



The Tellington TTouch is a valuable tool that can help animals overcome a variety of problems including:

Dislike of contact

Fear of the vet	Grooming issues
Handling issues	Reluctance to be petted
Defensiveness due to injury	Hand shyness

Noise sensitivity

Fear of thunder	Fear of fireworks
Reaction to household noise	Gun Shyness

Lack of balance

Leash pulling	Stumbling
Training difficulties	Poor performance
Gait irregularities	Stiffness

Hyperactivity/Restlessness

Jumping up	Excessive chewing
Excitability	Spinning
Excessive panting	Pacing
Lack of concentration	Inability to settle

Nervousness

Fear biting	Timidity
Lack of confidence	Reluctance to socialise
Separation anxiety	Jealousy

Travelling Issues

Excitability	Excessive Vocalisation
Vomiting	Excessive Salivation
Reluctance to get in car	Restlessness

LEARN ABOUT TTOUCH

Anyone who is involved with animals can benefit from learning TTOUCH techniques. Veterinarians, vet techs, animal trainers, physiotherapists, shelter staff, animal lovers, pet owners, dog and cat groomers, and behavior counsellors have all attended workshops and added TTEAM tools to the skills already in place. Many go on to become trained TTOUCH Practitioners.

Practitioner Training Program

The Tellington TTouch Training Program for Companion Animals runs over the course of two years. Fully qualified Practitioners listed on the US website have attended a minimum of six week-long trainings and have completed the necessary requirements to be listed as a Practitioner Level 1 or above.

To learn more about this unique method you can:

Contact either office and find out how to:

- Attend a one, two or three day workshop
- Join the Practitioner Training Program
- Purchase TTOUCH books and video

Visit www.ttouch.com to:

- Read articles, case histories and feedback
- Receive a regular e-mail list of workshops

Contact your nearest Practitioner



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Tellington *TTouch* Training®

The TTouch That Teaches



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The Tellington TTouch is a teaching method for animals that incorporates body work, and ground exercises where appropriate, to help improve co-ordination, balance, and athletic ability while deepening further communication and understanding between the animal and its owner/carer

TTOUCH helps increase levels of self-confidence, self-awareness and self-control.

Developed by Linda Tellington-Jones, TTEAM and TTOUCH are used widely in many countries across the world by shelter assistants, dog trainers, zoos, veterinarians, therapists and pet owners.

With its roots in the Feldenkrais method of Awareness Through Movement, TTOUCH techniques gently guide the animal through non-habitual exercises that can alter existing habitual patterns. As posture affects behavior, many owners and caregivers note that unwanted behavior diminishes as the animal's posture improves. TTOUCH teaches the animal to act, rather than simply re-act.

TTOUCH blends well with many other modalities and training methods. It is not necessary to adopt the whole TTOUCH philosophy in order to make a difference to an animal. Learning just a few of the simple body TTouches and movements can help make a difference to an animal's life.

TTOUCH is not a replacement for appropriate veterinary attention and should never be used as such. If you suspect that the animal in your care has a physical problem, please consult your veterinarian.



Animals that have been helped with TTOUCH

Domesticated and Companion Animals

The Tellington TTouch has been successfully used on a wide variety of animals. Animals that have benefited from TTOUCH include:

Dogs	Cats
Rabbits	Rats
Guinea Pigs	Chinchillas
Reptiles	Birds
Llamas	Goats
Ferrets	Cows
Pigs	Sheep

Captive Animals

Wildlife and zoo animals have also been helped with TTOUCH techniques. TTOUCH does not make the animal dependent on humans. It helps to minimize stress in captive animals and can speed the recovery and rehabilitation process. TTEAM has been used to help a variety of non-domestic animals including:

Primates	Foxes
Swans	Badgers
Coyotes	Wolves
Whales	Large cats

Horses

TTEAM incorporates riding exercises along with bodywork and ground exercises to improve posture, behaviour and performance. For more information on TTEAM techniques for horses please contact the office or visit the website.

Rescued Animals

TTOUCH offers ways to help assess, train and reduce tension in animals in rescue shelters. Some of our Practitioners already work closely with their local shelters and TTEAM workshops have been organised for staff shelter, humane societies, etc.

A Veterinarian Defines TTEAM

by Tom Beckett DVM

Tom Beckett DVM has been practising veterinary medicine for over 20 years at his Camino Viego Equine Clinic in Austin, Texas. His assistant, Marnie Reeder, is a TTEAM Practitioner. Both are actively involved with the Humane Society of Austin-Travis County in Texas and treat animals for the Humane Society in a veterinary capacity.

TTOUCH reduces the physical and mental stress created by human contact, handling, environment and other sub-optimum environmental conditions. It reduces chronic pain and poor functioning, which also cause stress.

Injuries often leave a holding pattern of pain and impaired function in the injured area. This pattern persists below awareness long after healing is complete, blocks aware use of that body part and thereby creates stress on distant areas, which must overwork to compensate. Such chronic distress effects general health, 'mood' and behaviour.

When pain or impaired nerve or muscle function disable a part of the body, TTOUCH induces the animal to activate any available alternate neuro-muscular pathways to restore function. The awareness it brings often relieves associated pain.

TTEAM uses TTOUCH to bring these patterns to awareness, and exercises which guide the organisation of more healthful, balanced movement.

With continued exposure to TTEAM, animals develop more ability to operate in a calm, focused mode. Responses to new situations become less automatic and more considered. The animal learns to learn. This along with more body awareness and awareness of environment yields more adaptability, more appropriate action. With continued exposure to TTEAM, animals develop more ability to operate in a calm, focused mode. Responses to new situations become less automatic and more considered. The animal learns to learn. This along with more body awareness and awareness of environment yields more adaptability, more appropriate action.

The list of members on the Veterinary Advisory Board for TTEAM International is available from the US office.