Healing Touch: Supporting Wholeness in Body, Mind, Emotion and Spirit

HOLISTIC NURSING and HEALING Touch
A Pathway for Healing, Wholeness and Transformation

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Concepts of Holism

- **HOLISM**
  - Root word, Greek - “Holos”
  - “Health, entire, whole”

- **HEALING**
  - Root word, Greek - “Hael”, “Haelen”
  - To facilitate toward wholeness
  - To be or become whole

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Concepts of Holism

- The whole is more than the sum of the parts.
- The whole determines the nature of the parts.
- The parts cannot be understood in isolation from the whole.
- The parts are dynamically interrelated and interdependent.

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"... The cure of a part should not be attempted without treatment of the whole. No attempt should be made to cure the body without the soul, and if the head and body are to be healthy, you must begin by curing the mind."

Plato

Cure vs. Healing

- **Cure** is process of eliminating signs and symptoms of disease or pathology. "Sick care system."
- **Healing** is process of emergence of right relationship. Healing is process by which one achieves health or wholeness of body, mind, emotions, and spirit.
- always optimistic up to and through the moment of death.

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"What nursing has to do... is to put the patient in the best condition for nature to act upon him."

~ Florence Nightingale
“...Nature Alone Heals”
Florence Nightingale

Holistic Approaches and Design for Health Care Systems

All Interventions are Holistic

- “All interventions delivered by all health care systems and their practitioners, regardless of their own individual world views, are holistic in impact.
- All interventions affect some part of the human system and, therefore, affect the whole system.”

The Nurse
as a Healing Environment

1. Centered
2. Balanced
3. Present
4. Calm
5. Honest
6. Caring
7. Compassionate
8. Strong integrity
9. Respectful
10. Aware of Subtle Energy

What is Healing Touch?

... a relaxing, nurturing, energy (biofield) therapy.
... works with your energy field to support your natural ability to self heal.
... enhances and assists in balancing your physical, emotional, mental and spiritual well-being.

Healing Touch

*based in Nursing and Scientific Process*

- Intake
- Healer Preparation
- Ground & Center
- Pre-Treatment Energy Assessment
- Intervention(s)
- Post Treatment Energy Assessment
- Ground & Release
- Evaluation/Feedback
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Healing Touch

...is a conscious, intentional process, of directing energy through the hands of the practitioner to facilitate the healing process.

Healing Touch is Safe

..... for all ages.
... and works in harmony with standard medical care.

We are Energetic Beings
Living in an Energetic World
Science of Unitary Human Beings
Martha Rogers RN, PhD

- Humans & Environments are Energy Fields forming Patterns of flow
- Open, flowing system
- Symmetry = health
- Asymmetry, constriction to flow = disease
- Innate urge toward expansion

Science of Unitary Human Beings
-Martha Rogers RN, PHD

NURSING.....
- ...is the scientific study of human and environmental energy fields.
- ...is a "humanistic science dedicated to compassionate concern for maintaining and promoting health, preventing illness, and caring for and rehabilitating the sick and disabled.

Human Systems

Muscular
Lymphatic
Cardiovascular
Neurologic
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Human Energy System

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Primary Energy Centers (Chakras)

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Meridian System

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Energy Field Layers

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Painting by Francene Hart

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Healing Touch

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...works with your energy system to support your natural ability to self heal.

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Benefits of Healing Touch

Research suggests Healing Touch can:

- Decrease pain
- Enhance comfort
- Reduce anxiety & depression
- Strengthen the immune system
- Promote relaxation
- Enhance end-of-life care

Benefits of Healing Touch

Research suggests Healing Touch can also:

- Enhance recovery from surgery & procedures
- Support cancer care
- Create a sense of well-being
- Ease acute & chronic conditions
- Deepen spiritual connection

Benefits of Healing Touch

For the Nurse

Nurses trained in Level 1 Healing Touch encouraged to use 20” daily full body technique for self-care. Average use 2-4x/wk improved autonomic function and balance, physiological cross synchronization while preparing for a stressful situation. Decrease in perceived stress, depression and anxiety. Increase in perceived relaxation, vitality, overall wellbeing and sleep quality.

Rang, R., Tegeler, C., Larrimore, D., Cowgill, S., Wake Forest University school of Medicine
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Research Publications
- A variety of textbooks including those in the nursing and medical professions
- A variety of peer-reviewed journals

Overviews of Select Studies
- A published review of Healing Touch studies (quantitative only) as of 2004 is presented in the peer reviewed journal: Journal of Nursing Scholarship, Volume 36, number 2, pp. 147-154, 2004

Research Supports that Healing Touch helps...
- Decrease pain
- Enhance Immune System
- Improve fatigue
- Enhance Quality of Life
- Improve pain in diverse populations
- Manage pain in those with cancer
- Alleviate chronic and acute pain
- Decrease length of stay
- Decrease anxiety levels
- Decrease worry
- Positive impact heart rate
- Increase mood & reverse cognitive decline in dementia
- Improve mood, depression, anxiety, improve relaxation, well-being, sleep in nurse leaders trained in Level 3 Healing Touch
- Increase mood, pain relief, reduce anxiety, and enhance sleep in cancer patients
- Decrease pain in patients with heart disease
- Increase anxiety levels in patients with cancer
- Enhance immune system in patients with cancer
- Improve fatigue in patients with cancer
- Increase quality of life in patients with cancer
- Decrease length of stay in patients with cancer
- Decrease anxiety levels in patients with cancer
- Decrease worry in patients with cancer
- Positive impact on heart rate in patients with cancer
- Increase mood & reverse cognitive decline in dementia
- Improve mood, depression, anxiety, improve relaxation, well-being, sleep in nurse leaders trained in Level 3 Healing Touch
- Improve mood, pain relief, reduce anxiety, and enhance sleep in cancer patients
- Decrease pain in patients with heart disease
- Increase anxiety levels in patients with cancer
- Enhance immune system in patients with cancer
- Improve fatigue in patients with cancer
- Increase quality of life in patients with cancer
- Decrease length of stay in patients with cancer
- Decrease anxiety levels in patients with cancer
- Decrease worry in patients with cancer
- Positive impact on heart rate in patients with cancer
- Increase mood & reverse cognitive decline in dementia
Research Supports that Healing Touch helps...

- Heightened spiritual awareness in individuals who have taken higher-level classes of Healing Touch training.
- Increase salivary IgA.
- Increase activity & number of natural killer cells.
- Increase salivary IgA.
- Heightened spiritual awareness of individuals who have taken higher-level classes of Healing Touch training.
- Increase heart coherence & positively impacts heart rate variability.

We are just touching the surface of the evidence.

Holistic Nursing Process

- Presence
- Centering
- Movement of subtle energy
- Use of resources having efficacy
Holistic Nursing Process: Presence

ABC’s of Presence

- Attention/Awareness
- Balance/Breath
- Choice/Communication

Grounding & Centering
Essential Nurse/Practitioner Qualities

Photo by Brooke Shaden

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Holistic Nursing Process: Centering

- Awareness directed inward; relaxing and balancing responses of sympathetic nervous system.
- Attention shifted away from external environment toward self observation and experience.
- Engages parasympathetic nervous system: enhances perception and sense of balanced calmness.

Centering through Heart Coherence

Centering Meditation
Breath
Appreciation
= Heart Coherence

The heart produces the strongest source of bioelectricity in our bodies, up to forty to sixty times stronger than the second most powerful source, which is our brain.

HeartMath
Centering through the Heart Emotions and Coherence

Holistic Nursing Process: Movement of Subtle Energy

Energy Movement & Breath

Energy moves with the breath and follows thought...
Holistic Nursing Process: Use of Resources

- Respect for resources
- Value all health care systems and interventions having efficacy.
- Use of adjunct therapies
- Uses network for referral.
- Evaluation best accessed clinically
  - through lived experience
  - thru client’s testimonial

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Energy Field Patterning: Pain in the Acute Care Population

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Pre-op
Congestion
Obstruction
Anxiety / Fear
Scattered

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Post-Operative (Post-Op) Case Study

- Congestion
- Pain Layering/Ridging
- Leaks/Dissipation
- Disconnection

Post-Operative Case Study

- Acute Pain
- Narcotic Allergy
- Pain Ridge
- Energetic Leak(s)
- Field Congestion
- Displaced Field

Trauma Case Study

- MVA
- Field Damage
- Medical Induced Trauma
- PTSD
- Rerouting and Restoring
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Trauma
Session 3
Session 4, 7

Medical Trauma Case Study
- S/P Repeated Jaw Surgery for TMJ
- Multiple Pain Spikes

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Pain Management - Ultrasound

Pain Management - Laser

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Pain Management – Pain Drain

Pain Management – Wound Seal

SELF-HEALING CONNECTION

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Hospitals, Clinics, Hospices
Queen's Medical Center, Scripps, University of Iowa, Woodwinds, DePaul
SSM, Wake Forest Baptist Health

Western & Traditional Health Care Systems
Community Outreach Programs
Stanford/Healing Partners
LifeSpark Cancer Resources/OnStar

Integrative Health Clinics and Spas
Canyon Ranch, Scripps

Disaster Response
Business & Wellness

Healing Touch Practitioners
...offer Healing Touch in a variety of settings
and circumstances.
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Credits
Photography
Healing Beyond Borders
Canyon Ranch, Tucson, AZ
Bosom Buddies, Honolulu, HI
Nature and Human photography
Cat Miller, Jerry Anselme, Lisa Anselme
Practitioners in the field: Bridget Haden, Rauni
Pittinen King, Sue Kagel, Lisa Anselme

Art
Brook Shaden
Watercolor: “Healing Touch.” Helen Mehl
Franzene Hart
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