Intermediate Therapeutic Touch: A Healing Modality

Intended Audience: Nurses, Chaplains  NOTE: Other disciplines, family and friends are welcome to attend, however CE credit will not be granted to physical therapists, occupational therapists, speech language pathologists, or social workers. For individuals pursuing the credential of Qualified Therapeutic Touch Practitioner, the Therapeutic Touch Basic Level course is required.

Intermediate Level; Contact Hours: 15.25 hours

Presenters: Marilyn Johnston-Svoboda, RN, EdD, QTTT and Donna Pilkington, RN, CRRN, MSML, QTTP

Course Description
This intermediate level workshop takes the practitioner into a deeper understanding of Therapeutic Touch (TT). It provides time for hands-on application and important dialogue with the teachers and other practitioners. We will be reflecting on how the frequent act of centering/calming oneself, tapping into the heart's compassionate impulse to help, and the continued learning of this exceptional way of knowing through the human energy fields impacts one's life. The most recent research will be discussed along with updates from our founder, Dr. Delores Krieger. Additionally, updates on TT's International practice in countries such as Rawanda, Africa will be discussed.

As defined in the Basic class, Therapeutic Touch, founded by Dora Kunz and Dr. Delores Krieger, is a holistic, evidence based healing practice that promotes peacefulness, balance and a sense of well-being. It is practiced with intention and compassion. Therapeutic Touch can be administered alongside the routine care given in any healthcare setting. It is being practiced all over the world, from Africa as part of the care provided to patients with AIDS to hospital rooms in the US and Canada offering state of the art technology.

Course Purpose Statement
To teach, dialogue, and reflect on the ways Therapeutic Touch can bring a sense of peace, quietude, and overall balance (body, mind, and spirit) to not only the patient but also the practitioner.

Course Purpose Objectives
By the completion of this course, participants will be able to:
1. State the assumptions, phases, and history of Therapeutic Touch (TT).
2. Understand the process of centering and describe modulation of energy.
3. Define the dragons of TT and discuss the prana and chakra systems.
4. Relate TT research as well as understand various barriers to healing.
5. Discuss how TT can impact and change a lifestyle.
6. Understand the ethical issues surrounding the practice of TT.
7. Apply TT approaches and techniques to clinical practice.
8. Describe how TT can become a pathway to self-care for the practitioner.

Course Agenda
DAY ONE Friday, January 22, 2016

8:00 a.m.  Registration and Continental Breakfast
8:30 a.m.  Participant Self Reflection on Use of TT and Group Meditation
9:00 a.m.  Assumptions, Phases, History of TT
10:30 a.m.  Centering and Meditation
11:45 a.m.  Lunch (on your own)
12:45 p.m.  Modulation of Energy
2:15 p.m.  Break
2:30 p.m.  Dragons of TT
3:30 p.m.  Practicum
4:00 p.m.  Adjourn

Sponsored by:
Marianjoy Rehabilitation Hospital
26W171 Roosevelt Road
Wheaton, IL 60187

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Course Agenda
DAY TWO Saturday, January 23, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:00 a.m.</td>
<td>The Prana and Chakra Systems</td>
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<tr>
<td>9:00 a.m.</td>
<td>Research Updates and Discussion</td>
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<tr>
<td>10:30 a.m.</td>
<td>Barriers to Healing</td>
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<tr>
<td>11:00 a.m.</td>
<td>Correlation of TT and Wellness and Lifestyle</td>
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<tr>
<td>12:00 p.m.</td>
<td>Lunch (on your own)</td>
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<tr>
<td>1:00 p.m.</td>
<td>Correlation of TT and Wellness and Lifestyle (continued)</td>
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<tr>
<td>1:30 p.m.</td>
<td>Ethical issues surrounding use of TT</td>
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<tr>
<td>2:00 p.m.</td>
<td>Applying TT to Practice</td>
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<td>2:30 p.m.</td>
<td>Clinical Applications of TT</td>
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<td>3:30 p.m.</td>
<td>TT Credentialing Process</td>
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<tr>
<td>4:00 p.m.</td>
<td>Participant Presentations and Closing</td>
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<tr>
<td>5:00 p.m.</td>
<td>Adjourn</td>
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Presenters
Marilyn Johnston-Svoboda RN, EdD, QTTT is a retired professor of nursing. For more than 10 years, she was taught TT by Dora Kunz, who created TT along with Dr. Delores Krieger. She attended numerous workshops with both Kunz and Krieger, and has been practicing, mentoring, and teaching TT for over 30 years. She is a current member of Therapeutic Touch International Association, the official organization of TT, and is currently the Education Trustee of that organization.

Donna Pilkington, RN, CRRN, MSML, QTTP has used Therapeutic Touch in her nursing practice as a Certified Rehabilitation Registered Nurse. She has previously taught this content in conjunction with Marilyn Johnston-Svoboda at many other presentations and workshops about Therapeutic Touch. Ms. Pilkington has experience in presenting to professional audiences from different disciplines and has lectured at the local and national level.

Contact Hours
Ohio Nurses Association (ONA)
This program will award 15.25 contact hours. Marianjoy Rehabilitation Hospital- Professional Practice Committee, (OH-387, 10/1/2016) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. Attendance at the entire program and a completed evaluation form are required in order to be awarded continuing education credit.

This educational activity’s planners and the presenter(s) have indicated they have no bias or conflict of interest. Marianjoy Rehabilitation Hospital has not received any commercial support for this program.

Cancellation/Refund Policy
A tuition refund less $50.00 administrative fee is available if your cancellation request is received in writing within 7 days prior to the program date. No refunds will be granted after that date. In the unlikely event that Marianjoy must cancel an educational event for any reason, you will receive a full refund of your paid tuition. Marianjoy does not assume responsibility for any other expenses incurred by the registrant.
REGISTRATION INSTRUCTIONS

1. Select the course(s) you are registering for from the menu below. Please Note: if registering for a group rate, please complete a registration form for each participant. All registration forms must be included with payment.

2. Complete participant and payment information and return this entire form.

PARTICIPANT INFORMATION:

Name____________________________________________________
Organization____________________________________________
Billing Address____________________________________________
City/State/ZIP____________________________________________
Phone___________________________________________________
E-Mail___________________________________________________
☐ Check here to receive email updates on future classes.

DISCIPLINE:
☐ OT  ☑ OTA  ☐ PT  ☐ PTA  ☐ Nurse  ☐ SLP
☐ School Couns.  ☐ Other ____________________________
☐ Social Worker: license # ____________________________

Registration Questions? Call 630-909-6923

Require Special Accommodations (Please Specify):
________________________________________________________________________

NOTE: Due to fluctuations in room temperature, please bring a sweater or light jacket.

PAYMENT METHOD:
☐ CHECK made payable to “Marianjoy Rehabilitation Hospital”
☐ VISA ☑ MASTERCARD ☐ AMEX ☐ DISCOVER
Account Number________________________CVV# _____________
Exp. Date________________________

Name on Card________________________Signature____________________

RETURN METHOD:
MAIL: Mail entire completed form to:
Marianjoy Rehabilitation Hospital
Attn: Jaime Gorska
26W171 Roosevelt Road • Wheaton, IL 60187

EMAIL: Email completed form to education@marianjoy.org

FAX: Fax completed form with payment information to 630-909-6960

PHONE: 630-909-6923

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PHOTO CONSENT: Please note that photos will be taken during these classes and may be used in marketing materials. If you prefer not to have your likeness used in photos, please let a Marianjoy Professional Learning Institute associate know and we will make the appropriate accommodations.