



Canadians with Dr. Dee Krieger at The 2011 Therapeutic Touch Dialogue: Nonphysical Reality through the Lens of Therapeutic Touch August 11-17, 2011 See page 2

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# THE 2011 THERAPEUTIC TOUCH DIALOGUE

## Nonphysical Reality through the Lens of Therapeutic Touch

Front Cover: Left to Right - Lynn Woods (CA), Judith Schweers (BC), Peggy Frank (BC), Marcia McEwen (AB), Dr. Krieger, affectionately known to all as Dee, Lynn Shockey (AB), Chery Ann Hoffmeyer (AB) and Alison Cooke (ON). The statue beside Dee was carved by Peter DeLuca from a single piece of cypress. Last year the artist and his wife, Stacey, presented the statue to Dr. Krieger. It has become important to those at the Dialogues. They wondered what to call a statue which is not tied to any religion. Finally the group decided to name it Mother of the World.

So, what are we doing at the Montana Dialogues? A brief summary of the challenge presented to us is outlined below, but I'll be telling you much more at the Vision and Reality Conference in November. Dee's hope is that the dialogues will lead to an understanding of the essential nature of the Therapeutic Touch process... which could ultimately lead to a basic theory of healing, a human understanding of a process driven by universal law (universal because our most basic assumption is that all living beings are capable of healing)<sup>1</sup>

Dee is truly a visionary. At ninety, she is vibrant, intelligent, and humorous and not content to rest on her laurels. Her challenge to us is to be ready for the future.

"I do not hesitate to consider Therapeutic Touch a robust, creative and contributing member of the Newer Age, and I base my hunch on good authority. Wagner<sup>2</sup> lists 70 emerging job titles that have been authoritatively identified as being needed in the decades ahead. Listed among the robotician, the space junk hauler ..., there for all to see is: HEALER, #37 out of 70 jobs listed."<sup>3</sup>

Dee feels that we are the perfect candidates to tackle the challenge of bridging the gap between society and high tech. She feels that, as technology moves forward in quantal jumps, with the resulting societal unrest and disorganization that will follow, it will be important for "hi touch" to be able to meet "hi tech".

"There is a tremendous new frontier out there – it will be our responsibility ...to break through the tape at the end of this time of mankind."<sup>4</sup>

<sup>1</sup> Dolores (Dee) Krieger, "Therapeutic Touch Dialogue: What's in a Word?". The 2011 Therapeutic Touch Dialogue, Columbia Falls, Montana  
<sup>2</sup> Wagner, Cynthia. "70 Jobs for 2030: Emerging Careers and How To Create Them". *The Futurist*, January - February 2011, p. 31.  
<sup>3</sup> Dee Krieger, "The Future- Consciousness of Therapeutic Touch in This Time of Singularity". The 2011 Therapeutic Touch Dialogue, Columbia Falls, Montana  
<sup>4</sup> Dolores Krieger The 2011 Therapeutic Touch Dialogue,

## BON VOYAGE AND ALL BEST WISHES TO BONITA SUMMERS

Bonita Summers, who has been copy editing and desktopping our newsletter since the Summer, 2008 issue, has decided to move to British Columbia. What an exciting time for Bonita! How fortunate members of the BCTTNS are there to greet her!

For the last two years, Bonita has volunteered her time, energy and expertise to her work on the newsletter. On behalf of all members, we wish to express our deep gratitude to Bonita Summers RP for all she has done to keep TTNO members in touch with **in touch**.

Mei-fei Elrick and Evelyn MacKay Co-editors

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

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Size	Dimensions	Cost	HST	Total
1/3 page	Horiz: w 7.5" x h 3.25"	\$60.00	\$7.80	\$67.80
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1/4 page	w 3.5" x h 4.75"	\$50.00	\$6.50	\$56.50
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Business Card	w 3.5" x h 2"	\$35.00	\$4.55	\$39.55
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## PUBLICATION DATES AND DEADLINES

**in touch** is published four times a year  
Spring • Summer • Autumn • Winter

## Next Issue: Winter 2011

**Deadline for submissions: November 15/11**  
**Late submissions may be held for the following issue.**

***Please send submissions to TTNO office with "Newsletter + which issue + the nature of the submission" in subject line; e.g. "Newsletter Winter 2011 – Report from...." Advertising must be JPEG or MSWord submitted by deadline for issue requested. TTNO members will be billed for this service, while non-members are required to submit payment in advance with their ad request.***

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# REPORTS FROM NETWORKS ACROSS CANADA

## THERAPEUTIC TOUCH NETWORK OF QUEBEC

Greetings,  
Le Réseau du Toucher thérapeutique du Québec (RTTQ) tiendra son atelier d'automne le 8 octobre 2011.

Notre conférencier invité est Bernard Dubreuil, massothérapeute-chantsu, qui nous parlera de la douleur du Membre fantôme. Le travail sur le membre fantôme, ne peut vraiment commencer que quand le membre fantôme sent-la-main-du-massothérapeute-qui-sent-le-membre-fantôme, c'est-à-dire quand le massothérapeute et le patient sont tous les deux bien d'accord sur la réalité et la réciprocité de leur ressenti commun. Ce ressenti est vraisemblablement le même que celui que partagent avec leurs clients les praticiens en Toucher Thérapeutique.

De plus, en après-midi nous aurons droit à une démonstration de chant harmonique car Monsieur Dubreuil a étudié le chant harmonique et le chant tibétain avec Tran Quang Hai, David Hykes et Michael Vetter. Il a aussi été inspiré par le chant bouddhiste des moines tibétains de Drepung Loseling.

Nous vous invitons à cette conférence unique donnée en anglais avec support visuel en français.

Cette journée compte pour maintenir votre statut de praticien reconnu.

Marie-Claude Poupart, PR/ER

\*\*\*\*\*

The Therapeutic Touch Network of Quebec will be hosting its Fall Workshop October 8th, 2011.

Our guest Speaker Bernard Dubreuil, Massage Therapist-Chantsu and Therapeutic Touch practitioner, amongst other modalities, will be giving a presentation on Phantom Limb Pain. Healing only begins once the hands of the Therapist are felt on the phantom limb, meaning that the Therapist and the client both sense a reciprocal common energy field. This commonality is in reality the same energy field that Therapeutic Touch practitioners share with their clients.

The afternoon topic will cover a demonstration of Overtone Chanting performed by Bernard Dubreuil who studied Tibetan Chants with Tran Quang Hai, David Hykes and Michal Vetter and who was also inspired by the Buddhist Chants of the Tibetan Monks from Drepung Loseling.

We invite you to this one of a kind conference presented in English supported by a Power Point presentation in French.

This workshop will count towards maintaining your Recognized Practitioner status.

Marie-Claude Poupart, RP/RT

*A reminder to our practitioners that all Practice Groups resume their activities in September. For more details on each individual group please visit our website at [www.ttnq.ca](http://www.ttnq.ca).*

Monique Gregory, RP  
President  
Therapeutic Touch Network of Quebec

## THERAPEUTIC TOUCH NETWORKS OF CANADA (TTNC) / RÉSEAUX DU TOUCHER THÉRAPEUTIQUE DU CANADA (RTTC)

Congratulations to TTNO on your 25th Anniversary. Thank you for your leadership and cooperation over the years.

Kudos to the staff, and the authors, who contributed excellent articles, for the Summer issue of in touch. The articles are pertinent from both the historical view of the beginnings of Therapeutic Touch™ in Canada and the challenges we face today in the continued growth of Therapeutic Touch in our communities.

To quote Jitka Malec, RT; "Let us participate in the task of governance, cooperate and work together towards a common goal of making Therapeutic Touch widely known and used by both professionals and lay people". (in touch, Summer, 2011, page 17). TTNC/RTTC is setting up its formal structure with a common vision to follow, so as to unite our efforts in that direction.

The TTNO Policy for the use of the trademark Therapeutic Touch was accepted by the TTNC/RTTC Board. It has been distributed to the Boards of each Network; each member should have received a copy of the policy along with the Guide to the 'Use of the trademark in written publications'.

As mentioned in the TTNC/RTTC report in the Summer in touch Canadian Group Liability Insurance coverage was being explored. To determine the interest in this insurance for Therapeutic Touch practitioners, the Directors of TTNC/RTTC have written a questionnaire/survey to be filled out by Therapeutic Touch practitioners. It is a quick, simple survey using GOOGLE DOCS Survey which can be filled out on line. This survey will be forwarded to the Boards of the Networks who will be requested to distribute it to their membership. We will accommodate those not on line with a hard copy of the survey to be returned within a two week time frame. The Boards will find this survey in their email mailbox by August 29th. Each Board will be asked to forward it to their membership on Sept. 6th.

The results of this survey will indicate whether or not TTNC/RTTC will further pursue this matter. Some insurance companies have expressed an interest in providing a low cost liability or errors and omissions insurance policy.

The Annual Meeting of TTNC /RTTC will be held at the TTNO Conference in November, 2011. We hope to see you there to join in the discussions about the wonderful modality of Therapeutic Touch and how to communicate its effectiveness to our communities. The agenda will be available at the Conference in November.

TTNC/RTTC has set up a LINKEDIN online discussion group called 'Therapeutic Touch'. You can participate in the discussions by joining the free important social media.

In order to set up your profile you can see an instructional video at: <http://www.youtube.com/watch?v=f3pVBanmGg4>

By viewing a video, you can learn five ways to use LINKEDIN so as to increase connections and build support within your Therapeutic Touch community. The basic set up is available on video at: <http://www.youtube.com/watch?v=myhkP81AVCs&feature=related>. This set up process takes only about five minutes; have fun with it.

Marion Cameron  
Secretary and Director, TTNC/RTTC

## BC THERAPEUTIC TOUCH NETWORK SOCIETY

Our new executive members are settling in and are keen to keep us moving forward.

In terms of promotion we have done 2 events in the last 3 months: the "Hats Off Day" in Vancouver and the Summer Arts & Culture Festival. At both events Therapeutic Touch sessions were provided to the public and information about Therapeutic Touch and BCTTNS was distributed. We were very well received at both venues.

I had the privilege to teach a group of Occupational Therapists, Physiotherapists, and Rehabilitation Assistants with Occupational Therapist, Sue Gregory, from Australia. It was exciting to collaborate with her and bring Therapeutic Touch to yet another group of health care professionals.

We are now working on a grant proposal(s) for Therapeutic Touch training and a separate proposal to present at a conference. Also in the works is the planning for a retreat next year. It's safe to say our executive and members have been busy!

Cheryl Larden, President BCTTNS

## ATLANTIC THERAPEUTIC TOUCH NETWORK

Greetings from Atlantic Canada to all other Canadian Networks. Special greetings to the Therapeutic Touch Network of Ontario, which will be celebrating its 25th Anniversary this year!

Enthusiastic members gathered from across Atlantic Canada for our Spring Conference in May, which took place in the beautiful "Weatherwatch Room" at the Victoria General Hospital site of the QE11 Health Sciences Center in Halifax, N.S. We were fortunate to have Jitka Malik as our main presenter. Thank you Jitka for rekindling our passion for this wonderful modality we call Therapeutic Touch. Special thanks to Rev. David Maginley and Rashana, who also presented on Sunday.

As part of our 15th Anniversary celebrations, we recognized all our Past Coordinators, i.e. Shirley McLaughlin, Peter Andrewes, Diane Millar, Barbara Stone and Stephane Parent. We were especially honored to have Shirley present with us for the evening! We pinned Carol Evans and Geraldine Cooper, newly Registered Practitioners from P.E.I. Our AGM took place with the election of the following new officers to our Board of Directors; namely, Stefanie Butschek, Lillian Cunningham, Dale Forgeron and Mike Thompson. Heartfelt thanks to outgoing Board Members, Kathy Chaddock, Charlotte Quirk and Barbara Stone. All have made significant contributions to our Network, for which we are most grateful. (Note: Following the Spring Conference, a deeply moved Peter Andrewes was awarded Honorary Member status because of his meritorious service and substantial contribution to our Network. Peter, after years of work, successfully obtained the Therapeutic Touch Trademark, which he then handed over to the Therapeutic Touch Network of Ontario to be held in trust for all Canadian Networks. We are deeply indebted to you Peter!)

Everyone was delighted when the 15th Anniversary cake and punch finally arrived! Although too late to be shared at our Spring Confer-

ence, the "icing on the cake" was a congratulatory email from Dee Krieger herself via Alison Cooke.

Sincere "thank you" to everyone who contributed in any way to make this such a memorable Conference! A complete list of the current ATTN Board appears elsewhere in this Newsletter.

Special thanks to all our gifted Board Members, Teachers, Practice Group Leaders and Members who so generously volunteer their time and energy to help make ATTN the vibrant community it is. You are all deeply appreciated!

The folks of P.E.I. warmly welcomed Evelyn MacKay in July. Evelyn presented her workshop which was entitled "The Last Gift ~ A Peaceful Transition". Those in attendance included Nova Scotians as well as Islanders and the day was both educational and inspiring. Special recognition to Evelyn Mitchell for coordinating the event and also to those who supported her efforts.

Practice Groups have already begun accepting invitations to represent ATTN at Health Fairs and Hospital Wellness Clinics in their various areas. We are grateful to all Practice Group members who continue to promote Therapeutic Touch.

The Clare and Yarmouth Practice Groups are offering a Fall Retreat in their area in October. The event begins with a meet and greet hosted by Colette and Marcel Thibodeau. Cherry Whitaker will present "Attuning with Nature", Colette will present "The Labyrinth", followed by "The Medicine Wheel" by Marcel Thibodeau and "Geopathic Stress" by Brian Nelson.

We in Atlantic Canada continue to enjoy the respect of the greater community, due in large part to the professional standards to which all of our members adhere. ATTN values the wise counsel of each of our members as well as that of colleagues in other networks. We are very proud to be a part of The Therapeutic Touch Networks of Canada and we are grateful to TTNC for all the wonderful work it has accomplished on our behalf. ATTN remains deeply committed to the spirit of Therapeutic Touch as handed down to us by our founders, Dr. Dolores Krieger and Dora Kunz; and we remain indebted to our Canadian founders, Crystal Hawk and Mary Simpson for their wisdom and vision in introducing Therapeutic Touch to Canada!

Peace & Light,  
Janet Manthorne, Coordinator,  
Atlantic Therapeutic Touch Network.

**Mary Simpson, RN, TTRT**  
will present the following workshops  
in your community, on request . . .  
*Therapeutic Touch™ - 3 Levels, Repeats & Reviews*  
and Advanced workshops:  
*"Enhancing Assessment"*  
*"Energy Field Interactions"*  
*"Chakras: their Implications in Health and Illness"*  
**905-825-0836      mary.simpson@cogeco.ca**

## The Newsletter Pages of... The Therapeutic Touch TTNO Office: 416-231-6824



Network of Ontario  
therapeutictouchontario.org

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#### WHO TO CONTACT ... FOR WHAT ...

Address changes, Membership Renewal forms,  
Practitioner Workbooks, teaching materials,  
extra Newsletters, Brochures, resources  
**Contact the TTNO Office**  
**Hala Riad, Office Manager**

#### THERAPEUTIC TOUCH REFERRAL SERVICE 416-65-TOUCH (416-658-6824)

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### AS WE MOVE INTO A GLORIOUS FALL SEASON...

The moment is here to recall summer experiences. Time really does fly! In July your TTNO Board gathered for team building, planning, and discussion of current board matters at Judy Kanee's home. Time well spent. Many thanks to Judy for her warm and generous hospitality.

I attended the Pumpkin Hollow Annual Advanced Invitational Workshop at Diane May's invitation. It was an amazing learning experience, about both practice and our heritage of Therapeutic Touch. And the setting is a magical, rather sacred place to be with other practitioners from Canada (9 of us) and the USA. I hope more of us from Ontario will venture forth to Pumpkin Hollow in years to come!!

As change continues within the TTNO our Treasurer Igor Jankovic is guiding us to stream line our book keeping, accounting and finance systems this fall. Igor and Julia von Flotow, our new Communications Chair, are also gently challenging us to clarify long term goals for the TTNO's financial direction. Definitely a new way for us to think!

Jan Goodfellow will resign as Secretary at such time as we have a replacement, remaining on the board in another capacity. If you are able to "give back" to the TTNO at this time, and have computer and secretarial type skills, please contact Jan to discuss what is involved. Many thanks.

On a nostalgic note, Mei-fei Elrick is ending her second term as Research Chair and will leave the Board at the AGM. We have certainly benefitted from her contributions, humour and wisdom over the years! Thanks Mei-fei!

We have now tangibly recognized our TTNO founders, Crystal Hawk and Mary Simpson. A formal presentation will be made to them at this year's Vision and Reality conference. Wouldn't it be wonderful if all of our membership could be present, as we thank them personally for the legacy that is the TTNO. Hope to see you there!

Jane Graham,  
Chair

*In The Personal Aura Dora Kunz says "Meditation stimulates the higher energies and their release within us changes our perspective radically". (p 186) "When people are uncertain about their ability to mediate, I usually give them a visualization exercise to help them get started. For example, I suggest that you first withdraw your energies into the heart and associate this with a feeling of unity with the timeless self. This inner self should be visualized as a light within your heart, within which you consciously withdraw." (p.188)*

## TTNO COMMITTEE REPORTS

### THE POWER OF ONE

One life can make the difference  
One touch can show you care  
One action can spark a change  
You see, it is in your hands

Author Unknown

Over the last year I have had occasion to be in the Woodstock General Hospital. On the walls and in the elevators is a poster with the above words on it. Although in their case it is referring to hand washing, for me, every time I read it, I go deeper and in different directions with my thoughts.

For the purpose of this column I have been thinking of a few people in the last couple of months who have illustrated "the power of one" In May of this year Mary Simpson wrote:

*"I think it might be a good idea if changes/alterations/discussions re topics be sent to all Teachers Collective members - not just the ones who attend Teachers Day. It sort of leaves the rest of us "uninformed"*

I shared Mary's suggestion with the Conference Chair. Our Conference AV person, Marg Minster, was approached and with no further cost or inconvenience, this year, November Teachers Day will be recorded and a CD made of the presentations and discussions. This CD will be available from the TTNO office for teachers who are not able to attend the 2011 November Teachers Day.

Thank you Mary for your suggestion and the difference it will make to those unable to attend.

### Tip for Teachers

This tip comes from a statement sent to me from Linda Nelson.: *"the curriculum guidelines have many of the same mandatory hand-outs for each level. This seems excessive to me, especially for those who take e.g. Level 1 & level 2 within a month & level 3, 6 months after level 1. That would mean the same mandatory handouts 3 times in 6 months- that's a lot of photocopying & a lot of trees."*

While updating our curriculum and day plans this past couple of months, Flo Hartleib and I agreed with Linda.

What we decided to do was, in Level 1, to give all the mandatory handouts out in a three ring binder.

Students were given clear instructions that they needed to be responsible for this material (which is why we put it into binder form to make it easier for them)

They then brought their binders back to Level 2...at which point we referred them to the mandatory handouts they received in Level 1. We also gave out new Level 2 handouts.

We also did the same in Level 3. It worked great. Our students ended up with a Therapeutic Touch "book".

Not one handout was duplicated. It was amazing, especially with the Basics Information, the Therapeutic Touch Session, the review material, the Human Energy

System, the Code of ethics, Self assessment, practice group information etc how much paper we saved because we didn't have to duplicate.

Making students responsible for their materials and bringing them back to repeating classes has proven a great way to decrease photocopying and saving trees.

You can only imagine the impact Heather Gurd's words below have had on a very busy Teachers Liaison Committee.

*Dear Office,  
I just want to say thank you again from the bottom of my heart.  
I LOVE the new curriculum and guidelines for teaching TT.  
I have found these day plans to be extraordinarily helpful.  
Writing up the day plan is tricky = because – one cannot write down everything one says – and yet – if the basics are not in place in the day plan – things can get missed the next time one goes to teach.  
So I bless all for this process – it has been an especially graceful and easy learning curve- in that not much time has been needed, because of such an excellent reference book, as well as careful supervision.*

*In great appreciation,  
Heather*

Aldona Mitrikas's (Wawa) **Level 1** submission has been approved. Congratulations to Aldona and her Supervising Teacher Shirley Boone! (Huntsville).

Valerie Morrell's (Guelph) **Level 1** submission has been approved. Congratulations to Valerie and her Supervising Teacher Evelyn MacKay! (Guelph)

The South West Teachers have an upcoming day on September 26 2011 in London. The teaching sessions will be presented by Mimi Craig, **Learning Styles**, and Ellen Hadley, **Deepening of Self Awareness**. If you are planning on attending or for directions, please get in touch with Eileen Yorish @ eilleeny@rogers.com.

The Annual Provincial Teachers Day will be held on November 4, 2011 at the Sheraton Toronto Airport Hotel & Conference Center. **Social Media**, (Julia von Flotow) **Characteristics of the Practitioner** (Sharron Parrott) and **Ethics** (Mei-fei Elrick) are the topics being presented this year. Please plan to come and not miss this opportunity for personal and professional growth and development.

Thanks to all of you for the difference your life makes, for the caring that your touch shows and for the change that your actions can make.

See you in November!

Sharron Parrott  
Chair, Teachers Liaison Committee, TTNO

### COMMUNICATIONS

What a dynamic network we are! The launch of the TTNO Facebook page, the TTNO yahoo group is taking us into the digital era creating new possibilities for networking, learning and sharing together. We invite you all to join in the conversation, raise questions, share stories, start up special interest groups by joining the Therapeutic Touch Network of Ontario Yahoo Group. It's easy and Joni Cass, our moderator is happy to help anyone who wants to join and needs a hand. Send Joni an email at mamacass66@hotmail.com and she will get you started.

The Communications Committee, realizing how important it is to get to know you, our members, to be informed of your area of involvement with Therapeutic Touch and your dreams for yourselves as practitioners, students and teachers, is developing a brief member survey. Once it is completed, we will invite you to participate in the survey. Knowing who we are, collectively, will help us create programs and services to meet our collective needs and grow our network.

Thank you to all those who came out to offer Therapeutic Touch sessions, information and support at the World Breast Cancer Conference in Hamilton, June 2011. We are building a list of members interested in participating in outreach events. If you want to help promote public awareness of Therapeutic Touch in your area, please let the office know and we will add your name to the list and be able to be more responsive to public enquiries. Email tno.membership@sympatico.ca or phone 416 658-6824.

We invite you to get involved. There's much that can be accomplished when many people take on small tasks...Think of things you love to do, or skills you want to develop. Volunteerism is rewarding as it helps you recognize and honour your heart through small actions that without your support might just not get accomplished. We have big dreams for Therapeutic Touch in Ontario and with your support and participation we can make them manifest.

I look forward to seeing you at the Vision and Reality Conference in November!

Thank you!

Julia von Flotow  
Communications Chair



### 25 YEARS AND GROWING

Part of my job on the board is to motivate and inspire you to be actively growing in Therapeutic Touch. If you have never attended the annual Therapeutic Touch™ Vision and Reality Conference in Toronto, this is the year for you to come. We will be celebrating 25 years of excellence and dedication to the art of Therapeutic Touch, honouring Crystal Hawk and Mary Simpson as founders of the TTNO.

I invite you to do something special in your practice groups to mark 25 years of excellence in Therapeutic Touch and we want to hear about it!

Come and be inspired, renewed and reconnected with your Therapeutic Touch family. Be part of the growth of this wonderful organization that is so dedicated to the highest good of all.

Please continue to e-mail us your stories so we can write them up in **in touch** and share them with our members.

To all Practice Group Leaders, this is a gentle reminder that we do have scholarship applications available for members to come to the conference. You may know someone in your Practice Group who could benefit from this offer. Please inquire on the TTNO website for more information on how to qualify and to download an application form.

You will find in this issue of **in touch** an article by Alison Cooke, Dialogue with Dee in Montana, 2010, that describes the dialogue process that she was introduced to when she participated in the Dialogues 2010 with Dr. Krieger last year in Montana. In this article she provides a description of the dialogue process and a suggestion for practicing dialogue using an acronym for healing that Dr. Krieger suggested in Montana.

In her article she says, "You will find deeper meanings beyond the acronym through the process of dialogue. I suggest you take at least one meeting for each part of the acronym."

Alison tried out the dialogue process in her own Practice Group before presenting it at Conference last year. She was "blown away" with the depth of understanding about the Therapeutic Touch process that resulted from their study of the simple acronym presented in the article.

I suggest we all try dialogue in our Practice Groups and report back on our experiences through this column! I look forward to seeing you at the Conference!

Yours in Therapeutic Touch,

Gail Lafortune  
Practice Group Liaison

## THE JOURNEY CONTINUES

### Updates from the Practitioner Liaison Committee

Well, the seasons are once again shifting and this very warm summer has drawn to a close. The fall brings with it the beautiful changing colours of the trees and the cool crispness of the autumn air. I hope that you are able to take some time to enjoy this picturesque time of year.

The journey to becoming a Recognized Practitioner is not in any way an easy task. It is a commitment to oneself and to The Therapeutic Touch Network of Ontario. Many Recognized Practitioners speak of the learning that they have gained and how the process of becoming a Recognized Practitioner has enriched their personal lives as well as their practice of Therapeutic Touch™. Becoming a Recognized Practitioner is a great accomplishment, but not the end of the journey; it is in many ways only the beginning.

Congratulations to our newest Recognized Practitioners: Susan Storry (Cobourg), April Stewart (Scarborough), Barbara Burger (Napane), and Craig Niziolek (Peterborough).

There are often questions that arise as workbook practitioners strive to complete their books, so we encourage you to find someone to act as a mentor. This individual could be there to answer questions, encourage you, and ensure your workbook is complete before it is submitted for review. A current mentor working with a workbook practitioner came up with an idea that I found very insightful. The workbook practitioner is going back through each of her case studies and with sticky notes is commenting on what she did in that case study that was not in keeping with the requirements for the workbook (i.e. was able to identify the client, or forgot to put in cues/legend on the diagram). What an excellent learning process.

Time to clarify some workbook questions that have come up lately. First, the line that is titled "Client Reaction" is your observed response of the client, not what the client may say to you.

Secondly, the comments section of the case study is for anything that there was not room to write in another section, or if something of interest came up during the session.

Finally, when filling out the treatment notes - or the section "imagery I used" - be sure to explain, based on the cues you found, why you modulated the field in a particular way. For example, if you noted a warm area in your legend and diagram, did you image a waterfall to cool it? If you noted a prickly area, how did you calm it? It is the treatment notes that allow the workbook reviewer know what was done during a session.

With all this talk about workbooks, here is the latest on the new edition. The members of the Practitioner Liaison Committee responsible for this project met for 4 days in August and after much work it will soon be ready to be piloted!

As always, if you have any questions please feel free to contact me.

Blessings to you all and have a wonderful fall.

Patricia Tamosetis,  
Chair  
Practitioner Liaison Committee

## TTNO DONATION REPORT FALL 2011

### Memorial:

Jane Graham, Janet Fallaize in memory of Mary Bant's Mother

Janet Fallaize in memory of Sharon Henry and Penny Boisvert's Mother

Janet Fallaize and Doreen Baird on behalf of the Ajax practice group in memory of Elisabeth Beyeler

Alison Cooke in memory of Dianne Bussman's husband, Peter Susan Kehoe in memory of Mary Tevlin

In appreciation for Therapeutic Touch sessions that were given: Anne Shute in the name of Heidi Klaming for pre & post surgery Therapeutic Touch

### In Gratitude:

Sharron Parrott in the name of Lina Busico for assistance during the June/11 Practice Day

**Your New Cheese Destination!**

**Peter and Doreen Sullivan Introduce:  
Making Cheese at Home**

Designed to show the basic principles of cheese making, participants will learn how to make :  
a Camembert style cheese  
and a Roquefort style cheese  
using your own kitchen facilities and equipment.  
Produce these beauties, take home a sample of each to finish and age at your own home.  
Also included:  
instructional information, equipment list,  
cheese journal, recipes.  
PLUS: An informal luncheon with cheese tasting!  
**Upcoming Dates: Sept. 17, Oct. 15, Nov. 12,  
Nov. 26, Dec. 10**  
Time: 9:00 - 3:30  
Limited to 8 participants.  
Cost: \$150.00 per person

**Contact: Doreen Sullivan, 905-354-8873  
E-mail: sullivan@vaxxine.com**

## THERAPEUTIC TOUCH NETWORK OF ONTARIO

### WORKSHOPS BY TTNO RECOGNIZED TEACHERS

#### FALL 2011

For workshops which may not be listed here, please contact individual Teachers.

(Refer to the list on page 27 of this issue of in touch)

For email addresses please consult the website at [www.therapeutictouchontario.org](http://www.therapeutictouchontario.org)

#### LEVEL 1 (Introductory / Beginner)

LOCATION	DAY(S)	DATE	TEACHER	CONTACT	PHONE
Belleville	Fri. evg. & Sat.	Oct. 21 & 22	Alison Cooke	Her	613-395-3691
Carrying Place	Tuesday Evg X 4	Sept 13, 20, 27 & Oct 4	Donna Logan Van Vliet	Her	613-962-1004
Elora	Saturday	Oct. 22	Deborah Gould	UGDSB	519-323-4840
Golden Lake	Saturday	Oct. 15	Pat Tamosetis	Her	613-625-2277
Golden Lake	Thursday	Jan. 26, 2012	Pat Tamosetis	Her	613-625-2277
Grimsby	Thursdays	Oct. night	Rose Philip	Her	905-309-4755
Guelph	Sat. & Sunday	Oct. 15 & 16	Mimi Craig	CEUGSB	519-836-7280
Guelph	Wednesday X 3	October 12, 19 & 26	Martha Hoey	Her	519-823-5847
Hamilton	Saturday	September 10	Laura Pokoradi	Her	905-385-9217
Huntsville	Saturday	Sept. 17	Shirley Boon	Her	705-789-7434
London	Saturday	Sept. 24	Carole Wray	Her	519-668-0272
London	Saturday X 2	Oct. 1 & 8	Jitka Malec	Her	519-668-2409
Mississauga	Saturday	Sept. 24	Susan Keith	Rami Shami	905-712-8119 X 238
Mississauga	Saturday	December 10	Susan Keith	Rami Shami	905-712-8119 X 238
New Hamburg	Sat. & Sunday	Oct. 1 & 2	Ellen Hadley	Her	519-503-6277
Niagara Falls	Thurs Evg. X 4	Oct 13, 20, 27 & Nov 10	Doreen Sullivan	Her	905-354-8873
Niagara Falls	Thurs Evg. X 4	Jan 12, 19, 26 & Feb 2	Doreen Sullivan	Her	905-354-8873
Ottawa	Saturday	October 15	Gail Lafortune	Her	613-834-4524
Peterborough	Sat. & Sunday	Oct. 22 & 23	Linda Nelson	Her	705-745-2849
Stoney Creek	Fri. & Saturday	Nov 11 & 12	Rose Philip	Her	905-309-4755
St. Thomas	Call to arrange		Helen Spangenberg	Her	519-769-2374
Toronto	Friday	October 14	Rossiter-Thornton/Moore	Theresa Moore	416-493-7646
Toronto	Saturdays	Sept. 10 & 24, Nov. 19	Julia von Flotow	Her	416-686-6463
Toronto	Thursdays	Sept. 22 & 29	Julia von Flotow	Integrative Health Institute	416-260-6038
Waterloo	Wed. Evg. X 4	Oct. 12, 19, 26 & Nov. 2	Ellen Hadley	Her	519-503-6277
Windsor	Fri/Saturday	September 23 & 24	F. Hartleib/S. Parrott	S. Parrott	519-258-0440

#### LEVEL 2 (May be taken 1 month after Level 1, although this may vary with teachers.)

LOCATION	DAY(S)	DATE	TEACHER	CONTACT	PHONE
Belleville	Saturday	November 12	Alison Cooke	Her	613-395-3691
Carrying Place	Tuesday Evg. X4	Oct 11,18, Nov 15 & 22	Donna Logan Van Vliet	Her	613-962-1004
Elora	Saturday	Nov. 19	Deborah Gould	UGDSB	519-323-4840
Golden Lake	Sunday	October 16	Pat Tamosetis	Her	613-625-2277
Golden Lake	Tuesday	Jan. 31, 2012	Pat Tamosetis	Her	613-625-2277
Guelph	Saturday	Nov. 19	Mimi Craig	Her	519-827-1819
Hamilton	Saturday	September 24	Laura Pokoradi	Her	905-385-9217
Huntsville	Saturday	October 1	Shirley Boon	Her	705-789-7434
London	Thursdays X 5	Oct. 13	Jitka Malec	Her	519-668-2409
London	Saturday	October 22	Carole Wray	Her	519-668-0272
Mississauga	Saturday	October 15	Susan Keith	Rami Shami	905-712-8119 X 238
Mississauga	Saturday	March 10, 2012	Susan Keith	Rami Shami	905-712-8119 X 238
Niagara Falls	Thurs Evg. X 4	Nov 17, 24, Dec 1 & 8	Doreen Sullivan	Her	905-354-8873
Niagara Falls	Thurs Evg. X 4	Feb 9, 16, 23 & Mar 1	Doreen Sullivan	Her	905-354-8873
Ottawa	Sunday	October 16	Gail Lafortune	Her	613-834-4524
Peterborough	Sat. & Sunday	Nov. 12 & 13	Linda Nelson	Her	705-745-2849
Toronto	Friday	October 21	Rossiter-Thornton/Moore	Theresa Moore	416-493-7646
Toronto	Saturdays	Oct 22 & Dec3	Julia von Flotow	Her	416 686-6463
Windsor	Fri/Saturday	October 21 & 22	F. Hartleib/S. Parrott	S. Parrott	519-258-0440

#### LEVEL 3 (May be taken 6 months after Level 1)

LOCATION	DAY(S)	DATE	TEACHER	CONTACT	PHONE
Belleville	Saturday	November 26	Alison Cooke	Her	613-395-3691
Carrying Place	Sat & Sun.	April 21 & 22	Donna Logan Van Vliet	Her	613-962-1004
Elora	Saturday	Jan 21, 2012	Deborah Gould	UGDSB	519-323-4840
Guelph	Saturday	Sept. 24	Mimi Craig	Her	519-827-1819
Hamilton	Saturday	November 19	Laura Pokoradi	Her	905-385-9217
Huntsville	Saturday	November 26	Shirley Boon	Her	705-789-7434
Kingston	Saturday	December 3	Alison Cooke	Her	613-395-3691
London	Saturday	November 19	Carole Wray	Her	519-668-0272
London	Thursdays X 5	Jan. 26, 2012	Jitka Malec	Her	519-668-2409
Mississauga	Saturday	March 10, 2012	Susan Keith	Rami Shami	905-712-8119 X238
Niagara Falls	Thurs Evg. X 4	Apr 19,26, May 3 & 10	Doreen Sullivan	Her	905-354-8873
Ottawa	Saturday	November 19	Gail Lafortune	Her	613-834-4524
Toronto	Saturday	November 26	Julia von Flotow	Her	416-686-6463
Toronto HSC Staff	Saturday	Sept. 17, 2011	Susan Keith	Her	905-278-6970
Windsor	Fri/Saturday	November 25 & 26	F. Hartleib/S. Parrott	S. Parrott	519-258-0440

## PRACTICE DAYS

LOCATION	DAY(S)	DATE	TEACHER	CONTACT	PHONE
Elora	Saturday	October 1	Deborah Gould	Her	519-846-2770
Toronto	Friday	September 23	Crystal Hawk	Her	416-922-4325
Niagara Falls	Sunday	November 27	Doreen Sullivan	Her	905-354-8873

## WORKSHOPS FOR CONTINUING EDUCATION

### TEACHING STRATEGIES: Prerequisite – Recognized Practitioner

LOCATION	DAY(S)	DATE	TEACHER	CONTACT	PHONE
Niagara Falls	Fri/Sat/Sunday	Nov. 18, 19 & 20	Doreen Sullivan	Her	905-354-8873

### THE TRANSCENDING & TRANSFORMING POWER OF THERAPEUTIC TOUCH: Prerequisite – Level 3

LOCATION	DAY(S)	DATE	TEACHER	CONTACT	PHONE
Etobicoke	Saturday	November 19	Susan Keith	Her	905-278-6970

### THE MAGIC OF YOUR TOUCH: Prerequisite – Recognized Practitioner

LOCATION	DAY(S)	DATE	TEACHER	CONTACT	PHONE
London	Saturday	February 25, 2012	G. Lafortune/P. Tamosetis	Jitka Malec	519-668-2409

### SPIRIT OF THE MOMENT: MEDITATION & THERAPEUTIC TOUCH – Prerequisite-Level 2

LOCATION	DAY(S)	DATE	TEACHER	CONTACT	PHONE
Peterborough	Saturday	October 1	G. Lafortune/P. Tamosetis	Linda Nelson	705-745-2849

### Fourth Annual, Advanced Intensive Therapeutic Touch™ Retreat “Inspirations & Echoes”

Theme:

Healing Sounds of Therapeutic Touch  
Credit for maintaining or  
achieving RP status

June 7 to 10, 2012

#### New Location

Mount Mary Retreat Center, Hamilton, Ontario  
www.mountmary.ca

#### Facilitators:

Laura Pokoradi & Diane May  
with Linda Nelson

More information contact:

Laura: [peaceandlight@sympatico.ca](mailto:peaceandlight@sympatico.ca)  
Linda: [lindanelsonntt@gmail.com](mailto:lindanelsonntt@gmail.com)

### Continuing Education Workshop

### THE TRANSCENDING AND TRANSFORMING POWER OF THERAPEUTIC TOUCH™

Saturday, November 19, 2011  
Dorothy Ley Hospice, Etobicoke

Explore the concepts of consciousness,  
transcendence and transformation in  
Therapeutic Touch practice and the role  
they play in personal growth and  
development.

#### Contact

Susan Keith, RN, RT  
[ch.concepts@sympatico.ca](mailto:ch.concepts@sympatico.ca)  
905-278-6970

Approved for achieving/maintaining RP status

## WE'RE ON FACEBOOK!

Click on the “F” on the masthead at the top of our website and find us on Facebook. “Like” our page and you can join in the conversation. We are looking for someone to help keep our Facebook up to date and exciting! If you think you could do that and would like to do it, contact Julia von Flotow at [julia.vonflotow@gmail.com](mailto:julia.vonflotow@gmail.com) or me at [adcooke@explornet.com](mailto:adcooke@explornet.com)

## NEWS AND EVENTS

There are two new pages on the website that I hope you’ll visit often. Check under the “News and Events” section to find “Therapeutic Touch in the News” and “Therapeutic Touch Events Near You”.

I’LL NEED YOUR HELP IN KEEPING THESE UP TO DATE AND EXCITING!

If you are going to be involved in an event that showcases Therapeutic Touch, email me at [adcooke@explornet.com](mailto:adcooke@explornet.com), giving me the details (time, location and description) as soon as it is scheduled. I’ll post it on the website.

Take pictures at the event making sure to have the face of the person receiving Therapeutic Touch hidden (for Privacy Act reasons) and send in a description of how the event played out. I’ll send you a permission form so that I can post photos and you’ll find your event on the “Therapeutic Touch in the News” page.

## RESEARCH RESULTS ON THE WEB!!

Gloria Gronowicz’s exciting research on outcomes of Therapeutic Touch with normal bone cells and cancer cells is discussed in in touch Spring 2008, Autumn 2010 and Spring 2011. These discussions of the research have been widely circulated to teachers to share with their students. Check the Research section of our website under Research 2004-2011. There also is a new link to her work in the University of Connecticut newsletter Advance. When talking to people unfamiliar with outcomes of Therapeutic Touch, this research captures their attention.

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## THE MEDITATION

Being aware of your body in the chair and feeling the support at back and hips and thighs... feeling the chair securely beneath you.....supporting you.

And attending to your breathing..... and taking two or three very deep breaths into the lower lungs to refresh the whole system of breath.....and then resuming the usual rate and rhythm of the breath as it continues without any reminder....

And being aware of your body and any inner or outer areas of discomfort or stress or dis-ease.... And letting the breath move to any places of stress or tightness and releasing any discomfort from these places, letting any tightness loosen and seeing any dis-ease releasing ... seeing that body part relaxing and easing as if the tissues there are softening as your breathing carries awareness into the area....and sending thanks into these areas that are releasing.... sending gratitude that these tissues are softening and resting now, feeling the sense of relief of those body parts as they now ease and relax.

And thinking now of other body parts that serve you so well. Thinking of them with a sense of gratitude....

Remembering your eyes, how they inform your sense of beauty and goodness, how faithfully they respond to the outer world.... Sending thanks to your eyes that they are seeing for you constantly...

And then moving that sense of appreciation to your ears and the joys of hearing the sounds of loving response from others, hearing your name spoken by others, the hearing that accepts birdsong and music and knowing your hearing is a blessing ....

Sensing the breathing of the lung areas.... the clear passages of the breath which are sustaining and strengthening... feeling the breathing regular and easy...and feeling appreciation for this.

Letting your thoughts go to muscles of the body....and the bones... feeling them strong and supportive, holding you now, maintaining your wholeness in comfort and dignity....and appreciating the construct of your entire body and feeling the strength that is so sustaining and supporting....

Thinking too of your organs that accept nourishment, providing you constantly with added energies that keep you in optimum health, working at their best to provide for your needs... and sending these organs appreciative thoughts for their attention to your needs without being asked or having your notice...

And your heart... at the heart of all wholeness, that place of compassion for others.... Feeling the heart in its peacefulness and regular and easy rhythm.... faithfully marking the pulsing of life throughout your body.... reminding you with every movement that you are inhabiting this organism, this body, which supports your purpose for being in this life... and sending warmth and love to your own heart for all its efforts on your behalf.

And then feeling a sense of thanks sweeping over this body.... feeling restored and revitalized and sustained.... And being with these feelings for a few moments....

And again aware of the chair beneath you, supporting you, your feet touching the floor and having the intent to allow any excess energies to flow beyond your feet so the energies of your field are flowing in an optimal and easy way....and when you feel ready, opening your eyes to the physical reality which now surrounds you.

Thank you.  
Evelyn MacKay, RT

## CONFERENCE AT A GLANCE

### PRE-CONFERENCE WORKSHOP

#### Therapeutic Touch™ Level 1

Workshop offered by Mary Simpson RN (ret) RT

Participants will be introduced to Therapeutic Touch as developed by Dolores Krieger, PhD, RN, and Dora Kunz: its history, theory, concepts, basic assumptions and various applications. Participants will have the opportunity to practice Therapeutic Touch with supervision and feedback. The scientific basis for Therapeutic Touch and research that supports its practice will be examined, as well as the ethics behind the use of this modality.

Mary Simpson first became interested in Therapeutic Touch in 1976 and along with Crystal Hawk co-founded The Therapeutic Touch Network of Ontario. She has been teaching Therapeutic Touch since the beginning.

### Provincial Teachers Day

November 4, 2011

Discussions of the Characteristics of the Practitioner (Sharron Parrott), Social Media (Julia von Flotow) and a report from the Ethics Committee established last year (Mei-fei Elrick) are among the topic presented and discussed; a practicum will be included as part of this Day.

### Friday Evening 7:30 -9:30pm

Martyn Kendrick will present "Healing Power of Sacred Circles"

Sacred Geometry has been called an open-eyed meditation on the fundamental patterns of reality. It provides a glimpse into the inner workings of the universe and is the blueprint of Creation. You will learn how to draw and meditate in the ancient language of symbols. During this interactive talk you will be reminded of your innate ability to resonate with these profoundly beautiful forms and why that is important.

Martyn Kendrick teaches sacred geometry. As well he is the author of nine books, a sculptor, and labyrinth designer.

### Saturday Morning Plenary:

Intending Wellness Karin Cremasco BEEd, PhD ThD

Intending wellness is an approach that helps you listen to what your body is telling you. Karin will present a unique experiential journey into self discovery. She will use practical intentions to teach you how to ground into your heart, infuse vibrations for self-healing and re-set your body-mind-emotions. You will feel centered, grounded and rooted, protected and present. Her article, found on page 16, offers an insight into the process.

Karin Cremasco studied Therapeutic Touch with Evelyn MacKay in 1994 and is a long time member of TTNO. She created Intending Wellness™ after working with several other modalities including Body Harmonization.

### CONCURRENT SESSIONS

#### Saturday morning

#### Saturday afternoon

Special Interest meetings: Sunday Nov 6 1pm Practice Group Meeting, Practitioner Workbook, Meeting of the Therapeutic Touch Networks of Canada (TTNC)

#### Therapeutic Touch Annual General Meeting

Saturday November 5 at 3:45 pm

We hope to see you there, have your input and feel your support of your Network!

#### Saturday Evening

Banquet and Entertainment Happy Hour 6pm, Banquet 7pm

Jude Vadala will entertain us after the Banquet. Jude Vadala is the composer of the Therapeutic Touch song. Did you know we have one? She will perform at our after banquet sing and dance fest. Join with the Therapeutic Touch community for this special time together.

#### Sunday Morning Plenary:

Meditation as a Healing Tool: The Framework of Understanding Tony Murdock MA

People who meditate see the body as a personal energy ecosystem, made up of the physical body, the life-force, the thoughts and the feeling nature. Those who meditate also understand that the degree to which we experience health, harmony and/or wholeness, is often dependent upon the degree to which we are open to spiritual reality. Tony will examine the personal energy ecosystem and the spiritual anatomy with a focus on the yoga traditions of ancient India. We will learn that meditation can be utilized as a tool to help us today with healing ourselves and healing others. His article is on page 17 of this issue.

Tony Murdock has been practicing meditation and studying yoga philosophy and mysticism since 1972. Since 1998 he has been facilitating meditation workshops and classes.

#### Monday, November 7, 2011

Tony Murdock is offering a Post Conference Workshop Applied Mindfulness: Understanding the Dynamic Relationship Between Stillness and Healing

## CONFERENCE REPORTS

Dear TTNO members,

September is here, and that means the Conference is not far away. Each year at conference we meet to BE together in the JOY of celebration. I hope you can join us this year as we also celebrate the 25th Anniversary of the TTNO. This is an opportunity to honour all the very special individuals whose dedication and hard work built on the foundation inspired by Mary Simpson and Crystal Hawk. It is also a very special reason to celebrate ourselves. There could not be a network without the membership; without each and every one of us.

I hope you have registered so you may get your first choice from the selection of thoughtful and engaging sessions we are so fortunate to choose from this year; a gift from within our membership demonstrating the creativity, wealth and generosity of our organization.

Our Saturday Plenary speaker, Karin Cremasco, a long time TTNO member, will support us as practitioners with her experience, sharing her development of "Intending Wellness TM". Our Sunday guest speaker, Tony Murdock whose extensive studies in yoga, philosophy and mysticism, will further build on our understanding and our practice of healing.

Monday's post conference workshop with Tony Murdock will be a perfect note to integrate the Conference experience. In this interactive session Tony will guide us through how applied mindfulness can enhance and deepen our experience. I have had the pleasure of attending some of Tony's workshops in the past and was moved by how genuine and how powerful his work is.

On behalf of the Conference Committee, we look forward to welcoming you in November, to join with your fellow members in celebration of our community.

Annefrances Morris

*TTNO Conference Chair*

### WIN-WIN DEALS AT CONFERENCE:

#### Silent Auction and Take and Donate

For Silent Auction, we are looking for new items or older treasures that have a value of at least \$20. Practice Groups might want to donate a Gift Basket, Teachers might want to donate a workshop.

Items less than \$20.00 will be put on the Take and Donate table. Used books, CDs, whatever.... Leave a donation for the item you 'take'. The funds generated go to the TTNO Scholarship Fund. Please contact me to volunteer by emailing pcrraig@thehospice.ca

Penny Craig

*Silent Auction, Chair*

### 10 REASONS TO ATTEND OUR ANNUAL TTNO VISION AND REALITY CONFERENCE 2011

#### Reason # 1

#### Volunteering for Conference...

**You can make an incredible difference!**

Times have changed and a new volunteer has emerged...she is the one that has **limited time but wants to make a difference**...one who is committed to an organization that she believes in...one who wishes she could do more, but just can't commit to working on a board or committee for an extended period...Did you recognize yourself? Is this you? Well, we have a job for you and you can be one of a growing number of people that have been coined "**the episodic volunteer**"!

The episodic volunteer is one who is "**in and out**". She works on a specific project for a **specific period of time**. It is usually an event and it is always time limited. The event is our annual TTNO Vision and Reality Conference in November 2011 and we need you! You can do this in one of two ways...**by checking the volunteer /I want to help box on your conference registration form...** or **by e-mailing** the coordinator of volunteers for conference, Flo Hartleib at the teagranny@sympatico.ca to indicate that you are available...we promise it will be very specific and time limited so you won't miss anything at conference... many hands make work light. Can we count on you?

In the next weeks you will be receiving nine more reasons to attend our Conference! Looking forward to seeing you at Conference and discovering your reasons for coming.

Flo Hartleib, RT

### MARKETPLACE

The 2011 TTNO Conference Marketplace is beginning to take shape with our new bookstore, Mandala Books of London, ON, Aura Photography, jewelry, gemstones and Life Coaching already in place. It is always exciting to see who will be coming to offer us their wares each year. I have yet to hear from vendors with clothing and pottery so if you know of anyone who would like to be part of the marketplace with these or other interesting things to sell, please have them email me, Roslyn Levin, your intrepid Marketplace Coordinator at roslyn@artbyroslyn.on.ca and please put 'TTNO Conference Marketplace' as the subject! (no multilevel marketing products, please)

Blessings for your continued Happiness, Health, and Extravagant Abundance,

In Light and Life,

Roslyn  
www.artbyroslyn.on.ca

# VISION AND REALITY CONFERENCE NOVEMBER 5 AND 6, 2011 CONCURRENT SESSIONS

## SATURDAY, NOVEMBER 5

### Morning

#### A1 Diane May. Presence, Awareness, Awakening and Therapeutic Touch

This session will explore the concepts of Presence, Awareness and Awakening within the Therapeutic Touch experience. We will examine the roles they play in the evolution of the practitioner and experience how this knowledge supports and enhances the practise of Therapeutic Touch.

*Diane May, blends entrepreneurial skills with her passion for teaching to help others learn to heal themselves and to support the healing process in others. Diane has practiced and taught Therapeutic Touch internationally for almost 30 years*

#### A2 Pat Tamosetis and Gail LaFortune – The Magic of Your Touch

Hands often reflect our intention in our work. Explore new possibilities through the words of Dora Kunz and Dolores Krieger, experiential exercises, and discussion.

*Gail and Patricia are both Recognized Practitioners and Teachers with the TTNO, serving on the TTNO Board. Since 2006 they have organized the annual Pembroke Therapeutic Touch Retreat and have spent nearly two decades passing on their love of Therapeutic Touch to others through their practice and teaching.*

#### A3 Alison Cooke – Continuing Dialogues with Dee

Alison will share what she learned at this year's dialogue on "Nonphysical Reality through the Lens of Therapeutic Touch". The focus of this exploration is the intangible network of intelligent and dynamic forces that underlies human functions as they relate to healing. Alison Cooke has studied Therapeutic Touch for 17 years, in part with Dora Kunz and Dolores Krieger.

*Alison is webmaster for the TTNO and provides Therapeutic Touch to residents of a nursing home to, church members, and to developmentally delayed adults.*

#### A4 Sharon Langfield and Janet McFarland – The Sacred Geometry of Your Healing Space

Using sacred geometry, sound, movement and art, Sharon and Janet will explore the interconnected space that exists between practitioner and client. Participants in this experiential workshop will work with this exciting new model that is so applicable to Therapeutic Touch.

*Sharon Langfield and Janet McFarland, physiotherapists, have been offering Therapeutic Touch™ as part of their practice. Over their 35 years of working together they have developed a new model of working with the whole person that includes attention to the physical, emotional, mental and spiritual aspects. They co-direct the Toronto Lymphocare Centre and the Cookstown Centre for Wellness where they focus on the treatment of lymphedema.*

### Afternoon

#### B1 Jitka Malec The Language of Energy

To explore the hidden meaning of our habitual expression and gestures, Jitka will link the basic assumptions of Therapeutic Touch to: how we perceive ourselves and the world around us, what we say, what our body is saying and what the energy field is saying. These insights will enhance both our personal lives and our healing work.

*Jitka Malec has been practicing Therapeutic Touch™ since 1993, and teaching since 1997. She studied with B. Janelle, D. Kunz, and D. Krieger. Jitka teaches at various institutions, facilitates a Practice Group, Practice Days and Retreats. She is committed to promoting Therapeutic Touch in the community through health care.*

#### B2 Julia von Flotow Stress, Mindfulness and Therapeutic Touch

Being open, grounded and centered in our true nature creates the possibility for healing at a deep personal level. Compassionate mindfulness practices can help us manage stress and help us be nourished by the divine within the sacred healing space of the Therapeutic Touch.

*Julia von Flotow is a Recognized Therapeutic Touch Practitioner, Teacher and Practice Group Leader. She recently joined the TTNO Board of Directors as Communications Chair. Julia enjoys bringing her passion for healing, leadership, business and personal development together to help individuals and organizations realize their potential.*

#### B3 Martina Steiger – Transitions: What happens when we are faced with life's changes and paradoxes

Change happens. But what happens when change happens? This session provides practical tools that support you as you navigate life. Transitions open the way to a healthy integration of the past, the loss, and the present so the future can emerge in a meaningful manner.

*Martina Steiger serves as a Life Coach, Wellness and 'Brainscaping' Educator and Speaker, both nationally and internationally. 'Brainscaping' captures the creative approach of her work that stimulates insights, unique learning and healthy integration on all levels. She provides a safe space in which she offers her clients, either in groups or one-to-one, practical tools to connect with their wise inner genius so they can successfully navigate their own lives.*

#### B4 Practicum\*

During the Practicum, attendees will work in twos to allow time for each to enjoy a full treatment session, rest as well as make notes. We will reconvene after the session to share and discuss our experiences. The Practicum is a learning opportunity that includes a full practice session. Small and large group discussions highlight new insights and allow for sharing and further learning. Offered both Saturday and Sunday.

*Mimi Craig has studied Therapeutic Touch since 1996 and she began teachings in 2003, co-facilitating a practice group in Guelph. She volunteers with Hospice Wellington offering Therapeutic Touch to palliative and bereavement clients and patients receiving chemotherapy.*

## SUNDAY, NOVEMBER 6

### Morning

#### C1 Crystal Hawk – Intuition Within the Lens of Therapeutic Touch

Intuition is an integral part of Therapeutic Touch. Crystal will define intuition and its relationship to Therapeutic Touch, describe its usefulness within this healing modality, and demonstrate participants' ability to be in touch with their own intuition.

*Crystal Hawk brought Therapeutic Touch to Canada and co-founded the Ontario Network. She has taught Therapeutic Touch across Canada, in the USA, Australia, Bali, and the old USSR. A psychotherapist in private practice, consciousness has been her interest for over 60 years and led her to teach workshops on Imagery, Dream Work, Intuition and in the new field of Energy Psychology.*

#### C2 Ellen Hadley – Understanding Order in the Human Energy Field

Dolores Krieger refers to David Bohm's discussion of implicate and explicate order in which we see that Bohm is describing what we in Therapeutic Touch have always experienced! Deepen your understanding of these principles as you learn to embody the flow of the life force energy, to use it in Therapeutic Touch.

*Ellen Hadley has been practicing Complementary Therapies for almost ten years, and came to this work through Therapeutic Touch™. Her practice focuses on the psycho-spiritual aspects of healing, facilitation of the Soul's true expression through fully coming to know one's self by assimilating the lessons that are presented through a lifetime.*

#### C3 Helen Will and Mary Bant Expanding Your Horizons

Swimming with the spinner dolphins of Hawaii was a life-changing event, dramatically altering our awareness of communication, multidimensionality, extraterrestrial contact and the raising of our collective consciousness. We hope to open new doorways to assist Mother Earth and humanity through the dramatic cosmic changes.

*Mary Bant and Helen Will were both early Board Members of the TTNO. Mary's positions included Coordinator, Public Relations, and Annual Conference Chairman. She was instrumental in getting Therapeutic Touch™ accepted at the Etobicoke General Hospital where she worked for over 24 years. Helen was Chair of the Teachers and Practitioners Committee and subsequently the Teachers Collective. An artist, she has a holistic practice and works extensively with sacred geometry and labyrinths.*

#### C4 Roslyn Levin Indian Head Massage

Experience an island of relaxation during the Conference. You will learn Indian Head Massage, which combines physical massage with a more subtle form of energy balancing. This affects a person's energy centre, bringing the energy of the whole body back into balance and creating a deep sense of peace, calm and well-being.

*Roslyn Levin has been performing energy work since the 1980's. In the early 1990's she was introduced to Therapeutic Touch™ which took her healing journey down a new path. Roslyn has been an Indian Head Massage Practitioner for 5 years and is an accomplished artist.*

### Afternoon

#### D1 Susan Keith and Cher Curshen The Expressive Art of Therapeutic Touch

Therapeutic Touch and Expressive Arts Therapy are both art and science. Their processes integrate the scientific aspects of learned knowledge and technique with the artistic concepts of meaning, creation and transformation. Discover how each of them is an agent of change, deepening connections with others and increased personal awareness.

*Susan Keith owns Centered Health Concepts, a practice that offers CranioSacral Therapy, Therapeutic Touch and Wellness Support. She is a Recognized Therapeutic Touch Practitioner and Teacher. She is on the TTNO Public Relations Committee and the Practice Group Committee, offering Therapeutic Touch at the Dorothy Ley Hospice. Cher Curshen, an Expressive Arts Therapist, is the Integrative Wellness Care Coordinator at Dorothy Ley Hospice and has provided individual and group therapy work at Ronald McDonald House, Wellspring, Gilda's Club, Bereaved Families, Casey House, Hospice Toronto and recently trained in Therapeutic Touch Level 2.*

#### D2 Donna Logan Van Vliet – Therapeutic Touch: A Path to Consciousness

Combining experiential Exercise and Meditation, two participants face each other, following specific and interesting directions, where one person always has eyes closed and the other eyes open, reversing back and forth. As we continue, we have the opportunity to see ourselves in the most expanded loving version of who we may be.

*Donna Logan Van Vliet was teaching Therapeutic Touch in 1981 before the TTNO was formed, after completing 400 hours of academic and clinical hours with two of the original Krieger's Krazies. She has studied many other healing practices yet continues to remain in awe of Therapeutic Touch, marvelling at its simplicity, and, to quote Dr. Krieger, its 'effortless effort.'*

#### D3 Atherton Drenth – Following Body Wisdom

Practitioners often have difficulty explaining to clients what will happen in a healing session and how it will be of assistance to them. Atherton will teach participants how to explain a healing session, how to use different complementary therapies for healing, and what an actual healing journey looks like.

*Atherton Drenth is a clairvoyant, medical intuitive and holistic energy therapist, facilitating transformational healing for her clients. She is a compassionate teacher committed to helping others develop their full intuitive potential through workshops and retreats. She has been in private practice since 2000, author of *Following Body Wisdom*, and appears in the documentary, "Voyage to Betterment".*

**Practicum\*** (See B4) The Practicum is a learning opportunity that includes a full practice session. Small and large group discussions highlight new insights and allow for sharing and further learning. Offered both Saturday and Sunday.

*Sharron Parrott joined the TTNO in 1994 and, in 1995 began teaching Therapeutic Touch in Windsor. Now retired after 37 years of nursing, she is active in the Windsor Essex County Hospice and is now serving her second term as Chair, Teacher Liaison Committee of the TTNO Board of Directors*

\* Attendance at the full two day Conference with Practicum in one of the concurrent session choices counts as an Education Component for maintaining Recognized Practitioner Status.

## A practical way to bring healing and self-discovery to life

Eckhart Tolle opens his book, *The Power of Now* with the following parable. “A stranger walks past a beggar who has been sitting on a box at the roadside for over thirty years. The stranger tells the beggar that he has nothing to give him but asks, “What’s in the box?” The beggar replies, “Nothing.” The stranger asks the beggar if he has looked inside. The beggar replies, “No. What’s the point? It’s just an empty box.” The stranger insists the beggar take a look. And to his elation, he finds the box is filled with gold!” Tolle dialogues with his reader. : “I can hear you say, “But I am not a beggar,” Tolle explains. “Those who have not found true wealth, which is radiant joy of Being and the deep, unshakable peace that comes within, are beggars, even if they have real material wealth. They are looking outside for scraps of pleasure or fulfillment, for validation, security, or love, while they have a treasure within that not only includes all those things but is infinitely greater than anything the world can offer.”

### Something New and Different!

I'd like to introduce you to a different 'box' to help you discover one of the real treasures inside yourself - your inner healer. It's Intending Wellness, a framework of wellness intentions and reflective exercises that guides you to find your inner brilliance and brings you to your own aha's. It supports your body-mind-emotion-spirit well being, and helps you ground into your heart and body, as well as connect with your spiritual support. It's new, unique, efficient and effective!

Intending Wellness evolved after I studied and practiced several other complicated energy modalities since 1993. While they yielded amazing results, I longed for something that my clients could use to access their healer within. It needed to be simple and equally effective; provide an alternative to muscle testing; be difficult to be influenced by thought; be ideal for self-care and accessible to everyone. My prayers were answered. Using the principles of those other modalities as a foundation, I was guided to develop fifty specific wellness intentions. For the past four years, I've simply been a scribe. The intentions evolved as if driven by a force of their own. Now, I humbly introduce them to you as a fun and easy way to bring healing, wellness and insight into your everyday life by accessing your inner healer.

### What is Intending Wellness?

Intending Wellness is a practical approach that uses the power of intention to reduce stress to help you feel calm, clear and confident so you can get on with your day and consciously cope with your life. It can be learned as a personal tool for self-care, self-exploration and self-discovery. It's useful for both quick tune-ups to refocus and to get to the heart of issues and explore your deep self. Personal reflection exercises help you understand what lies beneath your physical concerns or work through emotional issues.

Activating one or more of the wellness intentions helps you centre whenever you're feeling off as well as alleviate physical concerns. It's easy to activate a wellness intention. Simply read the intention while tapping twice into your left palm and breathe.

You can choose to make your Intending Wellness session simple or in-depth as you explore and harmonize what makes you healthier and happier. Use it according to what fits into your life.

Intending Wellness Self-Care programs begin with experiencing a facilitated session followed by tutorial sessions to learn how to use the intentions. They're taught in both seminar and private session formats. The materials include pocket-sized handbooks, travel cards and a step-by-step study guide. Intending Wellness can be experienced or learned either face-to-face or at a distance by telephone. While Intending Wellness bypasses the need for someone to 'do it for you,' it can be facilitated as a professional session when more support is needed.

### What could I use Wellness Intentions for?

Wellness intentions help you to: rebalance and centre when you feel stuck, overwhelmed or stressed; gain understanding about acute or chronic physical concerns; work through emotional issues; quiet mind chatter before meditation; achieve clarity when difficult decisions are to be made; be okay with what is; reconnect with your body and/or spiritual support; discover your deep, unshakable inner peace; and more.

Therapeutic Touch and other practitioners find the wellness intentions invaluable to fill their own 'well' as part of their self-care.

Intending Wellness can be used to complement (not replace) a healthy lifestyle, counseling, conventional healthcare, massage, chiropractic, osteopathic, physio, naturopathic or energy therapies and energy psychology (e.g., Therapeutic Touch, Reiki, Biocomputer Operating System (BOS), Emotional Freedom Technique (EFT), etc.)

When I was asked to describe my work for this newsletter, I was thrilled to have an opportunity to share this precious work. At the same time, I felt a bit reluctant because the best way to get a flavour of what Intending Wellness is all about is to experience it. Therefore, you will have this opportunity when I facilitate several wellness intentions as part my opening presentation at this year's Therapeutic Touch Conference. You are invited to attend so you can experience intending wellness and begin to find your healing treasure within!

Karin Cremasco, BEd, PhD, ThD

<sup>1</sup> Wellness Intentions - Handbook for Self-Care. Karin Cremasco. Self-published. 2011. Available as part of Intending Wellness Programs at [www.KarinCremasco.com](http://www.KarinCremasco.com).

## An excerpt from the CD Kali Lila/The Dance of the Divine Mother: Guided Meditations for Inner Transformation

BY TONY MURDOCK, MA

All of life is filled with action. We see this action in the world around us. This action is also felt in the interior efforts of our spiritual pursuits. In our pursuit of a still and peaceful mind, we must prepare ourselves for the inner transformative action that can arise during meditation. This transformative action is generated in two ways. It is the inner action during meditation resulting from our individual effort. It is also the inner transformative action resulting from letting go and surrendering to our Inner Spirit.

The spiritual path is very much like a spiritual battlefield. As we mature in our ability to meditate, we soon discover that the inner path of the meditator is strewn with pitfalls, barriers and minefields. We are always coming face to face with ourselves. Whether we are battling a tense and stressful body, a restless or numb mind, or a heart filled with constriction and pain, we must overcome these obstacles if we want to experience a still and peaceful mind.

In our meditations we battle the restless thought waves of the mind. We must eliminate the restless thoughts, thoughts filled with knowledge both good and bad, some thoughts painful and even thoughts filled with pleasant things. We must battle the mis-conceptions regarding the true nature of reality, the sleepiness or numbness that obscures our vision of reality, and we must still all of our ever-recurring memories.

In our meditations we battle the afflictions of the mind and heart. We actively work toward removing the veil of ignorance from our awareness. We learn to soften our feeling of self-importance. We learn to let go of our attraction to things and to our repulsion to things. And ultimately, we learn to deal with our fear of death.

The flow of our energies along these familiar (often entrenched) grooves in our mind and heart are called samskaras. These samskaras are often seen as the source of our restless thought waves and of our afflictions. When our inner meditative efforts rub up against the habitual flow of our consciousness, friction is created. This friction creates heat. It is this inner heat, called tapas, which gives us the tool to alter the habitual flow of our inner energies, and to bring about inner change. As the fire of spiritual transformation resulting from our individual effort burns in our heart and mind, the flames continually dance across our awareness, sometimes burning brightly and quickly, and often glowing softly, but continually burning away at the roots of our restlessness and at the causes of our limited awareness.

Although our own effort is an essential part of this inner battlefield, our surrender to the mysterious transformative power of grace is even more important. In other words, we don't have to enter this battle alone. As we calm the mind and open the heart, we are opening ourselves to the inner energies of transformation, to the Divine Grace of our Inner Spirit.

Meditation is the catalyst that opens our selves to the process of inner transformation. When we meditate we can tune into and surrender to our Inner Spirit, to the subtle energies in our spiritual heart and ask for, or pray for, a change in our life. Our Inner Spirit then gives us the sweet power of transformation to grow. Our Inner Spirit, our inner transformative energy, then gives us the power to Dance Toward Stillness. As we make the effort to be still and steady in our meditations, we learn at the same time to surrender to the Dance of the inner rhythm of change. We learn to Dance to the wonderful rhythm of spiritual transformation. We can no longer be the same person.

All of life is an expression of the Divine. In the Hindu tradition, the manifested universe is viewed as an expression of the feminine aspect of the Divine. This manifesting universe, this dance of energy, is considered always to be in motion, to be in a constant state of change. Its action is always creating, preserving and destroying...always transforming. The essence or power of this manifesting feminine universe, which is always in a state of transformative action, is called Shakti. When Shakti is approached as the nourishing Mother of the universe, She becomes known as Kali. It is Kali as the compassionate Mother who propels us forward and inward.

In time, the actions of our individual efforts and the transformative actions resulting from our surrender to the Inner Spirit, allow us to eliminate the roots of our mental restlessness and of our mental and emotional afflictions. We are propelled forward and inward, dancing to the inner rhythms of Mother Kali's grace. She gives us peace of mind and an open heart. Finally, the flames of Kali's inner fires prepare us to receive the sweet essence of Her transformative love.

### FIGHTING CANCER A NONE TOXIC APPROACH TO TREATMENT

This the title of a new book, a description of which reads: "This book describes a new paradigm of understanding and treating cancer by focusing on mobilizing the immune system. Using this approach a number of patients with stage IV cancer have experienced complete remission. It also includes important self-regulation and self-care strategies. The self-care approach complements Therapeutic Touch"

It's not surprising to me that this blurb mentions Therapeutic Touch. Its authors are Robert Gorter, MD., PhD and Erik Peper, PhD. In my first five years of attending Pumpkin Hollow to study Therapeutic Touch, Erik Peper played a central role in my learning. At that time he was President of the American Biofeedback Association and a professor at the University in Seattle, WA. He was Dora's favorite and she would answer all his questions, something she didn't always do for others. No wonder. Erik always asked his questions based on energy and fields. He asked the questions we didn't know how to ask. I finally found out how he was so easily able to do this.

One day I had been using Imagery and Therapeutic Touch on my wrist injury and complained to Dora that the pain was getting worse not better. She suggested that I ask Erik to look at what I was doing. She said to have him **look** at what I was doing. I couldn't imagine what that meant but followed her suggestion and he told me I was putting energy into the wrist but not bringing it out through my hands. I was causing the energy build up which was causing the pain. So I found out that he saw energies within our bodies and the fields around our bodies. Quite an advantage when working with any aspect of energy medicine, and the reason his questions were usually beyond our ability to formulate.

Erik also attended the Therapeutic Touch workshops on Orcas Island and we at the Hollow 'lost' him to a Canadian practitioner he met there and subsequently married. I can imagine that with Erik as one of the authors, this book holds a lot of important and interesting information both about keeping well and regaining health. It can be ordered from Amazon.com for \$15.61.

Erik Peper is now a Professor at the Institute for Holistic Health Studies, Department of Health Education, San Francisco State University. His e-mail is: epeper@sfsu.edu

"One of the darkest, well-kept secrets in medicine is how the debilitating toxicity of conventional cancer treatments (chemotherapy and radiation) create side effects so severe that the treatment often winds up killing the patient before the disease does. Finally, with the arrival of Fighting Cancer by Robert Gorter and Erik Peper, the growing number of people struggling with cancer can turn to this life-affirming, credible resource. The science-based Gorter Model is effective, humane, nontoxic, and stunningly successful for a wide range of cancers. Supporting the immune system has always been a compelling argument, but few have had the courage and clinical wisdom to chart the exact pathway and redefine cancer treatment from the ground up. Fighting Cancer encourages millions to take action and restore hope."

Meg Jordan, PhD, RN  
chair and professor of Integrative Health Studies at the California Institute of Integrative Studies and editor-in-chief of American Fitness magazine

### THE MOST SIGNIFICANT FACTOR PREDICTING CHRONIC DISEASE MAY BE CHILDHOOD TRAUMA

When a monumental study connects two previously unrelated factors and puts them together with astounding results, the implications are too compelling to ignore. Almost by accident, this is exactly what happened in a study that began in the early 1990s. Taking two fundamental factors of mind-body medicine, childhood trauma and chronic disease, Vincent Felitti, MD and Robert Anda, MD designed a study based on a clinical hunch. Noticing that so many of their patients presented with symptoms of chronic disease, they also observed that these same patients were very often survivors of multiple and repeated childhood traumas.

They asked, "Could there be a link between childhood trauma and chronic disease?" And beyond that, if there was a link what would it mean to the prediction and healing of chronic disease. Acting on their observation of a dominant theme that emerged in the intake stories of thousands of patients the Adverse Childhood Experience (ACE) Study was born, giving us a benchmark uncovering the impact of childhood trauma on chronic conditions in later life.

This American Study is perhaps the largest ongoing scientific research collaboration of its kind between Kaiser Permanente and the Centers for Disease Control and Prevention.

Report from Ruth M. Buczynski, PhD  
*The National Institute for the Clinical Application of Behavioral Medicine*

### NATURAL CURES FOR DEPRESSION, BIPOLAR, ADHD, SCHIZOPHRENIA.

The late Dr. Abram Hoffer, MD, PhD was a Canadian biochemist and psychiatrist known for his theory that nutrition and vitamins could be effective treatments for many ailments, including schizophrenia. This general approach was called orthomolecular psychiatry or orthomolecular medicine when addressing non-psychological issues.

One of the wonders of our time is that through the Internet we are able to continue to listen to Dr. Hoffer on YouTube as he talks in depth about his views of curing various ailments with supplements.

<http://www.youtube.com/watch?v=X9cg4454mYA&feature=related>

Crystal Hawk, RT



## The Therapeutic Touch Word is Out!

Where we've been... who we've been talking to...

Compiled by Jodi Cole

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It's a beautiful day in August and as I sit here writing my column for 'in-touch' I'm realizing that all too soon the summer will be over and winter will be looming around the corner! But then, that also means that the 2011 TTNO Conference will be as well and that really is something to look forward to!

Haven't received too many submissions for this edition so I guess everyone is out-and-about enjoying the season. I do, however, have further news about the Complementary Therapies Volunteer Program for York Central Hospital and Hill House Hospice in Richmond Hill and it's all good. Marianne Tavares, the program's coordinator continues to make sure and steady headway introducing modalities into these two facilities. I started my orientation to Hill House the beginning of June but due to holidays I'm still very much

in the probation period. Hill House is a small but lovely hospice in the heart of old Richmond Hill. It sits on a large suburban property that was donated to the city for this purpose. The grounds are beautiful. Lots of gardens and shady trees. The atmosphere as soon as you enter the home is special. Very peaceful and calm. And Marianne is doing a splendid job orientating me. Although not a Therapeutic Touch practitioner she is a wonderful advocate of Complementary Therapies and I think the program is going to prove to be a great success. We hope to be going into the hospital setting sometime in the fall and Marianne has now begun the process of recruiting complementary therapists to that purpose. Check out the notice to that effect in this edition. I'll keep you posted as we go along as to how things are working out.

I end this submission with the following news that Toronto East General Hospital is planning a celebration in honour of the Therapeutic Touch Program begun in the early 90's by Shirley Dalglish. At its height the program supported regular Therapeutic Touch Workshops to staff and members of the community, a Therapeutic Touch Clinic and a team of devoted Therapeutic Touch Volunteers. Thanks to Shirley, Toronto East General was the first hospital in Canada to have a policy supporting the use of Therapeutic Touch, paving the way for other institutions to acknowledge this wonderful modality. A reception is planned for October to thank founding members of the program, Shirley Dalglish, Heather Wakeling, Janet Fallaize and me. The picture of the four of us is to be posted in the hospital for all to see. What an honour! Having said that, the wonderful work that Marleene Burfield and Helen Kuttner as co-coordinators of the Therapeutic Touch Volunteer Team and the incredibly dedicated team of practitioners carrying on this work must be commended also.

Well, that's all for this edition. Take care!

Jodi Cole

### YORK CENTRAL HOSPITAL

10 Trench Street, Richmond Hill, ON L4C 4Z3

#### Palliative Care Unit Recruitment of Volunteer Complementary Therapists

The Palliative Care Unit commenced a pilot project in September 2010 to introduce Aromatherapy, Reiki and Therapeutic Touch™ to the care of patients. We are now ready to recruit two volunteer complementary therapists who are qualified in one of these three practices.

#### Requirements:

- Qualification in one of the above complementary modalities
- Membership of the professional association of the modality practised
- Able to give 2-3 hours each week
- Prepared to undertake the course: Core Concepts Palliative Care
- Level 1 (30 hrs)
- Able to work flexibly and within a team

#### First contact:

Marianne Tavares, Complementary Therapy Consultant  
Tel. 905 883 1212 Ext. 7398  
Email: [mtavares@yorkcentral.on.ca](mailto:mtavares@yorkcentral.on.ca)

After discussion with Marianne Tavares, visit [www.yorkcentral.on.ca](http://www.yorkcentral.on.ca) and apply under Adult Volunteer, then contact Karen Andersen, Director, Volunteer and Community Resources  
Email: [kandersen@yorkcentral.on.ca](mailto:kandersen@yorkcentral.on.ca)  
Tel. 905 883 1212 Ext. 7180

18 August, 2011

## Questions and Answers About Therapeutic Touch™

Both your Questions and Answers are very welcome ... Please let us know yours!

While there may be differences in the answers people send, they are all based on Therapeutic Touch's assumptions and concepts. As we all bring our own experiences to Therapeutic Touch, we may understand the modality somewhat differently. Hence, practitioners are encouraged to study with a variety of TTNO Recognized Teachers.

Please send your response to the question for the Winter 2011 **in touch** to the TTNO Office  
ttno.membership@sympatico.ca or 290 The West Mall, Suite # 3 Etobicoke ON M9C1C6

**Question: How do we really know the energy field really exists? Where can I find the research that proves humans have an energy fields?**

### Responses:

Some of the answers to questions about the energy field lie in the field of Neuroscience – a relatively new field which is the scientific study of the nervous system. I took an introductory course in Behavioral Neuroscience at the University of Guelph this summer. The text we used is called *Biopsychology, 8th Edition*, by Dr. J.P.J. Pinel, who is a Professor at the University of British Columbia; the information below is from Dr. Pinel's text.

The study of the nervous system includes the changes which take place in the function of the brain. There is an electrical charge inside and outside brain cells which can be measured by micro-electrodes placed in the brain. There are many changes occurring in the body at any given time; some of these could be mechanical, magnetic, electrical or chemical. Electrical signals control the release of chemical neurotransmitters which move from neuron to neuron by means of synapses and relay messages from one neuron to the next. These neurotransmitters affect our thoughts, moods, emotions, etc.

There are many ways of measuring electrical waves in humans; you're probably familiar with Scalp Electroencephalography (EEG) which measures the electrical activity of the brain, and Electrocardiogram (ECG) which measures the electrical signals occurring with each heartbeat.

Skin Conductance is what I think relates to Therapeutic Touch. The Skin Conductance Level (SCL) and the Skin Response Level (SRL) are measures of the difference in skin conductance with different experiences. Dr. Pinel says that "Emotional thoughts and experiences are associated with increases in the ability of the skin to conduct electricity". The skin response is greater at times of stress or arousal; this makes sense when you think that Therapeutic Touch practitioners are able to induce relaxation by balancing the electrical field. In my mind, TT reduces the Skin Conductance Response to stress.

You can read more about SCL and SCR at the following sites:  
[http://en.wikipedia.org/wiki/Skin\\_conductance](http://en.wikipedia.org/wiki/Skin_conductance)  
<http://hd.media.mit.edu/tech-reports/TR-483/node6.html>

The other factor which Dr. Pinel talks about which I think relates to Therapeutic Touch is the discovery of mirror neurons. I think we've all observed someone receiving a Therapeutic Touch treatment and felt as if we were getting a treatment ourselves. Research was being done by Giacomo Rizzolatti in the 1990's with macaque monkeys; the researchers recorded the firing of neurons when monkeys reached for an object, and then noticed that some of the same

neurons fired when a human reached for the same object. They called these neurons "mirror neurons". Research on humans is limited since it is invasive, but fMRI is now being used in the field of Cognitive Neuroscience for studies of emotions. Studies showing brain activity when experiencing an emotion or seeing someone else experience that emotion could mean that mirror neurons are involved with human empathy.

Until recently there were a limited number of studies. However, with advances in imaging such as Functional MRI more research is being conducted. Watch for news related to Neuroscience. I think it will have an impact on how people think about Therapeutic Touch when they see scientific proof of what Therapeutic Touch practitioners already know.

### References:

Fabbri-Destro, M., & Rizzolatti, G., (2008). Mirror neurons and mirror systems in monkeys and humans. *Physiology*, 23, 171-179.  
Pinel, J.P.J., *Biopsychology, 8th Edition*, 2011.  
Rizzolatti, G., Fogassi, L., & Gallese, V., (2006, November). Mirrors in the mind. *Scientific American*, 295, 54-61.  
Other references available Email ttno.membership@sympatico.org  
Put References Autumn in subject line.  
Lynn Roodbol RP

There is so much to learn in Level One, which is the place that the human energy field is initially talked about. It is interesting, too, that when we are asked for a treatment session, and suggest to a client that the work will be done in the energy field around the body, that it prompts the very question we are now asked to address! It is useful to have some clear answers for our clients.

I usually refer to the research at Yale University, done by Dr Harold Saxton Burr, from 1920-1960, in which Dr Burr found he could not only map the field but could map the changes that take place in the field over time. Or I can refer to the book *The Body Electric* by Becker who did his research at Menninger Clinic in Kansas. And of course in Canada we like to mention the years of documented research done at McGill University by a Canadian Biologist, Dr Bernard Grad.

You will be excited also to 'Google' "The Human Energy Field" and review what is said there. I do not tell my clients what they will find but encourage them... and all interested readers...to do some research on their own. That is a way that helps us all to learn and remember.

Evelyn MacKay, RT

**Question for Winter, 2011**  
**If I do Bits and Pieces of the Therapeutic Touch form, like I may just unruffle my son's knee when he falls, can I still refer to what I'm doing as Therapeutic Touch?**

## RESEARCH FINDINGS

### CANCER TREATMENT IN BC

*Below are summaries of two articles. The one from British Columbia is an example of using research to support change. The second article offers another example of researchers asking a question about outcomes of Therapeutic Touch with cancer patients' pain and fatigue. As Therapeutic Touch practitioners we are fortunate to have research which supports our understanding that "Therapeutic Touch works!"*

Joanna Stephen, Gina Mackenzie, Sarah Sample and Jennifer Macdonald. "Twenty years of therapeutic touch in a Canadian cancer agency: lessons learned from a case study of integrative oncology practice" *Support Care Cancer* 2007 15: 993-998. Print.

The program began in 1985 when Therapeutic Touch was offered to people being treated for cancer at the British Columbia Cancer Agency (BCCA). In 1995, ten years after the program began, a research program was implemented which asked patients their primary reason for using Therapeutic Touch. Most indicated they used it for treatment-related anxiety (78%). Others found it primarily useful to cope with physiological symptoms including pain, insomnia and needle phobia. "Descriptive data suggested that TT reduced patients' anxiety, side-effects related to chemotherapy treatments including nausea and vomiting, pain, and sleeplessness and contributed to feelings of peacefulness and well-being. Breast cancer patients were the most frequent users of the TT program, which is consistent with the general finding that breast cancer patients are more anxious about diagnosis and treatment and more open to CAM treatments" (p 994). Another study was conducted in 1997-1998 with similar results.

The authors include in their article a section "Lessons learned: facilitating acceptance of TT within the conventional setting." (p 995). "The first issue is how to position TT within *the context of research and evidence-based practice*. The contemporary conventional cancer clinic setting values research and evidence based practice..." They note that Therapeutic Touch has a body of research to support its use and practitioners and program leaders should be knowledgeable about the research evidence.

In addition "*standards of practice and professionalism*" are essential (p 996). They found it possible to include volunteers to offer Krieger-Kunz Therapeutic Touch. Not only did their involvement reduce costs, they provide familiarity and comfort to patients through the peer connections. The recommendation is that the volunteers have continuing mentorship and training.

"Evidence -based medicine includes patient values and context as well as best evidence" (p 996). Including simple descriptive and evaluative research within the clinic setting ensures quality and allows critical checking of assumptions" (p 996). The authors find Therapeutic Touch "...is a safe and beneficial complementary intervention for cancer patients that can be integrated within a conventional setting, providing that the program evolves with changing patient and organization needs. Lessons gleaned include (1) positioning TT within the context of research and evidence-based

practice, (2) developing and adhering to standards of practice and professionalism, and (3) maintaining a nonpartisan attitude and communicating a plausible rationale." (p193.)

The authors conclude by saying that rather than being concerned about the reason Therapeutic Touch works, it is more useful to take a pragmatic approach and remember that there is positive evidence which answers the question "Does TT work?" (p 997).

Aghabati, Nahid, Eesa Mohammadi and Zahra Esmaiel. "The Effect of Therapeutic Touch on Pain and Fatigue of Cancer Patients Undergoing Chemotherapy." 7.3 eCAM ( 2010): 375-381. Print.

In this study the researchers examined the effect of Therapeutic Touch on the pain and fatigue of the cancer patients undergoing chemotherapy. The study's design included three groups: treatment (Therapeutic Touch) placebo (placebo Therapeutic Touch) and control (usual care). Ninety patients undergoing chemotherapy exhibiting pain and fatigue of cancer were randomly assigned to the three groups. Thirty minutes of the intervention (Therapeutic Touch, sham Therapeutic Touch or usual care) were offered once a day for five days from 10:00-10:30am. Patients' pain and fatigue were measured and recorded before and after the three interventions for five days.

Therapeutic Touch was significantly more effective in decreasing pain and fatigue of the cancer patients undergoing chemotherapy than the usual care group, while the placebo group indicated a decreasing trend in pain and fatigue scores compared with the usual care group. The Visual Analogue Scale (VAS) of pain and the Rhoten Fatigue Scale (FFS) were used to measure those variables.

The researchers conclude Therapeutic Touch is a modality that is non-invasive, readily learned and can provide a non-pharmacological intervention for pain and fatigue of cancer patients. It can be included in a total philosophy of care which focuses on compassionate care.

Mei-fei Elrick  
Chair, *Research and Professional Practice*

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## DIALOGUE WITH DEE IN MONTANA, 2010

In August of 2010, I joined, with some trepidation, a group of 40 Therapeutic Touch practitioners and teachers in Montana for the Therapeutic Touch Dialogue with Dee Krieger. The purpose of this group is to analyze the variables important to the Therapeutic Touch practitioner's engagement in the healing process.

The format used for our discussion was to "dialogue". David Bohm is best known for his use of dialogue. He felt that when participants are in dialogue, they are really listening to each other's ideas and able to express their own. As they do, they learn how people think.

Dialogue is not to be confused with discussion or debate, both of which suggest working towards a goal or reaching a decision. The word derives from two roots: "dia" which means "through" and "logos" which means "the meaning of the word." It suggests a "stream of meaning" flowing among, through and between the dialogue participants, creating a flow of meaning in the entire group so that some new understanding will emerge. The whole group in discussion becomes a mirror for each person.

In order for the dialogue process to be successful, each individual agrees to suspend beliefs, opinions, impulses and judgments in the conversation. Participants are as honest and transparent as possible. Individuals in the conversation try to build on other individuals' ideas in the conversation.

Herein lies the major difference between dialogue and discussion. In discussion you may be arguing different points of view, whereas in dialogue, the attempt is to build on the other participant's ideas, leading to a new group understanding.

Our work with Therapeutic Touch prepares us well for the dialogue process. In both, the entry point is the centering of one's consciousness. As the dialogue proceeds, just as in the Therapeutic Touch session, the participant remains centered. This act of sustained centering, in both the Therapeutic Touch session and the dialogue session, opens the participants to deeper levels of consciousness and understanding.

The dialogue process is the ideal format for large group sessions after the Practicum. Here we may dialogue questions such as: What have we learned from this session? How has our understanding of the process of Therapeutic Touch changed during this session?

At the end of one of the sessions in Montana, Dee gave us a "new" acronym for healing, MILK that I would like to share with you. I challenge you to use this acronym as a starting point for dialogue in your Practice Groups. Acronyms are useful as a way to remember facts, but are not meant to be limiting. You will find deeper meanings beyond the acronym through the process of dialogue. I suggest you take at least one meeting for each part of the acronym. To help you get started, I have included some definitions and quotes from Dr. Krieger and Dora Kunz.

The dialogue facilitator (could be the group facilitator, or someone who volunteers during the previous meeting) starts by reading the definitions of mindfulness. Allow participants to centre themselves and decide how the ideas presented about mindfulness fit into their ideas about healing. As each person begins to express their ideas the dialogue process begins. As you listen, fully present, to the first participant, the next person will add to the idea expressed. The dialogue continues in this fashion, gradually building your ideas of

healing until you reach a deeper, more profound understanding of the healing process.

The facilitator allows the dialogue to continue until, just as in the Therapeutic Touch session, there is a feeling of completion.

I encourage you to report back to in touch about your experiences as you work through the dialogue process.

Here is the MILK acronym for healing that Dee gave us:

**M**indfulness  
**I**ntuition  
**L**istening  
**K**arma

### Mindfulness

Definition: being in the present moment; it involves a conscious direction of our awareness; paying attention in a particular way; on purpose; nonjudgmentally<sup>i</sup>

#### Quote

Being in the present moment frees the Therapeutic Touch practitioner to appreciate more of what is going on within. She begins to realize that Issie (Issie—inner self) speaks to us with a very different intelligence.<sup>ii</sup>

### Intuition

Definition - an ability to understand or know something without needing to think about it or use reason to discover it.<sup>iii</sup>

#### Some quotes:

As the therapist progresses in depth in the practice of Therapeutic Touch, and her linkage with her inner self becomes clearer and more definitive, she achieves greater access to intuition and her attempts to help or to heal those in need. In fact, there seems to be a direct relationship between the degree to which one has access to intuition, and one's willingness to put these messages of personal knowledge into action in daily life.<sup>iv</sup>

Intuition takes place when the energy of the inner self breaks through that block (daily concerns) to reach us at the level of our personality... energy flashes down through the levels of consciousness, leaving behind a sense of stillness that stays with us for a while. When intuition strikes, we do not question it, we feel it is the truth, and it invariably solves whatever problem we are pondering.<sup>v</sup>

### Listening

Definition - Merriam-Webster: to hear something with thoughtful attention, give consideration<sup>vi</sup>

#### Some quotes:

As you learn to "listen" attentively with the chakras in your hands, you will pick up messages or cues in subtle ways. Cues may come through many avenues of your sensorium ...<sup>vii</sup>

There is a shift in consciousness noted in Level 1 as students begin to do their first Therapeutic Touch. A silence falls over the room. They begin to listen internally. They are beginning to connect with their inner self...It is difficult to put into words our experience in the silence.<sup>viii</sup>

### Karma

Definition: The karmic effects of all deeds are viewed as actively shaping past, present, and future experiences. "As ye sow, so shall ye reap." Destiny is usually thought of within the confines of the present life. Karma is most usually considered within the context of several, even countless lives and is strongly related to reincarnation. Dora believed in karma but usually used the more secular term destiny in her teaching.

#### Some quotes:

In reference to the client-practitioner relationship during Therapeutic Touch sessions, karma may be a possible explanation for instances where there is an inability to heal or unaccountable problems during the healing process.<sup>ix</sup>

Your own karma is unfulfilled if you involve yourself in another's destiny.<sup>x</sup>

It's easy to lose boundaries in Therapeutic Touch. You end up walking in the client's moccasins, and it's a bad fit.<sup>xi</sup>

One thing you must learn to accept is that the patient's destiny is not in your hands.<sup>xii</sup>

As I write this article, I am preparing to return to Montana for the 2011 dialogues. We have been sent 24 documents to read and absorb before we arrive. Included in these documents are several Deep Dees to do before we arrive. I will do my best to be prepared!

When you are reading this, I will have returned from my second Montana experience and shall be preparing to present some of my experiences at Conference.

Alison Cooke, RT

<sup>i</sup> Kabat-Zinn, Jon. *Wherever You Go There You Are*. New York: Hyperion, 1994.

<sup>ii</sup> Krieger, Dolores. *Montana Dialogues 2010*

<sup>iii</sup> <http://dictionary.cambridge.org/dictionary/british/intuition>

<sup>iv</sup> Krieger, Dolores. *Therapeutic Touch as Transpersonal Healing*. New York: Lantern Books, 2002. 95.

<sup>v</sup> Kunz, Dora and Dolores Krieger. *The Spiritual Dimension of Therapeutic Touch*. Rochester: Bear and Company, 2004. 21

<sup>vi</sup> <http://www.merriam-webster.com/dictionary/listening>

<sup>vii</sup> Krieger, Dolores. *Montana Dialogues 2010*

<sup>viii</sup> Krieger, Dolores. *Accepting Your Power to Heal: The Personal Practice of Therapeutic Touch*. Santa Fe: Bear & Company Publishing, 1993. 29.

<sup>ix</sup> Krieger, Dolores. *Montana Dialogues 2010*

<sup>x</sup> Krieger, Dolores. *Montana Dialogues 2010*

<sup>xi</sup> Krieger, Dolores. *Montana Dialogues 2010*

<sup>xii</sup> Kunz, Dora and Dolores Krieger. *The Spiritual Dimension of Therapeutic Touch*. Rochester: Bear and Company, 2004. 29-30

## THERAPEUTIC TOUCH AND PATIENT CARE AT TEGH

### THERAPEUTIC TOUCH™-AN INTEGRAL PART OF PATIENT CARE IN THE RECOVERY ROOM AT TORONTO EAST GENERAL HOSPITAL.

Therapeutic Touch is offered to patients in almost every unit of the hospital, including the Recovery Room. Our numbers have grown to five practitioners now trained to offer Therapeutic Touch to patients in the Recovery Room. One of the key elements contributing to the success of this program in the Recovery Room is the support of Hospital staff at three critical junctures; those in Preoperative Assessment, in the Recovery Room and in Day Surgery. The support is strong because staff members have seen the benefits of Therapeutic Touch. Therapeutic Touch practitioners are considered an integral part of the patient care team.

As well as offering Therapeutic Touch to the patient in the Recovery Room immediately following surgery, Therapeutic Touch is sometimes offered just prior to surgery. A patient receiving Therapeutic Touch pre operatively most often finds a session helpful in reducing the level of anxiety, thus increasing the possibility of the best possible outcome from the surgery. The response we have received from patients offers some insight into how receiving Therapeutic Touch in the Post Anesthetic Recovery Room (PARR) makes them feel.

The following are remarks from three different patients:

"My fear has gone. I feel wonderfully happy"

"Thank you for helping me to calm down and relieving my pain"

"So delighted to see that the TEGH offers alternative therapies in the Recovery Room"

Therapeutic Touch is available on Tuesday mornings for three hours for surgery patients who have indicated before their surgery they would like to receive Therapeutic Touch post operatively. A verbal consent is obtained and documented in the patient's electronic chart prior to surgery.

In April 2007 the possibility of expanding the Therapeutic Touch program to include the Recovery Room was first put forward and strongly promoted by a member of the Recovery Room staff, Joseph McAleer who is also a Therapeutic Touch Practitioner. It took many meetings with key decision makers in the Hospital who recognized the value of offering Therapeutic Touch in the Recovery Room to get this program established. It was through the tireless efforts of Marleene Burfield and Susan Phillips that this program became a reality.

Just recently we were given permission to document in the charts of all patients for whom Therapeutic Touch was given. This is a significant development and has come about through many discussions with the Manager of the Clinical Documentation Department of Interprofessional Practice. This change helps to raise the level of consciousness for our work throughout the hospital. We are honoured to be a part of the patient care team in sharing with our patients the benefits of Therapeutic Touch.

Marleene Burfield, RN (ret), RT  
Sue Hartman, MA, MHSc, RP  
Susan Phillips, RP

## SO MANY BOOKS, SO LITTLE TIME

Jampolsky, Gerald G. Love is letting go of fear. 3rd ed. Berkeley, CA: Celestial Arts; 2011.

Inner peace.... Who doesn't crave inner peace, especially in this topsy-turvy world that we live in today?

We all want it, but how do we achieve it? How does one get into the "Zen" mode? How do we "leave our worries" behind and "live in the moment"?

Meditation? Well, yes, sometimes that works. But it's just a short term solution.

There is another way... it's all about managing how we respond to stressors in our lives. It's called "attitudinal healing".

Dr. Gerald G. Jampolsky, a graduate of Stanford Medical School, is an adult and child psychiatrist. Based on his studies of A Course in Miracles, this book was written not only for us, the readers, but also for himself. He still does his best to apply its practical principles to his own life.

Attitudinal healing is based on the principle that it is not other people or situations that ultimately cause us upset. Rather, it is our own thoughts and attitudes about those things that are responsible for our distress, and the actions we take as a result of those thoughts and attitudes that can hurt us. Healing results when we concentrate on changing our own attitudes rather than trying to change the attitude of others.

Old news? Well, yes, but his solution is quite simple....

Forget the past – you can't change it. That chapter of your life is closed - finished. Let go of any past guilt. Forgive. Forgiveness does not mean you condone or agree with horrendous acts. It is the decision to not to suffer any more. To forgive is to make the decision to be happy, to let go of judgments, to stop hurting others

and ourselves and to stop recycling anger and fear. Forgiveness is the bridge to compassion, to inner peace, and to a peaceful world. Forgiveness is necessary, because without it, there can be no future.

Forget about the future – there is no point in worrying about it because you can't predict what is to come. Worrying about it will only cause stress, and fear – a never-ending cycle.

The author maintains that we are preoccupied with the past and its projection into the future, which defeats any aims of present peace. The past is over, and the future is yet to be. Peace cannot be found in the past or future, but only in this instant. We must live today without either past or future fantasies. This instant is the only time there is.

The core principles of attitudinal healing include:

having a willingness to see the world differently; seeing value in letting go of our control issues, judgments, and grievances; making forgiveness as important as breathing

The author offers us twelve easy lessons to help us let go of the past, and stay focused on the present as we step confidently toward the future. This is an easy read, with many examples and personal stories taken from his own life, along with thought-provoking illustrations.

By working to attain an inner peace, and being present in the moment at all times, we can better serve our clients in our healing practices.

Pat Buczkowski

## WHAT MY GRANDMA MEANS TO SAY

by JC Sulzenko

This 48 page, fully illustrated book began as a one-act 10 minute play about dementia, for children ages 8 - 12. "It encourages children and families to build their understanding of Alzheimer's and related dementias, and to develop strengths and strategies that support each other and the person they know who is living with such diseases. Talking with children becomes important as they are often drawn into the role of caregivers." The book takes readers down 11 year old Jake's path as he learns about this disease as it changes his Grandma, and helps him to understand and support her.

I would have appreciated having this book when my grandchildren were visiting my Mom, their Grandma, to help them understand why she didn't know them any more, and what was happening. I am grateful I did have the care and support of the Board and my Therapeutic Touch 'sisters' during my mother's illness and passing.

The Glebe Centre (Ottawa), my parents home for several years, and the Alzheimer's Society Ottawa and Renfrew County, (ASORC) have worked with the author JC Sulzenko, with this book and future project of a video production of the play for use in schools and by community groups as an educational support to children and families.

Please visit her web site -- [www.jcsulzenko.com](http://www.jcsulzenko.com) for more information and watch the YouTube video on the site. This book is a very helpful source of support for families dealing with this illness, and the resulting changes in their lives.

Mary Bant RP

## THERAPEUTIC TOUCH™ AND DISTANT WORK

Our Therapeutic Touch Practice Group in London has a Distant Team. Over the years, most of us remain rather steady in our dedication to this kind of healing work. For some it is a matter of preference, for others convenience. The Leader handles requests, sends out email to the group and, if called for, sends an update. Each of us complements the work of others - as if working on a puzzle together. We know when the work is accepted or no longer needed.

Recently, someone questioned what we are actually doing and can she tell interested people we are practicing distant 'pure' Therapeutic Touch? What would they get if they consented to it?

We accepted distant work in Therapeutic Touch, but we do not talk about it as much as about the common practice with the receiver present.

In our Glossary of Terms, Distant Healing is described as 'Healing in which the effects are non-local, i.e., the practitioner is interacting with the client's human energy field while not in physical contact with the client. Space does not appear to have a limiting effect on the transmission of healing due to the intentionality of the practitioner. Practitioners are able to provide distant Therapeutic Touch'.

Following the mandatory curriculum for Level 3, the teacher defines and explains distant healing and follows by a practice session.

All basic assumptions and premises of Therapeutic Touch are valid in distant work. One stands out for me: "Energy follows attention of your mind". We know that Therapeutic Touch is a work of mind; we can treat someone at a distance in the same manner as if the person were present. I teach that one needs permission for the direct 'hands-on' work. Students very much agree after experiencing and discussing the practicum.

In both, 'real' and distant treatment, centering and intention are the basis for all we do. Aside of scanning with hands, there are other ways of receiving the information, for example intuitive insights that come through any of the senses (known and less known).

Response to the cues is an act of creativity, in which we use all and any (healing) means to answer the need.

In distant work, with the physical body absent, all of that can be done mentally, with imagery being the primary tool.

When we are asked for Distant Healing, the request may be made in many different ways. The request may be stated: I need help, please hold me in your thoughts, send me treatment, healing, send your support, love or light. We also may be asked for healing on behalf of others, of living beings, catastrophic events or our planet.

In Healers' Meditation, Dora Kunz answers these needs in ways that are both, simple and profound.

In her book Spiritual Healing, she encourages us to center two or three times a day and be a center of peace, sending out thoughts of peace. She claims that 'this action has definite positive effects' (page 181).

She also says that 'when we are able to send out love unreservedly, without doubt or fear of loss or thought of self, then that energy will reach others at a higher level, where they can use it to mobilize their own inner powers and help them to resolve their problems' (quote, page 190).

Dora is further telling us that we should try regularly to project as much love as possible.

The energy we are sending may influence the receiver on any level: from experiencing distinct bodily sensations to feeling sleepy, comfortable, relaxed, reassured, peaceful, content and so on. Unless told, we do not know what means the sender used to elicit the particular response.

We can receive 'real' distant Therapeutic Touch treatment following all the steps as per protocol, we can be also enveloped by white light, filled with colors of rainbow, invited in the space of peace, taken for a walk at the sea shore, washed in blue ocean waters, put to sleep in the meadow, filled with courage, compassion and kindness. The healer could mentally sing or chant to us or have us smell a yellow rose. What we call 'modulation' can be used in conjunction with the treatment or alone. When we allow the intuition to guide us (in addition to knowledge and experience), there are no limits to what can be done.

We all exist within the common energy field that can be called many names. Accessing and using its healing energy is our birthright, it is free and available to all of us.

Healing at a distance can be done in many effective ways – for example praying, working with 'helpers', using symbols or healing rituals.

Even though the available tools are many, when presenting the distant work as Therapeutic Touch, we have to deliver Therapeutic Touch – same as when practicing in public.

Perhaps we need to make a distinction between Distant Therapeutic Touch Treatment and Distant Healing, for in the latter, the means may be less clearly defined.

Jitka Malec RT

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 \* indicates a teacher of all levels.  
 (Information for these pages is supplied by the individual networks and is accurate up to and including June 15, 2011 (see note in box below))

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<b>Golden Lake:</b> Patricia Tamosetis*	613-625-2277		<b>Delta:</b> Cheryl Larden*	604-510-0190	
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<b>Guelph:</b> Mimi Craig*, B Ed	519-827-1819		<b>Golden:</b> Marlije Patterson-Robinson*	250-344-5325	
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Heather Gurd*	519-885-4313		<b>Winlaw:</b> Camille Roberts*	250-226-6886	
<b>London:</b> Jitka Malec*, RN	519-668-2409				
Carole Wray*	519-668-0272				
Caroline Buchanan*	519-641-4190				
<b>Midland:</b> Helen Will*, RN	705-534-1101				
<b>Mississauga:</b> Susan Keith*, RN	905-278-9800				
<b>Moffat:</b> Martha Hoey	519-823-5847				
<b>Niagara Falls:</b> Doreen Sullivan*, RDH	905-354-8873				
<b>Oakville:</b> Mary Simpson, RN	905-825-0836				
<b>Orangeville:</b> Nancy Hall*	519-938-9268				
<b>Ottawa:</b> Gail Lafortune*, RPN	613-834-4524				
<b>Peterborough:</b> Linda Nelson*	705-745-2849				
<b>Pickering:</b> Karen Marks, RN	905-649-3030				
<b>Richmond Hill:</b> Gail Sandler*	905-770-0225				
<b>Roseneath:</b> Pat Hall*	705-924-9320				
<b>Sarnia:</b> Margaret Pennesi*, RN	519-336-9990				
<b>St. Catharines:</b> Marg Deane*, RN	905-646-4948				
<b>St. Thomas:</b> Hele Spangenberg	519-769-2374				
Melinda Whitehead	519-633-2506				
<b>Stouffville:</b> Pamela Beach*	905-852-6440				
<b>Sudbury:</b> Susan Lee*	705-524-5084				

# CANADIAN THERAPEUTIC TOUCH™ NETWORKS PRACTICE/SUPPORT GROUPS

The people listed below will give you information about Practice/Support Groups.

NOVA SCOTIA			LORING		
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<b>Dartmouth:</b> Barbara Stone	902-469-0317		<b>Midland:</b> Norma Piitz	705-549-5165	
<b>Falmouth:</b> Cathie Boyd	902-798-8628		Helen Will	705-534-1101	
<b>Halifax:</b> Various RP's	902-469-0317		<b>Mississauga:</b> Debbie Abate	905-712-8119 x225	
<b>New Glasgow:</b> Cherry Whitaker	902-925-2042		Martha Hoey	519-823-5847	
<b>Pictou:</b> Linda Chisholm	902-485-4548		<b>Muskoka South:</b> Bonnie Christie	705-646-2095	
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<b>Guelph:</b> Evelyn MacKay	519-822-4174		<b>Duncan:</b> Judith Schweers	250-748-5993	
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Shirley Boon	705-789-7434		<b>Maple Ridge:</b> Jean Ruttan	604-463-7711	
<b>Kitchener:</b> Margo McIntosh	519-894-0				

## PARTICIPANTS AT A THERAPEUTIC TOUCH RETREAT



The obvious joy and good spirits on the faces of these Therapeutic Touch practitioners makes me wish I had been there! This picture was taken at the Orangeville retreat which happens every year. In the back row, from the left: Nancy Johnson, a faithful, long-time member from Collingwood and next to her the wonderful smiling face of Susan Leuty of Fergus. Then Lisa Knott, future TT Teacher from Lakefield, and beside Lisa is Victoria Wolkensperg who has served our network in many ways, including Committee and Board work plus getting the meditation CD into production. Beside Victoria is Nancy Hall, another long-time member who is presently Manager of Resident Care at Hospice Caledon, so we know where lies her good heart! And at the end of the back row, another long-time member, Fred Zufferey who is involved in body-mind healing work in Toronto. He always wears the great smile you see here!

The next row, from the left: is Diane May, Past Chair of TTNO, Nurse Healers and Therapeutic Touch International, the face behind the books on Therapeutic Touch which you may have in your TT library! And beside Diane is Laura Pokoradi from Hamilton, also past Board member. Diane and Laura facilitate this Retreat event every year. Next is Lynn Hewitt who was enjoying her third time at Retreat... she is from Mississauga... and beside her is Brita Ball of Guelph who is just completed her PhD. Yes! It's true. Congratulations, Brita!

The front row: Lillian Hutchinson, ever cheery Yoga teacher from Brampton (she also makes yummy jams!) and then Dr Joan Beattie, who is pictured and quoted on the TTNO video! That's her! Then, Louise Nault of Brampton who was very ill last year and many of us sent healing energies to Louise... she looks so well... and happy! And Linda Nelson, a long time member who is often called upon to lead exercise activities when practitioners meet.... she is great at getting people up and doing, to provide fun for each other. Then on the very end is one of our Founders, Mary Simpson who has taught across Canada and beyond, is a source of information on health and Therapeutic Touch related matters. Looks like they were having fun!

Evelyn MacKay

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