THE THERAPEUTIC TOUCH NETWORK OF ONTARIO



OPEN BOOK REVIEW

Please respond to the following statements and questions. There are many ways to complete the *Open Book Review*. Some people may complete it all at once at the end of the workbook process; others may fill in various sections as they learn about the topic in question. Still others will complete this several times as a way to review and assess their increasing knowledge.

- 1. Define Therapeutic Touch[®].
- 2. Identify the basic assumptions underlying Therapeutic Touch. Describe what they mean to you as you practice Therapeutic Touch.

3. Identify and describe the phases of Therapeutic Touch.

4. List signs of energy overload. Identify the actions to prevent or reverse energy overload.

5. Define unattachment to outcome and give an example to illustrate this concept.

6. What do you do to centre? How do you know when you are centered?

7. How do you know when you are uncentered? What effect might it have on the session? How do you re-centre?

8. List the common effects of Therapeutic Touch. Describe a situation when you observed some of the effects.

9. Reflect on the best treatment you have ever given. Describe your experience and your understanding of what happened.

10. How have you integrated Therapeutic Touch into your life?

Practitioner initials _____

Date (Y/M/D) ____/___/