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**Therapeutic Touch** continues to be one of the ***most*** researched complementary modalities.

***Research and clinical practice show that TT may assist with:***

- promoting deep relaxation,
- reducing stress and anxiety,
- changing the perception of pain,
- assisting the body's natural healing processes,
- supporting the immune system,
- providing comfort during distressing circumstances,
- palliative care,
- bringing about a sense of peace and well-being.

Doctoral and post-doctoral dissertations and research papers are available on the TTNC website.

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## **Contact Information for Therapeutic Touch® in 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](http://www.bctherapeutictouch.com)**

Prairie Therapeutic Touch Network Society,  
PTTN  
**[www.prairietherapeutictouch.com](http://www.prairietherapeutictouch.com)**

Therapeutic Touch Network of Ontario, TTNO  
**[www.therapeutictouchontario.org](http://www.therapeutictouchontario.org)**

Réseau de Toucher Thérapeutique  
du Québec, RTTQ  
Therapeutic Touch Network of Quebec, TTNQ  
**[www.ttnq.ca](http://www.ttnq.ca)**

Atlantic Therapeutic Touch Network, ATTN  
**[www.atlanticctn.com](http://www.atlanticctn.com)**

Therapeutic Touch International Association,  
TTIA  
**[www.therapeutictouch.org](http://www.therapeutictouch.org)**

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***For local information contact:***



**Therapeutic Touch®  
Networks of Canada**  
Réseaux Toucher  
Thérapeutique du Canada

## **Therapeutic Touch®**

A safe, non-invasive, holistic practice that supports wellness.

Therapeutic Touch (TT) complements conventional medical care in various clinical settings.

TT can be offered anywhere including in hospitals, nursing homes, palliative care, hospice or at home for self-care, family, friends, and pets.

It is often employed to promote relaxation, reduce pain and anxiety, and support overall well-being.

TTNC website: **[www.ttnc.ca](http://www.ttnc.ca)**

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## Therapeutic Touch® Explained

Therapeutic Touch (TT) was developed by Dolores Krieger, RN, PhD and Dora van Gelder Kunz. They found that the orderly and balanced flow of energy within and through the human body creates wellness.

With illness or injury, the flow of energy is disturbed, and is out of balance.

Those who learn TT are able to sense the imbalances. With their intention, they help the recipient to rebalance the flow of their energy, with light touch or no touch.

A credentialing process is in place to ensure those offering TT are qualified.

## Who Can Learn TT?

Anyone with compassionate intention can learn to use TT for healing and wellness. Workshops and Community Care Courses are available for self-care and family. Full courses are available for those wanting to learn more, to become a Recognized Practitioner, to work with the public and perhaps pursue a career in TT.

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## What can I expect in a TT session?

The person receiving the session remains fully clothed and can be seated or lying down. The person receiving is considered a partner in the process. Length of sessions may vary from 5 to 20 minutes.

## What will I feel during a session?

Responses to sessions are unique; however, it is not uncommon for a recipient to fall asleep. Some have reported sensing energy moving through their bodies in the form of tingling or heat.

## What does it cost?

Private sessions vary in cost; refer to the network in your province for a list of those offering the service.

Free sessions by volunteers may be available through branches, practice groups, Palliative/Hospice care facilities or cancer support agencies.

*Therapeutic Touch® is a registered trademark in Canada*

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## Therapeutic Touch® may assist with:

- a need to relax and reduce stress
- self-care
- family, friends and pets
- radiation/chemotherapy discomfort
- acute trauma, pre/post-surgery
- labour and delivery, neonatal care
- palliative care
- dementia and age-related conditions
- drug and alcohol withdrawal
- neurological conditions such as shingles, Multiple Sclerosis, stroke

## Therapeutic Touch for Self-Care

TT is the perfect addition to any medical treatment. It is a non-invasive, holistic practice which focuses on restoring balance to all levels: body, mind, emotions, and spirit.