

A Comparison of Healing Touch, Therapeutic Touch and Reiki

Healing Touch, Therapeutic Touch, and Reiki are energetic techniques for stress reduction and relaxation that promote healing of mind, body and spirit. All use light or “near body” touch with the recipient fully clothed. The treatments are based on the idea that “universal life force energy” flows through all of us and that balancing this energy promotes health and healing.

Healing Touch (HT) is a respected nursing continuing education program developed in 1989 by Janet Mentgen, RN and the American Holistic Nurses Association (AHNA). Classes are open to the general public. HT is a collection of teachings and techniques (30 in all) from many well-known teachers in the field of energy medicine. Examples of techniques learned in Healing Touch are chakra connection, magnetic clearing, chelation, pain drain and lymphatic release.

Healing Touch uses light touch and heart-centered intention to promote wellness and healing on all levels: physical, mental, emotional and spiritual. More than a group of techniques, HT is practiced as an art and a philosophy. It is the perfect complement to conventional approaches to healthcare.

Healing Touch International (HTI) administers the five-level HTI Healing Touch Certificate Program. The credential “CHTP” (Certified Healing Touch Practitioner) is widely recognized in energy medicine therapy. As a professional program, all practitioners abide by a Code of Ethics and Standards of Practice. HT is endorsed by the American Holistic Nurses’ Association and recognized by the National Hospice and Palliative Care Organization as an alternative therapy in end-of-life care.

Therapeutic Touch (TT) is a simple technique developed in the early 1970’s by Dr. Dolores Kreiger, a nurse-research scientist, and Dora Kunz, a clairvoyant healer. TT practitioners learn to attune to the universal field and direct this life energy to their clients to enhance vitality.

The steps in Therapeutic Touch include centering, assessment (gathering information), unruffling (clearing), field balancing, repatterning (modulation of the energy) and closure.

Studies have shown that TT induces the relaxation response within two to four minutes of the start of treatments and can alleviate pain and accelerate the healing process.

Reiki (RAY-key) was developed in Japan in the 1800’s by Dr. Mikao Usui and brought to the United States in the mid-1900’s by Mrs. Hawayo Takata. It is practiced by the simple process of laying-on of hands to channel Reiki energy through the practitioner to the recipient. Reiki is a Japanese word that translates as “God Light Energy”. *Rei* describes the universal and limitless aspect of this energy and *Ki* represents the life force, present in all living things.

Reiki is focused on accessing and using a specific kind of energy, “Reiki”, which is activated in the student by a Reiki Master using an ancient ceremony known as an **attunement**. The student also learns a simple set of hand positions. Requirements for becoming a Reiki Master vary depending on the teacher.

Summary Hands-on energy techniques can be learned by anyone. All are beneficial if given with an open, caring attitude and a compassionate heart.

For information visit www.HealingTouchNJ.com.