

# INDRALAYA

## ORCAS ISLAND FOUNDATION 2010

360 Indralaya Road • Eastsound, WA 98245 • 360-376-4526 • [www.indralaya.com](http://www.indralaya.com)

### THIRTY-THIRD ANNUAL INVITATIONAL THERAPEUTIC TOUCH WORKSHOP

You are invited to make application to the following Workshops in Therapeutic Touch

- **BASIC THERAPEUTIC TOUCH**  
(May 20-23, Thursday dinner – Sunday breakfast)
- **INTERMEDIATE THERAPEUTIC TOUCH**  
(May 20-23, Thursday dinner – Sunday breakfast)
- **THERAPEUTIC TOUCH MENTORSHIP PROGRAM**  
(June 11-17, Friday dinner – Thursday breakfast)
- **CONTINUING EXPLORATIONS INTO TT THEORY & PRACTICE:  
INTERMEDIATE AND ADVANCED LEVEL WORKSHOPS**  
(June 20-26, Sunday dinner – Saturday breakfast)

For additional information:

BASIC/INTERMEDIATE COURSE: please contact Camp Indralaya (360-376-4526 or [indralaya@indralaya.com](mailto:indralaya@indralaya.com)).

MENTORSHIP PROGRAM AND CONTINUING EXPLORATIONS: Julie Benkofsky-Webb at 808-325-6251 or [ttinfo@indralaya.com](mailto:ttinfo@indralaya.com).

**Deadline for applying:** Basic and Intermediate TT workshop deadline is May 16<sup>th</sup>. **Online Registrations** for June workshops must be submitted by May 1<sup>st</sup>. **After May 1<sup>st</sup>, contact Julie Benkofsky-Webb directly for possible late registrations.**

**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 (**with the exception of Mentorship**). No early arrivals without prior approval.

**DEPOSIT:** \$35.00 (US funds) deposit is required with your registration, all but \$15.00 of which is refundable up to two weeks before the workshop. E-mail registrations must include credit card information. Visa and Master Card are now accepted. If for any reason your application is not approved, the full \$35.00 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 20-23** (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**, learned Therapeutic Touch in 1982, as an Internal Medicine resident at New York University Medical Center. A teacher of TT since 1985, Dr. Wager studied for many years with Dora Kunz and Dolores Krieger. She currently maintains a private psychotherapy practice in Seattle, working with patients who have medical illness, and also teaches an Introduction to Clinical Medicine course at the University of Washington School of Medicine. Dr. Wager is the co-coordinator of a TT healing group that meets twice monthly at the Theosophical Society. Her special interests are in counseling and Therapeutic Touch for patients with serious medical illness, and for the dying.

**Sandra Revesz, RN, LMP, BA**, first learned Therapeutic Touch in 1977. She studied with Dora Kunz and Dolores Krieger starting in 1982, the same year she became a licensed massage therapist. She continues to learn and teach TT, using it extensively in her massage practice. She has taught both massage and TT to health professionals, lay persons, patients, and their families. Sandy also helped to start the massage program at Virginia Mason Medical Center in 1995. She continues to work as an RN, currently in Urology at Virginia Mason Clinic in Seattle.

### **Therapeutic Touch Mentorship Program**

**June 11 - 17** (Friday dinner - Thursday 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 will be offered.**

**HEALEES:** For over 30 years, healees/patients have been an integral part of the Therapeutic Touch programs at Indralaya. A supportive and educational group process is designed specifically for those attending either of the June TT programs as healees/patients. In addition to daily Therapeutic Touch sessions, the heelee program will include some of the following: yoga, relaxation training, music therapy tools, group discussion, and time for rest, all in a relaxed and restorative environment. Healees may apply to attend either or both weeks. For additional information please call Julie at 808-325-6251 (email: [tinfo@indralaya.com](mailto:tinfo@indralaya.com))

### **The 2010 Mentors**

**Barbara Denison, MSN, AHN-BC, QTTT** Barbara learned TT from Janet Macrae in 1986 and has attended many healers' workshops at Indralaya and Pumpkin Hollow Farm, including serving as a Mentor at Indralaya in 2000 and 2008. She was on the board of Nurse Healers-Professional Associates for nine years. A nurse for thirty years, Barbara has 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. Today she has a holistic nursing private practice in Wichita, Kansas at an integrative clinic.

**Bev Forster, RN, QTTT** has been a hospice nurse for 23 years in Eugene, Oregon. She has been using TT as a complementary nursing modality for comfort and symptom management with hospice patients since 1995. Bev began teaching TT in 1997 and became a QTTT in 2006. She has mentored other Hospice nurses and Hospice volunteers, finding that these work relationships bring "a deeper knowing and sharing of the essence of each of us." This experience has enhanced her ability to work with and mentor others in that capacity. Part of her spiritual path has been to participate in the Prayer Chaplain program of the Unity church

**Cathy Fanslow-Brunjes, RN, MA, QTTT** One of the original "Krieger's Krazies," Cathy attended the first Invitational TT Workshop in 1972. She has been using TT as a primary healing modality since that time, in home care with cancer patients, and in hospice and palliative care settings. She created "The Hand Heart Connection," a special TT technique to help the dying and their families at the time of transition. She continues to teach and present nationally and internationally. 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.

*\*A note on the designation of QTTT. This is the credential of recognition of the status of a Qualified Therapeutic Touch Teacher by the professional organization of Therapeutic Touch. The organization has recently undergone a name change from Nurse Healers-Professional Associates International Inc. to Therapeutic Touch International. The organization can be found at [www.therapeutic-touch.org](http://www.therapeutic-touch.org)*

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

Daily seminars provide a special opportunity for exploration and growth.

**June 20 - 26** (Sunday dinner - Saturday 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. **Small group clinical sessions, facilitated by qualified therapists and followed by group discussion, will be offered in the morning program. In the afternoon, there are seminars and presentations by program participants (see partial list of presenters, below), facilitating continued exploration and growth.** 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.

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#### **Presenters in afternoon sessions:**

**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.

**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.

**Susan Wager, MD,** learned Therapeutic Touch in 1982, as an Internal Medicine resident at New York University Medical Center. A teacher of TT since 1985, Dr. Wager studied for many years with Dora Kunz and Dolores Krieger. She currently maintains a private psychotherapy practice in Seattle, working with patients who have medical illness, and also teaches an Introduction to Clinical Medicine course at the University of Washington School of Medicine. Dr. Wager is the co-coordinator of a TT healing group that meets twice monthly at the Theosophical Society. Her special interests are in counseling and Therapeutic Touch for patients with serious medical illness, and for the dying.

#### **Coordinators:**

**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.

**Cordy Anderson, RN, BSN, QTTT,** Continuing Explorations Co-Coordinator, has been practicing TT since 1984 and teaching since 1991. She is the current chair of the Northwest Therapeutic Touch Institute, dedicated to TT education and support. A nurse manager in Eugene, Ore., Cordy also has a private TT practice. Her joy is to teach and mentor others on this journey.