

A photograph of a female therapist in a white short-sleeved uniform performing a therapeutic touch on a client's back. The therapist is leaning over the client, with her hands resting on the client's upper back. The client is lying on a white surface. The background is plain white.

THE MIRACLE OF THERAPEUTIC TOUCH

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The image shows a group of diverse young adults in a classroom setting, all giving thumbs up. The background is a bright, modern classroom with large windows. The text and logos are overlaid on the image.

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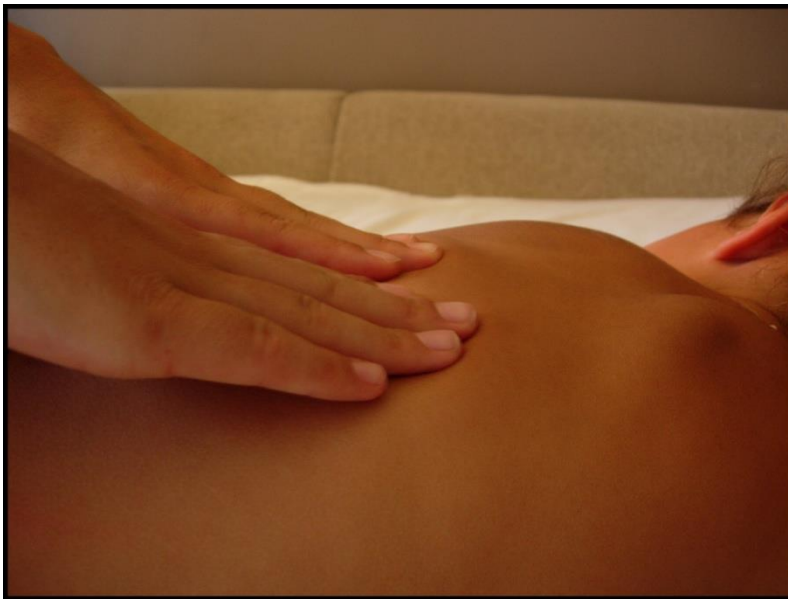
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Foreword

The curative power of touch has been a resonating idea in the human mind into the chronological records of history.

Frequently aligned rather closely with spiritual or religions, the power of particular privileged individuals in the community to heal through bodily contact or close proximity is duplicated in culture after culture. Faith healing in Judaism, Christian religion and Islam, te-ate in ancient Japan, treatment in India, shamanistic rituals in tribal societies over the globe, the royal touch in mediaeval Europe; all hold as their key belief the tenet that simple physical contact between two humans may effectively cure disease, heal wounds, and get rid of frailties.



Chapter 1:

About Therapeutic Touch

Synopsis

Therapeutic Touch is fairly like the practice of Reiki. It likewise shares a few common similarities with the "laying on of hands" as a way of transporting healing energy to somebody who requires it.



The Basics

Particular Asian cultures have long thought that life energy flows through un-seeable pathways inside the body. And, masters of qigong (an exercise from Traditional Chinese Medicine) trust that they may utilize their own energy to assist other people.

In the West, the thought of human energy fields may be traced back to the 18th century work of Franz Anton Mesmer, a German physician who thought that illness was induced by instabilities in the body's magnetic forces.

He thought he may restore magnetic balance through the utilization of soothing words and calming gestures, a process he called Mesmerism.

In the 1970s, Delores Krieger, PhD, RN, who was then a professor of nursing at NYU, and Dora Kunz, a natural therapist, formulated therapeutic touch.

More than a 100 colleges and universities in the United States and Canada teach it. It's promoted by a lot of professional nursing organizations.

An American Hospital study conducted in '05 noted that approximately 30% of 1400 replying hospitals provided therapeutic touch. 1000s of health care professionals,

largely nurses, have learned it worldwide. A lot of nonprofessionals have likewise learned the process.

Therapeutic Touch is commonly considered safe if presented by trained professionals. A few of the reported side effects include nausea, dizziness, restlessness, and excitability.

Relying on this treatment solely and delaying or avoiding conventional medical care for many illnesses might have grave health consequences.



Chapter 2:

About The Session

Synopsis

A therapeutic touch session calls for the patient sitting or lying down while the practitioner moves his or her open palms over the patient's body, detecting the energy field, and arriving at an assessment inside a matter of minutes.



What It Entails

Actual therapy starts out with the practitioner putting his or her hands over particular areas of the body and moving them in a sweeping movement.

A few individuals report a sense of warmth or even a pleasant sort of vibration. The intention of the practitioner is considered all-important to the therapy's potency, and he or she must consciously will that the person become healed.

Practitioners argue that there's nothing mysterious about the healing that takes place, and states that their therapy for some reason alters the blood's hemoglobin levels. They likewise explain the body's energy field as comprising an electromagnetic phenomenon.

Critics state that no instruments have ever discovered this field and claim that therapeutic touch is merely proof that there's such a phenomenon as the placebo consequence (healing established on psychological factors).

They in addition to that state that whatever ease or pain relief patients might go through is due to the fact that they trust in the therapy and wish it to work. While the American Medical Association takes no official position on therapeutic

touch, it says that no scientific grounds exist to indicate that one individual may in reality transfer energy to some other.

Chapter 3:

Chronic Pain

Synopsis

For individuals dealing with chronic pain and immune system troubles, the healing modality called Therapeutic Touch (TT) might supply relief that traditional medicine can't. It might likewise supply healing advantages for individuals suffering from emotional tension and anxiety.



Dealing With Pain

Therapeutic Touch is a present-day interpretation of many ancient healing practices. It was formulated in the early 70's by Dolores Krieger, a RN and PhD Professor Emerita at New York University and Dora Kunz, called a natural healer. The process is based on the hypothesis that our bodies are established of energy, and that disease is a condition of energy instability and disorder.

Therapeutic touch seeks to bestow balance and order to the body's power field through a procedure of energy exchange with which the practitioner utilizes the hands as a center to facilitate the healing procedure.

It's stated to alleviate pain, enhance well-being and comfort while bringing down stress and anxiety, thereby advancing composure and the body's power to heal itself. It has been utilized as a complementary therapy in treating people with arthritis, fibromyalgia, MS, headaches, hypertension, chronic fatigue, pre and post surgery, HIV/AIDS and depressive disorder.

It is utilized to help bring down the symptoms of chemotherapy and radiation therapy in cancer patients and

in addition to that for treating Post Traumatic Stress Disorder in returning war vets.

It's said to be the power to heal the entire individual.

True healing implies healing the body, mind, emotion and spirit. Therapeutic touch authorizes the body to heal itself. It treats the entire being.

Key to the procedure is the compassionateness and intention of the practitioner, which may be one reason why so many of them are nurses.

The procedure calls for being 'centered,' and altogether present with the patient. Then the practitioner supplies an assessment and an energetic plan of care.

How does a therapy session function? The practitioner moves her hands in flowing rhythmic motions within a couple of inches of someone's body, commenting on the assorted levels of energy that they may detect. They may as well do some "hands on" smoothing out of the upper back and shoulders and stimulate the arches of the feet to enhance the flux of energy.

The procedure is always individualized and doesn't exceed half-hour for the real treatment. A few of the sensations that might be experienced are alterations in temperature, tingling, and relaxation.

Some people don't feel any significant shifts during the session, although they will feel more relaxed. However later they may notice that their chronic pain is lessened.

While a few dismiss therapeutic touch as quackery, practitioners point to clinical studies that document the favorable effects of the practice for cutting down pain and anxiety in the aged population, for reducing pain in amputees suffering from "phantom limb" pain, and a late study that demonstrated the favorable effects of therapeutic touch on the proliferation of normal human cells in a lab setting.

Therapeutic touch is practiced at many hospitals and clinics across the nation, and in private practice.



Chapter 4:

Alzheimer Treatment

Synopsis

Agitated behavior in individuals with Alzheimer's disease (AD) exhibits a challenge to present interventions.



Dementia

Late developments in neuroendocrinology hint that shifts in the hypothalamic-pituitary-adrenal (HPA) axis change the reactions of individuals with Alzheimer's reactions to tension. Given the injurious effects of pharmacological interventions in this vulnerable population, it's crucial to explore noninvasive treatments for their potentiality to decrease a hyper-responsiveness to tension and indirectly decrease damaging cortisol levels.

That within-subject, interrupted in a time-series study that was conducted to test the efficaciousness of therapeutic touch on diminishing the frequency of agitated conduct and salivary and urine cortisol levels in humans with Alzheimer's disease.

10 participants who were seventy-one to eighty-four years old and lived in a special care unit were watched every twenty minutes for ten hours a day, were supervised twenty-four hours a day for physical action, and had samplings for salivary and urine cortisol taken every day.

The study happened in four stages: 1) baseline (four days), 2) treatment (therapeutic touch for five to seven minutes two times daily for three days), 3) post-treatment (eleven days), and 4) post-"finishing treatment" (three days).

An analysis of variance for duplicated measures showed a significant drop-off in overall agitated conduct and in two particular behaviors, vocalization and pacing or walking, with treatment and post-treatment.

A diminishing trend over time was observed for salivary and urine cortisol.

While this study doesn't supply direct clinical evidence to confirm dis-regulation in the HPA axis, it does indicate that environmental and behavioral interventions like therapeutic touch have the likely possibility to lessen vocalization and pacing, prevalent behaviors, and might mitigate cortisol levels in individuals with Alzheimer's disease.



Chapter 5:

The Dilemma With Today's Healthcare Provider

Synopsis

The growing fame of therapeutic touch is of a result of great concern to the healthcare community.



The Battle

On the one hand, it's economically beneficial for hospitals to include therapeutic touch in their facilities; else patients wanting such services might go elsewhere.

It's likewise crucial to include therapeutic touch in the hospital so that the 2 might be unified in the brains of the public, therefore removing either-or equation that happens occasionally between medical science and therapeutic touch.

On the other hand, therapeutic touch doesn't have absolute scientific support, and consequently its inclusion in the hospital will give it the appearance of legitimate procedure which it might not merit.

If therapeutic touch is considered to have the implicit backing of the scientific community, then for much of the populace the question of its efficacy is basically laid to rest.

Executives are consequently rightfully wary of lending their backing to therapeutic touch, for fear of patients turning away from demonstrated practice in favor of this fresh, simpler treatment. How many individuals would really decide to engage in the demanding regimen of chemotherapy if they trusted that touch may cure their cancer?

While there are miracle stories related to a happy ending, one may easily imagine a much, much blacker scenario in which a patient gives up conventional therapy in favor of the simpler therapeutic touch and dies for their hassle.

Presently, many hospitals are still erring on the side of carefulness, however as therapeutic touch continues to grow they'll have to make a hard choice.

Hospitals might decide to include therapeutic touch in the hopes that heedful regulation of its utilization will make up for the prestige they give it by including it, or they might not

decide not to include it so that it may remain in the category of "New Age Mysticism" and never acquire official acceptance.



Chapter 6:

Alternatives For Cancer Treatment

Synopsis

There are several “out of the norm” treatments in this area including therapeutic touch. Let’s look at them.



Some Treatments

Acupuncture is a staple in traditional the Chinese practice of medicine. For 1000s of years, acupuncture was developed as a curative to restore the body's critical energy during moments of weakness.

It's believed that, if the energy distribution is amiss, an acupuncture treatment will regenerate vital energy and provide the body the tools to battle infections.

The treatment itself calls for puncturing the body at particular points with really thin (and painless) needles. From there, the systema nervosum is energized and the body goes into action through brain activity, protein and hormone discharge, and a bang of endorphins.

In a cancer setting, acupuncture won't heal the disease; however it will provide a marked difference in alleviating additional symptoms. Modernistic acupuncture may use add-ons like electrically charged needles or vitamin shots to expand the body's reaction to the procedure.

For cancer patients, the treatment may provide a bolstered immune system, alleviation from fatigue and pain, and a lessening in physical ailments like chest pains or cough.

Thanks to acupuncture, a few patients have even reported that they may stop taking a few of their anticancer medication. Acupuncture likewise provides psychological advantages like relief from depressive disorder.

The theme of therapeutic touch and the body's energy fields may be spotted in early hieroglyphs, however its modern credit goes to Delores Krieger, who formulated it in the 70s.

Most modern men of science discount its medical advantages, but funnily enough, there are over 50,000 health workers doing it. In the cancer world, this intriguing practice still has its place.

Therapeutic touch is based on the thought that humans reside energy fields that may suffer disturbances and imbalances with times of infection. A healer may discover these disturbances by moving their hands on the body (without really touching it) and afterward stabilize the body's energy.

On the surface, therapeutic touch is surely "out there," however cancer patients who may look past the thought of mystical cures and are cognizant of the situation's scientific reality may still acquire additional advantages.

This treatment provides calm and reassurance in pre-surgery situations and may reduce tension in a way that doesn't regard medication or hypnosis. On a pure relaxation

level, a few individuals may discover comfort from therapeutic touch's caring nature and its minimum complications.

A recent Canadian study by the Fraser Institute discovered that more than 70% of Canadians are looking for additional means of medicine, besides the established MD and hospital variety.

Holistic medicine is no more a little-known choice. A life-changing cancer diagnosis may bring a lot of questions and a lot of hard days, however it likewise brings a renewed desire to truly get the most out of life. While all of the holistic treatments that we have talked about here are not going to cure cancer, they may no doubt bring a detectable betterment in one's quality of life.



Wrapping Up

The unfortunate reality about scientific studies of therapeutic touch up to now is that they're wholly inconclusive. A few studies back up therapeutic touch, others decline it.

We can't look to science for solutions just yet; slow and steadfast runs the scientific engine. In 10 years, maybe, we might look to science once more in hopes of an absolute answer.

In those 10 years therapeutic touch will be developing, acquiring converts, circulating into hospitals and across the private sector. By the time scientific discipline has discovered a conclusive answer the purpose of the question will have long since perished. The enormous volume of anecdotal evidence available certifies the efficacy of therapeutic touch; what is lacking is the scientific validity which will answer how come it works.

Most men of science who are opposed to therapeutic touch methods claim that therapeutic touch works simply by virtue of the placebo effect, blended with a feeling of closeness with a different human and the freedom to speak to an individual whom they feel is a qualified listener.

If therapeutic touch does have an energy of its own, fantastic. However, even if it doesn't, it somehow still manages to have an effect. Therapeutic touch practitioners are at the very least a combining of psychotherapist and clergyman; they let their subjects speak to them under confidence while at the same time supplying their subjects with the belief that they're touching something bigger than themselves.

Modern analyses on those individuals who seem best able to resist terminal illness place great emphasis on the requirement for a positive outlook.

If therapeutic touch practitioners have no exponent greater than arousing that positive outlook, then they serve a critical role in today's oft-dehumanized medical system.

This isn't to state that studies on the scientific basis of therapeutic touch ought to end; far from it.

However whatever documentable energies therapeutic touch might supply, it's undeniably a source of emotional and spiritual potency that must not be neglected.