

## **Therapeutic Touch Awareness Week May 5-11, 2022**

### **Spokesperson Biographies**

#### **DEBORAH GOULD - RN,(Ret.) Therapeutic Touch Recognized Teacher and Practitioner**

As a Community Health Nurse with the VON, Deborah worked for many years tending to patients in their homes. She found Therapeutic Touch® to be an invaluable tool: when wounds wouldn't heal, pain wouldn't recede or babies cried, a Therapeutic Touch (TT) session could make all the difference, yet took so little time. Patients slept, panic and anxiety were reduced, and pain would ease. The relaxation response and other benefits that are experienced during a session are well documented in the research and lend credibility to the modality. She used Therapeutic Touch in her nursing practice for over 20 years.

Recently retired she recalls the role as a Nurse at Homewood Health Centre and Guelph General Hospital and found there was always an opportunity to integrate Therapeutic Touch into her day-to-day nursing practice. By its very nature, this modality reassures and calms those undergoing surgery, experiencing trauma and in significant pain. For the Practitioner, TT promotes balance and well-being, qualities which are part of the reward for those that practice Therapeutic Touch on a regular basis.

Deborah has been a member of the Therapeutic Touch Network of Ontario (TTNO) as a Teacher since 2000. She has taught the Wellness Program students at Conestoga College in Waterloo, the volunteers and staff of Bethell Hospice in Orangeville and through the Continuing Education program at local School Boards.

Deborah believes it is immensely important to give people the tools and ongoing support they need to learn and grow as she did. She provides that support through leadership of the TTNO Fergus Branch which she has facilitated for 20 years.

She has also worked with the Therapeutic Touch Awareness Week Task Group since its inception in 2017. The role of this committee is to broaden the public awareness of this compassionate and effective modality. Her hope is that more people can enjoy the profound experience of learning Therapeutic Touch and thereby bring the benefits of it to others through their families, friends and communities from Thunder Bay to Guelph, Windsor to Ottawa and Toronto to Huntsville.

Email: [dgould1@outlook.com](mailto:dgould1@outlook.com)

Phone: 519-830-9770

## **Therapeutic Touch Awareness Week May 5-11, 2022**

### **Spokesperson Biographies**

#### **Alison Cooke BSA, BEd, Therapeutic Touch Recognized Teacher and Practitioner**

Alison Cooke has been practicing and teaching Therapeutic Touch® (TT) for more than 25 years. She has been providing Therapeutic Touch to the residents of the Stirling Manor Nursing Home for the same number of years. An added approach to the home's wellness philosophy: "embracing the mind, the body, and the spirit of each and every individual", Therapeutic Touch has been incorporated into both Nursing and Life Enrichment Policies and Procedures.

Alison also provides Therapeutic Touch in her Pastoral Care work for Eastminster United Church. In this role she supports church members as they journey through illness and grief.

Alison has been a member of The Therapeutic Touch Network of Ontario and the TTNO Belleville Branch since 1996. She leads two other branches: the Stirling Branch and the TTNO Virtual Branch. These all meet on Zoom during COVID restrictions. In 2014 she received the TTNO Founders Award for her work as both Recognized Teacher for the TTNO and their webmaster.

She is passionate about helping others to learn Therapeutic Touch. Alison regularly provides introductory talks about Therapeutic Touch to hospice volunteers and other organizations. She teaches the Foundations of Therapeutic Touch and the Transpersonal Nature of Therapeutic Touch as well as Therapeutic Touch for Self-Care workshops, bringing with her over 20 years of experience teaching in both high school and elementary public school systems.

Alison, along with co-author, Crystal Hawk, published *Be Your Own Healer: Self-Care with Therapeutic Touch*. This book outlines the self-care program they teach.

Each year, Alison attends the Montana Dialogues begun by the late Dr. Dolores Krieger, RN, PhD, who, along with Dora Kunz, developed Therapeutic Touch in the 1970s. At these meetings, now on Zoom, she takes part in dialogue that takes the group deeper into their Therapeutic Touch experience and practice. She shares her learning with her students and the members of the TTNO branches she attends.

Alison is inspired to broaden the public awareness of this compassionate and effective modality so that more people can enjoy the profound experience of learning Therapeutic Touch and thereby bring the benefits of it to themselves and others in their communities around the world.

Email: [adcooke141@gmail.com](mailto:adcooke141@gmail.com)

Phone: 613-395-3691

Website: [www.TLHealingPathways.com](http://www.TLHealingPathways.com)