

Healing Touch

Enhancing your patient experience

What to Expect

Healing Touch works with your body's natural energy to promote healing and provide a deep sense of relaxation.

Healing Touch providers use their hands above or on the body, using gentle touch with the intent of clearing, energizing, and balancing the human and environmental energy fields.

The first session involves a consultation as well as the session itself. The provider will ask a series of questions about the individual's physical, mental, and emotional situation, and will answer any questions about the service itself. The session is then conducted with the patient clothed and lasts between 15 and 45 minutes.

If you would like to receive a Healing Touch session during your stay at St. John's Health, connect with your nurse to find out if a provider is available.

This service is free for patients in the hospital.

Experience the possible benefits of Healing Touch



Acute and chronic pain relief



Lowered anxiety and depression



Cancer Care Support



Strengthened immune system



Improved quality of sleep



Enhanced recovery from surgery



Complementary care or neck and back issues



Reduced levels of stress



Frequently Asked Questions

Who are St. John's Health's healing touch providers?

Our providers are specially selected volunteers in addition to staff members. Each of them has received their minimum 18-hour Healing Touch Level I certification, and many have completed an additional 18-hour Level II certification.

Where else is Healing Touch practiced?

Healing Touch is used in over 100 hospitals as a complement to standard medical care. More than 86,000 nurses and other health professionals around the world use it in inpatient, outpatient, hospice, and private practice settings. Healing Touch is currently offered at:

- Mayo Clinic
- Stanford University Medical Center
- Columbia Presbyterian Hospitals
- Yale New Haven Hospitals
- Chicago Children's Memorial Hospital
- Memorial Sloan-Kettering Cancer Center
- Johns Hopkins Neonatal Intensive Care Unit
- Scripps Green Hospital

Schedule an Appointment Today at the Wellness Department
Monday-Friday | 625. E. Broadway | 307.739.7399

