

The Wellness Centre Therapeutic Touch™

Our Mission

is to support, educate and empower those who are affected by or caring for a person with a life-threatening illness.

Our Vision

- An "oasis" of peace and comfort supporting the whole person with respect, compassion and empathy.
- A trusting and accessible place to all people.
- Committed to leadership and innovation in supportive care.

Thanks

to the generosity of our community we are able to provide you with programs and services free of charge.



The Hospice of Windsor and Essex County Inc.
L'Hospice de Windsor - Essex Inc.

Produced in partnership with

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Therapeutic Touch™ is a form of healing that uses a practice called "laying on of hands" to correct or balance energy fields. Therapeutic touch is based on the theory that the body, mind, and emotions form a complex energy field.

According to Therapeutic Touch™, health is an indication of a balanced energy field and illness represents imbalance. Studies suggest that therapeutic touch™ can help to heal wounds, reduce pain, and promote relaxation.

Each session is 20 minutes in length and you can receive up to six sessions. This program is open to both the patient and/or family member(s). Sessions are available onsite, in home, hospital and/or long term care facilities.

What should I expect on my first visit?

Before the session begins, you will be asked to sit or lie down. Sessions are broken down into four steps:

- (1) **Centering**—the therapist becomes "centered" by using breathing, imagery, and meditation to achieve an altered state of consciousness for him or herself.
- (2) **Assessment**—the therapist holds his or her hands 2 to 4 inches away from your body while moving from your head to your feet. This is done to assess the energy field surrounding your body.
- (3) **Intervention**—once a congested or blocked area is located, the therapist will move his or her hands in a rhythmic motion starting at the top of the blocked area and moving down and away from your body.
- (4) **Evaluation/Closure**—once you've had a few minutes to relax, the therapist rechecks your energy field to be sure that no blockages were overlooked.

Practitioners: Therapeutic Touch™ is offered by trained patient care volunteers who have completed 30 hours of training and achieved all 3 levels of TT.