



# Therapeutic Touch Networks of Canada

## Réseaux Toucher Thérapeutique du Canada

www.ttnc.ca

### Minutes for the Cross Country Check-In meeting on Oct. 29, 2024

In attendance: PTTN: Betty Whitney, Chery Ann Hoffmeyer, Marion Cameron; BCTTNS: Peggy Frank, Fay Torgerson; ATTN: Judy Donovan Whitty, Heather McCurdy, Rose Doyle, Stefanie Butschek.

Meeting called to order at 5 PM MST by Betty. She read the Indigenous Land acknowledgement and the TTNC Code of Ethics.

Marion was the scribe.

Meditation by Judy.

**Topic:** Therapeutic Touch and Mental Health.

How to get permission to give a TT session when a person is in emotional Crisis?

Send peace and calm through **intention**. As we remain calm, centred and grounded we create and hold a safe space for the person and change the energy field from anxiety and agitation to one of calm and peace.

We create a healing environment with our presence and intention to create a safe space. Sending calm and peace to the room as well.

In distance TT, ask to be a comfort for the person, acknowledge their essence, **slow deep breathing**, usually changes the chaotic energy.

**Physical touch** at the feet or shoulders is very effective if you can get permission.

Be **non-judgemental** and see the person in **wholeness**.

**Use of color** for agitation for folks with dementia - Dora would use cobalt blue.

**Letting go of outcome** - holding the safe space with peace and calm.

We support the person from a place of **compassion and loving presence**. We offer our time to be with them.

We come from a **Therapeutic heart** with intention .

For depression, **visualize** the person in happy surroundings.

For sadness or loneliness, support the person with thoughts that come from our **compassionate heart** seeing them as whole and not as grieving or sad.

Be guided by our **intuition** and coming from our **higher self** when supporting a person in an emotional crisis.

Always be cautious when offering TT to persons in psychiatric situations such as suicide; less is more. See the person as whole and hold a safe space but engage professional counsellors to help the individual and be guided by our higher self.

Reference: Book by Sue Birmingham called 'Silver Energy'; she worked with individuals with dementia. She would support the residents by walking with them while lightly touching their backs.

Find out what research has been done with TT and Mental Well being.

Apparently Dora would talk about it during her 'Fireside chats' at Indralaya.

Those in attendance at the meeting gave several examples of situations that were helped by using principles of TT for people in emotional crisis.

Respectfully submitted by  
Marion Cameron