

# Therapeutic Touch

## Applications in Rehabilitation

Sue Gregory, B.AppSc(OT), AccOT, AdvDipSOP, QTTT

Cheryl Larden, RN, BSN, RTTP/T

Saturday, July 16 and Sunday July 17, 2011  
9:00 a.m. to 4:00 p.m.

Paetzold Health Education Centre  
Vancouver General Hospital 899 W 12<sup>th</sup> Ave. Vancouver

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### Introduction

Therapeutic Touch™ (TT) is an energetic healing technique that has complemented traditional medicine for over 30 years. Pioneered by the Nursing profession, therapeutic touch is now being recognized amongst the rehabilitation disciplines as an adjunctive modality for holistic practice. By influencing the body's energy field, studies have demonstrated the effectiveness of TT in lessening pain, reducing anxiety, promoting relaxation and facilitating body-mind-spirit healing.

This two-day workshop is the Level 1 Basic training offered in collaboration with the BC Therapeutic Touch Network (BCTTN). Uniquely, Day 1 will draw on the experiences of an occupational therapist who has been utilizing complementary and alternative medicine (CAM) for over 15 years. Her applications include relaxing muscles prior to splinting, reducing phantom and burn pain, increasing range of motion for ADLs, settling sun-downing behaviour in people with dementia, and as an adjunct to life coaching for stress management, grief and palliative care.

### Learning Objectives

Through lecture, discussion, demonstration and hands-on practice, participants will:

1. Understand the history, concepts and theoretical framework of TT
2. Be able to perform basic TT including centering, assessing the energy field, re-balancing and knowing when to stop
3. Review research evidence
4. Gain insight into TT applications in rehabilitation and holistic practice
5. Add versatility in their practice for the increasing demand of clients requesting CAM

### Faculty

**Sue Gregory** is an Australian-trained occupational therapist, psychotherapist and Qualified Therapeutic Touch Teacher. She provides wellness services and leadership and life coaching to health care and corporate environments through her private practice, Healthy Outlook, ([www.healthyoutlook.com.au](http://www.healthyoutlook.com.au)). Sue has produced teaching DVDs on TT, written TT standards for both aged care and for the nationally accredited competencies in TT for Australia, co-authored teaching manuals and published research articles. Working now with aboriginal healers, she is providing desert retreats where ancient indigenous practices in healing can be experienced.

**Cheryl Larden** is a Vancouver nurse and was a nurse educator at BC Women's Hospital. As a Recognized Therapeutic Touch Practitioner/Teacher, she is very experienced in teaching TT Levels 1-3 towards certification. Cheryl has her own TT practice and runs a practice group. She is currently the Vice-President of BCTTN and is also past-Chair of the Education Committee that deals with qualification of students. Cheryl co-authored the research paper Efficacy of Therapeutic Touch in Treating Pregnant Inpatients Who Have a Chemical Dependency which was published in the *Journal of Holistic Nursing*, in 2004.

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## Intended Audience

Occupational Therapists, Physical Therapists, Kinesiologists, Rehabilitation Assistants, Nurses

## Tuition

Before May 22: \$285; after May 22, \$335.00. BCSOT members and groups of 3 or more save 10% (\$256.50 or \$301.50). Includes lunches.

Deadline for registration is June 4, 2011.

Make cheques payable to Dianna Mah-Jones OT Consultant. Post-dated cheques accepted—tuition according to the above timelines. NSF cheques will be subject to a \$20.00 administration fee. Confirmation of registration will be by e-mail. Receipts will be issued at the workshop. Do not book flights until the workshop itself is confirmed.

## Refund Policy

For cancellation prior to the deadline, a \$50.00 processing fee will be charged. For cancellation after the deadline no refund will be provided unless the space can be filled from the wait-list, at which time a \$100.00 processing fee will be charged. In the event the organizer cancels the course for any reason, a full refund will be provided.

## Accommodation

The Park Inn and Suites at 898 W. Broadway, [www.parkinn.com/vancouver.ca](http://www.parkinn.com/vancouver.ca), is 3 blocks south of Vancouver General Hospital and 4 blocks west of the Canada Line. Quote Dianna Mah-Jones Occupational Therapy Consultant for corporate rate of \$139/night plus tax per room, single or double.

## For Information

Contact Dianna at [dmjot@shaw.ca](mailto:dmjot@shaw.ca) or call (604) 263-8730 after 1900h.

## Therapeutic Touch: Applications in Rehabilitation July 16 & 17, 2011 Vancouver

Name: \_\_\_\_\_ Profession: \_\_\_\_\_

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Phone: Work: \_\_\_\_\_ Home: \_\_\_\_\_

BCSOT#: \_\_\_\_\_ Food Allergy/vegetarian: \_\_\_\_\_

e-mail: \_\_\_\_\_

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