Therapeutic Touch is a technique derived by Dr. Dolores Krieger, RN, PhD and Dora Kunz from the ancient practice of ‘laying on of hands’. Over the past 30 years, it has been taught to many nurses, volunteers and caregivers around the world who are interested in helping people to be relaxed, comfortable and at ease.

Research demonstrates that Therapeutic Touch elicits the relaxation response in three to five minutes. When the relaxation response is evoked, the heart rate and blood pressure drop and blood flow to the muscles decreases. Instead, blood is sent to the skin and brain. This results in a feeling of comforting warmth and tranquil alertness and has the effect of clearing the mind. People often describe feelings of peacefulness and well-being lasting long after the Therapeutic Touch session is finished.

For many years, Therapeutic Touch for relaxation has been offered to people at the BC Cancer Agency. As people have told us they would like to have access to Therapeutic Touch in their own community, we trained volunteers willing to offer it in the Centre for Supportive Care, the Hospice Residence, in hospital or in one’s home.

*No Referral Necessary – No fee*

Delta Hospice Society

Supportive Care • Palliative Care • Grief & Loss
WHO WILL BENEFIT FROM THERAPEUTIC TOUCH?
Anyone who wishes to feel more relaxed may benefit from this technique. It may be particularly helpful for people who are:

- Undergoing treatment
- Having distressing symptoms associated with their illness such as fear, anxiety, and pain
- Grieving the death of a loved one

SESSIONS
You will sit or lie in a comfortable position and one or two practitioners will work for about 20 minutes followed by a 10 minute rest period. The emphasis is on creating a soothing and peaceful atmosphere to help you feel relaxed and calm.

REGISTRATION
Pre-registration is not required prior to participating. For more information, call the Centre for Supportive Care at: 604.948.0660

SERVICES
To learn more about our services, visit our website at www.deltahospice.org

DONATIONS
A donation to the Delta Hospice Society plays a vital role in maintaining the counselling and supportive care services we provide for those in our community who are touched by illness, loss and grief. To donate, call 604.948.0660, visit www.deltahospice.org or mail a gift to:

Delta Hospice Society
4631 Clarence Taylor Crescent
Delta, BC V4K 4L8

Quality of Life Matters