



Introduction to Healing Touch

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Presenter: Gillian Robertson HTCP/I

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Welcome !

- Introductions / Meditation
- History / Research & Benefits / Goal & Definition of HT
- Self Care & Sensing Energy – Techniques - Magnetic Passes
- Biofield therapy and the Human Energy System
- Full Body Technique – Self Chakra Connection
- What you can expect in a Level 1 Class
- Q & A






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Meditation

- **Meditation – to ground, centre and attune to Self**

We set our intent today to join in love and warmth for a relaxed sharing session about Healing Touch.

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Healing Touch Founder Janet Mentgen, RN




Founded HT Program in 1989 as a continuing nursing education program.

- ‘Visionary’ and pioneer in energy medicine.
- HT introduced to WA in the 1990s by Mary Jo Bulbrook.
- Used in care centres, hospices and major hospitals.

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Healing Touch Research & Benefits

Over 30 studies (both qualitative & quantitative) have provided evidence of the following benefits:

• Relief from Pain	• Immune function
• Anxiety, Stress, Fatigue	• Vitality, physical function
• Symptoms of PTSD	• Post-op recovery & time
• Heart etc hypertension	• Wound healing
• Side effects chemo/radio	• Sleep quality, relaxation
• Cancer symptoms	• Mood states, depression

Additional information is available at HealingTouchResearch.com

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What is it all about? Goal & Definition of Healing Touch

- **Goal:** To restore harmony and balance to the human energy system, supporting the client’s natural ability to self-heal.
- **Definition:** HT is an energy therapy in which practitioners consciously use their hands in a heart-centred and intentional way to enhance, support and facilitate physical, emotional, mental and spiritual health and self-healing.

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Self Care & Self Development

- Feeling more grounded, centred and calm!
- Better focus, clear minded and ability to concentrate.
- Better sleep, reduce anxiety and relieving pain.
- Self-development from daily practice of techniques.

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Let's Experience Energy

“Experience is worth a 1,000 words!”

- Sensing energy
- Share your experience by sensing other energy fields
- Use your hands to stimulate change in the field

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Healing Touch Magnetic Passes: Hands Still & In Motion

Practitioners consciously set intention and connect to their patient

Ask Permission to Touch

Hands are placed lightly on, or near, the body

Use at bedside, massage table or in chair.

Hands are used to stimulate a healing response and facilitate the body's natural healing process

Can be completed within a few minutes, 30 minutes to an hour.

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Energy System Overview Energy Field = Biofield

“Biofield” describes the field of energy and information that surrounds and interpenetrates the human body.

- Interpenetrates the physical body and creates a composite field.
- Seven levels are associated with the seven main chakras.
- In Level 1 HT we explain the first four energy levels or layers.

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Energy System Overview Energy Centers

Chakras are the subtle centres that manage the flow of energy through the biofield – the main 7 chakras are:

Crown - Brow - Throat - Heart - Solar Plexus - Sacral - Root

Associated with:

- ✓ Regions of the body
- ✓ Organs
- ✓ Glands
- ✓ Nerve plexuses
- ✓ Mental and emotional processes
- ✓ Layers of the biofield

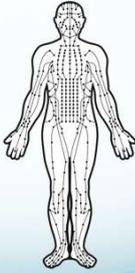
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Energy System Overview Meridians

Meridians are Energy Tracks connected to specific points that relate to organs and body systems

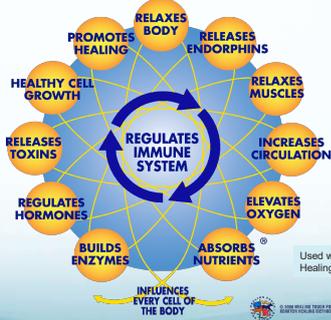
They are utilised in:

- ✓ acupuncture
- ✓ reflexology
- ✓ shiatsu



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The Physiological Response of Energy Healing

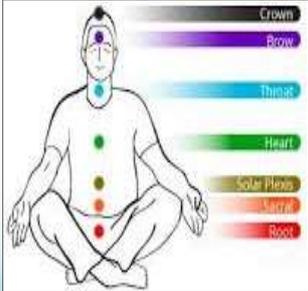


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Let's Experience Self Chakra Connection

Self Chakra Connection

To connect, clear and balance the energy centres and enhance the flow of energy throughout the body.



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Healing Touch Level 1 Foundational Discovery

Healing Touch Program leads the world in training energy practitioners.

- Restore Well-Being**
 - With HT training you will have the skills you need to restore harmony and balance in the energy system of yourself and others, find relief for physical and emotional discomfort and reduce stress.
- Practice with Confidence**
 - Learn the art and science of Energy Healing and become a highly skilled healer through the accredited and endorsed educational program.
- Optimise Healing**
 - Our program empowers you and those in your care to restore health and well-being through holistic means, giving you more alternatives to holistic healing.

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Healing Touch Program Level 1 Class – Foundational Discovery



- Learn **12 interventions** to clear and balance the human energy system
- **Explore and assess** the human energy system
- **Highly experiential** with demonstration, student exchanges and interactive discussion
- Fosters **personal and professional growth**

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Healing Touch Program — ENLIGHTEN EMPower PRACTICE —

AHTPA Conference - Special Offer



Book an Australian Level 1 Class (in-person or online) for special offer price of \$540 – a discount of \$150 (valid until Sept 2023).

Class listings: www.healingtouchprogram.com
www.australianhealingtouchprogram.com.au



Q & A Time

Thank you so much for being here!

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