

Exploring Alternative Therapies: Healing Touch for Animals®

Jennifer Warmke

Alternative therapies are becoming increasingly popular in today's society because they offer a fresh approach to wellness and new ways of viewing the healing process. Often times when conventional therapies don't produce satisfactory results, or the side effects are unfathomable, people become open to the exploration of alternative therapies to help them heal.

Americans spend billions of dollars a year on alternative therapies. In addition, many doctors prescribe alternative therapy for patients, and many also use it themselves. So it is no surprise that with the increase of natural healthcare, and alternative therapies for humans over the past decade, that many pet lovers are also seeking natural approaches for their animal counterparts.

This is the first in a series of articles which explore alternative therapies for animals.

Healing Touch for Animals®

Healing Touch® was originally developed for humans in 1989 by Janet Mentgen, a nurse who had used energy-based care in her practice. The program, which was developed as a touch therapy program, incorporated the techniques of many well-known healers and combined them with concepts borrowed from ancient shamanic and aboriginal healing traditions. It has been used in a wide variety of settings including hospitals, long term care facilities, private practices, hospices, and spas.

Healing Touch for Animals® (HTA) was developed by Carol Komitor who thought that the successful human therapy could be further developed for use by animals. The difference between the two therapies is simply the difference in the energy fields between humans and animals. HTA techniques have been adapted to the animal's energy field to assist in optimum healing.



Basically, HTA is a holistic approach used to influence the health and well-being of animals through energy medicine. It is a relaxing, nurturing energy therapy that works with an animal's energy fields to support the body's

natural ability to heal. It has often been found to restore harmony and balance to the animal's energy system while providing physical, emotional, mental and instinctual support.

HTA Benefits

HTA uses the hands and energy of the practitioner to clear and balance the energy system utilizing specific techniques so that the body can self-heal. All animals are receptive to energy-medicine because of their instinctual nature and HTA can be used on all species of animals.

There are many benefits to HTA. When the correct physiology of the body is supported through relaxation and balance, healing can begin. HTA will benefit the owner and animal by:

- Building the animal-human bond
- Reducing stress and anxiety
- Supporting the animal through injuries, illnesses, physical and emotional trauma or abuse
- Developing confidence for training and competition
- Helping the animal understand appropriate behavior
- Supporting the animal during the end of life transition

Typical Session

Because of the impressive list of benefits of HTA, I decided to try HTA with my young thoroughbred mare, Maddy. Diane Garwood, a local HTA practitioner, offered to come out and take me and my mare through a typical session.

Diane took the time to explain the process to me and tell me more about HTA. When it was time to begin the session we discussed where best to perform the session. Since it was a beautiful day (despite the rain the day before), we decided to bring my mare into the gravel paddock just off of her pasture, though Diane expressed that if Maddy was more comfortable in the pasture that she could perform her session out there as well.

The session started with meet and greet. Diane began by putting her hands on Maddy and broadcasting her intent of what she intended to do. She then assessed Maddy by checking her Chakras and Hara Line (which is done by assessing these energy points off of the animal's spine. She focused on certain points using a pendulum or sometimes only her hands). Once her assessment was complete Diane then decided on the techniques that she felt would benefit my mare the most.



During this session Diane chose to use Chakra Balance for Animals. She explained that with HTA she can use almost 30 different types of techniques based on what the animal needs best. Maddy responded by licking, chewing and eventually almost falling asleep while the horse in the adjacent pasture tried his best to get some of the benefits of Maddy's treatment as well.

To finish out the session, Diane did a thorough re-assessment of Maddy to ensure that the techniques she utilized were effective for Maddy. She then finished by performing what is called 'intentional grooming', which she explained is also beneficial for the owner to do on a regular basis as well. Intentional grooming consists of using a hand over hand motion to help further the connection and support for the animal while projecting a positive energy of providing unconditional love to the animal.

When the session was completed, Diane documented what techniques she used and what she discovered and went over her findings with me.

Many veterinarians, both holistic and traditional, have begun to learn about Healing Touch for Animals® and integrating the techniques used in HTA into their veterinary practices. It is often used as a cooperative healing modality and viable service that can be offered to ensure the best healing care for their patients.

Healing Touch for Animals® can be a valuable alternative therapy to consider using in the care of your animals. The techniques are non-invasive and have been shown to adjust the energy field to enhance relaxation, ease pain and promote healing.

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