



inTouch

The Therapeutic Touch Network of Ontario

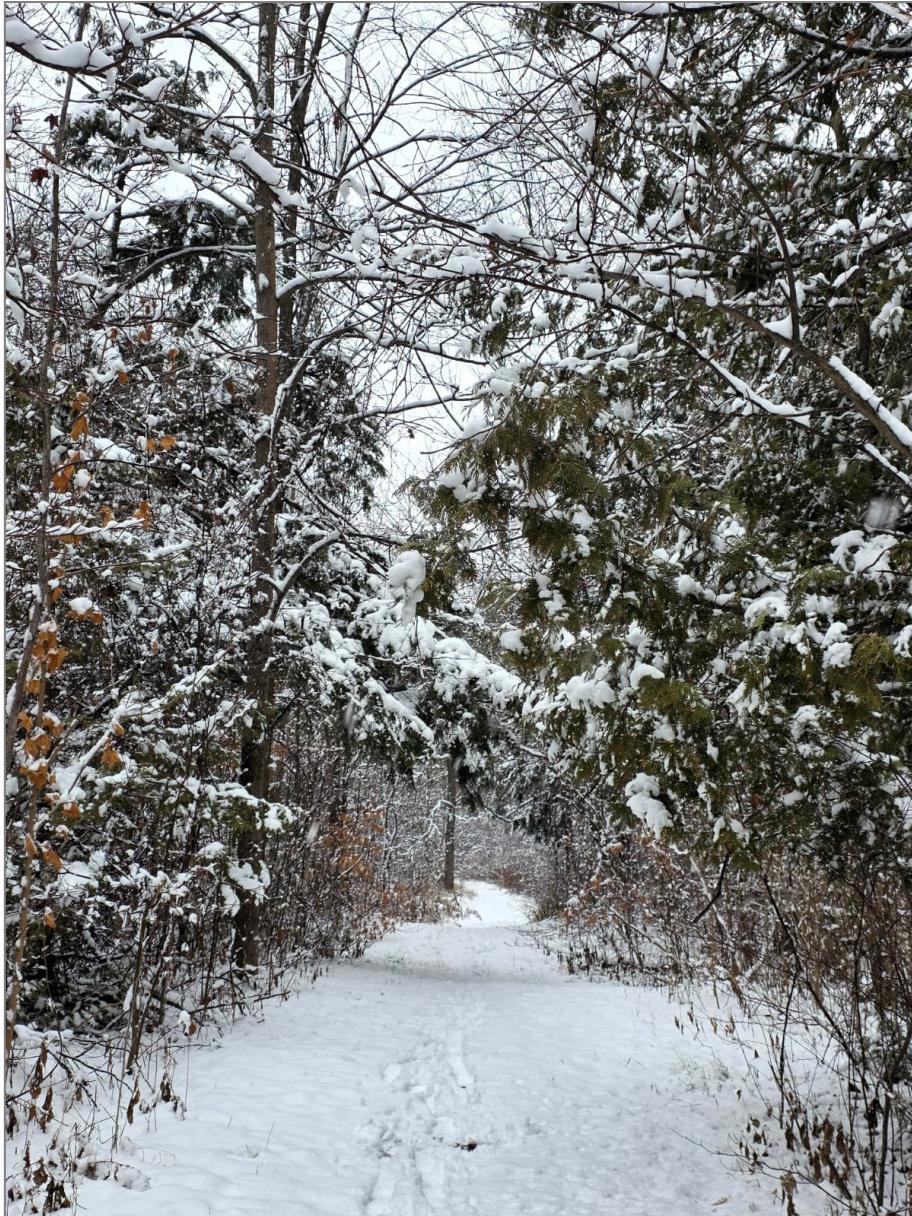


Photo courtesy of J Diep

**Steps along Winter's path
Reflecting
Quietly
Fostering seeds for
Spring's blossoms**

Table of Contents

Donations Report	2	Research Corner	14
Meditation	3	In Conversation with Arlene Cugelman	15
Board Reports	4 - 7	Growing a TTNO Branch—Part 7	16 - 17
Mentorship Committee	8 - 9	Growing in Compassion	19
TTNC Report	10 - 11	TTNO-Related Events and Activities	Throughout
Questions and Answers	12 - 13	Workshops and Continuing Education	22
Therapeutic Touch Awareness Week	14	Teachers and Branches	23

Congratulations!!!



Newly Recognized Practitioner:

Cathy Oakden



TTNO Office Holiday Hours

The TTNO office will be closed
December 23, 25, and 30, and January 1

Donations Report

With Gratitude and Appreciation, we thank and acknowledge the following persons for donations received:

In Memoriam

- ◊ Nancy Hall, in Memory of Walter Metson
- ◊ Janet Fallaize, in Memory of Fred Zufferey and Alice, sister of Nancy Floyd-Wright

In Support of Our Members

- ◊ Heather Gurd, In gratitude for the TT Heather Gurd received during her recent surgery and recovery

In Support of the TTNO (in general)

- ◊ Anita Steiner
- ◊ Debbie Brear
- ◊ Marita Concil
- ◊ Paula Neilsen
- ◊ Lillian Hutchinson, Donation from the Brampton and Advanced Toronto Branches
- ◊ Mary Ann Bowman
- ◊ Anonymous
- ◊ Anonymous

In Support of the Conference 2025

- ◊ Anonymous

Condolences to

- ◊ Heather Gurd, loss of her sister, Dale Elizabeth Weicker
- ◊ Jim Metson, loss of his father, Walter Metson
- ◊ Glenn & Shirley Boon and family, loss of their sister-in-law, Patricia (Pat) Boon
- ◊ Lynn Vukosavljevic, loss of her father, Ken Allison

Meditation

Gathering Meditation

And so, we begin.

Putting down everything and settling into your place, prepare to bring your attention to this space, to this time, just being aware. Know that there is to nothing to be done, or said, or offered, except your full attention to this time that you have set aside for you. For many of you, this will be the first time in a long time.

All that is asked of you is to be present for our time together.

Allow your body to settle into the chair, releasing any discomfort or busyness from your body, from your mind, and from your emotions. Know that you have nowhere to be or to go; accepting that this present moment is the only one that matters to you right now.

Gently now, move through your body from head to foot, releasing any tension as you go. Exploring the area of your head, eyes, mouth, neck; releasing and relaxing.

Moving down your neck to your chest and back, being aware of any tension there but allowing it to just flow gently down and out of your feet. See that gentle movement off and away, allowing stillness to reside deep within you.

Moving now down the spine, allowing your entire spine to rest more deeply into the chair that supports you. Feel the ease of your posture, allowing any corrections to enhance your comfort.

Feel now your hips and legs, and sense your awareness travelling gently down through these areas, releasing any tension along the way. Sense and know that you are deeply connected to this time and space. Feel the connections in your lower legs, ankles, feet as they rest gently on the earth. You belong and this resonance affirms this deeply.

Now being aware of your presence here in this space and time, knowing that you belong, you are a pivotal part of this day. Allow your mind to connect with the deep part of your knowing that understands your core; you are resilient. Being present to this understanding in this quiet, still place for a few moments. (pause)

And so it is. Gently now prepare to bring yourself back to this place. Drawing in a deeper breath and becoming aware of your fingers and toes, the chair that supports you, and in a moment, return fully back to this space.

Deb Gould



Board Reports



Chair

How time flies! It seems like only yesterday I was contemplating my thoughts for the Fall issue, and yet, here we are about to welcome Winter.

I can honestly say that the past few months have been one of the busiest times of the year for myself personally and for the TTNO. It is during these times that my connection with nature allows me to let go and just be in the present moment. The beauty is all around me as is the quiet, peace, and stillness I feel within me. I get glimpses into how Dora might have felt.

What an awesome Annual Conference this fall – a pleasure to have Laura Pokoradi share her knowledge gained over the years with sending versus offering energy in Therapeutic Touch®; thank you Laura. Thank you to the Therapeutic Touch Awareness Week Task Group for their informative presentation and their ongoing support and commitment to Therapeutic Touch and the TTNO. We were honoured and grateful to spend the day with Heather Plett and Krista dela Rosa in which they shared their expertise on liminality and how it impacts on our Therapeutic Touch practice and in our day to day lives. Thank you, Heather and Krista. Many thanks to our Annual Conference Committee, Nancy Hall, Dale Cimolai, and Patricia Tamosetis for a successful weekend.

Our 2025 Annual General Meeting was held November 20th. Thank you to everyone who attended and supported the TTNO – an amazing turnout. We are so excited to welcome Nancy Hall, Teacher Liaison Chair to our Board — Nancy will be a great asset to our team. We are also pleased to announce that the Mentorship Committee was ratified as a standing committee of the TTNO. Please be sure to check out the first official Mentorship report in this edition of *in Touch*. We have an exciting year ahead of us and look forward to whatever challenges may arise. I have an exceptional team to work with, and we promise to do the very best we can for our Therapeutic Touch Community and the TTNO.

Your TTNO Board of Directors include Debra Brear, Chair; Anne Davies, Membership Chair; Kerstin Marschall, Communications Chair; Patricia Tamosetis, Practitioner Liaison Chair; and Nancy Hall, Teacher Liaison Chair.

We are sharing at this time that we have two members of our team who have announced their plan to retire next fall: Simone Radman, Treasurer and Officer of the Board, and Jim Metson, *in Touch* editor. Both are willing to mentor their successors so you will be well supported. If you have an interest in either of these positions, please let me know. We need you!

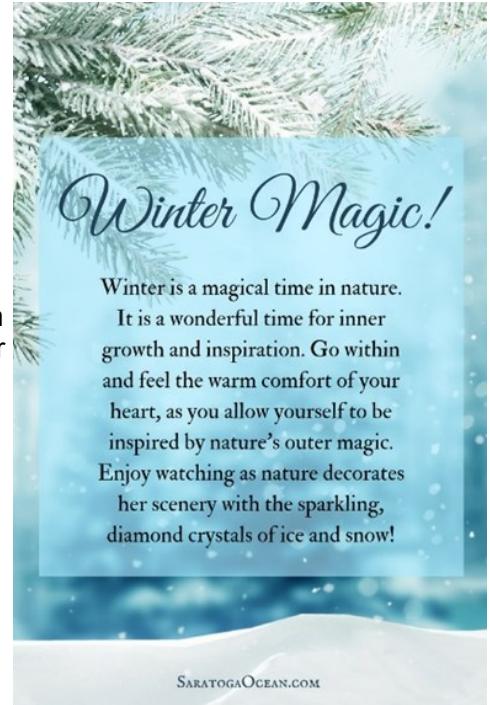
We continue to reach out for interested people to fill the still vacant Board positions of Secretary, Vice Chair, Professional Practice Chair, and Finance Chair. We invite you to submit a proposal, be creative – perhaps there is a willingness to share a position. Remember, a limited Board composition means that our primary focus, as your Board of Directors, will be on the day-to-day functioning of the TTNO with limited resources and capacity for addressing new projects. If you have an interest, or think you might have an inkling, let me know and I will send out the role description(s) for your review and answer any questions you may have. Be part of the change you wish to see.

Thank you to those members who have renewed their 2026 memberships.

I am grateful for your continued support, patience, understanding, and commitment to Therapeutic Touch and the TTNO.

Debra Brear
TTNO Chair

"As the first snowflakes weave their silent dance, we find warmth in the quiet moments. Winter whispers its arrival; it's time to savour the peace of snowy days.". Anonymous



Board Reports



Membership

Hello TTNO Lovelies,

The gardens are put to bed, the trees are bare, the birds have flown south, the hares are white and I have not seen a chipmunk for weeks, so it seems that the autumn has done her work. As I think about heading into the Long Dark of winter, I feel a deep peacefulness. I welcome the darkness and hear the siren call of the pile of creative projects that have accumulated through this busy fall. Such beauty and fun await!

Recently, in a class about Makwa, the bear, we journeyed to visit Mama bear in her den, deep in the womb of Mother Earth, Pachamama. With offerings of nuts and berries, we sat and listened to her wisdom about the gifts of the Winter season. This is the time to let go of everything that no longer serves us, to gather with family and friends and build community and, importantly, to rest, regroup, and DREAM...oh what magic will 2026 offer us?!! What are we calling in? What seeds have we planted for the next year, five years, and beyond? How will we be called to serve and are we ready to say yes?! A beautiful piece of Makwa wisdom is the idea of pace, that is, moving through the world and our lives at a pace that we can sustain while also allowing, intentionally creating, space for rest, reflection, and revising the journey. I invite you to sit with this wisdom. Let it wash over and through you, pick up what resonates, and let the rest pass on as the loving sharing it is intended to be.

I have found that Membership is a feast and famine chair on the TTNO Board. Some weeks I spend hours on the computer writing letters, connecting with members, and interfacing with the office and the Board. And then there are long periods of time when I just have my monthly membership update to prepare for the Board meeting.

By now, hopefully, all of you will have received your TTNO membership application or renewal package. Please reach out to Branch folks who you know do not use email to make sure they are on our list for physical, paper mailouts. Remember there are members who are happy to help folks complete the forms via Zoom or over the phone. If you have already completed and submitted the forms - THANK YOU!! ☐ If you have not yet completed your renewal or application, please consider doing that sooner rather than later so we do not get a backlog in the office. Damjana is only in on Tuesdays and Thursdays, and folks really like their paperwork to be processed quickly, so the sooner you renew, the sooner you will be all set for 2026. On a practical note, it is also advisable to complete your renewal now before you become busy with the Christmas season, not to mention befuddled by all the food.

I want to take a moment to speak directly to the TTNO Board and Damjana, our wonderful office manager. Thank you can not embrace my gratitude for your support, mentorship, and gentle guidance through my first year as Membership Chair. Your collective knowledge about the minutiae and workings of the TTNO is vast and I stepped in knowing, well, basically nothing on a behind-the-scenes level. Thank you, thank you, thank you, you wonderful women, for your kindness and, especially, your patience. I am excited to be moving into my second year of Membership and perhaps to display a better mastery of the position. As Makwa might say, Bear with me....it is a work in progress, and I am all in, heartfully engaged, and looking forward to 2026 with joy, peace, and curiosity.

Finally, for now, to our wonderful TTNO members.... you are the TTNO! We need you, and I honestly think our world needs all of us right now to hold the balance and harmony of the energies. Therapeutic Touch is a beautiful offering at any time and so necessary in this busy season in a crazy busy world. So, thank you! For your dedication and commitment to TT and for showing up again as a member of the TTNO.

Speaking to that point, and you know I have to (Membership Chair, right?) please renew your membership.

From my home to yours, heart to eye to heart, I wish all of you a restful, joyous and nurturing Christmas and Holiday season. May the magic and beauty of the season fill your hearts with delight. Be well.

Agape,

Anne xo    
TTNO Membership Chair

Board Reports



Practitioner Liaison Chair and Workbook Coordinator

The winter season has begun and the world gets blanketed in a coating of white quiet. I love the winter; well, I love all of the seasons, but winter is special. The air is clearer, the stars are brighter, the house is cozy, usually. It is an invitation to take some time to rest, at least a little bit. May you take up the invitation.

This newsletter brings congratulations to Cathy Oakden (Huntsville) who has become the TTNO's newest Recognized Practitioner. It is an honour and a pleasure to be able to celebrate her achievements. Well done, Cathy!

On the other hand, I am sad to announce that after many years of service three of our Branches have dissolved. The Stouffville Branch with Marita Concil as lead, the Brampton Branch with Lillian Hutchinson as lead, and the Advanced Toronto Branch, which was an unlisted group of senior practitioners. It is always difficult to witness the closing of Branches. I want to sincerely thank all the members and Branch leaders for their years of participation and service and wish them well. I hope that some members will connect with another Branch either in person or on-line.

A bright spot, the West Toronto has been reactivated. Kate Moss Gamblin is the lead for this Branch and we are grateful for her support in taking on this responsibility.

Branch leads, it would be appreciated if you could let the office know if your Branch meetings are on line or in person.

Those of you who attended the 2025 TTNO Annual Conference might appreciate that when we are experiencing confusion, ambiguity, and uncertainty, when it feels too hard, or too demanding, this is 'liminal space'. It is a transformative experience and, as uncomfortable as it may be, liminality is a necessary part of human development.

I know that there are workbook practitioners out there who are experiencing this. Becoming a Recognized Practitioner (RP) is not easy. It requires time, dedication, perseverance, and patience. Feelings emerge such as, "Why do I have to do this?", "What is the purpose?", "It is so repetitive.", "It is an archaic process." It sometimes may seem overwhelming.

Looking back, Recognized Practitioners shared such comments as, "Not that I am going to do it over again, but if I had understood this when I was doing my workbook it would have been so much better", "A bit late but now I get it", "I wish I had taken the time to really sink into the experiences", and "I almost want to do the workbook over from a new perspective."

There is light at the end of the tunnel. One RP said, "You can't get to the other side unless you do some slogging; it is like going through a swamp to reap the benefits. In the end when you look back it was so worth it."

Remember! This is a journey of self-awareness and development; a transformative process that ultimately makes us better practitioners.

If you are experiencing some resistance to completing the workbook or are in a state of liminality, please reach out to a Recognized Practitioner, Recognized Teacher or Branch lead. Transformation is a process; challenging, yes, but also richly rewarding.

Yours in TT
Patricia Tamosetis
Practitioner Liaison Chair



Communications

A Little Goes a Long Way

The TTNO is built by all of us members, who care deeply about Therapeutic Touch and who wish to see our community thrive. But not everyone has time to take on a full volunteer role, and that's perfectly okay.

Sometimes what we really need are just small bits of help. This can relate to things that take only a few minutes or draw on what you already know. Maybe you could proofread a short paragraph, make phone calls, share a social media post, give quick tech advice, knit some shawls for an auction, or brainstorm ideas with the Board for a future event. Little things that lighten the load for everyone.

I'm calling this new idea of mine "Helping Hands", which I consider a simple way to offer your time and talents when it works for you and your schedule, without a long-term commitment.

If you'd like to be part of this, just [send a quick note to me](#) with "Helping Hands" in the subject line. Let me know what kind of things you enjoy or are good at. The Board and I will reach out when a small task comes up that fits. Remember that even the smallest gesture makes a difference - one helping hand at a time.

In gratitude,
Kerstin Marschall



Teacher Liaison

Hello

I joined the TTNO Board this year as Teacher Liaison Chair. I have benefitted for 35 years from the hard work and creative insights of previous Board members who have led this organization, 35 years as a General Member, 30 as a Recognized Practitioner, and 27 years as a Recognized Teacher. I have been active in planning and development committees along the way: Agency Guidelines, Professional Development Days, Teachers Days, TTNO Conferences and, most recently, as a member of the Mentorship Committee. I have held the role of Submissions Review Coordinator since 2023. These experiences have all contributed towards the deepening of my practice of Therapeutic Touch and the connections I have made with so many compassionate and inspiring people.

As I learn the role of board member, I hope to reinvigorate the Teacher Liaison Committee and with them over the next three years:

- ◊ support the development of a mentorship program which will connect experienced Therapeutic Touch practitioners and teachers with those interested in the many opportunities for growth on the Therapeutic Touch journey
- ◊ encourage new workshops, including the Inner Processes of Therapeutic Touch and other Continuing Education workshops
- ◊ support the ongoing work of reciprocity with other Therapeutic Touch networks
- ◊ review and clarify the process to become a Recognized Teacher.

I will also be searching for someone to take over the Submissions Review Coordinator role. If you are interested, please contact me for more information.

Like many of you, I am an outdoor gal and feel well-resourced in nature and with family. My email inbox and voice mail are open to your thoughts as we begin to work together.

Nancy Hall, RT

Clarification Corner

Recognized Teachers:

If you have or are about to purchase Therapeutic Touch insurance

please be aware that Trisura's policy does not automatically cover teaching. It requires an additional charge, and that too is limited. There are other companies who we know of that include teaching coverage, Preventative Health Services Group being one, Natural Health Practitioners of Canada being the other.

Please do your research.



Mentorship Committee

Greetings from a rather chilly and snowy Ottawa. I am very excited and honoured to share with you this first formal *in Touch* update from the newly established TTNO Mentorship Committee.

Before getting into the details of this brand new committee and our efforts, I just wanted to take a moment to reflect on how we got here. Mentorship is not a new concept in our province. Indeed, it has been a real passion for people like Flora Hartleib, and others, who have worked hard over the years to bring valuable mentorship initiatives to life in their respective areas. Last year, the TTNO Board established a Mentorship Ad Hoc Committee to build on regional efforts and support mentorship across Ontario. This ad hoc committee can celebrate two major achievements – they piloted a mentoring program module which provided a good deal of valuable feedback and, as a result of their work, the TTNO Board of Directors recently approved the creation of a permanent committee dedicated to Therapeutic Touch (TT) mentorship in Ontario. This is such great news because the creation of a permanent committee puts a very real and sustained spotlight on mentorship — and members across Ontario will be able to participate and benefit.

I want to recognize and acknowledge the efforts and dedication of ad hoc committee members Flora Hartleib, Nancy Hall, Maureen Collins, and Deb Brear for all of their work to make this new committee a reality. I also want to acknowledge the efforts of Windsor Branch members Flora Hartleib, Kim Watson, and Maureen Collins who invested their time and expertise during the transition period.

Since the establishment of this committee, we have been working enthusiastically to envision what mentorship could look like across the province. In this edition of *in Touch* I am so pleased to share with you the results of our efforts, the newly developed overview of the TTNO mentorship strategy (see page 9). You will see in this strategy that we focus on several groups – workbook practitioners, mentors and supervisors of workbook practitioners, aspiring teachers and their mentors, workbook reviewers, and anyone aspiring to be in any of these groups.

While developing this strategy we kept several important aspects in mind. These include:

- ◊ building on best practices and past/current efforts
- ◊ ensuring that members across Ontario could participate and benefit from mentoring initiatives
- ◊ making sure there are ‘quick wins’ built in so members can see early benefits
- ◊ establishing good communications so that members know what’s happening and mentorship information is easy to find
- ◊ working closely with partners to co-ordinate our efforts and benefit from their expertise
- ◊ seeking input and feedback from members to ensure that mentorship initiatives meet their needs.

This initial strategy overview is just the beginning. On January 28 we are hosting a Zoom meeting to share more information about mentorship, discuss this strategy, and most importantly, get your feedback. We will also be inviting members interested in contributing to these efforts to join us, Deb Brear, Nancy Hall, and me on this committee.

Stay tuned for further information and updates. I hope to see you on January 28!

Wishing you and yours all the very best this holiday season.

Yours in TT,
Terri Lacroix
Member, Mentorship Committee



Therapeutic Touch Network of Ontario (TTNO) Mentorship Strategy

Strengthening Therapeutic Touch® practice across Ontario through sharing knowledge and experience

FOUNDATION PIECES

Guiding Principles

- *Build on best practices and past/current efforts
- *Members across the province can participate and benefit
- *Roll out in phases – each stage will build on what we learn from the previous one
- *Quick wins built in to maximize early benefits and build momentum

Governance and Key Partnerships

- *The Mentorship Committee reports to the TTNO Board
- *We will work closely with key partners including Teacher Liaison, Practitioner Liaison, and Communications Chairs to co-ordinate efforts

Increase Capacity and Representation

- *Seek out new members for the Mentorship Committee from across the province (January 2026)

Continuous improvement

- *On-going feedback and sharing of lessons learned will help to refine and improve all of the programs and keep them current and useful

IMPLEMENTATION

Workbook Practitioners (WPs), Aspiring WPs, and mentors/supervisors as appropriate

- *Zoom Support Group for sustained support, encouragement, connection, and group mentorship. (spring 2026)
- *Mentoring Module with information workbook practitioners need to understand the process

Mentors and Supervisors of Workbook Practitioners and aspiring mentors and supervisors

- *Zoom Support Group for sustained support and idea sharing
- *Mentor/Supervisor Module to support them in staying current and confident in their roles

Aspiring Teachers/Teacher Mentors and aspiring Teacher Mentors

- *Zoom Support Group for sustained support and idea sharing
- *Mentoring Module with information aspiring teachers need to understand the process

Workbook Reviewers

- *Sustained support and sharing of insights (already in place)
- *Feedback from this component will help to strengthen workbook submissions and improve mentoring across all groups

COMMUNICATION

We recognize communications as an essential element. We will use a mix of tools including social media, the website, *inTouch*, e-mail, Branches and other channels to share updates, promote programs, and make mentoring information easy to find

Membership Participation: Province-wide Zoom meeting to present this overview and seek member feedback (January 28, 2026)

Save the Date!!!

Teachers Day

Sunday, February 8, 2026

Stay tuned for details





Therapeutic Touch Networks of Canada Report



TTNC's Annual General Meeting was held on November 16. It was a great opportunity to highlight our accomplishments over the past year:

To encourage collaboration between the networks regarding increasing and retaining membership, we have a new Community Outreach Committee. We have created Rack Cards and updated the Brochures, with a QR code. We've updated the Website, with a more welcoming and interesting home page. We are preparing to start a TTNC Facebook page and Instagram account.

Our national Therapeutic Touch History e-book is making progress. The first chapter, about British Columbia Therapeutic Touch Network Society (BCTTNS), was launched at our Cross-Country Check-In on October 21, and will be on the website soon. We look forward to seeing TTNO's chapter in the future!

To support Therapeutic Touch teachers across Canada, we have our TT Teacher Chats, TT Teacher Education events, and the new TTNC Teacher Recognition certificates with the special logo to use for their marketing.

We share information and support each other through Zoom gatherings such as TT Chats, TTNC Cross Country Check-ins, and practice sessions. Recordings of the Cross-Country Check-ins are available to any TTNC members.

We promote Therapeutic Touch Awareness Week in every way possible. Events can be added to the TTNC website events page and calendar and are distributed via Board members to the Network memberships.

We continue to add Mentors' names and email addresses to our website for mentors and mentees to access.

Reciprocity for TT Recognized Practitioners and Recognized Teachers across Canada was the topic for two of the TT Teachers Chats and will be the topic for the 2026 spring Cross-Country Check-in as well.

We have also added one more goal for 2025-26: Supporting Regional Networks in the promotion of Therapeutic Touch across Canada. Stay tuned for our exciting plans for that!

TTNC's Community Outreach Committee is working hard to help you raise the profile of Therapeutic Touch in the general public. We would love to have a representative from TTNO on this committee, as TTNO has some great marketing expertise. We are also seeking a volunteer with TT and Facebook experience to help us expand our social media presence: contact me, Betty Whitney (bwhitney@xplornet.ca), if you have a few hours a month to spare.

Be sure to check out the new, improved TTNC Website, www.ttnc.ca, for events, workshops, research, downloadable brochures, and rack cards, or if you are looking for a TT workshop or mentor. Are you interested in insurance for your TT practice? We are researching insurance options and will be posting more information about that soon as well. Do you want your name listed as a mentor, or as a practitioner willing to offer free TT sessions to the general public? To have your workshop, event, or name added on our website, contact Marion Cameron at mumcam@telus.net.

As a partner of CanBeWell, TTNC is offering free Therapeutic Touch sessions to CanBeWell members. Let myself or Debbie Brear know if you are interested in helping us show CanBeWell people how great TT is!

As our mission statement says: our vision is that Therapeutic Touch will be the first choice for energy-based healing in Canada; teachers and practitioners will be easily accessible to all; and a harmonious Therapeutic Touch community will have a positive influence on the well-being of people across the country.

Continued on page 11

Therapeutic Touch Networks of Canada Report

Upcoming events:

ATTN Chat/Party before Christmas on Dec. 17

ATTN hosts a TT Chat on the third Wednesday of every month, where we share TT experiences and ideas – contact info@atlanticttn.com for the Zoom link.

TTNC Cross Country Check-In: March 31, 2026. Topic: Reciprocity for Recognized Practitioners in Canada.

TT Teacher Chats, 2026

Every second Wednesday of the month from 5-6 pm MT (7:00 pm in Ontario.) - FREE

- January 14 – Topic: What are you hoping for in 2026? (education wants/needs)
- March 11 – Topic: Dialogue about Dr. Kerr's February webinar

Everyone (teacher or not) is welcome to the Teachers' Chats and Education webinars. See our website, www.ttnc.ca for our calendar with details about these and many other events and workshops. I look forward to meeting some of you there!

Betty Whitney
TTNC President



Self-Care at Applegrove Community Complex

On Friday, November 15, Paula Neilson gave a Therapeutic Touch for Self-Care presentation to adults and seniors at Applegrove Community Complex in East Toronto. About 40 people participated and within an hour, they were centering, clearing their energy fields, and grounding. Everyone said that they were feeling more relaxed, some said they were experiencing less pain, and one said she noticed the circulation in her hands improved. The results were amazing, but equally amazing is how quickly we can share these skills with others. As everyone discovered, TT is easy to learn and safe to practice.

Transpersonal Nature of TT Huntsville, November 10 and 14

Although our group was small, it was two full days of rich discussion, dialogue, and experiential learning about Therapeutic Touch for all of us.

Deb Brear



Photo courtesy of Glenn Boon

Questions and Answers About Therapeutic Touch

While there may be differences in the answers people send, they are all based on Therapeutic Touch's assumptions and concepts. As we all bring our own experiences to Therapeutic Touch, we may understand the modality somewhat differently. Hence, practitioners are encouraged to study with a variety of TTNO Recognized Teachers.

Please send your response to the question, or pose a question that's been on your mind, by February 15, 2026 for the next issue of *in Touch* to Paula Neilson at pmneilson@gmail.com

Question:

When you are giving Therapeutic Touch to someone who is palliative or actively dying, do you still ground them during the session?

Answer: The session depends on the condition of the patient. If they are seated—and often patients prefer to be in a recliner, which, in itself, may indicate a need for control—then I would ground the energy of the patient. If they are closer to end of life or not fully conscious, I would not ground. Why not? To do so might serve to interrupt that final journey.

Some are conscious and having a hard time leaving this life. If and when staff and/or family suggest they might die at any time, but seem to be having a hard time to release from this life, I am more likely to talk with them, as Cathleen Fanslow taught. As I do a very gentle session, I speak softly with them, telling them this: "Just imagine, if you can, that you are surrounded by an egg-shaped circle of light. This light holds all the love that has ever been sent your way. From the time your family knew you were expected, you have been the recipient of loving thoughts." I go on to mention small friends, school buddies, teenage friends, workmates, present family if I know them, and if not, in general terms, I reassure them that this love will sustain them, uplift and surround, comfort and protect them. I finish with, "And this love surrounds you at this moment. It will warm you and hold you, in peace, always."

This often precipitates a release of the spiritual energy and they may tell me they are floating or feeling very peaceful or feeling disconnected. I may then say, "When you leave your body for the last time, it will be this easy." Or I may ask, "Where are you now?" They may say, "I am on the ceiling." I ask this question so they may be reassured of their safety both in and out of body.

Also, the Hand-Heart Connection is useful. Once they begin to relax in this exercise, I ask a family member to take my place, and I stay to reassure and support until I see both patient and family member are feeling confident. Then I would leave the family after suggesting the family member might share with another relative just as I had done for them. I then leave and promise to return in a short while, which I would be sure to do, so everyone feels supported. The Hand-Heart Connection is an amazing bond and time of deep connection. Family should have this opportunity, not the TT practitioner. It is important to pass on this rich and memorable opportunity.

Evelyn MacKay, RT (Retired)



Answer: Whenever I have given a Therapeutic Touch session to someone who is palliative or who is actively dying, I have found that they only need very light energy. When I enter their room, I go first to the family members (if they are present) and ask for their permission after I explain what I will be doing. I then go to the person and observe them while I whisper in their ear who I am and what I will be doing. After observing, connecting with light touch, and then assessing, I do sometimes find that they are anxious and need light grounding with gentle touch on their lower legs/feet. Once I feel they have relaxed, I usually only need to use Cathy Fanslow's Hand-Heart Connection and sit near them while holding their hand. This is usually all that is needed. When I am ready to leave, if a close family member is there, I might encourage them to take over the holding of the person's hand and then slip my hand out as the family member's hand slips in. If there is no one there, I tend to stay longer and then slowly release my hand.

Kathy Armstrong, RT

Questions and Answers

Answer: I'd like to start by adding some clarification to the word "palliative". Palliative was never meant to be an adjective describing a person. And palliative care is more than end-of-life care. It's about improving quality of life at any stage of serious illness from time of diagnosis, through treatment, remission, reoccurrence, end-of-life care, and bereavement of loved ones.

I think this question is actually addressing a time at end-of-life, closer to the moment of death.

And the short answer is no; I do not have the intention of grounding the field. I do ask permission of the person if they are able to verbally respond, and if not, I ask the field if they have what they need to complete this journey or if they would like a little more relaxation or peacefulness.

I will do a very brief and light assessment intending to be aware of cues from all fields. Then I do respond to those cues and have the intention of clearing any areas that may be stuck and interfering with the harmony of the field. I see the person as whole and offer peacefulness.

I have also learned to enter that healing relationship clear of the assumption that since the person is dying, their field will be depleted, closer to their physical body. I see them as whole, and am prepared to sense a field that may be quite expansive although less integrated with the physical body. Indeed, the field may give a clear message that no Therapeutic Touch is needed at all. That may be sensed in my hands as a full, smooth, rhythm or almost like a verbal message of, "I'm good. Thanks for offering". Then I may just sit with them and share the peace of the moment seeing the whole room filled with that peacefulness and readiness.

Nancy Hall, RT

Answer: When working with people, who are palliative, my approach to a Therapeutic Touch session varies depending on their individual circumstance. For those who are early on their palliative journey and still relatively well physically, I will offer a regular TT session. My approach is always to use a light touch, knowing my healing partner's field will take what it needs. I find I do a great deal of grounding with these healing partners. They are often navigating a complex combination of physical, emotional, mental, and spiritual challenges and they benefit from plenty of grounding, though I take my cue from their field.

As a person's condition becomes frailer, I lighten my touch even more. The imagery I use softens, including that used for grounding. For example, if using a colour, the colour is opaque; if imagining a flow of energy, it is a soft mist rather than a gently flowing stream. I am reminded of the teaching that "less is more"; as in every case, our healing partner's field knows what it needs.

With someone who is actively dying, I do not do any grounding. I do offer very gentle love and peace to their field, setting the intention they use this to support their journey. The Hand-Heart Connection is very useful here. The actively dying are in a transitional state, and I have been taught that they do not need grounding.

Jim Metson, RT

Answer: If someone is receiving palliative care, I do a very gentle grounding at the end of the Therapeutic Touch session. Grounding, at this stage, is a way of honouring their connection to the earth and acknowledging their hopes for surviving their condition or extending their life. When someone is actively dying, I've noticed that they are often more out of their body than in it. I witnessed my mother dancing the jig (her words) during a distant TT session hours before her death. It was beautiful to see her so free. At the end stage of life on earth, I offer a very gentle cushion of energy and light to the field to support them during their transition, and I fill it with love, peace, and comfort. I also connect heart to heart by giving the Hand-Heart Connection.

Paula Neilson, RT

Question for next issue:

What success, if any, do you have in treating yourself? Can you explain?

Please send your response to Paula Neilson at pmneilson@gmail.com



Wednesday May 6 to Wednesday May 13

Complementing National Nurses Week, Hospice Palliative Care Week, and Mental Health Week

Set your intention early

Join with fellow practitioners Work with your Branch members Collaborate with teachers

Therapeutic Touch Awareness Week We're Going Worldwide!

Put yourself on the map

Tuesday, March 10, 2026, 7:00 – 8:30 pm

Therapeutic Touch Awareness Week workshop

Just One: You Can Make a Difference

Keep an eye on your inbox for details



Research Corner

Biofield science evidence map update:

Thank you to Deb Brear, TTNO Chair, and Al Lacroix, TTNO Webmaster, for adding the Biofield Science evidence map to the TTNO site on the Learn/Research at a Glance page.

<https://www.therapeutictouchontario.org/learn/research-at-a-glance/>



This permanent 'Ready reference' tool allows anyone to access the map and to retrieve current Therapeutic Touch-related research.

The tool has already proven useful to a local teacher organizing a Hospice/TTNO Branch collaborative event at a hospital staff flu clinic. The hospital organizer's request for information related to 'menopause' produced a 2023 article related to 'the effect of Therapeutic Touch on sleep quality and fatigue in menopausal women'

Where do we go from here in being curious about research?

Here are some of my notions for future newsletters; what are yours?

- ◊ Sharing ongoing experiences in using the Biofield Science Evidence Map, existing TTNO research bibliographies, or other Therapeutic Touch-related research sources.
- ◊ Sharing more information about research terms, simply, so that we can respond to questions and interests.
- ◊ More about Suzanne Engleberg's, TTIA study group facilitator's presentations on how we are all researchers.

Let's be curious together!

Pat Hock

pho@uoguelph.ca

In Conversation with Arlene Cugelman

(Editor note: The following has been edited for length and clarity.)

As told to Kate Moss Gamblin, RP, on August 17, 2025.

What made me fall in love with Therapeutic Touch (TT)? It worked! Having studied many different healing modalities, I noted TT gave consistently positive results creating a definite effect in many situations both professional and personal for young and old alike. Unlike the other modalities I'd studied, you didn't need a mat, a routine, or a long period of time. All that was needed was your centered self, intention, and compassion—the engine of Therapeutic Touch. Whether you had two minutes or 20, TT made a difference. Dora was an excellent teacher who was often heard to say, "I'm a practical girl!" and her teaching reflected this clear, direct focus.

During her talks at the Pumpkin Hollow Invitational Retreats, Dora's laughter touched our hearts. It took us to a deeper place bringing out our own laughter and perspective on life's challenges. In her many illustrative stories she could be talking about something deep or problematic and then break into laughter; soon the entire room would erupt in laughter too. Through her action she seemed to demonstrate that life, with all its complexities, is what it is and its understanding is beyond words.

Being in a forest or near a waterfall evokes many memories of Dora Kunz and Dr. Krieger ("Dee"). At Pumpkin Hollow a river ran through the property with its small waterfall creating a wonderful soundscape for morning meditations. It was a magical place to swim to or just hang out talking TT. Surrounding this area were forests where inspiring afternoon discussions took place with Dee. We would meet in an area called the sanctuary and discuss the finer points of the latest research. Dee and Dora's stories of trees as an aid in healing were inspiring as was the analogy to be rooted and grounded daily.

The outer aspects of Dee and Dora's treatment were different, but both of these women were working at a deep level with results that were personally meaningful. Dr Krieger's approach felt more methodical. But at the same time, she would have hands on, and then she would work in the field. You could almost sense her reaching through the layers. In my early days at Pumpkin Hollow if you had a particular health issue you could ask to see Dora for a consult and she would invite you to her group to receive TT. I was able to see Dora several times over the years and I believe these TT sessions did make a difference to my health.

Dee and Dora worked well together in all varieties of presentations and practicum discussions. Notably, if Dora was talking, Dee was taking notes. There was so much respect and humour between them. Sitting in front of them was always a gift. A favourite inspiring quote by Dr. Krieger is, "Human beings are capable of both transcendence and transformation."

Both Dee and Dora were incredibly kind and generous, though like anyone, they had their days. Pumpkin Hollow Invitational Retreats were a rich experience. Excellent connections were made over lunch or on walks with other nurses who had often done specific research which lead to continued contact. It was a rich environment for networking and supporting our path of learning with the scientific side validating the learning. Dr. Krieger was able to conduct research to prove the validity of TT, but Dora's great gift and skill were also evident.

During one of my early trips to Pumpkin Hollow, I had an experience of Dora sending healing energies. Each morning Dora would lead the meditation and ask beforehand if anyone wished to submit the name of an individual in need of healing. On one particular occasion a woman asked for healing energies to be sent to a friend of hers who was quite ill in New York City. Wondering how this healing energy could possibly be sent I observed Dora. It appeared that Dora connected visually and energetically with the woman requesting the healing energies and then sent the healing via the energetic connection of the friendship that connected the two women. Fascinating to observe.

If I could have a little more time with either of them, I would simply thank them for their dedication in the pursuit of developing TT and the selfless sharing of their extensive knowledge and experience.

Dr. Krieger's opening at the 2018 Montana Dialogues often comes back to me. As it turned, out these were the last dialogues that Dr. Krieger was able to attend. She lived high on Glacier Mountain in grizzly bear country looking out on a stunning panorama of trees and valleys. There was a great feeling of peace there. Dee opened the Dialogues by singing to us what she sang to her trees:

"My Gratitude for your sanctuary, my gratitude for your sanctuary, my gratitude for your sanctuary
Gratitude ... gratitude ... gratitude."

Growing a TTNO Branch - From a Seedling to a Shade Tree

Events and Educational Offerings - Part 7

***“Coming together is a beginning; Keeping together is progress;
Working together is success.”***
~ Edward Everett Hale ~

Getting together for Branch Meetings, or outside of them, can do more than just provide opportunities for networking or celebrations. Ultimately your events and education can be a strategic tool that can deliver benefits far beyond what happens during the time you are together at a Branch meeting. They can create ripples through your Branch membership, yourself, and ultimately to your community at large.

EVENTS themselves offer real, tangible experiences that people can feel and remember. They are effective in stimulating us all in the awareness of what our Branch can offer us; how connected we feel with one another being cemented as we create lasting memories through these immersive experiences. In-person events can offer something increasingly rare in our digital age – real time and undivided attention; truly being ‘present.’ When people attend an event, they have made a conscious decision to be present. They are not distracted by incoming emails, or scrolling through their phone, or any other interruptions. They choose to be there and this attention at the event can create an opportunity for a deeper interaction and engagement with others.

There are any number of events you can host. They can be ones welcoming your whole Branch, or perhaps ones that target a select group depending on its purpose. Here in Windsor-Essex area we have an **Annual Holiday Celebration** in December to celebrate the season. We depart from our usual Branch meeting and have an evening of celebration. We have a potluck dinner and a raffle which raises funds for our Branch so we can support members, the TTNO, or other local activities. Socializing is definitely part of the plan, including a time to sing our legendary round of the “12 Days of Christmas.” To balance out the year we also host a **Summer Get Together** in June. At both of these events we invite our sister Branches in Chatham and Sarnia to join us if they can.



Socializing and networking at these events are important to our members. It helps to get to know one another and create deeper friendships. When this happens, a group can let go of its individual wishes and come together collectively to work towards a common goal or vision through knowing one another truly. We become a great team capable of achieving anything we put our minds and hearts to, a group of like-minded individuals.

Another event can be a day or time where those needing or wanting to learn more can gather and practice. This last year I held two events which I called a “Practice Pop-Up.” I saw a need with two of our members who were working on their Practitioner Workbook. When one of the members approached me and asked if I could supervise them for a session, I saw a way to provide an opportunity for them to get two to three sessions done at a time, as well as receive a session. With the assistance of one non-Branch member (she came to get a session) as well as three of us who were Recognized Practitioners, we were able to supervise them doing sessions over a three-hour period. I provided food and refreshments. It was so successful that we repeated it again, this time allowing time for a time of relaxation, a review of their workbooks, and socializing. It was a success. I plan to host more Practice Pop-Ups, perhaps dealing with sessions, or other topics that can help us grow as practitioners and members.

EDUCATION is a key element in the TTNO. Most of us attend our Annual TTNO Conference, or workshops offered in the province, as well as the Professional Development Day. The Recognized Teachers do a wonderful job of providing workshops and can be found for the whole province on the TTNO website. Though there are more ways to support your members’ educational journey.

At our Branch we have ‘Learning Moments’ built into our Branch meetings. Whether it is reviewing a part of the Therapeutic Touch session, like a two-person treatment, or learning something new that can support our TT practice or knowledge.

Continued on page 17

Growing a TTNO Branch - Part 7

Education can also be found with the many wonderful efforts being done through the various Therapeutic Touch organizations, such as the Therapeutic Touch Networks of Canada (TTNC) or the Therapeutic Touch International Association (TTIA) offerings. We found by developing our own local website we are able to find and post the various educational offerings that are happening and available without having our members do a lot of online searching each month. This is a time when the digital world allows us to experience the expertise of others in our field of study and practise without having to spend a fortune to travel to where they are! And it opens up a wider variety of topics that may interest the members. At Branch meetings we also have the members who have attended one of these educational events to share a bit about them.

Overall, events and ongoing education help to feed our minds and souls. I love what the "Wild Woman Sisterhood" has to say on this: "You'll know the people that feed your soul... because you'll feel good after spending time with them." So, plan a Branch event or educational offering soon – and feed your soul and that of your members.

Kim M Watson, RP
WE-TTNO Financial Officer, Social Media Officer
Queries can be sent to: kwats56@hotmail.com

(Editor's note: Previous sections of this series, Growing a TTNO Branch, can be found in sequential issues of the inTouch newsletter beginning in Spring 2024. Past issues of the inTouch newsletter are available in the Members Area of the TTNO website.)

Note: Supervised case studies are to be spread throughout the workbook as they suggest how to improve a session and those lessons that can be applied to future case studies. When more than one is completed in a day there is little time for integration. Please complete only one per day to allow for proper integration of the material. For more information, please read the case study guidelines in the Practitioner Workbook.

Patricia Tamosetis
TTNO Practitioner Liaison Chair"

Healthy Workplace Month

October is Healthy Workplace Month. A team of Hospice Wellington (Guelph) Therapeutic Touch volunteers offered 43 sessions to staff and volunteers at Groves Memorial Hospital, following their flu shots. Information and handouts were made available to participants for both hospice and Therapeutic Touch. Many who received a session expressed their gratitude for the opportunity to experience Therapeutic Touch.

Deb Gould



Photo courtesy of Deb Gould

Fifteenth Annual, Advanced Intensive Therapeutic Touch® Retreat "Inspirations & Echoes"

Fine Tuning Your Inner Healer

approved for maintaining or achieving RP status

June 11 to 14, 2026

Crief Hills Retreat Center, Puslinch, Ontario
www.crieffhills.com

Facilitators:
Laura Pokoradi & Diane May

More information contact:
Laura: peaceandlight334@gmail.com
905-385-9217

Level 3 Hospice Wellington

Our Level 3 class was a full-circle moment. It started last spring by offering Therapeutic Touch sessions at Hospice Wellington to interested staff and volunteers. There was also a community event that provided education and information, leading up to the Level 1 last spring. It all culminated in eight members who have completed their study of the Levels. We are so proud of their commitment and willingness to continue their Therapeutic Touch journey.

Deb Gould

Thoughts following the completion of Level 3 by Julie Lugosi.

"Today's Therapeutic Touch Level 3 expanded my application of Therapeutic Touch to include distant sessions, which involves sending energy through Therapeutic Touch without having to be in the same room. It was truly amazing and freeing in that you weren't caught up in the physicality of the session and were truly just focusing on the healing energy. I also learned about how Therapeutic Touch can be applied to emotional healing, which was one of those "of course!" moments. There is so much emotionally charged energy that it only makes sense that it is also energy that can be shifted. In addition to that, the Hand-Heart Connection method was deeply touching. It was another way of shifting emotional energy with compassion, with such ease and simple intentional steps over a short amount of time.

Surprisingly, I think it touched me more when I was giving it than it touched the receiver! As a parent of two children in grade school, there are so many times that I feel like I would like to help them more with their worries and ailments, but I can't. Well, now with the tools of Therapeutic Touch at my hands, I can!"



Photo courtesy of Deb Gould

Stratford



Photo courtesy of Jennifer Brion

The Stratford Branch steps up again and has a table at the Stratford Rotary Wellness Fair. Putting the word out. Lots of interest and several sessions given. Yeah Team Jennifer Brion

Arnprior

The most recent Transpersonal Nature of Therapeutic Touch workshop.

All of those pictured are now workbook practitioners.



L to R: Tim Reym, Patricia Tamosetis, Colleen Hobbs, Shirley Hill, Jo Begin
Photo courtesy of Pat Tamosetis

Growing in Compassion

While attending a Therapeutic Touch Branch meeting recently, the group was asked to dialogue on handling difficult or challenging situations both in general and with regard to working with a healing partner while providing TT. Alison Cooke always does a wonderful job as a caring, inclusive facilitator and has consistently encouraged me to submit my creative ideas to our in Touch newsletter.

I was emailed a YouTube clip on compassion. It was by American Buddhist author and teacher Pema Chodron. It was an interesting exercise including simple suggestions on how to welcome the unwelcomed. She was being interviewed on a popular talk show and I found this remarkable. A few simple ideas included the following, and I'll demonstrate how I've applied her wisdom to my own life with ease and success. The gist of her message I believe was to celebrate our humanity, and, through the gift of quiet reflection, to realize that we are all 'Just Like Me', perhaps more similar than I'd realized. Reading this felt like the leveling of a playing field to me. Here are a couple of personal examples I shared with a friend; using this exercise continues to help me grow in compassion.



Just like me, this person has known loneliness in his/her life. I recalled a moment decades ago, as a quiet and shy teenager. My mother had asked me to attend a social community event with her one Saturday morning, which I did, gladly. There were not many people in attendance, and the facilitator asked us all to go introduce ourselves to somebody new. An older gentleman was seated up near the front, alone. I noticed nobody had yet approached him, nor was he reaching out to others at the event, so I extended a brief hello, a smile, and a handshake. It appeared as though I had startled him. He responded quietly, with appreciation, and his eyes filled with tears. All I said was "Hello".

Just like me, this person is seeking happiness in his/her life. I reflected on a summer job I had as a young twenty-year-old. My boss's name was Dave, and I noticed some staff called him David and others called him Dave. I'm a big fan of addressing people by the name they enjoy hearing the most, so after knowing him for two weeks I kindly asked him this in the lunchroom one day. Do you prefer being called Dave or David? To my surprise he was taken aback by my question. It looked like I'd startled him or taken his breath away. He was about 40 years old, and he shared with me that he'd never been asked this before, thanked me, and said he prefers being called David.

My inspiration behind this stems from something Dolores Krieger once said while describing Therapeutic Touch practitioners. She referred to us as technicians of compassion.

In conclusion, here is one of Pema's quotes.

"Just like me, this person doesn't want to feel uncomfortable. Just like me, this person loses it sometimes. Just like me, this person doesn't want to be disliked. Just like me, this person wants to have friends and intimacy."

— Pema Chödrön, Welcoming the Unwelcome: Wholehearted Living in a Brokenhearted World

Lori Maisonneuve



Canadian and Turkish Women Association of Ottawa

On October 5, 2025, the Canadian and Turkish Women Association of Ottawa (CATWAO) hosted a Therapeutic Touch event in Ottawa. The CATWAO is an association founded by Canadian and Turkish women, with its main goal to promote a better understanding and appreciation of their respective cultures in the community. I have proudly served as Vice President of the Association since May 2024.

On this occasion, the Therapeutic Touch healing modality, widely used in many health institutions in Canada, was introduced to the Turkish community in Ottawa.

Back by popular demand, this event focused on self-care with Therapeutic Touch.

What better instance to have the assistance of a valuable teacher and mentor Gail Lafourture, Recognized Teacher, to introduce Therapeutic Touch. She was an enriching experience for my community whereby she so eloquently introduced Therapeutic Touch and spoke selections from her recently published book, *Heal to Be Free*. Approximately 30 participants were in attendance who listened with enthusiasm.

Everyone was curious to try Therapeutic Touch on themselves after we demonstrated how to do it. We then provided TT to three willing volunteers who shared positive feedback, sharing their thoughts and reactions with the whole audience, describing the energy field and the comfortability felt overall. All attendees were invited to share their contact information with Gail to obtain further information on this modality.

At the end of this “seminar” I felt a sense of completion, attaining a useful purpose. Therapeutic Touch is like learning a new language for me; I discovered that this new language did not require speaking but feeling and listening to the energy field with compassion as I applied it and shared this experience. There was a sense of satisfaction in that we were able to experience the power and sensibility of the energy field. From the reaction of participants I truly felt that Gail and I planted the seeds of Therapeutic Touch for healing in my community.

Yours in TT,
Arzu Dolanay, Recognized Practitioner

I would like to take this opportunity to thank Arzu Dolanay for inviting me to introduce Therapeutic Touch and self-care to the CATWAO. It was a real pleasure on behalf of the Therapeutic Touch Network of Ontario to present and demonstrate Therapeutic Touch and self-care to a wonderful and captive community. I look forward to teaching some enthusiastic members of this community.

Gail Lafourture, Recognized Teacher

The image consists of three main parts. On the left is a workshop poster for 'CATWAO WELLNESS WORKSHOP Self-Care with Therapeutic Touch'. It features a red maple leaf logo, the text 'CATWAO CANADIAN AND TURKISH WOMEN'S ASSOCIATION OF OTTAWA', and a description: 'Discover how to tap into your inner healer with this simple yet powerful technique! Release stress, internalize a sense of peace, and awaken your own energy to bring more balance and harmony into your daily life.' It includes a date '5 OCTOBER', a time '2:00 PM-5:00 PM', and a location 'Minto Sports Complex 801 King Edward Room: E217'. In the center is a photograph of three women standing together, smiling. On the right is a photograph of Gail Lafourture standing on a stage, speaking to an audience. A presentation slide is visible in the background, showing the CATWAO logo, the title 'Therapeutic Touch® Activate Your Inner Healer', and 'Presenter: Gail Lafourture'. The slide also lists the date '5 OCTOBER', time '2:00 PM-5:00 PM', and location 'Minto Sports Complex 801 King Edward Room: E217'.

Images courtesy of Gail Lafourture

Professional Development Days

Chatham



Photo courtesy of Ashley Murray

Guelph Hospice Wellington

You can see the variety of bowls that held space as we explored the elements of 'Holding Space' in our Therapeutic Touch practice. It was a fun day with rich and deep dialogue. Included in our group were four new Therapeutic Touch students who just completed Level 3 this fall. We were all so proud of them for coming and sharing this time together.



Front row- Bonny Burns, Julie Lugosi, Julie Reed, Mary Harding
Back row- Mardi Steiner, Yvonne Browning, Susan Leuty, Laurie Martindale, Valerie Morrell, Janet McMillan, Mimi Craig, Julianne Pettigrew, Trish Dean

Alliston

Friday November 17 the Alliston Therapeutic Touch Branch held their 2025 Professional Development Day (PDD) at Matthews House Hospice in Alliston facilitated by Nancy Hall. Sheena Klaasen, Alliston Branch member, had already attended the September Caledon/Bolton Professional Development Day to get a flavour and new learning from a different group. She joined in again in Alliston. Lara Baxter, Christine Paterson, and Barb MacIntosh, all members of the Alliston group and volunteers or volunteer in training at Matthews House Hospice were present. Dale Cimolai and Jim Metson, two of the Branch leaders for Caledon/Bolton who facilitated the Caledon/Bolton PDD were invited to join the Alliston Branch; an opportunity for them to experience Holding Space as participants. This created quite a rich dialogue as well as forging new relationships between sister Branches.



Photo courtesy of Nancy Hall

Arnprior



Photo courtesy of Pat Tamosetis

Workshops and Continuing Education

Workshops are being continuously added or adjusted.

Visit the TTNO website regularly for the latest updates. Confirm dates and times with the appropriate teacher.

Listings are in-person workshops unless indicated otherwise.

In-person workshops may have limited capacity. Confirm details with instructor.

FOUNDATIONS OF THERAPEUTIC TOUCH

LOCATION	DATE	TIME	TEACHER	CONTACT INFORMATION
Elm Tree Centre	Sat Jan 10 & Sun Jan 11	9:00-5:00	Martha Hoey	519-823-5847 / info@elmtreecentre.com
Elm Tree Centre	Sat Feb 21 & Sun Feb 22	9:00-5:00	Martha Hoey	519-823-5847 / info@elmtreecentre.com
Elm Tree Centre	Wed Mar 11 & Thurs Mar 12	9:00-5:00	Martha Hoey	519-823-5847 / info@elmtreecentre.com
Golden Lake	Sat Feb 28	9:00-5:30	Patricia Tamosetis	613-625-2277 / ttearthwalks@yahoo.com
Huntsville	Sat Feb 28	8:30-5:00	Shirley Boon/Debra Brear	705-382-1961 debbrear@outlook.com
Huntsville	Mon Mar 9	8:30-5:00	Shirley Boon/Debra Brear	705-382-1961 debbrear@outlook.com
Huntsville	Mon Jun 15	8:30-5:00	Shirley Boon/Debra Brear	705-382-1961 debbrear@outlook.com
Newmarket	Sat Apr 11 & Sat Apr 18	9:00-4:00	Jim Metson	647-863-0095 / metsonj347@gmail.com
Ottawa (Cumberland)	Sat Jan 17 & Sat Jan 24	9:00-4:00	& Nancy Hall	Register: https://www.mypalcare.org/workshops
Ottawa	Sat Apr 11 & Sun Apr 12	9:00-5:00	Terri Lacroix	613-869-3811 / terri.lacroix@gmail.com
Stratford	Sun Jan 25	8:30-4:30	Jennifer Brion	905-867-4226 / jbrion1957@gmail.com
Toronto	Fri Feb 6 & Sat Feb 7 & Sun Feb 8	7:00-10:00pm	Julia von Flotow	416-686-6463 / Julia.vonflotow@gmail.com
Toronto	Fri Mar 6 & Sat Mar 7 & Sun Mar 8	9:00-4:30		
Virtual via ZOOM	Sun Mar 1 & Sun Mar 15	9:00-5:00	Alison Cooke & Paula Neilson	613-438-7220 / adcooke141@gmail.com 416-447-1600 / pmneilson@gmail.com

TRANSPERSONAL NATURE OF THERAPEUTIC TOUCH

Elm Tree Centre	Sat Jan 24 & Sun Jan 25	9:00-5:00	Martha Hoey	519-823-5847 / info@elmtreecentre.com
Elm Tree Centre	Sat Mar 28 & Sun Mar 29	9:00-5:00	Martha Hoey	519-823-5847 / info@elmtreecentre.com
Huntsville	Mon Apr 20 & Fri Apr 24	8:30-5:00	Shirley Boon Debra Brear	705-382-1961 debbrear@outlook.com
Toronto	Sat Feb 28 & Sun Mar 1	9:00-4:30	Julia von Flotow	416-686-6463 / Julia.vonflotow@gmail.com
Virtual via ZOOM	Sat Jan 31 & Sat Feb 7	9:00-5:00	Alison Cooke & Paula Neilson	613-438-7220 / adcooke141@gmail.com 416-447-1600 / pmneilson@gmail.com

LEVEL ONE

Alma	Sat Jan 10	8:30-4:30	Deborah Gould	519-830-9770 / dgould1@outlook.com
Ottawa	Sat Mar 21	9:00-5:00	Gail Lafourture	613-834-4524 / c-g.tt@sympatico.ca

LEVEL THREE

Alma	Sat Feb 7	8:30-4:30	Deborah Gould	519-830-9770 / dgould1@outlook.com
Ottawa	Sun Mar 22	9:00-5:00	Gail Lafourture	613-834-4524 / c-g.tt@sympatico.ca

CONTINUING EDUCATION

The Fundamentals of Holistic Healing for Animals with Therapeutic Touch

Elm Tree Centre	Sat Apr 18 & Sun Apr 19	9:00-5:00	Martha Hoey	519-823-5847 / info@elmtreecentre.com
-----------------	-------------------------	-----------	-------------	---

Teachers

Recognized Teachers

The Therapeutic Touch Network of Ontario sets its own criteria for curriculum and teaching. Notations below indicate level of teacher qualifications:

F - Foundations of Therapeutic Touch

T - The Transpersonal Nature of Therapeutic Touch

◊ - Level 1

◊◊ - Levels 1 & 2

◊◊◊ - Levels 1, 2 & 3

Teachers will travel to other areas on request.

(Information on this page is accurate at the time of printing.)

Alliston	Nancy Hall: <i>F,T,◊◊◊</i>	519-938-7759	nancyhall634@gmail.com
Ancaster	Evy Cugelman: <i>◊◊◊</i>	289-239-7036	evycugelman@gmail.com
Barrie	Arlene Cugelman: <i>F,◊◊◊</i>		
		705-790-0159	acugelman@rogers.com
Bell River	Penny Craig: <i>◊◊</i>	519-727-4784	2pennyc@bell.net
Burks Falls	Deb Brear: <i>F, T</i>	705-382-1961	debbrear@outlook.com
Caledon	Jim Metson: <i>F,T</i>	647-863-0095	metson347@gmail.com
Chatham	Kathleen Armstrong: <i>F,◊◊◊</i>	519-354-8141	dkarmstrong@bell.net
Elora	Deborah Gould: <i>◊◊◊</i>	519-830-9770	dgould1@outlook.com
Golden Lake	Patricia Tamasetis: <i>F,◊◊◊</i>		
		613-625-2277	tearthwalks@yahoo.com
Guelph	Valerie Morrell: <i>◊◊◊</i>	519-821-4006	valeriemorrell7@gmail.com
Hamilton	Laura Pokoradi: <i>◊◊◊</i>	905-385-9217	peaceandlight334@gmail.com
Huntsville	Deb Brear	705-382-1961	debbrear@outlook.com
Killaloe	Karen Schimansky	613-757-3713	karenschimansky@hotmail.com
Kitchener/ Waterloo	Susanne Storer	519-580-7636	susannestorer@gmail.com
L'isle-aux-Allumettes	Lorna Gleason	819-689-5393	lornagleason54@gmail.com
Leamington	Penny Craig	519-727-4784	2pennyc@bell.net
London	Sylvia Squair	519-858-8923	sylvanenergy77@gmail.com
Midland	Helen Will	705-534-1101	helenwillart@yahoo.co
Niagara Falls	Cindy Nilsen	905-227-1118	cnilsen@sympatico.ca
North Bay	Monica Giles	705-724-5163	mgiles@netspectrum.ca
Ottawa	Terri Lacroix		ottawabranchtt@gmail.com
Owen Sound	Gina Smith	519-371-3576	healinghandsrp8@gmail.com
Peterborough	Craig Nizolek	705-651-1010	craignizolek@gmail.com
Sarnia-Lambton	Ashley Murray	519-336-0941	
Stratford	Jennifer Brion	905-867-4226	cibrion@rogers.com
Thunder Bay	Jean Riddell	807-622-7790	thundermanitou@yahoo.ca
Toronto South	Julia von Flotow	416-686-6463	julia.vonflotow@gmail.com
Toronto Centre	Nancy Gordon	416-924-7439	naggord@gmail.com
Toronto East	Paula Neilson	416-447-1600	pmneilson@gmail.com
Virtual	Alison Cooke	613-395-3691	adcooke141@gmail.com
Whitby	Lynn Vukosavljevic	905-668-9683	lynnvukos1@gmail.com
Windsor	Flora Harteib	519-974-2157	theteagranny@hotmail.com

The TTNO wishes to acknowledge, with gratitude, the service of retired Recognized Teachers who over many years enthusiastically spread knowledge about Therapeutic Touch throughout Ontario.

TTNO Branches

Ajax	Janet Fallaize	905-683-9264	janetfallaize@sympatico.ca
Alliston	Nancy Hall	519-938-7759	nancyhall643@gmail.com
Belleville	Nancy Sherk	613-395-2973	kenancy@xplornet.com
Bolton	Diane Demidow	905-880-2220	dianed2007@aol.com
Bracebridge	Shirley Goyea	705-706-1599	shirleygoyea@gmail.com
Brockville	Audrey Harkness	613-348-3736	davindr_7@sympatico.ca
Caledon	Jim Metson	647-863-0095	metsonj347@gmail.com
Chatham	Kathy Armstrong	519-354-8141	dkarmstrong@bell.net
Collingwood	Nancy Lee Johnston	705-445-4032	wjohnsc119@rogers.com
Fergus	Deborah Gould	519-830-9770	dgould1@outlook.com
Gananoque	Elaine Davidson	613-382-3772	emdavidson@sympatico.ca
Glencoe	Regina Sheere	519-639-5672	sheeresource@gmail.com
Golden Lake	Patricia Tamasetis	613-625-2277	tearthwalks@yahoo.com
Grimsby	Susan Oliver	905-945-6573	soliver0315@sympatico.ca
Guelph/ Elm Tree	Martha Hoey	519-823-5847	info@elmtreecentre.com
Guelph/Willow	Susan Blair	591-836-3252	seblair@uouelph.ca
Guelph/Lilac	Mimi Craig	519-827-1819	mimicraig@gmail.com
Guelph/Trinity	Valerie Morrell	519-821-4006	valeriemorrell7@gmail.com
Haliburton Highlands	Cheryl Riley	705-448-2864	kcsriley@gmail.com
Hamilton	Laura Pokoradi	905-385-9217	
Huntsville	Deb Brear	705-382-1961	debbrear@outlook.com
Killaloe	Karen Schimansky	613-757-3713	karenschimansky@hotmail.com
Kitchener/ Waterloo	Susanne Storer	519-580-7636	susannestorer@gmail.com
L'isle-aux-Allumettes	Lorna Gleason	819-689-5393	lornagleason54@gmail.com
Leamington	Penny Craig	519-727-4784	2pennyc@bell.net
London	Sylvia Squair	519-858-8923	sylvanenergy77@gmail.com
Midland	Helen Will	705-534-1101	helenwillart@yahoo.co
Niagara Falls	Cindy Nilsen	905-227-1118	cnilsen@sympatico.ca
North Bay	Monica Giles	705-724-5163	mgiles@netspectrum.ca
Ottawa	Terri Lacroix		ottawabranchtt@gmail.com
Owen Sound	Gina Smith	519-371-3576	healinghandsrp8@gmail.com
Peterborough	Craig Nizolek	705-651-1010	craignizolek@gmail.com
Sarnia-Lambton	Ashley Murray	519-336-0941	amurray.elementsflight@gmail.com
Stratford	Jennifer Brion	905-867-4226	cibrion@rogers.com
Thunder Bay	Jean Riddell	807-622-7790	thundermanitou@yahoo.ca
Toronto South	Julia von Flotow	416-686-6463	julia.vonflotow@gmail.com
Toronto Centre	Nancy Gordon	416-924-7439	naggord@gmail.com
Toronto East	Paula Neilson	416-447-1600	pmneilson@gmail.com
Virtual	Alison Cooke	613-395-3691	adcooke141@gmail.com
Whitby	Lynn Vukosavljevic	905-668-9683	lynnvukos1@gmail.com
Windsor	Flora Harteib	519-974-2157	theteagranny@hotmail.com

A Note on Images in this Publication

Images and icons in this document are courtesy of Creative Commons, unless otherwise noted.

The **PIPEDA** (Privacy Act) requires that the Therapeutic Touch Network of Ontario has written permission to publish a person's name and contact information in *inTouch*.

Names in this publication are included only if a signed PIPEDA form is on file with the Therapeutic Touch Network of Ontario at the submission deadline.

TTNC Board of Directors

President	Betty Whitney, PTTN
Vice President	Judy Donovan Whitty, ATTN
Past president	Marion Cameron, PTTN
Treasurer	Heather McCurdy, ATTN
Secretary	Vacant
Quebec	Caroline Kirby, TTNQ
Ontario	Deb Brear, TTNO
Atlantic	Judy Donovan Whitty, ATTN
Prairie	Chery Ann Hoffmeyer, PTTN
British Columbia	Johanne Roy, BCTTNS
Website Assistant	Marion Cameron, PTTN

Board of Directors

Chair:

Debbie Brear

705-382-1961

debbrear@outlook.com

Vice-Chair:

Vacant

Past Chair:

Vacant

Secretary:

Vacant

Finance Chair:

Vacant

Teacher Liaison Chair:

Nancy Hall

519-938-7759

nancyhall634@gmail.com

Membership Chair:

Anne Davies

adannedavies@gmail.com

Practitioner Liaison Chair:

Patricia Tamosetis

613-625-2277

ttearthwalks@yahoo.com

Communications Chair:

Kerstin Kramer

226-336-9280

kerstin@kitchenerhealer.com

Professional Practice Chair:

Vacant

inTouch

is the newsletter of
The Therapeutic Touch Network of Ontario
10 Four Seasons Place, Suite 1000
Toronto, ON, M9B 6H7
Email: memberships@ttno.ca
www.therapeutictouchontario.org

PUBLICATION DATES AND DEADLINES

inTouch is published four times a year
Spring • Summer • Fall • Winter

Next Issue: **Spring 2026**

Deadline for submissions: **February 20, 2026**
Late submissions may be held for the following issue.

Distribution to members mid-March

Articles may have a maximum of 850 words.

Please send submissions to the *inTouch* Editor
Jim Metson (metsonj347@gmail.com)

With the subject line

“Newsletter + which issue + the nature of the submission”
e.g. “Newsletter Spring 2026 – Report from...”

*The opinions and ideas expressed by the writers
in this publication are their own and are
not necessarily endorsed by
The Therapeutic Touch Network of Ontario.*

inTouch

is sent to TTNO members and subscribers from other
Canadian TT Networks.

Canadian Publications Mail
Agreement #40034150

The Therapeutic Touch Network of Ontario

10 Four Seasons Place, Suite 1000

Toronto, ON, M9B 6H7

Phone 416-649-5885

E-mail: memberships@ttno.ca

www.therapeutictouchontario.org

WHO TO CONTACT

For address changes, membership renewal forms,
Practitioner workbooks, teaching materials,
extra newsletters, brochures, resources
Contact the TTNO Office
Tuesdays and Thursdays

Therapeutic Touch Referral Service
Contact the TTNO office

Webmaster
ttno.webmaster@gmail.com

inTouch Editor
Jim Metson
metsonj347@gmail.com

Requirements for Advertisers

- All advertisements are to be submitted to the TTNO office by email with the following information in the “Subject” line of the email:
“Newsletter + which issue” (winter, spring, summer, fall)
- Indicate the size of the ad you are requesting.
- Advertising must be in JPEG or MSWORD format.
- The submission must be received on or before the deadline for submissions.
- The newsletter is published quarterly in March, June, September and December.
- Deadline for each issue is 45 days prior to the particular publication i.e. November 1st for the December issue. (This allows time for the bookkeeper to generate an invoice and for payment to be received).

Please note that if a submission is not received by the deadline date, it will not be published until the next issue.

TTNO members will be billed for their ad placement. Note: Payment is due in “net 30 days” from the invoice date, following which a 10% surcharge will be added and new invoice sent.

Non-members are required to submit payment in advance along with their ad request. Advertising rates are as follows:

Member Rates: Per Issue

Size	Dimensions	Cost	HST	Total
1/3 page	Horiz W 7.5" x H 3.25" Vert W 2.5" x H 9.75"	\$60	\$7.80	\$67.80
1/4 page	W 3.5" x H 4.75"	\$50	\$6.50	\$56.50
Bookmark	W 2.3" x H 4.5"	\$40	\$5.20	\$45.20
Business Card	W 3.5" x H 2"	\$35	\$4.55	\$39.55
Classified Ad	Per Word	\$0.50	\$0.06	\$0.56

Non-Member Rates: Per Issue

Size	Dimensions	Cost	HST	Total
1/3 page	Horiz W 7.5" x H 3.25" Vert W 2.5" x H 9.75"	\$75	\$9.75	\$84.75
1/4 page	W 3.5" x H 4.75"	\$70	\$9.10	\$79.10
Bookmark	W 2.3" x H 4.5"	\$50	\$6.50	\$56.50
Business Card	W 3.5" x H 2"	\$45	\$5.85	\$50.85
Classified Ad	Per Word	\$0.60	\$0.08	\$0.68

Annual Rate: Pay for one year on any ad and get your ad seen in four issues for the price of three. No edits or revisions are permitted for these ads. **All payments are due prior to the Spring edition.**