

BodyMindSpirit—

Whole News

RNAO-CTNIG Newsletter



September, 2005

Volume 3, Issue 4



A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

Albert Einstein

In the face of suffering, one has no right to turn away, not to see.

Flie Wiesel

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EDITOR NOTES— Susan Keith

Interest in the use of Complementary Therapies is growing! This is evident, not only in the very existence of the RNAO-CTNIG and its growing membership, but also in government interest from federal to municipal levels. We have Health Canada writing “Perspectives on Complementary and Alternative Health Care” and offering information online through the Canadian Health Network. We’ve recently been made only too aware of the interest at the municipal level as we witness the attempts by Toronto and other municipalities to regulate the use of holistic health practices in an effort to stop the misuse by illegal body rub parlors, which clearly pointed toward the need for further education.

Educators are beginning to step up to the plate so that many colleges and universities are offering holistic health courses and/or are incorporating some level of Complementary Therapy component into their existing programs. Studies are being carried out by universities to determine the use of Complementary Therapies among various segments of the population, the most recent announced this summer from Queen’s University titled *Complementary and Alternative Medicine Use by Canadian Youth*. Research projects are being implemented and information is being correlated into published reports.

Grass roots organizations are springing up in support of Integrative Health Care, such as FACT (Friends of Alternative and Complementary Therapies), IHRT (Integrative Health Care Round Table), the Canadian Holistic Nurses’ Association, and the Canadian Complementary Medical Association, to name a few. The Holistic Health Research Foundation of Canada is a national registered charitable organization whose mission is “dedicated to improving the health, wellness and quality of life of all Canadians, by advancing the scientific understanding of complementary and alternative therapies”.

The RNAO-CTNIG attempts, through this newsletter, and ongoing emails, to bring you information about some of the activity that is being generated by all this interest. We are not, however, a research committee. The information that we provide is to inform you about what is happening and what is being said about Complementary Therapies in health care. Your Board of Directors represent only a handful of the many nurses who incorporate Complementary Therapies into their practice. We try to update our members with information as it is submitted and searched out, but it is not necessarily all inclusive. That information is for you, our members, to assess and seek further data on, if it is of specific interest to your particular practice.

The intention of the CTNIG is not to endorse the information that comes from other sources. It simply is not our role to research all articles we receive and assess their accuracy before forwarding them on to our members. This process of selection would limit our reporting to a biased position when what we are seeking is a true balance, which will serve to generate discussion, debate and hopefully further research.

It is gratifying to know that this newsletter is well read and your comments are always welcome. We appreciate the support of all of our members and invite you to share your insights, experiences and expertise with others through this venue.



A FEW WORDS - from the President - Darka Neill

It would be a great oversight not to give attention to what has occurred in the southern US as a result of Hurricane Katrina. I have come across many suggestions of how we can help those affected by the hurricane; the residents, nurses, doctors, military, leaders and many other emergency response personnel. For the RNAO response, please see the RNAO web site for ways in which we as nurses can help. However, one particular communication from the author Mary Robinson Reynolds via Mary Simpson struck a chord about an approach that many of us use in life, that is **giving thought to positive outcome**.

So much criticism and blame is going on about how things were mishandled in the relief efforts, about the looting and vandalism. What is more helpful is to intercede with what we want to vision as solutions to the problems as they are unfolding. Stop giving your attention (energy) to all that is not going well. What's not been handled well - or at all - up to this point no longer matters, because the past cannot be changed. What matters is seeing solutions generating, and being beautifully created out of the greatest good in people **now**.

VISION the government's abundance arriving miraculously to assist and feed and nourish and heal the people of New Orleans as well as throughout the World. For all those people starving and dying of dehydration, pray for the highest spirit to take over in their lives and bring ease to their situation.

FEEL COMPASSION. No matter what the circumstances in life ask yourself "Is my energy helping create solutions, or helping to create more chaos? Hold the situation in PEACE, and LOVE and LIGHT and see what happens.

YOUR'RE INVITED

Plan to join us for our Annual General Meeting on Saturday, November 12th, 9:30 a.m. to 1:00 p.m. at the new RNAO office at 158 Pearl Street in Toronto.

As well as the business meeting, we plan to entertain you and stimulate your thoughts with our presentation and discussion, "SOUL BYTES".

Come prepared for the sharing of wisdom, to ponder and exchange your knowing of the universal truths of healing, as we look at Intentionality, Transpersonal Relationships and the question, What is the Soul of Healing?

Experience a selection of inspiring film clips followed by discussions and a sharing of your personal experiences and those of your colleagues as they are revealed during this event.



MAKING KNOWN THE UNKNOWN

Sharlene McLearn, R.N., RT-CRA writes to tell us that her article was published in the Mandala Bookshop newsletter in London, Ontario. [Here, in part, is the article reprinted with permission from Sharlene.](#)

Sharlene McLearn is an accomplished visual artist whose art is in over 30 countries. She lives in London where in addition to her art career she is a teacher/practitioner of Blue Matrix Energetics , Integrated Energy Therapy and Reiki. She is a graduate of the PEI Hospital School of Nursing and a Registered Nurse in Ontario.

Making Known the Unknown

By Sharlene McLearn

As a visual artist and energy worker it is my mandate to manifest and bring to conscious awareness infinite potentials to inspire creation, evolution and healing. I create work that visualizes art as a healing force for all. In doing this in the studio I apply the high vibrations of Blue Matrix Energetics, Integrated Energy Therapy® and Reiki, all powerful life force energies, to my art materials, space and in the end, the finished artwork. This has resulted in many observers experiencing healing energy from the paintings. On a parallel, in the Healing Room, I have been incorporating and applying Blue Matrix Energetics, IET and Reiki to support the healing journey of clients and students, present or at a distance. The results at times have been miraculous, so much so, that I am no longer surprised at the positive physical, emotional, mental and spiritual outcome.

My most recent studies have been in Blue Matrix Energetics , an exciting new energy- based system of healing founded by Barbra Hudson, Reiki Master, creator of the Unified System of Reiki and Past President and Director of the Canadian Reiki Association. Blue Matrix Energetics system is partially based on her studies at Ramtha's School of Enlightenment, The School of Ancient Wisdom [JZ Knight of " What the Bleep...." fame]. I was fortunate to receive the teachings and activations or attunements from Barbara Hudson this year. Blue Matrix Energetics involves the laying on of hands to channel powerful, universal life force energy of varying frequencies. These frequencies of energy exist on a variety of dimensions involving not only the neocortex of the brain, but the midbrain and cerebellum as well. The Blue Matrix Energetics Practitioner is taught to focus upon these dimensions during healing work. We work in the frequency of ultra violet blue for genetic restructuring and physical healing. Then through a stairway of ascending frequency dimensions, we move the client into higher states of consciousness that can be a life-changing experience for him or her. Neurological reprogramming of harmful attitudes is performed and sensory, remote viewing through the various timelines of the client is often facilitated. An excellent source of information that explains the different areas of the brain in relation to frequency and our consciousness is the book, A Beginner's Guide to Creating Reality by Ramtha.

Working with a client in a session of Integrated Energy Therapy® we observe and experience the almost immediate release of the limiting energy patterns from the cellular memory, such as anger, and follow that with the angelic support of forgiveness. We compare it to peeling off the layers of an onion; if one has a long history of being angry, then it may take more sessions to release all the anger layers in the cellular memory. Conversely, many layers can release at one time, especially if it is the very strong intention of the client. We work in this healing system in the nine cellular memory areas to release the negative imprints and integrate the corresponding positive imprints, as follows: guilt/innocence, distrust/trust, shame/spiritual pride, threat/support, shoulds/freedom, heartache /love, resentment/forgiveness, anger/forgiveness, stress and powerlessness/ease and fear/safety. In the most dramatic case I have experienced, the client, in the span of one session, released so many limiting imprints that her crippling neurological symptoms disappeared. She went home and threw away her cane! Here I would like to mention that if the past experience is too traumatic the client does not have to re-experience it and most likely will 'heal without feeling', releasing that negative imprint. The other reactions may be feeling sensations [vibrations, tingling, pressure,

temperature change, etc.] or feeling emotions [anger, sadness, etc.].

The IET Mission is to "Heal the world one-heart-at-a-time" and it all began with the first class held in New Jersey in 1994. Today, in 2005, over 3600 IET classes have been taught in over 23 countries. Integrated Energy Therapy® is an attunement based energy therapy system. Each level of the training contains an energy attunement that works directly with the 12 strand DNA to expand, realign and restructure one or more pairs. Each IET attunement builds progressively with the others to ultimately bring all six pairs of DNA into full power.

Blue Matrix Energetics, Integrated Energy Therapy® and Reiki are all perfect standalone energy therapy systems but the beauty is that they complement each other and may be integrated into other holistic modalities. Some of my students have said that my passion for teaching these modalities inspires them to continue their studies; several of them have become Reiki Master/Teachers and Master Instructors. Mandate working!

"What We've been up too!"

by Jodi Cole [reprinted in part from TTNO In Touch newsletter](#)

Marleene Burfield, Helen Kuttner, Linda LeRoux, J. Casey, Maureen Smith and Joan Sihalos, all active members of the Therapeutic Touch Volunteer group at Toronto East General Hospital participated in the "Care for the Caregiver" event held during Nurses Week at that hospital. The event was facilitated by yours truly so I know how busy they were. And as I am retiring this summer, I would also like to take this opportunity to thank all the members of the team for their unselfish dedication to the patients of TEGH. I am proud of every one of them. I would also like to say thank-you to Marleene, who has agreed to replace me during the monthly hospital-wide orientation presentation on the Therapeutic Touch program at the hospital. Janet Fallaize will continue to teach the workshops once I am gone but the verdict on the fate of the clinic is yet unknown. I have hope yet that it will continue.

I plan to include this column in each issue of the CTNIG newsletter. Similar to the one I write for the Therapeutic Touch Network of Ontario's newsletter "In Touch", I thought I'd call it "What We've Been Up To!" (unless someone has a snappier title), so I would like to invite you to send in submissions of presentations, health fairs, accomplishments regarding your Complementary Therapy or interesting workshops you've attended. Please keep them to ones that have happened, not pending. And don't be shy! We need to celebrate our work! So email me at jodi.cole@rogers.com. It's best to write the information right in the email. Looking forward to hearing from you.
Jodi Cole

GETTING CONNECTED

Jeannette McCullough and Susan Keith met with Health Canada representatives in the fall last year regarding having CTNIG listed on their resources web page. After following up, Jeannette received this response:

"We did an initial evaluation of your section of the RNAO website. It's a thoughtfully put together page, which we placed in a watch-and-wait category, given that we were interested to see if any further material would be posted that might be geared towards a consumer audience, in keeping with the focus emphasized by Health Canada.

Often when organizations' websites are placed in this category, we haven't yet met their representatives, as I had, in this case. Please know we value our connection, and the particular role nurses have played in serving as perhaps the only conduit to the benefits of complementary therapies that some patients experience. Letting the connection slip through the cracks as I did, was not a good demonstration of the respect I hold for your work. Your work is all the more important to us, since our new supervisors at the Public Health Agency of Canada have given clear directives about linking with health intermediaries and professionals. We have now moved forward on formal recruitment of your interest group within RNAO. Looking forward to a new relationship between our organizations, and a chance to "push the envelope" together.
Bethany Becker

POLICY & POLITICAL ACTION

Due to much confusion following the publishing of information in The Standard, from CNO, in the September, 2005 issue, Connie Denomme, Policy and Political Action Officer, responded with the following letter to the editor. It is printed herein to clarify for all readers the new application layout and process for the RNAO-Nurse-Insure program.

September 18, 2005

The Editor, Deborah Jones
College of Nurses of Ontario
101 Davenport Rd.
Toronto, Ontario
M5R 3P1



RE: Complementary Therapies Nurse Insure Changes

Dear Deborah

This is to clarify the information printed in the September 2005 issue of the Standard on page 43. We have had several members call us regarding the article which was incomplete in its explanation of the changes to the RNAO-Marsh Nurse-Insure program.

While it is true that categories 2 and 3, which list a variety of complementary therapies that nurses practice is being eliminated from the application, the coverage of practicing complementary therapies is *not* being eliminated. **ALL** complementary therapies practiced by RN's will still be covered under category 1 of the Nurse-Insure program as long as the RN can verify that the modality falls within the current scope of practice of nursing and does not breach the 3 controlled acts currently listed in the nursing legislation. This is a monumental step in recognizing nurses' knowledge, skill and judgement as well as their ability to provide clients with an integrated health care model that may better suit their needs. Nurses have a broad scope of practice and with the previous Nurse-Insure program the definition of category 1 was limited to what the insurance industry saw as basic nursing scope of practice. This change makes certain that all parties are clear that scope of practice is defined by the RHPA, not individual parties and that each RN understands his/her responsibility in ensuring that the modality they practice falls within this definition.

Sincerely,

Connie Denomme RN, BScN, CHTP
Policy and Political Action officer

We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee.

Marian Wright Edelman

REACHING OUT—AREA LIAISONS

If you are in an outlying area, you can become involved in CTNIG. Call your area liaison and start networking with CT nurses close to you. Report back to us and share your experiences in education days, health fairs and other related events. Become a true advocate for CT's in health care. Your board is here to help you.



Your area reps are:

Kelly Peterkin, London

kwats@netrover.com

Kim Watson, Essex County

kwats@netrover.com



Janet Riley, Belleville area

lakshmi@magma.ca

Marie Knapp, Grey-Bruce County

marieknapp@roger

Denise Konopaskie, Sault Ste Marie

equinoxi@sympatico.ca

Charlene Schiffer, Thunder Bay

charl@tbaytel.net

Charlene is also Provincial rep for the Canadian Holistic Nurses' Association

Many hands make light work!!

WHY JOIN THE RNAO-CTNIG?

For those of you who are outside the greater Toronto area, it may seem at times that you are missing out on some of the benefits of membership, since some of the events occur in this area. While it may be true that you cannot plan to attend everything, the Toronto events are not the only benefit of membership. Membership allows you to keep your finger on the pulse of what is happening throughout Ontario in relation to Complementary Therapies. This is an active support group that is working (often behind the scenes) on your behalf to promote and protect your work. We are in a pioneer environment that requires astute recognition of issues as they arise and prompt reaction, while at the same time, trying to be proactive, providing education, not only to the public, but to other health professionals and educators. An example of this work is evident in the many educational presentations we have participated in at various conferences, colleges and universities. Your organization has also developed good working relationships with RNAO and CNO, who are beginning to establish policies relating to Complementary Therapies in Nursing. We provide support for student nurses by contributing to RNAO student initiatives and contribute to ongoing research development in CT's.

By being involved, you can add your voice to integrative health care. Being outside of the greater Toronto area does not have to mean that you are missing out. That is why we have, and invite more, area liaisons. If your area does not have one, become one! You can organize events in your area; we are here to help. Perhaps you would like to start with a call to all CT nurses in your area to a pot luck planning retreat session, where you can get to know one another and decide how you can contribute as an area liaison team. The benefits are limitless! Use your imagination! Become One!!!!

SPIRITUALITY IN HEALTH CARE NETWORK—from Maria Rossiter-Thornton

The Spirituality In Health Care Network, (SCHN) was founded December 2000, in Toronto, Canada by Yvonne Kason MD and John Rossiter-Thornton MD together with a group of over 50 founding members. The SCHN is a bridging network, a forum for spiritually oriented health-care professionals to explore the integration of spiritual traditions and practices into health care. It provides a forum to address issues of spirituality in professional practices and personal lives. It runs bi-monthly meetings and one full-day multi-speaker meeting. Total of 5 meetings a year.

On Saturday September 24, 2005, a one day meeting was held at Bridgepoint Health Center from 9-4.30 pm. Approximately 60 people attended and participated in

“A Day of Experience”.

Speakers included TTNO members and CTNIG members Jodi Cole, Clare Stark, and Maria Rossiter-Thornton. Dr. Larry Nusbaum, Dr Ann Sirak, Eli Bay, Ann Marie Boudreau also presented.

Speaking on *“Therapeutic Touch™ in the Health Care Setting”* each presenter spoke to their experience in the hospital they were affiliated with. Jodi spoke to the experience of the practice of Therapeutic Touch (TT) at Toronto East General Hospital and the establishment of the Therapeutic Touch clinic which she co-founded with Shirley Dalglish.

Clare spoke of her experience of the practice of Therapeutic Touch at St Michaels Hospital in the Obstetrical Unit.

Maria spoke of her experience of teaching and practicing TT at Casey House Hospice. Five TTNO recognized Therapeutic Touch practitioners, Helen Kuttner, Jane Graham, Wendy Jocelyn, Kar-In, and Maria Rossiter-Thornton, provided mini Therapeutic Touch sessions to 16 participants at the lunch break. Comments from the participants were very positive and all appreciated the opportunity to experience TT.

Dr. John Rossiter-Thornton expressed his appreciation and congratulations to the founders of Therapeutic Touch and in particular to those nurses and others who did ground breaking work to bring Therapeutic Touch into healthcare and make it accessible in the hospitals, today. The Therapeutic Touch Network of Ontario (TTNO) was founded in 1986, by Crystal Hawk and Mary Simpson. With over 900 members today. It is now one of 6 Networks in Canada with the most recent one established in Quebec.

Other speakers included Dr. Larry Nussbaum, whose interactive presentation was exceptional, leading participants through seeking answers from the heart. “Drawing on your Own Strength” Participants used blank sheets of paper and completed this exercise using crayons to draw on their own strength and find the answers that lie deep within.

Dr Ann Sirak, Endocrinologist and founder of the SCHN (Kitchener chapter) spoke about the spiritual experience of a person who has diabetes. Her presentation “A Diabetic Learns to Dance” was presented in story form. After she told the story she had participants break into small groups to discuss what their impressions were of the story. She gave some very thought provoking questions and gave us a few minutes to discuss with the group which led to some insightful responses from each group. It was an opportunity for us to share how a person may experience a diagnosis of diabetes and made us aware of the spiritual part and how this could bring meaning into a person’s life when given such a diagnosis of having to live with diabetes.

We finished with a circle discussion and closure meditation with Larry Nusbaum and Ann Marie Boudreau, musician and sound therapist.

Therapeutic Touch Clinic Closes at Toronto East General Hospital

On August 04, 2005, the Therapeutic Touch Clinic at Toronto East General Hospital closed its door after thirteen successful years of serving the community. The clinic was first opened in 1990 by Shirley Dalglish, then the Palliative Care Coordinator at the mid sized community hospital.

During the thirteen years in operation the clinic cared for patients with numerous types of diagnoses i.e. Multiple Sclerosis, Sarcoidosis, Arthritis, Mental Health issues, Fibromyalgia, Chronic Fatigue Syndrome, Grief, Cancer and Fractures. It was self-referral and came under the umbrella of the Outpatients Department.

At first the clinic was only open for two half days a week. Over time, however, it expanded to three full days and eventually Janet Fallaize and I, Jodi Cole, joined in helping Shirley to run it until her retirement in 2000. After Shirley left, we continued to work together in providing this worthwhile and popular service until April of 2003, when the clinic was cut back to one day a week and Janet returned to her previous work in Neurology.

This summer, after finally reaching my long awaited goal of “Freedom Fifty-five”, and like Shirley before me, I retired from institutional nursing! And so the clinic has been closed and it is with great sadness and regret that I now announce that the Therapeutic Touch Clinic at Toronto East General Hospital has been shut down. It is my hope, however, that this closure is only temporary for even as I write, a proposal is going forward to Senior Management to not only restore Therapeutic Touch service, but to expand the program to include more Complementary Therapies than just this one healing modality. And I have every reason to believe that this will happen, for Toronto East General Hospital is well known as a leader in the field of integrating complementary modalities with traditional medicine but more importantly, it is a hospital with a reputation of responding to the demands of its community.

Jodi Cole RN, M. Ed.,
Recognized Therapeutic Touch Practitioner/Teacher
Grief Counsellor

MORE ON SPIRITUALITY IN HEALTH CARE NETWORK

I would like to congratulate “The Spirituality in Healthcare Network” for their very successful and well attended education session held this September 24, 2005 at the Bridegpoint Health Center and to personally thank them for the opportunity of joining two fellow CTNIG members in presenting that day on Therapeutic Touch™ in Healthcare Institutions. It was a thrilling experience to share the podium with Claire Stark and Maria Rossiter-Thornton both Registered Nurses actively using this wonderful healing modality, Claire as a nurse in Labour & Delivery at St. Michael’s Hospital, Toronto and Maria as a volunteer at Casey House, Toronto. In turn, I had the pleasure of sharing my experiences of helping establish a Therapeutic Touch Program at Toronto East General Hospital.

Over the lunch break, Maria and a number of other Therapeutic Touch Practitioners in attendance, one of them CTNIG member Jane Graham, offered mini treatments to interested parties. All in all, the day was a great success. I would also like to take this time to congratulate CTNIG members Jeannette McCullough and Maria for their parts in organizing the event. Both of them did a great job.

Jodi Cole

HOSPICE ASSOCIATION OF ONTARIO CONFERENCE REPORT

From Jeannette McCullough

For the third consecutive year the CTNIG was invited to be a part of the HOSPICE ASSOCIATION OF ONTARIO Annual Conference at the Nottawasaga Inn in Alliston. September 15 and 16 three of our members offered some of the many concurrent sessions conference delegates had to choose from. SHEILA LEWIS, CTNIG Research Officer and Associate Professor at York University, spoke about COMPLEMENTARY THERAPIES IN END OF LIFE CARE-A CARING, HEALING PATH. GLYNIS DUBOIS, CTNIG member who works at the Hospital for Sick Children offered an orientation to, and a demonstration of THE USE OF ESSENCE AND AROMATHERAPY. Participants in her session made selections from her wonderfully fragrant essential oils, and followed her lead in applying them for hand and forearm massage with a partner. JEANNETTE McCULLOUGH, CTNIG Membership Coordinator and Shamanic Practitioner in independent practice, invited delegates to participate in A CELEBRATION OF THE SACRED: THE SOUND AND HEALING OF AN INSPIRITED DRUM. Both of her sessions were full. All of what we brought to the people who make up the hospice community was well received.

ANN MORTIFEE, singer, songwriter and storyteller extraordinaire, opened the conference with FINDING THE CENTER. Much of her presentation, which was of a personal nature, was, in fact, universal and spoke to all of us present. As she prepared us for two full days of conference activities, ANN led us in chanting NOMKUMBULWANA, the ZULU name for the GREAT MOTHER.

DAVID HICKEY from Hamilton brought participants POSITIVE VIBRATIONS: A MYSTICAL ESCAPE THROUGH SOUND WITH THE HEALING TONES OF QUARTZ CRYSTAL BOWLS. The hospice conference was just one of many stops he is making with his crystal singing bowls on a cross Canada tour. Dr.

ELIZABETH LATIMER spoke about TRUTH WITH TENDERNESS: THE ART OF COMMUNICATION WITH PATIENTS AND FAMILIES, and was able to provide helpful responses to questions conference goers had about the palliative situations they find themselves in.

JUNE CALLWOOD was honoured with a film collage of her many volunteer, community and professional activities dating as far back as the 60's. She was described as A TRUE LEADER OF THE HUMAN TRIBE. What a model for all of us who are working to bring about change in the world! JUNE, in turn, honoured current outstanding hospice volunteers from across the province in a very heart-felt and moving award ceremony.

The CTNIG deeply appreciates the opportunity to be a part of this rapidly growing community that is in the vanguard when it comes to incorporating complementary therapies and spirituality into health care.

Wearing "Volunteer" hats from the conference, the CTNIG Executive is pictured at a recent planning meeting. After sending a copy and thank you note to Denise Larocque at HAO, we received the following response.

"Susan, thanks for the email and photo. It was great having folks from the RNAO-CTNIG with us this year. Hope we will be able to do it again next year."

Denise



FOOD FOR THOUGHT—from AHNA

Vol. 4 No. 9 August 2005



Guided Imagery Changing How Pain Is Perceived

Pain Management Nursing published a recent study that looked at how verbal descriptions of pain change with the use of a guided imagery technique. The study showed that people who received Guided Imagery for the treatment of pain experienced a change in perception of their pain; ³By thinking differently about pain, it became more tolerable.² To see this article, please visit www.medscape.com/viewarticle/508003 (You will need to register with the website to view the article. This service is free).

Reference: Lewandowski, W., Good, M., & Draucker, C.B. (2005). Changes in the meaning of pain with the use of guided imagery. *Pain Management Nursing*. Retrieved August 18, 2005 from <http://www.medscape.com>

2006 AHNA/AHMA Conference

In 2006, the American Holistic Medical Association (AHMA) and the AHNA will hold their annual conference under one roof to collaborate for *Holism in Action: Building Integrated Healthcare*. The conference will be held in St. Paul, Minn., June 7-10, 2006, at the beautiful Radisson Riverfront Hotel on the edge of the Mississippi River. Visit www.ahna.org/events/2006.html for more information.

The hurricanes reeking havoc in Louisiana reminded me that one of the students I was teaching in the Ryerson Post RN degree program here in Owen Sound, Sheila Christie, was once in New Orleans when the nursing jobs in Ontario were few and far between.

I had taught her in the diploma program back in the mid seventies. I emailed her to acknowledge that she may be feeling connected to the area as she watched CNN. She has been back in Owen Sound for many years but has maintained a friendship with one of her classmates who is still working in New Orleans. Her friend Teresa, an RN who originally studied nursing in Owen Sound, had stayed on to nurse in the hospital in New Orleans while her husband and children evacuated on the weekend we heard so much about.

I was touched by the dedication and strength of nurses who are loyal to patients and who stay through disasters while their families move to safe territories. It moves me to feel the connection inherent in the heart of nursing everywhere. Such strength and caring in our profession!

Marie Knapp

IN THE NEWS

YOGA JOURNAL, January/February 2005

Unwind Your Spine—Nora Isaacs

This article suggests that practicing yoga can “give you a head start on the benefits of craniosacral therapy”. It goes on to say that yoga and craniosacral therapy complement one another in that they have similar benefits by “calming the central nervous system, boosting the immune system, and releasing the body’s habitual tension patterns”. Craniosacral therapy improves the nutrition of the brain and spinal cord, the areas that rule body functions, by enhancing the movement of cerebral spinal fluid, according to Dr. John Upledger, osteopathic physician. The practice of yoga teaches you how to relax and direct the breath, which facilitates cranium changes. Breathing and releasing relaxes the horizontal diaphragms and facilitates easier movement in the craniosacral therapy.

IN CAM NEWS FLASH

New Collaboration Announcement - CFI and CIHR

The Canada Foundation for Innovation (CFI) and the Canadian Institutes of Health Research (CIHR) are joining forces to support clinical research across the spectrum from translational research to clinical trials and observational studies. The evolving plan is that in early November 2005, the two agencies would jointly issue a Call for Proposals to apply for support of National/Regional Clinical Research Initiatives.

For further information visit: http://www.innovation.ca/whatsnew/dsp_news.cfm?newsid=151

Symposium Announcement - Harmonization of Traditional and Modern Medicine

RMIT University's Division of Chinese Medicine, in association with the RMIT Biotechnology Institute, will host a three-day symposium to deal with issues critical to public safety and confidence in herbal medicine in **Melbourne, Australia from December 12 - 14, 2005** .

EDUCATION

ON-LINE COURSE

Research Literacy for CAHC Practitioners

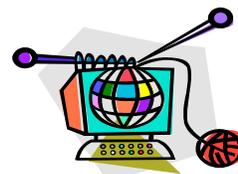
This innovative, twelve week online course is designed to help complementary and alternative health care (CAHC) practitioners (chiropractors, massage therapists, herbalists, naturopathic doctors, homeopaths, TCM practitioners) to develop basic and effective strategies to find, understand, and critically evaluate research evidence for application in professional practice.

Although the fall session is already in progress, there is a winter session that runs from Monday, Jan. 16 - April 7, 2005. For further information, please contact Trish Dryden at: 416-289-5300 or email: tdryden@centennialcollege.ca To register, please visit: <https://secure.centennialcollege.ca/webreg/>



SURFING

RNAO-CTNIG WEBSITE



UPDATE: We're not quite ready to launch yet, but ever so close. Hopefully, by next newsletter our website will be up and running. To wet your appetite, I will tell you that it will offer information on past, current and upcoming events, along with articles of interest and the newsletters. You will be able to renew your membership on line and have access to members only information.

WEBSITES

www.who.int/en/ World Health Organization

Www.rnao.org RNAO

Www.naturalhealers.com A website that provides information to prospective students. A resource that compares schools and offers contact information.

BECOMING THE MEDICINE

A full day of shamanic journeying based on Sandra Ingerman's **MEDICINE FOR THE EARTH: HOW TO TRANSFORM PERSONAL AND ENVIRONMENTAL TOXINS**

Suitable for newcomers to journeying, as well as those who are experienced

You can choose from 3 dates

Saturday October 15 **OR** Monday October 31 **OR** Saturday November 19

10:00am to 5:30pm

Cost: \$100.00

At Wonderworks 79A Harbord Street Toronto

Ongoing monthly BECOMING THE MEDICINE gatherings for journeywork, healing and research purposes **\$15.00** Central Toronto
416 536 7424

Faculty of Nursing York University **SHAMANISM: A WORLDVIEW, APPROACHES TO HEALTH AND HEALING** Wednesday October 26, 2005

2nd Annual IN CAM Symposium **SHAMANIC JOURNEYING AND IMMUNE RESPONSE** University of Toronto St. Michael's College November 12 & 13, 2005 www.incamresearch.ca

DRUM DOCTORING: THE SOUND AND HEALING OF AN INSPIRITED DRUM Monday October 17 and Monday November 21, 2005 Wonderworks 79A Harbord Street Toronto

For more info/to register

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BOOKS



Consciousness and Healing: Integral Approaches to Mind-Body Medicine.

By Marilyn Schlitz and Tina Amonrok with Marc S. Micozzi. Elsevier:Churchill Livingstone. (2005).

A new perceptiveness is emerging with health care professionals and patients alike rethinking the nature of healing. Our mind and heart plays a key role in healing and in the experience of wholeness. Integral medicine is about growth, transformation and the restoration of wholeness. It is about the integration of science and spirituality. This book contains three decades worth of research from several disciplines, compiled by The Institute of Noetic Sciences, an organization founded by astronaut Edgar Mitchell. A diverse, comprehensive, rich collection of over 60 essays from scholars, researchers and clinicians which explores integral medicine and holds a promising vision for the future of health care and humanity as a whole. Some of the well known contributing authors are Chopra, Dossey, Kabat-Zinn, Ornish, Pert, Wilber and nursing's own Jean Watson. Consciousness and healing are explored with evidenced based research and investigation of less measurable phenomenon, such as subjective mind-body experiences. By exploring multiple ways of knowing, there is a continual evolution of understanding. Topics included are psychoneuroimmunology, spirituality and prayer, ecopsychology, environmental health and the politics of health care. This book will appeal to scholars, health care professionals, healers and lay people. A thought provoking book that leaves the reader hopeful for the future of medicine, health and healing, and the evolution of humankind. Comes with DVD with interviews from a variety of leading experts.

Submitted by Debbie Charlton

The Balance Within: The Science Connecting Health and Emotions

By Esther M. Sternberg, M.D. (2001)

The connection between emotions and physical and mental health present an integral piece to the holistic health puzzle. This book, written by a traditionally trained medical doctor, presents the scientific explanations of body-mind medicine. In it, Dr. Sternberg brings to reality a vision of new approaches to treatment encompassing the use of traditional and complementary therapies, methods that make the patients the winners.

Many ancient cultures have understood intuitively that emotions and health are one. In bringing to light the connections between emotions and health, the book takes us through centuries of scientific discovery to a place where the mind speaks to the body and the body speaks to the mind.

Many of the diseases we see today are connected to the every day stressors of our society. Using colorful analogies and beautiful metaphors, Dr. Sternberg brings clarity to the complex endocrine, central nervous and immune systems and their various functions in the physiology of stress. We get a physiological look at how the mind influences the body and how the body affects the mind.

Using easy to read language, she manages to provide scientific explanation regarding complementary and alternative medicine and fill in some of the spaces that heretofore were only guesses.

By taking a proactive stand in trying to bring the findings of her research into the mainstream of the scientific community, Dr. Sternberg has authored one of the best books on emotions and health.

If you have read a good book

lately, please share your

thoughts with us. Simply

email the information to the editor

at ch.concepts@sympatico.ca so

that everyone can benefit.



TODAY

*Life is to be lived
To the fullest
With no regret
With no turning back
Think-
Of those you love
Who are with you today.
How can you make
The relationship
More meaningful
More beautiful,
More true.
Do today
What comes to mind.
And when you do
There are no
Birthdays
Anniversaries
Christmases
Special Occasions
Because each day is
Special.
So live each day
As though it may be your last.
Do
What expresses you;
Your love
Your caring
Your being
Your very essence.
Do,
Do it today.
Make love your life.
Make life your love.*

Bernice Thomas

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