

## Practitioner Credentials

Your Therapeutic Touch practitioner will have studied this modality in formal classes and followed a proscribed curriculum with an instructor who is a Recognized Teacher with the Therapeutic Touch Network of Ontario. This is the governing body of Therapeutic Touch in Ontario. All practitioners are expected to follow a code of ethics set down by the governing body.

## Expectations

Therapeutic Touch is a practice learned and undertaken by the Therapeutic Touch Team for the benefit of the members of the congregation of Trinity United Church, Guelph and our surrounding community. To request treatments, please contact the church office. For other questions or concerns, please contact any of the following:  
Rev. John Benham (519-824-4800)  
Rev. Gaylyn McLean (519-824-4800)  
Rev. Dr. Ann Osborne (519-767-0505)  
Valerie Morrell, R.T. (519-821-4006)

## What Does It Cost?

Payment for Therapeutic Touch is not expected. However, should you choose to support this ministry, any donation may be directed to the Therapeutic Touch Team of Trinity United Church and will be tax receipted.

## For Further Information Regarding:

- ✓ Making an appointment to receive Therapeutic Touch
- ✓ Therapeutic Touch classes
- ✓ Questions you may have concerning Therapeutic Touch

Please contact:

Trinity United Church Office  
info@trinityunitedguelph.ca  
519-824-4800

Office hours:

Monday to Friday  
8:30 am to 12:30 pm



March 2020

## TRINITY UNITED CHURCH THERAPEUTIC TOUCH® TEAM



## Trinity United Church

400 Stevenson Street North  
Guelph, Ontario N1E 5C3  
Phone (519) 824-4800

<https://www.guelphunited.org/trinity/welcome>



*Therapeutic Touch is a healing modality which grows out of several healing practices during which the practitioner's hands become a focus for facilitating the healing process.*

## **What Is Therapeutic Touch®?**

Therapeutic Touch is holistic, evidence-based therapy – a consciously directed process during which the practitioner uses the hands as a focus for facilitating the healing process. It incorporates the intentional and compassionate use of universal energy to promote balance and well-being. Therapeutic Touch can be used alone, or to enhance other interventions.

Therapeutic Touch is creating a worldwide impact by profoundly enhancing the quality of nurturing care from birth to death.

Therapeutic Touch was developed in the early 1970s by Dora Kunz and Delores Krieger, Ph.D., R.N. (Professor Emerita of New York University). People in all walks of life are using this modality either in their work or with family members. It is used by health professionals, holistic practitioners, therapists, counsellors, clergy, educators and private individuals in hospitals, hospices and palliative care units.

With a base of continuing research, Therapeutic Touch is taught and practiced throughout the world, including at numerous universities and colleges in Canada and the United States. It is accepted in the policies and procedures of an increasing number of health care institutions worldwide and as an intervention in a number of Ontario hospitals, hospices and clinics.

## **Underlying Assumptions of Therapeutic Touch**

- ❖ All living things have an energy field.
- ❖ In a healthy state, life energy flows freely in and out of a person's energy field in an orderly fashion.
- ❖ With disease or injury, energy flow can be obstructed, disordered or depleted.
- ❖ Therapeutic Touch practitioners help to restore the flow of energy in the field and move it toward wholeness and health.

## **SESSIONS**

### **What Happens During Treatment?**

This is the easy part! A practitioner will come to you – in your home, the hospital, or wherever you choose. You can either sit or lie down, fully clothed. You might want to take off your shoes and glasses. A practitioner stands beside you, making flowing motions over and around your body with his/her hands. Depending on your preference, Therapeutic Touch can be done with no physical touching, or with light touch on the shoulders, arms and legs. You might feel tingling or heat or coolness or nothing at all. You might feel relaxed, more alert or nothing at all. The treatment will be done in silence, there is no 'diagnosis' offered. Therapeutic Touch is a complementary process that supports any medical treatment you

already receive. The treatment itself should take less than 20 minutes. After you are told that the treatment is over, you need to rest for 15-20 minutes – so the total amount of time needed is approximately 45 minutes. Your practitioner will leave you to rest once you are in a safe and comfortable place.

### **Common Effects**

Research and clinical experience have shown the effectiveness of Therapeutic Touch in:

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

Any condition which could be helped by these effects can benefit from Therapeutic Touch.

### **Why Have Therapeutic Touch?**

- For deep relaxation
- For stress relief
- For relieving headaches
- To help move through grief
- Pre and post operative care
- As support through life's transitions
- Just to experience a Therapeutic Touch session!

*Therapeutic Touch is sometimes referred to as TT.*

*Therapeutic Touch is a Registered Trademark in Canada*