

## Therapeutic Touch Mentorship; Langara College CS

Therapeutic Touch Mentorship, part of the Therapeutic Touch Practitioner Certificate Program at Langara College, will complete its first twelve month module in February 2016.

The mentorship module, with 11 sessions per year, incorporate both an in-depth theoretical component as well as practical work to develop and build upon the skills learned in Therapeutic Touch Levels 1, 2, or 3. Classes provide time for discussion and reflection, as well as hands-on exercises geared to a deeper intuitive connection in the Therapeutic Touch process, or self-exploration/self-growth component.

With opportunities to do Therapeutic Touch on clients in each session, students participate in supervised sessions that can be applied towards obtaining their BCTTNS Therapeutic Touch Recognized Practitioner status. Sessions can occur in a drop-in clinic environment, or when available in a practicum setting. Students meet with the lead instructor at least three times over the course of the module to develop and evaluate individual goals for themselves within the program.

The format of the curriculum in this mentorship module, provides flexibility to students schedules with four intakes scheduled each year. Cheryl Larden, lead instructor states “the feedback has been amazing. We continue to receive comments from students regarding their admiration for the instruction and that the program provides structure to learning these skills in a supportive and healthy environment.”

2015-2016 Student testimonial:

*I found Saturday's class on the emotions very helpful and have already shared what I learned on two separate occasions. The practicum was special too and I am very grateful that you have put this program in motion.*



Photo: **Therapeutic Touch Mentorship students and instructors 2015-2016 class:**

from left to right: (front row) Tarja Oostendarp, TTRP (supervisor), Cheryl Larden, TTRT (lead instructor), Marie Preissl, TTRT (instructor); middle row: Tama Recker, TTRT (supervisor), Lesley Reichert (student), Susan Rutherford (student), Peggy Boon (student), Frances Schofield, TTRP (student), Catherine Vail (student), Alana Irvine (student); back row: Mary Lou Trinkwon (student), Kenton Abrams (student), Debbie Thomas (student), Kumiko Huse (student), Joseph Rahim (student).

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