

Methodist Health System

Healing Touch

Healing Touch is a relaxing, nurturing energy therapy. It is used in hospitals, long-term care facilities, private practices, hospices and spas.

What is Healing Touch?

Healing Touch uses gentle touch to help the body rest, restore and align, improving an overall sense of well-being. The aim of healing touch is to focus or channel healing energy to restore natural health. **It is safe for all ages and does not interfere with standard medical care.**

How does it work?

Our energy system affects our overall health and quality of life. Energy is constantly flowing in and around the body. When your energy becomes blocked or unbalanced - pain, disease, and emotional distress can result. Those who perform Healing Touch are trained in sensing energy. When the Healing Touch individual gently places his/her hands on or around the body, it helps the body to balance and relax. When the body is balanced and relaxed, it is able to heal and work with more ease. There are no side effects to Healing Touch.

Benefits of Healing Touch

- Decrease stress, anxiety and/or pain
- Create a sense of calm and relaxation
- Improve sleep
- Strengthen the immune system
- Boosts energy level
- Enhance feeling of well-being
- Deepen spiritual connection
- Enhance surgery recovery
- Ease acute and chronic conditions
- Reduce or help manage symptoms of depression, grief, stress and anxiety
- Decrease pain from chronic conditions, injury, surgery or disease
- Reduce side-effects of medications
- Support cancer care
- Compliment care for neck and back problems

How is Healing Touch Done?

You will lie or sit in a comfortable position and take slow deep breaths. You remain fully clothed. The individual performing Healing Touch will be moving his or her hands above your body to “smooth out” your body’s energy field. With your permission, you may experience light

touch or you can request no physical contact at all. The technique involves channeling healing energy through the healer's hands to restore balance and health. Sessions may last from 5-60 minutes

How will this therapy affect me?

After receiving healing touch therapy, many people report feeling more relaxed, decreased discomfort and improved overall sense of well-being. Many people report it provides an inner sense of calm, peace, and serenity. Each individual experience is unique.

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