



**MUNSS Members! - - Hoping to feel less stressed?  
Interested in learning Complementary Therapies?  
Then join us for...**

## Healing Touch Level 1 Workshop

### What is Healing Touch?

Healing Touch is a **gentle, complementary energy-based approach to health and healing**. The goal of this mind body therapy is to restore harmony and balance to the human energy system. This is done through a heart-centered caring relationship and the **use of contact/non-contact touch**. Receiving the therapy can greatly assist the body and mind in its natural ability to heal. Healing Touch is an **evidence based practice** that offers continuing education credits for nurses.

Healing Touch helps you **facilitate compassion in your work and world** by grounding you in heart centered care. With Healing Touch you can impact the body-mind-spiritual well being of people in your life and practice as well as yourself. After your first Healing Touch class you will know 12 Healing Touch techniques that you can offer over and over again to support health and facilitate the healing process. **You will receive at least 3 treatments yourself during the weekend!**

### Healing Touch:

- Utilizes off body or light touch methods that clear congestion, relieves pain, facilitates balance & promotes mind-body-spirit healing.
- An international certification program, credentialed by the American Nursing Credentialing Center (ANCC)
- A holistic practice based in Caring Science/Caring Theory (Dr. Jean Watson) and other theorists
- Evidence based ([www.HealingTouchResearch.com](http://www.HealingTouchResearch.com))
- Integrated in over 40 hospitals; Taught in over thirty countries
- Endorsed by American and Canadian Holistic Nurses' Associations
- See [www.healingtouchprogram.com](http://www.healingtouchprogram.com) for more information

**Instructor: Kathy Moreland, RN, MScN, HTCP/I**

**WHO SHOULD ATTEND: Open to all BScN and RPN-BScN students in the McMaster/Mohawk/Conestoga Collaborative Program**

**Location: Conestoga College, 299 Doon Valley Dr., Kitchener, ON, Doon Campus, Room TBA**

**Date** January 23 & 24, 2015

**Time:** registration January 23am 8:30 then class 9 am-5pm both Jan. 23 & 24 (please arrive 8:45am on 24)

Please note: you must attend **both FULL days** to get your certificate—no exceptions.

*Course offers 16 Continuing Education contact hours for nurses.*

**Cost:** (includes Notebook and certificate) payable by cheque

**Note:** Usual cost of this level of the program is usually \$350-400

**Price of this workshop is \$100!**

For More Information please contact Kathy Moreland, e-mail [kmoreland@conestogac.on.ca](mailto:kmoreland@conestogac.on.ca) or 519-748-5220/ext 3930

Assurance of your place in the workshop will be based on receipt of \$50 non-refundable deposit cheque made out to Kathy Moreland

send to: Kathy Moreland, MScN  
Conestoga College, Doon Campus, 4B23  
299 Doon Valley Drive, Kitchener, ON,  
N2G 4M4