



Explore your inner self
Learn the hand-heart connection
Create imagery for your TT sessions
Enhance your TT sessions through practice

Transpersonal Nature of Therapeutic Touch

September 20 and 27, 2026

Therapeutic Touch is a conscious, mindful process. During this Transpersonal workshop you will gain awareness about your inner self and how it relates to Therapeutic Touch and the sessions you offer your Healing Partner (HP). As we create images, direct energy, assess the energy fields, connect compassionately (heart-to-heart) and give distant TT sessions, we are going beyond our everyday existence as we work with our HP in a wholistic and transpersonal way.

We invite you to join us in deepening our TT practice with this Transpersonal workshop.

This course will take place over two virtual Zoom sessions – eight hours each day. The sessions will include practice, feedback and the opportunity to apply your Therapeutic Touch® learning.

Zoom workshop dates: September 20 and 27, 2026, 9:00-5:00 pm (total 16 hours of training)

Objectives:

- Engage in contemplative practices which deepen knowledge and awareness of the inner self.
- Describe the relationships between the practitioner's shifts in consciousness and the elements of the Therapeutic Touch process.
- Provide Therapeutic Touch sessions with the compassionate intent to assist the healing partner (HP).
- Apply knowledge and understanding of the Transpersonal Nature of Therapeutic Touch to the development of a TT practice.
- Learn how to use imagery using colour, sound and all of the senses during your TT sessions.
- Learn a very powerful technique called the Hand-Heart Connection.

Workshop series cost - \$200 for TTNO members, \$215 for non-members

Instructors:



Paula has been active in Therapeutic Touch® for twenty years and is both a Recognized Practitioner and Teacher with the TTNO and the TTIA. 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 more recently has added an in-person TT Branch for practice. Paula teaches Foundations and the Transpersonal Nature of Therapeutic Touch. For the past seven 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 Therapeutic Touch for Self-Care 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*. Alison facilitates the TTNO Virtual branch. Her passion is to bring TT to as many people as she can!

Transpersonal Nature of Therapeutic Touch

Enhance your Therapeutic Touch sessions
with new skills and deeper awareness.

March 23

Registration Deadline – September 13, 2026

Workshop Date September 20 and 27, 2026, 9:00-5:00 pm

Workshop Cost \$200 for TTNO members, \$215 for non-members

Pre-requisite: Foundations of TT or Foundations Tune-Up

☐ Foundations Date & Teacher [Click here to enter text.](#)

☐ Foundations Tune-Up Date [Click here to enter text.](#)

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.](#)