The Healing Touch Vision
Spreading Healing, Light and Love, restoring wholeness on Earth

Healing Touch
Level I Student Notebook

Healing Touch International Healing Touch Certificate Program

Healing Touch Student notebook prepared by Lucrezia Mangione, BA, CMT, CHTP/I
Certified Healing Touch International Healing Touch Practitioner and Instructor

Handcrafted Health, llc
Handcrafted Health where health is a conscious journey created by committed people.
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Updates to Hea...
Dedication

This is dedicated to the healers of the earth: the courageous people who alleviate suffering during their daily walk in life.
Overview

Healing Touch Level One provides 18 clock hours of instruction for people interested in professional and personal development. It affords an opportunity to explore energy medicine concepts and techniques and develop these concepts and skills related to biofield therapy otherwise known as energy-based therapy.

**Required text books for Healing Touch:**

**Healing Touch: A Guidebook for Practitioners, 2nd Edition**
Dorothea Hover-Kramer, EdD, RN
With contributing authors:
  - Janet Mentgen, BSN, RN, HNC, CHTP, CHTI
  - Norma Geddes, PhD, RN
  - Sharon Scandrett-Hibdon, PhD, RN, CHTP, CHTI
  - Victoria Slater, PhD, RN, HNC, CHTP, CHTI
Published by Delmar: Thomson Learning, 3 Columbia Circle, Box 15015, Albany, NY 12212-5015

**Joy’s Way: A Map for the Transformational Journey**
W. Brugh Joy, M.D.
Published by Jeremy P. Tarcher/Putnam, NY 1979.

**Healing Touch Level 1 Student Notebook**
Prepared by Lucrezia Mangione, CMT, CHTP/I
A supplemental notebook providing further information not found in the textbooks.

**Target Audience:**

The Healing Touch International Healing Touch Certificate Program is a continuing education program through the American Holistic Nurses Association (AHNA), National Certification Board for Massage and Bodywork Therapists (NCBTMB) and California Board of Registered Nursing for individuals interested in learning more about biofield therapy, otherwise known as energy therapy, and who wish to explore the magnificence of their human body, continue their commitment to personal growth and enhance their professional work.

People from all professions and walks of life attend. Health care professionals, body-oriented therapists, psychotherapists, registered nurses or other licensed health care professionals and individuals attend who desire an in-depth understanding of healing work that uses energy-based concepts. They improve their own health, explore new ways to feel better and learn health tools to enhance their work, practice or family care.

Certification as a Healing Touch Practitioner is an appropriate goal for those who wish to establish a Healing Touch practice or to incorporate Healing Touch as a major focus within an existing professional practice.
The Healing Touch International Healing Touch Certificate Program

The Healing Touch Certificate Program is a multi-level course of study in energy-based therapy that moves from beginning to advanced practitioner and is complementary to health care. The program incorporates a variety of energy-based modalities that are sequenced in Levels 1 through 5, allowing participants to progress from beginner to practitioner. Students receive a certificate of completion at each level. Upon completion of levels 1-5 and additional requirements, students are eligible to apply for certification through Healing Touch International, Inc. Level 6 prepares the individual to become an instructor.

Each level in the Healing Touch Program includes both didactic and experiential learning in which participants practice and share experiences using energy-based healing techniques. In addition the program encourages the developing practitioner to enhance skills and knowledge through recommended readings and practice sessions. There is also a strong commitment to personal growth and knowledge of holistic health principles.

Continuing Education Statement:

This course is an approved course of study of the Healing Touch International (HTI) Healing Touch Certificate Program. The HTI Healing Touch Certificate Program is an endorsed program of the American Holistic Nurses Association, the National Certification Board for Therapeutic Massage and Bodywork and the California Board of Registered Nursing. Based upon total content, **18 continuing contact hours** is given for this HTI Healing Touch level one course.

Healing Touch International is approved by the following organizations:
- American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. AHNA Approval Code 582.
- The National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. NCBTMB Approval Code 450748-08.
- Provider approved by the California Board of Registered Nursing. Provider Number CEP15275. California licensees must retain the HTI certificate for a period of four years following class date.

Healing Touch International, Inc. is the non-profit professional membership and educational organization for Healing Touch. It was established in March 1996 to receive the AHNA Healing Touch Certificate Program and the process for Healing Touch Certification of Practitioners (CHTP) and Instructors (CHTI) from the American Holistic Nurses Association.
Healing Touch Level One Course Objectives:

Level 1 Objectives
The participant will:

1. Describe the human energy system relationship to physical, emotional, mental and spiritual health.
2. Discuss energy principles basic to Healing Touch.
3. Assess the energy field and energy centers.
4. Identify a basic Healing Touch sequence.
5. Demonstrate specific intervention techniques used in Healing Touch.
6. Discuss applications of Healing Touch in personal and professional practice.
7. Discuss expected ethical conduct and standards of practice within Healing Touch.

Level 1 Course Content

1. Energy system concepts related to health
2. Basics of the energy system – energy field and energy centers
3. Location and function of the chakras
4. Assessment of the energy field and energy centers
5. Meditation for centering and maintaining energetic flow
6. Principles and practice of Healing Touch
7. Selected intervention techniques: Basic Healing Touch Sequence, Magnetic Passes, Magnetic Clearing, Chakra Connection (1 on 1, 2 on 1, self), Headache Techniques (tension, migraine, sinus), Ultra Sound, Laser, Pain Drain, Chakra Spread, Scudder (Optional), Mind Clearing (Optional)
8. Principles of self-healing
9. Personal development as a healer
10. Legal and professional aspects of touch therapies
HTI Healing Touch Certificate Program: Healing Touch Level 1

Friday
6:00 pm – 6:15 pm  Introductions/check in
6:15 pm – 6:30 pm  Orientation to weekend
6:30 pm – 7:45 pm  HT/historical perspectives/philosophy (Hover-Kramer Ch. 1 & 2)
7:45 pm – 8:00 pm  Break
8:00 pm – 8:30 pm  Research (Hover-Kramer Ch. 3 & 4: HTI Research Survey)
8:30 pm – 9:00 pm  Hands on Experience/energy awareness

Saturday
9:00 am – 9:15 am  Group sharing/energetic check in
9:15 am – 10:15 am  Basic Healing Touch Sequence (HTI Handout)
10:15 am – 10:30 am  Break
10:30 am – 12:00 pm  Basic Healing Touch Sequence continued
12:00 pm – 1:00 pm  Lunch
1:00 pm – 3:00 pm  Assess Energy field & centers (Hover-Kramer Ch. 6,7,8)
3:00 pm – 3:15 pm  Break
3:15 pm – 4:15 pm  Magnetic Clearing 2:1 (Hover-Kramer Pg.130)
4:15 pm – 5:30 pm  Chakra Connection 2:1 (Joy Pg. 269-275)
5:30 pm – 6:00 pm  Review and Discussion

Sunday
9:00 am – 9:10 am  Group sharing/energetic check in
9:10 am – 9:30 am  Self chakra connection 1:1 (Joy Pg. 269-275)
9:30 am – 10:30 am  Pain management techniques: Laser, Ultrasound, Pain Drain, Pain Ridge, Wound Seal (Hover-Kramer Pg.135-137, 143, 149) Headache techniques (Hover-Kramer Pg. 158-159)
10:30 am – 10:45 am  Break
10:45 am – 11:15 am  Mind Clearing (Hover-Kramer Pg. 137-143)
11:15 am – 12:15 pm  Development of healer/Self Care (Hover-Kramer Ch. 17-18)
12:15 pm – 1:15 pm  Lunch
1:15 pm – 3:15 pm  Heart to Heart Meditation (Joy Pg. 238-239) w/ Chakra Spread (Hover-Kramer Pg. 131-133)
3:15 pm – 3:30 pm  Break
3:30 pm – 4:20 pm  Legal & ethical considerations (HTI Code of Ethics/Standards of Practice/Scope of Practice)
4:20 pm – 4:50 pm  Scudder technique (optional)
4:50 pm – 5:00 pm  Evaluation

Level 1 Course Materials

© HTI Healing Touch Certificate Program 11-07
What is Healing Touch?

Healing Touch (HT) is a biofield therapy that is an energy-based approach to health and healing. HT complements conventional health care and is used in collaboration with other approaches to health and healing.

HT 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, emotional, mental, and spiritual health and healing.

The Healing Touch Practitioner fosters a heart-centered, caring relationship in which the practitioner and client come together energetically to facilitate the client’s health and healing.

A conscious, intentional process of directing energy through the hands of the practitioner to the patient to facilitate the healing process.

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

Applications of Healing Touch
- All areas of the nursing profession
- Physicians
- Allied health personnel
- Veterinarians
- Lay people interested in healing

Specific benefits of Healing Touch
- Acceleration of wound healing
- Increased relaxation
- Reduction of anxiety and stress
- Increased energy/relief for chronic fatigue
- Strengthens the immune system
- Enhances recovery from surgery
- Supports cancer care
- Creates a sense of well-being
- Relief of pain
- Reduced need for pain medication
- Prevention of illness
- Aid in preparation for and follow-up after medical treatments and procedures
- Support for the dying process
- Eases acute and chronic conditions
- Complements care for neck & back problems
- Enhances and deepens spiritual development and connection

HT compliments traditional approaches to health and healing. Referrals to physicians and other licensed health workers are expected.
**Healing Touch Description**

Healing Touch is a biofield therapy that is an energy-based approach to health and healing. It 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, emotional, mental, 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 in Healing Touch is to restore harmony and balance in the energy system placing the client in a position to self-heal. Healing Touch complements conventional health care and is used in collaboration with other approaches to health and healing.

**Program Description**

Healing Touch is a nursing continuing education multi-level program in energy-based therapy that moves from beginning to advanced practitioner and is complementary to health care. The program incorporates a variety of energy-based modalities that are sequenced in Levels 1 (I), 2 (Ixia), 3 (IIB), 4, (IIIA), 5 (IIIB), with Level 6 (IV) being the instructor level. Parenthesis indicates previous titles of the courses before this revision.

Each level in the Healing Touch Program includes both didactic and experiential learning in which participants’ practice and share experiences using energy-based healing techniques. In addition the program encourages the developing practitioner to enhance skills and knowledge through recommended readings and practice sessions. There is also a strong commitment to personal growth and knowledge of holistic health principles.

At the completion of each official level from the Healing Touch program that is taught by a Certified Healing Touch Instructor, a certificate of attendance is given. All participants who successful complete the core curriculum through Level 5 will receive a Certificate of Completion issued by the Healing Touch Program Director. This recognizes the work completed in the program and the use of the designated title, Healing Touch Practitioner, HTP. The HTP is then eligible to apply for certification.

**Certification as a Healing Touch Practitioner**

Healing Touch International administers certification through a separate review by the Certification Board of Reviewers using standardized criteria. Certification acknowledges learning experiences and demonstration of competence as a Healing Touch Practitioner. The Certification Board does not license the practice of an individual nor assumes any legal responsibility for her/his practice.
**Target Audience**

The Healing Touch program is for registered nurses, health care professionals, body-oriented therapists, psychotherapists or other licensed health care professionals and individuals who desire an in-depth understanding of healing work that uses energy-based concepts. Certification as a Healing Touch Practitioner is an appropriate goal for those who wish to establish a Healing Touch practice or incorporate Healing Touch as a major focus within and existing professional practice.

Certification is intended for the professional practitioner. It is anticipated that individuals come to this level with preparation and work experiences which have contributed to her/his awareness of concepts on confidentiality, responsibility for licensure and documentation for “hands on” treatments, medical ethics, interpersonal relationships, community involvement and awareness of limitation as well as scope of practice.

Certification as a practitioner is available to those who meet eligibility requirements and have successfully completed Levels 1 through 5 taught by a HTI Certified Healing Touch Instructor including the additional work required.

**Healing Touch Curriculum**

**Level 1 Description**

Level 1 beings with 15-20 continuing education contact hours of instruction, allowing persons with varying backgrounds to enter, acknowledge their previous learning and to further develop concepts and skills in energy-based therapy. A strong commitment to personal growth is required.

**Level 1 Objectives**

The participant will:

8. Describe the human energy system relationship to physical, emotional, mental and spiritual health.
9. Discuss energy principles basic to Healing Touch.
10. Assess the energy field and energy centers.
11. Identify a basic Healing Touch sequence.
12. Demonstrate specific intervention techniques used in Healing Touch.
13. Discuss applications of Healing Touch in personal and professional practice.
14. Discuss expected ethical conduct and standards of practice within Healing Touch.

**Level 1 Course Content**

11. Energy system concepts related to health
12. Basics of the energy system – energy field and energy centers
13. Location and function of the chakras
14. Assessment of the energy field and energy centers
15. Meditation for centering and maintaining energetic flow
16. Principles and practice of Healing Touch
17. Selected intervention techniques: Basic Healing Touch Sequence, Magnetic Passes, Magnetic Clearing, Chakra Connection (1 on 1, 2 on 1, self), Headache Techniques (tension, migraine, sinus), Ultra Sound, Laser, Pain Drain, Chakra Spread, Scudder (Optional), Mind Clearing (Optional)
18. Principles of self-healing
19. Personal development as a healer
20. Legal and professional aspects of touch therapies
**Level 2 Description**

Level 2 is for students who have completed Level 1 and wish to increase breadth and depth in the study of Healing Touch. (15-20 continuing education contact hours.) The second level of study in Healing Touch includes an intake interview, back techniques and a one-hour healing sequence. Emphasis in the experiential learning is on developing healing sequences for specific client needs.

**Level 2 Objectives**

The participant will:

1. Share the experience of practicing Level 1 (I) techniques.
2. Develop interviewing and additional assessment skills.
3. Demonstrate a one-hour healing sequence for specific client problems.
4. Document clinical work.
5. Practice back and neck techniques.
6. Describe specific techniques in addressing client health challenges.
7. Describe application of HTI’s Standards of Practice and Code of Ethics within a Healing Touch session.

**Level 2 Course Content**

- Review techniques from HT Level 1 (I)
- Sharing experiences of practicing Level 1 (I) techniques
- Discuss applying techniques in clinical settings
- Assessment process: interviewing skills, recording, observations, documentation
- Healing techniques: One-hour Healing Sequence, Spiral Meditation, Mind Clearing, Wound Closing, Pain Ridge, Pain Drain, Sealing Leaks, Back Techniques

**Level 3 Description**

Level 3 is for students who desire more in-depth skills in Healing Touch, and have successfully completed Level 1 (I) and Level 2 (IIA). This course includes: development of Higher Sense Perception (HSP), sequencing of healing techniques, working with guidance, self-healing and self-development, (15-20 continuing education contact hours).

**Level 3 Objectives**

The participant will:

1. Discuss advanced development of the healer.
2. Experience healing from three roles: practitioner, client and observer/coach.
3. Practice hara alignment, expansion of the core star
4. Demonstrate a full healing sequence using chelation, spinal cleansing, healing 5th, 6th, and 7th levels of the subtle body.
5. Practice healing techniques of Etheric Template Clearing an lymphatic Drain.
6. Recognize the implications for ethical conduct and adherence to HTI’s Standards of Practice within a healing Touch session
Level 3 Content

- Advanced development of the healer
- Need for self care in becoming a healer
- Healing philosophies of Barbara Brennan and other healers
- Practice hara alignment meditation and sharing experience
- Full healing sequence including: chelation of the first four levels of the field, spinal cleansing, healing 5th, 6th, and 7th levels of the subtle body
- Techniques, Etheric Template Clearing and Lymphatic Drain
- Roles of practitioner, client observer/coach
- Advanced healing of the human energy system
- Development of Higher Sense perception
- Connecting with guidance

Level 4 & 5 Overview

Levels 4 & 5 are for students who have successfully completed Levels 1 (I), 2 (IIA), 3 (IIB) and desire to become a healing Touch Practitioner. These two courses provide the student an opportunity to learn how to develop and conduct a practice in Healing Touch. Each course provides 30 continuing education contact hours (total of 60) of instruction / participation. They are designed to provide guidance for the student in the development of practice an skill through the mentor/apprenticeship approach. Students will participate in community projects and work activities. Each section is offered in a retreat setting to allow for greater focus on the intense learning and practice that occurs.

Level 4 Description

This course prepares the student to become a Healing Touch Practitioner and establish practice setting. Practice concerns are explored including establishing a private practice, incorporating Healing Touch into a current practice setting either working alone or with others. The following topics are addressed: business concepts, client/practitioner relationships, networking with other practitioners, identifying energy patterns in clients and scope of practice. Professional development as a healer is explored including addressing professional ethics, standards of practice and role as a healer.

Level 4 Objectives

The participant will:
1. Describe the development of a Healing Touch Practitioner
2. Demonstrate a 5-step sequence to include intake, three healing sessions and discharge planning.
3. Identify issues related to development of a Healing Touch practice.
4. Discuss the case study process based on the sequence demonstrated during the workshop.
5. Discuss the principles of apprenticeship/mentorship and professional practice.
6. Discuss the purpose of a professional profile notebook.
7. Apply HTI’s Standards of practice and Code of Ethics within one’s Healing Touch practice.
Level 4 Content
- Developing a professional healing practice
- Sequencing of five private client sessions, intake, three treatment sessions, with mutual goals, evaluation and discharge planning with full documentation
- Learning the case study process
- Defining a Scope of practice
- Healer practice guidelines
- Selecting a mentor
- Forming a mentorship contract with goals
- Role of mentorship/apprenticeship
- Journaling as a tool for self-enhancement
- Developing a reading program
- Full body connection
- Etheric vitality meditation
- Initiation of a practicum (Documentation of 100 client sessions)

Level 5 Description
Level 5 focuses on the completion of projects begun in Healing Touch Level 4 (IIIA). The following will be addressed: the mentorship experience, community and networking activities, establishment of practice, development of expertise in a Healing Touch practice, self development as a healer.

Level 5 Objectives
The participant will:
1. Describe the professional development of a healing practice.
2. Present a professional profile notebook and resume.
3. Discuss practice issues in your role as a Healing Touch practitioner.
4. Discuss practice issues in your role as a Healing Touch practitioner.
5. Present a comprehensive Healing Touch case study for peer review and critique.
6. Present documentation of client sessions.
7. Review the apprenticeship/mentorship process.
8. Report receiving other healing modalities through 10 documented experiences from other practitioners.
9. Discuss Healing Touch research and implications for practice.
10. Describe Certification as a healing Touch Practitioner
11. Demonstration application of HTI’s Standards of Practice and Code of Ethics within one’s Healing Touch practice.
Level 5 Course Content

Issues forum including establishing a HT practice and financial concerns
Development as a healer
Healing Touch case study presentation
Professional profile notebook presentation
Documentation of 100 client sessions
Documentation of 10 healing sessions received from other complementary healing practitioners
Report of apprenticeship/mentorship process
Presentation of resume
Discussion of required reading
Community & networking activities and study groups
Group healing exchanges
Healing Touch research
Standards of practice
Code of Ethics
Process and procedures in Certification as a Healing Touch Practitioner
Research and Healthcare

Research on Healing Touch has been conducted for over 10 years. Using rigorous scientific gold standards for research, there are now almost 100 Healing Touch studies that have been completed or are currently underway. These findings are published in the Healing Touch International, Inc Research Survey. This survey is:

- Updated bi-annually
- Provides input from individual researchers, students and faculty
- Offers a summary and/or abstracts of studies

The categories that have been studied include cancer, cardiovascular disease, death and dying, HIV disease, pain, pediatrics, postoperative recovery, stress, and much more.

The Healing Touch International Research Director is Diane Wind Wardell, RN, PhD, CHTP/I. Through Dr. Diane Wardell, Healing Touch has a partnership with the University of Texas Health Science Center. A researcher as well as a dedicated Healing Touch instructor and practitioner, Diane has been featured in a University of Texas publication and in USA Today sharing the benefits of Healing Touch.

At the HTI website www.HealingTouchInternational.org you can find the following information in detail:

- Receive a copy of Healing Touch International, Inc Research Survey
- How to conduct Healing Touch research
- Receive the Healthcare Integration Booklet
- Bibliography
- Other resources

Dr. Diane Wardell is available for consultation with individuals or organizations that are planning to conduct Healing Touch research. She can be reached at Diane.Wardell@uth.tmc.edu or by phone at 713-500-2056.
Specific benefits of Healing Touch:
Healing Touch may be used with people of all ages and in all stages of health and healing. Animal and plants are also receptive to HT.

- Acceleration of wound healing
- Relief of pain
- Increased relaxation
- Reduced need for pain medication
- Reduction of anxiety and stress
- Prevention of illness
- Enhancement of spiritual development
- Aid in preparation for and follow-up after medical treatments and procedures
- Increased energy/relief for chronic fatigue
- Support for the dying process
- Compliments traditional approaches to health and healing
- Referrals to physicians and other licensed health workers are expected

Healing Touch Program is derived from a variety of sources
Healing Touch is a compendium of techniques used with permission from:

- Roslyn Bruyere
- Barbara Brennan
- Reverend Rudy Noel
- An Anonymous Healer
- Janet Mentgen
- Brugh Joy
- Reverend Scudder

Healing Touch is a philosophy, a way of caring, a sacred healing art

Healing Touch is

- An energy based therapeutic approach to healing
- Uses touch to influence the energy system affecting physical, mental, emotional, spiritual health and healing
- The goal of Healing Touch is to restore wholeness through harmony and balance in the energy system, which places the client in a position to self-heal.
Historical and Cultural Perspectives in Healing

What does healing mean?

The word “heal” comes from the Anglo-Saxon word haelan. Haelan comes from the word hal. Hal means “whole”. Haelan means “to make whole”.

Heal is defined as:
1. to make sound, well, or healthy again; restore to health
2. to cure or get rid of (a disease); restore (a wound, sore, etc) to a healthy condition.
3. to free from grief, troubles, evil, etc.
4. (a) to remedy or get rid of (grief, troubles, etc.); (b) to make up (a breach, differences, etc.); reconcile.

In the definition above heal is a word used to apply to more than just the physical aspect of healing. It is encompasses the emotional, mental and spiritual health, too. It is used for the person as a whole.

This “whole” or wholeness is the basis of the concept of holism. Holism is the view that the organic integrative whole is greater than the sum of its parts. When applied to health, holistic health becomes the full connection to the entirety of our being, the whole of our body and our place on this living-breathing earth. Our body, our emotions, our mind and our spirit are in balance. We are whole.

In our culture, healing is often thought of as curing. While curing and healing are synonyms to each other, the root word of cure is care. And from this the definition of cure is as follows:
1. a healing; the act of healing; restoration to health
2. a remedy; that which makes one well
3. a system or method of medical treatment.
4. the care of souls, spiritual charge, curacy.

Unfortunately, cure has also become, culturally, a word imbued with the cessation of all symptoms and a return to original health. While that is sometimes the case it isn’t always the end result.

In Healing Touch our intention is for the restoration of balance and harmony within the energy system. Healing Touch works with the meridians, energy centers and energy fields of our human energy system. This human energy system of ours affects all levels of health: physical, emotional, mental and spiritual. In other words, it works with the ‘whole’ of the person. Working holistically, the energy system returns to harmony and balance and that places the client in a position to self heal.
Healing perspectives

“In every culture and in every medical tradition before ours, healing was accomplished by moving energy.” Albert Szent-Gyorgyi (1960)
The Hungarian physiologist who won the Nobel Prize in Physiology or Medicine in 1937. He is credited with discovering vitamin C.

Everything is energy. We live in a sea of energy. Energy cannot be created or destroyed but can be changed from one form to another. This is the first law of thermodynamics. Energy is the ability to bring about change and/or to do work. Energy is always in motion, moving and flowing. Where energy is restrained and obstructed, discomfort and dis-ease occurs.

Healing Touch stands in the footprints of many who have come before. This work is not new age but very old age. HT is rooted in a history of observation and exploration by many different people, naturalists and scientists throughout time.

1. A brief and not comprehensive history of subtle energy awareness

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<th>Time</th>
<th>Region/Society</th>
<th>Description</th>
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<td>Egypt, India, Tibet, China &amp; Americas&quot;iv</td>
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<td>American Indians&quot;v</td>
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<td>Shaman, Medicine person, Healer, Paco</td>
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<td>50,000 B.C.E.</td>
<td>Egyptians&quot;vi</td>
<td>From Tehuty, or the Greek name Hermes, wrote of Egyptian priesthood. They kept an oral tradition. Each chakra associated with different elements and its' viewpoint i.e. life is fire, water etc. 1. Fire 2. Water, 3. Air, 4. Earth, 5. Ether 6. Radium 7. Magnetum &quot;vi</td>
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<td>15,000 B.C.E.</td>
<td>American Indians&quot;vii</td>
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<td>Persian prophet Zarathustra &quot;ix</td>
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<td>15,000 B.C.E. approx.</td>
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<td>Sources of Intercession to Healing &quot;xiii</td>
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<tr>
<td>50-95 A.D.</td>
<td>Bible references in both old and new testaments</td>
<td>Sources of Intercession to Healing &quot;xiii</td>
</tr>
</tbody>
</table>

Sources of Intercession to Healing "xiii

God (No Intercession) Jesus
<table>
<thead>
<tr>
<th>Time</th>
<th>Place/Person</th>
<th>Name of Energy</th>
<th>Properties Attributed to It</th>
</tr>
</thead>
<tbody>
<tr>
<td>5,000 B.C.E.</td>
<td>India</td>
<td>Prana</td>
<td>The basic source of all life</td>
</tr>
<tr>
<td>3,000 B.C.E.</td>
<td>China</td>
<td>Ch’I Yin and yang</td>
<td>Present in all matter</td>
</tr>
<tr>
<td>500 B.C.E.</td>
<td>Greece: Pythagoras</td>
<td>Vital energy</td>
<td>Perceived as a luminous body that could produce cures</td>
</tr>
<tr>
<td>1500s</td>
<td>Europe: Paracelsus</td>
<td>Illiaster</td>
<td>Vital force and vital matter; healing; spiritual work</td>
</tr>
<tr>
<td>1600s</td>
<td>Gottfried Wilhelm von Leibnitz</td>
<td>Monads</td>
<td>Centers of force containing their own wellspring of motion</td>
</tr>
<tr>
<td>1700s</td>
<td>Franz Anton Mesmer</td>
<td>Magnetic fluid</td>
<td>Could chord animate and inanimate objects; hypnosis; influence at a distance</td>
</tr>
<tr>
<td>1800s</td>
<td>Wilhelm von Reichenbach</td>
<td>Odic force</td>
<td>Comparison to electromagnetic field</td>
</tr>
</tbody>
</table>

**Historical References to a Universal Energy Field by Barbara Brennan**
<table>
<thead>
<tr>
<th>Date</th>
<th>Person</th>
<th>Observed</th>
<th>Properties Found</th>
</tr>
</thead>
<tbody>
<tr>
<td>1911</td>
<td>Walter Kilner</td>
<td>Aura</td>
<td>Used colored screens and filters to see 3 layers of the aura; correlated auric configuration to disease</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Human Atmosphere</td>
<td></td>
</tr>
<tr>
<td>1940</td>
<td>George De La Warr</td>
<td>Emanations</td>
<td>Developed radionics instruments to detect radiation from living tissues; used it for diagnosis and healing from a distance</td>
</tr>
<tr>
<td>1930-50</td>
<td>Wilhelm Reich</td>
<td>Orgone</td>
<td>Develop a mode of psychotherapy utilizing the orgone energy in the human body; studied energy in nature and built instruments to detect and accumulate orgone</td>
</tr>
<tr>
<td>1930-60</td>
<td>Harold Burr and F.S.C. Northrup</td>
<td>Life field (LF)</td>
<td>LF directs organization of an organism; developed idea of circadian rhythms</td>
</tr>
<tr>
<td>1950s</td>
<td>L.J. Ravitz</td>
<td>Thought field (TF)</td>
<td>TF interfered with LF to produce psychosomatic symptoms</td>
</tr>
<tr>
<td>1970-89</td>
<td>Robert Becker</td>
<td>Electromagnetic field</td>
<td>Measured direct current control systems on the human body; correlated results with health and disease; developed methods to enhance bone growth with electrical current</td>
</tr>
<tr>
<td>1970-80s</td>
<td>John Pierrakos, Richard Dobrin, and Barbara Brennan</td>
<td>HEF [human energy field]</td>
<td>Correlated clinical energy field observations with emotional response; low-light-level darkroom measurements correlated to hamn presence</td>
</tr>
<tr>
<td>1970s</td>
<td>David Frost, Barbara Brennan and Karen Gestla</td>
<td>HEF</td>
<td>Laser bending with HEF</td>
</tr>
<tr>
<td>1970-90</td>
<td>Hiroshi Motoyama</td>
<td>Ch’I</td>
<td>Electrically measured the acupuncture meridians; used for treatment and diagnosis of disease</td>
</tr>
<tr>
<td>1970-90</td>
<td>Victor Inyushin</td>
<td>Bioplasma</td>
<td>HEF has a bioplasma composed of free ions; fifth state of matter; balance of positive and negative ions = health</td>
</tr>
<tr>
<td>1970-90</td>
<td>Valerie Hunt</td>
<td>Biofield</td>
<td>Electronically measured the frequency and location of the biofield on human subjects; correlated results with aura results</td>
</tr>
<tr>
<td>1960-90</td>
<td>Andria Puharich</td>
<td>Life-enhancing field</td>
<td>Measured life-enhancing alternating magnetic fields (8 Hz) from healers’ hands; found that higher or lower frequencies are detrimental to life.</td>
</tr>
<tr>
<td>1980-90</td>
<td>Robert Beck</td>
<td>Schumann waves</td>
<td>Correlated healers’ magnetic pulses with pulsations of the earth’s magnetic field, the Schumann waves</td>
</tr>
<tr>
<td>1980-90</td>
<td>John Zimmerman</td>
<td>Brain waves</td>
<td>Showed that healers’ brains go into right/left synchronization in alpha, as do patients’</td>
</tr>
</tbody>
</table>
Science, quantum physics and Healing Touch

Looking through the lens of quantum physics, the Western worldview of energy continues to change. The days of seeing the world as a solid object are over. Sensing the smallest particles of energy and the electromagnetic nature of life is here.

Beginning in the 19th century with James Clerk Maxwell’s discovery of magnetic properties to Max Planck’s (the founder of quantum physics) observations, the world we actually live in is not solid but spacious and composed of atoms, electrical particles and more. When Albert Einstein put forth his Theory of Relativity, quantum physics took another leap forward. Our nature of reality became a reality that is inseparable from the whole. Space, time and the very structure of universe are a whole and inseparable from its parts. Today, Quantum theory continues to evolve and grow different branches such as quantum mechanics, quantum field theory, quantum gravity, and quantum optics.

Healing Touch falls, scientifically, into quantum field theory. This is the branch of quantum physics that is concerned with the theory of electromagnetic fields. The energy of our human body is electro-magnetic in nature. This is a scientific fact. We are pure energy and our human energy system is in dynamic energetic interplay. Through using the techniques in Healing Touch, we are working with these electro-magnetic fields we naturally, organically restore balance and harmony to the energy system and consequently help the body to self-heal.
The History of Healing Touch

The Healing Touch Certificate Program was developed by Janet Mentgen, RN, BSN (1938-2005) during her nursing career. Over the last 25 years of her life she was committed to studying, practicing, and teaching energy therapies. Healing Touch developed from her study and experience with other healers and her own practice and teaching through courses she offered in nursing continuing education in a Denver community college in the 1980’s. Her healing practice helped her understand and implement the energy techniques and provided the basis for the self-care emphasis within the curriculum.

In 1988, Janet was honored as the holistic nurse of the year by the American Holistic Nurses’ Association (AHNA) for her outstanding work in teaching touch therapies and for its impact on individuals and community. AHNA’s efforts to bring energy therapies within their organizational framework created an opportunity for Janet and others to offer Healing Touch in Memphis, Tennessee, and in Gainesville, Florida as a pilot project in 1989. Due to its success, Healing Touch became a certificate program of the AHNA in 1990 with 25 programs offered across the USA in that first year. Colorado Center for Healing Touch, Janet's for-profit business, was established as a provider of Healing Touch classes.

AHNA began offering certification for Healing Touch practitioners and instructors in 1993. In 1996 due to its tremendous growth and diversity of the practitioners, Healing Touch International, Inc., a non-profit educational organization, was formed to administer the certification program while also providing community and continuing education, and promoting Healing Touch research and health care integration. AHNA continued to support Healing Touch by providing endorsement for the Healing Touch Certificate Program.

Healing Touch International, as the professional membership organization, has as its mission to spread healing and light worldwide through the heart-centered practice and teaching of Healing Touch. There are over 2000 members of HTI with over 200 certified instructors and nearly 2000 Certified Healing Touch Practitioners.

In July 1997 Healing Touch International Foundation, Inc. was also 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.

Healing Touch continues to expand worldwide and is now currently taught throughout the United States of America, Canada, Australia, New Zealand, Finland, Sweden, The Netherlands, Germany, Romania, India, South Africa, Trinidad, Italy, and South America. Over 50,000 individuals have taken Healing Touch classes. Classes are offered through independent instructors and businesses, universities, and health care facilities. New areas are continually opening and requests are being received from the international community to continue to offer programs. Healing Touch is in harmony with people from all walks of life.

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Healing Touch historical overview:

• Grew out of the nursing practice of Janet Mentgen, RN, BSN
• 1989 pilot program at the University of Tennessee and Gainsville, FL
• 1990 HT Program sponsored by the American Holistic Nurses’ Association (AHNA)
• 1993-1996 American Holistic Nurses’ Association certification program
• 1994 Energy Field Disturbance nursing diagnosis approved by North American Nursing Diagnosis Association (NANDA)
• 1996 Healing Touch International Certification
• 2003 billing Code for Healing Touch – CBCAE
Prerequisites for using Healing Touch

There are prerequisites before using Healing Touch. The primary requirement is connecting with that place of compassion for others and standing in this integrity. The inherent respect of the unity of all life, its wholeness and accepting others as who they are is expected.

Additionally:
- Being in fairly good health
- Willing to discipline oneself
- Letting go of expectation and outcome
- Being open in mind and heart
- Being motivated to help others. Strong desire to alleviate suffering
- Having the intention for the highest good to assist and help

Healer Preparation

The healer must prepare his/herself in order to facilitate a healing experience. The steps of healer preparation are centering, attuning and grounding. Healer preparation places a healer in the highest condition to assist another with their healing journey.

Healer preparation takes place before all Healing Touch interventions.

Centering:

Centering is holding a mindful place within of being present, connected within and open. The goal of centering is to let go of the ego in order to connect more consciously and deeply with the inner self and engaging with a Higher power. Centering causes the healer to be fully present and open to another and their process.

The ability to center is practiced even outside of healing work. A daily meditative practice is a way to enhance and deepen the centering ability.

This ability to center is essential for a healer. Centering is focus and concentration. It is the ability to hold intention and focus through the mind, heart and hands throughout the entire process. Centering is learned and strengthened through practice. A skilled healing practitioner can pause for a moment and be centered immediately.

Centering process:vii:
- Stand behind or alongside the client.
- Breathe deeply.
- Gently close your eyes and go inside
- Notice your breathing. It should be even and relaxed.
- With each exhale, release tension, worry and thoughts.
- With each inhale, take in calming energy, replenishing the self.
- Take deep and cleansing breaths.
- Continue the pattern until you are fully present and focused.
- Feel grounded in this moment
**Attuning**

Attuning brings into agreement and harmony the healer’s centered energy system with the client’s energy system. The healer attunes first to a Higher power and sets the intention for the session. Once done, the healer attunes with the client.

Intention is the key ingredient in attuning. Intention is the intent to be a calm, focused conduit for the universal life force energy and to direct it to the energy system of the healee. Intention is not an emotion or a personal desire but a much deeper force that mobilizes and focuses our whole being, our mind, body, heart and spirit, to carry out a specific purpose.

Attuning with the client is initiated through either physical touch or, if the client does not wish to be touched, a few inches off the body. Through attuning the healer and client enter into the healing relationship.

**Intention process:**
- Feeling centered and attune with compassion and Higher power
- Go deeper within
- Breathe
- State silently “I set the intention for the highest and greatest good for this session”. Feel free to modify this according to what feels right.
- Feel grounded in the moment.

**Attuning process:**
- Ask the client for permission to do Healing Touch.
- Ask the client for permission to touch.
- Place hands lightly on the shoulders or a few inches off the body.
- Hold position until healer notices a harmonizing.

**Grounding**

Grounding assists both the healer and client to be in the present moment and feel connected to the earth. Grounding occurs:
- for the healer after the healer has set intention
- for the healer and client at the completion of the Healing Touch session.

There are many ways to ground. Begin with touching and holding the feet, and then have the client participate that brings them back into the present moment. Suggestions are have client feel their feet meet the ground and sense solidity, call the client’s name, have client notice the sounds of the room, stretch their fingers, toes and bodies.

**Grounding process:**
- Healer touches and holds feet of client.
- Healer mentally and energetically releases the both healer and client’s energy fields.
Healing Touch Level 1 Techniques

Healing Touch techniques are also called Healing Touch interventions

**Full body techniques**

1. Basic Healing Touch Sequence (HT Student Notebook, p. 27)
2. Magnetic Clearing 2:1 (Hover-Kramer Pg.130)
3. Chakra Connection 2:1 (Joy Pg. 269-275, HT Student Notebook, p.)
4. Chakra Connection 1:1, Self sequence (Joy Pg. 269-275, HT Student Notebook, p.))
5. Chakra Spread (Hover-Kramer Pg. 131-133)
6. Scudder technique (HT Student Notebook, p. 31)

**Localized, specific techniques**

7. Mind Clearing (Hover-Kramer Pg. 137-143)

Pain management techniques (Hover-Kramer Pg.135-137, 143, 149)
8. Laser
9. Ultrasound
10. Pain Drain
11. Pain Ridge
12. Wound sealing

Headache techniques (Hover-Kramer Pg. 158-159)
13. Tension, sinus and migraine
Basic Healing Touch Sequence

Description:
The basic Healing Touch sequence is a process used in the Healing Touch program to influence the human energy field. The basic Healing Touch sequence comes from Janet Mentgen’s experience of over 20 years of working with the human energy system and study of Alice Bailey’s work and other healers.

Indications:
Promote relaxation
Relieve pain
Promote restoration of the body
Decrease anxiety, tension and stress
Accelerate wound healing
Promote a sense of well-being

General Information:
The basic Healing Touch sequence is used to clear, energize and balance the energy field, affecting physical, emotional, mental and spiritual health and healing.

This is a beginning sequence in the Healing Touch program that can be sued as a basic treatment for all ages and all conditions.

The basic Healing Touch sequence can be done on a local area related to a symptom / finding or on the whole body.

A localized session can be five to ten minutes where a basic Healing Touch session is usually twenty minutes or longer.

Procedure for the Basic Healing Touch Sequence:
The procedure for the basic Healing Touch sequence consists of the following seven steps:
1. Intake
2. Healer Preparation
3. Pre Treatment Energetic Assessment
4. Healing Touch Intervention
5. Post Treatment Energetic Assessment
6. Ground & Release
7. Evaluation & Feedback

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1. **Intake**

   **Definition**

   Identify the client’s reason for coming.
   Obtain permission for receiving healing work

2. **Healer Preparation**

   **Definition**

   In order to facilitate a healing experience, the healer must prepare. The healer starts with centering and attuning, which places the healer in the highest condition to assist another with their healing journey.

   **Centering**

   **Centering Definition**

   Centering is being fully present, connected within, focused and open to guidance. The goal in centering is for the practitioner to clear the ego in order to connect more deeply with the inner self, connect to a Higher Power, be fully present and be open to another. An on-going meditation practice enhances and deepens centering.

   An experienced healer only needs to pause a moment and centering becomes almost automatic.

   **Centering process**

   Stand behind or alongside the client.
   Breathe deeply.
   Gently close your eyes and go inside
   Notice your breathing. It should be even and relaxed.
   With each exhale, release tension, worry and thoughts.
   With each inhale, take in calming energy, replenishing the self.
   Take deep and cleansing breaths.
   Continue the pattern until you are fully present and focused.
**Attuning**

Definition and Process
It is important to attune to your client and set the intention for the healing for the client’s highest good. Attuning to the client is a process of entering relationship with a client is a process of entering relationship with a client through physical touch. This can be done by placing the hands on the shoulders.

3. **Pre Treatment Energetic Assessment**

   **Hand Scan**

   Definition – Hand Scan is a gentle movement of the hands scanning or covering the body to determine differences in the energy field. The sensations during the scanning may be: vibrating, tingling, quieting, blocking, denseness, flowing, feelings of pain, pressure, pulsation, temperature differences. All of these can be clues to a problem.

   Goal – The goal is to assess the energy field and identify differences and flow.

   Use – Hand Scan is used to determine the condition of the energy field prior, during and after any energy interventions.

   Procedure – Starting at the head scan for differences using the palms of the hands. The hands are close to the body, moving continuously and slowly through the field.

   After scanning the head, neck and shoulders, move to the side and continue scanning down the front of the body, arms, legs and back.

   Scan the edge of the entire field by stepping away six to eight feet until outside the person’s energy field and slowly move forward until you find the edge of the field. Notice any differences: in the shape of the field, absence in any area, fullness, surges and depressions. Identify areas that may be described as leaks, tears, bracing, blocking, withdrawing, shielding, compacting, density, warmth, pain, coolness or icing. Label these areas with words and draw them on a human figure.
4. Healing Touch Intervention

Magnetic Passes

Definition
Magnetic passes clear congestion or density from the field.

1. Hands in motion

Procedure
Both hands are placed one to six inches above the skin or clothing in the energy field. The hands are held open with the palms facing the body, brushing down or down and away, with one hand followed by another. The hands move from head to toe down and away from the body using either short or long connecting strokes in a graceful sweeping motion. Move the hands completely off the body far enough for pain and congestion to drop away.

Moving the hands away from the body may be exaggerated as needed especially if the energy or pain feels stuck. It may be done over a specific part of the field or over the entire body from above the site of injury to pain to well below it.

2. Hands still

Procedure
Rest the hands on the body in the area of concern. The hands may be in front and back, next to each other or around a joint. Hold in place for a period of time to initiate flow or absorb or release energy. Keep the hands in place until a change is noted, such as fullness or warmth indicating the energy has shifted, resulting in balance or energy flow.

5. Post Treatment Energetic Assessment

After the work is completed reassess the field to determine the effect of the intervention. Observe changes in the client. The energy clues are subtle. These could be: blocked areas flow, hot areas cool, pulsations begin, throbbing stops, pain intensifies and then releases, or pain quietly subsides.

6. Ground & release

Grounding assists the client to be in the present moment and connected to the earth. Ways to do this include: touching and holding the feet, calling the person’s name or having them stretch fingers and toes.

Mentally and energetically release from the client’s energy field.

7. Evaluation & Feedback

Evaluate the client’s experience. Note any changes in relaxation, breathing, muscle tension, and skin color. Ask for the client’s feedback.
Scudder Technique

**Definition**
The Scudder Technique is a light touch energy technique that is gentle and calming to give and receive. It alters the stagnant energy that accumulates, thereby promoting energy flow and relaxation.

**Source**
This technique was taught to Sharon Scandrett-Hibdon by the Reverend John Scudder from Illinois.

**Goal**
The purpose of the Scudder Technique is to promote relaxation and alter energy flow throughout the whole body.

**Use**
It is used to smooth energy lines and remove stagnant energy from areas that tend to accumulate, i.e., the joints, palms, suprasternal notch, hips, feet and shoulders. It is excellent to use for joint problems, such as arthritis, for broken bones, after concentrated work periods where one is in the same position for extended periods of time and while traveling, and for general stress release.

**Procedure**
The client sits in a chair with shoes and socks removed. The healer stands behind the chair. Using light touch, follow the procedure outlined. **Repeat each step three times.**

1. Use both hands and brush the client’s brow.
2. Instruct the client to close eyes and lightly brush across the eyes.
3. Going from the top of the head, brush down, around the ears and give a light tug on the ear lobes.
4. Starting at the chin, brush the jaw and up behind the ear.
5. Move to the client’s left side. Support the client’s arm. Brush from the shoulder to the inside of the elbow.
6. Brush from the elbow to the palm of the hand.
7. Massage the palm and fingers
8. Grasp each finger with your fingers and lightly pull down the fingers removing excessive energy.
9. Remove energy from the suprasternal notch.
10. Lightly brush down the sternum to waist and over to the left side where you are working on.
11. Brush from the hip joint to the back of the knee.
12. Brush from the knee to the inner arch of the foot.
13. Massage the foot and toes.
14. Grasp each toe with the fingers and lightly tug to remove excess energy.
15. Move to the right side and repeat steps 5-14
16. Move to the back. Using the side of the hand, lightly break up energy on the shoulders by tapping, and brush off.
17. Ask the client to bend forward. Lightly brush the back beginning at the coccyx and on either side of the spine, continue to the neck, then brush across the shoulders.
The Human Energy System

The Energy Tracts (Meridians)

The energy tracts or meridians are well-defined circuits of energies that run through our body like rivers. These circuits are called meridians. All meridians make up a network of highways and they are all interconnected. They are the most physically accessible aspect of our energy system. There are 12 main circuits of energy - 6 Yin or earth’s force & 6 Yang or heaven’s force. Usually referred as pairs. These are main channels where essential storage of Ki exists. These are the “classical 12”.

The main circuits are:

<table>
<thead>
<tr>
<th>Yin meridians</th>
<th>Yang meridians</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>Lung</td>
<td>Large Intestine</td>
</tr>
<tr>
<td>Liver</td>
<td>Gallbladder</td>
</tr>
<tr>
<td>Kidney</td>
<td>Bladder</td>
</tr>
<tr>
<td>Spleen/Pancreas</td>
<td>Stomach</td>
</tr>
<tr>
<td>Heart Governor</td>
<td>Triple Heater (warmer)</td>
</tr>
</tbody>
</table>

The energy field (also known as bio-energy field, biofield or aura)

There are 7 layers to bio-energetic field: Each layer appears different and has its own function. Each layer is associated with a chakra i.e. first layer = root, second layer = spleen etcetera.

Each layer is nested into each other like nesting glasses. Each layer vibrates as sound moving up the sound scale in higher frequencies.

Healing Touch Level One works with the first four layers.

- 1st layer Etheric Field
  - 1 to 2 inches off the body.
  - It is the body’s physical double.
  - Perceived as light blue grey lines of light.

- 2nd layer Emotional field
  - 1 to 3 inches off the body.
  - It is the lower emotional level of feelings and emotional patterns.
  - Perceived as clouds of rainbow color.

- 3rd layer Mental field is 3 to 8 inches off the body.
  - It is the thought processes, mental ideas, and personal beliefs.
  - Perceived as yellow lines of light.

- 4th through 7th layers.
  - Intuitive or spiritual field up to 2 feet off the body.
  - Place where our higher purpose, goals, and relationship to the Divine is reflected.
The Energy centers (Chakras)

The auric system (chakra system) is the repository of every thought and feeling ever experienced by a human being in his or her life and living. There is a specific and immediate correspondence between thought and feeling and the auric system.

There have been and continue to be many books written about the chakra system. Below is a basic overview of the seven (7) chakras defined through location, physical area of influence, basic psychological function and color frequency.

<table>
<thead>
<tr>
<th>Location</th>
<th>Physical area</th>
<th>Major psychological function</th>
<th>Color frequency</th>
<th>Sound frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Root</td>
<td>Coccyx, Base of spine</td>
<td>Physical support of body: Hips, legs, feet</td>
<td>Red</td>
<td>&quot;Oh&quot; as in 'Om'</td>
</tr>
<tr>
<td>Sacral, 2 inches</td>
<td>Lower abdomen, reproductive system, pelvis and organs/bones/muscles within this area</td>
<td>Feeling and emotional center, social, partnership arena and creativity</td>
<td>Orange</td>
<td>&quot;Ooo&quot; as in 'cool'</td>
</tr>
<tr>
<td>Solar Plexus</td>
<td>Upper abdomen and organs/bones/muscles within this area</td>
<td>Personal power thinking, self-esteem, achieving energy</td>
<td>Yellow</td>
<td>&quot;Haa&quot; as in 'ha'</td>
</tr>
<tr>
<td>Heart</td>
<td>Heart, circulatory system, entire chest, thymus, organs/bones/muscles within this area</td>
<td>Unconditional love center, caring, forgiveness</td>
<td>Spring green</td>
<td>&quot;Ah&quot; as in 'father'</td>
</tr>
<tr>
<td>Throat</td>
<td>Throat, thyroid, parathyroid, hypothalamus and bones/muscles within this area</td>
<td>Expressing, creating, speaking truth</td>
<td>Sky, turquoise blue</td>
<td>&quot;E&quot; as in 'seed'</td>
</tr>
<tr>
<td>Brow</td>
<td>Middle of forehead</td>
<td>Seeing clearly, higher vision, intuition</td>
<td>Indigo</td>
<td>&quot;Mmm&quot; as in 'mmm, mmm, good'</td>
</tr>
<tr>
<td>Crown</td>
<td>Top of head, fontanel</td>
<td>Being, connection to Oneness, higher power, spiritual center</td>
<td>White, lavender, purple, gold/silver</td>
<td>&quot;Nng&quot; as in 'sing', be very nasal</td>
</tr>
</tbody>
</table>

**Chakra mantra exercise:**

- **Root:** I Am
- **Sacral:** Feeling
- **Solar Plexus:** Confidence
- **Heart:** Loving
- **Throat:** Expressing
- **Brow:** My vision
The Chakra Connection
The Chakra Connection technique was developed by Dr. W. Brugh Joy and can be found in his book *Joy's Way: A Map for the Transformational Journey* on pages 269-275.

**Definition:**
The Chakra Connection is a full body technique that opens, balances, and connects all major chakras and a few minor chakras so that the flow of subtle energy is unencumbered and enhanced.

**Goal:**
The Chakra Connection was created by Dr. Brugh Joy to balance, open and connect the energy centers and support enhanced energy flow in the human body.

**Use:**
The Chakra Connection can be used as a stand-alone technique or in combination with other techniques. It is one of the foundational techniques of Healing Touch.

**Technique:**
The main technique is the Chakra Connection done with one healer on one person. Because of it's effectiveness, two variations of Chakra Connection have arisen since the original technique.

The 3 versions of the Chakra Connection are:
- One on one: One healer on one person as Dr. W. Brugh Joy originally wrote in his book
- Two on one: Two healers on one person
- Doing it for one's self as a form of self care

Please note for all versions of Chakra Connection:
- Each position is held for a minimum of 30 seconds.
- Feel the subtle energy between the chakras has having balanced inducing a fluid flow before moving onto the next step.
**Chakra Connection, One on One sequence**


**One on One sequence:**

Note:
- Stand on the right side of the person.
- When the flow feels free and unencumbered, the next connection can be made.

**The chakra connections are made in this sequence:**
1. The subject's right foot to right knee: with operator's right hand over subject's right foot, left hand over subject's right knee.
2. Right knee to right hip: with operator's right hand over subject's right knee, left hand over right hip.
3. Left foot to left knee: right hand over left foot, left hand over left knee.
4. Left knee to left hip: right hand over left knee, left hand over left hip.
5. Right hip to left hip: right hand over left hip, left hand over right hip.
6. Root chakra to lower-abdomen chakra; left hand over lower abdomen, right hand over root.
7. Lower abdomen to solar plexus: right hand over lower abdomen, left hand over solar plexus.
8. Solar plexus to spleen: left hand over solar plexus, right hand over spleen.
9. Solar plexus to heart; right hand over solar plexus, left hand over heart.
10. Heart to mid-chest: left hand over midchest, right hand over heart.
11. Right hand to right elbow; right hand over right wrist, left hand over right elbow.
12. Right elbow to right shoulder: right hand over right elbow, left hand over right shoulder.
13. Left hand to left elbow; right hand over left wrist, left hand over left elbow.
14. Left elbow to left shoulder: right hand over left elbow, left hand over left shoulder.
15. Right shoulder to left shoulder; right hand over left shoulder, left hand over right shoulder.
16. Midchest to throat: left hand over throat, right hand over mid-chest.
17. Throat to forehead; right hand over throat, left hand over forehead.
18. Forehead to crown: right hand over forehead, left hand over crown.
19. Crown to transpersonal point; right hand over crown, left hand, palm side directed towards the transpersonal point.

When making the root-to-crown connection, the energy flow should feel unobstructed between the operator's right and left hands.

Chakra Connection, Two on One sequence:

Chakra Connection by Dr. Brugh Joy
Two on One sequence paraphrased by Lucrezia Mangione

Note: There are slight differences in the Chakra Connection, Two on One sequence from the Chakra Connection, One on One sequence:

- No connection is made between the high heart and spleen minor chakras.
- No connection is made between the crown chakra and transpersonal point.
- The Chakra Connection stops at the crown chakra.
- The last step of this two on one variation of the Chakra Connection is "a gentle sweep". The pace of this sweep is gentle and quick about 5-10 seconds. Keep in mind the movement is centered, smooth and fluid. It is done in synchrony together with your partner.

Two on One Sequence:

1. Both healers stand at foot of person.
2. Healers stand face-to-face, palm-to-palm. Attune first with each other, then with healee.
3. Move to each side of person and each healer places a hand over subject's foot and the other hand over subject's knee.
4. Before moving to next position, check non-verbally with partner for the balance of energy.
5. Each healer's lower hand goes to knee, upper hand goes to hip
6. Before moving to next position, check non-verbally with partner for the balance of energy.
7. Both healers leave their hand on hip. One healer moves their other hand to root chakra and one healer moves their other hand to second chakra. Together you are connecting, balancing and opening flow in both minor chakras of hips, the root and sacral chakras.
8. Before moving to next position, check non-verbally with partner for the balance of energy.
9. Both healers leave their hand on the root and sacral respectively. The healer whose hand is on root places other hand on solar plexus chakra. The healer whose hand is on sacral places other hand on heart chakra. Together you are both connecting, balancing and opening flow in the four major chakras of root, sacral, solar plexus and heart energy centers.
10. Before moving to next position, check non-verbally with partner for the balance of energy.
11. Each healer gently moves hands to person's arm nearest them. Lower hand upon wrist, upper hand on elbow.
12. Before moving to next position, check non-verbally with partner for the balance of energy.
13. Each healer's lower hand moves to elbow and upper hand moves to shoulder.
14. Before moving to next position, check non-verbally with partner for the balance of energy.
15. Both healers leave their hand on shoulder. One healer moves their other hand to heart chakra and one healer moves their other hand to throat chakra. Together you are both connecting, balancing and opening flow in both minor chakras of the shoulders, the heart and throat chakras.
16. Before moving to next position, check non-verbally with partner for the balance of energy.
17. Both healers leave their hand on the heart and throat respectively. The healer whose hand is on heart places other hand on brow chakra. The healer whose hand is on throat places other hand on crown chakra. Together you are connecting, balancing and opening flow in the four major chakras of heart, throat, brow and crown energy centers.
18. Before moving to next position, check non-verbally with partner for the balance of energy.
19. Complete the chakra connection with a gentle sweep of the entire energy field from head to toe. To sweep: both healers place and line up their hands side by side above the crown chakra in the energy field then sweep the field down and off the feet.
**Chakra Connection, Self sequence**

Chakra Connection by Dr. Brugh Joy.
Self sequence paraphrased by Lucrezia Mangione

Note: The self-chakra connection is typically done in a sitting position though it can be done standing or lying down. It is identical to the Chakra connection, One on One with the exception, of course, of doing it on and for you for self-love, self-care and well-being.

**Self sequence:****

1. Hold foot and knee by placing one hand over or on foot, other hand over or on knee.
2. Hold knee and hip by moving lower hand to knee and upper hand to hip.
3. Go to your other leg and repeat steps 1 and 2: Hold foot and knee by placing one hand over or on foot, other hand over or on knee.
4. Hold knee and hip by moving lower hand to knee and upper hand to hip.
5. Hold both your hips.
6. Hold root and sacral chakras by moving one hand to root and other hand to sacral
7. Connect sacral and solar plexus chakras by moving lower hand from root to your sacral and move upper hand from sacral to solar plexus.
8. Connect solar plexus chakra and spleen minor chakra by keeping your hand upon solar plexus and moving other hand from sacral to spleen minor chakra. This minor chakra is located directly over the spleen organ.
9. Connect solar plexus and heart chakras by moving hand on the solar plexus up to the heart chakra and slide your other hand from the spleen minor chakra over to the solar plexus.
10. Connect heart and high heart chakras by moving hand on the heart chakra up 2-3 inches to the high heart chakra and slide your other hand from the solar plexus chakra to the heart.
11. Your arms are next. Using both hands hold each wrist.
12. Then, using both hands, hold each elbow.
13. Then, using both hands, hold each shoulder (like hugging yourself).
14. Connect high heart minor chakra and throat chakra by moving and placing hand on the high heart minor chakra and the throat chakra.
15. Connect throat and brow chakras by moving hand on the throat up to the brow chakra and slide other hand from the high heart minor chakra up to the throat chakra.
16. Connect brow and crown chakras by moving hand on the brow up to the crown chakra and slide other hand from the throat chakra up to brow chakra.
17. Connect crown and transpersonal point by moving and flipping hand on the crown palm up and raising hand 6-18 inches above crown chakra to connect to transpersonal point and move other hand from the brow chakra up to the crown chakra.
18. Drop arms gently into lap and rest in the energy flowing more freely within your system.
The Chakra Connection hand positions

The next steps: Applying what you’ve learned and Self-Care

1. Practice daily self care: balance your energy system with Chakra Connection, Self sequence, p. 37. See pages 40-41 for further suggestions.

2. Practice Groups: meet with monthly practice groups

3. Get together with fellow students: gather with your fellow students and do an exchange

4. Practice on loved ones: friends, family, animals and plants

5. Read books and videos

6. Follow your yearning for learning
Self Care

156 Ways to Feel Better by Lucrezia Mangione

Meditate
Go for a walk
Watch the sun set
Notice your breath and breathing
Eat a piece of chocolate, slowly savor it
Focus on your breath and breathe
Rub your feet
Hug a tree
Take a walk
Hum a tuneless tune
Take a nap
Watch the stars/stargaze
Hug yourself
Think of someone who loves you deeply
Remember the last happy memory you had & feel it
Say thank you to your parent or guardian
Move your body in any way it wants to.
Play your favorite music.
Stretch. Do yoga.
Make a funny face or a few, for that matter.
Massage your head
Get something accomplished
Take a drive to no place in particular
Look at someone smile
Look through a photo album
Watch leaves on a tree move
Compliment someone
Make a healthy drink
Draw something, anything
Do a random act of kindness
Bend, stretch and touch your toes
Try something new
Read a comic book
Go outside and notice the nature
Call an friend
Scream or vocalize very loudly
Give yourself a pedicure
Give yourself a hand massage
Take a hot bath
Take a bath
Watch the sun rise
Really look at a flower
Massage your temples
Fall into a smile
Breathe fully, deeply
Pet your animal friend(s)
Read a book
Sing a song
Tone Om
Listen to sounds of nature
Take a hike
Compliment your self
Dance
Send your love to Mother Earth
Pick out your favorite colors where you are
Massage your face
Call a friend
Play an instrument
Lie on the grass
Watch the clouds go by
Watch a good movie
Drink a cup of herbal tea
Ride a bike
Flex your toes
Bird watch
Give yourself a manicure
Think a positive thought
Visit http://www.dailypuppy.com
Make silly sounds
Be still
Feel the wind on your face
Write a note or email to a loved one
Wash your face slowly
Visit http://CuteOverload.com
Water the plants in your home or office
Give yourself a foot massage
Take a soothing shower
Be in nature
Inspire a smile
Scribble
Compliment a friend
Compliment a stranger
Touch some grass with your hands and really feel it
Feel the rain dropping on your face
Feel the sun on your skin
Groom yourself
Open a book at random
Close your eyes
Take a nap
Tell a joke
Make a funny face or two
Stare at a tree
Do nothing
Turn your cell phone off
Walk backwards
Jump up and down
Whistle
Do nothing
Do some deep knee bends
Do jumping jacks
Say your name backwards
Pick a flower
Light a candle, watch the flame
Turn your computer off
Send love to a country in need
Whistle
Send love to a friend in need
Send love to a family member in need
Tell a joke
Send love to the earth
Offer your hand in help
Send love to an animal friend in need
Shout Yay! Yippee!
Touch your skin and notice
Ask for help
Yawn
What do you see when you close your eyes?
Take one day at a time
Laugh at yourself
Do one thing at a time
Look out the window and gaze
Yawn
See the bigger picture
Forgive
Make a funny face or two
Forgive for a mistake
Tell a joke
Send love to a friend in need
Shout Jai-Ho!
Trust yourself
Make a funny face or two
Start a gratitude or appreciation journal
Write with your non-dominant hand
Say your name backwards
Send love to a country in need
Say your name backwards
Write a poem
Send love to a family member in need
Make coffee break a meditation break
Send love to the earth
Count your blessings and make a list!
Send love to an animal friend in need
Play with your pet
Send love to an animal friend in need
Reduce your caffeine intake
Tell a joke
Reduce your sugar intake
Shout Jai-Ho!
Futz around your house for a bit, an hour or two
Smell a flower
Delete all the emails in your inbox without reading them
Learn to say no
Think of your favorite color and imagine yourself as that color-immersed
Rub your belly
Express and vocalize sounds even if it’s nonsensical
Shout Jai-Ho!
Inhale, puff out your cheeks, hold your breath and exhale
Make coffee break a yoga break
Move to that place of stillness and peace where you are one with all that is
What’s one skill or talent you know you have? Ponder that.
Think of your favorite color and imagine yourself as that color-immersed
Putz around your house for a bit, an hour or two
Express and vocalize sounds even if it’s nonsensical
Delete all the emails in your inbox without reading them
Inhale, puff out your cheeks, hold your breath and exhale
Think of your favorite color and imagine yourself as that color-immersed
Inhale, puff out your cheeks, hold your breath and exhale
Healing Touch International, Inc.

Healing Touch International, Inc. is a non-profit certification, education, and membership organization that serves Healing Touch providers, instructors, and the general public. The organization, established in 1996, certifies Healing Touch Practitioners and Instructors, coordinates Healing Touch research, assists integration of Healing Touch into healthcare settings, and promotes the work of Healing Touch around the world.

The organization was established in 1996 by Healing Touch founder Janet Mentgen, a nurse who wanted to bring greater healing and well-being to her patients. Healing Touch is endorsed by the American Holistic Nurses Association and is taught in universities, medical and nursing schools and other settings internationally.

VISION
Spread Healing, Light and Love, restoring wholeness on Earth.

MISSION STATEMENT
Our mission is to spread healing and light worldwide through the heart-centered practice and teaching of Healing Touch. It is fulfilled by this non-profit membership and educational organization which:

- Administers the Certification process for Healing Touch Practitioners and Instructors
- Sets international standards of practice and international code of ethics for practitioners and instructors
- Supports Healing Touch Practitioners and Instructors as they develop, practice and serve communities worldwide
- Promotes and provides resources in health care integration and research in Healing Touch
- Provides opportunities for promotion of and education about Healing Touch.

BELIEFS
To reach this vision, the following beliefs serve as the foundation of this organization:

HTI is:
- International certification
- International standards of practice and code of ethics
- Continuing education
- Healing Touch research
- Healing Care Integration Assistance
- International certification after completing intense multi-level study and application process.
- Over 75,000 participants in 11 years

As an international organization, we value the role of providing certification for Healing Touch Practitioners and Instructors around the world. Certification is an extremely important process of quality assurance for those practicing Healing Touch and to the public who desire assurance of the competency of the persons practicing and teaching Healing Touch.
Certification sets Standards of Practice and then provides a measure to discern whether or not a practitioner meets that standard. The Standards of Practice include a predefined level of skills and knowledge, which embodies the principles and theoretical constructs of the Healing Touch Program.

As health care delivery continues to evolve, we believe that complementary healing modalities will be included as viable, cost-effective medicine. To meet this belief, Healing Touch International, Inc. is committed to research and documentation of the impact of Healing Touch on the client specifically, the practitioner, and the health care system generally.

With the evolution of managed care in the health care field, the modalities selected for insurance reimbursement will come under close scrutiny. The Healing Touch Program has established itself in the health care community as a highly ethical, credible program.

This program has been proven to train highly skilled practitioners who have committed to a rigorous course of study to complete the practitioner level of education. Those who complete certification have "gone the extra mile" to measure up to an International Standard of Credentialing and Code of Ethics.

Credentialing is an essential and accepted part of managed care participation now and in the future. The role of Healing Touch International, Inc. is to be recognized as the official body to ensure to the public that this level of practice and instruction is achieved.

Healing Touch International, Inc. is the professional non-profit organization for Healing Touch. We set standards for practice, administer certification, coordinate research & health care integration, & provide educational opportunities.

HTI Certification of Healing Touch Practitioners (CHTPs) and Instructors (CHTIs) is widely recognized in energy therapy training and among our professional colleagues. This certification has been continuously in place and unchanged for the past 15 years, first through AHNA and then through HTI.

The American Holistic Nurses Association (AHNA), a professional nursing organization, has provided endorsement of the HTI Healing Touch Certificate Program since 1997. Having met predetermined criteria for endorsement, this recognition by AHNA provides recognition, value and credibility to HTI’s Certificate Program in Healing Touch.

Research on Healing Touch brings credibility to Healing Touch while expanding our knowledge base about this work. HTI’s Research Director provides consultation for those conducting research on Healing Touch, and HTI publishes a summary of research on our website, along with booklet that provides more detailed information on formal Healing Touch studies and their outcomes.

Integrating HT into healthcare systems is an ongoing priority for HTI. HTI’s Health Care Consultant provides holistic consultations for HT practitioners, health care professionals and administrators wishing to introduce HT into the health care system. HTI also publishes a Health Care Integration booklet that summarizes models of integration and adjunct information necessary for this implementation.

International Development: HTI supports the development of Healing Touch around the world by encouraging and promoting service programs and projects, through scholarship of international conference attendees, and providing an international development committee forum for dialogue.

Instructor and Practitioner Development: Ongoing education is available for HTI Instructors and Practitioners through the annual conference, HTI newsletter, and HTI website. Instructors also benefit from updates and education provided at the annual instructor meeting.

Annual HTI Conference: Healing Touch providers from around the world gather to connect with one another, to learn, and to be inspired. Conference presenters are leaders in energy therapies, medicine, consciousness, and other fields, and bring deep wisdom and the latest information on trends and developments that relate to Healing Touch.

Promotional materials: HTI develops and makes available materials to promote your business including a practitioner brochure, press releases, a Power Point presentation, bumper stickers, and HT day materials.

Community Outreach: HTI has exhibit displays at national conferences, and advocates for Healing Touch worldwide, while maintaining the website www.HealingTouchInternational.org, a resource for information on Healing Touch and the professional window to the world.

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Scope of Practice Statement

Healing Touch International, Inc.
Spreading Healing Light Worldwide

Purpose:
This Scope of Practice statement defines four levels of Healing Touch Practice

Defined Levels of Practice:
I. Student of Healing Touch: has at the minimum completed a Level I course taught by a Certified Healing Touch Instructor and is actively participating in the Healing Touch educational program.

II. Healing Touch Practitioner Apprentice: has completed Level 4 and is participating in a minimum one-year mentorship process with a Certified Healing Touch Practitioner.

III. Healing Touch Practitioner: has completed the 120 contact hour preparation coursework within Levels 1 through 5 and has received a Certificate of Completion issued by the Healing Touch Program Director.

IV. Certified Healing Touch Practitioner: is a Healing Touch Practitioner who, in addition to completing the program, met the certification criteria and was approved by the Healing Touch International Inc. Certification Board.

Healing Touch Educational Program Description:
The Healing Touch curriculum is designed as a multi-level continuing education program. As a continuing education model, it builds upon an individual's previous foundational health care professional preparation.

Each level includes both didactic and experiential learning in which participants use specific healing interventions. The program of study is carefully sequenced in five levels of instruction: Levels 1, 2, 3, 4, and 5. Certificates of attendance with approved continuing education credits are issued at the completion of

The Healing Touch student undergoes a rigorous and comprehensive program that includes 120 hours of standardized curriculum with Certified Healing Touch Instructors. After completion of Level 4, the student begins a minimum one-year mentorship with a Certified Healing Touch Practitioner and documents a minimum of 100 Healing Touch sessions. The Healing Touch program places emphasis on self-care and development of the student. In addition, the student participates in an extensive reading program as well as a wide variety of complementary therapies.
Healing Touch Certification Process:
Prior to 1996, certification was provided by the American Holistic Nurses' Association. Healing Touch International Inc.'s Certification Board has provided certification since 1996.

Description of Healing Touch International:
Healing Touch International is a non-profit educational corporation established in March 1996. It provides the following programs and services: Certification as a Healing Touch Practitioner Healing Touch Research Certification as a Healing Touch Instructor Hospital Nurse Consultant Program (Health Care International Directory of Certified Practitioners Integration) and Instructors Annual International Conference International Standards of Practice/Code of Special Interest Groups Ethics for Healing Touch Practitioners Continuing Education International Scope of Practice Statement Leadership and Support for countries developing Active Ethics Committee Healing Touch programs.

Legal Basis for Healing Touch Practice:
The legal basis for Healing Touch practice is the same as for manual and biofield interventions. The legal basis for practice is inherent under the auspices of the professional preparation of the practitioner who adds Healing Touch to his/her foundational discipline. The individual's professional discipline, educational preparation, and credentials provide the legal parameters for the practice of Healing Touch. This holds true for any manual and biofield therapy.

Approved: 1/18/2000
Updated: 11/25/2005

© 1996 Healing Touch International, Inc. All Rights Reserved.
Practitioner Purpose: The following Code of Ethics/Standards of Practice guide the energetic and holistic practice of Healing Touch.

Definition: Healing Touch is an energy therapy in which practitioners use their hands to enhance and balance the physical, mental, emotional and spiritual well-being of their clients.

Goal: The goal in Healing Touch is to restore harmony and balance in the energy system, facilitating the client’s self healing process.

CODE/STANDARD 1: Scope of Practice
Healing Touch practitioners integrate and practice Healing Touch within the scope of their education, training, current licensing and credentialing. They represent themselves to the public in accordance with their credentials and practice within the guidelines of Healing Touch International’s Scope of Practice statement.

CODE/STANDARD 2: Collaborative Care
Healing Touch is a holistic therapy that is complementary to conventional health care and is used in collaboration with other approaches to health and healing. Healing Touch practitioners must know the limits of their professional competence. Health/medical conditions are to be followed by health care professionals. Referrals are made to appropriate health care professionals as needed.

CODE/STANDARD 3: Self Development
Healing Touch practitioners work from a theoretical and practical knowledge base of Healing Touch. They integrate self care practices to enhance their own physical, emotional, mental and spiritual well-being. They maintain a commitment to ongoing learning and self growth.

CODE/STANDARD 4: Equality and Acceptance
The practitioner and client are equal partners in the process of healing. Honoring individual autonomy, growth and self empowerment, clients will be respected and valued at all times regardless of race, creed, age, gender, disability, sexual orientation or health condition. The Healing Touch practitioner respects the individual spiritual beliefs and practices of the client. Healing Touch does not promote a particular spiritual practice.

CODE/STANDARD 5: Communication and Education
Information given to the client is individualized according to the expressed need, context and personal situation. The explanation about the treatment is conveyed at the level of the client’s understanding. Healing Touch practitioners act as a resource for appropriate education materials that can support the ongoing self care of clients.
CODE/STANDARD 6: Healing Touch Process
The Healing Touch practitioner obtains essential health information, an energy assessment, and sets mutual goals. Appropriate interventions are applied, the energy system is reassessed, and client feedback is obtained. This process serves as the foundation for understanding the health/healing needs of the client and promoting client safety.

Healing Touch is offered only for the benefit of the client, with intention for his or her highest good. The Healing Touch practitioner acts with the commitment to Do No Harm.

CODE/STANDARD 8: Creating a Healing Environment
Healing Touch practitioners provide a safe, welcoming, supportive and comfortable environment that is conducive to healing. The client is empowered to give feedback, modify or discontinue the session at any time. Safe and clear professional boundaries are maintained. Permission for hands-on touch is obtained. Touch is non-sexual and non-aggressive and respects the client’s boundaries. The client is clothed except in professional therapy contexts involving physical or medical interventions requiring disrobing, in which case appropriate draping is provided.

CODE/STANDARD 9: Principle of Healing
Healing Touch practitioners recognize and honor the client’s unique self healing process. The individual is acknowledged as a complex being, who is part of a social system, and is interactive with and is acted upon by their internal and external environments.

CODE/STANDARD 10: Confidentiality
Client confidentiality is protected at all times. Treatment findings are documented appropriately specific to the practitioner’s background and setting. Client records are secured in such a way as to protect privacy and be in compliance with professional and legislative regulations. Client written permission must be obtained prior to release of or reporting of any record or information.

CODE/STANDARD 11: Quality Care
Healing Touch practitioners maintain a commitment to a high standard of quality care. The practitioner obtains supervision and consultation as needed from Certified Healing Touch Practitioners and other qualified professionals.

CODE/STANDARD 12: Professional Responsibility
Healing Touch practitioners represent Healing Touch to the public in a professional manner by exercising good judgment, practicing with integrity and adhering to this HTI Code of Ethics/Standards of Practice.

Standards of Practice Approved: 6/1996
Code of Ethics Revised: 2001
Standards/Code of Ethics Combined/Approved: 12/2006
Healing Touch International, Inc. Board of Directors

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Vision and Mission Statement

Healing Touch International, Inc.

Spreading Healing Light Worldwide

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Spread Healing, Light and Love, restoring wholeness on Earth.

MISSION STATEMENT

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• Administers the Certification process for Healing Touch practitioners and instructors

• Sets international standards of practice and international code of ethics for practitioners and instructors

• Supports Healing Touch practitioners and instructors as they develop, practice and serve communities worldwide

• Promotes and provides resources in health care integration and research in Healing Touch

• Provides opportunities for promotion of and education about Healing Touch

Approved: 1996
Revised: 12/2006
HTI Board of Directors
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Membership Application

Healing Touch International, Inc.
Spreading Healing Light Worldwide

STANDARD MEMBERSHIP PACKAGE
$100 ($35 USD for members of an Affiliated Country Organization)

Includes reduced fees on classes, conference, professional marketing materials, free website listing for CHTPs including your photo, free website listing for CHTIs including your photo and classes, free newsletter subscription and email updates, and reduced fees on research and health care booklets.

I am a Certified HT Practitioner and would like to be listed on the HTI website at no additional cost. The contact information I would like posted is provided below, including my signature.

I already have a listing on the website, but need the following corrections made to it.

Note: Listing may include name, credentials, business name, and how/where to contact you and a photo, which can be sent to us via post office or e-mail at Outreach@HealingTouchInternational.org (Photos cannot be returned.)

Signature: __________________________________________________________

MEMBERSHIP PLUS PACKAGE
$120.00 ($55 USD for members of Affiliated Country Organization)

Includes all the above benefits AND an electronic link to your website. Your website address

BUSINESS MEMBERSHIP
$155.00 ($90 USD for members of Affiliated Country Organization)

Includes all the above benefits AND a full-page business ad on the website, with a second link to your own website at no additional charge. Your website address (submit ad in jpg, txt, tif, or gif format please)

NEWSLETTER SUBSCRIPTION ONLY
$20.00 (A subscription is included with the above memberships)

I would like to contribute $ ___________ to the Scholarship fund to help bring an International HTI Member to the annual conference.

My check is enclosed. Please bill my credit card. Visa / Mastercard / Discovercard
My number is # __________________________________________Exp.________ 3-digit code _______
The Rewards of Membership

Membership Benefits

- Reduced tuition on Healing Touch Certificate Program courses
- Reduced fees on professional marketing materials
- Reduced tuition on Annual Healing Touch International Conference & Instructor Meeting
- Savings on HTI Research Survey and Health Care Integration booklets
- Free Healing Touch Newsletter Subscription
- $75 discount on Practitioner and Instructor certification and renewal fees
- Savings on Healing Touch marketing brochures and other marketing items
- Free website listing for CHTPs including your photo. (Non members pay $55)
- Free website listing for CHTIs including your photo and classes (Non members pay $55)

Your Membership Supports Global Activities

- **HTI Certification** of Healing Touch Practitioners (CHTPs) and Instructors (CHTIs) is widely recognized in energy therapy training and among our professional colleagues. This certification has been continuously in place and unchanged for the past 15 years, first through AHNA and then through HTI.
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Appendix

Resources:

Healing Touch International, Inc.
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Phone: 303-989-7982 Fax: 303-980-868
Staff Email:
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Cathy Nunemaker: Membership Services HTImember@aol.com
Joyce Ramsaur: Administration & Certification Services HTIheal@aol.com
Sandy Priester: Public Relations Outreach@HealingTouchInternational.org
Diane Wardell: Research Director Diane.Wardell@uth.tmc.edu

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American Holistic Nurses Association www.Ahna.org (800) 278-2462
AHNA (928) 526-2196
323 N. San Francisco St. Suite 201 (928) 526-2752 (fax)
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The International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM) is an international
non-profit interdisciplinary organization dedicated to exploring and applying subtle energies as they relate to the
experience of consciousness, healing, and human potential. Founded in 1989
ISSSEEM Central Office Voice: 303-425-4625
11005 Ralston Road, Suite 210 Fax: 303-425-4685
Arvada, CO 80004

The Institute of Noetic Sciences www.Noetic.org
We are a nonprofit membership organization located in Northern California that conducts and sponsors leading-
edge research into the potentials and powers of consciousness—including perceptions, beliefs, attention,
intention, and intuition. The Institute explores phenomena that do not necessarily fit conventional scientific
models, while maintaining a commitment to scientific rigor.
Institute of Noetic Sciences Voice: 707-775-3500
101 San Antonio Road Fax: 707-781-7420
Petaluma, CA 94952 USA
Book List for Healing Touch Students from Healing Touch International

<table>
<thead>
<tr>
<th>Healing Touch Certificate Program Course Work</th>
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<tbody>
<tr>
<td>Hands of Light (Brennan)</td>
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<tr>
<td>Healing Touch: A Guidebook for Practitioners, 2nd Edition (Hover-Kramer)</td>
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<tr>
<td>Joys Way (Joy)</td>
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<td>White Shadow (Wardell)</td>
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<td>Anatomy Coloring Book (Elson)</td>
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<tr>
<th>Energy Medicine/Holism</th>
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<tr>
<td>Anatomy of Spirit (Myss)</td>
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<td>Creation of Health (Myss)</td>
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<td>Creative Energies (Hover-Kramer)</td>
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<td>Eastern Body Western Mind (Judith)</td>
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<tr>
<td>Energetic Approaches to Emotional Healing (Hover-Kramer)</td>
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<tr>
<td>Energy Anatomy (cassette) (Myss)</td>
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<td>Energy Medicine: A Scientific Basis (Oshmari)</td>
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<tr>
<td>Esoteric Healing (Bailey) Holistic Nursing (Dossey)</td>
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<td>Holistic Nursing Curriculum (Dossey)</td>
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<tr>
<td>Light Emerging (Brennan) Pendulum Power (Nielsen/Polansky)</td>
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<td>Spiritual Alchemy: How to Transform Your Life (Page)</td>
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<td>The Heart's Code (Pearsall)</td>
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<td>The Power of the Mind to Heal (Borysenko)</td>
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<tr>
<td>Vibrational Medicine (Gerber)</td>
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<td>Wheels of Life (Judith)</td>
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<td>Wheels of Light (Bruyere)</td>
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<td>Why People Don't Heal (cassette) (Myss)</td>
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<tr>
<th>Additional Books for Continuing Study:</th>
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<tbody>
<tr>
<td>Caring Science as Sacred Science (Watson)</td>
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<tr>
<td>Energetic Approaches to Emotional Healing (Hover-Kramer, Shames)</td>
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<tr>
<td>Hands of Life: Use Your Bodies Own Energy Medicine (Motz)</td>
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<tr>
<td>Invisible Helper's (Leadbeater)</td>
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<tr>
<td>The Energetics of Healing (video) (Myss)</td>
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<tr>
<th>Quantum Physics</th>
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<tr>
<td>Body Electric (Becker)</td>
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<tr>
<td>Dancing WuLi Masters (Zukav)</td>
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<tr>
<td>Energy Medicine in Therapeutics and Human Performance (Oschman)</td>
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<tr>
<td>The Field (McTaggart)</td>
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<td>The Intention Experiment (McTaggart)</td>
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<td>Molecules of Emotion (Per)</td>
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<tr>
<td>Quantum Healing (Chopra)</td>
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<td>Quantum Reality (Herbert)</td>
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<td>The Holographic Universe (Talbot)</td>
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<td>The New Physics of Healing (Chopra)</td>
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<th>Spiritual Development</th>
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<tr>
<td>Called into Healing (Smith)</td>
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<tr>
<td>Fire in the Heart (Markides)</td>
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<tr>
<td>Healing From the Heart (R. Graham) Healing Words (Dossey)</td>
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<tr>
<td>Homage to the Sun (Markides)</td>
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<tr>
<td>New Dimensions in Healing ( Saraycarian)</td>
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<tr>
<td>Sacred Mirrors (Grey)</td>
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<tr>
<td>Seat of the Soul (Zukav)</td>
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<tr>
<td>Spiritual Madness (cassette) (Myss)</td>
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<tr>
<td>&quot;The Chakra's (Leadbeater)</td>
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<tr>
<td>The Chakra's and the Human Energy Field (Karagulla, Kunz)</td>
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<tr>
<td>The Gift of Change: Spiritual Guidance for Living Your Best Life (Williamson)</td>
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<tr>
<td>The Magas Strovolos (Markides)</td>
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<tr>
<td>The Healing Light (Sanford)</td>
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<tr>
<td>Uncommon Touch (Harpur)</td>
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<tr>
<td>&quot;Walking a Sacred Path (Artress)</td>
</tr>
<tr>
<td>Wherever You Go There You Are (Kabat-Zinn)</td>
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</tbody>
</table>
### Additional Books for Continuing Study:

- Care of the Soul (Moore)
- Love and Survival (D. Omish)
- Miracles Mindfulness (Hahn)
- Serving Humanity (Bailey)
- The Gifts of Spirit (Sanford)
- The Healing Power of Prayer (Meehan)

### Personal/Professional Development

- A Return to Love: Reflections of Principles of a "Course in Miracles" (Williamson)
- Bodymind Workbook (Shapiro)
- Born to Serve: The Evolution of the Soul Though Service (Trout)
- Business Mastery (Sohnen-Moe)
- Creating Affluence (Chopra)
- Creative Imagery in Nursing (Shames)
- Heal Your Body (Hay)
- Healers on Healing (Carlson)
- Inspiration: Your Ultimate Calling (Dyer)
- Mentoring (Hang)
- Nurse as Healer (Keegan)
- Right Rhythmic Living (Etheridge)
- The Extraordinary Power of Ordinary Things (Dossey)
- The Heart Speaks (Guarnieri)
- The Medicine Woman's Guide to Being in Business for Yourself (Bridges)
- The Power of Intention (Dyer)
- The Seven Habits of Highly Effective People (Covey)
- Wishcraft (Sher)
- You Can Heal Your Life (Hay)

### Additional Books for Continuing Study:

- Excuse Me: Your Life is Waiting: Astonishing Power of Feelings (Grabhorn)
- Nanda Nursing Diagnoses: Definitions and Classifications (North American Nursing Diagnosis Association)
- Principle Centered Leadership (Covey)
- Spiritual Economics (Butterworth)
- The Path of Love (Chopra)
- Your Sixth Sense: Unlocking the Power of Your Intuition (Naperstek)
- Caring Science as Sacred Science (Watson)
- Energetic Approaches to Emotional Healing (Hover-Kramer, Shames)
- Hands of Life: Use Your Bodies Own Energy Medicine (Motz)
- Invisible Helpers (Leadbetter)
- The Energetics of Healing (video Myss)

### Journaling

- Artist's Way
- Journal to the Self (Adams)
- Journal to the Soul (Offner)
- Life's Companion Journal (Baldwin)
- Nurses Meditative Journal
- The Creative Journal (Capaccione) Journaling Continued
- The Power. of Your Other Hand (Capaccione)
- The Well Being Journal (Capaccione)
- Visual Journaming (Ganim/Fox)
- Writing Down the Bones (Goldberg)

### Ethics

- Creating a Professional, Safe, and Enduring Practice (Benjamin)
- Creating Right Relationships: A Practical Guide to Ethics in Energy Therapies (Hover-Kramer)
- Energy Therapies (Hover-Kramer)
- Ethics for a New Millenium (Dalai Lama)
- The Ethics of Touch: The Hands-on Practitioner's Guide to The Ethics of Caring (Taylor)
Updates to Healing Touch: A Guidebook For Practitioners, 2nd Ed.

Changes have been made to a few terms used to describe techniques in the Healing Touch International (HTI) Healing Touch certificate program. The required book, Healing Touch: A Guidebook For Practitioners, 2nd Edition by Dorothea Hover-Kramer published by Delmar Thomson Learning, does not reflect these changes yet. Below is a list of these changes. All “new terms” have replaced “old terms” throughout this book.

Chapter 8 – Basic Applications

Pages 111-112: Unruffling or Smoothing the Field
Old term: Unruffling or Smoothing the Field
New term: Hands in Motion used to clear, smooth and release

Pages 112-113: Modulation of Energy or Modulating Energy
Old term: Modulation of Energy or Modulating Energy
New term: Hands still (Note: Hands in Motion and Hands still are jointly referred to as “Magnetic Passes”)

Chapter 9 – Full Body Techniques

Page 130: Magnetic Unruffle (a Level 1 technique)
Old term: Magnetic Unruffle (a Level 1 technique)
New term: Magnetic Clearing

Page 133: Etheric Unruffle
Old term: Etheric Unruffle
New term: Etheric Template Clearing (a Level 3 technique)

Chapter 12 – Clinical practice

Page 166: Steps in Healing Touch session
Old term: Steps in Healing Touch session
New term: Basic Healing Touch Sequence (BHTS):

BHTS is: Intake, Preparation, Pre-treatment Energetic Assessment, Interventions, Post-treatment Energetic Assessment, Ground and Release, Evaluation and Feedback.

Note: Refer to Basic Healing Touch Sequence handout for full description of technique.

Resources

Page 243: Colorado Center for Healing Touch (CCHT)
Change: CCHT is no longer affiliated with the AHNA endorsed HTI Healing Touch Certificate Program.

Page 244: Certification, Item #1
Changed from Levels 1, 2A, 2B, 3A, & 3B to Levels 1, 2, 3, 4 & 5
Note: Certifications requirements are updated every 3 years. Current certification package is on the HTI website: www.healingtouchinternational.org

Index

Page 250:
Old term: Etheric Unruffle, 130
New term: Etheric Template Clearing, 130

Page 252:
Old term: Magnetic Unruffle, 130-131, 151, 157, 227
New term: Magnetic Clearing, 130-131, 151, 157, 227
Healing Touch Session Documentation for students

Client ___________________________ Date __/_____/____ Session # ______
Session Length ______ Last Treatment ____/_____/____

1. Intake/Update
   P.E.M.S./Health issues/Problem statement(s)

   Pre-treatment energetic assessment: draw/write findings
   
   Physical: 0 1 1 1 5 1 1 1 10
   Emotional: 0 1 1 1 5 1 1 1 10
   Mental: 0 1 1 1 5 1 1 1 10
   Spiritual: 0 1 1 1 5 1 1 1 10

2. Practitioner Preparation

3. Pre-treatment energetic assessment:
   ❑ Pendule ❑ Hand scan ❑ Field

   Mutual Goals / Interventions for Healing

4. H.T. Interventions / Treatment

   Post Treatment Energetic Assessment: draw/write findings

5. Post Treatment Energetic Assessment

6. Ground and release

7. Evaluation and Feedback

   Physical: 0 1 1 1 5 1 1 1 10
   Emotional: 0 1 1 1 5 1 1 1 10
   Mental: 0 1 1 1 5 1 1 1 10
   Spiritual: 0 1 1 1 5 1 1 1 10

Modified standard documentation form by Lucrezia Mangione & Kathleen Scacciaferro
for HTI HT students. Feel free to copy this form.
Notes:
Notes:
A listing of biblical references to healing that may be useful as bibliotherapy to the empowerment of rehabilitation clients Journal of Rehabilitation, July-Sept, 1993 by E. Keith Byrd, P. Diane Byrd, p. 4.

Xiv Ibid, p.4.

Xv Light Emerging, Barbara Brennan, p. 16

Xvi Ibid., p. 17

Xvii Centering process is from the Basic Healing Touch Sequence