

# ORCAS ISLAND FOUNDATION CAMP INDRALAYA 2009

(360 Indralaya Road • Eastsound, WA 98245 • (360) 376-4526 • Fax 360-376-5977)

## THIRTY-SECOND ANNUAL HEALEE INVITATIONAL THERAPEUTIC TOUCH WORKSHOP

You are invited to apply to attend the following workshops in Therapeutic Touch as a Healee (Patient) to either of the following programs:

- **THERAPEUTIC TOUCH MENTORSHIP PROGRAM**
- **CONTINUING EXPLORATIONS INTO TT THEORY AND PRACTICE**

(See below for course descriptions)

Deadline for applying: Applications for both programs must be submitted by May 17, 2009. For additional information contact Julie Benkofsky-Webb at 808-325-6251 or [ttinfo@indralaya.com](mailto:ttinfo@indralaya.com).

### WORKSHOP DATES:

MENTORSHIP PROGRAM	Thursday, June 11 – Wednesday, June 17
CONTINUING EXPLORATIONS	Saturday, June 20 – Friday, June 26

**FEE** \$530.00, which includes: room, meals and program. A limited number of partial scholarships are available each year for individuals who wish to attend a program but are confronted by limited financial means.

**DEPOSIT:** \$35.00 (US funds) deposit is required with your registration (60% of your deposit is refundable upon at least two weeks notification prior to the workshop). If for any reason your application is not approved, the full \$35.00 will be refunded. Visa and Master Card are now accepted.

**CAMP INDRALAYA** is located on Orcas Island in Puget Sound, north of Seattle, Washington. The camp's 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 much of the fresh produce coming from Indralaya's own organic garden. Indralaya is owned and operated by the Orcas Island Foundation, an independent non-profit organization that is affiliated with the Theosophical Society in America. Volunteers staff the workshop, and workshop guests share in the cooperative effort of after-meal cleanup. Healees have the choice of participating in these some of these tasks if they so desire.

Travel to and from Orcas Island can be done by plane or car (via ferry onto the Island). Specific information regarding transportation will be sent with application approval.

## **Acceptance is by application only**

Therapeutic Touch classes were 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 importantly, has played a significant role in broadening the array of acceptable healing modalities available to healthcare professionals and lay persons. The purpose of the TT Mentorship and the "Continuing Explorations" programs is to deepen the skill of the TT practitioners.

## **Activities and Experiences for Healees**

Healees (patients) can apply for either the Mentorship program or the "*Continuing Explorations into TT Theory And Practice*" program, benefitting equally from either program and often reporting increased relaxation and a sense of well-being. We recommend participating in our daily comprehensive healee program to promote and deepen your healing process.

Depending on how much you want to participate, the healee program is about 3-4 hours long each day. The healee daily program sequence consists of: 1) Group meditation (optional) as a way to relax which can increase the benefits from the TT treatments; 2) Daily Therapeutic Touch treatments from experienced therapists who are furthering their own study and skills; 3) Rest or nap which is highly recommended to deepen the treatment process; 4) A healee support group to discuss the TT treatment and illness-related experiences; and 5) An optional Therapeutic Approaches for Healing group (to deepen your healing experience) that includes yoga, relaxation/breath training, stress reduction education, exercises exploring illness and health in creating a more integrated sense of self, and music and art activities.

The healee treatment schedule for Mentorship is during the afternoon (meditation starts at 1:30 pm) and the treatment schedule for the "*Continuing Explorations*" program takes place during the morning after a group meditation at 9:30 am. Lunch is available for Island participants for a small fee.

## **Therapeutic Touch Mentorship Program (Afternoon schedule)**

June 11-17 This program is intended for health care professionals and lay TT therapists who have reached the intermediate and advanced stages of TT practice. The focus for the practitioners is on teaching/learning as a cooperative joint venture between mentors and students working toward a common goal. Several small groups of students are formed with a highly skilled TT mentor for the duration of the week. Healees are assigned to one group for the entire week and the students will provide the daily TT treatments under the supervision of their Mentor. The Mentorship program (\*See above) begins after lunch at 1:30 and continues until 5:30 pm.

## **Patient Support Facilitator, June 11-17:**

**Mary Leslie MSW, RCSW**, has been a student of Therapeutic Touch since 1995, and has been attending TT Invitational Workshops at Indralaya since 1997. She served as a Mentor in the Mentorship Program at Indralaya in 2000 and 2002 and believes deeply in the value of the Mentorship Program. Mary has facilitated the Healee Group three previous years at Indralaya and has enjoyed these opportunities very much.

Mary has been working as a social worker in various aspects of health care for over 28 years. In 1998, she implemented a volunteer based Therapeutic Touch Clinic in an outpatient Cancer Centre--which still operates today with many of the original volunteers. Mary has taught Therapeutic Touch in British Columbia and continues to integrate the principles and essence of TT in her counseling practice. Since 2001 Mary has been a Registered Clinical Counselor in a private counseling/therapy practice. In the fall of 2008 she taught as a sessional instructor in Group Work at the University of British Columbia School of Social Work. She also does some casual relief for the Burnaby Palliative Care Program.

**Continuing Explorations Into TT Theory And Practice Program** (Morning schedule) June 20-26 This program is for TT therapists (health care professionals and lay persons) who have been practicing for three or more years and are prepared to go into greater depth regarding techniques, theory and the exploration of healing. TT participants may be those who are not only performing TT in clinical settings but who also may be teaching, doing research and developing innovative programs. Practitioners (10 - 20) rotate daily into three different clinical groups, while healees remain in the same group for the entire week. As a result healees may receive treatments from different practitioners daily. The program for "Continuing Explorations into TT Practice" begins at 9:30 am and continues after lunch until 3:00 pm.

**Patient Support Facilitators, June 20-26:**

**Cathy Fanslow-Brunjes, RN, MA, QTTT**, has been involved with Therapeutic Touch since the days of its creation when she was a graduate student of Dolores Krieger's at New York University. Cathy has worked in the fields of hospice and bereavement for over thirty-five years. She is the originator of the "Hand-Heart Connection," a TT technique that she has taught all over the world and the author of *Using the Power of Hope to Cope with Dying: The Four Stages of Hope*. Involved with Indralaya TT programs since moving to the West Coast in 1996, Cathy has participated as group leader, presenter, Mentor, patient facilitator, and as patient.

**Vicci Tibbetts, MFT, BCIA**, a mental health and stress-reduction therapist, has been a healee support coordinator at Indralaya for the past 11 years. Vicci began studying Therapeutic Touch 19 years ago. She facilitated a healee group in Berkeley, California for 9 years, and continues to practice TT in her community.

**Rebecca Good, MA, RNC, QTTT** has been practicing Therapeutic Touch since 1986 and teaching since 1994 and is the former Coordinator of NH-PAI. Rebecca has a private practice in holistic counseling and Therapeutic Touch in Utah and teaches nationally.