



HEALING TOUCH PROGRAM

for the body, mind & spirit

Healing Touch is a holistic approach that complements your clinical care. Its soothing techniques have been adopted around the world and are endorsed by the American Holistic Nurses Association.

What happens during a Healing Touch session?

You will be seated or lying down and fully clothed. The Healing Touch provider's hands will be gently placed on or above your body along areas called "energy centers." These may be found on the head, neck, shoulders, chest abdomen, legs and feet. Patients may experience a variety of sensations: warmth, coolness, a gentle tingling or deep relaxation. A session may be as long as a half-hour or as brief as a few minutes.

What is the goal?

Healing Touch works to strengthen the body's ability to heal itself by restoring balance in the body's energy system.

What are the benefits?

Healing Touch affects patients physically, emotionally and spiritually.

Research shows that in addition to inducing deep relaxation, Healing Touch can help to reduce pain, decrease anxiety, tension and stress, accelerate wound healing, promote sleep, and improve a general sense of well-being.

