

## *Healing Touch for Self Care*

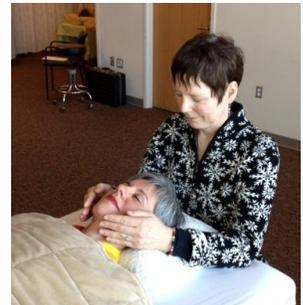
### **What is Healing Touch?**

Healing Touch is an energy therapy developed by Janet Mentgen, RN, BSN in 1989. Energy therapy is based on the idea that we are more than our bodies. We also have energy bodies called energy fields. Energy flows in and out of our energy fields through our energy centers called chakras. This energy flow can become blocked or crowded, so it does not flow at its best. This slowdown in energy flow can cause many symptoms in the body. Healing Touch opens and cleans the energy flow throughout the body. This helps balance the mind, body, and spirit. And it helps the body heal itself. A practitioner does Healing Touch by gently placing her/his hands on or barely above the body.

### **What is a Healing Touch session like?**

The first session starts with a health meeting. The practitioner will ask you questions or have you complete a questionnaire. S/he will be learning about your physical, mental, emotional, and spiritual states. You will then lie on the table. You can keep your clothing on but possibly remove your shoes. (Healing touch can also be done while sitting or at home).

Initially, the practitioner will assess your energy system. There are many different ways to do this. One way is to hold a pendulum above certain parts of your body. S/he will then gently touch your body or place her/his hands slightly above your body as s/he restores and balances the energy system. The session may last between 15 and 60 minutes. You can ask questions before or after a treatment. It may be helpful to receive several Healing Touch sessions.



### **What can I expect to feel during and after a Healing Touch session?**

A Healing Touch session is a heart-centered connection between you and the practitioner. This union can help you feel comfortable and relaxed. This promotes healing. During or after a session, it is normal to feel calm and relaxed, and/or energized.

### **What are the benefits of Healing Touch?**

Healing Touch can provide many benefits. These benefits include: stress relief, calming anxiety or depression, decreasing pain, relieving new and old conditions, creating a general sense of well-being, strengthening the immune system, helping with the recovery from surgery, and providing support during cancer care or end-of-life care.

### **Who uses Healing Touch?**

Healing Touch can be used by anyone.

### **Are there any side effects to be aware of?**

Healing Touch is safe for all ages. It can be used along with traditional medical care.



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## Healing Touch for Self Care

### **Has Healing Touch been researched?**

A number of studies have investigated Healing Touch. Some of these studies have been done by the Center for Frontier Medicine in Biofield Science, which is funded by the National Center for Complementary and Alternative Medicine. The Healing Touch Program keeps a database of these studies at <http://www.healingtouchresearch.com/index.php>.

- A 2011 review looked at three studies of Healing Touch for patients having heart procedures.<sup>1</sup>
  - One study showed better outcomes, including less heart failure, fewer heart attacks, and better survival.<sup>2</sup>
  - The second study showed that Healing Touch decreased worry and improved patient satisfaction with care.<sup>3</sup>
  - The third study found that anxiety and time in the hospital were decreased with Healing Touch.<sup>4</sup>
- Studies of people with cancer found that Healing Touch slowed heart rate and breathing rate, improved blood pressure, reduced pain, and improved mood.<sup>5</sup>

### **Is there a Healing Touch exercise that I can try on my own?**

See the *Self Chakra Exercise* on page 4.<sup>6</sup>

### **How can I find a Healing Touch practitioner?**

See the Worldwide Directory for Healing Touch practitioners at <http://www.htpractitioner.com/>.

### **How can I receive training in Healing Touch and become certified?**

There are five levels of training to become a certified Healing Touch practitioner. Levels 1-3 are two-day courses offered on weekends. Levels 4-5 are four-day retreats. You can begin to do healing touch for yourself and others after taking the level one class.

### **Where can I get more information on Healing Touch?**

- Website for the Healing Touch Program™: <http://www.healingtouchprogram.com>.
- Website for Healing Touch Research: <http://www.healingtouchresearch.com/index.php>.

### **References**

1. Anderson J, Taylor A, Effects of healing touch in clinical practice: a systematic review of randomized clinical trials, *Journal of Holistic Nursing*. 2011;29(3):221-8.
2. Krucoff M. W., Crater S. W., Gallup D., et al. Music, imagery, touch, and prayer as adjuncts to interventional cardiac care: the monitoring and actualization of noetic trainings (MANTRA) II randomized study. *Lancet*. 2005;366:211-7.
3. Seskevich, J. E., Crater, S. W., Lane, J. D., & Krucoff, M. W. Beneficial effects of noetic therapies on mood before percutaneous intervention for unstable coronary syndromes. *Nursing Research*. 2004;53:116-121.
4. MacIntyre B, Hamilton J, Fricke T, Ma W, Mehle S, Michel M, The Efficacy of Healing Touch in Coronary Artery Bypass Surgery Recovery: A Randomized Clinical Trial. *Alternative Therapies*. 2008 Jul/Aug;14(4):24-32.
5. Post-White, J., Kinney, M. E., Savik, K., Gau, J. B., Wilcox, C., & Lerner, I. Therapeutic massage and healing touch improve symptoms in cancer. *Integrative Cancer Therapies*. 2003;2:332-344.
6. Printed with permission from the Healing Touch Program™.



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## Healing Touch for Self Care

***The information in this handout is for general education. It is not meant to be used by a patient alone. Please work with your health care practitioner to use this information in the best way possible to promote your health and happiness.***

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**Notes:**

# Healing Touch Technique

## Self Chakra Connection



The Chakra Connection is a full body balancing technique that facilitates movement of energy from chakra to chakra by connecting the major and minor energy centers, and opening them to flow freely. The Chakra Connection was developed by W. Brugh Joy, M.D. and is referred to in his book *Joy's Way*. Designed to connect, open and balance the energy centers and enhance the flow of energy in the body, it can be used alone or in combination with other energy techniques.

*The Chakra Connection is an excellent self-care technique, which can be incorporated into your daily or weekly self-care practice. It can also be effectively used to care for yourself during stressful situations, times of decision making or for relaxation and rejuvenation at the end of the day.*

**Procedure:** The Self Chakra Connection can be done sitting or lying down. Begin by opening either foot chakra by holding the foot position shown in figure 1 for approximately one minute.



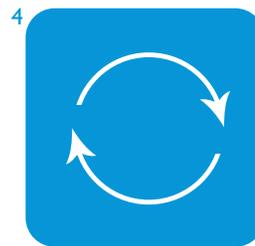
Open Foot



Ankle to Knee



Knee to Hip



Repeat 1-3 on Other Leg



Both Hips



Root to Sacral



Sacral to Solar Plexus



Solar Plexus to Spleen



Solar Plexus to Heart



Heart to High Heart



Wrist to Wrist



Both Elbows



Both Shoulders



High Heart to Throat



Throat to Brow



Brow to Crown



Crown to Transpersonal Pt.