

## What is Healing Touch?

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Healing Touch is an energy (bio-field) therapy that encompasses a group of non-invasive techniques that clear, energize, and balance human and environmental energy fields.

The North American Nursing Diagnosis Association (NANDA) identifies an Energy Field Disturbance as a disruption in the flow of energy surrounding a person's being that results in a disharmony of the body, mind, and/or spirit. Healing Touch (HT) may be used to restore, energize, and balance an energy field disturbance.

Healing Touch concentrates the human body's Energy System; specifically the Energy Field that surrounds the body, and the Energy Centers, which regulate the flow of energy from the Energy Field to the physical body. Healing Touch uses touch to influence this Energy System which affecting all physical, mental, emotional and spiritual health and healing. Healing Touch can complement traditional health care and be used in collaboration with other approaches to health and healing.