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THE UNIVERSITY OF BRITISH COLUMBIA

Division of Internal Medicine

Department of Medicine | Faculty of Medicine

May 7, 2026

RE: Reference letter for Denise Elysa Askin

To whom it may concern,

I am pleased to recommend Denise Elysa Askin, who has served as the facilitator for our Meditation + Energy Balancing: Show Up and Receive series at the BC Centre for Long COVID, ME/CFS, & Fibromyalgia (BC-CLMF) since 2024. Throughout this five-session program, Denise demonstrates exceptional professionalism, deep subject-matter expertise, and a strong capacity to hold safe, grounded, and supportive space for participants.

Denise skillfully integrates guided meditation with energy balancing practices, creating an environment that promotes nervous system regulation, emotional grounding, and inner awareness. Her sessions consistently support participants in reconnecting with their bodies, accessing their own healing capacities, and experiencing meaningful restorative benefits.

Her extensive training — including Therapeutic Touch Levels 1 and 2, Applications of the Inner Processes of Therapeutic Touch (Level 3), Past Life Regression certification, and multiple intuitive development programs — is evident in the quality and integrity of her work. She is recognized by the Therapeutic Touch International Association and is an insured member in good standing with the BC Therapeutic Touch Network Society. She also has a Somatic Facilitator Certification, specifically in Somatic Inquiry with a blend of Somatic Parts Work.

Denise is reliable, ethical, and highly skilled in both group and individual settings. I confidently recommend her for any facilitation or healing-focused role.

Kind regards,

A handwritten signature in black ink, appearing to read 'Jane McKay'.

Dr. Jane McKay

Co-founder & Co-medical Director, BC Centre for Long COVID, ME/CFS & Fibromyalgia (BC-CLMF)

Clinical Associate Professor, University of British Columbia