

## **What is Therapeutic Touch?**

Therapeutic touch is a form of healing that uses a practice called "laying on of hands" to correct or balance energy fields. The hands are moved just over the body. 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. It is most useful to reduce or eliminate pain, promote healing, and elicit a relaxation response.

The world is awakening to a compassionate responsibility for the environment and all forms of life. This re-examining of the nature of being has supported a resurgence of healers and healing, a reinstatement of their credibility, and a new understanding and acceptance of feminine aspects in healing.

It has fostered the resurgence of re-learning ancient techniques to relieve or eliminate physical and emotional pain in ourselves and in others. Therapeutic Touch is one of these healing techniques; it is a non-invasive, holistic approach to healing which stimulates the receiver's own recuperative. Therapeutic Touch was developed in the early 1970's by Dolores Krieger, Ph.D., R.N., then a Professor of Nursing at New York University, and her mentor, the late Dora Kunz, a well-respected "natural" healer.

The sensitivity with which Therapeutic Touch responds to the human condition as a tool for healing rests firmly on the unique insights of Dora Kunz, who derived the techniques of Therapeutic Touch from the practice the laying-on of hands. The functional basis of Therapeutic Touch lies in the intelligent direction of significant life energies from the person playing the role of practitioner to the ill person.

Therapeutic touch has developed out of nine years of research on healing, six years of clinical practice of Therapeutic Touch, and five years of teaching in modern ways, this very ancient practice. Therapeutic touch recaptures a simple, ancient mode of healing.