



BASIC INFORMATION

DEFINITION OF THERAPEUTIC TOUCH

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

BASIC ASSUMPTIONS OF THERAPEUTIC TOUCH

1. Human beings are open, complex and pandimensional energy systems.
2. In a state of health, life energy flows freely in, through and out of the organism in a balanced, bilaterally symmetrical manner.
3. Illness is an imbalance in an individual's energy field.
4. Human beings have the natural ability to transform and transcend their condition of living.
5. Healing is a natural potential that can be actualized under the appropriate circumstances.

PREMISES OF THERAPEUTIC TOUCH

1. Therapeutic Touch is both an art (a creative act) and a science (a learned skill).
2. There is a principle of opposites – rebalancing is done by projecting energy of a nature that is opposite to that of the cues you sensed in the assessment. (Dolores Krieger. *Accepting Your Power to Heal*, page 53)
3. Energy follows the attention of your mind. (Dolores Krieger. *Accepting Your Power to Heal*, page 54)
4. Therapeutic Touch is a healing practice, rather than a curing practice.
5. A Therapeutic Touch practitioner must have a compassionate desire and intention to facilitate healing.
6. A Therapeutic Touch practitioner must be unattached to the outcome of the Therapeutic Touch session.
7. Competency is gained through practice and continued study. Therapeutic Touch is experiential. It can be taught and learned only through personal experience.
8. The intention of Therapeutic Touch practitioners is to influence the energy flow to rebalance the field and to move it toward wholeness and health.

COMMON EFFECTS OF THERAPEUTIC TOUCH

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

- promoting a relaxation response
- reducing anxiety & stress
- managing pain
- improving sleep
- facilitating the body's natural healing process
- fostering a sense of well-being

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

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In the practice of Therapeutic Touch, it is important for us to not only keep in mind the whole person... but also to recognize that each person is a part of an ordered universe. The concept of the whole person can be very difficult to visualize. It is easier, and actually more correct, to think of the concept of order.

Dora Kunz. *The Spiritual Dimension of Therapeutic* p.48