

Therapeutic Touch® 2025



Part 1 of a 2 Part Training

Foundations of Therapeutic Touch®

Foundations of Therapeutic Touch is an interactive workshop designed to introduce participants to the principles and practice of Therapeutic Touch. A holistic,

evidence-based, modern interpretation of several ancient healing practises, Therapeutic Touch promotes balance and well-being. This easily learned energy healing modality can provide relief and comfort to those who receive it.

Learning Outcomes:

By the end of the workshop participants will:

Be able to offer a Therapeutic Touch session to others

Understand the underlying assumptions and principles of Therapeutic Touch

Be able to explain the effects and benefits of Therapeutic Touch on the healing partner and practitioner

Understand the relationship between the practitioner and the healing partner

Learn the history and development of Therapeutic Touch as part of an integrated health system

Recognize the attributes of an effective practitioner

Understand the ethics and responsibilities of offering a Therapeutic Touch session

Have offered and received a Therapeutic Touch session

Part 2

Transpersonal Nature of Therapeutic Touch®

The Transpersonal Nature of Therapeutic Touch builds on the knowledge, skills, and insights acquired through the Foundations of Therapeutic Touch course and insights gained from regular practice, broadening the learner's understanding of the essential elements of TT. Contemplative practices and guided reflective dialogue regarding energetic, emotional, and mental aspects of Therapeutic Touch practice enhance the learner's self-knowledge and self-inquiry. Learners explore approaches to assisting individuals who are experiencing a variety of health challenges.

Learning Outcomes:

By the end of the workshop participants will:

1. Engage in contemplative practices which deepen knowledge and awareness of the inner self

2. Describe the relationships between the practitioner's shifts in consciousness and the elements of the Therapeutic Touch process

3. Provide Therapeutic Touch sessions with the compassionate intent to assist the healing partner (Hp)

4. Apply knowledge and understanding of the Transpersonal Nature of Therapeutic Touch to the development of a TT practice