

Healing Touch Research has been conducted

in a wide variety of settings exploring issues such as:

- Stress reduction/relaxation response
- Cancer treatment and care
- Cardio-vascular disease
- Death and dying
- Endocrine/Immune function
- Pain reduction and management
- Patient satisfaction and experience
- Post operative recovery
- Counseling/Psychotherapy
- Wellness and prevention
- Spiritual/Personal growth

Studies support Healing Touch as an integrative therapy. Surveys indicate that patients evaluate it highly. Research has been supported and/or funded by hospitals, universities, colleges, professional organizations, private foundations, and the National Institutes of Health: National Center for Complementary and Alternative Medicine (NCCAM).

Healing Touch is accepted, validated and utilized in hospitals, hospice, long term care, integrative health centers, private practices, and clinics.*



What are the Benefits of Healing Touch?

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

Healing Touch:

- Reduces pain
- Reduces anxiety
- Relieves stress and depression
- Provides support during chemotherapy
- Strengthens the immune system
- Creates a sense of well-being
- Reduces effects of trauma and chronic pain
- Enhances recovery from surgery
- Deepens spiritual connection
- Supports the dying process

* For more information on HT research go to: www.HealingTouchResearch.com

Healing Touch can gently but significantly impact your life.



Experience
Healing Touch

for your Health
and Healing



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To locate a Healing Touch Practitioner in your area or for more information visit www.HealingTouchProgram.com

What is Healing Touch?

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

Healing Touch uses gentle, light or near-body touch to clear, balance, energize and support the human energy system in an effort to promote healing for the **whole person: mind, body, spirit**.

Healing Touch is a complementary, integrative energy therapy that can be used in conjunction with traditional therapies.

The goal of **Healing Touch** is to restore harmony and balance in the human energy system thus creating an optimal environment for the body's innate tendency for healing to occur.

"Healing Touch helped me be pain-free after carpal tunnel surgery. It definitely speeded up my post-operative recovery."

-Gary W.

What can you expect?

Healing Touch facilitates a deep sense of calm and relaxation as well as overall and specific responses for body-mind-spirit healing. You may feel nurtured and energized.

A Healing Touch session can be given anywhere, from a chair in a client's home to the bed in a hospital room.

The session is typically administered while the client lies on a treatment table or bed with clothes on. The practitioner uses her/his hands to assess your energy system. S/he proceeds to clear and balance it as needed using either off body touch (near body but no direct contact) or a gentle (still) touch on various areas of the body.

An average session may last anywhere from 15 to 60 minutes, based on the client's needs and the methods being used.



How does energy healing work?

Energy therapies focus on removing energy congestion that forms in our energy fields (aura) and energy centers (chakras). It re-establishes healthy energy flow through opening, connecting and balancing the human energy system.

Healing Touch was founded by Janet Mentgen, RN in 1989 and is now an international program taught in a variety of settings.

Healing Touch Program is endorsed by the American Holistic Nurses Association (AHNA) and the Canadian Holistic Nurses Association (CHNA).

*"Healing Touch gave me a feeling of clarity and a feeling of peace after surgery. I was able to rest and manage the pain with the help of Healing Touch techniques. All the doctors who looked at me in the subsequent two weeks said *You're healing beautifully. It's unbelievable how good you look.*"*

-Shari M.

Healing Touch Practitioners

complete a rigorous training program and abide by a professional Scope of Practice and Code of Ethics. Healing Touch was the first energy therapy to offer a Certification program for its practitioners.

Your practitioner will choose the most appropriate methods for you depending on your needs, your current health status, and an energetic assessment.

