

# Healing Touch Introduced to Japan



by Rumi Hashimoto, MSN, RN, HTCP/I and Katrina N. Shibata, MPH, CHES

In August 2010, the first official Healing Touch Program Level 1 Class was taught in Japan. The class was conducted in Japanese by Rumi Hashimoto, MSN, RN, HTCP/I, a native of Japan and Healing Touch Certified Instructor (cofounder, Hashiba Institute, [www.hashibahealth.com](http://www.hashibahealth.com)). The Level 1 Class, sponsored by the Japanese Holistic Nurses Association (JHNA), brought together Nurses and Professors of Nursing from various specialties across Japan to experience Healing Touch in their native language.

“Having the opportunity to learning Healing Touch in Japanese, I feel like I truly understand the deeper meaning of this healing work. It was both enjoyable and meaningful to learn Healing Touch in my own language,” said a Level 1 Class participant.

Hashimoto, who has been studying Healing Touch for over 15 years, incorporates her ancestral understanding of energy into her practice and teaching. “The concept of 気 (“ki”), or “energy,” is deeply rooted in the Japanese language and culture. It carries meaning and strength that I believe can help broaden our understanding of this work,” said Hashimoto. For example, Japanese often use the phrase, 気をつけて (“Ki-o-tsu-ke-te”), which is typically translated to “Be careful” in English. However, the literal meaning of 気をつけて (“Ki-o-tsu-ke-te”) is “to pay attention to energy flow.” Through our conscious awareness of energy flow within and around us, we will in turn be more attentive to all that is happening in our lives. Simply stated, we will be present in the moment and “careful” with our actions. Although inherent to Japanese culture, through the study of Healing

Touch, all students are given an opportunity to reconnect with the philosophy and spirit of “気”.

The Hashiba Institute, cofounded by Hashimoto and Katrina Shibata, MPH, CHES, is focused on weaving together the spirited influences of “気” in Japanese culture and the fundamental teaches of Janet Mengten and the Healing Touch Program. Through the creation of Healing Touch Japan, the goal is to support the long-term growth and expansion of Healing Touch Program in Japan while promoting international exchange and cultivating cultural sensitivity. “We are excited to lead the Healing Touch movement in Japan. Our hope (through Healing Touch Japan) is to provide students in Japan the opportunity to learn Healing Touch in their native language, as well as to support a growing and sustainable Healing Touch community within their country,” said Shibata.

The Institute continues to work in collaboration with the Healing Touch Program to coordinate the translation of student materials, and will work directly with workshop coordinators and students within Japan. The Institute is also exploring ways to encourage ongoing practice groups in Japan through the JHNA local network groups. The Institute is now hosting a new Japanese-only website, [www.HashibaHealth.com/ja](http://www.HashibaHealth.com/ja), with up-to-date information about Healing Touch in Japan and worldwide. Upcoming Healing Touch workshops in Japan are currently being scheduled for spring 2011 and will be announced to the public in the coming months.



About the authors:



Rumi Hashimoto, MSN, RN, HTCP/I, is a Japanese native. She is currently living in Long Beach, California and holds a Nursing license both in Japan and the U.S. Rumi received her basic Nursing education in Japan and later completed her graduate degree in Nursing at UCLA. She is a full-time Nursing faculty at Golden West College, School of Nursing and co-founder of the Hashiba Institute where she explores ways to promote self-sustainable health through education, and community building. With over 15 years of experience in Healing Touch, she teaches both Level 1 and Level 2 classes at the Institute in Long Beach, California.



Katrina N. Shibata, MPH, CHES, is a third-generation Japanese-American. Katrina grew up in Southern California before working as an educator in Japan's public school system. During her time in Japan, she spent one year on scholarship, researching Japanese medical history

and the Japanese medical system. Katrina is a Certified Health Education Specialist and cofounder of the Hashiba Institute. She is also a student of Healing Touch.