Safe Use of Touch

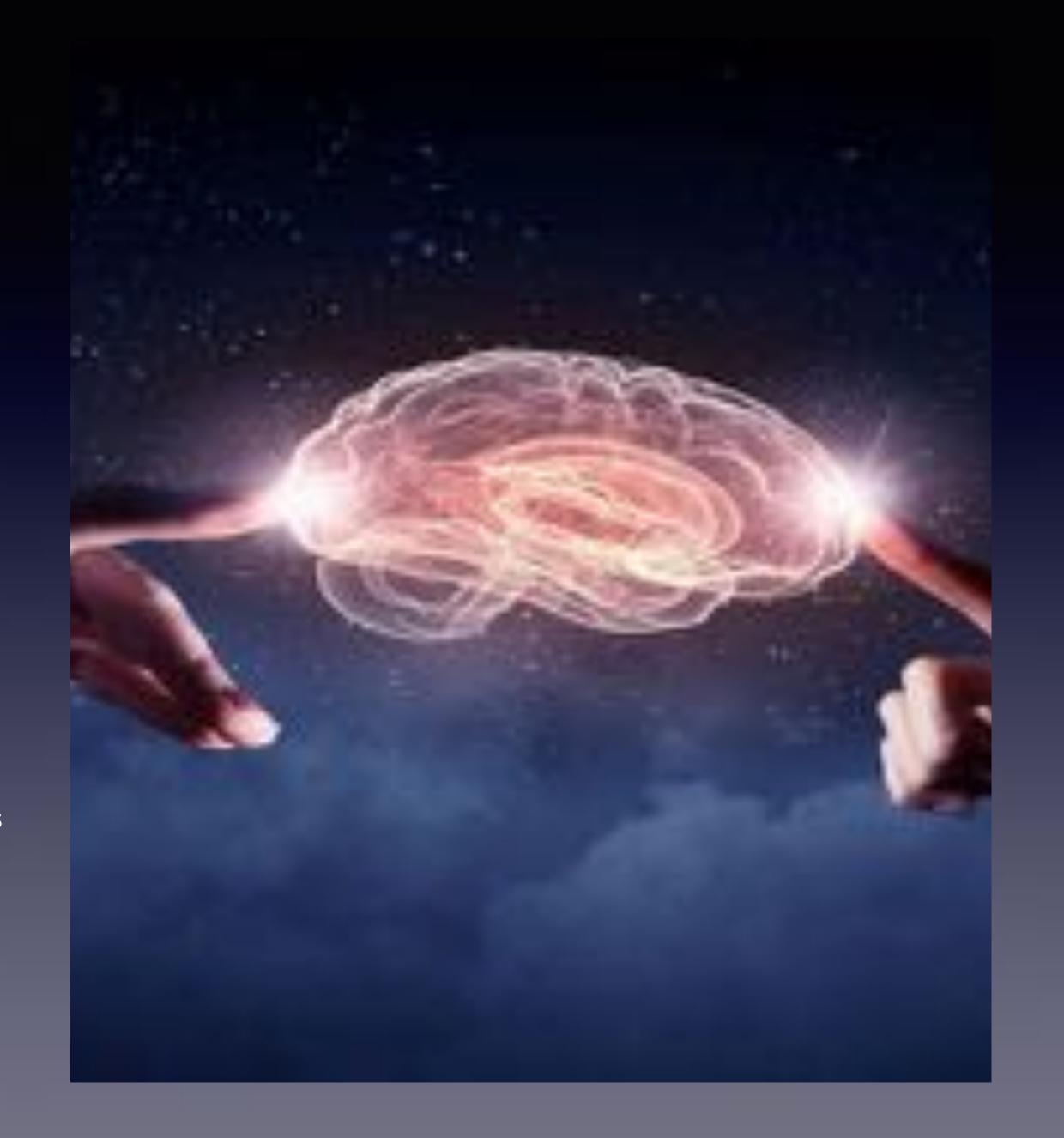
AABCAP PTC6 M6: 3-4 June 2023 Pernilla Siebenfreund Touch is the Primary Language of Compassion



"Touch can have strong effects on our bodies, because when the skin is touched, that stimulation is quickly transmitted to the brain, which in turn regulates our bodies.

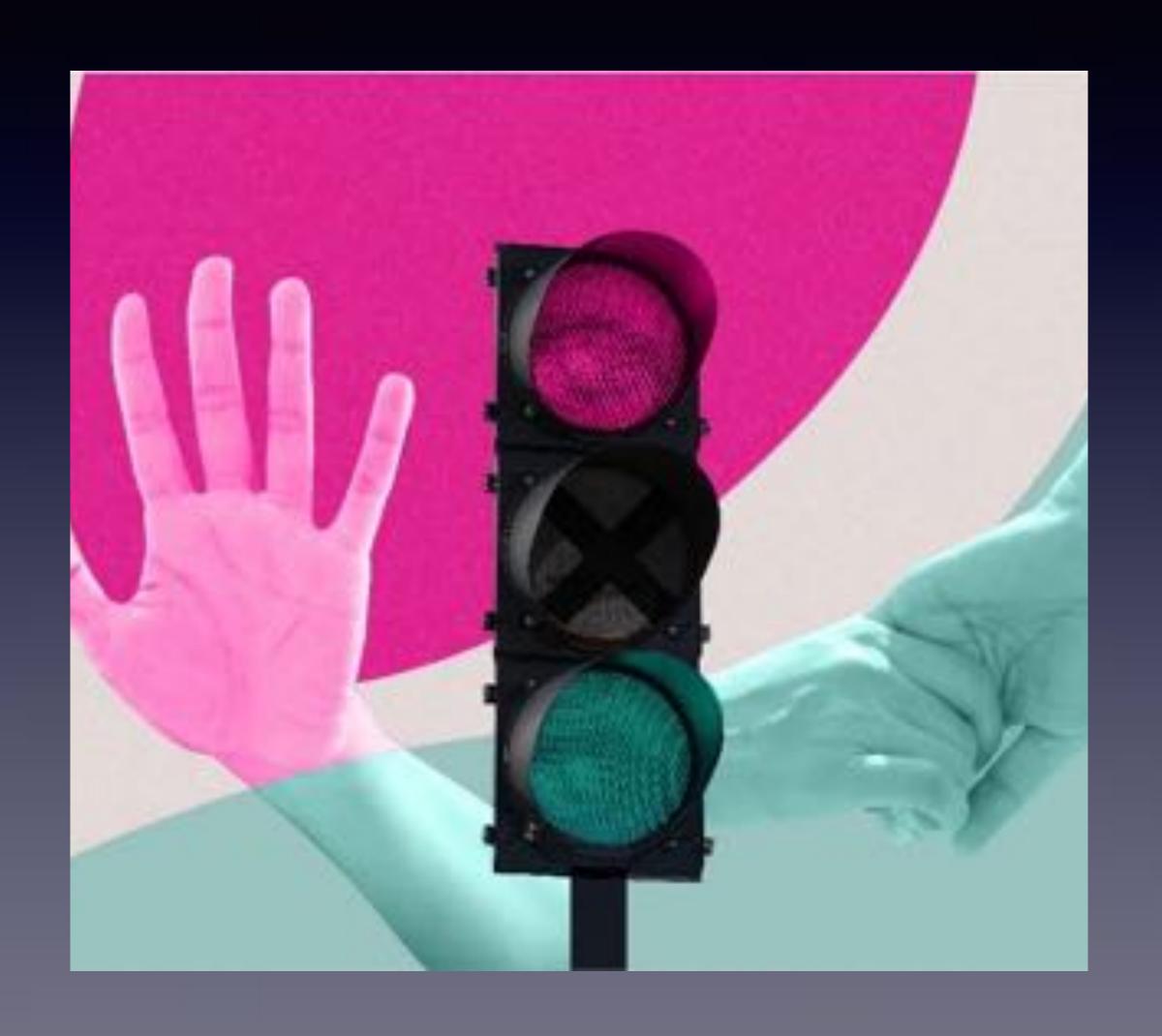
Depending on the type of touch we receive, we can either be calmed down or aroused."

- Tiffany Fields



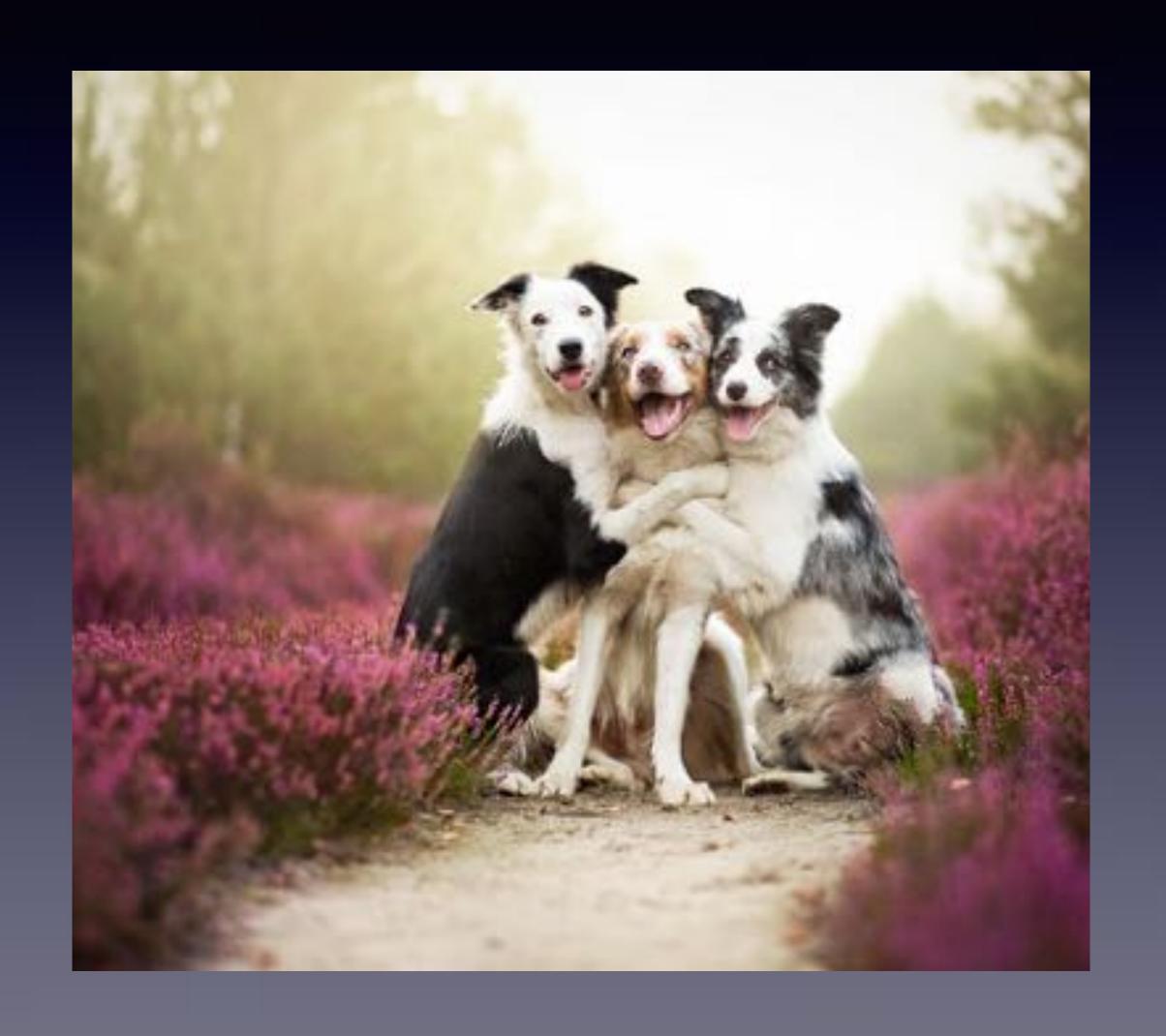
Guidelines for Safe Touch

- Educate yourself on the legal and ethical guidelines in your profession
- Examine your motivation for offering touch
- Never use touch without consent of the client
- Don't touch if any hesitation in you, or in the client; verbal or non-verbal
- Do a touch inventory and assessment



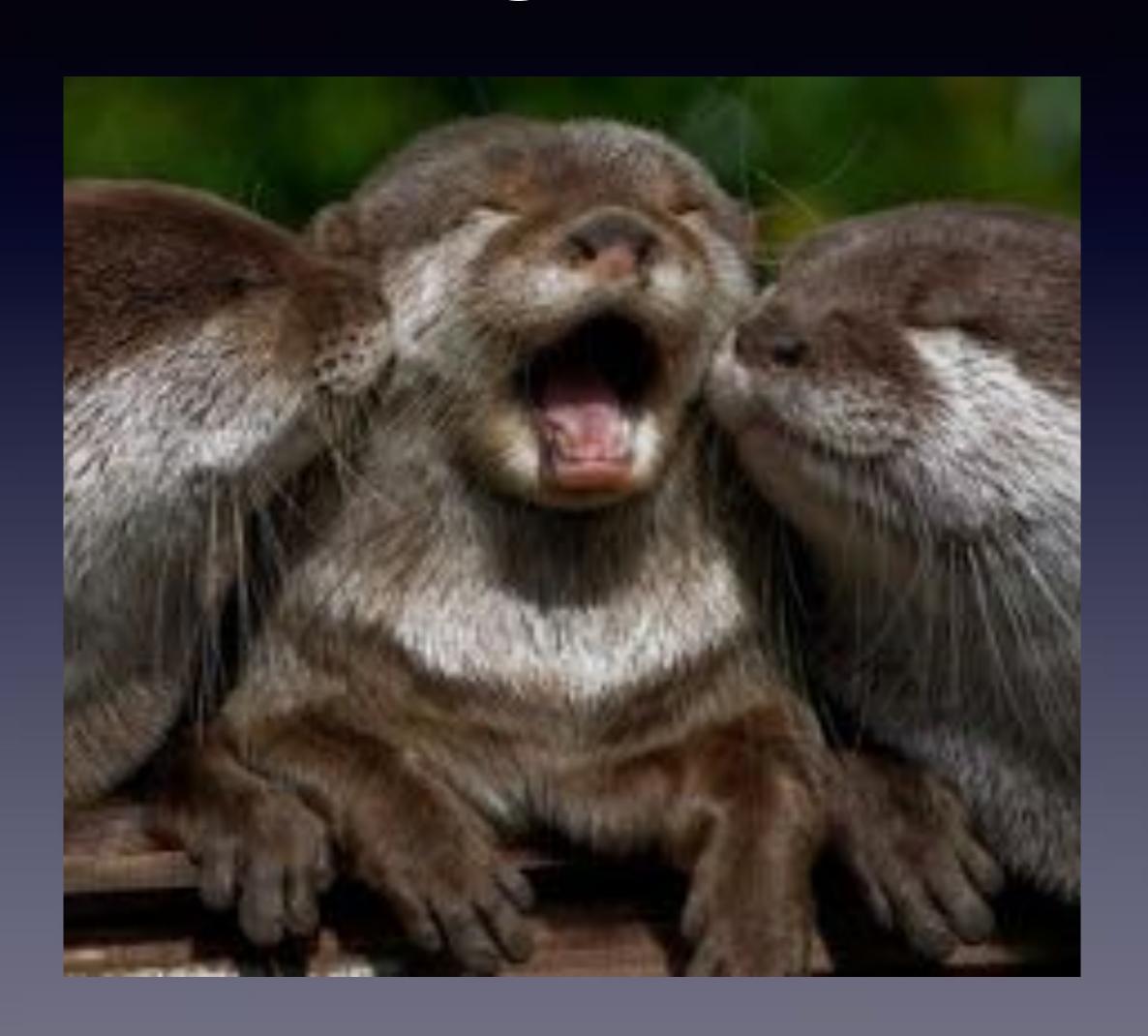
Some Benefits of Using Touch

- Expresses non-verbal care
- Establishes connection
- Communicates acceptance and touchability
- Provides corrective experiences in reparation of abuse and neglect
- Retrains the client's nervous system in the context of trauma



Some Benefits of Using Touch

- Promotes body awareness
- Focuses or directs attention
- Promotes cognitive and emotional insight through direct felt experience
- Supports or contains the expression of emotions
- Helps with grounding and coming into greater contact with reality



"We need 4 hugs a day for survival.

We need 8 hugs a day for maintenance.

We need 12 hugs a day for growth."

- Virginia Satir

