



**Introduction
to**

Healing Touch

History of the Healing Touch Program



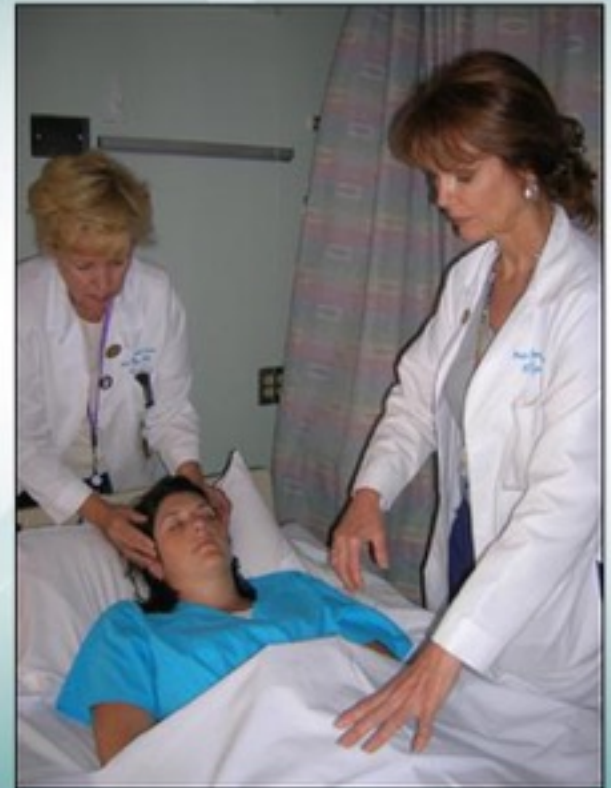
Founder of Healing Touch:

Janet Mentgen RN, BSN, CHTP/I, HNC, (1938 – 2005)

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

What is Healing Touch?

Healing Touch is an energy therapy in which practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental and spiritual health.



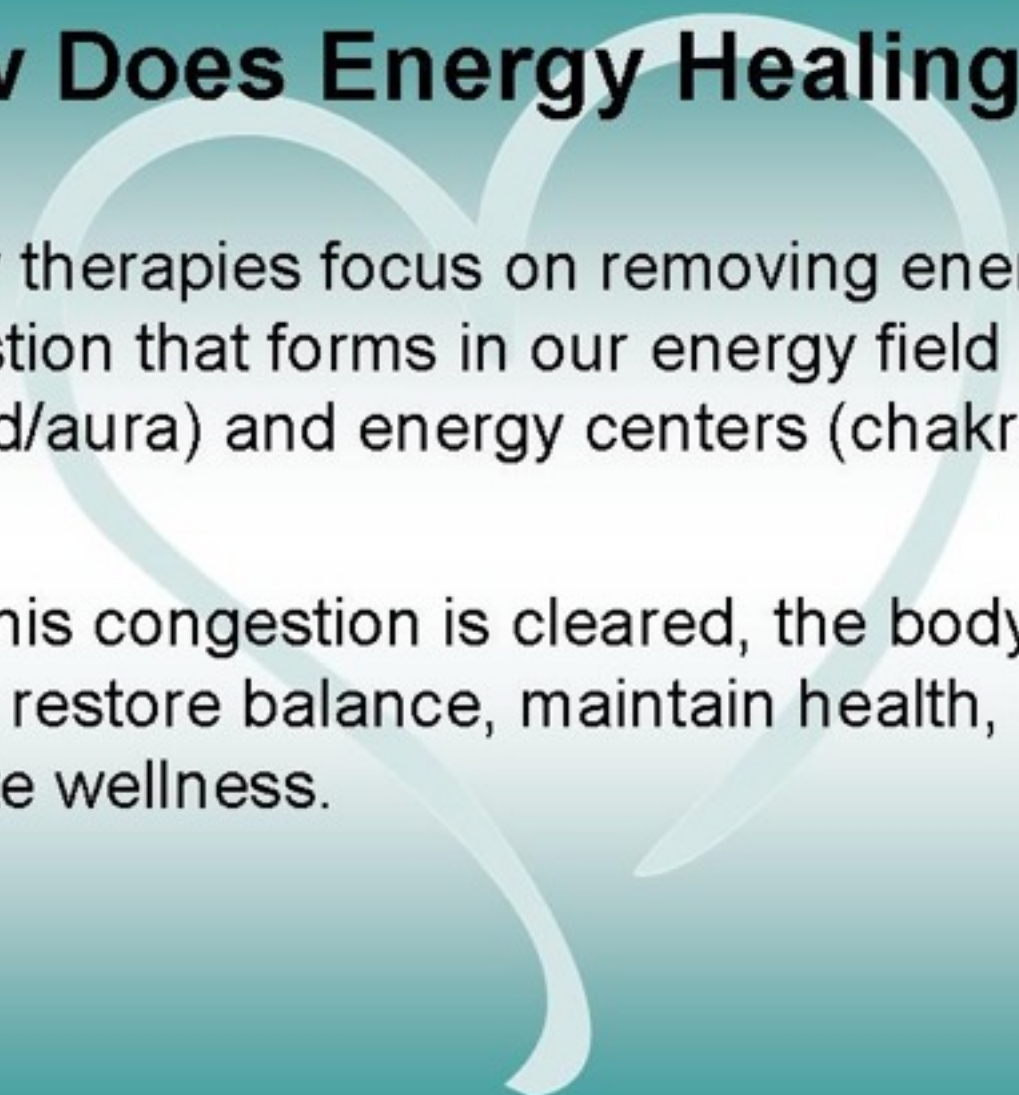
The Goal of Healing Touch

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



Healing Touch uses touch to influence the human energy system

How Does Energy Healing Work



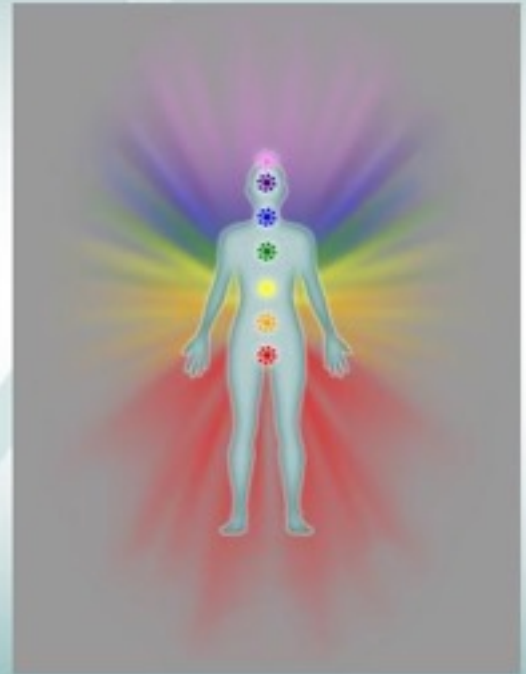
Energy therapies focus on removing energy congestion that forms in our energy field (biofield/aura) and energy centers (chakras).

Once this congestion is cleared, the body is better able to restore balance, maintain health, and promote wellness.

What is the energy system?

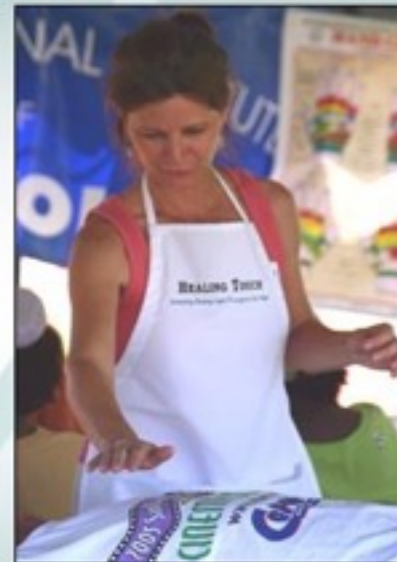
The Energy System consists of:

- Energy Field (biofield or aura)
- Energy Centers (chakras)



Energy can be experienced by:

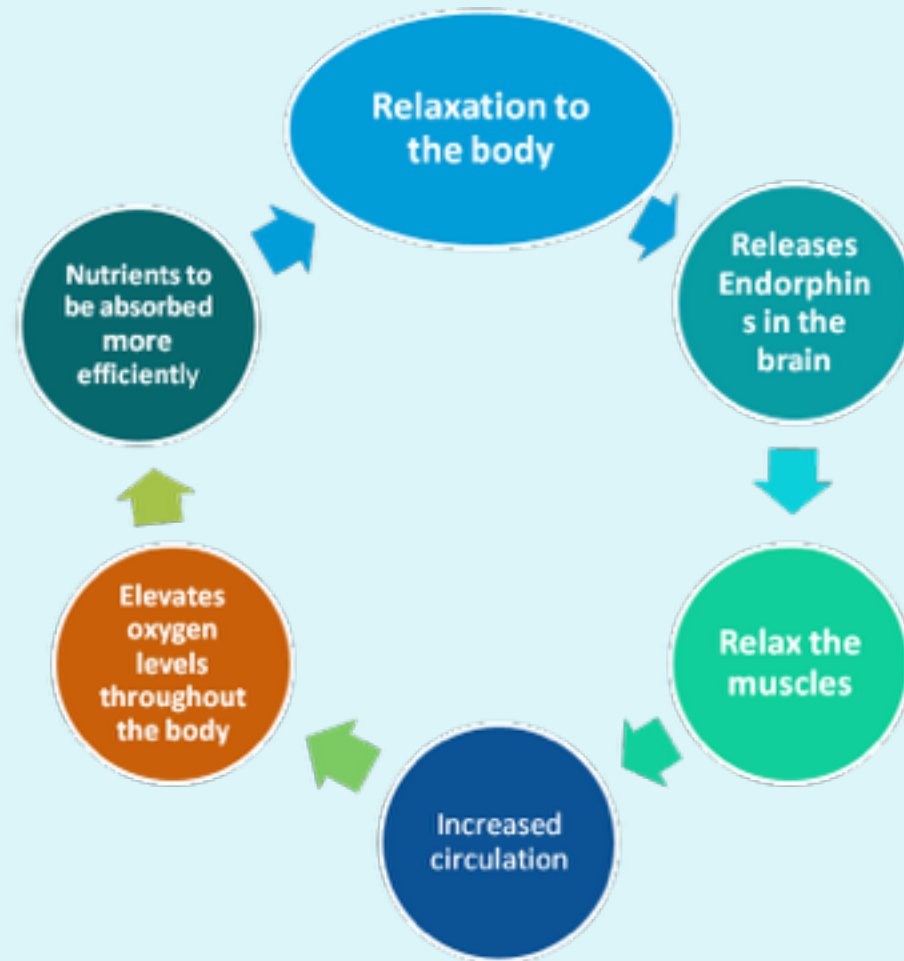
- Movement
- Temperature
- Density



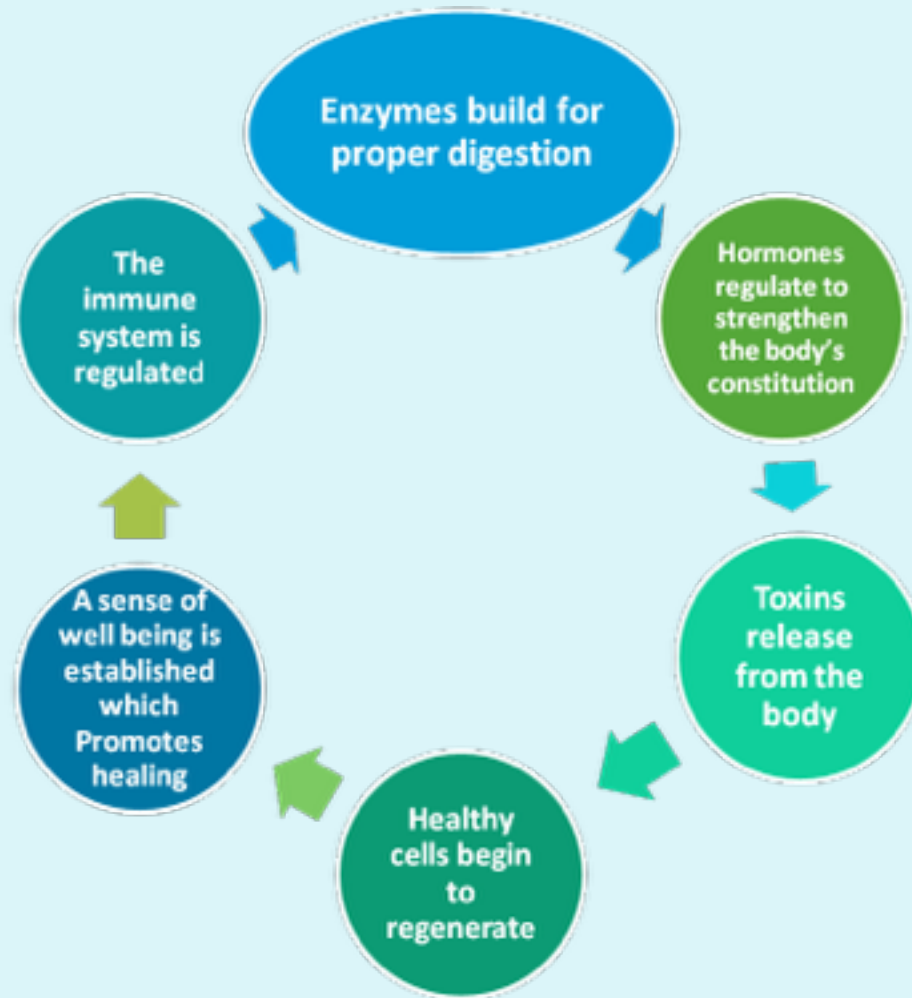
We have seen that :

- The energy field exists
- It can be felt and/or seen
- It contains different sensations
- It is affected by compassion and focused intention
- It is possible to learn how to use one's hands to help others
- It is not for everyone and should only be done with permission

The Physiological Response of Energy Medicine



The physiological Response



Healing Touch Research

Healing Touch has been researched in association with a wide variety of problems and situations including:

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

Practical Benefits of Healing Touch



Non Invasive

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

Effective

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

Non Toxic

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

Economical

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

Standardized Curriculum and Practice

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

How can Healing Touch help?

Research suggests that Healing Touch greatly benefits those who receive it.

- Creates a sense of general well being
- Reduces anxiety, stress and depression
- Reduces effects of surgery, chemotherapy and radiotherapy
- Helps with withdrawal from substance abuse
- Strengthens the immune system
- Helps with personal transition and spiritual awareness

Healing Touch Program Curriculum encompasses

- Energy system concepts related to health
- Assessment of energy fields and energy centers
- Specific techniques to clear and balance the energy field
- Principles of self healing
- Personal development
- Legal and professional aspects of touch therapies, code of ethics and scope of practice

Who can practice Healing Touch?

You Can!



We believe that anyone with a compassionate heart and a desire to be of service to others can become a practitioner of energy healing.

All that is needed is a commitment to learn and to grow.

Healing Touch courses are open to Everyone

Nurses
Massage therapists
Body therapists
Counselors
Psychotherapists
Physicians
Other allied health care professionals
People from all walks of life



Individuals who desire an in-depth understanding
and practice of healing work using energy based
concepts and principles