



**For Immediate Release:**

**Therapeutic Touch Awareness Week runs May 5-11  
with exciting events scheduled throughout Ontario.**

Toronto, February 13, 2022 –The Therapeutic Touch Network of Ontario (TTNO), presents the 6th Annual Therapeutic Touch Awareness Week from May 5-11 to promote Therapeutic Touch®. Events are planned in many different cities and towns across Ontario.

These events aim to strengthen community involvement by engaging with individuals and spreading the word about the benefits of Therapeutic Touch. Events are hosted at community venues that have partnered with the TTNO to bring a truly unique experience to their patrons. Anyone can get involved by attending an event to personally experience Therapeutic Touch and discover how to learn more.

**Therapeutic Touch as a Complementary Therapy**

Among the complementary modalities of 21<sup>st</sup> century healthcare, Therapeutic Touch is one of the most effective and scientifically documented. Therapeutic Touch has been part of nurse-education, culture and practice for over 45 years. It is an accepted non-invasive energy healing technique. Diverse research has been conducted on the efficacy of Therapeutic Touch in various clinical settings and has shown it is effective in promoting relaxation, reducing anxiety and stress, managing pain, improving sleep, facilitating the body's natural healing process and fostering a sense of well-being.

The College of Physicians and Surgeons of Ontario has a policy in place that guides its members in the use of complementary therapies, including Therapeutic Touch, within their scope of practice. Therapeutic Touch is currently available in more than 30 Healthcare Institutions across Ontario as well as in more than 20 hospices including: Wellspring, Dorothy Ley Hospice (Etobicoke), Hospice Wellington (Guelph), St. Joseph's Hospice (London) and Maycourt Hospice (Ottawa).

"Therapeutic Touch is a beneficial complementary therapy within the integrative medical model. Recognized Practitioners meet extensive formal education, practice and continuing education requirements that ensure their competency and professional development. I have great confidence in making the statement that 'Therapeutic Touch is a gentle healing modality suited for all healthcare situations'." states Mary Jane Cowtan, Chair of the TTNO Board of Directors.

"I often integrate Therapeutic Touch into my day-to-day nursing practice," states Deborah Gould, RN, RT. "It reassures and calms those undergoing surgery, experiencing trauma, and in significant pain."

"I initially turned to Therapeutic Touch in 2002 to restore my health and balance after an auto-immune health crisis," states Julia von Flotow, RT. "My healing journey led to me becoming a Therapeutic Touch Recognized Practitioner and Teacher."

There are more than 140 active members of the Therapeutic Touch Network of Ontario, including over 95 Recognized Practitioners and over 20 Recognized Teachers. There are more than 50 branches in

Ontario. Therapeutic Touch is taught by Recognized Teachers from the Therapeutic Touch Network of Ontario to staff and volunteers at: McMaster University Hospital (Hamilton), Hospice of Windsor and Essex County, Bethell Hospice (Caledon) and Heart House Hospice (Brampton/Mississauga).

As our health care system responds to the combined pressures of an aging population and funding scarcity, Therapeutic Touch is an accessible, highly transportable and cost-efficient strategy, worthy of public awareness.

### **About Therapeutic Touch**

Therapeutic Touch was developed in the early 1970s by Dora Kunz and Dolores Krieger, PhD, RN. The Therapeutic Touch Network of Ontario was founded by Crystal Hawk, MEd and Mary Simpson, RN (Ret.) in 1986 and incorporated as a non-profit organization in 1994.

### **About the Therapeutic Touch Network of Ontario**

The Therapeutic Touch Network of Ontario, a non-profit organization, promotes the practice and acceptance of Therapeutic Touch, a safe, effective and non-invasive complementary therapy. The TTNO is committed to research and continuous development, advocacy, quality assurance, and training for its members. The TTNO publishes a quarterly newsletter, *inTouch*. For more information, please visit [www.therapeutictouchontario.org](http://www.therapeutictouchontario.org). For a complete list of event locations and schedules for Therapeutic Touch Awareness Week, click [here](#). Event list will be updated weekly.

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