

HEALING TOUCH-TRAUMA RELEASE

Author: Betty Minifie

Healing Touch is an energy healing therapy in which practitioners consciously use their hands in a heart-centered and intentional way to enhance, physical, emotional, mental, and spiritual health, and also self-healing. Healing Touch utilizes light or near-body touch to clear, balance, and energize the human energy system in order to maintain health and healing for mind, body and spirit. (1) Healing Touch has a curriculum, Code of Ethics, Standards of Practice, and is being taught world-wide. Healing Touch is accredited with the American Nurses Credentialing Center Commission on Accreditation, and is endorsed by both the American and Canadian Holistic Nurses Association.

Healing Touch was developed by Janet Mentgen, a holistic nurse from Denver, in the 1980's, as part of continuing education for nurses. It didn't take long for Janet to realize that Healing Touch needs to be in every home, school and medical institution.

What can you expect from a Healing Touch session?

A Healing Touch session can be given anywhere, from a chair in a client's home to a hospital bed. The session is typically administered while the client lies on a treatment table or bed, with clothes on. The practitioner uses their hands to assess the energy system of the body. They then proceed to clear and balance the energy system, as needed, by using either gentle touch or near body touch on various areas of the body. An average session may last anywhere from 15 to 60 minutes, based on the clients needs and the methods being used.

Healing Touch facilitates a deep state of calm and relaxation, as well as overall and specific responses for body-mind-spirit healing. Clients generally feel nurtured and energized following the treatment.

Benefits of Healing Touch:

Anyone can easily learn the Healing Touch techniques, and they can be used to:

- decrease pain, (-for example a client with a migraine headache pain score of a 17, had the pain decreased to a 3 within 15 minutes.)
- decrease stress, (- decrease exam anxiety, and helps students to relax and pass the exam.)
- prepare for medical procedures and follow up afterwards to help deal with side effects, (-clients can end up leaving the hospital sooner, which is a big cost saving.)
- help with times of transitions, (-changing jobs, relationships, moving, etc.)
- support for the dying process, (- to decrease physical, mental, emotional and spiritual pain.)

Comforting touch is important for all ages, but especially for the development of a child, which has been shown by psychologists, Harry Harlow (1950) and Rutter (2007). Their work shows that children who are left in their cribs all day without being touched, as happens in orphanages, failed to thrive and soon die. (2)

How does energy healing work?

1

Energy therapies focus on removing energy congestion, that forms in the energy fields and energy centers (chakras). It helps to re-establish healthy energy flow by opening, connecting and balancing the human energy systems.

It has been demonstrated in recent pain research that particular events or trauma memory can be stored in the cells. Dr Paul Pearsall (The Hearts Code, 1998) conducted research of memories stimulated by heart-transplant patients' reports of unusual cravings, desires and knowledge that were not present before the transplant surgery. (3)

Research suggests that Healing Touch treatments are associated with both physiological and psychological relaxation. (4) Changes in the physical and psychology body are also demonstrated in the Wilkinson study on the clinical effectiveness of Healing Touch. (5)

Healer Preparation Process:

Part of the foundation in the Healing Touch program is Healer Preparation to ensure the healer's energy is prepared to be supportive to the client, which includes being grounded, centered and attuned as explained below:

1. Grounded

The state of feeling connected to the earth and to one's own physical body, and of being alert, and oriented to place and time. Facilitates focusing on the intention of the present moment. One way is to imagine or experience oneself as a tree with deep roots emanating from the feet and connecting to the center of the earth, and then breathing the earth energy up the legs to fill the whole body.

2 Centered

Can be described as being fully present, connected with self, focused on the task, and open to spiritual guidance. The goal in centering is for the practitioner to clear the ego, in order to connect more deeply with the Higher Self or a Higher Power and then to be fully present and open to the client. Breath work is a useful tool for learning to center.

3. Attuned

Attunement is a process of entering into conscious relationship with a client, usually through light physical touch, on the shoulders, feet or hands. of the client. This is a conscious energetic blending of the energy fields of the practitioner and client, which then allows for a therapeutic energy exchange. Along with the attunement of combined energies, the practitioner holds the intentions for the highest good of the client.

Healer Preparation can also be used as part of one's own self- care. The inner state of healer preparation is an important process for living one's life consciously and compassionately, which can help to eliminate burnout. In order to achieve this, when bringing a session to a close, it is important these two things happened: 1.) the client leave a session in a grounded state. 2.) post treatment, the practitioner takes steps to release the client energy from their system.

Healing Touch in action and Case Studies:

I am a registered nurse, Healing Touch Certified Practitioner and Instructor, and a Qualified Mentor. I have been teaching and using Healing Touch in my independent nursing practice, Therapeutic Balancing for over 20 years. There are five levels of training which, includes 16 -30 hours of class time per level, and a year mentorship, before one can apply for certification. After completing level three Healing Touch students are able to take the Advanced Trauma Release program as continuing education for recertification.

It is really amazing to see a middle-aged lady with a Wry neck, which she had for years, (from an issue that occurred when she was in the crib), have her neck untwist before my eyes. Or to witness a six- year old child, (who had never slept a full night in his life, due to his premature birth and many medical interventions), and who suddenly exclaimed (two days after my treatment) "I am going to bed" and he slept the whole night through. Amazing results have also occurred for clients that have been abused and or suffered from addictions. Healing Touch also works successfully for clients recovering from accidents and major surgery. Many clients report being "relaxed"," pain free", "having clarity" and "being able to fall asleep.

Healing Touch and Trauma:

Life trauma can appear under many guises, from subtle issues as gender bias to the catastrophic events of 9/11. When a state of helplessness and lack of control accompanies such negative experiences, our brains are unable to rid themselves of messages of threat, being received from the body. Trauma is an energy problem. The memories of the event are stored in the mind body are repeatedly perceived as being a present threat.

How can we eliminate this threat?

"The success of Healing Touch techniques is dependent on the bonding of the healer with the client in the attunement of the therapeutic alignment. This replicates the maternal/infant attunement which is so important for the emotional development of the child. Healing Touch by its very nature specifically enhances this attunement." (6)

Dr Paul Hanson, a psychologist from Colorado introduced a form of Trauma Release to Janet Mentgen in the late 1980's. Janet modified the approach by utilizing a hands-on relaxation method called " Autogenic Relaxation with a Full Body Connection". She theorized by incorporating a three-step sequence to provide:

- 1) a supportive interview process revisiting the traumatic event.
- 2) a Full Body Connection with autogenic relaxation (see diagram on pages 5-6).
- 3) And completing with a sequenced "release" touch that follows the movements of the energy in the body and allowing the client to energetically release pain and symptoms gently and effectively. As the body is touched with an intention for healing and release in a heart-centered way, cellular memory can surface and become more accessible to be released. When clients are connected to their body on an energetic level this seems to enable cellular memory of the trauma to release permanently or significantly. (7).

Clients are often told by their health care providers that they should be recovered from their trauma and no physical reasons are present to explain their symptoms. Yet after the Healing Touch session, clients often move from a state of helplessness to being empowered and with improved health and some may even be able to make major positive changes in their lifestyle. and may make some major changes in their lifestyle.

Summary

Healing Touch is an energy therapy that influences the mental, physical and emotional body.

Studies now support Healing Touch as integrative therapy. It has been accepted, validated and utilized not only in private practice but also routinely in hospitals and hospice.

We are energy therapists, therefore it is wise for the client to be checked out by an allopathic practitioner if they have medical issues, before going through the process. Healer preparation involves being grounded entered and attuned.

When clients are in a relaxed, safe space, they are more receptive to allowing buried memories to surface. These memories can then be gently released. (Stress hormones released at cellular level) allowing the body to be healed. It is also important that the client, continue with self- care and to talk positively to their bodies.

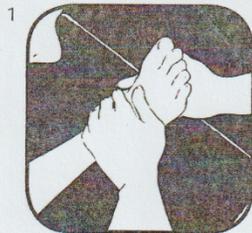
“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, and an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around”. Leo Buscaglia (2)

References

1. Healing Touch Program Notebook, Level 1, (2013) Published by Healing Touch Program, San Antonio, Tx
2. Nienaber, Jeannette, (2019) The Heart in You, Bloomington, pages 111, 122
3. Pearsall, P The Heart’s Code (1998) NY: Broadway Books
4. Maville, J.A., Bowen, J.E., Benham, G,” Effect of Healing Touch on stress perception and biological correlates” Holistic Nursing Practice 22 (2008): 103-110
5. Wilkinson, D.S., Knox, P.L., Chatman, J.E., Johnson, T.L., Barbour, N., Myles, Y. & al. (2002) The clinical effectiveness of Healing Touch. Journal of Alternative and Complementary Medicine, 8(1) 33-47
6. Scaer, Robert, (2007) Energy Magazine, Healing Touch Program, San Antonio, TX., pages 16-20
7. Healing Touch Notebook Advanced Practice 2 Published by Healing Touch Program, San Antonio, T X (2009) page 9
8. Levine, P. Healing Traum: A Pioneering Program for Restoring the Wisdom of your Body. (2008) Boulder, CO. Sounds True

Betty Minifie, RN, BSCN, HTCP/I, QM

Full Body Connection



R Foot & R Ankle



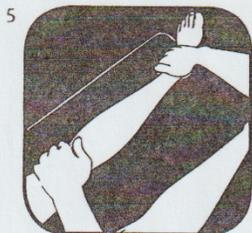
R Ankle & R Knee



R Knee & R Hip



L Foot & L Ankle



L Ankle & L Knee



L Knee & L Hip



L & R Hips



Root & Sacral



Ovaries/Lower Abdomen



Sacral & Solar Plexus



Liver & Spleen



Solar Plexus & Heart



R Palm & R Wrist



R Wrist & R Elbow



R Elbow & R Shoulder



L Palm & L Wrist

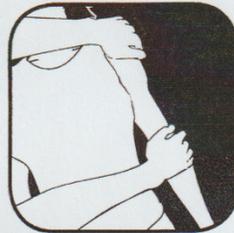
Full Body Connection

17



L Wrist & L Elbow

18



L Elbow & L Shoulder

19



L & R Shoulders

20



Heart & Throat

21



Lungs

22



Throat & Brow

23



Cheeks at TMJ Joint

24



Brow & Crown

25



Crown & Transpersonal Pt

26



Adrenals