

# Healing Touch

- HEALING TOUCH ~ an integrative energy therapy used in conjunction with traditional therapies or as a stand-alone treatment.

Presented by a Panel of Healing Touch  
Practitioners in the VA

- March 4, 2008 National VA Pain Teleconference

# National Panel of Healing Touch Presenters:

- Julie Jones, MS, CNS, CHTP, CHTI Sioux Falls VAMC, Sioux Falls, South Dakota
- Mari Kelley, RN, CNN, CHTP, CHTI, Nurse Manager, Progressive Care Unit, GLAHS West Los Angeles, CA
- Lynne O'Donnell, RN MSN, ANP-BC, HTP-A, Oncology, Pain Resource Professional, Palliative Care Consult Team, Jesse Brown VAMC, Chicago, Illinois
- Stan Rintelmann, RN, FNP-BC, HTP- A, Milwaukee VAMC- SCI, Milwaukee, Wisconsin
- Catherine Scantlan, BSN, RN, HN-BC, HTP , Miami VA HCS, Miami, Florida
- Rosalie Shultz, RN, CHTP, Atlanta VAMC, Atlanta, Georgia
- Terry Sparks, J.D., M.Div., CHTP, CHTI Acting Chief, Chaplain Service, Oklahoma City VAMC, Oklahoma City, Oklahoma
- Kris Wang MSN, RN, PCNS-BC, CHTP, Psychiatric Clinical Nurse Specialist Northern AZ HCS Geriatric and Extended Care including Dementia Special Care Unit and Hospice Unit, North Arizona VA HCS, Prescott, Arizona

# HOW DOES ENERGY HEALING WORK?

Julie Jones, MS, CNS, CHTP,  
CHTI Sioux Falls VAMC, Sioux  
Falls, South Dakota

# SYSTEMS THEORY

- INPUT
- THROUGHPUT
- OUTPUT



# BIOELECTROMAGNETIC FIELD

- EXAMPLES
- AMPERE'S LAW

# Healing Touch Energy Theory

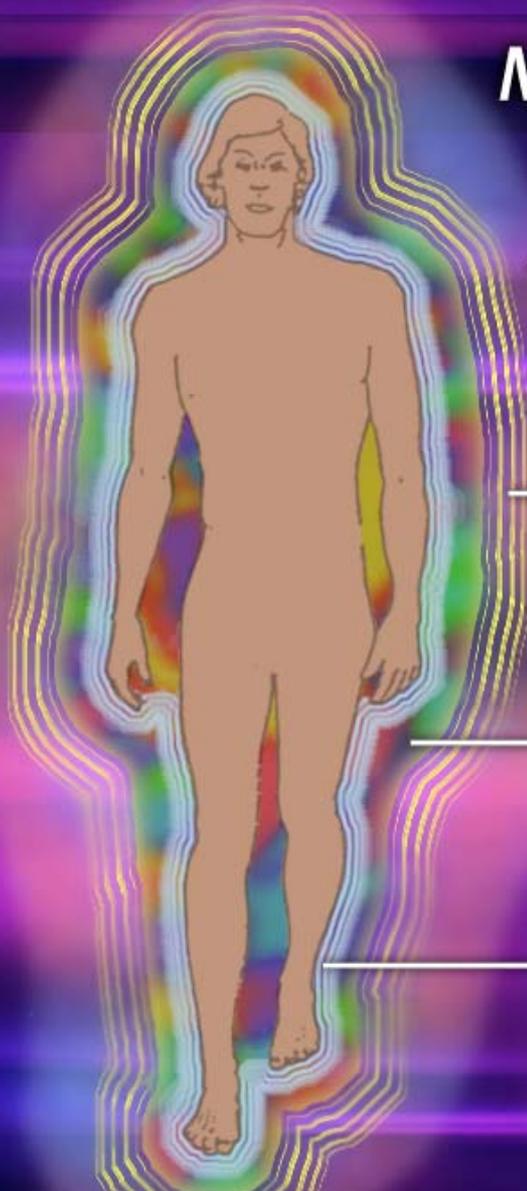
Three distinct parts of the human energy system that work interchangeably...

- Energy field-Aura
- Energy centers-Chakras
- Energy tracts-Meridians

# HAND EXERCISE



## *Model of the Energy Field (Aura)*



— **Intuitive or spiritual field**

(Higher levels of consciousness)

— **Mental field**

*Bright yellow fine lines*

(Thought process and mental ideas)

— **Emotional field**

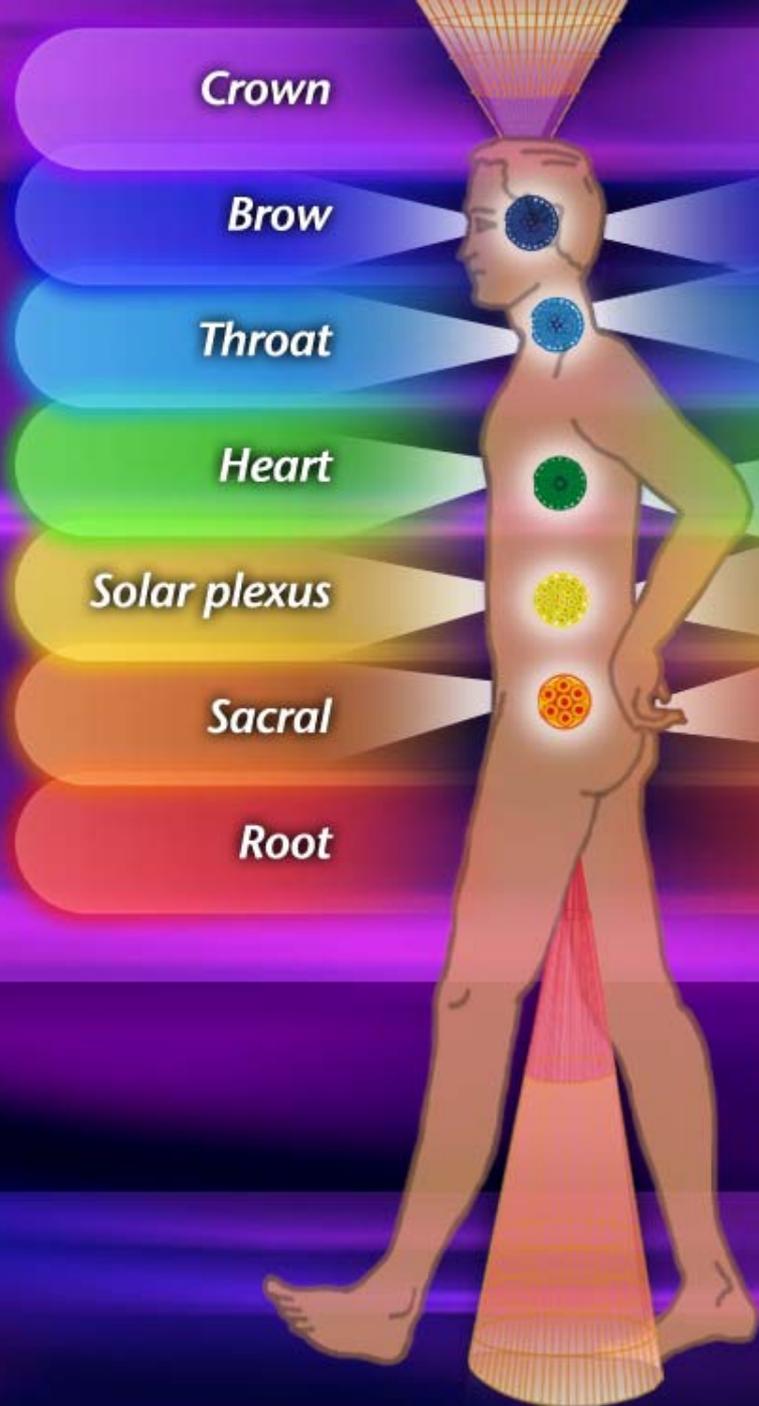
*Dark clouds of rainbow color*

(Lower emotional aspects)

— **Etheric field**

*Light blue grey fine lines*

(Physical double)



Crown

Brow

Throat

Heart

Solar plexus

Sacral

Root

*Model of the Energy Centers  
(Chakras)*

## *Model of the Energy Tracts (Meridians)*



# Healing Touch

...uses touch to influence the human energy system, specifically the energy field that surrounds the body, the energy centers that control the energy flow from the energy field to the physical body.

# MODELS OF TOUCH

- PHYSICAL
- PSYCHOLOGICAL
- FIELD



# Healing Touch

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.

Potential illness appears in the energy system before physical symptoms appear.

A person's health and quality of life are affected by the health and quality of the energy system.

# Healing Touch Credits

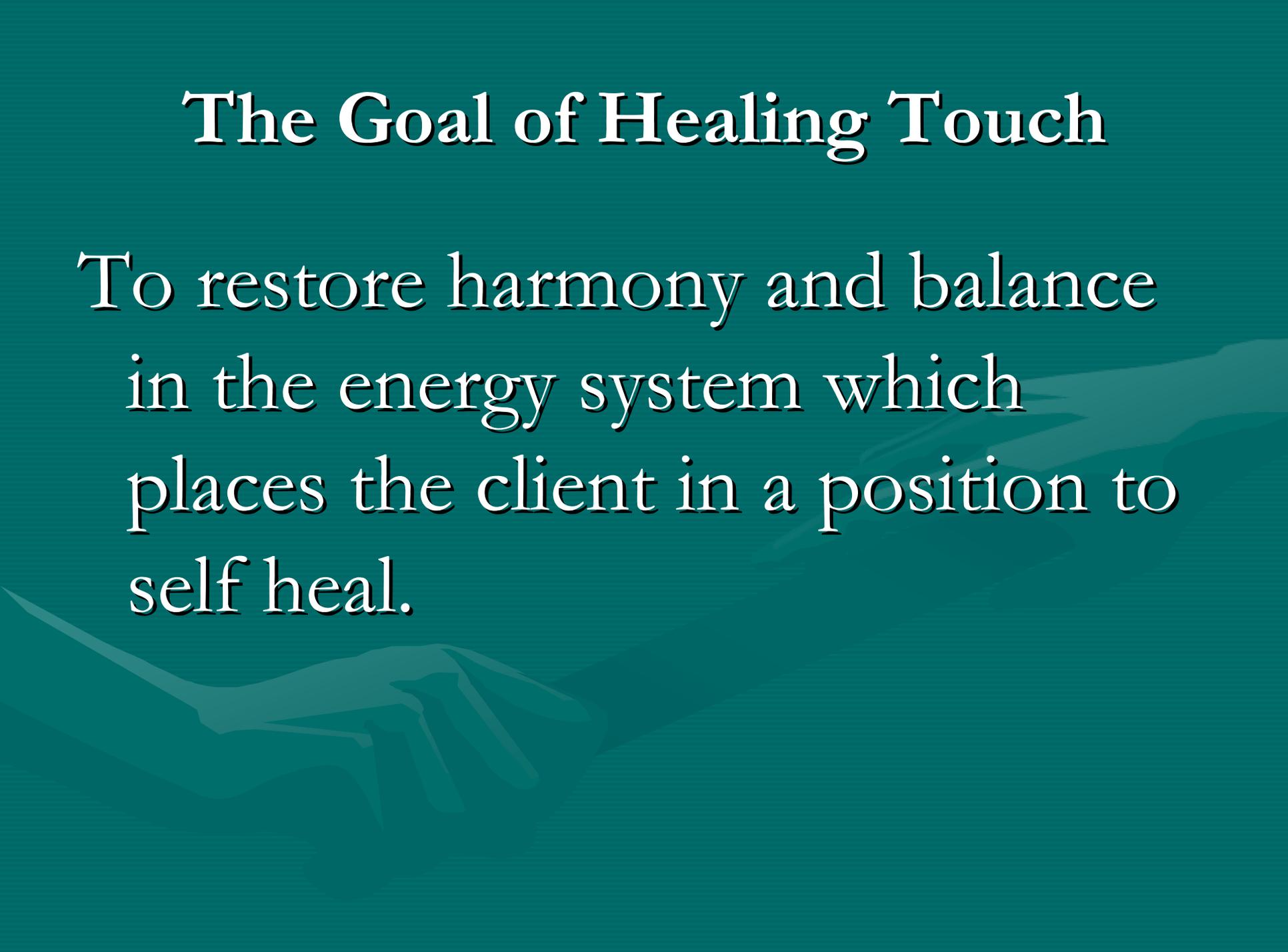
- Healing Touch International Brochure
- Graphic Design of the PowerPoint Presentation-Blair Benham
- Content Design of Powerpoint Presentation-Mary Jo Bulbrook

# Healing Touch in Action!

- How is Healing Touch provided?
- Goal of Healing Touch
- Stan Rintelmann, RN, FNP-BC, HTP- A,  
Milwaukee VAMC- SCI, Milwaukee,  
Wisconsin

# The Goal of Healing Touch

To restore harmony and balance in the energy system which places the client in a position to self heal.

A faint, semi-transparent image of two hands, one larger and one smaller, reaching towards each other in a gesture of healing or support, set against a dark teal background.

# A Conscious, Intentional Process

...of directing energy through the hands of the practitioner to the patient to facilitate the healing process.

A faint, semi-transparent image of two hands, one larger and one smaller, positioned as if one is holding or supporting the other. The hands are rendered in a light teal color, matching the background, and are located in the lower-left quadrant of the slide.

# Basic Healing Touch Sequence

- Intake
- Healer Preparation
- Pre-treatment assessment
- Healing Touch interventions
- Post-treatment assessment
- Ground and Release
- Evaluation and Feedback

# 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.

# Specific Benefits of Healing Touch

may see...

Acceleration of wound healing

Relief of Pain

Increased Relaxation

Reduced need for pain medicine

Reduction in anxiety/stress

Prevention of illness

Enhancement of spiritual

development

# Specific Benefits of Healing Touch

Aid in preparation for and follow up  
after medical treatments and  
procedures

Increased energy/relief for chronic  
fatigue

Support for the dying process

# *History of Healing Touch*

by

*Mari Kelley, RN, CNN, CHTP, CHTI*

*Nurse Manager, Progressive Care Unit*

*Greater Los Angeles HealthCare System*

*West Los Angeles*

# *History of Healing Touch*

- Grew out of Janet Mentgen, RN, BSN Nursing Practice
- 1989 Pilot program at the University of Tennessee and in Gainesville, Florida
- 1990 HT Program Sponsored by the American Holistic Nurses' Association (AHNA)

# *History of Healing Touch*

- 1993 – 1996 AHNA Certification Program
- 1994 ***Energy Field Disturbance*** Nursing Diagnoses approved by NANDA (1.8)
- 1996 Healing Touch International Certification

# HUMAN ENERGY FIELD THEORY

- 1994 National Nursing Organization of Classification, North American Nurses Diagnosis Association (NANDA)
- *Energy Field Disturbance (1.8)* represents a specific theory - Human Energy Field Theory

# *Healing Touch Offers*

- Multi-level curriculum
- International Mission and Vision Statement
- International Standards of Ethics and Practice for Healing Touch Practitioners and Instructors
- HTI Administers Certification for Practitioners and Instructors
- Coordinates Health Care integration
- Provides educational opportunities
- Healing Touch Research

# *SCOPE OF PRACTICE*

## FOUR LEVELS:

- Student of Healing Touch  
(Levels 1 -4)
- Healing Touch Practitioner  
Apprentice (Level 4 – 5)
- Healing Touch Practitioner  
(Completion of Level 5)
- Certified Healing Touch  
Practitioner/Instructor

# WATSON'S THEORY OF HUMAN CARING IN NURSING

- Watson's Transpersonal-Caring Healing Model (1999) includes an *expanded view* of the person to one embodied of spirit, a universal mind, and consciousness as energy.
- In the model *caring potentiates healing*, it is a *moral imperative* and is *sacred*.
- She views caring-healing modalities *essential*.
- There is a *connectedness* of all, which is based in the concepts of energy theory

# The Art and Practice of Healing Touch

- Who can practice HT?
- Where can HT be provided?
- Lynne O'Donnell, RN, MSN, ANP-BC,
- HTPA

# Who can practice Healing Touch?

- Individuals Completing Healing Touch
  - Level 1 through 3 HTP students
  - Healing Touch Practitioner Apprentices (level 4)
  - Healing Touch Practitioners
  - healing Touch Practitioner- Certified
  - Healing Touch Instructors

# Applications of Healing Touch

Who and Where can it be used?

All areas of the Nursing profession

Physicians

Allied Health Personnel- Social Workers,  
Chaplains, Physical Therapists, etc.

Veterinarians

Lay people interested in healing

# Requirements for Doing Healing Touch

- Intentionality for the highest good of the healee
- Motivation to help another
- Openness of mind
- Openness of heart
- Letting go of the outcome

# Specific Benefits of Healing Touch

When there is a desire to complements traditional approaches to health and healing with a holistic modality

Referrals to physicians and other licensed health care workers are expected

# Healing Touch Research

Findings are published in a research survey that is updated bi-annually

Input from individual researchers, students and faculty

Summary and/or abstracts of studies

# Healing Touch Research and Practice

- Research done in the VA
- HT used in the community

Catherine Scantlan, BSN, RN, HN-BC, HTP ,  
Miami VA HCS, Miami, Florida

*“what can be counted does not always count.*

*What counts cannot always be counted...” unknown*

- The popular demand for Complementary and Alternative Medicine (CAM) therapies was demonstrated by the 1997 National Household Survey which showed the total visits to CAM providers (629 million) exceeded the total number of visits to all primary care physicians (386 million) in the United States in 1997.
- **\*\*\*The 2002 Veteran Affairs (VA) CAM report showed that 84% of facilities provide some form of CAM.**
- Today, **Healing Touch** is frequently considered by hospitals and other health care facilities that are pursuing the introduction of CAM therapies.

- *EBM Reviews - Cochrane Central Register of Controlled Trials* Wang KL, Hermann C **Pilot study to test the effectiveness of Healing Touch on agitation in people with dementia.** [Controlled Clinical Trial. Journal Article] *Geriatric nursing (New York, N.Y.)*. 27(1):34-40, 2006 Jan-Feb.
- **AN:** CN-00555213 A pilot study was conducted to investigate the effects of **Healing Touch** (HT) on agitation in persons with dementia. cted availability of patients, ...evaluated dementia patients who demonstrated high levels of agitation as measured by the Cohen-Mansfield Agitation Inventory.
- **Results indicated that agitation levels were significantly lowered and that HT is worthy of further study.**

# Pain and it's Definition

- If pain is what ever the patient says...

Let us:

Consider the same logic in recognizing the vast anecdotal results every provider of HT encounters after a treatment:

- The relief and benefit felt is *what ever* the patient says...

# Quantitative Results and Pain:

- In a retrospective descriptive study of chronic pain, Wardell(2000) found that of 10 respondents of 12:
- **Four reported an absence of pain**
- Two reported decreased pain
- Two had decreased pain but eventual return
- Two reported no change.
- **80% had improvement!**

- In a 1999 report to Joint Commission for Accreditation of Hospitals, Protzman(2002) found:
- A **4-point decrease in perceived pain** on a 10-point rating scale in inpatient and outpatients, after Healing Touch Treatments.
- Relaxation was also reported

# Summary of Nine Quantitative Studies Concerning Chronic pain:

- Seven indicated decreased pain
- One reported decrease but HT was paired with Reflexology
- One reported no change

These are important findings considering the challenges of dealing with Chronic Pain

Wardell (2004)

# After Bypass:

- Arom and MacIntyre (2002) are studying the effects after bypass surgery in 400 patients.

Preliminary results show 174 patients are trending toward *better outcomes* in:

- Surgery time
- Pump time
- Length of Stay
- Post op arterial fibrillation
- Post op blood transfusion
- Anti-emetic use

# Where are some of the places that HT is being offered in the community?

- Healing Touch Healthcare Facility ( From HTI Website)

[www.healingtouchprogram.com/healthcare/healthcare.shtml](http://www.healingtouchprogram.com/healthcare/healthcare.shtml)

- [Abbott Northwestern Hospital](#), Minneapolis, MN
- [Alamance Regional Medical Center](#), Burlington, NC
- [All Children's Hospital](#), St. Petersburg, FL
- [Barnes-Jewish Hospital](#), St. Louis, MO

## Some additional places...

- Bon Secours DePaul, Norfolk, VA  
Childrens Hospitals and Clinics of Minnesota,  
Minneapolis, MN  
DePaul Health Care, Bridgeton, MO  
Exempla Good Samaritan Medical Center  
(EGSMC) Lafayette, CO  
Franciscan Skemp Healthcare,  
La Crosse, WI

# Continuing on....

- Grant Medical Center, Columbus, OH
- Greenwich Hospital, Greenwich, CT
- Integrative Medicine Clinic, Minneapolis, MN
- Kona Community Hospital, Kealahou, HI
- Memorial Hospital Central, Colorado Springs, CO
- Regions Hospital, St. Paul, MN
- MD Anderson, Texas

# And on....

- Stanford University Medical Center, Stanford, CA
- St. Joseph's Hospital, Tampa, FL
- Memorial Hospital of South Bend, South Bend, IN
- William W. Backus Hospital, Norwich, CT
- Yuma Regional Medical Center, Yuma, AZ, Hospice
- Horizon Hospice & Palliative Care, Chicago, IL
- Hospice of Saint John, Lakewood, CO

# And on....

- Atlantic Hematology Oncology Group, Galloway, NJ
- Catawba Valley Living at Rock Barn, Claremont, NC
- Harmony Pointe Nursing Center, Lakewood, CO
- Health Sphere Wellness Center, Brentwood, TN
- Kapi'olani Medical Center for Women & Children, Honolulu, HI
- Saint Francis Home of Richmond, Richmond, VA
- Witherell Chiropractic Health Center, Homestead, FL

# Terry Sparks, J.D., M.Div., CHTP,

CHTI Acting Chief, Chaplain Service, Oklahoma City VAMC,  
Oklahoma City, Oklahoma

- **VA CHAPLAINCY BEST PRACTICES AWARD**
- Amarillo Texas, Complementary Medicine Pain Clinic
- The Complementary Medicine Pain Clinic (CPMC) employs complementary medicine techniques to help patients with pain. These techniques are used alongside pain management techniques from Western medicine. Patients are offered instruction, as appropriate, in how to use these techniques on themselves. The clinician is a staff chaplain, Terry Sparks, who also uses traditional chaplaincy methods in the CMPC. The purpose of the CMPC is to help patients with their physical pain, and underlying emotional, psychosocial and spiritual issues that may be connected to that physical pain.

- CMPC Data
- “After a Healing Touch treatment, my stress relief lasts:”
  - 1 to 3 days 57%
  - 4 to 7 days 30%
  - 1-2 weeks 13%
  - Over 2 weeks 0%
- “After a Healing Touch treatment, my pain relief lasts:”
  - 1 to 3 days 63%
  - 4 to 7 days 30%
  - 1-2 weeks 7%
  - Over 2 weeks 0%
- “After a Healing Touch treatment, my level of emotional well-being is improved for:”
  - No change 3%
  - 1 to 3 days 40%
  - 4 to 7 days 40%
  - 1-2 weeks 10%
  - Over 2 weeks 7%
- “After a Healing Touch treatment, my level of spiritual well-being is improved for:”
  - No change 3%
  - 1 to 3 days 20%
  - 4 to 7 days 33%
  - 1-2 weeks 27%
  - Over 2 weeks 17%
- “Have Healing Touch treatments affected your Quality of Life? (Mind, Body, Spirit):”
  - 71% yes 29% no

# More info on Research in Healing Touch

- **Research in Healing Touch**
- There is a growing body of research in Healing Touch, and in a very similar technique called Therapeutic Touch. Some of this is research that is done for quality assurance purposes, and has not been peer-reviewed. Some of this is peer-reviewed published research that has been approved through an appropriate IRB. Research either completed or in progress through September 2006 can be found in abstracted form in Healing Touch International's Research Survey. Dianne Wind Wardell, PhD, RNC, HNC, CHTI, Associate Professor of Nursing, The University of Texas Houston, Health Science Center, is the Research Director for Healing Touch International.
- Dianne Wind Wardell and Kathryn E. Weymouth published a Review of Studies of Healing Touch in the Journal of Nursing Scholarship, Second Quarter 2004. A table from this study summarizes studies of Healing Touch available through June 2003.
- The National Institutes for Health, through the National Center for Complementary and Alternative Medicine, has either funded or is involved in four current Healing Touch studies. No information on results is available for these studies at this time. A summary of these four studies is included in this Overview.

# Some of the places and ways that HT been utilized in the VA?

- Julie Jones, MS, CNS, CHTP, CHTI Sioux Falls VAMC, Sioux Falls, South Dakota
- Mari Kelley, RN, CNN, CHTP, CHTI, Nurse Manager, Progressive Care Unit, GLAHS West Los Angeles, CA
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# Q&A

- Where do we go with HT from here?
- ~ Stand Downs
- ~ TBI? PTSD? Multiple trauma?
- ~ Chronic pain clinics? Dementia
- ~ Pre and Post Procedures
- ~ Employee Wellness
- ~ Self Care of employees
- ~ Improve Retention with less burnout

# In Summary

- HT is one of the holistic non-invasive modalities that is considered to be part of the new frontier...
- We are available to chat with you about HT and any questions that you may have.
- Email any of us and we will respond or find the best person to respond.

# References:

- Protzman, L., (2002) The effect of healing touch on pain and relaxation. Healing touch research survey. Lockwood, CO. (Healing Touch International report to JCAHO)
- Wardell, D., & Waymouth, K., (2003) Review of studies of healing touch. Journal of Nursing Scholarship. 2<sup>nd</sup> Quarter, p. 147-154
- [WWW.AHNA.COM](http://WWW.AHNA.COM)



THE END