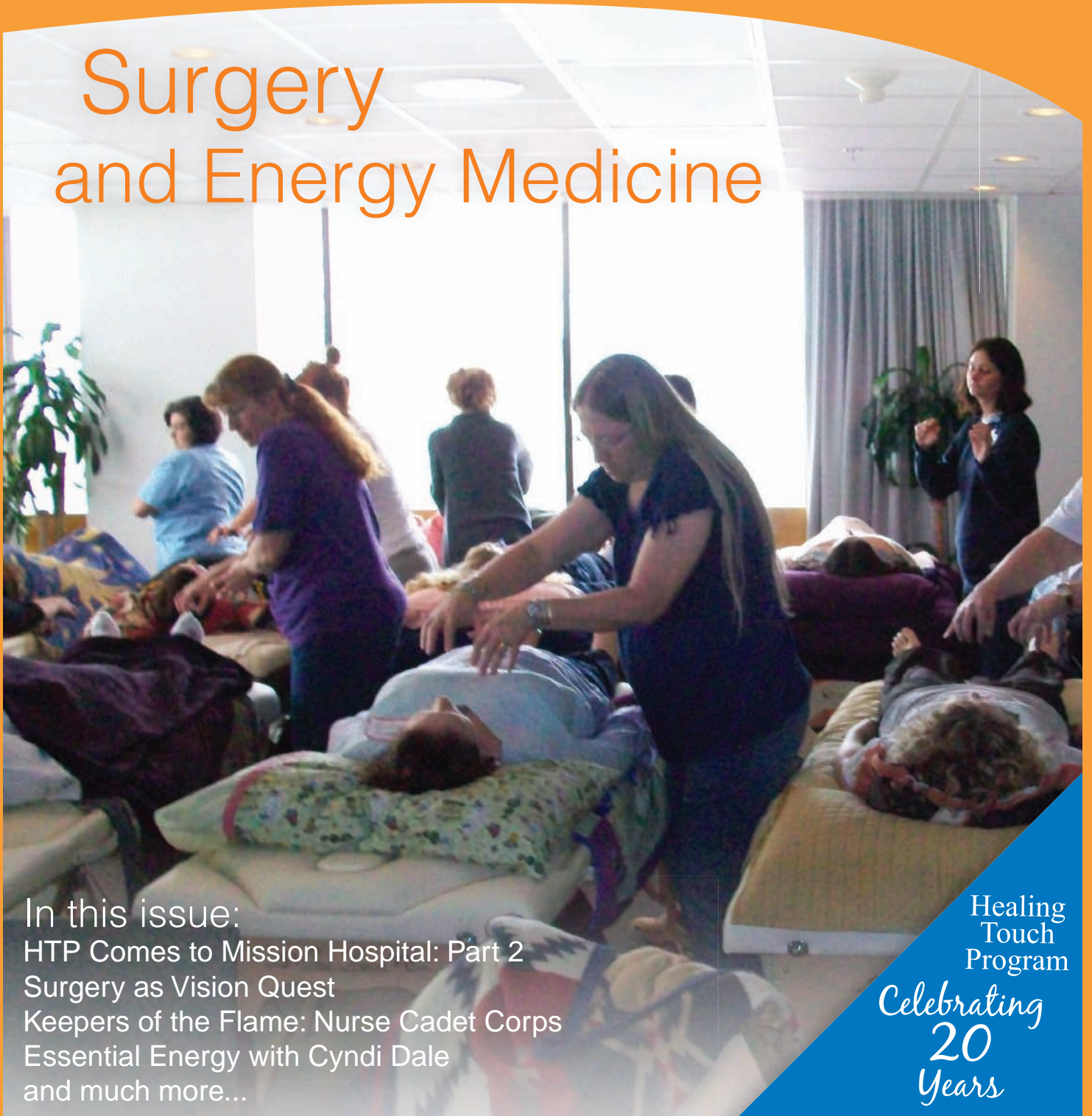


Energy magazine™

The Official Publication Of Healing Touch Program

Surgery and Energy Medicine



In this issue:
HTP Comes to Mission Hospital: Part 2
Surgery as Vision Quest
Keepers of the Flame: Nurse Cadet Corps
Essential Energy with Cyndi Dale
and much more...

Healing
Touch
Program

Celebrating
20
Years



- 3 HTP Contact Directory
- 4 Letter from the Program Director
- 5 Our Contributors
- 7 Announcements and Letters
- 8 Quote from Warren Buffet
- 9 Healing Touch Program comes to Mission Hospital - Part 2
- 13 Surgery as Vision Quest
- 15 How Does Your Garden Grow? *Sage*
- 17 Elder Wisdom: *Cynthia Hutchison*
- 21 Keepers of the Flame: Nurse Cadet Corps
- 23 Essential Energy with Cyndi Dale
- 25 Reflections on Advanced Practice 1
- 28 A Students Reflections on Advanced Practice 1 and 2
- 29 Caring for the Caregiver with Healing Touch
- 31 2009-2010 HTP Class Schedule

On the cover: A Level 1 Healing Touch class being taught at Mission Hospital in Asheville, NC.



20822 Cactus Loop, San Antonio, Texas 78258
 Phone 210-497-5529
 Fax 210-497-8532

E-Mail: info@HealingTouchProgram.com
 Web Site: www.HealingTouchProgram.com

General Info

Classes in your area	info@HealingTouchProgram.com
Student Questions	Contact your Instructor or any Healing Touch Certified Instructor
Certification Questions	Certification@HealingTouchProgram.com
Web Support	Webmaster@HealingTouchProgram.com

Instructor/Coordinators Info

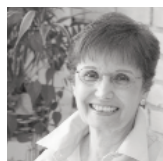
Class Scheduling/Web Listing	Billy@HealingTouchProgram.com
Class Supplies Ordering	info@HealingTouchProgram.com
Certificates	Tasha@HealingTouchProgram.com
Instructor Agreements	Instructor@HealingTouchProgram.com
Instructor Support/Training/Advancement	Cynthia@HealingTouchProgram.com
Introduction Classes	Instructor@HealingTouchProgram.com
Instructor Quality Assurance	Instructor@HealingTouchProgram.com
Healing Touch Curriculum	Cynthia@HealingTouchProgram.com
International Instructor Support	Instructor@HealingTouchProgram.com
International Business Support	Instructor@HealingTouchProgram.com

Energy Magazine™ Contact Info

energy@HealingTouchProgram.com
 5411 Villa Mercedes, San Antonio, TX 78233
 office 210-653-0127 fax 210-497-8532



Billy Courtney
 Editor



Nancy Strick
 Assistant Editor

Greetings

from Cynthia Hutchison
Healing Touch Program Director

Dear Readers,

Welcome to the November issue of Energy Magazine! Healing Touch Program is wrapping up the last two months of 2009 with more exciting news! As you know, this year is HTP's 20th Anniversary celebration year. We committed to making it a memorable year and it has been. I am happy to announce that the new Healing Touch Guidebook: Practicing the Art and Science of Human Caring is completed and available for purchase (see the ad on page 16). We have received numerous endorsements for the book, including the following leaders in holistic health, nursing and energy medicine: Jean Watson, Barbara Dossey, Janet Quinn, Lucia Thornton, Bob Nunley, Robert Scaer, Rob Ivker, Barbara Stone, Gregory Nicosia and Larry Stoler. We expect this book, whose author is Dorothea Hover-Kramer, a founding elder of Healing Touch, to be a wonderful ambassador for Healing Touch around the world. Other authors include James Oschman, Sharon Scandrett-Hibdon, Kathy Layte, Sister Rita Jean Dubrey and me. This text was a labor of love and celebration and is a very current, reader friendly comprehensive overview of Healing Touch.

Another piece of exciting news is that a long awaited product for students, practitioners, clients and instructors is now available to the HT community. I was delighted to be able to produce two Healing Touch Meditation CDs which include the main meditation practices used in the core curriculum of our program: 1) Basic Grounding, Centering and Attuning; 2) Self Chakra Connection; 3) Self Spiral Meditation; 4) Hara Alignment Meditation and 5) Etheric Vitality Meditation. The process was carefully and lovingly done over the last several months. These two CDs have beautiful background music by two of my favorite composers/artists: Steve Skudler and Aaron Krieshok, both known in the HT community. These will be helpful tools for learning these meditations as well as for HT classes and self-care practices. I look forward to your



feedback regarding these long awaited CDs. (visit www.HealingTouchMeditations.com and see ad on page 16).

This issue of Energy Magazine is filled with articles that will enlighten and inspire you. Two articles relate directly to working with surgical patients using holistic principles and Healing Touch. The authors are both highly respected practitioners, authors and speakers: Janna Moll, HTCP/I, President of Energy Medicine Specialists, and Cyndi Dale, author of *The Subtle Body* and one of HTP's 2010 Worldwide Conference keynote speakers. I was honored to write the *Elder Wisdom* featured article for this month, which will link you to a historic document about Healing Touch organizations. Other articles include how HT has been incorporated in a hospice in Florida; how the HTP Advanced Practice courses have been enhanced; what the Nightingale Initiative of Global Health is and how you can help; and an article that imaginatively inspires readers to appreciate how medicinal plants may be compared to human attributes and our healing process. Plus, we have our regular features that you won't want to miss!

Thank you for participating in the HT worldwide community by reading *Energy Magazine* and be sure to watch for our final issue of 2009 to hear about more exciting developments in the Healing Touch Program!

Wishing you all a blessed and joyful Thanksgiving holiday -- may all of us be aware of the abundant blessings in our lives,

Cynthia



Anne Boyd, MDiv., HTCP/I, DALF/I, after 25 years as Spiritual study group leader, and Shaman Journey presenter, was trained in the 80's by Janet Mentgen and her core group; and became Certified as Healing Touch Instructor and Practitioner. Her article, [Healing Touch Program Comes to Mission Hospital: Part 2](#), is the second installment of a three part series on the wonderful Healing Touch program that has been implemented at Mission Hospital, how it started, and how you can learn from their example.



Peggy Conway, a Level 3 Healing Touch Student has been exploring various alternative modalities since 2000 including, Reiki, Therapeutic Touch, and is an intuitive counselor. She is also an artisan and has been exploring incorporating her art in her healing work. Peggy recently attended the Advanced Practice Level 1 and Level 2 class held in Albany, New York. Her article, [A Student's Reflections on Advanced Practice 1 and 2](#), follows her experiences as she learns new techniques and methods that are only offered in the Advanced Practice classes.



Barb Dahl, BSN, RN, HCTP/I, studied with Janet Mentgen in Denver in the 80's, was in the first group of Healing Touch Instructors and has taught well-over 200 workshops in the USA, Canada, and the Netherlands. This month Barb takes a break from writing our monthly practitioner profile and brings our attention to another subject - Nurses. In her article, [Keepers of the Flame: Nurse Cadet Corps](#), she tells of the service nurses have given our military, our country and us over the last 65 years.



Cyndi Dale, is the author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, and eight other bestselling books on energy healing, including *The Complete Book of Chakra Healing*. She has worked with over 30,000 clients in the past 20 years. Cyndi is one of our newest authors who will be offering a regular column, [Essential Energy](#), in Energy Magazine. This month's column is titled *Essential Energy Medicine and Surgery*.



Sr. Rita Jean DuBrey, CSJ, MSN, HTCP/I, a Sister of St. Joseph of Carondelet, is Director of the Center for Complementary Therapies at St. Mary's Hospital in Amsterdam, NY. In her article, [Reflections on Advanced Practice 1](#), Sr. Rita Jean shares her enthusiasm for the techniques taught and experiences shared during the latest class held in Amsterdam, NY. *Don't miss Sr. Rita Jean's companion article next month: Reflections on Advanced Practice 2.*



Cynthia Hutchison, DNSc, RN, MSN, HTCP/I, is the Director of the Healing Touch Program™. Beginning over twenty years ago, she began studying natural medicine and energy therapies. She has studied world religions and is an avid student of spirituality. Cynthia took her first HT class in 1992, so she doesn't officially qualify under the criteria of "elder" in the HT Program. However, because she had spent so much time with Janet, starting in 1993 and especially in the last years of her life, she was asked to write this month's Elders' Wisdom article.



Karla M. Klein, writes a wonderfully detailed article on Hospice by the Sea, Inc. (HBTS). Located in Palm Beach and Broward counties in South Florida, HBTS is a not-for-profit, community-based provider of quality hospice care, palliative care, and home health services. They have recently implemented a program to offer Healing Touch to their nursing staff. Her article, Caring for the Care-giver with Healing Touch, outlines how they have succeeded in improving the working conditions at HBTS by listening to feedback and adjusting their program accordingly.



Janna Moll, MSN, HTCP/I, SEM is the founder and president of Energy Medicine Specialists, a business offering hands-on healing, consulting on accreditation in health care, and advanced coursework for energy medicine practitioners. **Lori Colvin** is a writer and editor bringing together her personal exploration of subtle energies, spirituality and healing with her professional pursuits. Their article, Surgery as Vision Quest, shares the methods Janna has created for working with clients before, during and after surgery.



Patrice Willis, HTP Apprentice, is the second author in the series *How Does Your Garden Grow?* which will feature an article written by each of four sisters who are involved in Healing Touch. Each sister picked an herb to mirror and share her thoughts and parallels based on the song *Scarborough Fair* by Simon & Garfunkel. Patrice has chosen the sacred herb of Sage.



Healing Touch Worldwide Conference 2010
The Joy of Healing; A Journey with Heart
 August 5th - August 8th, 2010
 at the Crowne Plaza, Denver, Colorado

**Now Accepting Submissions for Breakout Sessions
 and Post Conference Workshops!**

To download the Presentation Proposal and Instructions click here.

*The deadline for submissions is December 15th, 2009.
 If you have questions, please email Conference@HealingTouchProgram.com*

Announcements & Letters



Healing Touch Group in Prince George, BC

Members of the HT Group in Prince George, BC (shown above) participating in an outdoor weekend Women's festival in Prince George, BC. They all donned different "chakra colored" t-shirts so they could easily be identified as Healing Touch practitioners. They volunteered their services to provide Healing Touch sessions for all the participants. The sessions were located outdoors on the banks of a little river - a very nice environment to offer Healing Touch. The group has been offering HT in Prince George since 1992 when Janet first came to teach.

-submitted by Marilyn Blair



In Memory of Betty Christine English

Betty, from Perth Western Australia, was a huge advocate for Healing Touch and had been in the program since the early 90's. She co taught over six level 1 classes and was training to be an instructor. Betty had a thriving practice using Healing Touch in combination with crystals.

She was a minister in the spiritual church and was responsible for the "hatches, matches and despatches" in her church (a joke that we often shared with each other).

Betty ran our support group in Perth once a month which was a joy to attend. She will be sadly missed.

-submitted by Barbara Rogers



In Memory of Jane Moore

Jane Moore, HTCP, featured Practitioner Profile in the July 2009 issue of Energy Magazine, made her transition to the next dimension late that same month. She did get to read her write up and was pleased that her significant contributions at the Queen's Medical Center in Honolulu had been given international recognition. She had called her minister in Hawaii hours before her passing to say that she was ready and that her room was full of angels and guides. Aloha, Jane.

-submitted by Barb Dahl



Sheikh Jamal Rahman was the featured speaker at the October Healing Touch Regional Community Meeting in Seattle.

He spoke on the healing practices within the Muslim faith, particularly sacred Sufi practices, and led the group in meditation, chants, and a dance to conclude. Jamal is the Islamic representative in an Interfaith group known as the Three Amigos. Together with his spiritual brothers, Rabbi Ted Falcon and Pastor Don Mackenzie, they have written a book, *Getting to the Heart of Interfaith; The Eye-Opening, Hope-Filled Friendship of a Pastor, a Rabbi, and a Sheikh*. Read more about Jamal and The Three Amigos and see a video on his website: www.jamalrahman.com.

-submitted by Barb Dahl



Someone's sitting in the shade today
because someone planted a tree
a long time ago.

—Warren Buffet



Healing Touch Program comes to Mission Hospital

Part 2: Ways and Means

by Anne Boyd, MDiv., HTCP/I, DALF/I

Along with other related modalities, Healing Touch Program is now a vital part of Mission Hospital's Integrative Health Care Program. Healing Touch was chosen because it is the only energy program that is standardized to satisfy the Joint Commission (Regulatory Board for Hospitals). The director and staff of Integrative Health Care are Board Certified Holistic Nurses. The Medical Director for the program is Dr. Danna Park.

Under Director Lourdes Lorenz, Mission's Integrative Health Care Program is designed to:

1. Educate and support nurses and staff through retreats, presentations, and classes.
2. Educate the public through lectures and introductory classes.
3. Implement therapies within the hospital system through Pilot Programs and "on-call" services.

Current Main Focus – Education: Training is provided for therapies to be implemented throughout the hospital which is literally transforming Mission Hospital. (Note: In order to enhance their healing environment all integrative services are provided to patients at no cost.)

Lourdes affirms that with the establishment of policies and procedures there is a strong framework in place and the Program is evolving beautifully.

FOR NURSES AND STAFF

HOLISTIC RETREATS:

Holistic Retreats, newly initiated and designed especially for hospital staff, were launched by Lourdes Lorenz in the fall of 2008 -- proving to be vital to the Program.

Lourdes, who has a nursing leadership background, was pursuing her Masters degree in Integrative Health Care when she was hired to strategize a plan of integrative medicine for Mission Hospital. She soon set policies and procedures, instituted pilot programs, lectures and classes - created a "culture shift" for nurses, a more caring environment for nursing - and implemented integrative support for patients.

Declaring nursing "*a noble profession, my passion,*" Lourdes purports the Care of Caring philosophy for nursing. "*The nurse becomes the environment,*" she says. It's very significant. "*Sometimes we are the last person with the patient - which can affect a healing for both of us.*"

A resurgence in heart-felt nursing comes with this new program and subsequently job satisfaction - especially vital for nurses nearing burn-out. Lourdes states, "*Replacing a nurse costs the hospital \$70,000 - \$100,00. Thereby, this gives the hospital an incentive for funding our programs.*"

These self-care, team-building retreats introduce integrative therapies to the staff. Ultimately, retreats "*feed their souls, and that filters down to each patient's healing process.*"

To provide training for Lourdes, American Holistic Nurses Association (AHNA) President, Lucia Thornton (AHNA.org) led the first few retreats with her program Whole Person Caring. Integrative therapies were then offered as support. She and the program were voted "*fantastic.*"

continued on page 10

Retreats are not mandatory. Each one lasts two days, is scheduled on varying days, and is offered at a nearby retreat center free of charge to staff (which also includes chaplains, physical therapists, respiratory staff, case managers, therapists, etc.).

These staff members are given the opportunity to retreat, refocus, renew - to network, to get in touch with themselves in a safe, nurturing environment. They are shown easy self-care steps. For example - to center while using a sanitizer. Attendees can sample from HT, guided imagery, aromatherapy, acupuncture, massage, craniosacral, and others. For some this is a first-time experience. Presenters of these therapies are all volunteers.

Cindy Barkei, HTCP (Integrative Health Care Staffer) was an attendee at the first retreat. She was recovering from recent surgery yet only slightly discomforted (she had received HT before and after surgery). *"At retreat I saw that people were amazed,"* she offered. *"They felt the retreat to be a gift given to them. No one had ever given nurses this kind of personal support."*

Cindy continued: *"It was exciting to hear some of them share their feelings about nursing in such a comfortable, safe environment. I observed several with personal issues they could release in order to move forward."* Many took advantage of the energy work that was offered.

Yet some attendees have been leery of the "new" energy healing, with remarks like *"I don't believe in all that touchy-feely stuff,"* *"It's not scientific."* One person who participated in a guided imagery meditation declared, *"I don't believe in hypnosis."*

Whether accepting or not of these modalities, those who attend the retreats feel recognized, appreciated and nurtured by their experiences. It is a solid beginning.

CLASSES:

Lourdes Lorenz periodically conducts day long self-care classes for nurses; Cindy Barkei presents three-hour classes for nurse-interns; and the entire staff lectures whenever an opportunity presents itself. Denise Anthes, a Healing Touch Certified Practitioner/Instructor and IHC Staffer, has lectured to regional medical conferences, during Nurses Week, EMT week, holistic resources classes, and others.

EDUCATION - HEALING TOUCH PROGRAM:

Healing Touch classes were added by Lourdes, who hired Denise Anthes in early 2009. Denise started teaching

Introduction to Healing Touch classes and also became Coordinator for a series of official Healing Touch Program classes while fulfilling her own requirements for instructor certification. Meanwhile, I was asked to teach HT classes for nurses and staff beginning in April, 2009. I must say that to be invited to institute Healing Touch training at Mission Hospital is a cherished blessing. As Denise begins to instruct Levels 1 and 2, I will continue with Level 3.

Note: Some of the first HT students, who pay for their training through payroll deduction, were gleaned from Denise's earlier introductory classes. Most of them have completed Levels 1, 2 and 3 - and will soon attend Level 4!

Asheville's first Level 4 and 5 classes will be held in December at Mission Hospital. In all, 12 HTP classes will have been taught at Mission Hospital by the end of 2009.

CAM CONFERENCES:

The National Center for Complimentary and Alternative Medicine (CAM) provides another opportunity for Healing Touch through annual conferences with energy therapy presentations. (CAM is a grouping of health care systems with integrative and/or complimentary components which are scientifically being researched by the federal government to build an evidence base for their effectiveness, to train researchers, and to inform the public. (For further information: call toll free 1-888-664-6226. Web site: www.nccam.nih.gov Email: info@nccam.nih.gov)

Denise Anthes was asked to lecture about HT at Mission's first CAM conference, where her presentation included Power Point



Above: Anne Boyd (standing far right) teaching a Healing Touch Level 1 class at Mission Hospital.

continued on page 11



Above: Denise Anthes offering Healing Touch to a health care worker attending one of Mission Hospital's retreats.

and the opportunity to teach a beginner HT technique to some 60 attendees. (Over 150 people attended the first conference - the highest group ever for nursing programs in CAM - indicative of keen interest.) Reviews were excellent. Some of those in attendance subsequently registered for Healing Touch Introductory classes, and many went on to attend HTP classes.

Denise recounts an experience she had during a breakout session the afternoon of that first conference. She, who sometimes senses Archangel Michael when she is doing HT, was offering a treatment for someone when Denise sensed an angel behind her and afterward told the client, "I feel Michael was here - but not my Michael." The patient, somewhat awed, told that it was her son Michael's birthday but he had died a few years earlier.

REACHING THE PUBLIC

Prior to working at Mission Hospital, Denise used every opportunity available to promote Healing Touch. She lectured at businesses and schools - billing energy work as "Stress Busters" - adapting the language to each audience. She sent her resume to suitable groups, offering possible topics for consideration. As word spread that she was available, she was invited to speak throughout both the community and the hospital -- which she continues to do.

IN HOSPITAL:

Currently, Integrative Health Care Staffers are on-call for all patients within the hospital who request their services. They can be seen wheeling their cases of equipment and literature

for patients and average several calls a day. The pilot units have trained Healing Touch nurses on hand who chart what therapies have been used.

FROM INTEGRATIVE HEALTH CARE STAFF:

The Integrative Health Care Staff recommends the following volunteer opportunities to offer lectures, demonstrations, exhibits, and Introduction to Healing Touch presentations for education and service companies, technical schools, massage and nursing schools, university wellness programs, church groups, retiree and women's groups, health care career days.

ADVICE FOR NURSES IN HOSPITAL:

What if you are the only one doing Healing Touch on your unit? Start with who you do know and be alert for opportunities to share in an easy, relaxed manner (not pushy or over assertive). Know to whom you're talking and use words that help them be comfortable listening to you. And it's important **to listen** to what they **say** and **don't say**. Find a like-minded person, and support each other - in and out of the unit.

- Follow up on opportunities to introduce helpful HT techniques to co-workers.
- Be patient - with yourself, with others. It's an evolving process.
- Accept that you can only change yourself and you may need to wait for others to start thinking "outside the box."

Keep doing the work and doors will open. (Cindy can attest to that! See [Healing Touch Comes to Mission Hospital: Part One](#), in last months' Energy Magazine.)

OVERVIEW:

The consensus is that as the community becomes more educated, as more nurses are trained and patients request and benefit significantly from it -- the mystery will be removed from energy therapies and energy medicine will become more comfortable for all involved to view and respect as a normal, optional part of hospital services.

(Next Issue: [Mission Hospital: Part Three - Interviews with Two Nurses and a Physician](#). (Views after three-four months of adding energy therapies -- the shortfalls, challenges and joys of bringing Healing Touch to the forefront - tips and information vital to all in the healing community.)

You are invited to send comments regarding this article, to Anne Boyd at - homelight@aol.com

About the author:

Anne, after 25 years as Spiritual study group leader, and Shaman Journey presenter, was trained in the 80's by Janet Mentgen and her core group; and became Certified as Healing Touch Instructor and Practitioner. She has been teaching since, in the U.S. and as volunteer to Romania over several years. She also teaches Life Force Healing and other energy work. And she adds Reikli Master, Hypnotherapist, and Intuitive Healer/ Consultant credentials, to her practice. In 2006 she earned a Master of Divinity Degree and was ordained Minister of Peace with the Beloved Community.

Anne traveled with Janet Mentgen and an HT teaching group to Australia/New Zealand three times in HT's early years..and was inspired to draw angels; later created quilted energy pillows and gemstone pendulums.

Eagle-Condor Peru Adventures

Enrich your understandings and visions of life through the eyes of the indigenous medicine men and women of Peru.

www.HatunMunay.com



We work with some of the most extraordinary medicine men and women. We invite you to Join us, and allow the sacred energy of Peru to flow through you, open your heart, and renew your spirit. Our journey will be one of profound experiences, transformation, as well as fun and laughter.

Mike Hammer and Tajinder Gill, CHTP

(858) 793 – 7949

Mike@HammerMSW.com

HOSPITAL LANGUAGE

(Terms used by personnel at Mission Hospital, Asheville, NC)

As Mission's Integrative Health Care Program began and Healing Touch was added to the educational agenda, it was immediately determined that some Healing Touch language had to be changed within the hospital for use in charting to differentiate from standard medical terms. (Note: HT students are taught standard HT terminology - but are also advised of language substitutions for the hospital.)

For example, these terms and their substitutes - as they appear on the computer:

ULTRASOUND is termed DECONGESTING

MAGNETIC PASSES is termed ENERGY PASSES

MAGNETIC CLEARING is termed ENERGY FIELD CLEARING

MIND CLEARING is termed MIND BALANCING

These terms remain the same:

Chakra Connection, Chakra Spread, Pain Drain, Scudder, Headache, and "Other."

Presentations:

As mentioned previously, in presenting Healing Touch within a community (lectures, demonstrations, etc.) care must be taken to keep the language comfortable for all - very generic in terminology so the audience can comfortably consider what may well be new concepts to them. It might be helpful to cite an authority or accepted leader in the field, mention the Healing Touch Program website - healingtouchprogram.com - whatever can help authenticate the presentation.

General Terms of Definition for Energy Work,

offered by Denise Anthes (Integrative Health Care Staffer):

COMPLIMENTARY rather than ALTERNATIVE (which implies "instead of") or use INTEGRATIVE (within the organization) "a less incendiary term than COMPLIMENTARY, in many institutions."

Surgery as Vision Quest

by Janna Moll, MSN, HTCP/I, SEM and Lori Colvin

Following the August 2009 Healing Touch Worldwide Conference in Denver, I had the opportunity to attend Janna Moll's post conference workshop, Energy Medicine in Surgery. It was a day of exploring the integration of energy healing with allopathic protocols within surgical environments. Topics included pre-surgery and post-surgery sessions with the surgical client, surgical intention, client affirmations and how to navigate in the distinct culture within the protocols of the hospital, including the pre-operative (pre-op) area, the operating room and the post-operative (post-op) area. The day culminated with a field trip to a hospital at the University of Colorado Anschutz Medical Campus where the group donned scrubs to tour the surgical suites with some of the surgical nursing team. It was an invaluable opportunity, especially for those with no prior surgical experience to actually walk in the pre-op, OR and post-op areas.

Janna, a Healing Touch Certified Practitioner and Instructor, describes her work with surgical clients as the support of a vision quest: an initiation process where one enters a trial, learns about one's self, and transforms. The surgery process takes the client to a place of letting go so that they may move into a new place of being. "Surgery asks you to step off into the unknown," notes Janna. "You are vulnerable, you give up control."

The energy practitioner can provide an engaged, connecting presence for the client through each phase of a surgical vision quest. The stages of a vision quest align with the surgical process as follows:

Preparation or Instruction

The first stage of the vision quest is Preparation or Instruction. This is when the surgical client needs to obtain the necessary pre-approvals from the hospital, surgeon and anesthesiologist for the energy practitioner to participate.

During this stage Janna schedules two pre-surgery sessions with her surgical clients. Some of the questions she and the client explore are:

- What does this surgery represent to you?
- What are your concerns and questions?
- What is your intention for its outcome?
- What issues or patterns underlie your condition?
- Of what are you willing to let go?
- What will you carry forward?

In the first pre-surgery session Janna also assigns homework, asking clients to describe in multi-sensory detail their 'perfect place' – a place special to them where they are happy, safe, and loved. She lets them know that she will meet them at their perfect place during the surgery.

Departure or Severance

After preparation the vision quest proceeds to the Departure or Severance stage. The clients leave the safety and comfort of home to begin their journey. At this point the surgical client and the energy practitioner enter the domain of the hospital, with its own culture and protocols, for pre-op.

Janna's approach is to respectfully integrate her practice with that of the allopathic members of the surgical team. She starts with the pre-op nurses, introducing herself and clarifying her role in the surgical procedure.

Janna finds that many clients are most anxious during pre-op. "A lot of my role at this point is permission-giving -- that they can go into that place of vulnerability." She holds the space for them, showing them "this is exactly where you need to be" and reminds them of their goals or desired outcomes of surgery.

Initiation or Trial

The next stage of the vision quest is Initiation or Trial. This is the sacred space of in-between, the place of transformation for the client. In this space the surgical client's inner work weaves

continued on page 14

with the practitioner's energy work, so that both can infuse the surgical procedure.

Throughout the surgery Janna serves as a calming presence, talking to the client if requested or necessary, meeting them in their 'perfect place' to remind them of their desired outcome. "I energetically monitor and balance the client and continually communicate with them," says Janna. "I assist in keeping their heart rate and blood pressure stable."

The atmosphere in the operating room can vary from the routine to the profane to the sacred. Janna recalls a hysterectomy that she attended which was a profound experience for all who were there. It began with the client asking the surgeon, who had Healing Touch training, to pray with her. The surgeon took the client's hand and held it as Janna said a short prayer about how the surgery would go and asking that the team be guided and nurtured through the process. The client had written an affirmation as a prayer to her uterus, which she asked Janna to read out loud as she was being sedated. Janna read her client's words of gratitude, thanking her uterus for its service, thanking it for the beautiful children it had given her, for the lessons it supplied her. "By the time I finished reading the prayer my client was under and almost everyone else was moved to tears." The surgery proceeded and when the uterus was removed, the surgeon held it up and said, "Here it is," honoring it, and then setting it aside.

Return or Incorporation

After the initiation or transformation stage, there is the Return or Incorporation. The client releases old ways of being and begins a new life - applying their new vision. This is the post-op phase of surgery, where the energy practitioner eases the client's return to consciousness.

"I again calm and talk to the client, reminding them to breathe deeply," says Janna. "I keep the energy field open to ease pain and maintain the integrity of the client." She monitors their increasing awareness and any pain or distress they are experiencing. "They may need to be given permission to have their pain addressed, as many clients today do not want to take pain medication unless necessary," she adds. Yet it is essential at this point to control the pain to aid in the body's healing.

After the client leaves the hospital, Janna offers two post-surgery sessions to continue assisting the client with their healing. The sessions include balancing, incorporating energies as

appropriate and clearing the client of any energy congestion concerning pain and anesthesia. She also checks in with them regarding the integration of their outcomes into their lives.

Impact of Energy Medicine in Surgery

Janna has found that many surgeons are open to and appreciative of what an energy practitioner can do for their patients. She has provided energy work for 30+ surgeries at 16 different hospitals and has seen first hand the positive results. These include:

- Less blood loss during surgery
- Fewer complications
- More regular heart rate and blood pressure
- Faster recoveries

About the authors:

Janna Moll, MSN, HTCP/I, SEM is the founder and president of Energy Medicine Specialists, a business offering hands-on healing, consulting on accreditation in health care, and advanced coursework for energy medicine practitioners. She is the HTP Ethics Chairperson and an HTP certification reviewer. She presents on various Energy Medicine topics and works closely with holistic physicians. To learn more go to www.EnergyMedicineSpecialists.com or call 303-346-3809.

Lori Colvin is a writer and editor bringing together her personal exploration of subtle energies, spirituality and healing with her professional pursuits. She has been the editor of a monthly community newspaper serving the Windsor Gardens active senior living community in Denver, Colorado, since 2003. She can be reached at 303-388-2435.



Above: one of Janna's classes in scrubs visiting a surgical suite.



How Does Your Garden Grow?

How Does Your Garden Grow? is a new monthly series (running from October 09-February 10) that will feature an article written by four sisters who are involved in Healing Touch. Each sister picked an herb to mirror and share her thoughts and parallels based on the song *Scarborough Fair* by Simon & Garfunkel.

Lyrics to “Scarborough Fair” by Simon and Garfunkel

*Are you goin’ to scarborough fair? parsley, sage, rosemary and thyme
Remember me to one who lives there, she once was a true love of mine*

*Tell her to make me a cambric shirt, parsley, sage, rosemary and thyme
Without no seams nor needlework, then she’ll be a true love of mine*

*Tell her to find me an acre of land, parsley, sage, rosemary and thyme
Between the salt water and the sea strand, then she’ll be a true love of mine*

*Tell her to reap it in a sickle of leather, parsley, sage, rosemary and thyme
And to gather it all in a bunch of heather, then she’ll be a true love of mine*

*Are you goin’ to scarborough fair? parsley, sage, rosemary and thyme
Remember me to one who lives there, she once was a true love of mine*



Above: Rozlyn Willis Rider, Clela Willis Dantin, Lisa Willis Peck, Susan Willis Boutte’ and Patrice Willis

Sage

by Patrice Willis, HTP Apprentice

It all began during the closing ceremony on the last night of my Healing Touch Level 4 Healing Touch class. Sixty women stood in a circle in the classroom. The lighting was dim. Each student held a lit candle. We prayed, shared, danced, announced good news of accomplishment, hugged and kissed and said our good-byes. I left the room where the ceremony was held, continued down the hall and arrived at the double doors leading outside where we were parked. I stepped outside - sobbing with feelings of joy, strength, and a sense of direction – ready to continue my journey through life.

In order to plant my feet on solid ground, I first picked the herb sage (*Salvia Officinalis*) to carry me through. The HT Level 4 class tilled the soil of my heart to plant the seeds of sage. Sage, named in ancient Roman times, was known as “herba sacra” or sacred herb. *Salvia* is derived from the word for Salvation. In the Holy Bible, salvation is “Transforming of Life.” “The grace of God has appeared, offering salvation to all men.” Titus 2:11.

I began to plant my seeds of sage the moment I stepped outside after the ceremony - watering the sage with tears of joy and sorrow – experiencing mixed emotions. As the tears dropped to the ground, I felt calm – peaceful - serene. My journey “How Does Your Garden Grow?” had begun.

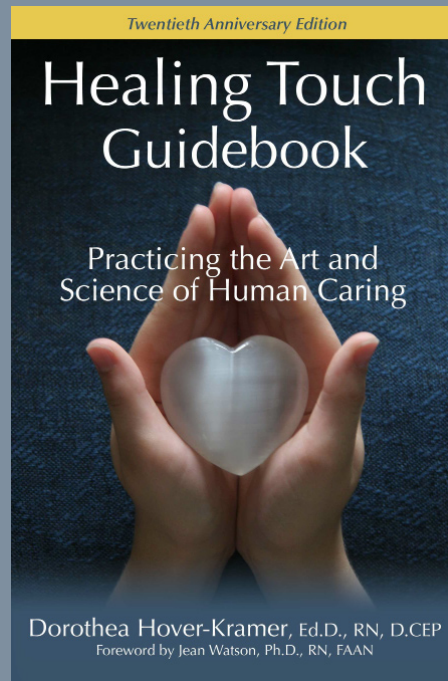
I gathered literature on growing the sacred herb sage and incorporated different modalities to assist my growth. I first set

continued on page 16

my intentions for the sage for healthy growth and for the Highest Good God can offer for my life's directions. God gave us hands for a purpose. As I tended to the sacred plant I used my hands to till the soil. I felt dirt through my fingers as I massaged the garden, pruning out any unhealthy growth for the plant to become stronger. I also exercised Yoga stretches and bends while tending to the plant. I began to water the sage again. Sprouts began to appear. I noticed growth. Leaves grew bigger and stronger, showing confidence.

Since my Level 4 class, I have grown like a sage plant. Sage has been used in Europe for oral infections and skin conditions. It has also been recognized for its benefits of strengthening the vital centers and supporting metabolism. I was planted on Earth by God for a purpose in life. I continue to exercise authority and relate to the planting, watering and growing of the "sacred herb" sage for health, healing, wellness, and growth for myself as well as for my clients when I am doing Healing Touch. My prayer is that each of you will grow in strength for healing, to find your purpose and learn God's direction for you in this life, and to grow like the "sacred herb" sage is growing in my life.

INTRODUCING



The 20th anniversary edition of the entirely **NEW Healing Touch Guidebook** is at the printers!

To participate in this ground-breaking event, The Healing Touch Program office and Dorothea Hover-Kramer, the author, are making an amazing offer to all Healing Touch students, practitioners and instructors.

You can purchase this beautiful new book featuring Healing Touch history, theoretical framework, stories, current methods, future visions, many updates, and the chapters of contributing authors Cynthia Hutchison, Sister Rita Jean Dubrey, Kathy Layte, James Oschman, and Sharon Scandrett-Hibdon, and foreword by Jean Watson for an **amazing pre-publication price of only \$19.95.**

In addition, you can receive Dorothea's energy psychology self-care book for the general public, the very popular **Second Chance at Your Dream** (\$17.95 list price), **for only an additional \$10.00.**

This offer is good only until **December 11.** All books will be shipped as soon as they arrive from the printer.

Order your copy today at
[www. HealingTouchProgram.com](http://www.HealingTouchProgram.com)

HEALING TOUCH MEDITATIONS



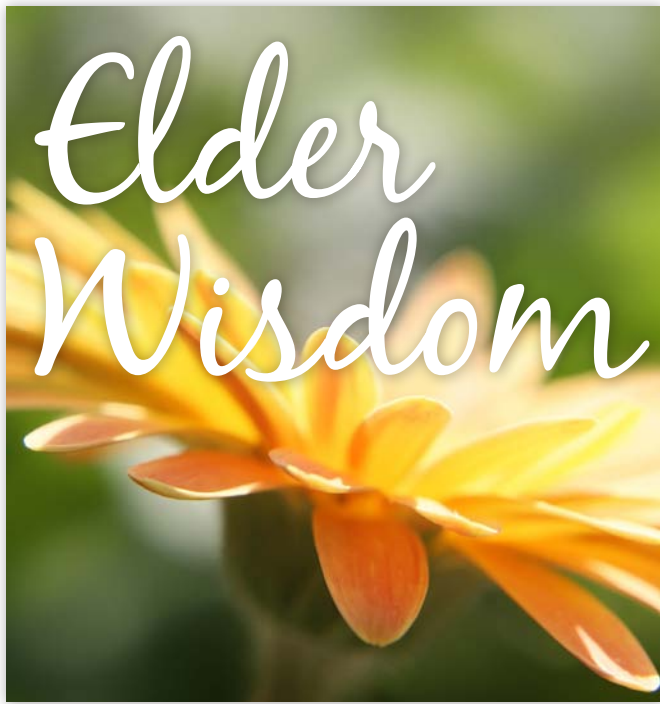
Healing Touch Meditations One by Cynthia Hutchison

Centering, Grounding, Attuning • Self-Chakra Connection.

Healing Touch Meditations Two by Cynthia Hutchison

*Self Spiral Chakra Meditation • Hara Alignment Meditation
Etheric Vitality Meditation.*

www.HealingTouchMeditations.com. Order yours today!
Shipping and handling not included. \$2.50 each and 50¢ for each additional CD.
*35% off and no shipping on orders of 10 or more!



*This monthly article, by one of our Elder Council Members, is sponsored by Healing Touch Program and Healing Touch Professional Association. We are especially happy to bring these stories to you as part of our **20th year celebration** of Healing Touch Program. Our HT Community is rich with practitioners and instructors who were with Janet Mentgen when she created her Healing Touch Program. Many remain active today - all have experiences and stories that contribute to our "Healing Touch Historical Roots."*

HTP and HTPA have joined together to develop the historical stories of Janet Mentgen's Healing Touch Program by documenting the memories and experiences of those that were in the first classes, attended the first gatherings, witnessed the early growth and held the Vision with Janet. They supported her and blazed the trail with & for her and for those who came later. These individuals are the Elders.

Note: Because each Elder story is a unique personal memory back in time, we recognize the potential challenge of accuracy; we appreciate, accept and will publish corrections if needed.

By Cynthia Hutchison, DNSc, RN, MSN, HTCP/I, Program Director

I took my first HT class in 1992, so I don't officially qualify under the criteria of "elder" in the HT Program. However, because I have spent so much time with Janet, starting in 1993 and especially in the last years of her life, I was asked to write this month's *Elders' Wisdom* article.

I was urged in 1992 by my friend (and later HT mentor) Maureen McCracken, HTCP/I to take the Level 1 class offered in Washington, D.C., near my then home town, Silver Spring, Maryland. I already had a ten year practice background in Therapeutic Touch, mentored by Irene Morelli, RN, MSN, HTCP/I and had studied numerous holistic therapies. Sharon Scandrett-Hibdon was my first HT instructor and also was my instructor for Levels 2 and 3. She continues to be a dear friend.

Back in the early days of HT, we were happy to receive "hand-outs in a folder" as the course materials along with demonstrations, guided practice and group sharing to learn the work. My first three levels were taught in a retreat setting where we stayed overnight and also evening classes. We were hungry to learn and relished in the long hours of being together doing healing work and talking about how we could bring this new wave of hands-on healing to our various hospitals, health care facilities and private practices in holistic health.

Janet Mentgen was my Level 4 instructor in 1993. I found her to be quiet and humble, not the kind of person who draws attention to herself. She dressed plainly, and spoke professionally from her heart with a sense of groundedness and no nonsense.

Janet didn't say more than was necessary in her teachings.

One of her teaching styles was to ask the same question back to the student that was asked of her and allow the student to come to her own realization that s/he knew more than s/he thought. I liked that about her...

I told Janet at my Level 4 class that I would soon be moving to Boulder, Colorado just thirty minutes from her home. We agreed to reconnect at that time. Soon after arriving in Boulder, I set up an appointment to have a Healing Touch treatment with Janet at her office. I started participating in local HT events and became acquainted with some of the regional instructors, including Linda Smith, Carol Komitor, Sue Hovland, Anne Day, Cindy Aspromonte, Judy Turner, Mary Beth Bastian, and Nancy Burns. (Janna Moll came along a bit later as did Joan Payne and Ruth Muhr). Mary Szczepanski had just moved out of the Denver area about the time I moved in. I loved this community of people and knew I was "home."

At my Level 5 in Mill Valley, California in 1994, Janet encouraged me to attend the next instructor training in just three weeks. I took a deep breath and said "Yes!" Back then, Janet moved people through a faster track to get instructors out into the world. Having been a holistically oriented nurse with a doctoral degree and experience in teaching nurses made me a good candidate to move on. Our instructor training took place at Shadowcliff Retreat Center, a very special place outside Rocky Mountain National Park in Colorado where Janet had first envisioned Healing Touch years before. We had a large class of new instructors with Janet Mentgen and Dorothea Hover Kramer as our instructors. Some of my classmates

continued on page 18

included Marilee Tolen, Maureen McCracken, Kathy Moray Allan, Sandra Lutz, Merla Hoffman, Vickie Slater, Susan Maclaren, Lori Wyzykowski, Karilee Shames, Cecil Del Carmen and Claramae Weber. Myra Tovey and Pamela Potter Hughes came as helpers. We had a wonderful time, laughed a lot, bonded, played, practiced teaching Level 1, and at one point, abandoned Janet and Dorothea to go outside and enjoy a spectacular double rainbow over the lake and mountains where we took our class photo. This felt this was an ominous sign for our futures in HT.

Little did I realize at that time that eleven years later Janet would hold her final teachings for four days at Shadowcliff with forty-four instructors. She surprised me with a sacred circle ceremony in the chapel to pass on the responsibility of Program Director to me, witnessed by the community of instructors. Since that event in 2005, just a few months before she died, I have made an annual visit to Shadowcliff as a way to rededicate myself and my work to her legacy.

The retreat center was hand built by a group of volunteers as a spiritual retreat center in the 1970s. Janet taught many classes there in the early years of HT. It resides on a hill next to a small but powerful branch of the very beginnings of the Colorado River, the same river which carved out the Grand Canyon. What a wonderful picture for us to hold about the potential of Healing Touch in the world as each of us carves out places in our communities over time where the practice of this sacred art and science impacts the world in many ways.

Back to 1994... I approached Janet with the idea of creating the role of Director of Research for Healing Touch. Janet loved the idea as we both wanted HT to gain respectability in mainstream healthcare, with insurance companies and with consumers of healthcare. The best way to do this was with scientific research. I started out with one study, Concepcion (Connie) Silva's doctoral nursing study done at the University of Texas in the early 1990s. Connie had to change the name in her study from Healing Touch to Relaxation Touch because it wasn't at that time an acceptable term by her dissertation committee! (Connie continues to be an active HTP instructor in Texas and Mexico and is helping with Spanish translations of HT standardized curriculum.) I also started collecting any



Above: Cynthia's Level 6 instructor class, Summer 1994 at Shadowcliff Retreat Center near Rocky Mountain National Park, Colorado. Janet Mentgen and Dorothea Hover Kramer were the instructors. The rainbow is touching Cynthia's back.

studies related to HT that would support our work, including many studies done in Therapeutic Touch, documentation done by spiritual healers and early studies in consciousness, long distance healing and energy medicine. The International Society for the Study of Subtle Energy and Energy Medicine (ISSSEEM) started out the year after HT and Janet sent me to their conferences. ISSSEEM is now an affiliate of HT Program whose community and resources have been a huge support to Healing Touch scientifically and organizationally.

She hired me into a paid position six months later in 1995 and then we moved my position the following year into her new HT branch, Healing Touch International, which she created to become the autonomous supportive body to grant certification status to her HTP graduates. She needed a new (second) certification body because the American Holistic Nurses' Association (AHNA) decided they could not serve as the autonomous certifying body for graduates who were not nurses. Because Janet wanted to include EVERYONE who wanted to be certified after graduating from her HT Program, HTI then became the HTP's second certifying body. HT Certification (HTC) has been in place as the third autonomous certifying body since April 2008.

continued on page 19

The next ten years proved to be very fruitful to Healing Touch all over the world. Janet's standardized curriculum spread beautifully not only through the United States and Canada but to other countries as well with established HT communities growing in Australia, New Zealand, Germany, the Netherlands and Peru as the most active nations. Janet traveled almost every weekend somewhere in North America to teach and would rest for a day or two upon her return to Denver before spending a few days at the HT office and then travel again. She loved teaching in Hawaii, Canada, New Zealand and Australia as well.

When she could she would spend a weekend or several days at her daughter Lynn's farm on the other side of the Rocky Mountains in Paonia, Colorado. She found sweet respite working in the organic greenhouse alongside Lynn and playing with her grandchildren. I had had the pleasure of spending several weekends on Lynn's farm and know the deep peace Janet must have experienced from being on such rich expanse of fertile land surrounded by mountains, big sky, grazing cattle, clucking chickens and Lynn's flock of sheep.

Janet discovered that she had breast cancer in the summer of 2003. While fully immersing herself in both holistic practices and also choosing the route of chemotherapy, she "put her ducks in a row" facing the fact that she could die. She called me up at the end of the summer and we started meeting weekly to discuss my mentoring under her wing, first as her assistant and down the road as the new HT Program Director. I took Janet to her chemo sessions, as well as gave her HT treatments each time I saw her, which was usually three days a week. She remained very optimistic throughout her last two years, hoping she would get to continue HT's legacy in human body form. She very much retained control of Healing Touch these years and was fully cognizant and spiritually active while undergoing cancer treatment. Though she would experience fatigue and have occasional episodes of crankiness, she actively stayed engaged in preparing the future of Healing Touch. Janet attended her last HT international conference the second week of September 2005 where she had many short conversations from a wheelchair with numerous HT practitioners, students and instructors. She was on oxygen and did not attend all the activities. I stayed with her in a hotel suite and we shared some very special time, especially before saying good-night. At the banquet, which was attended by almost 600 people, she ceremoniously passed on the ownership and operation of Healing Touch Program to her family, Lisa Gordon, Lynn Gillespie and Bill Mentgen. Three days later, after a long day of transition, she died peacefully at home, surrounded by

her son, Bill and daughter-in-law, Tanya (who lived with her), Carol Komitor (founder of HT for Animals), Linda Smith (founder of HT Spiritual Ministry) and myself. I was honored to give Janet the Chakra Spread early in the day and repeated it again with Carol.

A few months before, Janet had planned her memorial service with her priest for a month after her death. A few hundred people attended and we witnessed her ashes placed in a common grave with ashes from other members of the Episcopal parish in Golden, Colorado. Many in the HT community wondered what would happen next? How would HT go on? There was much to do and we had to find ways to work together and continue the legacy.

It is now over four years since Janet crossed the threshold. Many of us feel that she supports our "doing the work" from the other side. Healing Touch remains strong and growing. Lisa Mentgen Gordon in the next few years after Janet's death would emerge as the natural leader from Janet's family and I continued in my role as Program Director. Though the road has not been easy in many ways, the bumps are fewer and path significantly smoother. Lisa and I have bonded as friends and colleagues and love working together and with the many instructors and practitioners who work with us to carry on Janet's legacy.



Above: Cynthia and Marilee Tolen, Level 6 classmates at the Shadow-cliff Cross outside the chapel.

continued on page 20

Sadly, a break off competitive group emerged after Janet's death offering independent and unstandardized teachings of Healing Touch. Such occurrences are quite common after a founder dies. ***A historical document linked here***, is now available for those who are interested in reading a comprehensive overview of what has transpired since Janet's death from an organizational perspective.

In closing, I'd like to share something more personal about Janet. During the two years as she mentored me, we spent our time in different ways. Of course, there was always the work portion where she taught me things about how she ran the business or how she handled communications. She gradually had me do more things on my own. The other parts of our days together consisted of more personal time where I would give her an HT session, or we would go for a walk, share a meal or be in conversation. We talked about many things....her faith and spiritual beliefs, healing work, her thoughts about the latest book she had read, her family, stories from the past about her life or Healing Touch, her hopes for complete physical healing, her nursing career and what she hoped for in the future. She wasn't naturally talkative and often kept her words to a minimum which used to remind me of my favorite saying from St. Francis...."Preach the gospel at all times!!!.....Use words when necessary." As I look back at those times, when I remember wishing that she would have told me more or shared more details, I can see that some of her greatest teachings to me were when she would receive HT from me. Being consciously joined in our energy fields, I think Janet spoke silently to me helping me to know who I am and how to direct my life and my vocational work in HT. In past reflection, those regular quiet

times together "just doing the work" are probably the times and places where her teachings and wisdom were most imprinted upon me. Thank you Janet for all those times you were teaching me and I didn't even know it....

I want to thank everyone who has played a role in the teaching and practice of HT and in spreading the light of Healing Touch around the world. We know that practices like Healing Touch are desperately needed in the world. HT is easily accepted in various cultures due to its universal scientific and spiritual teachings. I recommit myself in serving you as Program Director for Healing Touch. **Please join us as we joyfully move into Healing Touch Program's NEXT twenty years which we begin on January 1, 2010!** See December's issue of Energy Magazine to read about HTP's twenty year accomplishments and plans for the next twenty years!

About the author:

Cynthia Hutchison is the Director of the Healing Touch Program™. Beginning over twenty years ago, she began studying natural medicine and energy therapies. She has studied world religions and is an avid student of spirituality. As a doctorally-prepared nurse from the Catholic University of America in Washington, D.C. (1987), Cynthia is also knowledgeable in the mainstream health sciences and the nursing profession. With a master's degree as a clinical specialist in mental health, she has maintained a private practice in both Healing Touch and transpersonal psychotherapy for many years. She teaches all levels of the HT curriculum, including Advanced Practice 1 and 2. Cynthia loves teaching and brings much positivity, enthusiasm, and creativity to her classes. She lives in Boulder, Colorado with her three "awesome" daughters who are all attending college.

Save the Dates

Healing Touch Worldwide Conference 2010 *The Joy of Healing; A Journey with Heart*

August 5th - August 8th, 2010 at the Crowne Plaza, Denver, Colorado

Healing Touch Program™, Healing Touch for Animals® and Institute of Spiritual Healing and Aromatherapy will come together once again for the annual HT Worldwide Conference.



*The Healing Touch Program Instructor Meeting will be Thursday, August 5th
Post Conference sessions will be offered August 9th.*



Keepers of the Flame

NURSE CADET CORPS

by Barbara Dahl, BSN, RN, HTCP/HTCI

With our country at war and facing a critical nurse shortage, the President has proposed drafting nurses for military service. Sounds like the plot for a fiction novel but the year was 1945, the President, Franklin Delano Roosevelt, and his proposal actually went to Congress for a vote.

An acute shortage of nurses during WWII was averted by the Bolton Act, establishing the Nurse Cadet Corps. Proposed by Congresswoman Frances Payne Bolton of Ohio, this legislation passed in 1943 and over 180,000 women enlisted. For a free education at an accredited school, they pledged to engage in essential military or civilian nursing for the duration of the war. They served under the Public Health Service and comprised 80% of the nursing staff for civilian hospitals. Without them our health care delivery system would have collapsed.

Sixty-percent of the senior Nurse Cadets in 1945 responded to the President and the nation's crisis, choosing the army instead of civilian employment and thus eliminating the need for a draft. Thelma M. Robinson began her distinguished nursing career as a cadet nurse and has written three books about the Corps: *Cadet Nurse Stories* coauthored by her sister, Paulie M. Perry, also a Nurse Cadet; *Nisei Cadet Nurse of World War II: Patriotism in spite of Prejudice*, and the just published *Your Country Needs You: Cadet Nurses of World War II*. (thelma@cadetnurse.com) The Bolton Act was the first non-discriminatory legislation of its day at a time when the U.S. was grossly segregated; when, for example, white nurses were not allowed to care for black soldiers and many nursing schools did not admit qualified black applicants.

WWII was a turning point in our culture for women who served in many essential roles during the conflict; from Rosie the Riveter building airplanes to the Women's Airforce Service Pilots, WASP, who ferried them from manufacturer to military bases in the U.S. thus freeing men for combat. Just this year President Obama awarded the Congressional Gold Medal to the WASPs, giving long overdue recognition to this group of courageous and dedicated women.

Modern day nursing began in a war setting with Florence Nightingale in the Crimea. Nurses in the U.S. have served their country in every military conflict and always voluntarily. Today we are once again engaged in war and facing a critical nurse shortage. The military is deploying nurses in the Reserves, repeatedly giving them barely enough time at home to return to their civilian jobs and thus putting a strain on civilian hospitals.

Surviving Nurse Cadets are now in their 80s and 90s and like other female groups have waited for their considerable contributions to be recognized. While other members of the U.S. Public Health Service received discharge papers and veteran status, the women of the uniformed Cadet Nurse Corps received neither.

Congresswoman, Nita Lowey (D-NY) has once again introduced legislation, H.R. 1522, the Cadet Nurse Corps Equity Act of 2009, to acknowledge and thank the Nurse Cadets as active military veterans.

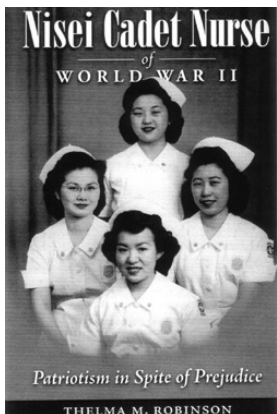
As Nurses and Healers pioneering a new paradigm in health care, we salute the Nurse Cadet Corps in this Veteran's Day issue of *Energy Magazine* and encourage support of H.R. 1522 by contacting your Representative in Congress and asking them to become a co-sponsor.

continued on page 22

Healing Touch Program recognizes and honors THE NIGHTINGALE INITIATIVE OF GLOBAL HEALTH (NIGH):

a grassroots, nurse-inspired global public awareness about the priority of health and to empower nurses and concerned citizens to stand for a healthy world everywhere. The core of NIGH's Initiative is the Nightingale Declaration Campaign. This Campaign is being created step by step through individual signatures and you are invited to sign by going to www.nightingaledclaration.net. So far more than 19,000 people from 106 nations (not including the United States as yet) have signed the declaration. To commemorate the Centennial of Florence Nightingale's death, the NIGH team is proposing that the United Nations declare 2010 as the International Year of the Nurse, launching a United Nation's decade for a Healthy World, 2011-2020.

Barbara Dossey, PhD, RN, a trailblazer in holistic nursing, writes that Florence Nightingale was a modern mystic in the Western religious tradition. "Understanding her mysticism in its full context is the key to understanding the fabled 'Nightingale power' and how this legendary healer brilliantly illuminated and forever changed human consciousness, the role of women, and nursing and public health systems in the middle of the 19th century." www.nightingaledclaration.net/barbara-dossey



From Japanese-American Internment Camps to the U.S. Cadet Nurse Corps This is the story of Nisei cadet nurses -- of their experiences in wretched camps, of people who risked public scorn to support Japanese Americans, of prejudicial difficulties in entering nursing schools, and of a government that reversed its policy against a people of Japanese descent.

The Nisei Nurse Telling Project received the 2002 Cadet Nurse Award from the American Association for the History of Nursing. Order at: <http://cadetnurse.com/niseiorder.html>

Our Nightingale Prayer


Today, our world needs healing and to be rekindled with Love. Once, Florence Nightingale lit her beacon of lamplight to comfort the wounded and her Light has blazed a path of service across a Century to us, through her example and through the countless Nurses and Healers who followed in her foot-

steps. Today, we celebrate the flame of Florence Nightingale's Legacy. Let that same Light be rekindled to burn brightly in our hearts. Let us take up our own Lanterns of Caring, each in our own ways, To more brightly walk our own paths of service to the World. To more clearly share our own Noble Purpose with each other. May Human Caring become the Lantern for the 21st Century. May we better learn to care for ourselves, for each other and for all Creation. Through our Caring, may we be the Keepers of that Flame That our Spirits may burn brightly to kindle the hearts of our children and great-grandchildren as they follow in these footsteps.


By Deva-Marie Beck, PhD, RN, from her Keynote Address at "An International Tribute to Florence Nightingale;" Featured in the June 1998 issue of the Journal of Holistic Nursing.

About the author:

Barb is an Elder in the Healing Touch Program. She studied with founder, Janet Mentgen, in Denver in the 80's and was in the first group of HT Instructors. She has taught extensively in the U.S., Canada, and The Netherlands, and presented twice at annual HT Conferences.



Anatomy for Healers®



An Energetic Approach to the Physical Body
Sue Hovland, BSN, HTCP/I, Founder and Director

This unique hands on approach integrates anatomy with the energy system of the body. Advanced new energy treatments are learned and practiced at each level, with direct clinical application. 24-27 CE hrs.

Level 1 teaches the energetic experience of the normal body systems and organs. Prerequisite: HT 3 or similar experience.

Date	Location	Contact	Instructor
11/19-22/09	Atlanta, GA	Ines Hoster	404-257-1843 Hovland
12/3-6/09	Houston, TX	Healing Touch TX	281-856-8340 Hovland
3/18-21/10	Grand Rapids, MI	Betsy Willey	616-863-8146 Hovland
4/22-25/10	Baltimore, MD	Nancy Lester	410-721-7805 Hovland
5/27-30/10	Calgary, Canada	Thelma Shulyk	403-288-3703 Hovland

Level 2 teaches an anatomical energy approach to diseases (including allergies), and a deeper experience in the body. Prereq: Anatomy 1

Date	Location	Contact	Instructor
4/8-10/10	San Diego, CA	Mary Jane Aswegan	760-633-6312 Hovland

Level 3 studies in detail the brain and nervous system addressing stress, trauma, neurotransmitters and diseases. Prereq: Anatomy 1

Date	Location	Contact	Instructor
11/6-8/09	Cincinnati, OH	Don Stouffer	513-770-4289 Hovland
5/13-15/10	Portland, OR	Linnie Thomas	503-454-0469 Hovland

Keep watching the website for new classes
Register Online @ www.AnatomyforHealers.com
Sue Hovland, 303-759-8966, suehovland@aol.com

Essential Energy with Cyndi Dale

by Cyndi Dale

Essential Energy Medicine and Surgery

Imagine yourself in a cold, sanitized office. The nurse's curt order to "wait in here" still echoes in your mind. You hear the precise clip of her rubber-soled shoes leading from the sealed door, and you wonder if you've been entombed.

The door opens and you smell the ammonia that every physician's white coat seemingly off-gasses. You know why authors use the phrase, "her heart leaped out of her chest," to describe moments like this. Will you be condemned to surgery—or not? Perhaps you've been through this scenario; assuredly, you've provided support, advice, and maybe treatment to a loved one or client. Every year, there are over 230 million major surgeries performed worldwide and 200 million in America. These figures don't include the procedures that leave cowards like me begging for a Valium—or holistically, gulping Rescue Remedy. I'd prefer Swine flu to being stabbed with a vaccine and have unfortunately passed my phobia to my youngest son, whose expensive Star Wars collectibles overflow into kitchen and bathroom cabinets. There's one for every stitch, band-aid, splinter, and even threat of a shot.

Of all treatments, surgery is perhaps the scariest. There's something illogical about employing injury to heal an injury. We feel violated. Ethically, however, it might be the only option with supportive research. Economically it's often the only insured solution.

How do you approach the topic as an energy medicine specialist if you think there might be alternatives, or at least other complements? I try and remember two simple facts when I'm in the position to affect someone else's decision or well being.

First, I remind myself that all medicine is energy medicine, even allopathic. After all, everything is energy. The issue isn't whether or not acupuncture, hands-on healing, or toning constitutes "better" energy medicine than allopathic, but which best serves the individual. I advise following a qualified physician's lead with supplemental complementary care unless there's an outstanding reason to avoid such care. I've seen the results of avoiding straightforward "traditional" care altogether. Despite my protests, one of my clients refused a lump biopsy because she preferred holistic medicine. She now has fourth stage melanoma and can only employ energy medicine. We don't want to limit healing options—we want to expand them.

I also consider the power of belief. As Napoleon Hill, the author of *Think and Grow Rich*, once pointed out, "What the mind can conceive and believe, the body can achieve." Some people simply believe in surgery. No amount of chanting, meditation, or macrobiotic dieting is going to change that. Some believe in holistic care. I'm not going to alter that, either. Studies show that patient's belief is prophetic. A placebo alone relieves symptom in 30 to 40 percent of people, regardless of the condition. (1) A study from Baylor University showed that "fake knee surgery" was as effective as "real knee surgery." (2)

This doesn't mean that people can't change their beliefs. Gandhi didn't believe in Western medicine, until he had appendicitis. As surgery was the only hope, he simply decided to believe in surgery. Sometimes a holistic method will work because someone knows it will—or must. Sometimes allopathic or energetic care works just because they do.

In general, we're called to point out choices in every solid venue, err on safety, support healthy actions, and fan positive beliefs.

continued on page 24

Energy Medicine Techniques for Surgery

These energy practices might substitute for or complement surgery.

- Subtle system healing in energy channels, centers, or fields. Examples: hands-on, sound, color, light, distant healing, bodily manipulation, massage, needling.
- Physical vibrational healing. Use of nourishing foods, water, movements, medicines, supplements, herbs, remedies; removal of negative influences, i.e. toxic radiation, foods, EMF fields.
- Psychic surgery. Energetic release of beliefs, emotions, energy or genetic templates.
- Inner child or soul work. A wounded self can vibrate at a “ill at ease” vibration. Heal the hidden self, heal the disease.
- Mental/spiritual empowerment. Guided imagery, affirmations, prayer, meditation, contemplation.
- Emotional freedom. Expressing feelings, regressions, therapy.
- Love. The true power of the Universe.

For the energy medicine specialist, the summative starting—and ending—point is to LISTEN. We accomplish this through heart. Then, no matter what surgery we offer—emotional, energetic, mental, or supportive of the physical, we’ll deliver true healing. This healing is ultimately spiritual. It’s to perceive the patient or client as whole no matter what. Quite simply, the path to wholeness lies in caring.

About the author:

Cyndi Dale is the author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, and eight other bestselling books on energy healing, including *The Complete Book of Chakra Healing*. She has worked with over 30,000 clients in the past 20 years. To learn more about Cyndi, her work, books and products please visit: www.cyndidale.com

Notes

<http://www.altmd.com/Specialists/Michigan-Institute-of-Qigong-Healing-Wellness/Blog/The-Magic-and-Power-of-Belief>

<http://ezinearticles.com/?The-Power-of-Our-Minds&id=2774792>

© 2009 Cyndi Dale/Essential Energy • All Rights Reserved



Professional Association

SPECIAL ANNOUNCEMENT

Liability Insurance
(Professional and General)
for Healing Touch Practitioners, Instructors
and Other Related Modalities
Is Now Available Directly Through HTPA

To learn more, view the application and
Insurance program coverage [click here](#)
or visit the HTPA website:
www.HTProfessionalAssociation.com

Join and Share in the Future of Healing Touch

Have a voice in the growth of Healing Touch
worldwide – become a member in the Healing
Touch Professional Association (HTPA).

Membership includes participation in the Member
Directory, on-line HT discussion forum,
monthly business tips and e-newsletter,
tele-seminars, special interest projects
(e.g. HT and the Military, Disaster Response Teams,
Adopt a Country) and more – to join
and/or view all the benefits visit

www.HTProfessionalAssociation.com





The Advanced Practice Level 1 class that was held August 29, 2009 in Amsterdam, NY at St. Mary's Hospital

by Sr. Rita Jean DuBrey, CSJ, MSN, HTCP/I

Reflections on ADVANCED PRACTICE I

It was pure joy for me several months ago, when Cynthia Hutchison honored my request to become an Advanced Practice 1 and 2 Instructor. We held AP 1 and 2 classes August 29th and 30th in a spacious auditorium at St. Mary's Hospital, Amsterdam, NY. It is a privilege - through this article - to share my enthusiasm and some observations made during the AP 1 class.

One of the students shared in her evaluation: "I enjoyed the various techniques - their effectiveness and purpose. I felt so many of the techniques solidified my learning and my passion to do the work." This sentiment seemed to pervade the class and I noted the ease of the students as they practiced the **FULL BODY CONNECTION** (FBC) - the first method taught. This method, developed for Healing Touch Program by Janet Mentgen, is an expansion of the **Chakra Connection** (W. Brugh Joy). FBC incorporates the soles of the feet, the palms of the hands, as well as the major organs, with the chakras of the head, trunk and limbs. It indeed facilitates restoration of balance and relief of congestion in the energetic field. I observed that the students, already familiar with the **Chakra Connection**, were surprised at how easy FBC was to learn.

It was exciting to observe student responses to the **CENTRAL CORE BALANCE**, a technique I use often in my Healing Touch practice for clients with emotional or systemic problems. The three step process includes (1) the FBC, (2) Connecting the major chakras to the chakra that is most compromised,

(3) Connecting the major chakras sequentially back to the heart.

In Step Two, the compromised chakra is identified and the other chakras are connected to this chakra one at a time. This process raises the vibrational nature of the compromised chakra by allowing the stronger center to flow, fill and stimulate the weaker one. Students identified with this, having been familiar with the concept of entrainment in Level 3 and noted it was a deepening of that experience. The third step - connecting the major chakras sequentially back to the heart - balances the chakras in an order that gradually brings them to the place of overall balance, love and healing. This is such beautiful work! One student through her evaluation noted: "This class took me to another level of healing and commitment to myself to expand and explore the process of energetic healing."

Excitement of the students appeared to escalate as they observed a demonstration of the **PYRAMID TECHNIQUE** which originated as an inspiration that came to Janet Mentgen one day while starting a **Chakra Connection** on a client. This technique was revealed to Janet as a healing method using sacred geometry with roots to the ancient Egyptian culture. (Hands-on-healing methods are known to have existed in the Egyptian era.)

Students seemed to easily grasp that working with the Etheric grid (Etheric Template, 5th level of the field) actually fortifies the grid work. It is so sacred and beautiful to visualize three dimensions of a triangle or pyramid as lines are drawn through hand placement. First, the root, sacral and solar plexus chakras

continued on page 26

of the lower body are balanced to the hips, knees and ankles –forming a triangle with each hand placement. Then the throat, brow and crown chakras of the upper body are balanced to the shoulders, elbows and wrists. Finally both hands are placed over the heart chakra to blend the energetic pyramids at the heart -- the energy center that lies above the three lower chakras and below the three upper chakras -- therefore coming to a place of heart-centered balance -- the experience of a sacred moment. The triangle as a two dimensional figure and the pyramid as a three dimensional shape has so many sacred meanings. To quote Janet Mentgen “We each bring our spiritual selves to the table”, meaning that all spiritual traditions and beliefs are honored in Healing Touch. One of the students supported this reality per his evaluation: “As always, a beautiful and sacred experience. AP 1 will always be one of my favorites because the methods are so lovely and deeply powerful.”

The **DOUBLE HAND SPINAL BALANCE**, stemming from Janet Mentgen’s private practice, also has roots in the ancient Egyptian healing culture and works specifically on the central nervous system. The method involves first balancing the left and right legs simultaneously and then left and right arms simultaneously. Then the hands are placed above and below (anterior and posterior) each major chakra proceeding up the spine until the practitioner reaches the crown chakra. While much more could be written about this method, it was gratifying to hear a student’s response: “A technique for use with clients with nervous system challenges -- I am so grateful. I can use this with so many of my clients.” Since this class, students have shared with me how they have successfully used DHSB with clients.

The **SACRED CHAKRA SPREAD** is a variation and expansion of the **Chakra Spread** taught in Level 1 and follows the same pattern and principles. The hand gestures are full and circular going through all levels of the field to fully clear, as well as, to pass through the entire vortex of each chakra. The meaningful affirmations for the Sacred Chakra Spread by Cynthia, found in the Advanced Practice Notebook, are available for integration into the technique. A student so aptly noted in her evaluation: “This is a wonderful class to further inspire the HT spiritual journey. All of the

techniques have an added level of Divine Connection. I loved ending the class with the **Self Sacred Chakra Spread!**”

In conclusion, I use these techniques in my practice. I look forward with much enthusiasm to teaching AP 1 and 2 at St. Mary’s Hospital, Amsterdam, NY February 20 & 21, 2010. I continue to feel deeply grateful to our beloved Janet Mentgen for the gift of Healing Touch.

About the author:

Sr. Rita Jean, a Sister of St. Joseph of Carondelet, is Director of the Center for Complementary Therapies at St. Mary’s Hospital in Amsterdam, NY. She is a Clinical Nursing Specialist, a Credentialed Alcoholism & Substance Abuse Counselor, an accredited Tai Chi Chih® Teacher and has been involved in the ministry of wellness for over 25 years. Sr. Rita Jean has authored numerous publications. Her most recent publication is in COUNSELOR, December, 2006, “The Role of Healing Touch in the Treatment of Persons in Recovery from Alcoholism.” Sr. Rita Jean, a Healing Touch Certified Practitioner and Instructor, is a charter member of the Healing Touch Professional Association. She maintains an active Healing Touch community-based practice at St. Mary’s Hospital, Amsterdam, NY.

Music for the Ears... Health for the Body
For Animals and Their People

Frequencies and Rhythms of Health

Volume I:
The sounds of this cd promote a movement of expansion and contraction throughout the body that helps release blockages. It assists the animals and their people with relaxation, allowing the body to regulate the immune system and creating an avenue for self-healing.

Volume II:
This cd is intended to assist the listeners to reach their highest potential and achieve their goals of healing. Unlimited possibilities unfold as the music supports the listener through energetic equilibrium and balance.

Effective tools for managing stress, relaxation, and regaining health.

\$30.90 for set
\$17.95 individually

Order Yours Today at:
www.healingtouchforanimals.com

Powerful. Profound. Empowering.



Sr. Rita Jean DuBrey, MSN, RN, HTCP/I, Sister of St. Joseph of Carondelet,

Sr. Rita Jean is Director of the Center for Complementary Therapies at St. Mary's Hospital, Amsterdam, NY. She is a Clinical Nurse Specialist, a Credentialed Alcoholism and Substance Abuse Counselor, an accredited T'ai Chi Chih Teacher and has been involved in the ministry of promoting wellness for over 25 years. She is a charter member of Healing Touch Professional Association and maintains an active Healing Touch community-based practice at St. Mary's Hospital, Amsterdam, NY.

Register on-line today!

Advanced Practice Classes

Levels 1 and 2

February 20 and 21 – Amsterdam, New York

Instructor: Sr. Rita Jean Dubrey, MSN, RN, HTCP/I

Students who have completed the first three levels of the Healing Touch Program are eligible to take together or separately the two part Advanced Practice series. Advanced Practice 1 is designed to deepen and broaden your energy healing skills while learning new methods including the concepts of sacred geometry. Advanced Practice 2 introduces an energetic approach to working with trauma called the Trauma Release Technique. This powerful sequence and method provides relief to clients who are experiencing long term effects from one or more previous traumatic events.

What you will learn in Advanced Practice 1:

- 5 additional advanced HT methods, including aspects of sacred geometry
- Full Body Connection
- Pyramid Technique (muscular-skeletal and other applications)
- Double Hand Spinal Balance (neurological issues)
- Central Core Balance (full body method for clients with vague symptoms or who present a clinical challenge)
- Chakra Spread using mantras, affirmations and/or prayer
- How to apply methods for Self-Care
- How you can apply this knowledge and skill in your client practice

What you will learn in Advanced Practice 2:

- Full Body Chakra Connection using Autogenic Relaxation
- How to administer a gentle, energetic trauma interview
- Trauma Release Method for release of energetic memory of physical trauma
- Energetic, theoretical understanding of the physical, emotional and mental responses to trauma

Register on-line at www.HealingTouchProgram.com

or call our office in San Antonio, TX at (210) 497-5529

Cost: \$189 for Level 1 or 2 OR just pay \$349 for both (Each class is 9 CE contact hours.)

A Student's Reflections on Advanced Practice 1 and 2

by Peggy Conway, Level 3 HT student

As a Healing Touch Level 3 student, I find myself continually hungry. Hungry to learn, to understand, to observe and to grow. Since I was not going to be attending Level 4 for several months, I became ecstatic when I learned that AP 1 and 2 classes were being offered. I registered without hesitation and without knowing the curriculum.

The class quickly arrived and began with welcoming introductions and smiles all around. We prepared for a full day of techniques including **Full Body Connection**, **Pyramid Technique** and **Double Hand Spinal Balance**. As both receiver and giver of each technique, I experienced everything from a sense of deeper knowingness to feeling physically solid and unbendable like steel. At times, I lost a sense of time and even space - but knew something good was happening! I really gained an awareness of the moment.

The AP 2 Class, the following day, focused on a profound technique for releasing trauma. The gentle method of helping clients to release trauma that has buried itself at the cellular level was intriguing to me.

I watched in awe as a classmate volunteered to publicly release her private trauma. Cynthia gently guided her to re-experience the trauma without fear or pain. After the hour long session, the volunteer was visibly changed – relieved and aware of the healing that occurred. The healing was indeed tangible and instantaneous.

Purely by chance later that day, I had the opportunity to be the recipient of this technique. I chose a specific trauma that had occurred some 25 years ago but felt inside that it was still with me on both a physical level and an emotional level. As my session unfolded I found myself a willing and eager participant in my own release and healing. This was by no means a spectator sport!

The session created a space for healing which culminated in total empowerment for me as a woman. I was a co-creator of my own healing and by joining with my wonderful new friends at the final release stage, I felt such deep and intense joy that both tears and laughter filled the room!

Today several weeks later, the healing continues in other areas of my life as well. I am on my way -- and am truly blessed to have been able to participate!

About the author:

Peggy Conway is a level 3 Healing Touch student seeking practitioner level in the upcoming year. Since 2000, she has been exploring various alternative modalities including, Reiki, Therapeutic Touch, and is a intuitive counselor. She is also an artisan and has been exploring incorporating her art in her healing work.

Peggy resides in upstate NY and is a Vice President for Media Logic, a marketing and communications firm. She also runs M2Design, a design division within Media Logic which concentrates on marketing for smaller businesses.

ANNOUNCING!



THE INSTITUTE OF
Spiritual Healing & Aromatherapy

—Offering Two Healing Pathways—

**The Healing Touch Spiritual
Ministry Program**
Leading to a certificate of
completion as a Healing Practitioner
or Advanced Healing Practitioner

**The Certification in Clinical
Aromatherapy Program**
Leading to a national
certification in aromatherapy

contact our office for a brochure
(303) 467-7829 • www.ISHAhealing.com
Staff@ISHAhealing.com or Staff@HTSpiritualMinistry.com

Caring for the Caregiver with Healing Touch

by Karla M. Klein

Although finding their work enormously rewarding, nurses involved in the care of seriously ill patients and their families, often find themselves in an environment of constant stress that significantly threatens their own health, well-being and job performance.

Hospice by the Sea, Inc. (HBTS), located in Palm Beach and Broward counties in South Florida, is a not-for-profit, community-based provider of quality hospice care, palliative care, and home health services. Our organization is committed to advancing strategies to create a culture of care and support for our professional caregivers in an effort to minimize burn-out and compassion fatigue. Our organization recognizes that the health and well-being of our clinical staff is critical and, thus, strongly advocates and supports self-care for professional caregivers. Offering self-care opportunities to staff can promote wellness and renewal, lead to improved therapeutic relationships, increase job satisfaction, decrease absenteeism, and increase retention of staff.

With the support of our President and CEO, Paula J. Alderson, Healing Touch sessions were offered to our clinical staff on-site at HBTS and free of charge by our own Healing Touch Practitioners. Staff were encouraged and supported by Administration and their Team Leaders to participate in these activities, even during their work day. However, despite the availability of these services and the support of Administration, we observed that few members of the nursing staff took advantage of the Healing Touch sessions.

As a result, we designed a pilot project to assess the barriers to nursing staff participation in Healing Touch offerings and develop a tailored program based upon their feedback. A survey was administered to Registered Nurses, Licensed Practical Nurses and Certified Nursing Assistants in our 30-bed inpatient Hospice Care Center. Data on current levels of stress, physical symptoms, job satisfaction and absenteeism was collected. All outcomes will be re-assessed one-year after program implementation. Although this project focused

on nursing staff, other clinical disciplines including physicians, social workers, and spiritual care counselors participated.

Our goal was to use survey feedback to develop a tailored program to empower nursing staff with the knowledge and resources they need to promote wellness and reduce stress through participation in Healing Touch offerings. The program combines education about Healing Touch and its effectiveness, along with Healing Touch sessions offered by Healing Touch Certified Practitioners.

Preliminary results from the first four months of the project are summarized below:

Education

To date, we have offered two presentations on Healing Touch to nursing staff, with CEUs offered as an incentive. The presentation was offered at two different times to accommodate the day and night nursing shifts. Ten nursing staff attended. Knowledge surveys are administered before and after the presentation. Attendees all demonstrated an increased understanding of Healing Touch and its benefits.

Healing Touch Individual Sessions

- We received feedback from the nurses that Healing Touch was not offered at convenient times for the night shift. As a result, we expanded our Healing Touch Practitioner coverage to accommodate the night shift.
- Healing Touch individual sessions are now offered in the early morning, late evening, and during the day. Appointments can be 30 minutes or less if an hour is too long for the nurse to be away from the nursing station.
- In the first four months of implementation, 28 nurses scheduled and received 50-minute individual Healing Touch sessions. This reflects a large increase in nursing staff participation in Healing Touch sessions compared to prior levels of participation. Nurses rated their level of pain (low back, neck and shoulder pain) and stress before and after the Healing Touch session. Decreases in both pain and stress were reported (insert graph).

continued on page 30

Healing Touch Stress Busters Sessions

- In the second month of the project, we added “Stress Busters,” in which the Healing Touch Practitioners “round” and provide 15-minute Healing Touch sessions directly at the nursing station, so there is no need for nurses to leave their work area. This occurs during both the day and night shifts.

- In the first three months of implementation, 26 nurses received “Stress Busters” sessions. Nursing staff completed a survey rating their pain, stress, and fatigue levels before and after the Healing Touch “Stress Busters” session.

- Decreases in all symptoms were reported. One hundred percent of participants indicated that they would participate in “Stress Busters” again and that they liked the idea of the Healing Touch Practitioner “coming to them.”

Specific comments written by nursing staff are listed below:

“This is very relaxing, especially during work when it is needed and I had a good result from the session.” – CNA

“It’s the best facility offer that is given to employees. Please continue to do so. We are not even aware how stressed we are until we actually feel the difference.” – CNA

“Thank you. In the middle of a very stressful day, this is a nice way to get centered and regain some energy.” – RN

“Thank you for doing this. It makes a difference for each one of us.” – RN

“I have totally come to enjoy these 15 minute sessions and would continue to participate in the future.” – LPN

“I didn’t have any idea what this thing was all about but now I really know what it is about and I love it!” – CNA

“This is so working for me - my stress, and fatigue levels have reduced considerably. I am becoming more aware of me and my comfort zone. Thank you so much and please keep healing us.” – LPN

Thus far we have experienced increased participation in Healing Touch individual sessions and a positive response to

“Stress Busters.” The ratings of symptoms before and after Healing Touch (both 15- and 50-minute sessions) clearly illustrate the effectiveness of Healing Touch in decreasing stress, pain, and fatigue. Comments provided by staff convey their appreciation of Healing Touch.

Although not a goal of the project, the increase in the understanding and experience of Healing Touch has resulted in more nursing staff recommending Healing Touch sessions for their Hospice Care Center patients for symptom management, as well as, an increase in patient consults for Healing Touch. More nursing staff have also inquired about the steps they would need to take to become Healing Touch Practitioner themselves.

In the remaining months of the project, we hope to increase participation in education activities and continue to increase participation in Healing Touch sessions.

Both Healing Touch Worldwide Foundation and the Florida Center for Nursing have generously provided support for this project.



HEALING TOUCH FOR ANIMALS®

Discover energetic techniques to assist animals through their life’s journey

2009/2010 Workshop Schedule

LEVEL 1 - 2009
Nov 6-8 Denver, CO

LEVEL 3 - 2009
Nov 20-22 Richmond, VA

LEVEL 1 - 2010
Feb 26-28 Jacksonville, FL
Mar 19-21 Denver, CO
Mar 26-28 Cincinnati, OH
Apr 9-11 Chicago, IL
Apr 16-18 Philadelphia, PA
Apr 16-19 Randstad, Netherlands
Apr 16-18 Minneapolis, MN
Apr 30-May 2 Richmond, VA
May 21-23 Olympia, WA
Jun 4-6 Sheridan, WY
Jul 16-18 Minneapolis MN
Aug 27-29 Schenectady, NY
Aug 27-29 Billings, MT
Sep 10-12 Chicago, IL
Sep 17-19 Cincinnati, OH
Sep 24-26 Philadelphia, PA
Oct 29-31 San Diego, CA
Nov 12-14 Denver, CO

LEVEL 3 - 2010
Mar 5-7 Vancouver, BC
Mar 26-28 San Diego, CA

Apr 18-20 Randstad, Netherlands
Jun 4-6 Chicago, IL
Jun 4-6 Denver, CO
Jun 18-20 Cincinnati, OH
Jul 16-18 Philadelphia, PA
Jul 30-Aug 1 Richmond, VA
Sep 10-12 Minneapolis, MN
Oct 1-3 Sheridan, WY

LEVEL 3 - 2010
June 25-27 San Diego, CA
Jul 30-Aug 1 Chicago, IL
Aug 13-15 Denver, CO
Aug 20-22 Cincinnati, OH
Sep 24-26 Richmond, VA
Oct 9-11 Randstad, Netherlands
Oct 29-31 Philadelphia, PA

LEVEL 4 - 2010
Mar 12-14 Richmond, VA
Apr 9-11 Minneapolis, MN
Apr 24-26 Randstad, Netherlands
Sep 10-12 San Diego, CA
Sep 17-19 Denver, CO
Oct 15-17 Cincinnati, OH
Oct 22-24 Chicago, IL
Nov 5-7 Richmond, VA

Using energy and intention to influence the health and well-being of animals

REGISTER TODAY
to take advantage of **Early Incentive Pricing**





www.healingtouchforanimals.com • 303-470-6572 • 866-470-6572

HEALING TOUCH Class Schedule 2009

The most up-to-date class schedule can be found on the Healing Touch Program web site www.HealingTouchProgram.com. If you have questions or need to change the information on your listing please contact the HTP office at 303-989-0581 or e-mail at info@healingtouchprogram.com

Healing Touch Program is an approved provider of continuing nursing education by the Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Healing Touch Program is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider under Category A. Provider Number 150588-00

Date	Location	Coordinator	Phone	Email	Instructor
Intro					
11/14/2009	WY Cody	Mary McFarlane	(307) 587-3839	mmcfarlane46@hotmail.com	Mary McFarlane
11/18/2009	NC Charlotte	Pardee Henderson	(704) 667-1400	pardee@carolina.rr.com	Pardee Henderson
12/9/2009	NC Charlotte	Pardee Henderson	(704) 667-1400	pardee@carolina.rr.com	Pardee Henderson
Level 1					
11/14-15/2009	AZ Sedona	Dee Gerken	(760) 774-1512	dgerken@q.com	Dee Gerken
11/14-15/2009	CA La Mesa	Lisa Goodman	(619) 672-6498	lisa.goodman@sharp.com	To Be Announced
11/14-15/2009	BC Victoria	Jeannette Nienaber	(250) 247-7297	emeraldchakra@gmail.com	Jeannette Nienaber
11/14-15/2009	MD Annapolis	Zinda Wienke	(410) 439-0601	z.wienke@verizon.net	Nancy Lester
11/14-15/2009	MI Grayling	Marian Long	(989) 344-1745	bstarke@comcast.net	Barbara Starke
11/14-15/2009	PA Gettysburg	Jackie Page	(717) 361-7972	healingintention@comcast.net	Jackie Page
11/14-15/2009	OH Cincinnati	Diane Kelly	(513) 985-6740	Diane_Kelly@trihealth.com	Charlette Lev Gordon
11/14-15/2009	CO Ft Collins	Lauri Pointer	(970) 484-2211	lpointer@aol.com	Lauri Pointer
11/14-15/2009	Berlin, Germany	Beate Grabow	07022 56 03 81	beategrabow@online.de	Renate Reichenberger
11/20-22/2009	MO St Louis	Ann Kaufmann	(314) 647-8080	ann@hacmassage.com	Linda Elaine Smith
11/20-22/2009	NT Yellowknife	Cathy Landry	(867) 873-9476	cathy.landry@gmail.com	Betty Petersen
11/21-22/2009	BC Vancouver	Jeannette Nienaber	(250) 247-7297	emeraldchakra@gmail.com	Jeannette Nienaber
11/21-22/2009	QUE Quebec	Y. Boule Douglas	(418) 574-3461	yolande.boule.douglas@gmail.com	Yolande Boule Douglas
11/21-22/2009	WA Olympia	Sherri Cote	(360) 753-2276	healingessence@comcast.net	Bernie Clarke
11/21-22/2009	NC Asheville	Anne Boyd	(828) 252-9419	homelight@aol.com	Anne Boyd
11/27-29/2009	AB Edmonton	Joanne Ross	(780) 416-9494	joanne.ross@shaw.ca	Betty Petersen
11/28-29/2009	YK Whitehorse	Trish Eccles	(867) 633-5082	trish_eccles@hotmail.com	Ginny Mulhall
12/4-5/2009	ME Fort Kent	Danielle LeBlanc	(207) 834-2837	Dlitearrow@aol.com	Yolande Boule Douglas
12/5-6/2009	AZ Tucson	Judi Gaston	(520) 744-0039	jgastonaz@msn.com	Barb Hart
12/5-6/2009	GA Augusta	Jane Hightower	(706) 830-1959	janehightower@comcast.net	Jane Hightower
12/05-06/2009	MD Frederick	Krista Hall	(301) 606-4647	khealenergy@comcast.net	Krista Hall
12/12-13/2009	OR Portland	Constance Hammond	(503) 348-2557	revcah@earthlink.net	Constance Hammond
01/9-10/2010	TX Carthage	Karen Chin	(903) 927-1423	goldenphoenix54@yahoo.com	Bonnie Morrow
1/9-10/2010	IL Warrenville	Ann OMalley	(630) 674-8040	annoma@gmail.com	Ann OMalley
01/9-10/2010	MI Coloma	Barbara Starke	(269) 849-1239	bstarke@comcast.net	Barbara Starke

continued on page 32

Date	Location	Coordinator	Phone	Email	Instructor
Level 1 continued					
01/16-17/2010	OH Cincinnati	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
1/16-17/2010	NY Amsterdam	Sr Rita Jean DuBrey	(518) 841-7146	dubres@smha.org	Sr Rita Jean DuBrey
1/21-22/2010	NC Asheville	Denise Anthes	(828) 213-1042	denise.antes@msj.org	Denise Anthes
01/23-24/2010	CA Long Beach	Katrina N Shibata	(714) 330-4030	katrina.shibata@gmail.com	Rumi Hashimoto
1/23-24/2010	OH Youngstown	Linda Morrison	(724) 658-5422	morlibrary@aol.com	Nancy Strick
1/23-24/2010	BC Vancouver	Betty Petersen	(403) 474-7399	therapeuticbalancing@gmail.com	Betty Petersen
1/30-31/2010	MN St Paul	Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartner.com	Rosann Geiser
1/30-31/2010	GA Augusta	Jane Hightower	(706) 830-1959	janehightower@comcast.net	Jane Hightower
1/30-2/6/2010	AB Calgary	St Davids Church	(403) 284-2276		Betty Petersen
1/31-2/1/2010	QUE Quebec	Y. Boule Douglas	(418) 574-3461	yolande.boule.douglas@gmail.com	Yolande Boule Douglas
2/6-7/2010	NC Asheville	Denise Anthes	(828) 213-1042	denise.antes@msj.org	Denise Anthes
2/13-14/2010	IL Peotone	Kathryn Hungness	(708) 431-1530	itsthe lady@yahoo.com	Margaret Olson
2/19-21/2010	NT Yellowknife	Cathy Landry	(867) 873-9476	cathy.landry@gmail.com	Betty Petersen
2/20-21/2010	PA Elizabethtown	Timothy Nickel	(717) 361-8814	tnickel@masonicvillagespa.org	Jackie Page
2/26-28/2010	MB Winnepeg	Margo Reimer	(204) 219-6610	margoreimer@shaw.ca	Betty Petersen
2/27-28/2010	MN St Paul	Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartner.com	To Be Announced
3/5-7/2010	PA Port Treverton	Mary Pat FitzGibbons	(740) 607-4038	marypat_fitzgibbons@yahoo.com	Mary Pat FitzGibbons
3/6-7/2010	OH Cincinnati	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
3/12-14/2010	SK Swift Current	Judy Ross	(306) 264-3653	djross@yourlink.ca	Betty Petersen
3/13-14/2010	MI Coloma	Barbara Starke	(269) 849-1239	bstarke@comcast.net	Barbara Starke
3/19-21/2010	AB Lethbridge	Lethbridge College	(800) 572-0103		Betty Petersen
03/20-21/2010	CA Long Beach	Katrina N Shibata	(714) 330-4030	katrina.shibata@gmail.com	Rumi Hashimoto
3/26-27/2010	WI Fond du Lac	Marian Blazer	(920) 929-0416	marianblazer@gmail.com	Rosann Geiser
3/27-28/2010	QUE Quebec	Y. Boule Douglas	(418) 574-3461	yolande.boule.douglas@gmail.com	Yolande Boule Douglas
3/27-28/2010	MN St Paul	Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartner.com	To Be Announced
4/17-18/2010	NY Amsterdam	Sr Rita Jean DuBrey	(518) 841-7146	dubreyr@smha.org	Sr Rita Jean DuBrey
4/24-25/2010	NC Asheville	Denise Anthes	(828) 213-1042	denise.antes@msj.org	Denise Anthes
4/30-5/2/2010	AB Calgary	Mount Royal College	(403) 440-3833		Betty Petersen
5/1-2/2010	MN St Paul	Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartner.com	To Be Announced
5/15-16/2010	QUE Quebec	Y. Boule Douglas	(418) 574-3461	yolande.boule.douglas@gmail.com	Yolande Boule Douglas
5/15-16/2010	GA Augusta	Jane Hightower	(706) 830-1959	janehightower@comcast.net	Jane Hightower
5/15-16/2010	MI Coloma	Barbara Starke	(269) 849-1239	bstarke@comcast.net	Barbara Starke
5/22-23/2010	OH Cincinnati	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
5/29-30/2010	CA Long Beach	Katrina N Shibata	(714) 330-4030	katrina.shibata@gmail.com	Rumi Hashimoto
6/10-11/2010	NC Asheville	Denise Anthes	(828) 213-1042	Denise.antes@msj.org	Denise Anthes
8/14-15/2010	MI Coloma	Barbara Starke	(269) 849-1239	bstarke@comcast.net	Barbara Starke
8/21-22/2010	OH Cincinnati	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
9/18-19/2010	QUE Quebec	Y. Boule Douglas	(418) 574-3461	yolande.boule.douglas@gmail.com	Yolande Boule Douglas
9/25-26/2010	OH Cincinnati	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
10/2-3/2010	MN St Paul	Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartners.com	To Be Announced
10/9-10/2010	MI Coloma	Barbara Starke	(269) 849-1239	bstarke@comcast.net	Barbara Starke
10/9-10/2010	NY Amsterdam	Sr Rita Jean DuBrey	(518) 841-7146	dubreyr@smha.org	Sr Rita Jean DuBrey
10/13-14/2010	NC Asheville	Denise Anthes	(828) 213-1042	denise.antes@msj.org	Denise Anthes
11/8-9/2010	QUE Quebec	Y. Boule Douglas	(418) 574-3461	yolande.boule.douglas@gmail.com	Yolande Boule Douglas
11/27-28/2010	MN St Paul	Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartners.com	To Be Announced
12/4-5/2010	OH Cincinnati	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder

Level 2

11/13-14/2009	OH Cleveland	Nancy Strick	(330) 656-3425	nancy@healingtouchhudson.com	Nancy Strick
---------------	--------------	--------------	----------------	------------------------------	--------------

continued on page 33

Date	Location	Coordinator	Phone	Email	Instructor
Level 2 Continued					
11/13-15/2009	AB Winnepeg	Margo Reimer	(204) 219-6610	margoreimer@shaw.ca	Betty Petersen
11/14-15/2009	CA Lafayette	Carol Kinney	(415) 454-9689	cskinneyenergyhealing@comcast.net	Carol Kinney
11/14-15/2009	GA Atlanta	Ines Hoster	(404) 257-1843	ihenergy@mindspring.com	Ines Hoster
11/14-15/2009	NY Amsterdam	Sr Rita Jean DuBrey	(518) 841-7146	dubres@smha.org	Sr Rita Jean DuBrey
12/4-6/2009	AB Calgary	Mount Royal College	(403) 440-3833		Betty Petersen
12/5-6/2009	CA San Diego	Susan Moore	(619) 840-2689	susan.moore@sharp.com	Lauri Pointer
12/5-6/2009	MO St Louis	Kay Cook	(314) 773-8333	kaycook@prodigy.net	Kay Cook
12/12-13/2009	OH Cincinnati	Diane Kelly	(513) 985-6740	Diane_Kelly@trihealth.com	Charlette Lev Gordon
1/9-10/2010	CO Fort Collins	Lauri Pointer	(970) 430-4771	lmpointer@aol.com	Lauri Pointer
1/9-10/2010	NC Asheville	Anne Boyd	(828) 252-9419	homelight@aol.com	Anne Boyd
1/16-17/2010	MD Glen Burnie	Zinda Wienke	(410) 439-0601	z.wienke@verizon.net	Nancy Lester
1/30-31/2010	MN St Paul	Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartner.com	Tim McConville
2/6-7/2010	AZ Tucson	Judi Gaston	(520) 744-0039	jpgastonaz@msn.com	Barb Hart
2/18-19/2010	NC Asheville	Denise Anthes	(828) 213-1042	denise.anthes@msj.org	Denise Anthes
2/20-21/2010	NT Yellowknife	Cathy Landry	(867) 873-9476	cathy.landry@gmail.com	Betty Petersen
2/27-28/2010	NY Amsterdam	Sr Rita Jean DuBrey	(518) 841-7146	dubreyr@smha.org	Sr Rita Jean DuBrey
3/6-7/2010	QUE Quebec	Y. Boule Douglas	(418) 574-3461	yolande.boule.douglas@gmail.com	Yolande Boule Douglas
3/13-14/2010	GA Augusta	Jane Hightower	(706) 830-1959	janehightower@comcast.net	Jane Hightower
3/27-28/2010	NT Yellowknife	Cathy Landry	(867) 873-9476	cathy.landry@gmail.com	Betty Petersen
3/27-28/2010	OH Cincinnati	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
4/9-11/2010	MB Winnepeg	Margo Reimer	(204) 219-6610	margoreimer@shaw.ca	Betty Petersen
4/16-18/2010	AB Lethbridge	Lethbridge College	(800) 572-0103		Betty Petersen
5/1-2/2010	MN St Paul	Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartners.com	To Be Announced
5/7-9/2010	AB Calgary	Mount Royal College	(403) 440-3833		Betty Petersen
5/8-9/2010	NY Amsterdam	Sr Rita Jean DuBrey	(518) 841-7146	dubreyr@smha.org	Sr Rita Jean DuBrey
5/15-16/2010	NC Asheville	Denise Anthes	(828) 213-1042	denise.anthes@msj.org	Denise Anthes
5/22-23/2010	WI Fond du Lac	Marian Blazer	(920) 929-0416	marianblazer@gmail.com	Rosann Geiser
6/5-6/2010	PA Port Treverton	Mary Pat FitzGibbons	(740) 607-4038	marypat_fitzgibbons@yahoo.com	Mary Pat FitzGibbons
6/12-13/2010	QUE Quebec	Y. Boule Douglas	(418) 574-3461	yolande.boule.douglas@gmail.com	Yolande Boule Douglas
6/26-27/2010	GA Augusta	Jane Hightower	(706) 830-1959	janehightower@comcast.net	Jane Hightower
8/11-12/2010	NC Asheville	Denise Anthes	(828) 213-1042	denise.anthes@msj.org	Denise Anthes
10/2-3/2010	MN St Paul	Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartners.com	To Be Announced
10/9-10/2010	OH Cincinnati	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
10/16-18/2009	CA Burlingame	Carol Kinney	(415) 454-9689	cskinneyenergyhealing@comcast.net	Carol Kinney
11/13-14/2010	QUE Quebec	Y. Boule Douglas	(418) 574-3461	yolande.boule.douglas@gmail.com	Yolande Boule Douglas
11/13-14/2010	NY Amsterdam	Sr Rita Jean DuBrey	(518) 841-7146	dubreyr@smha.org	Sr Rita Jean DuBrey
11/18-19/2010	NC Asheville	Denise Anthes	(828) 213-1042	denise.anthes@msj.org	Denise Anthes
11/27-28/2010	MN St Paul	Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartners.com	To Be Announced

Level 3

11/21-22/2009	CA San Diego	Margie Miller	(858) 538-2574	margiehtouch@hotmail.com	Margie Miller
12/4-6/2009	NY Amsterdam	Sr Rita Jean DuBrey	(518) 841-7146	dubres@smha.org	Sr Rita Jean DuBrey
12/5-6/2009	GA Atlanta	Ines Hoster	(404) 257-1843	ihenergy@mindspring.com	Ines Hoster
12/5-6/2009	CA Sacramento	Susan Reed	(707) 928-6565	blueskyz@idiom.com	Susan Reed
2/27-28/2010	MD Glen Burnie	Zinda Wienke	(410) 439-0601	z.wienke@verizon.net	Nancy Lester
1/23-24/2010	IL Northbrook	Marcia Bregman	(847) 831-3680	mbrghtt@gmail.com	Marcia Bregman
1/23-24/2010	NC Asheville	Anne Boyd	(828) 252-9419	homelight@aol.com	Anne Boyd
1/23-24/2010	TX Carthage	Karen Chin	(903) 927-1423	goldenphoenix54@yahoo.com	Bonnie Morrow
2/6-7/2010	VA Suffolk	Dottie Graham	(757) 719-3825	qisaofva@aol.com	Mary Ann Geoffrey

continued on page 34

Date	Location	Coordinator	Phone	Email	Instructor
Level 3 continued					
2/27-28/2010	MN St Paul	Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartner.com	To Be Announced
2/27-28/2010	NC Asheville	Anne Boyd	(828) 252-9419	homelight@aol.com	Anne Boyd
3/5-7/2010	NY Amsterdam	Sr Rita Jean DuBrey	(518) 841-7146	dubreyr@smha.org	Sr Rita Jean DuBrey
3/20-21/2010	NC Asheville	Denise Anthes	(828) 213-1042	denise.anthes@msj.org	Anne Boyd
4/24-25/2010	GA Augusta	Jane Hightower	(706) 830-1959	janehightower@comcast.net	Jane Hightower
5/14-16/2010	NT Yellowknife	Cathy Landry	(867) 873-9476	cathy.landry@gmail.com	Betty Petersen
6/4-6/2010	MB Winnepeg	Margo Reimer	(204) 219-6610	margoreimer@shaw.ca	Betty Petersen
6/25-27/2010	AB Calgary	Betty Petersen	(403) 275-6288	therapeuticbalancing@gmail.com	Betty Petersen
7/8-9/2010	NC Asheville	Denise Anthes	(828) 213-1042	denise.anthes@msj.org	Anne Boyd
8/14-15/2010	MN St Paul	Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartners.com	To Be Announced
8/14-15/2010	GA Augusta	Jane Hightower	(706) 830-1959	janehightower@comcast.net	Jane Hightower
9/9-10/2010	NC Asheville	Denise Anthes	(828) 213-1042	denise.anthes@msj.org	Anne Boyd
9/11-12/2010	AB Lethbridge	Nancy Fabro	(403) 329-0128	nancyfab@telusplanet.net	Betty Petersen
9/17-19/2010	NY Amsterdam	Sr Rita Jean DuBrey	(518) 841-7146	dubreyr@smha.org	Sr Rita Jean DuBrey
Level 4					
11/12-15/2009	OH Cincinnati/Loveland	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Lynn Placek
12/2-5/2009	NC Asheville	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Mary Ann Geoffrey
2/18-21/2010	GA Atlanta	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
4/15-18/2010	MN St Paul	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
4/29-5/2/2010	AB Calgary	Sharon Lennox	(403) 949-3619	peacefulwaters@yahoo.ca	Betty Petersen
6/3-6/2010	NY Niskayuna	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Maureen McCracken
9/23-26/2010	AB Calgary	Sharon Lennox	(403) 949-3619	peacefulwatersca@yahoo.ca	Betty Petersen
10/21-24/2010	SK Swift Current	Judy Ross	(306) 264-3653	djross@yourlink.com	Betty Petersen
10/28-31/2010	Winnepeg	Margo Reimer	(204) 219-6610	margoreimer@shaw.ca	Betty Petersen
Level 5					
11/12-15/2009	OH Cincinnati/Loveland	HT Program	(303) 989-0581	registration@healingtouchprogram.com	S. Scandrett-Hibdon
12/2-5/2009	NC Asheville	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
2/18-21/2010	GA Atlanta	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Ines Hoster
4/15-18/2010	MN St Paul	HT Program	(210) 497-5529	registraton@healingtouchprogram.com	Janna Moll
4/22-25/2010	AB Calgary	Sharon Lennox	(403) 949-3619	peacefulwaters@yahoo.ca	Betty Petersen
5/27-30/2010	AB Winnepeg	Margo Reimer	(204) 219-6610	margoreimer@shaw.ca	Betty Petersen
Level 6					
11/10-13/2009	CO Boulder	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Cynthia Hutchison
3/30-4/2/2010	CO Boulder	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
11/9-12/2010	CO Boulder	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
L2 Instr. Train.					
12/4/2009	CA San Diego	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Lauri Pointer
Adv. Practice 1					
2/20/2010	NY Amsterdam	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Sr Rita Jean DuBrey
Adv. Practice 2					
2/21/2010	NY Amsterdam	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Sr Rita Jean DuBrey