



# Tellington TTouch® Southern Africa

Issue 01, February 2017

## Contents

- Page 1 — Eugenie's Letter
- Page 3 — Upcoming TTACT Trainings
- Page 4 — Getting in TTouch with Your Dog
- Page 5 — TTouch Solution for Your Pet's Leash Pulling
- Page 6 — Seven Reasons to Use Reward-Based Dog Training
- Page 7 — TTouch Workshop with Barbara George
- Page 8 — How to Find a Common Language with your Cat
- Page 10 — Bits and Pieces  
Website of the month  
Book of the month

### TTouch South Africa

[www.ttouch.co.za](http://www.ttouch.co.za)

**Eugenie Chopin**

[eugenie@ttouch.co.za](mailto:eugenie@ttouch.co.za)

011 884-3156

**Creator and Editor  
Nancy Horenburg**

[naneky@gmail.com](mailto:naneky@gmail.com)

## Eugenie's Letter



**Hello TTouch Friends,**

2017 is certainly well on its way!

I can't believe that January is just about over. I hope you all had some quality Holiday time and came back rested and ready to go!

Here in the TTouch office, it's all systems go for the trainings which are already happening in March. The good news is that the great Robyn Hood is back with us for not only horses and dogs/cats but also for humans. It's your chance to use TTouch to help family and friends in a variety of ways.

**TTouch is gaining acceptance in the human healthcare system.** Nurses, massage therapists, physical therapists, physicians and occupational therapists are successfully integrating these techniques into their practices. For example,

**"I take care of my flowers and my cats. And enjoy food. And that's living."**

—Ursula Andress (actress, Dr. No)

nurses use TTouch for post-fracture swelling, labour pain, wound care, and the management of edema, pain and anxiety. Massage Therapists and Physical Therapists find TTouch effective in cases of chronic pain and Fibromyalgia. In addition to the clinical applications, many healthcare professionals experience much needed relaxation and stress-relief for themselves.



Outside the clinical setting, teachers are using these techniques in the classroom to address behavioural issues and to facilitate problem-solving and positive growth and development in their students.

In your personal life, TTouch can be a means to enhance relationships beyond the constraints of language. Parents are finding new channels to



connect with their children. Spouses are deepening their relationships and discovering new ways to nurture one another in a non-sexual context.

Friends come to new levels of understanding and appreciation. TTouch is a powerful tool to enrich all your interpersonal relationships.

**So do come and join us if you can March 18-19 for this special treat!**



What a great Newsletter Nancy has put together for us this month! And I can't recommend enough that you do yourself a favour and watch Robyn's **Webinar on Leash Pulling** with dogs. She discusses, shows slides and videos to give people a good idea of how to get started. She is using the new TTouch Harness and Harmony Leash but does discuss what you might use if you don't have these. We do keep them at the TTouch Shop/Office and you're welcome to phone or email to ask if we have stock of your size.

Keeping in TTouch,  
Eugenie Chopin

**Instructor for  
Tellington TTouch  
Companion  
Animals**

[eugenie@ttouch.co.za](mailto:eugenie@ttouch.co.za)

[www.ttouch.co.za](http://www.ttouch.co.za)

011 884-3156

## Upcoming Tellington TTouch Trainings

### For Companion Animals and Horses

You need no previous Experience to join these Trainings

*These trainings are for any person who wants to better understand their animals as well as for those who would like to work with animals themselves.*



Robyn Hood

### **TTouch for Humans**

Workshop: 2 Day TTouch for Humans

Presented by: Robyn Hood

Date: 2017 Mar 18 – 19

Venue: Sandton

Price: Full Price R2200 - Deposit R1200

### **Advanced TTouch**

Workshop: Advanced TTouch for Companion Animals for Guild Members

Presented by: Robyn Hood

Date: 2017 Mar 21 - 23

Venue: TBA – Sandton or Midrand, JHB Gauteng

Price: Full price R3500 - Deposit R1800

**Contact: Eugenie Chopin**  
at: [info@ttouch.co.za](mailto:info@ttouch.co.za)  
on: 011 884-3156

### **Gauteng Practitioner Training for Companion Animals**

Workshop: 5 Day training for Companion animals

Presented by: Robyn Hood

Date: 2017 Mar 25 – 29

Venue: TBA Midrand or Sandton, JHB Gauteng

Price: Full price R5200 - Deposit R2800

3 Day option available

Price: Full price R3500 - Deposit R1800

### **Gauteng Practitioner Training for Horses**

Workshop: 5 Day training for Horses

Presented by: Robyn Hood

Date: 2017 Apr 1 – 5

Venue: Donnybrook Stables, Glenferness Midrand

Price: Full price R5200 - Deposit R2800 - Early Bird price R4680 expires 2017 Feb 1

3 day option available

Price: Full price R3500 - Deposit R1800

**Contact: Lindy Dekker**

at: [equibalance@iafrica.com](mailto:equibalance@iafrica.com)

on: 083 616 0577

### **Cape Town Practitioner Training For Companion Animals**

Workshop: 5 Day training for Companion Animals

Presented by: Edie Jane Eaton

Date: 2017 May 20 - 24

Venue: TBA

Price: Full price R5200 - Deposit R2800 - Early Bird price R4680 expires 2017 Mar 25

3 Day option available

Price: Full price R3500 - Deposit R1800

Early Bird price R3150 expires 2017 Mar 25

**Contact: Eugenie Chopin**

at: [info@ttouch.co.za](mailto:info@ttouch.co.za)

on: 011 884-3156



Edie Jane Eaton

For more details, [click here](#)



## Getting In TTouch with Your Dog

By Linda Tellington-Jones

This is **part 5 of a series** that will include some parts of Linda Tellington-Jones's book: **Getting in TTouch with Your Dog**. The book in your hands is worth more than the parts in a newsletter, so please [buy the book](#) and gain insight, information and wisdom to help and guide you in your relationship with your dog. You will learn about **a gentle approach to influencing behaviour, health and performance**.

Book available from Eugenie for ZAR 300  
[eugenie@ttouch.co.za](mailto:eugenie@ttouch.co.za)

### Tellington TTouch Training Equipment

We use special equipment to help dogs find their balance - not just physical balance, but mental and emotional. In the dog world there is new equipment being developed every year and we are constantly searching for the best solutions for dogs and their owners.

### Effective leading

## The Balance Leash Plus

If you only have a flat collar and regular leash and the dog suddenly starts to pull because he sees a cat or another dog, you can turn your regular collar and harness into the Balance Leash Plus in an instant. It allows you to keep your dog from pulling and brings both you and the dog back into balance.

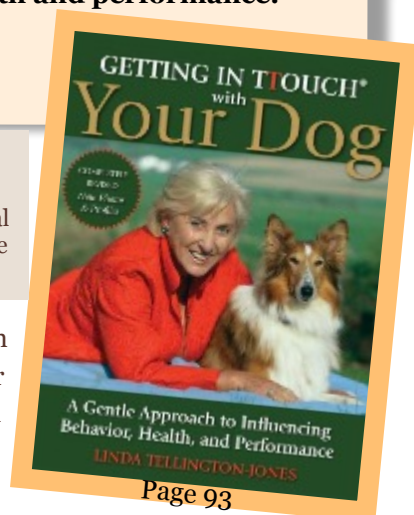
him be able to maintain this balance. Talk to your dog rather than give him an obedience command: you want him to develop his own self-control, not just follow commands. With a bit of practice, you'll be able to handle the leash with just one hand.

**Note:** Keep your hands over the top of the dog's back—don't pull him forward or backward. The Balance Leash and the Balance Leash Plus are just temporary tools used for training, not what you should use when going for along walk. For walks, switch to a well fitting harness in combination with a head halter or flat collar, or a Super-Balance Leash.

### HOW TO

On your dog's right side, stand even with the collar and slide your left hand down toward the snap attached to the flat collar. Hold the end of the leash with your right hand and drop the slack onto the ground right behind your dog's left elbow. Ask your dog to step through the slack with his left front foot only and raise the leash to contact the dog's sternum. Take the end of the leash and thread it underneath the collar coming up from the bottom (see photo).

When the dog pulls be sure that the end of the leash attached to the collar stays loose and that you catch his forward movement with the part of the leash that is across his chest. It is also important to immediately release the pressure when his weight is over his feet. It may be necessary to rebalance him several times to help



Page 93



# -TTouch Solution for Your Pets- Leash Pulling

*Free Webinar*

*with Linda Tellington-Jones and Robyn Hood*

## TTouch Solution for Your Pets

### ~ Leash Pulling ~

We know that most pets love to go walkies, but often it can turn into a stressful situation for both human and animal. Whether it's leash pulling through excitement or anxiety, it creates discomfort or even pain.

Discover how to use the TTouch system and transform your walks into what they should be - a pleasurable experience for you and your pet.

<https://vimeo.com/201216011>



# Seven Reasons to Use Reward-Based Dog Training

Zazie Todd, PhD, for Companion Animal Psychology

It's amazing what we can do when we use rewards to train our companion animals. Here are some reasons to give it a try.

## Positive reinforcement is recommended by professional organizations

Many professional organizations have spoken out against the use of punishment in dog training because the scientific evidence shows that it carries risks.

For example, [Dogs Trust recommend the use of rewards](#) in dog training. "In order to be effective and to gain the best results, all training should be based around positive rewards. Positive reward training works because if you reward your dog with something he wants as soon as he does what you ask, he is far more likely to do it again."

In their advice on [finding a dog trainer](#), the [American Veterinary Society for Animal Behaviour](#) says "AVSAB endorses training methods which allow animals to work for things (e.g., food, play, affection) that motivate them rather than techniques that focus on using fear or pain to punish them for undesirable behaviors. Look for a trainer who uses primarily or only reward-based training

with treats, toys, and play. Avoid any trainer who advocates methods of physical force that can harm your pet such as hanging dogs by their collars or hitting them with their hands, feet, or leashes."

Some organizations (such as the [Pet Professional Guild](#) and the [APDT \(UK\)](#)) and some dog training schools (such as the [Academy for Dog Trainers](#), [Karen Pryor Academy](#) and the [Victoria Stilwell Academy](#)) have a code of practice that requires their members to use kind, humane methods instead of aversive techniques.

## People report better results with positive reinforcement

Several studies have found that people who use positive reinforcement to train their dogs report a better-behaved dog than those who use aversive techniques.

In a study by Blackwell et al (2008), the dogs of people who used only [positive reinforcement training](#) were less likely to have behaviour problems. They suggested this could be because dogs don't associate punishment with their behaviour, but instead with the owner or the context, and hence may become fearful and anxious.

[Read more...](#)

<http://www.companionanimalpsychology.com/2016/06/seven-reasons-to-use-reward-based-dog.html?m=1>



## TTouch workshop 2016

with Barbara George – Practitioner for Companion Animals – Level 1

**W**PCC member Barbara George is a qualified TTouch practitioner – you have quite likely seen her at shows, either demonstrating this gentle healing and calming technique or working on cats who are finding the show rather stressful. In October, Barbara held an introductory workshop at the Pet Wellness Worx premises in Monte Vista.

As it was the first time she was doing this, Barbara limited attendance to five people, only two of whom had previous experience of TTouch. She also brought one of her cats, as did two other people. I would have taken Molly Mary had I known what a quiet, relaxed place the venue was. Being an animal physiotherapy practice, it is equipped with cages where the cats were able to relax between practice sessions. The small group also allowed for individual attention, and of course we were all cat lovers, which was nice. Have you also noticed that dog people tend to dominate in a mixed group of cat and dog people?

The day was very informative, with the theory behind TTouch, examples of when particular Touches can be useful, and lots of chances to practice the techniques on the three cats.

This is a very useful technique, not only for animals in stressful situations, but also as a way of spoiling your own cat – Rufus loves having his ears done, and when I decided to try doing TTouch on Molly Mary's claws (something I'd never even thought of before) she first started to pull her paw away, but then went "just a minute, she's doing something interesting", relaxed, and let me do each of her claws in turn.

Barbara is considering holding more sessions. If you might be interested, contact her on [Barbara@ttouch.co.za](mailto:Barbara@ttouch.co.za)

Facebook :

[www.facebook.com/barbara.george.12](https://www.facebook.com/barbara.george.12)



Western Province Cat Club

[www.wpcatclub.co.za/](http://www.wpcatclub.co.za/)

Hazel King: [yangon@mweb.co.za](mailto:yangon@mweb.co.za)



One of the feline participants, Bean, resting in her cage.



Course participant Cindy, working on her own cat.

## How to Find a Common Language With Your Cat

### BRIGHT SIDE

**E**veryone knows that cats are the most illogical and unpredictable pets. Just try to work out what's going through that furry little head! But it turns out that cats have their own language, and if you learn it there's a chance you'll understand them much better.

With this in mind, Bright Side has put together a detailed guide to help you become your bewhiskered companion's best friend (if he allows you to, of course).







To read more...

<https://brightside.me/wonder-animals/how-to-find-a-common-language-with-your-cat-289760/>

Preview photo  
credit [Lili Chin](#)

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**Natalia Kulakova**  
for **BrightSide.me**

Based on materials  
from  
[humanesociety](#),  
[messybeast](#),  
[wikihow](#)

## Website of the month

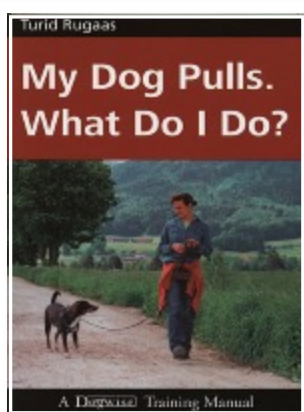
[theheartdogs.com/](http://theheartdogs.com/)



## Mission

We believe #AllDogsMatter, so we make fun & unique products that support animal shelters & rescue organizations. Our goal in 2016 is to fund over 3 million meals for shelter animals!

## Book of the month



## MY DOG PULLS - WHAT DO I DO?

Turid Rugaas has become a household name. Doggy households anyway! Now, with My Dog Pulls, she helps owners solve one of the most common problems while allowing the dog to be a dog. --Terry Ryan, author of *Coaching People to Train Their Dogs*

Using clear, uncluttered language, Turid teaches owners how to help their dogs to be more civilized and better companions. --Trish King, author of *Parenting Your Dog*, Director of Behavior and Training at Marin Humane Society.

## Bits and Pieces



**ODDBALL Official Trailer (2015) Sarah Snook Family Movie**  
<https://www.youtube.com/watch?v=tE7thjLAJo>

## The dogs that protect little penguins

*Jon Donnison*  
 Sydney correspondent

When foxes discovered little penguins on a small Australian island, they nearly wiped the colony out. But a farmer came up with a novel way to protect the birds - and the story has been made into a hit film.

As a premise for a film, think Lassie meets Babe meets Pingu. What's not to like?

Middle Island, a beautiful, rugged and windswept outcrop off the coast of southern Victoria is home to a colony of the world's smallest penguins.

Originally known as fairy penguins, before some pen-pusher deemed that politically incorrect, they've now been given the far more dreary sounding title of little penguins.

To be fair, they are just that - little, standing at 30 to 40cm tall.

There used to be hundreds of them on Middle Island - but that was before the foxes got to them.

"We went from a point where we had around 800 penguins down to where we could only find four," says Peter Abbott from the Penguin Preservation Project.

[Read more...](#)