

Touch Therapy (Conscious Touch)

For the Critically, Chronically, and Terminally Ill

October 24 & 25, 2026 (Sat. & Sun.) 9 am – 6 pm
16 Hours - \$225 (Class materials included)

Touch Therapy / Conscious Touch is best defined as a gentle, rhythmic, light-compression modality that is much like lymphedema treatment (not lymphatic drainage). It can be performed through clothing, sheets, or other barriers, so there is no need for a client to disrobe. There is also no need to use oils or creams when administering this modality, which helps prevent contamination of the client's area.

This workshop will teach you to design a session that helps you pay attention to your client from head to toe. This modality offers incredible benefits through gently improving circulation, which is especially important for those who are mostly physically inactive/stagnant. It helps them process much of the pharmaceutical residue left behind in their lymph nodes, which are located throughout their body.

The session puts the provider in contact with a majority of the client's body using a combination of gentle, balanced, light compression strokes that often put the client into the deepest, most restful sleep they have had in a long time.

Another remarkable aspect of Conscious Touch is that it helps bring clarity to a client's thoughts and memory. It is also wonderful for use on infants, centenarians, or anyone in between.

Brenda Chacon is approved by the NCBTMB as a CE provider.
Provider #1001773



Brenda Chacon

Brenda Chacon has been deeply involved in the caregiving industry for over 3 decades. She has had the joy of wearing many hats along the way, to include Private Caregiver, End of Life Doula, Hospice Volunteer, as both an Independent Contractor and Touch Therapy Instructor. She has co-taught this program with the nonprofit president 3 times and has completed courses on Death and Dying, Poetry, Critical Reading and Thinking, and Palliative Care and Pain Management. She has made over 200 visits with hospice clients through Healing Hands, Healing Hearts and even more through UC Davis. You are in for a joyous treat with this embracing training.



Class size is limited to 12 students, so register soon!

Please register by calling 916-847-9304 or register on-line at www.massagelibrary.com

The class will be held at our location at 112 Douglas Blvd., Roseville, CA 95678

