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## **SAMPLE Healing Touch Integrative Care Program Policy and Procedure**

### **PURPOSE:**

To establish the practice, and define the procedure for, providing Healing Touch sessions to patients and family members, in conjunction with the prescribed plan of care.

### **PERSONS AUTHORIZED TO PERFORM THIS PROCEDURE:**

Staff that have completed a minimum of Level 1 Healing Touch Program curriculum and are certified as trained by **XXX** hospital.

### **DEFINED LEVELS OF PRACTICE:**

1. Healing Touch Certified Practitioner (HTCP) – Completed Healing Touch Program coursework and certification requirements
2. Healing Touch Practitioner – Completed Level 5 Healing Touch Program curriculum
3. Healing Touch Practitioner Apprentice – Completed Level 4 Healing Touch Program curriculum
4. Student of Healing Touch – Completed Levels 1, 2, or 3 of the Healing Touch Program curriculum

### **REASONS FOR CONSULT:**

- Agitation
- Anxiety
- Fatigue
- Increased comfort
- Insomnia
- Nausea
- Pain
- Wound healing

**DEFINITIONS:**

Healing Touch: an energy therapy in which practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental, and spiritual healing.

Energy Therapy: non-invasive techniques which utilize the hands to clear, energize, and balance the human energy field.

Pendulum: a weighted object at the end of a string or chain used in Healing Touch to assess the chakras.

Hand Scan: a gentle movement of the hands scanning above the physical body to determine differences in the energy field.

Energy Field: the energy body around every person.

PROCEDURE:	POINTS OF EMPHASIS:
1. Communicate with patient's primary nurse.	<ul style="list-style-type: none"> <li>Provides valuable feedback about patient status.</li> </ul>
2. Discuss and instruct client on the process of their Healing Touch session.	<ul style="list-style-type: none"> <li>Client's willingness to participate facilitates the success of the session.</li> </ul>
3. Obtain verbal permission from the patient, or a family member, for receiving session.	<ul style="list-style-type: none"> <li>Client may elect to end session at any time</li> </ul>
4. Vital signs (BP, HR, RR, and Temp), taken and documented and reason for consult assessed and documented.	<ul style="list-style-type: none"> <li>Documents patient status before session.</li> </ul>
5. Conduct intake interview focused intention(s) for Healing Touch session.	<ul style="list-style-type: none"> <li>Helps determine appropriate intervention(s) selected.</li> </ul>
6. Perform pre-session assessment of energy centers/field through the use of pendulum and/or hand scan.	<ul style="list-style-type: none"> <li>Helps determine appropriate intervention(s) selected.</li> </ul>
7. Facilitate preparation for session by grounding, centering, and attuning. <u>Grounding</u> : connecting to the earth's energy. <u>Centering</u> : becoming fully present, connected within and focused on client. <u>Attuning</u> : entering into a conscious relationship with a client either through physical touch or by intention.	<ul style="list-style-type: none"> <li>Focuses in order to assist client for the most effective healing experience.</li> </ul>
8. Determine and use appropriate Healing Touch intervention(s) to balance, open, and connect the energy field/chakras.	<ul style="list-style-type: none"> <li>See appendix for listing of appropriate intervention(s)</li> <li>Consider the patient's fragility and size when determining the length of the session.</li> </ul>
9. Perform post-session assessment of energy centers/field through the use of pendulum and/or hand scan.	<ul style="list-style-type: none"> <li>Helps determine effectiveness of selected intervention(s).</li> </ul>
10. Ground the patient to the present by calling his/her name, holding the feet, having them stretch fingers and toes. (mentally and energetically releases from the client's energy field.)	<ul style="list-style-type: none"> <li>Grounding assists the patient to be in the present moment.</li> <li>Grounding is necessary only if there is a need for them to be awakened and alert.</li> <li>Releasing helps create professional and healthy energetic boundaries.</li> </ul>
11. Vital signs (BP, HR, RR, and Temp), taken and documented and reason for consult assessed and documented.	<ul style="list-style-type: none"> <li>Documents patient status before session.</li> </ul>
12. Discuss, evaluate and record patient's experience of session.	<ul style="list-style-type: none"> <li>Helps determine if mutually agreed upon intention(s) was achieved through Healing Touch.</li> </ul>

**DOCUMENTATION:**

Electronic Health Record

- Verbal permission from patient
- Reason for consult
- Pre and post vitals
- Pre and post ratings for reason for consult
- Patient response to the Healing Touch Session

Chart

- A sticker placed in the front of the patient’s chart on the Physician Communication sheet, notifying the physician of the patients’ participation in the Healing Touch therapy

**REFERENCES:**

Mentgen, Janet, BSN, RN, HNC, HTCP/I; Bulbrook, Mary Jo, BSN, MEd., EdD, RN, CHTP, CHTI, CEMP/S/I; Hutchison, Cynthia, DNSc, RN, MSN, HTCP/I; Komitor, Carol, CMT, CHBMT, ESMT, HTCP/I; (2012), Healing Touch Program Notebooks Levels 1 – 5, Healing Touch Program.

Dossey, Barbara Montgomery, RN, MS, FAAN; Keegan, Lynn, RN, PhD; Guzzetta, Cathie E., RN, PhD, FAAN; Kolkmeier, Leslie Gooding, RN, Med; (2008), Holistic Nursing: A Handbook for Practice, Jones & Bartlett.

Brennan, Barbara Ann, (1988), Hands of Light: A Guide to Healing Through the Human Energy Field, Bantam

**APPROVAL:**

\_\_\_\_\_  
Name/Position

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Name/Position

\_\_\_\_\_  
Signature

Date \_\_\_\_\_

**Acknowledgement:** Basis for this document is from Walle Adams-Gerds, RN, BA, HTCP/I, Healing Touch Program Coordinator, Nemours/Alfred I duPont Hospital for Children, Wilmington, DE

## **APPENDIX #1—Healing Touch Interventions for each level**

### **Level 1**

- Magnetic Passes: Hands in Motion and Hands Still
- Magnetic Clearing
- Chakra Connection (1 on 1, 2 on 1)
- Pain Management
  - Ultrasound
  - Laser
  - Pain Drain
  - Sealing a Wound
  - Working with a Pain Ridge
- Headache Techniques
  - Tension
  - Migraine
  - Sinus
  - Trauma
- Chakra Spread
- Mind Clearing
- Scudder

### **Level 2**

- All Level 1 interventions
- Spiral Meditation
- Modified Mind Clearing
- Chakra Connection with Body Centered Interview
- Back and Neck Techniques

### **Level 3**

- All Level 1 and 2 interventions
- Chelation of first four levels of the field
- Spinal Cleansing and other Deep Cleansing
  - Sandwich
  - Cone
  - Scoop
- 5<sup>th</sup> Level Interventions
  - Etheric Template Clearing
  - Lymphatic Clearing
  - Spiritual Surgery
- 6<sup>th</sup> Level Interventions
  - Celestial Body
- 7<sup>th</sup> Level Interventions
  - Ketheric Template Body

### **Level 4/5**

- Review of all techniques with concentration towards practitioner certification.