Therapeutic Touch – A Healing Technique

What is Therapeutic Touch?
Therapeutic Touch (TT) is a healing technique used by trained practitioners to enhance the body’s ability to heal. This method is based on the belief that:
• The healthy body has a balanced flow of energy, and
• The unhealthy body has disruption to its normal flow of energy.

Where did TT come from?
Dolores Krieger, R.N., Ph.D., and Dora Kunz founded TT in 1972, as a modern form of several ancient healing traditions. TT has been taught in many universities and is practiced throughout the world. It works along with your regular medical care and is not meant to replace it.

How is it done?
The Therapeutic Touch treatment is done while you are fully clothed and sitting or lying down. The practitioner takes a moment to connect with their inner calm. Then they connect with your energy field, with their hands above or gently touching the body, to assess, interpret and balance the energy flow of your body.

How long does a treatment take?
The typical TT treatment lasts from 15 to 30 minutes. Many people fall asleep during their treatment, and most feel a deep calm after a treatment.

How is TT used in health care?
Trained health care workers may use TT while giving you care. For more than 35 years of research, Therapeutic Touch has been shown to:
• Decrease pain
• Induce profound relaxation in 2-3 minutes
• Promote rest and sleep
• Lessen anxiety
• Quicken wound healing

TT has also been shown to benefit those who are dying. It can also have an effect on psychological and spiritual levels.

Will TT cure my disease?
Therapeutic Touch focuses on healing and restoring wholeness of body-mind-spirit. As such, TT does not attempt to cure disease. Rather, it stimulates your natural healing process. The benefits are unique to each person.