



Heron Hospice Society of Delta Therapeutic Touch: Grief & Bereavement

Therapeutic Touch (TT) is a gentle, non-invasive holistic practice designed to facilitate the body's natural relaxation response. Developed by Dr. Dolores Krieger, RN, PhD, and Dora Kunz, it is based on the ancient practice of 'laying on of hands'.

Therapeutic Touch Volunteer Practitioners

Our volunteers receive 30 hours of hospice & bereavement support education as a foundation. Additionally, the Therapeutic Touch volunteer practitioners have received 2 levels of Therapeutic Touch training: Foundations of Therapeutic Touch (12 hours) and Transpersonal Nature of Therapeutic Touch (14 hours), followed by 10 hours of supervised sessions, as a baseline. There is a credentialing process in place to obtain Recognized Practitioner (TTRP) and Recognized Teacher (TTRT) status. Please refer to the BCTTNS for more information: <https://www.bctherapeutictouch.com/>

Potential Benefits of Therapeutic Touch

- Promotes deep relaxation
- Relieves stress and anxiety
- Reduces or eliminates pain
- Supports the immune system
- Promotes feelings of calm, peace, and well-being
- Heart rate and blood pressure decrease.
- Blood flow is redirected from muscles to the skin and brain.
- This may result in a feeling of comforting warmth, tranquil alertness, and mental clarity.
- People often report lasting feelings of peace and well-being long after a session ends.

Therapeutic Touch Sessions: Process

- **Consent:** Signed informed consent is obtained prior to the first session.
- **Duration:** 20-30 minutes of TT followed by a rest period and check in.
- **Environment:** A soothing, private, peaceful atmosphere to promote relaxation.
- **Positioning:** You will choose to sit or lie comfortably, fully clothed.
- **Process:** One or two TT practitioners may work with you, using either no touch-with their hands positioned a few inches from your body, light touch, or a combination.

Length of Service

At this time, we offer up to 6 sessions of Therapeutic Touch per person. Please feel free to ask any questions you have at any point.