

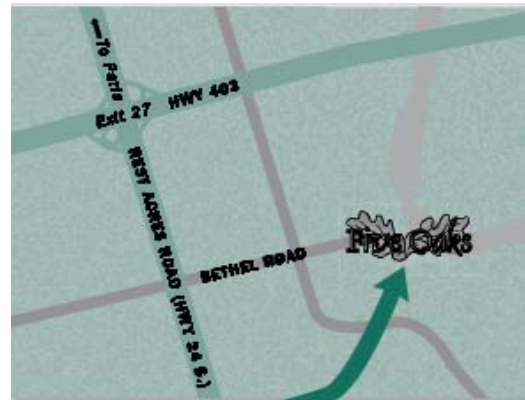
Therapeutic Touch™

Therapeutic Touch is a safe gentle complementary healing art which is having a world-wide impact by profoundly enhancing the quality of nurturing care from birth to death.

- ◆ At the end of the weekend program participants will receive a Certificate of Completion which is approved by the Therapeutic Touch Network of Ontario. This certificate can be used toward becoming a Therapeutic Touch practitioner – although one does not need to be a recognized Practitioner in order to do Therapeutic Touch.
- ◆ Visit: www.therapeutictouchontario.org for more information on Therapeutic Touch and how to become a recognized Practitioner.
- ◆ **Cost:** each weekend program costs \$390 which includes tuition, meals & accommodation



Five Oaks is a sacred meeting place for learning and renewal where people are inspired to participate in God's healing of the world. We offer programs for all ages to deepen spirituality, experience community and learn new skills for life and work.



Five Oaks is conveniently located in Paris, ON, south of the 403 off Rest Acres Rd. (Hwy 24 South), one and a half hours drive west of Toronto, one hour east of London and thirty minutes south of Kitchener. Also easy access to the Centre by train. See the 'Location' section of our website for more details.

Five Oaks Centre

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Therapeutic Touch™



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Therapeutic Touch™ at Five Oaks



What is Therapeutic Touch?

Therapeutic Touch is a contemporary interpretation of several ancient healing practices. It is a consciously directed process in which the practitioner uses the hands as a focus for healing. TT is administered with the intent of enhancing and supporting the flow of energy through the body, thus helping people change their energy in the direction of wholeness and wellbeing. It is a safe healing method practiced by people throughout the world. One can use it for self, family, friends, even animals and plants. A growing formal research base indicates that Therapeutic Touch often induces a rapid relaxation response, reduces stress and anxiety, changes perception of pain and enhances body's natural restorative ability. Therapeutic Touch is holistic in its approach, affecting body, mind, emotions and spirit.

Therapeutic Touch is valuable in many areas of life:

- addiction and detox
- bereavement
- massage therapy
- clergy and pastoral care
- crisis intervention
- dancers and gymnasts
- emergency response
- hospice volunteers
- midwives/coaches
- parents/grandparents
- Physicians & nurses
- rehab services
- stress management
- vets/animal trainers

Level 1

Level 1 is designed to introduce students to the history, theory, concepts and practice of Therapeutic Touch. A high level of practice will be experienced. Therapeutic Touch can be learned by anyone who wishes to – all you need is a willingness to learn and explore.

Details of how to become a recognized Therapeutic Touch Practitioner will be explained at the Level 1 program. **One does not have to become a recognized Practitioner in order to do Therapeutic Touch.**

Level 2

Level 2 is designed to build upon the learnings from the Level 1 program. A high level of practice will be experienced. Participants of Level 2 are expected to have taken the Level 1 workshop. Participants will:

- ◆ review basic TT assumptions, ethics and TT treatment techniques
- ◆ understand and utilize concept of non-linear treatment
- ◆ deepen own treatment / conduct skills
- ◆ comprehend the concept of chakras as centres of consciousness
- ◆ start using frequencies of colors, sounds and aromas to modulate energy in the receiver's field
- ◆ understand the role of imagery / visualization in TT treatment
- ◆ learn to give TT treatments at distance
- ◆ practice giving treatments in triads (receiver is treated by two practitioners)
- ◆ realize the importance of own wellbeing; learn more about self-care

Level 3

In Level 3 participant will:

- ◆ integrate and expand knowledge from Level 1 and 2
- ◆ bring own practice to deeper levels of understanding and expertise
- ◆ learn more about chakras and their relationship to autonomic nervous system and endocrine system
- ◆ start looking into the role of emotional field in healing
- ◆ gain insights about healing self and others
- ◆ formulate a plan for ongoing self-healing and personal growth

Leaders

Jitka Malec has been practicing Therapeutic Touch since 1993. She teaches Therapeutic Touch at Fanshawe College in St. Thomas, in other institutions on request and privately. TT is a very important part of her life.

Regina Sheere recognizes that, for her, the common sense approach to healing and life - being in touch with the rhythms of the earth - have motivated her to become a recognized practitioner of Therapeutic Touch. She is a member in good standing with The Therapeutic Touch™ Network of Ontario.

Visit our website for dates when Therapeutic Touch is being offered at Five Oaks or contact us at:

- 519-442-3212
- programs@fiveoaks.on.ca