



“TTouch actually helps form healthier brainwave patterns.”

This quote is from a talk Robin Bernhard gave
at one of the Tellington TTouch Celebrations
summarizing three years of the EEG studies conducted
with Robin Bernhard, Jessica Eure and Sandy Rakowitz 2006-2009.

**“WHAT HAVE WE LEARNED ABOUT TTOUCH AND
THE AWAKENED MIND THROUGH EEG STUDIES...**

**...brain wave patterns indicate how our minds use
both modes of processing.**

We activate our whole brain when we give and receive TTouch.

TTouch actually helps form healthier brain wave patterns.”

Robin Bernhard, LCSW Virginia Neurofeedback, Trauma and Attachment Center

Look for the full articles about the various studies we conducted in the
research section of TTouch.com.