

Get Excited About Therapeutic Touch!!!

Therapeutic Touch® Level 1 Workshop at Elm Tree Centre

Facilitator: Martha Hoey B.F.A., B. Ed., RT.

Date: Saturday, June 2, 2018. **Time:** 8:30 am - 5:30 pm.

Cost: 125.00 (includes \$5 for handout package)

Are you interested?

1. Do you have a family member who needs pain relief?
2. Are you a caregiver? Do you need stress relief?
3. Are you challenged by only medical intervention treatments?
4. Are you a person who likes to try various modalities/treatments that can work together in complementary ways?
5. Would clinical research help you to get a deeper understanding about how the process of Therapeutic Touch works?
6. Is there something you've heard about regarding this healing modality that makes you want to try it out?
7. Do you know that there is a network of recognized practitioners that offer treatments in hospitals, hospices and pain clinics as well as in private practice?

What is your interest in learning the basics of Therapeutic Touch?

Learning this modality for self-care is highly recommended for people suffering from chronic pain, anxiety and depression. Many others have a compassionate sense of wanting to help someone who is in pain. Often this aspect of human nature is what calls you to be there. Therapeutic Touch leads you in a process of learning how to help someone and at the same time maintain clear boundaries. It can also be a business opportunity for practitioners who would like to broaden their scope of treatments.

Let's talk about what happens in a Level 1 workshop.

There are some very simple steps involved in providing a Therapeutic Touch Session.

- Basically you will learn how to sense energy and understand the process of how it flows in and around people.
- You will learn how to clear away the rough spots and also how to balance things out.
- When these two steps are in motion, a feeling of relaxation/pain relief takes place for the recipient.
- The basics of Level 1 are taught and practiced throughout the workshop. So, as you build upon your experience of feeling energy, you become confident with the basic steps of clearing and balancing.
- The rest is up to the person receiving the treatment because when they rest, more pain relief takes place.

What I enjoyed about learning the Basics.

Here's some feedback from others who have taken the basic Level 1 workshop.

The steps of giving a session were easy to learn and remember. HB

I learned how to develop boundaries by centering. MJ

The meditations and practical sessions helped me to get confidence. JP

The experiential aspects of Therapeutic Touch were most informative. MS

The group discussions helped me to get a wide perspective of how this process works. GL

I found that the basic skills involved in the practice of Therapeutic Touch have helped me to be more efficient in my own life. Martha Hoey

FAQ

How long is the basic level 1 workshop?

It is taught as a full day (9 -12hrs) or 3 consecutive (3-4) hr segments.

Workshops are held at The 'Originals Loft Retreat Centre for groups, families and individuals. She also teaches through The Upper Grand Continuing Education wellness programs. To get a workshop together in your area or at The 'Originals' Loft Retreat Centre contact her at: info@elmtreecentre.com

Guest Speaker

Presentations with Martha Hoey include introductory information sessions and demonstrations about Therapeutic Touch. These are offered to groups such as: Stroke Survivor groups, Multiple Sclerosis chapters, Heart & Stroke caregiver groups and at local spas, meditation and yoga centres as well as YM-YWCA vitality programs.

Do I need to be a nurse or have any other training in preparation to learning this modality?

There is no need for any prior experience or nursing training. The basic Level 1 course is very complete. It has basic history, research and definitions as well as demonstrations and experiential exercises that involve all learning styles.

Can I practice on my friends and family right away?

The steps involved in giving a treatment are simple to understand and are practiced often throughout the workshop. For this reason participants are able to continue their practice and give very effective treatments after completing Level 1 Therapeutic Touch.

Can Therapeutic Touch cause any adverse effects?

No. The practice of Therapeutic Touch is based on 35 yrs of clinical research. It is used as a complementary modality to medical intervention. Used during heart transplant procedures, it promotes vitality and lessens the process of rejection. Recognized practitioners give sessions in hospitals to aid the process of healing. It is very helpful in hospices to give pain relief and relaxation prior to end of life.

Please direct any other questions to Martha Hoey, recognized practitioner and teacher. 519-823-5847 or email info@elmtreecentre.com

Schedules for upcoming Therapeutic Touch Workshops, Professional Development Day, and meeting times for the TTNO Elm Tree Branch meets at: www.elmtreecentre.com

Therapeutic Touch Works!!!

Personal Experiences from some first time learners.

I learned how to sense energy in my first level 1 workshop. For example: In one practice session, the energy field around my 'practice client's' right knee felt quite cold and the left side was warm. This helped me to know that there was something out of balance. He mentioned that his right knee had been injured in a car accident.

After the class discussion, I learned that I was feeling blocked energy on the right and his left knee was overworked. JR

When I returned home from taking my first workshop in Therapeutic Touch, I found my son in pain with a swollen eyelid from a wasp sting. There was no way I could put 'After Bite' cream on the area as it was too close to the eye. In Level I, I learned to move away blocked energy for pain relief. So, I decided to do a clearing on the area. It worked! The swelling began to go down and then the pain was gone. In about 3 days, the edge of his eye became very itchy. I repeated the clearing and that was the end of it. Now at age 32, it's my son's first go-to when he gets hurt. AS

Therapeutic Touch helped me to understand that depression is something that you can sense in a person who at first glance looks ok.

During a practice session, I was able to feel heaviness, as if there was so much sadness that it had become stuck. It was during the clearing process that my 'practice client' took a long deep breath and relaxed. When I balanced the energy, I felt the heaviness become lighter and the energy more open.

In the discussion that followed, she mentioned that she had lost her dog and was missing him. After the clearing and balancing she said that there was great relief. KL

I had driven for an hour to get to the Centre. I had a headache and stress in my shoulders. I volunteered to be the 'practice client' for the demonstration. As the teacher began the clearing, I felt more relaxed. By the end of the treatment, my headache and the pain in my shoulders were gone. I felt ready for the day. MD

Registration Form

To register, complete this form and mail it, with your payment to:

Martha Hoey,
Elm Tree Centre,
2113, 25 SR, RR#1
Moffat, On, LOP1JO

Please bring your lunch - tea. coffee and snacks are provided

Name _____ Phone _____

Address _____ City _____

Postal Code _____ Email _____

I have studied Level's _____ Therapeutic Touch® with _____

My Practice Group is in _____

I give my permission to Martha Hoey to prepare a list of registrants (for their own use) that includes my contact information Yes No

I give permission to Martha Hoey to contact me about any further workshops that she may host. Yes No

NOTE: This information will not be shared with anyone: *Martha Hoey*

Signature _____ Date _____

Alternate dates or private sessions are available on request.

For directions, visit our website at www.elmtreecentre.com