



Promote Healing and Relaxation
Reduce aches and pains
Alleviate stress and anxiety
Enhance Well-being

Therapeutic Touch Foundations

October 24 and November 7, 2026

Now is the perfect time to learn Therapeutic Touch® for yourself and others. Therapeutic Touch is a gentle form of energy healing which touches a person at all levels of their being – physical, emotional, mental and spiritual. It can be easily learned and has a profound effect providing comfort and relief to those who receive it. It's your turn to learn this amazing healing modality.

This is a 2-part virtual Zoom class. The sessions will include practice, feedback and the opportunity to apply your Therapeutic Touch® learning.

Objectives:

- Learn the history, theory and research for Therapeutic Touch
- Understand the concepts of compassion, centering, and grounding in TT
- Learn how to clear and rebalance the human energy field
- Practice giving and receiving a TT session with supervision
- Develop a practice of self-care and reflection
- Gain confidence in your ability to provide Therapeutic Touch® for yourself and others

Workshop series cost - \$215 CAD \$200 for TTNO Members

Instructors:



Paula has been active in Therapeutic Touch® for more than twenty years and is a Recognized Practitioner and Teacher with the Therapeutic Touch International Association and the Therapeutic Touch Network of Ontario. Over the years, she has provided TT sessions to hundreds of people and has taught healthcare practitioners, long-term care professionals, volunteers, and interested people this gentle energy healing technique to help themselves and others heal. Since the pandemic, she has been facilitating the East End Toronto Branch via Zoom, and also added an in-person TT Branch for practice. Paula teaches Foundations and the Transpersonal Nature of Therapeutic Touch. For the past nine years, she has been teaching Therapeutic Touch for Self-Care on a weekly basis to members of Better Living Health and Community Services in Toronto. In the Fall of 2023, she began teaching at Gilda's Club Greater Toronto.



Alison Cooke, BSA (Hon), BEd, has been practicing and teaching Therapeutic Touch® (TT) for more than 30 years. A Recognized Practitioner and Teacher with the TTNO and the TTIA, she teaches Foundations and The Transpersonal

Nature of Therapeutic Touch workshops, bringing with her over 20 years of experience teaching in both high school and elementary public school systems. Alison also teaches Therapeutic Touch for Self-Care classes. In her practice, Alison works for the Stirling Manor long term care facility, providing Therapeutic Touch as part of their Life Enrichment Program. She is also on the pastoral care team for Eastminster United Church, supporting her fellow parishioners in their grief, through surgery and in palliative care settings. She is a volunteer for Heart of Hastings Hospice. Alison is the co-author, with Crystal Hawk, of *Be Your Own Healer: Self-Care with Therapeutic Touch*. This book outlines the program she also teaches. Alison facilitates the TTNO Virtual branch. Her passion is to bring TT to as many people as she can!

Foundations of Therapeutic Touch

Registration Deadline – October 17, 2026

Workshop Cost \$215.00

Registration for October 24 and November 7, 2026, 9:00 - 5:00 pm

Name Click here to enter text.

Address Click here to enter text.

City Click here to enter text.

Postal Code Click here to enter text.

Province Click here to enter text.

Phone Click here to enter text.

Email Click here to enter text.

Please send registration form to adcooke141@gmail.com.

We ask that you hold payment until closer to the date when we will let you know if we have sufficient registrants to run the class.

Note: Please check the boxes giving your permission for Paula and Alison to use the information you provide:

☐ I give my permission to Paula Neilson and Alison Cooke to prepare a list of registrants that includes my contact information.

☐ I give permission to Paula Neilson and Alison Cooke to contact me about any further workshops that they may run.

NOTE: You may unsubscribe at any time by emailing Paula and Alison Cooke with “unsubscribe” in the subject line. This information will not be shared with anyone by Paula Neilson and Alison Cooke.

Signature *Click here to enter text.*

Date Click here to enter text.