

## **For Immediate Release:**

Therapeutic Touch Awareness Week runs May 7-14 with exciting events scheduled throughout Ontario.

Toronto, 2025-03-01 Therapeutic Touch Network of Ontario (TTNO) presents the 9<sup>th</sup> Annual Therapeutic Touch Awareness Week May 7-14 to promote Therapeutic Touch® events across Ontario.

These events aim to strengthen and grow the Therapeutic Touch (TT) community by teaching the public about the benefits of TT. Events are hosted at community venues that have partnered with the TTNO to bring this knowledge to their patrons. Anyone can get involved.

Therapeutic Touch is an Integrative Therapy among the various biofield therapies of 21<sup>st</sup>-century healthcare. TT is one of the most effective and scientifically documented modalities and has been part of nurse education and practice for over 45 years. It is an accepted non-invasive energy healing technique. Diverse research has been conducted and 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.

Recognized Practitioners meet extensive formal education, practice, and continuing education requirements that ensure their competency and professional development. There are:

- 300 active members of the Therapeutic Touch Network of Ontario
- 100 Recognized Practitioners
- 25 Recognized Teachers
- more than 40 TTNO Branches in Ontario

Therapeutic Touch is taught by Recognized Teachers from the TTNO 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 healthcare system suffers shortages, TT is an accessible, transportable, and cost-efficient strategy, worthy of public awareness.

### **About the Therapeutic Touch Network of Ontario (TTNO)**

The Therapeutic Touch Network of Ontario was founded in 1986 and incorporated as a not-for-profit organization in 1994.

The TTNO, a not-for-profit organization, promotes the practice and acceptance of TT, 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](#). The Event list will be updated weekly.

### **Media Contacts**

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