



The Advanced Practice Level 2 class that was held August 30, 2009 in Amsterdam, NY at St. Mary's Hospital

by Sr. Rita Jean DuBrey, CSJ, MSN, HTCP/I

Reflections on ADVANCED PRACTICE 2

While recently participating as an Advanced Practice 2 Instructor-in-Training with Cynthia Hutchison at St. Mary's Hospital, Amsterdam, NY, I realized that we have all been exposed to some form of trauma in our lives. The workshop deepened my awareness and appreciation of the sacredness of letting go of past trauma through the gift of Trauma Release (TR), a technique given to us by Janet Mentgen. During AP 2, I held students in Love and Light as they energetically released past trauma which had been trapped on a cellular level for more than one year. They had been told by their physicians that "nothing more could be done." It was such a privilege to be a part of these sacred experiences and to hear gratitude expressed by the students. One student enthusiastically shared with me, "I have found a new beginning on my life's journey."

The Trauma Release Technique, a three step sequence, is gentle and very safe. Students seemed to be in awe as they observed Cynthia conduct an in-depth interview with one of the students and then demonstrate Autogenic Relaxation with Full Body Connection. The final step in the sequence, a "release" touch follows the movement of energy in the body, allowing the student client to gently and effectively release pain and symptoms.

Following the demonstration, which Cynthia did in a very heart-centered way that was full of gentleness and compassion, the students worked in groups of three with each group consisting of two practitioners and one recipient (client). The client role was one of personal choice and fully supported by Cynthia.

As the students discussed the experiences of the day, many students shared that this class deepened their awareness and experience of following the Energy. This is, indeed, an integral part of HT practice.

The Trauma Release Method is a sacred gift to our clients. I encourage all practitioners and students who have completed Level 3 to participate in an AP 2 class as it will greatly expand the student's/practitioner's practice and support the ongoing experience of trusting the Energy.

I feel deeply grateful for my preparation to serve as an AP 2 instructor. I look forward, with enthusiasm, to teaching the class on February 21, 2010 at St. Mary's Hospital, Amsterdam, NY.

About the author:

Sr. Rita Jean, a Sister of St. Joseph of Carondelet, is Director of the Center for Complementary Therapies at St. Mary's

Hospital in Amsterdam, NY. She is a Clinical Nursing Specialist, a Credentialed Alcoholism & Substance Abuse Counselor, an accredited T'ai Chi Chih®Teacher and has been involved in the ministry of wellness for over 25 years.

Sr. Rita Jean has authored numerous publications. Her most recent publication is in COUNSELOR, December, 2006, "The Role of Healing Touch in the Treatment of Persons in Recovery from Alcoholism." Sr. Rita Jean, a Healing Touch Certified Practitioner and Instructor, is a charter member of the Healing Touch Professional Association. She maintains an active Healing Touch community-based practice at St. Mary's Hospital, Amsterdam, NY.