

What can I expect in a Therapeutic Touch® session?

A Therapeutic Touch session, always individualized, is followed by a period of rest, and will last up to 45 minutes.

The client remains fully clothed, sitting or lying down. Depending on the client's preference, Therapeutic Touch can be done with no physical touching, or with light touch on the shoulders, arms, legs and feet.

In a state of inner quiet the practitioner moves her hands from the head to the feet, a few inches from the body, then moves her hands gently and rhythmically with the intent to reorder the 'energy field'. During the following rest the physical body responds to the changes in its energy field.



What will I feel during a session?

Responses vary – there is no 'right' way to experience it. Sometimes you may have a sensation of energy moving through your body or have slight tingling sensations.

Many of those receiving Therapeutic Touch fall asleep during the session. The practitioner may use imagery and quiet music during the session and the rest time.

Therapeutic Touch Networks Canada www.ttn.ca

Contact Information for Therapeutic Touch® in Canada

Regional Networks are the governing bodies for Therapeutic Touch in their area.

Please refer to their websites for practitioners and teachers and for interest groups which are found in all major cities.

British Columbia Therapeutic Touch
Network Society
www.bctherapeutictouch.com

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Therapeutic Touch Network of Alberta
www.therapeutictouchalberta.com

•
Therapeutic Touch Network of Ontario
www.therapeutictouchontario.com

•
Réseau du Toucher Thérapeutique
du Québec
Therapeutic Touch Network of Quebec
www.ttnq.ca

•
Atlantic Therapeutic Touch Network
www.atlanticctn.com

International Therapeutic Touch

Therapeutic Touch is practiced throughout the world. Refer to "Links" on the
TTNC web site: www.ttn.ca

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For local information please contact:

Therapeutic Touch® A complementary modality for Multiple Sclerosis

*This gentle
therapy is used
throughout the world
by and for people from
all walks of life and health.*



*More than forty years of
experience and research have
proven its many
beneficial
effects*

www.ttn.ca

What is Therapeutic Touch?

Therapeutic Touch®, an interpretation of several ancient energy practices, is a consciously directed process of energy exchange during which practitioners use their hands as a focus for facilitating well-being. This technique was first developed as a modern well-being method by Dolores Krieger, PhD, RN, and her colleague, Dora Kunz, in 1972.

It may be classified as “energy medicine”.

Research and clinical practice show that Therapeutic Touch is effective in:

- eliciting the Relaxation Response (Benson)
- reducing anxiety,
- changing the perception of pain,
- facilitating the body's natural restorative process,
- bringing about an improved sense of well-being.
- providing comfort during distressing circumstances.

Any condition that will be helped by these effects may benefit from Therapeutic Touch.

From Al Nicolls, Burlington, ON (front cover)

I receive Therapeutic Touch frequently. I had no expectations of a cure (always open to that!). I keep going back, so clearly I'm getting a lot out of it.

Therapeutic Touch helps me with:

- tension in neck, shoulders, legs, arms feet.
- warms fingers
- general relaxation and calming my mind.
- reinforces positive attitude
- soothes sinus headache and
- whatever comes up from day to day.

Occasionally I do TT on myself. Others who give sessions of Therapeutic Touch to me have noticed my energy field is extremely wide. My experience has been that there is a symbiotic relationship between TT practitioner and recipient; both experience the shared energy.

Sensitivity in Multiple Sclerosis

People with MS are extremely sensitive to energy changes. This sensitivity may manifest in an energy field that extends much further from the body than usual. Often when people begin to work on some areas of the person with MS they have to stand a foot or more away. If they don't, that person may become nauseated, twitchy, and more ataxic than usual. Sometimes hands-on work makes this less of an issue but only if the practitioner is deeply centered and slowly and smoothly modulates the energy.

Kathy Wilmering

I feel that if I hadn't received Therapeutic Touch I would be much worse than I am now. I feel it is able to somewhat stabilize what is to come.

I'm well aware of what lies ahead, and where I am going, and my practitioner, in her very calm manner, is able to placate me.

D. MacKenzie-Stagg

From Kathy Wilmering, MSW, APRN, BC, Seattle, WA, who has had MS for 26 years.

Some of the symptoms that plagued me were vertigo, ataxia, an especially spastic left leg that spasmed, nystagmus and intense nerve pain in both my shoulders, arms, and hands, as well as left sided weakness. I had carpal tunnel syndrome and chronic head and neck pain from using my canes.

Directly after the Therapeutic Touch session I would not feel any different, but when I'd lie down, I'd feel like a rag doll and would drift off into a deep sleep.

When I woke, my balance would be better for a while and I'd feel more energy and less pain. Therapeutic Touch applied consistently was helpful in decreasing pain, spasticity, and nystagmus, increasing energy, and decreasing anxiety.

*Kathy can be reached at:
kwilmering@Quidnunc.net.*

Where Can I Receive a Therapeutic Touch Session

- Your local MS Society may have - information about Therapeutic Touch.
<http://mssociety.ca>
- A qualified practitioner may be found through the Therapeutic Touch Network in your region (*see back panel*).
- Hospitals and long-term care facilities may have Practitioners there who offer sessions to patients/residents on request.
- Many practitioners volunteer their services in a variety of health care agencies.

Practitioners may also be found through

- Physio and massage therapists
- Pain clinics
- Homecare programs and PSW's

From Pamela Smith, OCSWSSW, CASC, Mississauga, ON.

I was diagnosed with MS in 1998 after my first MRI scan. Initially, it was “Remit Relapse”, as the previous lesion indicated that I had already had the first attack, and the disease had gone dormant for 10 years. However, that diagnosis changed as I rapidly got worse and more attacks occurred.

After my first session I noticed an instant change in the way I felt. I even took a group of children for a walk after that treatment! No tripping, no falling and it didn't feel like my leg dragged at all. I continued to see the TT practitioner, Sue, as often as I could. By our third session I felt as though I didn't have MS anymore. My neurologist(s) thought I was a crazy woman for not trying a more accepted medical method, but I felt that Therapeutic Touch was working and continued for another dozen sessions. The medical model does its best, but I think our bodies can do better with the right tools. Therapeutic Touch was the right tool for me and my MS!