



Therapeutic Touch Policy and Procedure

For health professionals and volunteers

Therapeutic Touch® is a relaxation technique that was developed in the early 1970s by Dolores Krieger, Ph.D., R.N. and Dora Kunz, a natural healer. Dr. Krieger completed numerous clinical research studies, which confirmed a measurable impact on illness and injury. Numerous colleges and universities teach it in their nursing programs. Therapeutic Touch® is not a substitute for medical treatments, but supports comfort and healing and is used as a complement to conventional medical care.

In the state of health the energy field is balanced and smooth. During illness the energy field can become depleted and congested. During the session the practitioner uses the hands on or off the body to help the energy field become more balanced. The person remains fully clothed, and may be sitting or lying.

The policy requirements: First Level Therapeutic Touch® with a qualified teacher: a member in good standing with the BC Therapeutic Touch® Network Society: mentoring by a qualified practitioner. Have signed the BCTTNS Code of Ethics.

Research and experience have shown many benefits from Therapeutic Touch®.
Indications for use: (not limited to)

- Promotes the relaxation response and can calm the breath; decrease the pulse, and blood pressure.
- Facilitates the mind/body connection
- Decreases anxiety, stress
- Creates a sense of calmness and well-being
- Stimulates the immune system
- Decrease in pain levels.
- Accelerates the healing process
- Can help during birth
- Can ease the dying process

The time for each session is individual (Varies according to the person's needs)

Procedure

- 1. Explain** the procedure and ask permission to touch or not touch the body.
- 2. Centring:** The practitioner centres by bringing one's body, mind and emotions to a calm and quiet state of consciousness.
- 3. Intention:** Make a conscious intention to therapeutically assist the person. The patient may be asked their intention.
- 4. Assessing:** Access the condition of the energy field by moving the hands 2-6 inches parallel to the body from the head to the feet. You may notice differences by sensing changes in the palms of your hands or other intuitive and sensory cues.
- 5. Clearing/Unruffling:** Use calm rhythmic hand movements to clear areas of imbalance in the field such as tension and congestion in the energy field. Movements are done from the head to the feet.
- 6. Directing and modulating:** The hands are placed on or off the body to direct the energy to the areas accessed.

Rationale

Therapeutic Touch® can be explained as a relaxation technique that may relieve pain /decrease anxiety and/or promote a sense of well- being. Asking permission - following the BCTTNS Code of Ethics.

Centring is an essential part of Therapeutic Touch® and should be maintained throughout the procedure. Maintaining the centred state prevents the use of personal energy and emotional attachment to the outcome.

Therapeutic Touch® is a purposefully directed process.

The baseline assessment of the energy field is done to access the flow of energy and person's needs.

Clearing/Unruffling helps the energy to flow in a rhythmical, symmetrical way, re patterning and mobilizing the energy field.

Directing energy to specific areas of depletion or congestion helps re-establish balance in the energy field re patterning energy towards health and well -being.

Procedure

7. **Repeat** the phases if necessary.

8. **Reassessment:** Reassess the energy field by using the sensory cues in the palms of the hand or intuitive cues. Hands are held 2-6 inches parallel to the body and movements are made from head to feet.

9. **Knowing when to stop:** The practitioner will know when to stop when the energy field feels more smooth and balanced. (The length of the session varies depending on the person. Average 5-30 min.)

10. **Rest:** After the session give the person an opportunity to rest.

Rationale

Phases can be repeated when needed.

Reassessment helps the practitioner re evaluate if the energy field feels different from the baseline assessment. It helps determine if the field is more balanced.

Knowledge and intuition will help know when to stop the Therapeutic Touch® session.

Resting helps integrate the session.

References:

Nurse Healers-professional associates
International Inc. Therapeutic Touch® Policy and
Procedure for Health care professionals.

Krieger D. The personal practise of Therapeutic
Touch (1993

The BC Therapeutic Touch® Network Society
Education Committee

Canadian Holistic Association endorses
Therapeutic Touch®

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