



# The Ethical Use of Touch in Psychotherapy (And Political Culture)

*Michael (Mic) G. Hunter, Jim Struve*

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Is the bias against touch in psychotherapy justified? Is ethical touch an oxymoron? Can the recovery process be complete without healing touch? Mental health professionals are entrusted with the awesome responsibility of providing appropriate treatment for clients in a safe environment that nurtures trust, a necessary ingredient for optimum movement through the therapeutic process. Though treatment approaches vary, most modalities are verbally based and, in theory, exclude physical contact. Fearing that any form of touch would likely lead to sexual feelings or interaction, clinicians tend to shy away from the topic. In this book, however, Mic Hunter and Jim Struve skilfully demonstrate that touch - a most basic human need - is intrinsic to

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