

# "My Seventeen Years with Healing Touch Program"

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In 1992, my friend Maureen McCracken, RN, MSN, HTCP/I, encouraged me to take a Level 1 Healing Touch class, stating she thought it was something I would love. I traveled to nearby Washington, D.C., and took my Level 1 class with Sharon Scandrett-Hibdon, RN, PhD, HTCP/I. (Sharon was president of the American Holistic Nurses Association when they embraced Janet Mentgen's original HT Program as their first Holistic Nurses Certificate Program in 1990.)

Maureen was right. I walked away from that weekend knowing that I had "come home." I steadily continued my journey with HT and became an instructor in 1994. In 1995, with Janet's encouragement, I began the HT Research Program. Later I taught teaching upper levels, became a member of HT's non-profit Foundation Board, and eventually was invited by Janet in 2003 to be mentored as her successor for the position of Healing Touch Program Director. It's been a rich and wild ride!

Ever since my first class, I have incorporated HT into my personal and professional life. Seventeen years later, I can say that what I have learned through Healing Touch has penetrated every aspect of my life including family, friendship, finances, travel, teaching, my artistic life, my relationship with nature, my spiritual, mental, emotional, physical, cultural and social life. The phrase that was coined at my Level 4 class in Pennsylvania in 1993 has manifested into deeper and higher levels... "Healing Touch changed my life!" From extensive travels to teach HT over the last fifteen years, I have heard that same testimony many hundreds of times from people. I expect you all have heard it and/or spoke it as well.

I have witnessed thousands of stories over the years as students and practitioners of HT have shared highlights of their personal and spiritual growth that was spurred on by giving or receiving HT. While we can all relate to the "little ways" that HT brings benefit and comfort, as sentient beings, most of us are deeply touched by the *not uncommon dramatic stories* we hear about healing from severe trauma, inoperable diseases, intractable pain, immobility, mental/emotional illness, tortuous grief and spiritual distress. While each story in and of itself may



Above: Cynthia and Janet after Janet honored her successor as HT Program Director, Spring 2005 at Shadowcliff Retreat Center, Grand Lake, Colorado. Janet called instructors together for a final gathering to discuss her HT organizational plans for the future.

seem anecdotal, the sheer volume of stories that are shared in classes, clinics, and practices worldwide create undeniable support that "something happens" when a heart-centered practitioner works with a willing recipient in a sacred space inviting divine Universal energy to facilitate a healing response of body, mind and spirit. While HT practitioners are pleased that HT research has been active for over a dozen years, we do not personally need it as proof for ourselves that HT is effective. Not only is it effective, but HT is efficient, non-invasive, safe, affordable, and is administered in a gentle, respectful way honoring of each client's dignity.

Nurses and allied health care professionals who have learned HT describe a refined and deepened awareness and ability to be a healing presence in the client-practitioner relationship. It enhances enhanced their ability to use their already valuable mainstream skills so that they can be even more effective with a person in need within the health care system in which they work. But what fills many of us with so much joy is that our founder, Janet Mentgen, opened the doors to anyone interested

and sincerely motivated to do the work, whether or not they were health care professionals, to join and embark on the path of becoming Healing Touch Certified Practitioners and to, therefore, be recognized as legitimate and professional practitioners of energy medicine.

