

## Therapeutic Touch Awareness Week

### Distant Therapeutic Touch

During times of physical distancing, we are reminded how adaptable, responsive and efficient Distant Therapeutic Touch® (Distant TT) is. This resource is written to refresh your practice, teaching and sharing of Distant TT. Please note that if your Branch is hosting a Therapeutic Touch Awareness Week (TT Awareness Week) event using Distant TT, **make sure the practitioners involved have experience with the practice.**

*It is a good time to have your inexperienced Branch members start practicing Distant Therapeutic Touch before TT Awareness Week, so they are comfortable giving Distant TT by the time TT Awareness Week begins. See suggestions at the end of this document.*

#### A. HOW TO GIVE A DISTANT THERAPEUTIC TOUCH SESSION

Always remember Dora's advice: "A very important part of that healing moment is the **image that the healer holds of the healee as being whole and unharmed.**"

Dora Kunz. *The Spiritual Dimension of Therapeutic Touch*, page 204

You are still doing a Therapeutic Touch (TT) session. The CARER process is the same. The only thing that is different is what you imagine before you begin and how you proceed. In all cases, you are giving your healing partner a TT session **starting with centering yourself**. Continuing with your assessment of their field, clearing, rebalancing and reassessing; ending when you feel intuitively that you are finished and reflecting on your experience.

There are many different methods used for Distant Therapeutic Touch. We've described a few here. In all of these methods, your choice can be to use actual hand movements or to imagine yourself giving the session in your mind's eye.

1. One way is to "bring the receiver to you". Some of you will remember the 2015 Professional Development Day where we gave ourselves Therapeutic Touch, imagining ourselves sitting on a chair in front of us. The same can be done for another person. Imagine your healing partner sitting in a chair or lying on a bed in front of you. Provide a session using full hand movements, as though they were there with you.
2. Or you can imagine yourself going to your healing partner where they are, e.g., you may be imagining yourself at the hospital or in their home giving a session.
3. Sit quietly and imagine your healing partner in front of you, fitting into the space between your hands as you provide Distant Therapeutic Touch. In other words, you have a miniature of that person in front of you in perfect proportion.
4. If you prefer, you may, by intention, use an inanimate object, such as a teddy bear, a picture of your client or another person, to act as a surrogate for your healing partner.

**Reflection is an important part of sessions** in these times. What is the impact of these sessions? Reflect on how TT is a resilient response to turbulent times. How fortunate we are to have this calming tool to help ourselves and others. How have these sessions you are giving changed you, your practice, your thoughts about TT? Record your experience, create drawings of your thoughts. There are so many ways to reflect.

## **B. SOME POINTS TO REMEMBER WHEN GIVING DISTANT THERAPEUTIC TOUCH**

1. **Always ask permission.** If the answer is “No”, what can you do? Dora told Crystal Hawk that you can imagine the person sitting in a chair and send them good wishes, kind thoughts, or love.
2. **Start by being centered and grounded.** If your focus shifts to the mundane, take a moment to recenter yourself.
3. Always remember, as Dr. Krieger says, “**Less rather than more.**” If you are uncertain that you have done enough, it is time to finish your session. Distant sessions tend to take much less time than one-on-one sessions so don’t be surprised if you are finished after just a few minutes.
4. Remember Dr. Krieger’s statement to use “**effortless effort.**” We trust that the session is happening at a distance without any more effort than if we were doing it one-on-one. Don’t try too hard.
5. Dora said that we are always giving off energy. When giving Distant Therapeutic Touch, we don’t have the visual feedback that we normally do when giving a session one-on-one. It is **important to work gently**, remaining **unattached to outcome**.

## **C. HOW TO INCLUDE DISTANT THERAPEUTIC TOUCH IN YOUR LIFE**

1. Work with a distant healing buddy, sharing Therapeutic Touch sessions for a time. Document your sessions and share your feedback. Some can be used for your workbook if you are a workbook practitioner, check about the number allowed, but it is good practice for anyone.
2. Give yourself regular Distant Therapeutic Touch sessions using any of the ways described in Section A. Many of us give so much and never receive!
3. A TTNO Branch can have a healing practice that provides Distant Therapeutic Touch for family members and friends. In some groups the week is divided up so that a different member provides sessions for each day of the week.

## **D. GETTING STARTED WITH DISTANT THERAPEUTIC TOUCH**

If there are members of your branch who are not experienced with Distant Therapeutic Touch but would like to take part in your group practice:

1. Have them first pair up and practise several times first with a member of your branch who is experienced in giving Distant Therapeutic Touch and compare notes after each session.
2. Once they are comfortable giving Therapeutic Touch to their Distant TT buddy, have them practise on a healthy family member or friend who is open to receiving Distant Therapeutic Touch and can give good feedback.
3. Then they can practise on a family member or friend who has a minor ailment.
4. Once they are receiving positive feedback and are fully comfortable with the practice, then they could join your Distant Therapeutic Touch group practice.