

inTouch

The Therapeutic Touch Network of Ontario



Photo courtesy of JM

Pausing
Connecting with Self
Connecting with Nature
Sensing the Oneness
Being the Oneness
Holding Space
Pausing

Meditation

The Space Between Breaths and the Power of Awareness

I invite you to settle into this present moment. If there is anything you can do to bring yourself into a deeper sense of stillness, I invite you to do that now. Placing your feet firmly on the ground – feeling that connection to mother earth. Closing your outer eyes and signalling your brain that this is time for you alone. We use the body as an instrument of consciousness to bring us more deeply into this sacred moment of being. Anchor even deeper through the power of your breath. Breathing in ... and breathing out...

See if you can linger in awareness on the moment between the inhale and the exhale. Notice the crest between one state of being and the next. First you are inhaling, (pause) and then exhaling... Relax... What, if anything, is in this space? Between these two states?

Is it an absence of being, or a richer, deeper experience of the wholeness? Is it filled with mind rushing in to fill the space? Or no mind? A moment of exquisite silence?

Allow yourself to be curious as you explore this unfolding moment. Breathing in ... and breathing out. Can you greet whatever arises with a kind and compassionate heart? Or do you find yourself wrestling with it? Just notice ... just allow ... and relax.

You are the space in which all of this is happening. You are the awareness out of which this moment arises. You simply ARE, in fullness, in perfection, in wholeness. Allow yourself to touch into this truth as you continue to breathe and notice in the silence. (pause)

Slowly wiggle your toes and fingers. Notice your body sitting on the chair. Bring yourself back to this moment and, when you are ready, open up your beautiful eyes.

Karen Hagel

Congratulations!!!



Newly Recognized Teachers of Foundations:

Flo Hartleib
Terri Lacroix



TTNO Professional Development Day 2025

Holding Space in Therapeutic Touch®

See the Workshop Listings on page 26 or visit
the Events Calendar on the TTNO website
for dates and locations.

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Board Reports



Chair

From Burk's Falls to You...

As we enter the middle of May here in Burk's Falls, it's been a mix of cool days and beautiful bursts of warmth. There's frost in the forecast tonight and tomorrow, yet no flies or mosquitoes today—a gentle breeze made it the perfect moment to be outside weeding the flower bed.

Earlier today, I brought in my tomatoes, cucumbers, herbs, and flowers to protect them from the cold. I started the seeds in mid-to-late March and am thrilled to report they're already flowering! Fingers crossed for an early harvest this year. We've even seen some warm summer-like days with temperatures in the low 20s—though there's a whisper of snow to the north. Will we wake up to white in the morning?

Our apple tree is heavy with blossoms just about to burst open, and walking in nature right now is truly a joy. Spring flowers are everywhere: violets, mayflowers, Dutchman's breeches, adder's tongue, and trilliums. Every day brings new beauty.

TTIA Congress Highlights

I recently attended the **Therapeutic Touch International Association (TTIA) Congress** virtually—it was a wonderful experience. Suzanne Engleberg facilitated an inspiring session titled *"Research is Fun and You're Already Doing It!"* Her approach brought new energy and insight to the concept of research.

I left the Congress feeling full: new information, familiar truths, and meaningful connections with others. A deeply enriching experience!

TTNO Updates & Announcements

Heartfelt Thanks

On behalf of the **Board of Directors** and the **Finance Committee**, we extend our sincere gratitude to all members and Branches for your generous support in helping us meet our financial needs. Your kindness and commitment make all the difference.

Save the Date – TTNO Annual Conference 2025

Friday evening and Saturday, November 7–8, 2025.
More details are shared on pages 14 and 15.

A new TTNO Facebook page coming your way – refer to page 4.

Introducing: The Mentorship Committee

Effective April 2025, TTNO has formalized a Mentorship Committee as a standing committee to:

- Highlight the importance of mentorship within the TTNO
- Support the growth of workbook practitioners,
Recognized Practitioners, Student Teachers, and
Recognized Teachers
- Create policies that foster the development of our
Network and Branches

If you would like more information or are interested in participating on this Committee, please contact Flora Hartleib at theteagranny@hotmail.com.

Open Board Positions – Let's Grow Together

The TTNO Board invites members to contribute their talents. We currently have openings for:

- Secretary
- Finance Chair
- Teacher Liaison
- Professional Practice Chair

Have a creative idea? Want to share a position with a friend? All ideas and offers are welcome—this is your network!

Continued on page 4



Image courtesy of Deb Brear

Board Reports

Chair *continued*

TTNO Land Acknowledgement

We are proud to share the TTNO's official Land Acknowledgement, developed for use by all members:

"The Therapeutic Touch Network of Ontario acknowledges the importance of the lands upon which we each call home. We do this to reaffirm our commitment and responsibility in improving relationships between nations, and to improve our own understanding of local Indigenous peoples and their cultures. From coast to coast, we acknowledge the ancestral and unceded territory of all Indigenous people, Inuit, Métis, and First Nations. We thank all the generations who have stewarded this land and recognize and deeply appreciate their historic connection to this place. As practitioners of Therapeutic Touch®, we strive to connect with the subtle energies that flow through all living things, recognizing that the health and well-being of people are deeply intertwined with the health of the land. We gratefully acknowledge the patience needed as we learn to tread softly on these lands, working towards harmony and healing for all."

Available in the Members Area of our website.

Welcome Hospice Wellington!

A warm welcome to Hospice Wellington in Guelph—the first agency to join TTNO as a member. We're so pleased to have you with us!

In Gratitude

Thank you for your continued support, patience, and commitment to Therapeutic Touch and the TTNO. Your energy and dedication help us grow stronger together.

With appreciation

Deb Brear

TTNO Chair



Communications

I am happy to share that your TTNO Communications team continues to support and strengthen our outreach and connection with you, our members. Our website continues to attract steady traffic, with over 650 visits in March alone! This is a great sign, showing that members and the public are engaging with our online resources. We'll continue tracking usage trends to ensure the site remains informative and easy to navigate. As always, we invite you to share your feedback on our website.

We're also excited to share that TTNO now has a new home on Facebook: facebook.com/TherapeuticTouchOntario. Content is now actively being published, and this platform will serve as a central space for sharing our updates, events, and insights with both members and the broader public. If you're on Facebook, please take a moment to follow the page, share posts with others and help us extend the reach of Therapeutic Touch in Ontario and beyond.

Finally, a friendly reminder to keep our **Referral Service** in mind. It's a valuable tool that connects interested individuals with our qualified practitioners. Its success depends on your awareness and involvement. Sharing the service with your family, friends, and networks helps ensure that more people can access the benefits of Therapeutic Touch.

Wishing you a joyful and restorative summer,

Kerstin Kramer

Communications Chair, TTNO

Clarification Corner

In all publications, the first use of the term Therapeutic Touch should have the registered trademark symbol ®, e.g. Therapeutic Touch®. The trademark symbol need only be used once per publication. Check to ensure that this is the symbol you are using.

The title of our TTNO newsletter is in *Touch*. Notice the small i, the capital T, and the fact that the word Touch is italicized.

Board Reports



Practitioner Liaison Chair and Workbook Coordinator

Well, another season has arrived. It seems that spring was just a blink and summer arrived with full force. As I write this, I am looking at a garden full of beautiful colourful flowers, the trees have leafed out, and the birds are decorating branches with bright plumage. Nature is glorious; well, maybe not the bugs.

In the 2023 edition of the Practitioner Workbook the Case Study forms were updated to include the Call of Compassion. Since then, there has been increased dialogue and exploration about the call of compassion, what it means to us, and how we experience it. I am sure that this will be an ongoing learning experience.

We all know that Therapeutic Touch comes from a place of compassion; it has been the backbone of TT since its inception. Dr. Krieger said, "...without compassion, whatever else one is doing with the techniques, it is not Therapeutic Touch..."



Image courtesy of Pat Tamosetis

Compassion is, in part, a sense of concern that arises in us in the face of someone who is in need. It is accompanied by a desire to see the relief or end of that situation, or to support someone. It is a willingness to act without personal emotional engagement (non-attachment to outcome). "The strength of compassionate caring comes through the heart chakra and draws directly from the universal healing field" and "... demands that one opens oneself - one's heart, if you will - to the needs of others." The call of compassion is like much of Therapeutic Touch: subtle and soft, a whisper that you will begin to recognize.

When we offer a Therapeutic Touch session we are responding to something within us, from a place of deep stillness, of connection with our potential healing partner. This is the call of compassion. This call is a deeply personal experience that requires self-reflection, exploring how we sense or feel or know that we are responding to 'a call'.

It is worth taking the time to explore how and when you know you are experiencing compassion in your day-to-day life. When you realize you are feeling compassionate take a moment to sense where it is in your body. Your head? Solar plexus? Heart? Elsewhere? How does it show up? Is

there a fluttering sensation in your belly, a heart expansion, a sense of reaching out? Is there a realization that you want to offer assistance? These are all cues for you to recognize the call of compassion, something saying to you "you are needed here." Practicing this awareness will assist you when it comes to recognizing the call of compassion during a Therapeutic Touch session.

I have heard the comment, "I did not have a call to compassion; we were at our Branch and just got matched up." True enough in many cases. This is, however, an opportunity to consider when you began to feel connected to your healing partner and how did you know? Where in your field or body did it manifest? Remember, subtle whispers. Trust the first thing that comes into your mind.

During a Therapeutic Touch Branch meeting you may feel yourself drawn to work with a particular individual, your eyes might meet, or you might think I would like to work with 'Judy' this week. Consider, is this an intuitive sense of the call of compassion? These are just a couple of possible indications that something has shifted. You might not immediately recognize them but over time they, like our assessment cues, will make themselves known.

Recently our Branch had a great dialogue about the call of compassion. Most present did not think that they had that experience. We supported each other with questions to discern how we each became aware of and experienced that call of compassion. There were some amazing revelations and everyone went home with some reflection planned.

Continued on page 6

Board Reports

Practitioner Liaison Chair and Workbook Coordinator *continued*

Note this is in part what prompted this article.

I do love our group, and their willingness to dig deep. Thanks everyone.

This article is certainly not the end of the possibilities, but hopefully it is the beginning of many dialogues and reflections as we learn and share together.

On another note, I trust that everyone is taking the opportunity to participate in this years' Professional Development Day, *Holding Space in Therapeutic Touch*. The reviews so far have been great, so don't miss out.

For those of you who have attended the Professional Development Day you will know that we quoted from, and used, some of the material from Heather Plett. Remember the bowl? I am so excited that Heather, along with Krista dela Rosa, has agreed to be the presenter for this years' TTNO Conference. We are so fortunate to have her. I am so excited. It is not an event to be missed.

All quotes in this article are from Krieger, Dee, PhD, RN; *Compassion as Power in the Transpersonal Healing Practices of Therapeutic Touch: A Highly Human Function*, Therapeutic Touch International Association's Fourth International Congress, April 21-23, 2017, Chicago, Illinois, USA.

Blessings and have a joyful summer.

Yours in TT,

Patricia Tamosetis

TTNO Practitioner Liaison Chair

Donations Report

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

In Memoriam

- ◇ Paula Neilson, In Loving Memory of my sister, Patricia Neilson and in Gratitude for the TT she received.
- ◇ Regina Sheere, In Memory of my mother Christa Reinke, Barbara Janelle and Jitka Malec

In Support of our Members

- ◇ Sharron Parrott, With gratitude to the 2025 TTNO PDD development team.

In Support of the TTNO (in general)

- ◇ Marilyn Mighton ◇ Morlan Rees
- ◇ Suzanne Vaughn ◇ Anonymous
- ◇ Anonymous

We Need Your Help Fundraiser

- ◇ Glenn and Shirley Boon ◇ Penny Craig ◇ James Metson
- ◇ Jean Riddell ◇ Patricia Petruca ◇ Belleville Branch
- ◇ Regina Sheere ◇ Ruth Brandt ◇ Chatham Branch
- ◇ Huntsville Branch ◇ Alliston Branch ◇ Grimsby Branch
- ◇ Fergus Branch, Funding Change an initiative to support TTNO by the Fergus Branch members emptying their pockets of change for two spring meetings
- ◇ Guelph and area Fundraiser May 30, 2025 - Spiritual Growth Through Therapeutic Touch Workshop in support of the TTNO
- ◇ Windsor & Leamington Branches from their Annual Combined Potluck in June
- ◇ Kathy Armstrong

Condolences to

- ◇ Family and Friends of Fred Zufferey (a member of the TTNO since February 1997)



Therapeutic Touch Networks of Canada Report



Welcome summer! My flower beds are flowering and my veggies are happily sprouting.

What has TTNC been up to?

Our new Community Outreach Committee is looking at ways to increase the Regional Networks' memberships. We have finalized our Terms of Reference and are working on QR codes, a Facebook page, and ways to make our website more inviting, as well as coordinating blogs and newsletter articles about Therapeutic Touch (TT). We are seeking a volunteer with TT and Facebook experience to help us expand our social media presence. And we would love to have a TTNO representative on this committee: contact me, Betty Whitney (bwhitney@xplornet.ca) if you have an hour or two per month to spare.

The TTNC Teachers' Chats this month about reciprocity was very well organized, with representation from every Network. Peggy Frank did a great job of helping us brainstorm about the pros and cons of reciprocity for Therapeutic Touch in Canada, and the advantages and fears of no reciprocity. The end result was clearly leaning towards the benefits. TTNC is committed to working towards this goal so that Practitioners and Teachers relocating or travelling between Networks don't give up and drop out altogether.

As always, I have been enjoying both online and in-person Therapeutic Touch Practice Groups and the monthly Atlantic Therapeutic Touch Network (ATTN) Chats. To celebrate Therapeutic Touch Awareness Week, I invited a couple of non-TT people to the in-person Calgary Practice Group this month, planting more seeds. One takeaway from the recent Therapeutic Touch International Association (TTIA) Congress was that younger people may hear about TT, but not be ready to get involved until years later. So, we continue to plant the seeds. The TTIA Global Meditation is also important to me; the international TT community is so supportive! I will be leading that meditation again in June.

Besides volunteering twice a month at the Vulcan hospital, I was invited to offer a talk about Therapeutic Touch via the Vulcan Health Care Foundation's Wellness series in May. Though only five attended, it was well received and I will be doing more talks in the future. Again, planting seeds everywhere we go.

Upcoming events for 2025:

TTNC Cross Country Check-In, October 21, 2025, 7 pm EDT

Topic: Launching the British Columbia Therapeutic Touch Network Society (BCTTNS) chapter of our e-History Book and sharing stories about the history of TT in Canada.

2025 TT Teacher Chats: Second Wednesday of the month

Wednesdays at 5 – 6 pm MT (7-8 pm in Ontario)

Tentative Fall dates: Sept. 10, Nov. 12, Dec. 10

Everyone (teacher or not) is welcome to the Teachers Chats and Education webinars. See our website, www.ttncc.ca, for our calendar with details about these and many other events and workshops. To post your Therapeutic Touch events/workshops on our calendar, contact Marion Cameron at mumcam@telus.net.

Betty Whitney
TTNC President

"The world needs love and Therapeutic Touch is one special way experienced TTers can help spread love everywhere."

Madonna Pense, TTIA President

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 August 15, 2025 for the next issue of *inTouch* to Paula Neilson at pmneilson@gmail.com

Question:

In 'treating' a lower right leg wound, my client expressed amazement that the wound began to tingle. Suddenly, a similar wound on her left leg began to tingle even though I was attending only to the wound on the right. How do you explain this? I have never had this 'resonance' happen in my many years of offering Therapeutic Touch sessions.

Answer: I think that this is a perfect example of how our Therapeutic Touch sessions are holistic. We are working with all fields at all times.

We always begin by grounding our healing partner and clearing their biofield. Later, when returning to certain areas that we have sensed need more attention and our focus is there, the fields are communicating instantaneously and the wisdom of the fields assures the healing remains holistic. As we give our TT session, with compassion and the intention to bring order, balance, and harmony to all fields, whatever we are doing resonates with all fields and healing takes place leading to wholeness.

Alison Cooke, RT

Answer: Resonance happens all the time, feeling it may not!

Trying to explain how energy moves at a beginners' class I likened it to water. You put your hand in water and then take it out; it takes a few minutes to stop moving till it looks as if you were never there. That's how energy is.

You move two fingers in water quickly and see the water fall into place. Then watch the different reaction when moving those same two fingers slowly! That's like the energy we cannot see.

You see the wakes of a ship, boat, or canoe "v-ing" behind them. That's how invisible energy is impacted by strong, medium, and lesser movements, and how long it takes to return to look as if the vessel was never there.

Take it further to the movement under the water and how long that takes to normalize!

With this analogy we see how much impact we are producing with the flowing movements of our hands without even adding the impact of our intention.

Plus, the body will always use the energy where it is needed whether we think we sent it there or not. Can you stop water filling the gaps?

Valerie Morrell, RT

Answer: Therapeutic Touch is a wholistic practice and the body is 100 percent reflexive. I think resonance is a simple indication that the practitioner is doing a great job. Of course, a similar wound may tingle as the healing response kicks in. When that happens, just acknowledge wholeness, then clear and ground so if there is any discomfort it will pass quickly.

Heather Grace Gurd, TE

Answer: Based on my background as a nurse and a Therapeutic Touch practitioner, it appears clear that this practitioner was treating the body as a whole first and foremost, with an additional focus on the wound itself. The response the healing partner had might simply have been a result of the increase in blood flow to not only the first wound but also the second in the process of the body's response to the healing aspect of TT.

Maureen Smith, RP



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Questions and Answers

Answer: Here are some thoughts that come to mind in answer to this question. This is part of the wonder and mystery of Therapeutic Touch.

We know, as practitioners, that we follow a sequence of steps with the intention to restore order, balance, and harmony to the healing partner's energy field. We also know that is the extent of our role. Our healing partner knows what to do with that energy - at a subconscious level.

We know that energy flows where attention goes. The practitioner was "attending" to one leg. The healing partner's other leg decided it "needed some of that, too" and energy flowed to rebalance both sides, restoring bilateral symmetry. What a neat experience for both the practitioner and the healing partner! We all have "aha" moments that expand what we think is possible and keep us humble knowing the outcome is not in our hands.

Jean Riddell, RT



Answer: Although I have not had this experience, it is not surprising that both legs' wounds began to tingle during the session even though the practitioner was focused on the wound on the left lower leg.

The practitioner would have set the intention to restore balance, order, and harmony to the energy field. After the initial assessment of the body, the practitioner would have followed by clearing/unruffling of any blockages to the full body. In doing this, the healing partner would have received some of the healing being done on both legs. Even though the practitioner was focused on the left lower leg wound, the energy knows where to go and the session was helping both leg wounds. Since the healing partner was able to feel the energy in the left leg wound as tingling, she was then able to feel the energy working on the right leg wound as tingling as well.

That is the amazing thing about Therapeutic Touch and the energy; we can relax and just do our best giving a session. The energy knows what to do.

Kathy Armstrong, RT

Question for next issue:

Has anyone had experience giving Therapeutic Touch to people with addictions? Can you share your insights?

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

Foundations of Therapeutic Touch at Golden Lake

In April a wonderful group of women came together at the Ruby House in Golden Lake for a Foundations of Therapeutic Touch workshop. Participants came from all directions: Kanata to Apsley, and Foresters Falls to Barry's Bay. They were an amazing, keen, and thoughtful group with lots of deep reflections and forward thinking. I know we will be hearing more from them as they continue their practice of Therapeutic Touch.

Welcome to the world of Therapeutic Touch.



Photo courtesy of Pat Tamosetis

Research Corner

As announced in the Spring 2025 in *Touch*, I am pleased to contribute to the Board's Research Committee and to bring regular research updates to the Therapeutic Touch Network of Ontario (TTNO) from the Therapeutic Touch International Association (TTIA) Research Study Group. The group meets on the second Sunday of each month via Zoom. May I encourage you to consider attending a meeting by contacting Suzanne Engelberg at susaeng@gmail.com. The sessions are recorded in the event that participants cannot attend a session. With Suzanne's expert facilitation, group members are able to raise questions and share reflections in a safe, collaborative, and fun space.

Continued on page 11



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Research Corner *continued*

When I joined the group, I did so with over 30 years of professional experience in an Ontario academic library. I was immersed in this learning and research environment in various managerial and administrative roles, so what I learned about research was by 'osmosis' and a personal curiosity. Through Suzanne's leadership, she has shared research terminology and process as it applies to Therapeutic Touch (TT). I remember the 'WOW' moment for me when another member of the group and Suzanne asserted that we are all researchers through our TT sessions, reflection, and practice.

Suzanne recently presented this concept of practitioners as researchers at the TTIA Congress session on April 27, 2025, titled 'Research is fun! And you're already Doing it!'. Although I was unable to attend the session, other TTIA Research Study Group members and Deb Brear, TTNO Chair, participated. Everyone said the session was a success and that Suzanne had demystified the research concept in an intriguing way. Suzanne has offered to repeat the session for the TTNO this year via Zoom and to write ongoing articles or share other information through future TTNO *inTouch* issues. Please have a look at the attached Bibliography that Suzanne shared at the Congress; some references are for more recent publications (see previous page).

To access the articles on the reference list, just copy the citation and enter it into a search engine (Google, and so on). You should see a list of ways to access the article. If anyone has trouble with access, you can email Suzanne directly and she will send you a hard copy.

We welcome your research questions and ideas for future TTIA Research Study Group and in *Touch* issues.

Let's be curious together and enhance the TTNO's understanding of research as part of our Therapeutic Touch practice!

Pat Hock, pho@uoguelph.ca

Suzanne Engleberg, suzaeng@gmail.com

New Banner for the Fergus Branch



*Find a quiet place
Let your mind relax
Allow yourself to be inspired*

inTouch
is looking for meditations
to be shared in future issues

Something delivered by the Muses can't be wrong.

Send your inspiration to Jim Metson
metsonj347@gmail.com

For details about the banner, contact Deb Gould at
dgould1@outlook.com

Spiritual Growth through Therapeutic Touch

Together as a Therapeutic Touch community, it was decided that we could host an event that would raise funds to support our treasured Therapeutic Touch Network of Ontario (TTNO) and at the same time bring Recognized Teachers together with our TTNO Branch members and community at large. In just a little more than a month, four local teachers and two guest presenters hosted an event called 'Spiritual Growth through Therapeutic Touch'. It was hosted at Trinity United Church in Guelph; they have hosted a TTNO Branch for the past 20 years.

The evening was filled with reunions with friends and colleagues from as far away as Brampton, Mississauga, London, and Alliston. local Branch member brought pictures from past retreats and Conferences that gave us all pause, not to mention a few hearty laughs.

All together 65 people registered to participate in this event. Add to that the many donations that helped to offset costs, leaving a total of \$2710.00 for the Network.

Our guest presenters, Ann Osborne and Evelyn MacKay, guided us to better understand that we are deeply joined to this community and our work within it. We are following in the footsteps of those who came before us, but are also the light to others who are searching, as we once were, for a deeper understanding of our life and purpose in it.

Mimi Craig, Deborah Gould, Martha Hoey, Evelyn MacKay, Valerie Morrell, Ann Osborne



Photos courtesy of Deb Gould

Thank You Speech at TTNO Fundraiser, May 31, 2025

To Evelyn and Ann: Presenters, Teachers, Mentors,
We Thank you!

This event has been valuable and transformative! Each of these wonderful ladies, in their own way, have helped us all to engage, centre, and deepen our spiritual presence, while creating and fostering unity consciousness. Through this experience, we can, now, celebrate the intrinsic heart connections and trust the wellspring of knowledge that has been nurtured by these two amazing presenters.

This premier TTNO fundraising event has evolved each and everyone of us, in our own ways. Thanks to Evelyn and Ann as our mentors, we have all become more 'self-care' aware. We have deepened our intuitive skill set and the confidence to use it wisely, as practitioners. We have become the living-loving life of Therapeutic Touch in many ways. We are grateful for our experience tonight, with our wonderful teachers. Our own confident personal spiritual growth will now manifest into the next chapter of our lives. Thank you, Evelyn and Ann.

To all our Therapeutic Touch Friends and Family
Thank you

By hearing each others' stories and working together, we have also created the unity consciousness of Therapeutic Touch in the universal collective consciousness fields. Gathering together in this oneness, we create an enhancement in global heart coherence and quantum golden mean entanglements, which is the natural order of the universe. Therefore, as a collective network we are stimulating the ever-present mutual ability to heal, to love, to be loved, being and becoming, the compassionate practitioners and teachers who sustain the CARER process of Therapeutic Touch nationwide.

Thank you, Dee and Dora and all who have been part of this expansion experience today. Thank you, Evelyn and Ann, and all who have been co-organizers of this event. Take a moment now to give yourself a big hug and then send it out to Ann and Evelyn and the network of Therapeutic Touch facilitators around the globe. Blessings to all. Thank You.

Martha Hoey 05-31-2025.



Foundations of Therapeutic Touch Chatham

May 3, 2025

Top picture, left to right:
Ashley Murray, Mary Woolton, Melanie Simpson,
Kathy Armstrong, Claire Dechet, and Regina
Sheere



Photo courtesy of Ashley Murray



2025 TTNO Annual Conference

**You are invited to
Join us Friday evening November 7th for
Opening Ceremonies and a mini workshop
then all day Saturday, November 8th
for**

LIMINALITY



Expanding our Journey

We are so excited to welcome Heather Plett and Krista dela Rosa, co-founders and co-directors of the Centre for Holding Space <https://centreforholdingspace.com> where they honour the fullness of the human experience. They believe that, among other things, the practice of Holding Space can help us be more fully grounded in our humanity and in our relationships with each other and the planet. They believe in tenderness, connection, community, liberation, and sovereignty for everyone.

Their work is especially meaningful in times of Liminality - when the future is uncertain and we find ourselves navigating complexity, grief, fear, and instability. Even in those times, we can find ways to ground ourselves, connect with each other, and access tenderness and joy.



2025 TTNO Annual Conference



Heather says she has always been on a quest for the wisdom that would help her live in a world that felt increasingly chaotic and outside of her control.

Heather is a gifted thinker, writer, teacher, communicator, and facilitator; she has an amazing sense of joy and playfulness that she brings to everything she does. Art and colour and dance and nature infuse her work and reminds us all that vulnerability isn't just about feeling raw and open to the hard things in life – it's also being open and expectant for laughter, creativity, and delight.

The author of *The Art of Holding Space: A Practice of Love, Liberation, and Leadership*, and *Where Tenderness Lives: On Healing, Liberation, and Holding Space for Oneself*, Heather recently moved to Vancouver Island having spent most of her adult life in Winnipeg, where she raised her three daughters.



Krista, as a co-founder and co-director of the Centre for Holding Space plays a key role in nurturing programs, supporting the global team, and helping guide the organization's vision with care and integrity. Krista is known as a steady presence, for her thoughtful coordination and her commitment to creating spaces where people feel seen, heard, and valued.

Krista was invited into leadership positions at a young age because people saw her capacity early. She started in youth leadership at her church because she has a way of understanding, respecting, and being genuinely curious about youth. She was a church elder and the primary leader at a church that functioned with a unique community model without a pastor.

Krista has a solid sense of self and yet a willingness to set aside the interests of self in service to community. She is not afraid to set a path and invite people onto it. She is also not afraid to step aside and let other people lead.

Stay tuned for more information!

Registration Form Now Available on the TTNO Website

Pam's Story

My name is Pam and I have been a Recognized Practitioner of Therapeutic Touch since 1999. I live in Chatham and have always attended the Chatham Branch. My teachers were Louise Brodie and Cheryl Dickson, although over the years I studied with Evelyn MacKay, Crystal Hawk, Barbara Janelle, V.J. Houseman, and many others. At that time, I was a Registered Nurse who enjoyed working with the Victoria Order of Nurses (VON) and being the mother of two small children, Samantha and Daniel. I was a singer at times, a solo singer who wrote songs and sang at our parish, St. Joseph Church, and I also wrote and published two children's books: *Germs Under Arrest* and *The Angel in My Room*.



When I was in my 30s I slowly started to lose strength in my legs and was diagnosed with Multiple Sclerosis (MS). Slowly over time, my MS progressed from needing a cane to a motorized wheelchair to finally being admitted to a long-term care facility. Today, at 55 years of age, I have lost most of the use of my hands and legs and require total care, including being fed. I am still able to talk and I enjoy eating and going out to restaurants with my family.

My family, especially my father Frank (who died last year), has always been there to help with my care. My father took me all over to try different techniques that might help with my MS, including to California to try a technique called "Liberation Therapy" which did help. In the beginning, I attended our local the MS Society for support and then my father continued to go once I was not able to go. It has been found that for some reason Chatham Kent has an unusual incidence of MS and is the area with the most who have this disease.

My dad took me to all of the Chatham Branch meetings and workshops that were held in Chatham so that I could attend. In the last few years, he came daily at noon to help feed me lunch. My now adult children continue to help with my care and bring me to our Branch. Throughout all of this, I had to learn to modify how I did Therapeutic Touch. Of course, I now do many distance sessions on others needing or requesting my help. I only do sessions on my family and at our Branch. I went from doing the full five steps of CARER to now only needing to hold onto someone's hand to be able to send or offer a full session. I intuitively know where the energy needs to go and trust that by letting energy flow from my hand into my healing partner it will go where it is needed. I am told that the other members of our Branch are very happy to have me as their partner. Regina Sheere once wrote in the *inTouch* newsletter about receiving a session from me while attending a Professional Development Day in Chatham and how much she enjoyed it.

I see my life purpose as making others happy. I have great faith and live with Therapeutic Touch in my heart. I love to attend our Branch as it is a highlight of my month since I am not with my family or a paid staff but left with other like-minded women who include me and make me feel like a valued member of the Branch and of the Therapeutic Touch Network of Ontario (TTNO). Although I am not up to attending workshops by Zoom or in-person for a full day, my Branch Leader Kathy Armstrong updates me and writes to the TTNO to complete my registration. I am very proud to say that I am a Recognized Practitioner. The certificate hangs on the wall of my room for all to see.

Submitted c/o Kathy Armstrong



A Reflection On The Annual Eastern Ontario Therapeutic Touch® Retreat

The 26th Annual Eastern Ontario Therapeutic Touch Retreat provided a wonderful opportunity to expand our understanding inner self and enhance our Therapeutic Touch practice. With the knowledge of our fabulous presenters, Dale Cimolai and Patricia Tamosetis, our group embarked on a journey of discovery and growth, trusting the individual and collaborative processes as we got to know the edges and ourselves. We were invited to step into the known and the unknown, and that is what we all did.

We were led on a journey connecting with who we are, how we see ourselves and our ancestors, all the while deepening our connection with our inner selves. There was so much to reflect upon as we gathered and put together our mementos, experiencing joy, tears, and love.

And then when we thought we were done we repeated the process, this time anchored in our practice of Therapeutic Touch.

It is an honour to be part of such a compassionate and caring community.

Thank you for new and deepened friendships, for insights and support, and, of course, thank you for drums.

"You Belong
We Belong"

ONENESS

When you release ego, fear, and wants
To find honesty, peace, and love
You glimpse the whole self.

When in infinite trust, you freely surrender
Connection to all is gifted
You greet the true self

When with kindness, courage, and strength
Compassionate forgiveness is given within
You find the inner self

When you create still, peaceful quietude
With gratitude, patience, and faith
You know the soul self

When magical synchronicity brings ease and clarity
And intuitive wisdom flows from that with many names
You are the timeless self.

ONENESS

by Jo Begin

Photos courtesy of Mariette St. Denis



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

Community and Therapeutic Touch - Part 6A

"People working together in a shared community and a common purpose can make the impossible possible." ~ Tom Vilsack ~

Community – An Overview:

As humans we need our basic needs met, like shelter, food, water, safety, a clean environment, and so on, if we are going to survive. To truly thrive is hard to do in total isolation. It is important then to have a sense of community to meet those needs so we can thrive! The American Psychologist Abraham Maslow, in 1943, proposed a theory that described how people become psychologically healthy; that still applies today. When basic needs are met (psychological needs, safety needs, and love and belonging - see the image below), then people can concentrate on learning, developing confidence, building their resiliency and self-esteem, and achieving their goals. It is in finding those opportunities where we can bond with one another, working together in a common goal or direction that we can create healthy, productive, and safe communities where we can look after each other, and extend it to others within our area (reaching the levels of love and belonging, and esteem). As we progress in our development as a practitioner we evolve further to self-actualization on the hierarchy of needs.



Maslow's hierarchy of needs

Image source: Simply Psychology <https://www.simplypsychology.org/maslow.html>

Your Local Therapeutic Touch Branch Community:

One of the things that drew me to the Windsor-Essex Branch many years ago was their sense of community, a true feeling of fellowship with others, a result of sharing common attitudes, interests, and goals that really pervaded through this group, with Therapeutic Touch (TT) being the centre of it all. Their passion about TT was palpable, from the leaders/facilitators to teachers and members. To find like-minded persons was a blessing. We are more than just the Branch meetings where we regularly meet to practise TT. Our Branch is our information hub for what is going on locally, from our provincial network, and beyond.

Branch members (General or Associate Members, Recognized Practitioners, and Recognized Teachers) can all provide acceptance, friendship, knowledge, learning, and support. Though at times it can be a challenge to bring people together at a specified time and place, the universe has a way of conspiring to make it so. It is in the uniqueness of each with our own history, knowledge, and understanding that we learn, grow, and evolve. Some may be new to a complementary therapy modality all together, others seasoned Therapeutic Touch practitioners or teachers, and others knowledgeable in a variety of approaches or research, though all devoted to TT. You can be someone with no formal 'school' training after high school, to someone with an advanced degree; we are all created equally as a TT member. It is in our similarities that our Branch members unite and in our differences that we will thrive, grow, and transform.

At our Branch we also have two regular group events annually to bring our members together to celebrate. We host a Holiday Celebration in December with food, song, and even some fund-raising raffles (a 50/50 draw, and other prizes of new or gently used items donated by members that others may like). The funds collected go into our kitty which we call "Branch Bucks." It is with these funds we can cover costs of items we need (like poster boards for Therapeutic Touch Awareness Week and educational events) or to pay for cards that we send to members at various times (such as sympathy or congratulations). Some of these funds have also been donated to the TTNO at various times to support our organization, or to help support a Branch member cover their membership fees.

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Growing a TTNO Branch - Part 6A

The Therapeutic Touch Community Beyond the Branch Location:

The embodiment of the Therapeutic Touch community goes well beyond your Branch. It is found provincially (Therapeutic Touch Network of Ontario - TTNO), nationally (Therapeutic Touch Networks of Canada - TTNC), and internationally (our friends to the south at Therapeutic Touch International Association (TTIA) and so many other TT organizations around the globe, such as in the United Kingdom, France, Australia, Brazil, Switzerland, and more). The Therapeutic Touch community as a whole has come together to build a strong modality through the vision of Dr. Kreiger and Dora Kunz, through teaching and research, and by providing everything from a safe place to explore this multidimensional modality to building on a foundation of common knowledge that can be a powerful force for change. Community Therapeutic Touch can show up in many different ways, from associations serving our members' needs, to serving right within your own community beyond your local Branch level.

An important role Branch members play is to be active with the Therapeutic Touch Network of Ontario – first by becoming a member. We are the TTNO. Like a wave in the ocean, we may think we are separate though we are all part of the ocean. We are ONE! It takes members from all across the province to get involved somehow. As a new Branch member, or a seasoned one, it may mean really looking at the website, learning what the TTNO is all about and where to find information you may want or need. It is about participating at meetings, educational offerings, reading the *inTouch* newsletter, or even writing for it, or attending the Annual Conference and Professional Development Day. And, of course, when you are ready, you may consider joining the Board of Directors or a committee.

Kim M. Watson, RP
WindsorEssex-TTNO Branch Social Media Officer (website and Facebook)
Queries can be sent to: kwats56@hotmail.com



(Editor's note: Look for part two of this article, Community and Therapeutic Touch, in the Fall issue of inTouch.

Part 1 of this series, From a Seedling to a Shade Tree, appeared in the Spring 2024 inTouch. Part 2 of the series, Leadership, appeared in the Summer 2024 issue. Part 3 of the series, Communication, appeared in the Fall 2024 issue. Part 4 of the series, Planning for Therapeutic Touch Awareness Week, appeared in the Winter 2024 issue. Part 5 of the series, Mentorship, appeared in the Spring 2025 issue. Past issues of the inTouch newsletter are available in the Members Area of the TTNO website.)

Windsor Professional Development Day



Photo
courtesy
of
Flo Hartleib

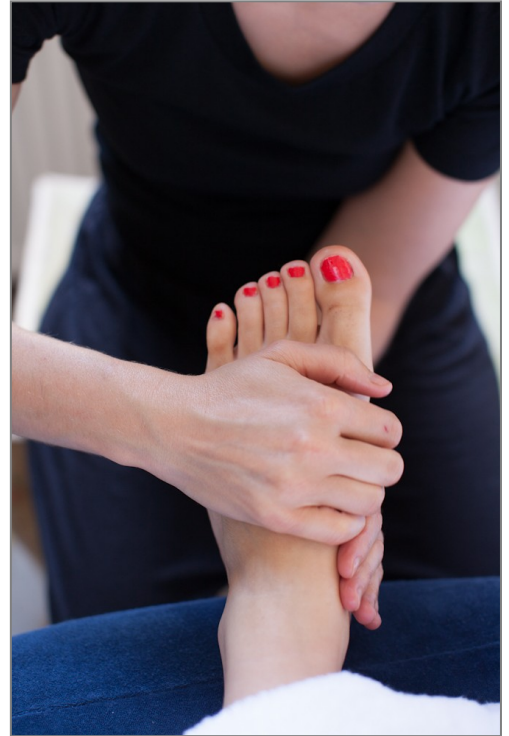
Therapeutic Touch® and Reflexology

It was with great interest that I read the feedback remarks about referencing reflexology points in the workshop, *Putting The Touch back in Therapeutic Touch* presented at the 2024 Annual Conference. Some were surprised and some questioned if it was appropriate. I am happy to report the presentation was very well received and will shed some light on why it was appropriate.

Back in the 1990s, before there were so many excellent, enriching Therapeutic Touch workshops available, we were encouraged to study other modalities to maintain our Therapeutic Touch (TT) status with the Therapeutic Touch Network of Ontario (TTNO). It was explained to us that while nothing can be added to Therapeutic Touch, Therapeutic Touch can be added to anything, as it is a complementary holistic modality. Further, TT was developed from many ancient healing modalities, so to get familiar with them was considered enriching. Therapeutic Touch is *exclusively* what Krieger and Kunz developed.

So, like many others in the '90s, I took reflexology courses, reiki courses, massage courses, and so on to maintain my Therapeutic Touch status. Yet Therapeutic Touch was my number one modality. To be flowing/grounded, and anchored in centeredness, in a state of transpersonal compassion, facilitating wholeness for the healing partner by balancing the field, was simply the most effective healing, in every way, in my experience.

At that time, we had enormous Therapeutic Touch Conferences. Hundreds would attend. Besides the keynote speaker there would be breakout sessions. I remember clearly the breakout session I attended at one of these TT conferences. It was *Reflexology with Therapeutic Touch* and was taught by Eileen Yorsch. It was packed. Casual discussions about useful reflex points and the reflexive body were not uncommon in those days. I often found Therapeutic Touch would guide me to touch various reflex points with remarkable results.



What really galvanized the action to include a couple of reflexive points in my presentation at the 2024 Conference were two things:

1) Dolores Kreiger's most recently published book, *A Healer's Journey to Intuitive Knowing*. It was written for all healers. Therapeutic Touch is so valuable and versatile and profound, that teaching any healer or care giver how to centre, align in peace with the inner self, come into a state of transpersonal compassion, and facilitate wholeness is a priceless start. Understanding that it can be added to other ancient healing practices is, again, priceless.

2) I have become quite aware of an alarming trend. Many folks are taking weekend courses to become "intuitive healers". They then advertise themselves as healers and charge \$80 an hour. Some have come to me over the last few years and I see this growing trend where they are encouraged to use their imagination, and are assured that it will be correct. I am here to say it is a concerning practice that can result in all kinds of mental imbalance. (As Adi Ashanti says, "Believing what you think is the definition of madness.") Intuition and imagination are two very different things. Imagination can create great works of art. Intuition can guide and heal. While doing Therapeutic Touch we are often guided to heal by touching lightly or near touching a specific point to facilitate flow.

Remember the Therapeutic Touch dragons? They are: Wishful Thinking, Imagination, Fantasy, and Exaggeration. It seems that many teachers in other modalities claiming to develop intuition and healing abilities are confusing imagination with the process of imagery, which we all innocently use daily. As Diane May has always taught, we employ all kinds of ways in our mind's imagery process: visual, hearing, kinesthetic, somatic, and so on. It is our responsibility as healers to understand how we work. It is also our responsibility to come to centre and align with our Inner Self so that our intuition can innocently bloom.

My workshop was advertised for all healers and care givers. It was designed so that every participant could experience coming to centre, grounding, imaging, and scaffolding, along with ethics (to avoid those dragons)

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Therapeutic Touch® and Reflexology continued

along with several hands-on exercises. As for the reflex points, the context was clearly presented. Therapeutic Touch could be added to reflexive points to great effect. TT always has incorporated major reflexive points: the feet and the hands and the shoulders and the heart chakra. Often, our hands are magnetized to a spot for near touch or light touch and it works to balance the field.

Knowing what some of these power reflexive “spots” are from a physiological aspect is as valuable for some as knowing where all of our organs and glands are, or knowing how our nervous system works.

Of itself, Therapeutic Touch remains, in my opinion, the most luminous of pearls.

Respectfully, Heather Grace Gurd

Energy Flows

Therapeutic Touch students are taught that energy flows from the Universal Energy Field: in through the aperture of the head, down through the body, and out the hands/fingers, feet/toes and the tail bone. Practitioners work with the energy top to bottom and in to out in order to balance the energy flow. Students are also taught that the chakras are like energy vortexes that change the frequency or vibration of the energy. Chakras can be compared to step-up and step-down transformers, where energy changes from higher on one side to lower on the other side and vice versa. The energy goes back and forth from the energy field to the body and from the body to the energy field.

Since energy flows from the Universal Field down to the Earth, then it makes sense that the energy from the Earth flows upwards to the Universal Field. This energy that goes back and forth like a healing dance is known as the Earth's magnetic field. This subtle energy has a low intensity and low frequency which travels out of Earth through the sky and back into Earth flowing through every living thing on Earth. This toroidal energy field is what sustains life on Earth.

Astronauts get very ill and their strength and energy become depleted in space unless they use pulsed electromagnetic field therapy (PEMF) in the space craft and in the space suit; original NASA - U.S.A. patent 7,601,114 B2 Apparatus and Method for Enhancing Tissue Repair in Mammals (*Magnetic Resonance Stimulation: Using the Field to Maximize Your Strength* by Joel Carmichael). PEMF Therapy is a therapy that pulses a low frequency/low intensity energy field through the being, energizing cells and optimizing metabolism, among many other biological healing benefits. PEMF Therapy is sometimes referred to as Spiritual Technology.



In spiritual teachings, it is taught that Divine energies that are altered by man (via emotional trauma) into a lower vibration cannot return to the Divine. Man must be his own saviour and learn how to transform this low vibrational energy (emotional goo) back to its original frequency using love and light. Light workers know how to restore and balance their own energy field and have been doing this work for decades. Remember, a human's greatest gift is the ability to transform and transcend. Humans have the ability to transform their living conditions: work, home, appearance, attitude, and so on. Humans can also transcend beyond the limits placed upon the mind by authority, religious doctrine, and so on.

Energy healers spend time understanding these unseen energies through practice, education, and using our multisensory perception. In Diane May's *Level 2 Handbook*, page 51, Diane pointed out that approximately 17 different human senses have been identified. Senses like how pressure and pain feel, spatial orientation, and other unseen or non-physical human senses like intuition, non-verbal communication, psychic abilities, dreams, sensing the human energy field, empathy, compassion, and so on. The one thing that all healers agree upon is that energy follows intention. Humans are not born. Being human is a learned craft that depends on the times. When people learn to centre, live in the moment, they wake up and can access these other dimensions. When humans practise these unseen gifts, this is what it means to be human. Humans are here to hold the balance between the 'seen' and 'unseen' worlds. Therapeutic Touch is a highly human skill so please keep practising because children need elders that care.

Craig Niziolek, RT

Therapeutic Touch® Awareness Week

Ottawa

Ottawa Branch was thrilled to support two in-person Therapeutic Touch Awareness Week events this year, each in different parts of the city, thanks to Branch members Karin Hagel and Mariette St-Denis. Karin and Mariette showed fantastic initiative by each identifying an opportunity in their community and reaching out to partners to make it happen.

Karin arranged for our Branch to use a portion of a local cafe on May 25 to offer our awareness event to a number of very interested participants. For our May 29 event, Mariette worked with her local Community Centre, which offers monthly drop-in sessions for adults on a variety of subjects. She worked with organizers there to have their May meeting feature



May 25, photo courtesy of Terri Lacroix



May 29, photo courtesy of Terri Lacroix

our Therapeutic Touch event - a perfect match!

At both events participants received a presentation on Therapeutic Touch (by Terri Lacroix), after which they were treated to a TT session by Branch volunteers. Each

event also featured an opportunity for participants to come back together again as a group to share their experience with their session and ask questions. Feedback from participants at both events was very positive and the sense of relaxation and calmness after the sessions was wonderful.

Many thanks to Branch volunteers Karin Hagel, Gail Lafortune, Morlan Rees, and Arzu Dolanay (May 25 event) and Mariette St-Denis, Kathleen Kot, Daniel Gilbeau, and Michele Melowsky (May 29 event) for sharing their Therapeutic Touch skills and offering TT sessions to participants. And, of course, a huge thank you to Karin and Mariette for organizing these very successful events.

Terri Lacroix, Recognized Practitioner (RP)
Branch Lead, Therapeutic Touch Network of Ontario - Ottawa Branch

Stratford

The Stratford Therapeutic Touch Branch had the opportunity to partner with The Rotary Hospice in Stratford to spread the word to the hospice volunteers about Therapeutic Touch as it will be the first complementary therapy to be offered at the Stratford hospice. There were 60 people in attendance. Mini sessions were offered by Branch members. Lots of interest and many good questions.



Photo courtesy of Jennifer Brion

Therapeutic Touch® Awareness Week

Windsor and Area

Our wonderful volunteer team were on site at both our Windsor and Erie Shores [Healthcare] Campuses last week, providing information and Therapeutic Touch sessions to staff, volunteers, and family members. Thank you so much for your time and talents!



All photos courtesy of Flo Hartleib

Melanie's Testimonial

On Monday, May 12, 2025, I had the pleasure of experiencing a Therapeutic Touch session with Renata at Daybreak at the Lodge, Adult Day Program. As someone who seldom takes time to slow down or engage in meditative practices, I approached the session with some skepticism. However, just five minutes with Renata left me feeling deeply relaxed and at peace. The sense of calm that washed over me was unexpected and truly welcome. It was also heartening to see both clients and staff actively participating in Therapeutic Touch sessions during Therapeutic Touch Awareness Week.

— Melanie Munro, RPN, Adult Day Program Supervisor

Brittany's Testimonial

Clients at the Alzheimer Society of Windsor Essex County's Day Away Adult Day Program enjoyed the Therapeutic Touch (TT) session conducted on May 7, as it provided a calming and nurturing experience that promoted relaxation and emotional comfort. Many of the clients expressed feeling more at ease and connected. The gentle, non-invasive nature of the session helped foster a safe environment where clients could unwind and experience a meaningful sense of human connection, which is especially valuable for individuals living with dementia. Myself and other staff had the opportunity to experience TT for the first time and found it very soothing and calming.

— Brittany Tiseo, Alzheimer Society of Windsor Essex County (Day Away)

Share Your
Therapeutic Touch Awareness Week
activities or other events from
throughout the year in the inTouch.

Email a description and photos to Jim
Metson at metsonj347@gmail.com.



Brittany Tiseo

Therapeutic Touch® Awareness Week

Thunder Bay

On May 8 Sandra Rejall and Jean Riddell presented to a TOPS (Take Off Pounds Sensibly) group on Therapeutic Touch for Self-Care. TOPS was a new group for us to be involved with. We practised the Hand Heart Connection for

yourself and simple clearing of the hip or heart area before bed. The emphasis was on using Therapeutic Touch for stress management and better sleep, both important in weight loss. The presentation was well received by the group of ten.

Branch members also recorded the number of Therapeutic Touch sessions they gave during the Therapeutic Touch Awareness Week for one-on-one outreach.

Thanks to the committee for organizing another great TT Awareness Week for the TTNO!

Jean Riddell, RT

Chatham

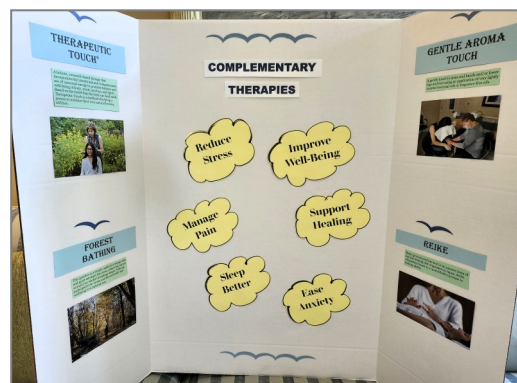
On May 13, Kathy Armstrong and Suzanne Vaughan from the Chatham Branch did a Therapeutic Touch presentation for Therapeutic Touch Awareness Week at The Mental Health Network - Hope House at their Learn and Lunch program. Over 25 attended the presentation and demonstration. Ten mini sessions were given.



Photo courtesy of Kathy Armstrong

Caledon

Bethell Hospice has always been a strong supporter of Therapeutic Touch and this year used Therapeutic Touch Awareness Week to draw attention to not only TT but the other complementary therapies offered at the hospice. Sessions were provided primarily to staff and volunteers with the hope that they would come to understand the benefits for their own self-care as well as promote the various modalities with residents and family members. There was much talk generated about Therapeutic Touch in particular, with participants eagerly signing up for sessions.



Fergus and Elora

Outreach took place throughout Fergus and the surrounding area. A message was posted on the digital signage of several organizations, including the local library and a gourmet grocery store. Posters, TTNO brochures, and business cards were left at libraries, naturopath clinics, food stores, and many other small businesses across Fergus and Elora. Thanks to the Fergus Branch for promoting awareness of Therapeutic Touch.



British Columbia

This year after promoting Therapeutic Touch Awareness Week in the British Columbia Therapeutic Touch Network Society (BCTTNS) newsletter I made the move to get in touch with The Langley Seniors Resource Society (LSRS). This

was the first time that such an event was presented at the centre. They gave us a beautiful room facing a garden. Jean Ruttan, BCTTNS Recognized Practitioner, and I gave a short presentation on the basics of Therapeutic Touch which was attended by a few people. After the presentation the seniors who attended, or dropped in later on, were given a Therapeutic Touch session. We were fortunate to have along with us two other ladies, TTers who gave the seniors a TT session with us. Everybody was very impressed with the Therapeutic Touch session they received! We also offered BCTTNS and Therapeutic Touch Networks of Canada (TTNC) brochures. One of the attendees took Level 1 many years ago and is now interested in updating her knowledge. Another lady is planning to take a workshop. What is amazing is this was just an introduction! The first people who received the Therapeutic Touch session went out of the room and recommended that others receive a session as well. In all, there were about 12 attendees. Not bad for a quiet Saturday.

This was such a successful event that we were asked to come back for the Senior's Week at the beginning of June. I was also approached by a reporter at "Today's Senior News Magazine" from the Fraser Valley - Lower Mainland Edition to expand on the benefits of Therapeutic Touch. This is just the beginning of a great adventure! Maybe we will be able to offer to the members of the LSRS a session once a month!

We just might have opened a door for many people to learn about the benefits of Therapeutic Touch!

Diane Gagnon

Also from BC

To support Therapeutic Touch Awareness Week, on Thursday, May 15, Cheryl Larden, Recognized Teacher, and Sofia Sandover, Recognized Practitioner, who are members of the British Columbia Therapeutic Touch Network Society gave a presentation, via Zoom, on Therapeutic Touch and how it can help with chronic pain to staff and volunteers of Pain BC. Pain BC is a resource for people living in BC, who live with chronic pain; "It aims to enhance the well-being of all people living with pain through empowerment, care, education and innovation."

The one-hour presentation was titled *Therapeutic Touch® (TT): A Way to Nurture Yourself and Others*. Both Sofia and Cheryl shared their experiences around chronic pain and offered a short introduction about Therapeutic Touch, including how it works on all levels (mentally, physically, spiritually, and emotionally). They offered an exercise in centering, clearing, sending compassion to an area on the body, and reframing (changing the idea of hating a particular part of the body for being in pain).

The event ended with time for questions and comments. All the attendees were directed to the website for more information and were offered Cheryl and Sofia's emails for follow up.

In total, they presented to eight people from Pain BC. It was well received and the sense was that all left with a nugget of new information that would help themselves and others in their life journeys. Another group of people who are now 'aware' of Therapeutic Touch and its benefits.

Sofia Sandover



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.

PROFESSIONAL DEVELOPMENT DAY 2025

LOCATION	DATE	TIME	TEACHER	CONTACT INFORMATION
Chatham	Sat Sept 27	9:00-5:00	Kathy Armstrong & Ashley Murray	519-336-0941 / amurray.elementsoflight@gmail.com
Golden Lake	Sun Oct 5	9:00-5:00	Patricia Tamosetis	613-625-2277 / tearthwalks@yahoo.com
Guelph	Sat Oct 18	8:30-4:30	Deborah Gould & Valerie Morrell	226-971-1904 / valeriemorrell7@gmail.com
Huntsville	Sat Sept 13	9:00-5:00	Debra Brear	705-382-1961 / deb@quietplace.ca
Orangeville	Sun Sept 14	9:00-5:00	Jim Metson & Dale Cimolai	647-863-0095 / metsonj347@gmail.com
Toronto	Sun Sept 14	9:00-5:00	Paula Neilson	416-447-1600 / pmneilson@gmail.com
Virtual via ZOOM	Tues July 29	8:30-4:30	Alison Cooke	613-438-7220 / adcooke141@gmail.com
Whitby	Sat Jun 28	8:30-4:30	Lynn Vukosavljevic	905-442-1277 / lynnvukos1@gmail.com

FOUNDATIONS OF THERAPEUTIC TOUCH

Belleville	TBA in FALL	9:00-5:00	Alison Cooke	613-438-7220 / adcooke141@gmail.com
Elm Tree Centre	Sat July 05 & Sun July 06	9:00-5:00	Martha Hoey	519-823-5847 / info@elmtreecentre.com
Elm Tree Centre	Wed Aug 13 & Thurs Aug 14	9:00-5:00	Martha Hoey	519-823-5847 / info@elmtreecentre.com
Elm Tree Centre	Sat Sept 20 & Sun Sept 21	9:00-5:00	Martha Hoey	519-823-5847 / info@elmtreecentre.com
Toronto	TBA October 2025	9:00-5:00	Paula Neilson	416-447-1600 / pmneilson@gmail.com
Virtual via ZOOM	Sat Nov 01 & Sat Nov 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	Tues June 17 & Wed June 18	9:00-5:00	Martha Hoey	519-823-5847 / info@elmtreecentre.com
Elm Tree Centre	Sat Aug 16 & Sun Aug 17	9:00-5:00	Martha Hoey	519-823-5847 / info@elmtreecentre.com
Elm Tree Centre	Sat Sept 13 & Sun Sept 14	9:00-5:00	Martha Hoey	519-823-5847 / info@elmtreecentre.com
Huntsville	Sat Oct 04 & Sat Oct 25	8:30-5:00	Shirley Boon & Debra Brear	705-382-1961 / deb@quietplace.ca
Newmarket (Fri session via Zoom)	Fri Nov 21 & Sat Nov 22 & Sat Nov 29	9:00-4:00 6:30-9:00pm 9:00-4:00	Jim Metson & Nancy Hall	647-863-0095 / metsonj347@gmail.com
Virtual via ZOOM	Sat Sept 20 & Sat Sept 27	9:00-5:00	Alison Cooke & Paula Neilson	613-395-3691 / adcooke141@gmail.com / 416-447-1600 / pmneilson@gmail.com

LEVEL ONE

Alma	Sat Nov 15	8:30-4:30	Deborah Gould	519-830-9770 / dgould1@outlook.com
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LEVEL TWO

McMaster Hospital	Sun Jun 22	9:00-5:00	Laura Pokoradi	905-517-2714 / peaceandlight334@gmail.com
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LEVEL THREE

Guelph	Sat Sept 20	8:30-5:00	Valerie Morrell & Deborah Gould	519-821-4006 / valeriemorrell7@gmail.com
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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: ◇◇◇	289-239-7036	evycugelman@gmail.com
Barrie	Arlene Cugelman: <i>F,◇◇◇</i>	705-790-0159	acugelman@rogers.com
Bell River	Penny Craig: ◇◇	519-727-4784	2pennyc@bell.net
Burks Falls	Deb Brear: <i>F,T</i>	705-382-1961	debbear@outlook.com
Caledon	Jim Metson: <i>F,T</i>	647-863-0095	metsonj347@gmail.com
Chatham	Kathleen Armstrong: <i>F,◇◇◇</i>	519-354-8141	dkarmstrong@bell.net
Elora	Deborah Gould: ◇◇◇	519-830-9770	dgould1@outlook.com
Golden Lake	Patricia Tamosetis: <i>F,T,◇◇◇</i>	613-625-2277	tearthwalks@yahoo.com
Guelph	Valerie Morrell: ◇◇◇	519-821-4006	valeriemorrell7@gmail.com
Hamilton	Laura Pokoradi: ◇◇◇	905-385-9217	peaceandlight334@gmail.com
Huntsville	Shirley Boon: <i>F,T,◇◇◇</i>	705-784-0969	sngboon1@gmail.com
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Moffat	Martha Hoey: <i>F,T,◇◇◇</i>	519-823-5847	info@elmtreecentre.com
Oro-Medonte	JoAnn Lacroix-Camping: ◇	705-229-9013	jlcamping@gmail.com
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	Terri Lacroix: <i>F</i>	613-869-3811	terri.lacroix@gmail.com
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	Maria Rossiter Thornton: <i>F,◇◇◇</i>		mg123thor@gmail.com
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	Pranita Murphy: <i>F</i>	905-301-2479	pmurphy@dlhospice.org
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Windsor	Flora Hartlieb: ◇◇◇, <i>F</i>	519-974-2157	theteagranny@hotmail.com
	Sharon Parrott: ◇◇◇	519-258-0440	sparro9491@gmail.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

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* This Branch is an important part of the Network but serves a specific population and is unable to accept new participants at this time.

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PUBLICATION DATES AND DEADLINES

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

Next Issue: **Fall 2025**

Deadline for submissions: **August 20, 2025**

Late submissions may be held for the following issue.

Distribution to members mid-June

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 Fall 2025 – Report from..."

*The opinions and ideas expressed by the writers
in this publication are their own and are
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inTouch

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

Canadian Publications Mail
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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"	\$60	\$7.80	\$67.80
	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"	\$75	\$9.75	\$84.75
	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.