

December 2015

Evidence shows that Healing can work

Help us to help you, and drive forward the agenda of Healing together

Earlier this year, The Confederation of Healing Organisations (the CHO) hosted a presentation at Westminster of **two meta-analyses into non-contact healing**. These important studies had been undertaken by Professor Chris Roe and his team from the University of Northampton, and were published in the peer-reviewed journal *Explore: Journal of Science and Healing*. The CHO had funded the research studies as we felt strongly that they could add credence to what we, as healers, all practice. We were delighted when the results showed evidence, beyond chance, that **healing can work**.

The research critically examined 106 trials, split into non-contact healing on humans, thus negating any suggestion of the benefits of touch being a primary factor, and upon non-humans. The non-human studies had been carried out on small animals, plants, seeds and cell cultures, dispelling any argument for expectation or the '*placebo effect*' being the cause of positive results. Importantly, results showed a **significant effect of healing intention** on both humans and non-humans.

That healing intent can be proven scientifically is our first step towards a greater acceptance of healing and increasing understanding of why it works.

Upon this basis we would like to invite *<name of organisation>* to be one of 300 healing organisations to work together to drive forward the place of healing within the therapeutic spectrum. To do this we would be delighted if you would encourage your members to participate in the most comprehensive research survey across the UK into the effects of healing.

The more data we get the more valuable and convincing the findings will be to other organisations including the NHS and the government.

Results of the survey will be compiled and analysed by Professor Paul Dieppe of the University of Exeter. Once finalised, the findings will be shared with all participants and will be used to give us all a further platform for raising awareness of healing and the value that it has in healthcare.

We enclose all the information your members will need to take part. We don't ask that you incur any costs; therefore we suggest that when asking your members to participate, they contact us direct and we'll send them a number of survey forms, a consent form to fill in, plus client information flyers. We'll also cover any postal costs.

Your involvement in this project is crucial to its success; hence we'd be grateful for your input and support.

We'll be in touch again in the New Year to find out if you need any further help and to keep you informed of any further developments in which the CHO are involved.

With very best wishes,

Sue Knight - Chief Executive

HEALING PRACTICE SURVEY 2015

PRACTITIONER CONSENT FORM

Who is doing the survey?

The Confederation of Healing Organisations (CHO) is carrying out a survey of healing practices in the UK in order to gain information about the demographics (age and sex) of both clients and practitioners; the reasons why clients seek healing; the types of healing practice being used by practitioners; and the benefits experienced by clients.

Why do we need this survey?

As healers we need this information because:

- There is a great deal of ignorance about healing in our society
- It is not usually included in lists of popular complementary therapies
- It is often considered a small, marginal activity by health care professionals, who therefore dismiss it

The purpose of collecting these data, in line with the aims of the CHO, is to:

- Help familiarise both the public and health care professionals with the nature of healing practices in the UK
- Make the public and health care professionals more aware of the size, popularity, diversity of use, and benefits of healing today

What happens to the data?

Practitioners who ask their clients to help them fill in the simple form provided will be anonymised by assigning them a number prior to any analysis or utilisation of the data. We have asked for your name simply so that we can ascribe the same number to each of the forms you send in to the CHO. No data that could easily lead to the identification of either individual clients or practitioners will be collected, and the data will not be made available to any outside organisation. However, the CHO will wish to publish aggregate data.

Why take part?

If you can provide us with data on as many consultations as you can by 31st July 2016 (up to a maximum of 20 different clients) you will help us amass a large database from healers all around the UK. The more data we get the more valuable and convincing the findings will be to other organisations, including the NHS and the government.

We intend to make the aggregate, anonymised data available to all the practitioners who take part in this survey. This will help you understand how your practice and clientele compares with the 'average' UK practitioner. We also hope to use the data to help us lobby for the recognition of healing as something of great potential value to people, and something that should be more widely accepted, used and recognised in the UK.

For example, if we could show from the data that large numbers of clients with back pain were going to healers and receiving benefit, maybe the government would look more favourably at recommending healing for back pain.

Please give us your support to show that healing is beneficial and a much valued therapy by people who make the decision to follow that route for their own wellbeing.

We would be grateful if you could provide signed consent below, fill-in forms with clients who agree to take part, and send these back to us no later than 31st July 2016. All costs of the survey (such as postage) will be covered by the CHO.

Please feel free to use the client information flyer provided and do let us know if you need any further copies of anything. Our contact details are at the bottom of the first page.

I understand the nature and purpose of this survey and am happy to be involved, and to provide the data requested with my clients

Name (CAPITALS PLEASE)

Signed

Date

THANK YOU VERY MUCH

HEALING PRACTICE SURVEY

Date of appointment:		Is the client being seen for the first time? (Please circle as appropriate) YES NO	
Demographics of client and practitioner:			
	Client		Practitioner
Age (years)			
Sex (M or F)			
What are the main issue(s) identified by the client as their reason for seeking healing (e.g. pain, fatigue, anxiety, a specific medical condition etc.)			
What is the main issue identified by the practitioner (e.g. physical, mental, emotional or spiritual, others or a combination of issues)			
Type of healing practice provided (e.g. Energy, Spiritual, Reiki etc.)			
Was immediate benefit thought to have occurred? (Please circle as appropriate)		YES	NO
If YES please specify exactly what happened <u>from the client's viewpoint</u>			
Approximate duration of appointmentminutes		
Was another appointment made? (Please circle as appropriate)	YES	NO	
Any other comments?			

HEALING PRACTICE SURVEY

WE WOULD LIKE YOUR HELP

If you are receiving healing to help you deal with ill health or to maintain good health could you please help us with our survey on healing.

- We are the Confederation of Healing Organisations, a charity dedicated to promoting Healing as a therapy.
- We want to know the reasons why people, like yourself, seek healing; what type of healing you are receiving and the benefits you are experiencing.
- We need this information so that we can help others to become aware of the benefits of healing.
- You can help us achieve this by helping your practitioner fill in the simple form provided. Any information you give will be anonymous.
- Please give us your support to help us show that Healing is a valued therapy by people who make the decision to follow this route for their own wellbeing.

Thank you very much

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