

HEALING TOUCH

Energy Therapy



An evidenced-based approach that utilizes gentle, intentional touch assisting the body to balance in body, mind, and spirit.

A balanced energy field has been shown to optimize the body's own ability to heal. This is the same field measured during EKGs and MRIs.

Healing Touch (HT) was developed by a nurse, Janet Mentgen in the 1980s and is endorsed by the American Holistic Nurses Association.

HT is safe for all ages and complementary to standard medical care. HT is world wide and utilized in hospitals, clinics, nursing homes, hospice, spas, and private practice.

Evidence-base Benefits

- Calming anxiety and depressive symptoms
- Decreasing pain
- Strengthening the immune system
- Enhancing recovery from surgery
- Complementing care for neck and back problems
- Deepening spiritual care
- Supporting cancer care
- Creating a sense of well being
- Easing acute and chronic conditions

What to Expect

Treatments are given with the recipient lying down or sitting up. The practitioner will do an evaluation to determine optimal techniques. The practitioner's hands may be above your body or gently touch. Experiences vary. Many report feeling relaxation, warmth, lightness, a vibration, and/or peace.



Article/Video (3-min.)
HT at Methodist Hospital

Healing Beyond Borders
International Organization



RESOURCES:

Methodist Hospital & Methodist Women's Hospital: Jane at jane.bies@nmhs.org

International: Healing Beyond Borders at www.healingbeyondborders.org

Local: Heart and Hands Healing Touch at www.heartandhandshealingtouch.com

