

PRACTITIONER CREDENTIALS

Your Therapeutic Touch practitioner will have studied this modality in formal classes for at least 24 hours, 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. Rev. Lorraine Newton-Comar and Rev. Andy Comar can be notified through the church office if your treatment or practitioner does not meet your needs, if you are moving your location or if you wish to discontinue treatment for any reason.

WHAT DOES IT COST?

Payment for Therapeutic Touch is not expected. However, should you chose to support this ministry, any donation may be directed to The Therapeutic Touch Team of Trinity United Church.

FOR FURTHER INFORMATION REGARDING:

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

please call: Trinity United Church Office

824-4800

Or e-mail: newtoncomar@rogers.com



May 2004

THE THERAPEUTIC TOUCH™ TEAM



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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.

THERAPEUTIC TOUCH

Therapeutic Touch (TT) is considered to be an energy field modality and is a contemporary interpretation of several ancient healing practices – a consciously directed process during which the practitioner uses the hands as a focus for facilitating the healing process. The intervention is administered with the intent to enable people to re-pattern their energy toward wholeness and health. 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. Of benefit to both the practitioner and the client, this modality is proving to be a significant antidote for burnout in health care professionals.

Developed in the early 1970s by Dora Kunz and Dolores Kreiger, Ph.D., R.N. (Professor Emerita of New York University), Therapeutic Touch is now practiced by thousands of healthcare professionals, holistic health practitioners and lay people throughout the world. Numerous colleges and universities teach it in their graduate and undergraduate nursing programs.

In Ontario, many hospitals and nursing agencies are encouraging their nurses to study the technique. Among those using Therapeutic Touch are hospice volunteers, AIDS care givers, addiction workers, midwives, occupational health nurses and those involved with elder care.

Therapeutic Touch is perceived to be on the leading edge of 21st century Vibrational Medicine.

ASSUMPTIONS

Several assumptions underlie Therapeutic Touch:

- All living things have an energy field.
- In a state of health *life energy* flows freely in, through and out of the field in an orderly manner.
- In disease or injury the flow of energy is affected and may be described as obstructed, disordered or depleted.
- Human beings have the ability to transform and transcend their present condition and move toward wholeness. This means they can change and feel better!

SESSIONS

WHAT HAPPENS DURING TREATMENT?

This is the easy part! 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. You might feel tingling or heat or coolness or nothing at all. You might feel very 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 is done to support the medical treatment you already receive. The treatment itself should take less than half an hour. After you are told that the treatment is over, you need to rest

for half an hour – so the total amount of time needed is approximately one hour. Your practitioner will leave you to rest once you are in a safe and comfortable place.

COMMON EFFECTS

Considerable graduate work and research has been done on Therapeutic Touch.

Research and experience have shown the effectiveness throughout life of Therapeutic Touch. It is reported to:

- Elicit the Relaxation Response and reduce anxiety
- Alter the perception of pain
- Facilitate the body's natural restorative process and healing response
- Enhance the quality of life

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!