COORDINATOR’S REPORT

Fall, the time of dropping leaves. Colors abound, squirrels are looking for their hidden treasures. Nature is preparing for winter. Humans are trying to decide what to wear today...OK, layers it is!

TTPA is happily focused on classes to share Therapeutic Touch. Our October Foundations of TT class was taught by Cindy Cole and Leonie Van Gelder, two remarkable teachers with a deep understanding of TT and how to bring that knowledge to students without any previous experience with working with energy and those who have delved into other energetic modalities. The class was attended by eight students.
November 2nd, Lin Bauer’s “TT Support of People with Cancer” class was held with eleven students. Lin’s classes are filled with her knowledge and understanding of working with all kinds of people who have a disorder in their energy field.

We have scheduled a Transpersonal Nature of TT class for Feb. 1 & 2, 2020. Kathy Wilmering and Jane Cornman will be co-teaching that class. Two such fine teachers are a boon to our mission of teaching Therapeutic Touch. This class goes deeper into the relationship with the Inner Self of the Healing Partner (HP) and the therapist.

Seven members of TTPA attended the Therapeutic Touch International Congress in Toronto, Ontario. It was a wonderful opportunity to meet with and hear what others are doing with TT all over the world! Our Thursday, Nov. 7th TTPA meeting shared highlights of that conference through Suzanne Engelberg written ‘first timer’ view of the Congress and those of us who also attended added our input as well. Arlene Poulsen did a wonderful job of reading the report.

Leonie Van Gelder volunteered to produce the Keeping in Touch newsletter for us. We are so grateful for her doing that as we really feel the need to keep our members apprised of what is happening in the TT world. I hope each of you feels the same.

I am still struggling to learn MailChimp and am making progress, however I would rather spend my time doing other TTPA things that need to be done. If you like working creatively with computers, consider taking on the MailChimp piece, you would catch on much faster than me. Perhaps someone likes working with Facebook. That is also a need.

Most affectionately,

Sharon
Sharon Hunter
TTPA Coordinator

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**Congratulations to Foundations Graduates**

**June 2019, Indralaya:**
Daniel Stalling, Michelle Keyes, Kate Ashlea, Barbara Pless, Paul Laufer, Maria Mussenden, Don Mussenden, Susie Shipman, Ava Wild Maleki, Lori Beamer

**October, 2019, Children’s Hospital:**
Celia Chantal, Jessica Cook, Angela Amos, Keiko Backus, Julie Gilmour, Grace Ellen, Kate Ashlea (repeat) and Shirley Gassner (repeat)
# Therapeutic Touch Professional Associates (TTPA) Sustaining Committee Members

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<thead>
<tr>
<th>Role</th>
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<tbody>
<tr>
<td>Coordinator</td>
<td>Sharon Hunter, RN (retired), BSN, QTTP</td>
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<td>Secretary</td>
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<td>Past Coordinators</td>
<td>Judy Lyn Sweetland, RN</td>
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<td>Susan Craig, RN, BSN</td>
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<td>Cindy Cole, BA, QTTP</td>
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<td>Kathleen Masters, RN, BSN</td>
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**TTPA is a nonprofit 501c3 organization**

Attention to all members:
Keep in touch--let us know about changes in email or social mail addresses.
info@therapeutictouchwashington.com
Unsure if you provided us with this info, do it again--better twice than not all

**TTPA Purpose:**
To enlarge and advance knowledge and understanding of Therapeutic Touch in the Puget Sound Area.

**TTPA Goals:**
- Promote excellent practice of the Krieger/Kunz Therapeutic Touch model.
- Provide information and professional support for TT clinical practice.
- Contribute to the development and sharing of Therapeutic Touch research.
Dr. Dolores ("Dee") Krieger, Ph.D. co-founder of Therapeutic Touch passed away June 16, 2019 at her beloved home outside of Columbia Falls, Montana. Dee, Professor Emerita at New York University Division of Nursing lived an extraordinary life and is considered one of “the grand dames of holistic or complementary medicine.” To the end of her life she worked on the study and development of TT.

While in her late 20’s, a ‘chance’ discovery of books tucked into an obscure nook led Dee to Theosophy, and this guided her to Dora Van Gelder Kunz, a medical clairvoyant. In 1972, with Dora, she co-founded Therapeutic Touch (TT); the first healing method taught within a fully accredited university.

As a Professor of Nursing, Dee developed innovative curricula. Her graduate course, *Frontiers in Nursing*, became a model for many other groundbreaking classes in the field of healing.

Her work as a pioneer and innovative thinker in post-modern professional nursing focused on a holistic perspective, giving health professionals a broader view of the potential for human wellness. In 2010, Dee extended the concept of Therapeutic Touch to include the idea of *Therapeutic Touch Dialogues* which explores in depth the consciousness of the TT process, research and theory.

Dr. Krieger received many awards and honors in her life. Among those are NYU’s Distinguished Alumni Award in 1982 and the Alice and Elmer Green Award for Excellence from the International Society for the Study of Subtle Energies and Energy Medicine in 1997. She was a member of Sigma Theta
Tau, the honor society of nursing. In 1979, she established Nurse Healers Professional Associates (NHPA) which eventually became known as Therapeutic Touch International Association. And in 1981, she received the Renaissance Nurse Award from NHPA for her courage, compassion, and vision.

She traveled internationally as a teacher and speaker and her many books have been translated into at least nine languages. Thousands of people spread around the world have learned to practice and teach Therapeutic Touch in order to bring this compassionate work to those in need. Her work is carried on by a cadre of professionals who will extend Therapeutic Touch into the future both theoretically and in everyday healing interactions. She will be missed by healers all over the world. Her legacy is a living one.

(Most of the above is from the TTIA website)

Therapeutic Touch at the End of Life

Cindy Cole, TTIA President

Much of my volunteer work with Therapeutic Touch is done at a nursing home. The floor that I do the majority of TT on is one in which the residents need complete care. My mentor, Judy Lyn Sweetland, was a resident on this floor and introduced me to the Nurse Coordinator who let me do TT with folks under Judy Lyn’s supervision. It was a gift that I was able to visit with Judy Lyn each week and then do Therapeutic Touch with various residents. Judy Lyn passed at the end of the year in 2014 but I continue to do TT sessions with about 8 to 10
residents each week.

About a year ago I was asked by the Activities Director to see if I could do TT with one of the residents; I will call her Martha. I had tried to do some TT with her several years before and even just visit a little. She was bitter because of her circumstances. She was difficult, and often would make mean remarks, when someone was just trying to be friendly. However, Martha had really begun to fade and the staff felt like she did not have enough attention. She had been in a wheelchair since I had begun at the nursing home, many years before.

I agreed to try and went into the chapel to get quiet before I approached her. As I was there and centered, it came to me that if she could reach out in love with someone that perhaps she could go on in peace and at long last be free of the body she had been trapped in for so many years. I didn’t really consciously decide but it seemed natural to begin working with her using a modified “Hand Heart Connection”.

That first week I sat next to her and introduced myself, smiled, centered and directed love and peace to her. I put my hand over hers and directed love through my eyes and hand, my whole being really. She just looked at me with no expression and eventually pulled her hand away. I stayed a little while longer, kept enveloping her in love and compassion and thanked her and left. The next week was similar, but I only patted her hand every once in a while, and then put my hand down next to hers. The third week I did the same, smiled, sent love through my eyes, surrounded her in love, patted her hand occasionally and then rested my hand beside hers. After a bit of time, she reached out her hand and put it under mine. The love surrounding us was palpable and it seemed to me we glimpsed love that was indescribably of a fine vibration. There was nothing to say.

The next week when I arrived on the floor her family was with her in her room because she was dying. I truly believe she was leaving in love and in peace. Therapeutic Touch, so simple and yet so profoundly able to heal.

Cindy
leader at WomenCARE, for women dealing with cancer; and at Kids Konnected, for kids living with a parent with cancer, and for parents of transgendered children. Sally has also been adjunct faculty at Santa Clara University.

Sally is one of the TT elders and mentors. She has been facilitating the patient/healing partner (HP) group at Indralaya for many years. She currently lives in Santa Cruz, CA and on Orcas Island in WA.

How long have you been doing TT? Since 1976. I originally came across TT and met Dolores Krieger at a nursing conference in San Francisco and decided to sign up for a workshop. I saw TT as a technique to improve nursing care. I thought it would make me a better nurse. I didn’t realize through TT I would discover that I myself was on a healing journey.

What do you mean by a healing journey? To be effective with TT you have to be willing to go inside to trust and love yourself. To be centered. To continue to go deeper. I’m 40-50 years into it and continue to deepen.

How has TT changed your life? I was drawn to do frightening horrifying work—and don’t know if I could have done so, without TT. It has given me the tools that I needed and a sense of safety, clarity, strength, and “bigness” that I can access so that I can work with fears and joy.

I learned that “the outcome is not in my hands”. I was a pediatric ICU nurse and I was involved in the early days of HIV and hospice. There was so much chaos and so many emotions going around at that time. I could not have done what I did, taken the risks—I could not have worked through the chaos and fear and been able to help people and develop programs without having learned about centering and other key practices and principles of TT.

TT has also afforded me the opportunity to discover me, independent of everyone else, including family of origin. TT has enabled me to not get stuck in a role, and as a consequence, other parts of me have grown. It has connected me with a community of the heart who are now part of my family.

I was born a pacifist. I want peace. I went through the protests of the late 60’s and 70’s. My time in Alaska plugged me into the peace of nature. Early on I recognized that TT would give me access to peace, strength, safety and courage. And
practicing TT has given me an understanding of energetics, and a way to “show up” that is healing. It’s all about gratitude.

How do you see the function of the heart in TT? The heart is the source of my strength, courage and love. It is where I center. The intellect is useful, but what is important comes from the heart. And we all have this source within us and it connects us. It is the same as the healing energy that vitalizes everything.

A couple of years into doing TT a friend of mine who had some sensitivities asked Dora where should she send the healing energy to if her patient was dying. I will never forget what Dora said. I intuitively knew it was so important. Dora replied, “Always send to the highest self.” I didn’t quite understand what she meant, or what the ‘highest self’ is, but I knew it was very important. Soon after, I was working with a dying patient with severe pain. I treated her with TT every night, so the pain would go away, and she could sleep. I would always intend that the energy go to the highest self, whatever that meant. If it were only up to me, I would have attached to the pain in the belly and focus there. But, it wasn’t up to me. I intended for the energy to go to the highest self and trusted in the wholeness of my patient. A few days in, she told me when she awoke that she was in a beautiful place and didn’t want to come back. The next day she passed. It was her innate healing process that helped her be free, her highest self. I would only have wanted her physical pain to go away. It was clearly out of my hands.

Transpersonal Nature of Therapeutic Touch
(formerly Intermediate TT)
Seattle Children’s Hospital, 4800 Sandpoint Way N.E.
Seattle, WA 98105 – Room RC.3.905
Feb 1-2, 2020 (Saturday & Sunday)
Saturday 9am – 6pm, Sunday 9am – 4pm
Faculty: Kathy Wilmering, MSW, ARNP, BC, QTTT; Jane Cornman, PhD, RN, QTTT
Fee: $225. Early registration $205 if paid by Jan 18
https://www.therapeutictouchwashington.com/blog/classes
Nurses’ Experiences Doing TT with Colleagues

There is little published research on the impact of providing TT. A wonderful exception is a 2016 study of nurses who provided TT to their colleagues.*

Eight nurses “certified” and experienced in TT provided 10-minute TT sessions to their colleagues at a large hospital. (I suspect these nurses actually were QTTP, since no US organization offers certification.)

Blood pressure, heart rate, and salivary cortisol (a measure of stress) did not significantly change in either TT providers or recipients. Respiration decreased in recipients. Subjective measures of comfort, well-being, and anxiety significantly decreased in both providers and recipients.

A couple of flaws in the research limit our ability to apply the result to other situations, but overall the results are intriguing.

The providing nurses commented on the challenge of centering in such a busy setting. Both providers and recipients remarked on the stress of carving out the 10-minutes for treatments, but also acknowledged how valuable it was. They all saw the benefits it could provide for patients. Some of the recipients even expressed interested in learning TT themselves.


Suzanne
Suzanne Engelberg, Ph.D.
TTPA Membership at Large, Research
Therapeutic Touch® June 2020 at Indralaya
Held at Camp Indralaya on Orcas Island, Washington.
Registration opens on January 31, 2020. For more information see the Therapeutic Touch program on Indralaya’s web site at www.indralaya.org
Foundations: June 6-10
Mentorship: June 6-12
The Inner Path: June 14-2

TREASURER’S REPORT

Greetings from the Treasurer’s desk. I am just back from the International Congress and still ruminating about the deep insights I received from various practitioners from across the globe. The world really needs to harness the power of compassion and intention offered via Therapeutic Touch.

2019 has been exciting so far. We have received quite a few donations this year. There were a couple corporate matches for cash and time donation and a few personal donations. The treasury is in better health, thanks to the generosity of the donors and good responses to the classes and events. TTPA was one of the proud sponsors of the Therapeutic Touch International Congress 2019.

We are eager to hear from members about fundraising ideas. More funds mean more scholarships to aspiring people wishing to learn Therapeutic Touch. Funds would also help us organize programs to reach out to more people in future.

Wishing everyone a healthy and peaceful fall and winter.

For fundraising ideas/suggestions/assistance please email me at barnali.basu@gmail.com.

Peace and healing,

Barnali
Barnali Basu
TTPA Treasurer
In October I flew across the continent to participate in the two-day (plus one evening) Fifth International Congress on Therapeutic Touch, held at a conference center about a half hour outside of Toronto. Although I’m not a TT teacher, I also attended the pre-conference Teacher’s Day; I wanted to spend more time at the Congress than I spent traveling to and from it. Also, it was an opportunity to spend extra time with some really great people.

On Teacher’s Day I learned ways to be more effective teaching any subject to adults. For the Congress itself Kim Wheatley of the First Nations Anishinaabe (Ojibway) band (the Canadian version of a Native American tribe) offered very moving opening and closing ceremonies. Crystal Hawk delivered a keynote address on “Therapeutic Touch in the Quantum World.” Crystal is 91 but looks and acts at least 10 years younger. I
want to be like her when I grow up!

A memorial tribute to Dee Krieger expressed her most recent thoughts on illness, healing, Therapeutic Touch, and TT’s role in the world. The tribute also included humor—mostly around Dee’s stubbornness and fierce but sometimes misplaced independence. A pictorial tribute showed Dee and the Therapeutic Touch community over the decades. It was interesting to see a young Dee, as well as younger versions of the TTers I’ve come to know and love.

There were a number of concurrent sessions to choose from. The one that stands out the most for me is Kathy Wilmering’s synthesis of TT and psychological theories of attachment. As a psychologist I already knew most of the facts she presented, yet she interwove them in a way that never occurred to me. She also convincingly proposed that TT heals, in part, by healing attachment wounds from childhood. As I frequently tell her, I can’t wait for her to write a book!

By far, what was most interesting to me was learning from and getting to know the overseas members. Practitioners from Germany, Australia, France, Spain and Turkey gave a plenary session on Therapeutic Touch in their countries. Later, Peninah Abatoni spoke of her work in Rwanda, using TT to help survivors of the 1994 genocide, and women experiencing domestic violence. I was also touched by a session on work with First Nations elders in northern British Columbia. These sessions led me to realize that I often take Therapeutic Touch for granted—I think of it as a way of helping individuals with various illnesses and ailments, overlooking its relationship to international and intergenerational events, and population-wide trauma.

I also had a lot of fun at the Congress. I laughed a lot playing Foosball with MariFran (the Spanish woman from the airport). I am such a poor Foosball player that in one game, the only point I got was when MariFran accidentally knocked the ball into her own goal. Then I played with other women from Spain, and a young woman from Turkey. By the time Sharon Hunter joined us I had a little experience with the game and actually scored a goal! I was struck by how much we all enjoyed each other even though most of us weren’t comfortable speaking each other’s language.

It was really incredible to have three full days with good-hearted, caring healers. Although I still feel like a newcomer and a novice, I’m very proud to be part of the Therapeutic Touch community. I’m looking forward to the next Congress!

Suzanne
Having just arrived home yesterday from the Fifth International TT Congress, here are some thoughts and impressions that arise. First - it was a huge success (thank goodness and a relief to the planning committee). Secondly - it was truly an international experience. Thirteen countries were represented: Canada of course—since it was held in Toronto, USA, Spain, Germany, Australia, Austria, Turkey, Rwanda, France, Italy, United Kingdom, Switzerland and Columbia. Most importantly, the experience was one of inspiration, connection, undergirded with pride in our history and massive hope for the future of TT.

The entire Congress was begun and ended with blessings from Kim Wheatley, an Ojibway member. Everyone was smudged and then blessed by Kim as she drummed and sang First Nation songs. Kim was so impressed with the loving compassion that she felt in the presence of our group that she spent time with us and returned to offer an incredible blessing on our trip home and a song/chant that filled the room and everyone’s hearts.

The keynotes were truly inspirational. Pat Cole from Montana gave a beautiful summary of Dee’s final thoughts and wishes for the TT community. There are so many ideas to share that I am just including phrases here: intuition is the gateway, the song of the ineffable, inherent faculties coming to life, demands courage, criticism makes healing go away, the ineffable is the healing moment; sentience - the way we should be communicating with one another, and finally - TT as a lifeway, the transpersonal in your life becomes the path beneath your feet!! It truly felt as if Dee were standing at Pat’s shoulder as she shared Dee’s message.

Crystal Hawk, in her inimitable comic yet purposeful way, gave us reasons to pause and consider every encounter we have we others. Peninah spoke about her work in Rwanda with victims of the 1994 genocide and current abuse.

Given there were about 20 different concurrent sessions across the three days it would be impossible to represent them accurately having attended only some of these sessions. Here are some of the highlights from my experience: Judith Schweers, Marg Budd, and Nancy Cornell spoke about their incredible work with First Nations people in BC - reaching literally hundreds of folks with TT treatments and taught us about
treating with feathers. Beth Hagedorn - our up and coming president of TTIA spoke eloquently about the quantum leap - and how the self-reflective process speeds up our processing and how we can actualize the healing potential of nature. “We are in dialogue with the universe.” Jody Falconer also brought us to an appreciation of TT’s potential to support the paradigm shift needed to stop global warming. An ongoing experience of our connection to nature is of paramount importance to our future. Kathy Wilmering did what might seem impossible - she helped us understand the limbic system’s evolution over time and in response to our personal environment. She gave us hope re how TT can not only soothe others but actually can result in an inner journey to healing ourselves.

Peggy Frank did an incredible job of graphically illustrating the keynote speeches and the International Panel's presentations. Peggy also received an award from TTIA in recognition for all of her International work on TT.

Overall, the Congress gave us support that although our founders are not physically present - although at times it certainly felt like they were “looking over our shoulders” at the Congress - we are in good hands. The hands of one another and ourselves - constantly aware that our fellow earth travelers, the 2,4, and plus legged creatures, as well as our Earth Mother - need us to connect with, share and spread that healing presence.

Jane

CONGRATULATIONS TO:

LIN BAUER, RECIPIENT OF THE TTIA HEALER OF THE YEAR AWARD!

PEGGY FRANK, RECIPIENT OF A TTIA AWARD RECOGNIZING HER TT INTERNATIONAL WORK!
Audio recordings of the keynotes and International Panel and the Shift T-Shirts and TT Teddys available

https://drive.google.com/drive

THERAPEUTIC TOUCH PRACTICE AND SUPPORT GROUPS

1. West Seattle/Seattle Metro: 2nd Monday of the month.
   Contact: Cindy Cole  QTTT  cindy48@q.com

   Contact: Jen Wiegand, LMT, QTTT  jenwiegandTT@gmail.com or 360.434-1454

3. Eastside-North Practice Group: Meet by appointment. Kirkland area
   Contact: Sharon Hunter, RN (Ret.) QTTP Sharhunter44@gmail.com

4. Orcas Island: just forming. Once a month
   Contact: Leonie Van Gelder, LMT  QTTP. leonievg@gmail.com

TTIA (Therapeutic Touch International Association) is the international association for all who practice, teach or support Therapeutic Touch. This organization holds the standards for all classes and certifies both practitioners and teachers.

Please consider joining - first year special rate - $45.00.

Website is www.therapeutictouch.org and email is ttia@therapeutictouch.org
Therapeutic Touch Professional Associates

UPCOMING MEETINGS, CLASSES, AND CONFERENCES
See www.therapeutictouchwashington.com

SAVE THE DATES!

TTPA general meetings are held from 6:30-8:30 pm at the Theosophical Society Library behind the Quest Bookshop, 717 Broadway East, Seattle, WA 98102
Agenda includes: Check-in and Sharing, Meditation, Presentation and Discussion, TT Sessions.

We love to meet new TT practitioners and reconnect with seasoned ones, so please join us! Several of us meet at Rom Mai Thai for dinner about 5pm to visit before the regular meetings. Feel free to join us.

Sunday, January 5, 2020  Board Meeting
Thursday, February 6, 2020  General Meeting
Jane Cornman--TT and Resilience
Saturday, March 7, 2020  Retreat/Annual Meeting at Mercer Slough.
Jody Falconer---Using TT to cope with Climate Change Disasters & Trauma
Thursday, April 2, 2020  General Meeting
Cindy Cole--TTIA & Montana Dialogues
Sunday, June 7  Board Meeting

CLASSES:
Saturday, February 1-Sunday, February 2, 2020
Transpersonal Nature of Therapeutic Touch (formerly Intermediate TT) with Jane Cornman and Kathy Wilmering

THERAPEUTIC TOUCH AT INDRALAYA:
Foundations: June 6-June 10
Mentorship: June 6-June 12
The Inner Path: June 14-20
www.indralaya.org