

**Highlights of the DPHS Annual RAP Session
San Diego 2011**

Spa Experience Offered Team Healing Touch

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On April 21, 2011 over 280 long term care professionals gathered for the California Department of Public Health's Annual RAP Session and the San Diego Health Care Association's Associate Member Council Trade Show which was held at the Scottish Rite Center in Mission Valley, California.

Apart from the large auditorium where educational sessions on Culture Change and the AMC Trade Show were being held, a separate room was transformed into a healing environment.

Upon entry to the Spa, a Chinese screen provided privacy from the hallway. As one entered the healing space, the subtle aroma of lavender and orange permeated the air. The sound of water was heard softly cascading down a terra cotta water feature surrounded by beautiful orchids and potted palms.

Each guest had a personal guide who escorted them into the dimly lit room. The guide directed the guests to remove and place their shoes on a bamboo mat. The guide then invited the guest to sit and then to recline on one of nine massage tables that were arranged in a circle.

Before the Healing Touch session began, permission was given to touch by the guests and then cooled eye pads were offered. In the center of the room, the sound of a harp played as teams of practitioners provided Healing Touch. Each team consisted of four Healing Touch practitioners doing the new Team Healing Technique in a short amount of time and then moving on to the next guest. After the guests were grounded, they were assisted to a sitting position and offered a glass of water before being escorted from the room.

In a total of 2 hour sessions, over 80 people receive Healing Touch, many for the very first time. The evaluation forms completed, at the end of the day, revealed that the Spa Experience was a great success and definitely a wonderful and new experience for those who chose to explore Healing Touch.

The Spa Experience was made possible through the generous financial support of Kennon S Shea and Associates & LightBridge Hospice and Palliative Care. The event was a success because of Kathy Allan RN, HTCP/I, Sandra Lourido RN, Michele Nolta, CTRS, Tauna Austin, MS, CRC, Brianna McGaughan and the many practitioners and volunteers who helped create this very special healing space.