



Photo: Sue Conlin

## Dr. Dolores Krieger Montana Dialogues 2013

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## MEDITATION

Find yourself a comfortable spot, where your back is straight and where you can relax fully.

And allowing yourself to pay attention to the comfort of your physical body.... attending to any areas of tightness by intending them to relax. Sending gentle messages to these areas, to ease, and supporting that relaxation through the slow and even outward breath. Perhaps even thinking that you are breathing out through any tight areas until they too soften and ease.

Letting this be a time of no sensing, no feeling, no thinking... simply being..... peaceful, quiet and calm with your attention on your breath.

Maintaining this inner quiet for a time, if you can.

And now, seeing yourself at the ocean, seated wherever you find comfort: at a distance away and looking at the ocean, nearer to the ocean and feeling the waves at your feet or in the ocean itself, however and wherever you choose. It is most restorative when you feel yourself in a place of comfort.

And being aware of the ocean, its strength, its size. This ocean is like the human family ... a great oneness we are all a part of just as all are included in the human family, all part of a great connection. Yet we have individuality even within this great connection.

As you look at the ocean, be aware the wave crests... the individual identity within the whole, each having a difference in rhythm and appearance as waves of that great ocean, waves with some crests high, some crests foaming, some crests carrying sand, others folding in and disappearing in the greater body of water while yet other crested waves splash on the beach. And underneath the wave, it is all ocean. All one.

We are all a part of the human family all having our individual connection with the world around us... we show our differences... we act out our roles, yet underneath we are part of the greater body and we can, in meditation, surrender ourselves to the oneness while retaining our individuality.

And we feel our individuality buoyed up by the strength of the shared experience, we feel supported by the ocean from which we rise as crests, we can risk cresting in one way or another without losing the support of the whole and we can do so in confidence and trust. And like the ocean, in our human family we can trust the community that allows our differences... offers support..... lends strength.... flows with our plans and speaks to our needs,

So imagine yourself as a wave crest, feeling the strength that comes from being part of a whole and supported by it, yet aware of being an individual wave. See that you are a distinct self within the whole of this community. Watch your progress, look at the path you take, look at the distance you cover, even as you, as an individual, move and ride through this life. Never disappearing entirely, but rising again and again, as your own rhythm dictates...safely, supported, within the whole. And aware of your place as an essential part of community, supporting and supported.

And so you are. And so you are. Thank you.  
Evelyn MacKay, RT

## in touch

is the newsletter of

**The Therapeutic Touch Network of Ontario**

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Practitioner Workbooks, teaching materials,  
extra Newsletters, Brochures, resources

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## INTENTION AND ATTENTION

As Acting Chair of the TTNO, I have been giving much thought to what my focus could be for this column. As Chair of the Teachers Liaison Committee, teachers and teaching, curriculum and workshops were my focus. Now I am seeing the TTNO from a larger perspective. So what can I write about that you might find interesting?

What crossed my desk, and my mind, was a saying with which we are all familiar: "Where focus and intention goes energy flows". Further, "As we discipline ourselves to focus our attention, wholly and completely, on our current intention, vision or dream we are energetically infusing, informing and programming the Unified Field to deliver this ... and even greater. Our thoughts become our reality". (2012 42 Day Blooming Humans Journey)

I think what this column could be about is letting you know throughout the year what the Board's focus (attention) and intentions are. What "realities" we want to manifest and to see grow through our thoughts, words and actions.

At this time, and really all the time, please know that our focus and intentions are always on the members of the TTNO! The Therapeutic Touch Network of Ontario is a service provider. The Network exists to be of service to its members, so that you in turn can be of service to your family, friends and community. All of our decisions and actions, in fact, everything we do, is with the intention of providing a service to our members which in turn will support and enable our members to fulfill the TTNO vision of having "Therapeutic Touch widely recognized and practiced in Ontario... seeing Therapeutic Touch in every home, workplace and healthcare facility, enhancing health and wellbeing within our communities". As membership renewal time is coming up, (and really all of the time), I want you to know how important you are as a TTNO member. To quote Mary Simpson; "Every member across the length and breadth of Canada is a contributing factor in making our central organizations work smoothly. Every member shares in this responsibility. Every Member is a Centre. You, the TTNO members, are our reason for being; our "centre".

In terms of membership, the Board's intention and attention going forth is Recruitment, Recognition and Retention. Specifically we want to see our membership increased (recruitment.) We want our members to feel supported and valued (recognition). We want to keep the members that we have (retention). We are planning on adding to the Board of Directors a Members Relations Chair and committee. This committee will focus on Recruitment, Recognition and Retention.

Somewhere in your daily lives you may have heard the statement "it isn't about you". Well, in your TTNO life, I want you to know that it really is ... "all about you"!

Please bring to a Board member what you want and need from the TTNO. Share with us ways that we can be of further service to you.

At this time I would ask you, as the "centre" of the TTNO, to join us in holding our intention and attention on Membership Recruitment, Recognition and Retention.

Many thanks to each of you for all that you do  
Sharron Parrott Acting Chair



# TTNO COMMITTEE REPORTS

## VICE CHAIR REPORT

The big excitement just now is the Fall Event! This year it is being held in Barrie, in a very beautiful setting on the edge of Kempenfelt Bay. Your presence will make it even more exciting and I hope you can be there with your fellow TT practitioners! We feel very positive about it and are delighted that such a space is available to us.

As we learned at last year's AGM, we are in the Renew and Review stage of our organization. Work this year has been devoted to organizational planning, and we are looking at ways the TTNO can better support its members. This will be covered in the AGM report that you will be receiving soon.

We sent a Nomination Notice to you some time ago, listing vacant positions on the Board and Committees. If yours did not arrive, please call or email the office so we can re-send. It is too important to miss!

We are a member funded network, so it is our membership that informs what we do. Your input, participation, suggestions and direction is very important and welcome!

Your network Board has opportunities you might want to consider, either for yourself or for another who would be 'just right' for one of these positions:

**A Membership Relations Chair**, in coordination with the Teacher and Practitioner Liaison Chairs, to support the recruitment, retention and recognition of all TTNO Members.

**A Public Relations and Marketing Chair** to coordinate print and social media committees and event promotion.

Also needed are Committee members: to carry on the editing of this (in touch) publication; to develop and promote benefits of membership; to write articles; do research; plan events....  
(Remember, if you need a Nomination form, please contact the office)

Decide to Network!

**Support your Network as we promote the practice and understanding of Therapeutic Touch™.**

Look forward to seeing you in Barrie!  
Annefrances Morris

## TEACHER'S LIAISON COMMITTEE

### Change is inevitable.

**CHANGE**... may sound scary: don't want to, not looking forward to it. Why? The definition doesn't make me feel any better...to become or make different, exchange/remove/substitute or replace something, transition from something. But **CHANGE** can be wonderful! It can provide us with renewed hope and challenge us to greater heights. Right now our network is in the midst of change.

I may not like the definition of change but I can resonate with the synonyms for change. In 2013, we witnessed the **transformation** of our TTNO Practitioner workbook, and before the year ends, we will see **modifications** to our TTNO Curriculum and Guidelines for

Teaching Therapeutic Touch, **amendments** to our by-Laws, **conversion** and **adjustment** in how we mentor and supervise those wanting to be Recognized Practitioners and Recognized Teachers. Most importantly, alterations to our attitudes about CHANGE.

Join me in celebrating the changes that are before us:

1. Therapeutic Touch Recognized Teachers will be receiving revised pages to the 2010 Curriculum and Guidelines for Teaching Therapeutic Touch. This is being done to comply with the recently revised TTNO Practitioner Workbook approved and launched in April of 2013. We will be replacing the Glossary of Terms and Conditions, the Therapeutic Touch Session pages 48 and 49 and replacing the **Introduction to Membership** hand out on Page 52 with the **Introduction to the TTNO** in the guidelines. You will also be provided with those pages that deal with the changes to the completion of a case study. All of this will be coming to you in September or October.
2. In the spring of 2013 Teachers and Members of the Teacher Collective were invited to complete two surveys. One was a demographic survey. 46 % of teachers responded. Over a three year period we asked questions pertaining to how much teaching is being done in Ontario by how many teachers, in what locations, how often, plus information about the number of students, and how many complete the basic three levels. The results have been tabulated and a comprehensive report with recommendations has been prepared for teachers to consider so that we can increase not only the number of students in our classes but our TTNO membership numbers as well.
- The second survey was completed by Members of the Teacher Collective. This survey appears to be the first consultation done with the teachers of the TTNO in a very long time. Only 21 of 120 Collective members (17%) responded, but we have accumulated an many of suggestions and ideas. The results of this questionnaire will provide us with an opportunity to review/revise and enhance what we do.
- The results of these two surveys will be presented and discussed in detail at the Southwest Regional Teacher's Day in London on September 30, 2013 and at the Central Regional Teacher's Day when a date has been set. All members of the Teacher Collective are invited to attend.

Teachers you don't want to miss the fall event...at the Brainstorming Session held at Southwest Regional Teacher's day in March of 2013 you provided input into the role of both a workbook supervisor and a workbook mentor. We also asked you for feedback of what kind of training would be offered to both the workbook supervisor and the mentor. We were listening and have developed a workshop around mentorship. We have developed suggested guidelines, job descriptions and skill sets that we feel are needed, training guidelines and even a sample contract/agreement that can be used by a workbook mentor and workbook practitioner. Since so many of our teachers are either mentors or supervisors this workshop is for you. It is also for anyone who wants to assume responsibility to become a workbook mentor or supervisor.

I am indebted to the ad hoc mentorship team (all workbook reviewers) who designed the suggested guidelines and implemented them in Windsor in August, September and October.

They are Laura Morasset, Kay Tuer, Cheryl Spickett and me. An awesome team! From our perspective everyone wins...

**The workbook practitioner** - who will have access to a mentor and feel supported throughout the whole process

**The workbook supervisor** - who will receive the necessary training to confidently supervise a case study and while doing it, be reviewing the process and therefore participating in a continuing education session

**The Recognized Practitioner and/or Recognized Teacher** who will be volunteering to support a member of her Practice group and gaining valuable experience. In addition, the Recognized Practitioner may want to become a Recognized Teacher

**The Practice Group** who will now have a greater number of Recognized Practitioners to share the work of mentoring and or supervising.

To be continued...please try to attend the Fall Event November 8, 9 and 10th.

And what better way to end my report than with more changes and some Great News! The Level 1 teaching materials submitted by Jean Riddell and Craig Niziolek have been approved. Their achievement would not have been possible without the assistance of their supervising teachers - Jean was mentored by Pat Tamosetis and Craig was mentored by Linda Nelson. Their Level 1 classes still need to be supervised and approved and are scheduled for the fall. When the proper documentation is received from their Supervising teachers they will be sent their certificates designating them Recognized Teachers. Join me in applauding their efforts thus far.

Now CHANGE isn't so bad ... lets, learn to embrace it and go with the flow. Just do it! Of course, I have always said that...it's my mantra...go with the Flo.....)

Flo Hartleib, Chair  
Teacher Liaison Committee

## THE JOURNEY CONTINUES

This is rather a bittersweet time for me.... the last time to write this column as the Practitioner Liaison Chair. My term - well actually 2 terms - is up in November and this portfolio will pass to someone new. This has indeed been a time to both look back and also to what is ahead.

I have been part of an organization to which I am utterly committed and to a healing modality that, I believe, is one of the best. We are a diverse group, with some members offering Therapeutic Touch only to family and friends, others volunteering for Hospice, long term care, and other organizations. Some members provide client services, teach, and support the practice of Therapeutic Touch by hosting Practice Groups. This organization works best if there are individuals who are willing to assume the volunteer roles that make the TTNO viable, and vibrant. Please consider becoming part of a committee, which reflects your own interests.

I never did envision myself as a member of the Board, yet with support and encouragement here I am. My tenure was blessed with wonderful committee members and supportive volunteers who gave of their time and expertise to make my job easier.

There have certainly been bumps along the way. As with any governing body those who sit as directors on the board have 'influence' over the direction that the TTNO takes. Sometimes the members enthusiastically agree with those directions, at other times question them. Such conversation is important, as is the realization that the TTNO Board works in the best interests of the Network because each board member cares deeply about Therapeutic Touch and supports it in every way.

Now comes the tricky bit. I am hesitant to thank individuals in case I forget someone; there are so many who have my gratitude.

Linda LeRoux, and Jane Graham have been the core of the Practice Day writing team. Susan Keith, Flo Hartleib, Jitka Malec, and Christina De Carlo have been contributors and reviewers. Alison Cooke, dedication and helpful in so many ways. Those who review the workbooks are an amazing group, Kay Tuer, Karen Schimansky, Cheryl Spickett, Claudia Gazley, Laura Morasset, Patricia Petruza, Sophia Zoe, Shirley Boon, and Debbie Brear. I am going to carry on in my role as workbook coordinator and will continue to work with these dedicated women. I would be remiss if I did not thank all the members of the TTNO community. It has been a pleasure to work for and with you and to get to know many of you by email, phone and in person. I look forward to meeting more members of our Therapeutic Touch family.

On another note: I hope to see many of you at the Fall Event in Barrie! TT is such a great experience, and it is wonderful to spend time with other Therapeutic Touch practitioners from across the province. Flo Hartleib and I will present part of a session on the new practitioner workbook. This session will be different from both the one that was presented at the 2012 Fall Event, and from the overview that some you attended at Teacher's Day and retreats.

Finally, The Practice Day committee has been busy putting together the 2014 day on Compassion and I would like to leave you with these thoughts: one from a speech by Dr. D. Krieger at the 2000 TTNO Conference in Toronto:

"Compassion is caring so much that you don't invoke your own needs into the situation."

And the second from Pema Chödrön:

"Compassion is not a relationship between the healer and the wounded. It's a relationship between equals. Compassion becomes real when we recognize our shared humanity." \*

miigwetch  
Patricia Tamosetis, Chair  
Practitioner Liaison

[www.goodreads.com/author/show/8052.Pema\\_Ch\\_dr\\_n](http://www.goodreads.com/author/show/8052.Pema_Ch_dr_n)

## NEWS FROM YOUR TTNO OFFICE

Greetings from Goranka, Hala, Janet and Jane, the people who work behind the scene to keep the office operations of the TTNO running smoothly.

Hala Riad, our office manager works for the TTNO part time. On Thursdays she is in the office and is now receiving registrations for our exciting AGM Fall event, taking place Nov. 8-10th in Barrie. Goranka Marinic, our book keeper has gained a wonderful grasp of

our needs and requirements and is proving a valuable resource to the office.

The other member of the office team is Janet Fallaize, who responds to all things membership, such as helping members sort out their questions.

As the fourth member of the team I act as a resource to the office, helping to coordinate communication and operations for the Board. Our primary goal is to serve of the best interests you the members and our wonderful organization. I look forward to seeing lots of you at our Fall Event!

Jane Graham, Office Resource  
The Therapeutic Touch Network of Ontario

## CALLING ALL EDITORS, CALLING ALL EDITORS: TIME FOR A CHANGE

We, Evelyn and Mei-fei, have been co-editing **in touch** since Spring, 2008. We believe it is time for others to be involved in keeping the TTNO Community **in touch** with / through **in touch**. As you consider this opportunity, also consider the idea of finding someone with whom you would like to work as co-editors. We have found co-editing useful. If nothing else, there are two sets of eyes to read the copy. Also it is important to be able to discuss questions/issues.

We have given the TTNO Board notice of our departure and have agreed to continue to co-edit the next four issues of **in touch**, i.e., Autumn, Winter 2013, Spring, Summer 2014. We also are happy at any time to have others begin to co-edit and to mentor you as you assume the editing.

If you have questions or comments or need some information pertinent to this invitation to change, either email/write or call Mei-fei or Evelyn.

**in touch** Committee: At the present time, the Committee includes Mei-fei Elrick, Crystal Hawk and Evelyn MacKay. Judith Kanee is the Committee's Liaison with the TTNO Board. Crystal Hawk is happy to edit on an as-needed basis, as she does presently.

## MORE THOUGHTS ON ISSUES OF HEALING, HEALTH AND ILL-HEALTH

Health challenges, temporary or long-standing, seem to be a part of our human experience. Healers are no exemption. Spiritually advanced people suffer and die of the same causes as the rest of humankind. Sri Ramana Maharshi experienced great physical pain from cancer for the last two years of his life. He was supposed to say: "my body is suffering, but I am not suffering".

What does this mean to us, practitioners of healing arts? When our health is compromised, can we keep treating others and under which circumstances? We surely can treat ourselves! I am presenting my thoughts on the topic for your consideration.

First of all, I must know myself. Why do I want to do this? Am I able to center? As long as I can center, form clear intent and put temporarily aside my own issues, that is, transcend my own condition, I can participate in the healing work.

According to Barbara Brennan, healer's energy frequency should be always higher than client's, otherwise she can take on the client's frequencies. The gateway, so well known to Therapeutic Touch™ practitioners, is the state of centering. Do I need physical stamina? Not necessarily, we know Therapeutic Touch is a work of mind. To treat someone, I do not have to walk around the recipient, bend or go down on my knees.

I am periodically teaching classes for people affected by cancer. My students are giving the most wonderful treatments. I will always remember treatment I received from clinically very ill woman. Her mind was clear; through her own suffering she was able to feel extraordinary love and compassion for others. She was sitting in the recliner chair and I seated myself close to her. To this day, I can recall the lightness, the peace, the love she extended to me.

Dora Kunz was teaching people with AIDS to treat each other. She said that caring for others makes one feel better about self. I can see why: one has more insight into what that person is going through. That helps to feel more compassion for the other **and for self**. Here lies the key to learning to love oneself: recognizing and accepting our vulnerability, the fragility of our human existence, our dependency on each other, the depth of compassion and tenderness we can feel for others, **and for ourselves**.

In a group setting of people with the same health problem, working with their common energy frequencies may enhance the healing of all. We can also aim at any particular group when working at distance. It is not by a chance that, at our London Wellspring, majority of volunteers experienced cancer either in self or in a loved one. The caring, kindness and compassion are almost palpable. What a joy to offer Therapeutic Touch there!

And, of course, the ill healer does not have to go places to "do" the work. She can create within herself a state of continuing centeredness from which the peace and love flows to those in need. I remember a woman at Palliative Care unit. She was concerned about her inability to help others: that was always her life mission. I suggested that she feel peace, kindness and compassion towards people she hears crying out at night, towards confused patient wandering around, towards grieving relatives.

As for myself, I took a break. I was given plenty of solitude and silence. Distant work naturally replaced outside involvement. I knew when I was ready to resume my Therapeutic Touch activities, to share what I have learned.

### Resources:

**Kunz, Dora.** *Spiritual Healing: Doctors Examine Therapeutic Touch and Other Holistic Treatments.*

*Quest Books, 1995. Chapters 8, 16, 20.*

**Van Gelder Kunz, Dora.** *The Personal Aura.* *Quest Books, 1991. Chapter VIII.*

**Brennan, Barbara Ann.** *Hands of Light: A Guide to Healing Through the Human Energy Field.* *Bantam Books, 1987. Part IV Introduction: The Cause of Illness and following chapters.*

**Myss, Carolyn.** *Essential Guide for Healers.* *Sounds True. CD Talbot, Michael. The Holographic Universe.* *Harper Perennial, 1991. Pg 89, 2*

**Anita Moorjani.** *Dying to Be Me.* *Hay House, 2012 Pg 13*

**Gangaji.** *Pain without suffering.* *Sounds True Recording "Words of Wisdom"*

Jitka Malec RT  
April 2013



## THERAPEUTIC TOUCH WITH FAMILY MEMBERS

*No matter how effective we become in our Therapeutic Touch practice, our own families may continue to question Therapeutic Touch and the reasons we offer it. Lucky you if your family isn't full of sceptics. I know my own family has questioned my involvement. As a response, several ago I decided to organize a Family Workshop and invited family and their families and friends. Twelve people came. In later years, several of those in the workshop have reported that they have been able to help their families with what they learned.*

*Remembering my own experience, you can understand why I was thrilled by Pat Buczkowski's story and why I think you too will want to know how she was able to offer TT to her father and also enable her mother to offer TT to him.*

*Crystal Hawk RT*

My father passed away last month after an 18 year heroic battle with kidney cancer. In the last three months of his life, I was able to offer him and my Mom the gift of Therapeutic Touch. Up until then, both parents had viewed Therapeutic Touch and all energy work with scepticism; and they thought that I was a little weird, and wondered where they had gone wrong.

In 1995 my Dad had one of his kidneys removed and ten years later, the cancer came back. It had metastasized to his liver, and lungs, and so began his journey with chemotherapy.

I was visiting one Sunday in April, when my Dad went into one of his coughing spasms which usually lasted 5 - 10 minutes. Suddenly, I could not take it anymore. I did not ask for permission, apologies to my TT teachers. I placed my left hand on my Dad's back, behind his heart, and with my right hand, I started to sweep (clear) and I kept sweeping. At first, it was a fairly steady sweep. Then something told me to slow it down. So my hand went very, very slowly, as though I was moving through thick cold molasses. I kept at it for 5 minutes and he was able to take a breath; so I stopped and sat down. Wrong move. He started coughing again. I continued sweeping for another 10 minutes. This time he relaxed, sat up and was able to take a deep breath. I didn't stop. He sat back in his chair and I continued to sweep until he was breathing more comfortably. Then I stopped. My Mom looked at me and said, "Well, I don't know what you did, but the coughing stopped."

I told her it wasn't magic, and that she could do it too. I then proceeded to show her how, by doing it with her. I said that coughing was an energy vibration, and that Therapeutic Touch was disrupting that vibration, so the body would have a chance to rebalance itself and that Dad might be able to catch his breath. I told her that what was most important was to keep her hands moving very slowly, smoothing over the field, so that she didn't cause any unnecessary disturbance, and to keep her mind very calm and quiet.

I really wasn't expecting much from my Mom. But she called the next evening and told me my Dad had one of his coughing spells during the night (a regular occurrence). Instead of trying not to listen to him, she got up, and tried some Therapeutic Touch on him. To her astonishment, and his, it worked! He was able to go back to sleep for a few hours. After that, each time he went into a spasm, she would go to him and offer him Therapeutic Touch. He would even do it on himself at night, so as not to disturb her. Every time I went to

visit them and he went into a spasm, he would motion for me to do Therapeutic Touch with him.

Finally my Dad had pneumonia and when nothing else worked they started dialysis. The hope was to try to control the fluid build-up and make my Dad more comfortable. I did Therapeutic Touch with my Dad the entire time he was in dialysis on the last 3 days of his life. The attending nurse watched me. She said if she wasn't there to see it, she wouldn't believe it. When my Dad's blood pressure dropped, and I did Therapeutic Touch, his blood pressure would go up and he would stabilize.

She said she had taken energy work during nursing training, but it "didn't do anything" for her, so she abandoned it. She was amazed at its effect on the human body. My Dad chose to pass peacefully on his own on Saturday, June 1st. Dad ate all of his lunch, brushed his teeth, kissed my Mom and said goodbye. My Mom was gone for half an hour and when she got back, he was gone. I am thankful that the Universe and Therapeutic Touch offered this unique opportunity for me to be able to comfort both my Dad and my Mother.

Pat Buczkowski

A longer version of Pat's story can be found on Yahoo.

"It will be apparent to you by now that the techniques of Therapeutic Touch are not difficult to learn. Therefore, upon request, the basic techniques can be taught to relatives and friends of persons who are ill."

Dolores Krieger, PhD, RN. Page 82  
Accepting Your Power To Heal

## THERAPEUTIC TOUCH™ IN THUNDER BAY – FROM THE BEGINNING.

In February 1984 Susan Mayer from Toronto's Sunnybrook Hospital came to teach Therapeutic Touch. This changed my life. Two things penetrated my mind that weekend: that TT helped patients die more peacefully which in turn helped their families and a realization that a healer of the past was intimately aware of the power of universal energy. I was intrigued.

Susan returned twice. Too busy to return, she said "You do it." Me – teach? In blind ignorance, I tried it, following Susan's format. In my first class in February 1987 I taught five students in our house. My second class, requested by Confederation College, had 18 people. Talk about jumping in the deep end! People began talking. I began advertising. A request to give a talk at the library was made more challenging by a lady loudly proclaiming that this was the work of Satan. The words "witch", "voodoo" and "Satan's helper" were bandied about frequently at various presentations. Some attendees laughed, some took the class. My university professor ran a video of Barbara Walters interviewing Dee Krieger, angrily suggesting that I be run out of town as a witch; this tickled the curiosity of a number of fellow students who did their final essays on TT!

I took booths at various events, ignored at first by many. By my third year people wanted demonstrations/ treatments. One has to plant a seed and wait for time to produce the fruit! Then came a request from Lakehead Psychiatric Hospital, wanting a presentation for sixty nurses and doctors. The perseverance of two nurses eventually

resulted in TT Policies and Procedures being adopted by St. Joseph's Care Group – a first in Thunder Bay.

In hospitals, at first TT sessions gave way to nursing procedures. Now, if a session is in progress, nurses will return later. I have used TT with palliative patients, in ICU, in recovery, with amputees, pregnant women, children and numerous animals.

Initially I was the only one teaching in northwestern Ontario. Ours is a small city yet a large percentage of the population is open to alternative and complementary therapies. It was a struggle though, and I doubt I could have done the work had it not been for the early mentorship of Susan Mayer and Diane May, and the ongoing support of Evelyn MacKay, Grant Hallman and Fiona, Barbara Janelle, Emmagene Borden, Merlin Homer, Margaret Shearman, Helen Will, Carolyn Buchanan and others. There were times when I felt very lonely and inadequate. I flew to Toronto for retreats, conferences, and other classes as they became available. Travel expenses took care of any profit I might have made.

A visiting student shared that although she had already done three levels with teachers with nursing backgrounds she really appreciated my level 1. "From them I learned about theory and research, but from you I learned about energy." I realized I filled a niche and from then on was comfortable with my work. Because many students were from outlying towns, thus requiring several hours of travel, most classes were on the weekend. Level 1 ran ten hours, levels 2 and 3 were eight. I brought in other TTNO teachers to give the students a change of perspective. After numerous requests over several years, I created a CD: Guided Imageries for Inner Healing and Growth\*.

Recently I was asked how teaching has changed over the years. In the beginning it was necessary to teach that an energy field existed and how to tap into it. We were exploring this as much for ourselves as for others in those days. We taught theory and research, but our early classes were geared much more to hands-on experience. I found that confidence in sensing the field promoted curiosity about theory and research, rarely vice-versa.

I have been privileged to teach at Confederation College, Lakehead University, St. Joseph's Hospital, Hospice Northwest, Lac Le Croix Reservation, a long-term care facility, and communities across northwestern Ontario. The Practice Group has offered sessions in care facilities, and at one point ran a clinic out of McKellar Hospital. It was open to any member of the public for free. Our members still respond to requests from private citizens, participating in various events.

Two students, Lorrie Rowson and Eileen Duke began teaching together until Lorrie's untimely passing, Eileen until her retirement. Then I retired. A few times. I was drawn back by my need to share information and experiences. Happily, others are taking up the challenge and Jean Riddell recently earned her teaching certificate.

TT became a way of life for me and I've learned so much about myself. It opened me to all kinds of possibilities. I have expanded my limits and capability tremendously because of it. I am incredibly grateful to have had the opportunity of sharing and teaching, and receiving the love and appreciation of so many people in return.

Offered respectfully,  
Sue Langer, RP and Retired Teacher.

\*Guided Imageries for Inner Healing & Growth is available on request from Sue at: [healing.quest@shaw.ca](mailto:healing.quest@shaw.ca) or at 807-939-2984

## THE AMAZING WOMAN

Cathy Nystrom is one of the Recognized Practitioners in Huntsville. She had a fall recently, April 18, and broke her hip and is known at the hospital here as "the amazing woman".

When she fell, Cathy immediately started doing Therapeutic Touch on herself while waiting for the ambulance. The paramedics told her she could stop waving her hands around and of course our Cathy told them she was doing Therapeutic Touch. She was in so little pain that they had a hard time believing Cathy when she told them she had broken her hip. In emerg, while waiting for her x-ray to confirm what Cathy knew, she phoned me to tell me what had happened and I immediately started doing TT on her as well – twice a day for the first 2 days until I was able to get a TT team together to give Cathy long distance sessions daily. As well Cathy was doing Therapeutic Touch on herself constantly.

Cathy broke her hip on Thursday at supertime, went to Barrie for the surgery on Saturday and back to Huntsville hospital on Sunday. Her pain was minimal and the staff kept wanting to give her more pain medication which Cathy insisted she did not need. She was up with a walker and 25% weight bearing almost immediately and rapidly became very independent. The physio gave Cathy exercises which she did vigorously 3 times a day. By Thursday, a week after the break and 5 days post-op Cathy was asking the physio to get her going on stairs so she could go home which she did on the Saturday – 1 week post-op.

Cathy had home physio and continued rigorously with her exercises to maintain her muscle strength. When she went back to the surgeon for her 6 week check, he said she was "amazing" and wrote that in his report to her family doctor. He said she could full weight bear so Cathy set the walker aside and walked! She took the walker at the insistence of her family if she went out in the car – which she was now driving herself.

Cathy came to our Practice Group on June 12 and walked in without a limp and no aids. She says she still has to focus to make sure she doesn't limp because she wants a good gait! Although still a bit sore when getting up and down from a chair, she insists it is not painful, just muscle soreness.

Cathy has astounded everyone, and of course tells them all that it is Therapeutic Touch that helped her. Our Amazing Woman is a wonderful ambassador for Therapeutic Touch.

Shirley Boon RT

**Would you like to have a  
Therapeutic Touch Workshop  
in your town or for  
your Practice Group??  
Contact Mary Simpson, TTRT, QTTT  
to 'make it so'!  
[mary.simpson@cogeco.ca](mailto:mary.simpson@cogeco.ca) 905-825-0836**



## NEWS FROM PRACTICE GROUPS



**Back row, left to right** - Frank Matusiak, Pearl Bird, Holly Nicol, Dorothy Pierce, Nancy Floyd  
**Front row** - MaryLou Westenhofer, Lynn Vukosavljevic, Doreen Baird, Debbie Ruis, Annelie Smolarek.  
*10 practitioners were missing due to travel and other commitments.*

### THE ST. MARK'S PRACTICE GROUP IN WHITBY

One of the ways our group chose to participate in the 25 for 25 Fundraising campaign was to request donations to TTNO for our community events. This initiative has been well received.

Last November we gave a presentation at the Whitby Seniors Activity Centre. The presentation began with the Therapeutic Touch™ DVD by Kari Mitchell of KoKreative Productions, Halifax, and a demo/talk. This was followed with a meditation and Therapeutic Touch sessions. All the seniors received a healing bag to take home. We received excellent feedback and requests to "...come back more frequently".

We are 'regulars' at the Westminster United Church Wellness Fair having participated for more than 5 years. Therapeutic Touch enjoys the tranquility of the sanctuary along with the labyrinth. This February 10 practitioners offered approximately 65 sessions to both children and adults.

On April 20th 6 practitioners participated in the First Stop Parkinson Event held this year in Port Perry. This event is sponsored by the Durham Region Chapter of the Parkinson Society. Practitioners were kept busy offering sessions to approximately 30 participants. One participant stated she "...had a profound experience".

We were involved for the 2nd time in Nursing Week celebrations at Ontario Shores Centre for Mental Health Sciences. Three practitioners offered Therapeutic Touch sessions to 15 staff members. The practitioners, each having nursing experience, were able to answer questions regarding integrating Therapeutic Touch into nursing practice and nurses' self care. One participant declared her Therapeutic Touch session as "...the best thing all week".

Lynn Vukosavljevic, Co-facilitator.

## THUNDER BAY IS BUSY!

On March 9, 2013 two members of the Thunder Bay Practice Group were present at the Multiple Sclerosis Society of Canada's 2nd annual Wellness Day. Both Katherine Poulin and Lee Searles gave mini treatments to some of the 90 people who attended. A few people knew of Therapeutic Touch™, one woman had taken Level 1 a few years ago, and all were interested in its benefits. We are now on the list of exhibitors who will be called back for next year and both Katherine and Lee felt confident that they were well received so will definitely be there in 2014.

The Thunder Bay Practice Group presented at a booth at the Health & Wellness Expo put on by the City of Thunder Bay and held at the Thunder Bay 55 Plus Centre on Thursday, April 25th, for the 2nd year in a row. Five members were in attendance explaining Therapeutic Touch and giving mini treatments. It was a full day and many of the people stopping by had received treatments at the same event last year and wanted to try it again, this time bringing their friends. A few participants also expressed an interest in taking Level 1. The members who attended, Lee Searles, Katherine Poulin, Cathy Goodman, Maureen Rooney and Sue Langer had a busy and productive day and will be doing this again next year as well.

Lee Searles, Thunder Bay

centering, insight, healing, discernment, strengthening in my trust of my inner voice (intuition), spiritual growth and the knowledge that we are all, indeed, connected.

Shirley Hill, Golden Lake

**CONFIRMATION:** With regard to information in Networking our Network, on page 5 of the June 2013 issue of in touch, Marleene Burfield sent the following communication:

***"We want to confirm that Toronto East General Hospital only offers Therapeutic Touch to inpatients, their immediate families and staff."***

Thank you Marleene, this is an important distinction.

The Editors

## THE GIFT OF PRACTICE...

When pondering what to write for my first submission to the Practice Group news of in touch something simple came to mind: practice, in anything, is important....not only important, but a gift.

When I first started to practice after Level 1 training with Sheila Watt in Pembroke – likely more than 20 years ago-- it was with much trepidation that I ventured to "practice" on anyone at that time. The lack of confidence and trust in my intuition was foremost in my mind. I began to practice with my children... they were most receptive! From the treatment of those I knew well, my confidence and ability grew.

For quite some time I never went further than Level 1. Then I experienced a major event in my health (a herniated disc), and as a result, needed to change the way I worked in my nursing career. From this event, which I now consider a blessing, I met DeAnn Shepherd, a wonderful Nurse Practitioner who incorporated Therapeutic Touch in her own healthcare practice. I came to work with her. Through DeAnn I then met Patricia Tamosetis, a fully recognized Therapeutic Touch Practitioner and Teacher.

Through these friendships, I learned further how to trust my intuition, my heart-space, to accept what is, and the next part of my journey began. I took Level 2 and 3 training from Patricia, and joined her TT practice group in Golden Lake. For 10 years now, I have offered Therapeutic Touch to my children and family who are willing, and friends and clients that have asked. I have also had the privilege of being able to offer TT as part of my nursing practice in the primary healthcare setting (CHC) in which I work.

In saying that the practice of Therapeutic Touch is a gift, I mean that through the offering of oneself to the service of others, we receive just as much as we give. I can say that I have received the gifts of

### Sixth Annual, Advanced Intensive Therapeutic Touch Retreat

### **"Inspirations & Echoes"**

Hamilton, Ontario  
June 12 to 15, 2014

At Mount Mary Retreat Center  
Hamilton, Ontario

#### **Facilitators:**

Laura Pokoradi & Diane May  
with Linda Nelson

*More information:*

*email: [peaceandlight@sympatico.ca](mailto:peaceandlight@sympatico.ca)*

## "I DIDN'T KNOW THAT..."

Did you know that a new and innovative card has been developed that will be useful in sharing information about Therapeutic Touch™? It is the size of a post card so it is easy to handle, it is fresh and bright and you will be proud to hand it out at fairs, events where you demonstrate TT or to people who want some information about what it is that you do! With printing on both sides, this card will give recipients the TT story. For member use, it can be had at no cost, however when you ask that cards be sent to you, remember to send money for postage! These cards are available at the TTNO office! We think you will like using it.

Did you know that the TTNO has a logo that you can use on your business cards? Well, you can! Using the logo on your business card will tell people that you belong to a recognized organization and that you are a member in good standing. The logo gives your business cards a more professional look and there is no cost to get a copy, which is great! Call the TTNO office to have a copy of the TTNO logo sent to you by email.

Did you know that at every Annual General meeting, new board members are elected and that any member can stand as a possible candidate for a board position? It's true! And very exciting, especially to join a committee and learn how the running of the network happens!

Did you know that the **in touch** newsletter is written by members just like you? When you have an idea or have an experience of Therapeutic Touch that you want to share, you can write about it and send that written piece to the office. Then it is forwarded to the editors of the newsletter who will use it and you will see your own work in print!

Did you know that when we write the name of our newsletter in printed form, such as in any article for a newspaper or in our own materials, for that matter, that the name **in touch** is always written in bold and lower case?

## WEBSITE REPORT

Our TTNO website, I am sure you have noticed, is having some major problems. We're working to get these repaired, but it will take some time. The calendars still work! You have to scroll down past the formatting. I've added a page that explains that and hopefully won't be getting too many emails telling me about the problem.

I have chosen three people to work on the Website Committee with me:

Crystal Hawk brings her expertise in Public Relations [one of her former occupations!] and in surfing the web, as evidenced by her monthly column in the **in touch**. She represents our elder demographic.

Dori Nicholson is our Facebook and Twitter manager. She represents the young demographic that we are trying to reach, hoping to bring more young people into our workshops and membership. She, like all young people, manages her life on the internet!

Sharron Parrott, our acting Chair, represents the Board and also the demographic that is not too familiar with website surfing.

We are planning to bring a new look to our website which we will unveil at the Fall Event. Much has happened around websites since we launched ours. In our updated website we will finally have a Members Only section that we can log into for downloading TTNO documents and for reading about TT news.

On your behalf we are working to create an exciting new website for all of us to use and enjoy.

Alison Cooke, Webmaster  
The Therapeutic Touch Network of Ontario

### THANK YOU, JANET FALLAIZE

Janet Fallaize RT, developed a quiz as a teaching tool for students in her Therapeutic Touch™ classes. She has kindly permitted us to use some of the questions in this and subsequent issues as a way to promote the review and discussion of the basics of TT, in Practice Groups or wherever you might gather. It is copyrighted and we use it with Janet's permission, for which we thank her on your behalf. What an interesting and collaborative way to review!

We propose having two or three questions in each issue. Two questions are added here. It is left to you to search for the answers in another part of this issue!

#### Basic Therapeutic Touch Knowledge Quiz

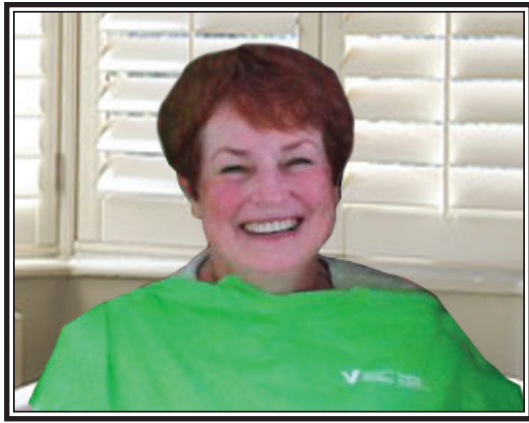
1. The founders of Therapeutic Touch were:

- |  |                                  |
|--|----------------------------------|
| a) Oskar Estebany and Dr. Bernard Grad | c) Crystal Hawk and Mary Simpson |
| b) Dora Krieger and Dolores Kunz       | d) Dolores Krieger and Dora Kunz |

2. List the phases in the Therapeutic Touch process

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |





## INTERVIEW WITH JANET FALLAIZE, RT

Two early experiences set Janet Fallaize on the path of her life and her life's work. When she was 4 her father, a veterinarian, often took her on his calls. She remembers that many times when he had to do an autopsy on an animal to determine why it had died he showed her all the different organs as he examined them. This fostered her natural curiosity about how things worked. Many of us were the happy recipients of her anatomy knowledge when she offered a Breakout on this topic at our TTNO Conference in 2010.

Also at around 4 when a neighbour asked her what she was going to be when she grew up she remembers firmly stating, "I'm going to be a nurse", and happily for the hundreds of patients she tended, nursing was her professional calling. She nursed in the Toronto General Hospital for over 37 years.

In 1993 Janet saw a flyer advertising a Level 1 Therapeutic Touch workshop at her hospital and with encouragement from Shirley Dalglish she attended that first workshop taught by Diane May and Penny Birell. She says, "It was a life changing experience" and by the end of that workshop, Janet realized that she had been doing Therapeutic Touch by intention her whole nursing career, and now she had a process to follow. She has said many times that Therapeutic Touch is the first place where she felt she belonged. After completing the three basic Levels she attended the 10 month long Practitioner Program with Diane and Penny.

Throughout this learning period Janet has repeated all three Levels with seven different teachers. She joined the TTNO right after her first Level 2 in 1994 and has been a member ever since. Janet became a Recognized Practitioner in 1996 and a Recognized Teacher in 1997. Mentored by Shirley Dalglish she continued to co-teach with Shirley and Jodi Cole until she retired in 2007.

In 1996 she began working with Shirley in her Hospital out-patient Therapeutic Touch clinic, taking one full day of patient appointments. This increased to two days a week when Shirley retired in 1999 and continued until 1993 when this clinic was closed due to budget cuts. Her experience working in the clinic was so valuable, as the range of illnesses and injuries was so broad. Doing over 1000 sessions every year allowed her to learn so much about the human energy field and to find ways to help rebalance it through imagery and modulation.

One of the most important things to her is involving the client in her/his own healing process, encouraging them to take responsibility for their own health. Her background in nursing helps her clients to understand their bodies and how small changes can make big differences.

Throughout this time Janet continued to work 4 days a week at the hospital, supported her family and extended family through illness and death, attended workshops, Practice Days, Conferences and retreats every year to maintain her RP/RT status and continued her learning about Therapeutic Touch. She went to Pumpkin Hollow Farm for the Advanced Invitational Retreat in 2006.

When she retired in 2007 she offered to help the TTNO as a way of "paying back" the organization that she felt had done so much to establish Therapeutic Touch in Ontario and therefore to assist in her learning journey and she became the Membership Chair. After 6 years, at the AGM this year she'll be leaving this role.

Janet continues to offer workshops and Practice Days in Durham Region, as well as offering advanced practice workshops by inviting other teachers to present to her Group. Since 1995 she's had an active Practice Group and spends many hours supporting her students. When asked what advice she might offer to Therapeutic Touch practitioners she said, "Don't be afraid to use it. Offer it to everyone. The only way to gain experience is by offering it. Part of the Therapeutic Touch journey is about finding out who you are inside. For every step you go into self-awareness there is an equal step you take outward in expansion of your awareness of other energy fields beyond your own."

Janet has had several health issues over the past 5 years, including 2 joint replacements. Throughout these events, she says she's been so grateful for the support of the Therapeutic Touch community who have given "hands-on" treatments, distance healing, and prayers. Her network of friends through Therapeutic Touch extends to every corner of Ontario and abroad, even to Switzerland.

With many grandchildren her family priorities have increased influencing her decision to resign from her Board Committee position. She hopes that after the AGM in November, she will have more time to spend with her family, as well as on the crafts she enjoys - knitting, crocheting, playing her piano, gardening and working on their rural property with her husband.

## PILLOW TALK.....

On March 31st 2011, I was diagnosed with a brain tumor. On June 10th, I underwent a 15 hour craniotomy. Thanks to Jane Graham, Therapeutic Touch has been a steady part of my healing journey. Having received many Therapeutic Touch sessions, I decided to explore Therapeutic Touch from the 'giving' perspective. In November 2012 I completed the level 3 workshop and I am now a member of the TTNO.

I have had many memorable Therapeutic Touch moments from the time of the medical event. I wanted to share this one with you:

While I was in hospital, I was gifted with a pillow. It looked like a super large pad and it came with a note that read: "A Therapeutic Touch Comfort Pillow Made Specially For You". More than once I looked at that note and wondered: "Who made this thing? Whose beautiful cursive hand-writing is that on the note? ... made specially for me." Well that is special, I thought. As I convalesced, I slept with the pillow draped across the areas affected by the surgery (mostly the right side of my face, eye, ear and neck). My pillow was my nap time buddy and an aid in visualizing my own healing.

On December 13th 2012, I had a full circle moment. I sat in silent meditation with a group of women at the Casey House Therapeutic Touch practice group meeting and I sewed Therapeutic Touch Comfort Pillows with my own hands! It was a profound and special experience for me to have the process of the creation of my pillow demystified. Being in the same room where my very own pillow had likely come to be was a little like being in Santa's secret workshop. This time, I was an elf! Spending that time sewing good intention and healing energy into a pillow, meant to comfort another, was a meaningful step in my healing journey.

Heidi Pospisil, Toronto

## THE FIRST EVER EPIC WALK FOR WOMEN'S CANCERS IN OTTAWA WAS AN EPIC SUCCESS

On June 1st, 2013 there were more than 200 strong – and all together they walked more than 5,600 kilometres and raised an amazing \$256,324.70 in the very first year!

Six Therapeutic Touch™ practitioners offered sessions to the walkers at the end of their long day. I believe we "touched" approximately 35 people. This is besides all the on lookers who watched with curiosity and wonder.... Therapeutic Touch Works.... it was a perfect opportunity to offer Therapeutic Touch as people lined up and waited to receive a massage from RMT's who were set up right next to us. Most of the people had never heard of Therapeutic Touch but were willing to try it after their 28 km walk.

I would like to take this opportunity to thank Louise Godwin, Marcy Billings, Marianne Frizell, Nancy McKenna, and Gail Lafortune from the Ottawa Therapeutic Touch Practice Group for taking time out of their busy day to offer Therapeutic Touch to this community. Without them this would not have been possible. A Special thank you to Janet Fallaize who was visiting and offered to join us at this event.

The day ended with a major down pour where we were drenched to the bone. What a cleanse!!!!

In loving service,  
Gail Lafortune RT



**Back row:** Left is Nancy McKenna, Marianne Frizell and Marcy Billings  
**Front row:** Left is Janet Fallaize and Louise Godwin.

## THE TTNO – DO WE NEED IT? WHAT DOES IT DO FOR ME? WHAT DOES IT DO FOR YOU? WHAT DOES IT DO FOR THE ONTARIO COMMUNITY?

In keeping with the evolution and change within The Therapeutic Touch Network of Ontario Flo Hartlieb asked Windsor TT'ers to form several ad hoc groups to look at issues and questions. Louise Klimczak, Terence Lawrence, Flo Hartlieb and I, Nettie Ridley, looked at the 3 R's: RECRUITMENT, RETENTION and RECOGNITION. We asked ourselves what encourages those offering TT to join the TTNO. What stops others, who have learned TT, from joining the TTNO?

First we all asked ourselves what does the TTNO do for me. I'm a Windsor RP, Hospice volunteer and now on this ad hoc committee looking at membership issues. As our group talked we again realized the positive influence Therapeutic Touch has on our lives, how the modality connects us with other 'like minded' people. If it were not for the efforts of the TTNO, I would not be a Therapeutic Touch practitioner, nor would most of you. There would have been no classes, no teachers, no materials. If we had been fortunate enough to have a "mentor" who understood and passed on this modality, would we all have been taught the same lessons? Would we have been taught as Delores Krieger and Dora Kunz desired? Would we be practicing the same modality?

With the TTNO there are:

- Trained and qualified teachers.
- Standards for consistent training and practice.
- Guidelines and learning materials.
- Ongoing training, via Practice Days, providing improvement and support.
- Achievement recognition.
- Data gathering and sharing of ideas via retreats and conferences.
- Annotated Bibliographies of Research which supports the use of KK-TT.
- Credibility and respect of our modality, which allows us to partner with organizations such as hospices, hospitals, cancer clinics, retirement facilities, schools while also providing credence to those of us with our own businesses.

**The Therapeutic Touch Network of Ontario provides all of the above and more.**

The TTNO is a group of committed volunteers, who know the value of Therapeutic Touch. We've been brought together through a desire to share Therapeutic Touch with each other and the community. In that community we thrive.

People talk about how it is important to have a 'brand'. We have a brand! We have a Trademark which lets the world know we know and practice KK-TT. That superscript TM after Therapeutic Touch is important, to us and to the community.

Three questions for you to ponder:

1. Can the TTNO function or even exist without practitioner/member funding?
  2. If the TTNO did not exist, how might you be affected?
  3. Do you have suggestions or comments?
- Please send them to me at: [nettie.ridley@xplornet.com](mailto:nettie.ridley@xplornet.com)

Thinking about the many benefits of TTNO membership convinced me!! I look forward to sending in my membership cheque for 2014.

Nettie Ridley RP

# **The TTNO FALL Event & AGM**

## **"EXPANDING OUR VISION"**

**Nov. 8-10, 2013**

**Kempfenfelt Conference Centre, Barrie, Ontario**

[www.kempfenfelt.com](http://www.kempfenfelt.com)

### **The Program:**

Those of you who attended last year's gathering know how important and meaningful the Workshops were and may wonder: "How will they top last year's program?"

This year the same format is being offered: two Workshops running concurrently over two days.

### **WORKSHOP 'A' - "Toward an Understanding of Inner Self"**

Promises to be a compelling experience. Guided by **Alison Cooke**, and complemented with video and music, this experiential workshop will allow us to delve deeply in to our own inner selves.

### **WORKSHOP 'B' - "A Kaleidoscope of Discovery"**

offers the opportunity to support our own learning and development and how we can learn from and support each other. Tony Murdock, Flo Hartleib, Patricia Tamosetis, and Diane May bring their insight and experience as facilitators for different segments of this workshop.

With all the creativity, wisdom and experience within our membership, providing another great program is not that hard to do. (See bios on facing page) The hard part will be deciding which workshop to register in!

### **The AGM**

Plan to attend. Review what your Board of Directors has done in 2012/13. Learn about plans for 2013/14, and meet new Board members. This is your TTNO, this is your AGM.

### **The Venue:**

In a beautiful setting on the shores of Lake Simcoe, this comfortable and well appointed facility offers most of the guest rooms in the main building with dining and meeting rooms, as well as a lounge area for socializing. We also have a Lodge with limited guest rooms and large party area for our use. Evening snacks will also be available. Register now to book your spot.

### **The Community:**

The highlight of these gatherings is always the coming together we experience as a community. Always a special time. We strengthen bonds, make new life long friends. Supporting our individual growth in this magical group setting has a lasting effect. It shapes who we are. We are all truly loved and truly blessed.

**...these are just some of the reasons you won't want to miss this event.**

***See you in November!!!***



# **THE FALL EVENT 2013 IN BARRIE**

## **Friday Evening Session**

### **Practicum with Sharron Parrott**

Sharron Parrott, RN joined the TTNO in 1994 and in 1995 began teaching in Windsor. Retired after 37 years of nursing, she is active in the Windsor Essex County Hospice. Sharron teaches Therapeutic Touch and leads a Practice Group in Windsor. We welcome Sharron to her new position as Acting Chair of Board of Directors of The Therapeutic Touch Network of Ontario

### **WORKSHOP 'A' with Alison Cooke**

**Alison Cooke, BSA, BEd** has been involved with Therapeutic Touch for 18 years and has studied with both Dora Kunz and Dolores Krieger. Our webmaster, Alison works with the residents of a nursing home, through her church and is on contract to provide Therapeutic Touch™ for developmentally delayed adults. Alison attends the Montana Dialogue with Dolores Krieger each August.

### **WORKSHOP 'B' A Kaleidoscope of Discovery**

#### **Nurture Our Compassion, Deepen Our Meditations, Enhance Our Mindfulness with Tony Murdock:**

**Tony Murdock, MA** has been practicing meditation and studying yoga philosophy and mysticism since 1972. Tony has an Honours BA from York University in Comparative Religion, and a Master's degree from McMaster University. Since 1998, he has been facilitating meditation classes and workshops. He has been practicing Therapeutic Touch since November 2011.

#### **Exploring Relationships Within Therapeutic Touch with Flo Hartleib and Patricia Tamosetis**

**Flo Hartleib, RN**, joined the TTNO in 1994 and in 1997 began teaching. Flo has served on the Practitioner Liaison Committee and has been the Submission Co-ordinator for the Teacher Liaison Committee for the past eighteen months. In May of 2013, she agreed to assume the role of Interim Chair of the Teacher Liaison Committee and now serves on the Board of Directors.

**Patricia Tamosetis BA, BEd**, has been developing, coordinating and facilitating workshops and retreats since 1992. A Recognized Teacher, she has facilitated workshops across Ontario, as well as in Newfoundland and Labrador. She is currently Chair, Practitioner Liaison Committee and co-ordinated the effort toward development of the new Practitioners Workbook.

#### **Looking Within with Diane May: Diane May**

a registered nurse since 1973, is a healer for our time, blending entrepreneurial skills with her passion for teaching to help others learn to heal themselves and to support the healing process in others. A dynamic public speaker, Diane has appeared in print and on television internationally.

# 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](http://www.therapeutictouchontario.org)

### LEVEL 1 (Introductory / Beginner)

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	PHONE
Belleville	Fri & Sat. evg	October 18 & 19	4:30 – 9:30	Alison Cooke	Her	613-395-3691/ <a href="mailto:adcooke@xplornet.com">adcooke@xplornet.com</a>
Brampton	Sunday	October 27	9:00 – 5:00	Mary Simpson	L. Hutchinson	905-457-2211/ <a href="mailto:lillianhutchinson@rogers.com">lillianhutchinson@rogers.com</a>
Grimsby	Saturday	September 28	8:30 – 5:00	Rose Philip	Her	905-309-4755/ <a href="mailto:vipoma@cogeco.ca">vipoma@cogeco.ca</a>
Guelph	Saturday	October 19	8:30 – 5:30	Martha Hoey	Her	519-823-5847/ <a href="mailto:info@elmtreecentre.com">info@elmtreecentre.com</a>
Guelph	Saturday	November 16	8:30 – 5:30	Martha Hoey	Her	519-823-5847/ <a href="mailto:info@elmtreecentre.com">info@elmtreecentre.com</a>
Huntsville	Tuesday	September 24	8:30 – 5:00	Shirley Boon	Her	705-789-7434/ <a href="mailto:shirleyboon@surenet.net">shirleyboon@surenet.net</a>
London	Saturday	September 28	9:00 – 5:00	Carole Wray	Her	519-668-0272/ <a href="mailto:carolewray@rogers.com">carolewray@rogers.com</a>
Ottawa	Saturday	October 26	8:30 – 4:30	Gail Lafortune	Her	613-834-4524/ <a href="mailto:c-g.tt@sympatico.ca">c-g.tt@sympatico.ca</a>
Midland	Saturday	October 19	9:00 – 5:00	Helen Will	Her	705-534-1101/ <a href="mailto:helenwillart@yahoo.com">helenwillart@yahoo.com</a>
Mississauga	Saturday	November 2	8:00 – 5:00	Julia von Flotow	Her	416 686 6463/ <a href="mailto:julia.vonflotow@gmail.com">julia.vonflotow@gmail.com</a>
Niagara Falls	Thur evg X 4	Oct 3,4,10,17 &24	7:00 – 9:30	Doreen Sullivan	Her	905-354-8873/ <a href="mailto:4doreensullivan@gmail.com">4doreensullivan@gmail.com</a>
Niagara Falls	Fri evg. & Sat.	Oct 25 Evg & Oct 26	7:00 – 9:30	Doreen Sullivan	Her	905-354-8873/ <a href="mailto:4doreensullivan@gmail.com">4doreensullivan@gmail.com</a>
Petrolia	Saturdays	Oct 26 & Nov 2	9:00 – 1:00	Jitka Malec	Janet Bradley	519-882-2475/ <a href="mailto:richbrad@ebtech.net">richbrad@ebtech.net</a>
Toronto	Friday	September 20	8:00 – 5:00	Julia von Flotow	Her	416 686 6463/ <a href="mailto:julia.vonflotow@gmail.com">julia.vonflotow@gmail.com</a>
Waterloo	Saturday	September 21	9:00 – 5:00	Ellen Abernethy	Her	519-503-6277/ <a href="mailto:ellenabernethy@gmail.com">ellenabernethy@gmail.com</a>
Windsor	Fri Evg & Sat.	September 27 & 28	6:00 – 9:00	F. Hartleib & S. Parrott	Flo Hartleib	519-974-2157/ <a href="mailto:theteagranny@hotmail.com">theteagranny@hotmail.com</a>
			9:00 – 4:00			

### 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 & Sat evg.	November 1 & 2	4:30 – 9:30	Alison Cooke	Her	613-395-3691/ <a href="mailto:adcooke@xplornet.com">adcooke@xplornet.com</a>
Brampton	Sunday	November 24	9:00 – 5:00	Mary Simpson	L. Hutchinson	905-457-2211/ <a href="mailto:lillianhutchinson@rogers.com">lillianhutchinson@rogers.com</a>
Huntsville	Tuesday	October 22	8:30 – 5:00	Shirley Boon	Her	705-789-7434/ <a href="mailto:shirleyboon@surenet.net">shirleyboon@surenet.net</a>
London	Saturday	October 19	9:00 – 5:00	Carole Wray	Her	519-668-0272/ <a href="mailto:carolewray@rogers.com">carolewray@rogers.com</a>
Mississauga	Sunday	September 15	9:00 – 5:00	Mary Simpson	Her	905-825-0836/ <a href="mailto:mary.simpson@cogeco.ca">mary.simpson@cogeco.ca</a>
Mississauga	Saturday	November 16	8:00 – 5:00	Julia von Flotow	Her	416 686 6463/ <a href="mailto:julia.vonflotow@gmail.com">julia.vonflotow@gmail.com</a>
Niagara Falls	Thurs X 4 Evg.	Nov 14, 21, 28 & Dec 5	7:00 – 9:30	Doreen Sullivan	Her	905-354-8873/ <a href="mailto:4doreensullivan@gmail.com">4doreensullivan@gmail.com</a>
Niagara Falls	Saturday	December 7	8:30 – 5:30	Doreen Sullivan	Her	905-354-8873/ <a href="mailto:4doreensullivan@gmail.com">4doreensullivan@gmail.com</a>
Ottawa	Sunday	October 27	8:30 – 4:30	Gail Lafortune	Her	613-834-4524/ <a href="mailto:c-g.tt@sympatico.ca">c-g.tt@sympatico.ca</a>
Southampton	Saturday	October 19	9:00 – 5:00	Mary Simpson	Her	905-825-0836/ <a href="mailto:mary.simpson@cogeco.ca">mary.simpson@cogeco.ca</a>
Toronto	Friday	October 4	8:00 – 5:00	Julia von Flotow	Her	416 686 6463/ <a href="mailto:julia.vonflotow@gmail.com">julia.vonflotow@gmail.com</a>
Toronto	Saturday	December 7	8:00 – 5:00	Julia von Flotow	Her	416 686 6463/ <a href="mailto:julia.vonflotow@gmail.com">julia.vonflotow@gmail.com</a>
Waterloo	Saturday	October 19	9:00 – 5:00	Ellen Abernethy	Her	519-503-6277/ <a href="mailto:ellenabernethy@gmail.com">ellenabernethy@gmail.com</a>
Windsor	Saturday	October 5	9:00 – 5:00	Claire Massicotte	Her	519-948-9453/ <a href="mailto:claires.care@sympatico.ca">claires.care@sympatico.ca</a>
Windsor	Sat evg & Sunday	October 25 & 26	6:00 – 9:00	F. Hartleib & S. Parrott	Flo Hartleib	519-974-2157/ <a href="mailto:theteagranny@hotmail.com">theteagranny@hotmail.com</a>
			9:00 – 4:00			

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

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	PHONE
Huntsville	Tuesday	November 19	8:30 – 5:00	Shirley Boon	Her	705-789-7434/ <a href="mailto:shirleyboon@surenet.net">shirleyboon@surenet.net</a>
Kingston	Fri. & Sat evg.	November 22 & 23	4:30 – 9:30	Alison Cooke	Her	613-395-3691/ <a href="mailto:adcooke@xplornet.com">adcooke@xplornet.com</a>
Etobicoke	Sat & Sunday	September 28 & 29	9:00 – 4:30	Julia von Flotow	Her	416 686 6463/ <a href="mailto:julia.vonflotow@gmail.com">julia.vonflotow@gmail.com</a>
Hamilton	Sunday	October 6	8:30 – 4:30	Laura Pokoradi	Her	905-385-9217/ <a href="mailto:peaceandlight@sympatico.ca">peaceandlight@sympatico.ca</a>
London	Saturday	November 23	9:00 – 5:00	Carole Wray	Her	519-668-0272/ <a href="mailto:carolewray@rogers.com">carolewray@rogers.com</a>
Oakville	Saturday	October 26	9:00 – 5:00	Mary Simpson	Her	905-825-0836/ <a href="mailto:mary.simpson@cogeco.ca">mary.simpson@cogeco.ca</a>
Ottawa	Saturday	November 23	8:30 – 4:30	Gail Lafortune	Her	613-834-4524/ <a href="mailto:c-g.tt@sympatico.ca">c-g.tt@sympatico.ca</a>
Peterborough	Saturday & Sun.	November 2 & 3	1:00 – 5:00	Linda Nelson	Linda Nelson	705-745-2849/ <a href="mailto:lindanelsonnt@gmail.com">lindanelsonnt@gmail.com</a>
Toronto	Saturday	October 5	8:00 – 5:00	Julia von Flotow	Her	416 686 6463/ <a href="mailto:julia.vonflotow@gmail.com">julia.vonflotow@gmail.com</a>
Toronto	Sat & Sunday	November 23 & 24	9:00 – 4:30	Julia von Flotow	Her	416 686 6463/ <a href="mailto:julia.vonflotow@gmail.com">julia.vonflotow@gmail.com</a>
Waterloo	Sat & Sun	November 2 & 3	9:00 – 5:00	Ellen Abernethy	Her	519-503-6277/ <a href="mailto:ellenabernethy@gmail.com">ellenabernethy@gmail.com</a>
Windsor	Saturday	Feb. 22, 2014	9:00 – 5:00	Claire Massicotte	Her	519-948-9453/ <a href="mailto:claires.care@sympatico.ca">claires.care@sympatico.ca</a>
Windsor	Fri Evg & Sat	November 22 & 23	9:00 – 4:00	F. Hartleib & S. Parrott	Flo Hartleib	519-974-2157/ <a href="mailto:theteagranny@hotmail.com">theteagranny@hotmail.com</a>

## PRACTICE DAYS

LOCATION	DAY(S)	TIME	DATE	TEACHER	CONTACT	EMAIL	PHONE
Toronto	Friday	9:30 – 5:00	September 27	Crystal Hawk	Her	<a href="mailto:crystal.hawk@sympatico.ca">crystal.hawk@sympatico.ca</a>	416-922-4325
Burlington	Saturday	9:00 – 5:00	September 28	Mary Simpson	Connie Price	<a href="mailto:cprice3@cogeco.ca">cprice3@cogeco.ca</a>	905-637-2659
Ottawa	Saturday	9:00 – 5:00	September 28	G. Lafortune/P. Tamosetis	Gail Lafortune	<a href="mailto:c-g.tt@sympatico.ca">c-g.tt@sympatico.ca</a>	613-834-4524
Huntsville	Saturday	9:00 – 4:45	September 28	Shirley Boon	Her	<a href="mailto:shirleyboon@surenet.net">shirleyboon@surenet.net</a>	705-789-7434
Roseneath	Sunday	9:00 – 5:00	September 29	Pat Hall	Her	<a href="mailto:pthalleft@rogers.com">pthalleft@rogers.com</a>	705-924-9320
Grimsby	Saturday	9:00 – 5:00	October 19	Rose Philip	Her	<a href="mailto:vipoma@cogeco.ca">vipoma@cogeco.ca</a>	905-309-4755
North Bay	Saturday	9:00 – 4:45	October 26	Shirley Boon	Monica Giles	<a href="mailto:ngiles@onlink.net">ngiles@onlink.net</a>	705-724-5163
Niagara Falls	Sunday	8:30 – 5:00	November 17	Doreen Sullivan	Her	<a href="mailto:4doreensullivan@gmail.com">4doreensullivan@gmail.com</a>	905-354-8873

# WORKSHOPS FOR CONTINUING EDUCATION

## SPIRIT OF THE MOMENT, MEDITATION AND THERAPEUTIC TOUCH

### Prerequisite – Level 1

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	EMAIL	PHONE
Thunder Bay	Sunday	October 6	8:45 – 5:30	Patricia Tamosetis	Jean Riddell	<a href="mailto:thundermanitou@yahoo.ca">thundermanitou@yahoo.ca</a>	807-622-7790

## STILLING THE RESTLESS MIND, EXPLORING MINDFULNESS TO ENHANCE THE ART AND CRAFT OF THE THERAPEUTIC TOUCH PRACTITIONER

### Prerequisite – Level 3

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	EMAIL	PHONE
Toronto	Saturday	October 26	8:00 – 5:00	Julia von Flotow	Her	<a href="mailto:julia.vonflotow@gmail.com">julia.vonflotow@gmail.com</a>	416-686-6463

## ENHANCING ASSESSMENT

### ALLOWS YOU TO DISCOVER ABILITIES YOU NEVER KNEW YOU HAD!

### Prerequisite – Level 1

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	EMAIL	PHONE
Oakville	Sunday	November 3	9:00 5:00	Mary Simpson	Her	<a href="mailto:mary.simpson@cogeco.ca">mary.simpson@cogeco.ca</a>	905-825-0836

## RENEW AND REVIEW

### UPDATE AND REFRESH YOUR SKILLS - EXCELLENT FOR DOING YOUR PRACTITIONER WORKBOOK

### Prerequisite – Level 3

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	EMAIL	PHONE
Burlington	Sunday	November 17	9:00 – 5:00	Mary Simpson	Her	<a href="mailto:mary.simpson@cogeco.ca">mary.simpson@cogeco.ca</a>	905-825-0836

# TTNO DONATION REPORT FALL 2013

### Memorial Donations sent by:

- Alison Cooke, Sharron Parrott, Ottawa Practice Group and Anonymous in memory of Gail Lafortune's father, Robert Scanlan
- Evelyn MacKay in memory of Angelika Preston, Regina Sheere's sister.
- Ottawa Practice Group in memory of Kate Lusk's father, Stewart Lee
- Ottawa Practice Group in memory of Teresa Beemans' sister
- Ottawa Practice Group in memory of Marianne Fritzell, Theresa Mitchell and Marcy Billings' mother
- Rose Philip, Sue Oliver and Denise Nickerson in memory of Regina Sheere's sister, Angelika Preston. Donation is to go the 25 for 25 Years fundraiser
- Crystal Hawk in memory of Mei-fei Elrick's husband, David

### In support of the TTNO:

- Helga Brown donates in honour of all the volunteers who so willingly give their expertise and time to maintain the quality of TTNO and the **in touch** newsletter
- Laura Pokoradi in support of the TTNO Board for all their hard work
- Kate Lusk donates because she enjoys her Ottawa Practice Group, TTNO Practice Days, Retreats and Workshops. She supports all the wonderful Teachers and is thankful for the work that Hala does in the office.
- Evelyn Fisher donates in the name of members Doreen Baird and Nancy Flogel
- Mickey Johnstone is 'so thankful for Arlene Cugelman'
- Gudrun von Wiedner appreciates TTNO

### In Celebration:

Pat Hock donates in celebration of Wanda Wesolowski's 80th Birthday.  
The TTNO celebrates along with Pat and wishes Wanda a terrific 80th Year!



# 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 next issue 2013 **in touch** to the TTNO Office  
[ttno.membership@sympatico.ca](mailto:ttno.membership@sympatico.ca) or 290 The West Mall, Suite # 4 Etobicoke ON M9C1C6

**Question:** I would like to hear from others how Therapeutic Touch is used in burns. And is there any research about this?

### Answer:

There are a large number of anecdotal reports on the effectiveness of using Therapeutic Touch for burns. Most of these reports are from those experiencing a burn on their hands while cooking or using something which can cause a burn like a glue gun. In most cases people report that about 5 - 7 minutes of unruffling over the burn removes it completely so no blister appears. Healing requires bruising and swelling and, in a case of a burn, usually a blister as well.

There is research on Therapeutic Touch and burns. It was done in 1998 by the Research

Department of the Nursing Department of the Birmingham Hospital in Birmingham,

Alabama. The patients involved were American sailors who were steam burned onboard navy ships and the research topic was: "The effect of Therapeutic Touch on pain and anxiety in burn patients" and was published in 1998 in the Journal of Advanced Nursing. You can read the abstract on our TTNO Website, Research.

Crystal Hawk RT

Many practitioners have used the Therapeutic Touch™ method to treat burns; household, sunburns and/ or burns caused by scrapes or ropes... all respond to TT. In the case of household burns, where one has access to water, it is prudent to plunge a burned body part into cold water, which reduces the heat of the burn immediately, and use TT as well. In a recent class, an adult attendee related that she had been burned as a 12 year old when the back of her nightclothes caught fire. Immediately the flames were doused, her mother, who had just prior to this taken Level One, did TT on the backs of this child's legs. A quick trip to hospital had a physician suggesting that skin grafts would be necessary. However, daily TT treatments by her mom saw healing happen with no scarring and no grafts. Pretty fine work for a beginner!

Evelyn MacKay RT

We hope the answers in the next issue of **in touch** will be generated by a question growing out of the Autumn TTNC newsletter which carried an article by Jitka Malec's entitled "Hangover, anyone?",

### Question for next 2013 issue:

Have you offered a treatment where the client had, for lack of a better term, "an adverse reaction to the treatment"?

**Please respond and we will share your responses so that other practitioners can learn from you.**

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## Therapeutic Touch™

### Repeats, Reviews or Next Steps

Level 3 – September 28 & 29

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Julia von Flotow, RTTT, CPC  
[julia.vonflotow@gmail.com](mailto:julia.vonflotow@gmail.com)  
416 686 6463

# SO MANY BOOKS, SO LITTLE TIME

## *How To Be A Friend To A Friend Who's Sick*

Letty Cottin Pogrebin, Public Affairs™ 2013

This recent book by Ms. Pogrebin, who was diagnosed with breast cancer in 2009 at the age of 70, is primarily a “how to” book giving suggestions about what to say and what to do when a friend is ill. While we, in the TTNO, are fortunate to be able to offer our friends and family Therapeutic Touch™, the book is full of useful ideas.

The author's bottom line is ‘...empathy translated into action equals kindness. It's a foolproof formula ... Illness is the proving ground of friendship’ (pp. ix-x).

To write the book she talked to fellow patients whom initially she didn't know. However, their cancer brought them together. As you might guess, men and women responded differently with women being more open.

The book begins with a list of What NOT TO SAY “I know how you feel” is one of those things. Unless you really can be sure you know how the person feels, this statement seems to dismiss the experience of the person who is ill or bereaved.

Seven things people do want to hear: “I'm so sorry this is happening to you” “Tell me how I can help” “I am here if you want to talk.” “Give me my marching orders.” “That sounds awful; I can't even imagine the pain.” “I'm bringing dinner.” “You must be desperate for some quiet time. I'll take your kids on Saturday” (p 45). These seven statements work because they express empathy, availability or both. A recurring theme in this book is only to offer help if you absolutely mean it.

The somewhat banal greeting “How are you?” can upset someone who is ill. In that context it can sound like an interrogation.

Dementia is discussed at length. Ms. Pogrebin calls it an invisible disease although I think she must mean in the early stages. She discusses the importance of caring for the caregiver not only in dementia, in all situations.

When someone dies she again has a Do Not list which includes saying: “She/he won't be a burden anymore” “It was worse for my aunt/mother/brother etc.” To a widow don't say “You will find someone else.” And again, a big NO is “I know how you feel.” The Do List includes: Go to the funeral/memorial service, write a note/letter, help the bereaved find a support group, and be available.

As well as giving Do/Do Not lists, the author discusses how she and the other patients with whom she talked often have a sense of powerlessness in the face of serious illness. They feel their bodies have betrayed them. Their illnesses also have made them more aware are their mortality.

The hard to help friends are those who, for whatever reason, wish to keep their illnesses a secret. She discusses the shame which is sometimes associated with illness and gives credit to well known people like Betty Ford, Harry Belafonte, and Rock Hudson who have been open about their health issues/problems. And, while she admires their openness, she can understand why, for example, Nora Ephron didn't want to become ‘cancer girl’ and kept her illness quiet.

In her final paragraph Ms. Pogrebin says her illness has taught her that silence can be helpful, asking people what they need/want shows respect and it is essential for friends to tell each other the truth.

Mei-fei Elrick



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# 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](mailto:jodi.cole@rogers.com)

It's a beautiful, clear morning outside. Not too hot, not too cool! A perfect day for writing my column. And there's a lot to write about! So let me begin with news from Cathy Nystrom. Cathy is to be congratulated for receiving the 'Circle of Excellence Award' for Therapeutic Touch from the Muskoka Landing Long Term Care Facility/Nursing Home where she has practiced Therapeutic Touch with residents for the past six years. The award was presented during Volunteers' Week but unfortunately Cathy had broken her hip the week previously. Congratulations Cathy and I hope your hip has mended. More about Cathy's accident and how she recovered on page 8 "That Amazing Woman".

Next I swing over to the Kitchener Waterloo area where in May, the Practice Group presented a "Therapeutic Touch Day". This submission is from Sylvia Elliot RP and Bernice Uebele RP. They write "The KW Practice Group hosted 21 TT'ers who were delighted to hear about Alison Cooke's time with Dee Krieger and others at the Montana Dialogues. Alison described how she came to participate in this wonderful event, a bit about the area in which it is held and some of the important ideas brought forth in the dialogues. What was significant to those present was that we were able to gather as a TT community to hear about the continuing evolution of TT and the vision that is being established for the future.

Evelyn MacKay presented a wonderful session about how to reach our Higher Self. Evelyn's straightforward approach was very helpful to those present and we all appreciated the knowledge she shared.

During the lunch break, some members were able to walk the labyrinth outside the church building where we were meeting. Following the lunch break, we all had time for a TT treatment exchange. The proceeds of the day were forwarded to TTNO as our contribution to the fund raising project." Sounds like a wonderful day. Congratulations.

Next to Darka Neill's submission that outlines an example of the ongoing work the RNAO's Complementary Therapies Nurses' Interest Group (CTNIG) is doing in prompting Therapeutic Touch. Darka was instrumental in starting the interest group and is still an active member. Here's what she reports "The Complementary Nurses' Interest Group was asked to participate at the second annual **Interdisciplinary HIV Pregnancy Research Group conference (IHPREG)** conference this spring. " Darka Neill staffed the (CTNIG) booth at the conference where she, along with CTNIG Education Chair, Katrina Graham shared Information about the CTNIG and Complementary Therapies with conference participants who included not only health care professionals but also those living with HIV/AIDS. Darka offered Therapeutic Touch demonstrations at the booth and was able to perform a Therapeutic Touch session on one of the conference organizers. Great work you two! Well done!

And on May 27, 2013 Alison Cooke introduced Therapeutic Touch to the **Kingston Chapter of the Gerontological Nursing Association of Ontario**. She presented a PowerPoint presentation explaining how Therapeutic Touch can be integrated into nursing care for the elderly along with some experiential exercises and a

demonstration. Questions led to lively discussion and a surprise bonus was the arrival of some of the ladies who live at Kingsdale Chateau. They shared stories of their experience with Therapeutic Touch and asked excellent questions. One lady told the story of how Therapeutic Touch had helped her many years ago! Check out the TTNO website for the picture of Alison at work.

And while you're doing so check out Patricia Petruca offering a Therapeutic Touch session at the Applegrove Community Centre's annual fundraising SPA event last May! In the background is the TTNO Communications Toolkit on display, TTNO brochures, workshop flyers and a banner. The Silent Auction winner will be attending a Level 1 workshop, offered by Julia von Flotow on July 18. Lovely!

## **Ottawa Public Health Senior Health and Care Giver Forum: RA Centre, Ottawa.**

The Caregiver Forum was held on June 6. The day ran from 9am to 3pm. with more than 150 caregivers registered for the day. The Ottawa Practice Group participated, giving about 40 Therapeutic Touch sessions as part of this event. The practitioners representing the TTNO were Monika Engel, Judy Jessop, Clara Nasello, Dora Brown, Norah McMahon and Gail Lafortune. Thanks to these dedicated practitioners for helping to get the word out that Therapeutic Touch works!

Therapeutic Touch clinics continue in the sanctuary at St. Mark's United Church on the first Tuesday of the month at 1:00pm. Our March clinic was the largest to date with over 30 attendees. We welcomed 4 new enthusiastic practitioners to our group which has increased our capacity to offer healings at all our events. We invite you to come out and experience Therapeutic Touch with us.

### **In case you want to check, here are the answers to the quiz questions in this issue!**

1. The founders of Therapeutic Touch were:  
d)
2. List the phases in the Therapeutic Touch process
  1. centering
  2. assessment
  3. rebalancing (includes unruffling , directing energy, modulation, grounding)
  4. ending (acronym: CARE)



## MEDICINE TODAY

### Have we improved in the last 200 years?

Dr. Norman Shealy recently sent this report.

In 1972 he reviewed the original operative notes, X-Rays and original history and physical exam on over 100 failed back surgery patients. He concluded that 80% should never have had surgery, 10% really did have rupture discs and in 10% he could not be certain. An 80% of inappropriate surgery! When he presented this at a national orthopedic meeting, a prominent orthopedist commented that he agreed with what Shealy said but resented his mentioning it publicly!!

A recent report which appears in the August issue of Mayo Clinic Proceedings suggests that medical practice in general may be fairly effective in 38% of cases, ineffective or harmful in more than 40% of cases and uncertain in 20% of cases. Flip a coin--- less than a 50% CHANCE OF GETTING THE FAIR RESULT!!!

Shealy states, "We have really not improved much in at least a couple of hundred years .....As a physician, I remain convinced that 85% of problems do not require drugs or surgery. In the 15% of cases where these can be life-saving, modern medicine is superb. In the other 85%, safe, alternative, holistic approaches are superior and carry no risk. Of course the challenge is in choosing the 15% who do need drugs or surgery!"

He added: Barnes Woodhall, the great Duke neurosurgeon, said in the 50's, "I can teach you all the neurosurgical techniques you need in 6 months. It will take me 5 years to teach you to know when to use them."

C. Norman Shealy, M.D., Ph.D. ShealyWellness, July 31, 2013,

## A DECADE OF REVERSAL: AN ANALYSIS OF 146 CONTRADICTED MEDICAL PRACTICES

Go to

[http://www.mayoclinicproceedings.org/article/S0025-6196\(13\)00405-9/fulltext](http://www.mayoclinicproceedings.org/article/S0025-6196(13)00405-9/fulltext) to read about this in detail. I found it fascinating & useful.

Vinay Prasad, MD, in Affiliation with the National Cancer Institute, National Institutes of Health, Bethesda, MD, identified medical practices that offer no net benefits. They reviewed all original articles published in 10 years (2001-2010) in one high-impact journal. Articles were classified on the basis of whether they addressed a medical practice, whether they tested a new or existing therapy, and whether results were positive or negative. Articles were then classified as 1 of 4 types: replacement, when a new practice surpasses standard of care; back to the drawing board, when a new practice is no better than current practice; reaffirmation, when an existing practice is found to be better than a lesser standard; and reversal, when an existing practice is found to be no better than a lesser therapy. This study was conducted from August 1, 2011, through October 31, 2012.

They reviewed 2044 original articles, 1344 of which concerned a

medical practice. Of these, 981 articles (73.0%) examined a new medical practice, whereas 363 (27.0%) tested an established practice. A total of 947 studies (70.5%) had positive findings, whereas 397 (29.5%) reached a negative conclusion. A total of 756 articles addressing a medical practice constituted replacement, 165 were back to the drawing board, 146 were medical reversals, 138 were reaffirmations, and 139 were inconclusive. Of the 363 articles testing standard of care, 146 (40.2%) reversed that practice, whereas 138 (38.0%) reaffirmed it.

They concluded that the reversal of established medical practice is common and occurs across all classes of medical practice. This investigation sheds light on low-value practices and patterns of medical research.

Wellness Newsletter.

July 22, 2013

## SCIENTISTS MAKE MICE "REMEMBER" THINGS THAT DIDN'T HAPPEN

Scientists have created a false memory in mice by manipulating neurons that bear the memory of a place. The work further demonstrates just how unreliable memory can be. It also lays new ground for understanding the cell behavior and circuitry that controls memory, and could one day help researchers discover new ways to treat mental illnesses influenced by memory.

In the study, published in Science, the MIT scientists show that they can modify a memory and have a mouse believe it experienced something it didn't. "The process of memory is nothing like a tape recording," says study co-author Steve Ramirez. "It's really malleable and susceptible to the incorporation of new information."

The results are "really mind-blowing," says Sheena Josselyn, a neuroscientist at the Hospital for Sick Children, Toronto. "It shows that your memories are really just activities of different cells, and they can take the place of an actual thing that happened by just activating some cells in the brain. People have been playing around with this idea for a while, but having a theory and showing it are two different things." Researchers hope that some findings from the study could eventually be applied to help people. "If we can truly edit a memory, maybe we can edit it for the benefit of a patient," says Ramirez.

MIT Technology Review, Biomedicine News,  
July 25, 2013

## EXPERIENCING NEW WAYS TO USE YOUR MIND

<http://www.youtube.com/embed/6LWz4qa2XQA?feature>

The next step will be to remove the brain cap.

Crystal Hawk RT

## THERAPEUTIC TOUCH TO THE RESCUE

I got a call, out of the blue on Friday afternoon from E.G who found me via the internet. She was desperate! Her frail, 88 year old mother was in excruciating pain from a fractured shoulder and could not be prescribed any additional pain killers. When I arrived to offer a Therapeutic Touch session, the family was huddled around the mother's hospital bed and the collective anxiety and desperation, palpable.

E.G., who was familiar with and open to holistic modalities, introduced me to her family and her mother and then proceeded to clear the room so I could be left alone to offer the calming and healing energy of a Therapeutic Touch session.

The mother, grasping my right hand in hers, kept crying out, "Please, help me! Please help me! What did I do to deserve this?...Please help me!..." I spent some time grounding and rooting myself. Centering myself in my heart, I invited the Universal Energy Field to allow me to be an instrument of healing. I felt the waves and movement of the patient's pain and her clenching, resisting and reacting to the pain, expressed through the refrain, Please, help me! Please help me! What did I do to deserve this?...Please help me!..."

It took a good 5 minutes of grounding, centering and simply being present. Initially, I relied on imagery and gentle unruffling to calm the patient. Within 10 – 15 minutes she began to drift into a state of deepening relaxation which allowed me to free my right hand from her grasp. I continued very gently to unruffle her field and spent some time grounding her at her feet. Within 30 minutes, she was sound asleep and her breathing was calm and steady. I stayed with her for another 10 minutes or so and then went to tell E.G. that I was done. She and her family were amazed and relieved. Upon returning the next day, I found her mother much changed. She had no pain. She had not received any morphine for 6 hours and she spoke only of love. How much she loved everyone, her husband, E.A., her son, her grandson and me. I have never been welcomed so wholeheartedly, the palms of my hands kissed with such gratitude. It was a most moving Therapeutic Touch encounter. The beauty of it was that this state of unconditional love was sustained without a blip for the 5 consecutive days that I came to provide Therapeutic Touch support. While the research on Therapeutic Touch, pain management and dementia had given me confidence, there's nothing like personal experience to know and

own what you know. I am forever grateful to have learned Therapeutic Touch.

It's always wonderful to receive positive feedback. Here's E.G's perspective of the story, "My mother sustained a very serious fall over a month ago. Not only is she 88 years old but also has Alzheimer's. Due to the severity of the injury she had to wait five days for a specialist surgeon to perform his magic. However that meant five days of excruciating pain with only morphine to help her cope. We were at our wits' end when I was inspired to call Julia. I hoped but was unsure that Therapeutic Touch could help my mother deal with her pain. My instincts were indeed correct. Julia's healing touch enabled my mother to experience deep relaxation and at least temporary relief from her agonizing situation. Even though my mother didn't "understand" Therapeutic Touch she responded in such a positive way that we continued with daily treatments.

I certainly felt relieved that we could provide at least one positive tool to help my mother even though the rest of my family was unsure and skeptical of T.T.'s benefits.

Thank you to Julia for being so supportive and caring at a most challenging time for our family."

Julia von Flotow, RT

If you would like to volunteer to help at the upcoming Fall Event, or have any questions about it, please contact the TTNO office:

[ttno.membership@sympatico.ca](mailto:ttno.membership@sympatico.ca)

416- 231-6824

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*Teachers will travel to other areas on request.*

The Therapeutic Touch Network of Ontario sets its own criteria for curriculum and teaching.

\* indicates a teacher of all levels.

(Information on this page is accurate at the time of printing)

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	Jean Dunnett	613-969-7483
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Website: <http://ttnc.ca>

## TTNO

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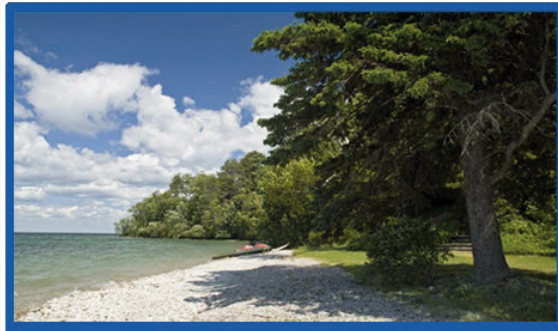
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