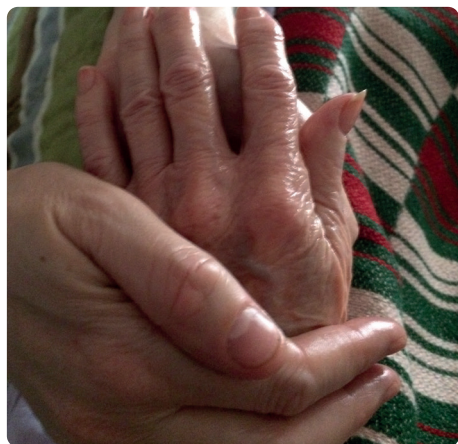


# *Touch - Making Differences*



# The Tactile Stimulation Method, TaktilTouch®

Gunilla Birkestad developed The Tactile Stimulation Method during her work in the health care system in Sweden in the 1990s. In hospitals and long term care facilities touching patients is usually minimized. However, we often use touch to console a family member or reach out a hand to support someone in pain. In working particularly with autistic and long term mentally challenged patients, Gunilla realized that non-invasive touch could be helpful in their care. She began to integrate touch into her interaction with these patients and found surprising results. Over time the The Tactile Stimulation Method was developed. In the skin there are several types of receptors that are activated by touch, including sensations of pressure, vibration and temperature. When the skin is gently and consciously stimulated in rhythmic patterns, many of these receptors are activated, reaching the brain and creating a sense of wellbeing. The holistic effects on the individual are immediate!

## How it's done

The method is based on a pattern of gentle stroking movements applied directly on the skin. In addition, the method includes different grades of pressure and movement or even holding the hands still. As a rule the hands are put directly on the skin, but you can also work through clothing. When stroking with hands directly on the skin a cold-pressed vegetable oil can be used.

## Effects of Touch

Professor Kerstin Uvnäs-Moberg of the renowned Karolinska Institute has researched touch and listed its benefits:

- calms and heightens inner peace
- reduces pain
- stimulates curiosity
- decreases aggression
- increases weight of premature infants
- improves communication
- strengthens the immune system
- improves digestion and intestinal functions
- improves quality of life

Gunilla Birkestad  
The Founder of TaktilTouch®

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