

## What Can Therapeutic Touch Do For Me?

Here are some of the common responses to that question from members of the  
Therapeutic Touch Network of Ontario.

### POTENTIAL BENEFITS

reduction of anxiety    managing pain    eliciting a relaxation response    stress reduction  
calming    compassion    coping with problems    hopefulness  
mood impact    quietening    peacefulness    support on a healing journey  
greater quality of life    improving sleep    a sense of well-being  
transformation    centering    grounding

### USES

self-care    end-of-life transition    integrative care for animals/pets    balance    burns  
dementia    first aid    chemotherapy symptoms    boosting immune response  
post-operative healing    substance abuse    wound healing    fractures

### ASPECTS

energy field modality    research-based    easily learned by anyone    heartfelt    gentle  
holistic: affects body/mind/spirit    brings a feeling of harmony    intergenerational  
promotes stillness, trust and wholeness  
offered with hands moving close to the body - gentle touch is used with permission.  
safe    respectful

### Testimonial

*Relaxing! Calming! Thanks so very much. I received Therapeutic Touch® following hip replacement surgery. The first couple of sessions helped reduce both swelling and muscle tension. The next couple of sessions relaxed me into a deep and needed sleep! The final session was lovely and calming. Therapeutic Touch serves a very special place in the healing process for sure.*

S.V., Belleville, Ontario