

# Returning to Healing Touch Beginnings: *Joining AHNA's 30th Conference*



by Lisa Gordon, CEO Healing Touch Program

I had the great pleasure of attending the 30th annual American Holistic Nurse's Association (AHNA) Conference this past weekend in Colorado Springs, Colorado. It felt extremely important to attend and represent Healing Touch Program (HTP) at this event because of the connection we have had to AHNA since 1988 and the beginnings of Healing Touch being so supported by AHNA. Our HT Program was AHNA's first endorsed certificate program! I was thrilled to share Healing Touch Program with around 500 conference participants, many who were familiar HT friends or had taken their classes with Janet Mentgen, our founder, and with those who were just being introduced to this program and the field of Energy Medicine.

I managed the HTP exhibit with the help of several volunteers: Janna Moll, HTCP/I, Joy Heartsong, HTCP/I, Kay DuBois, HTCP and Ginny Altmeyer, HTP Apprentice. Trying to show the full extent of our curriculum and support materials, our six foot booth was packed. Our booth included: the standardized curricular notebooks from Levels 1-6, Advanced Practice curricular notebooks, the HT Presentations Notebook, the Healing Touch Children's book, the new Healing Touch Guidebook text (for which we sold many copies), three levels of Technique Review Cards, program brochures, practitioner brochures, Healing

Touch Professional Association (HTPA) membership brochures and the professional liability insurance forms. The favorite item that we brought was our new Healing Touch Energy Balls that we used to attract people to the table by demonstrating how energy flows through the body and lights up the ball.

Cynthia Hutchison, Healing Touch Program Director, also attended the conference and answered many questions about Healing Touch and the program. We received numerous inquiries about how Healing Touch is different from Reiki, how to get the program started in a healthcare facility and how to re-enter the program after not taking a Healing Touch class in a long time. In addition, we both had many rewarding networking discussions and opportunities with other practitioners and programs.

I am delighted to congratulate Dr. Jean Watson, Ph.D. RN, who received the AHNA Holistic Nurse of the Year award. The Holistic Nurse of the Year (HNY) award is presented annually at the AHNA conference to recognize outstanding achievement in the field of holistic nursing. Since 1983, when the award started, five Healing Touch nurses have received this award. They include (1988) Janet Mentgen, (1992) Linda Smith, (1994) Rita Kluny, (1997) Mildred Freel, and (2002) Vicki Slater. Dr Jean Watson, who is part of HTP's Advisory Board, and who has been a great advocate of Healing Touch Program, is now a member of this group of distinguished nurses.

In addition, I was overjoyed that Aleida Drozdowicz, HTCP/I, HN-BC, one of our Healing Touch Program instructors, received the AHNA Charlotte McGuire Scholarship. This

scholarship is granted annually to AHNA members who are pursuing undergraduate or graduate professional education. Aleida is pursuing her graduate education-BSN-PhD in Holistic Nursing at Florida Atlantic University (FAU), Boca Raton, Florida. Congratulations Aleida!!

Among the many inspiring presentations, a few were given by Healing Touch Program instructors, practitioners and supporters. They were: (1) "Finding the 'Collective Genius' Among Holistic Nurses: Focused Dialogue" by Rumi Hashimoto MSN, RN, HTCP/I and Katrina Shibata, MPH, CHES and (2) "Stepping Stones: Achieving an Integrative Healthcare Framework" and (3) Education, Practice & Research by Lourdes Lorenz RN, MSN-IH, AHN-BC, Denise Anthes RN, BSN, MBA, HTCP/I, HN-BC, Sandra Barkei RN, BSN, HTCP, HN-BC, and Kat Knihnicky Yarboro RN, BSN, PhD, ThD, HN-BC. Lourdes is the Nurse Director of Integrative Medicine at Mission Hospital, which was featured in Energy Magazine over this last year in a series of three articles about how they are committed to their nurses being Healing Touch Practitioners and are providing HTP education to all the nurses who want to become HT Practitioners.

Additionally, Janet Quinn's, PhD, RN, FAAN, PhD, keynote for the AHNA conference was entitled "Habitats for Healing: Tending the Garden of Mind Body and Spirit." She defined creating a healing habitat as "sustaining nurses and putting patients in the best condition for nature to act upon them." Janet believes sustaining nurses will help solve the nursing shortage and improve patient care. Janet Quinn, who has been teaching telecourses for HTP on "Touching Body: Tending Soul" this last year, will also be a keynote at the Healing Touch Program Worldwide Conference being held in Denver on August 5 - 8, 2010.

It was very exciting to be a part of AHNA's 30th conference, to be present to spread Healing Touch as well as to catch up with countless HT students, practitioners and instructors at this event. It is easy to see that Healing Touch is a significant part of AHNA, historically as well as the in the number of AHNA members that are Healing Touch participants. The relationship between AHNA and Healing Touch Program will continue to support and grow both organizations. I am proud of all that we have accomplished and excited about what the future holds for the Healing Touch Community and the Holistic Nursing Community.



Above: Cynthia Hutchison, Healing Touch Program Director (on left) and Janet Quinn

Pg 18: Lisa Mentgen Gordon, CEO HTP and Cynthia Hutchison behind the Healing Touch Program vendor table at the AHNA conference.

#### About the author:

Lisa Mentgen-Gordon is the CEO of Healing Touch Program. Lisa believes that Healing Touch, founded by Lisa's mother, Janet Mentgen, is a magnificent and significant gift to the world, which makes it easy for her to spend most of her time expanding, enhancing, and spreading this program. Her love lies in helping others to spread the work of Healing Touch to all and is dedicated to awaken the idea of deliberate living, and to raise the vibration and quality of life worldwide through Healing Touch. Lisa has always been an entrepreneur at heart and started her first business when she was 7 years old trying to sell a wagon full of puzzle grass to anyone that was interested! Lisa began working with Janet in Healing Touch Program in 1993 and now as CEO continues to share her inner passion with everyone involved in helping to spread Healing Touch.