

Stressed? Exhausted? Suffering?

Learn a simple, powerful method that can help recharge energy.

It can help you, and help you, help others.

Therapeutic Touch: an established healing practice endorsed by the Royal College of Nursing, Australia as a non-invasive complement to regular medical care, and practiced in hospitals and health care settings worldwide. Extensive research shows its effectiveness for pain relief, anxiety and stress reduction and settling disruptive behaviour. It also blends with Indigenous cultural practices to support medical care.

Specifically it is used in treatment of chronic pain, acute trauma, sleep disorders, renal dialysis, depression, pre and post surgery, dementia, mental health, premature babies and child birth, drug and alcohol withdrawal, cancer, and palliative care.
<http://www.healthyoutlook.com.au/TherapeuticTouch.html>

Benefits for you:

- Lower your stress levels as you give care to others
- Increase your resilience to stay calm and relaxed
- Reduce burnout and give you more energy
- Increase your energy levels and the capacity to bounce back

Benefits your clients:

- Relieve pain
- Reduce anxiety
- Reduce aggression and challenging behaviours
- Improve sleep quality
- Speed wound healing and reduce oedema
- Improve mobility

Designed for:

Health care industry professionals, health care workers, community carers, natural health care practitioners, massage therapists, people who care for others in a voluntary or family basis

Award:

Nationally recognised training leading to a Statement of Attainment in Basic Therapeutic Touch hosted through RTO 21402



Australian Association
of Massage Therapists Ltd

Testimonials

"We have demonstrated results in assisting restless residents settle off to sleep, minimising wandering behaviours, relieving anxiety." Yvonne Kromkamp, Director of Nursing

"Sue is an inspiring example and an excellent teacher." Jeanette Clarke RN

Excellent healing therapy that can be done quickly, easily and with a minimum of invasiveness ... an integration of holistic approach to wellbeing."

Karen Smith, Director of Nursing

Facilitator

Sue Gregory *B.AppSc(OT), AccOT, AdvDipSOP, QTTT* is an occupational therapist, psychotherapist and internationally qualified therapeutic touch teacher. After presenting on ABC TV, she co-authored *Silver Energy*, published research. Sue trains internationally, her programs endorsed by the Australian Association of Massage Therapists and the Natural Health Practitioners of Canada.



When

14th & 15th August 9am – 4 pm

Numbers are limited to the first 12 people who sign up. The first 5 people who register will receive a free copy of the book *Silver Energy* valued at \$25.00 .

Where

75 Hartley St, Alice Springs. AM and PM tea provided

Cost

\$440

How to Register

Click here to register or Call Sue Gregory 0419 1197 44 , sgregory@healthyoutlook.com.au

FREE – Achieve more with Less Effort

Would you like to have a free set of guidelines to help you do more with less effort and to help you slow down. I will give you instant access to my free report: **Achieve More by Doing Less**, as well as send you other valuable information.

<http://www.healthyoutlook.com.au/achieve-more-by-doing-less.htm> to sign up (and make sure you check your email right away to verify you really want to be on the list and receive the free report).

I