



# A Reference Tool for Healing Touch in Hospital Practice

This article is a reprint from

*Energy* magazine™

Sign up for your FREE subscription — [www.energymagazineonline.com](http://www.energymagazineonline.com)

Dr. Clara W. Boyle, RN, HTCP

Working with volunteers who had completed Healing Touch Levels 1, 2 and 3 in a Mid-Atlantic hospital, Dr. Clara W. Boyle, RN, HTCP developed this reference tool. The hospital began offering Healing Touch sessions in April 2014 in response to nursing staff requests for additional non-pharmacological pain management modalities for patients. Several nurses, the hospital chaplain and the Director of Mission were instrumental in establishing the program. The hospital's Auxiliary provided grants to fund the purchase of supplies and provide tuition for Healing Touch classes levels 1 through 3 for seven staff members.

The visitation process is simple: members of the Healing Touch team make rounds two afternoons a week. After explaining Healing Touch to the patient, s/he is asked to sign a consent form. A Healing Touch sign is placed on the room door. Music is played during a 30-minute session. The session is documented and a note is placed in the patient's chart. Most often, the patient is left dozing.

Staff nurses, the chaplain, physicians and Palliative Care made 427 requests for Healing Touch from April to December 2014 and 516 as of September 2015. Brush downs and Scudders are offered to visitors, family members and hospital staff.

The benefits of this new tool include a convenient, easy reference to help team members apply appropriate Healing Touch techniques based on a patient's condition. Knowing what technique to select has increased team members' confidence. For easy access, the reference tool was reduced and laminated so that it is worn with other personnel information badges.

The Pain Drain Flush is a new technique devised by Dr. Boyle as she was working with another Healing Touch practitioner on a friend who had pneumonia. The purpose of the Pain Drain Flush technique is to help reduce pain, loosen congestion in any body area and in the case of pneumonia, energetically clear fluids from the lungs.

The Pain Drain Flush requires two people, standing on opposite sides of the patient's bed. The flush is based on the Pain Drain technique taught in the Healing Touch Level 1 class. One person places a hand over the body part to be flushed and holds the other hand down toward the floor to drain the body area. The second person stands on the other side of the bed, holds one hand up to fill the space with energy as the other hand is held over the body part to be filled. The hands are positioned on a diagonal axis across the body with the filling hand higher than the draining hand. Thus, the energy goes across and flushes congestion out of the person's body.



## A Reference Tool for Healing Touch in Hospital Practice

Healing Touch Technique	Purpose	Conditions for use
Chakra Connection	Connect, open and balance the energy centers to enhance the flow of energy throughout the body	Anyone
Magnetic Passes/Hands in Motion	Clear congestion or density in the field, smooth disturbed energy field, assist blocked energy movement, clear emotional debris, promote relaxation, decrease anxiety, reduce tension and stress and create a sense of well-being in mind, body and spirit	Clear congested energy away, relieve or reduce pain, smooth energy field, promote relaxation, clear the auric field
Magnetic Passes/Hands Still	Reestablish flow and balance, energize a depleted field	Facilitate wound healing, deliver energy to a specific area, assist healing in fractures
Magnetic Clearing	Clear congested energy, promote relaxation response	Reduce pain, release toxins and side effects of chemotherapy and radiation, clear emotional debris and feelings of fear, anger, worry or tension
Ultrasound	Clear congestion and blockage of energy, loosen an area prior to pain drain	Any part of the body, return bowel motility after surgery
Pain Drain	Remove physical pain and congestion	Any pain area
Sealing a Wound		Close post-operative incisions or leaks in the energy field, remove phantom pain
Chakra Spread	Open chakras and produce a deeper level of healing, reduce stress, prepare for change, prepare for dying transition	Assist with transitions and life changes, preparation for dying, physical or emotional pain, pre and post-surgery
Mind Clearing	Alter mental/emotional state of the person to be more relaxed and centered, relieve headaches	Anyone
Scudder	Calm and relax, release accumulated stagnant energy, promote energy flow in the meridians	Anyone with stress, visitors and family members, person who has maintained one position for a long time
Lymphatic Clearing	Flush and clear the lymphatic system	Edema
Pain Drain Flush	Clear fluid, pain or congestion	Pneumonia or congestion in a body area

Dr. Clara Boyle has given permission for use of the above tool. 