

Therapeutic Touch[®]

Activate Your Inner Healer

A Recognized Complementary Therapy

Learning Outcomes:

By the end of the presentation, participants will understand:

- how complementary therapies work in conjunction with conventional medicine.
- the basic assumptions underlying Therapeutic Touch.
- the benefits of Therapeutic Touch.
- what local organizations offer Therapeutic Touch to their clients.

Review questions:

- What are three complementary therapies practised for self-care and used in conjunction with conventional medicine?
- Name two assumptions underlying Therapeutic Touch.
- List three benefits of Therapeutic Touch.
- Therapeutic Touch is a 'holistic' approach to healing. What does holistic mean?
- What is the direction of energy flow in a healthy person?
- Name one location where Therapeutic Touch is offered locally.

For further information visit:

Therapeutic Touch Network of Ontario
www.therapeutictouchontario.org