



Tellington TTouch® Southern Africa

Issue 08, September 2017

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Website of the month
Book of the month

TTouch South Africa

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Eugenie’s Letter



Hello TTouch Friends!

As I write this we have just finished a 5-day horse training and are gathering for our companion animals training! So it’s great that the weather has improved and we are set to go! Lindy Dekker taught the horse training and Debby Potts is here from Oregon to teach the companion animal one. I have to admit that I am looking forward to working with Debby again as she was the first person I trained with way back in the 90s!

It’s really hard to believe that our Practitioner Training Program here in South Africa has been going now since 2001. Kudus to the thousands of people who have wanted to learn a gentle yet effective method of working with their animals. And what fun we have had sharing the information. It’s interesting

“I am in favor of animal rights as well as human rights. That is the way of a whole human being.” – Abraham Lincoln

but why did I really start this program. I have to admit, I am one of those people that when I find something interesting and super useful, I really have a need to share it! In the case of TTouch, it not only was useful, but there was nothing even remotely like it in South Africa.

It remains today different from anything else offered in working with animals. And one of the great things about it is that it can be incorporated into most any other modality that people are using to work with their animals. I.e. trainers, behaviourists, groomers, vets, rescue workers, agility training, service dogs, etc. etc.

Please note the Cape Town Training starting November 18th and let us know if you'd like some detailed info.

This morning I had fun doing a photo session at Fluff and Tuffs training centre near Fourways. I needed a puppy to pose for some TTouch pics for a magazine and Niki Elliott agreed to do the work and posing while I took pictures. Now for those of you who have iPads, you probably know that you can go rapid fire shooting on your iPad. I have to admit, I only found this out by accident at our training in March when I wanted to lower the volume on the iPad when on photo mode and the next thing I knew, I had taken 20 pictures! I was and still am sooo excited to get this piece of information! And what I see today as I moved the photos over to my computer to process, the visual on my iPad is so much better than on my computer. I do have to consider going to a Mac.....

I had my choice of a few puppies at the kennel, but I simply couldn't resist one of my favourite breeds, the German Short-Haired Pointer! Many of you will remember Shanti, who was a great "Teacher" dog. 😊

I thought I'd share the fun shot at the end of the successful photo shoot where puppy thanks were "delicious"!

Warmest regards and
Happy TTouching!

Eugenie



**Instructor for
Tellington TTouch
Companion
Animals**

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Upcoming Tellington TTouch Trainings

For Companion Animals and Horses

You need no previous Experience to join these Trainings

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

Cape Town Practitioner Training for Companion Animals

Workshop: 5 Day training for Companion animals

Presented by: Lindy Dekker

Date: November, 18th to 22nd, 2017

Venue: TBA , Cape Town, Western Cape

Price: Full price R5200 - Deposit R2800

3 Day option available

Price: Full price R3500 - Deposit R1800

Gauteng Practitioner Training for Companion Animals

Workshop: 5 Day training for Companion animals

Presented by: TBA

Date: March, 17th to 21st, 2018

Venue: TBA Midrand or Sandton, JHB, Gauteng

Price: Full price R5200 -Deposit R2800

3 Day option available

Price: Full price R3500 -Deposit R1800

Cape Town Practitioner Training for Companion Animals

Workshop: 5 Day training for Companion animals

Presented by: TBA

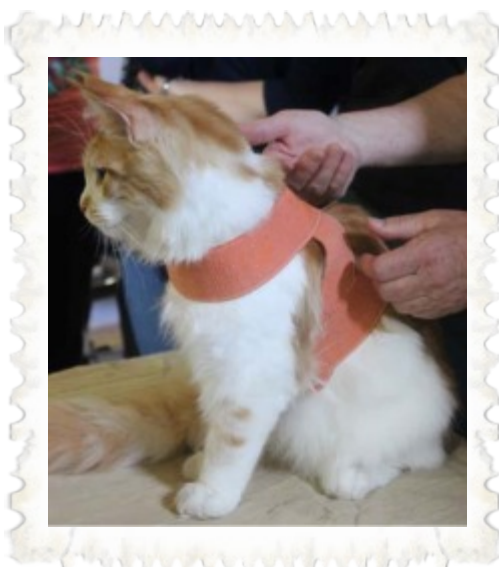
Date: March, 24th to 28th, 2018

Venue: TBA , Cape Town, Western Cape

Price: Full price R5200 -Deposit R2800

3 Day option available

Price: Full price R3500 -Deposit R1800



Contact: Eugenie Chopin
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For more details, [click here](#)

My TTouch Story

September 11 at 4:00pm

POSTED ON [TELLINGTON TTOUCH WORLD](#)

Happy Monday from everyone here at TTouch!
[#myttouchstory](#)

"Since I first got him he would stop on a hack and just gaze around him only walking on again when he was ready. At first I put it down to being young and in a new environment and as it carried on over the years other people had their theories too! Lazy, laid back, stubborn, taking advantage of me and so on.

The frustrating thing was that in between these phase outs he could be fantastic with a walk to match much bigger horses and we have managed 2 pleasure rides of 14 and 16KM.

I always felt there was a deeper reason for his behavior.

When I began my lessons with Jan he began to really try hard and enjoy the work. We had a period where he seemed to "forget" about fazing out. That didn't last long. He would start to switch off part way through a lesson and only come back to us with lots of encouragement from Jan. She noticed how he reverted into himself and seemed unaware of anything around him. To be honest I don't think either of us really knew how to deal with this.

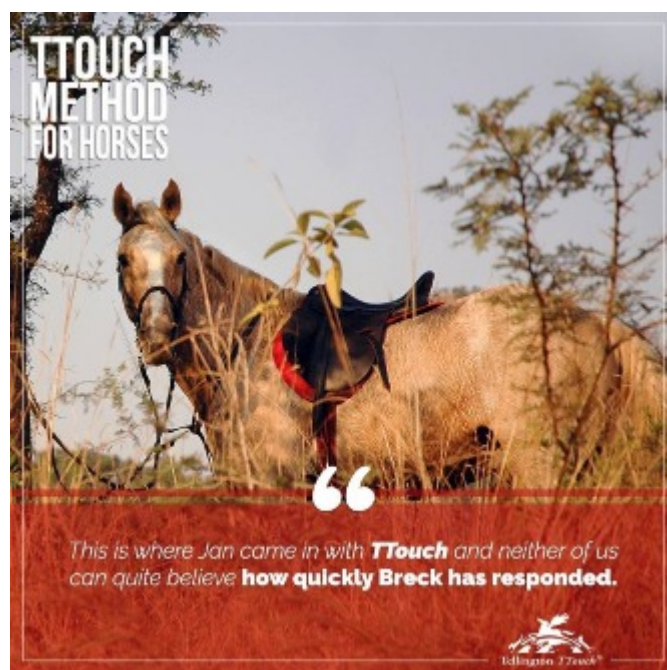
The crisis came whilst on a hack with a friend. We had done nothing demanding and stayed in walk having been out for only 45 minutes or so when all four of Breck's legs gave out and he dropped to the ground. He did manage to save himself from hitting the road altogether but was very upset by it. Once back at the yard I watched him in his stable for an hour and he was excessively tired and yawning a lot.

After this he was checked out for physical

problems but was fine. The vet thought it to be a neurological problem and sent him for further tests at the equine hospital. The vet there also thought it to be something along the lines of narcolepsy and cataplexy or possibly sleep deprivation. His answer was to keep him in at night to establish a routine and get him to rest properly. I was also advised that he was too dangerous to ride.

This is where Jan came in with TTouch and neither of us can quite believe how quickly Breck has responded. It's such a gentle treatment but right from the start we have seen improvement.

I have been able to ride for short bursts and my uncomfortable, unhappy pony is bursting out of his skin! He no longer yawns excessively, hasn't fazed out since the treatment began and has discovered the art of rolling - usually just before I want to get him in!! He is so relaxed but alert and aware and his paces are amazing. He feels like a 4 year old to ride.



Introducing the halter to a foal

Mandy Pretty

The first time a foal is haltered will set them up for many expectations about human interactions for the rest of their lives.



The Tellington TTouch Method is interested in creating positive postural habits and reducing tension patterns to help horses be more cooperative as willing partners, without fear, pain or fear of pain. Many foals learn to lead with force and pressure on a single point of contact which will often cause them to resemble a “fish on the end of a line” until they learn that they have no choice.

When we first introduce the halter, the initial step does not include the halter at all! Our first step is to use a figure eight body rope to teach foals about containment, rather than restraint and begins to teach stop and go cues without pressure on the head a neck. Once a foal is comfortable with being gently influenced but the handler, the halter is slowly introduced, never using steady pressure, but instead using a “combing” or “milking” of the line so that the bracing response is not engrained and the foal first learns to release with relaxation and come forward rather than brace and come forward. This is done with the halter as well as the figure eight rope to support a good posture and show the foal how to use their body in a functional way when being handled.

Crate Training Done Right

Whole Dog Journal

Whole Dog Daily

Tip



A crate, or, in other words, short-term close confinement, can be used to help dogs teach themselves two very important skills. The first is eliminating only when and where it is appropriate. The second skill is keeping out of trouble - behaving appropriately in the house. Without these two skills, a dog doesn't have much of a chance in this world.

A crate is inappropriate for long-term confinement. While some puppies are able to make it through an eight-hour stretch in a crate at night, you should be sleeping nearby and available to take your pup out if he tells you he needs to go.

During the day, a puppy should not be asked to stay in a crate longer than two to four hours at a time; an adult dog no more than six to eight hours. Longer than that and you risk forcing Buddy to eliminate in his crate, which is a very bad thing, since it breaks down his instinctive inhibitions against soiling his den.

A crate is not a place of punishment. Never force your dog or puppy into a crate in anger. Even if he has earned a time-out through inappropriate behavior, don't yell at him, throw him in the crate, and slam the door. Instead, quietly remove the dog from the scene and invite him into his crate to give both of you an opportunity to calm down.

For more details and advice on crate training, [purchase Whole Dog Journal's ebook *Crate Training*](#).

Buy Now

Companion Animals Need Much More Than We Give Them

Marc Bekoff Ph.D.

A recurrent theme about our companions is that we need to do much more for them.

A message we don't want to hear: Companion animals are more highly stressed than we realize in a human-dominated world

A recurrent and disturbing theme about the companion animals (aka pets) with whom we choose to share our homes and our hearts is that we need to do more for them. In a previous essay called "[Dogs Want and Need Much More Than They Usually Get From Us](#)" I noted that numerous nonhuman companions live highly stressed lives. In this piece I wrote, "I recently learned about a video called "[Downward Dog](#)." I thought it was really well done, and the comments I received when I shared it with people echoed my views. My humble suggestion is to watch it, and while you're laughing, take into account what the dog is really saying, namely that, while things are sort of OK, they surely can be much, much better."

Not only are homed pets highly stressed, but so too are individuals making their way through shelters and humane societies. The last essay I

posted called "[Dogs, Cats and Scapegoats: Messes We Make With Companions](#)" about a new film by Hugh Dorigo of the same title clearly shows how individuals looking for homes also don't have especially good lives. This film is a must-see for everyone who who has chosen to live with a nonhuman companion or is thinking of doing so.

"We Need to Change the Way We View Our Pets, Here's How"

A recurrent theme about our nonhuman companions is that we need to do much more for them. So, I was not surprised to learn of another essay about the stressed lives of companion animals by [Angela Horn](#) titled "[We Need to Change the Way We View Our Pets, Here's How](#)." It follows up on the theme that our nonhuman companions need much more from us, and it's also well worth the time to read it carefully. Ms. Horn's piece is available online so here are a few snippets to whet your appetite for more.

Early on Ms. Horn writes, "... in spite of our seemingly close bond with them, there's still a disconnect." She goes on to note, "It starts with the words we use: we see ourselves as 'pet owners' and we refer to certain species

(goldfish, birds, etc.) as 'starter pets'. It reveals itself in our actions too: we'll 'tug' on a dog's leash to get them to move or 'push' a cat off the sofa or coffee table."

The words we use to refer to other animals matter. We also must refer to them as "who" or "whom," not "that," "which," or "it." (For more discussion on the words we use please see "[Is an Unnamed Cow Less Sentient Than a Named Cow?](#)" and links therein. Please also see the website called "[Animals and Media: A Style Guide For Giving Voice to the Voiceless](#)".)

There is no "the dog" or "the cat": Individual differences matter in how we treat each of our companions

Ms. Horn is right on the mark here. We don't own these individuals -- they really are our companions -- and we need to let them be the individuals who they are. This means we need to learn about the unique characteristics not only of the species in which we are interested, but also about each and every individual, for each individual has a unique personality and needs. So, for example, there is no "the dog" or "the cat" or "the goldfish" and we need to factor this into how we treat each being as a unique individual. When we honor their uniqueness, it helps them and it helps us

coexist more peacefully, a point I stress in my forthcoming book *Canine Confidential: Why Dogs Do What They Do*.

Ms. Horn goes on to provide some very useful tips for improving the lives of our companions and also the relationship we have with them. They include, Educating Our Kids, Talk Through the Details, Investing the Time, Sharing Space, and Adopt, Don't Shop. She concludes her essay,

"We need to treat them with the respect they deserve. At least as an entry point, that means dropping the notion that we own them."

It might surprise people to learn that numerous companion dogs who are fortunate enough to share their life with a human are highly stressed, but when you think about it, they're always trying to adapt to a human-oriented/dominated world in which their wants and needs are secondary to those of their own and other humans.

So, for example, we teach dogs that they can't pee or poop wherever they want. To eliminate, they must get our attention and ask for permission to go outside the house. When we go outside, we often restrain dogs with a leash

We don't own these individuals -- they really are our companions -- and we need to let them be the individuals who they are.

or fence them within yards or parks. Dogs eat what and when we feed them, and they are scolded if they eat what or when we say they shouldn't. Dogs play with the toys we give them, and they get in trouble for turning our shoes and furniture into toys. Most of the time, our schedule and relationships determine who dogs play with and who their friends will be.

Psychology Today writer [Dr. Jessica Pierce](#) provides an extensive discussion about this in her excellent book called [Run, Spot, Run: The Ethics of Keeping Pets](#). And in her book, [Love Is All You Need](#), Jennifer Arnold notes that dogs live in an environment that “makes it impossible for them to alleviate their own stress and anxiety.” (p. 4) According to Arnold, “In modern society, there is no way for our dogs to keep themselves safe, and thus we are unable to afford them the freedom to meet their own needs. Instead, they must depend on our benevolence for survival.”

It's an asymmetric, one-sided relationship, one that many of us would not tolerate with another human. Simply put, dogs want and need more freedom. (For more discussion on this point please see [The Animals' Agenda: Freedom, Compassion, and Coexistence in the Human Age](#).) Ms. Arnold also notes that we abuse our power over dogs when we impose our will on them without considering their thoughts and feelings. Ample research

shows that dogs are deeply thinking and feeling social beings.

All in all, we impose a lot of demands imposed on dogs and other companion animals, day in and day out. We need to do all we can to reduce them to a minimum or to try to eliminate them totally. When we accept each individual for who they are, it's a win-win for them and for us. And, giving them this freedom, is not only educational, but it's also incredibly exciting to watch other animals do what they do as individuals and as members of a wide variety of fascinating species.

Marc Bekoff's latest books are Jasper's Story: Saving Moon Bears (with Jill Robinson); Ignoring Nature No More: The Case for Compassionate Conservation; Why Dogs Hump and Bees Get Depressed: The Fascinating Science of Animal Intelligence, Emotions, Friendship, and Conservation; Rewilding Our Hearts: Building Pathways of Compassion and Coexistence; The Jane Effect: Celebrating Jane Goodall (edited with Dale Peterson); and The Animals' Agenda: Freedom, Compassion, and Coexistence in the Human Age (with Jessica Pierce). Canine Confidential: Why Dogs Do What They Do will be published in early 2018. Learn more at marcbekoff.com.

<https://www.psychologytoday.com/blog/animal-emotions/201708/companion-animals-need-much-more-we-give-them>

Ample research shows that dogs are deeply thinking and feeling social beings.

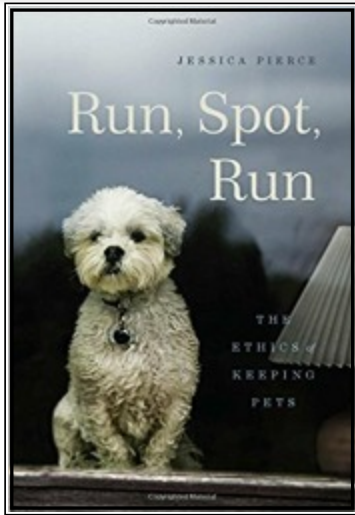
Website of the month

www.animalsandmedia.org/main/



The time has come and we're ready to rock the media world with a new style guide that focuses on animals and the best ways in which to represent them in a posthumanist digital age.

Book of the month



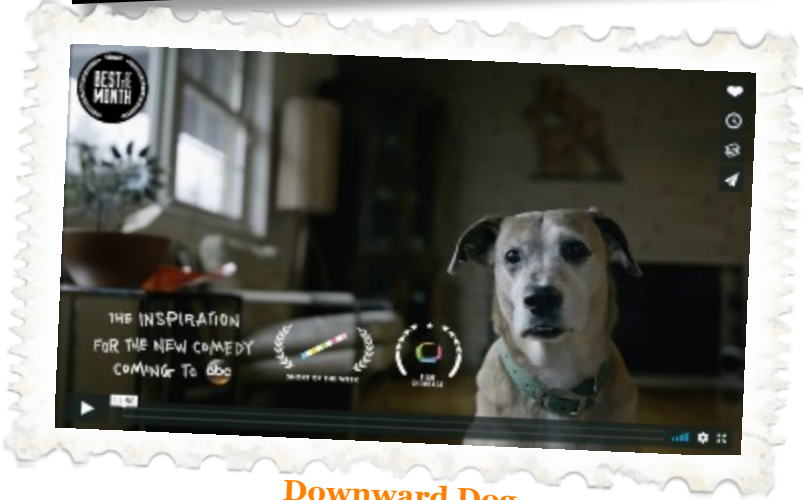
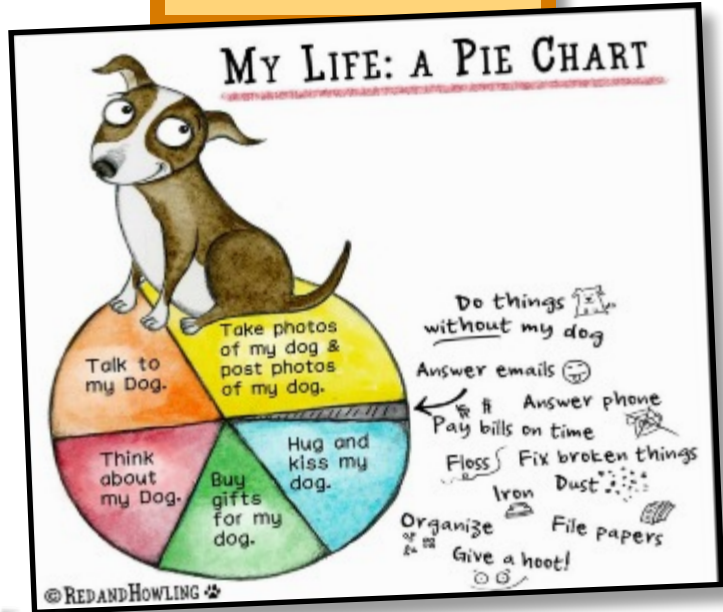
Run, Spot, Run: The Ethics of Keeping Pets

A life shared with pets brings many emotions. We feel love for our companions, certainly, and happiness at the thought that we're providing them with a safe, healthy life. But there's another emotion, less often acknowledged, that can be nearly as powerful: guilt. When we see our cats gazing wistfully out the window, or watch a goldfish swim lazy circles in a bowl, we can't help but wonder: are we doing the right thing, keeping these independent beings locked up, subject to our control? Is keeping pets actually good for the pets themselves?

Free TTouch Webinars

<https://vimeo.com/ttouch>

Bits and Pieces



Downward Dog

Created by Michael Killen and Samm Hodges, and produced by the team at Animal (animalstudio.com), "Downward Dog" is the original web series that provided the inspiration for the upcoming ABC comedy of the same name.

Gregory Berns Knows What Your Dog Is Thinking

Dr. Gregory Berns, 53, a neuroscientist at Emory University in Atlanta, spends his days scanning the brains of dogs, trying to figure out what they're thinking. The research is detailed in a new book, "What It's Like to Be a Dog."

Among the findings: Your dog may really love you for you — not for your food.

We spoke during his recent visit to New York City and later by telephone. The conversation below has been edited and condensed for space and clarity.

How did your canine studies begin?

It really started with the mission that killed bin Laden. There had been this dog, Cairo, who'd leapt out of the helicopter with the Navy SEALs.

Watching the news coverage gave me an idea. Helicopters are incredibly noisy. Dogs have extremely sensitive hearing. I thought, "Gee, if the military can train dogs to get into noisy helicopters, it might be possible to get them into noisy M.R.I.s."

Why? [Read more...](#)