



E-Connections with Healing Touch Canada, Inc.

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Did You Know?

[An article on Healing Touch written by Lisa Anselme, Kim Watson and Dr. Diane Wind Wardell was featured throughout January 2010 on \[thefirstcanadianhealthcareconference.ca\]\(http://thefirstcanadianhealthcareconference.ca\) \(click to access\):](#)

[Hotel-Dieu Grace Hospital in Windsor, ON had an article on Kim Watson's complementary care fellowship in their Chronicles of Caring Vol 4 - page 6. \(click to download\)](#)

Visit the HT Canada website for:

Recommended Reading List and link for online purchases (a portion of the proceeds of these purchases goes to supporting HT activities in Canada and is greatly appreciated)
- a list of the upcoming Canadian HTI classes
- blog that will have information on various topics

Visit HT International's website for:

[Information about HTI Day - March 6, 2010](#)

[International class postings](#)

[Information on the functioning of HT International](#)



Hello,

Healing Touch Canada, Inc. has recently reviewed its role within the Canadian HT community. Based on feedback we received we are excited to be offering a way to be connected with the HT International HT community in Canada. Healing Touch is offered from coast to coast and many individuals live in somewhat isolated areas. We hope that this form of communication will serve as a point of connection and look forward to contributions from various communities and individuals. Let's share some of the ways that HT is being used both professionally and personally and how it contributes to our lives.

Please send your news to Angela at: HTCanada@healingtouchcanada.net

This forum is for students of the Healing Touch International HT Certificate Program. It will be used to share information monthly on HT activities and other items that might be of interest. If you would prefer not to be included on this list please send an email with UNSUBSCRIBE in the subject or body of the email.
HTCanada@healingtouchcanada.net

Our vision is to cover topics which would potentially add to your experience with HT and deepen your practice as well as passion for "the work". For this first notice we are looking at ways to build community.

The building of community is a grass roots activity. It takes a few interested individuals to get things started and from there it depends on the needs of those involved and the way the group is maintained as to what develops. When the activities in the community bring a sense of unity and contribute to one's well-being the community flourishes. If something happens and there is frustration and a fostering of separation then the group becomes divisive. Ongoing or periodic reflection on the functioning and purpose of the group can serve as a way to work through the difficult times. When conflicts arise, see them as opportunities to practice healing. Approach them as you would a client on your table. Be open and honest in both your energetic and verbal connections. When you start to feel ungrounded or reactive use a practice that reconnects you with your centre. Imagine the level of healing that could occur within a community if this approach were used. It calls upon each of us as healers to dig deep and be present to those places within that are out of balance and calling for healing.

HT Canada would like to contribute to the HT community at large by being a resource and point of connection. We are eager to return to a role that HTC held when it was first created in 1996.

With HT International Day coming up on March 6, 2010 this is a good time to reflect on your connection or contribution to your HT community. (see link in left column for more details on HTI Day.)

Have you got a practice group in your area? Recently Karen Stewart was involved with the creation of a new practice group in Vancouver and shared some of her experiences in the process of birthing this group.

[12 Reasons To Have A Practice Group - from conversations with Karen Stewart, HTPA - January 11, 2010](#)



Celebrate the gifts of HT
by sharing it with others!

and

[UPDATE - 12 Reasons To Have A Practice Group - from conversations with Karen Stewart, HTPA - January 21, 2010](#)

We've started calling the Practice Group Contacts listed on the HTC website to get current information and find out what's happening across the country. If you would like your practice group listed send the details to:

HTCanada@healingtouchcanada.net

Please let us know if HT is offered in your hospital or institution. Our records are sadly outdated and we would like to be able to share current information with the community.

Have you thought about expanding your local HT community by offering a Level 1 class? If you are interested in coordinating a HT International HT Certificate Program class in your area then please contact Angela.

We look forward to hearing about the HT activities in your community and what HT has contributed to your life!

Angela Mattos, CHTP
on behalf of HT Canada, Inc.