



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

What is Therapeutic Touch®?

Therapeutic Touch® (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.

This energy modality was developed in 1972 by Dolores Krieger, PhD, RN and Dora Kunz, and has over 50 years of clinical practice and research and is taught world-wide.

In addition to help those requiring medical care at any time during their illness at home or in a facility, family members and caregivers find that receiving TT may benefit in their own self-care.

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.

Research and experience show that TT 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.

TTNC website: www.ttncc.ca

©2024 TTNC



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

What is Therapeutic Touch®?

Therapeutic Touch® (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.

This energy modality was developed in 1972 by Dolores Krieger, PhD, RN and Dora Kunz, and has over 50 years of clinical practice and research and is taught world-wide.

In addition to helping those requiring medical care at any time during their illness at home or in a facility. Family members and caregivers find that receiving TT may benefit in their own self-care.

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.

Research and experience show that TT 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.

TTNC website: www.ttncc.ca

©2024 TTNC



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

What is Therapeutic Touch®?

Therapeutic Touch® (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.

This energy modality was developed in 1972 by Dolores Krieger, PhD, RN and Dora Kunz, and has over 50 years of clinical practice and research and is taught world-wide.

In addition to helping those requiring medical care at any time during their illness at home or in a facility, family members and caregivers find that receiving TT may benefit in their own self-care.

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.

Research and experience show that TT 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.

TTNC website: www.ttncc.ca

©2024 TTNC

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

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.atlanticttn.com

Therapeutic Touch International Association,
TTIA
www.therapeutictouch.org

For local information contact:

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

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.atlanticttn.com

Therapeutic Touch International Association,
TTIA
www.therapeutictouch.org

For local information contact:

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

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.atlanticttn.com

Therapeutic Touch International Association,
TTIA
www.therapeutictouch.org

For local information contact:

*Therapeutic Touch® is a registered trademark
in Canada*

©2024 TTNC

*Therapeutic Touch® is a registered trademark
in Canada*

©2024 TTNC

*Therapeutic Touch® is a registered trademark
in Canada*

©2024 TTNC