

## **Introduction to Healing Touch Program Case Study Examples**

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For years, students and mentors have requested examples of case studies to assist in preparing for the important step of Healing Touch Certification (HTC). Healing Touch Program (HTP) is pleased to finally offer this sample of case studies to assist students, mentors, practitioners and instructors. Currently, three sample case studies are included and more are planned for posting in the future.

Deep gratitude is extended to the Healing Touch Certified Practitioners (HTCPs) who agreed to submit their case studies for potential use as teaching tools for the Healing Touch Program. These case studies have been modified to protect the confidentiality of both the student and the client, and to provide comprehensive learning examples of the case study process.

A case study is a written representation of the practitioner's work with one client over time. A well-written and executed case study provides the reader a window into a personal and professional study in case management. It demonstrates the work of a knowledgeable, safe and effective practitioner.

Writing a case study is an important aspect of completion both for HTP Level 5 homework and Certification as a practitioner. These examples serve as a learning tool especially for the Level 4 Healing Touch Practitioner Apprentices, namely to:

- provide students with an understanding of a case study presented in written form
- recognize that each practitioner has a unique practice and understanding of energy healing
- reflect a caring heart-felt approach to the health and healing
- express how the Healing Touch Program Code of Ethics and Scope of Practice can be reflected in a case study
- serve as a guide and inspiration in preparing one's case study without duplication or plagiarism

### Purpose of Posting Examples of Case Studies

By posting examples of actual case studies, the entire community is served. Potential students of Healing Touch (HT) Program can see how practitioners administer energetic therapy in terms of professionalism, safe treatment, referrals, compassionate care and application of clinical knowledge. Students enrolled in classes and those preparing for course completion at Level 5 have helpful examples of how to guide their writing. Mentors and upper level instructors have an additional teaching tool.

These case studies are helpful examples showing a variety of styles and applications of Healing Touch. One of the case study examples includes a description of client health issues without the use of scales. Another appropriately describes a long distance healing session. We hope you find these examples supportive to your learning and your practice! Your feedback is always welcomed and appreciated!

**Over the years, instructors, readers/reviewers have observed the most common areas needing improvement in the writing of case studies. Following are some guidelines reinforcing the teachings from Levels 4 and 5 HTP Curriculum:**

1. Keep the written tense consistent. The entire case study may be written in the past tense, which many students find easiest. Other students prefer to present each of the sessions in the present tense but to write the Final Evaluation and Summary in past tense.
2. Follow and include all 10 Steps of the Healing Touch Sequence listed in the Level 4 Notebook homework section using the appropriate headings. A suggestion is to show the headings in bold type to make the presentation reader friendly.
3. Use the proper, current names of HT methods. **Bold**, *italicize* or underline them so your readers can easily find them. Be consistent with capitalization. Capitalize 'Healing Touch' and the names of the methods.
4. Provide enough background information so the reader can understand what happened, both historically and from session to session.
5. Follow through with the homework given to the client. Carry this thread throughout all sessions.
6. A Health Issues statement is a written statement of the issues, not just PEMS scales. Use of scales is optional.
7. Although a long distance session is shown in one of the case studies as an example, it is not the best inclusion for the HT certification case study. It is not encouraged to include long distance sessions in your case study, although in some cases, it may be necessary. If you need to include a long distance session, be sure that it is well described.
8. As much as possible, your methods and sequences should reflect the HTP standardized curriculum as taught in the classroom. Alterations from the usual variance of HT methods and sequences should be explained by including energetic principles and concepts from the HT Program.
9. Goals should be measurable. What will be the evidence that the mutual goals are achieved or not? Carry the thread of goals throughout the case study. If they change, say when and why.
10. Chakra readings are described as open for clockwise and as compromised for any other direction. If the size of the diameter of one or more chakras is notable, this should be noted as a further level of observation. Speed of spins may also be notable if you sense that this is valuable or interesting information.
11. The Final Evaluation and Summary statements are intended to provide an overview of progress with the client from beginning to end of case study. It's important to include items such as:
  - how health issues and treatments goals were met or adjusted over time
  - observations of chakra or energy field changes from first session
  - level of client's involvement in self-care, and was homework beneficial?
  - referrals made to support the client's progress.
  - description of Discharge Planning or Plans for continued care
  - how did the nature of your relationship change or grow?

Students and Mentors are referred to the Level 4/5 Notebook Revised Edition (2013) for more detailed, current expectations and guidelines.

We hope you enjoy reading these case studies and that you reap valuable insights and information from studying them. May you be inspired in your student progress or in your mentorship through these well done case study examples.

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## CASE STUDY #1 – TM: H1N1 Virus AND PNEUMONIA

**Background Information:** Case Study sessions took place in two settings, four took place physically in my home-based Healing Touch office and fourth treatment was a distance healing session. During the distance healing, TM was in his apartment resting on his bed while I was in my home. Health issues and symptoms are rated on a scale of 0-10 with 10 being the most severe. Pendulum assessment of chakras are defined and documented in this case study as follows; *still* (no movement), spinning *clockwise* or *counterclockwise* circles; with 1 inch diameter spin (small), 2-3 inches diameter spin (medium) and 4-5 inches diameter spin (large). No other spins are noted.

**Session 1: September 29, 2009, 90 minutes: Intake:** TM is a 23 year old male who is a full time college student. He comes for Healing Touch through a referral from his brother whom I have provided treatments to in the past. This past week, TM has been very ill and has been diagnosed with the H1N1 virus. Many students have also been diagnosed throughout his school. TM's symptoms include high fever (maximum of 103.5F), severe fatigue, sore throat, chills and body aches. He is very pale in color and warm to the touch. TM has been prescribed Tamiflu, which he takes daily for 5 days. For fever he takes either Tylenol or Ibuprofen every four to six hours. He has a decreased appetite, severe malaise and fatigue. Prior to this acute illness, TM states his nutrition is good, as he usually prepares his own meals and stays away from "junk" food. He considers himself healthy and takes an herbal nutritional supplement to boost his immune system, as well as a daily multi-vitamin. TM sees his primary physician yearly for a physical. His health history is minimal with a surgical hernia repair and nasal infection within the last 3 years. He is able to relax with music, spends time with his friends and plays computer games for fun. He says that he has 1-2 drinks of alcohol, twice a week. He does not smoke or take recreational drugs. TM has a firm spiritual belief and says he believes in a "Higher Power." He has gone to church in the past but does not currently have the time to attend. TM lives in an apartment that is close to school and walks to campus. He is physically active, playing on an adult ice hockey team a few times a week. TM finds that he occasionally has decreased concentration, which clouds his judgment and causes

him stress. He is active in the Engineering program at his college and spends a lot of time on his projects and class work. He states he has an increase in stress with his schedule at college. He feels that he has not been taking good of care for himself recently because he feels pressure from his school responsibilities. TM worries about missing school and about the work that he has to complete once he is feeling better. He comes for Healing Touch today for relaxation, to decrease his flu symptoms and for improved health. **Health Issues:** Physically TM feels that the weakness and flu symptoms are at a level 8/10 (10 rated negative health). He rates emotional stress at a level 7/10 (10 as extreme stress) because he worries about missing so much school. Mentally TM feels that he has difficulty concentrating 8/10 (10 as extremely negative). **Mutual Goals/ Intentions for Healing:** We agree on the goals for increased relaxation and decreased flu symptoms (weakness and malaise) as evidenced by changes in scales. TM's long term goal is set for improved health, to boost his immune system, and to improve his overall mental clarity. **Practitioner Preparation:** I assist TM onto the table, making him comfortable. I explain the process, allowing him to ask questions. I then inform TM of what to expect and that I will be working with his energy system and lightly touching him or working in his field. TM gives consent for the session. I prepare myself by grounding to the energy of Earth with intention and use breath work to center myself. I then connect to the Divine and attune to TM by holding his shoulders lightly and set the intention for his highest good. **Pre-Treatment Energetic Assessment:** The Pendulum over all chakras is still. I sense dark prickly sensations over the entire head area with the hand scan. I sense a red heat over TM's entire chest. His whole field feels jagged, thick, and close to the body. **Healing Touch Interventions:** I began treatment with Chakra Connection to open, connect and balance the energy system, to facilitate the flow of TM's energy throughout his body for healing, and to promote relaxation. I followed with Magnetic Clearing to cleanse TM's energy system of excess congestion. After 15 minutes of passes, I sense a smooth and clear field. During this treatment, I set my intention for the congestion in his lungs to be broken up and released from his system. As I complete each pass, I visualize that which does not serve TM to be

released out from his Individual Energy Field (IEF) into the Universal Energy Field (UEF). **Post Treatment Energetic Assessment:** Hand scan reveals a smooth and flowing energy field. The heat over TM's abdomen is gone, as are the prickly sensations over his head. Pendulum shows chakras 1-4 are open and spinning small clockwise. Throat chakra is still. I sense this is due to excessive congestion. Brow and Crown are open, spinning medium clockwise. **Ground and Release:** I provide TM time to process and then ground him by holding his ankles. I allow/intend my own energy to release from his as I step away from him. As TM wakes and begins speaking, I assist him to sit up and provide him with water. **Evaluation and Feedback:** During the treatment I intuitively felt the release of warmth during *Magnetic Clearing*. Also, I noted TM's slow, deep breathing during the whole treatment. TM states that he is very relaxed and that he had fallen asleep. He said that he "felt something pop from my head." TM states that his physical weakness has improved and he now feels it to be at 5/10. Emotionally, TM feels more relaxed and rates himself to be 4/10. Mentally he rates himself to be a 5/10. **Plan:** We talk in depth about his self-care; the importance of rest, adequate fluids and nutrition to promote healing. We also discuss setting an affirmation for healing - that TM sees himself as healthy. TM states he will work on that. I advise him to seek medical attention if his symptoms worsen, or if his temperature increases. TM is very open to these suggestions and sets a date for another session.

**Session 2: October 5, 2009 (1 week later), one hour: Update:** TM comes today with worsening physical symptoms; he has an increased cough and weakness and says he fatigues easily. TM's color is quite pale and he says that he is not sleeping well. He states he was able to stay relaxed following his first treatment but because of his declining health, he soon felt the overwhelming fatigue return. TM has been seen by his primary MD and was given a new medication (Codeine) for cough suppression to help him sleep. He takes the cough medicine at night because it induces drowsiness, and says he is unable to sleep without it. TM has completed the course of Tamiflu and his fevers have subsided, but his appetite has not returned. TM is feeling depressed and overwhelmed about missing so much school and says, "I am afraid that I am going to fail school."

TM states he did set an affirmation, "I see myself healthy and productive each day," and uses this affirmation several times daily. **Health Issues:** Physically, TM continues to feel fatigued, has a chronic cough and rates this at 6/10. Emotionally he is a 7/10. Because TM feels he is not clear mentally, he rates it an 8/10. **Mutual Goals/Intentions for Healing:** We mutually set goals for continued increase of relaxation, and improvement of his cough and decrease of congestion. The long-term goal continues to be for improved health, boosting his immune system and improved mental clarity. **Pre-Treatment Energetic Assessment:** The pendulum over all TM's chakras is still. Hand scan reveals a dense heat radiating out over both shoulders. I assess TM's field to be irregular; close to his head and spread out near his feet. **Practitioner Preparation:** I prepare by grounding and centering myself as stated in the first session. I attune to TM by holding his shoulders lightly and set the intention for his highest good. **Healing Touch Interventions:** I begin with Chakra Connection to open, connect and balance the energy system, to facilitate the flow of energy throughout TM's body for healing, and to promote relaxation. I am guided to do Ultra Sound to his chest region to break up the respiratory congestion and follow with Magnetic Passes: Hands in Motion (MP: HIM) to clear away the congestion. Magnetic Clearing was used to cleanse the energy field of extra congestion physically, emotionally and mentally. Mind Clearing is used next for promoting relaxation, mental clarity and peacefulness. **Post-Treatment Energetic Assessment:** Per Hand Scan, the density over TM's shoulders is gone and his field is expanded evenly, with a flowing energy. All chakras are open and spinning clockwise medium except Solar Plexus, which is sluggish and spinning clockwise small. **Ground and Release:** Same as in session #1. **Evaluation and Feedback:** During MP: HIM, I feel the release of warm energy from TM's upper chest. He states, "My lungs feel clearer when I breathe deeply. I really feel very relaxed." Physically TM identifies that he feels "relaxed and rested" and rates this at 4/10. Emotionally, TM shares that he "felt a calmness come over me" during the treatment and rates it a 5/10. Mentally he shares that he feels more present and clear and rates himself a 5/10. **Plan:** We took time to discuss the importance of continuing with the current medication regime and self-care. We discuss

that if symptoms should worsen TM will contact his primary MD for follow up care. We mutually agreed that if the cough does not improve within a few days, TM should also call his doctor. TM states he will continue with his daily affirmations to support positive thinking.

**Session 3: October 10<sup>th</sup>, 2009, 90 minutes: Update:** TM comes today stating that he did go see his doctor for an increased cough and was diagnosed with mild Pneumonia. TM has been prescribed an antibiotic (Levaquin). TM is still taking the cough medicine as needed, mostly at night. He states that he did feel more relaxed after the last treatment for several days and his fatigue has improved. He states, "It is still hard to get up in the morning." I notice that TM's cough has improved and his color is not as pale as he had been in previous sessions. **Health Issues:** Physically TM is improving but still has the fatigue associated with his illness and rates himself a 5/10. Emotionally he thinks his depressed feelings have decreased and he is able to rate it 6/10. TM rates his mental clarity a 6/10 as well. **Mutual Goals/ Intentions for Healing:** We mutually agree that TM would benefit from a session intended to promote a deeper healing of his physical symptoms. We continue with his long-term goal for improved health, to boost his immune system and improve his mental clarity. **Pre-Treatment Energetic Assessment:** Pendulum shows TM's first two chakras spinning clockwise small and somewhat sluggish. His Solar Plexus chakra is still and the 4<sup>th</sup> - 7th chakras are spinning counterclockwise small. The hand scan over TM's chest reveals heat and congestion and there is a density over his left brow. I sense TM's field is rigid and close to his body. **Practitioner Preparation:** Hara Alignment Meditation to ground and center and to prepare for Chelation. I attune to TM as in the first session and set intention for his highest good. **Healing Touch Interventions:** I open with Chelation to clear and remove blocked energy while energizing and balancing the first four levels of TM's auric field due to client's continued compromised health. I slow the spinning while holding his cheeks and allow my own chakras to remain open and vibrating. With Etheric fingers I scoop out of the field the blocked energy that I had sensed over his chest. I pull it up and out of TM's aura. I follow with the Etheric Template Clearing to clear and release the congestion, which I felt above his left brow and field. I am guided

to hold TM's heart and spleen chakras to boost his immune system and hold this position for several minutes. I follow with Lymphatic Drain to flush and clear the Lymphatic system to release congestion and help with symptoms. I follow with the post treatment energetic assessment prior to completing 6<sup>th</sup> and 7<sup>th</sup> level interventions. 6<sup>th</sup> Level Intervention: Celestial Body I reconnect to TM with heart-centered love and form a triangle over his brow to allow the infusion of light and to support intervention from the guides. I follow with 7<sup>th</sup> Level Intervention: Ketheric Template Body to support the repair of any energetic leaks or tears and to seal his aura with golden light. I allow this light to flood out of my fingers and spread through his field. I step away from TM, consciously releasing our energetic connection and say a prayer of gratitude. I allow him to rest quietly for a little while. **Post-Treatment Energetic Assessment:** My hand scan senses the heat and congestion has dissipated and coolness is felt over TM's chest region. The density I sensed over his left brow has dispersed as well. TM's aura is cool and flowing smoothly. All chakras are spinning clockwise medium. **Ground and Release:** I provide TM time to process and allow my own energy to release as I step away from TM, allowing him to awaken on his own. I hold his ankles to help ground him. As TM wakes and begins speaking, I provide him with water. **Evaluation and Feedback:** I notice a deep relaxation in TM with slow, deep breathing throughout the treatment and no coughing. During the Lymphatic Drain, I sense thick sludge being pulled out of TM's field. He states, "I was dreaming that I was on top of a cloud and could see myself. I was healthy and happy." TM thinks he was able to let go of some of his stress about school and feels that he is now "okay" with the consequences of missing so much school. Physically TM states he feels rested and relaxed and rates it as 3/10. Emotionally TM feels calmer, 3/10, while mentally he feels sharper, 3/10. **Plan:** We discuss different ways that TM can work on self-care. TM feels that he needs to add more fluids to stay hydrated, continue to get plenty of rest and improve his nutrition. He says that he will work on connecting with friends and colleagues at school to catch up on missed work. We then discuss possible ways to process his feelings about school, with journaling being one way to do this. TM is open to these ideas and agrees to incorporate them into his daily



routine. TM wants to return for another treatment to continue with the clearing of his congestion, so we set up another date in one week.

**Session 4: October 17, 2009, 60 minutes: Update:** (distance healing): TM called to say that he would like a distance healing session as he is trying to catch up with school work and does not have time to travel. He has completed his antibiotic course and has some increased energy, however he reports that the cough continues to keep him awake at night. TM states that he was able to stay in a relaxed state for quite some time after the last session. He has started to keep a journal and has written some of his thoughts about his ongoing stress. TM is using color while journaling and reports having worked through much of his anxiety related to the pressures of school. He realizes that he has put undue pressure on himself and shares he has incorporated more self-care in his daily routine. We set a specific time today for the session to take place while he is at home with TM agreeing to participate as if in an actual session – laying down. **Health Issues:** TM says that physically he is feeling more energy and his flu symptoms have decreased, he rates this 4/10. “I just need to relax” as he shares he still feels the pressure of catching up at school and rates his emotional state a 5/10. Mentally TM says he is clearer and has gained the insight that he needs to ‘take charge of his life situation and outcomes.’ **Mutual Goals/Intentions for Healing:** We mutually agree for the short-term goal of increased relaxation, reduction of anxiety and to continue his long-term goal of improved physical health, to boost his immune system and improve his mental clarity. **Pre-Treatment Energetic Assessment:** Pendulum assessment reveals chakras 1-3 spinning clockwise small and chakras 4-7 spinning clockwise medium. Hand scan reveals a density to his abdomen area. The field is smooth and flowing. **Practitioner Preparation:** Hara Alignment Meditation to ground and center and I attune to TM as previously stated. **Healing Touch Interventions:** I begin this session with the *Opening Spiral Meditation*, with the center of my awareness in my heart, to connect all major chakras and the minor chakras of the hips, knees and ankles. This opens and expands TM’s energy system, allowing for deeper work. I follow with *Magnetic Clearing* to assist TM to release anxiety and any

congestion. I was guided to follow with Mind Clearing to promote a sense of peacefulness and calmness, and to facilitate increased mental clarity. While holding each position I sense an increase of energy flow. I Closed the Spiral Meditation for reintegration of TM into his physical plane and to support grounding. **Post-Treatment Energetic Assessment:** Hand scan at TM's abdomen is smooth, cool and clear. My pendulum assessment over all the chakras is spinning clockwise medium. **Ground and Release:** Same as session #1. **Evaluation and Feedback:** While administering Magnetic Clearing, I set my intention for unconditional love to fill TM. During this session I sensed calmness enter TM that facilitates increased relaxation. After a break, allowing for the client to rest, I call TM for immediate feedback as this was a distance session. TM states, "I felt a heaviness lift off my shoulders during the treatment" and says he feels that all of his health issues have decreased to a 3/10. **Post Note Plan:** Later in the day, I call TM to discuss progress and plans in depth., He states that he wants to continue on this path of self-healing as he thinks it is making a significant difference in his feeling better. TM feels that he is not only physically healthier, but that he feels mentally clearer. He wants to continue with HT sessions. TM is committing to daily affirmations and journal writing as well. When I called TM to see how he is feeling, he stated that he "was able to nap and had a dream about running and not being out of breath or coughing. "It felt really good."

**Session 5: October 25' 2009. (One week later) One hour: Update:** TM returns for his last session, as he has returned back to school full time. He has been reciting the daily affirmations and continues to journal his feelings around taking charge of his life and accomplishing his work. TM has a residual cough now and his follow up chest x-ray has showed great improvement. He has connected with the professors and other students and has received the assignments he needs to complete. TM is feeling that his stress about missed schoolwork has decreased and feels confident that he "can now do it." **Health Issues:** Physically, TM feels that his health is much improved since the beginning of his acute illness and he rates it a 3/10. Emotionally, his feelings of anxiety and stress have decreased in the last month and he rates it a 2/10. Mentally TM says he

feels his thinking is much clearer now and that he can return to school with a “clear head.” He rates this a 3/10 as well. **Mutual Goals/Intentions for Healing:** We mutually set goals for increased relaxation and for his easy integration back to school. Long-term goals to improve his overall physical health, boost his immune system, and for mental clarity to continue. **Pre-Treatment Energetic Assessment:** Chakras 1-4 are clockwise medium. Chakras 5-7 are clockwise small. The hand scan shows an expanded field, smooth and flowing. **Practitioner Preparation:** Same as session #2. **Healing Touch Interventions:** I begin this session with the *Full Body Connection* to bring connection, balance and relief of congestion to TM’s field, to energize his organs, and to facilitate the restoration of his physical and energetic bodies. I apply the *Mind Clearing* to promote a sense of peacefulness and calmness and to facilitate TM’s mental clarity. **Post-Treatment Energetic Assessment:** The hand scan reveals TM’s auric field is flowing freely and has a cool sensation. I sense a blue light surrounding him and all chakras are clockwise large. **Ground and Release:** Same as session #1. **Evaluation and Feedback:** During this whole treatment, I sense that TM is relaxed, at peace, and has gone to another dimension. His breathing is slow and even. TM says that his health issues have improved very much since his first visit. He feels that the Healing Touch treatments and increased self-care, have aided a faster recovery from his illness. **Plan:** I encourage him to continue to work on ways to stay healthy and to concentrate on his self-care, especially with his focus on catching up in his schoolwork. **Final Evaluation:** TM received five Healing Touch treatments. His physical status improved as evidenced by the decrease in his physical symptoms of the H1N1 and pneumonia, and his overall health. He followed his physician’s plan and the advice to return to his doctor as needed. TM’s mental and emotional status also improved with treatments based upon his feedback and scale reporting. Initially, TM’s throat chakra was the most compromised, though as his health improved it became apparent that the Solar Plexus chakra remained sluggish and depleted during the first three sessions. In session 4 it was small clockwise and session 5 was clockwise medium. TM identified that his mental clarity was affected by this illness, which led him to feel vulnerable and

depressed. TM reported that his mental clarity improved over the course of treatment and he became more balanced over time. He identified that he was motivated to find ways to think more clearly and take charge of his own life, physically and emotionally. Through the affirmations, journaling and increased commitment to self-care, TM was able to meet his long-term goal of improved physical health and mental clarity. **Discharge Planning:** TM has agreed to continue with his affirmations, journaling and self-care and to make his health an ongoing priority. I offer to continue Healing Touch sessions if he should need them, or as part of his self-care regime. He was discharged at this time. **Referrals Made:** During the course of our sessions I recommended TM notify his primary care doctor if his symptoms increased and he did follow up with this suggestion and was diagnosed with pneumonia. I made several suggestions for self-care activities including affirmations and journaling and TM is incorporating these into a daily practice.

## **CASE STUDY #2 - LP: Surgical Support**

I was approached by LP (referred to as L in this study) for a Healing Touch session in preparation for a hysterectomy scheduled on July 9<sup>th</sup> for a diagnosis of Endometriosis. She found my name on the HTP website practitioner listing. We met at my office a week before her surgery. Since this was L's first experience with Healing Touch, she signed a consent form and we proceeded with the intake process.

Intake Interview – L is a 42-year-old clerical worker who lives with her husband, daughter and 2 dogs. L has “a very stressful life” with little support from her family or extended family. Four members of her family count on her to care for them, including her husband who has a chronic back condition, her mother and grandmother who are elderly and in poor health, and her very active teenage daughter. L works full time in a demanding job that often leaves her feeling exhausted and overwhelmed. She regularly sees her family physician, a chiropractor and massage therapist and occasionally sees specialists as required. L has a history of numerous surgeries including: trigger finger on her right hand (1985), rheumatoid nodules removed from the right foot (1992), Morton's Neuroma (1995), rheumatoid nodule removed from her left Achilles tendon and reconstruction of the tendon (2001), tubal ligation (2005), hemorrhoid removal (2009), cyst removal from her mid-back (2009), and biopsies on both breasts (2009). L suffers from arthritis, poor circulation, growths on her hands and feet, planter fasciitis, irregular periods, insomnia, depression, anxiety and occasional panic attacks. Fourteen years ago she was treated for postpartum depression and is currently under a physician's care for depression and treatment of panic attacks, which are treated through prescription medication. For the mentioned issues, L is taking arthritis medication, anti-inflammatories, pain medication, sleeping pills, and anti-anxiety medication. She takes a multi-vitamin on a daily basis. L drinks a small amount of alcohol (2 glasses of wine per week) and does not use drugs or smoke. She only drinks 1-2 glasses of water per day and her caffeine intake is very high (6-10 coffees and 1-2 diet colas per day). She eats carefully, monitors her daily caloric intake (1400 calories per day) and follows the Weight Watchers

Program. L has regular bowel movements (1-2 per day) and says she often has trouble getting to sleep and/or returning to sleep once awakened. L rated her personal stresses as follows (0-10 with 10 being the highest): Illness 8, Work 7, Relationships 9, Finances 8, Loss 0. To relax, L enjoys reading and walking which she fits in a few times per week for short periods. L describes herself as more spiritual than religious although she was raised Roman Catholic and continues to go to church on holidays. She believes in God and prays nightly. L believes her current health problems are a direct result of anxiety and stress. Before we began, I asked L if she had any questions about Healing Touch or me. She wondered what she should be doing during the treatment. I explained that she could just relax and enjoy the treatment and accept the healing/loving energy that God/Source would be sending her. I told her she was welcome to leave her eyes open if she was curious since this was her first treatment, but that after watching for a bit she was likely to have a more enjoyable and relaxing experience if she closed her eyes.

Session #1 – July 2, 2010 – 60 minutes – Treatment Room/Office

Intake – L wanted to have a better experience with surgery than she had in the past, with less pain, a faster recovery and fewer side effects from the anesthesia - such as a metal taste in her mouth. She also wanted to reduce her feelings of being overwhelmed and anxious. L felt achy for no apparent reason and depressed. PEMS Health Issues – Using a scale of 0-10 (10 being the highest), L rated her health issues based on symptoms described, Physical 5, Emotional 8, Mental 8 (overwhelmed/anxious), and Spiritual 5.

Mutual Goals – Our short term goals were to reduce L's anxiety and stress level as evidenced by being able to remain calm and rational when under stress or feeling anxious. L desired to have a more positive attitude and confidence in a successful surgery. Our goal was to balance her energy field in preparation for surgery in order to promote optimum results. For the long-term goal, we intended to improve L's overall health and well-being and to find ways to build her support system.

Pre-Treatment Energetic Assessment - The pendulum showed all major chakras (1-7) compromised as indicated by a diagonal swing of the pendulum. With a hand scan, I found the field

to be out approximately 12” and more expanded on the left side. The energy field felt tingly in the sacral area between the hips.

Practitioner Preparation - I prepared for the treatment by centering and grounding myself by visualizing myself connected to the Earth’s core and to the light of the Divine. I focused with three deep cleansing breaths to center within and placed my hands on L’s shoulders and attuned myself to her energy. As I stood behind her, I visualized energy coming up from the Earth through our chakras and out our crowns until I felt fully centered with a calm flow of energy. Intention was set for L’s highest good. HT Interventions - I began with a Mind Clearing for relaxation and to assist with a more positive frame of mind. While I held each point, I focused intention on being heart-centered. L’s energy felt very frenetic and tingly at the beginning of the technique, then gradually lessened and became calm while I was holding the final position. As I moved toward the foot of the table to administer a Chakra Connection (CC), I felt intuitively guided to stop at her abdomen and apply the Laser technique to break up congestion. I spent approximately 5 minutes over various points on the cervix and uterus areas to prepare L’s energy for surgery. I then moved to the Chakra Connection, as taught in Level 1. The intention was held to open the chakras and energy system so that L’s body would be prepared for surgery and post-operative healing. During the CC, I spent more time connecting the ankle and knee, knee and hip, as well as both hips with special attention to the left side, which felt considerably more congested (thick, slow moving energy). From the hips upward, the connection came quickly and smoothly. I finished with Magnetic Clearing to clear any congested energy still present and to eliminate the tingling spots I had sensed. The root area felt most congested, especially on the left side. By the end of the Magnetic Clearing, the energy field felt smooth, calm and light. Post-Treatment Energetic Assessment - With pendulum, the chakras were all open. I followed with a hand scan that revealed the field was clear and balanced. Ground and Release - I grounded L by stroking several times down each lower leg to help her be fully in her body. I then held her feet and visualized the Universal energy running down my own body and wrapping around the earth’s core to stabilize the

grounding. I then released her energy, took a step back and with a sweeping motion, cut the energetic connection between us to reinstate normal, healthy, individual boundaries. I gently spoke her name and asked that she bring her consciousness back into the room. After a period of rest, she opened her eyes and I assisted her in sitting up. Evaluation and Feedback - L indicated she was feeling more relaxed about the upcoming surgery and more convinced of a positive outcome. She felt rested, "like waking up from a great power nap" and was excited to report that she felt heat and vibration at different times throughout the treatment. Her PEMS ratings changed to Physical 0 (previously 5), Emotional 2 (8), Mental 2 (8), and Spiritual 0 (5). L was smiling and more animated when she talked about her experience. She was also speaking in a more upbeat tone. Plan – During our initial Intake, L shared that she drank very little water so I suggested she drink a glass of water now and several more glasses throughout the day to flush out toxins and to replenish/restore the body. We discussed reducing her soda and caffeine intake as well. She admitted that she has wanted to do this but hasn't had the will forces to do so before now. I recommended another HT session the day before surgery to prepare her body, and another immediately following the surgery to clear any excess anesthesia and reduce healing time. She agreed and we booked this. After surgery, L intends to put serious thought into creating a support system for herself to decrease her chronic stress, which she attributes to her ongoing depression and occasional panic attacks.

Session #2 – July 8, 2010 (6 days later) – 60 minutes – My Treatment Room

Intake – L expressed that since the last treatment she experienced a significant improvement in her overall outlook and felt that her depression had lifted. She was excited and pleased about the possibility of shortening the post-operative healing time, but was still feeling nervous about tomorrow's surgery and hoped this session could alleviate anxiety and accelerate healing. L indicated that after past surgeries she had issues with a strong metal taste in her mouth and lengthy recovery times. L shared that her sister was coming to support her through her surgery process. PEMS Health Issues – L was feeling anxious re: surgery and rated her PEMS levels at P-

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0, E-2, M-2, S-2. Mutual Goals – Our short-term goals were for L to feel more confident, relaxed and positive about surgery, sleep well this evening and recover more quickly after surgery than in the past. Our long-term goals were to improve L’s wellbeing (as evidenced by PEMS scales) and to maintain a positive attitude and improve her health overall. Pre-Treatment Energetic Assessment –Pendulum assessment indicated the root and brow chakras were compromised, swinging diagonally. The sacral, solar plexus, heart, throat and crown chakras were open. A hand scan of L’s energy field found it to be even on all sides and approximately 6-8” off her body. There were no noticeable disturbances in the field. Practitioner Preparation – Hara Alignment Meditation to center and ground, and I attuned to L by holding her feet. HT Interventions/Treatment – I began with Chelation to charge and clear the first four levels of the field. I chose Chelation because of L’s extensive health history and the volume of chronic and current PEM health issues. My intention was by doing the energetic clearing before her surgery, she might have a more successful outcome with fewer side effects. The energy was noticeably cooler when chelating over solar plexus, heart, throat and shoulders. At the cheeks I slowed the spinning of my chakras and did Etheric Template Clearing to clear her entire field, especially the congestion I found at the sacral. I then moved my hands upwards and outward into the Universal Energy Field until it felt smooth. Next I felt guided to rest my hands on L’s abdomen for approximately 8 minutes to support the guides with what I sensed was Spiritual Surgery. Once it felt complete and the disturbances I sensed quieted, I moved to Post Treatment Energetic Assessment where a hand scan and the pendulum showed all chakras were open and the energy field was even and smooth. I finished with 6<sup>th</sup> Level Intervention, which I intuited was done to hold space for more love and light to come through. The upward pull from the brow was very strong and completed in approximately one minute. I then rested my hands at the outer auric shell for about 40 seconds to allow the guides more time to complete the work. I finished with 7<sup>th</sup> Level Intervention to repair and seal the Ketheric template. This was slow and gentle, taking approximately 2 minutes to complete the circle. I then lovingly held her field from a distance for a few minutes allowing L to gradually

awaken and bring her awareness back to the present moment. I visualized our fields separating back to normal, individual boundaries for our Release. Then I held her feet for a minute or so to support her grounding before she sat up to process the treatment.

Post-Treatment Energetic Assessment – Described within HT Interventions after Spiritual Surgery prior to 6<sup>th</sup> and 7<sup>th</sup> level work. Ground and Release – described above. Evaluation and Feedback

– L reported that she thought she had fallen asleep during the treatment and was feeling very relaxed and less apprehensive about the surgery. L was speaking in more positive terms about a positive outcome and a quicker recovery. Her facial expressions were relaxed and her mood lighter. She rated her PEMS levels at 0 as compared to a 2 (E, M, S) at the start of the treatment.

Plan – I suggested L hydrate appropriately after the treatment and prior to her midnight food/water restrictions, to replenish and restore the body. We agreed to another Healing Touch session as soon as possible after surgery and she indicated her sister would be calling me so that arrangements could be made. We agreed to address her surgery symptoms in the following session. We again discussed that the amount of coffee and caffeinated beverages L drinks in a day and the lack of water were not the best choices to support health and healing. Since my knowledge is limited in nutrition, I recommended she see a naturopath or holistic nutritionist who could guide her to make healthier choices. She agreed to look into this after her surgery.

Session #3 – July 9, 2010 (1 day later) – 45 minutes – L’s Hospital Room

Intake – L had just come from the recovery room and was settled in her hospital room. L’s nurse was finishing up with giving her pain medication when I arrived. L’s sister was in the room and informed the nurse about L’s request for post-operative Healing Touch. The nurse smiled and left the room assuring us that she did not anticipate any interruptions. PEMS Health Issues – L was groggy and indicated she had no pain. She was having difficulty staying awake so I did not ask her to rate her PEMS levels. I instructed her to stay relaxed and feel free to go back to sleep, if possible. I let her know that I would be in touch with her later and would not expect her to process today’s treatment when I was finished. Mutual Goals – Our short-term goal was that L recovers

from surgery with minimal pain and discomfort; and that she clears any residual anesthesia with no resulting side effects. Our long-term goal was to support a greater level of overall PEM health and vitality. Goals were discussed at our last visit. Pre-Treatment Energetic Assessment – A pendulum check of the chakras indicated all were compromised with swings in a diagonal direction. A hand scan of L's energy field found it to be very thick and tingly. It also felt very close to the body (1-2 inches). Practitioner Preparation – I grounded and centered myself as described in session #1. I attuned to L by resting my hands on her shoulders. HT Interventions – I began this treatment with Magnetic Clearing to clear the congested energy field and bring it to balance. This technique was also used to help clear excess anesthesia. Her field felt very thick and mucky, requiring approximately 20 minutes of passes before it felt light and smooth. Next I used Sealing a Wound to stop the leaking of energy from L's intravenous site and abdominal incision that I sensed. I felt it was an important step to increase the speed of her healing and decrease recovery time. Ground and Release – I released as described in Session #1 but did not ground her as I knew she would be allowed to sleep for several hours as part of post-operative recovery. L did not stir after I released our energetic connection and she was clearly sleeping with a peaceful look on her face. There was no sign of strain in her expression. I left her undisturbed. Post-Treatment Energetic Assessment – I reassessed the chakras with the pendulum and found them all open. I performed a hand scan over L to assess the energy field and found it to be clear and balanced. Evaluation and Feedback – L's face showed no signs of stress or tension, her limbs were relaxed and her breathing deep. I felt disturbing L at this point was unnecessary and that her sleep was healing. Plan – I spoke with L's sister before leaving and asked her to remind L to call me after she returns home so that we could evaluate her Healing Touch sessions for a continued plan of care.

Session #4 – July 19, 2010 (10 days later) – 90 minutes – L's House

Intake – L reported that she was experiencing only minimal pain and was only taking pain medication on an 'as needed' basis. She shared this was a significant change as she was used to always taking the maximum pain dosage in previous surgeries. L said she recovered quickly from

the anesthesia and was amazed that she had no taste of metal in her mouth. L shared that she has been feeling optimistic with no signs of the depression since we started the HT sessions. PEMS Health Issues – L was having minor pain at her incision site and reported having fatigue after minimal exertion since her surgery. She rated her PEMS levels as P-4, E-1, M-1, S-0. Mutual Goals – Our short-term goal was to reduce pain and fatigue. Our long-term goal was to increase vitality, optimism and overall well-being. L also stated she now felt ready to start improving her nutritional health and to look at ways to improve her lifestyle and overall health.

Pre-Treatment Energetic Assessment – Pendulum indicated solar plexus to crown open, while the root and sacral were compromised. A hand scan revealed an even field with only slight disturbances (heat) on the left side of the lower abdomen. Practitioner Preparation – I grounded and centered myself as in session #1 and said a silent prayer of thanks for the healing L had already experienced and asked for her continued progress. HT Interventions/Treatment – I began with a Full Body Connection (FBC), as taught in Level 4 to restore full body balance and connection, decongest the field and re-energize the organs. While administering the FBC, I noted that the left and right hip as well as the root and sacral connections took longer to connect/balance than the usual minute or so. While holding the adrenals, I felt heat and a strong pulsating sensation. I held this position until the heat and pulsations ceased (approximately 2 minutes). I finished with a Pain Drain to reduce the pain at the incision site. I felt the energy draining out from the incision site as my right arm felt tingly and itchy. I continued the draining process for approximately 6 minutes. When restoring the energy with a Fill during the second hand placement of the Pain Drain, my right arm felt light and warm and I continued holding until it felt complete. Ground and Release – I grounded and released as described in Session #1. Post-Treatment Energetic Assessment – The pendulum showed all chakras were open and the hand scan indicated a balanced and clear field. Evaluation and Feedback – L shared that she felt more alert during this treatment and was amazed by how many sensations she experienced as I moved up her body during the FBC. She described feeling warmth, at times a light breezy feeling and other

times, an enjoyable sense of “pins and needles” on her skin. I noticed that L sat up from the table without flinching and moved with increased ease. She rated her PEMS levels at Physical - 2 and the rest at a 0 (as compared to P-4, E-1, M-1, S-0. Plan – As this was our last treatment session, I taught L two HT methods; the Self Chakra Connection to assist in keeping her chakras open, and Magnetic Passes: Hands Still and Hands in Motion to reduce the healing time of her incision. I suggested L do the techniques daily, or more often, until she felt sufficiently healed. She agreed and felt that if she did it prior to getting out of bed each morning, she would have a better chance of becoming consistent with this practice. We also discussed how self-application of Chakra Connection would support PEMS health and healing as part of a regular self-care regime. She seemed open to this. In terms of her chronic depression/occasional panic attacks, she agreed to monitor her emotional state, maintain physician supervision of medications and consider counseling to better deal with her emotional health. In terms of feeling a lack of support from family, she intends to address this assertively after recovery from her hysterectomy by identifying how each family member could be more supportive. I told her I would be happy to provide continued HT support for any of her health issues if she so desired, and she expressed gratitude for this invitation.

Final Summary – In early sessions, L’s field was off to one side or close to the body. The field gradually became more expanded and even during our work. There was also improvement during these sessions in the chakras as they went from being mostly still to being mostly open. We set goals to reduce L’s anxiety level, for a more positive attitude and an improved sense of well-being. These goals were met. L expressed there is ‘a lightness’ to how she now feels. She is more positive overall, handles stress with greater ease and says that her close friends and family have remarked about the change in her. In addition to the overall goals, we had specific goals regarding the surgery - for a successful surgery with minimal pain and no side effects from the anesthesia. These goals were also met. L recovered quickly from the surgery, also noted by her Obstetrician, with none of the usual side effects, such as a metal taste in her mouth. L took minimal medication

for pain, which was greatly reduced from her past surgeries. Our short-term surgery goals were met. L continued to work on improving her nutritional health and well-being, our stated long-term goal. L committed to continue toward this goal with Healing Touch support, as needed. I have enjoyed being professional healing support for L through these HT sessions as she grew to embrace a more healing lifestyle and perspective. Discharge Plan – Due to the lack of support at home, we agreed on further monthly Healing Touch sessions in an effort to support keeping her on track and focused. L is asking and getting a bit more support at home, and is committed to gaining a healthy lifestyle. She agrees to pursue a relationship with a Naturopathic Physician to assist her with her nutritional health and health improvement decisions.

Referral Statement - L was under the care of her surgeon and the care of her physician for depression, who monitors her pharmacology support - though does not provide emotional/psychological support. L agreed that setting up a series of sessions with a counselor for stress management and depression/panic attacks would be beneficial and self-empowering. She desires to not have to take medications to manage depression and panic attacks. I referred her to a local naturopath for nutritional assistance and general health support.

Post Case Study Note: L reported in a subsequent phone call that she is working with the Naturopath and has made positive changes in her nutritional regime. Most notable is that L now drinks 8-10 glasses of water daily, limits her coffee intake and decreased soda intake. She reports her sleep has improved and she has not had a reoccurrence of the depression she was previously experiencing. She reports being diligent with using the Self Chakra Connection at least a few times a week. Because of the benefits she is experiencing with the naturopathic doctor, she has not begun counseling with a psychotherapist, but is open to doing so, if needed. The naturopathic physician is able to provide guidance that will help her eventually reduce or stop taking the drugs for depression and panic attacks.

### **CASE STUDY #3 – WA: Neck Pain and Life Transitions**

#### **Initial Intake and Healing Touch Session #1 – July 18, 2011 – 1 hour 50 minutes in length.**

WA is a 37 year old self-proclaimed “housekeeper” (stays home with the geriatric dog) since relocating in February 2011 due to her husband’s new job. She describes her husband of 14 years as her best friend yet she is considering divorce because she doesn’t like living here. WA is not currently employed and misses her former work as an executive assistant in another state. She is seeking Healing Touch (HT) at the suggestion of her counselor for help with chronic neck pain and stress reduction. WA says the neck pain ‘comes and goes’ on both the right and left sides. She continues to receive chiropractic and massage monthly for the neck pain and tension, which she says started “all of a sudden about 2 years ago” without known cause. WA says she is glad her husband found a job after he was laid off, but the new job necessitated moving out of state. She currently lives with her husband and they have no children and one old dog in poor health. She describes her stress as very high. Her husband is “very supportive and wants the marriage to work.” However, she resents his new job and the travel it requires taking him away from home frequently. WA says she ‘feels stressed’ that is compounded by the dog becoming incontinent. She says she misses her friends and feels isolated. Her self-care includes psychotherapy/hypnotherapy, chiropractic care and massage therapy. She does not drink caffeine or alcohol, does not smoke, or regularly take any medications or supplements. WA reports no relevant health history or current medical conditions. She eats organically and drinks several glasses of filtered water daily. Using a P.E.M.S scale with 10 as high, she rates her current neck pain between 7 and 8. Though she says she is ‘killing herself with self doubt’ (about relocating and divorcing such a nice guy), she rates her mental stress as a 1. WA describes her emotional stress as a 3 and stress related to spiritual issues as a 5. These numbers do not seem to correlate with the stress she verbalizes but she confirmed the scale, and explained her definition of mental stress as “recurring doubts and thoughts that race around in my head” and emotional stress as “a sick feeling that I’m making mistakes and throwing away a good thing.” She considers herself a

Christian and says her personal concept of God comforts her. WA says she tries to list several things she is grateful for daily and spends time in nature as her spiritual practice. She does not currently have a formal religious worship community adding she isn't sure how she feels about organized religion. WA enjoys walking her dog and staying in touch on Facebook. She believes the reasons for her current neck pain and stress are related to "moving, not liking where I am and not liking who I'm with." WA reviews and signs my Healing Touch Informed Consent form and grants permission to touch. She indicates she is excited to experience HT because her therapist said it is relaxing and she needs to "calm down and get some relief." All sessions occur in a treatment room in an Integrative Medical Center where I see clients. WA is under the care of a physician here. Unless otherwise noted, each session includes consistent practitioner preparation and consistent grounding and release of the client post HT intervention applications. **Practitioner Preparation:** As per my usual morning routine I start by administering the **Self Chakra Connection** to connect, open and harmonize my own energy. Before WA arrives, I add the **Hara Alignment Meditation** to center and ground. Before touching her for the intervention, I reground by reconnecting to Earth energy and center by taking several deep breaths focused on my heart. I attune with WA by placing my hands on the soles of her feet. I offer an invocation that Spirit guides the flow of the session for WA's highest good. **Pre-Treatment Energetic Assessment:** A pendulum assessment indicates that all chakras are open with at least 5 inches of clockwise spin. The heart chakra shows a 7" spin. WA's minor chakras (legs and arms) each indicate 2" clockwise rotations with the exception of the right shoulder (still), right elbow and right hip, which each show a small horizontal movement. A hand scan of WA's biofield reveals congestion around the neck and shoulders. I detect this congestion as a prickly sensation in my palms. I also feel a strong magnetic density above her right rhomboid muscle (upper back between shoulder blades). Congestion is noted in the field areas above her right elbow and right hip. In both locations, I feel a tingling sensation and heat. **Health Issue:** WA presents with chronic neck and shoulder pain. She feels emotional stress from her marriage and recent move (i.e., deciding whether to divorce and



move again). (Practitioner note: PEMS scales are not used after intake.) **Mutual Goals/Intentions for Healing:** *Short Term:* Remove energetic congestion and balance WA's energy field as evidenced by a reduction in physical pain levels in her right neck, right rhomboid muscle, and right shoulder. We also set intention for reduced stress and anxiety (related to WA ending her marriage and moving) as evidenced by improved mental clarity and increased sense of peace with her decisions. *Long Term:* We set the goal to remove energetic obstacles as evidenced by increased self-confidence in her decisions. **Healing Touch (HT) Interventions:** I begin with **Chakra Connection (CC)** to connect, open and balance the major and minor energy centers and enhance the flow of energy throughout the body and biofield. I then use **Ultrasound** and **Laser** to break up congestion and remove blockages in the energy field related to the brachial nerve track and rhomboid muscles. I follow with **Magnetic Passes: Hands in Motion (MP: HIM)** the entire length of WA's body to clear congestion from the field to promote relaxation. I follow with **Pain Drain** to drain away discomfort from the specific area on the right rhomboid/shoulder indicated by WA, and to refill the area with healing light. **Post-Treatment Energetic Assessment:** Pendulum assessment shows all major chakras open with similar 6 inch clockwise rotations, except the heart, which shows a larger, approximately, 8 inch rotation. All minor chakras indicate open with 2" clockwise rotations. Hand scan feels like a smooth and uniform field in an egg shape 2 feet of the body in all directions. The specific disruptions felt earlier totally dissipate. **Ground and Release:** I ground WA by holding my hands still on both ankles. I ask her to raise her arms above her head and stretch them away from her body as I gently pull her feet in the opposite direction to help her energy and nervous systems recalibrate to the new norm. (I reset WA's proprioceptor neurons as learned in massage therapy training.) I mentally intend the separation of our energy fields and step out of WA's field. (NOTE: This is the same for all sessions.)

**Evaluation and Feedback:** During the CC, I feel a warming sensation in my palms over WA's sacral and root chakras. At the same time, WA mentions she started to get a headache. I continue with the CC and WA shares that the headache passed. After grounding the client, I hand WA her

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water bottle and watched her drink almost 8 ounces. After the treatment WA says, "I know I can trust the way will clear." She feels the pain in her right neck and shoulders is a gone and adds, "I don't feel any pain!" She also indicates improvement combining her mental, emotional and spiritual feedback by saying, "I feel much calmer and stronger. I feel less doubtful." **Plan:** I instruct WA to stay hydrated to support release of any toxins at the physical level. I teach her how to administer the **Self-Chakra Connection** (SCC) to continue her healing momentum. WA isn't sure she would commit to doing the Self-Chakra Connection daily, but is happy to have the handout as a guide. I feel as though we connect with each other personally as she indicates a trusting relationship has been established when she expresses interest in continuing for a series of HT sessions until she has made a decision about her move. She schedules another session in 2 weeks.

### **Healing Touch Session #2 – August 3, 2011 (2 weeks later) —70 minutes in length**

**Update:** WA arrives ten minutes late. She says she cried all morning in counseling. She reports feeling sadness over losing the relationship with her husband. WA says she hasn't yet completely committed to ending the marriage, but can more easily imagine it ending rather than her staying. She adds that her husband continues to be supportive of her process. She reports that she received two calls yesterday regarding job opportunities in the town she moved from. WA reports she received a massage a week ago, a chiropractic adjustment yesterday and hypnotherapy in her counseling session today. When asked whether she practiced the Self Chakra Connection, WA admits that she has not. She says the pain relief from our session lasted over a week but noticed the neck pain returned when her house sold much faster than expected. She says, "I have to decide where I'm going." Her husband bought a condo downtown and invited her to stay with him.

**Practitioner Preparation:** SAME as described in the first session. **Pre-Treatment Energetic**

**Assessment:** A pendulum assessment indicates that all major and minor chakras are open. Clockwise rotations varied from 2 to 7 inches in diameter with the Heart Chakra and Transpersonal Point (detected 18 inches above her Crown) measuring the largest at 7" each. A hand scan

indicates the outer edge of her field on the right side approximately 18 inches from her physical body (perceived as magnetic density). The left side feels vacant – not sure if diffused or collapsed against her physical body. **Health Issue:** WA still presents with emotional stress and muscle pain. She reports spinal muscle pain and indicates pain in her left neck, left arm and left hip (opposite from the first session which was right side pain.) **Mutual Goals/Intentions for Healing:** *Short Term:* Clear WA's energies and balance her biofield as evidenced by reduction in pain and an increased sense of ease with clarity regarding where to live and what decisions to make. The intention is to support the balance in WA's energy field, as evidenced by her feeling grounded and clear during her job interviews. Long term goals as previously stated. **HT Interventions:** In order to allow for deeper work, I began the session administering the **Opening Spiral Meditation (OSM)** to connect and open WA's chakras and expand her energy field. I continue with **Mind Clearing** to promote balance in her brain energy flow and enhance relaxation (supporting her goals of mental clarity and improve mental focus as well as quiet her mind). I **Closed the Spiral Meditation** to normalize field boundaries and assist in WA's grounding. **Post-Treatment Energetic Assessment:** Pendulum assessment shows all major chakras in a clockwise rotation, uniform at 4" with a steadier flow than before. The Heart Chakra was similar in diameter with other major chakras for the first time. Minor joint chakras in the arms and legs indicate a 1-2" clockwise rotation at each. Hand scan indicates that the field is even and expanded to 3 feet from her body. The field on her left side is detected at 3 feet, consistent with the rest of her field. **Ground and Release:** SAME as described in the first session. **Evaluation and Feedback:** I observe several energetic releases during the Opening Spiral Meditation. Tension in her facial muscles relaxes and her breathing takes on a slower, more even flow. During the **Mind Clearing**, her shoulders twitch several times. WA describes a decrease in pain and stress saying, "I almost fell asleep." She suddenly begins a litany of her unhappy childhood and expresses concern about living near family members if she returns to her hometown. I wonder if the releases I noted during the OSM along with the intention to *'allow deeper work'* are related to her newly voiced concerns. **Plan:** I remind

WA to stay hydrated. I teach her **Magnetic Passes: Hands Still** to facilitate pain reduction around her neck between sessions. I suggest she follow up with her counselor regarding the longstanding issues now surfacing between her, her parents and her siblings. She agrees to contact her counselor.

### **Healing Touch Session #3 – September 1, 2011 (one month later) – 60 minutes in length**

**Update:** WA arrived on time wearing her glasses and no make-up. She says it is very unusual for her to go out in public "unpresentable." I observe her eyes look less swollen. She says her husband loves the new condo and continues to be unconditionally supportive of her, despite her decision to move. She indicates a trusting therapeutic relationship has been established by telling me something she chose not to disclose at our original intake: they have been in marital counseling for 6 months. She indicates HT was helpful and describes how she has used **SCC** and **MP: HS** to calm herself. She says, "They seem to help me feel less weepy." Since our last session, she has seen her counselor on 8/8, her chiropractor 8/10 and received a massage 8/30. Her tone of voice becomes animated as she describes using **MP: HS** to comfort her dog as well. WA says being able to soothe herself and her pet helps her feel 'empowered.' An increased level of trust in our therapeutic relationship and her positive HT experiences are confirmed when she tells me that she suggested to her husband he receive Healing Touch to reduce the pain related to a sports injury and relieve his stress. **Practitioner Preparation:** SAME as described in the first session. **Pre-Treatment Energetic Assessment:** Pendulum assessment indicates all major chakras open with clockwise rotations between 5-7 inches. Hand scan identifies the edge of her biofield about 2 feet from her body, uniformly on the left and front. With the hand scan I detect a buzzing, jittery congestion around WA's right shoulder. The field on her right side dips within 6 inches of her body as well. **Health Issue:** WA says she feels 'stressed' about the impending move, her job search, the ending of her long-term relationship with her spouse, and the impending passing of her pet. **Mutual Goals/Intentions for Healing:** *Short Term:* We set intention to energize and clear WA's energy field to help her feel centered and supported by Spirit, as indicated

by increased self-confidence specifically related to financial issues and her ability to provide for herself. *Long Term:* We set intention to connect, open and balance her energy field indicated by an increased sense of self confidence and decisiveness. **HT Interventions:** I feel guided to work with the possible connection between WA's emotional issues and spine, based on my understanding of how the back/spine can hold emotional issues. I begin with **CC** to promote the relaxation response supportive of further work on the back and spine. Afterward, I help WA turn over on the table and administer a **visual scan, pendulum assessment and hand scan of the spine**. I notice her right hip is slightly elevated and her right leg looks almost an inch shorter at the foot. WA's right shoulder appears contracted with less distance between the shoulder and right ear than the distance on her left side. Her spine appears straight, despite the variances at the shoulders, hips and feet. The pendulum assessment of her back before interventions indicates most vertebral chakras are open with 1-2" clockwise rotations. Compromised vertebrae are detected at C3-C5 with T7-T11 observed as still. Hand scan of her back identifies heat in the upper right quadrant and a feeling of density in the back of the Heart Chakra. The hand scan feels like pulling sensations sucking energy toward her body at the base of her skull on the right side at the right shoulder and hip. I proceed with **Connecting Lower Body** until I felt the energy balance. The left leg balances within a few breath cycles at each hand position, while the right leg takes longer to balance at the hip. I then apply **Opening Spinal Energy Flow** to continue opening flow along the spine. After that, I apply **Vertebral Spiral Technique the length of the spine** to relax the small muscles and break up congestion in the back. I recheck WA's energy along her spine with pendulum, visual and hand scan noting no remaining blockages. With her back balanced, no further back techniques are indicated, so I help WA turn over. With her supine, I proceed with post-treatment assessments inadvertently omitting the spinal energizing that usually concludes Level 2 back techniques. **Post-Treatment Energetic Assessment:** A visual scan indicates that the right shoulder contraction has relaxed. The body appears even on both sides at the shoulders, hips and feet. The right hip still appears slightly elevated from the table, though less than before. All minor

chakras at each vertebrae show smooth 2" clockwise rotations. All major chakras remain open and uniform with 6" clockwise rotations. Hand scan indicates WA's field is smooth, symmetrical and clear. I detect no congestion or temperature variances remaining in the field. **Ground and Release:** SAME as described in the first session. **Evaluation and Feedback:** I observe several indications of deep relaxation including sleeping sounds and involuntary muscle twitches in WA's neck, right shoulder and hips on both sides. At one point both her wrists simultaneously flex. WA reports less physical pain saying, "I always feel great in these sessions!"... "I am excited and hopeful, I, and now my faith, feel focused and trusting, not full of fear." **Plan:** WA plans to use the **SCC** for balancing and **MP: HIM** and **MP: HS** on herself and her dog for comfort during her move. She plans to have one more session before leaving in mid-September.

#### **Healing Touch Session #4 – September 13, 2011 (12 days later) – 75 minutes in length**

**Update:** WA arrives for our final session on time wearing full make-up and a new dress. She is proud of the pink colored streaks in her hair. She reports the effects of the previous session lasted until the weekend when she felt 'slightly achy all over' but not what she would call pain. WA said she was weepy as she signed her separation agreement yesterday, but says they both expect to remain friends. She mentions her shoulders and hips have not been achy today and that she feels "stronger than I expected." **Practitioner Preparation:** SAME as described in the first session.

**Pre-Treatment Energetic Assessment:** Pendulum assessment indicates all her major and minor chakras are open with even clockwise spins 6" in diameter. A hand scan detects heat rising from her right chest and right hand. I feel a slight jittery 'spiky' sensation near her right neck and shoulder. The rest of the field feels uniform and full. I detect a magnetic density border to her field approximately 2 feet away from her physical body in all directions. **Health Issue:** WA acknowledges the need for physical and emotional strength to maintain her health and optimism during her cross-country drive with her dog, and while "finding or creating" her next job opportunity.

**Mutual Goals/Intentions for Healing:** *Short Term:* We mutually set the intention to clear emotional debris and congestion from WA's field as evidenced by her maintaining a sense of calm

and strength during tomorrow's departure. We set intention to clear and energize her energy field as evidenced by feeling peace with her family members, her dog's health and confidence during job interviews. *Long Term:* We mutually add a goal for her to hold energetic balance as evidenced by freedom from neck and shoulder pain. **HT Interventions:** I start with **Chakra Spread** to ease WA's transition and release congestion from all levels. I sense I am working from a high vibrational frequency, like I do when I chelate. I am guided to continue with **Etheric Template Clearing** to clear congestion from the Etheric Template body, sensing this method will provide further clearing in a general way. Pendulum assessment is done, followed by **6<sup>th</sup> Level Intervention** to infuse the Celestial Body with light and **7<sup>th</sup> Level Intervention** to smooth and seal the Ketheric Body, which I feel guided to administer after Etheric Template Clearing. **Post-Treatment Energetic Assessment:** Pendulum assessment shows all major and minor chakras remain open with similar size and spin as pre-treatment assessment. My hand scan no longer detects pain or the heat previously felt at WA's right chest and wrist. As I smooth the field during 7<sup>th</sup> level Intervention, the palms of my hands sense a slight movement to her field as if it has its own pulse. I feel the outer boundary of her field uniformly 'egg shaped' at a distance of about 3 feet away from her body. **Ground and Release:** SAME as described in the first session. **Evaluation and Feedback:** WA confirms that she is pleased with how calm she feels. She says, "My body has a weird feeling I can't explain – weird, tingly inside, like shimmery." She smiles as she searches and expresses excitement about the "possibilities ahead." After her session she says, "I wish I could tape record what you say to me. You educate me." She says she feels able to manage her life changes with the HT techniques she has learned and she left wearing a big smile.

**Final Evaluation and Summary:** When WA experienced her first Healing Touch session two months ago, she was emotionally overwrought, mentally and spiritually exhausted from second-guessing decisions made over the past 24 months, and physically depleted by chronic neck, shoulder and hip pain. Initially, WA's physical pain presented on her right side. Between sessions, her physical pain transferred from her right side to her left side and back again. By the final

session her chronic physical pain was almost entirely gone. The first three pendulum assessments revealed WA's Heart Chakra spun faster, with a diameter much larger than the diameter of the other major chakras. Assessment of WA's biofield using hand scan and pendulum over the four treatments indicated an increased ability to hold energetic balance between sessions. She learned and used the SCC and although some of her minor chakras continued to present as compromised, her biofield felt increasingly firmer and more expanded. WA increased her ability to remain centered and grounded between sessions. Physically she described herself as stronger and calmer. Emotionally, mentally and spiritually, WA said she felt she had developed stability, confidence, hope and optimism. I observed her appearance and dress to reflect her increased sense of self-confidence. These shifts were consistent with the mutual goals set. Though she didn't rate 0 to 10 throughout our sessions, WA's verbal feedback indicated lowered pain and increased well-being from beginning to end of the sessions. **Discharge Plan/Continuance of Care:** WA plans to continue receiving Healing Touch sessions for wellness in her new home location. We reviewed HT self-care methods including: SCC, MP: HIM and MP: HS. She agreed to use them for her ongoing self-care based on the positive results she has experienced so far. I gave WA a Healing Touch Program (HTP) brochure and explained how to find a practitioner in her new area using the HTP practitioner website. I also gave her the contact information for one of my Level 4 classmates located in her area for assistance with local information. WA was discharged from my care. A referral was given for additional counseling.