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Pictured above are the members of the 2012 BCTTNS Board Jeri-Lyn Munro, Jean Ruttan, Lynda Harvey, Cheryl Larden, Tarja Oostendarp, Marie-Paule Wiley, Marie Preissl Missing Dianne Whetstone

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MEDITATION

We appreciate meditations that usher in a mood of deep peace and serenity. It is in the place of inner stillness that we sense our own inner truth. With patience such truths make themselves known to conscious awareness and our self knowledge is enhanced as a result. If the High Self can be reached in meditation the sense of discovery can be magical.

With this in mind as a catalyst to self discovery, take a few moments to notice the rhythm and rate and depth of your own breath. And have the intent to slow the breath, slow enough for you to be mindful of the breathing process... to count the slowed inhalations and exhalations.... and to be aware that your breathing is not only slowing, your muscles are feeling more relaxed and your shoulders echo the sense of relaxation as they begin to drop.

Keeping back and spine against the chair where it resists weariness, tuck in your chin so the energy pathway through the body is clear. Your body is fully supported by your chair and you are aware of a deep and pleasant feeling of peace and contentment.

From this place of inner serenity, have the intention to connect with your Inner Self, that Eternal Self which records thoughts, experiences, awareness and personal truths which you have gleaned as the being you are. You may have an inner body signal that lets you know when you are connected with that High Self element, that wise part of you that observes and accepts without judgement, but matter-of-factly, unemotionally... and is capable of delivering to your conscious awareness the beauty of your own being.

And now, inviting this High Self to remind you of your strengths. Inviting this information to come forward from wherever it is stored..... maintaining a fine clarity of inner vision so this truth feels its welcome....be prepared to accept a beautiful insight, a beautiful truth about you. It is important that you be willing to know and accept your own strengths, your own self awareness, your own talent.

Inviting this information to imprint itself on your conscious awareness, maintaining a clear inner vision and a clear knowing. You may hear a statement of your inner strength...or simply know what is so. These inner strengths are seldom what we expect them to be, so resist searching your inner horizons. That avenue now open to you will come as a gentle message or sometimes a silent knowing...as if a statement is made that slips in through a crack under an unseen door.... Even letting truth surprise you as you learn about your self and your strength.

Accepting the inner wisdom of you and from you as it is presenting... quietly, yet in a certain strength that suggests clarity and knowing...surprising you in its simplicity and deep truth. And you, accepting this revealed truth and beauty about your own being... knowing you are hearing what you have always known and knowing you inner truth is safe with you.

Slowly realizing the space and room around you, coming back to this reality, this every day... taking a deep breath and tasting a new self-awareness.

Thank you.

Evelyn MacKay, RT

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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Articles may have a maximum of 850 words.

Please send submissions to TTNO office with "Newsletter + which issue + the nature of the submission" in subject line; e.g. "Newsletter Autumn 2012 – 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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 Practitioner Workbooks, teaching materials,
 extra Newsletters, Brochures, resources

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SUMMER GRATITUDE

I have noticed myself thinking about and feeling gratitude regularly this springtime progresses. Perhaps because I am reflecting upon a decade of my life and the next one that is approaching; perhaps because my son has reached an age and stage in his life when we are friends as well as parent and child. Maybe it comes from feeling settled in the new home to which I moved in the spring of 2010. I do know my sense of gratitude also stems from being a member of The Therapeutic Touch Network of Ontario. I am learning so much as the chair of this vibrant organization – about how organizations run, the essential role of the Membership as well as the Board, the dynamic nature of organizations and communities that are ever changing and evolving. What a gift at this time in my life!

I looked up the meaning of gratitude. Many of you may already have done something like this. We all find meaning that is important to our lives in our own unique time. I noticed a blog posted by a woman named Marelisa Fabrega, who used the following words: "Gratitude means thankfulness, counting your blessings, noticing simple pleasures, and acknowledging everything that you receive. It means learning to live your life as if everything were a miracle, and being aware on a continuous basis of how much you've been given. Gratitude shifts your focus from what your life lacks to the abundance that is already present." Quite a list based on a nine letter word! And embracing an attitude of gratitude seems to open up the possibility of profound and powerful shifts and opportunities in our lives. According to Fabrega's information: "... behavioral and psychological research has shown the surprising life improvements that can stem from the practice of gratitude. Giving thanks makes people happier and more resilient, it strengthens relationships, it improves health, and it reduces stress." To me, the act of feeling gratitude seems remarkably similar to experiencing and living the foundations of Therapeutic Touch. More gifts for sure!!

On a very different note, I will share a tidbit of learning I gained as I researched the history of The TTNO as part of our Strategic Planning work this year. I was reviewing our bylaws and the original and revised letters patent of our organization and found the following: In Sept. 2004 the Board changed the official name from THE THERAPEUTIC TOUCH NETWORK (ONTARIO) to THE THERAPEUTIC TOUCH NETWORK OF ONTARIO. So our official title includes the word "The" capitalized. When we use the abbreviation of the official title (the TTNO) the word "the" is lowercase. After years of uncertainty, and confusion about the correct way to write the name of our organization I now have clarity. I hope you do too. Have a great summer everyone!

Jane Graham, *Chair*

REPORTS FROM NETWORKS ACROSS CANADA

ATLANTIC THERAPEUTIC TOUCH NETWORK

Greetings from Atlantic Canada to all other Canadian Networks!

We are just weeks away from our much anticipated May, 2012 Spring Conference which takes place in Halifax, NS. Tony Murdock is our keynote speaker and Althea Woods will also present. Our theme this year is "A Deeper Sense of Healing". We welcome this "oasis in the desert" which follows the past two years during which we focused on much needed revisions to our Bylaws, Policies and Procedures in addition to the "daily" needs of our Network.

CD's from the 2011 Vision and Reality Conference in Toronto have arrived and their "tour" of Practice Groups throughout Atlantic Canada has begun. Our Members always find this material both educational and inspiring. "Thank You" to The Therapeutic Touch Network of Ontario!

A list of Registered Practitioners has been posted on the ATTN Website in order to assist those who are seeking the services of one of our gifted Practitioners.

More than 50 enthusiastic individuals were present for the May 2, 2012 screening of the docu-drama on Therapeutic Touch held at the University of Prince Edward Island. This docu-drama was produced and directed by independent film maker, Kari Mitchell, of KoKreative Productions. As at May 6, 2012, more than 400 persons had reviewed the "trailer". Ms. Mitchell shared that production of the DVD was a labour of love and is dedicated to her Mother, Evelyn Mitchell. Following the docu-drama, we moved from the lecture room to the lounge where Registered Practitioners did Therapeutic Touch sessions for those in attendance who wished first-hand experiences of the benefits of this modality we love so well. Ms. Mitchell created the DVD in order to promote Therapeutic Touch™ as developed by Dr. Dolores Krieger and Dora Kunz and to show the diversity of our modality. A special "Thank You" to Kari for honoring our work! (Copies of the DVD were made available at the event; and copies may also be obtained at www.KoKreative.org.) An impressive number of students signed up for classes.

A Practice Day on "Boundaries" was offered in Dartmouth, Nova Scotia on March 17, 2012 with others to follow in various locations in both Nova Scotia and Prince Edward Island.

ATTN currently has six Registered Teachers, five of whom teach all three levels of Therapeutic Touch. Congratulations to Charlotte Quirk and Barbara Stone, both of whom were recently approved to teach Level 3! Congratulations to George Rodgers and Mary Hughes, who recently achieved their Registered Practitioner status!

Practitioner Days have been held in a number of locations in our Network by Cherry Whitaker, Practitioner Liaison. The purpose of these days is to enhance the knowledge and skills of student practitioners who are in the process of completing ATTN Case Study Workbooks and the Registered Practitioners who supervise them.

In June, we will celebrate the 9th Anniversary of the opening of the Sunshine Room at the Victoria General Hospital in Halifax, Nova Scotia. In November, 2012, we will also celebrate the 3rd Anniversary of the opening of the Harmony Room at the Yarmouth Regional Hospital. Our gifted Registered Practitioners volunteer a

much appreciated service to cancer patients and their loved ones; and we are so very proud of each and every one of you. Special thanks to Charlotte Quirk for scheduling at the Sunshine Room and to Sandra Noah for scheduling at the Harmony Room.

I would like to take this opportunity to thank our talented Board Members, Committee Members, Practitioners, Teachers, Practice Group Leaders, Members who support ATTN ~ all of these folks who share their gifts so generously. You are deeply appreciated, and on behalf of the Board of Directors of ATTN, I wish each and every one of you a restful and restorative Atlantic Canadian summer!

Peace & Light,
Janet Manthorne, *Coordinator*

BC THERAPEUTIC TOUCH NETWORK SOCIETY

BCTTNS President's Message

Greetings from beautiful B.C. We held our AGM along with a retreat in Langley at the Springbrooke Retreat Centre April 27 – 29th. We have had a conference either annually or semi-annually and it had been several years since we had a retreat. Our Education Chair, Marie-Paule Wiley, took on the task of organizing and facilitating the event. The location was wonderful, the food was awesome, and the speakers were inspiring! Some of the comments were: "It was all I expected and more." "It was the best TT conference I attended." "It was transformational." Again, thanks to Marie-Paule for making this happen!

We are happy to add a new member to our Executive, Lynda Harvey. Lynda has been on the executive in many capacities in the past and will now be serving as Practice Group Coordinator. Welcome back Lynda! Continuing on the board is Jean Ruttan, Publicity and Webmaster; Dianne Whetstone, Membership; Marie Preissl, Research, Marie-Paule Wiley, Education, Tarja Oostendarp, Secretary; Jeri-Lyn Munro, Treasurer, and myself as President. BCTTNS is grateful to them for all their contributions. Each individual member also plays a tremendous role in the spread of Therapeutic Touch.

We have some new members we are happy to welcome, some due to the successful grant application for hospice and cancer agency staff and volunteer training. We are hoping to receive further grant money in the near future and to continue with the training at various locations throughout the province in the fall.

At the retreat we celebrated 15 years as a B.C. network! We've come a long way with endless possibilities to further the growth of both our network and TT!

Respectfully submitted,
Cheryl Larden
President BCTTNS



Pictured above are BCTTNS Board members with Dianne Whetstone

THERAPEUTIC TOUCH NETWORKS OF CANADA (TTNC)

The Spring, 2012 edition of the **in touch** again had many informative and inspiring articles for the Therapeutic Touch™ Community across Canada. Thank you to all the members of the Therapeutic Touch Network of Ontario that are involved in producing this excellent newsletter that includes news from all the Regional Networks. For many years the TTNO has been the resource regarding policies and procedures for Therapeutic Touch practitioners in all the Regional Networks. We are grateful for your leadership. As the TTNO organization concentrates on their own challenges and priorities, the Therapeutic Touch Networks of Canada will over time play a bigger role nationally. The TTNC Board has decided on several projects for the immediate future. TTNC plans to have an e-Newsletter starting with 3-4 pages and will include reports and news from the Regional Networks.

TTNC is proposing a National Curriculum for teachers of Therapeutic Touch. Our goal is to have a Canadian National Teacher's Collective with representation from the Regional Networks. This idea was eagerly embraced by the Networks in the early stages of the development of the TTNC. Another initiative is to have the cost of Therapeutic Touch sessions reimbursed to the client by insurance agencies as are massage and physiotherapy treatments. This would also raise the profile of Therapeutic Touch as an effective healing modality. TTNC is researching the possibility for this to become a reality. TTNC is also proposing a template for a brochure that the networks and individual practitioners could download for their use. Communication is a vital part of an organization, so to speak with the same language with the correct terminology is important for the public image of Therapeutic Touch. This could also unify and strengthen the role of the practitioners in the Therapeutic Touch community. The practice of Therapeutic Touch has evolved over the years with more knowledge about its effectiveness and how energy work influences healing. There have also been many changes and advances in how we communicate with each other. Let us embrace some of the new technology such as Twitter, blogs, YouTube, etc., to spread the word about Therapeutic Touch. When will your iPhone have an app for Therapeutic Touch to access a practitioner or more information about it? One of the goals for anyone who learns about Therapeutic Touch is to help with healing for self and others, so let's expand our scope of influence beyond the health care system. Why not engage the Education System by including an article on Therapeutic Touch and its effectiveness with children in Teachers' journals and school newsletters? Could there be workshops at Teachers Day and Conferences?

With the TTNC initiatives, there is opportunity for another level of involvement for students and practitioners of Therapeutic Touch. The TTNC Board invites you to become part of the wave of excitement

for the growth of Therapeutic Touch by joining our team of volunteers for the new e-Newsletter as editor or a writer. Contact your representative on the TTNC Board or join us on LinkedIn under Groups for Therapeutic Touch discussions.

The TTNC Board reminds everyone who qualifies for the Liability Insurance to take advantage of this opportunity to apply for great coverage at a low cost. Please read the updated information in another article in this issue of the **in touch**. The article is on page 5.

Submitted by
Marion Cameron, *Secretary*

THERAPEUTIC TOUCH LIABILITY INSURANCE OPPORTUNITY

Do you have Fire and Liability Insurance for your home, condo or apartment? A large majority of the population have this protection to cover the replacement costs of our valuables and assets. Liability Insurance for many years has been an accepted cost of doing business and considered a protection against claims. We are not perfect so insurance is one way to hold up our own umbrella of protection. Do you have Liability Insurance to cover yourself and your clients for the practice of Therapeutic Touch™ and several other alternative practices?

Leo Gregory, Director of the Board of Therapeutic Touch Networks of Canada has negotiated a low cost Insurance policy for you.

There are 3 requirements to qualify for this insurance: you must have had a workshop in Level One Therapeutic Touch by a qualified teacher, be a member of your Regional Network and have signed the Code of Ethics.

We have found that the general population is more open to receive and pay for treatments when the practitioner has an umbrella policy of Liability Insurance protection. Therein lies the opportunity for you. In the Spring 2011 issue of **in touch** there was a question as to "How can we begin to charge for sessions?" We have found that those practitioners who now have this low cost insurance are finding more open doors to practice Therapeutic Touch in hospices and hospitals as well as being able to charge for sessions.

Please visit the WWW.TTNC.CA website to download the application form as well as the insurance coverage details. Trisura is our major insurer across Canada who has provided us with a generous protection plan of up to two million dollars coverage at a low cost of \$125.00. This includes bodily injury, property damage, medical payments, professional liability and commercial general insurance to name a few.

Our goal is to have at least 200 practitioners who would benefit from this protection and opportunity. We are close to halfway in reaching this goal. Please review the application form to find the multiple other modalities covered by the Trisura Guarantee Insurance Company.

The master policy period extends to December 1st, 2012. With a greater number of practitioners that subscribe to this opportunity there is the protection of this great premium rate for ourselves and all our clients.

Check out our website www.ttncc.ca and apply today. If you have any questions about the application form contact Kris Gaetano whose information is on the form.

Leo Gregory, *Vice-President, Communication TTNC/RTTC*

TTNO COMMITTEE REPORTS

TEACHER LIAISON COMMITTEE

The concept of a community.... It is a set of human behaviours that have meaning and expectations between its members. Not just action, but actions based on shared expectations, values, beliefs and meanings between individual

A Sociological Perspective by Phil Bartle, PhD

Community... sharing, participation, and fellowship. Wikipedia

Throughout the last months as I have been reading Evaluation forms, Request for Input forms and listening to Practice Group members, one of the most common things that I have read and heard is how unique the Therapeutic Touch Community is and how important it is to so many to belong to this distinctive community.

Many have said that one of the main benefits of membership in the TTNO is this sense of community.

I know that we all have our own experiences of being part of this TTNO community. From my perspective, as Chair of the Teachers Liaison Committee and therefore a Board member, I have the opportunity and privilege of seeing our community from a larger perspective. I see the special people and the special acts that make our TTNO community so extraordinary.

I have had the opportunity to witness and be a part of Jeanne Dunnett's **participation** in our community as she re wrote/updated her Therapeutic Touch Level 1 workshop materials and submitted them for review, while staying in an ashram in India this past winter. The fact that while packing, she included her 2010 Curriculum and Guidelines is pretty amazing on its own! The opportunity presented itself for her to teach Therapeutic Touch and she took the necessary steps to make it happen

"There were some challenges giving the class: 94 F heat on our final afternoon, much loud honking at the crossing just outside our windows, about half the class with English as a second language (what brave souls and so eager to learn), and me with a new curriculum and no teaching aids.. Despite the challenges, by the time they were giving full sessions there was much peace and love in our room. I gave 25 Level One Certificates!"

I personally experienced the **sharing** that takes place in our community. While care giving to family members this past winter and not feeling so creative, Evelyn MacKay heard the struggle in my voice and said "With your permission may I write your **in touch** column." The relief I felt was huge and I felt so grateful, appreciative and supported.

Dianne Bussmann told me while we were discussing her updated Day Plans of the challenges that she has had over the last year. She went on to say that she credits Susan Lee for encouraging her to keep up her TTNO credentials. Susan "insisted" Dianne attend a Practice Day and welcomed her to stay at her home as the Practice Day was at a distance. Dianne credits the **fellowship** her own Practice group for giving to her what she needed when she asked for it. "I kept my Practice group going because I wouldn't let them down by not having it. I said I couldn't give treatments but that I needed one. They supported me by giving me treatments when I asked and

I showed them by example that it is OK to receive and to ask for what you need".

In our TTNO community we celebrate the "behaviours that have meaning "for us.

Congratulations to Ellen Hadley (Shakespeare). Ellen's Continuing Education workshop **The Inner Journey - Self-Care Tools for the Therapeutic Touch Practitioner** was approved for eight education hours which can be applied to achieving or maintaining Recognized Practitioner status.

Congratulations to Julia von Flotow (Toronto) and Jodi Cole. Julia, with Jodi as her supervising teacher, has been approved to teach Therapeutic Touch Level 3.

Congratulations to Jo-Anne Lacroix-Campling (London) and Carole Wray. Jo-Anne, with Carole as her supervising teacher, has been approved to teach Therapeutic Touch Level 1. Also thanks to Jitka Malec, who Jo-Anne says "also had a huge impact for me being where I am today with Therapeutic Touch"

We also celebrate those "actions based on shared expectations, values, beliefs and meanings "

There were two successful and well attended recent Teachers Days. The Southwest Teachers met in London, March 26, and the Central Teachers met April 1. Our TTNO community is grateful for the organizers, the presenters and the participants at these two meetings. There will be a SWO teachers meeting on September 24 2012 and the Central Teachers have plans to meet in the spring of 2013.



Left to right : Mary Simpson, Susan Keith, Helen Will and Laura Pokoradi at Teachers Day in Etobicoke.

An upcoming event in our community that encompasses "**participation, sharing, fellowship**" is the **2012 TTNO AGM & Fall Event: EXPANDING OUR VISION** being held at the Isaiah Tubbs resort. The organizing committee has really listened to what the membership has told them that is important to them and has provided this unique opportunity to learn, to grow, to share and to have fun. Mark your calendars now and make the space in your Therapeutic Touch lives to attend this event.



A community is not static but ever changing. So too our TTNO community is changing and evolving.

An important change in the TLC is Doreen Sullivan's decision to discontinue her role as Submission Coordinator. For 20 years Doreen has been so active and integral to our TTNO community and she will continue to be so as a member of the Teachers Liaison Committee. If any teacher has an interest in this committee and especially in this very important role, I would love to hear from you.

This time of year I find is very busy for the teachers of our TTNO Community. Teaching classes, doing presentations, attending classes and retreats and offering Therapeutic Touch sessions. I hope in all that you do that you feel the respect, the appreciation, the caring and the support from your TTNO community.

Sharron Parrott, *Chair Teachers Liaison Committee, TTNO*

EVENTS AND STRATEGIC PLANNING

Dear Members,

My role on the Board of the TTNO has evolved to that of Vice Chair. This reflects both my own changes since first coming to Therapeutic Touch and changes in this network. I am still involved with Events Planning, but also now Strategic Planning for the organisation as well. This is a direction in which the Board is actively working, to maintain our standards and to support our growth, as individual members and as an organisation that promotes the practice and acceptance of Therapeutic Touch.

Program and activities for the 2012 AGM and Fall Weekend are being put in place. I hope you are planning to attend. It will be a magical time, in a beautiful setting, to come together and celebrate ourselves and each other. Your input has been put to use for this year's event and will help with plans for 2013

I want to mention here, two submissions from the last issue of this newsletter. First, the responses to Roslyn Levin's letter to the editor about our image. What struck me is that we can be proud of what we do, and that we continue learning by educating ourselves, so we can teach others. "Take the time for kind and generous conversations about Therapeutic Touch..." "Wax poetic..." (thank you Heather and Jitka)

The second one is Evelyn MacKay's meditation on the strands of our lives "each relationship supporting you and your interactions with others." Yes!! We do our inner work so we can reach out. The threads we share as practitioners support and strengthen us in all aspects of our lives. Bringing our attention to this is vital to our own development. It is vital to the growth and development of our organisation as well. Our impact is subtle, may seem imperceptible at times, but its effect is truly profound. We have all been witness to and received incredibly powerful, transforming gifts from the universe. This is because we are all connected to that universal energy.

So how does this fit with Strategic Planning and the Fall weekend? That, just as we as individuals must work from the inside out, so must our organisation. What connects us in our Therapeutic Touch community is that we are all practitioners. We are part of this organisation, both to support, and be supported by, each other. We are blessed with our practice groups, consistent teaching practises and excellent educational programs. How do we go further?

We continue our inner work and our professional development, so we can take part in the healing process for ourselves, our families and our communities. To do this we need to take care of ourselves and each other.

The 2012 Fall Event weekend is a time and place for us to help us with this work. These workshops have been developed for the Whole practitioner, who can only grow stronger, as we resonate together towards Harmony and Balance.

Please see Program information in this issue on pages 14, 15 and the back cover of **in touch**.

Enjoy the summer; see you in October on the beach under the full moon!

Annefrances Morris
Vice Chair/ Events and Strategic Planning.

MEMBERSHIP

Once again we are finishing the membership renewal period. I thank all members who renewed as soon as they received their documents by mail. In keeping with our move into this electronic era, for our 2013 renewals, we will be implementing an e-mail delivery of our membership renewal documents. Our intention is to have these documents delivered in early September by e-mail to those with the internet capacity to receive them. By sending those in September members will have 3 months to complete the forms and return their 2013 renewals to the TTNO office. All members who do not have email will be sent a hard copy by mail.

The reason for this change is twofold: first, to save the cost of mailing the forms to members, both in postage and office supplies; and second, to reduce the hours of preparation required for the membership mailing by office staff, thus allowing them to attend to other needs of the membership and the organization.

The membership year is from January 1st to Dec 31st of the calendar year and the renewals are expected back by Dec 31st, 2012. There will be a 30 day grace period (to Jan 30th, 2013) at which time a 25% late fee will be applied to renewals submitted after that date. We hope that members will return their completed renewals as soon as they receive or download the forms, thus avoiding delays and reminders.

In the future we may move to a fully electronic registration for those members who have computer technology, but this will need to be implemented in stages.

Recently the TTNO e-mailed messages about the proposed Fall 2012 Event to all members. Also, a copy of the March **in touch** was sent by email so members could decide if, in the future, they would like to receive every issue of the newsletter on-line. If you did receive those on-line communications, we are delighted. If you can accept the newsletter through this method, that can be a more efficient way for you to receive **in touch** and will cost much less to send because no postage or paper will be used in getting **in touch** to you.

If you did not receive those emailed messages, we need to know. Maybe you do not use e-mail, are on dial-up, or do not have the capacity to get e-mails. Some large e-mails may not be accepted by your system. Whatever the reason, **the Network needs to know if**





you are not receiving emailed messages so we can send newsletters and other notices by regular mail. Contact the TTNO Office either by calling 416-231-6824 or writing to The Therapeutic Touch Network of Ontario, 290 The West Mall, Ste. 4, Etobicoke, ON M9C 1C6. Also if you have changed your email address, let us know by emailing the new information to: ttno.membership@sympatico.ca

Some Practice Groups know if members do not have access to a computer. The members of the group who do have such capacity have agreed to inform these members either by sharing messages verbally or printing off messages and passing them on to those without computers. Such agreements and arrangements are thoughtful ways to support fellow practitioners and are left in the capable hands of individual Practice Group members.

The membership forms are also available on the TTNO website: www.therapeutictouchontario.org under the downloadable forms section. There is a section for each category: General Member, Recognized Practitioner, and Recognized Teacher. Each section contains all the forms needed by each category to renew.

Thank you to everyone, for your support and cooperation as we move forward with this important change.

A note to our teachers: and many thanks to Shirley Boon for giving us this idea! Instead of mailing the Introduction to Membership forms to the TTNO office, would you compile your students' information in a list and send it by e-mail to the TTNO office? Shirley did this in March and it saved a tremendous amount of time in data entry. She sent a covering note saying that all the students listed had agreed to receive the Introduction to Membership. Because the data were typewritten, there was no confusion as to the interpretation of a student's writing, and all information was complete...no missing postal codes or telephone numbers. As well, this saves the teacher the cost of mailing.

About scholarships: The TTNO has a scholarship program which may cover the cost of a member's annual membership fees, or attendance at a TTNO sponsored event such as Practice Day, Teachers Day or the Conference/ AGM. Annual retreats are not covered by scholarships as they are organized by Therapeutic Touch teachers. Any member in good standing for a minimum of 2 consecutive years may apply for a scholarship. Application forms are available on the TTNO website or can be requested from the office. It has a full explanation of the application procedure and any restrictions. The scholarships must be signed by a sponsor (e.g., Practice Group leader) and are limited to one application per year. However, if applied for on 2 consecutive years, the second application may not be granted if there are other new applicants who have never received a scholarship. This program is intended to offer assistance to members who have a financial need, and all information is kept confidential.

The Scholarship program is funded by your participation in the Silent Auction at Conference

Have a wonderful spring and summer. Please contact the TTNO office regarding any membership issues as I will be recovering from hip replacement surgery from April 24 until mid June at least.

Janet Fallaize,
Membership Chair, TTNO

THE JOURNEY CONTINUES

Thoughts from The Practitioner Liaison Committee

There is a Buddhist teaching that I am sure you are familiar with that encourages us to approach everything with a beginner's mind. This is such a great way to approach Therapeutic Touch™. So often we seek things that are intense and complex when being present is all that is being asked for. I often hear from Therapeutic Touch practitioners that they love this modality because it is so simple. I concur. Simple does not mean it lacks depth, quite the contrary. It is in simplicity that depth is revealed. No matter how long we have been Therapeutic Touch practitioners there is always more to explore. When we offer a session from the beginner's mind, we are present to the field, the client, and to ourselves; what a gift that is.

I see Therapeutic Touch as a life-long journey; hence the name of this column. There are many components to the journey, but one of the fundamental parts is 'practice'. Practice is certainly something that is an integral part of growth, and at the same time can be a loaded word. It can imply time, work, and in our often busy lives these are things that seem too much and therefore practice can get set aside. Yet by exploring (practicing) Therapeutic Touch we gain confidence, understanding, and insight. It is where we learn so much about not only Therapeutic Touch but ourselves as well. When we give, receive, or even observe a Therapeutic Touch session we are exploring and expanding, transcending and transforming.

The Practitioner Workbook provides a structure for practice, and we will have a chance to familiarize ourselves with parts of the new revised workbook at the TTNO Fall Event, Expanding Our Vision. I look forward to being with some of you there.

For some, becoming a Recognized Practitioner takes the minimum allotted time of just over a year, for others it can be many years. Whatever the time, it is exactly perfect for each workbook practitioner. Each of us is unique and as such our perceptions, learning styles, and approaches are uniquely ours. Remember that achieving your Recognized Practitioner status is only one part of the journey, and in many ways it is just the beginning. But then if we approach everything with the beginner's mind, we are always 'just beginning'.

At the Pembroke Therapeutic Touch retreat (May 4-6), Lorna Gleason (Pembroke) received her Recognized Practitioner certificate. What a joy to share this achievement with fellow members of the Therapeutic Touch family.

As always, if you have any questions, suggestions, thoughts or concerns, please feel free to contact me!

Yours in TT,
Patricia Tamosetis
Practitioner Liaison Committee Chair

PRACTICE GROUP LIASON COMMITTEE

Dear Practice Group Members,

The TTNO believe our Practice Groups provide an essential service to our membership as well as their local communities, and hold important information about our TTNO community.





By the time you read this edition of **in touch** you will know that the TTNO came up with a plan to visit 17 Focus Groups across Ontario. Members of the Board visited a cross-section of Practice Groups to discuss our members' impressions of the status of their local practice groups, as well as the TTNO and its state of health and well-being. We heard from our members about what is working and what may be helpful to change as we move forward as an organization. We also wanted our practice groups to have an opportunity to meet and get to know members of our TTNO board.

I am grateful for the dedication from the TTNO Board members who took the time and agreed to visit the designated areas and facilitated these meetings, thank you so much. Offering a heart felt thank you to all of you who coordinated and participated in these Focus Groups in the designated areas.

We will share the results with you in the Fall **in touch**. At the AGM, planned for October 2012, we will share with you the official results of this initiative, along with some ideas for how to proceed from here.

In previous issues you were asked to do something special in your practice groups to mark 25 years of excellence in Therapeutic Touch™. I want to thank all of you who have submitted stories. Please continue e-mailing me your stories so we can write them up in the **in touch** and share them with the rest of our 'family'.

Let's continue to hold a vision of expansion and growth. Please join me in envisioning Therapeutic Touch in every home, ALIVE and THRIVING.

Yours in Therapeutic Touch,
Gail Lafortune, *Practice Group Liaison*



Sharron Parrott with members of the Guelph Practice Group at the Focus Group she led in April.

COMMUNICATIONS

The Communications Committee is delighted to announce that the TTNO Communications Toolkit is now available. Our intention in the design of the Toolkit is to enable and empower members to promote Therapeutic Touch and the TTNO with confidence, consistent language and message. The Toolkit, developed and piloted at two Teachers Days this spring by Susan Keith, RT, is now available to Recognized Practitioners and Recognized Teachers who want to promote Therapeutic Touch and the TTNO in their communities.

The TTNO Communications Toolkit is available only electronically at this time and contains:

1. Suggested display board sheets, in a zip file, suitable for a three panel display board.
2. Promotional handouts in a file named 'Handouts':
General Information
Health Promotion & Self Care
In The Medical Model
Research
3. Banners in a file named 'Banners'.
4. Permission to Photograph form
5. Therapeutic Touch Session Waiver
6. Background information for your personal reference.

To obtain a TTNO Communications Toolkit contact the office at ttno.membership@sympatico.ca and you will receive a TTNO Outreach Event Submission Form to complete. The information you provide will help us build a database to inform TTNO communications and marketing objectives and will identify:

- Events and Agencies hosting presentations.
- List of healthcare institutions where Therapeutic Touch is currently in practice.
- List of Professional institutions and agencies supporting the integration of Therapeutic Touch and other complementary modalities.

A Training Program to orient interested members to the communication materials and ways to use them to promote Therapeutic Touch in their communities will be developed over the coming year.

Alison Cooke, our Webmaster, has created a new webpage of upcoming outreach events members are participating in. Visit www.therapeutictouchontario News and Events.

The **TTNO online presence** with a **Twitter** feed and our **Facebook** page is growing. Members are actively engaged, posting and commenting in our members-only Facebook page. Members are free to post stories, testimonials, events, images (where permission forms have been obtained), etc. This Facebook page is an online hub for our network. Please feel free to participate. <https://www.facebook.com/groups/ttnosm/>. We are looking for someone else to step forward to play the role of TTNO social media moderator as Dori Nicholson is stepping down from this role after getting these two communication channels up and running.

And don't forget we have our own YouTube channel and a TTNO committee ready to place your video on that site. Please send all Therapeutic Touch videos to Alison Cooke at: adcooke@xplornet.com.

There are numerous other projects in the works, sprouting up. It's so exciting to see members stepping forward with great ideas, knowledge and skill to take the lead in developing initiatives that will grow our network. I look forward to sharing more about these initiatives in our next issue.

If you have a special idea that you think will enhance public awareness of Therapeutic Touch and the TTNO please don't hesitate to contact me. I'd be delighted to hear from you.

Peace and strength,
Julia von Flotow, *Communications Chair*



WHAT YOUR BOARD HAS BEEN DOING IN 2012

We have celebrated the Therapeutic Touch Network of Ontario's 25th birthday as a community. During 2011 your Board realized that to continue to be visible, vibrant and viable for the next 25 years, it was time to pause and reflect. A time to reflect on the TTNO's history, our trends- membership, revenue generation & the role of volunteers and our future...where do we want to be next year; 5 years; 25 yrs and how do we want to get there. We are committed to the intention of achieving all that is good and possible for Therapeutic Touch™ and the TTNO. As Gale Baker Stanton noted "to achieve all that is possible, we must attempt the impossible... to be as much as we can be, we must dream of being more." That is what your Board is trying to achieve in this period of transition and change, in partnership with, and on behalf of the whole TTNO community.

To address the unknowns in an organized way the Board embarked, with Brita Ball at the helm, on the process called Strategic Planning. This process is an organization's way of defining its direction and making decisions on allocating its resources to pursue this direction. For us to determine the TTNO's direction, we needed to have a complete picture of its current position and the possible avenues through which we can pursue a solid course of action.

The key components of "Strategic Planning" include understanding our Network's vision, mission, values and strategies. Briefly, the vision is what the organization wants to be. The mission is the purpose of the organization and why it exists. The values are the beliefs that are shared by the members of the organization. The strategies are the goals for which the organization is striving and the policies and procedures directing it- how to reach those goals.

We took time in 2011 to talk as a Board about what is working and where there may be gaps. At the beginning of 2012 we spent four intense days identifying the TTNO's Strengths, Weaknesses, Opportunities and Threats (SWOT). During this process the Board members came to truly understand these key components as they pertain to the TTNO.

Based on our new understanding, and with a strong recommendation from Brita, we updated the vision and mission statements, created two value statements- one corporate and one inspirational and identified what we consider to be important or core goals. Those goals provided the foundation of our first action plans.

It will be with pride that we unveil the updated vision, mission and value statements at the upcoming 2012 TTNO AGM and Event, October 26- 28th, 2012.

Several goals and action plans are now in place. Some are scheduled to be in place over the next year.

Brita encouraged us to review Board structure, function and focus. An identified gap is in the area of strategic planning. The Board has focused much of its energy and attention on the organization's operations. Another important Board function is called governance and strategic planning. We are making changes in composition and structure this year to accommodate this other area of focus. To start, we now have a Vice - chair, who is responsible for Events and Strategic Planning. We are thrilled that Annefrances Morris agreed to take on this role. Annefrances updates the plan for this year's AGM Event in her column elsewhere in this newsletter.

An important goal is to keep our organization financially solvent. When Susan Keith resigned as our treasurer at the end of 2010, the TTNO went through a transition from our previous financial system and management. We began to put new systems in place during 2011, because no one within our membership was available to manage all of the work related to the treasurer's role. In the interim, a private company acted as our bookkeeper, to keep our day-to-day financial accounting in order. We did an external search and Igor Jankovic became our treasurer in February 2011. In August 2011 the Board acted on his recommendation to hire a book keeper who would work at the office. Goranka Marinic started to work for The TTNO in September 2011. She is responsible for documenting our day-to- day financial business. This information provides the basis of our profit and loss statements. At this time, both Igor and our office manager, Hala Riad, tell us that this system is very efficient and effective. We are now seeing cost savings to this approach of doing our bookkeeping. Igor's role is to supervise and manage the financial systems for us. As well, our 2012 membership renewal team tells us that it is going smoothly, with revenue from our membership renewal up when compared to this time last year. Our membership renewal numbers are similar to this time last year.

The Board identified membership relations and development, retention and increase in new membership as priorities. We decided to communicate directly with the membership this year, to gather information from those who are its foundation.

This spring Board Members are traveling to 16 different areas of the Province to meet with a cross section of our Practice Groups. The purpose of these focus groups is to get feedback and input from the members on several areas of interest and member satisfaction. For example, what is the relationship between your Practice Group and your local Community? What might the TTNO do to support your group to increase your visibility in your community? What about the relationship between your Practice Group and the TTNO? What, if anything, would you like to see changed about it?

To further support member development, a revised Practitioner Workbook is almost ready for introduction to our membership. The new format and instructions are designed to be Practitioner and Supervisor friendly. We are very excited about the upcoming launch of this valuable resource, also at our Fall Event.

Another goal is for increased visibility of Therapeutic Touch in the community. Our Public Relations and Communications Committee (Chaired by Julia von Flotow) has been very busy and productive this year. They have a public relations plan that will be launched in stages over the next several months. The Communications Toolkit will soon be available and was developed to support those members who do Therapeutic Touch presentations and participate in Health Fairs. Thanks also to this committee, the TTNO is now much more active in the realm of social media. The TTNO is now active with Facebook, Twitter, Yahoo Group and with clips on You Tube. The TTNO's website remains popular receiving many hits per day.

The members of your Board take our role of representing the TTNO, for the best of everyone, very seriously. We believe that our organization is going through a time of new possibilities and opportunities, like many other systems and organizations worldwide. We are proceeding with care and good planning towards a next era for the TTNO. We are taking heed of these words attributed to Benjamin Franklin, "Look before you leap... or you'll find yourself behind." Our goal is for the TTNO to continue to develop and go forward as a caring, dynamic community into our next 25 years together!

Sharron Parrott, *Teacher Liaison* & Jane Graham, *Chair*



A THERAPEUTIC TOUCH™ PRACTITIONER AND MEDICAL DOCTOR TEAM

For the past 6 years my daughter Anne Marie has been a volunteer camp doctor at YMCA Camp Kitchikewana, on beautiful Beausoleil Island in the Muskokas. Each time she has done her week of Camp doctor service she has asked me to accompany her and I have gladly accepted. Camp Kitchi is a well run camp; the accommodation for us is a wooden cabin called the "Wellness Centre". On one side of it is the doctor's office, examining room and bathroom, and the other side has our private quarters.

While Anne Marie looks after the medical needs of the campers (6 – 15 years), leaders-in-training and staff, she'll often ask me to give Therapeutic Touch sessions to those for whom it may be beneficial. With about 200 young people in all, there are the usual ailments and accidents: sprained ankles, sunburn, scrapes, headaches, muscle aches, homesickness, anxiety, tummy aches, poison ivy blisters, the odd broken toe or a piano lid slammed on a finger, etc. There is a lot of rough play and running around going on at camp!

We set up a separate room to give sessions and although most of the campers have never heard of Therapeutic Touch, they are willing to experience it and usually feel much better afterwards, even coming back for more! I am always amazed that the campers are so open to T.T and they let me go ahead with the session after I explain what it is all about. As the campers have a busy schedule, the sessions are not as long as usual, and afterwards they run off to their activities (or hobble away on crutches). We are now known to many of the returning Session 4 campers, and even to the parents. Our camp director fields questions that occasionally come in, and explains that it is a relaxation technique. I am so grateful for his support and openness.

The week at camp Kitchi is something I look forward to each year; it is great to work with the campers and they appreciate, and often need TLC. Above all, the bonus is that a lot of campers and staff have experienced the benefits of Therapeutic Touch over the past 6 years I have been volunteering. This is one way of spreading the word!

By Joyce Mingiardi RT, Kitchener
TT practitioner since 1984

A TTNO 25TH ANNIVERSARY EVENT

In honour of the TTNO's 25th Anniversary year, the Etobicoke and Mississauga Therapeutic Touch™ Practice Groups have teamed up to present an evening, open to the public, about energy relationships and healing through the practice of Therapeutic Touch and Expressive Arts Therapy.

The Expressive Art of Therapeutic Touch™

Monday, October 22, 2012, 7pm-9pm

Presented by
Susan Keith, RN, RT
and
Cher Curshen, Expressive Arts Therapist

Dorothy Ley Hospice
220 Sherway Drive
Etobicoke, ON

Plan to introduce your friends to Therapeutic Touch through this interactive seminar that is both fun and educational. Look for more information in the Fall issue of in touch.

Making Cheese at Home

Presented by Peter and Doreen Sullivan

This workshop is designed to show the basic principles of artisan cheese making. Participants will learn how to make a Camembert style cheese and a Roquefort style cheese using your own kitchen facilities and equipment. You will participate in the production of these cheeses and take home a sample of each to finish and age at your own home. Included in the workshop is a folder with instructional information, equipment list, cheese journal and recipes. Also available is a starter kit including ripening bins, cheese mats, cheese forms, rennet, starters, curd cutting spatula and milk ladle.

Workshop is limited to eight participants.

A gourmet lunch followed by a cheese tasting is included.

**June 16, July 7, Sept. 15, Sept. 29, Oct. 13, Oct. 20,
Nov. 3, Nov. 10, Nov. 24, Dec. 8, Jan. 5, Jan. 19, Feb. 2, Feb. 16, Mar. 2, May 19**

Time: 9:00 - 3:30

Held at our home in Niagara Falls.

Other dates can be arranged upon request. Check website for available bookings.

Prerequisite: A love of good cheese and an interest in creative cooking!

Cost: \$150.00 per person

For more information contact: Doreen or Peter Sullivan
Phone: 905-354-8873 E-mail: 4doreensullivan@gmail.com
Website: www.makingcheeseathome.ca

To apply fill in the form below including full payment and mail to the address below.





THERAPEUTIC TOUCH NETWORK OF ONTARIO

WORKSHOPS BY TTNO RECOGNIZED TEACHERS

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

LEVEL 1 (Introductory / Beginner)

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	PHONE
Belleville	Fri evg/Saturday	October 12 & 13	6:30 – 9:30 8:30 – 4:30	Alison Cooke	Her	613-395-3691/acooke@xplornet.com
Burlington	Saturday	September 22		Mary Simpson	Her	905-825-0836
Burlington	Saturday	October 13		Mary Simpson	Her	905-825-0836
Burlington	Sunday	November 10		Mary Simpson	Her	905-825-0836
Grimsby	Saturday	October 13	8 – 5 pm	Rose Philip	Her	905-309-4755 / vipoma@cogeco.ca
Grimsby	Thur evg X 5	November 8	6:30 pm	Rose Philip	Her	905-309-4755 / vipoma@cogeco.ca
Guelph	Monday	April 23	9 – 5 pm	Valerie Morrell	Her	5198214006/al.val.morrell@gmail.com
Huntsville	Wednesday	September 19	8:30 – 5pm	Shirley Boon	Her	705-789-7434/shirleyboon@surennet.net
London	Thur X 5	Sept 13	6:30 pm	Jitka Malec	Her	519-668-2409/jitkamalec@gmail.com
London	Saturday	September 22	9 – 5 pm	Carole Wray	Her	519-668-0272/carolewray@rogers.com
Muskoka	Sat. & Sunday	Aug. 18 & 19	9 – 5 pm	Martha Hoey	Her	519-823-5847/info@elmtreecentre.com
Muskoka	Wed. evg X 3	Oct 10, 17 & 24	6:30 – 10 pm	Martha Hoey	Her	519-823-5847/info@elmtreecentre.com
Ottawa	Saturday	October 13	8:30 – 5:30	Gail Lafortune	Her	613-834-4524/c-g.tt@sympatico.ca
Thornhill	Saturday	September 22	9 – 5	Jodi Cole	Her	905-731-4713/jodi.cole@rogers.com
Windsor	Saturday	July 14	9 – 5 pm	Claire Massicotte	Her	519-948-9453/claaires.care@sympatico.ca
Windsor	Fri evg & Sat	Sept 21 & 22	6 – 9 pm 9 – 4 pm	F Hartleib & S Parrott	Sharron Parrott	519-258-0440/slparrott@cogeco.ca

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

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	PHONE
Belleville	Fri evg & Saturday	November 2 & 3	4:30 – 9:30 8:30 – 4:30	Alison Cooke	Her	613-395-3691/acooke@xplornet.com
Burlington	Saturday	October 20		Mary Simpson	Her	905-825-0836
Burlington	Saturday	December 8		Mary Simpson	Her	905-825-0836
Huntsville	Wednesday	October 17		Shirley Boon	Her	705-789-7434 / shirleyboon@surennet.net
London	Saturday	July 14	9 - 5	Carole Wray	Her	519-668-0272/ carolewray@rogers.com
London	Saturday	October 20	9 - 5	Carole Wray	Her	519-668-0272/ carolewray@rogers.com
Ottawa	Sunday	October 14	8:30 – 5:30	Gail Lafortune	Her	613-834-4524/ c-g.tt@sympatico.ca
Peterborough	Sat & Sun	Sept 29 & 30	1 – 5 pm	Linda Nelson	Her	705-745-2849/ lindanelsonnt@gmail.com
Roseneath	Sunday	June 24	9 – 5 pm	Pat Hall	Her	705-924-9320/pathalleft@rogers.com
Stouffville	Saturday	June 23	9 – 5 pm	Pamela Beach	Her	905-852-6440/Pamela_beach009@hotmail.com
Thornhill	Saturday	October 27	9 – 5 pm	Jodi Cole	Her	905-731-4713/ jodi.cole@rogers.com
Windsor	Saturday	August 18	9 - 5	Claire Massicotte	Her	519-948-9453/ claaires.care@sympatico.ca
Windsor	Fri evg & Saturday	Oct. 19 & 20	6 – 9 pm 9 – 4 pm	F Hartleib & S Parrott	Sharron Parrott	519-258-0440/ slparrott@cogeco.ca

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

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	PHONE
Burlington	Saturday	September 29		Mary Simpson	Her	905-825-0836
Burlington	Sunday	November 21		Mary Simpson	Her	905-825-0836
Etobicoke	Saturday	Sept 8	9 – 5 pm	Susan Keith	Her	905-278-6970/ch.concepts@sympatico.ca
Huntsville	Wednesday	November 7	8:30 - 5 pm	Shirley Boon	Her	705-789-7434/shirleyboon@surennet.net
London	Saturday	August 18	9 - 5	Carole Wray	Her	519-668-0272/carolewray@rogers.com
London	Saturday	November 17	9 - 5	Carole Wray	Her	519-668-0272/carolewray@rogers.com
Ottawa	Saturday	October 20	8:30 – 5:30	Gail Lafortune	Her	613-834-4524/c-g.tt@sympatico.ca
Pembroke	Sunday	September 9		Pat Tamosetis	Her	613-625-227/ttearthwalks@yahoo.com
Peterborough	Saturday	December 1	9 – 5 pm	Alison Cooke	Linda Nelson	705-745-2849/lindanelsonnt@gmail.com
Roseneath	Sunday	August 26	9 – 5	Pat Hall	Her	705-924-9320/pathalleft@rogers.com
Stouffville	Wed & Thur Eve	July 11 & 12	6:30 – 10 pm	Pamela Beach	Her	905-852-6440/Pamela_beach009@hotmail.com
Thornhill	Saturday	December 1	9 – 5 pm	Jodi Cole	Her	905-731-4713/jodi.cole@rogers.com
Windsor	Saturday	Dec 8	9 - 5	Claire Massicotte	Her	519-948-9453/ claaires.care@sympatico.ca
Windsor	Fri evg. & Sat.	November 23 & 24	6 – 9 pm 9 am – 4 pm	F Hartleib & S Parrott	Sharron Parrott	519-258-0440/ slparrott@cogeco.ca



PRACTICE DAYS

LOCATION	DAY(S)	TIME	DATE	TEACHER	CONTACT	EMAIL	PHONE
Arva/London	Saturday	9:00 am	July 7	Jitka Malec	Ellen Edmondson	Wa.Edmondson@sympatico.ca	519-660-0559
Pembroke	Saturday		September 8	Tamosetis & Lafortune	Pat Tamosetis	ttearthwalks@yahoo.com	613-625-2277
Roseneath	Sunday	9 – 5 pm	September 16	Pat Hall	Her	pathalleft@rogers.com	705-924-9320
Chatham	Saturday	9 – 5 pm	September 15	Dickson&Brodie	Charlotte Harris	brichar@ciaccess.com	519-351-1025
Burlington	Saturday	10 – 6	September 22	Rose Philip	Lynda Hill	Lynda@spiritwiseconsulting.com	
Huntsville	Saturday	9 – 5 pm	September 29	Shirley Boon	Tammy Chochlowsky	imuptowngirl@hotmail.com	705-641-0537
Toronto	Friday	9:30-5pm	September 28	Crystal Hawk	Her	Crystal.hawk@sympatico.ca	416-922-4325

WORKSHOPS FOR CONTINUING EDUCATION

LEVEL 2 & 3 REPEAT: Prerequisite – Level 3

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	EMAIL	PHONE
Windsor	Saturday	November 10	9 – 5 pm	Susan Keith	Flo Hartleib	theteagranny@sympatico.ca	519-974-2157

OUR TTNO PRACTICE DAYS

THRIVING IN 2012!

The first Practice day was held in Guelph in the fall of 1999, under the name of Practitioner Day. It was developed to fill a growing need for an affordable 8 hour educational component for members wishing to maintain their Recognized Practitioner status. Until then they were required to attend three workshops per year. Many were unable to do this and membership was dropping. In 2000, the day was formally introduced in Guelph and Toronto and by 2001 fourteen were held throughout Ontario under the name of TTNO Practice Days.

In the beginning the format of the day was loosely structured and the teachers were provided with an outline of the topic together with meditations, quotations and the necessary paperwork – fliers, certificates etc. As the years went by and new topics were introduced a pattern for the day emerged. In 2011 a mission statement and guidelines for Practice Days was developed to ensure that they are designed to be fun and informative, always have a practicum, have educational material based on Dr. Krieger and Dora Kunz' thinking or ideas, large and small group work, and meditations. The basic requirement for attending has always been a Level One workshop. The requirement for leading a Practice Day is, if possible, a TTNO Recognized Teacher but under some circumstances an experienced Recognized Practitioner may be the one to conduct the workshop. There has never been any limit to the number of participants and so a Practice Day may have as few as 5 or 6 attendees and as many as over 60, as is the case in the Guelph area.

These facts make it quite challenging for the Practitioner Liaison Committee to produce a "one size fits all" workshop that is of interest to very experienced members while not too overwhelming for beginners.

The schedule that we develop is now fairly tightly scripted so that inexperienced leaders can follow the agenda and so that the essence of the Practice Day is consistent throughout the province. We understand when teachers who have fascinating experiences and relevant stories to tell feel constrained by the schedule but we do ask that the core material is presented as laid out.

Many hours are spent researching, compiling and composing the material and then formatting and proofreading, not to mention the endless discussions on the innumerable possibilities. We use the evaluations completed by the participants and the teachers to help us find the balance that we hope will most benefit the participants.

When the whole package has been finalized it is reviewed by several experienced teachers for flow, content and the general pace of the day. Over the past few years the Board has piloted the days, which has been a wonderful opportunity for taking time out, and to experience the Practice Day together, rather like a mini retreat.

From the evaluations we can tell that most people enjoy the day and find it worthwhile. Of course we cannot please everyone but we do try to produce a workshop that is enjoyable and informative and provides a space for reflection on the value of Therapeutic Touch in our lives. We consider all the suggestions we receive and often incorporate them into future Practice Days. It usually takes 2 years to reflect a change as the Practice Day committee works one year ahead. The Practice Day for 2013 is well underway and the idea file for our 2014 day is already filling up.

On average, about 24 Practice Days take place across the province every year with an average of 350 participants annually. Thank you to everyone who attends and supports this TTNO developed program! We would like to invite you to join us on this committee to help in this important work. We would especially like more teachers to become involved, even if only on a year-to-year basis. Please contact Patricia Tamosetis, chair of the Practitioner Liaison Committee if you would like to be part of this important service to the TTNO community. Remember that serving on any TTNO committee counts towards an activity for Maintaining Recognized Practitioner Status.

Linda LeRoux, *RP, Practitioner Liaison Committee*



2012 TTNO FALL EVENT & AGM

EXPANDING OUR VISION

Saturday morning Plenary Session with Alison Cooke: Dialogues with Dee Krieger

“Two years ago I was invited to attend the Montana Dialogues led by Dr. Dee Krieger. At the last two TTNO Annual Conferences I have shared what I learned through these dialogues. Again this year, I am excited to share what I will learn and experience through this dialogue process. Dr. Krieger has indicated this year she wants us all to explore the question of karma and its’ relationship to Therapeutic Touch. Appropriately the dialogues create their own excitement and learning. At this Fall Event I will share the themes of the Dialogues and my experiences. I am excited about this opportunity.”

WORKSHOP A: The Heart-Based Simplicity and Art of Therapeutic Touch

Donna Logan Van Vliet, RN (ret) continues her passion for sharing Therapeutic Touch for over 30 years. Donna ascribes to Einstein's belief that beyond information, all true learning is through experience. Come, experience and learn with her in this workshop! An invitation for General Members to Teachers to create a community within this full length workshop, over Saturday and Sunday, sharing simple and deep experiences of self reflection of the beginner's mind. Gain cellular memories of the Simplicity, Depth, and Creativity of Therapeutic Touch

WORKSHOP B: Therapeutic Touch Works: From the Inside Out

An exploration of the inter-relationship between the inner and outer journey, deepening our realisation and understanding that Therapeutic Touch Works!

Inner Self/ High Self and Looking Within - Evelyn MacKay

Being able to reach your High Self consistently, easily and in safety allows the practitioner to access information, insight and even correction of one's self -perception. This alone can be reason to explore the concept. In addition the skill promotes keener, clearer work with infants, with comatose and dying clients. “ In the past 10 years this is the skill that has most positively informed my own practice of Therapeutic Touch.”

Reflective Practice - Ethics Committee

Regular and on-going self-reflection is an essential part of personal and professional growth. When we are clear about who we are and how we practice Therapeutic Touch™ we can more safely ensure that we effectively offer healing energy to others. In this session we will explore and experience the benefits of this practice.

Peeking Out...The first look at the New Revised Workbook Intro and Practicum - Pat Tamosetis and Jane Graham

You are invited to take a walk through the pages of the new revised Practitioner Workbook. For giving, receiving and reflecting, see what the new Workbook looks like, and how it works. Followed by Practicum.....ahhh!

Sharing Our Love of Therapeutic Touch - Susan Keith

This session focuses on developing an understanding of how the process of Therapeutic Touch offers you a simple and direct way to share your message about Therapeutic Touch with others. Experiential and discussion oriented , you will explore your visions, your needs and how you can take action to meet your goals.





THE THERAPEUTIC TOUCH NETWORK OF ONTARIO 2012 Fall Event Registration Form

Please send completed form with payment to:
The TTNO, 290 The West Mall, Suite #4
Etobicoke, ON M9C 1C6

I give permission for my information to be printed in the **2012 Fall Event Participant List** in order to conform to the Personal Information Protection and Electronic Documents Act (PIPEDA).

Please sign here: _____

Please print in all of the following sections

Name _____ Email _____

Address _____

City _____ Province _____ Postal Code _____

CONTACT INFORMATION

Please Select:

Workshop A: The Heart-Based Simplicity and Art of Therapeutic Touch. *D. Logan Van Vliet*

OR

Workshop B: Therapeutic Touch Works: From the Inside Out

2-night double occupancy: breaks/all meals/workshop

Network Member

Non-Member

2-night Single occupancy: breaks/all meals/workshop

Network Member

Non-Member

Day Tripper Rate: break/lunch/workshop (dinner orders—check box below)

Network Member BOTH Saturday & Sunday

Non-Member BOTH Saturday & Sunday

Network Member Saturday ONLY Sunday ONLY

Non-Member Saturday ONLY Sunday ONLY

I will attend the Saturday night dinner (checkbox for day trippers only)

Total Amount (HST is included in all prices listed)

I will be using this weekend as an Education Component toward achieving/maintaining Recognized Practitioner status. (Attendance on both Saturday and Sunday is required.)

FEES	AMOUNT

\$450	_____
\$512	_____
\$573	_____
\$655	_____
\$230	_____
\$290	_____
\$115	_____
\$145	_____
\$37	_____

EVENT & FEE OPTIONS (tax included)

HOTEL SURVEY

I need a ride from _____

I can give a ride from _____

I need help finding a roommate

I need reserved seating/assistance

Dietary requests/restrictions _____

Please note: a \$50 fee is applicable for cancellations made on/after Friday, September 26, 2012

PAID BY: Cheque Cash \$ Order VISA Master Card

Name on Card: _____

Card # _____ Expiry _____

Signature: _____





The Therapeutic Touch Word is Out!

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

Compiled by Jodi Cole

905-731-4713

Email: jodi.cole@rogers.com

Wow! It's been a whacky Spring for me and mine! I never thought retirement would be so busy! Now don't get me wrong, I'm not complaining. It's marvelous and sometimes I have to pinch myself to make sure it's for real but it sure has been hectic! So I'll begin this column with what I've been up to.

Firstly, Heather Wakeling and I were invited by Hospice Palliative Care Association of Ontario to join in a "CT Tasters Session" at their 2012 Conference held April 29, 30 & May 1 in Richmond Hill Ontario. The sessions were organized by Marianne Tavares who is the Complementary Therapist spearheading the introduction of CT's to York Central Hospital and Hill House Hospice in Richmond Hill. Heather and I were part of group of eight who provided mini sessions for the first two days of the conference to participants interested in getting a taste of different modalities - hence the name of the event. It was a huge success and it has already been suggested that we return next year!

The organizers of the conference were also very generous. They fed us wonderful food and allowed us to attend sessions when we weren't scheduled to give treatments - that's not always the case so I was very pleased. Heather and I used the opportunity to attend "A Gentle Touch: Therapeutic Touch Integrated into Hospice Palliative Care" a wonderful presentation by Nancy Hall and Sharon Deugo. They did a grand job and they too were very well received. I know that because after their presentation our sign up table for the 'Taster Session' got very busy. Well done Nancy and Sharon!

Next comes the following submission from Mary Simpson from the Burlington Practice Group: "The Burlington Practice Group recently participated in 2 health fairs. On Sunday, May 5, we had a table and treatment space at fair to raise funds for schooling for a local autistic child. It was incredibly well organized with excellent exhibitors - but few people came - perhaps because expensive advertising was limited. In addition to our usual TT table display - keeping in mind how essential rest is - we took an 'anti-gravity chair and hid it behind an antique clothes horse frame covered with a dark blue sheet. It was great set-up!

Connie Price, Lynda Hill, Pam Wilke and Mary Simpson enjoyed the time together. Several people who had taken Therapeutic Touch years ago came and talked to us. One had taken a workshop with Dr. Krieger in the US in 1981! Others who stopped by were really interested and spent time discussing TT, especially using it with specific conditions, i.e., shingles, strokes and palliative care. This show had a friendly interactive camaraderie among the exhibitors. There were none of the high pressure vendor-types there. It was a loving compassionate group of people - and it's highly likely it attracted that type of exhibitor because we were donating our time and money to help a precious little boy.

Then on May 12, we (Mary Simpson and Connie Price) participated at the 'Burlington Wholistic Community' fair. It was a huge success. Held in a large church hall, it had ample room for the 27 exhibitors. The \$20 admission fee (plus a cold pot-luck dish) gave time from 5:30 to 9:30 for attendees to experience sessions (with sign-up sheets) in an amazing variety of modalities. The Therapeutic Touch

table was well attended, with people taking time to sit down and chat about it. Mary's portable DVD player played a continuous loop of Evelyn MacKay doing a session (from the TTNO DVD) and people took time to watch it. Connie won Mary's free workshop door prize! They did give her another. The woman who won it was delighted and eager to learn. The food was great! There's another show in September. I hope this is the start of an awareness movement that can spread to other towns." Congratulations group! Looking forward to hearing about September's success.

And last but not least, Maureen Smith reports on the Owen Sound Health Fair. She writes: "Lynne Rusk and I brainstormed about ways to introduce Therapeutic Touch to the Grey/Bruce area. We decided to go for it at the Owen Sound Health Fair. We felt a great deal of confidence in the fact that it seemed to have such an excellent attendance record (1500 people last year) and this was their 15th year. As a charitable foundation, the TTNO qualified for a table cost of \$50.00, otherwise it would be a \$100.00. Between the existing Practice Group funds, my advance payment for 12 months and additional member contributions, we paid for the table.

Having both brochures and business cards handy were well worth the investment. I'd put our group info label on the inside of the 3rd page of the brochure, at the bottom where there was a small empty space. We kept the TTNO's DVD playing continuously and had a number of books on display." Another well deserved congratulations! The response was so positive that both Maureen and Lynne plan to return for the 16th running of the fair, only next year they hope to get a corner location where they can offer mini sessions.

Well, that's all for now. I know there are others getting the Therapeutic Touch Word out. So, don't be shy. Drop me a line. Even if you missed this edition's deadline it's never too late. It's important to acknowledge the work that's being done.

Jodi



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be good for you.

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BEING AND DOING IN THE HEALING WORK

Years ago, at a workshop I no longer remember, I got a handout: a copy of several pages from Alexander Loewen's book *Fear of Life*. The chapter title is "Being as Not-Doing". I found it intriguing and, over the years, collected more thoughts on the issue. Slowly, a deeper understanding emerged and I thought it useful to examine how these states relate to healing work.

Let us look into the two sides of our nature that Loewen calls "the human dilemma" (p. 98): Being and Doing. In our everyday life, we are striving to find a balance between the two. Loewen goes farther: he is discussing how we can unite these two equally important aspects of our humanity into more wholesome living on Earth.

Here, we can find healing work a useful model.

As I understand it, in the state of Being, one connects to what Dora Kunz calls our centre, a place that is quiet and still (Dora Kunz, *Healer's Meditation*). One is able to fully enjoy the Non-Doing while feeling at peace and harmony with self and life.

In Therapeutic Touch we call it "centering". Over the time we learn to "stay there" for longer periods of time and eventually take the skill of keeping the mind watchful, silent and peaceful into our everyday lives. This starts us on the healing path and changes us forever.

Loewen connects the state of Being with the body and its feelings that, in the state of health, flow freely through the energy field.

In Doing, man uses his ego to do, to will, hold on, control the actions, create the world without and function in it. His reason may inhibit free flow of feelings through the body.

In healing, we work with the flow of energy in order to induce the state of relaxation: a temporary freedom from ego involvement and mental/emotional over-activity, that allows the field (all aspects of it) to move towards the state of balance.

In Being, it is important how one does things. In Doing, what one does.

The saying that 'journey is more important than destination' illuminates the concept well.

As we evolve, we aspire to live in a state of Being: staying aware and in the present, paying attention, intending to go in certain direction, looking for guideposts along the way, consciously flowing through the succession of events, allowing ourselves to experience feelings, preferring pleasure and joy, willingly letting go of any excesses.

The basic state is that of witnessed (awareness of) silence. The action arises spontaneously from the silence within and reflects in the world without. When the action is finished, one completely detaches and returns to the silence. According to Hawkins, 99% of the mind is silent. Perhaps the silence is our natural state: only 1 % does all the talking!

The way to achieve unity is to learn how to Do in the state of Being. For example, I may force myself to sit at the computer and work on this article. I really do not want to and the results look accordingly.

On another occasion, I may have some interesting thoughts about it, make myself notes and can not wait to sit down and revise the article.

I really enjoy the work and when I am done for the day, I feel good. That sounds like description of the session in which we successfully unite the two concepts. We learn the skill and know what we are doing. The how of being is expressed within the state of sustained centering: when we intentionally act through a deep sense of compassion, our doing becomes an act of altruism that increases our sense of being. The act itself is fulfilling, brings us a pleasure and a sense of purpose. As a consequence both, the therapist and the receiver benefit.

Dora often talked about "unity" (Thesaurus: wholeness, integrity, oneness, union, singleness).

To me it means, that the more we are unified (in harmony) within ourselves, the more effectively we are able to unite with the world without. That enables us to reach out, serve and grow.

Allow me to conclude with the quote from *The Tao of Zen* (Grigg, Ray, 1994, Alva Press, ascribed to Suzuki Roshi: "But usually, without being aware of it, we try to change something other than ourselves, we try to order things outside us. But it is impossible to organize things if you yourself are not in order" (p. 257).

Jitka Malec, *RT*

New Workshop Offering:

~ On the Spiritual Path ~

A Day of Experiential Learning for Women

With Facilitators:
Evelyn MacKay and Ann Osborne

Ann and Evelyn are well-known Therapeutic Touch™ practitioners. In response to many requests for deeper spiritual insight, these two intuitives have developed a new workshop and can offer sessions in your location.

This day-long workshop offers insight into your spiritual practice.

Topics of discussion and exploration include:

- Effective methods of connecting with High Self
- Meditation and deep relaxation
- Communication with Spirit Guides and Angels
- Use of prayer, dreams and rituals in your practice
- Management of personal energy

"You helped everyone to feel safe, welcome and heard. Perhaps most delightful was your manner in helping each woman feel like the expert in her own experience."
Workshop attendee, 2011

To set up a workshop in your area, please
Contact Evelyn MacKay
Email: esmackay@xplornet.ca
Phone: 519-822-4174



CURRENT NEWS AND VIEWS FROM CRYSTAL HAWK

416-922-4325

E-mail : crystal.hawk@sympatico.ca

www.therapeutictouch.com

LARRY DOSSEY, MD, ON "THE SCIENCE BLUES"

Several years ago I heard that Dr. Larry Dossey had written an excellent article on The Science Blues in the July 2000 issue of Alternative Therapies, vol 6, No 4.. Since I couldn't locate it anywhere I asked him for a copy. He FAXED 11 pages to me. We know him as an unusually open-minded doctor and I imagine that many of us have similar feelings so I've typed both the first and the final few paragraphs. I wish that more doctors felt as he does. If anyone is willing to scan the 11 pages, please let me know. Then we can all have the entire article sent as an attachment.

"For some time now I've felt like a jilted lover. The passionate love affair I developed with science when I went off to college as a teenager is dying. I thought my infatuation would last forever, but gradually I've realized that something has gone terribly wrong. My early adoration of science has been replaced by wariness and suspicion. These days I'm on 24-hour alert for betrayal. You might say I've got the science blues.

My disappointment with science, I admit, is largely my own fault. I was hopelessly romantic. I expected more from my lover than she could possibly live up to. Now I'm paying, as my inflated expectations have come back to haunt me.

But, truth be told, the fault is not entirely mine. Science teased and seduced me, adorning herself with layer of paint and glitter that concealed flaws I never suspected. Her emissaries, sent ahead to make introductions, lied out of their teeth. They exaggerated her dowry, inflating what she had to contribute to our arrangement. I could have endured a few lies; it was when the actual abuse set in that I began to wake up.

.... I haven't given up. I'm still terribly attracted to her and I'm sure I always will be. I keep hoping she'll change. If she does, there's a chance our love might rekindle. But even if we do make up, things could never be the same. I would set conditions. For one thing, I'd require that she listen to me for a change. My feelings count, too, you know.

As a precondition for reconciliation, I'd require that she get into therapy, maybe with a group, where she could hear complaints from others who feel the way I do. Ten maybe she'd realize she's been living in a dream world, unaware of the pain she causes practically everyone she meets."

And he ends the article with this:

"Opening to the psych's nonrational dimensions would lead to the fulfilment of science, not its ruin, as some critics charge. Many of the greatest scientist have realized this - for example, the 17th-century British chemist Robert Boyle, author of Boyle's law, who said that science is so sacred that scientists ought to do their experiments on Sundays as part of their Sabbath worship.

A change of heart in healthcare professionals: without it, the blues will endure on both sides - patients thinking doctors don't get it, and doctors convinced they're misunderstood. In spite of my science blues, I doubt that science and I will ever make a total break. There's simply too much history to ignore - too many good things that have happened in the past - and too many splendid possibilities for the future.

If we patch things up, however, I'll be wiser. I've learned that science is a jealous lover who insists on total devotion. She has tried to keep me home and that won't work any longer. I require freedom - the liberty to explore not just the peaks of the intellect, but also the depths of consciousness, no matter how messily irrational they may be. The next step is up to her.

Larry Dossey, MD. "

SEEING OUR EARTH FROM SPACE AT NIGHT

This is the trip of the month, being able to circle the earth from outer space with this time-lapse photography of the ISS flying over the earth at night! Note the Aurora Borealis at one point and also the lightning in thunder storms passing under the ISS.

<http://apod.nasa.gov/apod/ap120305.html>

NON-GMO SHOPPING GUIDE

We all know how dangerous the GMO foods are. But how to know where they are and how to avoid them. Here's a revised Non-GMO Shopping Guide featuring over 150 brands currently enrolled in the Non-GMO Project. This purse/pocket-sized guide will help you identify and avoid foods that contain genetically modified organisms (GMOs) foods while you shop.

<http://www.nongmoshoppingguide.com/download.htm>

OUR AMAZING HUMAN SPINE - REPEATED

Now that we have an interactive newsletter I'm repeating this fascinating demo of how our spine affects our bodies. You can roll your mouse over any of the 24 vertebrae in this picture of the human spine and learn how it affects other areas of your body and your life!!! Roll slowly so you don't miss any information.

http://www.chiroone.net/why_chiropractic/index.html



WHERE ARE WE GOING?

THERAPEUTIC TOUCH™ AS A PRIVATE PRACTICE

In Winter, 2011 issue of *in touch* I discussed the importance of Therapeutic Touch as a "Family Modality". Now I would like to discuss the possibility of our Practitioners starting their own practice in giving Therapeutic Touch sessions to the public. I am repeating some points from the earlier article since they also pertain to this discussion.

In 1980 I became the owner/director of Positive Alternatives Wellness Centre in Brampton, ON which I continued for 20 years. I had studied holistic/wellness concepts for the previous 10 years and was able to offer several modalities in my business. It was a perfect situation; I had my business in the front and lived in a comfortable apartment in the back of the house. It did present some 'self-discipline' challenges in that I was never away from home nor away from work. It was 20 years of both challenges and rewards, since the whole concept of "wellness" was very new. It was a perfect situation in which to regularly teach Therapeutic Touch and to provide sessions for clients, often – I confess – disguised as "stress management". It was an actual business requiring receipts and income tax and book keeping, made profoundly more pleasant when I moved to the convenience of a computer.

When, however, I closed the business and moved to Mississauga, the 'private practice' concept disappeared. Now some twelve years later, I'm finding I want to offer Therapeutic Touch sessions to the public once again. In spite of the fact that this is presenting real challenges there are also a number of positive aspects which many other complementary/alternative modalities (CAM's) are lacking.

First of all we are fortunate that Therapeutic Touch is not only a Canadian, but International entity. Although there are minor variations, the general concepts of Therapeutic Touch are the same throughout the world. This provides us with a very precious credibility that other modalities admire.

Therapeutic Touch is trademarked in Canada and 'service marked' in the United States. This means that it is recognized as a specific 'entity' - and in publications must be spelled with upper case T's!

Because of our need:

- to have Therapeutic Touch accepted by the medical community we have encouraged research to prove that TT "works". Well, now we know that it does. With the possible exception of acupuncture, Therapeutic Touch is the most researched of all CAM's.
- to have Practitioners qualified and recognized to meet the needs of the professional community in hospices, long term care, cancer support agencies, etc., we have set high standards, and done that well. You know that if you request a session for your mother, a TTNO Recognized Practitioner will be qualified and will have signed the TTNO Statement of Ethics.
- for liability insurance by anyone giving Therapeutic Touch sessions to the public, the Therapeutic Touch Networks of Canada (TTNC) has done an excellent job finding reasonable priced liability insurance for its members. Although no one has ever been successfully sued for Therapeutic Touch malpractice, having insurance is critical, because there have been a few situations where a lawyer has had to be hired.

So, thanks to the TTNO everything is firmly in place for the active practice of Therapeutic Touch in communities. However, I don't know anyone who is 'making a living' as a Therapeutic Touch practitioner. Thousands are using it in their nursing practice, in the classroom, in walk-in clinics, as a family therapist, in correctional facilities, in hospices, etc., but there appears to be no one in 'private practice' - seeing and charging clients for Therapeutic Touch sessions.

A concern often expressed by TTers is, "How do we charge for a treatment that only takes 15 to 20 minutes?" That question indicates that the practitioner is not including the absolutely essential rest period that must follow the active 'treatment' done by the practitioner. During this rest the physical body responds to the changes in the energy field. Krieger writes, "It's like refusing a gift when you get up right away after getting a treatment".

Therefore we can use the phrase, "A Therapeutic Touch Session requires a minimum of 45 minutes". Thus a fee of \$45.00 is reasonable, and for those practitioners who wish, they could include "a sliding scale for those in financial difficulties".

Our focus now could be to make Therapeutic Touch sessions available to the public as is done by Reiki and Reflexology practitioners. If this has piqued your interest, please discuss it with other Therapeutic Touch RP's and explore the possibility of renting space which you might share with others interested in offering sessions.

In the next issue I will discuss some ideas for starting your Therapeutic Touch practice. In the meantime, if you have comments or questions please send them to me at: mary.simpson@cogeco.ca

Mary Simpson, RN(Ret), TTRT

**What are
your personal needs
to enhance your practice of
Therapeutic Touch™ ?**

*Repeat of Levels? Renew/Update?
Advanced studies?*

**Let's talk and
make plans for Autumn!**

Call me!

Mary Simpson, RN(Ret), TTRT
905-825-0836
mary.simpson@cogeco.ca

**Workshops
at your location
or mine!**

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 Autumn 2012 **in touch** to the TTNO Office
ttno.membership@sympatico.ca or 290 The West Mall, Suite # 4 Etobicoke ON M9C1C6

Question: As a new practitioner I am confused about journaling... should I do it and what is the benefit to me?

Responses:

First of all I went into all my Therapeutic Touch™ books to see if I had missed something in my teaching of Therapeutic Touch! Or to see if Dora or Dolores had a comment! My favorite book was the only one that suggested keeping a notebook, but I will get to that later. Coming into Therapeutic Touch you have been introduced to a whole new way of thinking about life, centering, meditation, grounding, energy moving, and now 'journaling'.

My preference is to start by entering the best thing that happened today, the best thing that happened this week; it could be just that you saw a humming bird at those pretty pink flowers at the bottom of the garden.

If others have access to your journal, you won't be honest within it, so password protect, or lock it away. I am afraid my own 'journal' is a mixture of poetry, things heard on TV, thoughts I want to pursue, and I must admit, it is not a daily thing...I call mine a brain journal... thinking it then sometimes writing it! Note to self ...I need to improve at daily journaling! (I did write failed at, but changed it to improve... note the difference!)

Daily setting aside time to think and meditate, and at the same time think of the day ahead and your plans for it, can start the day with focus.

I find the end the day brings thoughts of appreciation of the day and the people within it who touched my life in some meaningful or slight way. Those thoughts are a bonus. There were times when I would journal through rough times, and then when the storms had passed ceremonially burning and sending the smoke on the final journey skywards.

Accidentally, or not, when I first started with Therapeutic Touch, I had a copy of the Practitioners Workbook, and so was able early on to start using it to review Therapeutic Touch treatments I had given, another kind of journal. You can see yourself growing as each case follows another and another.

The internet has many sites with "The 100 Benefits of Journaling", and "The Benefits of Journaling", but my favorite book, "Creative Visualization", by Shakti Gawain, on the Level Two recommended list by the TTNO, has an excellent section, Part 4, Page 119, that suggests starting a notebook that can be your creative visualization workbook, talking about writing down affirmations, outflows, successes, appreciations, self-esteem, things you like about you, self-appreciation, healing and assistance lists for you or others you

know, and finally fantasies and creative ideas... what better way to start!

Finally, you may have now realized the benefit of Journaling: it relieves stress, it heals the past, dignifies all events, is non-judgemental, it is empowering. You are your best counselor in that journaling helps with decision making, helps heal relationships, and it has no rules..... for the other 91 reasons, log on to the internet at '100 Benefits of Journaling' and read on!

Valerie Morrell, *RT*

RESPONSES LETTER TO THE EDITOR

This Letter to the Editor contains an idea that often arises in our discussions about promotion of the Therapeutic Touch modality we all practice. We think it is worthy of your input and so we invite you to respond with your own feelings and thoughts around the profile of Therapeutic Touch as opposed to that of other modalities. Thank you.

I would like to contribute to the discussion around Reiki and Therapeutic Touch™ and the question that Roslyn posed: "Is there something we can do to spiffy up our image?" While I have been a Recognized Practitioner of Therapeutic Touch, I wish to speak mostly to my recent experience of receiving both Reiki and Therapeutic Touch, but with the awareness and understanding of my training as a Recognized Practitioner.

When I was diagnosed with colon cancer last year, it was instinctive for me to bring that news to my Practice Group and elicit their support. I was not disappointed with the response. After surgery, I consented to oral chemotherapy, which is a 6 month course of treatment, and then decided to also accept Reiki treatments offered in the Well-Being Place at my church, St James United Church in Etobicoke. Even though this ministry has been in place since 1995, I have rarely asked for an appointment. Our minister is an ordained minister in the United Church of Canada and is a Reiki Master, trained under Reiki Masters Denise and John Crundall of Australia. She practices and teaches according to the Reiki as developed by Dr. Mikao Usui. Twice a year, over the years, she has offered training in Reiki and so there are now a large number of volunteers offering their time to give Reiki treatments in the Well-Being Place.

Even though my own comfort level rested with Therapeutic Touch as a complementary therapy, I wanted to mobilize all the help available and I liked the professional format of signing up for treatments in an appointment binder and going to the same designated place. I have always seen both Therapeutic Touch



and Reiki as energy work, differing only in their histories and applications. At my church, I can expect with some exception, at least 3 “channels”. On one occasion, I had 5 channels. Frankly having so many people standing around my bed (for we are always lying down) lends itself to a little humour. I hear them deciding who “gets the head” or the knee and I have asked if they have divided up my body satisfactorily. After my session with 5 channels, one man asked me later if I was sufficiently “fried”. Indeed I had been warm, but not uncomfortably so. There is never any rest period after the session. It ends very abruptly. So over the course of the summer, I was receiving either Therapeutic Touch or Reiki about once a week.

I foolishly stopped all treatments when my chemo finished in December, believing my oncologist who advised that I would feel like a new person in the New Year. When I did not I found my way to a Peer Support Counselor at Wellspring who advised, among other things, that I resume the energy work and that they offered Reiki as well, but each patient is restricted to 3 visits. Therapeutic Touch is offered too, but not at this Oakville site. My first Reiki visit included only one channel, who received training in a private business in someone’s home and had very quickly been asked to pursue training to be a Master Reiki. She did not. After the completion of the treatment, during which she allowed me a brief rest period, I asked about the activity on my feet which felt like Reflexology and the running of her hands down my back, when I was lying on my stomach, which had reminded me of Therapeutic Touch. She admitted that she had introduced some Reflexology on my feet and the activity on my back was “pranic” healing and she believed that these two additions of therapies enhanced the Reiki session. She had not discussed any of this before hand. The next Reiki practitioner was a different person and offered an experience of Reiki I was familiar with.

I believe that the persistence of The Therapeutic Touch Network of Ontario in developing a standardized practice has produced a recognizable therapy that is fairly consistent from practitioner to practitioner. I am reminded of Crystal Hawk’s words often, as she advised that when we see a client as part of the TTNO’s referral program or attend to a patient in a hospital, we should be doing pure, classic Therapeutic Touch, and not introduce any other healing modalities, even though it may seem “more is better” and could enhance the session. The public was to understand that Therapeutic Touch looks a certain way, indeed that we had developed a certain image, and we could be trusted to offer a consistent service. The Reiki Master designation may impress some people, but personally I have always resonated with the ambition of Therapeutic Touch, that everyone can learn it, even children, and ultimately would it not be wonderful if there was someone in every family who could offer Therapeutic Touch? It is less hierarchal and more egalitarian, even though I know there are gifted healers in the Therapeutic Touch community. And because there is such a wide variance in becoming a Reiki Master, in essence the title means nothing. But given the variance, I feel confident that my minister has received training that is more vigorous than others, and subsequently so do those that she trains. The unsuspecting public would not be able to distinguish that.

In Therapeutic Touch there are standardized training sessions to become a Recognized Teacher. While I experienced no harm in having Reflexology and “pranic” healing during a Reiki session, I was not comfortable with it. It was not discussed before hand and so no permission was granted. Even receiving

the services of 5 channels produced mild discomfort. It is part of not knowing what to expect and when I am requesting a service to support my recovery from cancer and its treatments, I am not interested in surprises. Cancer has been surprise enough.

Ultimately I have felt privileged to be able to receive Therapeutic Touch and Reiki in recent months, for the practitioners they all have in their hearts a desire to serve those in need of help and healing. We can continue to educate and support one another. For instance I would like to have a discussion on how these two energy therapies compare in their underlying assumptions. Another time.

Myrna Markovich
Retired RP; now Member of TTNO

Question for Autumn 2012

As a new practitioner I am confused about journaling... should I do it and what is the benefit to me?

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OBITUARIES

Henry Kaszuba of Hamilton departed this world in April, 2012. Henry and his wife, Livia, were a rare "Therapeutic Touch Couple". Both had taken Therapeutic Touch with Susan Mayer in 1985 and Henry was often the only man in the Peterborough Practice Group. Linda Nelson recalls that Henry always made them think and develop their understanding of Therapeutic Touch. They both volunteered with several agencies.

Henry thoroughly enjoyed TT. It opened up his other abilities. He enjoyed the retreats, the sharing of information and being with like-minded people. Henry met both Dora Kunz and Dolores Krieger at training events.

Henry taught Tai Chi in Peterborough and Livia recalls that, "It was a real pleasure to watch his Tai Chi— he entered another space as he often did when he practiced Therapeutic Touch.

Following their move to Hamilton they joined and enjoyed the fellowship of the Practice Group. They began to offer TT at Shalom Village to staff and residents.

Peterborough was Henry's spiritual home and a celebration of his life was held there in early June.

Louise Nault-Gallant of Brampton, passed away at the Bethel House Hospice, Inglewood ON, with her husband, Laurie Gallant and family present. Louise was introduced to healing techniques of Therapeutic Touch™ while she was a hospice volunteer and became a Recognized Practitioner in 1999. She opened her private practice, "Emerald Mind~Spa© Clinic", that same year, as an Anticipatory Grief—Bereavement Counsellor. Always curious and an eager student Louise also became a practitioner of EFT and NLP, Certified in Clinical Hypnotherapy, a Spiritual Chaplain and a qualified Lightworker and Master-Healer.

She attended many Retreats and conferences and was a very active member of the Brampton Support Group. When Louise's name is mentioned in a Therapeutic Touch gathering there are smiles and expressions of joy all around, because to know her was to love her. One of our fondest memories was of her at a Retreat, dressed in a nightgown and night cap reading a bedtime story.

Mary Simpson, *RT*

ACHTERBERG

IN MEMORY OF JEANNE ACHTERBERG, PHD

"The function of any society's health system is ultimately tied to the philosophical convictions that the members hold regarding the purpose of life itself." Jeanne Achterberg, PhD

I was saddened in early March to hear of the death of our friend Dr. Jeanne Achterberg. Jeanne was 69 (born on April 8, 1943) . I brought her to Toronto three times to lead large workshops and those who attended still speak to me about them and how much they learned from her. She taught us about using Imagery for Healing. Seventy lucky women attended her final Toronto workshop based on her book, *Woman as Healer*. That was a happening, an event we will long remember. She was stunning in both intellect and in person and she left us all feeling taller and proud of our healer heritage.

Jeanne received her PhD in General Experimental Psychology from Texas Christian University. She is acclaimed for her work on psychoimmunology, behavioral strategies for the reduction of pain and anxiety, the role of women as health consumers as well as the use of imagery in healing. She authored over 100 papers and five books, including *Imagery in Healing: Shamanism and Modern Medicine*, *Woman as Healer*, and *Rituals of Healing*. *Imagery in Healing* is my favorite. It is a critically acclaimed classic in the field of mind/body studies. *Woman as Healer* is described as a ground breaking work, surveying the activities of women from prehistoric times to the present. *Rituals of Healing* is a primer on the use of creative therapies for health and medicine, and won the Book of the Year Award from the American Nursing Association.

A faculty member for 11 years at Southwestern Medical School, she was a Professor of Psychology at Saybrook Institute, San Francisco and she was a research consultant and advisor to many foundations. She also provided training in the use of mind/body therapies for health care professionals in Europe, Japan, Argentina, and to refugees in Kosovo and Macedonia.

As a scientist she received international recognition for her pioneering research in medicine and psychology. She was named Healer of the Year by the Nurse Healers- Professional Association, Inc. and in April of 2001, she was featured in *Time Magazine* as one of the six innovators of alternative and complementary medicine for the coming century.

I recently re-read her Research proving that by our intentions we can change living tissue at a distance. With her permission I play her audio cassette on the Immune System and give it as a gift to every member of Gilda's Club of Toronto who attends my Imagery sessions there. So her teaching lives on. Jeanne Achterberg was a smart, brave and determined pioneer and we owe her a great debt.

Crystal Hawk, *RT*



PRACTICE GROUP REPORTS

THUNDER BAY PRACTICE GROUP

What a day we had! For the first time, the Thunder Bay Practice Group set up a display at the 55+ Health and Wellness Expo on April 26th. Six members of the Practice Group worked in shifts to provide mini-treatments and information about Therapeutic Touch. We had people waiting in line for treatments most of the day. We also had eighty-five people enter the draw for two free TT treatments. In addition to giving treatments to many mature folks, we also got to interact with a high school physical education class. As a result of our day we have 15 names on a mailing list for course information, increased our profile with community health and wellness organizations, increased the awareness of TT, and signed up to do a mini-presentation at Heart and Stroke's "Walk with Doc" in June. The day was a great learning experience for all of us!

Submitted by Jean Riddell
Practice Group Leader



Left to right Joyce Mingiardi, Bea Borsato, Cheryl Walsh, Jean Mowbray

On Saturday, April 14th, 2012 our K/W Therapeutic Touch Practice Group took part in a Healing Day held at the Unity Church in Kitchener. Members of our K/W TT Practice Group took turns staffing the TTNO table throughout the day. We handed out TTNO pamphlets and offered mini TT sessions. Ellen Hadley gave a 30 minute presentation on Therapeutic Touch to interested people during the fair. Thirteen members from our practice group took part in the day and we were very pleased with the large turnout from the community and the interest that was shown towards Therapeutic Touch. We all felt it was a very worthwhile day in helping promote Therapeutic Touch in this area.

Sue Frid, RT

THE BURLINGTON PRACTICE GROUP

The Burlington Practice Group recently participated in two health fairs. On Sunday, May 5, we had a table and treatment space at fair in which was to raise funds for schooling for a local autistic child. It was incredibly well organized with excellent exhibitors - but few came - perhaps because expensive advertising was limited. In addition to our usual Therapeutic Touch table display - keeping in mind how essential rest is - we took an 'anti-gravity chair and hid it

behind an antique clothes horse frame covered with a dark blue sheet. It was great set-up!

Connie Price, Lynda Hill, Pam Wilke and Mary Simpson enjoyed the time together. Several people who had taken Therapeutic Touch years ago came and talked to us. One had taken a workshop with Dr. Krieger in the US in 1981! Others who stopped by were really interested and spent time discussing TT, especially using it with specific conditions, i.e., shingles, strokes and palliative care. This show had a friendly interactive camaraderie among the exhibitors. There were none of the high pressure vendor-types there. It was a loving compassionate group of people - and it's highly likely it attracted that type of exhibitor because we were donating our time and money to help a precious little boy.

Then May 12, we participated at the 'Burlington Wholistic Community'. It was a huge success. The large church hall, in which it was held, had ample room for the 27 exhibitors. The \$20 admission fee (plus a cold pot-luck dish) gave time from 5:30 to 9:30 for attendees to experience sessions (with sign-up sheets) in an amazing variety of modalities. The Therapeutic Touch table was well attended, with people taking time to sit down and chat about it. I have a little portable DVD player and a DVD with a continuous loop of Evelyn MacKay doing a session (from the TTNO DVD) and people took time to watch it. Connie Price came by to help, and won my free workshop door prize! They did give her another. The woman who won it was delighted. There's another show in September. I hope this is the start of an awareness movement that can spread to other towns.

Mary Simpson, RT



THANKS TO MARY HUGHES, RN, RP, IN PEI..

A note to Evelyn MacKay from Mary Hughes RN, RP in PEI to be shared: "Last week I was on the Palliative Care Unit and we had a lady there who rang the buzzer 47 times in 2 hours, looking for medication. I went in as soon as I got to the unit and did a Therapeutic Touch treatment. She turned over and went to sleep. The staff told me she was quiet all night. The RN on the unit I only knew by name but when I finished she said: 'You did what the woman showed at the conference last year didn't you?', referring to your presentation given last year at the PEI Palliative Care meetings on Therapeutic Touch™. So we are building on that foundation. Isn't it great?" Seeing such positive results from a treatment session makes the learning so worthwhile!



SO MANY BOOKS, SO LITTLE TIME

HouseHeal: Transform Your Life through the Power of Home.

Sara Brown Crowder Balboa Press Hay House, 2012

One of the topics the TTNO challenges us to focus on in all three levels of Therapeutic Touch teaching is self-care and self-growth. In fact, for the past two years the TTNO Practice Day has focused on self-care for the Therapeutic Touch practitioner.

For change to occur, the author suggests we first must become aware of the need for change. She uses the home as a tool of awareness. Our own home, in effect, can be a window in to our soul. By becoming aware of what we like and don't like about our home, we become aware of being aware! Her work dovetails so well into our teaching in Therapeutic Touch. We are in our homes for a good part of our waking hours, so we are surrounded by a reminder to be aware and we become aware of so much more! As we change what our home looks and feels like, we change how our life looks and feels. This, in turn, moves us deeper in our Therapeutic Touch experience.

I have already started to use the principles outlined the book. It is amazing how, by changing my home, I am feeling lighter, less burdened and, as I let go of things in my home that I no longer need, I am able to let go of things in my life that are holding me back. The awareness of my own home has had an impact on my awareness of my inner self.

Sara Brown Crowder's book is a good read and a good buy! Go to her website www.househeal.com

Alison Cooke, RT
ISBN: 978-1-4525-4733-6

Teach Us To Sit Still

Tim Parks, Rodale

Serendipity is such a lovely word. According to the Concise Oxford Dictionary of Canada the meaning is the occurrence and the development of events by chance in a happy or beneficial way.

My most recent serendipitous reading events occurred through not finding a book in the Toronto Public Library. While searching for *Breath, The Essence of Yoga*, by Sandra Sabatini, another title caught my eye. Its title *Breath: A Lifetime in the Rhythm of an Iron Lung: A Memoir* is by Martha Mason, 1937 – 2009. It was the later date that caught my eye. I was stunned; Martha had lived for 61 years in an iron lung. At age 11 she contracted polio and was told by the medical establishment that they expected her to live at most for a year.

Martha finished high school first in her class, completed college, again first in her class and graduated from university, summa cum laude, all while in an iron lung. After reading this information in the short book review, I had to read this memoir to find out about this woman.

Although a polio victim, in my opinion, Martha was as tough as nails and thrived throughout her life. Her memoir was well written, full of the passion for life. Martha was interested in music, sports, her friends and community. She had many, many friends whom she cared for and who cared for her. She had a ferocious desire for

knowledge and loved the internet. Martha lived in her own home and took care of her mother when the latter developed Alzheimer's. This is an extraordinary story of an amazing woman.

On YouTube you can see an 18 minute documentary video about Martha. <http://www.youtube.com/watch?v=CiXFGc5ePVs>

At the end of the book was a list of recommended books, one of which had an intriguing title. *A Whole New Life, An Illness and a Healing* by Reynolds Price, a writer, who also wrote poetry, plays, articles, novels, essays and translations. He was also a professor at Duke University.

In 1984, a malignant tumor was discovered in his spinal cord. His treatment paralyzed him from the waist down and left him in severe pain for the rest of his life. His book documents the medical story, surgeries, radiation and rehabilitation: the change from being a vigorous, able bodied athletic person to the opposite, someone who needed to be assisted and was in constant, severe pain, confined to life in a wheelchair. He decided no matter what, he was going to carry on with his life, teach, travel, write and continue to live in his own house.

Unfortunately, Reynolds's pain was so severe he was on several different kinds of medication simultaneously, but to no avail. He tried various non-traditional methods to try to relieve his pain and found relief in biofeedback, eventually developing his own method to put the pain behind him. This was so successful that in the 10 years after becoming wheelchair bound, he wrote more books and plays than in the previous 20, when able bodied.

In the final chapter Reynolds writes about the horror of catastrophic illness. He does not accept that he has been blessed or ennobled by his illness. He talks about the awful books and people who suggest that he wanted his illness, didn't live right, didn't pray to the right gods, etc. Price is honest. Sudden and traumatic illness is horrible and devastating, not ennobling. He said there are 3 things he'd convey to anyone confronted with a severe illness or trauma.

1. You're in your present calamity alone – you have to help yourself.
2. Generous people will help you – but all you want is to be the person you used to be.
3. Who will you be tomorrow and until the end of your days? Come back to life, whoever you'll be.

What is it about these two books about catastrophic illness that made me spend a number of hours writing this review for Therapeutic Touch™ members?

Both books are robust, honest auto-biographies by people who had devastating illnesses. Both are full of their own personal insight with no false modesty. These writers are fiery examples of how they surmounted the devastation of their illnesses and also how they lived life to the full. They are two examples of how people with serious illnesses cope with the changes in their lives.

After reading, re-reading, thinking and digesting these works, I remembered this quote from Auntie Mame, "Life is a banquet and most people are starving to death."

These two writers ate well. I encourage you to partake of the banquet of life and read these two books!

Patricia Petruja, RP

NEWS about an exciting and new DVD!

There is a new DVD available about Therapeutic Touch™, which will be a valuable tool for the promotion of this modality we use. Rather than teaching the method, the 'How' of TT which the TTNO DVD does, this one explores the "Why?" of Therapeutic Touch.

Made by a videographer in Dartmouth, Nova Scotia, this DVD features Rev David Maginley, Evelyn Mitchell, Janet Manthorne, whom some of you will recognize, as well as views of TT being done in a variety of settings. It is beautifully done, explaining TT with clarity and accuracy, in simple and appealing terms. Mentioned as well in the ATTN column, this video is available from : KoKreative - HD Film and Video Production, Dartmouth, Nova Scotia

When we are trying to help someone, it is always important to realize that the results are not in our hands. Healing involves forces and agencies which we do not fully understand and certainly cannot command. Rather, we seek to be instruments of the power of healing, which exists everywhere in nature."

D. Kunz, *The Personal Aura*, p162.

TTNO DONATION REPORT SUMMER 2012

Memorial Donations sent by:

- Trish Dean, Janet Fallaize, Mimi Craig, Alison Cooke and Valerie Morrell in memory of Evelyn MacKay's brother, Earle Smith
- Regina Sheere in memory of her horse, Whisper
- Niagara Therapeutic Touch Practice Group in memory of Karen Bradley's Husband
- Janet Fallaize in memory of Anna Brisson's father, Robert

In appreciation for Therapeutic Touch sessions that were given:

- Myrna Markovich in appreciation to Susan Keith, Ann Ginou, Joyce Reynolds, Darka Neil, Gwen Goodwin, other members of the Etobicoke Practice Group, as well as the many others who provided Distance Therapeutic Touch

In Gratitude:

Volunteers recognized for their contributions to the Therapeutic Touch Network of Ontario:

- Alison Cooke, Susan Keith, Sally Ann Kerman, Linda LeRoux and Doreen Sullivan

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Each network sets its own criteria for curriculum and teaching.

* 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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Surrey-White Rock: Faye Torgerson* 604-576-8176
Winlaw: Camille Roberts* 250-226-6886

CANADIAN THERAPEUTIC TOUCH™ NETWORKS PRACTICE/SUPPORT GROUPS

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

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Bridgewater: Janet Manthorne 902-543-4266
Dartmouth: Barbara Stone 902-469-0317
Halifax: Various RP's 902-454-2919
New Glasgow: Cherry Whitaker 902-925-2042
Pictou: Linda Chisholm 902-485-4548
Pt. Hawksbury: Natascha Polomski 902-625-2622
Saulnierville: Colette Thibodeau 902-769-2160
Sydney: Louise Glasgow 902-564-6130
Truro: Kathy Putnam 902-843-0881
Yarmouth: Sandra Noah 902-649-2201

PRINCE EDWARD ISLAND

Charlottetown (DVA): Angela Gallant 902-626-6419
Charlottetown: Judy Donovan-Whitty 902-569-3496
Kensington: Carol Evans 902-836-5200
Souris: Patty Mooney 902-687-3514
Stratford: Sandra Fraser 902-569-5310

QUEBEC

Montreal/NDG: Irma Bubolic 514-483-6688
South Shore: Marie-Claude Poupart 450-671-2223
West Island: Monique Gregory 514-694-6994

ONTARIO

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 Vera Turner 905-833-5969
Barrie: Ariene Cugelman 705-721-1850
 Margaret Cottle 705-719-1463
Beamsville: Beth Schat 905-563-8495
Belleville: Nancy Sherk 613-395-2973
 Alison Cooke 613-395-3691
Bolton: Diane Demidow 905-880-2220
Bramalea: Gabriele Boer 905-791-8637
Brampton: Lillian Hutchinson 905-457-2211
Brantford: Doris Marcellus 519-752-7044
 Raymond Poole 519-753-4150
Brockville: Audrey Harkness 613-348-3736
Burlington: Lynda Hill 905-681-2575
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Carrying Place: Donna Logan Van Vliet 613-962-1004
Chatham: Louise Brodie 519-354-0534
 Cheryl Dickson 519-674-0602
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Elliot Lake: Dianne Bussmann 705-461-7599
Etobicoke: Karen McKeown 416-742-5628
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Gananoque: Elaine Davidson 613-382-3772
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Hamilton: Laura Pokoradi 905-385-9217
Huntsville: Ruth Brandt 705-787-1445
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Kitchener/Waterloo: Susan Frid 519-885-3764
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Surrey/White Rock: Faye Torgerson 604-576-8176
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Names in this section are included only if a signed PIPEDA form is on file with the Therapeutic Touch Network of Ontario at the submission deadline.



2012 TTNO Fall Event & AGM

The Therapeutic Touch Network of Ontario is pleased to be
EXPANDING OUR VISION

Friday Oct. 26- Sunday Oct.28 2012
the isaiah tubbs resort
and Conference Centre
in beautiful Prince Edward County

Check in and registration at 4:00 pm Friday.
A Friday evening Practicum and visit to get our weekend started.
Saturday morning: Plenary session "Dialogues with Dee Krieger"

Choose one of the two workshops that will run over the course of the weekend.
Attendance at this weekend counts for achieving or maintaining

Workshop A: The Heart-Based Simplicity and Art of Therapeutic Touch
Workshop B: Therapeutic Touch Works! From the Inside Out

Saturday afternoon: TTNO 19th Annual General Meeting

Closing and farewells by 4pm Sunday

Registration form in this issue.
One all inclusive price covers accommodations, meals, breaks and workshops.

in touch Newsletter
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