

BodyMindSpirit—Whole News

RNAO-CTNIG Newsletter

(Complementary Therapies Nurses' Interest Group)

March, 2005

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*Let's live more in
pleasure and bring
pleasure to others.
Pleasure can es-
cort us safely
through very diffi-
cult times and give
our spirits a place
to replenish.*

-SARK

The Globe and Mail, Monday, February 28, 2005 Barbara Gregory

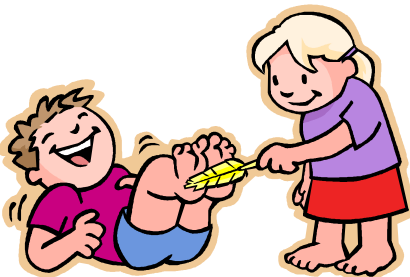
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EDITOR NOTES— Susan Keith

The picture on the front page from The Globe and Mail accompanied an article entitled “Making a Case for Getting the Giggles”. As I read it, I found myself laughing out loud as it brought back many memories of my own. More than that, however, I was reminded, once again, of the value of laughter as medicine. In past issues of our newsletter we have included articles that have supported this finding, but like anything else, in order to fully appreciate the value of the information, we have to ‘own it’. It is only by experiencing the effects of laughter that we can know what that means. We, as holistic practitioners, understand that it has an effect on our whole being. Physiologically, when one is laughing, the endothelium of blood vessels expands to increase blood flow, just as in aerobic exercise. However, without the experience itself, one can never fully appreciate the therapeutic response. Suffice it to say that when I finished reading that article, I felt ready to greet my day and anything it may offer, and it did!!! How is that for synchronicity?

May I suggest to you, as you read this, that today you find something to make you laugh, someone to laugh with, and that you recognize and appreciate the humour that life brings us, in all its forms.



A FEW WORDS - from the President - Darka Neill

FOOD FOR THOUGHT

SPRING

Time for renewal and rebirth. Time to reflect on what we can do to help in this renewal and rebirth process for ourselves. Time to care for ourselves if we are not doing so already. Time to look at additional ways for self care and discard those which were not helpful. Time to take on holistic principles for our self care.

"It is difficult to be a healing presence with others if our own vessel is empty."

Burkhardt & Nagai-Jacobson

Many of us give lip service to self care. We are more than willing to care for others while taking a back seat when it comes to caring for ourselves. **This needs to change.** Change not only in our behaviour but the underlying value in order to maintain the new behaviour. We need to consider what value does changing our behaviour hold for us? What's in it for us. In some cases we change because we are forced to due to illness or crisis. However, do we want things to go that far before we value our own well-being?

I invite our members to share ways which they have found helpful in caring for themselves and how they came to changing their value system to be able to express self care :the what and the how. These stories are important to hear as an inspiration to others.

You can submit to me directly (darka_neill@sympatico.ca) or to our newsletter editor Susan Keith for publication.

CTNIG EVENTS

Hospital for Sick Children Receives Gift of Play



Susan Keith presents animals to Darka Neill for the Hospital for Sick Children from The Therapeutic Touch Network of Ontario.

Darka Neill was presented with a gift of 178 stuffed animals, bearing the Therapeutic Touch™ logo, for the children receiving Therapeutic Touch treatments at the Hospital for Sick Children in Toronto. The Therapeutic Touch Network of Ontario donated the animals when Darka expressed an interest in them to help children in their healing process. The animals will serve as a reminder of the Therapeutic Touch treatment and provide a continuing element of play that is so important in a child's life.

PRESENTING

We have been busy presenting information sessions about Complementary Therapies to various college and university groups. Darka Neill and Susan Keith presented, along with Nancy Hall, to a group of Ryerson students, in Orangeville, providing an overview of Complementary Therapies and their role in nursing as well as an experience of guided imagery and a Therapeutic Touch™ demonstration. Another such presentation will be offered by Susan at Sheridan College this month. Marlene Burfield participated in a Therapeutic Touch™ presentation at Centennial College.

Our Research Officer, Sheila Lewis is teaching a course at York University that promotes nursing education in Complementary Therapies (AK/NURS 3730 Towards Nursing Praxis): Students apply knowledge of human science nursing theories (Margaret Newman, Rosemarie Parse, Martha Rogers, Jean Watson) to their caring-

healing practice. Four of the students recently did a presentation on Shamanism. Our Membership Coordinator, Jeannette McCullough, a Shamanic Practitioner and teacher was invited to answer questions and offer the class an experience of Shamanic Journeying.



The Toronto Spiritual Cinema community recently presented the movie "Indigo" in conjunction with other communities around the world. They are a group of filmmakers, writers, musicians, and actors who have come together to promote growth of the human spirit and to inspire and entertain us. They are encouraging a greater awareness of films that relay messages of spirit and look at the meaning of life, examining questions such as "who are we" and "why are we here".

To learn more about movies like "Indigo" and "What The BleepDo We Know?" visit The Toronto Spiritual Cinema community at www.ise-to.com.

RNAO-AGM

On April 22nd and 23rd, the CTNIG will be at the RNAO AGM. Once again, we will be providing complimentary treatments so that our colleagues can experience, first hand, the therapeutic effect of a variety of modalities. Saturday morning we will be having a **general business and breakfast meeting** from 9:00 to 11:00 am. Our guest speaker will be Sheila Lewis, BScN., MHSc., assistant lecturer for York University's Collaborative and Post RN program. She will be presenting on the topic of caring. The cost is only \$15 to cover the breakfast, so **plan to join us** on Saturday, April 23rd at the Hilton Suites in Markham. Don't miss this great **Networking** opportunity. For more information contact Darka Neill at darka.neill@sympatico.ca.

If you can find a few hours to provide treatments on Friday or Saturday, we can use your help. Please let Darka know.



Allow events to change you. You have to be willing to grow. Growth is different from something that happens to you. You produce it. You live it. The prerequisites for growth: the openness to experience events and the willingness to be changed by them.

.....Bruce Mau

CANCER AND COMPLEMENTARY THERAPIES: THE FACTS

On Saturday, April 16, 2005, the RNAO-CTNIG is co-sponsoring with FACT (Friends of Alternative and Complementary Therapies), an education day on integrating complementary therapies with conventional cancer treatment and prevention regimens. Dr. Alastair Cunningham will deliver the keynote address entitled "Bringing Spirituality into the Cancer Patient's Healing Journey". The day will include an exciting array of speakers including Dr. Raimond Wong, M.D., David Bray, TCM Practitioner, Hana Weidenfeld, Naturopathic Doctor, Crystal Hawk, Therapeutic Touch™ Practitioner and Teacher, Dr. Tatiana Melnyk, Psychiatrist, and Laurie McGill, Registered Nurse.

DON'T MISS THIS EVENT!! If you are a nurse working in an active cancer treatment area or in palliative care, or you simply know someone living with cancer, you can't afford to miss this wonderful educational day.

REMEMBER– Saturday, April 16, 2005

COST: \$40 (\$35 for FACT and CTNIG members, students and seniors)

Registration by April 2, 2005

Phone (416)299-5113

Email: messages@thefacts.org



REACHING OUT—AREA LIAISONS

Janet Riley, the CTNIG Belleville area liaison reports that their plans for a Health Fair on April 26, 2005 are moving along nicely. They plan to offer CT treatments at this event and contributions have been received towards it. Sue Clements, Chiropractor has donated drinks for the day and three booths were organized by Michele Durkin - Naturopath, Childbirth Quinte and the Quinte Midwifery Committee. A pre-event article will be published in the Community Press by Kate Everson. Martina MacKinnon donated \$25 for a mall gift certificate, compliments of the CTNIG. Janet will be attending the next meeting of the RPNAO Quinte to further organize the fair.

The enthusiasm demonstrated here is just what the CTNIG needs. Many thanks to all those involved in this project.



NEW AREA LIAISON

Kelly Peterkin has offered to act as an area liaison for the London area. Kelly has been provided with advertising materials from the Board and will be given any advisory assistance we can provide. Our thanks to Kelly for “stepping up to the plate”.

SURFING

PUTTING ON A NEW FACE

By now you have noticed that our newsletter has a new look. But that is not the only thing that is new. In the near future we will be announcing our own **WEBSITE!!** We are very excited about having such a presence that will enhance your access to us. Soon you will be able to reach the CTNIG directly to read the web posted newsletter, to renew your registration and to make note of upcoming events. There will be a members only link to all our new information.

WEBSITES

The Holistic Health Research Foundation

www.hoistichealthresearch.ca

University of Victoria Conference

www.bodyheals.ca

Berkely Electronic Express: journals

www.bepress.com

Society for Arts and Health

www.thesah.org

Holistic Healthcare Resources

www.forhealers.com

Holistic Nursing 101

[www.nursing.advanceweb.com/
common/Editorial/Editorial.aspx?CC=45694](http://www.nursing.advanceweb.com/common/Editorial/Editorial.aspx?CC=45694)

Meditation Gives Brain a Charge, Study Finds

By Marc Kaufman

Brain research is beginning to produce concrete evidence for something that Buddhist practitioners of meditation have maintained for centuries: Mental discipline and meditative practice can change the workings of the brain and allow people to achieve different levels of awareness. Those transformed states have traditionally been understood in transcendent terms, as something outside the world of physical measurement and objective evaluation. But over the past few years, researchers at the University of Wisconsin working with Tibetan monks have been able to translate those mental experiences into the scientific language of high-frequency gamma waves and brain synchrony, or coordination. And they have pinpointed the left prefrontal cortex, an area just behind the left forehead, as the place where brain activity associated with meditation is especially intense.

"What we found is that the longtime practitioners showed brain activation on a scale we have never seen before," said Richard Davidson, a neuroscientist at the university's new \$10 million W.M. Keck Laboratory for Functional Brain Imaging and Behavior. "Their mental practice is having an effect on the brain in the same way golf or tennis practice will enhance performance." It demonstrates, he said, that the brain is capable of being trained and physically modified in ways few people can imagine.

Scientists used to believe the opposite -- that connections among brain nerve cells were fixed early in life and did not change in adulthood. But that assumption was disproved over the past decade with the help of advances in brain imaging and other techniques, and in its place, scientists have embraced the concept of ongoing brain development and "neuroplasticity." Davidson says his newest results from the meditation study, published in the Proceedings of the National Academy of Sciences in November, take the concept of neuroplasticity a step further by showing that mental training through meditation (and presumably other disciplines) can itself change the inner workings and circuitry of the brain.

The new findings are the result of a long, if unlikely, collaboration between Davidson and Tibet's Dalai Lama, the world's best-known practitioner of Buddhism. The Dalai Lama first invited Davidson to his home in Dharamsala, India, in 1992 after learning about Davidson's innovative research into the neuroscience of emotions. The Tibetans have a centuries-old tradition of intensive meditation and, from the start, the Dalai Lama was interested in having Davidson scientifically explore the workings of his monks' meditating minds. Three years ago, the Dalai Lama spent two days visiting Davidson's lab.

The Dalai Lama ultimately dispatched eight of his most accomplished practitioners to Davidson's lab to have them hooked up for electroencephalograph (EEG) testing and brain scanning. The Buddhist practitioners in the experiment had undergone training in the Tibetan Nyingmapa and Kagyupa traditions of meditation for an estimated 10,000 to 50,000 hours, over time periods of 15 to 40 years. As a control, 10 student volunteers with no previous meditation experience were also tested after one week of training. The monks and volunteers were fitted with a net of 256 electrical sensors and asked to meditate for short periods. Thinking and other mental activity are known to produce slight, but detect-

able, bursts of electrical activity as large groupings of neurons send messages to each other, and that's what the sensors picked up. Davidson was especially interested in measuring gamma waves, some of the highest-frequency and most important electrical brain impulses.

Both groups were asked to meditate, specifically on unconditional compassion. Buddhist teaching describes that state, which is at the heart of the Dalai Lama's teaching, as the "unrestricted readiness and availability to help living beings. "The researchers chose that focus because it does not require concentrating on particular objects, memories or images, and cultivates instead a transformed state of being.

Davidson said that the results unambiguously showed that meditation activated the trained minds of the monks in significantly different ways from those of the volunteers. Most important, the electrodes picked up much greater activation of fast-moving and unusually powerful gamma waves in the monks, and found that the movement of the waves through the brain was far better organized and coordinated than in the students. The meditation novices showed only a slight increase in gamma wave activity while meditating, but some of the monks produced gamma wave activity more powerful than any previously reported in a healthy person, Davidson said.

The monks who had spent the most years meditating had the highest levels of gamma waves, he added. This "dose response" -- where higher levels of a drug or activity have greater effect than lower levels -- is what researchers look for to assess cause and effect. In previous studies, mental activities such as focus, memory, learning and consciousness were associated with the kind of enhanced neural coordination found in the monks. The intense gamma waves found in the monks have also been associated with knitting together disparate brain circuits, and so are connected to higher mental activity and heightened awareness, as well.

Davidson's research is consistent with his earlier work that pinpointed the left prefrontal cortex as a brain region associated with happiness and positive thoughts and emotions. Using functional magnetic resonance imaging (fMRI) on the meditating monks, Davidson found that their brain activity -- as measured by the EEG -- was especially high in this area.

Davidson concludes from the research that meditation not only changes the workings of the brain in the short term, but also quite possibly produces permanent changes. That finding, he said, is based on the fact that the monks had considerably more gamma wave activity than the control group even before they started meditating. A researcher at the University of Massachusetts, Jon Kabat-Zinn, came to a similar conclusion several years ago. Researchers at Harvard and Princeton universities are now testing some of the same monks on different aspects of their meditation practice: their ability to visualize images and control their thinking. Davidson is also planning further research.

"What we found is that the trained mind, or brain, is physically different from the untrained one," he said. In time, "we'll be able to better understand the potential importance of this kind of mental training and increase the likelihood that it will be taken seriously."

Excerpt from "A Daybook for Nurses.
Making a Difference Each Day"
published by the honor society.

TUCKING YOU IN

I walked by your room today.
I'm not your nurse.
I don't even work on this floor.
But you called out.
"Nurse!" you beckoned, looking at me.
As I walked past your room
I stopped.
I considered whether or not to enter.
I did.
I found a little wisp of an old woman
Lying in bed.
You looked so very vulnerable.
Then, you spoke.
Softly, yet with urgency, you asked,
"Where's Mama?"
I stopped,
Trying to digest your statement.
It wasn't the fact that you were confused,
That was apparent.
But I thought about
How you must have felt.
(Where's Mama?)
Then I tucked you in,
I hugged you
And told you to go to sleep.
That Mama was
Not far away.

- Mary Majkut

BOOKS



Holistic Nursing Crosses into Mainstream

Health Literature

The AHNA-endorsed book "Invitation to Holistic Health: A Guide to Living a Balanced Life," edited by Charlotte Eliopoulos RN, MPH, ND, PhD, was recently awarded a Book of the Year Award in the category of Consumer Health Publication from the American Journal of Nursing.

Spiritual Healing Research Study

Well known Shaman, educator and author, Sandra Ingerman began a pilot research study with the University of Michigan Medical School in February of 2005.

A group of people who've experienced one myocardial infarction were oriented to a particular approach to healing she has developed. Details of this method, based on ancient shamanic and mystical traditions, can be found in her book, "Medicine for the Earth: How to Transform Personal and Environmental Toxins". For additional information about the study, or if you're interested in learning the approach, you can contact Jeannette McCullough, a Shamanic Practitioner and Teacher in Toronto at 416 536 7424 and hawthorn@pathcom.com. Watch for more news about the progress and outcomes of this study in our upcoming Newsletters.

From: "The Honor Society of Nursing, Sigma Theta Tau International"

FEATURED BOOK: CLARK / The Holistic Nursing Approach to Chronic Disease
Review Excerpt: "This book is a much-needed volume and will significantly contribute to the knowledge base of all nurses. The strategies provided are creative yet practical enough to be implemented."

Reviewer: Carol Ann Esche, N,ND,MA,CNA(Johns Hopkins School of Nursing)

TORONTO EAST GENERAL ANNUAL HEALTH FAIR

Jodi Cole is looking for Complementary Therapists interested in participating in the annual health fair at TEGH on May 10th and 11th. Jodi is the Nursing Practice Leader and Therapeutic Touch™ Liaison at the hospital. She would like practitioners to come out for at least one of the days and is planning to run it from 1100 - 1600 hrs. with some flexibility. Similar to last year, Jodi is hoping to have a variety of modalities i.e. CranioSacral Therapy, Reiki, TT, Magnet therapy, aromatherapy, reflexology, massage, acupuncture etc.

This will be the last year that Jodi will be organizing this event as she plans to retire in the near future, so she hopes you will join her in making this the best year yet.

RESEARCH CALL FROM IN-CAM

Collaborator wanted for a study on energetic approaches to health

Dr Eric Forgues, of the Canadian Institute for Research on Linguistic Minorities at the University of Moncton, is intending to propose an interdisciplinary research project on the potential of energetic approaches (healing touch, reiki, etc.) and their integration in health services. He is looking for a researcher that has expertise in clinical research to exchange information or create a partnership.

URL for more information: <http://www.incamresearch.ca/ResearchOpportunities/researchcollaboration.php>

He is also seeking advice on CIHR CAM application process and would like to communicate with a researcher that has received funds from CIHR for a research project on CAM . He would like to have information and feedback on the way to present the project.

URL for more information: <http://www.incamresearch.ca/ResearchOpportunities/researchcollaboration.php>

YOU CAN FILL A BASIC NEED

The CTNIG has accomplished a great deal in its first two years of operation. Your board is a dedicated group of nurses who strongly believe in the value of Complementary Therapies and their place in the educational programs for nurses as well as in the health care system.

However, the board cannot carry the momentum on its own!! As this momentum toward integrative health care grows, and **it is growing**, our responsibilities as an organization grow. Each board position requires dealing with new issues that take more and more person hours, and in order to sustain a strong organization that will continue to serve and support its members, **we need you.**

We need to form committees that can help with specific issues and projects so that we can sustain this movement toward integrative health care, thereby speaking to your needs. We need to look toward fund raising, having a bigger voice in policy and political action, educating through conferences and seminars and maintaining membership support and communication. If you feel you can contribute in any way, or even if you would like to, but feel you have nothing to offer, please contact us. The board is a very supportive group and will help. Contact information is on the back page. **THINK ABOUT IT AND JOIN US NOW!!!**

ARTICLES OF INTEREST

Traditional Healing Methods

In an article appearing in the December 2004 issue of *Complementary Therapies in Nursing and Midwifery*, AHNA members Roxanne Struthers RN, PhD, HNC and Valerie S. Eschiti RN, MSN, CHTP, HNC present four stories of three indigenous people who sought traditional healing for imbalance and disease. These case studies demonstrate the importance of understanding and encouraging the use of traditional healing practices among Native populations.

Zen and the Art of Dying:

In the *The Standard* (St. Catharines - Niagara) Mon 07 Feb 2005, this article states that "Health care professionals at a hospice found their levels of empathy increased with mindful meditation." It quotes Dr. Anne Bruce, assistant professor at the University of Victoria School of Nursing, as saying "The process of meditation is similar to the process of dying. Falling asleep has some similarities too, as well as certain states of shock, like the tsunami victims are experiencing. They are all changes in consciousness." Dr. Bruce obtained her doctorate in nursing at the University of BC, focusing on end-of-life care and an eastern perspective on death.

FROM AMERICAN HOLISTIC NURSES

Magnet Hospital Integrates Holistic Care

Read about what nurses are doing to integrate the principles of holistic nursing and improve how patient care is delivered. In a recent article published in "Excellence in Nursing Knowledge," AHNA members Marie Shanahan RN, BSN, HN-BC and Mary Jo Assi RN, MS, APRN, AHN-BC describe the integration of Caring Science in practice at New Jersey's Valley Hospital. Read the article at www.nursingknowledge.org.

Mind-Body Medicine Resource

Learn more about the mind-body connection in the "The Science-and-Religion Guide," a seven-part series from "Science & Theology News." This valuable resource, which will appear in the March issue, is designed to help readers understand the complex issues of neuroscience, belief and health. The guide features an interview with Richard Davidson, director of the W.M. Keck Laboratory for Functional Brain Imaging and Behavior at the University of Wisconsin-Madison. (Refer to article pg 5,6)

Visit: www.stnews.org/guide_0305.html.

CAM & Conventional Therapies Held to Same Standards

A new report from the Institute of Medicine of the National Academies (IOM) calls for conventional medical treatments and complementary and alternative treatments to be held to the same standards for demonstrating clinical effectiveness. The same general research principles should be followed in evaluating both types of treatments, although innovative methods to test some therapies may have to be devised, said the committee that wrote the report. It also calls on Congress to work with stakeholders to amend the regulation of dietary supplements to improve quality control and consumer protections and to create incentives for research on the efficacy of these products. Aside from its potential impact on the fiscal viability of the botanical and supplement industry, this report has serious implications for the future directives of holistic nursing. To view the full report entitled: Use of Complementary and Alternative Medicine (CAM) by the American Public (Jan. 12, 2005) visit: www.iom.edu/report.asp?id=24487

NETWORKING

Thank you so much for connecting me to Jane Yager. 🙌😊🌹 I just returned from a very successful Sisterhood program that I ran with Jane Yager as our wonderful guest speaker. Everyone who attended was very impressed with the calibre and interesting information Jane spoke about. Again, thank you for this wonderful opportunity to introduce complimentary therapies, specifically homeopathy, to my community.

Sincerely, Hilda Swirsky

FROM OUR ROOTS

“ I shall never forget the rapture of fever patients over a bunch of bright coloured flowers. People say the effect is only on the mind. It is no such thing. The effect is on the body too..... Variety of form and brilliancy of colour in the objects presented to patients is an actual means of recovery.”

.....Florence Nightingale



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