



Keeping in Touch

Official Newsletter for Therapeutic Touch® Professional Associates (TPPA)

Serving the Puget Sound Area

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TT for people who are in the dying process

By Patricia Connell, QTTT

Dolores Krieger in *Transpersonal Healing (2002)* defines the dying process as a transformation in consciousness (p.17). In this book, Dr. Krieger, speaks of the healer as a Warrior in his/her work with the dying person. The Warrior – Healer as the archetype of one who finds strength from deep sustained centering to compassionately help others. In the *Spiritual Dimensions of Therapeutic Touch (Kunz & Krieger, 2004)* the authors devote a chapter on supporting persons with terminal illness. They tell us that we can help by projecting a sense of peace and flow, by being open to allowing the person to talk about their dying and in the end by assisting the person to transition peacefully with the assistance of TT. It is as important to help a person die in peace as it is to partner with them for wellness and health.

Sally Blumenthal McGannon, a long-time hospice nurse and TT practitioner, says that learning to welcome death as a part of life was a transforming experience after years where in allopathic medicine a patient death was considered a failure. She says that when a nurse shows up who knows TT and can center, death is no longer the enemy, but a place of peace and transition and the family can follow and find peace. Given a choice of coming from love or fear – the healing partner always moves into a place of peace. A family's fear can often interfere with the healing partner's journey. Having someone present who is centered and welcoming death (transition) is transformative. Everyone present, especially the healing partner, wants to feel peace and love which is present but can be masked by the fear of those around the person.

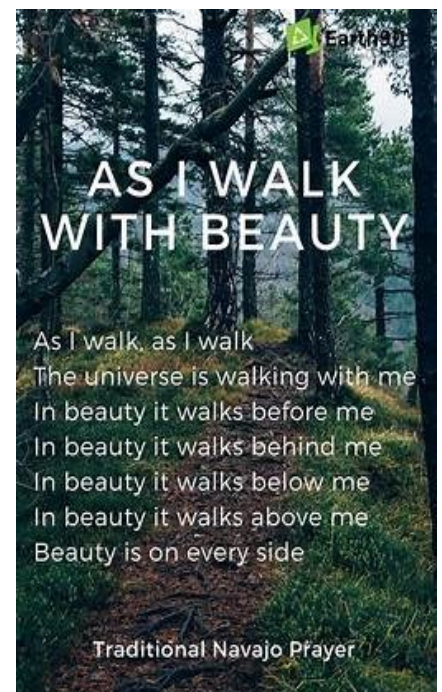
Using Energy healing (TT) with healing partners allows for a connection that transcends any other experience I have ever had. Experiencing the "light" of a healing partner's transition is an honor and a privilege for which I am always grateful. For peaceful death to occur we must help our healing partner to be as free of physical pain as possible. This means using all the allopathic measures we can to alleviate pain. I have found over the years that TT is a most effective adjunct to analgesia. TT can be used in conjunction with pain medications to provide as much physical comfort as possible for nerve and bone pain in most healing partners. However, the key effectiveness of TT with a dying healing partner is its ability to decrease or eradicate anxiety and enables the healing partner to finish their business to offer forgiveness, gratitude, and love to those important to them.

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TPPA Board Meetings

- January 8, 2023
- June 4, 2023
- The TPPA Board has decided to forgo our four membership meetings.



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For more than 35 years Cathy Fanslow worked with the dying, their families, and caregivers. Cathy is one of Dolores Krieger's original Krieger's Krazies. She is the author of *The Power of Hope to Cope with Dying* (2008). Above all, the most effective TT procedure that we have is the *Hand-Heart Connection* that Cathy Fanslow developed after many years of working with healing partners in transition. This procedure which can be shared with family and friends of the healing partner enables loved ones to remain connected with the dying person by sending love and peaceful energy to them – giving them the energy they need to make their transition peacefully. It is a process that allows family and friends to feel that they are helping at a time when often they feel helpless. (We teach this technique in our Therapeutic Touch as Transpersonal Healing classes.)

Therapeutic Touch affects deeply not only the dying person but everyone in their life including the TT practitioner. TT is not only life affirming but a blessing for the dying person and those in their life. At the 2022 TT Congress, Cathy Fanslow as keynote speaker says that the *Hand-Heart Connection* is our intention to make energy available to the person who is dying, enabling them to facilitate and/or complete the process of separation and letting go at all levels. Further, she says that what makes this interaction so unique and special is that those who help the dying person in this compassionate and loving way are also helped. They become able to allow the dying person to complete their unique and final journey in a way that they need to. By accompanying the dying in this special way, they give them a sense of peace, love and gentle presence as they leave this earth.

Recently, I was working with a dying healing partner and her daughter. She was close to making her final transition. I was teaching her daughter to do the *Hand-Heart Connection*. Her three year-old was watching us. All of a sudden, the little girl climbed on the bed with her grandmother – did what I had shown her mother to do to help her grandmother. She eventually laid her head on her grandmother's heart and said, "Granny, I love you." About 5 hours later the daughter called me to say that her mother had made a very peaceful transition surrounded by loved ones. What is so wonderful with the *Hand-Heart Connection* is the ease of teaching it to family and friends of a dying person.

Patricia Connell, RN retired, QTTT, Oak Harbor, WA



TTPA classes this Fall Pacific Time

Please Share this information widely

Foundations on Zoom: Fri, Oct 7th, 6-9 pm

Sat, Oct 8th, 9 am-12 & 1-3 pm

Sun, Oct 9th, 8:30 am—12:30 PM

With Jane Cornman, Cindy Cole and Leonie Van Gelder

Therapeutic Touch as Transpersonal Healing on Zoom

Fri, Nov 4th, 6-9 pm

Sat, Nov 5th, 9am –5 pm

Sun, Nov 6th, 9am-5 pm

With Kathy Wilmering and Jen Wiegand

For more information:

www.therapeutictouchwashington.com



Teaching Therapeutic Touch Impromptu:

By Janet Goldenbogen-Self

Teaching exists in many forms.

The most predictable method offers a class with carefully planned teaching guidelines, objectives, an evaluation, pricing, and advertising. Many other possibilities exist including Impromptu defined as doing without a plan. (Oxford Dictionary) This is how I found myself teaching an Impromptu short course of Therapeutic Touch at a memory care center.

For 16 years I contracted with my local hospital in Port Townsend WA to provide Therapeutic Touch with hospice clients in facilities and private homes. Hospice nurses referred me to their clients who experienced anxiety, intractable pain, wounds difficult to heal, or fear of dying.

I began to walk into my client's room when a CNA (Certified Nursing Assistant), with ginger hair, wearing lime green scrubs stopped me and said, "Hello, I'm Alana. I've seen how much calmer Thomas and others are after you're with them.. I'm curious and would like to watch if that is alright. Maybe you could show me enough to help others?"

"Hello Alana, I'm Janet, a nurse offering Therapeutic Touch or TT through our local hospital hospice. Of course, you can watch me provide the method Therapeutic Touch. "How much time do you have?" "I have a thirty minute lunch break?"

"We can start with this amount of time. First watch me and Thomas's response. When I'm finished, we can talk about what I did and why. If you have paper and pen, write some questions." Smiling, Alana pulled both from her pocket and sat close by us.

Thomas, 75, suffered from end-stage Lewy Body Dementia. He could no longer communicate and had severe anxiety with frequent yelling for help. Medication only partially curbed it. By necessity he was placed in his own room with frequent care by staff.

The good news is he responded quickly to Therapeutic Touch.

Today I approached Thomas who once again was thrashing in his bed, linens askew with guardrails tightly in place. Before touching or talking to him I became quiet, connecting to my inner knowing self and the Universal Energy Field. I used an intention for him to return to wholeness and calming.

Speaking his name, I told Thomas my name and dropped the guardrails. Then gently took his left hand in my left hand to begin the TT method entitled The Hand -Heart Connection. This is a wonderful way to connect without speaking. I glanced at Alana who was watching intently.

Then took my right hand to begin an energy field assessment. Thomas held tight to my left peering with glazed eyes into space. The longer I did TT and held his hand, the quieter he became. By the time I completed the final clearing and smoothing of his energy field, Thomas slept.

I gently removed my left hand from his, covered Thomas, and carefully secured the bed's guardrails. When I turned to Alana, I saw moist eyes and a smile on her face.

"Alana, let's find a quiet space to sit." "We have ten minutes. I know just the place."

Alana found two chairs, pulled out her questions and began with, "I'm in awe. I saw what you did and how it worked but had no idea what you were doing in your mind and hands to allow quiet to come to Thomas so quickly."

"Here are the steps I think of that you must do in TT before you put your hands on your client." Alana sat up straighter in her chair and prepared her notebook to take notes.

"First, you must have compassion. This is not a rote method that has no heart. Second, connect yourself to a quiet place within yourself. For now, think of a place or a time where or when you felt at peace. Third, connect yourself to the Universal Energy Field that connects all things. Fourth, you must have an intention You can al-

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return to wholeness. Ponder and practice these things." I gave her some TT book titles written by its' co-founder Dolores Krieger, RN, PhD

"Once you feel quiet and have done the other three things, you can connect with the client."

Alana looked at her watch. "I have to go soon and have more questions. When do you come back? Could we do this again next week?"

"Of course, you can watch me again. I plan to be here again next Tuesday."

"It was inspiring watching you. Still there is more to know before I could do what you did today."

"You'd be surprised. If you watch me next week and we talk again you could help many people here. I offer complete 12- hour certified TT classes which is the best way to go."

"Janet, I must go but I'll see you next week."

Today Alana and I talked first. "Although this impromptu teaching time has been short, when you work on a client start with the first four steps; then hold their hand. If all you have time to do is clear and smooth several times, often this settles the person down."

I asked Alana to hold Thomas's feet and gently rub them; to watch me and stay with me throughout the session. I worked like last week. Only his time I quietly let Alana know what my hands were doing.

"I think I can do this Janet"

"I think you can also,"

That was the last time I saw Alana until several months later when we passed in the hall.

"I'm ready to take your 12-hour class." She smiled

"Perfect." I handed her my card and said, "Call me and I'll give you details."

Impromptu teaching does have its place, I thought, walking to see Thomas.

Janet Goldenbogen-Self RN, QTTP (Retired QTTT 2003-2021). President of Holistic Therapies, Inc.: Living and working in Port Townsend WA; www.holistictherapiespt.com 360-379-8134

Therapeutic Touch Practice Group

We are conducting the Puget Sound Practice Group via the internet with Zoom. We meet on the 2nd Monday from 7 PM to 8:30 PM. We begin with a meditation and then a short discussion on TT. We use the break out feature on Zoom and exchange TT treatments.

Contact Cindy Cole, cindycolett@gmail.com if interested.

TTPA Distant Healing Requests

Distant Healing Requests are being managed by Connie Berger. Please send your distant healing request to her at cmariek60@gmail.com and she will send it out to the TTPA Distant Healing Group. If you would like to be on the Distant Healing Group e-mail list to send healing for these requests, send Connie an e-mail with your preferred e-mail address.



TTPA Sustaining Committee Members

Coordinator, Sharon Hunter, RN ,retired, BSN, QTTP sharhunter44@gmail.com

Co-Coordinator, Cindy Cole, BA, QTTT, cindycolett@gmail.com

Secretary, Arlene Poulsen, RN, Retired, BSN, floralfauna@hotmail.com

Member at Large, Connie Berger, RN, QTTP, LMT retired, cmariek60@gmail.com

Member at Large, Suzanne Engelberg, PhD, suzaeng@gmail.com



Therapeutic Touch International Association (TTIA) serves as an international resource center for information of the art, practice, teaching, science and research related to Therapeutic Touch as developed by Dora Kunz and Dolores Krieger.

The TTIA website holds research and the latest news. Because of the internet, TTIA is maintaining regular contact with our international members. Importantly, TTIA is defining and refining standards and policies for the practice and teaching of Krieger/Kunz Therapeutic Touch and upholds credentialing standards. **Join!** <https://therapeutictouch.org>

Reflections about TT Foundations Course

Indralaya June 11-15, 2022
by Poke Haffner, Orcas Island

This summer, I attended the TT Foundations course at Indralaya. For several years, first in person and then over Zoom after the pandemic set in, I had been a “Healee”, later called “Healing Partner” or HP, for the TT practitioners of various levels to hone their skills on; therefore I have called myself a “practice model,” always with the understanding that I am a participant in the process and not just a lump on a bench. There was a good deal of encouragement involved in inducing me to make the shift from recipient to trainee.

The return to Indralaya after – for TT – three years of absence due to COVID-19 was delightful. Although I live on Orcas, I didn’t get to Camp while it was closed for COVID either, so it was sweet for me to return to this beautiful place steeped in the explorations of so many people over nearly a century. This is the 95th year. The others there expressed similar pleasure at returning to the place and the people there. Because I had been to TT camp previously, I got to renew connections with some of the people there, the instructors Sandy and Lin in particular, and Cordy who was coordinating things that week.

The pace of instruction was brisk but not overwhelming. The material was well organized, clearly refined over years of presenting the beginning instructions to new students, and each day built on the previous day’s work. Everyone involved in bringing us along was nonjudgmental and encouraging, so that I, who generally can’t say what I might be picking up “on the ether” (as one of my long ago mentors used to put it), got the message that whatever information I was able to perceive was quite enough for this purpose and practice. In my case, the information I could perceive came primarily from the reports of the people in my group that I had practiced on rather than something more direct.

I was interested in the structure of a treatment or session, having heard bits and pieces over the years and having read a little and sat in on some of Cordy’s on line practica. I have a much better grasp of the general sequence of a session, although I am still vague about what is involved in the modulation phase of rebalancing.

I have been acquainted with other healing modalities, in particular (Usui Shiki Ryoho) Reiki. Although the structure and sequence of a TT session looks quite different from the kind of Reiki I have learned, the people who practice the two modalities seem to me to be very similar. There is compassion and altruism in both groups, a desire to offer support to the recipients. Not being attached to outcome is present in both, varying by the individuals. I suspect that whether one becomes involved in one or the other is much a matter of timing and opportunity – who did the student encounter at a time when she or he was ready? And of course, context; TT comes out of the world of nursing as it was formulated, and is a comfortable fit for people in that world. I like to think that these and other modalities are essentially love dressed up in different clothes. I also think that some people will be more receptive or attuned to one mode, and others will have a natural affinity for a different mode, either as practitioners or as recipients (or both).

I savored the time I got to be surrounded by people who were favorably disposed and radiated kindness, creating an atmosphere difficult to find in the world “out there.” And to have done so in a location as gorgeous and well-tended as Indralaya only compounded the benefits.

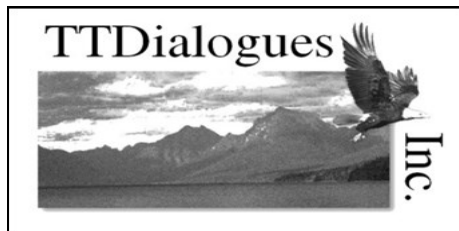
The following week I returned to my role as “HP” but this time as an informed HP. I can’t say that I had extraordinary perceptions, but I did have a very significant insight (an aha!) that week which I believe was made possible by having marinated in TT for the two weeks sequentially.

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Foundations Continued from previous page

The effects are cumulative. I look forward to finding out how this insight will affect my perceptions and experiences going forward.

Gratitude to Indralaya and TTIA and TTPA who organized this course and made my attendance possible, and to the generous person who sponsored meals at camp for me – as a commuter I usually pack lunch and leave for dinner, making it challenging to return for evening programs. This year I was more “there.”



My Experiences at the Montana Dialogues 2022

Sharon Hunter, RN ret., QTTP

This was such an exciting time for me, meeting with Dialogue friends new, and old, in a combination of In-person and Virtual. There were very stimulating exchanges of ideas with each person being listened to, uninterrupted, with respect and interest.

Before leaving home, participants had received several interesting papers on Wholeness to read and absorb. These were meant to further open our minds and Inner Selves to delving deeper into this expansive topic. The articles were from a variety of sources with different viewpoints on Wholeness.

We had been meeting in small groups on Zoom for this past year. The group I am in has been meeting for several years, dialoguing on the Future Consciousness of Therapeutic Touch. This year, in our nearly monthly meetings, we were focusing on the Dimension of Wholeness. Each small group makes a presentation to share with the larger group. We decided to create a meditation that brought one back to what they were like just before starting Therapeutic Touch and then related that to being an acorn which then goes through its life cycle to an oak tree in the forest. By the end, the human and the oak tree recognize each other and have wood/human heart hugs.

It is wonderful to have an opportunity to be with our partners and share understandings. There is a lot to be said for small groups in person or virtual.

Each day we met with our healing partner(Hp) to exchange TT sessions. I was excited to find that the position my first partner and I chose was outdoors next to some aspens which seemed to respond to our work with lively energy and gave me a sense of connection that I had not been aware of before. I managed to keep that spot near the trees for the rest of my stay.

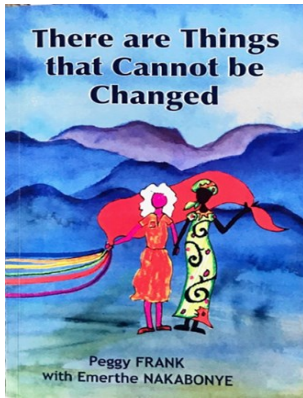
It was such fun to be up at The Rockery, Dee Krieger's former home, to celebrate Dee's birthday with cake, ice cream, laughter, and song! We saw the quilts made by TTIA members in all their glory decorating the walls. Afterwards, we broke into groups to enjoy what the rest of the day held for us, with of course, an assignment concerning the Laboratory of the Self.

This Laboratory of the Self challenge involved an exercise called "Self-Light -Where Stars Meet." This helps develop one's ability to work with Subtle Energies. Two other exercises called "The Practice of Presence" and "An expanded exercise for the Trans-incarnational\Spiritual Self" deepened our felt sense of Presence and wholeness. They were all adapted from the book, *Working with Subtle Energies*. Spangler, David. 2016. Lorian Press, Traverse City, MI.

I have talked about some of the more routine parts of the Dialogues, but cannot leave out extolling morning Moments of Gratitude, and each of the presentations, and then each of the small group presentations. We were interested and busy!

Ah, but then it was pack up, attend sessions, go through the love of the Certificate Ceremony, say goodbye to everyone and leave The North Forty. We dropped off friends at the Kalispell airport and set out to drive home. What a wonderful closure to our session at the Montana Dialogues 2022.

What's Consciousness got to do with it?the key to understanding the interconnection between the spirit, mind and body is the existence of subtle bodies including a vital energy body. Subtle bodies and vital energy are part of what we now call *biofields* in Western science. *Healing Ourselves, Biofield Science and the Future of Health*, p.45, Shamini Jain, PhD, Sounds True, Boulder, Co 2021



Author Peggy Frank provides a look at women, HIV, life, love, huge sorrows, resilience and above all **hope**.

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or visit her website

www.pegfrank.ca

A work of both fact and the author's imaginative commentary, this is a compelling book that describes Peggy Frank's work and friendships in Africa. Those whom Peggy encountered had a profound impact on her life. And they in turn were influenced and changed by the concern and compassion of Peggy. After contracting HIV as a graduate student in Zimbabwe in 1987, Peggy became a vital advocate for HIV positive women in her own country, Canada. Peggy is one of the early miraculous survivors of HIV and with the advent of drugs to suppress the virus has been able to make an immense difference in the lives of women living with HIV both in Canada and in Africa. Her electronic meeting with Mary Balikungeri, also working with HIV+ women, introduced Peggy to the Rwanda Women Network and the Village of Hope.

Many of us in the Therapeutic Touch Community are familiar with the Village of Hope and Rwanda Women Network. Peninah Abatoni, representing that organization, presented at two of TTIA's recent Congresses about her work in that agency. Peggy taught TT to Peninah and others in Rwanda as well as in Lesotho in 2005. Peninah was able to attend Camp Indralaya and deepen her Therapeutic Touch skills. The energetic healing circle has spread. Peninah has taught TT to more than 500 health care workers and others in impoverished rural areas of Rwanda.

The book's format is based on letters and emails between Emerthe Nakabonye in Rwanda and Peggy, and this draws the reader in. Mary Balikungeri encouraged pen pals between HIV+ women in Rwanda and Canada. Through the correspondence and commentary, the reader learns the horrific stories of the 100-day Rwandan Genocide of 1994. One of the many traumatized HIV+ widows is Emerthe.

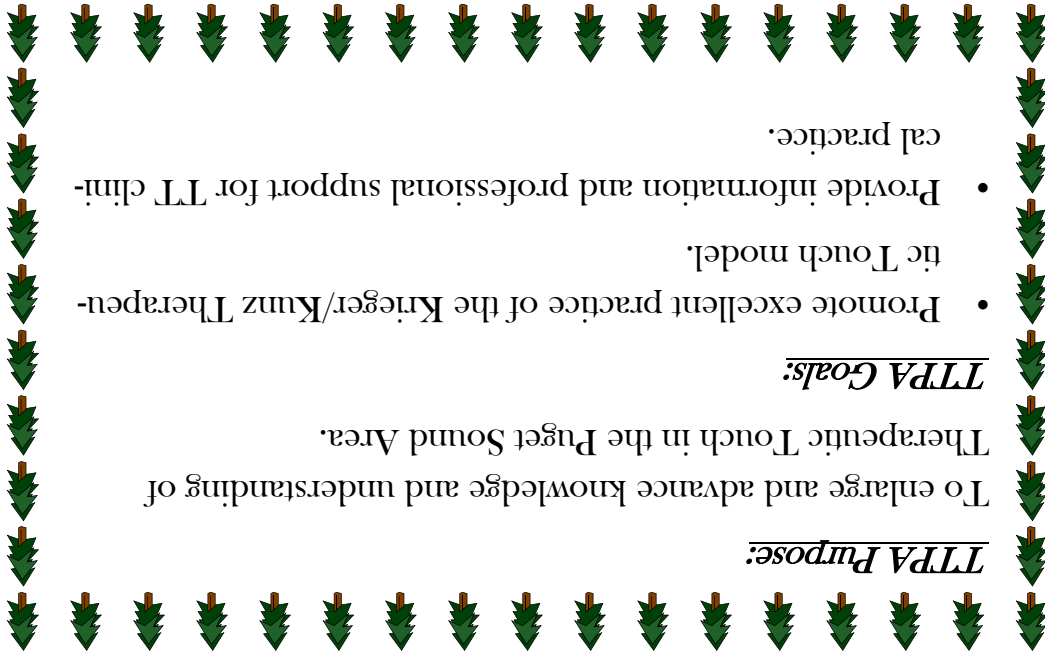
Her story of courage and heroic endurance to protect and provide for her children is profoundly inspiring. We also learn, along with Peggy, of the huge cultural, economic, and medical differences between Western civilization and the post-colonial developing world in Africa.

Peggy along with her partner, Peter, established Positively AFRICA, a Non-Governmental Organization and raise thousands of dollars for the Village of Hope, the Rwanda Women Network and then for Emerthe's community, Umuhuza. However, there are seemingly endless needs in Africa and expectations that a woman from Canada can fulfill those needs. Peggy is open about the psychological and emotional toll the burden of these expectations had on her.

However, the heart of the correspondence in the book is in the relationship that develops between Emerthe, her children and Peggy. Peggy's emails often bring great joy and hope to this poor and traumatized family. Peggy responds eagerly to emails that tell her how the family is doing. Limited by her HIV+ status to have children herself, Peggy becomes Auntie Peggy and personally helps with school fees for the four children so that they can fulfill their education, find good work and have a better life. The love between the two women that share widowhood and HIV grows over the years.

There are Things that Cannot be Changed is a profoundly moving read. I was kept strongly engaged and keenly interested in this, at times, difficult story. The courage, the strong will of these two women to succeed and be of help to others is so powerfully admirable. Their caring for family and friends shines through the intense, sustained adversity experienced by both. Surely, the resilience, passion, and compassion at the center of this book is relevant for all of us

Reviewed by *Cindy Cole, QTTT, Bellingham, WA*



- Promote excellent practice of the Krieger/Kunz Therapeutic Touch model.
- Provide information and professional support for TT clinical practice.

TPPA Goals:

To enlarge and advance knowledge and understanding of Therapeutic Touch in the Puget Sound Area.

TPPA Purpose:

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