

WHY USE TOUCH?

7 REASONS TO INTEGRATE TOUCH INTO YOUR ONLINE SESSIONS

1

Touch is a viable form of communication

Touch allows for a communication that goes beyond words and the "story", that goes to places where words can't go. Touch accesses and gives voice to the unconscious.

2

Listen to the body's story

The mind often acts from a place of defense - minimizing, exaggerating, forgetting, whatever is needed. Speaking through physical sensations, imagery, messages and metaphors, the body tells the truth.

3

Heighten awareness

Touch heightens awareness of what is happening in the body, and therefore what is happening in the session. How does the body respond to your question or the client's statement? The body let's us know.

4

Provide a corrective emotional experience

"To change the way a body reacts after trauma, we need experiences that contradict what the body has learned." Bessel van der Kolk, *The Body Keeps the Score*

5

Soothe the Nervous System

Respectful, listening, intentional touch helps to the soothe the nervous system. In time, touch teaches our clients how to self-soothe and self-regulate.

6

Bring the Client into the Here and Now

Even when a client is lost in a memory or strong emotions, the skillful use of touch brings them back to the here and now, where healing can happen.

7

Activate the Client's Innate Healing Wisdom

Touch, combined with skillful dialgoue, activates the client's innate healing wisdom. The client becomes a full participant in the healing process.