

How can Therapeutic Touch® help me?

Research and experience show that it may assist with:

- relaxation and reducing stress
- calming restlessness
- pain management
- easing discomfort of radiation and/or chemotherapy
- improving a sense of well-being.
- Providing comfort during distressing circumstances.

In addition to being offered to those requiring palliative care at any time during their illness, from diagnosis to bereavement, at home or in a facility, family members and caregivers find that receiving a session may benefit them in their own self-care.

TT is a holistic process which focuses on rebalancing the flow of energy in all aspects of the human biofield including the body, mind, emotions and spirit.

What will I feel during a session?

Responses vary, there is no 'right way' to experience TT.

Within a few minutes you may be aware of your breath slowing and deepening as your body begins to relax.

After a few minutes, your practitioner will invite you to continue to rest for as long as you need. Many who receive TT fall asleep during the session.



Therapeutic Touch
Networks of Canada

For information on sessions, classes, and practice groups in your area, check your region's website:

British Columbia Therapeutic Touch
Network Society, BCTTNS
www.bctherapeutictouch.com

Prairie Therapeutic Touch
Network Society, PTTN
www.prairietherapeutictouch.com

Therapeutic Touch Network of Ontario,
TTNO
www.therapeutictouchontario.org

Réseau de Toucher Thérapeutique
du Québec, RTTQ
Therapeutic Touch Network of Quebec,
TTNQ
www.ttnq.ca

Atlantic Therapeutic Touch Network,
ATTN
www.atlanticcttn.com

Therapeutic Touch International
Association, TTIA
www.therapeutictouch.org

For local information please contact:

Therapeutic Touch® in Hospice and Palliative Care

This gentle
complementary modality
is used throughout the world by
and for people from all walks of life.



It often brings peace, and
promotes comfort for all
those involved.

Therapeutic Touch Networks of Canada
www.ttnc.ca

What is Therapeutic Touch®?

Therapeutic Touch (TT) is an energy modality in which the practitioner uses compassion, with the intention to assist those receiving TT to feel more relaxed, sleep better and have a sense of well-being and peace. It often eases discomfort and can change the perception of pain.

Developed in 1972 by Dolores Krieger, PhD, RN, and colleague Dora Kunz, TT has over 50 years of clinical practice and research and is taught world-wide.

Your Therapeutic Touch practitioner may show you the *Hand-Heart Connection*®.



The *Hand-Heart Connection*® by Cathleen Fanslow, MA, RN

Being with someone who is dying can be an emotional time. One may experience feelings of helplessness. The *Hand-Heart Connection*® is a simple, yet profound technique that allows you to maintain contact with the loved one when verbal communication might be difficult. Go to www.ttncc.ca for more information.



What can I expect in a Therapeutic Touch session?

The room where the session is given is ideally quiet and pleasant. You remain fully clothed and may be sitting or lying down, whatever is comfortable for you.

The TT practitioner will quiet themselves and invite you to do the same. Then they could sit with you and offer compassionate intention, or with your permission, could move their hands slowly, 4 to 6 inches away from your body, using gentle, flowing and rhythmic movements. They may use light touch to hold your hands, lower legs or feet.

The length of the session varies from 5 to 15 minutes, depending on your specific needs. Resting afterwards is encouraged. During this quiet time your body responds to the changes in its “energy field”.

How often should I receive a session?

A session is always unique to you; thus, the frequency depends on the specific nature of your condition and may range from daily to weekly sessions. Regular TT sessions may result in more consistent benefits including pain relief.

The practitioner may show you how to use your compassionate intention for your own self-care between sessions.

How Can I find a Therapeutic Touch Practitioner?

- A qualified practitioner may be found through the Network in your region.
- Hospices, hospitals, and long-term care facilities may have practitioners available who offer sessions to patients/residents and their families on request.
- Many practitioners volunteer their services in a variety of health care agencies/institutions at no charge.

Any compassionate person can easily learn Therapeutic Touch®

Please refer to the websites on the back of this brochure for information and to find qualified teachers and locations. You can also visit www.ttncc.ca for the direct link to the different networks.

Therapeutic Touch® is a registered trademark in Canada