



Tellington TTouch® Southern Africa

Issue 06, July 2017

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Eugenie's Letter

Dear TTouch Friends,

Wow, what a weekend we have just experienced at the World of Dogs and Cats! Gallagher Estate was the venue for this year's WODAC and TTouch was well represented. We had our usual largish booth where we could host our own Demos. Thanks to some great people and their dogs for volunteering to be part of the Demos. For the first time, we had live streaming on our Facebook page of many of the Demos, so if you missed them, but sure to go to [TTouch Southern Africa](#) on Facebook and join our group so you can have a look. This will give you a great idea of what this work is about.

I personally watched most of this on my computer or on my iPad, so felt like I was there experiencing the Demos. So well done to those I saw: Karen Bullivant, Tracy Bullivant, Tricia Levinson, Nicky Lucka and Hedda Rheeder! But the **BIGGEST THANKS** has to go to Karen and Tracy who have for the second year now organized and put WODAC together for us. Without them, we simply would not have been there.

GOOD NEWS SPECIAL: Most of you know that we give a large discount for early bird payments in full – they need to be 2 months in advance of the training. However as WODAC has just finished and the cut-off date for the upcoming Companion Animal TTouch Training is already on July 22nd, we have decided to give everyone until July 29th, which is a week later. So take advantage!

MORE GOOD NEWS: Also, a quick reminder that we do give 2 shelter discounts per training of Half Price for the training. However, you do need



The wind of heaven is that which blows between a horse's ears.

~Arabian Proverb

to apply and we give first choice to rescue personnel and those wanting to join us for the full 5-days.

EVEN MORE GOOD NEWS: We now have a Danilo Bursary for both companion animals and horses. The winner will have half of their fees paid for them. All you need to do is pay your deposit before the end of August and you will automatically be entered into the draw. If you have already paid in full at the time you win, you have a choice of a refund, use the money for equipment/books or hold over for the next training. Those already receiving 50% discount from the Shelter discounts will not be eligible.

AND GOOD NEWS FOR CAPE TOWN: We are hoping to offer 3-5 day trainings for both horses and companion animals at the end of November. Please watch this space as well as www.ttouch.co.za for final details.

2018 GOOD NEWS FOR CAPE TOWN: We plan on both an Advanced Training and a 5-day training in Cape Town for March 2018. The advanced will be limited to Practitioners and those who already have a minimum of 3-Five day trainings, but the 5-day is open to anyone. Trainings taught in combo by Robyn Hood and Lindy Dekker.

Looking forward to seeing many of you in September!

Warmest regards,
Eugenie



Nicky Lucka giving a demo



**TTouch stand
up and ready
for business!**



Tracy, Tricia, Diane, Tersha
& Karen ready to greet!



Nicky Lucka working with
Muse and Muse's guardian

**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.



Debby Potts

Gauteng Practitioner Training for Horses

Workshop: **5 Day training for Horses**

Presented by: Debby Potts and/or Lindy Dekker

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 29th July 2017~~

3 Day option available

Price: Full price R3500 -Deposit R1800

~~Early Bird price R3150 expires 29th July 2017~~

Contact: Eugenie Chopin

at: info@ttouch.co.za

on: 011 884-3156



For more details, [click here](#)

Tellington TTouch in Veterinary Practice

By Emily Vint | February 9, 2017

<http://ivcjournal.com/tellington-ttouch-veterinary-practice/>

The Tellington TTouch Method¹ recognizes an inextricable link between posture, the nervous system and behavior. It uses a system of gentle, non-habitual movements on and with the animal's body, including the skin, to promote relaxation while improving awareness, physical balance and movement. The non-invasive TTouches elicit profound changes in an animal's emotional state and relieve tension and anxiety. When clients use TTouch at home, and your staff also uses it in the clinic, counterproductive stress responses are minimized and trust is built.

"TTouch... allows us to treat without creating iatrogenic stress," says Dr. Tom Beckett. "Handling actually reduces existing stress rather than adding more stress. The animal, thus freed from stress, can respond appropriately to staff, owners, home environment and to disease – he can participate fully in his own healing."

With TTouch, we and our clients can effectively convey our healing intent to the animal and suggest to him ways in which he can help himself get well or function better. Compliance improves as animals become easier to treat at home.

USES IN THE CLINIC – DOGS AND CATS

TTouches can be used on any animal regardless of age or species. Even animals that do not naturally seek human contact (such as reptiles, feral cats or wildlife) settle more

quickly when TTouch is applied. When direct hand contact is threatening to an animal, TTouch can be done using feathers, dressage schooling sticks or long paint brushes to stroke and calm the animal before he is handled. TTouches can be used to aid both assessment and treatment, and to help an animal recover more quickly from sedation, injury and surgery.

TTouch can reduce the need for chemical restraint drugs for minor procedures. While useful, most drugs require time to take effect, and time for recovery. They may be contraindicated and there may be adverse reactions. They generally dull learning processes so that it is difficult to train an animal to accept repetitive treatments.

As well as offering ways to approach, initiate contact, handle and manage the animal, Tellington TTouch can be used for specific situations such as preparing the animal to be handled around the neck prior to microchipping, injecting, and taking blood.

When you accomplish a medical event peacefully, quietly and pleasantly, it is much more rewarding than when it's accompanied by scratches, bites, sweat, poop and tears. TTouch is a wonderful tool for animals that don't understand that we just need to do a little nail trim/wrap change/injection/exam and then it will be over. And it makes clients feel good when we don't have to engage in a small war with their animals.

USES IN THE BARN – HORSES

As an equine vet working with acupuncture, osteopathy and craniosacral therapy for many years, Dr. Rikke Schultz is still astonished by how well the Tellington TTouch method fits into explanatory models about the body and mind in humans and animals. Of course, much of the discussion for equines applies equally to all species.

With a steady hold using the left hand, approximately 8" from the root of the tail, and the right hand at the base of the tail, gently pull, hold and mindfully release. This can give the horse a solid connection from poll to tail, improving mental, physical and emotional balance.

Rolfer and massage therapist Thomas Myers' explanation of the muscular chains², which was also demonstrated in horses³, and the importance of fascia, explains why circular TTouches and skin rolling have such a huge effect on large areas of the body [see IVC Journal, Winter 2015/16 for an article on fascia by the late Dr. Kerry Ridgeway]. The TTouches work on different layers of the fascia depending on the finger positions. The lifts release the subcutaneous tissue and give space for blood vessel function, which impacts the pulse and respiration in endurance horses. Releasing the fascia around the carpal and hock joint improves joint mobility and may decrease some cases of lameness.

Craniosacral system (C-S system)

The central nervous system is surrounded by multiple layers, including the pia mater and dura mater. The dura is very rigid, attaching to the inside of the cranium, the atlas and the sacrum. All peripheral nerves leaving the spinal cord go through the dura. A static dysfunction of the skull, atlas, sacrum or the other vertebrae can result in a pull on the dura, influencing nerve roots, spinal fluid flow, the mentioned bones and craniosacral rhythm.

Doing circles with the horse's tail can release the sacrum, while pulling gently on the tail stretches the whole spine and also affects the dura. I think this is why horses often shake their heads when the tail circles are performed. This also emphasizes why a gentle pull and slow release is so important.

Ear work

Ear work affects the acupuncture points in the local area and relaxes the tentorium (the membrane separating the cerebrum from the cerebellum, also a part of the dura), which attaches to the temporal bone. Major nerves, arteries and veins pass through the lacerum foramen. Tension here can affect multiple systems since the vagal nerve connects to most inner organs, and the accessory nerve innervates some of the muscles around the shoulder blade, thereby impacting front leg movement. Impaired blood flow to and from the brain will have a huge impact on the horse, including many behavioral issues.

This understanding makes one realize the power of ear work, but also why it has to be gentle, and why one should never pull hard on the ears. Ear and head shyness may therefore not be behavioral, and can be resolved by the rider with gentle ear slides or TTouches.

Hold the side of the halter with the right hand, place the left hand at the base of the ear, and slide from the base to the tip – either at 90° from the head or slightly forward. Ear TTouch has been shown to prevent or bring horses out of shock, shorten recovery from anesthesia, reduce colic pain and re-establish peristalsis in the intestine. The slide over the ear influences all parts of the body, thus developing trust and calmness.

Fight and flight reflexes

Linda Tellington-Jones has always spoken about the importance of bringing the horse's

head down in order to overcome fight, flight or freeze reflexes and increase learning ability. This happens because the parasympathetic (relaxation) nervous system is activated, or the sympathetic (stress) nervous system is deactivated. TTouch can bring horses very much into a parasympathetic state, and the ground work into social engagement. The more Dr. Schultz works with complementary medicine, the more she realizes how much “deeper” the treatments work when it is possible to bring the horse into a parasympathetic state. TTouch, acupuncture and craniosacral therapy are some of the methods that can do that.

Lowering a horse’s head with one hand on the nose and one on the crest behind the ears, so the poll is lower than the withers but not lower than the horse’s nose at knee level, helps calm the horse. It shifts the horse from the influence of the sympathetic state (fight/flight/freeze/fool around/faint) to the parasympathetic state (cooperative/learning). This establishes trust that will allow a veterinarian to treat a horse safely and without trauma.

Rib release

TTouch rib releases can normalize rib and diaphragm tension and dysfunction. These are commonly-overlooked problems in a lot of horses, both in Western medicine and chiropractic. They could be why many horses have an aversion to saddling or handling along the back, bending properly, moving with good rear impulsion, or other training issues. Rib releases together with back lifts bring the back into flexion; most lesions in the spine are extended lesions in which the horse tries to avoid using the back in flexion.

SUMMARY

The Tellington TTouch method offers a wide range of ways to promote relaxation, lower stress and make treatments more enjoyable.

Clients can easily be taught specific moves to benefit their individual animals so home treatments are not stressful. This allows animals the freedom to relax and continue the deep healing process we begin in the veterinary clinic.

When clients regularly explore TTouch methods at home, their animals will be less stressed when visiting the veterinary clinic, allowing for better diagnosis and hospital treatments.

Using Tellington TTouch, we and our clients can effectively convey our healing intent to the animals, and suggest to them ways in which they can help themselves get well or function better.

CASE REPORTS

A small dog had not eaten for a couple of days following surgery. A variety of foods had been offered with no interest. After doing mouth work on the dog for no more than a few minutes, he wolfed down all the food in his bowl. The dog continued to eat with no further treatments.

We currently have a stray feral kitten in the hospital who needs a home. Newly trained nurses saw the benefits of TTouch for calming and bonding with the kitten within days.

1-TellingtonTTouch.com

2-anatomytrains.com

3-Elbrønd VS, Schultz RM. “Myofascia – The unexplored tissue: Myofascial Kinetic Lines in horses, a model for describing locomotion using comparative dissection studies derived from human lines”. Medical Research Archives, 2015, Issue 3.

<http://ivejournal.com/tellington-ttouch-veterinary-practice/>

Whole Brain Learning: Activation of Left and Right Hemispheres of the Brain with Tellington TTouch

by Linda Tellington-Jones

The activation of left and right hemispheres and Whole Brain Learning has kept me passionate about TTouch. I first became fascinated by the subject in 1974 while attending a workshop at Esalen Institute in Big Sur, California, led by Robert Monroe, the founder of the Monroe Institute: A dynamic education and research organization dedicated to supporting the evolution and exploration of human consciousness.



During the workshop a study was conducted by Dr. Russell Tarq, director of the Stanford Research Institute. I was one of 40 participants to be tested, and was totally surprised when I was told that I had one of the closest examples to a 50-50 use of left and right hemispheres he had tested.

Of course I wanted to know what activates the left and right hemisphere. Searching for the answer I discovered Betty Edward's classic, 'Drawing From The Right Side of the Brain'. This book gave me the answers I was seeking. The left side has to do with logic, such as in science and mathematics, and methods. The right hemisphere performs tasks that have to do with creativity, visualization, movement and the arts.

In 1984, the subject of the whole brain arose once again when Anna Wise, the founder and director of the Boulder Biofeedback Institute, attended a demo I did with horses and asked to measure my brainwaves. She found that I had a unusually active theta brain waves in the resting state and when, applying the basic TTouch Circle, I was in the 'Awakened Mind State', a specific pattern in both hemispheres. She was curious to know if this was typical of other Tellington TTouch students and asked if she could attend a few days of a weeklong workshop for horses.

During the summer of 1984, Anna conducted the first of four studies that we did together over the ensuing 25 years. During the first study, at the Joder Arabian Ranch near Boulder, Colorado, a dozen Tellington TTouch students attended my training. Each student was tested and measured using an EEG program called the Mind Mirror. The "Mind Mirror" measures beta, alpha, theta, and delta brain waves, in both hemispheres. Everyone who was measured showed activation in both sides of the brain while applying the TTouch Circle, and some of the students who had been practicing TTouch the longest were in the Awakened Mind State during this time. You can see the

images on www.AnnaWise.com. I am holding the intention that one of these days there will be more studies done to demonstrate the value of the basic TTouch circle for Whole Brain learning.

Even without relying on the studies we did with Anna Wise, there is a logical explanation of why the basic TTouch circle activates both hemispheres and supports Whole Brain learning.

Why or how? I hope you are asking.

When you imagine the face of a clock, the right hemisphere is activated by the act of visualizing and increases your capacity for feeling, compassion and intuition. By imagining the face of a clock, (with numbers 6, 9, 12, and 3) the left brain is activated and fosters logical thinking. The combination of logical thinking with compassion and intuition is a powerful experience when activated by the TTouch Circle. This makes me particularly thrilled with Heimke's program for children and the TTouch youth programs that Bibi Degen and Darja Znidarsic have been conducting for many years.

From Staying in TTouch Newsletter, Volume 19, Issue 1, January-March 2017

From the Heart

Thank you! We recently received this from a woman about what TTouch and Linda have meant to her ...

Dear Linda,

I cannot begin to tell you what an impact you have had on my life. You opened up worlds to me that I forgot I needed so much. I shared my childhood with animals of all kinds. I connected with them, talked to them, learned from them and loved them. I spent hours in the woods with nature and animals but somewhere along the way as I entered the world of adults I lost that connection. The love was still there and I taught my girls to love respect and enjoy nature and animals but I didn't have the same connection with them that I had as a child ... until I found TTouch.

Not only have you reconnected me with the wondrous worlds around me but your teaching has given me the ability to pass that gift on to others. My heart blooms every time I help a being recognize their beauty and the beauty of the world around them. Each time I see that spark of connection between a person and their animal companion, that little seed that sprouts and grows, I thank you.

Please accept this poem as my tribute to you

**With love and honor to Linda Tellington-Jones
by Suzy DiStefano, Tellington TTouch Practitioner**

***A circle ends and a circle starts
With gentle touch we circle hearts
Move out of darkness and into light
Move into trust and out of fright
With gentle hands respect and love
We move beyond and rise above
To open hearts and open minds
We use our hands to redefine
The way a being can receive
The way their world is perceived
Through heart and hands we circle round
And bring them up and help them ground
We bring them from the dark or fright
And move them into love and light
A circle ends and a circle starts
With gentle touch we circle hearts.***

Website of the month

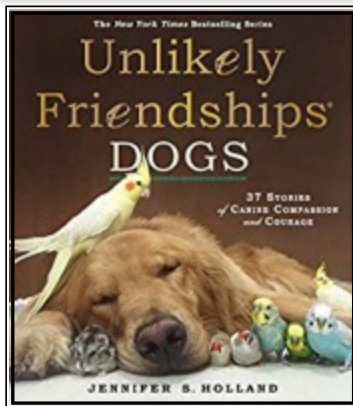
Free TTouch Webinars



The Tellington TTouch® Method

<https://vimeo.com/ttouch>

Book of the month



Unlikely Friendships: Dogs:
37 Stories of Canine
Compassion and Courage

Enhanced with beautiful full-color photographs, these true stories of camaraderie, affection, and remarkable bravery are from the author of the New York Times bestsellers *Unlikely Friendships*, *Unlikely Loves*, and *Unlikely Heroes*, as well as other books and calendars, with nearly two million copies in print.

Meet Rex, a German shepherd who learned to love and trust again through the improbable friendship of a goose. The pit bull named Dolly, whose antics with her best friend, Sheldon the tortoise, include games of tag.

For the millions of dog lovers, this heartwarming and inspirational book celebrates 37 stories of unusual canine companionship.

Bits and Pieces



Help TTouch South Africa to win an internet marketing package to the value of **R25,000.00** from *Dieregesondheid/Animal Health TV* by following the steps below. The WODAC 2017 Exhibitor's **video with the most likes** on the Dieregesondheid/Animal Health TV Facebook Page wins the package!

1. Please visit the [Dieregesondheid/Animal Health TV Facebook Page](https://www.facebook.com/AnimalHealthTV/) <https://www.facebook.com/AnimalHealthTV/>
2. IMPORTANT – First LIKE the Dieregesondheid/Animal Health TV Facebook Page
3. Then go to the **VIDEOS** section of the page.
4. Go to the PLAYLIST named “WODAC 2017 Exhibitor's Video Clip Competition”
5. Then search for our WODAC EXHIBITOR VIDEO CLIP amongst the videos ([Clip 11 - Tellington TTouch](#))
6. Watch and **Like** our WODAC EXHIBITOR VIDEO CLIP on the Dieregesondheid/Animal Health TV Facebook Page



www.facebook.com/DAREvetandtraininginnovation/videos/1567198203314911/

Celebrating Linda Tellington-Jones's 80th Birthday

The Top 10 Behaviors of Expert Animal Trainers

Steve Martin Natural Encounters, Inc.

Think of a trainer you recognize as an expert. Now, think of the characteristics that inspire you to call that person an expert. Is it the person's knowledge, skills, charisma, confidence, reputation or ... something else? This presentation will operationalize some of the most important characteristics that expert animal trainers exhibit, from my point of view.

Introduction

We all know great trainers in our lives, people we look up to, admire, talk about favorably with others. But, how does a person earn that reputation as a great trainer? And, what separates a great trainer from an average trainer? To answer these questions, we need to start by operationalizing the construct “training skill.” What does a trainer do to earn a reputation and label of “Expert?”

[Read more](http://zoospensefull.com/2017/07/04/top-10-behaviours-expert-animal-trainers-steve-martin/)
zoospensefull.com/2017/07/04/top-10-behaviours-expert-animal-trainers-steve-martin/