

Assessment of Changes in Brainwave Patterns and Physiological Markers of Subjects Receiving Healing Touch – A Randomized Controlled Trial

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Abstract

This study evaluated the impact upon the physiology and state of consciousness of recipients of Healing Touch offered by a certified practitioner. Healing Touch (HT) uses gentle hand movements on or near the body, to clear and balance human energy fields. Reduction in stress and pain are well documented benefits for recipients of Healing Touch. Some studies have focused on changes in physiology of practitioners or recipients. Little is documented on the effects on states of consciousness of participants of Healing Touch and other biotherapies. This was a randomized controlled study of 68 subjects. Fifty-six percent of the subjects were female; forty-four percent male. Age range was eighteen to ninety-one years. The study measured changes in five parameters: electroencephalography (EEG), skin conductivity, blood volume and pulse (BVP), respiration, and temperature. These measurements were recorded constantly during each twenty-eight minute session. Additionally, the procedure consisted of recording two minute baseline EEG reading: with eyes closed, then with eyes open. Then the Control Group relaxed for twenty minutes while the Intervention Group received a twenty minute “dose” of Healing Touch. The session concluded with a repetition of two minute baseline EEG recording with eyes closed, then two minutes with eyes open. The intervention group had increased activation in all brainwaves patterns. There was a statistically significant difference ($p = .03$) in the decrease in anxiety of the intervention group as compared to the control group, with a CI of 95%. The results justify larger studies. Suggestions for future studies are included.