



# The Birth of the “Anatomy for Healers™” Workshops

by Sue Hovland, RN, BSN, CMT, CHTP/I,  
Founder and Director of the Anatomy for Healers program

Little did I know that my life would be changed forever in 1982 when I happened to sign up for a course with Janet Mentgen in Therapeutic Touch (TT) at the Community College in Lakewood, CO where I was taking an RN refresher course. To my surprise, I loved TT and was hooked! I took every class she offered over the next few years as she founded and developed the Healing Touch program, thinking only to use it with myself and my family.

I once thought of dropping out of the pursuit of healing, and Janet asked me if I could imagine going back to life without it. Of course, the answer was “No, I can’t go

back”. However, never would I have dreamed that someday I would teach it, let alone develop an anatomy class for Healing Touch (HT) practitioners that I would teach nationally and internationally!

I began practicing and teaching HT in 1990. Then my passion for learning healing led me to expand my background in nursing and Healing Touch by going to massage school, then to study neuromuscular therapy, cranial-sacral therapy, visceral and lymph massage, human dissection, energetic allergy release, Axiatonal Alignment, aromatherapy, Bowen Technique, and workshops with many powerful healers, such as Rosalyn Bruyere, Shelby Hammitt, Debra Denker, Barbara Brennan, Rudy Noel, Brugh Joy, Mary Jo Bulbrook, Kathy Sinnett, and others.

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All of this brought a deepening knowledge of the miracle of the physical human body with its energy system and a desire to share that information. This led to the birth of the *Experiential Anatomy and Physiology for Healers* workshop in 1997 (now named *Anatomy for Healers™*). It's an accumulation of knowledge I've learned from my anatomy studies, past and continuing, my HT foundation, and further energy medicine studies. The more I really understand anatomy, the more my clients are releasing quickly and deeply.

Janet Mentgen encouraged and supported the anatomy class since the beginning. She knew anatomy very well, and knew how valuable it was when working with clients. Healing Touch Program™ continues to be supportive of the program, giving CE credits for nurses and massage therapists for the workshops.

The anatomy workshops are advanced study for experienced healers who have completed Level 3 HT or have similar experience. The workshops enhance the powerful HT background by teaching and applying anatomy insights through new energy treatments. This approach has helped students do deeper, more specific, and effective work. Nurses and others who have studied anatomy also find it valuable, because traditional anatomy doesn't integrate the energy aspects with the physical body. There is a quote that aptly states the goal of my program:

*"If you know energy,  
you need to know structure.  
If you know structure, you need to know energy.  
If you know both,  
you need to know how to put them together."*

-Fritz Smith, MD, the founder of Zero Balancing



Above: a close up of a group of Anatomy For Healers™ Level 1 students doing a felt organ puzzle on a classmate during a Level 1 class. On the previous page: Instructor Elfie Holst teaching about the skeleton during a Level 1 class.

One anatomy student said, *"This has really deepened my healing work--I have new insights on how the body works, and my tailbone feels very different and better."* Another said, *"This has completely changed the way I feel about my body--it feels completely new"*.

Working deep in the bones creates releases of some old patterns--one student said her body structure adjusted all night after receiving the treatment in class. Energetically cleansing the liver can bring up old anger for release as it clears out toxins on all levels. It has helped some clients with Hepatitis C to normalize their liver enzymes. Getting acquainted energetically with the cardiovascular system is a profound experience, and the energy field in the classroom pulses with the etheric heart beat. Students are amazed at how they can actually energetically feel the difference between the liver, stomach, pancreas, intestines, kidneys, etc. It's exciting

for me to feel the classroom become the energy of the liver, lymph, bones, and other tissues. It has been even more exciting when former students will tell me that they use the knowledge all the time, and find it was one of the most valuable workshops they have ever taken.

Because of the demand, I have now expanded the program to three levels of workshops (Level 1 Anatomy for Healers is required to continue to Level 2 or 3):

**Level 1** teaches the physical and energetic experience of the normal body systems and organs, including many new treatments. It is a three and a half day, 27 CE hour workshop.

**Level 2** teaches an anatomical approach to diseases, with advanced studies and treatments in the skeletal, respiratory, digestive, endocrine, and cardiovascular systems including work on the back, and with allergies. It is a three day, 24 CE hour workshop.

**Level 3** studies in detail the brain and nervous system addressing stress, trauma, neurotransmitters, and diseases. It is a three day, 24 hour CE workshop.

Each workshop sets the stage for learning by utilizing the class notebook, lectures, visuals; a plastic skeleton, torso, skull and brain; a cut-out organ “puzzle”; and videos of actual tissues inside the body. Then the students experience the organs and body systems directly, on themselves and others, learning many new energy treatments. Like the HT classes I teach, these many different approaches help integrate the knowledge that is presented.

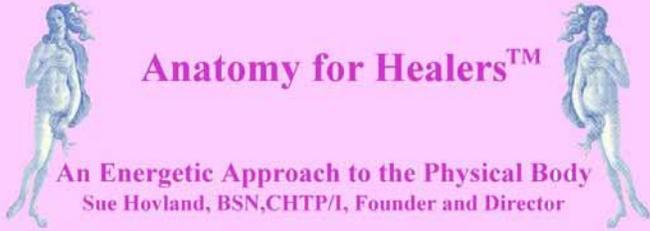
I am privileged to have Elfie Holst, RN, BScN, CHTP/I, past president of Healing Touch Association of Canada, on my faculty teaching dynamic Level 1 workshops, and hope soon to have more instructors. For more information about the workshops and current schedule, go to [www.AnatomyForHealers.com](http://www.AnatomyForHealers.com).

It has been a wonderful privilege to travel around the U.S. and internationally -- seeing the depth, ability, and

heart-centered caring in HT communities everywhere! There are numerous wonderful people “doing the work” in amazing ways to spread the light worldwide. We learn so much from being in community with other advanced healer colleagues in the classroom. Anatomy for Healers™ has been a great blessing for me and the adventure of a lifetime that began with a chance class at a community college! ☺

Sue’s Bio:

Sue Hovland has been studying energy and the human body for 24 years. She is the Founder and Director of her program “Anatomy for Healers”, which she has been teaching nationally and internationally since 1997. She has a private practice using energy healing, massage, cranial sacral therapy, and allergy treatments. She has been married to Ken, an eye surgeon specializing in the retina, for 48 great years. (He still wonders what she is doing!) They have 4 children and 9 grandchildren.



## Anatomy for Healers™

**An Energetic Approach to the Physical Body**  
Sue Hovland, BSN,CHTP/I, Founder and Director

This unique hands on approach integrates anatomy with the energy system of the body. Advanced new energy treatments are learned and practiced at each level, with direct clinical application. 24-27 CE hrs.

**Level 1** teaches the energetic experience of the normal body systems and organs. Prerequisite: HT 3 or similar experience.

Date	Location	Contact	Instructor
2/21-24/08	St. Louis, MO	Paula Bridges 573-238 4612	Holst
3/13-16/08	Omaha, NE	Donna Wendt 402-597-6971	Holst
4/3-6/08	Portland, OR	Linnie Thomas 503-454-0469	Hovland
4/9-12/08	San Diego, CA	Mary Jane Aswegan 760-633-6312	Hovland
4/24-27/08	Cedar Rapids, IA	Mary Ellen Dunford 319-395-6700	Hovland
6/5-8/08	Minneapolis, MN	Carol Wille 651-439-8954	Holst
Fall 2008	Vancouver Island, BC	Joyce Tinney 250 752 2786	Holst
Feb 2009	New Zealand	Debbie Carter 64 3 3322931	Hovland

**Level 2** teaches an anatomical energy approach to diseases (including allergies), and a deeper experience in the body. Prereq: Anatomy 1

Date	Location	Contact	Instructor
5/1-3/08	Ft. Collins, CO	Sue Walker 970-282-0050	Hovland
6/6-8/08	San Francisco, CA	Helen Hann 650-200-5225	Hovland
8/15-17/08	Minneapolis, MN	Carol Wille 651-439-8954	Hovland
10/24-26/08	Cincinnati, OH	Don Stouffer 513-770-4289	Hovland
Feb 2009	New Zealand	Debbie Carter 64 3 3322931	Hovland

**Level 3** studies in detail the brain and nervous system addressing stress, trauma, neurotransmitters and diseases. Prereq: Anatomy 1

Date	Location	Contact	Instructor
10/10-12/08	St. Louis, MO	Joan Carnaghi 314-831-1357	Hovland
11/21-23/08	Minneapolis, MN	Carol Wille 651-439-8954	Hovland
Feb 2009	New Zealand	Debbie Carter 64 3 3322931	Hovland

**Register Online @ [www.AnatomyforHealers.com](http://www.AnatomyforHealers.com)**  
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Elfie Holst, 289-407-0414, [elfie@elfieholst.com](mailto:elfie@elfieholst.com)