

A photograph of a woman with short dark hair and glasses, wearing a white t-shirt with a green fern design, performing a healing touch on a woman lying on a white surface. The woman being touched has her eyes closed and a peaceful expression. The entire image is overlaid with a semi-transparent teal color.

What is *Healing Touch?*

Find out how

Healing Touch
can have a positive impact
on your life and the
lives of the people
you touch!

Welcome

The staff at the Healing Touch Program welcomes you to this presentation and hopes that you will gain a clear understanding of what energy healing is and how people are benefiting from it.

Healing Touch 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.

This booklet was designed to make it easier for you to tell your family and friends about what you will learn during this presentation. We tried to answer the most frequently asked questions about Healing Touch. Most people want to know:

- What is Healing Touch?
- What do the experts say about it?
- How do you do it?
- Where is it being done in the world?

The answers to these questions may surprise you. But more than that, we hope the answers to these questions will inspire you to not only learn more about Healing Touch but to take a class and consider becoming a Healing Touch Practitioner.

Blessings,



Lisa Mentgen-Gordon, CEO
Healing Touch Program

The Changing State of Healthcare

Significant Technological Advances

Surgery using robots, CAT scans, PET scans and MRI's

Limitations of Current Healthcare System

- Lack of insurance
- Lack of access
- Caregivers at home – exhausted, burning out
- Rushed health care visits with primary care providers (averaging 5 to 8 minutes per visit)
- Mechanistic Healthcare – “wheel them in, fix them up, send them home”

The Future of Healthcare

- Hospitals of the future will consist of: Emergency Departments, Operating Rooms and Intensive Care Units

Society will increasingly focus on Prevention, Wellness and Wholeness. We are experiencing a return of ancient healing practices which traditionally have addressed the person holistically considering their mind, body and spirit:

ACUPUNCTURE

- Over 5000 years old (originated in China)
- Growing number of Insurance companies are paying for it

AROMATHERAPY/ESSENTIAL OILS

- Pharmaceutical companies are interested in controlling EOs.
- Consumers spend millions on it in various products.

HOMEOPATHY

- Pharmaceutical companies are interested in prohibiting or controlling it.
- Well established in Europe as a legitimate and effective healing substance.

HEALING TOUCH and other energy based modalities

- Growing numbers of hospitals and health care facilities are bringing in HT and related therapies based on consumer interest and demand.
- Patient satisfaction surveys indicate that they benefit from and want HT and other holistic therapies.

What is Healing Touch?

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 health.

Healing Touch is a biofield (the magnetic field around the body) therapy that is an energy-based approach to health and healing.

Healing Touch uses touch to influence the human energy system, specifically the energy field that surrounds the body, and the energy centers that control the energy flow from the energy field to the physical body.

These non-invasive techniques utilize the hands to clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health and healing.

It is based on a heart centered caring relationship in which the practitioner and client come together energetically to facilitate the client's health and healing.

The goal of Healing Touch is to restore balance and harmony in the energy system placing the client in a position to self heal.

“I continue to be humbled and awed at the profound healing that is possible with this work”

-Healing Touch Instructor, WI



Why are hospitals offering Healing Touch?

- Reduces pain
- Accelerates postoperative recovery
- Improves mobility after surgery
- Decreases anxiety, tension, and stress
- Provides symptom relief during chemotherapy and radiation therapy
- Reduces the effects of trauma, chronic pain
- Leads to shortened hospital stays
- Eases the dying process

What do the experts say?

The following information was obtained from *Energy Medicine, The Scientific Basis* by James Oschman PhD, 2000. Dr. Oschman has studied Healing Touch and has been a speaker at the Annual International Healing Touch Conference.

“In a few decades scientists have gone from a conviction that there is no such thing as energy fields in and around the human body to an absolute certainty that they exist.” (Pg. 27)

The scientific world has created a myriad of technologically advanced equipment that can measure the biofield (energy field) activity, such as:

1. Electrocardiogram – (EKG) measures the electric biofield of the heart
2. Electroencephalogram (EEG) measures the electric activity of the brain.
3. SQUID (Superconducting Quantum Interference Device) – measures biofields produced by our physiological processes and it is used to measure the geomagnetic field of the earth
4. Electromyography – measures the biomagnetic signature of our muscle movements
5. PEMF – (Pulsed Electromagnetic Field) – mimics natural electrical activities of the body and is used to “jump start” bone and soft tissue repair in the body.

Practitioners of energy medicine have been creating a pulse frequency similar to that of the PEMF for centuries with their hands. Research has been done to study the frequencies that effect different types of tissues.

Specific Frequencies and their Healing Effects (pg. 86)

Frequency	Effects
2HZ	Nerve regeneration
7Hz	Bone growth
10Hz	Ligament healing
15,20 and 72 Hz	Decrease in skin necrosis, stimulation of capillary formation and fibroblast proliferation
25 and 50 Hz	Synergistic effects with nerve growth factor

Practitioners of traditional energy methods are more actively being studied by biomedical researchers. The National Institutes of Health funds studies each year on alternative and complementary therapies through the Center of Complimentary and Alternative Medicine (CAM).

John Zimmerman MD (1990) from the University of Colorado School of Medicine used a Squid detector to measure the biomagnetic field of a

practitioner's hands. He found that a trained practitioner's hands can have a frequency range of .3Hz to 30Hz with most of the activity in the 7 to 8 Hz range. (pg 79)

“Healing Energy”, whether produced by a medical device or projected from the human body, is energy of a particular frequency or set of frequencies that can stimulate the repair of one or more tissues.

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Healing Touch Research

Healing Touch Research has been conducted in a wide variety of settings and with a number of different problems and situations including:

- Cancer
- Cardio-vascular disease
- Death and dying
- Endocrine/Immune function
- Pain
- Patient satisfaction and experience
- Psychotherapy/Psychology
- Post operative recovery
- Stress

These studies demonstrate that there is support for considering Healing Touch for providing integrative care and that patients evaluate it highly. Healing Touch research has been supported and/or funded by hospitals, universities, colleges professional organizations, private foundations, and the National Institutes of Health, Center for Complementary and Alternative Medicine.

See www.HealingTouchInternational.org for a complete list of Healing Touch Research.

How does Energy Healing work?

There is still much mystery to how energy therapies work. Many theoretical frameworks for how energy medicine works exist in the literature of quantum physics and holistic healing.

However, while the exact physics mechanisms can not be definitively described at this time, the cumulative results of numerous related studies on energy medicine and consciousness indicate strong support that “something is happening” and that recipients respond positively to energy therapies such as Healing Touch.

Over the years, researchers have developed ways to measure the energy

field. Theoretically, by correcting any defects in the energy field, energy healing may facilitate healing of the body, mind and spirit.

Energy therapies focus on removing energy congestion that forms in our energy fields (aura) and energy centers (chakras). Once these imbalances and disturbances are cleared, the energy channels resume their task of integrating the body, mind and soul to restore health and/or promote healing. It may also help prevent future issues by restoring balance to energy field disturbances, which could later result in illness if left unbalanced.

To gain a deeper understanding of the science supporting energy healing, please refer to the many books, journal articles and research findings written on this subject. Scientific evidence does exist that supports the premise that energy healing is

effective. However, an experience is worth a thousand words, so the receiving of a Healing Touch treatment can do more to understand this phenomena than all the writings in the world.

History of the Healing Touch Program

Founder of Healing Touch: Janet Mentgen RN, BSN, CHTP/I, HNC,
(1938 – 2005)

The Healing Touch Program was developed by Janet Mentgen, RN, BSN, from Denver, Colorado who practiced energy based care since 1980.

- 1988 Janet was honored as the Holistic Nurse of the year by the American Holistic Nurses Association (AHNA) for her teaching and the application of holistic research in her private practice.
- 1989 Healing Touch was first offered as a pilot program at the University of Tennessee and in Gainesville, Florida.
- 1990 Healing Touch became a certificate program of AHNA with 25 programs offered across the United States that year.
- 1993 Certification of practitioners and instructors by AHNA began.
- 1996 Due to its tremendous growth, Healing Touch International was created to be the certifying body for Healing Touch practitioners and instructors, opening the door for practitioners and lay persons all over the world to study HT.
- 1996 Healing Touch became an endorsed program of AHNA.
- 1997 Healing Touch International Foundation, Inc. was established to receive and distribute funds to assist, encourage and advance the philosophy, objectives and techniques of Healing Touch therapy and other energy based healing therapies.
- 2006 The Healing Touch Program, Leaders in Energy Medicine became the official name for Healing Touch. It is estimated that approximately 93,000 students in 32 countries have studied Healing Touch.

Some Practical Benefits of Healing Touch

NON INVASIVE

Healing Touch is done without the use of invasive procedures such as injections, inserting tubes, medication or surgery.

EFFECTIVE

Research has shown that Healing Touch facilitates the relaxation response and enhances the healing process.

NON TOXIC

Medications can cause side effects and must be monitored. Healing Touch restores balance and harmony to our natural biofield without the use of pharmaceuticals.

ECONOMICAL

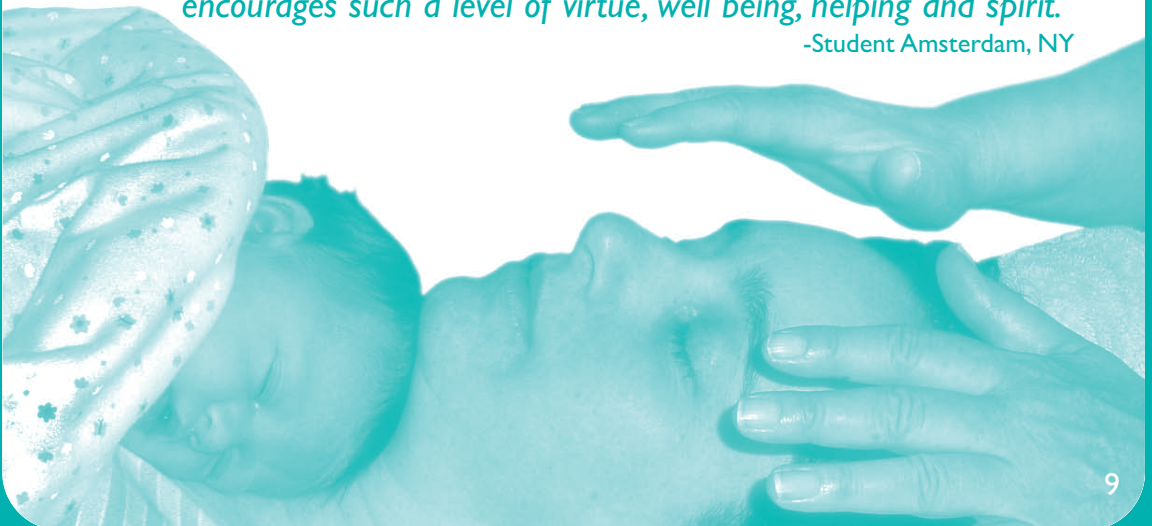
Healing touch does not require the use of equipment or substances and can be done in any setting. **An open heart, a set of hands and a willing spirit is all that is needed.**

STANDARDIZED CURRICULUM AND PRACTICE

The curriculum of Healing Touch means that practitioners all over the world can be expected to use the same methods and to follow the Healing Touch Standards of Care, Code of Ethics and Scope of Practice Guidelines.

“I absolutely loved it [Healing Touch]. It explained ideas and things I had pondered and encourages such a level of virtue, well being, helping and spirit.”

-Student Amsterdam, NY



Who can practice Healing Touch?

Healing Touch courses are open to all nurses, massage therapists, body therapists, counselors, psychotherapists, physicians other allied health care professionals as well as individuals who desire an in-depth understanding and practice of healing work using energy based concepts and principles.

Janet Mentgen, the Founder of Healing Touch, believed that anyone could learn how to facilitate healing in others. As she observed thousands of students doing Healing Touch, she noticed that there was no difference in the outcomes of well prepared non-nurses to those of well prepared nurses.

Janet believed that anyone with a compassionate heart and a desire to be of service to others could become a practitioner of energy healing. All that was needed was a commitment to learn and to grow.

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Healing Touch Practitioners include:

- Nurses
- Physicians
- Massage Therapists
- Psychologists
- Body workers
- Social Workers
- Ministers
- Physical Therapists
- Chaplains
- Occupational Therapists
- Respiratory Therapists
- Nursing Assistants
- Dentists and Dental Hygienists
- Counselors
- Students
- Personal Trainers
- Athletic Coaches
- People from all walks of life!

Why would you want to get involved with the Healing Touch Program?

- You will learn to practice a variety of energy-based (30) techniques that moves you from a beginner to competent, professional energy medicine practitioner.
- You learn through hands-on experiences, group processing and textbook education providing a balance of theory and practice.
- You will develop professional skills as a practitioner through increased skills and knowledge.
- You can feel confident in knowing that you are affiliated with a well established and professionally recognized holistic adult continuing education program designed by nurses.
- You can obtain Continuing Education (CE) contact hours if you are a nurse, massage therapist or chaplain.
- You will be associated with a Internationally recognized Professional Certification Program that is clinically and research based.
- You will learn the Professional Standards of Practice, Scope of Practice and Code of Ethics designed for Healing Touch Energy Medicine Practitioners to promote safe, responsible, legal and accountable practice.
- You will learn how Healing Touch is complementary to health care.

What to Expect from a Healing Touch Treatment

Healing Touch is a gentle, biofield (energy field) therapy that often facilitates a deep sense of calm and relaxation in the Body-mind-spirit.

as needed using either off body touch (near body but no direct contact) or a gentle (still) touch over various areas of the body.

The treatment is typically administered while the client lies on a massage table with their clothes on. With your permission, the practitioner uses his/her hands to assess your biofield and proceeds to clear and balance it

Occasionally, a person may experience an acceleration of the healing process and his/her symptoms may intensify for a brief time. When this happens, the recovery period of the illness is usually shortened.

What was your experience today?

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Describe your personal experience to working with “energy” today?

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Who do you know that could benefit from Healing Touch?
(Include family, friends, neighbors, colleagues)

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Healing Touch The Priceless Gift

What would it be worth to you to be able to positively impact the life of another person? Can you even put a price on it?

- What if that person were your mother, spouse, friend, child or even yourself?
- What if you are a healthcare practitioner in a position to help large numbers of people?
- Is it time for you to elevate your personal growth to the next level?

Then it's time to try out a Level I class to see if Healing Touch is something that fulfills your desire to make a difference in the world.

“This was an amazing weekend. I have learned so much to better myself and to make a difference in other's lives.”

-Student Alton, IL

“This was a beautiful experience. I received much more than I expected.”

-Student Atlanta, GA

“Absolutely glad I attended. Worthwhile on many levels; personal, family, personal growth and ability to help others.”

-Student Cincinnati, OH

“Hard to articulate - life changing. Even if I stopped at Level I, I feel I've learned more than I ever thought was possible two days ago.”

-Student Atlanta, GA

How can you get involved?

Find out how Healing Touch can have a positive impact on your life and the lives of the people you touch!

- Continue exploring energetic healing by signing up for a Level I Healing Touch class.
- Enhance your own healing by treating yourself to a Healing Touch session.
- Explore *Energy Magazine*™, it is free and informative. Subscribe on our website www.HealingTouchProgram.com.
- Call your local Presenter to find another Presentation. Take a friend with you!
- Contact your local Healing Touch community to find out about other HT opportunities.
- Explore the Healing Touch Program's website at www.HealingTouchProgram.com and view the "Introduction to Healing Touch" DVD online.

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Your Presenter today is:

How to find a Practitioner in your area:

Up coming classes in your area:

Additional classes are listed on the
Healing Touch web site at
www.HealingTouchProgram.com



Creating Healing Relationships

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