Coordinator’s Message
This has been truly a confounding time of COVID – 19 creating a new world for us all. It is said we should look for the gift in this Terrible Trial. There have been so many illnesses and deaths, as well as challenges: Making masks for healthcare workers who didn’t have a supply; learning how to deal with not being able to see older relatives because of the risk of giving them the virus; buying food in quantity so as not to shop too often; trying to find a supply of hand sanitizer and gloves; and dealing with not being able to even BUY toilet paper! Many people whose jobs didn’t go away are struggling to work from home with interesting internet problems, often dealing with children wanting attention, a whole new situation for those who had gotten used to daycare. Also, healthcare workers who needed to go to work and had to worry about contracting the virus and then deal with the trials of home and family in the Covid-19 environment.

I could go on and on with the innumerable situations people have found themselves in.

So, where is the gift I mentioned? Fortunately, my husband and I are pretty much quarantined at home, but he is working from home, so that is not a problem, but I am retired. Well, I found the internet. My friend, Sheila Bernier, invited me to join her online exercise class. What a joy to join 50 other people around my age in exercising! When my body said, “too much for now,” another friend, Connie Berger, got me taking Sitting Yoga sessions at a time of my own choosing through the YMCA San Diego.

I love to read and I also love to learn, so I started some classes through the Lorian Society that I was really interested in. Zoom is such a blessing in a time like this (not that other similar programs are not.) Just that Zoom has been the one being used in my classes and meetings. The TT Dialogues in Montana changed to a Zoom format this year so we could continue our work. And then, since Indralaya needed to close until a time of safety, TT Indralaya Zoom Camp was held. We learned how to use Zoom for reaching ill folks who needed TT.

Yes, distance TT is good, but it is really good to see and be seen while TT is being done virtually. The Healing Partner can see the expressions on the face of the TT therapist and virtually take part in the centering and even choose where to receive (sofa, bed) as long as they could hear the practitioner. Now, Cindy Cole and Connie Berger are leading the Seattle Metro TT Practice Group (West Seattle) in Zoom sessions on the 2\textsuperscript{nd} Monday of the month, just as they were doing before. I expect more Practice Groups will start sessions.
Coordinator’s Message Continued from page 1

TTPA’s accomplishments over the past year

We were excited in October, to have 7 of our members attend the 5th Annual TTIA Congress in Toronto. What a marvelous event! It was fulfilling up to the eyebrows! Wonderful to meet and get to know so many people from far-away places who are doing TT and see so many old friends unseen for a while!

Locally we had a very successful year of providing an 8 person Foundations of TT class in October, with teachers Cindy Cole and Leonie Van Gelder, an 11 student “TT Support of People with Cancer” class in November with Oregon teacher Lin Bauer, and an 8 person Transpersonal Nature of TT Class in early February with teachers Kathy Wilmering and Jane Cornman.

Our general meetings were well attended with presentations including in September “How Barnali Basu started her journey of healing herself from several illnesses through natural means.” November brought a written account of Suzanne Engelberg’s first TTIA Congress, read by Arlene Poulsen. February showcased Jane Cornman presenting “TT and Resilience.” April provided us with Cindy Cole presenting “TT Montana Dialogues” via Zoom. Our program “Therapeutic Touch, Natural Disasters, and Trauma,” to be presented by Jody Falconer, QTTT, during our Annual Meeting, was cancelled due to the COVID-19 virus.

I planned to retire from being Coordinator after 4 years. Beverly Cook decided to run for Coordinator, was elected, but personal concerns got in the way, and she had to back out. We still do not have a Board Secretary. However Cindy Cole volunteered to Edit the newsletter “Keeping in Touch.” Cindy and I negotiated and she decided to take on Co-Coordinator. Neither of us want at this time to be Coordinator. This is a fun and enlivening organization and new things are happening. It just takes some interested people to do the leading and doing.

Many blessings for the coming year,

Sharon Hunter

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September TTPA Meeting via Zoom with Sally Blumenthal-McGannon

Sally Blumenthal-McGannon has been a pediatric ICU nurse; a hospice nurse; an AIDS coordinator; and a therapeutic touch practitioner/healer. She is a therapist and has been a group 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 group at Indralaya for many years. She currently lives in Santa Cruz, CA and on Orcas Island in WA.

Join us! 6:30 PM on Thursday, September 3rd. Look for an email with the link. Cedron Sterling will be our Zoom master.

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TTPA Purpose:
To enlarge and advance knowledge and understanding of Therapeutic Touch in the Puget Sound Area.
TTPA is a 501(C)3 Not-for-Profit Organization
Let us know if you have a change of email or snail mail address. Thank you.

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Therapeutic Touch camp at Indralaya
THERAPEUTIC TOUCH IN THE HOSPITAL SETTING
by Janet Goldenbogen-Self, RN, QTTP

Yes, it is possible to find a portal that can whisk Therapeutic Touch® into a hospital setting. The tricks are to find a hospital team member or members to help, also patience, perseverance, and a deep inner personal commitment to sharing the gentle power of TT.

For quite some time I tried with our local hospital’s patient advocate, a certified Healing Touch practitioner, to get Therapeutic Touch into the Cancer Unit or any department open to giving it a try. She said that the current nursing director was not at all familiar with these modalities. However, she did state that she would continue to look for a window to get these modalities anywhere into the hospital, because of her desire also to get integrative therapies into the hospital in general.

Then two team members appeared! A Reiki student of mine worked at the hospital as a lay assistant chaplain who met a new social worker in the Cancer Unit. This person was newly hired as an integrative employee to help get more of these modalities into the Unit. She was very interested in both Reiki and Therapeutic Touch.

My student told her of me and soon she scheduled a meeting for the three of us. This occurred in January 2020.

The social worker was impressed and set us up to have a meeting with the nurse manager of the unit. It took many hours of preparation for my friend and I to compile a package of research, policies and procedures, and a list of the major hospitals in the country who already had included these modalities into their cancer units and/or hospitals in general.

Our hospital has won numerous awards, one for the Cancer Unit. A key selling factor to the social worker and nurse manager was this: Because so many large hospitals in the nation have had these modalities incorporated for many years, our hospital is behind. This seemed to hit a note of additional interest with both the social worker and nurse manager.

The social worker scheduled us to give a presentation to an eight-member cancer support group that she held. I gave the presentation followed by demos given by my student and I to four of the members who offered to be demonstrantes. All with positive results. I heard, “I’m so relaxed and in such a short time.” and “my worries left during this short session.”

We then hit a slight, but not insurmountable glitch. We were told that the Cancer Medical Director was skeptical about getting further into the program to provide individual treatments for the unit until she had further research.

At this point I reached out to the patient advocate who was more than willing to take this project on because as she said, “I know her well and have more clout here at the hospital than you.” We laughed about this and I fully agreed.

I was ready to reach out to TTIA’s research coordinator, Denise Coppa for help on this when the Covid-19 shutdown occurred in March and all came to a grinding halt.

Of course, no one knows when things will change, but there will come a time when we can begin again. The patient advocate told me that the Cancer Medical Director is due to retire soon and she is hopeful a more progressive person will be hired.

In the meantime, anxiety is high on many fronts, but silver linings are occurring also. Thus, I see an opening for an upcoming easier opportunity for the hospital to be even more ready to incorporate anxiety-relieving sources for their patients and staff.

Once again patience and hope prevail.

Fall Meetings
See www.therapeutictouchwashington.com

As we are all experiencing, this summer and fall are very different from our normal way of doing things. Our TTPA meetings will be via Zoom. There are good aspects to this because those who live too far away to meet in our usual location at the Theosophical Library are able to attend virtually. Watch your email for the Zoom link.

Thursday, September 3 - with Sally Blumenthal-McGannon

Thursday, November 5 - Distance TT Healing with Jennifer Wiegand

Classes are on hold at the moment because of the Pandemic.

Therapeutic Touch Practice Groups

We are conducting the Seattle Metro practice group via the internet with Zoom. So far it is working well. We have a meditation and short discussion. Then we use the break out feature on Zoom and exchange distant treatments. There are plans to form other virtual practice groups in the Puget Sound area. We would like to keep them between 10 and 20 people. Let Sharon Hunter or Cindy Cole know if you are interested.

TTPA Distant Healing Requests

Distant Healing Requests are being managed by Jen Wiegand. Please send your distant healing requests to her at jenwiegandTT@gmail.com and she will send it out to the TTPA Distant Healing Group. If you would like to be on the Distant Healing Group e-mail lists to send healing long distance per these requests, send Jen an e-mail with your preferred e-mail address.
Hurray for Research!
Suzanne Engelberg, PhD

Therapeutic Touch with Mice

I love to hear about Therapeutic Touch research with non-human animals. Unlike humans, other animals probably aren’t influenced by the knowledge they are receiving a potentially helpful treatment. (Humans can have a placebo effect—healing triggered solely by the belief they are receiving healing treatment, even if the treatment is actually a placebo). I also love knowing about animals receiving Therapeutic Touch.

On the other hand, I have a hard time hearing about humans intentionally infecting non-humans with diseases in order to learn better ways of treating human diseases. I want to believe we can improve our own health without causing suffering to other beings.

Given these sometimes conflicting values, I both enjoyed and cringed when I read an article on the effectiveness of Therapeutic Touch to treat breast cancer in mice. The article itself was pretty interesting. The researchers divided mice into three groups. Mice in the first two groups received an injection in their right rear foot pad of cells of aggressive metastatic mouse breast cancer cells suspended in a liquid. Mice in the third group received an injection of the liquid without the cancer cells. Next, experienced TT practitioners performed TT on one group of mice for 10 minutes twice a week. The other group received a sham “treatment” of someone randomly waving their hands around the mice.

After allowing time for tumors to develop, the researchers found that, as expected, the mice that did not receive the cancer cells had no evidence of cancer. All the mice that received cancer cells had a similar number and size of tumors, whether or not they received TT.

The mice that received the injection of cancer cells plus sham TT had metastases on the opposite foot from the injections. However, with one exception, all of the mice receiving TT had either fewer metastases, or none at all. The one exception was a mouse receiving TT that had seven times the average number of metastases. The researchers did not say what might have caused that increase.

Also, while the mice with cancer all had harmful immune responses indicative of cancer, the TT group had fewer responses.

The researchers then repeated their study, but this time started the TT and sham TT two weeks before injecting the cancer cells. They found that pre-injection treatment did not improve the mice’s response to cancer.

I’m looking forward to the day when we’ll have computer models accurate enough to replace animal experimentation. Until then, I’ll have to get used to appreciating research that also makes me cringe.

Therapeutic Touch International Association (TTIA) serves as an international resource center for information of the art, practice, teaching, science and research related to Therapeutic Touch as developed by Dora Kunz and Dolores Krieger.

Presently, TTIA is teaching teachers to offer remote learning classes. They have helped in getting practice groups going with suggestions and help in setting up Zoom and best practices. In addition weekly meditations (on Friday) are offered via Zoom using Dora’s meditation for “Global Peace and Healing” and daily meditations are suggested for noontimes. An email flyer is sent several times a month and the “Cooperative Connection” Newsletter is chock full of interesting and pertinent information

The TTIA website holds research and the latest news. Because of the internet, TTIA is maintaining regular contact with our international members. Importantly, TTIA is defining and refining standards and policies for the practice and teaching of Krieger/Kunz Therapeutic Touch and upholds credentialing standards.

Join! First year Membership is $45.00 US. Dues will revert to the full amount of $75 individual, $50 student or senior (65+) in the second year. https://therapeutictouch.org

Therapeutic Touch International Association has embraced meeting and performing TT sessions remotely. At The TT Dialogues, technology was explored for many years and therefore, when pushed by the Corona Virus Pandemic, it was natural to begin to look for ways to teach and learn at a distance. The TTIA Education Committee has been planning and offering webinars and classes in this new medium. TTPA has also recently used Zoom for meetings and practice groups. We have also had a healing request group for many years that sends distant healing to those that ask us.

Dolores Krieger, in “Therapeutic Touch As Transpersonal Healing”, 2002, pp 176-224, was exploring TT at a distance and experimented with what she called Vivid Visualization.

“Visionary experience is ancient and is reported in all cultures of the world....Just how we are able to create pictures in the mind’s eye so that the mind later recognizes them, whether those items are objectively present or are in an abstract symbol, eludes precise scientific explanation...[Often a TT therapist will get pictures of the patient (healing partner) during the assessment part of the TT session in particular and then also as the session progresses.]

[Occasionally] “a nurse and the patient can be in direct mind-to-mind communication and the nurse often can sense the welfare and activities of the patient. I myself have had this experience. Three of these incidents gave me information about critical emergency condition in which a patient was involved. Acting on this information, even though these patients were a considerable distance away, I telephoned the supervisors on call in two cases, and in the third case actually jumped into the car after midnight, then ran through the darkened hospital corridors to the patient’s bedside in time to avert a very serious emergency. I wondered whether other nurses had had similar experiences. I did an initial inquiry in a random selection of 1500 nurses in various parts of the country.

In this pilot study, about thirty percent of the sample, (460) reported that they had had strong visualizations of their patients when they were spatially distant from one another. Of this number eighty-two percent (377) stated that they had also had the experience of unexpectedly perceiving a visual image ‘within the minds eye’ of a sudden, crucial change in a patient’s health status. At the time these nurses had no acceptable way of communicating this information to their peers since there was no valid nursing theory that accounted for information transfers of this kind...

Dr. Krieger goes on to relate other experiments in this vein in her book. As TT practitioners continue to work with TT at a distance, most likely we will continue to grow, understand and refine this modality. It sure is exciting! Cindy Cole, QTTT
**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.