

A pilot study of the experience of participating in a Therapeutic Touch practice group.

Posted At : February 17, 2009 12:48 PM | Posted By : [Tim Brunson, PhD](#)

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This pilot study explored the experience of participating in a Therapeutic Touch practice group. A qualitative descriptive-exploratory method was used, involving 12 members of practice groups in Ontario and British Columbia, Canada. Analysis of the data using an extraction-synthesis process yielded four themes: (a) learning with others through sharing and hands-on experience is valued; (b) connecting with a network of supportive relationships that sustain self and Therapeutic Touch practice; (c) comfort-discomfort arising with self, others, or ideas; and (d) meaningful changes emerge while experiencing group energy and Therapeutic Touch. The findings expand current knowledge about the positive aspects of participating in practice groups and provide a beginning understanding of member discomfort, which had not been previously reported. This knowledge will be useful to Therapeutic Touch organizations, practice group leaders, and group members. It will also guide health care agencies and practitioners of other healing modalities who may be considering establishing practice groups.

J Holist Nurs. 2008 Sep;26(3):161-8; discussion 169-72. Moore T, Ting B, Rossiter-Thornton M. The Centre for Movement Disorders, Markham, Ontario. tmooremscn@rogers.com
