

# ***THERAPEUTIC TOUCH TRIFECTA IN SUNNY FLORIDA!***

Integrated Health Care Systems, LLC

3 DIFFERENT PROGRAMS:

**Foundations of Therapeutic Touch Workshop – 2.5 days**  
**Therapeutic Touch Practicum and Healing Retreat – 2.5 days**  
**Annual Therapeutic Touch Invitational Mentorship Program – 5 days**

**March 23 - 28, 2018**  
**Dayspring Conference Center**

**GREAT RETREAT CENTER, GREAT ROOM RATES!**

**All are welcome!**

(CE credits available for CNAs, RNs, ARNPs/APNPs, LMTs/CMTs & SWs)



**“Therapeutic Touch is only partially about healing others. Equally—perhaps even more importantly—it is about an inner journey.” - Dr. Dolores Krieger, PhD, RN**

Full Information is on the web: <http://www.ihcsonline.com/>

or contact: Shirley Spear Begley 727-337-4420 [IntegratedHCS@gmail.com](mailto:IntegratedHCS@gmail.com)

For Online Registration Forms:

TT Foundations: <https://integratedhealthcaresystems.wufoo.com/forms/zcgtxuu0bjucu2/>

TT Mentorship: <https://integratedhealthcaresystems.wufoo.com/forms/qmnggvm0e5ppxy/>

# ***THERAPEUTIC TOUCH TRIFECTA***

## **What is Therapeutic Touch (TT)?**

- A holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being.
- An intentional & consciously directed process of energy exchange practiced by many healthcare professionals and lay people.
- Co-created by Dolores Krieger, PhD, RN and Dora Kunz, a natural healer.
- One of three most requested forms of complementary methods offered in hospital settings according to the National Center for Complementary and Integrative Health.
- First taught in 1972 at New York University, now in hundreds of universities, medical centers, and private practices in 104 countries.
- The FIRST HEALING METHOD taught in a Western university setting with an evidence-base.
- TT Research shows: TT promotes relaxation in 2-4 minutes; relieves pain, stress, side effects of chemo & radiation; eases childbirth; promotes wound & bone healing, sleep; and more.

## ***THE 3 FLORIDA PROGRAMS:***

### **Foundations of TT Workshop**

The *Foundations of Therapeutic Touch (TT) Workshop* is the first course in TT education.

In a small group setting, the following objectives will be met:

- Learn & apply TT phases during supervised practice sessions.
- Discover how to access your inner healer for personal growth and well-being.
- Utilize TT for personal health and self-healing.
- Identify basic scientific assumptions & theoretical frameworks central to TT.
- Discuss TT's international code of ethics.
- Learn how to incorporate TT into clinical practice and/or family life.
- Discuss research of 40 years validating the effectiveness of TT.

### **TT Practicum and Healing Retreat**

Prerequisite: Foundations of TT course (minimum 12 Hours)

Under the supervision of highly qualified teachers, you will be guided in deepening your practical skills, gaining greater confidence and competence in yourself and the TT process. Applications for personal use and working with your families, as well as in clinical practice settings will be covered. The TT Practicum will be based on the needs and interests of all participants.

Reflective time is scheduled during the TT Practicum to allow you quiet time and time in nature.

(Note: The 3 day *Retreat* immediately follows the *Foundations of TT Workshop*)

### **Annual Therapeutic Touch Invitational Mentorship Program**

Prerequisite: Foundations of TT course (minimum 12 Hours)

- A valuable tool in deepening TT understanding & experience to become more effective healers
- One-on-one mentoring allows the finer aspects of TT and the inner self to be explored.
- Meets the highest standards for Qualified Practitioners and Teachers through Therapeutic Touch International Association (TTIA/NH-PAI).
- Mentors are highly experienced & skilled TT practitioners, teachers and mentors.
- Retreat time incorporated for Self-Healing.
- "Besides being meaningful, rewarding, and powerful, it was GREAT FUN!"