

Eagle Tree Counselling & Wellness

April 26, 2026

Re: Denise Elysa Askin

To Whom It Concerns

I am a Therapeutic Touch Recognized Teacher and Practitioner (TTRT) and a Master Therapeutic Counsellor (MTC) who has known Denise for many years.

Denise completed the Level 1 course of Therapeutic Touch training in January 2018 and followed up with taking the 2nd and 3rd levels to meet the criteria of the BC Therapeutic Touch Assc (BCTTNS) regarding her practice and ethics. She regularly attended practice groups to further develop her skills.

I have been a Therapeutic Touch Recognized Practitioner (TTRP) for many years with over 25 years working with vulnerable populations in hospice. I have presented at international conferences with others who use this modality in hospitals and hospices. Therapeutic Touch has been recognized by Fraser Health Authority (and others) as a safe and gentle energy work. It is a modality that is clinically researched and the foundations of all of this work is imparted through my teachings and facilitation of practice groups.

Denise previously had other experiences with energy work and healing and in my view, has always maintained a very compassionate and holistic way of working. As well as being of service to others, in the time I worked with Denise, she continued her own healing work and attended meditation groups, reflective writing and creative workshops that I offered.

I moved away from the lower mainland in 2024 and know that she has continued her work with other practitioners and supporting community in somatic, holistic based offerings.

You are welcome to reach out should you have any questions.

Sincerely,

Tama Recker

Tama Recker, MTC, TTRT, QTTP

Tama Recker, MTC, TTRT, QTTT

Phone: 604-803-6672 email: tama@eagletreewellness.com web: www.eagletreewellness.com

Mindfulness ~ Compassion ~ Wholeness