



# inTouch

The Therapeutic Touch Network of Ontario



Back row left to right: Yvonne Browning, Laurie Martindale, Janet McMillan, Deborah Gould, Linda Heaton, Arzu Dolanay, Susan Leuty, Jackie Stanley. Front row left to right Gabrielle Boer, Mimi Craig, Seiichi Ariga, Sue Frid, Peggy Hallman.

**Practice Day in Guelph, February 20th, facilitated by Deb Gould**

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## MEDITATION

Sit comfortably in your chair with your feet flat on the floor. Close your eyes. Become aware of your breathing.

Take a deep breath, and as you slowly exhale, feel all the stress and tension leaving your body. Feel your muscles relaxing, becoming loose and moulding easily into the chair.

Take another deep breath, and as you slowly exhale, feel your emotions becoming quiet and peaceful. Let the worries of the day slip away from your mind.

Take a third deep breath, and as you slowly exhale, feel your spirit connecting to the universal force of love.

Now, imagine yourself sitting on a beach, and looking at the ocean in front of you. Hear the rhythmic, soothing lap of the waves upon the shore. Feel the warmth of the sand beneath your body and the soft heat of the sun upon your skin - warming you to the very core of your being. As you gaze out into the ocean, your eyes are drawn to where the sky meets the sea. The sun is now setting, and you are transfixed by the beautiful pink and blue colours of the scene. They permeate your being and fill you with feelings of peace, harmony, and unconditional love for all of humanity. The horizon takes you to a place of endless possibilities. You are absorbed into the infinity of the universe.

(Pause for a period of time).

Now, you are slowly returning to yourself. Feel, once again, the beating of your heart, the movement of your breaths, in and out, the feeling of your body in the chair.

When you are ready, open your eyes, and feel rejuvenated and at peace with yourself and with the world.

Gail Douglas

### Therapeutic Touch Quiz

#### Question #1

What types of music are generally offered for use during or after a Therapeutic Touch session? (check all that would apply)

- a) new age music
- b) classical music (instrumental, piano, guitar, orchestral, flute, violin)
- c) nature sounds with music (eg Solitudes)
- d) vocal music
- e) native flute music
- f) harp music
- g) any music chosen by the client that might be appropriate
- h) it doesn't matter what the client likes, the practitioner should choose the music.

#### Question #2

When the Therapeutic Touch practitioner thinks of a particular piece of music that evokes a particular response in his/her own energy system, (eg, relaxation, happiness, strengthening, stimulating, energizing, meditating), this is the quality of energy that will be directed into the client's energy field.

- a) true
- b) false

## *inTouch*

is the newsletter of

**The Therapeutic Touch Network of Ontario**

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

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

## ADVERTISING RATES

Size	Dimensions	Cost	HST	Total
1/3 page	Horiz: w 7.5" x h 3.25"	\$60.00	\$7.80	\$67.80
	Vert: w 2.5" x h 9.75"	\$60.00	\$7.80	\$67.80
1/4 page	w 3.5" x h 4.75"	\$50.00	\$6.50	\$56.50
Bookmark 1/6 page	w 2.3" x h 4.5"	\$40.00	\$5.20	\$45.20
Business Card	w 3.5" x h 2"	\$35.00	\$4.55	\$39.55
Classified Ads	per words	\$00.50	\$0.06	\$00.56

*We reserve the right to refuse advertising not in keeping with the philosophies of, or the interests of, the members of the TTNO.*

## PUBLICATION DATES AND DEADLINES

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

**Next Issue: Summer 2016**

**Deadline for submissions: May 15, 2016**

**Late submissions may be held for the following issue.**

*Articles may have a maximum of 850 words.*

*Please send submissions to TTNO office with "Newsletter + which issue + the nature of the submission" in subject line; e.g. "Newsletter Summer 2016 - Report from...." Advertising must be JPEG or MSWord submitted by deadline for issue requested.*

*TTNO members will be billed for this service, while non-members are required to submit payment in advance with their ad request.*

*inTouch* the newsletter of The Therapeutic Touch Network of Ontario, is sent to TTNO members and subscribers from other Canadian TT Networks.

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### Research and Professional Practice:

Open

### Communications:

Open

### WHO TO CONTACT FOR WHAT...

Address changes, Membership Renewal forms,  
Practitioner Workbooks, teaching materials,  
extra Newsletters, Brochures, resources

**Contact the TTNO Office**  
**Pranita Prasad-Murphy, Office Manager**  
**Susan King, Office Manager**

### THERAPEUTIC TOUCH REFERRAL SERVICE Contact the TTNO office on Tuesdays or Thursdays

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## CHAIR REPORT



Hello Fellow Therapeutic Touch Practitioners

It is such an honour to be serving as your Chair on the Board of Directors! I am gradually getting used to this new role as are all the new Board members, office staff and our new *inTouch* editor. We welcome Susan King, a fellow

Therapeutic Touch practitioner, to our team. She accepted the offer to co-manage the TTNO office on Dec 8th, 2015. She and Pranita will each work one day a week to serve our members and the Therapeutic Touch Network of Ontario (TTNO). You will find a brief bio about Susan elsewhere in this newsletter.

I am sincerely grateful for the feedback from members about decisions we have made. We hear you and bring these comments forward for discussion and action. We value your input. This is a NETWORK – that means ALL of us working together. You have given us a mandate to make decisions and to implement changes in the best interest of all members of the TTNO and the promotion and acceptance of Therapeutic Touch® in the community.

The membership renewal process got off to a slow start this year in part due to the new online renewal process. The bugs have been worked out and, by next year, we hope that more members will chose this option for renewing. If you still have questions about how to access the “Members” area of the website, please see Alison’s outline ‘How to Get Into the Members Area and Stay There’ elsewhere in this newsletter or contact the office. If you haven’t yet renewed, please do so ASAP as our membership year started January 1st. We want to count you in.

The new initiative to offer half price memberships to first time members has been implemented as of January 1, 2016. This is for ALL NEW MEMBERS of the TTNO, including those that have previously received the free Introduction to the TTNO offer. Teachers will be contacting students to let them know.

Membership referrals – Anyone can find a practitioner in their area on the TTNO website where the names of those Recognized Practitioners and Recognized Teachers willing to participate in the referral process are listed. Alternately, the office can help with this during TTNO office hours on Tuesdays and Thursdays.

The TTNO is working closely with the Therapeutic Touch Networks of Canada (TTNC) to share resources and have policies standardized across the country. Peter Cheshire is the TTNO representative on the TTNC Board. Please read his column in this newsletter about accessing many brochures the TTNC have developed and information about how we can help to advance our quest to have payment for Therapeutic Touch sessions covered by insurance companies. We are looking for a TTNO representative to sit on that committee so if you have any interest in this, or contacts that might further this project, please let us know. Information about how to access the Therapeutic Touch Liability Insurance form on the

TTNC website is also in his report and in the Members Area on our website where you will find information about all your insurance options. <https://www.therapeutictouchontario.org/members-area/information-for-members>

Volunteers are stepping forward in many areas. Thank you for letting us know, through your membership renewal, where you would like to help. We will be contacting you, if we haven't already done so! For the rest, where does your interest lie? Let us know how you would like to help.

Jim Metson needs help with the TTNO newsletter. Currently he is a committee of one with some regular column writers. There are many small tasks to be done which together culminate in our wonderful newsletter. THANK YOU Jim! Please let us know if you have an interest or skill that would help Jim. Evelyn and Mei-Fei are staying on as consultants until Jim builds his team and can manage this very big task.

The TTNO office staff in Etobicoke can always use help with mailings. Putting address labels, return address labels and stamps on envelopes and stuffing them are tasks that are time consuming. If you can offer an hour or two on a Tuesday or Thursday, contact the office to see if they can use your help. Thank you.

Our committees have all been busy and you will read about their work in the columns from the various Board chairs.

The minutes of our TTNO Board of Directors meetings are now posted on the TTNO website in the Members Area. We welcome your comments and feedback.

Peace and Light.  
Shirley Boon, TTNO Chair

## VICE CHAIR AND ACTING COMMUNICATION CHAIR REPORT



Happy Spring to everyone. As I write this it is -25 degrees, sunny and pristine white no matter which window I look out through. All is well.

And so it is with the first three months on the Board of Directors. We have consulted with the Public Relations (PR) Task Force and they have brought their recommendations personally to the Board. We are listening, discussing, and implementing the changes that we believe will raise the professional profile of Therapeutic Touch® (TT). Our goal, in support of our Recognized Teachers and Practitioners, is to increase the acceptance, by medical professionals and the public, of Therapeutic Touch as a legitimate and effective energy healing therapy.

As part of this change, the Board has decided that "Practice Groups" will be given a new name that is less restrictive by definition and encompasses the full scope of the work they do. Until April 15 we will be accepting suggestions, supported by rationale, from individuals and/or practice groups that have reached a consensus and will be announcing the result of this process at the Annual Event and AGM from October 14-16, 2016. We hope to see you at the Annual Event.

The feedback from last year was very impressive and we have started to receive proposals for workshops for 2016. If you or someone you know feels that this is the time to share your knowledge, talents, and inspiration with your fellow practitioners, please let me know soon. We will be selecting our speakers by the end of March. Some suggestions for workshop topics received from last year's feedback include:

- Distant Healing
- Building Your Therapeutic Touch Practice /Role of the Healer
- Your Healing Presence / Your Energy Field
- Going Deeper Through Creative Self Exploration
- Self Care

The theme of "Unity Consciousness, Heart-Centered Therapeutic Touch" was very well received and many participants requested that we continue to explore this. The vast majority of participants loved the program last year and the Annual Event Committee was grateful for their validation. It just keeps getting better!

The PR Task Force has agreed to keep current a Therapeutic Touch Fact Sheet that was updated by Julia VonFlotow, Lynda Hill, and Alison Cooke. The Fact Sheet will be a marketing tool that we hope will be used by all Practice Groups to promote what they are doing in their own region. Each group will be able to update the sheet by inserting the names of hospices and/or healthcare facilities where Therapeutic Touch is practiced locally. This will be available on the website in the Members Section.

We have implemented a new "Policy, Procedure and Guidelines for YouTube Videos" for posting on our YouTube Channel. This is now available for download and review on the Website or, for those who don't have access to the Internet, from the office. We invite you to check it out.

As part of that process it became apparent that our members who are enthusiastically promoting Therapeutic Touch in a variety of ways (radio shows, Health Fairs, public speaking, creation of videos, to name a few) could benefit from information that our Communications Committee, led by Alison Cooke, is now putting together as a "Media Tool Kit". This kit will list common questions you may be asked and an answer that focusses on our basic assumptions, the Therapeutic Touch process (CARE), the benefits of TT supported by research, our organization and its structure, and more. It was felt that by becoming intimately familiar with this material we could be more confident ambassadors for Therapeutic Touch and the TTNO.

The Communications Committee continues to enhance the website to make online registrations and renewals a seamless process for your convenience. The website is also constantly improving and we invite you to visit there. The resources in the "Members" section contain everything you need in your practice, no matter what level you are at.

Our new *inTouch* editor, Jim Metson, has embraced this very big role with grace and enthusiasm. We all look forward to receiving this newsletter each quarter and I personally am very grateful that he has stepped up to the plate to make sure it continues to be a benefit of membership for all of us. He is looking for an assistant so if you have skills and/or interest in this work, please contact the office. Pranita or Susan will connect you with Jim to explore your options.

It has been a very busy year so far. Each member of the Board of Directors has been equally focused on responding to our members and continuous improvement in their area of responsibility. Thank you for your support.

Respectfully submitted

Mary Jane Phillips,  
Vice-chair

## MEMBERSHIP CHAIR REPORT

*"Now is the winter of our discontent, made glorious by this son of York...."*

~ Richard III, William Shakespeare

These somewhat somber words are an introduction to what is really a positive reflection upon the improved fortunes of Richard and his family, The House of York, and are not an Elizabethan meteorological report. Just as Richard is ruminating, so too are members of the Board of Directors for The Therapeutic Touch Network of Ontario of which the Membership Committee is but one part.

Currently, a membership survey is being developed (with the able skills of Grant Hallman who has rejoined our ranks) to learn what features of TTNO membership are appealing to members. In addition, the survey will attempt to ascertain what can be done to meet the needs which some members may feel have been overlooked. Since this undertaking is at a very early stage, predicting timelines for completion remains difficult at this writing.

Second, an ad hoc committee composed of Shirley Boon, Mary Jane Philips and yours truly has had an inaugural meeting to review the categories of membership that are offered by the TTNO. Again, at this point in time predicting a schedule of development is tenuous. However, should you feel an urge to contribute your creative juices, please do not hesitate to contact any one of us or the TTNO office.

Finally, membership renewal time arrived along with the New Year. Many members who attended the autumn conference renewed at that time to avoid being stuck with a "round2it". "A round2it?" you may ask. That is a task to which one must still 'get around to it.' As a pun, that one might be considered punishing humour. To aid members who may be in what has been termed "lapsed land" by a local Toronto radio station which depends upon public subscriptions to stay on air, this is a gentle reminder to leave "lapsed land" and renew without delay in order to be rid of a 'round2it'.

As a refresher, why not take a moment and reflect upon the benefits of membership in the Therapeutic Touch Network of Ontario, which are listed as follows:

- Implementing the changes that we believe will raise the professional profile of Therapeutic Touch®
- Developing workshops for practitioners.
- Providing Practice Groups where practitioners are able to maintain their skill levels as well as hone their skills in the congenial company of like-minded people.
- Attend special training sessions that occur annually.
- Participate in the Annual Event.
- Enjoy preferential rates for the above-mentioned activities which come with membership.
- Learn from Recognized Teachers who bring many years of practical knowledge when teaching Levels 1, 2, and 3 workshops for Therapeutic Touch.

Respectfully submitted,

Morlan Rees,  
TTNO Membership Chair

## TEACHER LIAISON REPORT

As I write this column we are heading into the February deep freeze. Here in Huntsville we have snow, although it has been unusually mild.

I want to thank some teachers who have stepped up to take on more responsibility within the Teacher Liaison portfolio. Doreen Sullivan (Niagara Falls) has agreed to chair the Submissions Review Committee. Thank you Doreen. Jodi Cole (Thornhill) has agreed to replace Flo Hartleib (Windsor) as the TTNO representative on the TTNC Curriculum Committee. Thank you Jodi and thank you Flo for your work on the Level 1/Basic Curriculum which has been completed. The TTNO Teacher Liaison Committee will now look at this to see how we can integrate it with our TTNO curriculum.

Arlene Cugelman (Barrie) has stepped down from the Teacher Liaison Committee. Thank you Arlene for your many years on this committee.

I am still looking for someone to chair the Teacher Liaison Committee - to be the liaison between this active committee and the TTNO Board of Directors. We also would like more teachers interested in reviewing submissions as we are down to five now. Three are needed to review each submission so more reviewers makes less work for everyone.

Congratulations go out to Diane May (Toronto & USA) for the approval of another Continuing Education workshop: "Fine Tuning your Inner Healer Part 2 – The Exploration Continues." A complete list of all Continuing Education workshops can be found on the TTNO website at <https://www.therapeutictouchontario.org/learn/learn-how/continuing-education-workshops>. If you are interested in having a Con. Ed. workshop presented in your area, contact the teacher.

I want to recognize Martha Hoey (Moffat) who has had her Level 2 submission approved and now just has to teach it for the first time to complete the process.

The Teacher listing in the *inTouch* has been updated (see page 23). Please check it and let me know if there are any more changes needed.

The Central Teachers Day is scheduled for Sunday, April 3rd and the South Western Ontario Teachers Day for Sunday, April 17th with the same agenda. Thank you Laura Pokoradi (Hamilton) and Charlotte Harris (Chatham) for organizing these days. We expect lively discussion and suggestions for possible changes to TTNO policy. Teachers Day on Monday, October 17th following the Annual Event will be facilitated by Diane May this year. There will be a Level 2 or 3 class running concurrently with Teachers Day on the Monday in October if there is enough interest.

Thanks everyone for teaching Therapeutic Touch and for promoting this wonderful modality. Remember to encourage all students to join the Network at half price for New Members.

Peace and Light,

Shirley Boon, Acting Teacher Liaison Chair

## PRACTITIONER LIAISON CHAIR REPORT

Please join me in congratulating Jacqueline Duguay of Toronto on becoming a Recognized Practitioner in October 2015. The dedication and commitment to achieving RP status will continue as she shares the healing work of Therapeutic Touch in her home community.

Practice Group Leaders, please keep in mind that if you would like your group to be listed on the website it is necessary to submit a PIEDA release form for the contact person. Group dates, times and places can change. Only the contact person(s) and their contact information are listed. The contact person does not have to be the group leader. If your group contact requires a PIEDA form please email the office to request one. The PIEDA form is required by law in our province.

It is with both regret and respect that I share the decision of the Aurora Group to close. Time, distance and health have contributed to this decision. Thank you to the group members for sharing our work in the Aurora area for many years!

Recently your group contact person will have received an email from me and Mary Jane Phillips, our Vice Chair, regarding suggesting a new name for our Practice Groups. Please discuss this with your group and let us know your choice of name and the rationale for that choice. Thank you to those who have already thoughtfully replied. Your input is requested and respected. The group that I attend will be discussing this matter when we meet shortly.

Following is an article from Pat Tamosetis, our workbook coordinator. Please read it carefully. Perhaps it might be group discussion material also. Our future RPs deserve the most honest critiques and support from workbook supervisors and teachers in order to grow both themselves and their skills within our work. Then the high standards of practice that we are so proud of will be maintained.

Respectfully submitted

Lillian Hutchinson, Practitioner Liaison Chair

## THERE IS ALWAYS MORE LEARNING....

For me, Therapeutic Touch® is an ongoing, unfolding journey. In January I had the pleasure of taking a Level 3 course from Deborah Gould. There is always more learning and exploring to be done in this modality. How wonderful it is to be in a class with another teacher who is creative and compassionate, and an excellent facilitator. It does 'take a village', and when we support each other it is a blessing. Deborah certainly had support from Nancy Hall and wonderful Bethell Hospice staff and volunteers. It is always a gift to meet fellow Therapeutic Touch practitioners.

Many of you know that I am the Workbook Coordinator for the TTNO. My committee comes under the Practitioner Liaison Chair. I am responsible for supporting the workbook process, the practitioners, supervisors, mentors, and reviewers. I am available to answer questions and receive feedback so please do not hesitate to contact

me at [earthwalks@distributed.net](mailto:earthwalks@distributed.net)

As Workbook Coordinator I come across situations where a workbook practitioner has to do additional case studies or more hours of study in order to show their competence and confidence as a Therapeutic Touch practitioner, or potential supervisor. Often these situations are easily corrected before they become entrenched. I am including some supporting suggestions:

Please ensure that:

- **You are honest in your feedback.** I know that we all want to be kind, to be seen as a nice person, but if constructive feedback is not offered, the workbook practitioner may have a false sense of being on the right track when there are areas that need to be corrected or improved.

- **The continuing studies workbook practitioners have listed on their Basic Information Page are ones that can be used toward achieving Recognized Practitioner status. ONLY ONE Practice Day or Fall Event (8 hours total) is eligible.** It is difficult to have to call someone who thinks they have completed all their hours to tell them that one or more do not count.

- **The Supervised Case studies are spread out throughout the workbook process,** not all done in a row, or in close proximity to each other. These supervised studies are designed to provide mentoring for the workbook practitioner by offering suggestions and guidance throughout the process.

My gratitude to everyone for supporting the workbook practitioner's journey

Happy Spring!  
Patricia Tamosetis

## MAKE A CONTRIBUTION FROM THE COMFORT OF HOME

Looking for something to do while snuggled on your couch, or enjoying the first rays of spring sunshine on your deck or balcony? Want to support the TTNO but aren't sure how?

If you are a Registered Practitioner we could use your help as a workbook reviewer. Reviewers work with Pat Tamosetis, as strong an incentive as anyone would need.

We also require someone to collect and document our annual Practice Day statistics. Sounds complicated but it is very simple.

Both jobs can be done at home by Internet.  
Please contact Lillian Hutchinson if you can help  
[lillianhutchinson@rogers.com](mailto:lillianhutchinson@rogers.com)

## WINTER WEBSITE REPORT



Please check out the downloadable files areas in both the main website and the Members Area. The handouts from the Tool Kit are now available for download by anyone who visits our website. I know sometimes medical and PSW students use Therapeutic Touch as their subject for presentations to their peers and thought that these would be good resources for them to use.

Please note that the TTNO has updated the YouTube Policy and Procedure. It is now posted on the website as well, in both the general and Members Only areas.

One area that we are still lacking in volunteers is in our social media arena. We desperately need volunteers to serve as administrators for our Facebook Group and Twitter page. We need someone who is familiar with social media and can act to answer requests for admission to our Facebook Group, monitor posts, and add interesting information from our website to the wall. We also need someone to feed news into our Twitter page regularly. Please let me know if you are interested in taking on this important position.

If you check out the Members Area downloads section you'll notice that I have revamped the *InTouch* page. The issues are now easier to find and download. As well, the minutes of the TTNO Board meetings are now available on this page. Keep up with the work our Board is doing on your behalf by browsing these minutes each month. They are posted once they have been approved.

In the Members Area there's lots to check out:

- There are new meditations to read <https://www.therapeutictouchontario.org/members-area/downloadable-files>. Find them at #8 way at the bottom of the downloads page.
- The TTNO YouTube Policy and Procedure has now been posted on the same page
- There are new photos in the 2016 Practice Group Photo Gallery <https://www.therapeutictouchontario.org/members-area/ttno-photo-gallery>

There is also new News in the News section of the main website <https://www.therapeutictouchontario.org/news-events/news>

Please help us out with your photos and news!

Alison Cooke

## SUSAN KING, BIO



Susan King, a TTNO member from Peterborough, is job sharing the Office Manager's position with Pranita Murphy. Susan completed her level 3 Therapeutic Touch in September of 2015 and is working towards her Recognized Practitioner status. She is also working towards becoming a Reiki and EFT practitioner. She brings with her experience as manager of a non-profit, charitable seniors' recreation centre. She has also worked as a business analyst, implementing

integrated business software in Canada and Europe.

Welcome Susan!

*Eighth Annual, Advanced Intensive*

**Therapeutic Touch® Retreat**

**“Inspirations & Echoes”**

*Credit for maintaining or achieving RP status*

**June 9 to 12, 2016**

**Crieff Hills Retreat Center, Puslinch, Ontario**

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

**Facilitators:**

**Laura Pokoradi & Diane May**

**More information contact:**

**Laura: [peaceandlight334@gmail.com](mailto:peaceandlight334@gmail.com)**

**Registrar: Gary: [pokerman@sympatico.ca](mailto:pokerman@sympatico.ca)**

**905-385-9217**

## APPS FOR IPADS

For those of you with an iPad, mini or otherwise, I'd like to share with you two apps that I find most useful for me in my work.

The first is called Dragon Dictation and it's free! This is a voice to text app. I use this app when I am composing letters or talks – I speak what I want to say into Dragon. This becomes my first draft, then I can work on it from there. I also find it very useful when reading a book – I can dictate any quotes with the book and page reference rather than bookmarking them and going back later to type them out.

When you open Dragon you click on the + sign and then tap the bull's eye to start dictating. As you speak, the text appears. Don't forget to click the bull's eye to stop dictating. Sometimes you have to take a break as it "catches up" but you can start where you left off to keep dictating.

When you click to stop dictating you see what you have dictated and can click on the keyboard sign at the bottom to correct anything you want. I usually do the correcting once I've transferred the file onto my computer though – it's easier.

At the top right you have choices for what you want to do with the text: cut, copy, email, etc. So it is easy to email the text to yourself and then copy and paste into Word or whatever word processor you use!

The second app I find I can't do without is called Textilus – this is a powerful word processor for iPads. This is not free but is worth every penny. You can copy and paste your text from Dragon into Textilus if you want and then save it. [Though it's easier just to email the text in sections from Dragon.] From there you can move the file into your Dropbox and pick it up on your computer. You can also open PowerPoint files, pdf files, and Word documents. It allows you to make folders for your files to keep yourself organized. I use it to take notes during our ballroom dance class – typing the line as we learn it! You have to play with it a bit to get used to it, but with it I no longer take my laptop to seminars or the Dialogues – I just take my mini iPad and a Bluetooth keyboard and I'm good to go!

Submitted by Alison Cooke

## HOW TO GET INTO THE MEMBERS AREA AND STAY THERE

If you have been having trouble getting into the Members Area of our website please read this!

Get yourself to the TTNO web site ([www.therapeutictouchontario.org](http://www.therapeutictouchontario.org)) Click on Member Login/Logout at the top right of the website screen. You sign in with your name in lowercase letters, no spaces > alisoncooke. Then you use your member # as your PIN, which is on your membership card > 0000

Then click on Remember Me below the signin section – you'll see a checkbox.

After you Logout, the next time you click on Member Login/Logout your name and member number will appear in the boxes and all you have to do is click on Login.

OR

If you go out of the website WITHOUT logging out, you will find yourself logged in already and can click on the Members Area tab to the left of the Login/Logout tab.

## THERAPEUTIC TOUCH & IMAGERY

with **CRYSTAL HAWK, Med, RT.**

Sunday, April 10, 2016 ~ At Elm Tree Centre

This specific workshop is designed to give Therapeutic Touch® practitioners the opportunity to learn about Imagery in general and about Imagery in relation to the Therapeutic Touch® process in particular.

Imagery is enmeshed in all phases of the Therapeutic Touch form, as well as in the treatment, in the intention of the practitioner and in the receptivity of the receiver. An understanding of this can allow practitioners to move to deeper dimensions in their healing practice.

LOCATION: Elm Tree Centre at # 2113- 25 SR, RR#1, Moffat, ON Near Guelph

TIME: 9:30 - 5:30

FEE: \$95

PRE-REQUISITE: LEVEL I

Attendance at this workshop can be used as credit for both achieving and maintaining status with The Therapeutic Touch Network of Ontario.

Crystal Hawk has been involved with Therapeutic Touch for over 30 years, having studied continuously with Dolores Krieger, PhD, and Dora Kunz. She has also been studying, teaching and applying Imagery since 1980 and has been combining them successfully for those many years.

Email: [info@elmtreecentre.com](mailto:info@elmtreecentre.com)

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## FIELDSTONE COMMONS WELCOMES THERAPEUTIC TOUCH

In September 2014, when the two of us started working at Fieldstone Commons as Therapeutic Touch Recognized Practitioners, we had no idea about the journey we were beginning. Located in Toronto, Fieldstone Commons is a long-term care residence with 224 residents. Crystal Hawk met with Lorraine Gibson, the Director of Care, and Tracey Adams-Thibaudeau, the Director of Programs, during the summer of 2014, and discussed a model which involved teaching staff and hiring two Therapeutic Touch practitioners. Because of her considerable experience working at Stirling Manor, a long-term care residence outside Belleville, Crystal chose Alison Cooke to teach Levels 1 and 2 to the staff.

We were hired to give Therapeutic Touch sessions to residents for two half-shifts per week, and to support the integration and practice of Therapeutic Touch through mentorship and a weekly staff practice group. Per shift we see eight to twelve residents each. We are continually exploring ways to encourage staff to use Therapeutic Touch during their work day.

During an average month, we give Therapeutic Touch sessions to 50 different residents. Of those residents, some are seen twice a week and others weekly or monthly. We work from a list of more than 80 residents referred to us by staff or requested by family, and have seen all of the people on our list at least once. The residents we have seen have a wide variety of conditions from MS, gangrene, phantom limb pain, bruising, wounds, edema, grief, Alzheimer's, dementia, depression and general body pain. Our sessions are short, usually lasting between 5 and 10 minutes. We always ask for permission before giving a session. In addition to the residents, we have given TT sessions to family members and staff.

In the beginning, we developed a reporting form, providing weekly reports for each of the residents receiving Therapeutic Touch. We emailed copies to the Director of Care and Programs Director. We are now entering our Therapeutic Touch notes for each resident into

the Progress Notes section of Point, Click, Care - the on-line tool used by staff and other professionals within Fieldstone Commons.

As Therapeutic Touch Practitioners, we are regarded as professionals and we have the full support of the leadership and staff at Fieldstone Commons. We cannot count the times that staff members have told residents to "Give Therapeutic Touch a try. You will feel better." After a Therapeutic Touch session residents often tell us how relaxed they feel.

An essential element to the success of Therapeutic Touch at Fieldstone Commons is teamwork. The two of us work as a team and consult each other regularly. As paid practitioners, we are also part of the larger care community team at Fieldstone Commons. Ultimately, it is all about a team of people bringing a wonderful ancient healing practice into a 21st Century care facility. We are grateful for the support and resources provided by the TTNO and the teachings of Dolores Krieger and Dora Kunz which enable us to give the gift of Therapeutic Touch to the residents we see.

Last June, along with Crystal Hawk and Alison Cooke, we were invited to talk about Therapeutic Touch and present our experiences at Fieldstone Commons to the Eastern Ontario Regional Directors of Sienna Living. The wonderful thing is the recognition Therapeutic Touch is receiving.

Our journey over the past year and a half at Fieldstone Commons has expanded our Therapeutic Touch practice in ways we never imagined, and drawn on our strengths and creativity to achieve success. The model we have at Fieldstone Commons - teaching staff and hiring practitioners to reinforce the teaching - is working.

Paula Neilson – [pmneilson@gmail.com](mailto:pmneilson@gmail.com)  
Joseph McAleer – [jomca@rogers.com](mailto:jomca@rogers.com)

## LEVEL THREE GRADUATES WITH MIMI CRAIG RT.

This class held on November 21, 2015 was her last Class before retiring from teaching Therapeutic Touch<sup>®</sup>. Erin McInnis was among the wonderful women in the class. Erin is the first Administrative staff member of Hospice Wellington to graduate with all three levels. "Congratulations to all the Level 3 graduates."

I was privileged to assist Mimi in this Level Three Class and, last week, I also was with her for her Level Two class. Her professionalism shone on both well-organized days! I am happy to report that she will be continuing to offer Therapeutic Touch within the Guelph community and Hospice Wellington.

Mimi has been teaching Therapeutic Touch for twenty years. She also has marked workbooks for many of those who are now Recognized Practitioners. She is loved and respected as an excellent teacher. Thank you Mimi!! If you change your mind you know you will be welcomed back! tAnd we know you are looking forward to the new pages that are yet to be written in your life's story.

Valerie Morrell RT



Left to Right: Laurie Gray, Deb Vaillancourt, Mimi Craig, Jennifer Luft, Heather Fife, Erin McInnis



Level 3 Training with Deb Gould in Inglewood

**Save this date!**

**Diane May, RT, QTTT**  
*presents an amazing weekend!*  
**“Beyond the Basics Intensive**  
**in Therapeutic Touch®”**  
*in Burlington*  
**Saturday and Sunday**  
**April 30 and May 1, 2016**

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- Add knowledge and experience in a range of topics and how they impact your practice and your life.

Facilitated by the Burlington Practice Group.  
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 For details contact  
 Mary Simpson, [mary.simpson@cogeco.ca](mailto:mary.simpson@cogeco.ca)

## TTNO DONATION REPORT WINTER 2016

**WITH GRATITUDE AND APPRECIATION WE THANK AND ACKNOWLEDGE THE FOLLOWING FOR DONATIONS RECEIVED:**

**IN MEMORIAL:**

- Lillian Hutchinson, Mimi Craig, Alison Cooke and Trish Dean in memory of Evelyn MacKay's brother of Eric Smith
- Marita Concil, Barb Wilson Myers, Sandy Morreau, Jadwiga Brozowska in loving memory of Helen Thompson, a former member of the Stouffville Practice Group. They mention that Helen always loved attending the meetings and was proud of her Therapeutic Touch practice and contribution to others' well-being.
- Alison Cooke in memory of Carol Holt's husband

**IN SUPPORT OF OUR MEMBERS:**

- Sue Langer in appreciation of all those who kindly sent her energy and healing when she needed assistance going through a time of illness and deep depression. She felt the healing and the love that was sent to her by so many and is deeply grateful.
- Evelyn MacKay in appreciation for all the support of Therapeutic Touch friends at the time of serious illness and following the recent death of her brother Eric.
- Maria Rossiter-Thornton thanks Evelyn MacKay for her ongoing support of Therapeutic Touch and prayers and sends Best Wishes for her retirement! She also acknowledges and thanks the outgoing and incoming TTNO Board Members for their incredible leadership, support and ongoing dedication to the promotion and education of the standards of excellence in the practice of Therapeutic Touch.
- RJ Terence Smith in gratitude for the wonderful loving care that Bonnie Smith received from all her Therapeutic Touch friends from the Belleville and Carrying Place Practice Groups, during her treatments for breast cancer

**IN SUPPORT OF TTNO:**

- Windsor Essex Practice Group

## RHYTHM ONCE AGAIN

At the TTNO Practice Day 2015, the theme was Intention and Therapeutic Touch®.

In our discussions, one question emerged repeatedly: how do we consciously work with the breath?

The inquiry started after reading a quote from D. Krieger, *Therapeutic Touch as Transpersonal Healing*, p.121: 'Intentionality is a process powered by a compassionate yearning to help those in need... Physically, it involves the conscious use of the breath by the Therapeutic Touch therapist..'

I looked into it and want to share with you what I have learned.

First, pertinent notes from my search:

Barbara Brennan, *Light Emerging*, pg.127: "Breath control regulates and directs the flow of energy. Healers breathe strongly and deeply to increase their energy and power for healing."

Dora Kunz, *Spiritual Healing*, pg. 109: "Breath is the main vehicle for transmitting energy."

Dolores Krieger, *Therapeutic Touch Inner Workbook*, pg. 93: "Mudra-like gestures are reinforced by therapist's breathing patterns; channel the flow of the active pranic subsystems."

Dolores Krieger, *Therapeutic Touch as Transpersonal Healing*, pg.95: "... First comes the recognition and implementation of the power of compassion... Next, the purposeful use of breath during the act of intentionality serves to alter the biochemistry of the body."

The conscious use of breath is related to creating and maintaining rhythmic flow in the energy field.

Dolores Krieger in *Therapeutic Touch as Transpersonal Healing* notes "vital energy enters/exits chakras in a constant rhythmic pulse of inflow and outflow" (pg 141) and "Rhythmicity is of prime importance in rebalancing phase" (pg 151).

In *Accepting Your Power to Heal; The Personal Power of Therapeutic Touch*, Krieger suggests we "Project even synchronous energy as a response to changes or lack of synchronicity in the intrinsic rhythmicity [of the healee's field]" (pg 46) and that "One of our intentions is to synchronize rhythmicity [of flow]" (pg 53).

Dora Kunz, in *The Personal Aura*, points out that "In good health, the flow among organs/etheric chakras is rhythmic" (pg 160).

Conscious use of breath is well known to those practicing Yoga and martial arts, to meditators and practitioners of various healing modalities, and so on.

How do we use it in Therapeutic Touch though?

I found a very practical instruction in Yogi Ramacharaka's book *The Science of Psychic Healing* on page 71. I am adjusting the description to contemporary healing language. Use your own judgment as to how you can apply his teaching to your current practice of Therapeutic Touch.

Everything in the universe vibrates rhythmically. Inharmony in us occurs when we 'fall out' of this rhythm.

By Pranic Breathing, the Therapist can increase the supply of Prana available to her and assist

with re-establishing the individual's rhythm (of flow of energy).

Subsequently, she can use her will to distribute the Prana to the parts of the receiver's body, strengthening and stimulating them.

First, the practitioner has to learn how to breathe rhythmically. The technique is based on her own individual heartbeat. Start with breathing in for 6 pulses, wait for 3 pulses, breathe out for 6 pulses, wait for 3 pulses. With the practice, one can increase number of pulses; the pause should be half the length of the in- and outbreath. Once learned, it feels like 'falling into the rhythm', the waves of Prana moving through the body. That in itself is healing.

After the practitioner establishes the rhythm within her own field, she can concentrate on a stream of Prana leaving through her hands (while keeping herself grounded).

The book instructs the therapist to put hands on the body. In Therapeutic Touch we can do the same without touch. The key is imagining a pumping action: on in-breath, we lift the handle (of the old-fashioned pump), on the outbreath, we 'pump' the Prana into the whole body and specific parts, filling them up.

The therapist then is a mere pumping machine, connecting the receiver with the universal supply of Prana. She maintains her rhythmic breathing and allows the stream of energy to flow through her and into the receiver's field freely. According to the author, this practice 'drives the diseased condition out'.

Interestingly, he recommends flicking fingers from time to time (to throw off the receiver's condition) and washing hands after the treatment.

I also like to use the technique for clearing and for working with the receiver's breath pattern. Both can be done together: watching client's breath and, if fast and shallow, gradually adjusting it to my own breathing pattern that is slower and rhythmical. My hands move accordingly. Frequently, I observe a deep relaxation response setting in.

One more thing I find very practical for myself: in a state of lassitude or exhaustion, establish the rhythmic breathing pattern, breathe into the Solar Plexus and out into the whole body. Another version is curling up into fetal position and doing the same. Both methods speedily deliver increased Prana to the system.

One can also use the method to manage one's own pain. With the first breath, breathe in, and on the outbreath send energy to the seat of the pain. With the second breath, breathe in and on the outbreath send the pain away/out of the body to wherever you wish. Alternate the two breaths.

There is much more to it. I recommend that those interested read the book. It was written in 1909.

Note: I received permission from Yogi Publication Society to use Yogi Ramacharaka's teachings; however do not have permission to copy any of the materials.

Jitka Malec RT

## TTNO NAME BADGES

Have you thought of having a nametag for yourself to increase your professional appearance as you offer Therapeutic Touch sessions? Or maybe you'd like to update your current nametag with the new Therapeutic Touch logo?

Shirley has found a supplier who will create and ship nametags with the new logo. Get one for yourself, or order as a group and share the shipping costs. Sounds like a good investment for Practice Groups.

Supplier: Treasures & Trophies  
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30 Main St. E.  
Huntsville, ON P1H 2C8

Email: [treasuresandtrophies@vianet.ca](mailto:treasuresandtrophies@vianet.ca)

Phone: 705-789-9255  
Fax: 705-789-9101

Cost: for name badges with pin backing \$7.00  
with magnetic backing \$8.50  
for shipping - \$10 or \$11 so they can be tracked.  
add HST to all charges

Name: give the name you want on the badge



### Therapeutic Touch Quiz Answers (page 2)

**Question #1:** a), b), c), e), f), g)

**Question #2:** a)

## CRAZY AUCTION

Our Fergus Chapter had a crazy auction in preparation for this year's retreat at Crieff Hills in Puslinch in June. Susan Leuty had an opportunity to practice her skills as an auctioneer and we'd all agree she did a great job. We were able to raise nearly \$100.



Left to right: Deb Vaillancourt, Jackie Stanley, Deborah Gould, Diane Gagnon, Susan Leuty, Dorothy Collin, Tina Walker, Wanda Weslowski.

## NOTES FROM THE EDITOR

Ah, Spring. Longer days, signs of green, birds in the trees.

As our brains thaw we are better able to think of creative ways to share our experiences with Therapeutic Touch. As the gloves and mitts come off our fingers are free to type our thoughts and click 'send'. As the layers of clothing are removed we are not as weighed down and can easily pull out that camera.

The readers of *inTouch* are always glad to learn about what you've been up to. Smaller summaries can be sent to me, or to Jodi Cole ([jodi.cole@rogers.com](mailto:jodi.cole@rogers.com)) for the 'Word is Out' section. I'm happy to receive longer submissions about your ventures or what you've been learning.

And let's not forget the visuals. While most of us grew up in a text-based world, a picture (or two) really is worth a thousand words. Why not snap a few shots of your next gathering, event, or workshop and share your wonderful smiles. For, really, how can we not smile when involved with Therapeutic Touch and such terrific practitioners? Just don't forget to obtain permission for those smiles to be published.

Thank you to the Board and other long-time members of the TTNO who gave suggestions and offered support as I worked through my first issue as editor of *inTouch*. And a special thank you to Evelyn Mackay and Mei-Fei Elrick for providing me with a solid foundation to work from and who enthusiastically answered my many questions. Any errors or omissions in this issue are mine.

May the warmth of the spring sun shine on you.

Jim Metson  
[jimmetson@gmail.com](mailto:jimmetson@gmail.com)

## EDGAR MITCHELL - 1931-2016

Forty-five years ago Edgar Mitchell piloted Antares, the Lunar Excursion Module for Apollo 14 Mission, to land in the hills of the Fra Mauro highlands on the Moon (February 5-6, 1971). Sadly for all of us, Edgar passed away on February 4th of this year. He was the sixth man to walk on the moon.

He had said, "I had piloted Antares down to the Fra Mauro highlands, taken the longest walks ever taken on the moon, through those dusty lunar hills, then piloted the ascent module back up to rejoin Stu in Kitty Hawk. As we left lunar orbit to head home, my work was done. So I had three days to relax and enjoy the view.

We were in barbecue mode, with the spacecraft rotating every couple of minutes to avoid any area overheating in the intense sunlight. I could see ten times as many stars as you can ever see from earth, so the view was spectacular. With the rotation, I would see the earth, moon, and sun pass by the window every few minutes. The immensity and serenity of the universe struck me in an entirely new way, out there suspended between the great blue jewel of earth and the dusky moon we were leaving behind. The setting was perfect – I suddenly sensed the profound consciousness of the universe – how it is completely interconnected and aware – an absolutely indescribable awareness. My life was changed forever."

In another interview he reported "Looking at Earth from space and seeing it was a planet in isolation ... that was an experience of ecstasy, realizing that every molecule in our bodies is a system of matter created from a star hanging in space. The experience I had was called Samadhi in the ancient Sanskrit, a feeling of overwhelming joy at seeing the Earth from that perspective." (<http://www.telegraph.co.uk/men/the-filter/11195475/Astronaut-Edgar-Mitchell-what-I-learnt-from-going-to-the-moon.html>)

His epiphany led him to courageously pursue the deep study of scientific aspects of consciousness. He spent two years researching the Samadhi experience he had in feeling that interconnectedness. To promote the possibility of others experiencing this interconnectedness he founded the Institute of Noetic Sciences (IONS). He hoped it would help lead humanity towards metanoia, a far grander awareness of our spiritual nature and of the unity of conscious awareness and the universe.

Mitchell wrote several wonderful books about his trip to the moon and resultant life journey: *The Way of the Explorer* (1996), and *Psychic Exploration* (1974). This latter one is an extraordinary compilation in which Dr Mitchell assembled some of the best scientific minds on earth to address the deep mystery of consciousness. Without NASA's permission, while on the spacecraft, he took part in several psychic experiences with a Lab in San Francisco and had the same exceptional results as he had when being in that Lab on earth. He was also a believer in extraterrestrial activity, and was convinced UFOs had visited Earth.

I've been an IONS member almost since its beginning. Several years ago when I was the IONS Co-ordinator for Toronto, Mitchell came to Toronto as part of one of Adam's healing workshops, as IONS was a big supporter of Adam's healing work.

Exploring consciousness had naturally led IONS to explore healing and most of the best research into healing has been done at IONS. Amazingly, we had Marilyn Schlitz, PhD, the then Research Chair of IONS as our speaker at one of our Therapeutic Touch Conferences.

She had co-produced the extensive research proving that by our intent one can change living tissue at a distance, important research for all Therapeutic Touch practitioners.

When Mitchell was in Toronto I invited him to speak to Ontario IONS members and I also invited Therapeutic Touch members to attend. It was a memorable evening, which we still talk about amongst ourselves - those of us who ventured to the Airport hotel for that evening. He had much to tell us in those two hours about consciousness and healing. We thank him for his contributions to us all and wish him a peaceful final journey.

To connect with the Toronto IONS Chapter go to: [www.meetup.com/ions-ontario](http://www.meetup.com/ions-ontario).

Our next meeting, on Conscious Aging, is on April 23rd.

Submitted by Crystal Hawk

## TRUSTING THE WORK

We learn Therapeutic Touch®, practice, witness the wonderful effects, and then may come the test of an ultimate trust: something happens to us or to someone close to us.

Fill in your own experience: becoming ill or injured, undergoing surgery, and so on.

Do we include Therapeutic Touch in the treatment plan, or prefer returning to the allopathic care?

In the former case, treating the self is the first line of action – but given the gravity of our challenge, that may be the last thing on our mind. Second is asking for help – in person or distant. That itself may be difficult for those used to giving only. We forget that giving and receiving are two sides of the same coin.

If we ask, however, we are surprised how much Therapeutic Touch can help. It is a good reminder that the compromised field benefits more from energy work than that of a healthy person.

Commonly, the support given to the field is time limited, and we move on.

But what if the things are not improving? Do we need to look elsewhere? To stop treatments? It is easy to get discouraged. We know that Therapeutic Touch is not a panacea. It has its limits and yet, it always makes a difference – whether we see it or not. Yet there may be a time when other support is needed. That's why we learn about other therapies and approaches.

Regardless of a chosen route, ideally, practitioner or recipient modify frequency and length of the treatments, giving the field time to absorb the shifts. As we continue to recover, the field asks to be weaned off in order to reclaim its governance over maintaining balance in the system. That is another thing we tend to forget: the field knows how long and how often it needs support of any sort.

Clearly, the trust in the work or lack of it is influenced by our expectations, experience and knowledge.

So, let us go back to basics. What are the effects of Therapeutic

Touch? It evokes relaxation response that, in turn, supports the energy field in moving towards the natural order. It is as simple as that.

What does the movement towards the natural order mean to us? Full return to health? Relief? Comfort?

When learning Therapeutic Touch, we hear that we are always whole. What does it imply? For example, can there be wholeness in a broken body?

Healing to me means returning to INNER KNOWING of the inherent harmony within. When I experience it fully or partially, I can trust that all will turn out for my highest good and accept what comes my way. Our expectations can lead us away from the notion of wholeness that is not always fully presented in observable physical/ mental/ emotional health.

The full experience of wholeness can lead to a rare form of healing: a high frequency of energy floods the system and restores the order instantly. Some of us believe in the Higher Power orchestrating it in those ready – or eligible – I do not know. In 23 years of practice I witnessed only two events that could be coined as such. Some call it a miracle. It is good to remember that the healer just shows up; miracles happen only for the right person, at the right time.

In the case of 'no miracle today' answer, the inner knowing of one's inherent wholeness may remain and assist the field to deal with it's challenges – again, either returning to full health, or improving, or ultimately departing. That brings one equanimity, an ability to experience the situation with peace and love while compassionately owning one's imperfections. That too is deeply healing.

To fully trust the work, one has to accept the wisdom of nature/Higher Forces, including any outcomes.

The intentions of the practitioner, the receiver and the community have a great power here. With it comes responsibility. Do not forget: our expectations affect the outcome! There is a power beyond that: if the practitioner has a deep sense of trust and can hold the picture of wholeness for the receiver, it will be communicated to the field, and act as a reminder of it's wholesome nature.

That itself is ultimately healing.

Submitted by Jitka Malec RT

### MY THANKS TO ALL OF YOU.....

who supported my brother Eric and me with distant healing, good will and kind thoughts as he moved through his final illness and transition. Your messages via e-mail and snail mail have been helpful and restorative. Every day I was shown the caring nature of our Therapeutic Touch practitioners and reminded, too, how we all add to the tale of goodness in this life, every day. You are too many to respond to privately; I hope you can accept my thanks through the *inTouch*.

Evelyn MacKay

## QUANTITY OR QUALITY: A DISCUSSION

"Quantity and Quality of Life Duties of Care in Life-Limiting Illness" by Atul Gawande was published in The Journal of the American Medical Association (JAMA) 315.3 (2016): 267-269. Dr. Gawande also is the author of *Being Mortal* published in 2014. It has been on the New York Times Hardcover Ten Best Seller list for over a year. A review of *Being Mortal* can be found in *inTouch* Spring 2015:13.

Dr. Gawande begins by saying "Everyone dies. Dying today typically involves a period of protracted illness, disability, and intense involvement of medical professionals. Although the experience is woefully understudied, a significant body of evidence is emerging to guide clinicians, health systems and society toward better practices for people facing serious, life-threatening condition" (p.267).

Looking at the research leads Dr. Gawande to conclude that the amount of suffering people endure in their last year of life is considerable. Indeed, "Medical care for the symptoms people experience at the end of life does not seem to have gotten better; it may have gotten worse" (p 267). While advanced planning is important to get a fit between treatment and the individual's goals and values he finds most people do not have these conversations with their doctors and families.

Although JAMA indicates the article is an editorial, it is supported by research, all of which is cited in the References. One reference is *Dying in America*, published in 2014. In it, palliative care is defined as "... a field dedicated to assisting seriously ill people with setting and achieving goals aside from just survival, which may include control of symptoms, attending to life projects, connecting with loved ones, or other vital objectives," Gawande adds, "The literature has established that when care is provided with a narrow focus on disease control, without palliative care expertise directed at eliciting these broader goals, and tailoring care to include them, patients experience more pain, more anxiety and more family exhaustion, they receive more nonbeneficial care and more hospitalization, and they do not live longer. Indeed studies suggest that earlier involvement of palliative care specialists, either through consultation or enrollment in hospice can produce increased survival" (p. 267). However, for many these discussions amount to 'giving up' and are thought to be useful only when people have no options to deal with their disease. "This view is incorrect and harmful" (p. 267).

While you might think Gawande is focusing on the United States, the research he cites also looked at patients over 65 year who died with cancer in Belgium, Canada, England, Germany, the Netherlands, and Norway.

Gawande asks, "How it is possible to do better?" And he then adds, "It appears that the fundamental error has been to split the primary responsibility for treatment of serious illness from providing care enabling the best possible quality of life in the face of such illness" (p. 268). "Society has encouraged research talent and funding to focus narrowly on extending the quantity of life and not quality – another harmful consequence of pitting these two aims against one another" (p 269).

In the UK, the President of the Association for Palliative Medicine, Professor Rob George, says much the same when he notes "...it's crucial not to become preoccupied with the details of the illness rather than the details of the living" ("How Do You Cope With Being Told You Have a Terminal Illness" BBC Player Radio <[www.bbc.co.uk/programmes/p03k7r52](http://www.bbc.co.uk/programmes/p03k7r52)> 21 Feb. 2016).

Mei-Fei Elrick

# 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, or pose a question that's been on your mind, by May 15, 2016 for the next issue of *inTouch* to [ttno.membership@bellnet.ca](mailto:ttno.membership@bellnet.ca) or [jimmietson@gmail.com](mailto:jimmietson@gmail.com)

**Question:** How long should I wait, after a fracture, to start Therapeutic Touch treatments? Does it need to 'rest' for a time?

**Answer:**

One can start treating the person's whole field immediately, in order to help the body deal with the injury, and to alleviate pain and stress.

To work with the fracture site locally, we can again start immediately, given the fractured bone has remained aligned. If dislocated, I would wait until it is set. With the treatments, the bone heals quickly and we want it to mend into proper physiological position.

In this specific challenge, I always teach the receiver how to treat herself. No one can be with her 24/7. I instruct her to work on the fracture site several times a day, always shortly and always follow with few passes over the whole body.

She can do it in regular intervals and when the site is painful or when she is distressed.

Jitka Malec RT, February 2016

**Answer:**

I cannot imagine why anyone would think that waiting is better than getting Therapeutic Touch quickly after any trauma - fractures especially. When my friend AM broke her ankle I arrived at the hospital at a perfect time. They had just taken an x-ray and had not

yet put on her cast. I was able to treat her leg and ankle directly. After that I treated her daily. Sometimes I would give her a full Therapeutic Touch session; other times I just treated her leg and foot. Because of these daily sessions the swelling kept going down necessitating several new casts. She healed well. When another friend, HL, fell off a wall while rock climbing with his school class, I arrived just as he learned that he had injured his pelvis and one leg. Again I gave him Therapeutic Touch daily until he could walk on his own. This month he is planning to climb Mt. Kilimanjaro, so one could say he healed well. I would think that the quicker one can get to the fracture, the better. And I've learned that daily Therapeutic Touch sessions are equally important.

I once asked a doctor friend why Therapeutic Touch given quickly to a burn can keep a blister from forming. He explained that healing involves swelling and bruising. He thought that the Therapeutic Touch disrupted this process before it could consolidate. So the quicker the better in all cases, to disrupt the field and allow for new possibilities to materialize.

Crystal Hawk

**Question for next 2016 issue:**

How have you been able to integrate Therapeutic Touch into your life, especially in the face of potential resistance from family, friends or colleagues?

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

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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)

Well, it's as cold as sin out today but I just got off the phone talking to someone who warmed my heart, reminding me of my early days starting out with Therapeutic Touch. Many of you will remember Margaret Shearman. Margaret, a bookkeeper by profession, was one of the original members of the TTNO and for many years the Treasurer of our then fledgling association. She was also an active member of the Aurora practice group, one of the longest running Practice Groups in the TTNO. Sadly, Margaret informed me that they have recently disbanded. Most in the group have either moved away or are at a different stage of their lives where it is difficult to continue attending. Very sad. But it was nice to catch up with her!

Margaret had also been talking to Crystal Hawk who encouraged her to call me with the news that Margaret's granddaughter Katie has just opened her third restaurant in Toronto. Now, strictly speaking, this isn't Therapeutic Touch news but just the same I agree with Crystal that it would be nice to mention Margaret's news. Margaret's granddaughters Katie and Natalie were regular visitors at Crystal's and Mary's retreats on St. John's Sideroad in Aurora. Many of the original Therapeutic Touch practitioners will remember them I'm sure. Here are the addresses of the three restaurants should you feel like checking them out: Café Neon, 241 Wallace Ave, Toronto; Café Neon, 1024 Queen Street West, Toronto; and Bar Neon at 126 Bloor St West, Toronto.

Next I would like to thank Lynda Hill, Pat Lythgoe, Mary Simpson, Jackie Jones, Marie Klemhempel, Jori Morrison, Wendy Schwindt, and Jane of the Burlington Practice Group for their wonderful program of giving 'Comfort Hearts'. The 'Comfort Hearts' are filled with healing energy and passed on to clients at the Carpenter Hospice and Breast Cancer Support Services. A special thank you is extended to Deb Fox who sews the hearts. What a beautiful initiative! You can see a photo of them holding their hearts on our Facebook page and in the Members Area TTNO Photo Gallery – 2016 Practice Group News. <https://www.therapeutictouchontario.org/members-area/ttno-photo-gallery> Check it out then send us your photos!

The Burlington group should also be commended for setting up a display on Therapeutic Touch in the Burlington Central Library. They had it there for a whole week and the best thing was it didn't have to be manned and there was no charge. They have it already booked for another week later in the year. Great way to gain visibility in the community. Well done! Makes me think I should look into doing this in my local library.

I would now like to congratulate Sophia Zoe who was recently interviewed on webinar by Eram Saeed's for the "From Heartache to Joy: Global Telesummit Series #10". Sophia is the TTNO Practice Group facilitator at the Gilda House in Toronto. The interview explored Sophia's 'Pure Energy Program for Clearing Trauma'. The following is a link to that program <http://fromheartachetojoy.com/evg/replay>. Congratulations Sophia!

I would also like to acknowledge at this time, Heather-Anne Wakeling's work as part of the Patient and Family Advisory Committee with the Marvella Koffler Breast Centre, Mount Sinai Hospital and the hospital's 'Table of Plenty Program'. This wonderful program has been running since 1999 and Heather provided Therapeutic Touch to women diagnosed with breast cancer until December of 2015. Sadly, due to budgetary restraints the program has now been cut. I want to thank Heather for her hard work with Mount Sinai and wish her well with her latest endeavour as Licensed Holistic Practitioner with the Beaches Naturopathic Clinic and The Carrot Common. Many of you will know that Heather was the first lay person admitted by Toronto East General Hospital to provide this modality at hospital bedsides. Her work there laid the ground work for the wonderful volunteer group of Therapeutic Touch Practitioner under the supportive leadership of Marleene Burfield that continues to this day.

The following submissions have been reproduced from the TTNO website at <https://www.therapeutictouchontario.org/news-events/news>

## Therapeutic Touch in Long Term Care - Windsor



On December 8, Sharron Parrott, RT, and Flo Hartleib, RT, spoke to more than 50 members of the Facilities Operators' Group meeting at Huron Lodge in Windsor. Their topic was "Bringing Therapeutic Touch into Long Term Care". Those who attended are LTC providers, social workers, Nurse Practitioners, hospital administrators, CCAC (Community Care Access Centre) reps, ambulance staff, or associated with the Essex-St. Clair LHIN.

Their presentation raised so much interest that Sharron and Flo have been invited back to provide more information at their next quarterly meeting in March.

## Therapeutic Touch in The Oshawa Area

On Nov. 16, 2015 three members of the Whitby Therapeutic Touch Practice Group attended a meeting of the Bowmanville Retired Nurses group. We were asked to provide something practical that the approximately 20 women in their 60s, 70s and 80s could take home with them, as several are in pain. They were guided through pain removal imagery, feeling energy between their hands, centering, and blue bottle imagery. Practitioners demonstrated Therapeutic Touch with two volunteers. One of the women receiving Therapeutic Touch noticed energy flow through her arm where she experiences chronic pain. Another woman noticed that her pain had disappeared by the end of the presentation. This lively group asked many remarkable questions and it was a pleasure to attend their group.

## Muskoka South Therapeutic Touch

Members of the Muskoka South (Bracebridge) Therapeutic Touch Practice Group spent the afternoon providing Therapeutic Touch for the residents of the Bracebridge Long Term Care facility.

## Ontario Long Term Care Website

Check out the Ontario Long Term Care website for this month. Melanie Cannons, Life Enrichment manager, and Alison Cooke, Recognized Practitioner, submitted an article about the twenty years that Stirling Manor has incorporated Therapeutic Touch into their programming. The article is highlighted in the website and well worth the read. Find it at this link:

[http://www.olca.com/OLTCA/OLTCA/Public/Good\\_News/TherapeuticTouchStirlingManor.aspx](http://www.olca.com/OLTCA/OLTCA/Public/Good_News/TherapeuticTouchStirlingManor.aspx) Congratulations Melanie and Alison!

Well that's all for this edition. Keep warm!

Jodi



# Therapeutic Touch Network of Ontario

## WORKSHOPS BY TTNO RECOGNIZED TEACHERS SPRING 2016

You may also check out the website calendars to find workshops by date and level at  
<http://www.therapeutictouchontario.org/index.php/news-events/events/month.calendar/>

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

Refer to the list in the most recent issue of *InTouch* or the TTNO website at  
<http://www.therapeutictouchontario.org/index.php/find-practitioners/find-teachers>

### LEVEL 1 (Introductory / Beginner)

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	PHONE	EMAIL
Barrie/Orillia Belleville	March 12	Saturday	9:00 – 5:00	Arlene Cugelman	Her	705-791-0159/	acugelman@rogers.com
	April 1 & 2	Friday eve & Saturday	6:30 – 9:30 8:30 – 4:30	Alison Cooke	Her	613-395-3691/	adcooke@xplornet.com
Burlington	May 15	Sunday	9:00 – 5:00	Mary Simpson	Her	905-825-0836/	mary.simpson@cogeco.ca
Dubreuilville	June 18	Saturday	8:30 – 5:00	Aldona Mitrikas	Her	705-852-1889/	aldonamitrikas@gmail.com
Dundas	April 9	Saturday	9:00 – 5:00	Marian Wierenga	Her	613-921-7565/	43aafke43@gmail.com
Grimsby	May 14	Saturday	9:00 – 5:00	Rose Philip	Her	905-309-4755/	vipoma@cogeco.ca
Huntsville	April 13	Wednesday	8:30 – 5:00	Shirley Boon	Her	705-789-7434/	shirleyboon@surenet.net
Napanee	October 28 & 29	Friday eve & Saturday	6:30 – 9:30 8:30 – 4:30	Alison Cooke	Her	613-395-3691/	adcooke@xplornet.com
Niagara Falls	March 23, 30 & April 6, 13	Wednesday	1:00 – 3:30	Doreen Sullivan	Her	905-354-8873/	4doreensullivan@gmail.com
Ottawa	April 30	Saturday	8:30 – 4:30	Gail Lafortune	Her	613-834-4524/	c-g.tt@sympatico.ca
Peterborough	April 16	Saturday	9:00 – 5:00	Craig Niziolek	Him	705-740-2157/	craigniziolek@gmail.com
Wawa	April 16	Saturday	8:30 – 5:00	Aldona Mitrikas	Her	705-852-1889/	aldonamitrikas@gmail.com
Windsor	June 3 & 4	Friday eve & Saturday	6:30 – 9:00 8:30 – 4:00	Penny Craig	Her	519-727-4784/	2pennyc@bell.net
Windsor/ Essex Hospice	April 15 & 16	Friday eve & Saturday	6:00 – 9:00 9:00 – 4:00	F. Hartleib & S. Parrott	Flo Hartleib	519-974-2157/	theteagranny@hotmail.com

### LEVEL 2

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	PHONE	EMAIL
Barrie/Orillia Belleville	April 16	Saturday	9:00 – 5:00	Arlene Cugelman	Her	705-790-0159/	acugelman@rogers.com
	April 15 & 16	Friday eve & Saturday	6:30 – 9:30 8:30 – 4:30	Alison Cooke	Her	613-395-3691/	adcooke@xplornet.com
Burlington	March 10	Thursday	9:00 – 5:00	Mary Simpson	Her	905-825-0836/	mary.simpson@cogeco.ca
Burlington	April 2	Saturday	9:00 – 5:00	Mary Simpson	Her	905-825-0836/	mary.simpson@cogeco.ca
Burlington	June 5	Sunday	9:00 – 5:00	Mary Simpson	Her	905-825-0836/	mary.simpson@cogeco.ca
Huntsville	May 4	Wednesday	8:30 – 5:00	Shirley Boon	Her	705-789-7434/	shirleyboon@surenet.net
London	April 30	Saturday	9:00 – 5:00	Carole Wray	Her	519-668-0272/	carolewray@rogers.com
Napanee	November 11 & 12	Friday eve & Saturday	6:30 – 9:30 8:30 – 4:30	Alison Cooke	Her	613-395-3691/	adcooke@xplornet.com
Niagara Falls	April 9 & 23	Saturdays (2)	9:30 – 4:00	Doreen Sullivan	Her	905-354-8873/	4doreensullivan@gmail.com
Ottawa	May 1	Sunday	8:30 – 4:30	Gail Lafortune	Her	613-834-4524/	c-g.tt@sympatico.ca
Peterborough	April 17	Sunday	9:00 – 5:00	Craig Niziolek	Him	705-740-2157/	craigniziolek@gmail.com
Sarnia	April 2	Saturday	9:00 – 5:00	A. Murray & K. Armstrong	Ashley	519-336-0941/	amurray.elementsflight@gmail.com
Windsor/ Essex Hospice	May 13 & 14	Friday eve & Saturday	6:00 – 9:00 9:00 – 4:00	F. Hartleib & S. Parrott	Flo Hartleib	519-974-2157/	theteagranny@hotmail.com

### LEVEL 3 (Recommended to be taken a minimum of six months after Level 1)

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	PHONE	EMAIL
Barrie/Orillia Belleville	May TBA	Friday eve	9:00 – 5:00	Arlene Cugelman	Her	705-790-0159/	acugelman@rogers.com
	November 25 & 26	Friday eve & Saturday	6:30 – 9:30 8:30 – 4:30	Alison Cooke	Her	613-395-3691/	adcooke@xplornet.com
Burlington	March 12/13	Sat / Sun	10:00 – 4:00	Mary Simpson	Her	905-825-0836/	mary.simpson@cogeco.ca
Chatham	March 19	Saturday	9:00 – 5:00	Charlotte Harris	Her	519-351-1025/	charlotte.harris@ciaccess.com
	May 7	Saturday	8:30 – 5:00	Patricia Tamosetis	Her	613-625-2277/	earthwalks@distributed.net
Huntsville	April 15	Tuesday	8:30 – 5:00	Shirley Boon	Her	705-789-7434/	shirleyboon@surenet.net
London	May 14	Saturday	9:00 – 5:00	Carole Wray	Her	519-668-0272/	carolewray@rogers.com
Napanee	May 6 & 7	Friday eve & Saturday	6:30 – 9:30 9:00 – 5:00	Alison Cooke	Her	613-395-3691/	adcooke@xplornet.com
Niagara Falls	May 14 & 28	Saturdays (2)	9:30 – 4:00	Doreen Sullivan	Her	905-354-8873/	4doreensullivan@gmail.com
Ottawa	April 16	Saturday	8:30 – 4:30	Gail Lafortune	Her	613-834-4524/	c-gtt@sympatico.ca
Peterborough	March 6	Sunday	9:00 – 5:00	Craig Niziolek	Him	705-740-2157/	craigniziolek@gmail.com
Sarnia	May 14	Saturday	9:00 – 5:00	A. Murray & K. Armstrong	Ashley	519-336-0941/	amurray.elementsflight@gmail.com
Windsor	June 17 & 18	Friday eve & Saturday	6:00 – 9:00 9:00 – 4:00	F. Hartleib & S. Parrott	Flo Hartleib	519-974-2157/	theteagranny@hotmail.com
/Essex Hospice							

## PRACTICE DAYS

LOCATION	DAY(S)	TIME	DATE	TEACHER	CONTACT	EMAIL	PHONE
Belleville	April 23	Saturday	8:30 – 4:30	Alison Cooke	Her	<a href="mailto:adcooke@xplornet.com">adcooke@xplornet.com</a>	613-395-3691
Chatham	October 1	Saturday	9:00 – 5:00	Charlotte Harris	Her	<a href="mailto:Charlotte.harris@ciaccess.com">Charlotte.harris@ciaccess.com</a>	519-351-1025
Golden Lake	August 27	Saturday	8:45 – 5:00	Gail Lafortune & Patricia Tamosetis	Patricia Tamosetis	<a href="mailto:earthwalks@distributel.net">earthwalks@distributel.net</a>	613-625-2277
Grimsby	June 4	Saturday	9:00 - 4:00	Rose Philip	Her	<a href="mailto:vipoma@cogeco.ca">vipoma@cogeco.ca</a>	905-309-4755
London/Arva	July 9	Saturday	9:00 – 5:00	Jitka Malec	Ellen Edmondson	<a href="mailto:wa.edmondson@sympatico.ca">wa.edmondson@sympatico.ca</a>	519-660-0559
Peterborough	June 18	Saturday	9:00 – 5:00	Craig Niziolek	Him	<a href="mailto:craigniziolek@gmail.com">craigniziolek@gmail.com</a>	705-740-2157
Toronto	April 2	Sunday	9:00 – 5:00	Maria Rossiter-Thornton & Jodi Cole	Jodi Cole	<a href="mailto:jodi.cole@rogers.com">jodi.cole@rogers.com</a>	905-731-4173
Wawa	March 26	Saturday	9:00 – 5:00	Aldona Mitrikas	Her	<a href="mailto:aldonamitrikas@gmail.com">aldonamitrikas@gmail.com</a>	705-852-1889

## WORKSHOPS FOR CONTINUING EDUCATION

### BEYOND THE BASICS

#### Prerequisite – Level 3

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	EMAIL	PHONE
Burlington	April 30 & May 1	Sat & Sunday	9:00 – 5:00	Diane May	Mary Simpson	<a href="mailto:mary.simpson@cogeco.ca">mary.simpson@cogeco.ca</a>	905-825-0836
Huntsville	May 14 & 15	Sat & Sunday	9:00 – 5:00	Diane May	Shirley Boon	<a href="mailto:shirleyboon@surenet.net">shirleyboon@surenet.net</a>	705-789-7434
Windsor	May 28 & 29	Sat & Sunday	9:00 – 5:00	Diane May	Michelina Busico	<a href="mailto:michelinab@cogeco.ca">michelinab@cogeco.ca</a>	519-979-1228

### ENHANCING ASSESSMENT

#### Prerequisite – Level 2

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	EMAIL	PHONE
Burlington	April 10	Sunday	9:00 – 5:00	Mary Simpson	Her	<a href="mailto:mary.simpson@cogeco.ca">mary.simpson@cogeco.ca</a>	905-825-0836

### FINE TUNING YOUR INNER HEALER

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	EMAIL	PHONE
Claremont	May 6	Fri & Saturday	9:00 – 5:00	Diane May	Janet Fallaize	<a href="mailto:janetfallaize@sympatico.ca">janetfallaize@sympatico.ca</a>	905-683-9264

### TT AND IMAGERY

#### Prerequisite – Level 1

LOCATION	DAY(S)	DATE	TIME	TEACHER	CONTACT	EMAIL	PHONE
Guelph	April 10	Sunday	9:30 – 5:30	Crystal Hawk RT	Martha Hoey	<a href="mailto:info@elmtreecentre.com">info@elmtreecentre.com</a>	519-823-5847

## ONTARIO THERAPEUTIC TOUCH™ NETWORKS RECOGNIZED TEACHERS

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)

### ONTARIO

<b>Ajax:</b>	Janet Fallaize*, RN	905-683-9264	janetfallaize@sympatico.ca
<b>Barrie</b>	Arlene Cugelman*	705-790-0159	acugelman@rogers.com
<b>Belleville</b>	Alison Cooke*	613-395-3691	adcooke@xplornet.com
	Jean Dunnett	613-966-2578	jeandunnett@hotmail.com
<b>Brighton</b>	Marian Wierenga	613-921-7565	43aafke43@gmail.com
<b>Carrying Place</b>	Donna Logan Van Vliet*	613-962-1004	donna@rural.ca
<b>Chatham</b>	Charlotte Harris*	519-351-1025	charlotte.harris@ciaccess.com
<b>Claremont</b>	Karen Marks, RN	905-649-3030	karen.marks@sympatico.ca
<b>Elora:</b>	Deborah Gould*, RN	519-846-2770	dgould1@outlook.com
<b>Golden Lake</b>	Patricia Tamosetis*	613-625-2277	earthwalks@distributed.net
<b>Grimsby</b>	Rose Phillip, B Ed	905-309-4755	vipoma@cogeco.ca
<b>Guelph</b>	Mimi Craig*, B Ed	519-827-1819	mimicraig@gmail.com
	Martha Hoey	519-823-5847	info@elmtreecentre.com
	Evelyn MacKay*	519-822-4174	esmackay@xplornet.ca
	Valerie Morrell*	519-821-4006	al.val.morrell@gmail.com
<b>Hamilton</b>	Laura Pokoradi*, RN	905-385-9217	peaceandlight334@gmail.com
<b>Huntsville</b>	Shirley Boon*, RN	705-789-7434	shirleyboon@surenet.net
<b>London</b>	JoAnn Lacroix-Camping	519-474-0998	josunshine57@hotmail.com
	Jitka Malec*, RN	519-668-2409	jtkamalec@gmail.com
	Carole Wray*	519-668-0272	carolewray@rogers.com
<b>Midland</b>	Helen Will* RN	705-534-1101	helenwillart@yahoo.com
<b>Newbury</b>	Regina Sheere	519-639-5672	sheeresource@gmail.com
<b>Niagara Falls</b>	Doreen Sullivan*, RDH	905-354-8873	4doreensullivan@gmail.com
<b>Oakville</b>	Mary Simpson*, RN	905-825-0836	mary.simpson@cogeco.ca
<b>Ottawa</b>	Gail Lafortune*, RPN	613-834-4524	c-g.tl@sympatico.ca
<b>Peterborough</b>	Linda Nelson*	705-745-2849	lindanelsonstt@gmail.com
	Craig Niziolek*	705-740-2157	craigniziolek@gmail.com
<b>Sarnia:</b>	Ashley Murray*	519-336-0941	amurray.elementsoflight@RT
	Kathy Armstrong*	519-354-8141	dkarmstrong@bell.net
<b>Scarborough</b>	Marlene Burfield*, RN	416-438-7720	gburfield37@gmail.com
<b>Thornhill</b>	Jodi Cole* RN, M Ed	905-731-4713	jodi.cole@rogers.com
<b>Toronto</b>	Crystal Hawk*, M Ed	416-922-4325	crystal.hawk@sympatico.ca
	Diane May*	909-553-2035	dianemay.com@gmail.com
	Paula Neilson	416-447-1600	pmneilson@gmail.com
	Maria Rossiter Thornton*, RN, MA	416-417-2744	416-417-2744
	Julia von Flotow*	416-686-6463	julia.vonflotow@gmail.com
<b>Thunder Bay</b>	Jean Riddell	807-622-7790	thundermanitou@yahoo.ca
<b>Wawa</b>	Aldona Mitrikas	705-852-1889	aldonamitrikas@gmail.com
<b>Windsor</b>	Penny Craig	519-727-4784	2pennyc@bell.net
	Flora Hartlieb*, RN	519-974-2157	theteagranny@hotmail.com
	Claire Massicotte*, RPN	519-948-9453	claires.care@sympatico.ca
	Sharron Parrott*, RN	519-258-0440	sparrott@cogeco.ca

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### TTNC Board of Directors 2016

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## TTNO

### PRACTICE/SUPPORT GROUPS

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

### ONTARIO

<b>Acton:</b>	Elinor Wagner	519-853-2423
<b>Ajax:</b>	Janet Fallaize	905-683-9264
<b>Aurora:</b>	Margaret Shearman	905-841-6059
<b>Barrie:</b>	Arlene Cugelman	705-721-1850
<b>Belleville:</b>	Nancy Sherid	613-395-2973
<b>Bolton:</b>	Diane Demkow	905-880-2220
<b>Bracebridge:</b>	Bonnie Blain	705-646-1155
	Shirley Goyea	705-645-4492
	Gabriele Boer	905-791-8637
<b>Bramalea:</b>	Lillian Hutchinson	905-457-2211
<b>Brampton:</b>	Raymond Poole	519-753-4150
<b>Brantford:</b>	Audrey Harkness	613-348-3736
<b>Brockville:</b>	Lynda Hill	905-681-2575
<b>Burlington:</b>	Gail Douglas	mgblah@hotmail.com
<b>Caledon</b>	Nancy Hall	nancyhall643@gmail.com
	Jim Metson	jimmetsongmail.com
<b>Carrying Place:</b>	Donna Logan Van Vliet	613-962-1004
<b>Chatham:</b>	Charlotte Harris	519-351-1025
	Kathy Armstrong*	519-354-8141
	Nancy Lee Johnston	705-445-4032
<b>Collingwood:</b>	Cher Curshen	416-888-8852
<b>Etobicoke</b>	Deborah Gould	519-846-2770
<b>Elora:</b>	Elaine Davidson	613-382-3772
<b>Gananoque:</b>	Susan Storry	905-372-3035
<b>Coburg:</b>	Patricia Tamosetis	613-625-2277
<b>Golden Lake:</b>	Regina Sheere	226-785-1894
<b>Glencoe:</b>	Rose Philip	905-309-4755
<b>Grimsby:</b>	Evelyn MacKay	519-822-4174
<b>Guelph:</b>	Trish Dean	tdean@uoguelph.ca
	Martha Hoey	519-823-5847
<i>near Moffat:</i>	Marilyn Mighton	705-457-9560
<b>Haliburton:</b>	Laura Pokoradi	905-385-9217
<b>Hamilton:</b>	Tammy Chochslowsky	705-641-0537
<b>Huntsville:</b>	Peggy Hallman	519-885-5388
<b>Kitchener:</b>	Jitka Malec	519-668-2409
<b>London:</b>	Helen Will	705-534-1101
<b>Midland:</b>	Debbie Abate	905-712-8119 x225
<b>Mississauga:</b>	Pierrette Guise	905-356-2884
<b>Niagara Falls:</b>	Jocelyne Greenfield	kioske@ontera.net
<b>North Bay:</b>	Rita Sutherland	rsuds1@hotmail.ca
	Mary Simpson	905-825-0836
<b>Oakville:</b>	Gail Lafortune	613-834-4524
<b>Ottawa:</b>	Lynne Rusk	519-534-1234
<b>Owen Sound:</b>	Anna Brisson	705-342-5769
<b>Parry Sound:</b>	Berlyne Mills	613-687-2921
<b>Pembroke:</b>	Linda Nelson	705-745-2849
<b>Peterborough:</b>	Craig Niziolek	705-740-2157
	Helen Thompson	905-852-5929
<b>Port Perry/Uxbridge:</b>	Ashley Murray*	519 336-0941
<b>Sarnia:</b>	Margaret Saarela	705-759-2024
<b>Sault Ste. Marie:</b>	Marita Concil	905-642-4237
<b>Stouffville:</b>	Jean Riddell	807-622-7790
<b>Thunder Bay:</b>	Julia Von Flotow	416-686-6463
<b>Toronto:</b>	Aldona Mitrikas	705-856-1889
<b>Wawa:</b>	Louise Aikman	905-938-2345
<b>Welland:</b>	Lynn Vukosavljevic	905-668-9683
<b>Whitby:</b>	Maureen Smith	519-534-3574
<b>Warton:</b>	Karen Schimansky	613-756-6172
<b>Wilno:</b>	Flo Hartlieb	519-974-2157
<b>Windsor:</b>		

The PIPEDA (Privacy Act) requires that the Therapeutic Touch Network of Ontario (or any organization) has written permission to publish a person's name and contact information in *inTouch*.

Names in this section are included only if a signed PIPEDA form is on file with the Therapeutic Touch Network of Ontario at the submission deadline.

**SAVE THE DATE FOR THE 2016  
TTNO ANNUAL EVENT & AGM**  
**Expand With The Vision**

October 14 - 16, 2016



*Kempfenfelt  
Conference Centre  
Barrie, Ontario*  
[www.kempfenfelt.com](http://www.kempfenfelt.com)



*The Annual Event Committee is building upon last year's theme of Unity Consciousness, Heart-Centered Therapeutic Touch and Compassion. Be a part of the energy of this amazing event.*

- \* Continuing Education Workshops
- \* Annual General Meeting ...and more

**ONE PROGRAM FOR ALL PARTICIPANTS**

Stay tuned for details on the website and the summer issue of this newsletter

email: [ttno.membership@bellnet.ca](mailto:ttno.membership@bellnet.ca)

website: [www.therapeutictouchontario.com](http://www.therapeutictouchontario.com)

*inTouch* Newsletter  
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