

Therapeutic Touch®

Activate Your Inner Healer

What is Therapeutic Touch®?

- *Holistic evidence-based complementary therapy that facilitates the body's natural ability to heal
- *Gentle energy-based technique that is a contemporary interpretation of ancient healing practices
- *Versatile and non-invasive, using light touch or no touch



Research and clinical experience have shown Therapeutic Touch® is effective in:

- *Promoting a relaxation response
- *Reducing stress and anxiety
- *Improving sleep
- *Managing pain
- *Facilitating the body's natural healing process
- *Fostering a sense of well-being

Decades of academic research on Therapeutic Touch® - areas of study include:

- *Addiction
- *Cancer Care
- *Post-Surgery
- *Stress Reduction
- *Dementia Care
- *Elder Care
- *Pain Management

Therapeutic Touch® can be used in a wide variety of settings and situations including....

- *Hospitals/Clinical Practices
- *Emergency First Aid
- *Cancer Care
- *Pregnancy, Labour, Delivery
- *Support of Family & Friends
- *Baby Care
- *Self-Care
- *Caregiver Support
- *Pain Management
- *Dementia Care
- *Chronic Illness
- *Hospice and Palliative Care
- *Anxiety and Stress Management
- *Elder Care
- *Animal Care
- *Pastoral Care



 **TherapeuticTouch**
Network of Ontario