Author Captures Essence Of Program In Children's Book

Sue Cotta, PT, ATC

Sue Cotta, PT, ATC, is a big fan of Compassionate Touch. A physical therapist and certified Upledger Institute instructor, she wrote "I Can Show You I Care: Compassionate Touch for Children" (North Atlantic Books and UI Entreprises, 2003) to introduce the importance of touch to children, teachers and parents.

The book tells the story of Patrick, who trips over a tree root playing with his dog in the backyard. After his father uses the Direction of Energy technique on Patrick's bruised knee, the pain subsides.

"That's why this book is about a lot more than touch," Cotta says. "It's really about how children can begin to change the world for the better."


stand there's good reason for caution, but skin is also our largest sensory organ. Study after study on both humans and animals have demonstrated that we need touch to survive. So when you remove it from schools and then from homes where parents are absent, you affect children in a profoundly negative way."

With Compassionate Touch, Cotta believes you can reintroduce the idea of touch in a safe way. "The whole process begins when one child asks another for permission to touch, which is just one of its safeguards." And though the book is fiction, "The results are real. We've seen huge decreases in aggression and increases in positive behaviors, which our society sorely needs."

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Enlarging our program means children no longer have to endure the bully gang to have fun. We have increased contact by 14%. In our society, not to touch for recess is quite a while now. I wonder.

According to Coates, this is a

become second nature.

The truth is being told that had second graders become more compassionate, touch, the "hugging hands" technique at school. Gradually, hands are touching students.

The next day after Patrick

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