

Healing Touch

Nurturing Energy Therapy



Heart & Hands Healing Touch

Healing Touch is a relaxing, nurturing energy therapy. A practitioner uses gentle touch to assist in balancing your physical, mental, and spiritual well-being. Healing Touch works with your energy field to support your natural ability to heal. It is safe for all ages and works in harmony with standard medical care. It was started by nurse Janet Mentgen in the 1980s, is endorsed by the American Holistic Nurses Association, and is offered worldwide.

Potential Benefits

Research suggests that there are many evidence-based benefits:

- Decrease anxiety & depressive symptoms
- Decrease pain
- Strengthen the immune system
- Enhance recovery from surgery
- Complement neck & back care
- Create a sense of peace, well-being
- Support cancer care
- Comfort at the end of life

What to Expect During a Session

During a session, you may sit in a chair, recliner, or lie on a massage table. The practitioner uses gentle touch or may at times hover their hands above the body. Each person's experience is unique—many report feeling relaxed, at peace, calm, light, warm, or noticing subtle vibrations.

Where is Healing Touch Used?

Healing Touch is practiced in many settings internationally—including hospitals, long-term care facilities, hospices, private practices, and spas—and is also taught in universities, medical and nursing schools, and beyond.

Local Chapter

Heart and Hands Healing Touch
www.heartandhandshealingtouch.com

International Organization

Healing Beyond Borders (HBB)
www.healingbeyondborders.org



Book a Session

The Certified Healing Touch Practitioner (CHTP) credential is widely recognized in energy therapy. All CHTPs have completed a rigorous training and certification program, and abide by a professional Code of Ethics, Standards of Practice, and Scope of Practice.

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Student Sessions

Connect with Healing Touch Students, under mentorship, who are seeking opportunities to provide treatments as part of their training and certification. Contact Jane Bies for more information. info@janebies.com or (402) 677-3275



Connect with HBB