



# June Informer

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*Keeping you up to speed with what's going on. I certainly would be happy to receive information on events coming up in your district and any short articles that you have.*

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**The secretary is Leonie Blackwell  
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*Celebrating 20 Years*

# TABLE OF CONTENTS

Minister for Health Letter.....	3
Mercy Touch.....	4
Rocking Chair Therapy.....	5
Workshops.....	6
Committee 2014-15.....	7
Qualified Supervisors.....	7
Affiliated Members.....	7
Birthdays.....	7
Networking.....	8
Websites.....	8
Future Events.....	8
College Directory.....	8

FROM THE  
Editor

I'd like to thank all our contributors for articles submitted, as I am taking on additional responsibilities with my lions club. As of July 1st, please welcome Diane Collett as Editor, send all submissions to: [diane@angelicpresence.com.au](mailto:diane@angelicpresence.com.au)

Regards Tim Fraser

## ARTICLE SUBMISSION GUIDELINES

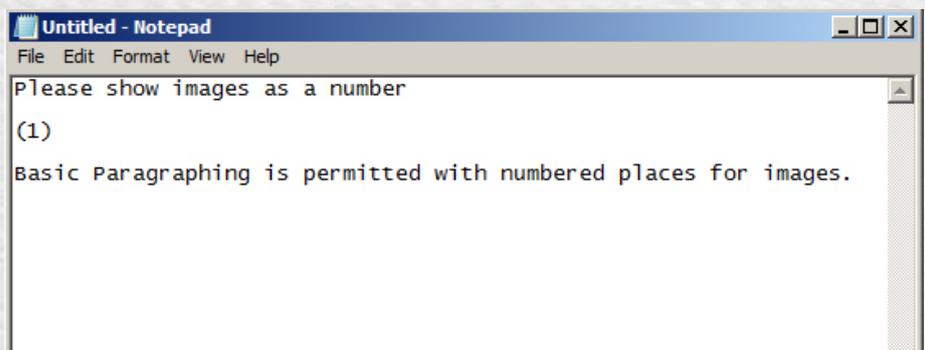
Please Submit all articles in raw text format. A notepad file will be sufficient. Basic Paragraphing is permitted with numbered places for images.

All images must be submitted individually named with corresponding numbers.

Article Length Maximum  
**500-1000 words**

- Editor

Please email .txt documents to:  
[diane@angelicpresence.com.au](mailto:diane@angelicpresence.com.au)





**THE HON SUSSAN LEY MP  
MINISTER FOR HEALTH  
MINISTER FOR SPORT**

Ref No: MC15-000750

Mr Tim Fraser  
President  
Australian Holistic Healers Association  
8 Hoop Court  
MAROOCHYDORE QLD 4558

Dear Mr Fraser

Thank you for your correspondence of 27 December 2014 regarding my appointment as the Minister for Health and Minister for Sport.

I appreciate you taking the time to write to congratulate me on my appointment. I feel privileged to be able to serve the Australian Government and the community in my new role.

I look forward to working to improve the health of Australians and to implementing the Government's initiatives in this area.

I am currently examining the natural therapies report provided to me and will make an announcement regarding the outcome in due course.

Thank you again for your congratulations.

Yours sincerely

A handwritten signature in blue ink, appearing to read 'Sussan Ley', written over a horizontal line.

**The Hon Sussan Ley MP**

28 JAN 2015



## **Mercy touch..... not only machine touch**

Meenak Krishnan  
Holistic Counsellor

Stephen Hawking declared that a theory of everything might be impossible to come by — but a theory of humankind's potential destruction is not. This destruction may not be the result of aggression but the result of a world emptied of compassion. It may be done with the desire to create a better, more efficient world or the drive to create more wealth but intentions do not necessarily match what it is to function or fulfil your life as a person. Rather, today's world is gripped powerfully by the most advanced gadgets and machines ever invented. It has to be asked if this compromises our own

humanity.

Many active young and middle aged people find their lives dominated by such gadgets as the i-phone, i-pad and i-pod. The many new technologies that appear every day influence people throughout the globe for both good and bad. The use of touch screen gadgets even become a very personal attachment that becomes difficult to live without. Undoubtedly, such technology by being user friendly is popular. Undoubtedly this popularity is a blessing in other ways, especially for those living in rural areas with minimum facilities.

However, despite the rapid advancement in technology the important role of self-improvement rests in human hands. These decisions rely on our own conscience and compassion not technology. The role of technology can make a difference to how we achieve a goal but it is not the decisive factor. For instance, in education a child formerly learnt how to hold a pen or pencil in their fingers and then printed their words. Then the typewriter produced writing in a more standard form and computers expanded the ability of the written word to make things still easier in a busy life. Each invention gave improved comfort and range to every user. Undoubtedly this technology helped improve and establish instant communication nationally and internationally for a greater range of purposes.

These improvement come with a cost. A familiar sight is people talking to us as they busily type messages on to their mobiles. They can continue to do this as they cross the road and they can stumble, fall or bump into others as they concentrate on texting. Even students studying in class can pay less attention to what is taught than communicating with friends. Family life can delegate any communication with parents secondary to other simultaneous activities such as chatting with friends, playing video games on television, and listening to music with ear phones on. The prevalence of technology leads to the inability to discriminate over what is important.

At work we can observe the same trends. In a hospital we often see medical staff busily looking into the central consoles connected to patient. A machine can monitor a patient's vital signs even while the patient is not in the vicinity. An automated machine is trusted to administer an intravenous medicine/drip and to adjust the dose. Approximately 70-80% of a patient's stay in the hospital is shared and cared for by various machines. Advanced machines replaced the physical presence of medical personnel in the ward. It can be envisaged that robots will be main caregivers in the hospitals whereas medical personnel will be in remote areas busy controlling and commanding the activities of robots. Such advancement in technology is always welcomed for the physical welfare of a patient, but it has to be questioned if there is a cost of depriving the patient of their emotional needs and those features that make them a person not just a body to be monitored.

This can be contrasted with even the recent past where the presence of medical personnel at the bedside of the patient fulfilled these other needs. Staff had the beautiful duty to talk with patients to comfort them with a pat on a back or merely a gentle touch on the shoulder. Indeed, such methods of non-verbal communication to express to the patient, 'Don't worry ...You will be alright soon.' This simple but important action is beyond any machine.

The contrast between the promise of technology and the certainty of human kindness is profound. A friend wanted to give his first earnings to Mother Teresa's charity foundation. His desire to achieve something worthwhile overwhelmed him and so he travelled to see Mother Teresa and handover the money. After waiting for a while a nun guided him to visit Mother Teresa. He saw her sitting holding hands of two dying people. She continued to sit there but he found it impossible to breathe in in the room filled with a fetid smell. After gathering himself together outside the room he went back into the room to handover the money to Mother, but wanted to do this as quickly as possible. However, Mother Teresa surprised him by not accepting his money but softly said, "These people do not need money they need your touch."

Unfortunately, unknowingly and for the best of intentions the materialistic world's emphasis on technology separated human beings from their very humanity. According to Maslow's law a human being is a social animal who needs love, affection, and a sense of belongingness which can be provided only by human beings not by a machine. Being a human is a gift. It is a gift we achieve through giving. We will be fortunate if we believe and encourage others to believe that a patient needs the touch of Mercy just the non-caring touch of a machine.

Prof. Meenak Krishnan  
M.Sc.LL.B  
Holistic Counsellor

**Rocking chair therapy for dementia patients:  
Its effect on psychological well-being and balance**  
Nancy M Watson, PHD.RN  
Thelma J Wells, PHD, RN, FAAN  
Christopher Cox, PHD

#### **Abstract**

The use of a platform style rocking chairs to improve psychological wellbeing and balance of nursing home residents with dementia was studied. Despite significant cognitive impairment, most medically stable unstrained residents accepted and learned to actively rock. During the six weeks programme residents were able to rock an average of 101 minutes using a cross over design. There were improvements in depression anxiety and reductions in PRN pain medication significantly related to the amount of rocking. Those who liked the rocking and wanted to continue it at the end of the study also demonstrated improvements in balance as measured by centre of gravity.

#### **Introduction**

Patients with dementia exhibit a range of behavioural symptoms which include Mood disturbances such as depression and manic symptoms.

#### **Anxiety**

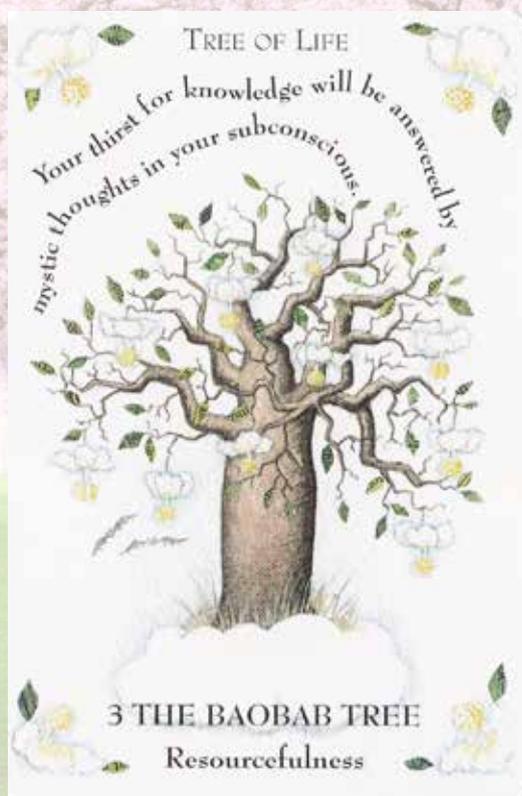
Behaviour and activity disturbances such as agitation, aggression and wandering.  
Psychotic symptoms such as hallucinations and delusions.

These behaviours manifest themselves significantly in nursing homes. In an in-depth study of 42 nursing homes, disruptive behaviour was present among 64 percent of residents and 23 percent had serious behaviour problems. Types of management used for the serious problems were most commonly, psychoactive drugs (58 percent of patients, restraints, (47 percent), reality orientation (47 percent) and psychiatric consultation (38 percent) Despite positive reductions in restraint use since the time of study, few new effective management strategies have been identified, aside from new medications which present side effects and often conflict with co- existing behavioural manifestations. Given these limited treatment options, the department of health and human services report of the task force on aging research recommended research on behavioural symptoms in Alzheimer's disease (AD) and related disorders be given immediate priority. Thus is clearly a need to examine innovative approaches to the behavioural management of patients with dementia. This paper reports the results for rocking chair therapy for dementia patients.

Although rocking chairs are linked to stereotypes of old age they have disappeared in long term care settings. While comfort and safety maybe less than ideal with old fashioned rockers, modern rocking chairs seem appropriate for long term care. Rocking, a repetitive, rhythmic motion, may affect psychosocial well- being as well balance through stimulation of the vestibular-proprioceptive system.

Studies in the seventies demonstrated that rocking had a soothing effect on infants. However, rocking intensity (i.e. frequency and amplitude) affected response as well as highly significant individual individual differences in terms of soothability. Rocking was postulated to be related to foetal rhythmic stimulation in utero, thus it may be a basic and early ingrained neurological pattern. Its soothing response may be due to either proprioceptive sensory  
American Journal of Alzheimer's disease  
November December 1998





## WORKSHOPS

### **Meditation Teachers Certificate** - Qualify as a meditation teacher

Turn your love of meditation into a business and share the magic of meditation with those around you, this course is accredited by the AHHCA. Learn to write a meditation, plan & run groups, importance of breath and how meditation helps in our life.

For an information sheet please email: [diane@angelicpresence.com.au](mailto:diane@angelicpresence.com.au)

**Investment:** Live outside Melbourne area?  
Contact me to discuss new correspondence course.

**Dates:** June 7, 21 28/ 2015  
2nd intake starts August 2015  
Delivery: 8 sessions day sessions  
10am – 4 pm (Sunday) in person  
Mitcham, Victoria)

## Art & Meditation as Medicine

*Facilitated by Diane Collett*

Weekly 2 hour group that will enable you to leave the stress of everyday life outside of the room, while you release & learn tools to use in your life for combating every day occurrences.

Using Art and Meditation to connect to your inner self and find the peace that lays within. Release negativity, tension & emotions through art, moving into relaxing through breathing exercises & guided meditation finishing with fine tuning our intuitive skills through exploring art, cards, crystals and much more. Allowing you to explore and play in a safe, nurturing and friendly environment.

**Term 2: June 1, 9, 22**

**Investment:** \$35.00 casual per class  
Or buy a 5 sessions or term pass to save  
Based in Ringwood 7pm to 9pm  
All other details given when booking is taken.



# COMMITTEE 2014-15

*PRESIDENT: Jim Fraser*

*VICE PRESIDENT: Diane Collett,*

*SECRETARY: Leonie Blackwell*

*TREASURER: Belinda Harber*

*ADMINISTRATOR: Karen Howard*

*GENERAL COMMITTEE: Helen Bramley Jackson, Andonnia Gotsi, Jayne Boyle, Karen Howard*

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*Wendy Lauder* – Contact: 54412516 or wlauder@hotmail.com.au

## AFFILIATED MEMBERS

### **Australian Doctor Healer Network**

[www.doctorhealernetnetworkaustralia.com](http://www.doctorhealernetnetworkaustralia.com)

Free Listing Please contact: [tim@doctorhealernetnetworkaustralia.com](mailto:tim@doctorhealernetnetworkaustralia.com)

### **Healing Centre • Educational Retreat**

[www.whiteeaglelodge.org.au](http://www.whiteeaglelodge.org.au) - (07) 5494 4397

### **Mental Health Academy**

[www.mentalhealthacademy.com.au](http://www.mentalhealthacademy.com.au)

### **Pathways Holistic Centre**

[www.pathwaysholistic.com.au](http://www.pathwaysholistic.com.au) - (07) 5326 3336



*The committee would like your support*

**We would like to get our organisation noticed by a lot more people, you can help us by displaying our logo on your website.**

**Please contact the office for a copy of our logo**

## *June Birthdays*

*Happy birthday to the following members*

**Feran Bilal, Kerry Black, Jayne Boyle, Paula Havryluk, Helen Hopgood, Karen Howard, Wendy Lauder, Denise Lloyd, Karen McDonald, Carmel Ryan, Carmel Schleger, Julia Toffolon.**

## NETWORKING

The committee feels it is important for all our members to support like minded organisations conferences; it's a great way to learn new things, gain professional development hours and meet new people.

## WEBSITE LINKS

### Hearts in healthcare

[www.heartsinhealthcare.com](http://www.heartsinhealthcare.com)

### Australian Industry Training Association

[www.aitd.com.au](http://www.aitd.com.au)

### Australian Hypnotherapy Association

[www.ahahypnotherapy.org.au](http://www.ahahypnotherapy.org.au)

### Walter Last

[www.heal-yourself.com.au](http://www.heal-yourself.com.au)

### Strauss heart drops

[www.straussheartdrops.com](http://www.straussheartdrops.com)

### National federation of healers

[jenny@nfh.org.au](mailto:jenny@nfh.org.au)

### Magnetic Healers Unlimited

[www.magnetichealers.org.nz](http://www.magnetichealers.org.nz)

[kathyaauric@actrix.co.nz](mailto:kathyaauric@actrix.co.nz)

### Cancer support organisation

[www.ucansurvive.org](http://www.ucansurvive.org)

### White Eagle Healing Centre

[www.whiteeaglelodge.org.au](http://www.whiteeaglelodge.org.au)

### Australia Counselling association

<http://www.theaca.net.au/>

### Caledonian Colour

PRINT | SIGNS | DESIGN

[www.caledoniancolour.com](http://www.caledoniancolour.com)

## FUTURE EVENTS

### AIMA 21st International Integrative Medicine Conference

17th - 19th July, 2015, Docklands, Melbourne, Australia

**20% discount on the full conference registration cost to all AHHCA Members. Just enter the discount code [aima2015](#)**

### AHHCA SEMINAR

3-4 October 2015 - CWA Hall Samford

### Australian Foundation for Healing Touch Inc - National Gathering - 2015

The 2015 Gathering will be held at Edmund Rice Retreat Centre "Winbourne", 1315 Mulgoa Road, Mulgoa NSW on October 16-18, 2015.

Australian Reiki Connection Presents

### THE FUTURE FOR REIKI - Pathway to wellness

Sat 17th & Sun 18th October 2015 -SYDNEY NSW

## College DIRECTORY

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Phone: (08) 9726 1505

Final thought "Either you repeat the same conventional doctrines everybody is saying, or else you say something for the month true, and it will sound like it's from Neptune." ~ Noam Chomsky

Tim Fraser - President and Editor

GPO Box 1149 Melbourne 3001

Web: [www.ahhca.org](http://www.ahhca.org)