

Receive Healing Touch at St. Louis Health Care Centers

Healing Touch is 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 health.

The St. Louis health care facilities listed below offer Healing Touch services to assist with pain management, at no additional cost except where noted. Services are extended to patients, family members and staff, providing them with compassionate care during stressful situations.

- Barnes Jewish Hospital, 314-362-2400, offers Healing Touch by nurses to assist with pain management. BJH hosted the first local Healing Touch class in 1996 and hosted research which studied the effects of Healing Touch on radiation-induced fatigue in women who had breast or gynecological cancer. Results showed improved quality of life, relief from depression and a sense of empowerment.
- SSM DePaul Health Center, 314-344-7564, integrated Healing Touch into their Comfort Care Program in 2000 and this service offered by nurses and volunteers is now widely used throughout the hospital. An outpatient clinic has been established in the Radiation Oncology Department for patients undergoing cancer treatment. In 2007 DePaul highlighted its Healing Touch program at the SSM Healthcare Network's Leadership Conference, which showcases best practices to their 18 hospitals and 2 long term care facilities.
- St. John's Mercy Medical Center, Oncology Unit, 314-251-6365, adopted Healing Touch in 2004 to provide a comprehensive approach to health and healing. This year they have expanded; this service offered by nurses includes the use of two healing rooms.
- Alton Memorial Hospital, 618-463-7491, established an energy therapy room in 2005 by the chaplain to treat inpatients and outpatients with the help of volunteers. These services are now expanded to include pre and post op patients.
- SSM Rehab at St. Mary's, 314-768-5307, integrated Healing Touch in 2006 into the pastoral care department by volunteers, in pursuit of their mission statement to reveal the healing presence of God.
- SSM St. Joseph's Health Center in St. Charles, 636-498-7807, now offers Healing Touch on an outpatient basis by volunteers at St. Joseph's Medical Park.
- St. Anthony's Women's Specialty Center, 314-525-1800, offers

Healing Touch by appointment on a fee basis.

As Healing Touch practitioners, we present this work with a passion to bring the highest quality care to those we serve. We envision Healing Touch advancing the paradigm for optimal health care and are excited to continue developing these services.

Healing Touch St. Louis sponsors classes in this energy modality at the BJH campus biannually. The classes are open to health care professionals and any individual desiring an in-depth understanding and practice of healing work using energy-based concepts. For more information, visit our website, www.healingtouchstlouis.org.

Healing Touch St. Louis sponsors classes, practice sessions and networking support. Classes are open to health care professionals and any individual desiring an in-depth understanding and practice of healing work using energy-based concepts. For more information, visit our website, www.healingtouchstlouis.org.