

Therapeutic Touch Awareness Week May 6-12, 2019

Therapeutic Touch Workshop Description

Therapeutic Touch® is an evidence-based holistic therapy that affects the body, mind, emotions and spirit in a gentle and healing way. It helps to restore the flow of energy, supporting wholeness and health. As a complementary therapy it can support relaxation, relief of pain, stress and anxiety reduction and can leave the receiver with a sense of calm and a feeling of well-being.

You can start with the basics in a **Level 1 Workshop**. When you are ready you can attend **Levels 2 and 3**. If you are inspired to continue, you can become a Recognized Practitioner with further training and practice.

THERAPEUTIC TOUCH – Level 1 Workshop

You will be introduced to Therapeutic Touch as developed by Dolores Krieger Ph.D., RN and Dora Kunz; its history, theory, concepts, and various applications. All participants have the opportunity to experience and practice Therapeutic Touch with supervision and feedback. You'll learn about the scientific basis for Therapeutic Touch and the research that supports its practice.

At the end of the Level 1 Workshop you will know how to provide a Therapeutic Touch session and be able to offer sessions to your family, friends and colleagues – as well as to yourself!

Following the completion of your Level 1 workshop you will be eligible to become a Member of the Therapeutic Touch Network of Ontario (TTNO) and join a local Branch where you can practice and share your experiences with others. Check out our website for more information: www.therapeutictouchontario.org.

Therapeutic Touch Works!