

Healing Touch Program

Healing Touch (HT), a natural energy therapy for creating health and well-being, was created in 1989 by Janet Mentgen, BSN, RN, HNC, CHTP/I. It is a gentle form of energy therapy in which practitioners use their hands to influence and support the human energy system. In her work, Mentgen adopted and created techniques to work with the energy field and the chakras. Mentgen taught in the Denver area through the 1980's until she was invited by the American Holistic Nurses Association (AHNA) to create a national program. It was successfully piloted in 1989. Healing Touch Program continues to be endorsed by the AHNA and is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation

By adding other techniques from many disciplines, Mentgen expanded the program into a medically based energy therapy training program for nurses. To share her knowledge with a wider audience, including people who were not nurses, she created the Colorado Center for Healing Touch., which later became Healing Touch Program (HTP).

Because research is an integral part of the Healing Touch continuing education program, Mentgen also established the Healing Touch International Foundation Inc. in 1997 as a nonprofit charitable organization to promote humanitarian projects and research in the field of energy medicine. In 2008, the research program changed its name to the Healing Touch Worldwide Foundation. Also in 2008, the Healing Touch Professional Association was created to provide support for practitioners in the field.

Since 1990, Healing Touch Program has granted practitioner certification to individuals who exhibit the professionalism, discipline and dedication required to meet the established criteria. The requirements are rigorous and are designed to instill knowledge, skill and confidence in the practitioner. The Healing Touch Certified Practitioner (HTCP) credential is recognized in energy medicine and allopathic medicine as a significant professional accomplishment. The Healing Touch Certification Governing Committee oversees certification.

Many hospitals in the United States, Canada, and Australia offer Healing Touch, often at the request of patients asking for complements to traditional medical care. Healing Touch reports that more than 150,000 nurses and other healthcare professionals use HT in hospitals and private practice.

Currently, The Veteran's Administration is using Healing Touch in some of its medical centers. Nurses and other healthcare personnel who have taken the classes offer it to their patients to help relieve pain, ease stress, and help reduce the effects of post traumatic stress disorder (PTSD).

A session with a Healing Touch practitioner begins with an intake interview and evaluation of the client to determine his or her condition. The client removes his or her shoes and reclines on a massage table fully clothed. The practitioner assesses the client's energy field by using a pendulum and by scanning his or her hands six to eight inches over the client's body. The practitioner starts the scan about twelve inches above the head and ends a little below the feet.

The Healing Touch interventions used by the practitioner clear the energy field and balance the energy centers, known as chakras. Hands are placed on or just above the body at specific points to achieve the goal of balancing the chakras and bringing them into harmony with the energy field and the physical body. Some techniques for clearing the energy field are done above the body at a distance of six to eight inches. The practitioner's fingers move through the field to remove unwanted debris or congestion from the energy field.

When the practitioner touches the client, it is done lightly, approximately with about the weight of a nickel. Clients uncomfortable with being touched may request the work be done completely off the body. At the end of the session, the practitioner reassesses the client's energy field and the chakras. Closing includes grounding at the feet and some discussion as to the possibility of further treatment.

Healing Touch Courses

This multilevel program in energy-based therapy progressively moves from beginning to advanced practice. After completing Level 5, individuals are eligible to apply for certification from Healing Touch Program. The classes described here come from the Healing Touch Program curriculum.

Healing Touch: Energy Therapy for Self-Care is a home-study course that explores Healing Touch for energy-based self-care. Topics include:

- Core principles of the human energy system
- Centering and grounding principles and practices

- Focus on the healing process through intention and meditation
- Clearing and balancing the energy system
- Techniques that direct healing energy using the hands
- Pain relief and management
- Development of a full spiritual and energetic life path

Level 1: Foundational Discovery is a live personal and experiential exploration of self identity, beliefs, and human energy. It offers opportunities for students to learn how they perceive energy whether by feel, sight, hearing, or intuition. Topics include:

- A foundational understanding of energy anatomy and how it interacts with the mind, body and spirit
- Twelve techniques for immediately experiencing energy, clearing blockages, relieving pain, and calming the emotions
- A step-by-step notebook that illustrates each healing technique and addresses the fundamental concepts and principles of Healing Touch
- Assessment and evaluation the seven chakras and energy layers that surround the body
- Ways to maintain balance in the student's own energy system
- Resources that demonstrate the scientific validity of Healing Touch
- The importance of Healing Touch Standards of Practice, Code of Ethics, and accreditation
- The concept of sacred space

Level 2: Clinical Applications is a live class that addresses how to do an initial intake interview, choose the appropriate healing techniques, and combine the techniques for a full healing session. Level 1 is a prerequisite, and personal practice of Level 1 techniques with friends, family or colleagues is highly encouraged. Topics include:

- Nine techniques to deepen a client's healing experience including techniques for back and neck pain
- How to support clients that are stuck, imbalanced, anxious or fearful
- How to conduct a full one-hour healing session
- Professional documentation of healing sessions

- Sealing wounds and energy leaks
- How to conduct a trauma interview while giving a treatment
- A step-by-step notebook that illustrates each intervention, clinical documentation, and intake skill

Level 3: Intuition Development, a live class, cultivates the student's ability to apply intuition, listen to guidance and harness universal energy to address more complex health issues and promote lasting healing. It focuses on the development of students as healers through self-care and pre-session practices. Level 2 is a prerequisite. Topics include:

- Developing higher sense perception
- How to raise the level of personal vibration to enhance healing capabilities
- Advanced healing techniques , including how to work with the upper levels of the human energy field, the hara line, core star, soul seat, tan tien, and the point of individuation
- The Full Spectrum Healing Sequence for complete activation of the energetic system
- Energetic chelation for charging and clearing the aura

Level 4: Professional Practice has two formats: on-line learning and a live in-person class. On-line formats include videos, reading, worksheets, and live webinar calls. Level 4 prepares students for private practice and completion of the program. (It isn't necessary to advance to the level of a certified HT practitioner to take this class.) Level 3 is a prerequisite. All students partner with each other to experience and document a series of HT sessions as a part of learning case management. Upon completion of Level 4 work, students may use the title of Healing Touch Practitioner Apprentice. Topics include:

- Two additional advanced techniques
- Professional practice skills
- Case management skills
- How to work through professional issues that may occur
- Self-care as a practitioner
- Mentorship program
- Growth work for Level 5 requirements

Level 5: Case Management also has a two part format: on-line learning and a live in-person class. Level 4 is a prerequisite and students will have been in an active supervised mentorship.

Completion of the growth work assignments is required before attending Level 5. Topics include:

- Case management as a practitioner
- Possible ethical issues related to the practice of Healing Touch
- Presenting of a comprehensive case study for peer review
- The importance of a client informed consent for treatment
- Presenting a professional profile notebook in a peer setting
- The certification process

Level 6 is the instructor class for the Healing Touch Certified Practitioner who wants to teach Healing Touch. Students become instructors once they have completed the Level 6 requirements. Instructors meet annually to advance their skills, network with others, develop new activities pertinent to the work of Healing Touch. Topics include:

- Group dynamics
- Setting up a teaching program
- Principles and methods of teaching adults
- Maintaining a Healing Touch curriculum
- Accreditation and endorsements

Continuing Education Units: Healing Touch Program is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Healing Touch Program is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider (#150588-00). Healing Touch Program has been peer-reviewed, and is endorsed by the American Holistic Nurses Association (AHNA) and the Canadian Holistic Nurses Association (CHNA). The Association of Professional Chaplains grants CEU's for chaplains who take Healing Touch Program classes.

Certification: Healing Touch Program administers certification as a practitioner or instructor through a separate review by the Healing Touch Certification Governing Committee using standardized criteria. Students must take a test before achieving certification. Certification acknowledges learning experiences and demonstration of competence as a Healing Touch Certified Practitioner (HTCP) or a Healing Touch Certified Instructor (HTCI). Certification must be renewed every five years. The American and the Canadian Holistic nurses associations endorse Healing Touch Program.

Participants: Students must be eighteen years of age or older. Applicants under the age of eighteen may attend if a custodial parent attends class with the applicant and has the approval of the instructor.

Code of Ethics/Standards of Practice: HTP has both a Code of Ethics and a Standards of Practice.

Suggested reading

Brennan, Barbara Ann. *Hands of Light: A Guide to Healing through the Human Energy Field*. New York: Bantam Books, 1987

Hover-Kramer, Dorothea. *Creating Healing Relationships: Professional Standards for Energy Therapy Practitioners*. Santa Rosa CA: Energy Psychology Press, 2011

Joy, W. Brugh. *Joy's Way, A Map for the Transformational Journey*. New York: Jeremy P. Tarcher, 1979

Thomas, Linnie. *Laws Governing Energy Medicine Practitioners*. Tualatin OR: Ellinwood Publishing, 2015

Availability: Classes are offered throughout the United States, Canada, Mexico, South America, Australia, Europe, and South Africa. Go to <https://www.htpractitioner.com/> for lists of practitioners and instructors in your area.

Resources

Healing Touch Program, 20822 Cactus Loop, San Antonio TX 78258, 210-497-5529,
info@healingtouchprogram.com, www.healingtouchprogram.com,
www.healingtouchresearch.com
www.energymagazineonline.com
www.HTProfessionalAssociation.com
www.HTPractitioner.com

Bibliography

Gerber, Richard. *Vibrational Medicine: New Choices for Healing Ourselves*. Santa Fe NM: Bear & Company, 1988

Joy, W. Brugh. *Joy's Way, A Map for the Transformational Journey*. New York: Jeremy P. Tarcher, 1979

White, John and Stanley Krippner. *Life Energies and the Physics of Paranormal Phenomena*. New York: Anchor Books, 1977

www.healingtouchprogram.com

www.sacredcenters.com

The HTP chapter is from *The Encyclopedia of Energy Medicine* by Linnie Thomas