# The Healing Journey

Raji Kuriakose is a registered nurse at the Tampa VA Hospital with nineteen years of Nursing experience. She received the Healing touch level I and II training in 2019. She is a part of the evolving Healing touch Team. She is also a member of the American College of Lifestyle Medicine. She is a Whole Health Acute Care Co-Ordinator RN at James A. Haley RN.

Healing Touch is a therapy in which the practitioners use their hands in a heart- centered and intentional way to support and facilitate physical, emotional, mental and spiritual health and healing. It is based on quantum physics. The benefits of Healing Touch include reduction in pain, anxiety, stress, depression, improved sleep, health, immune system, enhances recovery after surgery and reduces length of hospital stay.

She has been practicing Healing Touch for about one and a half years. She has had many great experiences while providing Healing Touch for veteran patients. Some are written below.

Ms. Kuriakose visited a patient who was having severe PTSD symptoms such as anxiety, nightmares, and difficulty sleeping which caused him to have high heart rate and high blood pressure. His blood pressure was not improving despite administering several blood pressure medications.

She talked to him and he agreed to receive Healing Touch. Initially he was not able to lay down in the bed due to severe anxiety. She was able to calm him down using a Healing Touch technique called “Mind clearing”. After about fifteen minutes, his anxiety started to decrease, and he agreed to lay in the bed. He fell asleep immediately. When she reassessed him after an hour, he was still sleeping.

The next day, Ms. Kuriakose went to see the patient and he was cheerful and interactive. He was very thankful and stated that he had not slept for several weeks due to PTSD. But he slept well the night of Healing Touch. His blood pressure and heart rate were normal. He told her that he wanted to get more services from Whole health (Complementary Integrative Health) department. She informed him of the PTSD clinic, and she referred him to the Whole Health Outpatient clinic. He was discharged that afternoon.

She saw a patient who had a knee replacement surgery done several weeks prior. He was readmitted due to complications that included infection in his spine. This patient was experiencing severe back spasms and difficulty walking. This also caused him to have severe anxiety.

After seeing him and explaining about Healing Touch, he agreed to try it. After receiving Healing Touch, he reported feeling a sense of calm and slight reduction in pain. Upon follow up, he was sleeping peacefully. The next day, she saw his wife sitting at his bedside. She stated that the patient had not slept for several days due to back spasms and pain. But he slept for about nine hours that night. The patient was very grateful, stating that he was not feeling anxious, and his pain had reduced significantly.

Ms. Kuriakose feels more fulfilled as a nurse to see her patients, the heroes of this nation, being transformed right before her eyes. She is proud to be a part of their healing and to give healing as a gift to those who are suffering. She has been a great advocate of the promotion of Whole Health and Healing Touch at JAHVA.