

What is Healing Touch?

Healing Touch is a biofield therapy that is an energy-based approach to achieving optimal wellness. It complements conventional health care and is used in collaboration with other approaches to health and healing.

Healing Touch uses touch to influence the human energy system, specifically the energy field that surrounds the body; the energy centers that control the energy flow from the energy field to the physical body. Through using non-invasive techniques, the Healing Touch practitioner utilizes the hands to clear, energize, and balance the human and environmental energy fields, thus affecting physical, emotional, mental, and spiritual health and healing. There is a conscious, intentional process of directing energy through the hands of the provider to the patient to facilitate the healing process. The Goal of Healing Touch is to restore harmony and balance in the energy system which places the client in a position to self heal.

Specific Benefits of Healing Touch

1. Acceleration of wound healing
2. Relief of pain
3. Increased relaxation
4. Reduced need for pain medication
5. Reduction of anxiety and stress
6. Prevention of illness
7. Enhancement of spiritual development
8. Aid in preparation for and follow-up after medical treatments and procedures
9. Increased energy and relief of chronic fatigue
10. Support for the dying process
11. Compliments traditional approaches to health and healing
12. Referrals to physicians and other licensed health workers are expected

The History of Healing Touch

- Grew out of the nursing practice of Janet Mentgen, RN, BSN
- 1989 Pilot Program: University of Tennessee & Gainesville, FL
- 1990 HT Program sponsored by the American Holistic Nurses Association (AHNA)
- 1993-1996 American Holistic Nurses' Association Certification Program
- 1994 Energy Field Disturbance nursing diagnosis approved by the North American Nursing Diagnosis Association (NANDA)
- 1996 Healing Touch International Certification
- 2003 Billing Code for Healing Touch - CBCAE
- 2007 Mayo Clinic, Abbott-Northwestern, Woodwinds Hospitals, and mind/body clinics throughout the US offer Healing Touch to patients