The Healing Touch Paradigm

“Healing Touch is an energy therapy in which practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental, and spiritual well-being and healing.”

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Healing Touch Organizations
National Accrediting Agencies
National Endorsements

- Healing Touch Program
- NCCA
- American Nurses Credentialing Center
- American Holistic Nurses Association
- Healing Beyond Borders
- Endorsed Program

Educating and Certifying the Healing Touch™

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Benefits . . .

- Relaxes the body
- Supports the release of endorphins
- Relaxes muscles
- Increases circulation
- Elevates oxygen
- Allows for the increased absorption of nutrients
- Builds enzymes for proper digestion
- Hormones regulated
- Toxins released
- Healthy cell growth
- Well-being promotes healing
- Stabilized physiology leads to immune system regulation & supports self-healing
Current Applications

Categories Investigated

Cancer, Cardiovascular, Death/Dying/Hospice and Palliative Care, Depression/Psychotherapy/Psychology/Mental Disability, Elderly Challenges, Endocrine/Immune Function/HIV Disease, Instruments (Assessments), Orthopedics, Outcomes, Pain, Patient Satisfaction and Experience, Pediatrics, Pets, Stress and Coping, Surgery/Post-Op Recovery/Anesthesia and Using/Learning HT, Work
Healing Touch Research

Symptoms Investigated

- Inflammation
- Chronic Pain
- Fatigue
- Depression
- Anxiety
- Agitation
- Stress
- Nausea
Healing Touch Technique

Self Chakra Connection

The Chakra Connection is a full body balancing technique that facilitates movement of energy from chakra to chakra by connecting the major and minor energy centers, and opening them to flow freely. The Chakra Connection was developed by W. Brugh Joy, M.D. and is referred to in his book Joy's Way. Designed to connect, open and balance the energy centers and enhance the flow of energy in the body, it can be used alone or in combination with other energy techniques.

The Chakra Connection is an excellent self-care technique, which can be incorporated into your daily or weekly self-care practice. It can also be effectively used to care for yourself during stressful situations, times of decision making or for relaxation and rejuvenation at the end of the day.

Procedure: The Self Chakra Connection can be done sitting or lying down. Begin by opening either foot chakra by holding the foot position shown in figure 1 for approximately one minute.
Improving Health Outcomes With Healing Touch: 4 Case Studies

Bibliography

Information from organization/websites

Healing Touch Program: http://www.healingtouchprogram.com/
Healing Touch Professional Program: http://www.htprofessionalassociation.com/
Healing Beyond Borders: http://healingbeyondborders.org/

Clinical Guidelines


Peer-reviewed Journal Articles (By Subject Matter): Healing Touch


Peer-reviewed Journal Articles (By Subject Matter): Energy Medicine


Expert Resources (Books)


