as big as whales mistake them for food and eat or inhale them.

Among the recent victims:

- a camel found with 40 pounds of plastic lodged in its digestive system;
- a young sperm whale with 64 pounds of plastic in its stomach and intestines; and
- a baby dolphin that died because, as researchers found, it was poisoned by the plastic in its own mother's milk.

Now a marine biologist's video-gone-viral of the agonizing eight minutes it took to pull a plastic straw out of a sea turtle's bloody nostril is provoking a long-overdue discussion on the high price of "convenience" that comes with one-time-use plastics such as straws, coffee pods,



bags, bottles and even ear swabs.

How bad is it?

In the mere 60 to 70 years that plastics have been in widespread use, 8.3 billion tonnes have been produced. Of that, scientists estimate 6.3 billion tonnes are still around as non bio-degradable litter. The oceans, in particular, are being choked by plastic rubbish; if current trends continue, plastics will outweigh fish by 2050.

And it's only going to get worse as countries that have traditionally accepted recycling waste, such as China, severely restrict its import.

If we're to save ourselves, and the other creatures we share the planet with, from drowning in plastic the first step is to say "no" to unnecessary one-time-use plastics. Instead, we should be using alternatives such as cloth bags, paper straws, reusable bottles and cotton swabs with paper or wooden stems.

. . . a baby dolphin died because, as researchers found, it was poisoned by the plastic in its own mother's milk.

Step two is to pressure businesses from manufacturers to retailers to use plastics that can be cleanly recycled or compostable products that can be used in their stead.

Black plastics used by grocery stores and restaurants to package take-out foods, for example, cannot be handled by Toronto's recycling system, despite symbols imprinted on the packaging that suggest they can. Surely distributors can replace them with plastics that can be recycled — or, better yet, with compostable containers.

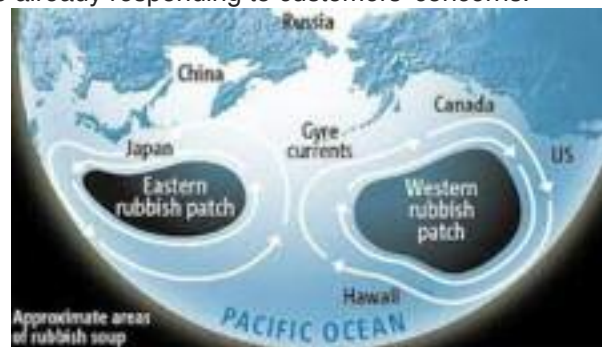
Consider the battle brewing between Keurig Canada, manufacturer of single-serve coffee machines, and the city's recycling centre. In an effort seemingly aimed at the backlash against billions of its old "K-Cups" flooding landfills, Keurig introduced polypropylene pods that it advertises as recyclable in an effort to impress environmentally minded consumers. But Toronto says leftover grounds from the coffee pods contaminate other saleable recyclables, such as newspapers, so it has banned them.

Surely Keurig could invest in compostable, rather than plastic, pods. Alternatively, consumers can simply switch back to drip, pressed or perked coffee — as the man who invented K-Cups, John Sylvan, has done. "It's not like drip coffee is tough to make," notes Sylvan, who says he feels bad at the environmental havoc his creation has wrought.

Consumers are in the driver's seat

when it comes to reducing unnecessary waste from plastics. They can pressure businesses to ditch their addiction to over-packaging by choosing fruits and vegetables, for example, that are not wrapped as if they are Fabergé eggs.

Happily, some small businesses and big corporations alike are already responding to customers' concerns.



In Toronto, independent coffee shops such as Dark Horse Espresso and Balzac's Coffee Roasters announced this past week that they're ditching black coffee lids, which aren't recyclable, and replacing them with ones that are. Chains such as Starbucks, Tim Hortons and McCafe have already done that.

Continued on page 21

Plastics, cont'd from page 20

And The Last Straw campaign has persuaded 149 Toronto bars and restaurants to stop putting plastic straws in drinks, unless customers specifically request them.

Further afield, McDonald's has gone one step further by announcing it will switch to paper straws in all its 1,300 British locations starting in May, while some large supermarket chains in that country already stock only paper ones.

Straws may seem like small potatoes in the flood of the almost 32 million tonnes of plastic produced around the world each year.

But they are as good as any place to start. The ubiquitous utensils actually make up about 4 per cent of plastic trash by piece and scientists estimate there could be as many as 8.3 billion of them littering the world's coastlines.

Governments, too, are responding to pressure, and education. During the recent Commonwealth leaders' summit British Prime Minister Theresa May announced she plans to ban plastic straws and some other single-use products.

Prime Minister Justin Trudeau stopped short of doing that, for now. But last week his government announced a public consultation to develop a national strategy aimed at reducing the amount of plastics Canadians consume and toss out. That's long overdue.

It's time we recognized the true cost of "convenience" — for the sake of all living creatures, including ourselves. After all, we eat the fish that eat the plankton that eat the plastic.

It's a deadly cycle that only we can stop.

Plastic Oceans Foundation is a global non-profit organization that addresses the issue plastic pollution and how it impacts our waters, sea life and humans. <https://plasticoceans.org>
<https://plasticoceans.org/about-film/>

The Ocean Plastic Problem: The Ocean Legacy Foundation
<https://oceanlegacy.ca/the-ocean-plastic-problem/>

Great Pacific garbage patch - Wikipedia
https://en.wikipedia.org/wiki/Great_Pacific_garbage_patch
The area of increased plastic particles is located within the North Pacific Gyre, one of the five major ocean gyres.



Science Proves Meridians Exist

For centuries the ancient wisdom keepers and healers in several traditions had a keen understanding of the energetic body. The healing traditions from China, Egypt, India, Japan and Tibet, as well as other countries all spoke of energy channels, meridians or nadis along which the source energy flowed.

Life was considered to be a bio-electrical and vibrational energy phenomenon and so health revolved around balancing energy through various means. Life existed because of life force energy running through and animating the body, ensuring we can move, breathe, digest food, think and even feel.

Energy channels

This vital life force or chi, is composed of two kinds of forces, *yin* and *yang*, and flows along a sophisticated network of energy pathways, or highways, circuiting the body. Over 2000 years ago ancient cultures knew of the existence of these energy channels. They were called 'sen' in Thailand, 'nadis' in India, 'meridians', 'channels' or 'vessels' in China and Japan, and 'channels' in Tibet. In India, where many eastern healing arts developed, there were said to be 72,000 nadis or energy pathways. Disease is believed to be a blockage in the energy flow of these channels. A range of healing traditions, including acupuncture, acupressure, reiki and yoga are founded on the principle of the existence of energy channels or pathways, known as meridians, moving through the body in an expansive network.

While it may seem a little airy fairy to some to consider the energy body while we have flesh and bone, at source we are an energy field. Our bodies are electromagnetic in nature and science has measured these frequencies with advanced machines, like EKG's and MRI scanning for many years. Numerous studies demonstrate these energy pathways and points conduct electricity even when instruments aren't used. And the massage technique of Shiatsu have been found to stimulate the same energetic effects. Yet science never believed in the existence of meridians until now.

Scientific research

Recently scientists at Seoul National University confirmed the existence of meridians, which they refer to as the "primo-vascular system." They say that this system is a crucial part of the cardiovascular system.

Dr Kim Bong-Han showed over 50 years ago that new tubular structures exist inside and outside of blood vessels and lymphatic vessels, as well as on the surface of internal organs and under the dermis. Now the existence of this system in various organs has been corroborated by further research.

The current Korean researchers now believe the primo-vascular system is in fact the physical component of the Acupuncture Meridian System.

[Learn more about meridians in the body:](https://www.quantumupgrade.com/blog/discover-acupuncture-meridians)

<https://www.quantumupgrade.com/blog/discover-acupuncture-meridians>

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Each network sets its own criteria for curriculum and teaching. Information is supplied by the individual networks.
Many teachers will travel to other areas on request.

* indicates a teacher of all levels.

"QT" - Qualified Teacher with Therapeutic Touch International

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Continued in next column

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