

Healing Touch

Returning Nursing to its Compassionate Roots

By Janet Svaral, ARNP, CHTP; Edited by Maggi Hutchinson, BS, JD, CHTP/I

Would you like to learn how to care for yourself holistically and regain the satisfaction of truly making a difference for your patients?

As nurses, we are continually involved with caring for others. How many times do we feel overwhelmed with the myriad of responsibilities of caring for patients and their families as well as ourselves?

Feeling overwhelmed and under-appreciated contributes to burnout and has an impact on nursing. Many of us have chosen nursing as a profession to help others and to make a difference. Nurses face challenges to apply what they have been trained to do — care for the physical, emotional, mental and spiritual aspects of the patient. One approach to assist nurses in caring for themselves and learning more about their potential to facilitate healing is Healing Touch.

Healing Touch, “HT”, is a complementary therapy taught to nurses, massage therapists and other healthcare professionals interested in holistic health. It not only benefits the client, but the practitioner as well. The excitement surrounding Healing Touch is that it returns nursing to its compassionate roots.

HT is based on the belief that the molecular structure of one’s body is a complex network of interwoven energy fields that are nourished by one’s subtle emotions, nutrition, environment and level of spiritual balance. A Healing Touch practitioner uses light touch to clear and balance the human energy field which restores harmony and balance to the individual and promotes the body’s natural ability to heal. HT is heart-centered and focuses on the highest good of both the client and the practitioner.

HT began in 1989 when Janet Mentgen, RN, who had investigated various healing modalities, and the American Holistic Nurses

Association (AHNA) together developed a five-level education program called “Healing Touch” leading to certification. Originally offered only to nurses and doctors, the program is now open to persons from all walks of life.

The Level One class is a unique combination of lecture, demonstration and lots of hands on practice. Class is relaxing and rejuvenating, and students are encouraged to use the techniques on themselves to improve their own health and well-being.

Healing Touch International (HTI) located near Denver, Colorado, oversees Healing Touch classes, on-going research and the certification of practitioners and instructors. There are currently several research studies investigating the benefits of Healing Touch on neonates in Miami, FL.

The HTI Healing Touch Certificate Program is endorsed by the American Holistic Nurses Association. All participants receive 16-23 nursing continuing education contact hours depending on the level taken.



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For more information about local classes, visit www.HealingTouchNJ.com

For information about HT certification, visit
www.HealingTouchInternational.org