



HEALING TOUCH

A RELAXING AND NURTURING
ENERGY THERAPY

WHAT IS HEALING TOUCH?

Healing Touch is a relaxing and nurturing healing therapy. By using gentle touch or moving the hands above the body in the biofield (human energy system), one's natural ability to heal is supported. The hand placements and movements are designed to promote balance and harmony in one's physical, emotional, mental, and spiritual being. It is safe for all ages and works in harmony with standard medical care.

Healing Touch was developed by nurses and is endorsed by the American Holistic Nurses Association. It is used in a wide variety of settings including hospitals, long-term care facilities, private practices, and retreat centers.

A healing touch session lasts about one hour and includes sharing one's hopes and concerns for healing, receiving healing touch, and discussing the experience.

Session fees are based on a sliding-scale (usually \$30 - \$60).



HOW CAN HEALING TOUCH BE OF HELP?

- Relief of physical discomfort, aches and pains
- Support recovery from surgery
- Support for cancer care and other acute or chronic conditions
- Support for the dying process and grieving process
- Calm anxiety and lift low or depressive mood
- Relaxation and increased sense of well-being
- Increase self-awareness and deepen spiritual connection



INTERESTED IN EXPERIENCING
HEALING TOUCH - CONTACT
SISTER CHRIS:

502-350-7642

SISTERCHRIS@CAMPMARIA.ORG



CHRISTINE KUNZE

REGISTERED NURSE

CERTIFIED HEALING TOUCH
PRACTITIONER (CHTP)

SISTER OF CHARITY OF NAZARETH

CHTP since 2021 through
Healing Beyond Borders