

# INDRALAYA

## ORCAS ISLAND FOUNDATION 2008

360 Indralaya Road.  
Eastsound, WA 98245  
[www.indralaya.com](http://www.indralaya.com)

### THIRTY-FIRST ANNUAL INVITATIONAL THERAPEUTIC TOUCH WORKSHOP

You are invited to apply for to the following Workshops in Therapeutic Touch

- **BASIC THERAPEUTIC TOUCH**
- **INTERMEDIATE THERAPEUTIC TOUCH**
- **THERAPEUTIC TOUCH MENTORSHIP PROGRAM**
- **CONTINUING EXPLORATIONS INTO TT THEORY & PRACTICE:  
INTERMEDIATE AND ADVANCED LEVEL WORKSHOPS**

**See reverse side for course descriptions**

For application and registration forms or for additional information on any of the TT workshops call Molly Roberts at 360-376-6333 or e-mail [tinfo@indralaya.com](mailto:tinfo@indralaya.com). You may also download the forms from Indralaya's website, [www.indralaya.com](http://www.indralaya.com).

#### **WORKSHOP DATES:**

**BASIC AND INTERMEDIATE TT**  
Thursday, May 1 - Sunday, May 4

**MENTORSHIP PROGRAM & TEACHING INTENSIVE**  
Sunday, June 8 - Saturday, June 14

**CONTINUING EXPLORATIONS INTO TT THEORY & PRACTICE**  
Tuesday, June 17 - Monday, June 23

**DEPOSIT:** A \$75.00 (US funds) deposit is required.

**REGISTER BY MAIL:** Send your check or credit card information, and your name and workshop, to the camp address: 360 Indralaya Rd, Eastsound, WA 98245. Include your name as it appears on your credit card, card number and expiration date. (We can take MasterCard and Visa.)

**REGISTER ONLINE (NEW):** Complete your registration at [www.indralaya.com](http://www.indralaya.com). A **secure site** is provided for credit card payment of the deposit.

**DEADLINES:** Basic and Intermediate TT workshop deadline is April 17th. Applications for June workshops must be submitted by May 23rd.

**FEES:** Fees will be determined by the choice of plumbing or non-plumbing cabins. For **Basic/Intermediate TT** workshops the fee for plumbing cabins will be \$265, and for non-plumbing cabins \$200. **For summer TT workshops** plumbing cabins will be \$530, and for non-plumbing, \$390. Space in plumbing cabins will be reserved on a first-come first-served basis. Fees include: program, room and meals, beginning with dinner on the first day and ending with

breakfast on the final day. Some partial work-exchange is available. No early arrivals without prior approval.

**REFUNDS:** \$75.00 (US funds) deposit is required with your application, all but \$15.00 of which is refundable up to two weeks before the workshop. If for any reason the application is not approved, the full \$75.00 will be refunded.

**ACCOMMODATIONS:** Participants are housed in simple, rustic sleeping cabins. Non-plumbing cabins share a nearby bathhouse, while a few cabins have self-contained plumbing. Generally cabins will be shared by two or more persons. Participants provide their own bedding or sleeping bags and towels. Indralaya does not allow pets on the grounds of the camp. Alcohol, nonprescription drugs, meat, fish or fowl are not permitted. Smoking is permitted only inside designated cabins and in one's car.

Orcas Island lies north of Seattle, Washington. Camp Indralaya's 78 forested acres offer seashore, forest trails, beaches, campfire, orchard, and garden. Lacto-ovo vegetarian meals are shared in our large community dining room, with some of the fresh produce coming from Indralaya's own organic garden. A theosophical retreat center, Indralaya is owned and operated by the independent, non profit Orcas Island Foundation. Volunteers staff the workshop and workshop guests (unless medically unable) share in the cooperative effort of after-meal cleanup.

## PROGRAM DESCRIPTIONS

### **Acceptance by application only Nursing CEUs applied for**

*Therapeutic Touch instruction was first offered at Camp Indralaya in 1977. Since that time, this healing technique has become increasingly accepted in hospitals and clinics throughout North America and around the world, and a substantial base of formal and clinical research has been developed documenting its efficacy. TT has proven to be effective in a variety of applications and, perhaps more significantly, has played a role in broadening the array of acceptable healing modalities in Western medicine.*

### **Basic Therapeutic Touch and Intermediate Therapeutic Touch**

**May 1 - 4** (Thursday dinner – Sunday breakfast) **Basic Therapeutic Touch** for nursing students, nurses new to the profession, and other health care providers or lay people new to the practice of Therapeutic Touch. Participants will learn and with guidance practice the steps of TT, learn about current uses of TT with various clinical populations, and learn about TT research. **Intermediate TT** students will work to enhance their practice with small group practice and experiences to deepen their understanding of the Therapeutic Touch process. Please bring case study questions. Everyone should wear warm, comfortable clothing.

**Faculty:** Susan Wager, MD; Sandra Revesz, RN, LMT. *These teachers began their studies with Dora Kunz and Dolores Krieger in the 1970's and have practiced and taught TT extensively.*

### **Therapeutic Touch Mentorship Program**

**June 8 - 14** (Sunday dinner - Saturday breakfast) This program is appropriate for students at a variety of stages in their development, both for health care professionals and lay TT therapists. This includes: those who have recently taken a 12-hour Basic TT course (six months of practice suggested), those who have completed an Intermediate level course and also the more advanced/intermediate students who would like to deepen their understanding of the finer aspects of Therapeutic Touch. Each application is reviewed carefully on an individual basis, and we encourage you to contact us if you have any questions about your eligibility. The intent of the program is to provide strong supportive mentoring in groups of six students, with the goal of meeting the needs of each student and answering individual questions. The small group setting

provides a rich opportunity to look beyond the techniques of TT and explore the depths of the interior journey that is an integral aspect of the practice. Clinical sessions, individual and group presentations, and seminars with Dr. Krieger and the other faculty will be offered.

A supportive and educational group process is also provided for those attending as healees. In addition to TT sessions, the heelee program will include some of the following: yoga, relaxation training, music therapy tools, and group discussion.

### **The 2008 Mentors**

**Barbara Denison MSN, ARNP, AHN-BC** has been practicing Therapeutic Touch since 1986, learning originally from Janet Macrae and consistently studying with Dora Kunz and Dr. Krieger. She was honored to serve on the board of trustees for Nurse Healers-Professional Associates (NH-PAI) for nine years. Barbara's passion for TT and holistic approaches to health lead her to become board certified as an Advanced Holistic Nurse. She is currently in holistic nursing private practice in Wichita, Kansas at an integrative clinic. In 2002 she received her Masters in Nursing and completed a research thesis on Therapeutic Touch and fibromyalgia. Barbara has been a nurse for thirty years, with expertise in critical care and cardiovascular surgical nursing. She played a pivotal role in the development of a complementary healing services program within the regional medical center that she worked from 1996-2000. She continues to keep her clinical skills current by working part time in a specialty heart hospital. Barbara served as Mentor at Indralaya in 2000.

**Jody Falconer, CMT, QTTT** a massage therapist in California, has been studying TT since 1994. She was a Mentor in 2002 and 2004 and has assisted in organizing the TT camps at Indralaya. Therapeutic Touch was one of the first Continuing Ed classes Jody took following massage school, and she has used TT as the basis of her massage interaction ever since. She maintains a private practice and teaches TT, both in massage schools, and annually with the North West TT Institute in Eugene, Oregon. As a mentor, she is interested in the inner journey of TT. How can we listen more deeply? What is it that this patient needs for balance? What is this healing energy that we connect too? How can I come to understand TT and healing more fully? Jody hopes to assist students in these areas through deeper explorations of the various aspects of TT, through nature, through centering, self observation, and uncovering our healing potential as human beings.

**Cathy Fanslow-Brunjes RN, CNS, MA, QTTT** has been involved with Therapeutic Touch since the days of its creation, when Dee Krieger was her professor at New York University. Cathy has worked in the fields of hospice and bereavement for over thirty-five years and has just completed a book on her work Entitled *Using the Power of Hope to Cope with Dying: The Four Stages of Hope*, it is due to be published in May of this year. She is the originator of the Hand-Heart Connection, a TT technique that she has taught to thousands. Cathy has said, "TT is not a technique. It is a way of life. It is the single most important method for integrating that I know of." One of the earliest TT teachers, Cathy has previously served as a Mentor at Indralaya. Her home is on Whidbey Island, Washington.

**Huguette Ruel, RN** is a Recognized TT Practitioner and Teacher, through the BC TT Network, on Vancouver Island, British Columbia. Practicing TT since 1994, Huguette has focused on implementing Therapeutic Touch in hospital settings, holistic bodywork and family life. After an active thirty-two years as an RN in trauma units and palliative care, she has moved on to a private practice in bodywork and creative design. As a Mentor, Huguette will guide each student toward a deeper awareness of each phase of the TT process and its relationship to personal growth. She served as a Mentor at Indralaya in 2007.

### **Continuing Explorations into TT Theory & Practice: an Intermediate/Advanced Workshop**

**June 17 - 23** (Tuesday dinner - Monday breakfast)

This program is for persons in the health field and other committed TT therapists who are treating people regularly and are prepared to go into greater depth regarding techniques, theory and the exploration of healing dynamics, including the role of the inner self.

We invite you to join us as we continue the deepening of both the personal journey in TT and our clinical practice. You are encouraged to bring your questions and to share your clinical experience. The daily seminars with Dee Krieger provide a special opportunity for exploration and growth.

Small group clinical sessions, facilitated by qualified therapists and followed by inclusive group discussion, will be offered, as well as the seminars with Dee and presentations by program participants. This workshop gives participants the opportunity to meet and work with other experienced TT therapists and a large variety of patients. This sharing of ideas with knowledgeable peers is a major part of what makes the program a rich experience. A supportive and educational group process is also provided for those attending as healees (see description under Mentorship Program).

**Dolores (Dee) Krieger**, Ph.D., RN, is the co-founder, with Dora Kunz, of Therapeutic Touch. After thirty-three years, TT continues to be at the frontier of exploration into the healing process. Participants in the mentoring and advanced programs have a unique opportunity to spend time with Dee, in a setting that enhances the TT experience on all levels. Students of Therapeutic Touch are encouraged to join colleagues in gathering together with this master teacher who, with her inquiring mind, the depths of her experience and understanding, and her delightful humor, makes each program an unforgettable event.

**Julie Benkofsky-Webb**, BS, LMT, Program Coordinator, has been teaching Therapeutic Touch since 1991. A Qualified TT Teacher with Nurse Healers-Professional Associates (NH-PAI), she is a former editor of the NH-PAI newsletter, *The Cooperative Connection*. Julie says that teaching TT has been one of the joys of her life and this has only increased with her role as Program Coordinator, which she began in 2002. She maintains a private massage practice in Hawaii, where she also teaches yoga.