



Tellington TTouch® Southern Africa

Issue 6, July 2016

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Website of the month
Book of the month

TTouch South Africa

www.ttouch.co.za

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Eugenie’s Letter

Hello TTouch Friends!



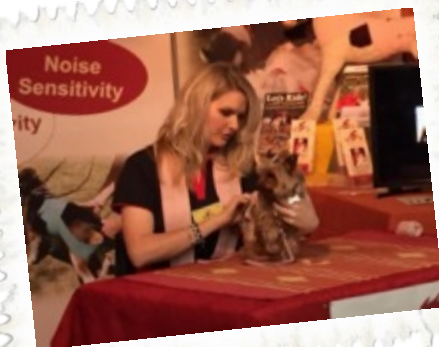
What a month it has been. We have just finished a great weekend at WODAC, the World of Dogs and Cats, and met many new friends! There is something heart-warming about people coming together with a mutual purpose – in this case, promoting the wonderful work we do at Tellington TTouch SA. Thank you Karen and Tracy Bullivant for putting things together while I was away in the USA . I’ll share a few pictures with you as well.

Down in Cape Town were another group of Practitioners and students at a Holistic Fair as well as an Animal Fair, talking about TTouch and what it means to them. They want to get the Practitioner Training Program back to the Cape! And hopefully this will bring us closer to doing just this!



Kerry MacDonald setting up in Cape Town

“A black cat crossing your path signifies that the animal is going somewhere.”
Groucho Marx



BREAKING NEWS

If you haven't already heard, Karen & Tracy have **launched**
'THE DANILO FUND'



We will be giving half the cost of the training to one person from each of the two trainings (dog and horse) in a draw on September 1st. This will include the names of everyone who has paid a deposit for one of the upcoming trainings by August 31st. This means you can either hold the money over for the next training, keep it to spend in the shop or get the cash deposited back into your account. This Fund has been started by the Bullivants, but certainly it would be super to have any other contributions in order to help people be able to afford the trainings. We will be discussing how this will go forward to the next training – i.e. taking applications etc. but for this first time, it will have everyone's name in the pot! So the Fund will be ongoing! Needless to say, I was overwhelmed when the subject was first broached to me, as Danilo is indeed the dog that brought TTouch to South Africa and his legacy goes on!

Please note that the cut-off day for Early-Bird discounts are almost here with the Companion animal one ending July 25th!

Keeping in TTouch,

Eugenie Chopin

**Instructor for
Tellington TTouch
Companion
Animals**

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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.



Companion Animals

5-Day TFACT Practitioner Trainings

With Edie Jane Eaton and Eugenie Chopin

Dates: 24th to 28th September, 2016

Venue: Sandton/Midrand, Johannesburg, Gauteng

Times: 9:00am to 5:00 pm daily

Contact: Eugenie Chopin
at: info@ttouch.co.za
on: 011 884-3156

Full Price: ZAR 4850.00

Deposit: ZAR 2500.00

Early Bird Price: ZAR 4400.00

expires on 23rd July 2016

3 Day TFACT or TTEAM Training

This will be the first 3 days of the Companion Animal or Horse Training and will count as a half session for those interested in the Practitioner Program

Full price: R2900

Deposit: R1600

Early bird: R2600

(expires on 23rd July 2016 for Companion Animals and 31st July for Horses)

For more details, [click here](#)

Horses

5-Day TTEAM Horse Clinic

With Edie Jane Eaton and Lindy Dekker

Dates: 1st October to 5th October, 2016

Venue: Donnybrook Guest House and Stables, 66 Chattan Road, Glenferness, Midrand

Times: 9:00am to 5:00 pm daily

Contact: Eugenie Chopin
at: info@ttouch.co.za
on: 011 884-3156

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

Full Price: ZAR 4850.00

Deposit: ZAR 2500.00

Early Bird Price: ZAR 4400.00

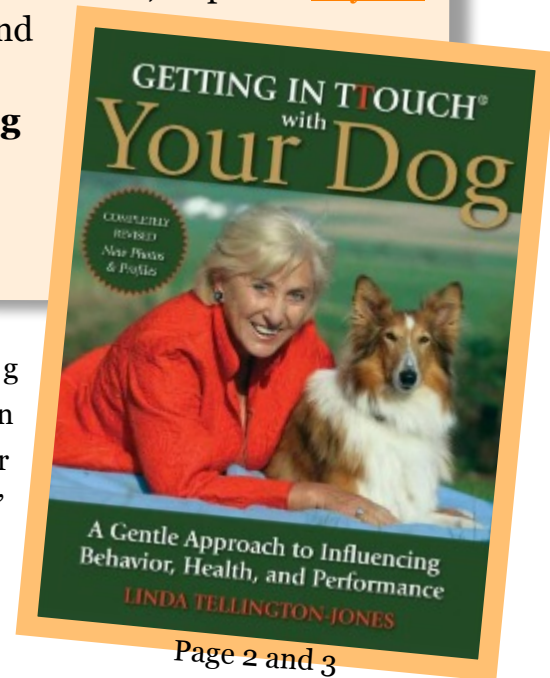
expires on 31st July 2016

Getting In TTouch with Your Dog

By Linda Tellington-Jones

This is **part 2 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



C hange Your Mind, Change Your Dog

One amazing result of the Tellington TTouch experience is that you will learn to see your dog with new eyes. The method inspires a partnership that far exceeds that seen in traditional training. You will develop a new awareness, a new point of view and see new possibilities for yourself and your dog.

If you are able to visualize the behavior you would like your dog to display, you can elicit that behavior without force.

It is a common human habit to focus on undesirable actions: he barks, he's nervous, aggressive, afraid of loud noises, jumps up on people, or pulls on the leash. That's the behavior that sticks in your mind. You can change the undesirable behavior by holding a clear image of just how you would like your dog to behave.

When your dog jumps up on you, imagine him keeping all four paws on the ground. Imagine he moves in balance instead of pulling on the leash. See him as confident when he is nervous or afraid.

A basic premise of the Tellington Method is "By

c h a n g i n g posture, you can influence your dog's behavior." Combining the TTouch with exercises from the Playground for

Higher Learning and the Tellington Equipment, you can enhance a dog's awareness of his own body and posture. And by changing posture, you can change undesirable behavior. One example is the tail that is tucked between the hind legs—a clear sign of insecurity or fear. When the tail carriage is changed, the dog will become more confident and overcome the instinctive fear response. A Variety of TTouches on the tail will enhance the dog's awareness and result in a confident attitude.

Your thoughts can change circumstances. The well-known author and journalist Lynne McTaggart uses her book *The Intention Experiment* to teach us that creative scientists have proven how you can realize goals through the power of your intention.

Have a look at her website

www.theintentionexperiment.com

for more information.

7 Tell-Tale Emotional Signs That Dog Owners Often Miss

by Dr. Becker

As a pet owner, it's important to take the time to get to know your pooch — not only, for instance, that her favorite toy is the squeaky pig or that she often forgets to bring said pig in from outside, but also how to read her sometimes-subtle body language.

The fact is that while you and your dog may communicate very well overall, there's always room for improvement. And it's surprisingly easy to miss certain nuances of your dog's posture, eye contact or vocalizations and in so doing miss out on an opportunity to connect and strengthen your bond.

Submissive behavior is especially important to be aware of, as it's your dog's way of letting you know that she's not a threat and may, in some cases, be looking for some extra reassurances from you.

7 Signs of Submissive Behavior

Not all submissive behaviors are obvious, so if you notice any of the following, now you'll know why. Each is an example of your dog showing signs of submission. [1](#)

1. Rolling Over or Lying Belly Up

When your dog takes on this vulnerable position, it's often a sign of submission, fear or an attempt to diffuse a stressful situation. Some dogs may enjoy having their belly rubbed during this time, but others may feel threatened if you try to do so.

Rolling over as a sign of submission was first described by Nobel prize-winning ethologist Konrad Lorenz in the 1950s. He noted that when two dogs or wolves fight, the defeated animal rolls over in order to offer his neck to the other animal.

When this occurs, the dominant animal will not bite the other, as he is considered to be no longer a threat. There are some caveats, however, according to canine researcher *Stanley Coren*, Ph.D.,



© iStock.com / dageldog

Story at-a-glance

- » Dogs display submissive behaviors when they're stressed, fearful or anxious, as well as to let you know they're not a threat
- » Many submissive behaviors are subtle, such as flattening ears against the head or wagging the tail low to the ground
- » Other signs of submissive behavior include rolling onto the back, submissive urination, tucking the tail between the legs and avoiding direct eye contact

professor emeritus at The University of British Columbia.

"... [F]or this rollover to signal submission, the dog that goes down must stay down until the other dog stops all signs of aggression," he explained.

In other words, if a dog rolls over and displays his belly, then quickly jumps up and engages in more aggressive behaviors, like chasing or snapping the air, it was probably not a submissive behavior at all. In many cases, a dog that rolls over may actually be engaging in play behaviors.

Coren cited a study published in the journal *Behavioural Processes*, which found in dog play, rolling over is a combat tactic — not an act of submission. [2](#)

Rolling over, the researchers noted, allows a dog to deliver or avoid bites to the neck. In their observations of dog play behaviors, they found, “Most rollovers were either defensive (evading a nape bite) or offensive (launching an attack). None could be categorized as submissive.”

2. Submissive Urination

Does your dog piddle at your feet when you arrive home, perhaps with her tail also tucked under and while avoiding eye contact? This is known as [submissive urination](#), and it may be your dog’s way of letting you know that she views you as the authority in the house.

While submissive urination occurs most often in puppies, it can occur in any age, typically after your dog has been scolded or put in an uncomfortable or scary situation.

Puppies often outgrow submissive urination on their own, but be sure to avoid punishing your dog (no matter what age) for this behavior. Doing so may increase the frequency of the urination as well as the likelihood of it continuing into adulthood.

Submissive urination in older dogs is a behavioral issue best dealt with using a trainer familiar with confidence-building protocols and positive training methods to build [communication between you and your dog](#).

You can also cut down on this behavior initially by completely ignoring your dog when you arrive home, then turning your body sideways during greetings, avoiding direct eye contact and waiting to touch her until she’s settled down.

When you do kneel down to touch your dog, scratching her under the chin (not on top of the head or back of the neck) may help. ³ Alternatively, try to greet your dog outdoors so that if your dog urinates you won’t have a mess on your hands.

3. Pulling Ears Backward or Flattening Them Against the Head

Your [dog’s ears](#) give many clues about his emotional state. A relaxed, confident dog will typically hold her ears upright, which may also be a sign that your dog is alert.

When a dog is feeling stressed, fearful or submissive, however, she may move her ears back so they lie flat against her head. If your dog has long floppy ears, this movement may be subtle and revealed only by looking closely at the base of your dog’s ears (not the ears themselves).

4. Submissive Grin

Not to be confused with a snarl, a submissive grin is a toothy smile of sorts that your dog may flash you to show she’s friendly and not a threat. This may be combined with other submissive signs like a lowered tail, licking her lips or avoiding eye contact.

Noticing your dog’s full body language is important in this case to distinguish a submissive grin from a snarl. The latter is a sign of potential aggression and involves a dog wrinkling her nose and showing her canine teeth, often with a stiff posture and facial expression.

5. Tucked-In Tail or Low, Fast Wagging

A dog that tucks her tail between her legs or wags it low to the ground and quickly may be showing you that she’s nervous, anxious, insecure or feeling shy (the tucked-in position also prevents her scent from being released).

Research also suggests that when dogs feel stress, they tend to wag their tails to the left as a reflection of what’s happening in the brain.⁴ Activation of the left-brain causes the tail to wag to the right; activation of the right brain produces a wag to the left.

Your dog’s ears give many clues about his emotional state.

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In general, dogs may wag to the right side when they encounter something pleasant, but when they see something threatening, for example, a strange dog exhibiting dominant behaviors, they wag more to the left side. What do other tail positions mean among dogs?⁵

- A tail held high is a sign of dominance. The dog will release more of her scent from her anal glands this way, thus making her presence known
- A tail held high and wagging is often a sign of happiness
- A tail held horizontal to the ground means your dog is exploring

6. Avoiding Direct Eye Contact

If your dog turns her head away from you or another dog, it may be to avoid making eye contact, which can be perceived as a sign of aggression or threat. However, domestic dogs may be more likely to make direct eye contact with humans than they are with socialized wolves, which suggests they've learned that it's a useful tool for communication.

In short, in an experiment in which socialized dogs and wolves were presented with a difficult task, dogs looked at humans, seemingly for guidance, while wolves did not. According to research published in the journal *Current Biology*:⁶

“Since looking behavior has an important function in initializing and maintaining communicative interaction in human communication systems, we suppose that by positive feedback processes. ... [T]he readiness of dogs to look at the human face has led to complex forms of dog-human communication that cannot be achieved in wolves even after extended socialization.”

7. Licking Another Dog's Muzzle

When two dogs greet each other, the submissive dog may lower her head, avoid eye contact and lick the other dog's muzzle. This communicates that the dog is not a threat. Licking her own muzzle, such as a very quick lick of the nose or simply the tip of the tongue barely stuck quickly out of the mouth, is also a common [calming signal used by dogs](#) to diffuse

stressful situations, promote peace and stave off aggression within the pack.

If you're interested in learning a new take on how to communicate with and [understand your dog](#), check out my interview with Isla Fishburn, Ph.D., a holistic dog behaviorist and owner of Kachina Canine Communication in Northumberland, England.

She believes that a dog's emotional state is what drives its behavior, and that it's important to recognize that your dog is another species with its own methods of communication and needs for emotional and physical wellness. You can watch our interview in full below.



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TTouch for Dogs - Durban 2016

By Michelle Sachs – Practitioner for Companion Animals – Level 1

I have a friend who lives and works in Durban in as a Kinesiologist. She'll often be busy working on a client when they'll ask her if Kinesiology can help their pet with one problem or another. She usually sends them my way but as I am based in Johannesburg, I usually refer to people in the area. This has been happening a lot more over the last year so we decided to do a TTouch course in Durban for her clients and anyone else who wanted to attend. We chose to work from her home as it's more intimate and use her two gorgeous German Shepherds as our demo dogs.

As her property is rented, the landlord would allow us to run the course, but sadly no other dogs could attend. The ladies who booked were understanding of this small hiccup and sent me information about their dogs so all concerns could be addressed during the course. A few details about the dogs were left out, which happens, so I covered those issues on the day. I stayed on in Durban for a few days after the course incase anyone wanted me to come see their dogs privately, and to enjoy the ocean air too.



Below is a brief synopsis of what I focused on during the one-day workshop:

The objective of TTouch, which is to bring about physical, mental and emotional balance in dogs.

Balanced dogs tend to have better self-control, self-carriage and confidence. They hold themselves confidently and cope appropriately in most situations.

Stress in dogs. This includes flight, fight, freeze, fool around and faint. Most dogs choose flight (run away) as they know engaging in a fight is often detrimental, as they could get injured. Often if they

are cornered or attached to their owner by a lead, the option to flee is removed and the only option they have left is to fight. Others choose to freeze, they hold their breath,



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www.facebook.com/dolphinsoul



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082 458 1302

tuck their tails, drop their heads and hold very still in the hope that the scary thing will go away. Some dogs get overwhelmed in stressful situations and go into fool around. They will fling themselves on their backs and roll around, or start running around doing "zoomies" around the house or garden in an attempt to calm themselves down. Fainting is rare and can indicate that the dog is totally overwhelmed or may have a medical problem.

We also discussed **The Candles by Edie Jane Eaton**, which explains simply how too many triggers (things the dog is scared of or worried

about) happening one after the other in a small amount of space becomes too much for the dog e.g. A thunderstorm building up. Everyone grasped the concept easily. All the ladies had seen flight, fight and fool around. One lady realized that her dog actually freezes when touched and after we discussed it, it emerged that her dog has skin allergies and a very tight skin that twitches when touched. This has resulted in her becoming quite touch sensitive, she avoids being petted by unknown people too.

We then discussed **dog body language** and the **calming signals** dogs use to tell us and other dogs that they are feeling uncomfortable, need space or are getting overwhelmed. By becoming adept at understanding what the dogs are “saying”, by listening to their body language, the owners can assist their dogs appropriately. One lady realized that her dog had been furiously giving her calming signals, which she had constantly ignored, she felt terrible! I reassured her that as she didn't know what her dog was “saying”, she did what she thought was right. Now she has a better understanding of what is being communicated.



I taught them to put on the **Balance Leash** when walking dogs that tend to rush forward or pull. One lady has just adopted a beautiful Great Dane puppy who already pulls slightly on lead, this was essential for her to learn so she could teach him gently to walk nicely next to her, especially as he will be huge when full grown. We practiced the Balance Leash and Balance Leash Plus on our willing

and very sweet demo dogs. We also discussed **different harnesses** that can be used to take the pressure off the dogs' neck and re-balance them easily. Everyone had a chance to practice and walk around the groundwork setup in the garden. Thankfully the local vervet monkeys only played with a few poles and cones and didn't make off with anything we needed.

We went through the **groundwork/playground of higher learning**. By gently leading the dogs slowly and mindfully over the equipment and through the labyrinth, we were able to identify how



balanced the dogs were and if they had any difficulties moving to a particular side, or lifting their paws up over poles. One of German Shepherds, Max, has bad hip dysplasia, which was evident to see and how he adapts his body to enable himself to do what we asked. Everyone found this very interesting.

Body wraps were also introduced to help those dogs who are noise sensitive and to assist generally with confidence, balance, calming, pain, awareness and reactivity. Everyone got a body wrap to practice with on our demo dogs and on my stuffy dog Spirit, who Max found fascinating and kept sniffing him. We also used the bodywraps on our own bodies, so the participants could feel what its like having a wrap on for themselves. We also went over Thundershirts. I showed them which wraps and TTouches I would do to assist Max with his hindquarters and put a wrap on him, which send him to dreamland almost instantly.



I taught them the following **TTouches**:

- Noah's March** is a sliding touch using the front of the hand to initiate contact and build trust as well as connecting the touches.

- Abalone TTouch** is a circular touch done with the whole hand. It is a warm touch and can be very calming and comforting.

•**Chimp TTouch** is done with the back of the fingers and is also a circular touch. It is beneficial to build trust in shy or scared dogs, as it is not as intrusive as working with the whole hand.

•**Clouded Leopard TTouch** is the foundation touch and is fantastic to build confidence, reduce fears or pain and help to calm and soothe nervous dogs. It is also a circular touch.



•**Ear TTouch** is a very calming, soothing touch for most dogs and is fantastic for those dogs that get car-sick. By doing ear touches on a dog's ear before cleaning them, it might make it easier for the dogs to accept having their ears cleaned. Ear touches also affect the limbic system in dogs, which helps affect the immune system

and emotions, assisting dogs to cope and learn in situations that might otherwise frighten them.

•**Tail TTouch** is useful to help dogs that are scared of loud noises, thunder and fireworks. It can be beneficial for reactive, barking or aggressive dogs as it helps to re-balance and calm them. It can also build confidence in dogs that are shy or fearful.

•**Mouth TTouch** is another extremity touch that helps dogs that are unfocused, hyperactive, chronic barkers or aggressive. The puppy owner was thrilled that this could help mouthy puppies too, as her pup was having fun chewing on all her furniture. Mouth TTouch also affects the limbic system, this is the part of the dog's brain that controls emotions.

Everyone got to practice the TTouches on themselves, on each other and on the dogs and my stuffy dog. The ladies couldn't believe how gentle the touches were, yet how effective and relaxing. I emphasized the importance of **pressure** and the **mindful pause** when doing the Touches as sometimes that can be as important as the TTouch itself. I also taught the **Zigzag/Zebra TTouch** for the touch sensitive dog, as this might be helpful for the owner to be able to touch her in a way that would be enjoyable for her.

We put wraps on the dogs and spent some time outside engaging in the groundwork and doing **mindful TTouches between movement** to bring about better balance, body awareness and focus. Everyone noticed that Max was walking better and seemed to be feeling much more sprightly. He even decided to chase after those naughty monkeys.



The ladies were very engaged and asked many insightful and intelligent questions about the TTouches, how and when to use them and how to

prepare dogs for the body wraps and Thundershirts. We also discussed the importance of giving the dogs a break when working with them and "chunking it down" to make the process easier for them.

It was a lovely experience and I had really great feedback from the participants. The lady with the touch sensitive terrier contacted me a few days after the course to say that she had been doing some of the TTouches on her dog as well as applying the bodywrap for a few minutes a day. That morning her dog climbed up onto her bed and cuddled up with her, which she had never, ever done. She was absolutely thrilled! This totally made my whole day.

Some of the comments were:

"Loved the course, I learnt a lot." Shelhi

"What a wonderful experience." Keryn

"Thank you for an amazing workshop, I learnt so much." Debra

I look forward to hearing back from them and learning how their dogs are doing. I had a really great day and feel so blessed and honoured to be able to teach this life-changing work. A huge thank you to Linda Tellington Jones and Eugenie Chopin for sharing their passion with us, so we can pass it on to others.

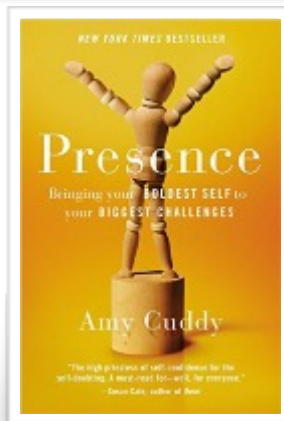
Website of the month

Everything you need to know about your pets, brought to you by fellow animal lovers and experts.

PetHelpful

Welcome to PetHelpful.com! We are a site created by animal lovers, enthusiasts, and pet professionals sharing expertise and knowledge on pets. We have information on everything pet related—from what to do with an ailing dog to how to set up a 10 gallon fish tank properly. If you're looking for answers, or are just curious and starting your research, we've got you covered!

Book of the month



Presence: Bringing Your Boldest Self to Your Biggest Challenges

Have you ever left a nerve-racking challenge and immediately wished for a do over? Maybe after a job interview, a performance, or a difficult conversation? The very moments that require us to be genuine and commanding can instead cause us to feel phony and powerless. Too often we approach our lives' biggest hurdles with dread, execute them with anxiety, and leave them with regret.

[Read more...](#)

Bits and Pieces



Amy Cuddy's research on body language reveals that we can change other people's perceptions — and even our own body chemistry — simply by changing body positions.

http://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are

Presence—Don't Let Your Dog Leave Home Without It

by Patricia B. McConnell

Perhaps you've seen Amy Cudder's viral TED talk about Presence, or read her inspiring book Presence: Bringing your Boldest Self to your Biggest Challenges? While I was re-reading the book this morning I was reminded of Ranger, a large dog I worked with years ago who was agoraphobic and refused to leave the house. The owner and I tried everything I could imagine to help the dog, including a vast range of classical and operant conditioning sessions, every leash/collar system on the market, to western and eastern medicine. Nothing seemed to be working, and in desperation I recalled reading an old psychology study that improved people's moods by having them smile, no matter how they felt when first asked.

[Read more...](#)