



# Tellington TTouch® Southern Africa

Issue 02, March 2017

## Contents

- Page 1 — Eugenie’s Letter
- Page 3 — Upcoming TTACTION Trainings
- Page 4 — Getting in TTouch with Your Dog
- Page 6 — 10 ways dogs communicate their sense of humor
- Page 7 — Tender Loving TTouch
- Page 9 — Bits and Pieces  
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



Dear TTouch Friends,

I’m sitting here on a Sunday afternoon and it’s raining again! How wonderful that the dams are filling up here in Gauteng, I just wish it were the same all over the country. From my animals perspective however, they love being outdoors and have been restless with all of the time spent indoors. Fortunately we had a good day yesterday and everyone got a bath - Things were getting a bit “spicy” in the house...

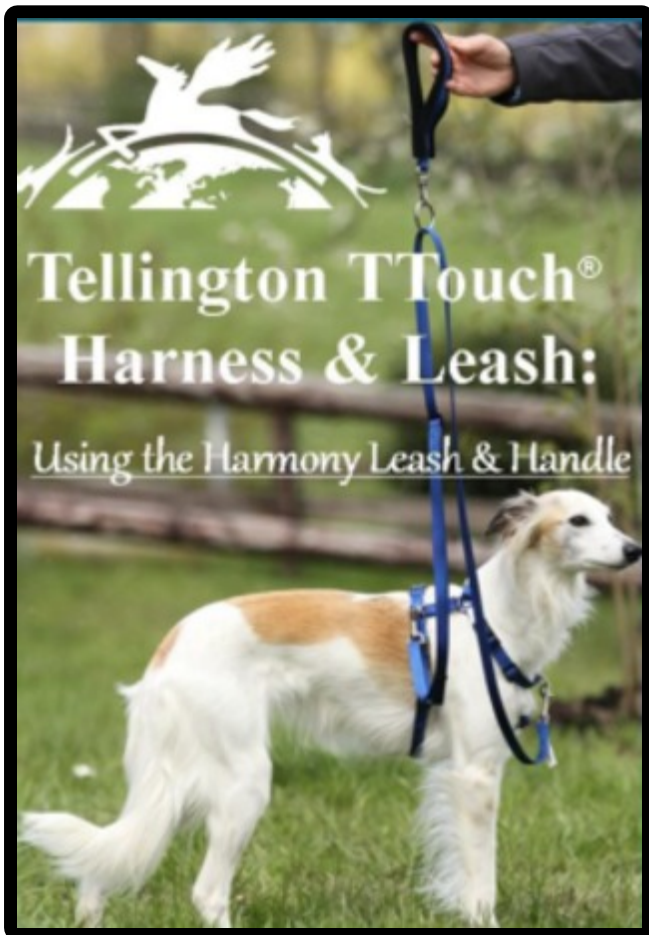
It’s actually hard to believe that it’s already March and Robyn will be here in a couple of weeks’ time. I am excited to say that we have added a week-end workshop for Humans – i.e. how can TTouch bodywork and body wraps help people in so many ways.

**Animals are reliable, many full of love, true in their affections, predictable in their actions, grateful and loyal. Difficult standards for people to live up to.**

Alfred A. Montapert

We are also doing an Advanced Companion Animal Training for our Practitioners and any student who has complete 4 full trainings. I have always said that one of the beauties of this work is that it's always evolving – meaning of course that we are always learning and creating new ideas and ways to make our communication with animals easier and more respectful.

This session we have Robyn Hood as Instructor. As many of you know, Robyn is Linda Tellington-Jones' sister and she's been involved in this work from the beginning. However I'd like to take this opportunity to tell you that Robyn is an amazing innovator in her own right. She has taken the practical applications of this work to a new level that we all can learn from. She is the creator of the new TTouch Harness and Harmony Leash that should revolutionize dog training. She will of course tell you that her ideas come from a couple of other sources, but she has indeed taken ideas and run with them to make products that work best for the TTouch ideas.



See the picture here.

If you have any questions or interest in these, just send an email to [info@ttouch.co.za](mailto:info@ttouch.co.za) or call us on 011 884-3156.

So time is getting away from me as our trainings start in less than 2 weeks! But you still have time to enrol for any of them. Please see details below in this Newsletter. And don't forget there will be a companion animal workshop in **Cape Town in May!**

Warmest Regards,

Eugenie Chopin

**Instructor for  
Tellington TTouch  
Companion  
Animals**

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

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

011 884-3156

## Upcoming Tellington TTouch Trainings

### For Companion Animals and Horses

You need no previous Experience to join these Trainings

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



### **TTouch for Humans**

Workshop: 2 Day TTouch for Humans

Presented by: Robyn Hood

Date: 2017 Mar 18 – 19

Venue: Sandton

Price: Full Price R2200 - Deposit R1200

### **Advanced TTouch**

Workshop: Advanced TTouch for Companion Animals for Guild Members

Presented by: Robyn Hood

Date: 2017 Mar 21 - 23

Venue: TBA – Sandton or Midrand, JHB Gauteng

Price: Full price R3500 - Deposit R1800

**Contact: Eugenie Chopin**

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

on: 011 884-3156

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

Workshop: 5 Day training for Companion animals

Presented by: Robyn Hood

Date: 2017 Mar 25 – 29

Venue: TBA Midrand or Sandton, JHB Gauteng

Price: Full price R5200 - Deposit R2800

*3 Day option available*

Price: Full price R3500 - Deposit R1800

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

Workshop: 5 Day training for Horses

Presented by: Robyn Hood

Date: 2017 Apr 1 – 5

Venue: Donnybrook Stables, Glenferness Midrand

Price: Full price R5200 - Deposit R2800

*3 day option available*

Price: Full price R3500 - Deposit R1800

**Contact: Lindy Dekker**

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

on: 083 616 0577

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

Workshop: 5 Day training for Companion Animals

Presented by: Edie Jane Eaton

Date: 2017 May 20 -24

Venue: TBA

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

*3 Day option available*

Price: Full price R3500 -Deposit R1800

Early Bird price R3150 expires 2017 Mar 25

**Contact: Eugenie Chopin**

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

on: 011 884-3156



For more details, [click here](#)

## Getting In TTouch with Your Dog

By Linda Tellington-Jones

This is **part 6 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)

### What is Tellington TTouch Training?

Tellington TTouch Training for dogs is a gentle, respectful method of training honoring the body, mind and spirit of animals and their people. It has four components:

- *Bodywork called the Tellington TTouch.*
- *Ground exercises called the Playground for Higher Learning.*
- *Tellington Training Equipment*
- *Intention: Holding positive pictures in your mind of how you want your dog to behave, perform and relate to you.*

Tellington TTouch Training enhances learning, behavior, performance, health, and develops a trusting relationship between dogs and their people.

### The History of Tellington TTouch

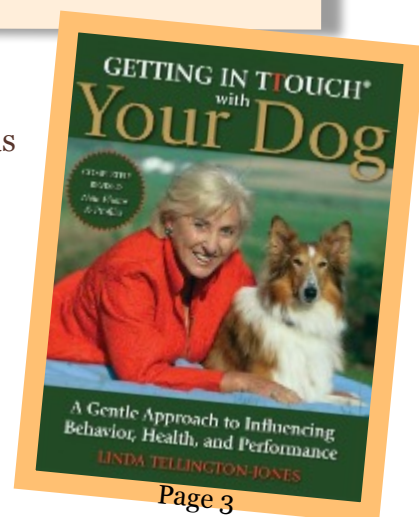
Tellington TTouch Training for dogs evolved from my work with horses, which over the decades has expanded to include all animals as well as humans.

Doing bodywork on animals is generally thought to be a modern trend. However, my grandfather Will Caywood learned a form of

equine massage from Russian gypsies that was the cornerstone of my interest in body- work for animals. In 1905 while training racehorses at the Moscow Hippodrome in Russia he was awarded the title of Leading Trainer of the Year for producing 87 winning horses that season. He received a prize of a jeweled cane from Czar Nicolas II. My grandfather attributed his success to the fact that all horses in his stable were “rubbed” over every inch of their bodies for thirty minutes each day with this gypsy massage.

In 1965, my then husband Wentworth Tellington and I wrote a book entitled *Massage and Physical Therapy for the Athletic Horse* based on the Russian gypsy massage. We used this system of massage on our horses for recovery after 100-mile endurance competitions, steeplechases, three-day events, and horse shows—all of which I competed in extensively. We found that our horses recovered much more quickly with bodywork.

However, at that time it never crossed my mind that the behavior and character of an animal,



and its willingness and ability to learn, could be influenced by bodywork. That all changed in 1975 when I enrolled at the Humanistic Psychology Institute in San Francisco in a four—year professional training taught by Dr. Moshe Feldenkrais, the creator of a brilliant system of mind—body integration for humans.

My enrollment in this four—year course was an unlikely move on my part as the Feldenkrais Method was developed for the human nervous system, and I came from the world of horses. I had been teaching riding and training horses for over twenty years at that time, and for the past ten years had co-owned and directed the Pacific Coast Equestrian Research Farm and School of Horsemanship, dedicated to the education of riding instructors and horse trainers.

I signed up for this training thinking I could use the Feldenkrais Method to enhance the balance and athletic ability of my riding students. **I was driven by an intense, intuitive “feeling,”** which for some inexplicable reason prompted me to take this course. It’s almost as if I “knew” that the Feldenkrais Method, known for increasing athletic ability, alleviating pain, and improving neurological dysfunction whether it be from injury, illness or birth, would become exceptionally effective in improving the performance and well-being of horses.

In July, 1975, I had an “ah—ha” experience that led me to the development of a new method for training horses. It occurred as I was lying on the classroom floor with sixty-three fellow students following the instructions of Moshe Feldenkrais. This was only our second day of the training and we were being guided through a series of gentle movements called Awareness through Movement®. **Moshe made the statement that a human’s potential for learning could be enhanced, and learning time shortened dramatically, with the use of**

**non-habitual movements.** These movements could be done sitting, standing, or lying down and consisted of exercises that bring new awareness and function to the body.

It was the theory of Moshe Feldenkrais that these non-habitual movements activate unused neural pathways to the brain, and awaken new brain cells, thereby increasing one’s ability to learn.

When I heard this statement, my first thought was, “What movements could I do with a horse that will be ‘non-habitual,’ and could increase a horse’s ability to learn?”

From 1975 to 1979 I spent summers in San Francisco in the Feldenkrais training and the winters in Germany working on countless horses developing a method of non-habitual movements over a variety of obstacles. By working through The Labyrinth, The Star, and Platform horses made remarkable improvements in behavior and balance and demonstrated a new willingness, and ability to learn without pressure or force. (These obstacles are now known as The Playground for Higher Learning, and dogs that can negotiate these and other obstacles become more cooperative, balanced and focused.)

With the encouragement of Ursula Bruns, founder of the Reken Test Center in Germany, and the support of my brilliant sister, Robyn Hood, a system evolved that was originally called Tellington Equine Awareness Method or TTEAM. The work is now known as the Tellington Method and Tellington TTouch Training.

**It was the theory of Moshe Feldenkrais that these non-habitual movements activate unused neural pathways to the brain, and awaken new brain cells, thereby increasing one’s ability to learn.**

# 10 Ways Dogs Communicate Their Sense of Humor According to Science

by Patrick Lumontod - Feb 12, 2017

## The personal experiences of at least 50 million dog

**devotees** combined with the high science of a handful of rat-, ape- and dog-tickling animal behaviorists have irrefutably proven that dogs have a [sense of humor](#).

I'm being serious. We've seen authoritative sources [write about this](#). Humor – a triad of being amusing and amused, state of mind, and being accommodating – may better define the quintessence of dog-soul-dom than any other core characteristic. Like their people, their humor is usually irrepressible and always demonstrative.

## 1 Dogs Do Indeed Laugh. In A Way.

Head up, toothy broad-mouth, sparkling eyes, and a chuffing pant typify canine crack up. Face shape notwithstanding, the elemental physical expression of laughter may coincide with a size-matters vocalization, a Catahoula chuckle, GBGV giggle, hound howl, Rottie roar, Schipperke snicker, or a Weimaraner whoop.

A dog-respiration study published in Stanford University's *Science News* describes dog laughter as “a broader-frequency exhalation” [than panting](#). A 2005 *Michigan State University* study [further reported](#) that recordings of dog laughter, played back in stressful animal shelter environments, calmed anxious dogs and increased their confidence to interact with people and other shelter residents. That's the scientific explanation. The rest of us just know it when we hear-see it, and it has the same happy-calming effect on us.

## 2 Dogs LOVE to smile.

To carry on reading, please go to:

<https://topdogtips.com/ways-dogs-communicate-their-sense-of-humor/>



## Tender Loving TTouch

By Debbie Potts - TTouch Instructor



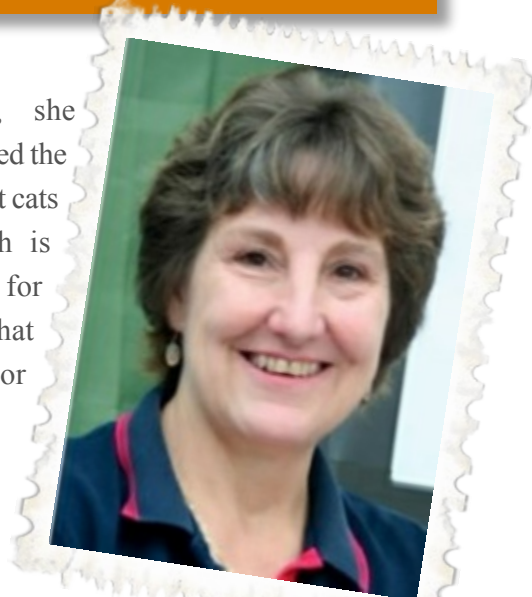
**S**imple but profound, Tellington TTouch can help heal and calm your kitty.

The simplest things are often the most powerful. Who would think, for example, that using your fingertips to make circles on your cat's body could have such a profound effect on his well being? With Tellington TTouch, it can.

Tellington TTouch, more commonly known as TTouch, is a technique created by Linda Tellington-Jones in the 1970s. It involves making circular movements with your fingers or hands on an animal's body. The intent is to activate cell function and awaken cellular intelligence – it's a little like “turning on the electric lights of the body”, according to Linda. Just the simple act of using your fingertips on an animal's body can speed up the healing of injuries or illnesses, or change undesirable habits or behaviors.

Linda used these techniques to develop the The Tellington Equine Awareness Method (TTEAM), a combination of exercises, signals, riding principals and circular touches.

Over the years, she modified and adapted the principals to benefit cats and dogs. TTouch is especially helpful for calming kitties that are nervous, shy or stressed.



[www.theintegratedhuman.com](http://www.theintegratedhuman.com)

[www.integratedanimal.com](http://www.integratedanimal.com)



[www.facebook.com/debby.potts.3](http://www.facebook.com/debby.potts.3)

### How it's done

TTouch is done by placing your thumb and pinkie finger as anchors on the animal's body. Using gentle pressure, move your three middle fingers in a circle, starting at the six on the imaginary clock face, pushing the skin around in a clockwise circle back to six and then to nine – it's a circle and a quarter motion. Release and move to a new area, either adjoining the first area or a different part of the body.

**Just the simple act of using your fingertips on an animal's body can speed up the healing of injuries or illnesses, or change undesirable habits or behaviors.**

“Working with cats is in some ways the same and in some ways different from working with other animals,” says Debbie Potts, a TTEAM and companion animal practitioner and instructor who has worked with Linda for 26 years. “They have a sensitive nervous system. It is easy for them to be over-stimulated.” For this reason, according to Linda, cats may not respond to a single long TTouch session, but frequent short sessions work just as well.

## What it’s used for

“TTouch is useful for so many things,” Debbie says. She is quick to explain that it is not a healing modality, but rather helps the body remember how to heal itself. “It facilitates the process faster and easier, and empowers the human to know how to help the cat.” There are three ways in which TTouch can benefit cats:

**1.** TTouch can be used for any health-related issue. It is soothing, reduces pain and helps the body remember how to heal itself. TTouch is good for age-related issues, plus it supports the immune system and reduces stress. Cats can get stressed pretty easily and chronic stress can challenge the immune system. TTouch also helps with the end of life process by helping it go more smoothly. It can work with problems that cannot be diagnosed by simply “letting the body do its thing.”

Debbie stresses that TTouch is not a substitute for veterinary care. Rather, it can be integrated into the medical process. A good working relationship with your veterinarian is essential.

**The intent is to activate cell function and awaken cellular intelligence – it’s a little like “turning on the electric lights of the body.”**

**2.** TTouch can be useful in emergency situations. If a cat is going into shock, the “ear slide” can help bring him out of it. Linda considers the ear slide essential in administering TTouch; it’s a good way to start a session. The cat’s ear is grasped between your thumb and forefinger, your thumb on the back of the ear. Then gently slide your fingers along the ear to the tip. Debbie has taught this technique to vet techs. It helps make treatments and medication administration easier and less traumatic.

**3.** TTouch is effective for behavioral issues. By looking at the cat’s body, Debbie says, you can determine areas of

tension that contribute to the problem. A fearful or reactive cat shows tension in the hindquarters. By using TTouch on less sensitive areas of the body, you can build trust then move on to those more sensitive spots. Check to see if the cat is comfortable with TTouch, since he may react differently to it than to petting or massage. Like Chapin (see sidebar), some cats become active participants in TTouch.

“I have worked with cats with many different health and behavioral issues,” says Debbie. “Of course there are no guarantees, but almost all of them benefit from the experience in one way or another. Often the results are very successful.”

**TTouch is not to be confused with Therapeutic Touch, a form of body work in which the hands are held over the body and the patient’s energy field is manipulated.**

Anyone can do TTouch by sitting quietly, breathing deeply, and following the circular motions. For those who want to learn more, there’s a worldwide network of practitioners, workshops and training opportunities – visit [www.ttouch.com](http://www.ttouch.com) and [www.integratedanimal.com](http://www.integratedanimal.com) for more information.

Rather than simply stroking your cat when she curls up on the sofa next to you, take a few moments to offer up some tender loving TTouch.

## Helping Chapin chill

Debbie’s old cat Chapin had a loving nature, but got caught up in a case of redirected aggression that led to vicious attacks on her elderly calico, Sabrina. “I did the typical human thing, running around and yelling at him,” she says.

Then she tried TTouch. She noted that Chapin didn’t like his mouth and two places on his back touched, so she worked around those points for six or seven minutes.

A couple of days later, Chapin came to Debbie and got in position to receive additional TTouch. She was able to do TTouch on the areas he previously resisted. Best of all, he stopped attacking Sabrina. Debbie says Chapin was a reactive cat and adds that TTouch brought his body into better balance so he wasn’t so reactive.



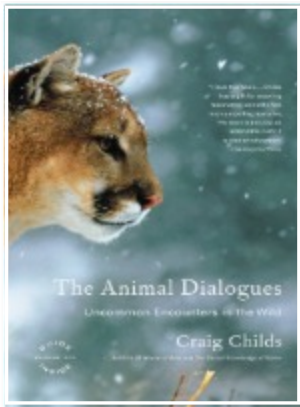
Website of the month

<https://topdogtips.com/>



TopDogTips.com is an online magazine that helps dog owners navigate the complex ecosystem of pet ownership. We focus on writing about dog supplies, pet technology and dog related businesses, and reviewing all types of dog products, particularly focusing on dog grooming supplies.

Book of the month



**The Animal Dialogues: Uncommon Encounters in the Wild**

From one of the finest nature writers at work in America today—a lyrical, dramatic, illuminating tour of the hidden domain of wild animals.

Whether recalling the experience of being chased through the Grand Canyon by a bighorn sheep, swimming with sharks off the coast of British Columbia, watching a peregrine falcon perform acrobatic stunts at 200 miles per hour, or engaging in a tense face-off with a mountain lion near a desert waterhole, Craig Childs captures the moment so vividly that he puts the reader in his boots.

Each of the forty brief, compelling narratives in THE ANIMAL DIALOGUES focuses on the author's own encounter with a particular species and is replete with astonishing facts about the species' behavior, habitat, breeding, and lifespan. But the glory of each essay lies in Childs's ability to portray the sometimes brutal beauty of the wilderness, to capture the individual essence of wild creatures, to transport the reader beyond the human realm and deep inside the animal kingdom.

Bits and Pieces

I thought I would show you what I have done with the little gifts we get from the trainers.

I have made myself a TTOUCH Mosaic, using the gifts, a photo of me when I first qualified as a Practitioner, and one of my sign, which is on the wall outside my home, plus some stones and gemstones that I have collected, and an "Angel's wing" shell from the beach (right above the sign)- all the things I love!

Doreen Stapelberg



**Laurel Braitman's TED talk**

Depressed dogs, cats with OCD – what animal madness means for us humans



**Laurel Braitman**

**Science Historian + Writer**

Behind those funny animal videos, sometimes, are oddly human-like problems. Laurel Braitman studies non-human animals who exhibit signs of mental health issues – from compulsive bears to self-destructive rats to monkeys with unlikely friends. Braitman asks what we as humans can learn from watching animals cope with depression, sadness and other all-too-human problems.

*Science historian Laurel Braitman is the author of Animal Madness, a book that takes a close look at our non-human friends and their mental anxieties.*

**Why you should listen**

Laurel Braitman is a science historian who wants to know: Why is your cat so sad? For her book Animal Madness, the TED Fellow delves into the history of mental illness in animals, revealing a world of parrots that pluck themselves, cats with PTSD and donkeys with deep neuroses. Braitman holds a PhD in history and anthropology of science from MIT and works as an affiliate artist at the Headlands Center for the Arts.

[http://www.ted.com/talks/laurel\\_braitman\\_depressed\\_dogs\\_cats\\_with\\_ocd\\_what\\_animal\\_madness\\_means\\_for\\_us\\_humans](http://www.ted.com/talks/laurel_braitman_depressed_dogs_cats_with_ocd_what_animal_madness_means_for_us_humans)