

# Healing Touch Program

## Policy and Procedure For Implementing Healing Touch

### DEFINITION:

Healing Touch is an energy therapy in which practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental, and spiritual well-being and healing. As a biofield therapy, Healing Touch is an energy-based approach to health and self-healing. It uses touch to influence the human energy system, specifically the energy field that surrounds the body, and the energy centers that regulate the energy flow to the physical body. Healing Touch techniques are non-invasive, guided by a ten step sequence, and utilize the hands to clear, energize, and balance the human energy field.

### DESCRIPTION:

The Healing Touch Program was developed in the 1980s by Janet Mentgen, RN, B.S.N., who practiced energy-based care. In 1988, Janet was honored as the Holistic Nurse of the Year by the American Holistic Nurses Association (AHNA) for her outstanding work using touch in care of people. Materials and methods used in the Healing Touch Program curriculum were developed by Janet Mentgen, or adapted from a variety of other sources. The program was tailored so that practitioners apply a ten step sequence and abide by Code of Ethics and Scope of Practice.

### GOAL:

The goal in Healing Touch is to restore harmony and balance in the energy system, placing the person in a position to self-heal. Healing Touch complements conventional health care and is used in collaboration with other approaches to health and healing.

### INDICATIONS:

- Reduction of pain, anxiety, and stress
- Promotion of relaxation and a sense of well-being
- Maintenance of health and wellness
- Facilitation of natural restorative processes
- Acceleration of the healing process
- Support of the immune system
- Relief of side effects during chemotherapy
- Preparation for surgery and accelerated post-operative healing
- Improved mood and sleep
- Reduction of effects from trauma
- Reduction of chronic pain and fatigue

- Support when withdrawing from substance abuse
- Facilitates a deeper sense of spiritual connection

### POLICY:

Healing Touch may be practiced by anyone who has completed formal coursework in Healing Touch and abides by the Healing Touch Program Code of Ethics and Scope of Practice. Supervision of Healing Touch students shall be pre-arranged with the coordinator of the Healing Touch program in the facility using Healing Touch. Healing Touch does not require a physician's order, rather it is an accepted part of nursing practice. The student and/or practitioner of Healing Touch will document the treatment in the client's record, including assessment, treatment, and outcome.

### PROCEDURE:

**The 10 Step Healing Touch Sequence** (*The first five steps may be done in various orders depending on the flow of the session.*)

#### Preparation and Assessment

1. Intake or Update
2. Pre-Treatment Energetic Assessment
3. Health Issues/Problem Statements
4. Mutual Goals/Intention(s) for Healing
5. Practitioner Preparation

#### Treatment

6. Healing Touch Interventions/Treatments

Interventions include one or more of the following healing techniques from the Healing Touch Program. (*in alphabetical order*)

- Back and Neck Techniques
- Chakra Connection
- Chakra Connection with Body Centered Interview
- Chakra Spread
- Chelation and Additional Deep Cleansing Methods
- Etheric Template Clearing
- Etheric Vitality
- Full Body Connection
- Headache Techniques
- Lymphatic Clearing
- Magnetic Clearing
- Magnetic Passes: Hands Still and Hands in Motion
- Mind Clearing
- Modified Mind Clearing

- Pain and Wound Techniques
- Scudder Technique
- Spinal Cleansing
- Spiral Meditation
- Ultrasound and Laser
- 5th, 6th and 7th Level Work

#### Outcome

7. Post-Treatment Energetic Assessment
8. Ground and Release
9. Client Feedback/Practitioner Observation and Evaluation
10. Plan

#### DEFINED LEVELS OF PRACTICE:

1. Healing Touch Certified Practitioner (HTCP) – Completed program coursework and certification requirements
2. Healing Touch Practitioner (HTP) – Completed Level 5 Healing Touch Program™ curriculum
3. Healing Touch Practitioner Apprentice (HTPA) – Completed Level 4 Healing Touch Program™ curriculum
4. Student of Healing Touch – Levels 1 through 3 of the Healing Touch Program™ curriculum

#### REFERENCE:

1. Healing Touch Level 1 Notebook - Mentgen, J. and Bulbrook, M.J. ©(1993)\*
2. Healing Touch Level 2 Notebook - Mentgen, J. and Bulbrook, M.J. ©(1995)\*
3. Healing Touch Level 3 Notebook - Mentgen, J. and Bulbrook, M.J. ©(1995)\*

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