



# Tellington TTouch® Southern Africa

Issue 5, June 2016

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Website of the month  
Book of the month

### TTouch South Africa

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

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## Eugenie's Letter



# H

ello TTouch Friends!

It's an unusual cold wet winter day here in Johannesburg and my assistant Diane is just leaving to take Shadow (our cat) back to the Vet for a blood test. Just over a week ago, she was bleeding and when taken to the Vet, we found that her blood wasn't coagulating as it should. This is usually a sign of rat poison – particularly Rattex. Now we are more than careful about putting out rat poison on our property but have been known to put it in the roof of the staff quarters. A very good Vet, Maxine Elliott (of course daughter of TTouch Practitioner Niki Elliott :-)) tells me that rats do sometimes take the poison back to their nests and this could be how Shadow got some. She could also have gotten it next door as well, so it's hard to know. However, Maxine had 4 similar cases last week alone, so please do be careful if you have any poison on your property at all!

**“If having a soul means being able to feel love and loyalty and gratitude, then animals are better off than a lot of humans.”**  
—James Herriot

I'm sure some of you must have some rat solutions without using poison, so if you do, could you please share with our readers? Here is one I found on line – has anyone used this successfully? It's EarthKind Fresh Cab Rodent solution. Will let you know Shadow's test results (looking to see if the blood is now coagulating after a week's worth of meds.)

<http://www.earthkind.com/products/featured-fresh-cab-rodent-repellent>

I am off to the USA this month for my annual visit and I look forward to hearing what people are saying about the upcoming Presidential Election. I have to admit I've been somewhat addicted to CNN this past month or so due to my concern over what is happening in my birth country. With yesterday's terrorist attack in Orlando, it moves me again to say how appalled I am that in this day of global communication, people still don't get how we are all in this life together. We don't have to subscribe to someone else's beliefs but we do have to respect them and try to find common ground where we can live together peacefully and graciously. Maybe a pipe dream, but I plan on holding onto it!

Sending lots of love to politicians, pets, humans (all sorts) and here's hoping that winter is short and not too severe.

### Eugenie Chopin

PS: Don't forget the upcoming trainings starting Sept 24<sup>th</sup> with Edie Jane Eaton, one of our brilliant Canadian Instructors!

**Instructor for  
Tellington TTouch  
Companion  
Animals**

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

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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:** 24<sup>th</sup> to 28<sup>th</sup> September, 2016  
**Venue:** Sandton/Midrand, Johannesburg, Gauteng  
**Times:** 9:00am to 5:00 pm daily

**Contact: Eugenie Chopin**  
 at: [info@ttouch.co.za](mailto: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 23<sup>rd</sup> 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 23<sup>rd</sup> July 2016 for Companion Animals and 31<sup>st</sup> July for Horses)**

For more details, [click here](#)

### Horses

#### 5-Day TTEAM Horse Clinic

With Edie Jane Eaton and Lindy Dekker

**Dates:** 1<sup>st</sup> October to 5<sup>th</sup> 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](mailto:info@ttouch.co.za)  
 on: 011 884-3156

**Contact: Lindy Dekker**  
 at: [equibalance@iafrica.com](mailto:equibalance@iafrica.com)  
 on: 083 616 0577

**Full Price: ZAR 4850.00**

**Deposit: ZAR 2500.00**

**Early Bird Price: ZAR 4400.00**

**expires on 31<sup>st</sup> July 2016**

## Getting In TTouch with Your Dog

By Linda Tellington-Jones

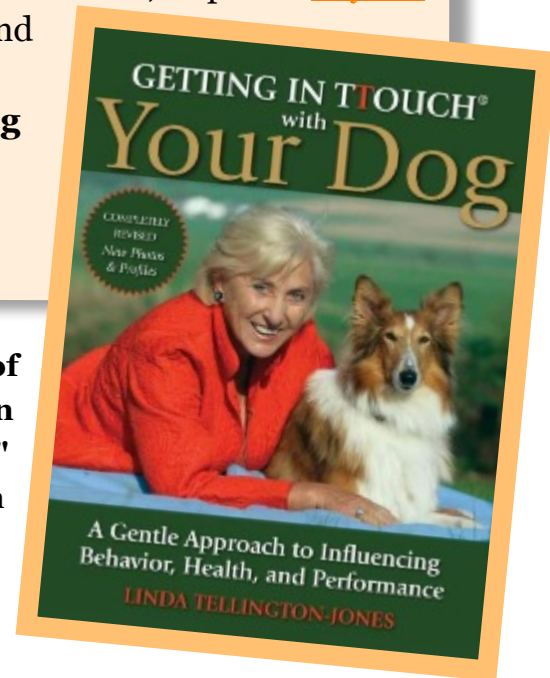
This is going to be the first part of a series that will include some parts of Linda Tellington-Jones's book: **Getting in TTouch with Your Dog**.

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)



**W**HEN YOU THINK OF YOUR DOG what is the first characteristic that comes to mind? His "smile," his gentle companionship, his good-natured bark when he sees a "friend"?

Or, do you immediately think of his "bad habits"— maybe his tendency to jump up on people, the "accidents" he sometimes has in the house, or the way he pulls when you go for a walk?

**Every dog is an independent spirit and a unique being** made up of a **fascinating mixture** of what you might call "bad" and "good." Now, in this new edition of the international bestseller Getting in TTouch with Your Dog, acclaimed animal expert and companion animal trainer Linda Tellington-Jones explains that **the "idea" of your dog that you hold within, the picture you have in your mind, has a great deal to do with how he ultimately behaves.**

**"Change your mind, change your dog,"** is one tenet of Linda's renowned Tellington Method.

**By thinking of your dog in "perfect" terms,** you can come a long way in solving problematic behaviors, **training for a joyful partnership, and ensuring health and well-being.**

Added to this "perfect dog state of mind" is Linda's course in gentle bodywork, known throughout the world as "Tellington TTouch." This series of circular touches on your dog's body, using different pressures and patterns, has been scientifically proven to reduce stress, speed healing, and increase focus and the ability to learn.

TTouch is complemented by specialized training equipment, carefully chosen to provide the handler optimal means of communication without the use of force, as well as Linda's Playground for Higher Learning, a ground course of obstacles developed as a fun way to improve your dog's attention, willingness, and confidence. Altogether, Linda provides the ultimate reference for safe, gentle, idealistic care for and training of dogs, all ages, breeds, and sizes.



## The ongoing story of Thoren - A foster dog

By Nancy Horenburg

I have never fostered a dog before. All the dogs that came into our lives stayed in our lives. But then came a day a couple of weeks ago...

The tale begins when Anna-Lena, a BSPCA committee member, messaged me the



picture of this sad looking dog. She said that this dog would really need some good care to get him back on his feet.

Because of malnutrition when he was young, he has some weakness and malformation

in his hindquarters. I thought what a great opportunity to take him on as a foster, and use TTouch to help him with his issues. Then the idea came to create a Facebook Page to tell his tale, and for interested future adoptive people to follow his progress.

I have had him for a week now, and he had integrated well with the pack of dogs and cats and humans. Now that he has settled in, I am going to start the “work” of TTouch to help straighten him up, so to speak.

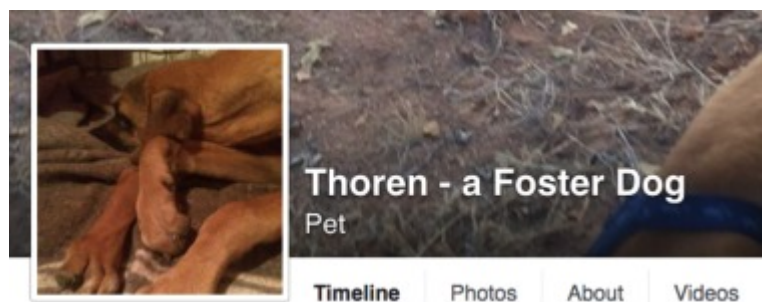
He has a roached back and low hips, becoming more pronounced when concerned. His feet and legs are turned outwards, making him duck-toed, and his hindquarters are weak, lacking in muscles. Even when he lies down his legs stay “crooked”, so I assume his tibia and femur have twisted due to his lack of proper nutrition when younger.

I will do a lot of wraps, especially candy stripes around his legs, starting from the back and going inwards across his thigh so as to give the ‘information’ to turn more inwards.

I’m also going to set up groundwork so everyday he’ll get a chance to move his body in different ways.

Even though he has only been a week with me, he has already gained weight, and I can see a slight difference in his walk, even though I did no TTouch yet. It must be all these walks and the healing of the earth, oh, and the good food and care too!!

If you are interested in following his story, and seeing him become the best that he can be through TTouch and TLC, please visit his [Facebook Page](#).



## Avoidable Mistakes Owners Make When Their Dog Meets Another

by Dr. Becker

**W**hether you're adding a new dog to your family, watching a friend's pet for a couple of weeks or passing other doggy friends on your morning walk, your dog has plenty of opportunities to make new acquaintances.

The difference between those meetings going pleasantly or possibly turning aggressive lies, to some extent, with you and how you approach these delicate dog-to-dog introductions.

Unlike people, who walk right up to one another, look each other in the eye and shake hands upon first meeting, dogs prefer to greet one another in a more roundabout way. A direct frontal approach may cause tension or even aggression among two dogs, especially unfamiliar dogs.

Further, while dogs are social animals, they also have a defined hierarchy within their own packs. Adding a new dog to your family will disrupt this hierarchy until each dog learns their new place in the pack.

The first meeting is incredibly important and can set the stage for the rest of the relationship. In order to help your dog make friends, not foes, here's what can help, according to Karen B. London, Ph. D., a certified applied animal behaviourist

### 10 Top Tips for New Dog-to-Dog Introductions

#### 1. Meet One-on-One

Your dog should meet new dogs one at a time, as group meetings can be overwhelming. This is one reason why some dogs don't do well at dog parks.



#### Story at-a-glance

- Your dog should meet new dogs one at a time, as group meetings can be overwhelming
- Choose a neutral location and leave toys and treats, which can cause possessiveness and aggression, at home
- Keep the first meeting very brief and portray a relaxed, calm attitude to your dog

#### 2. Meet on Neutral Ground

Avoiding setting up the meeting in your dog's (or the other dog's) territory, which may make the dogs feel an intruder is coming in. A neutral location is best.

#### 3. Let the Dogs Meet Outside

Sometimes a dog will urinate when meeting a new dog, and then walk away to help diffuse tension. The other dog can then sniff the urine and get to know the other dog this way before coming into closer contact.

If the meeting is indoors, housetrained dogs will probably avoid urinating and therefore miss out on this important method of introduction.

#### 4. Give the Dogs Room to Roam

Holding an introduction in a tight space can be stressful for the dogs, who will prefer room to

move freely. This doesn't mean you should let your dog run loose, but rather use a leash (with some slack) and hold the meeting in the middle of your backyard as opposed to near a fence or doorway.

If you can safely do so (such as in a fenced backyard with two non-aggressive dogs), drop the leash and let your dog approach the other dog as he wishes. (Leave the leash on, however, in case you need to grab it to diffuse tension).

## 5. Avoid Hovering Over Your Dog

You may want to stay close in case something goes wrong, but hovering over your dog will add to his tension. You should give the dogs space to say hello, and if the situation seems to be getting too stressful, move away from the dogs to lower arousal.

## 6. Try a Moving Introduction

If you walk purposefully during the introduction (such as between two dogs on a sidewalk), it helps prevent the meeting from getting overly intense.

## 7. Stay Calm

Your dog will sense your emotions about the meeting and respond in suit. If you're nervous, stressed or overly excited, your dog may be too. A better option is to stay calm, breathe slowly and portray a relaxed attitude to your dog.

## 8. Avoid Bringing Toys or Food

Meeting a new dog is stimulating enough — add in treats and toys and the situation can quickly escalate out of control. Plus, your dog may feel possessive about the food and treats, leading to issues between the dogs.

## 9. Keep it Short

A few minutes is long enough for an initial interaction between two unfamiliar dogs. It keeps the meeting fun and interesting while leaving less time for things to get tense. For dogs that are easily stressed, a short meeting will be essential to keep your dog from feeling overwhelmed.

## 10. Introduce Your Dogs Ahead of Time

It's possible to let dogs become familiar with one another before they actually meet. This can be done by letting your dog smell the other dog's urine or by keeping them in close vicinity without an actual greeting (such as walking two dogs side-by-side, but a few feet apart).

### Bringing Home a New Pet? Plan to Take a Few Days Off Work

The first week your new dog spends in your home is a crucial time of building new relationships, between you and your dog as well as your dog and any other pets. I recommend taking at least a few days off of work — and ideally about a week — so you can stay home and focus on your new addition.

This is the time you can introduce your dog to your daily routine, which will give him a sense of security, as well as take time to slowly introduce him to your other pets.

If your dog has been rescued from a shelter, keep in mind that the transition may take more time. I recommend using the A Sound Beginning System to assist in your rescue's adjustment to his new home.

You should not force any new introductions on a dog that's not ready; allow him to get to know his new housemates at his own pace. Senior pets may also need additional time and attention when adjusting to a new pet in your home.



**About Dr. Becker**

- Licensed Veterinarian
- Voted Top 10 Veterinarians in Chicago, IL
- Wildlife Rehabilitator
- Animal Advocate

[Discover More](#)



## Letters from readers

Claire Grobbelaar - Free dog training for shelter dogs

Hi Eugenie!

As promised, I would like to let you know that I'm up and running again.

I have joined **Oscars Arc, a registered PBO, in the heart of the Franschhoek.** The organization's main aim is to **target the public's perception of shelters** – and to **positively drive the benefits of adoption.** One of our pilot programs - starting in June to drive the benefits of adoption - is to **provide free basic training workshops** to any shelter dog on weekends at our facility - see attached brochure. Please feel free to share and promote on social media and perhaps the Ttouch Newsletter? I have attached a flyer that can assist in this effort.

**All that the client needs to do is to email me at [training@oscarsarc.org](mailto:training@oscarsarc.org) and I'll do the rest!**

I am now also available for clients that need **private training and behaviour consultations.** These services will be provided at our beautiful new facility or in the client's home. We will be providing this service at a **very affordable price** and **all proceeds goes to Oscars Arc to further promote dog adoptions.** Interested clients can contact me via email or on my new cell number, given below.

We also have a **senior for seniors program** running where we adopt senior rescue dogs from other shelters (as ours will only open in Oct) - training them and then place them out to old age home to **provide comfort and friendship to the residents.** Our first candidate is actually being re-homed today so it's tears all around for me. **I cannot tell you how much Ttouch has helped me in gaining his trust** - from running away from the presence of a lead and collar and tolerating

touching to now asking to be petted - and don't think about stopping ... he just 'demands' more :) :) I'm sure he will get his daily dose of loving from the elderly.

It's good to be back in the saddle :)

Much Love,

For the shelter dogs,  
Claire

**CLAIRE GROBBELAAR**

DIRECTOR OF TRAINING & ENRICHMENT

DipCABT | CAPBT Pract | CerCAB | CertTtouch® CA P1 | KPA CTP | Cert CN

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🌐 [www.oscarsarc.org](http://www.oscarsarc.org)



**ADOPTING A DOG?**

**FREE DOG TRAINING**

**ADOPT A DOG HERE & SIGN UP TO ATTEND OUR TRAINING WORKSHOPS FOR FREE (NO CATCHES)**

**INTERESTED?**

**TRAINING@OSCARSARC.ORG**



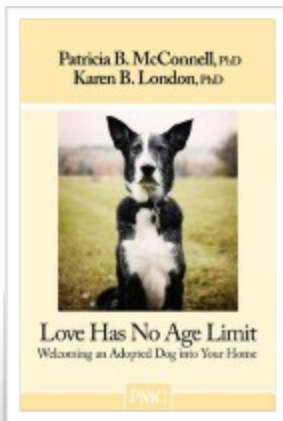
Website of the month

DOG ADOPTION.  
INSPIRED



<http://oscarsarc.org/>

Book of the month

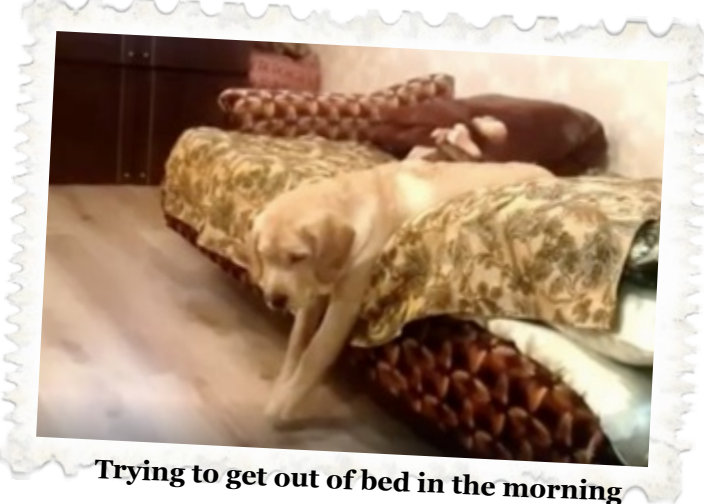


**Love Has No Age Limit:  
Welcoming an Adopted  
Dog into Your Home**

So here you are, right next to a new dog who just entered the house, and whose life history you know little or nothing about. Now what? How do you welcome an adult or adolescent dog into your home and incorporate this new individual into your family? This booklet is designed to help you ease the transition from "new dog" to "family member" by guiding you through the first steps of this new relationship.

[Read more...](#)

Bits and Pieces



**Trying to get out of bed in the morning**

<https://www.facebook.com/Distractify/videos/638955966261896/>

**Did They Really Say That?**  
by Dr. Ken Tudor

*As with all professions, veterinary clients and customers are capable of saying some outrageously hilarious things.*

Ms. W had to euthanize her dog for acute irreversible kidney failure. Our hospital policy is to make a clay imprint of the pet's paw and provide the imprint and a lock of fur to the owner prior to final care of the remains. In this case the owner elected to have the remains of her pet cremated. When she returned to the hospital to retrieve her pet's ashes she asked if we could make her a second paw imprint for her sister, who was also very close to the deceased dog.

Kudos to the staff! They treated the situation very delicately, rather than hysterically, and explained the impossibility of such a request.