
What to expect:

A HTP session lasts from forty-five minutes to an hour and a half in length.

The person receiving relaxes, fully clothed, on a massage table.

Blankets and pillows are provided for comfort and support. The recipient remains comfortably positioned and typically facing up for the entire session.

The area in which the session is offered is arranged to promote a feeling of relaxation and peace. It is normally quiet with only the addition of soft music. The person receiving can focus on themselves, going deep within, taking a break from daily stress and tension.

Once the session is complete, the person receiving is invited to take a few moments to absorb and integrate the work before beginning to sit up. It is common to experience a deep sense of peace and renewal following a treatment. It is not mandatory, but at least an hour of free time is recommended following the appointment to allow for a gradual re-entry into the world. Eating a healthy meal, taking a walk, or sitting quietly are all activities which often serve as a good transition to resuming whatever is planned for the rest of the day.

Healing Touch Program (HTP)



In 1989, Janet Mentgen, RN, BSN formally created Healing Touch as an energy medicine program. Janet was an energetically sensitive nurse, and her drive was to deepen and expand the connection between nurses and their patients.

How does it work?

Our overall health and quality of life are affected by our energy systems. In Healing Touch therapy, practitioners use their hands to help restore balance and harmony through working with the human energy field or life force.

Healing Touch practitioners clear, balance and energize the clients energy field, thereby placing the client in a position to initiate or accelerate the self-healing process.

Through heart-centered intention and skill, practitioners use their hands to re-establish the natural flow of energy. Healing Touch practitioners do not force or push energy but allow balance and harmony to “reboot” the energy system.

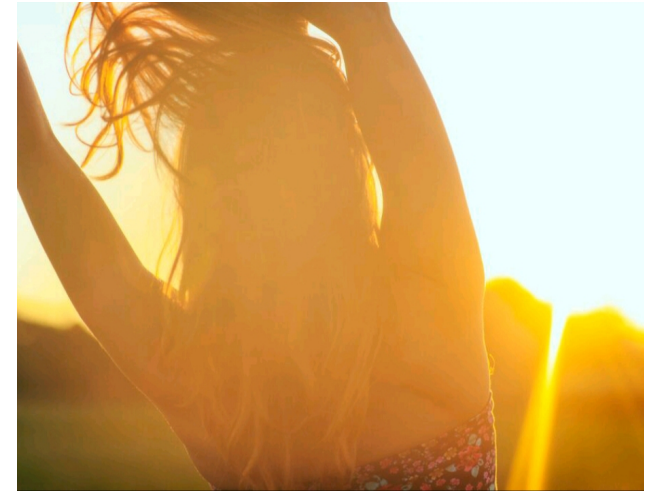
A bit of background information:

Many studies in Healing Touch modalities have been funded by internationally recognized funding bodies such as the National Institute of Health, NASA and special interest groups. Published and unpublished studies and pilot studies have been conducted looking at the impact of HT therapies on many disease conditions and symptoms such as:

- Cancer
- Heart Disease
- Palliative (Hospice) Care
- Elder Care
- Immunological
- Endocrine Conditions (HIV And Diabetes)
- Headaches
- Postoperative Wounds
- Pediatric Conditions
- Alcoholism
- Premenopausal Syndrome
- Dementia
- Trauma & PTSD
- Sleep Quality
- Spiritual Connection

Symptoms explored have included but are not limited to:

- Pain
- Fatigue
- Depression
- Anxiety
- Agitation
- Stress & Tension
- Nausea



Healing Touch:

- Is done without the use of invasive procedures and offers a gentle, holistic way of healing.
- Has shown that Healing Touch facilitates the relaxation response and enhances the healing process.
- Restores balance and harmony to our natural biofield without the use of pharmaceuticals.
- Does not require the use of equipment or substances and can be done in any setting.