

Therapeutic Touch® is a holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being. Therapeutic Touch practitioners are educated to modify a person's energy field when disease or illness obstructs or depletes their flow of energy. The Therapeutic Touch treatment restores order and harmony to the client's field. Based on the belief that the body can heal itself, Therapeutic Touch is a method of helping a person to mobilize their own natural healing abilities.

Research and clinical experience have shown its effectiveness 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

Considerations: Therapeutic Touch is a process that is always individualized and the recipient remains fully clothed.

For more information please visit: therapeutictouchontario.org

