

THERAPEUTIC TOUCH®: Activate Your Inner Healer



HOLISTIC HEALTH CARE & COMPLEMENTARY THERAPIES

- recognizes the integration of body, emotion, mind, and spirit
- a wellness model
- recognizes that there is an inherent direction towards order within the body - an inherent healing ability
- complementary therapies enhance existing treatments

POPULAR DEMAND

- Canadians want this model - willing to pay at own expense
- recognition of the effect of stress on health and well-being
- willingness to take responsibility for the direction of personal health care

WELLNESS MEANS

- more than the absence of symptoms
- optimal level of function of the whole - within the framework of any life situation
- able to see meaning and purpose in life

THERAPEUTIC TOUCH

- a holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being.
- consciously directed process using the hands to facilitate healing
- based on underlying assumptions
- documented research
- versatile, individual sessions using light or no touch
- effective to induce relaxation, reduce anxiety & stress, improve pain management, improve sleep, facilitate the body's natural healing process, and foster a sense of well-being
- practised in hospitals and hospices in Ontario and around the world
- accepted by the College of Nurses of Ontario in keeping with the Complementary Therapies Guidelines for their profession
- used by people from all walks of life
- standards of practice and teaching administered by The Therapeutic Touch Network of Ontario (TTNO) requiring continued education annually
- can be learned by anyone who has a sense of compassion and a desire to help

SUMMARY

- blends the best of ancient traditions with modern scientific discoveries
- a model that looks at how universal energy integrates with the molecular body
- representative of a revolutionary change in the way health care may evolve in the 21st century

For more information contact the TTNO.

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