



Tellington TTouch® Southern Africa

Issue 04, May 2017

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 Website of the month
 Book of the month

TTouch South Africa

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Eugenie's Letter



Dear TTouch Friends,

I am so excited that we have a great training coming up in Cape Town starting May 20th. We are happy to be hosted by the Cape of Good Hope SPCA and look forward to working with a large variety of animals. The Cape Town Group has really come together to help us get this workshop off the ground and great thanks go to many of our Practitioners and students in the area.

Our Instructor, Edie Jane Eaton is indeed a lover of South Africa and we are so grateful that she keeps wanting to come teach here! She is a Feldenkrais Practitioner along with Linda Tellington- Jones and if you have an interest, be sure to ask her to give you a few Feldenkrais exercises if you're attending the workshop.

"You think those dogs will not be in heaven! I tell you they will be there long before any of us." – Robert Louis Stevenson

I have recently become more interested in Feldenkrais for my singing students as it teaches the body to relax in gentle mindful ways while not singing! The comfort of the movements fit in so beautifully with the TTouch work we do. It's not about struggling or even stretching but more about investigating how doing simple exercises with one part of the body can influence another. It certainly shows how much we can work with our bodies without drugs and pain pills! There are many videos and Mp3s available on the Internet if it interests you.

In singing, some of the main body tensions happen around the jaw, neck and shoulders. I can see how it affects the entire way that the singer performs, how easy it is to sing and the success they have. When it comes to our animals, the same applies. If there is tension in one part of the body, it affects not only other parts of the body but also the way they feel and act. i.e. if I have pain, I can be grumpier and not able to perform as well as I possibly could. The same is true for our animals, the more free and flexible the body, the less tension and the more balanced is not only the body, but also the mind and emotions!

Just a reminder that if you haven't yet joined the [TTouch Southern Africa Facebook](#) page, do join us in keeping in touch with what is happening along with good articles and ideas.

I am leaving soon for a week in the Drakensberg, so am looking forward to fires in the evening and lovely views in all directions.

TTouch will be back at [WODAC](#) in July so look for us there with any questions and thoughts; not to mention TTouch Demos.

Warmest regards,
Eugenie Chopin



**Instructor for
Tellington TTouch
Companion
Animals**

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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.

Cape Town Practitioner Training For Companion Animals

Workshop: **5 Day training for Companion Animals**

Presented by: **Edie Jane Eaton**

Date: **May, 20th to 24th, 2017**

Venue: **Cape of Good Hope SPCA**

Price: **Full price R5200 -Deposit R2800**

3 Day option available

Price: **Full price R3500 -Deposit R1800**



Contact: Eugenie Chopin
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on: 011 884-3156

Gauteng Practitioner Training for Horses

Workshop: **5 Day training for Horses**

Presented by: **Debby Potts**

Date: **September, 16th to 20th, 2017**

Venue: **Donnybrook Stables, Glenferness Midrand**

Price: **Full price R5200 -Deposit R2800**

Early Bird price R4680 expires 16th July 2017

3 day option available

Price: **Full price R3500 -Deposit R1800**

Early Bird price R3150 expires 16th July 2017



Contact: Lindy Dekker
at: equibalance@iafrica.com
on: 083 616 0577

Gauteng Practitioner Training for Companion Animals

Workshop: **5 Day training for Companion animals**

Presented by: **Debby Potts**

Date: **September, 22nd to 26th, 2017**

Venue: **TBA Midrand or Sandton, JHB, Gauteng**

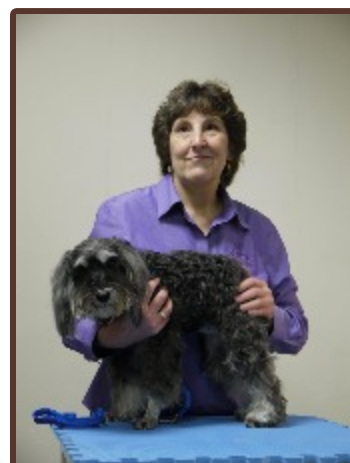
Price: **Full price R5200 -Deposit R2800**

Early Bird price R4680 expires 22nd July 2017

3 Day option available

Price: **Full price R3500 -Deposit R1800**

Early Bird price R3150 expires 22nd July 2017



For more details, [click here](#)

Using Tellington TTouch for Rabbits: Focus on Health Issues

By Lauren McCall, TTouch Instructor

In my previous article I wrote about some TTouch basics for rabbits, and discussed applications for behaviour issues. Now I would like to turn my attention to health issues commonly associated with rabbits, and how TTouch can help.

Rabbits have a variety of health issues common to their species. Temperature regulation, gastrointestinal stasis, parasites, head tilt and arthritis to name a few. Contrary to popular belief, rabbits are not necessarily simple animals to keep. GI stasis can kill a rabbit in a matter of hours, heat stroke in just a few minutes. I keep my metaphoric “TTouch Toolbox” near to hand.

Too hot, too cold

I recall the day my first rabbit, Ben, was outside in a pen, in the shade, enjoying a nice spring day. Normally a house rabbit, Ben was dancing around and having fun in the grass. I had put a large outdoor thermometer on the pen so I could keep an eye on the temperature. I knew that much above 75 F (about 24 C) and it's getting too warm. I don't know what I was doing, but I wasn't paying attention and when I next checked on Ben he was in heat shock. Glassy eyed, not moving, panting and very warm to the touch. It was a Sunday, the vet office was closed. Of course Ben might well have died before I got him to a vet even if one had been available.

Rabbits regulate body temperature through their ears. Too hot and the blood vessels in their ears expand to allow more blood flow, and the air cools the blood. Too cold and the ears go flat back to help warm the body and

the blood vessels contract. The ears also have something like 350 acupuncture points in them, all of them corresponding to bodily functions including heat rate, respiration and so on. After taking Ben into the cool house and running around like a crazy person for a couple of minutes, I remembered that I could and should be doing TTouch ear slides. We know that the ear slides can stabilize heart and respiration rates, and can keep an animal from going into shock, or bring them out of shock. I immediately started doing downward ear slides (Ben was a lop eared bunny and ear slides should be done a direction mindful of ear growth) making sure I went off the edge stimulating the shock points there. It was like a miracle, in just a few minutes Ben bumped my hand with his nose, ran up the ramp of his cage, drank water and started eating. This is an amazingly fast recovery from heat stroke where I would normally expect to see residual lethargy and certainly lack of appetite. I am convinced to this day that the TTouch ear slides saved Ben's life.

For rabbits who are too cold, the ear slides will help warm the ears and their body temperature. Ear slides for rabbits are not a substitute for veterinary care, but they are a large part of the TTouch Rabbit Toolbox.

My tummy hurts - GI stasis

Stasis is when a rabbit's intestines become static, they don't push food or liquid through the intestines. Stasis can be caused by stress, which is why TTouch body work is a wonderful and important component of daily rabbit handling. Stasis can also be caused by dehydration, not enough fibre in the diet, pain from an unrelated issue, or intestinal blockage. Whatever the cause, stasis can result in a painful death in a short time; it is a leading killer of rabbits. Early signs include not eating, and small, or no fecal pellets. If a rabbit hasn't eaten for 12 hours, it's time to go to the rabbit vet.

Contrary to popular belief, rabbits are not necessarily simple animals to keep.

My TTouch success story was with Zoe, our second bunny who lived to the ripe old age of 12 (this is very old for a rabbit). Zoe stopped eating and I started doing ear work right away in hopes of stimulating her appetite and



keeping her stable. A quick trip to the vet confirmed that she had a blockage and that her intestines had stopped working.

I came home with an IV bag of saline, various drugs to ease pain and cramping, and encourage bowel movement. I also employed my TTouch arsenal.

In addition to using ear work, I did over all body work 3-4 times a day to help Zoe relax. I used TTouches that Zoe found especially relaxing including the Coiled Python (an Abalone TTouch with a Python Lift at the end), Lying Leopard, Clouded Leopard, and the Chimp TTouch.



Rabbits hunch up when they are in pain and this tightens the abdominal muscles, especially detrimental for GI issues. One of the TTouch tools I used to great effect was the belly lift. Slide a 2" Ace elastic bandage doubled over (see photo) at the end of the rib cage (beyond the ribs). The middle of the bandage should be under the tummy and the ends equal on either side of the bunny. Grasp the ends of the bandage one in each hand and very, very gently lift the bandage until it is supporting the weight of the stomach area. It is important not to lift too much, that can be very painful and create muscular resistance as the rabbit braces against it. It should feel like you are supporting the weight of the stomach muscles, encouraging the rabbit to unclench. Hold the lift for 3-4 seconds, then slowly release the bandage (perhaps 6-8 seconds) until the

rabbit's tummy is back on the ground. Then slide the bandage one width back towards the hindquarters and replicate the lifting and releasing process. Repeat this until you can no longer slide the wrap back any further. I would repeat this process 2-3 times depending on how your rabbit is responding. In Zoe's case, I noticed that she was able to stretch out a bit more after each belly lift series.

Body work, ear slides and belly lifts. All essential TTouch tools for any gastrointestinal imbalance.

Head Tilt

Head tilt is also known as "Wry Neck". The bunny's neck may literally twist so that one eye is looking directly at the floor, and the other up at the sky. Causes of head tilt are potentially numerous but include:

Encephalitozoonosis (a parasitic infection), inner ear infection, trauma, cancer and stroke. Head tilt can be cured in some cases, not in others. It is a sad sight to see a bunny with head tilt, but they can lead good lives despite the condition. In addition to the muscular stress on the body due to the twisted neck, head tilt bunnies often have balance problems and roll over and over. They also sometimes spin in circles.



To ease some of the muscular stress, use lines of connected TTouches (gently slide your fingers from one circle to the next as opposed to picking your hand up after each circle and a quarter) starting from the head or neck and moving towards the hindquarters. I commonly use Clouded Leopard TTouch with the intention of linking all of the parts of the body together, in support of the areas that are compromised. Raccoon TTouches are also a good choice, especially around the head and neck. In working with the head and neck area, add Python Lifts either on their own, or at the end of your circular TTouches. They are very good for relaxing tight and potentially spasmatic muscles. Consider holding the Lift briefly before releasing. Be sure to work along the jaw as much as possible, a lot of tension can be carried in the jaw and mouth. Mouth work will also encourage the rabbit to eat and use the masticating muscles.

Recalling the belly lifts, once again an elastic bandage can be very helpful for releasing muscle strain around the neck. For smaller rabbits you may find the standard 2" width is too wide. Cut the bandage lengthwise so that it is narrower. Place the bandage under the neck and very, very gently lift in support of those tired muscles. Change the angle and thus the muscles that are affected by drawing one end of the wrap towards you, or moving it in the opposite direction (careful not to lift across the throat!). I have also cradled the head and neck in the bandage and used a very slight rocking motion to encourage movement in the joints and muscles.

Rolling and spinning are caused by lack of balance. The TTouch body wrap can be amazingly effective at helping the bunny to find equilibrium. The bunny in the photo is wearing a half-wrap. She rolled to the degree that her person had to put pillow and stuffed toys around her to keep her stable. She could not groom herself and had trouble eating. I put the half wrap on and the bunny stopped rolling immediately. We kept it on for an hour since she looked so comfortable. After taking it off, the bunny sat up, (yes, her neck was still twisted) and started to groom! She was also able to feed herself. How often you use the wrap will depend on the rabbit. In the case of this rabbit, the wrap is used at least once a day for an hour or two each time. If the rabbit you are working with seems at all uncomfortable or stressed by the wrap, remove it and try TTouch body work instead. A rabbit who has lost a sense of where it's body is may find the reconnection with the body and a body wrap a bit overwhelming at first. Try some shorter more frequent experiences with the wrap. The TTouch body work will go a long way to preparing them for the wrap experience.

No Grey Hares!

TTouch is well known to help with common age related issues across species. Rabbits are no different. When body parts get stiff and sore, animals tends not to move around much and this sets up a vicious cycle of muscle loss, lack of motion, more muscle loss and more muscle

wastage. TTouch will not make your elderly rabbit young again, but it will help them to be the best they can be.

When our elderly bunny, Zoe, started to have trouble hopping, I went to work doing TTouches all over her body, especially her hindquarters and her feet. Try adding Tarantulas Pulling The Plow to keep your bunny feeling coordinated and connected front end to back. I also find that many rabbits like Tiger TTouch, especially in and around the haunches that frequently are the first part of the rabbit to get stiff.

Daily ear work on any elderly animals will help to maintain organ function, increase circulation and aid in digestion. Notice if your bunny's ears change. Are they getting stiff, or are parts of the ears warmer or cooler? It's perfectly natural for the body to change as it ages and changes can often be felt in the ear (ear work is not intended to be used a diagnostic tool). As long as the bunny is enjoying it, I work the ears until they are a uniform temperature. Generally this equates to working my way across the ear in lines (as though mowing the lawn or vacuuming the rug) 2-3 times. Many rabbits enjoy the gentle stretch of having both ears done at once. Some prefer you to work one at a time.

I sometimes think of TTouch as "the great balancer". Many years ago, Linda Tellington Jones talked about "turning the lights on in the cells". It's a beautiful image. As aging takes its toll and the body becomes compromised, using TTouch can help remind the cells and the body of what it is capable of. TTouch is also, more than any other method I have seen or experienced, empowering to those of us who love and care for animals. When Ben was dying of heat stroke, when Zoe was paralysed with intestinal cramps, I had something that I could effectively do without fear of causing harm. These magical TTouches, lifts and wraps enable us to participate in our animals' wellness and enhance our relationships at the same time.

Open your TTouch Toolbox. The results may astound you.

These magical TTouches, lifts and wraps enable us to participate in our animals' wellness and enhance our relationships at the same time.

Training mindfully: Reframing our approach to fear in dogs

Much of my work as a trainer involves helping fearful dogs and their guardians.

Questions I commonly field include:

- “When will this be fixed?”
- “When will my dog be normal?”
- “When is training over?”



These questions are tough. They’re also understandable. I empathize with people who ask them, because the concept of living with a fearful dog takes work, mentally and physically.

Lately, I’ve found many similarities between the concepts of acceptance and reframes as discussed in therapy for disordered eating, and the qualities necessary for trainers and guardians of dogs with fear and anxiety. I recently came across a [Q&A with Melissa A. Fabello](#), an eating disorder activist. When I read the following quote, I immediately thought about the processes involved in working and living with fearful dogs:

“...I don’t think that we wake up one day, and the work is done, and we can go on for the rest of our lives never having another negative thought or feeling about our body. I think that conceptualizing body acceptance as something that eventually finishes is damaging.”

Replace the phrase “never having another negative thought or feeling about our body” with “never having another reactive incident,” “never having another stressful day with your dog,” or any number of thoughts that emerge during training and you have a very powerful statement about living with a dog with fear.

Conceptualizing training as something that eventually finishes is damaging. It sets up guardians for false expectations. It places undue pressure to “fix” fear instead of learning how to help a dog cope with his genetic and environmental load.

Sometimes people see me training a dog and ask: “Oh, what’s wrong with this one?” I’ve caught myself answering with an immediate diagnosis, like “fear of strangers” or “dog-dog aggressive.” While not wrong, I find these answers incomplete. A fearful dog isn’t a car that’s gone into the repair shop for fixing.

Imagine how powerful it could be to reframe our concept of fear in dogs as something that requires work, training, coping skills and lifetime management, as opposed to something wrong that needs fixing?

After all, fear isn’t the only thing in dog training that requires training, coping skills and management. A dog’s recall goes south quickly without regular practice, as do basic obedience cues, loose leash walking, and any number of behaviors that aren’t based in fear. The work involved in helping a dog feel safe doesn’t have an expiration date. The improvements achieved through training cannot be defined by the single word “fixed.” Coping skills increase, startle responses decrease, positive associations to the environment strengthen.

Often, one of the hardest parts of living and training with a fearful dog is accepting the dog in front of us, and reframing our thoughts of fixing and deadlines into those of coping and lifetime support.

– Maureen Backman, MS, CTC, PCT-A is the owner of Mutt About Town dog training in San Francisco. She is also the founder of The Muzzle Up! Project and Muzzle Up! Online. To get in touch, email her at muttabouttownsf@gmail.com. To purchase her training DVDs, visit Tawzer Dog.

Curiosity Cured the Cat

By Lauren McCall, TTouch Instructor

One of the biggest challenges for people learning how to do TTouch is deciding “Can I try this TTouch, or that TTouch, or a body wrap, or ear work, or....” I think it’s fair to say that one of the most wonderful things about TTouch is that it takes an individual, not prescriptive approach to working with animals.

For instance, we don’t have a recipe for separation anxiety (For example: “Four coiled pythons down the back, 10 minutes of Clouded Leopard all over the body, 30 seconds of mouth work, and a full body wrap applied twice a day. Observe. Repeat as necessary.”). Each animal is different and while people who are well practiced at TTouch have experience in what will likely work for anxiety, those looking for exact instruction are sometimes afraid to try things. As someone who teaches TTouch, I have found this to be true not just in people training to become Practitioners (who are arguably looking to set a higher standard), but also the average companion animal or horse person looking to help their animal be the best they can be.

I teach people the TTouch perspective of trying to help each animal we work with be physically, mentally and emotionally balanced. I also share with people that you can’t really do any harm with TTouch, so it’s appropriate to try different things. The truth is that doing TTouch effectively requires a certain amount of experimentation. Recently I found myself teaching several groups of people in various stages of learning TTouch for companion animals. After facing the usual barrage of “Can I try...”, and “Should I use...”, I wondered how I might reframe their thinking so they would feel free to try different

things without my approval. I came up with the idea of talking about curiosity. Curiosity is not a new concept in the teaching of TTouch, but I was recently reminded how useful it can be in the process of doing our work.

Curiosity vs. judgment

I began by reminding students that because TTouch can’t cause any harm to an animal, they should feel safe. I also told them that there are many right answers with TTouch. As long as it is safe, respectful and comfortable for the animal, try it!

Still, some of my students looked apprehensive. In fact one student asked, “But what if I make a mistake?”. It was then that I realized that the fear of being “wrong” is a big impediment to trying new things. Judgment of yourself (fear of being wrong or inadequate), judgment of the animal (assuming the animal is stubborn, vicious, stupid, and so on), and judgment of other people (that person clearly has no idea what’s best for that dog, horse, rabbit, etc.) stands in the way of experimentation and change.

Instead of approaching something in a judgmental way, try replacing the judgment with curiosity. Your thought process might sound something like this:

1. Think, “I wonder why they are behaving that way?” Instead of being judgmental about an animal’s behaviour, “That dog shouldn’t jump up and bark.”
2. Think, “I wonder why that person made the choice to use a pinch collar? I guess it’s possible that’s what they were taught to do, and don’t yet have any alternatives they feel will enable them to control that big dog. I bet TTouch can help here.” Instead of judging the person, “I can’t believe that person has that dog on a pinch collar. She must not respect her dog.”

3. Think, “I wonder what would happen if I tried TTouch on my nervous cat.” Instead of judging or making assumptions about the animal, “My cat is mad and peeing on my sofa because she resents my going to work all day.”

4. Think, “What if I tried a body wrap on my horse who is afraid of the trailer?” Instead of projecting on yourself, “I’m afraid to try the body wrap in case I’m wrong and it doesn’t work.”

5. Think, “I wonder if I tried a wide variety of different TTouces on this rabbit if I could connect with her and make her feel more comfortable being touched and groomed.” Instead of, “I tried the two TTouces I normally use and she’s still not settling down. She doesn’t like to be touched and I’m not good at TTouch.”

6. Think, “I wonder if I put two points of contact on this dog if she’d feel more in balance and less likely to pull on the leash.” Instead of projecting your client’s possible judgment of you, “This dog really pulls and if I try two points of contact and it doesn’t work, I’ll look incompetent in front of my client.”

On the evils of expectation

Judgment has a close cousin, expectation. When we have expectations about ourselves, other people or animals, we are ultimately setting the situation up for judgment. It’s reasonable, even desirable, to have goals or objectives. However if we become attached to an expected result and things turn out differently, judgment (and disappointment) creeps in. If instead you set an objective and work towards it without attachment, you will find yourself in a more flexible place from which you can change and adapt. Let’s say you are working with a dog that pulls on the leash. It’s your best friend’s German Shepherd and she’s not too sure about TTouch so you want to make a good impression. Perhaps you say, “Draping the leash across her chest will do the trick and stop her pulling. We call this a Balance Leash.” The Balance Leash is often a great place to start with pulling dogs, but it doesn’t always work. Unfortunately at the outset of this example, you created the expectation

that the Balance Leash will work. If it doesn’t, the client (your friend in this case) will likely see the unexpected result as a failure. In-stead, you could approach the whole situation from a place of inquisitiveness. “I wonder what would happen if we tried this Balance Leash. It often works in situations like this, but if it doesn’t we’ll try something else. Let’s see how it goes.” This time rather than setting an expected result, you put yourself and your friend in a place of experimentation. If the Balance Leash doesn’t work well, it’s easy to move on to one of the many alternatives.

It’s more fun to be curious

When working with clients, I frequently share my thought processes with them so that they understand why I am trying different things. From my first session with someone, I hope to instill in them a sense of fun and inquisitiveness about their animal friends and the many ways in which we can approach working with them. It’s not about being right or wrong. It’s about building rapport with the animal (and client if applicable) and working with them in a positive way without judgment and expectation. The things that don’t work can sometimes add to your curiosity and give you even more information to help guide you in your process.

Do not worry about picking the perfect TTouch, wrap or equipment configuration for all animals all of the time. Approach each situation with a sense of curiosity and try things until you have found what works for that animal at that time. I frequently try new things and they don’t always work. No harm done. With a sense of fun and wonder I go on and try other things until I find something that hopefully does work. As I work I am internally asking myself things like, “What about this, or that?” And “How does this feel to you?”, “Does this make you feel more relaxed?”, “Is that easier for the client to use and understand?” I love that with TTouch working with animals feels freeing and fun, rather than constrained and rigid.

Curiosity opens the door to change. Judgment slams it shut.

Website of the month

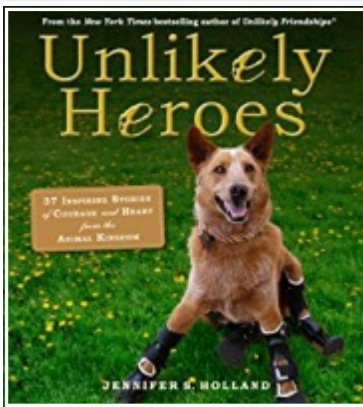
Trust. Love. Science. It works.



Receive the highest quality training and coaching to ensure peace of mind, success, and a rewarding training experience.

We give you less stress, peace of mind, and a great relationship with you and your dog.

Book of the month

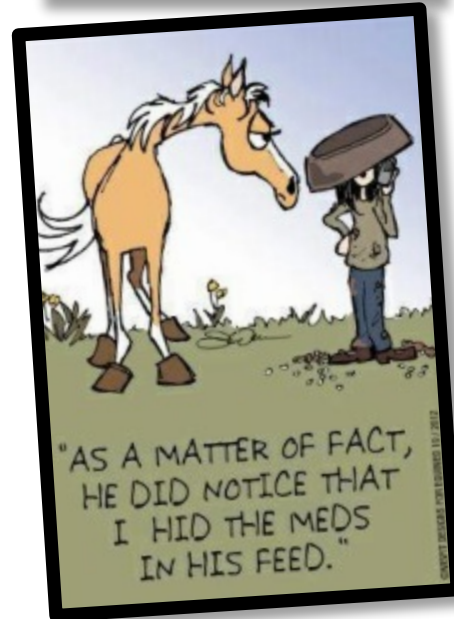


Unlikely Heroes: 37 Inspiring Stories of Courage and Heart from the Animal Kingdom

In her heartwarming New York Times bestsellers *Unlikely Friendships* and last year's *Unlikely Loves*, Jennifer Holland revealed the surprising emotional bonds that exist between animals of different species. Her books spent dozens of weeks on bestseller lists and caught the attention of major media from CBS This Morning to USA Today. Why? Because she opened our eyes to the rich inner lives of animals, showing us that the power of love and friendship is not for humans only.

In *Unlikely Heroes*, Ms. Holland uncovers and celebrates yet another side of animals that we often think belongs primarily to people—heroism, that indefinable quality of going above and beyond, often for altruistic reasons, often at great personal risk. These 37 inspiring true tales show animals whose quick acts have saved lives, like the pod of dolphins who protected swimmers in New Zealand from a great white shark by forming a screen around them. There are stories of animals who simply and unselfishly give, like Rojo the llama, who shines his very special light of lovingkindness on the elderly patients in an Oregon rehab center.

Bits and Pieces



<https://vimeo.com/213020081>

TTouch Webinar - Why Does My Dog Do That

Dogs Are Doggos: An Internet Language Built Around Love For The Puppies

April 23, 2017 - Jessica Boddy

Some dogs are doggos, some are puppies, and others may even be pupperinos. There are corgos and clouds, fluffers and floofs, woofers and boofers. The chunky ones are thicc, and the thin ones are long bois. When they stick out their tongues, they're doing a mlem, a blep, a blop. They bork. They boof. Once in a while they do each other a frighten. And whether they're 10/10 or 12/10, they're all h*ckin' good boys and girls.

[Read more...](#)