Energy Healing

What is Energy Healing?

Energy Healing (EH) is an energy therapy in which practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental and spiritual health.

Energy Healing is a biofield (magnetic field around the body) therapy that is an energy-based approach to health and healing. Scientists are developing instruments to detect these energy fields related to our bodies and to measure their frequencies. For example, electrical currents from the heart are measured by an ECG machine or electrical currents from the brain are measured by an EEG machine. Magnetic resonance imaging (MRI) is based on the absorption and emission of energy in the radio frequency range of the electromagnetic spectrum.

Energy Healing uses the gift of touch to influence the human energy system, specifically the energy field that surrounds the body and the energy centers that control the flow from the energy field to the physical body.

These non-invasive techniques employ the hands to clear, energize and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual healing. It is based on a heart-centered, caring relationship in which the practitioner and client come together energetically to facilitate the client’s health and healing.

The goal of EH is to restore balance and harmonies in the energy system, placing the client in a position to self heal.
What are the benefits from Energy Healing?

Research studies indicate that energetic modalities can induce the relaxation response therefore:

- Reduce stress
- Decrease anxiety
- Increase circulation
- Lower blood pressure & heart rate
- Strengthen the immune system
- Assist with pain management by releasing tension in muscles
- Increase mental clarity & focus
- Create a sense of well-being

Who can benefit from Energy Healing?

Students who need assistance with:

- Stress management
- Anxiety
- Depression
- Tension or migraine headaches
- Hypertension
- Chronic pain or illness

Who can do Energy Healing?

Here at UHC we have a Healing Touch Certified Practitioner (HTCP) doing energy healing. Healing Touch (HT) can be done by any health care providers such as doctors, nurses, licensed massage therapists, psychotherapists, counselors and other allied health care professionals. All Healing Touch practitioners should have advanced training in energetic modalities through courses in continuing education which may lead to certification. HT is the only energy medicine continuing education program accredited through the American Nurses’ Credentialing Center. HT has been peer-reviewed and is endorsed by the American Holistic Nurses Association (AHNA). In addition, the HT Program is approved by the National Certification Board for the Therapeutic Massage and Bodywork (NCBTMB). The HT Program adheres to a Code of Ethics and a Statement of Scope of Practice.

Call 541-346-2770 to make an Energy Healing appointment at the University Health Center.