

How to Choose a Healing Touch Provider

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How would Healing Touch help me?

Over 60 research studies show Healing Touch increases one's general sense of well-being, lifts depression, and integrates into traditional medicine for pain management, symptom relief, and pre- and post-operative care. Physical, emotional, mental and spiritual health are addressed. A state of optimal balance quickens wound healing and eases life's ups and downs.

How do I find a local provider?

In addition to our primary focus on education, Healing Touch St. Louis also offers provider listings. Our website www.healingtouchstlouis.org lists over 30 providers by location and a dozen provider profiles.

What qualities are important in a provider?

In the book *Healers on Healing* (Carlson & Shields, 1989), healers across a wide spectrum of modalities attribute their success not to technique alone, but to presence. On a stage, presence is "a quality of poise and effectiveness that enables a performer to achieve a close relationship with an audience." In a therapeutic environment, however, presence is not putting a mask on. Presence is uncovering one's true self.

How does the Healing Touch program promote presence?

You may be familiar with the saying "Good judgment comes from experience and experience comes from bad judgment." Similarly, the uncovering of one's true self comes from life experience—how we respond to ups and downs, how we discover and befriend our own true selves. The Healing Touch program is designed to broaden one's life experience through homework and hands-on practice. It allows time to befriend oneself; three years is a typical length of time to progress through the five levels of classes and apply for certification.

What questions do I ask the providers?

By contacting providers and hearing their stories of development, you'll gain insight into their abilities. All providers have a story of how they found Healing Touch, and why they entered the program. Ask any provider the value of their reading Touch program, how often they receive Healing Touch and how it helps them. For providers finished with coursework, ask about their year of apprenticeship and their contribution to community. Ask to see their professional profile notebook and their research case study.

How do I recognize a good match?

Look for the Healing Touch philosophy of heart-centered caring, harmony, and wholeness. Ask how the provider embraces this philosophy in their life, and how their experience would help you. Find the presence that resonates with you.

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