

A Natural Approach to Healing: Therapeutic Touch® Works!



Adapted from the Therapeutic Touch Network of Ontario

What is Therapeutic Touch[®]?

- a gentle, **energy-based** process that reaches individuals at all levels of their experience: **physical, emotional, intellectual and spiritual**
- the practitioner **uses one's hands** as a focus for facilitating the healing process



What is Therapeutic Touch®?

- It utilizes near touch or light touch to support and stimulate the body's own natural healing processes. Equally effective with no touch
- The intent is to re-pattern the healing partner's energy field toward wholeness and well-being
- Therapeutic Touch is a complementary therapy



Do You Already Use Complementary Therapies?

- Aromatherapy
- Acupuncture
- Herbal medicine
- Massage therapy
- Visualisation
- Yoga

Who Can Learn Therapeutic Touch®?

All who have

- a compassionate heart
- a willingness to help themselves and others
- the desire to learn

How Therapeutic Touch® Can Help You as a Caregiver

- Helps you relax and ground (center) yourself when you are feeling overwhelmed
- Promotes bonding with your caregiving partner
- Maintains or improves energy levels
- Restores balance and promotes healing in the body
- Helps you manage chronic pain

The Origin of Therapeutic Touch®



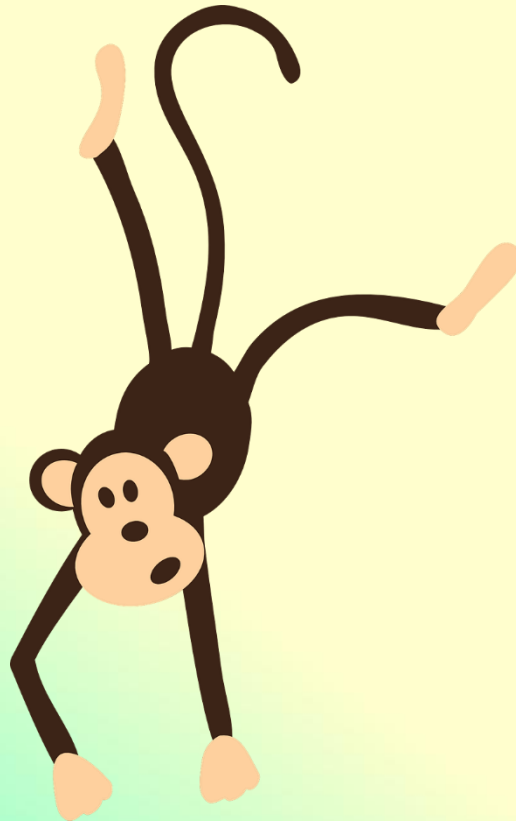
Dr. Dolores Krieger, PhD, RN



Dora Kunz

How Do We Begin?

By quieting the Monkey Chatter of the Mind



Play Time!

“We Don't Stop At Our Skin.”

Dolores Krieger



Assumptions Underlying Therapeutic Touch®

- Everything in the universe is energy
- When we are healthy, the energy flows freely in one's body
- With illness or injury the energy field is changed
- The ability to heal is innate in all living things
- Therapeutic Touch® enhances one's natural healing ability

Our Intention

- Our intention is to restore order, balance, and harmony to the energy field.
- Therapeutic Touch® helps us at all levels of our being – physical, emotional, mental, and spiritual
- Therapeutic Touch® does not diagnose, but rather supports the healee in their process of healing/relaxation

What are the Effects of Therapeutic Touch®?

Research and clinical experience have shown

Therapeutic Touch's effectiveness in:

- Promoting a relaxation response
- Reducing stress & anxiety
- Managing pain
- Improving sleep
- Facilitating the body's natural healing process
- Fostering a sense of well-being

The Therapeutic Touch® Session



The Therapeutic Touch® Session

- Individual permission based
- 5-10 minutes long followed by a rest period
- Adaptable to any position
- Fully clothed
- Choice of light touch or no touch
- No body manipulation

The Therapeutic Touch® Session

- **C**enter
- **A**ssessment
- **R**ebalancing
- **E**nding - includes a rest time

Video Demonstration

<https://www.youtube.com/watch?v=0fhFJZ11j4Q>

For More information

- For more information about TT visit the Therapeutic Touch Network of Alberta website at www.therapeutictouchalberta.com
- Take a Beginner workshop! All scheduled workshops are listed on our website
- Therapeutic Touch Awareness Week May 11-17
- To get more information, please contact:
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