

The Touch That Heals by Joyce Miller

What is the Tellington TTouch and How Can It Help Me? The Tellington TTouch is a specialized tactile approach to the care and training of our animal companions. Developed by internationally recognized animal expert, Linda Tellington-Jones, this method, which is based on cooperation and respect, offers a positive approach to training that can improve performance and health as well as help you find solutions to common behavioral and physical problems. It also helps establish a deeper rapport between you and your dog.



TTouch uses a number of gentle circular touches to calm and heal the dog

TTouch® - the Tellington TTouch - is a method of circular movements of your fingers and hands all over the body of an animal. The intent of the TTouch is to awaken cellular intelligence - a little like "turning on the electric lights of the body." And the effect of the touch has been confirmed in laboratory tests. The TTouch is done over the entire body, and each circular TTouch is complete within itself. Therefore it is not necessary to understand anatomy to be successful in speeding up the healing of injuries or ailments, or changing undesirable habits or behavior.

Using a combination of specific touches, lifts, and movement exercises, TTouch helps release tension and increase body awareness. This allows the animal to be handled without provoking typical fear responses. The animal can then more easily learn new and more appropriate behaviors. By using the TTouch and a variety of other tools, you can assist the animal in experiencing self-confidence in previously frightening or uncomfortable situations. Even the most difficult problems are often eliminated. You can also learn how to apply the Tellington TTouch to assist with recovery from illness or injury, or just enhance the quality of your animal's life.

What can the TTouch help me do? This gentle method is currently being used by animal owners, trainers, breeders, veterinarians, zoo personnel and shelter workers worldwide to help with dogs in cases of:

- Excessive Barking & Chewing
- Difficulties with cutting toenails
- Leash Pulling
- Jumping Up
- Aggressive Behavior
- Extreme Fear and Shyness
- Resistance to Grooming
- Touchiness (skin jumps when you touch it unexpectedly)
- Excitability & Nervousness
- Car Sickness
- Problems Associated With Aging

Here are some testimonials of how TTouch has helped others:

"It's wonderful what changes the touch can cause. For example the dog of my grandmother was very ill and had not eaten for 9 days. The evening when we tried the touch, she started to eat two hours later."

"We have a dog who became ill quite suddenly. I took him to the vet, but they found nothing. I was reading The Tellington TTouch so I decided I had nothing to lose, and I started working on my dog. After about 20 minutes, my husband joined me in working on the dog. Ike relaxed enough to let the discomfort pass."

"I have a young Yorkie who in the middle of the night, jammed a twig through her gum and under her tongue. She went berserk and acted like she was choking. Thinking that she was in fact choking and knowing that the vets could not get here in time, I started to work her ears to keep her from going into shock- I relaxed this out-of-control puppy enough that she fell asleep and I was able to take her to the vet to get the twig removed."

"I was walking in Sausalito and met a woman with an old dog that was weak in the hind end. I said tell me a little bit about your dog. She said the dog was having seizures and I can hardly walk it and broke out in tears. I started doing some work on the back of the dogs legs and in five minutes that dog was running with her. And I got a call from her the next week saying the dog was not like it was before."

"I just had my third session with an 8 month old, male puppy who was 'out of control' and his owner was actually beginning to 'hate' him. He was a puppy mill pup and like many I have worked with couldn't seem to calm down enough to pay attention and learn basic doggy manners. With dogs like this, one of the first things I do is put a TTouch half-wrap on them. The client is amazed at how he has calmed down and now 'loves' this dog and is looking forward to taking him on family outings."

"I first heard of your work in Diane Stein's "Natural Healing for Dogs and Cats." When my 4 yr old Australian Shepherd, Melody, got hit by a care, her right shoulder was yanked across her chest toward the left. The vet thought she'd need special surgery. But my chiropractor did Feldenkrais and I did my own attempt at TTouch and Melody had healed fine with no surgery."

"My best pal, a black lab, tore the cruciate ligament in his back, left leg the end of August. His age, 9 1/2, and his weight made it difficult for me to find a veterinarian who was competent and willing to operate on him. After the surgery, he was not inclined to use the repaired leg at all. It made me sad to see his back end atrophy, and I just couldn't give up on helping him get full use of that leg again. I was referred to the TTouch, and for the past month I have been TTouching him. I worked his bad leg. I worked the opposing leg. I worked his ears and his gums. I am happy to report that he is not only using his "bad" leg, but he is well on his way to redeveloping the muscle and fat on his almost-back-to-normal leg."

"My dog recently had knee surgery. I had bought a book about the TTouch, and began working on his ears and his leg, and the veterinarian has commented to me that his recovery is going "amazingly well--even better than we could have hoped for."

"My employer, a breeder of world champion English Springer Spaniels uses the TTouch with a dog who has seizures. The TTouch brings him through them much easier and less frightened."

"Spartacus, Labrador Retriever, fell down a steep ravine chasing a ball and injured his spine so severely he lost use of his back legs completely. The Veterinarian treated him with muscle relaxers and pain killers but I wasn't seeing any progress and we were getting to the point where we were considering putting him



TTouch gives you many tools for training and calming a dog: Here a simple wrap made with an Ace bandage to eliminate anxiety quieted an overly exuberant Dilys who refused to pay attention to her owner.

down. When I starting using the TTOUCH , it was a slow gradual improvement but the belly lifts combined with different use of the TTouches on his back and his front and hind legs caused a really quick improvement. Within about two weeks he was up and able to walk around, stiffly.”

“Recently, while visiting friends, their dog was constantly interfering with what we were doing, begging and blocking. I told my friends about the TTouch, and they were skeptical at best. While we were talking, I began to do Clouded Leopard circles on the dog's body and also worked on her mouth and gums. I worked on her for about 15 or 20 minutes while everyone was milling about and talking. Although she was nervous about what I was doing at first, she gradually relaxed. When I was finished, the dog moved over to another area of the room and laid down quietly. Even after we all went outside for a while and came back in, the dog did not bother us again.”

“We adopted Noah, a Chow, from the shelter but brought him back because he was biting children. He has had the TTOUCH done on him and now it amazes me. It's shocking to me that he's now sitting and playing with children, because we said we will lock him up and he would never be around a child again. We're going to keep him and that's it.”

“I have a great success story with one of my rescues. It was a 3 month old cocker that was biting and causing blood. Although I am very experienced handling dogs, she bit me three times the first hour I had her. I used the TTouch on her that same night and within 30 minutes you could see her calm down. She is now three years old and doing wonderfully. If not for the TTouch, she would probably would have had to have been put to sleep.”

“I used the earwork on my fox terrier when she got hit in the head with a batted whiffle ball. She went into shock and I couldn't get hold of our veterinarian as it was a Sunday afternoon. After just a few minutes of earwork her respiration, balance, and temperature (which were all out of whack) began to quickly return to normal and she was just all of a sudden better. The vet said she was fine when I did get her in to have him take a look at her. I was absolutely amazed that the TTOUCH had such a profound effect on the body.”

“My dog used to keep everyone awake at night with his constant barking so I had to keep him in the garage at night. A girlfriend said, watch this video and he's been great ever since after about a week of doing TTOUCH's on him.”

“I took my dog to an obedience training class and he wouldn't cooperate at all. Since I've been doing the TTOUCH he's very responsive. It felt like a miracle to me. He's almost like another dog”

“My small mixed breed dog was stubborn and willful, and the only way I could control her was with a prong collar. It seemed cruel to me and actually was doing damage to her throat. I had one session with TTOUCH on her and there was a radical, immediate and positive change that's progressed. Because as I've learned to use TTOUCH myself, she's become sweet, socialized and obedient and a joy to be around”.

The testimonials above are on websites about the TTouch, and you can also learn from videos and practitioners that may come to your area for a presentation and/or hands-on workshop. An excellent book is *Getting in TTouch with Your Dog: A Gentle Approach to Influencing Behavior, Health, and Performance* by Linda Tellington-Jones. This book not only offers a positive, no-force approach to training but also much, much more! Using a combination of specific TTouches (22 are described in detail), Leading Exercises, and the Confidence Course (exercises over obstacles), you can improve a dog's performance and health, solve common behavior issues, and positively affect—even change—physical problems. You can get the book and the new Unleash Your Dog's Potential video and the TTouch cards for dogs for a combined fee of \$39.95 on Linda Tellington Jones website at <http://www.lindatellingtonjones.com/newbook2.htm>.