



Healing Touch, Therapeutic Touch and Reiki Highlighted in Scholarly Journal


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According to Julia Chapman, assistant editor for Mary Liebert Publishers, “*Alternative and Complementary Therapies* provides the most authoritative, evidence-based, and practical information for integrating alternative therapies and approaches into clinical practice or hospital integrative medicine programs. The journal offers the latest clinical guidance and research in Complementary and Alternative Medicine as it relates to the prevention and treatment of chronic illness, mind/body approaches to disease management, and clinical applications of CAM therapies.” The December 2012 issue (doi:10.1089/act.2012.18609. vol. 18 No. 6), carried Dr. Jane Hart’s exploration of the advancement of Healing Touch, Therapeutic Touch and Reiki in the medical community. Among the biofield practitioners showcased in the article were Cynthia Hutchison, Program Director of Healing Touch Program™ (HTP), and Kathy Moreland Layte (yours truly), co-chair of the Research Advisory Council for HTP. Both shared knowledge and experiences of how Healing Touch (HT) has progressed over the past decades - making it more acceptable in mainstream medicine.

Cynthia recalled how in the early 1990s, she *very subtly* provided Healing Touch in hospital settings (as many of us did because energy therapy was not accepted in most health care facilities), while also confident in the impact the “work” was having with patients and families. She feels that the increasing demand for gentle, low-cost therapies that treat the body, mind and spirit and promote wellness is one of the main reasons that biofield therapies (HT, TT and Reiki) have become more acceptable in the medical community. They are now practiced openly and receive respect as a complementary therapy. The fact that over the past decade, almost all medical schools have an introduction to integrative/complementary therapies and are introduced to some form of biofield work has also helped to de-mystify energy medicine practices.

Standardized delivery of curriculum and improvement in credentialing and certification processes in biofield therapies has also helped open doors of possibility to healthcare facilities. HTP’s national accreditation through the American Nurses Credentialing Center (ANCC) and expected accreditation with the National Commission for Certifying Agencies (NCCA) are examples of how credentialing has changed the acceptability of biofield practitioners in conventional/allopathic practice arenas.

Through my interview, I spoke to the improvements in the quality and number of randomized clinical trials in biofield therapies but particularly Healing Touch over the past ten years. Quality evidence in outcomes of interest (pain, anxiety, PTSD, hospital length of stay) is reducing skepticism and changing the view that the positive outcomes from HT are from mere chance alone (placebo effect). I highlighted four of the best studies that support HT practice (see www.healingtouchresearch.com for more details).

Jane Hart, a physician, concluded her article stating that energy medicine has progressed in the medical community but still needs to overcome more barriers to continue progressing toward becoming mainstream. More and better research evidence, funding, and insurance codes that support the work and practitioners of the work are still needed to continue this progress in all forms of biofield therapy. Healing Touch Program™ was showcased as one of the educational and professional practice leaders in this movement. 

Get a **free copy** of the article published in *Alternative and Complementary Medicine* by visiting the Healing Touch Worldwide Foundation webpage at www.HTWFoundation.org

Hart, J. (2012). Healing Touch, Therapeutic Touch and Reiki: Energy medicine advances in the medical community. *Alternative and Complementary Medicine*, 18 (6), 309-313. doi: 10.1089/act.2012.18609