

Taking a
Healing Touch
Level I Class

What's it all about?

Taking a Healing Touch Level I class is a personal adventure into your heart and soul! It invites you to explore who you are, what you believe, and what you can actually do with your hands to facilitate a healing response in others.

A **Healing Touch Level I** class is for the person who wants to enhance wellness in themselves and the lives of people they care about by using the gift of energetic touch. Learning **Healing Touch** will enable you to offer comfort and relief when nothing else seems to help. You will possess a life-changing gift that you can give over and over again, once you have mastered simple, easy-to-learn steps and techniques that support health and facilitate the healing process.



I am impressed with the integrity and credibility of the Healing Touch Program. I plan to incorporate into my clinical practice the reminder of how powerful and special {it is} to be of service to others with love and energy."

-Student, Asheville, NC, June 2006

What is Healing Touch?

Healing Touch is a complementary (or integrative) energy therapy that can be used in conjunction with traditional therapies or as a stand-alone treatment. **Healing Touch** utilizes light or near-body touch to clear, balance and energize the human energy system in an effort to promote healing for the mind, body and/or spirit.

The goal of **Healing Touch** is to restore harmony and balance in the human energy system by creating an optimal environment for the body's innate tendency for healing to occur. As one certified practitioner commented "It is a heart-centered collaboration between the practitioner and client."

Healing Touch supports the integration of the healing arts with conventional medical approaches. The **Healing Touch** philosophy, techniques and program facilitate health and healing by restoring harmony and balance to the body's energy system. The educational curriculum focuses on the use of the mind and heart as instruments of healing, utilizing scientific principles based on research* and combined with effective, yet gentle, simple, techniques.

Healing Touch has been actively researched since its inception and has been granted research funding from many medical centers, universities and other supporters of Integrative Medicine, including the National Institutes of Health (Office of Complementary-Alternative Medicine).* **Healing Touch** is now being utilized in over 25 hospitals nationwide and is becoming increasingly validated in the healthcare community.

What can Healing Touch do for my family, friends and me?

Healing Touch teaches very simple techniques that can make a remarkable difference to those receiving it. Documented research indicates that the benefits of Healing Touch go beyond merely treating symptoms, and addresses underlying causes of illness.

Results can range from:

- Reduction of pain, anxiety and stress
- Faster recovery from injury
- Accelerated post-operative recovery and improve mobility after surgery
- Decreased depression
- Reduced effects of trauma, chronic pain and post traumatic stress
- Enhanced quality of life
- Support with the dying process.
- Support for withdrawal from substance abuse
- Immune system strengthening and support
- Symptom relief associated with chemotherapy
- Deeper sense of spiritual connection.*

Who is the Healing Touch Program for?

Our founder, Janet Mentgen, BSN, RN, HNC, CHTP/I, believed that anyone could learn how to facilitate healing in others.

The **Healing Touch Program** is open to all individuals desiring an in-depth understanding of healing work using energy-based principals. Our classes have included nurses, physicians, body therapists, counselors, psychotherapists, other healthcare professionals, clergy and spiritual leaders, hospice personnel and other individuals interested in helping others in their community, loved ones and themselves. In addition, nurses and other healthcare professionals who take **Healing Touch** classes can earn Continuing Education credits+.



I was "hooked" on Healing Touch shortly after taking my Level 1 class. A client who had head-to-toe hives from an allergic reaction was relieved (of her hives) after receiving Magnetic Clearing. I continue to be humbled and awed at the profound healing that is possible with this work."

-Rosann Geiser, RN, MSN, CHTP/I, Healing Touch Instructor, Appleton, Wisconsin, US

What should I expect in a Level I class?

The most common phrase one hears from people who bring **Healing Touch** into their community is: “**Healing Touch** changed my life!” Why do people say this? Because **Healing Touch** encourages students to experience life in a new way, a way that opens one up to a wider and deeper view of life, a way that brings compassion and new understanding to one's relationships and a way of realizing our potential to facilitate healing in others, whether it be physical, emotional, mental or spiritual.

When you complete Level I, you will walk away feeling different ... excited, hopeful and motivated ... and looking forward to sharing what you have learned with friends, family, and colleagues.



What's great is the amount of hands-on experience and how quickly I got a good sense of how this works... (The instructors) did a great job of getting us together and getting everyone to practice quickly and effectively."

-Student, Sharp-Coronado Hospital, Coronado, CA, May 2006

What is the value of taking a Healing Touch Level I class?

You can positively impact the life of a person with your new **Healing Touch** skills. What would that be worth to you? Can you even put a price on it? What if you could ease pain or reduce stress in your mother, spouse, friend or child? Mastering **Healing Touch** techniques is priceless when you consider how it could impact the lives of the people around you. Now is the time for you to elevate your personal growth to the next level. Now is time to make a difference!



The most helpful area of learning for me was ... the importance of self-care. It (the class) was wonderful, supportive, fun, interesting, loving. I enjoyed this format so much! I have learned many things in Healing Touch Level I. Together with other things I have learned on my own ... I am truly different - more whole and healed in body, spirit and being!"

-Student, Daytona FL, June 2006

What will I learn?

- Twelve techniques that you can use immediately
- How to use your hands and heart to foster healing in others and in yourself
- How to open your heart and spirit to everyone you know in a healing way
- What your energy anatomy looks like
- How your energy anatomy is connected with your mind, body and spirit
- What other people's energy feels like
- How to relieve pain and calm emotions in yourself and others
- How to clear up energetic blockages that affect us negatively

- How to maintain balance in your own energy system so that you can thrive instead of just survive
- Personal development skills that will foster your personal and professional growth
- How to share this exciting work in your community
- How to tap into resources that you can share with friends and colleagues that demonstrate the scientific validity of Healing Touch
- The Standards of Practice and Code of Ethics that make the Healing Touch Program a professional, certified program.

How can I get involved?

1. Enroll Now! To begin, you simply enroll in a Level I class. **Healing Touch** classes are typically all day Saturday and Sunday and may include a Friday evening. Find a **Healing Touch** class in your area on our website at: www.HealingTouchProgram.com. After completing Level I you are ready to begin using and practicing the skills you learned in class on yourself, family and friends. You can enroll over the phone, by fax, mail or online!

2. Attend an Introduction to a Healing Touch Class! If you are not yet ready to make a weekend commitment for a Level I class, come to an introductory class ... see a demonstration ... practice the basic skills ... explore the potential of **Healing Touch** ... ask questions ... and then enroll in a Level I class.

3. Check out our website! Go to www.HealingTouchProgram.com and sign up for your free, one-year subscription to *Energy Magazine*[™], our new electronic publication. You will learn how energy medicine and **Healing Touch** can change your life and the lives of your patients and loved ones. *Research available at www.healingtouchinternational.org