

# ORCAS ISLAND FOUNDATION CAMP INDRALAYA 2010

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

## THIRTY-THIRD 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 1, 2010. For additional information contact Julie Benkofsky-Webb at 808-325-6251 or [ttinfo@indralaya.com](mailto:ttinfo@indralaya.com).

### WORKSHOP DATES:

MENTORSHIP PROGRAM  
CONTINUING EXPLORATIONS

Friday, June 11 – Thursday, June 17  
Sunday, June 20 – Saturday, 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 atleast 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. Ovo-lacto 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, benefiting 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: TBA**

### **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:**

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

**Sally Blumenthal-McGannon, RN, MFT**. Sally's TT journey began in 1976 with Dee Krieger. The next year she began a relationship with Dora Kunz that continued until Dora's death in 1999. A psychotherapist in Santa Cruz, California, Sally works with HIV, cancer support, and grief and loss, and she teaches TT theory to grad students in psychology. Sally has been coming to Indralaya for 30 years.