

## DEFINITION

Therapeutic Touch® is a holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being.

## HISTORY

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

## MISSION

The mission of The Therapeutic Touch Network of Ontario is to promote the practice and acceptance of Therapeutic Touch, a non-invasive energy healing modality.

## ROLE

The TTNO is committed to research and continuous development, advocacy, quality assurance, and training for its members. The TTNO publishes a quarterly newsletter, *inTouch*.

## ACHIEVEMENTS AND MILESTONES

Currently there are approximately 400 active members of whom 150+ are Recognized Practitioners and 30+ are Recognized Teachers, with 48 Therapeutic Touch Branches operating across Ontario.

**DIVERSE RESEARCH** has been conducted on the efficacy of Therapeutic Touch in various clinical settings. The TTNO has an active Research Committee that monitors and compiles data on research initiatives and maintains a current Annotated Bibliography that may be downloaded from the TTNO website at [www.therapeutictouchontario.org/learn/index-of-downloads](http://www.therapeutictouchontario.org/learn/index-of-downloads)

Some examples:

Stephen, Joanna, Gina Mackenzie, Sarah Sample and Jennifer Macdonald. "Twenty years of therapeutic touch in a Canadian cancer agency: lessons learned from a case study of integrative oncology practice." *Support Care Cancer* 15 (2007): 993-998. <http://www.ncbi.nlm.nih.gov/pubmed/17609994>

Berger L., Tavares M, Berger B. "A Canadian experience of integrating complementary therapy in a hospital palliative care unit." *Journal of Palliative Medicine*. 16.10 (2013): 1294-8. <http://www.ncbi.nlm.nih.gov/pubmed/24020920>

Hanley, MA. "Therapeutic Touch with Preterm Infants: Composing a Treatment." *Explore: The Journal of Science and Healing*. 4:4 (2008): 249-58. <http://www.ncbi.nlm.nih.gov/pubmed/18602618>

## THERAPEUTIC TOUCH AND INTEGRATIVE MEDICINE

The College of Physicians and Surgeons of Ontario have policies in place that guide their members in the use of complementary/alternative therapies within their scope of practice. Therapeutic Touch can be identified as a complementary therapy. <https://www.therapeutictouchontario.org/feel-better/integrated-medical-practice>

**Therapeutic Touch is currently available in more than thirty Healthcare Institutions across Ontario**, including: Michael Garron Hospital (Toronto), Hospital for Sick Children (Toronto), Ottawa Addiction Centre, Wellwood Cancer Resource (Hamilton), St. Joseph's Care Group (Thunder Bay), Oncology Units at Guelph General and Groves Memorial Hospital (Fergus), Stirling Manor (Stirling), and Fairvern Nursing Home (Muskoka)

**More than twenty hospices** throughout Ontario use Therapeutic Touch within their settings including Wellspring, Hospice Wellington (Guelph), St. Joseph's Hospice (London), and Maycourt Hospice (Ottawa).

**Therapeutic Touch is taught by Recognized Teachers (TTNO) to staff and/or volunteers at:**

McMaster University Hospital (Hamilton), Hospice of Windsor and Essex County, Dorothy Ley Hospice (Etobicoke), Bethell Hospice (Caledon), and Heart House Hospice (Brampton/Mississauga),

FOR MORE INFORMATION PLEASE VISIT OUR WEBSITE AT [WWW.THERAPEUTICTOUCHONTARIO.ORG](http://WWW.THERAPEUTICTOUCHONTARIO.ORG)

February 2024