



“The person who takes medicine must recover twice. Once from the disease and once from the medicine.”

Willaim Osler, MD

"The natural healing force in each one of us is the greatest force in getting well."

-Hippocrates



www.SacredWellness.com

THE SPECTRUM OF INTEGRATIVE HEALTHCARE

ALTERNATIVE SCHOOLS OF MEDICINE

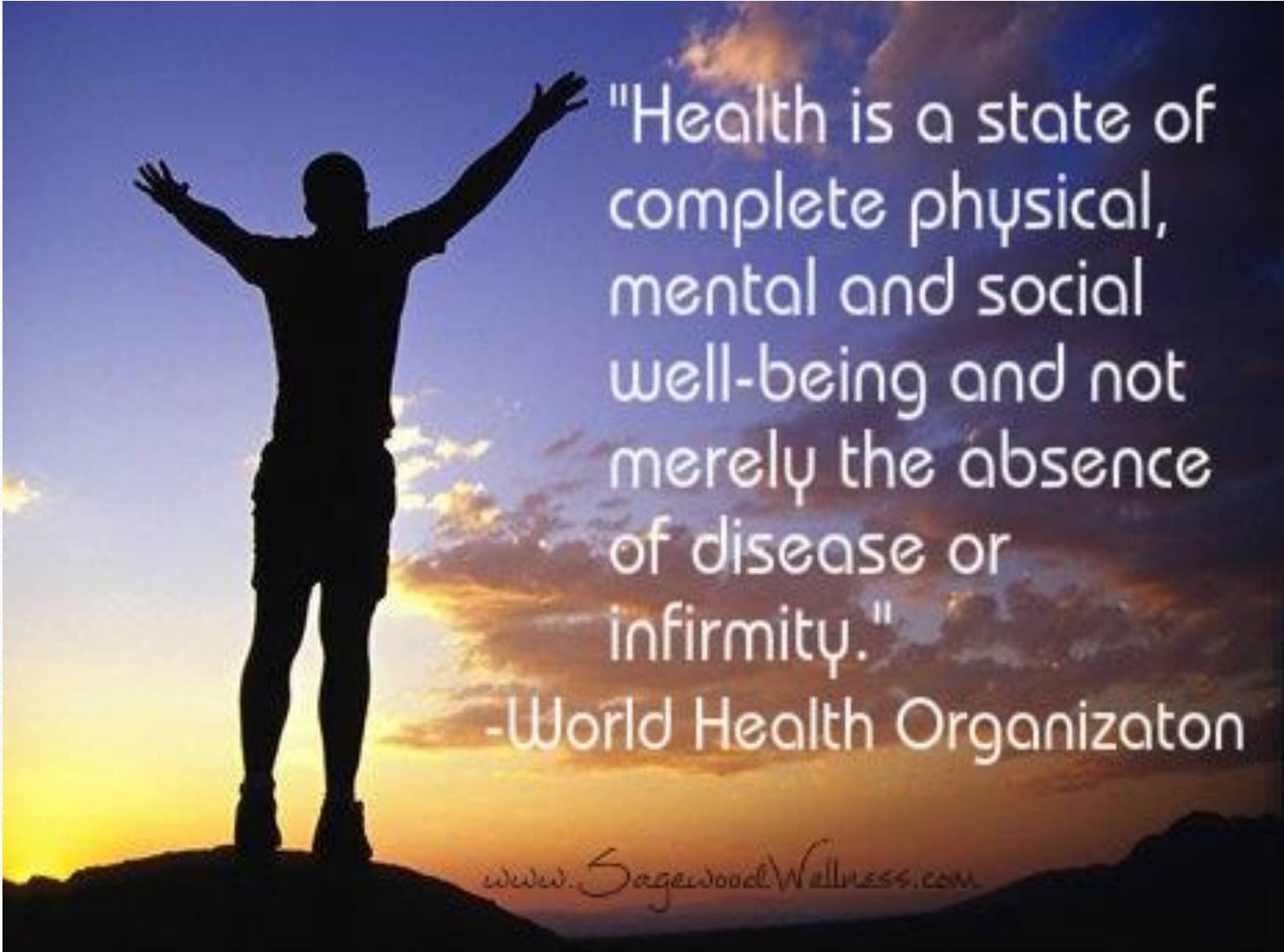
VIBRATIONAL MEDICINE

MOVEMENT THERAPIES

SPIRITUAL PRACTICES

BODY PSYCHOTHERAPY

NUTRITIONAL THERAPIES

A silhouette of a person standing on a hill with their arms raised in a gesture of triumph or joy, set against a vibrant sunset sky with orange and yellow clouds. The person is positioned on the left side of the frame.

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

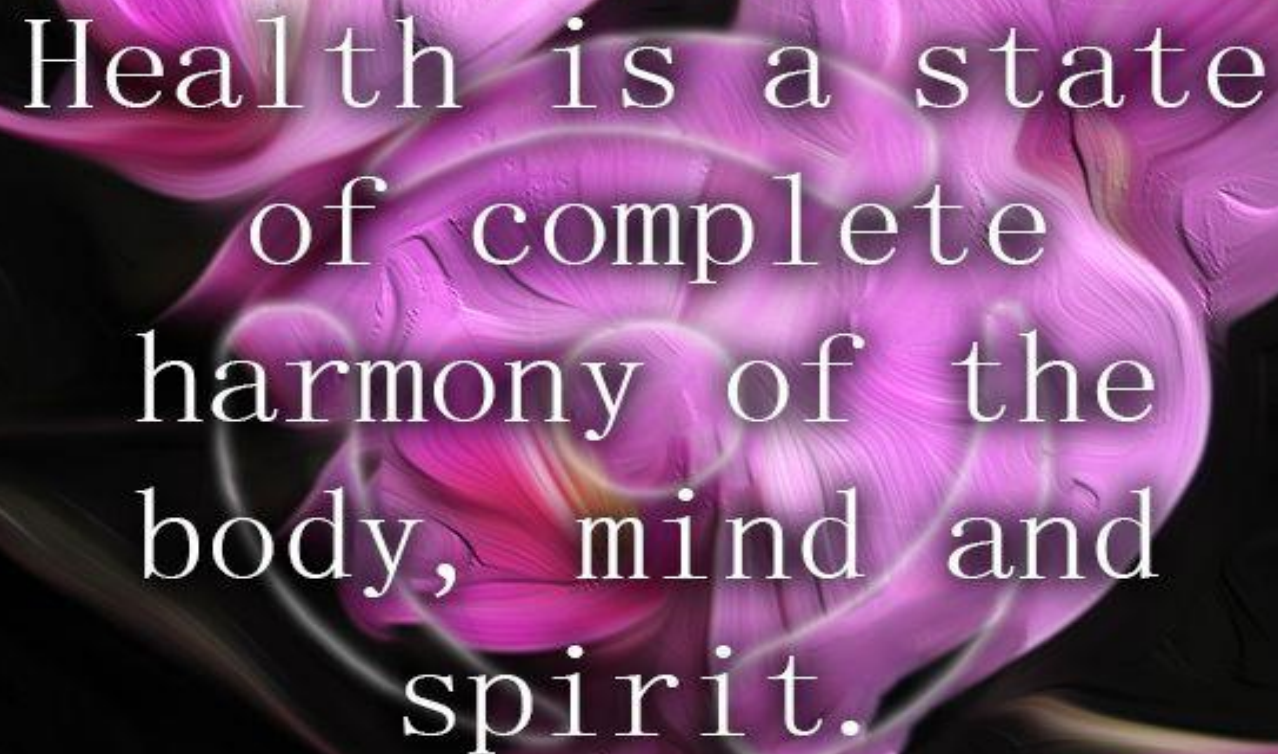
-World Health Organization

www.SageWoodWellness.com

“Health is not only to be well, but to use well every power we have.”

Florence Nightingale, 1893





Health is a state
of complete
harmony of the
body, mind and
spirit.



HEALING TOUCH

Colleen Frayn, RN, BS, HTCP

(colleenfrayn@gmail.com)



Creating Healing Relationships

Healing Touch Program™

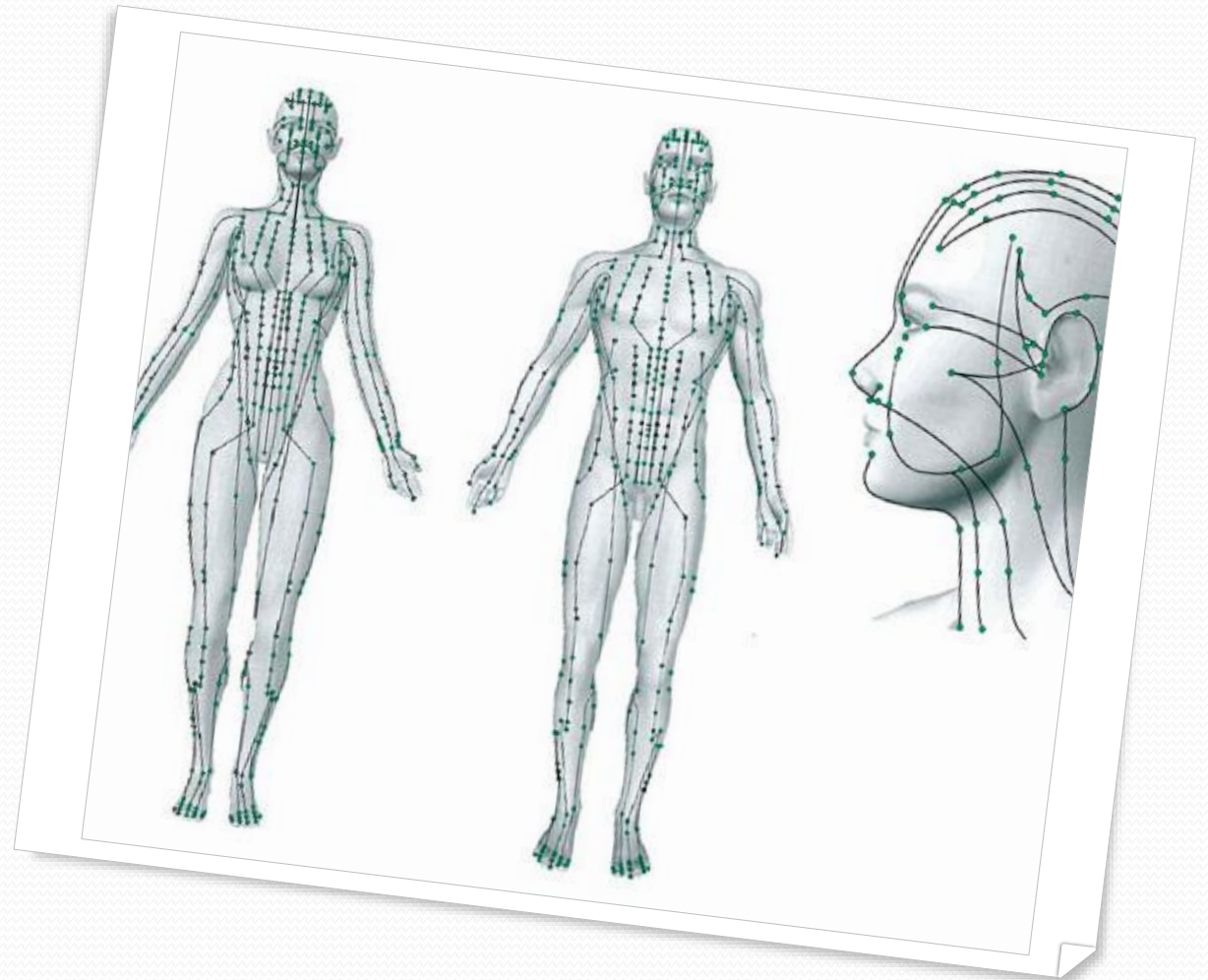
WORLDWIDE LEADERS IN ENERGY MEDICINE



"Natural forces within us
are the true *healers* of disease."
- Hippocrates

Meridian Lines

What is
energy?



Alex Grey, Artist

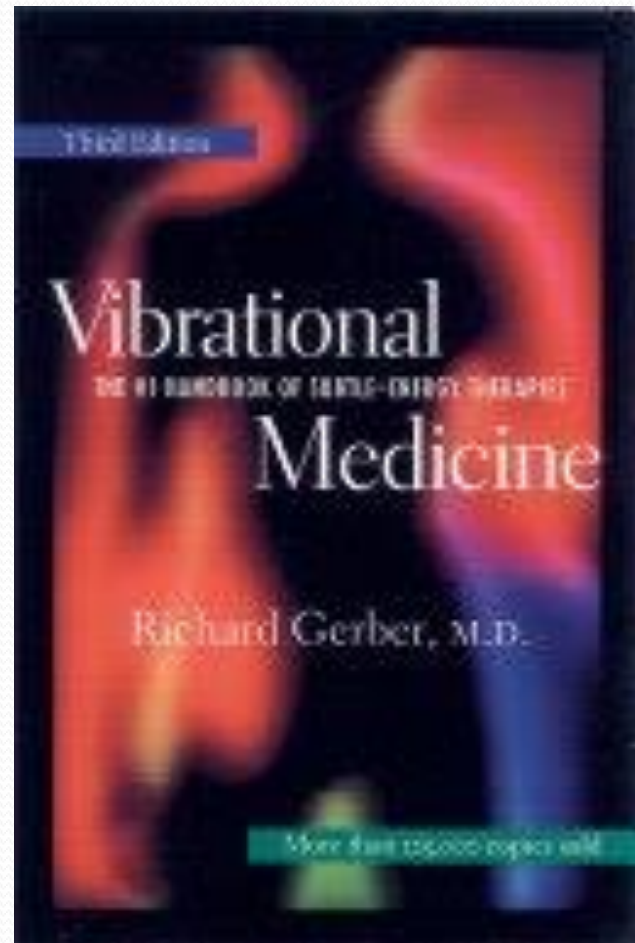
Energy in a holistic sense is vital life force that penetrates the body and extends beyond it.

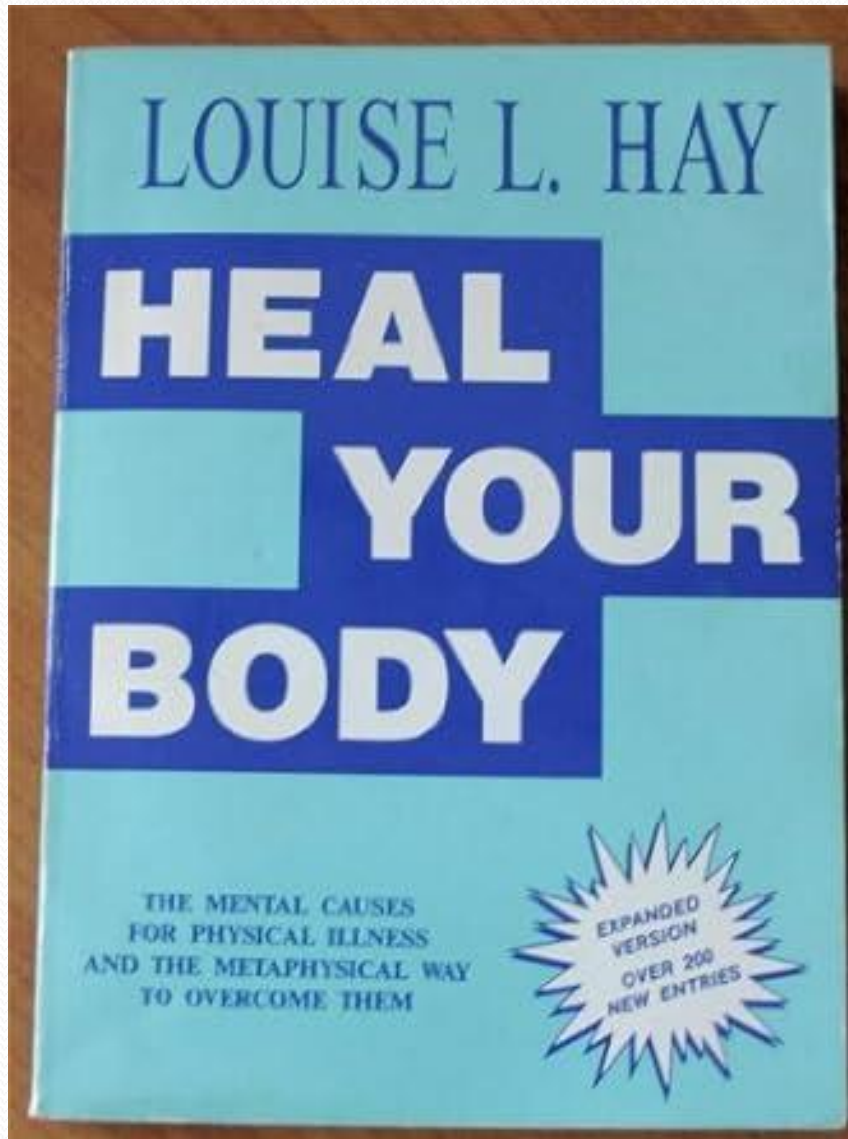
Illness results when energy flow is impeded



Vibrational Medicine by Richard Gerber, MD

- Quantum physics shows that all matter is energy and is in constant motion.
- Solid objects vibrate slower than the speed of light.
- Etheric or astral levels of being vibrate faster than the speed of light.

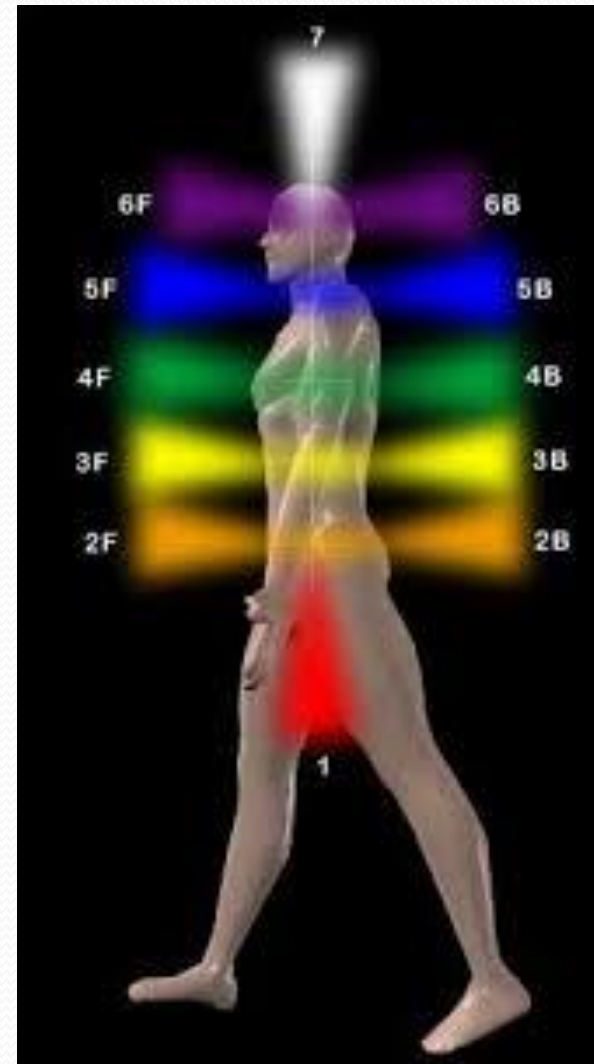




- Mind-Body Connection

ANATOMY OF THE BIOFIELD

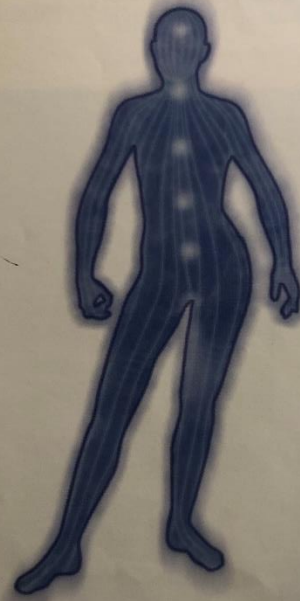
Energy System: Chakras



Field Layers 1-7



Field: Etheric (1) & Emotional (2)

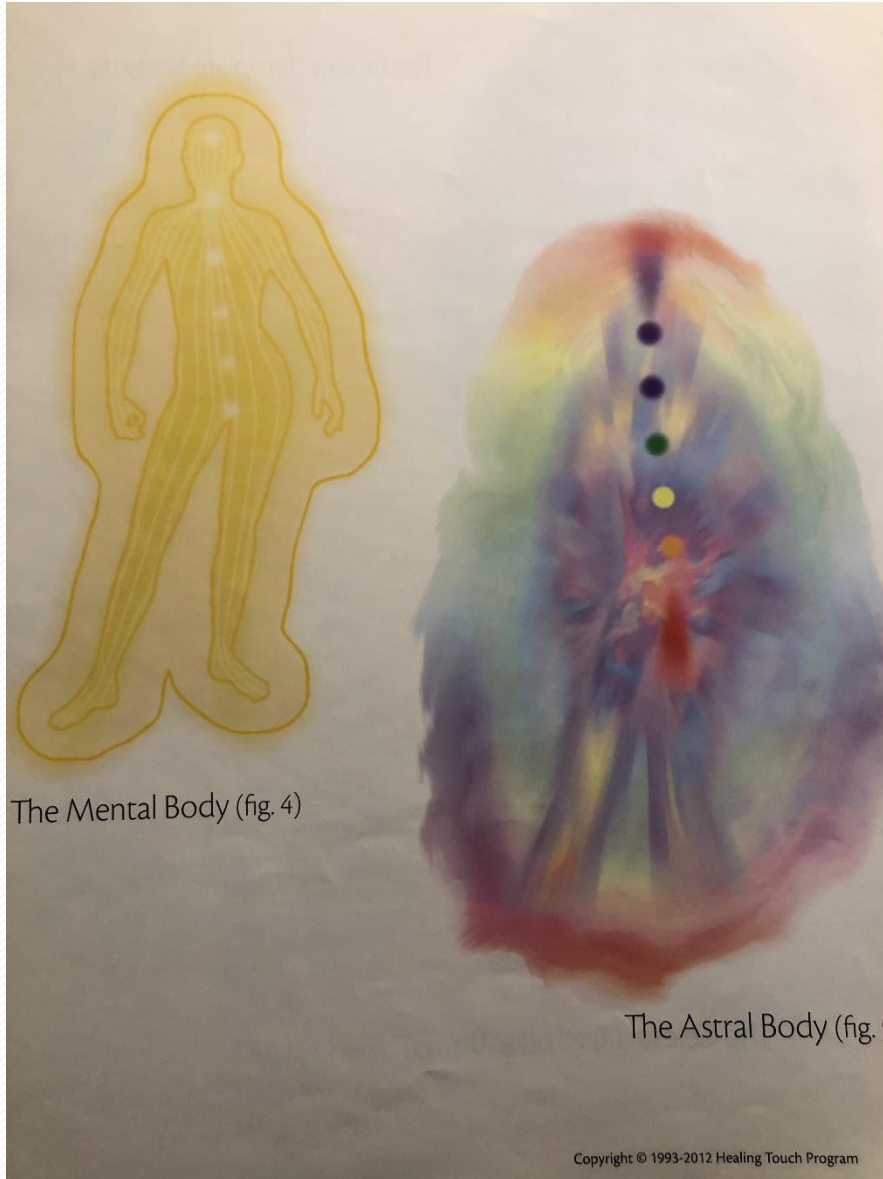


The Etheric Body (fig. 2)



The Emotional Body (fig. 3)

Field: Mental (3) & Astral (4)



The Mental Body (fig. 4)

The Astral Body (fig. 5)

Etheric Template (5) & Celestial (6)

Healing Touch Level 1 Notebook - Part 2



The Etheric Template Body (fig. 6)



The Celestial Body (fig. 7)

Ketheric (7) Field Layer



The Ketheric Template Body (fig. 8)

DEFINITION OF HEALING TOUCH

- Energy therapy
- Hands - heart centered & intentional way
- Light or near-body touch

NEWS BRIEF: Healing Touch



Alternative Modalities-7 Categories

- Bioelectromagnetic Applications
- Alternative Health Systems, i.e. TCM, Homeopathy
- Manual Healing Methods – Massage & Chiropractic
- Pharmacology & biological treatments – Chelation
- Herbal Medicines
- Diet & Nutrition
- Body-Mind Modalities – Yoga & Energy Work

THE CURE OF MANY DISEASES
IS UNKNOWN TO PHYSICIANS...
BECAUSE THEY ARE IGNORANT OF THE WHOLE.
FOR THE PART CAN NEVER BE WELL
UNLESS THE WHOLE IS WELL.

-Plato



Healing Touch Can Be Used for All Stages in the Life Cycle



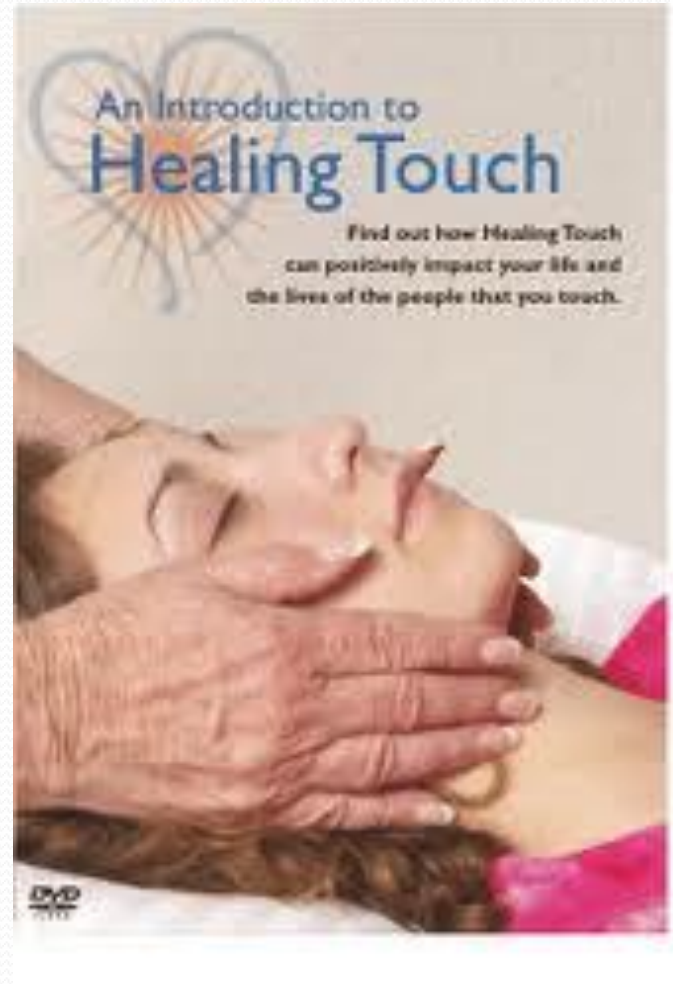
Anyone can practice Healing Touch



Kylie is doing healing touch on Mom's eye

Evidenced-Based Benefits of Healing Touch

- Relieves stress and anxiety, supporting deep relaxation
- Reduces pain
- Accelerates wound healing from injury, medical procedures, and surgery
- Supports dying/other transition processes
- Supports immune function



Benefits - Client Cases

- Increased Relaxation

- Decreased Anxiety

- 23 year old man presented with:
 - tremors, shallow breathing, fear; gambling addict.
- 42 yo woman presented with:
 - extreme anxiety; shaking, crying
 - recent car accident

Pain Relief



- 35 yo women
- C-Section 6 years previously
- Unresolved pain – no physical issue
- 3 sessions – pain gone
- Wound sealing

Severe fracture & surgery

Pain Relief



HT Benefit – Decreased Pain

- 19 year old man:
 - intensive care -spinal cord injury quadriplegic/halo with pain.
- 3 year old girl
 - ear pain
- 71 year old man
 - sciatic nerve pain.
 - Pain medicine and chiropractic weren't helping.
- 89 year old woman
 - CHF, Renal disease; semi comatose; RR 36 with morphine drip; moaning in pain.

Other Healing Touch Benefits

- Improved Immune System Function
- Wound Healing
- Supports Dying/Transition Process
- 32 year old woman presented with grieving-34 week Intrauterine Fetal Death.
- 72 year old male - discontinue dialysis.
- 3 day old infant-mec aspiration in SCN
- Animals – dying and pain

Transitions: Dying



- 66 yo man
- In hospice
- Pain and agitation despite morphine
- Chackra Spread
- Calmed and restful
– comforts family

HT Benefits – Mental Health

- Depression, PTSD
- Dr Bessel van der Kolk, MD
 - World's Leading Trauma Expert
 - Mental Health Workers – Recommends Use Energy Medicine Modality
 - Improve 2-3 times faster

Anxiety

- 14 yo girl had always been in remedial group in class.
- 3 sessions
- 6 weeks later - moved up to regular school group.



Mental Health Theories – How Energy Modalities Work

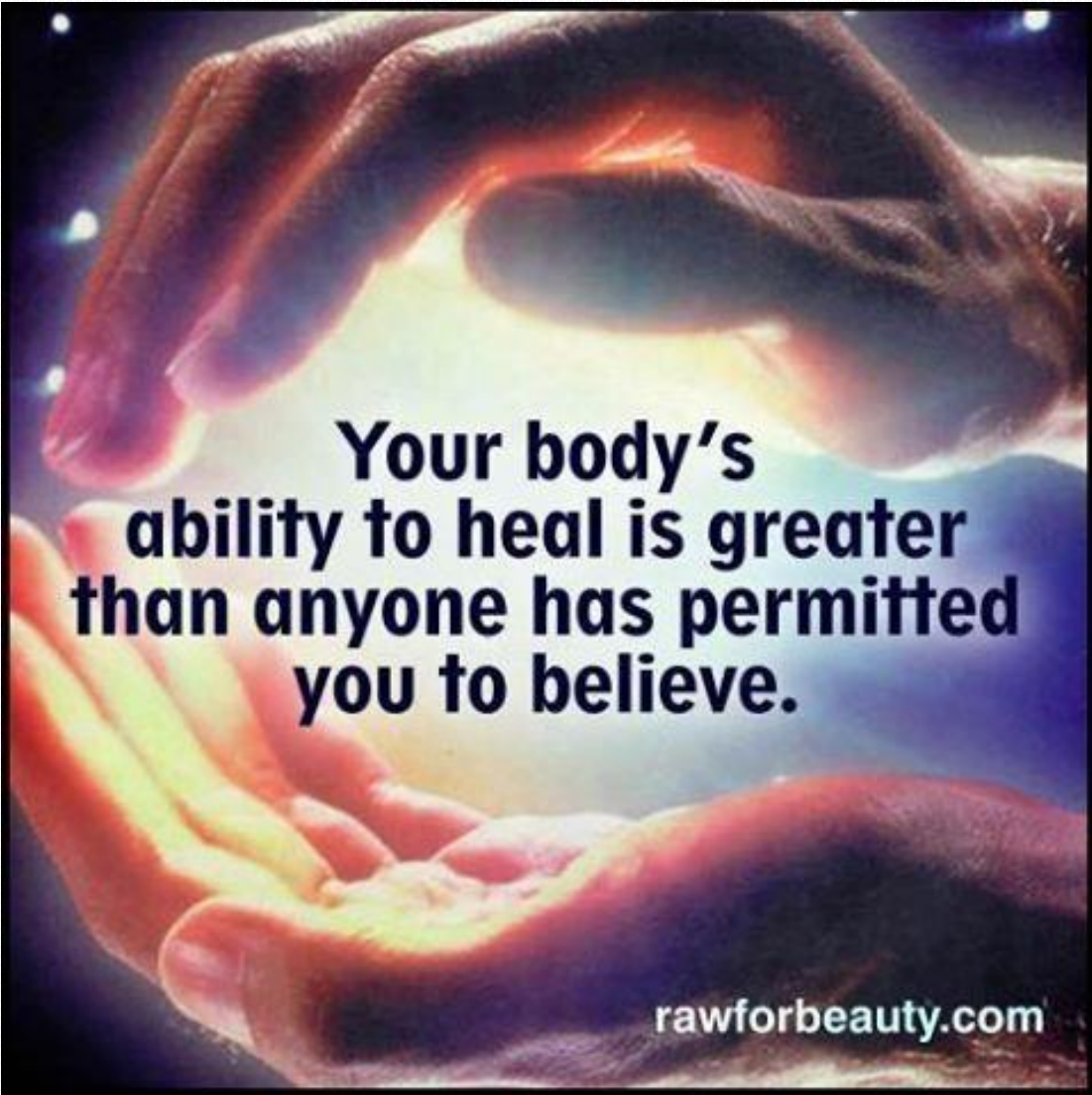
- Mind-Body Effects
- Reciprocal Inhibition
- Remembered Wellness –
Herbert Benson
- Relax –Deeper Potentials

The Physiology Response of Energy Healing Chart



All
Healing
is Self-
Healing.



A close-up photograph of two hands, one above the other, cupping a bright, glowing orb of light. The orb has a warm, golden-yellow core that fades into a soft, ethereal glow. The hands are positioned as if they are gently holding or presenting the light. The background is dark with some out-of-focus light spots, suggesting a night sky or a deep space environment. The overall mood is one of hope, healing, and divine spark.

**Your body's
ability to heal is greater
than anyone has permitted
you to believe.**

rawforbeauty.com

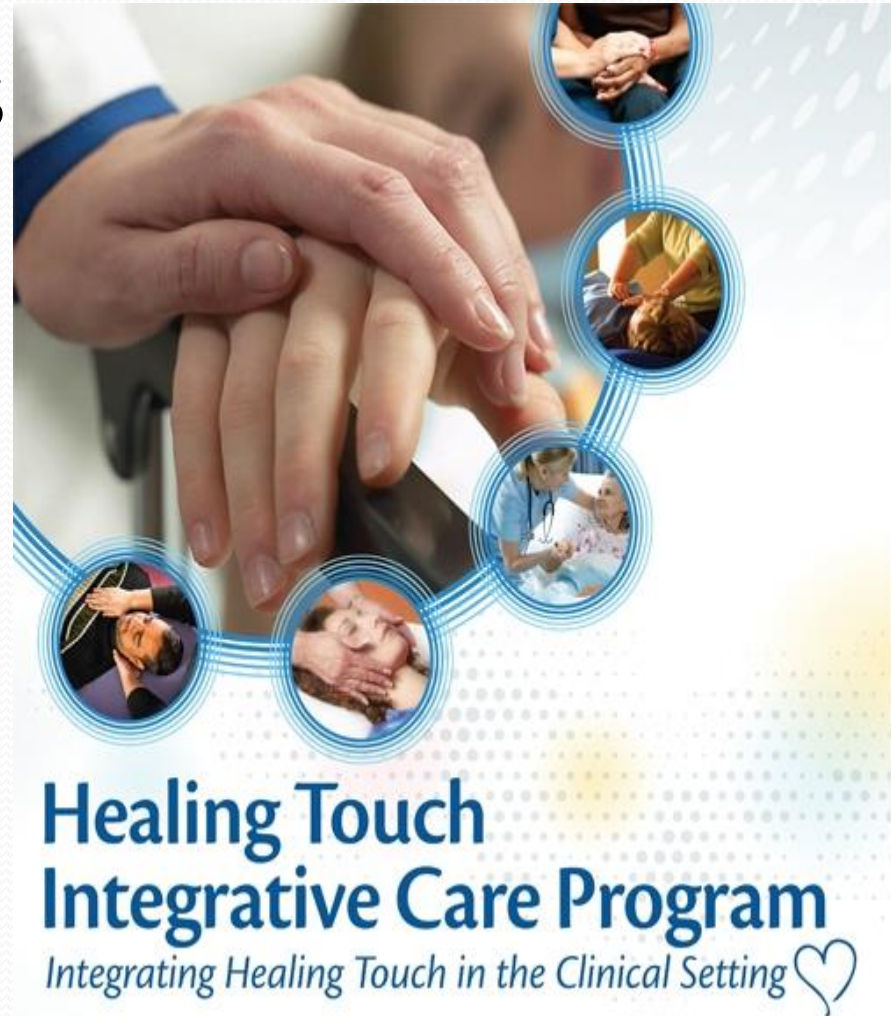
Broad Definition of Healing



- Joan Borysenko, PhD, pioneer in Integrative Medicine
- Respect person's process and destiny
- Not run people over with our ambulance
- Gift of love to share

Healing Touch Integrative Care Program

- Over 200 facilities
- Patients, families
- Employees



Joint Commission on Accreditation of Healthcare Organizations

- The Joint Commission on Accreditation of Healthcare Organizations has acknowledged that patients' "psychosocial, spiritual, and cultural values affect how they respond to their care and has addressed spirituality and emotional well-being as aspects of patient care."

Joint Commission Journal, Vol 29, #12

HEALING TOUCH RESEARCH

Cardiac Research

- “Healing Touch in coronary artery bypass surgery recovery”
- MacIntyre 2010
 - Decreased anxiety
 - Saved half million dollars-shorter hospital stay

Cardiac Research - Video

- Dr Mimi Guineri, MD, FACC,
Cardiologist
- Scripps Center for Integrative Medicine

Research

- Dr James Oschman
- Energy Medicine: The Scientific Basis:
 - Pulsed Electro-Magnetic Field –
 - 0.5-30 hertz
 - Experienced Therapeutic Touch practitioners
 - 0.2-30 hertz

National Institute of Health Funded HT: Immune Function Research

- Cervical cancer patients
- Chemo/radiation
- Usual Care
- Relaxation Therapy
- Healing Touch Group
- Usual Care & Relaxation Therapy Groups
 - Sharp decline in immune factors
- Healing Touch Group
 - Less depressed mood
 - Minimal decrease in immune factors

Veteran's Administration Research

- Outcome evaluation of the VA Salt Lake City Integrative Health Clinic
 - chronic pain
 - stress-related depression
 - anxiety
 - post-traumatic stress disorder

Mental Health Research

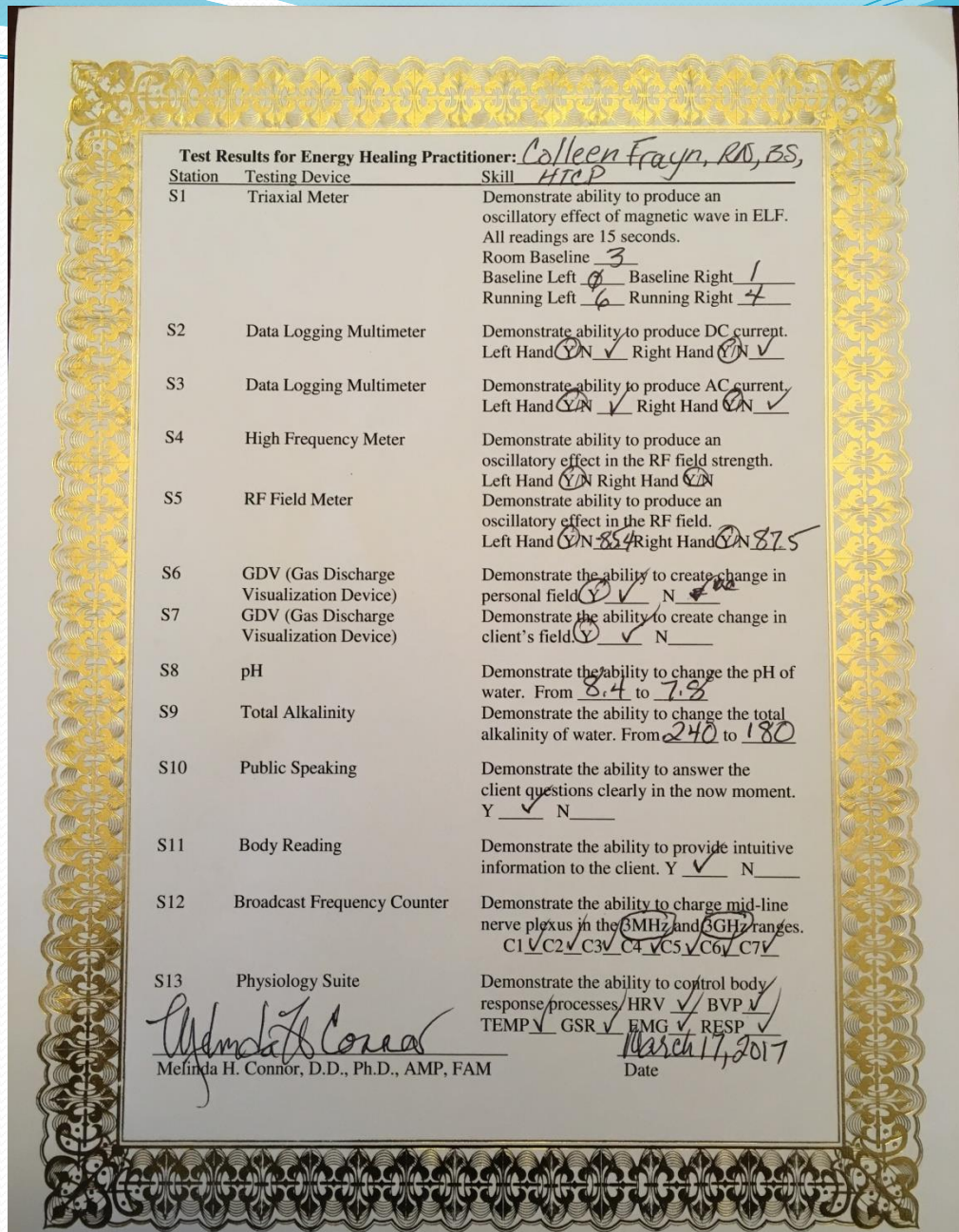
- Severely acting out teens on psychiatric unit
- Learned centering, received energy interventions
- Feelings of increased self-worth
- Demonstrated more personal effectiveness
- Thinking things through and better choices for themselves

Relaxation Research

- Harvard
 - Protein sheath opens
 - Life enhancing genetic messages
- Institute of HeartMath
 - Messages to cells
 - Electromagnetic information networks
 - Biochemical messages
 - Endorphins-Pain relief
 - Stronger immune system

Ongoing Research

Dr Melinda Connor, D.D, Ph.D.



HT Websites

- Healingtouchprogram.org
- www.healingtouchresearch.com
- www.hticp.com
- www.discover.energymagazineonline.com/ehome1



Your Hands Are Sacred



Your Hands Are Sacred

Your hands are sacred.

They make clean. They refresh the soul.

Your hands are sacred.

They touch the body and in that act they touch the soul.

Your hands are sacred.

They can be a messenger of shame and guilt.
Or they can be a messenger of hope and healing.

Your hands are sacred.

Some hands have the strength of youth.
Other hands have the scars and wrinkles of experience.

Your Hands Are Sacred (cont'd)

Your hands are sacred.

They care for the spirit as they care for the body.

Your hands are sacred.

Filled with a power that is beyond what we can see,
touch, taste, and prove.

Embracing that which is beyond by touching that
which is most near.

Your hands are sacred.

They communicate your heart to the anxious,

Your love to the fearful,

Your presence to the lonely.

Your hands are sacred.

I give thanks for your hands.

Author Unknown



**CHOOSE PARTNER
QUESTIONS
SHORT BREAK**

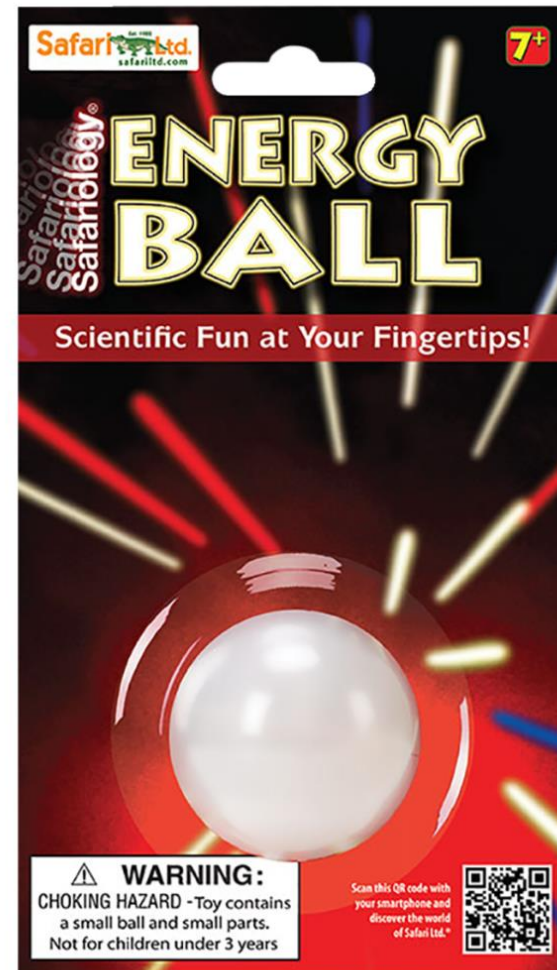
AUDIENCE EXPERIENCE



HT EXPERIENCE

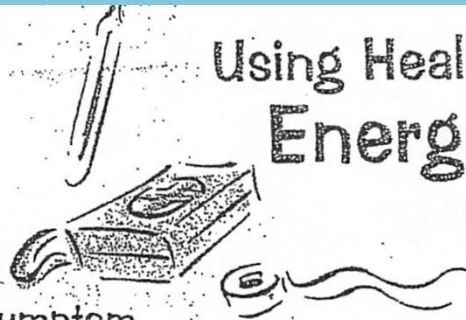
- Energy Ball
- Ground, Center, Attune
- Healing Touch First Aid
- Mind Clearing
 - Energy based technique that promoting deep relaxation.

- Electrical Energy move through the individual and the group.



Ground, Center, Attune





Using Healing Touch as Energetic First Aid

a quick reference chart

Symptom	Technique
Anxious, Restless, Agitated or Discomfort	Magnetic Passes (MP): Hands in Motion
Acute Asthma Attack Shortness of Breath	MP: Hands in Motion/Hands Still
Abrasions or Contusions	Wound Sealing, Ultrasound
Lacerations or Puncture Wounds	Wound Sealing, Ultrasound
Pain	Pain Drain; MP: Hands in Motion
Headaches	Headache Techniques
Ungrounded or Confused	Ground by holding feet
Bleeding	MP: Hands Still with pressure, Ultrasound
Bee Stings or Insect Bites	MP: Hands in Motion, Ultrasound, Wound Sealing
Minor Skin Reactions	MP: Hands in Motion
Minor Burns	MP: Hands in Motion, Wound Sealing
Bone Fractures and Sprains	MP: Hands in Motion/Hands Still, Pain Drain
Motion Sickness and Dizziness	MP: Hands in Motion, Grounding

Please Note: Healing Touch techniques are not a replacement for proper medical care, and should only be used after any acute symptoms have been stabilized and/or treated.

GROUND, CENTER, ATTUNE

Mary Anne Bright, RN, CS, EdD

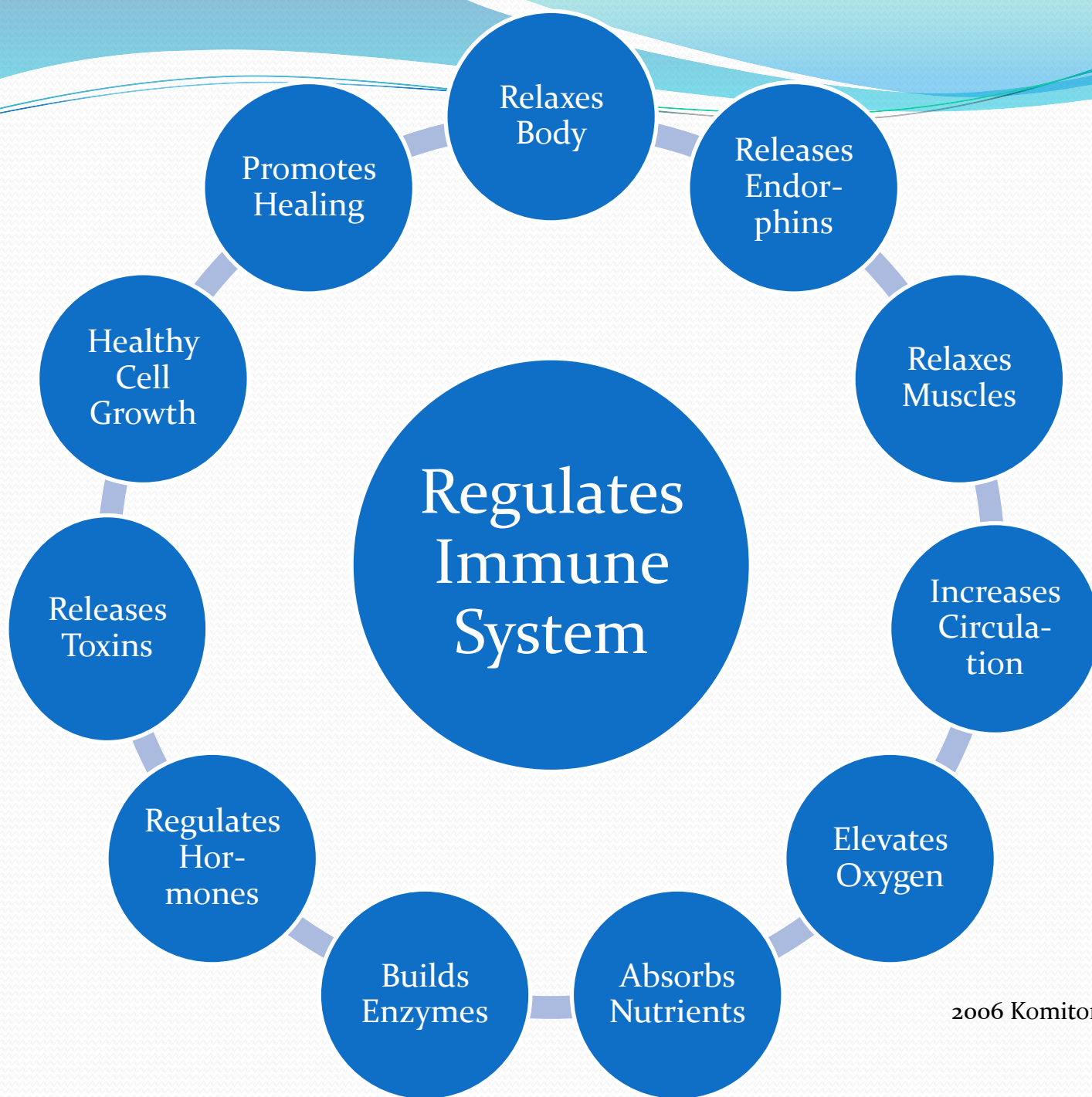
- Centering is a conscious process that facilitates a calm, present and focused state of being where healing can occur.
- Healing occurs in the context of relationship – with self and others.
- Health Care Practitioner, heal thyself.
- As we listen and care for ourselves, we can be present to our patients
- Don't just do something. Be there!





Complementary and Alternative Medicine Categories

- National Institute of Health –
National Center for
Complementary and Alternative
Medicine (NCCAM)



The Spectrum of Health Care

Western/Conventional

Diagnostic Tests
 Lab (biochemistry)
 Radiologic Imaging
 EKG, EEG
 CT, MRI
 EMS/NMES

Treatments
 Radiation
 Chemotherapy
 Respiratory Therapy
 PT, OT, Speech Therapy
 EMS/NMES

Pharmaceuticals

Surgery

Psychotherapy and Counseling

Wellness Education

Lifestyle Changes
 Nutrition
 Exercise
 Safety

Holistic/Integrative/Alternative/Complementary

Alternative Schools of Medicine

Chinese/Acupuncture
 Ayurveda
 Homeopathy
 Osteopathy
 Naturopathy

Vibrational Medicine

Essential Oils
 Color, Light, Sound
 Music
 Crystals
 Flower Essences

Energy Medicine

Movement Therapies

Chiropractic
 Massage
 Reflexology
 Alexander Technique
 Feldenkrais
 Cranio-Sacral
 Pilates
 Yoga
 Tai Chi
 Qi Gong

Spiritual Practices

Shamanic Healing
 Healing Prayer
 Pranic Healing
 Meditation
 Contemplative Prayer

Body Psychotherapy

Hypnotherapy
 Bio-energetic Analysis
 Thought Field Therapy
 Trauma Release Therapy
 Emotional Freedom Technique

Nutritional Therapies

Herbal Medicine
 Food as Medicine
 Supplements
 Fasting
 Intestinal Cleansing
 Chelation Therapy

Energy Medicine

Bio-Mechanical

Magnet Therapy
 Scenar Therapy
 Tens System
 Frequency Specific
 Micro-current Therapy

Bio-Field/Hands-On

Therapeutic Touch
Healing Touch
 Reiki
 Quantum Touch
 Polarity Therapy
 Jin Shin
 JoRei
 Zero Balancing

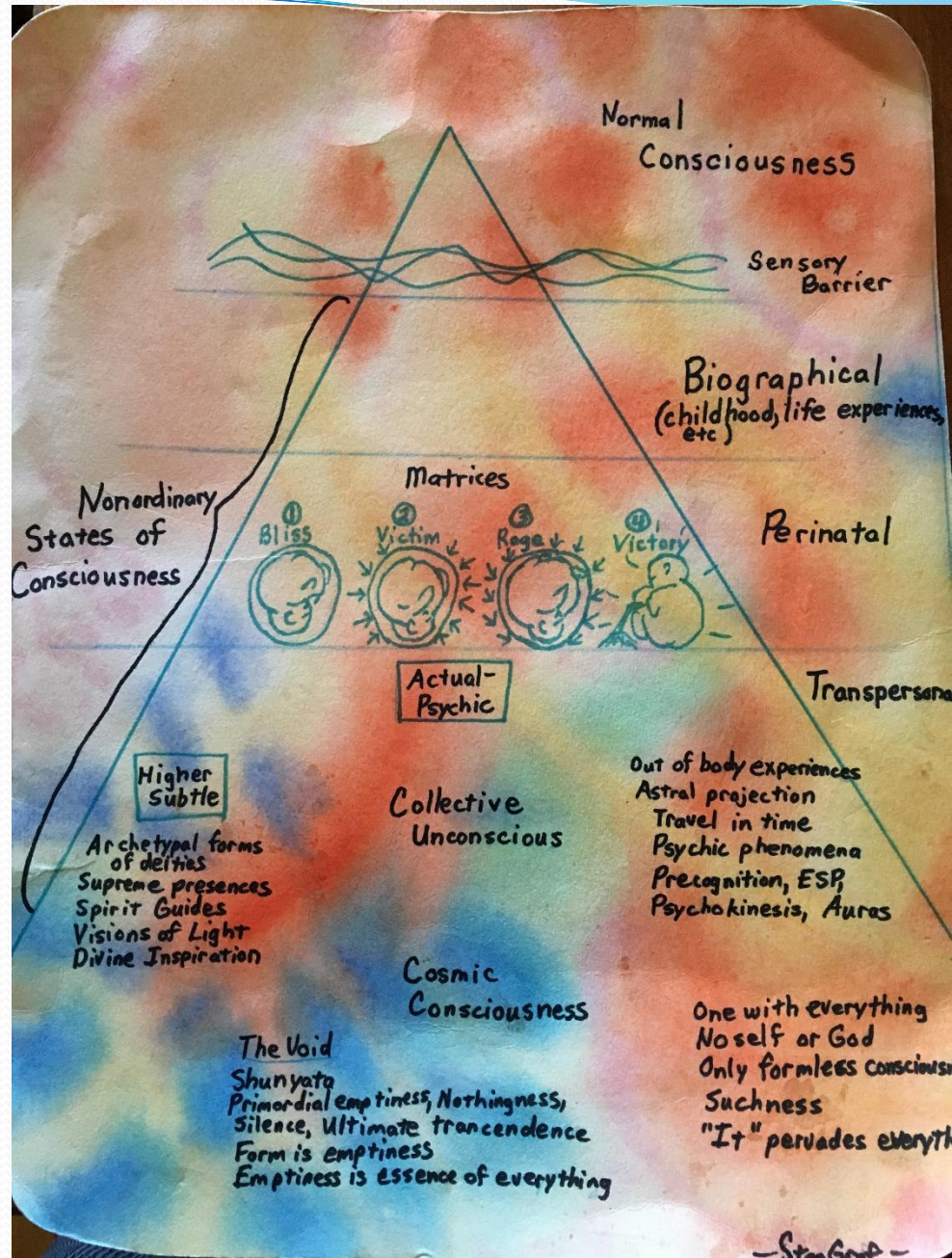
Healing Touch

Janet Mentgen (Founder)

Janet's Many Sources

Rosalyn Bruyere	Rod Campbell
Alice Bailey	Rev. Scudder
Barbara Brennan	Daskalos
Brugh Joy	Paul Hanson
Rudy Noel	and Others

Map of the Unconscious – Stan Grof



- 13 yo girl- anxiety
- Healing Touch & Breathwork
- Remedial school group
- 3 sessions
- Advanced to regular school class 8 weeks after sessions ended



American Nurses Credentialing Center

- Healing Touch Program is accredited to provide Nursing Continuing Education Units
- Scope of Practice
- Code of Ethics

Broad Definition of Healing

- Joan Borysenko, PhD, pioneer in Integrative Medicine
- Respect person's process and destiny
- Not run people over with our ambulance
- Gift of love to share
 - Come together in support