

### **Did you know?**

- That healing modalities incorporating touch are used by more than 30,000 nurses in hospitals each year, and that the procedures are documented as legitimate medical techniques.
- That there are teams of medical doctors and nurses combining medical skills with touch and energy techniques in most major cities of the United States.
- That the world's first Touch Research Institute has been founded at the University of Miami Medical School to further explore and document the benefits of touch therapy.
- That documented studies have already shown that with touch therapy:
  - Surgical wounds and sutures heal faster
  - Burns clear up sooner
  - Circulation and breathing improve after surgery
  - Premature infants have enhanced growth rate

**Sister Dorothy Robinson, OSB, HTCP** has been a Licensed Practical Nurse since 1984. She has worked in long term care and mental health nursing. She first encountered Healing Touch in 1995, and began doing background reading on her own. In 1996, she began a course of study which led to certification through the Healing Touch International (now through the Healing Touch Program). Sister Dorothy graduated from the Healing Touch Program in May of 2003, and was certified on October 21, 2003. She has been practicing Healing Touch at the Priory and Spirituality Center since 1998.

*"Both as a nurse and as a Benedictine Sister, my ministry is in helping and healing. This flows out of my own healing journey in every area—body, mind and spirit. I use Healing Touch work daily for my own healing, and it is a joy and a blessing to me to share the gift of healing work with others."*

—Sister Dorothy Robinson, OSB

Sister Dorothy is available by appointment to do Healing Touch, and to teach Healing Touch techniques to use at home. Sliding scale donation: \$25-\$65.

### **Contact Sister Dorothy at:**

St. Placid Priory  
500 College Street NE  
Lacey, Washington 98516  
**Tel. 360-438-1771**

**Email: [drobinson@stplacid.org](mailto:drobinson@stplacid.org)**

**Or if you plan a retreat, contact:**

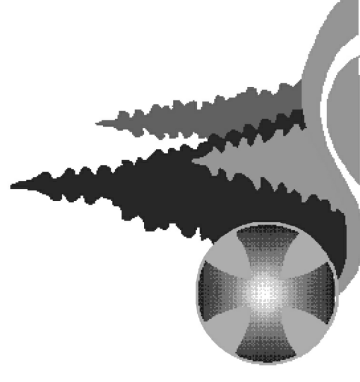
The Priory Spirituality Center  
**Tel. 360-438-2595**  
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### **For further information about Healing Touch, contact:**

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# Healing Touch

## Healing for Body/Mind/Spirit



BENEDICTINE  
SISTERS

*St. Placid Priory*

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THE CONFERENCE CENTER  
THE PRIORY STORE

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# Healing Touch

From an article in the March, 1998 *Healing Touch Newsletter*:

'Hob Osterlund is the founder and director of the *Pain Management Clinic at Queen's Medical Center in Hawaii, where Healing Touch treatments are given to about 50 or 60 patients each day. Hob started the pain management program at Queens in 1989, and Healing Touch was added in 1992.'*

## **Is Healing Touch for me?**

Healing is a process of "becoming whole." It is not something another person does *for* me or *to* me. Each one of us is on a journey, and it can be a journey of healing if we choose. All parts of ourselves are connected, and what we do to, with or for one part inevitably affects the other parts.

Healing Touch is not about a quick fix or an instant cure; *it is* about supporting and honoring the body/mind/spirit's own ways of healing. If you are ready to begin or to continue this journey, then Healing Touch may be of help to you.

Ask Sister Dorothy about learning Healing Touch techniques to use at home. The more we can become responsible for our own healing, the more rewarding the journey!

Call Sister Dorothy at  
360-438-1771, or email  
drobinson@stplacid.org

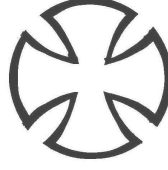
You may receive Healing Touch while lying down or sitting in a chair. Clothing is not removed, although shoes may be removed for comfort.

## **Who can benefit, and in what settings?**

Healing Touch helps people of all ages, from infant to elder. It is used by individuals in private practice and by volunteers, nurses and other professionals in hospitals, nursing homes and in hospice care. It is used for emotional and spiritual as well as physical healing. It is also used by people at home to help members of their families and their pets.

## **Pain management...**

Pain management is a growing area in which Healing Touch is beginning to play an important part. It can be an effective way to relieve pain, to promote deep relaxation and to maintain balanced energy which supports the healing process.



## **How does healing occur?**

All healing is self-healing. A doctor can set two bone fragments in place, but the body itself finally heals the break. The doctor directs and facilitates this process, making sure the body has the proper conditions for healing.

## **What is Healing Touch?**

Most of us have experienced some form of touch therapy—usually from our mothers or other people who care about us—when we were ill or in pain or emotionally upset. To give this kind of "therapy" requires compassion and the intent to help. The same is true of Healing Touch.

Healing Touch is an energy based approach to healing. It is another way to *help facilitate* healing, either through touch or by holding or moving the hands a few inches above the body. Healing Touch works to promote *self-healing* by reactivating the mind/body/spirit connection (which can be disturbed by illness, injury or stress). It complements the methods which doctors prescribe to facilitate healing, such as medication, surgery, or physical therapy.

## **What can I expect?**

The Healing Touch practitioner may work through light touch of the hands or with no physical touch; either way is effective. Physical touch can be very healing and comforting, but sometimes a person prefers not to be touched, or cannot tolerate touch, as with burns or severe pain. The option of non-touch is always available.