

# What is the Tellington TTouch?

Yes, it's actually ttouch! The Tellington Ttouch method is a unique approach to animal training and care developed by internationally recognised trainer, teacher, and author, and animal expert **Dr. Linda-Tellington Jones**. Based on understanding and respect for our animal friends, this gentle method promotes well-being and adaptive behaviour through an integrated approach that helps to reduce stress and build confidence. TTouch is more than a form of bodywork, it is an entire way of training, handling, and understanding animals in a positive, non-threatening way.

The Tellington Ttouch was developed around 40 years ago, and it was an instant hit among pet owners. Large or small, doesn't matter. TTouch apparently works on animals of all kinds - dogs, cats, horses and cows. Dr.Jones says, "Experience has taught us that beings cannot learn much if there is pain, fear, or fear of pain and that the nervous system can learn much more through non-habitual movement rather than simple repetition." One of their most core principles is, **change the posture, change the behaviour**. The method is based on circular movements of fingers and hands over the entire body of a companion animal with the goal of activating cellular intelligence. You don't need to understand the animal's anatomy to practice the Tellington TTouch method. Instead, the method relies on a combination of specific touches, movement exercises, and lifts aimed at relieving tension and increasing body awareness. The method is also known to alleviate fearful reactions of animals that don't like being handled, as well as allowing the animals to learn new, improved reactions to replace the bad ones. For example, fearful or aggressive dogs learn new ways to deal with situations. The method is gentle and positive allowing Tellington TTouch to be used by trainers, breeders, veterinarians, and pet owners for any number of behavioral and health issues, including the following:

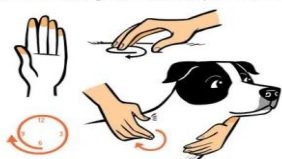
- Anxiety, excitability, and general nervousness.
- Chewing on inappropriate items
- Assisting in recovery from surgery or illness.
- Car sickness.
- Pulling on the leash.
- Excessive barking.

- Jumping up on people.
- Aggressive behavior or reactivity.
- Fearful and shy dogs, for example, fear biters.

While this method is taught by trained instructors all around the globe, here's a few strokes for you to try on your pet! -

## WHAT IS TTOUCH®?

**TELLINGTON TTOUCH** is a system of gentle bodywork and movement exercises, which positively influence behaviour and wellbeing in dogs. TTouch is based on co-operation and understanding and will deepen the relationship between dogs and their people.



**THE CLOUDED LEOPARD TTOUCH** is the foundation for all circular TTouches. The name describes how the hand is placed on the body – as lightly as a cloud. This TTouch brings awareness and improves the dog's ability to learn. It has also proven to be especially effective for nervous and anxious dogs and can also help dogs feel more confident in new and challenging situations.

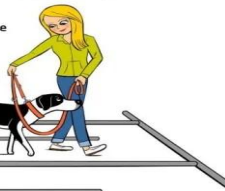


**THE EAR TTOUCH** is one of the most important things you can do for your dog! There are many acupuncture points in the ear, which when stimulated will provide beneficial results. The Ear TTouch is particularly important in cases of emergency and shock. This TTouch helps induce relaxation, reduce stress, improve digestion and overcome fatigue and car sickness.



**THE BODYWRAP** enhances a dog's sense of his own body and makes him more confident in his movements and behaviour. It is especially beneficial for dogs that are afraid of loud noises, are nervous, hyperactive or experience panic when travelling in the car. The bodywrap gives the dog a sense of connection and feedback about tension and space.

**THE BALANCE LEAD** is a simple technique to help dogs come into balance should they pull on the lead. It takes the pressure off the neck and onto the chest and brings the dog's weight back over his feet instead of leaning forward.



**THE LABYRINTH** requires the dog to negotiate a simple course made of poles laid out on the ground. This exercise helps to improve coordination, concentration, focus, balance and self-control.



All in all, **TTOUCH** is something we do FOR dogs, not to them!



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While the Ttouch was developed out of pure intuition, it has been backed by a number of studies conducted on large and small animals. They do prove that this way of gentle and hands on handling lowers stress, anxiety, aggression and improves overall behavior and health in animals.

