

What Can Therapeutic Touch Do For Me?

Here are some of the common responses to that question from members of the
Therapeutic Touch Network of Ontario.

POTENTIAL BENEFITS

reduction of anxiety managing pain eliciting a relaxation response stress reduction
calming compassion coping with problems hopefulness
mood impact quietening peacefulness support on a healing journey
greater quality of life improving sleep a sense of well-being
transformation centering grounding

USES

self-care end-of-life transition integrative care for animals/pets balance burns
dementia first aid chemotherapy symptoms boosting immune response
post-operative healing substance abuse wound healing fractures

ASPECTS

energy field modality research-based easily learned by anyone heartfelt gentle
holistic: affects body/mind/spirit brings a feeling of harmony intergenerational
promotes stillness, trust and wholeness
offered with hands moving close to the body - gentle touch is used with permission.
safe respectful

Testimonial

Relaxing! Calming! Thanks so very much. I received Therapeutic Touch® following hip replacement surgery. The first couple of sessions helped reduce both swelling and muscle tension. The next couple of sessions relaxed me into a deep and needed sleep! The final session was lovely and calming. Therapeutic Touch serves a very special place in the healing process for sure.

S.V., Belleville, Ontario

December 2025