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## ***NCHTC Community Gathering 2023***

# **Many Hands. Many Healers.**

## ***Revitalizing Community to Nourish Our Hearts***

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**FRIDAY, MARCH 24, 2023**

**4:00 p.m. – 10:00 p.m.: Vendors Open**

**Locations: Conference Rooms B & C, Main Floor**

Pick up your Vendor Passport at registration. Get a stamp for visiting every vendor and drop it in the box at registration by Saturday, March 24 at 3:00 p.m. for a chance to win prizes at the end of the conference.

**4:00 p.m. – 6:30 p.m.: Registration**

**Location: Outside Regency, Main Floor**

**4:00 p.m. – 9:00 p.m.: Quiet / Practice Room Available**

**Location: Conference G, Ground Floor**

**6:15 p.m. – 6:30 p.m.: Doors Open & Music by Arin Crandell**

**Location: Regency, Main Floor**

**6:30 p.m. – 7:15 p.m.: Welcome, Opening Meditation & Pinning Ceremony**

**Location: Regency, Main Floor**

**7:15 p.m. – 9:00 p.m.: Ignite the Power of Community**

**Location: Regency, Main Floor**

**Keynote Speaker: Jacquelyn Fletcher Johnson, MFA, CHTP**

As healers, it's easy to focus on problems. Our clients bring to us their struggles, their depression, and their darkness. So how do we stay grounded and uplifted ourselves, while helping to bring light into our client's worlds? Community is a powerful way to let the light in. In this interactive session, you'll hear stories that prove the goodness in the human heart and showcase the healing power of community.

**9:00 p.m. – 9:05 p.m.: Closing Remarks & Meditation**

## **SATURDAY, MARCH 25, 2023**

**7:00 a.m. – 5:30 p.m.: Vendors Open**

**Locations: Conference Rooms B & C, Main Floor**

Don't forget to get your vendor passport stamped! Turn it in by 3:00 pm for a chance to win a prize. Winners will be announced at 4:00 p.m.

**7:00 a.m. – 6:00 p.m.: Quiet / Practice Room Available**

**Location: Conference Room G, Ground Floor**

**7:00 a.m. – 9:00 a.m.: Registration Open**

**Location: Outside Regency, Main Floor**

**7:15 a.m. – 8:00 a.m.: Sunrise Yoga with Deb Anderson**

**Location: Conference Room F, Ground Floor**

Meet Deb on the mat for a doable, alignment-based morning practice that will inspire you and get your energy flowing! Mats and props will be provided – or feel free to bring your own.

**7:00 a.m. – 8:30 a.m.: Continental breakfast**

**Location: Kiosk, which is located just outside Conference Rooms C & D, Main Floor**

**8:30 am: Doors Open & Opening Music by Arin Crandell**

**9:00 a.m. – 9:15 a.m.: Welcome & Opening Meditation**

**Location: Regency, Main Floor**

**9:15 a.m. – 10:45 a.m.: Disruptive Healing: Honoring the Feminine-Masculine Balance for Health**

**Location: Regency, Main Floor**

**Keynote Speaker: Shamini Jain, MD**

What do so-called "baffling" phenomena such as placebo, spontaneous remission, and biofield healing have in common? While these areas have been unpopular among "mainstream" science and medicine, groundbreaking research in each of these areas speaks to the power of consciousness to heal - from the spiritual to the physical. In order for us to fully understand and embody the powerful healing effects of consciousness, we must embrace both the masculine and feminine approaches to health.

In this presentation, Dr. Jain will share the most cutting-edge research in biofield science, while offering perspectives on the SMART and HEART approaches to healing — so we can all stay empowered in the evidence, while unapologetically sitting in the Great Mystery of Healing.

**10:45 a.m. – 11:05 a.m.**

Break (20 minutes)

**11:05 a.m. – 12:00 p.m.: Many Hands. Many Healers**

**Location:** Regency, Main Floor

**Speakers:** Lynn LeMere, RN, BSN, CHTP; Barb Schommer, RN, MS, PHN, CHTP, CHTI; Lauri Wollner, CHTP, CHTI; Krista Martini, CPA, CHTP

In this session, led by Lynn LeMere, a panel of healers including Barb Schommer, Lauri Wollner, and Krista Martini, share their experiences of becoming healers, evolving their practice, and building and connecting to community.

**12:00 p.m. – 1:15 p.m.: Lunch / Vendor Shopping**

**Location:** Lunch is in Europa; Vendor Shopping in Conference Rooms B & C, Main Floor

Don't forget to get your vendor passport stamped! Turn it in by 3:00 pm for a chance to win a prize. Winners will be announced at 4:00 p.m.

**1:15 pm – 2:15 p.m.: Small Group Breakouts**

**Breakout 1: Working with Animals**

**Location:** Conference Room H, Ground Floor

**Speakers:** Melissa Hansen and Lauri Wollner, CHTP, CHTI

One of our main principles in Healing Touch is to have the intention of highest good for whoever we're working with. This is easily transferable to working with animals. Healing Touch practitioners already have the basic knowledge and skills to be helpful with animals. This session, and your future interactions with animals, will support the shift to enhancing your growth - both personally and professionally.

**Breakout 2: A Spirit Walk with the Plants**

**Location:** Conference Room I, Ground Floor

**Speaker:** Stacey Quade, COTA/L, CHTP/I

In this session, clinical herbalist and healing touch practitioner Stacey Quade helps you work with heart healing energy and the spirit energy of the herbs to access energies that not only help the individual but also help heal the entire planet. You'll learn to grow your understanding and skills around connecting to the energetics of the herbal kingdom. You'll increase your understanding of accessing the plant communities of the Earth to ask for guidance and assistance when working with others. And you'll discover how to access a plant spirit guide for your own individual growth process.

**Breakout 3: Structural Chakra Connection Technique**

**Location:** Regency, Main Floor

**Speaker:** Susan Kuske, RN, BSN, CHTP/I

Learn a new version of a classic technique. The Structural Chakra Connection technique was developed by Bonnie Johnson, RN, MS, BC-HN, CHTP/I and presented at the Healing Beyond Borders International Conference 2018. ([www.healerjbonnie.com](http://www.healerjbonnie.com)) In this session, you'll learn to

use this technique to rebalance energetic patterns of over-energized upper chakras and fields and under-energized lower chakras and fields. You can also use it to strengthen and repair weak energetic structure in lower chakras and fields. You'll see how to assess the energy field to identify the unique pattern of the patient's field, understand the reasons for and practice of the Structural Chakra Connection, and how to evaluate the results.

**2:15 p.m. – 2:35 p.m.**

Break (20 minutes)

**2:35 p.m. – 4:00 p.m.: Rested, Aware, Ready**

**Location: Regency, Main Floor**

**Keynote Speaker: Robyn Scherr**

Being present and caring for others can be depleting when we aren't also present for ourselves, fully at home in our bodies as we work. In this mostly experiential ninety minutes together, we'll discuss ways to recognize when we are "at home" and when we may be using our reserves to serve, draining our own wells. Robyn will lead us through practices she uses to stay present with herself as she remains attuned to her clients, allowing her to end her day feeling more energized than when she begins. You'll leave with a batch of new techniques you can use in your own healing practice.

**4:00 p.m. – 4:15 p.m.: Prize Drawing / Closing Remarks & Meditation**

**4:15 p.m. – 6:00 p.m.: Vendor Shopping / Networking**

### **GATHERING OBJECTIVES:**

- Learn new tools + techniques you can use in your healing practice
- Learn ground-breaking research about the power of consciousness to aid healing
- Discover new ways to take care of yourself and maintain your own energy and health
- Discover the power of community to enhance your well-being and resiliency

### **SAVE THE DATE**

**Future NCHTC Conferences at the Crowne Plaza:**

March 22 – 23, 2024

March 28 – 29, 2025

## SPEAKER BIOS

### **Dr. Shamini Jain**

Shamini Jain, PhD, is a scientist, psychologist, and transformational teacher. She is the founder and CEO of the nonprofit Consciousness and Healing Initiative (CHI), a collaborative accelerator of scientists, healers, artists, and educators to help lead humanity to heal themselves. She received her BA degree in Neuroscience and Behavior from Columbia University and her PhD from the UCSD/SDSU Joint Doctoral Program in Clinical Psychology with a research focus in psychoneuroimmunology. She has received numerous awards for her published research studies in integrative health approaches, including biofield healing and meditation. Her award-winning book with Sounds True Publications, *Healing Ourselves: Biofield Science and the Future of Health*, is available at booksellers worldwide.

Dr. Jain integrates her background in clinical psychology, psychoneuroimmunology, East Indian spiritual practice and vocal art to share with others how they can best heal themselves and live joyful, meaningful lives. Shamini speaks and teaches in diverse venues including TEDx, universities, conferences, hospitals and retreat centers worldwide. Learn more and connect with healing resources at [www.shaminijain.com](http://www.shaminijain.com) and [www.chi.is](http://www.chi.is).

### **Jacquelyn Fletcher Johnson, MFA, CHTP**

Jacquelyn Fletcher Johnson is the founder of Heartwood Healing and the creator of the Heartwood Campfire Club, a membership community that helps people tap into the transformation power of storytelling, mindfulness, and well-being techniques.

She's an award-winning author, inspirational speaker, and corporate trainer who's worked with thousands of executives and healthcare professionals from a wide variety of organizations including Mayo Clinic, Mayo Clinic Alix School of Medicine, UnitedHealth, OptumHealth, WW (formerly Weight Watchers), PepsiCo, Visa, Hallmark, Keurig Dr. Pepper, Mars, Microsoft, P&G, Salesforce, The Coca-Cola Company, and many more. She's an award-winning author of 14 books, including *Dear Body, Love Me*.

She's the co-creator and host of the Healing Words television show and a founding faculty member of the Creative Writing at the Bedside program, both administered by the Lavins Center for Humanities in Medicine at Mayo Clinic. Jacquelyn is a member of the Women's Health Leadership TRUST and her company, Heartwood Healing, is a network organization on the National Academy of Medicine's Action Collaborative on Clinician Well-Being and Resilience. She serves on the Board of Directors for NCHTC and the Dragon Divas, a nonprofit dragon boat racing club for breast cancer survivors. See [HeartwoodHealing.com](http://HeartwoodHealing.com) for more.

### **Robyn Scherr**

Robyn Scherr CMT CST-D. A health educator for 30 years and healing arts practitioner for more than two decades, Robyn advocates for touch that is informed by a deep respect for our unique lived experience and an acknowledgment of the stressors society and culture place upon us. Skillful, attuned touch provides resources our bodies can use immediately to calm the nervous system and release the effects of stress, injury, and trauma.

Robyn is a certified massage therapist in California, Diplomate certified in CranioSacral Therapy, a Presenter and Master Practitioner for the Healing From the Core® method. She has lectured and published extensively on the value of attuned touch, and is co-author of the book *Elements of a Successful Therapeutic Business*. Find out more about Robyn's private practice, writing, and speaking at [www.livinginthebody.net](http://www.livinginthebody.net)

**Lynn LeMere, RN, BSN, CHTP**

Lynn LeMere has been a nurse for 30 years and is currently working at TRIA Orthopedic Center. She's worked in Neurology, Neurosurgical ICU, Cardiac, and Hospice nursing. Many professional and personal experiences lead her to take Healing Touch classes. Healing Touch fit in perfectly with all the self-care and holistic health care that she learned in Nursing School at University of Wisconsin Milwaukee and restored her passion for nursing. Her strong desire to share her passion for Healing Touch motivated her to become an instructor of Healing Touch. She's been an active member of the NCHT Community for many years. She's served on the board previously, and joined the Board again this year, during this critical time for the community.

**Barb Schommer, RN, PHN, CHTP, CHTI**

Barb Schommer draws on her 48-year career as a public health nurse, combining standard medical care with energy therapies. As a Certified Healing Touch Practitioner of 22 years, Barb maintains a private practice as well as volunteering in the community. She is enthusiastic about empowering people into their own self-healing process. As a Certified Healing Touch Instructor for 20 years, Barb is gentle and loving in her approach of allowing participants to unfold into their own awareness of and appreciation for energy therapy as they experience Healing Touch classes. Barb is a charter member of Healing Touch International, Inc./Healing Beyond Borders.

**Krista Martini, CHTP**

Krista Martini is a Certified Healing Touch Practitioner through Healing Beyond Borders as well as a Certified Public Accountant. She's completed the Level 1 Course for Healing Touch for Animals. She served as the Vice President of Finance/CFO of Good Shepherd Community in Sauk Rapids, Minnesota for the past 19 years. In October 2021, she opened Balanced Healing, her Healing Touch business, in St. Cloud, Minnesota.

**Lauri Wollner CHTP, CHTI**

Lauri Wollner began practicing Healing Touch in 1991 and started officially working with animals (both HTA and AC) in 2010. She's a psychologist and counselor. She's got professional

experience in facilitating groups and workshops, providing educational lectures, and is a certified instructor for Healing Beyond Borders.

### **Melissa Hansen**

Melissa Hansen started riding horses before she was born. She's been an animal lover her entire life. She was a Healing Touch for Animals instructor for nearly a decade. She is part owner of two very successful dog kennels. She's rescued and rehabilitated hundreds of horses. Her abilities to feel and understand animals are phenomenal.

### **Stacey Quade, COTA/, CHTP/I**

Stacey Quade, Clinical Herbalist, has maintained a private practice in Healing Touch and Herbal Medicine since 2002 in Duluth, MN. Retired from 33 years of work as a Certified Occupational Therapy Assistant at Essentia Health Miller Dwan Rehabilitation, 1988 to 2021. During her career at Essentia she specialized in Traumatic Brain Injury, was project manager for part of Energy Based Therapy Research studies, and a member of the Integrative Health Advisory Committee. Stacey teaches classes on a variety of wellness topics, including energetic principles, diet/nutritional basics and herbalism in the Duluth area and surrounding communities. She is a member of the HBB professional development committee. She is the secretary for NCHTC board. She teaches course 1 and 2 through HBB.

### **Susan Kuske, RN, BSN, CHTP/I**

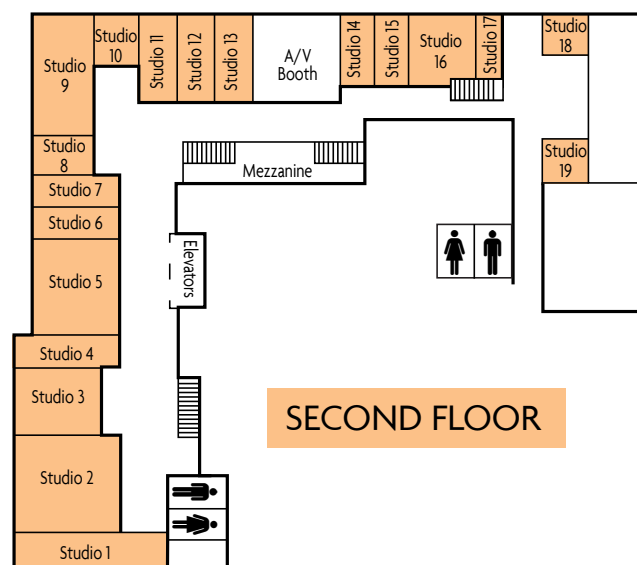
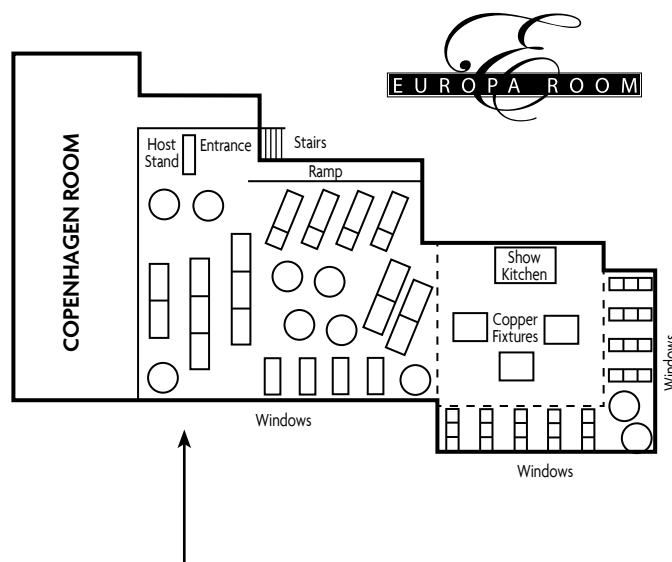
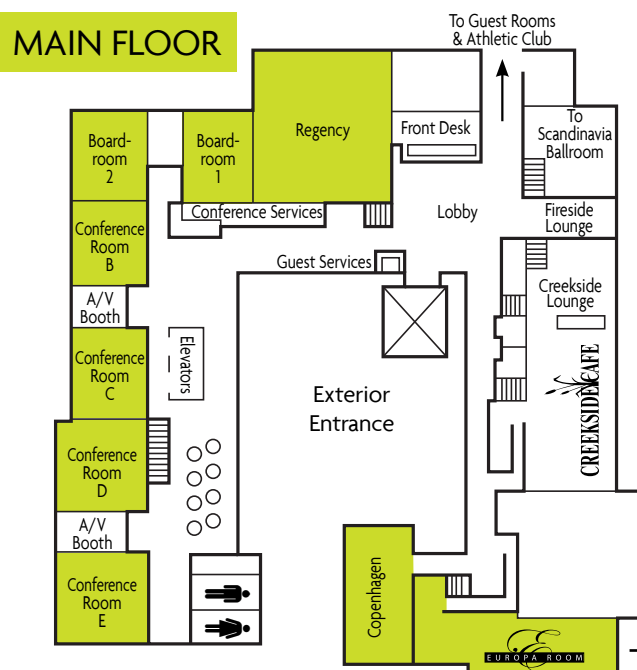
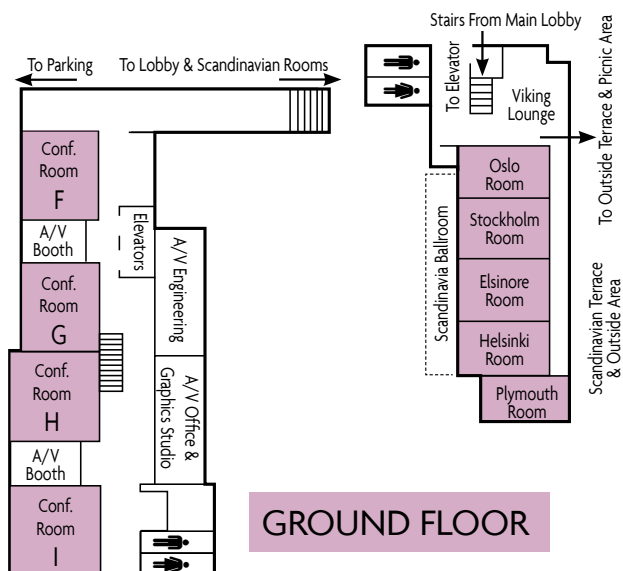
Susan is a Certified Healing Touch Practitioner/Instructor for Healing Beyond Borders HTI Healing Touch Certificate Program. She has taught HT in several states including two universities. Susan's Healing Touch and Spiritual Direction practice specializes in self-care, mental, physical, emotional, and spiritual well-being, acute and chronic disease, pre/post op surgery, and pain management. Her 35-year nursing career includes medical-surgical patient care and education, clinic triage, and case management.

### **Deborah Anderson**

Deborah is a lifelong learner. She's been a Registered Nurse for over 40 years, a yoga Alliance RYT 500 certified yoga instructor, a Wahl's Protocol certified Practitioner and a Healing Touch Practitioner CHTP. She received her 200-hour yoga certification in 2016 and her 300-hour yoga certification in 2020.



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