

14th April, 2020 (Autumn)

# TT Vibes Newsletter

Therapeutic Touch Association of Australasia

## A TIME TO REFLECT...

Dear TTAA community,

No-one could have imagined what 2020 would bring for us all! We were saddened by the devastation of the Bushfires and then many endured floods. Now we are in the midst of a global pandemic... It is inspiring to read TTAA's weekly newsletter and see how we can work together and support each other through these challenging times. Never has it been more important to offer distance TT and use TT for ourselves and for others.

You may know or actually be someone working on the front line in the medical field or with one of the other essential services. My daughter's boyfriend is working at the Alfred (Melbourne, Vic) in infectious diseases. We hear from him regularly that the more people self isolate, the quicker we limit the spread of Covid19. Please feel free to post your thoughts or stories on our FACEBOOK (closed) members page...we would love to hear how you are going!

I hope this newsletter which I have filled with details of our Recent TTAA Exec Retreat, some articles and resources will be stimulating, motivating and encouraging for you all and ways in which we can all be nurtured now...

Please let me know if you would like to join me for a TT chat on Zoom...on April 28th...RSVP April 27th by email...(further details listed in upcoming "Dates")

Go gently with love & peace,

Virginia  
(Vice President/Newsletter Editor)

### Dates:

#### Next Executive Committee Meeting

Tuesday April 21st 2020  
at 7.30pm (AEST)  
(on Messenger)

#### TT Chat with Virginia

Tuesday April 28th 2020  
7.30pm (AEST)

RSVP Virginia by 27/04/20

I will email you the link and  
details of how to join the meeting  
on Zoom

virginia@intotheheart.com.au



# TT VIBES NEWSLETTER

## TT Practice Groups:

Our current groups include:

### Northern Territory

Sue Gregory (0419119744) Alice Springs

### Tasmania

Geoffrey Dunlop (0429970143) Hobart

### Victoria

Jenny Cameron (0419391488) Ballarat

Alina Gorris (0424642109) Kew/Clifton Hill/Pascoe

Vale

Gerry Milton (0413370422) Seaford

### Western Australia

Peta Nottle (0408924183) Gwelup

Please contact them for further information...



"Boat Rock" Sacred Site near Berrigan

Please check out our Members (Closed) Facebook  
Page for updates...

[https://www.facebook.com/groups/  
TTAamembers/](https://www.facebook.com/groups/TTAamembers/)

Please ask family and friends to like/follow our  
PUBLIC page...

<https://www.facebook.com/TTAustralasia/>

## TTAA Exec Committee 2020:

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# TT VIBES NEWSLETTER

## TTAA Exec Retreat (8th -10th March 2020)

Report by Virginia Kingsford

Our Exec Retreat was held in Southern NSW this year. The weather was very kind to us and we were spoilt by our amazing hosts, Marg and Garry Graham. It all came together beautifully and we also managed to include our partners in some of the planned activities. We were so sorry that Lainie was a late cancellation for family reasons but we were able to connect with her on Skype. Cynthia too was unable to join us but we are all looking forward to working as a team to bring to fruition all that we discussed at the Retreat.

Marg created a wonderful program for us which included:

- Meditations, Informal and formal discussions...Skype meetings with Susie Gregory and Lainie Rawlins...timing unfortunately did not work for Cynthia but we kept her informed.
- Reflecting on a few pieces of magnificent artworks by Berrigan artist Jan Barnett...And finding it's deeper meaning for ourselves.
- The presentation of TTAA Life Membership to Jane Hall in recognition of her amazing contribution to TTAA.
- An excursion to a Sacred Aboriginal Site "Boat Rock".
- Lots of Tea, Coffee and delicious foods as well as Dinner at the Local Club!

The outcome of our TTAA business-related discussions included:

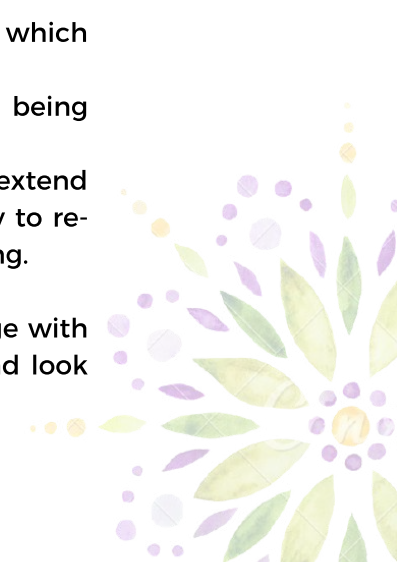
- Acknowledgement that the Foundations, Transpersonal & Mentorship Training Manuals are now complete & up to date...co-ordinated and finalized by Jane Hall.
- Looking at the possibility of selling our Foundations Manual & TT Introduction Booklet online. There has been some interest from the international TT community.
- Susie Gregory provided an in-depth discussion on potentially Marketing TTAA in Australia. Considerations included:
  1. What, how, when and why do we market TTAA?
  2. Which are our target audiences?
  3. How do we maintain the integrity of TTAA?
  4. How do we fund the marketing process? How much will it cost?
  5. How do you find an appropriate Marketing Service Provider?
  6. Using SWOT (strengths, weaknesses, opportunities and threats) to brainstorm TTAA needs and ideas.

**Please note** that the concept of Marketing TTAA training and treatments is in the early stages so if you or you know of anyone who would be able to contribute to our discussions, please contact anyone of us on the TTAA Exec.

- Marg has started a "Tool Box" of resources for TTAA accredited Teachers which will be available on a USB.
- The History of TTAA in the "Welcome" Booklet for new members is being reviewed.

As the Retreat was held on the long weekend for most of us, we were able to extend the break by staying till Monday. Our men folk also enjoyed the opportunity to reconnect and we were able to gift them with a TT treatment on Sunday morning.

As we left the retreat, we had no idea of how the world was going to change with Covid19. We will keep you informed of our progress throughout the year and look forward to sharing further updates & information at the AGM in July.



# TT VIBES NEWSLETTER



## A message from Marg...

Our thoughts are with all our friends abroad and at home. Right now, we have many challenges but also some inspiring moments showing love and compassion to others. There are funny songs on Youtube and great positives posts on Facebook. And of course we are all able to phone and email each other to check in and make sure we are all doing ok. Travel is now a closed book so to speak. I however find comfort in knowing that with TT, we have the ability to meet each other by intention. I ask for protection each day for family and friends both locally, nationally and internationally and that we are not badly affected by the virus. If we all do the right things, we can look to the future where we will all be together and celebrate with our friends and families in a new light. We can appreciate and be grateful for all that we have. I have been doing distance meditation at 8pm on Wednesdays and ask that if you wish, join me in sending our intention of healing and love to the world. May you all stay safe and be sure to contact the executive team if you need any support.

Margaret Graham (TTAA President)



# TT VIBES NEWSLETTER

## COVID19 & Therapeutic Touch... What gifts are we being offered?

Our world seems to have turned upside down in the last few weeks. Patterns of behaviour disrupted, fear and unknowns. Work uncertainty and family situations are testing many to the limit. For me it was brought home when my mothers' nursing home was the first in Australia to have COVID 19. In the midst of the shutdown of the nursing home she was rushed to hospital for a minor procedure. She had to be isolated in the hospital. My family were all there to see her yet we couldn't touch her - we had to look at her through the glass. Only one person per day in the room and donned to the nines in all the personal protective equipment - mask, glasses, gloves and gown. Hard to give her a physical hug. She returned to the nursing home, still in lock down, with no external visitors. In addition, I was then torn by the fact the Northern Territory where I live, locked down. I could not burden my brothers family for what could be months and decided to fly home. It was a difficult decision. I got one of the last planes home before the closure. Now, I'm in quarantine too, and I'm not sure if I will ever see my 97 year old mum again, let alone be with her as she passes. Despite this anguish there were many gifts to lift my grieving spirit. One such joy was to sit with family together in the waiting area, showing them how to centre and ground; then all sharing together in sending healing to mum in her isolation room. I believe my brother's and I are closer for this experience and this was TT's gift to me. Indeed, TT has many gifts to offer the world in this corona virus period. And it led me to ponder, how can we enable TT to be better known in this moment in time? What can we do that can create opportunities for our association to be known as a point of contact for healing support? Or learning to heal? People cannot use their usual ways of touching and relating. Perhaps the time has arrived for more subtle ways of caring and loving. Perhaps people are wanting deeper ways of connecting, offering care through intention and compassion without touch or healing through distance. There's a need out there that if we are fine, well, we can let people know how we can help. My boiler maker brother was an example of meeting this need. He opened and was touched by the experience of giving TT as a family and it also helped him in his grief. It led me to ponder, how can we use touching experiences such as this to spread the word of TT in Australia? Social distancing give us the time to ponder this. Quarantine gives us time to retreat, centre and think, "How can we use this gift too as an opportunity to share TT more fully with our country and world.

Susie Gregory (Northern Territory)





# TT VIBES NEWSLETTER

## Therapeutic Touch for humans and Horses

IN January I had a phone call from Alina wondering whether she and Iris, whom we had all met at the last TTAA retreat, could come up to our farm at Mount Mercer to talk about Therapeutic Touch. Alina and I had a lot in common in attempting to get therapeutic touch included in health care in a major hospital in Melbourne and myself in Ballarat. We were both enthusiastic about supporting Oncology patients, Alina as a volunteer and I through Nursing. Iris and I also had a great deal in common through our love of animals, especially Horses.

Finally we agreed February 9th was the day when Alina and Iris would come up to the farm with a picnic lunch. It is often isolating living on a farm, and we are always keen to welcome newcomers to our place. Although the 3 of us had only met briefly at the last TT retreat at Portsea, we all had so much in common. We included my husband Andy and kept ourselves entertained and talking all afternoon.

Alina and I talked about the difficulty in attempting to get TT accepted in the Health care system, and I mentioned how far Jane had come in using TT in the Alfred years before, but how difficult acceptance and trust and continuing this care can be. There are always people and systems, which seem to make things so complicated. I had had TT protocols passed in the hospital where I worked, and I had 6 students enrolled to do the training, suddenly we had the plug pulled on us and I never understood, why or for that matter, how! I hope this helped make sense to Alina as to what had been happening to her!

Iris has a passion for horses and is studying a horse massage course. This has always been something that I thought I would do, but I seem to be stuck working with humans instead! So I was enthusiastic to hear how she was going in this area. For her, the hardest thing seemed to be the course case studies, well I have a number of horses to choose from!!!!!! I have been using TT on my animals, of which my husband will tell you there are many and they are varied, from horses to dogs and cats, budgies and fish,. I have done this over many years, and so many of our animals have benefited from receiving TT in times of stress and illness. Years ago we had a Labrador who as a puppy had hip and shoulder dysplasia. Vets had told me the kindest thing we could do for "guppy" was to have him euthanised. This was never an option in my mind! I gave him TT nearly every day until he died at the age of 4 when he in fact died of a broken heart, when Hidey, Rob our son's dog, and Nicky the family cat died of very old age! Guppy lay down beside their graves in the garden and literally died. The incredible thing about Guppy's journey was that we believed the healing and love we gave him, provided the quality of life that he would not have otherwise achieved. It can be so helpful for the animal, in relieving pain and stress, especially in the final stages of their lives.



This is Marbo our chocolate Labrador, Bundy on the floor and molly under Marbo's legs. I believe that animals do their own form of TT as this picture of these three shows. I could continue with similar stories of animals responding to healing over the last 20 years. Marbo passed away in 2015 and Bundy last year at the age of 5 from possibly a snake bite and a heart attack.

# TT VIBES NEWSLETTER

## Therapeutic Touch for humans and Horses

My quarter thoroughbred has a pituitary tumour; the vet tell me he has had hundreds of lives especially over the recent years. Well SKYTA IS NOW 29 years old! Some day's he will accept healing. On other days, he will walk away, and reject my offer of healing. I also love using Australian Bush Flower remedies with my horses. Years ago Skyta was very sick and was in the vet hospital for over a month. He was given fresh calendula for wound healing and massage twice a day with calendula and hypericum, the vets thought I was nuts, but when I took him home he was hairless and looked pretty miserable, everyone thought I was just throwing my money away and it would have been kinder to let him go, but that was never going to happen. When I returned to the clinic 3 months ago, no-one could believe that he was the same horse. I was contacted by a racehorse trainer at Flemington, asking me to come and look at some of his horses. I wonder what my life would have been like if I had taken up his offer!!!!!!



Sometimes I wonder how I ended up in building up "Bringelli Natural Therapies" for massage and healing, for humans, when animals have always been such a passion of mine. I can't wait to get Iris practicing on my horses, so she can get out there and use TT and massage for horses, there are so many animals and their owners who would benefit from this type of therapy!!!!!!

I was so blessed to have Alina & Iris with me for the day! They made a huge effort to drive to my place at Mount Mercer. Hopefully, we can do it again soon.

Jenny Cameron  
Bringelli Natural Therapies (Ballarat, Victoria) 3/4/2020



# TT VIBES NEWSLETTER

HELLO  
FROM BRITISH COLUMBIA, CANADA

Hi - my name is Jacqui Saran and I am currently the President of the BC Therapeutic Touch Network Society. I was so fortunate to meet the lovely Virginnia Kingsford at the TTIA Congress in Toronto in October 2019. Being a Kiwi who moved to Canada 12 years ago, it was wonderful to meet someone from "down under" with a shared love of Therapeutic Touch®. We connected straight away and were lucky enough to spend time together back in Vancouver, BC where I was able to show her around our city and beyond. It was also timely for Virginnia to be able to attend one of our Board meetings and to have her perspective and insight.

So much has changed for everyone around the world since the COVID-19 took hold. We had our annual conference planned for the first weekend in May which was to be a weekend retreat/conference, including our AGM. Diane May was scheduled to come as our key guest speaker and it is always a wonderful weekend of learning, sharing TT and meeting again with old and new colleagues. We have been fortunate to secure another weekend for May 2021 that works for Diane and we were relieved to be able to transfer our deposit. We now plan to have our AGM via phone conference call on Saturday May 2, the same day it was planned for at the retreat. We held our first Board meeting via this system last month and it worked well. It is something we realize we can use again over the next few months, and during the winter when we often have to cancel due to snowy weather.

Our practice groups have also found ways of connecting on-line through ZOOM in the current climate. Although not quite the same, it has provided a connection for people during isolation. Each of our practice groups function in varying ways. Some are open for the public to come and receive TT treatments, where others are for practitioners only. These groups generally meet once a month and include either a general discussion and sharing as a group about TT, or a specific topic of TT. This would be followed by a meditation and then giving and receiving of treatments, with feedback and support being valued. Personally I have found that attending these practice groups is really important to practice TT and be able to ask questions and share. To receive a TT treatment on a regular basis is not only important for our own health and well being, but we learn so much when we receive TT from various practitioners. In our last newsletter we encouraged our practice groups to share their story of how their practice groups operate, which has been interesting as each one is run with a slight difference. Distance TT is another way that our practice groups support each other in times when a member or loved one is in need of healing energy.

I wish you and your families a safe, healthy journey through this unprecedented time and look forward to a more balanced world where humans, wildlife and nature are on a more equal footing than has been for some time. I know our coming together in meditation and distant healing for the wellbeing of humanity and nature is powerful. As they say - we're all in this together.

Love and Light  
Jacqui Saran, TTRP  
[www.bctherapeutictouch.com](http://www.bctherapeutictouch.com)





# TT VIBES NEWSLETTER



Tsawwassen TT Practice Group (British Colombia, Canada)  
which is facilitated by Cheryl Larden

## A message from Peta Nottle in Perth, WA

I had a lovely chat with Peta via Messenger this morning. She asked me to share that she has been doing a number of TT treatments and meditations with clients via Messenger during the last few weeks. Her clients have included:

- An Anaesthetist with Coronavirus in Norway
- A Nurse with Severe Rheumatoid Arthritis in the big toe on her right foot .
- A Retired Vet with very sore throat
- A Retiree with severe headaches who lives in rural WA
- A carer in an aged care centre
- A Woman with severe stress due to chronic pain
- A Lawyer with chronic migraines, upper neck and shoulder pain.

Peta has been amazed at the results and the positive feedback from her clients. Peta particularly wanted to share what was happening with her hands when sending TT to the person with coronavirus in Norway. Peta said that she was astounded at the heat and level of sensation in her hands.

Peta also mentioned her book is in the final stages of editing and will be published shortly! We will keep everyone posted as to when it will be available.

By Virginnia (12th April 2020)



# TT VIBES NEWSLETTER

## Reflecting on the Art of Therapeutic Touch

Over the years that I have taught classes in Therapeutic Touch, it has become plain to me that our development as healers follows a pattern. Each student of TT is a unique individual. Our ways of being in the world are sculpted by our experiences, our skills and abilities, and our personalities. When we come to TT we each see it through our own very personal filters and we practice it in ways that are specialized expressions of our essence as a human being. The teaching of Therapeutic Touch is defined very clearly by a set of uniform concepts, objectives, and goals, however. A structure that each person must adapt so that it applies to their own personal experience of the ineffable world of healing. We begin by learning a technique – we center, we learn how to interact with the human energy field of another, we learn to use ourselves in ways that aren't traditionally taught in our western culture, and we learn a language in which to communicate to each other about this process.

Most important of all, we become acquainted with that aspect of ourselves that extends within. We learn our own vocabulary of energy – what energy depletion, congestion, and flow can feel like. We learn our own inner landscape as it applies to healing. As beginning students, all of this comes together to form our personal version of the technique of Therapeutic Touch. A curious thing happens as we travel this path, however. The act of centering, which is the core basis of TT, slips us down a rabbit hole that leads to the wonderland of our own healing. As we attend to the healing of others, our own journey of healing also begins.

That focus on centering introduces us to our Timeless Self – that aspect of deep intelligence that lies within each of us and yet is also flowing in the universal healing field that underlies all of manifest reality. Within that universal field, and shared with each of us through our timeless self, lies all the intelligence we will ever need to understand how to help each other. We use this intelligence to make our decisions during TT. Exposure to this wisdom also begins to temper our own personality, changing our ways of interacting in the world so that we reflect more wholeness ourselves. In that process, what we practiced as a technique begins to morph into something more nuanced and deeply perceptive. Therapeutic Touch becomes an **art**.

I have been fascinated by the process of this transformation in my students and in myself over the years. The way we center changes as we understand better our inner terrain. Our skills at perceiving energy field dynamics deepen and mature, and we begin to fathom how to use our own field dynamics as the template for the healing of others. We blossom as individuals who practice healing for the sake of another, yet we also do that work within the structure we understand as Therapeutic Touch. We base our interactions on a structure we learned as students, but we use it from the perspective of our own personal uniqueness. What a dichotomy!

As we become adept at the art of Therapeutic Touch: we still center, do assessments, work with energy projection and modulation, and we continually refer to the timeless self. None of the structure really changes, but our consciousness within that structure has shifted gears. Now the wisdom is drawn not from something we learned as a student but from a deep well of ever changing intelligence that we continually learn more from with each TT session. And each of us does this in our own inimitable way.

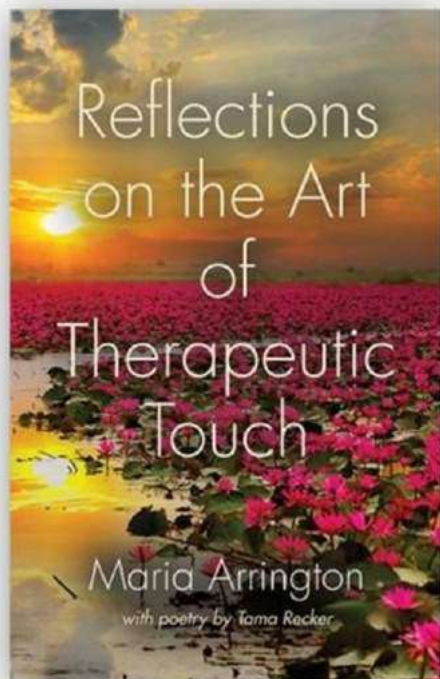
My reflections on this process have resulted in a book which I offer to the TT community. It is an opportunity to hear about my understanding of this fascinating process. It is also a chance to reflect on your own very unique development in the art of TT. Tama Recker has contributed some of her Therapeutic Touch inspired poetry to each chapter in the hope that it will help the reader in their process of reflection. The book is available from Amazon and from Booklocker.com, as well as other booksellers. May it be a good jumping off place for your own ruminations on your journey toward the art of Therapeutic Touch.

Submitted by Maria Arrington

Article from TTIA "Cooperative Connection" Vol. XXXVIII, No. 11, Spring 2019



# TT VIBES NEWSLETTER



## Book Review

### **"Reflections of the Art of Therapeutic Touch"**

"Maria's book was a pleasure to read. It flowed easily as we followed her stages of learning and evolving from a TT Student, through to a practitioner, a teacher and a mentor. Her way of reflecting as a TT "artist" and healer has helped me to reflect on my own experiences and deepen my life journey with TT. Tama's poetry also adds an opportunity to pause & reflect at the end of each chapter...just beautiful!

Virginnia Kingsford (TTAA Vice President/Newsletter Editor)

## Links & Resources:

- Gerry Milton has suggested a link to "Grandmother Lore Aboriginal Prophecy"  
[https://youtu.be/807yaOjqN\\_c](https://youtu.be/807yaOjqN_c)  
<https://grandmotherwisdom.com.au/>
- Eckhart Tolle's insights and thoughts regarding this time of Coronavirus  
<https://www.facebook.com/Eckharttolle/videos/2744042518965586/>
- My recommendation is this Global Healing Event with Matt Kahn  
<https://www.facebook.com/mattkahn/videos/221618032387143/>





# TT VIBES NEWSLETTER

## Waking Up to Our Compassionate Selves

By Marjorie Anderson, MS, RN, PMHCNS-BC-retired...

Last summer after leaving the Montana Dialogues, I was struck by two statements Dee Krieger said: 1) "If not done with compassion, it is not Therapeutic Touch (TT)" and 2) "When you get back home, don't fall asleep." I fell asleep. Then in December Arlene Cugleman, a dear TT colleague, sent me an email reminding me of Dee's comment about falling asleep. So here are some thoughts that have been in my heart on compassion and Engaging Presence.

I have been drawn to several books written by interesting people who discuss compassion in a wide variety of ways. The most recent was a book, **"Tattoos on the Heart: The Power of Boundless Compassion"** by Gregory Boyle. Father Greg was ordained as a Jesuit priest in 1984. For eight years he was the pastor of a church that sits between two large public housing projects known for decades as the gang capital of the world. Twenty years ago he started Homeboy Industries to give these men and women a job and a chance to experience compassion. The often-opposing gang members work side by side in various businesses learning mutual respect by building something together.

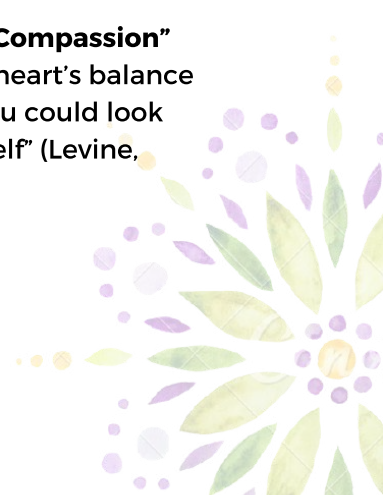
A quote from his book that has great meaning for our work in TT is, "Compassion is not a relationship between the healer and the wounded. It's a covenant between equals.

Compassion is always, at its most authentic, about a shift from the cramped world of self-preoccupation into a more expansive place of fellowship, of true kinship" (Boyle, p. 77).

Engaging Presence, a major concept of the Theory of Healing (Hanley, et al. 2017), is defined as "An intentional compassionate attunement for the purpose of mutual inter-connectedness, central to the relationship fostering healing. Thus, Engaging Presence is an expression of being compassionately aligned with another and is facilitated through sensing of another's needs, concerns, and energetic patterning."

Engaging Presence is about a covenant between equals and true kinship, regardless of what the other has previously said or done. I often relate a TT story from my early days to students about a time when I was sitting next to a woman at a conference whom I did not like and for good reason on my part. However, during the course of the lecture, she leaned forward in her chair. I moved my arm over her chair briefly to stretch. My right hand began to flow. So I centered and allowed the energy to continue until it stopped. I drew my hand back into my lap and she sat back against her chair. After the lecture was completed, she said to me, "I always knew you could heal with your hands, but did not know you could do it without touching. I have had a horrible migraine all day long and after you did what you did, it's all gone." She thanked me and we went on our separate ways. For those moments when my hand was flowing, I became compassionately aligned with her and her energetic patterning. This did not change our future relationship, yet it didn't need to change for me to see how I could change in the moment when there was a need.

Another book that is influencing me is **"Becoming Kwan Yin: The Evolution of Compassion"** by Stephen Levine. One piece that Levine writes is, "She (Kwan Yin) offered the heart's balance to the wretchedness of the mind when she told them that the Buddha said, 'you could look the whole world over and never find anyone more deserving of love than yourself' (Levine, p.39).





# TT VIBES NEWSLETTER

## Waking Up to Our Compassionate Selves...

As I prepared to write this article, it has been very apparent that I need to write about compassion for self. This, obviously, is not my strong suit. I have been berating myself lately for emails that I have not responded to, chores around the house that I have procrastinated in completing, phone calls I need to make and letters I need to write. The list goes on! (Sound familiar?) In addition, I am still grieving multiple losses. Although there is much in my life that is wonderful and joyous, I find myself sad at times and not very compassionate with myself during those times. Even when I do something positive, I often think "I could have done more" or "I should have done this sooner."

If healing is indeed about a covenant between equals, then this means that I am part of that "equal" who deserves compassion. If Engaging Presence is facilitated through sensing of another's needs, concerns, and energetic patterning, then it is also appropriate to sense one's own needs, concerns and patterning. Sometimes sitting and watching the snow falling is exactly what is needed in the moment. Adding a cup of herbal tea to this sitting and watching can also be useful. Yet most important is telling one's self, "You deserve some time for you, some compassion for you." No one is more deserving of love than your self.

The third book that is influencing this conversation is "**A Guide for Compassion in Political Power**" by Sylvia Weber, dear friend and TT colleague. As she is reflecting on compassion, she writes, "We do not need to learn how to be in a place of compassion or how to send compassion to others or a situation. We already know how and do this during times of tragedies and disasters, and joyful times. What we need to learn is how to focus on compassion more frequently and to open up to who we really are. It is a personal choice. And the more we call upon our innate nature the more it becomes a consistent part of our being." (Weber, 2012, p. 10) This being intentional in compassionate attunement is exactly what is needed in our world today, for others and us. This is another expression of Engaging Presence in our lives.

Compassion with self and compassion with others is a personal choice. So today, I choose to clean out one drawer and to take some time to remember to be compassionate with myself. I will make some vegetable soup in the slow cooker and watch the snow coming down. I will think of all of you who are reading this and send you compassion as well. I know how to do this, I just need to choose it on arising each day. And I need to stay awake! Maybe this can be a wake up call for you as well. No one deserves compassion and Engaging Presence more than you and your family!

Article from TTIA "Cooperative Connection" Vol. XXXVIII, No. 11, Spring 2019

Virginnia's suggestions for Compassion for Self & Others...

Books:

"The Mindful Path to Self-Compassion" by Christopher K. Germer

"Self-Compassion" by Kristin Neff

"Radical Acceptance" by Tara Brach

"A Path with Heart" by Jack Kornfield

Website resources:

<https://self-compassion.org/resources-2/>



# TT VIBES NEWSLETTER

## Opportunities in Adversity: the Power of Distance Therapeutic Touch

By

Jane (Hall) and 'Pat'

Social isolation has seen therapies which can be conducted at a distance really come into their own. As a psychotherapist and TT practitioner my practice is now completely online. It's quite an experience to Zoom for hours at a time. It requires a whole new way of being and lots of grounding, walking and yoga to balance all the EMR and sitting involved!! I have been using distance TT for many years but of course not at this level. It is such a great opportunity to explore distance work and to really reflect upon, explore, and enhance our practice in this area. My client 'Pat' has given permission for me to share the story of our work together over the last 2 weeks. Just to give you a picture Pat uses a wide variety of art techniques as part of managing her life as a survivor of complex trauma. She is profoundly creative and has been exploring anything from pottery to jewellery making to mosaics. Imagine her despair when her (dominant) right wrist and hand began to swell, became extremely painful with very restricted movement. The major source of her pleasure, solace and creativity looked was stopped in its tracks. The implications for her well-being were profound. So as part of our work together we decided to give distance TT a go!!



We started with some face to face TT back in the days when I saw people in person, then 10 days later moved to distance TT by phone as the verbal contact was very important. Over a period of 10 days for about 15 to 20 minutes Pat received TT. At first we did this daily for 4 sessions and then we moved to every 2nd or 3rd day. It was fascinating to see the changes in our work together. Initially the level of pain was high and the aching was around 7 out of 10. The area was swollen and sore. Each session began with grounding and an assessment of pain or soreness and ache scores. In the first session we began with working with facilitating the flows of energy in the arm and Pat actually felt sensations in her arm with those flows. At this session it seemed like the area of tendons in the wrist had spikes of red angry energy coming out. After clearing and cooling that area, the energy flow in the thumb was unblocked and the whole area calmed and settled. The ache score went down from 6 to 3.






# TT VIBES NEWSLETTER

In the next session my attention was drawn to the neck and the need for Pat to gently move her head through a range of movements to ease tension. She was advised to watch her posture and especially where she bends her neck from when working. This time it seemed like there was a cowl of dark energy over the lower arm and wrist. Sharp pins and needles were felt at the base of the thumb. The energy flow in the thumb was unblocked and the whole area calmed and settled. Pat felt the need to move her hand in certain directions and did so. Afterwards her arm felt very relaxed, 'like it is floating on a cloud'. The ache score went from 6 to a 0 and the pain score went down to 3. Pat was encouraged to not over use her arm and to rest it as much as possible between activities.

In the 3rd consecutive session both scores were high again and only moved down a little from 7 to 6. This time Pat's arm felt empty as though there was 'no one there' or the spirit had gone. The whole arm felt as though it was encased in a grey/white sleeve. A great deal of clearing was needed. When Pat was encouraged to voice her feelings about her arm it became apparent that she was losing hope that it could improve. She was feeling angry and frustrated with it. Pat was encouraged to send kindness and healing to her arm and to put her left hand on the area again to do so. She found herself then placing the right hand against her heart. Pat was encouraged to rest the arm fully for 24 hours and to continue to wear a supportive brace.

On the 4th consecutive session Pat reported there were times when her arm did not ache at all. The ache score was 2 which went down to 0 after TT. The pain score was much lower and rose only on use. In this treatment Pat continued to participate by very lightly massaging her arm with as I cleared the whole arm, then did the long bones technique to her ulnar and radius, flowing in healing energy and reminding that whole area of its natural healed state. After this treatment we moved to TT every 2-3 days as the aching had stopped. At the fifth session, the focus became more local with clearing of the thumb and finger and strings of energy being removed. Tingling, around the wrist and thumb joints was calmed and settled and areas of heat cooled. Once again Pat was encouraged to loosen up her neck muscles and to massage the affected area of her arm with kindness and healing. Two days later she started to notice that the swelling had gone down and there was still no more aching. Prior to the sixth session a lot of use had occurred, however this did not lead to any more aching although the soreness (rather than pain) score was 7. In this session Pat's neck still needed attention followed by local work over the thumb which had a sense of being 'quite upset'. Pat and I both worked to hold and calm the area. Pat stroked her thumb area and really connected to what it was feeling which was a first for her. By the end of the session the soreness score had gone down to 3.

By the most recent session two days later there had still been no aching. The swelling had gone down considerably by around 80% and Pat described her arm as 'it feels full of love'. Her attitude to her arm had changed from one of no hope through anger and despair to one of acceptance and kindness. She has become aware that our bodies have memory and intelligence and respond to love and compassion or the opposite. Pat is learning how to tune in to her arm and when to change what she is doing, or rest it for a while. It's like Pat and this part of her body are learning to work together in a partnership.



# TT VIBES NEWSLETTER

## What are my reflections on this?

- Firstly how great is distance TT for this kind of work especially where small doses of frequent energy work seem to be beneficial. Even without Covid19 restrictions to come daily for 15 min treatment is time consuming for both of us, it's much quicker by phone and distance.
- Healing truly is holistic – this was a journey not just of returning to physical balance but of developing a different relationship with one part of her body. For Pat this has been very significant and part of a larger journey.
- I wonder about what may have influenced the outcome for instance Pat and I have worked together for many years – how much has our existing therapeutic relationship been a factor in her these positive results with TT? How much had simply resting and regulating usage been a factor?
- It would be wonderful if others could share their stories of distance TT in the next Newsletter and before that on our TTAA Facebook page. Let's pick up and run with the opportunities offered by this time of challenge and adversity. As a TT'er how about looking around for someone to explore Distance TT, let's share some healing, enjoy the process and along the way benefit many now and in the future.

## Pat's Reflections

I found the whole TT process fascinating and very gentle and I am thrilled with the results. Jane supported me even when I felt all hope was lost, she helped me process and accept my own loving kindness, compassion and gentle self-touching. This is profound for me as severe complex trauma has interrupted and often stopped being able to do these things for myself.

I am thrilled with the changes particularly the absence now of the horrid ache and lessening of my pain. I have not used pain medications throughout this process. Medically the next step for me was a cortisone injection it's wonderful to know that is not needed at this time.

It has been a very grounding, gentle and caring process where I have been encouraged to be honest with the way it feels and to go gently. I felt that the whole process was a partnership where I was understood, respected and included.

When I realised the swelling has gone down so significantly I was amazed, I didn't think I would ever get my wrist back as it was again. I can now continue on with my art, taking care to notice when I am over using it and taking appropriate breaks. Below is an example of my art - I am so glad to be able to continue with this.



# TT VIBES NEWSLETTER

## Reflections on Therapeutic Touch Mentorship By Jane Hall, with Iris Osorio Schwarz and Michael Taylor

The TT Practitioner/Mentorship program, is now a competency based course and part of the training to become a qualified TT Practitioner (QTPA). It has been running in Australia for some time in various forms. For instance, Mentorship was initially an informal process, where we mentored each other in peer mentorship. For instance Gerry Milton, Sue Dawson and I met after our amazing 5 day training with Dee Krieger in Adelaide in 1993.

Healing Dimensions first offered a TT Practitioner program in 2003. This was designed to support the graduates of the my TT courses and in particular graduates of the Alfred Hospital TT Project training program conducted at Fairfield House. The second wave of mentorship occurred in 2011-2012. This was notable for many reasons but especially the graduation of TT Practice group member Michael Taylor (See Michael's reflections below) and our esteemed TT Vibes Editor and TTAA Vice president Virginnia Kingsford. With the development of the TTAA Competencies and the Competency Assessment documents by Gerry Milton and Jane Hall with the TTAA Executive and other teachers, (completed by 2015) a formal TTAA Education pathway was established with Mentorship as a core part of the development of a QTPA.

Conducting Mentorship Programs and Courses has been such a great experience and privilege.

Last year four (4) beautiful Mentorees finished the 2018-2019 Mentorship Course. Here they are at their Graduation ceremony conducted at The Sacred Nest, Ascot Vale.



From left to right:  
Iris Osorio Schwarz, Trisha Boetto, Cynthia Bartolo, Michelle Beattie





# TT VIBES NEWSLETTER

## Reflections on Therapeutic Touch Mentorship

This year in 2020, another five (5) Mentorees from Melbourne and Perth commenced their journey together in March, accompanied by myself and blessed by two additional mentors Virginia Kingsford (Vic) and Peta Nottle (WA). Our plans to do part of the monthly Mentorship Group meetings on line have changed to interacting together for 3 hours online. Amazingly this has gone very well so far. With plenty of breaks, time out for meditation and of course exchange distance TT sessions we have been well occupied and the time just flies by. Our shared experiences, many questions and pooling of resources have been very satisfying and enriching.

Mentorees also have a one on one session each month with a Mentor and undertake a Learning package for that month which supports their meditation and journaling practices, their self-reflection and their exploration of both TT practice and theory. Each month they complete part of the competency assessment in a seamless process which means they are not overwhelmed with things to complete at the end of the course. The competency assessments are designed to support personal and professional growth. They provide the professional structures for becoming a QTPP in whatever area the Mentoree plans to offer TT. For example in the current Mentorship group there is interest in using TT with children, in conjunction with spiritual direction, in aged care and palliative care and with reflexology, in oncology and to support health care workers.


Mentorship is really an inner and outer journey. The process of regular journaling, daily meditation and reflection provides an opportunity for deep growth. It is truly soul work – as we depth ourselves we are able to depth our practice. The sharing which occurs on the way is very nurturing and moving. I am reminded of my experiences of walking the Camino – we really do walk together, and in doing so the great powers of love, healing and transformation are very present in our lives.

Two graduates of the Mentorship have very kindly provided their own reflections on the experience.

### **Michael Taylor: Mentorship Course 2011- 2012**

Having completed the introductory program in Therapeutic Touch, I found myself unsure and wandering a bit. My scientific training had taught me to question and substantiate claims made, in all aspects of my life. Sensing energy fields and trusting my perceptions was not always quantifiable! Was I really in tune with the client's energy field? Was I interpreting the energy field realistically? Was I experiencing interference from my own energy field when assessing the client? Could I really move/ground the client's energy field, thereby improving their well-being? The Mentorship program was what I needed to answer these questions and more. The program is well structured and based on decades of experience and research. The mentor (Jane Hall) has a wealth of knowledge and experience in healing modalities and facilitates the program through group participation and individual direction/exploration.

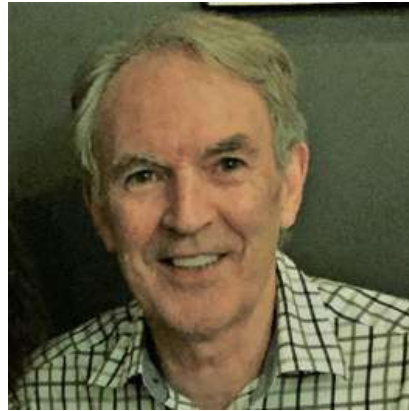
Case studies are extremely valuable in focusing the student's attention to the fundamentals of the bio-energetic encounter. The students have the opportunity to share what they have experienced and then to discuss these within the group, thereby gaining further understanding into the encounter. The student examines their role in the encounter, gaining insight into their own energy field and how to use it for the betterment of others.



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Currently, I practice with other graduates, family members and friends, who may be feeling emotionally/ spiritually unsettled. Through Therapeutic Touch I am able to offer reassurance, relaxation and confidence through a re-balancing of the bi-energetic field.

**Michael Taylor. Mentorship Graduate**



## **Iris Osorio Schwarz: Mentorship Course 2018-2019**

Therapeutic Touch Mentorship for me was a deep learning curve mostly about myself and who I am. I learnt about different types of meditation and which type of meditation I can incorporate into my daily life. I gained confidence in my TT practice, getting a better understanding in my own cues and their meaning. I also gained an understanding that TT-Mentorship was just the beginning of my Healing journey. My goal for the future is to have my own practice as Therapeutic Touch practitioner for people and animals. As well as being an Equine Myofunctional therapist, which I am currently studying. Thank you to Jane for all your support and for believing in my capabilities.

**I would like to invite other teachers, mentors and mentorees to provide their reflections on Mentorship in our next newsletter.**



Butchart Gardens, Vancouver Island, Canada



# TT VIBES NEWSLETTER

## Therapeutic Touch Program 2020 Jane Hall QTTA

### Foundations of Therapeutic Touch (Basic Level)

Depending upon COVID19 restrictions, these courses will be offered by Online Distance mode for 2.5 hours per week over 6 weeks. With a follow up workshop once face to face sessions are possible.  
See details below:

2 day series and 3 day series available

Melbourne, VIC

Friday pm, Saturday & Sunday 9-5 and Monday pm

June 12 - 15, 2020

Nov 6 - 9, 2020

Perth, WA

Friday pm, Saturday & Sunday 9-5 and Monday pm

July 3 - 6, 2020

OR

Online for Melbourne and Perth - over 6 weeks

Weds, June 29 - July 29 from 10-12.30 pm (WA) and 1pm to 3.30pm (VIC)

### Transpersonal Nature of Therapeutic Touch (Intermediate level)

Melbourne

3 days Saturday, Sunday, Monday 9-5pm

Nov 21-23

Perth

3 days Friday, Saturday and Sunday 9-5pm

July 10-12 **If necessary Online July - August depending on interest**

### Mentorship Course (QTTA Practitioner Preparation)

March 1, 2020 - March 1, 2021

Melbourne, Perth and by Distance Mode (On-line and Skype)

### Inner Processes of Therapeutic Touch (Advanced Level)

Details will be available later in the year.

[www.healingdimensions.com.au](http://www.healingdimensions.com.au) Mob: 0400226286  
[janehall@healingdimensions.com.au](mailto:janehall@healingdimensions.com.au)







# TT VIBES NEWSLETTER

Gerry Milton offers  
**Therapeutic Touch courses**  
Seaford 2020 (Vic)



**TT 2 day Foundation course** for self- treatment  
as well as treating family and friends

June 4th & 5th 2020  
Sept 5th & 6th 2020  
Nov 21st & 22nd 2020

Feb 20th & 21st 2021  
May 22nd & 23rd 2021

**TT 3 day Foundation course** Lay practice and  
Professional stream

June 4th & 5th, July 4th 2020  
Sept 5th & 6th, Oct 3rd 2020  
Nov 21st & 22nd, Dec 20th 2020

Feb 20th & 21st, Mar 20th 2021  
May 22nd & 23rd, Jun 27th 2021

**TT Day 3 Foundation may be able to be offered via  
Skype or FaceTime for interstate and non-local students.**

\* **Transpersonal** Nature application of TT

\***Mentorship** over 1 year plus 3 day Intermediate  
workshop can be offered in 2020, (on site and on-line) by arrangement

\* **Inner processes** in Therapeutic Touch (Advanced Mentorship)

\* TT Teacher training on site and on-line by arrangement.

**For Dates & more information,** please contact

Gerry on (03) 9773 6320 or 0413370722

Email: [geraldinmilton@optusnet.com.au](mailto:geraldinmilton@optusnet.com.au)

Natural Therapy pages link: [Integrated Energy Healing](#)

Address: 77, Kirkwood Ave. Seaford, Victoria 3198



# TT VIBES NEWSLETTER

## *Foundations of Therapeutic Touch (Basic Level)*



Therapeutic Touch is a holistic evidence-based therapy that incorporates intentional and compassionate use of universal energy to promote balance and well-being. Therapeutic Touch is a valuable therapy to use for self-care, family and community care and professionally. TT works to:

- support wellbeing,
- enrich relationships,
- promote relaxation and reduce anxiety
- reduce pain
- enhance the healing response
- provide support in aged care and palliative care

For more information on Therapeutic Touch

[www.therapeutictouch.org.au](http://www.therapeutictouch.org.au) or [www.therapeutic-touch.org](http://www.therapeutic-touch.org)

Choose one of the following options to suit your learning needs:

TT Foundations -2 day Series - **\$330.00**

Therapeutic Touch for personal growth, self-care, friends and family

TT Foundations Professional - 3 day series - **\$450.00**

Therapeutic Touch for professional development to enhance your current health and wellbeing practice (PD Points may be possible for some professions)

TT Foundations Professional/Practitioner Plus - 3 day series with TTAA competency based accreditation - **\$490.00**

The first step in training as a qualified practitioner of Therapeutic Touch - come for our 3 day series and complete the detailed competency based accreditation process.

**When: October Saturday 17th & Sunday 18th, Sunday November 15th, 2020**

**March Saturday 27th & Sunday 28th, Sunday May 2nd, 2021**

Saturday and Sunday (2 day series)

Saturday and Sunday x 2 (3 day series)

**Where: Newham, Victoria (In the Macedon Ranges near Woodend)**

For Bookings, Please Contact Virginnia  
via Email [virginnia@intotheheart.com.au](mailto:virginnia@intotheheart.com.au) or Mob: 0419558658

Virginnia Kingsford  
QTTAA Level 2  
Counsellor & End of Life Doula  
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# TT VIBES NEWSLETTER

TT Training February 2020



TTAA Exec Retreat March 2020