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An Overview vii**

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Change Your Mind, Change Your Dog

One amazing result of the Tellington TTouch experience is that you will learn to see your dog with new eyes. The method inspires a partnership that far exceeds that seen in traditional training. You will develop a new awareness, a new point of view and see new possibilities for yourself and your dog.

If you are able to visualize the behavior you would like your dog to display, you can elicit that behavior without force. It is a common human habit to focus on undesirable actions: he barks, he's nervous, aggressive, afraid of loud noises, jumps up on people, or pulls on the leash. That's the behavior that sticks in your mind. You can change the undesirable behavior by holding a clear image of just how you would like your dog to behave.

When your dog jumps up on you, imagine him keeping all four paws on the ground. Imagine he moves in balance instead of pulling on the leash. See him as confident when he is nervous or afraid.

A basic premise of the Tellington Method is "By changing posture, you can influence your dog's behavior." Combining the TTouch with exercises from the Playground for Higher Learning and the Tellington Equipment, you can enhance a dog's awareness of his own body and posture. And by changing posture, you can change undesirable behavior. One example is the tail that is tucked between the hind legs—a clear sign of insecurity or fear. When the tail carriage is changed, the dog will become more confident and overcome the instinctive fear response. A variety of TTouches on the tail will enhance the dog's awareness and result in a confident attitude (see p. 31).



This sweet Rhodesian Ridgeback, Nina, is sometimes insecure in new situations. Here she stands nicely but shows her slight insecurity with her tail against her body.



With one hand on the flank I circle the top of the tail mindfully to give Nina a new sense of connection to her tail and to instill confidence.

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Your thoughts can change circumstances. The well-known author and journalist Lynne McTaggart uses her book *The Intention Experiment* to teach us that creative scientists have proven how you can realize goals through the power of your intention. Have a look at her website www.theintentionexperiment.com for more information.

- 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.

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.



Gentle Lying Leopard TTouches on the muzzle, lips and gums are useful to calm and focus your dog due to their effect on the limbic system, the part of the brain that controls emotions.

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 bodywork 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.

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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.

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The Tellington TTouch

The Tellington TTouch is a gentle form of bodywork consisting of circles, lifts and slides done with the hands all over the body. The second “T” in TTouch stands for “trust.” TTouch has been described as an interspecies language without words. You will experience a magical connection when you TTouch your dog. I will guide you through the different TTouches on the following pages.

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How Does TTouch Bodywork Affect the Dog?

TTouch is a non-verbal language that deepens your connection with your dog. Just a few minutes of TTouch a day can create amazing positive results in your dog's confidence, attitude, personality and behavior—and support his health.

The goal of the TTouch bodywork is to activate the life force and function of cells and awaken their intelligence, which creates physical and mental balance. More trust is created between you as your dog gains self confidence.

TTouch stimulates the body's ability to heal itself and also the ability to learn. Neurologist Anna Wise worked with the psychologist and biophysicist Maxwell Cade,



The Tellington TTouch helps me make a trusting and respectful first contact with this dog.

who discovered that a consistent pattern of alpha, beta, theta and delta waves were apparent in both hemispheres of the brain when a person was in the most effective state of mental functioning. Cade called this the “Awakened Mind State.”

Anna discovered that when doing one-and-a-quarter TTouch circles, all four of these brain-wave patterns are stimulated in the human, which sets the ideal state for learning. Even more remarkably, it was shown that the people doing the TTouche—as well as the ones being worked on—exhibited the same distinct brain-wave patterns.

Further studies with Anna using horses showed the same activation of all four brain-wave patterns in both hemispheres of the brain in the animals that were receiving TTouch. And, in 1985, a study done by Russian veterinarians at the Bitsa Olympic Equestrian Center in Moscow showed a reduction in stress-hormone levels in horses as they received TTouch. You can find more information about these scientific studies on my website (www.ttouch.com). Watch my DVD *Unleash Your Dog's Potential*, and you will see how different dogs respond to TTouch bodywork.

TTouch Supports Intelligence

Webster's definition of intelligence is “the ability to adapt to new situations.” TTouch can be very helpful in teaching animals to adapt to new and potentially stressful environments.

Just like people, animals find themselves stressed from time to time. TTouch is a wonderful tool to limit the negative effects of stress and transfer the animal into a state of relaxation, promote an “openness” and ability to learn, and absorb the situation. This state will help the dog and his handler deal

with something new or difficult without fear or concern.

With the help of TTouch you can cement a strong bond with your dog that is built on trust. A dog who trusts you will go through fire for you!

Through TTouch your dog will receive more awareness of his body and he will feel more confident. The TTouches help reduce fear, nervousness and tension. Some of these may look like massage, but they are very different from massage. The pressure is very light and the movements have a very specific effect on the cells. I like to refer to it as “turning on the lights”—the goal being to enhance the potential for healing in each cell in the body.

The Nine Elements of TTouch

There are nine important elements in Tellington TTouch Training. Become familiar with them and you will find success.

1. The Basic Circle

The hand does not slide over the skin but instead, “moves the skin” over muscle. Imagine the face of a clock drawn onto the skin. Start at six o’clock (the bottom) and move the skin clockwise once around the circle and then on farther to nine o’clock (the left side of the clock). This creates a one-and-a-quarter circle, which is the basic TTouch circle. You should usually work clockwise. However, be mindful of the direction: if your dog does not like it clockwise, first try going counter-clockwise, before changing your pressure, speed, or trying a different TTouch.

2. The Pressure Scale

TTouch pressure is rated on a scale from



TTouch allows this dog to be more comfortable in her body and supports her emotional and physical balance.

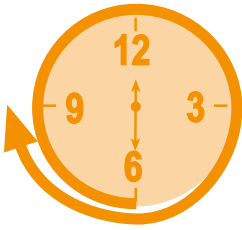
Numbers 1 to 10, however when working with dogs you should only use Numbers 1 to 4. Start with a Number 1 pressure, which is the lightest possible contact. Remember that your main goal is to support cellular function and communication.

• Pressure 1

To get a sense of these pressures, support your bent elbow with one hand, and with the other, rest your thumb on your cheek and use your fingers to gently move the delicate skin below your eye in one-and-a-quarter circles. Be careful not to slide your finger across the skin. Repeat the same circle on your arm and notice that there is almost no indentation in your skin with a Number 1 pressure.

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• Pressure 3

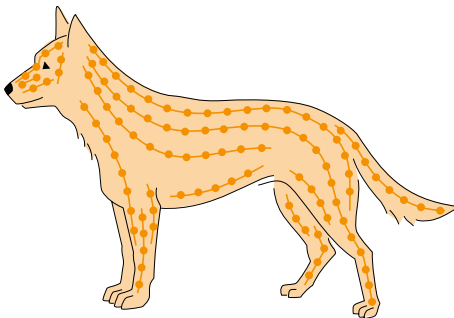
To feel the Number 3 pressure, move your fingers about an inch lower to your cheekbone. Allow the weight of

your curved middle finger pad to connect clearly with your cheekbone and feel a circle there. Repeat the same pressure in a circle on your arm and observe the indentation in your skin. Notice the difference between Number 1 and 3 pressures. The Number 2 pressure is between 1 and 3.

Helpful hint: Find the pressure that feels right to you and your dog. When you are working with an injury or inflammation use less pressure: Numbers 1 or 2 are enough. Number 3 is a very common pressure. Once you are more familiar with the TTouch, you will know instinctively the pressures that are best for any given situation.

3. Tempo

The tempo is the time it takes to move the skin around the circle-and-a-quarter. We use one to three seconds. To *activate* a dog use the one-second circles, and when you want to *settle him* or *bring focus*, use two-second circles. One-second circles are most effective for reducing swelling and relieving



acute pain. Remember: When you want to stimulate the dog, use faster circles, and when you want to settle him, slow the circles down.

4. A Mindful Pause

After making several circles on the body, hold the connection at the end of the one-and-a-quarter circle with a momentary pause. We playfully refer to this with the acronym P.A.W.S. meaning, “A Pause that Allows a Wondrous Stillness.” This gives the dog time to integrate the new feeling.

5. Connecting the TTouches

The TTouches are done all over the dog’s body. Rather than randomly skipping from area to area, it can be better to work in lines with a gentle slide of the fingers from TTouch to TTouch—generally from front to back. However, when working on painful, sensitive or injured areas, do not connect the circles. Instead lift your fingers off the body and make a smooth move through air to connect again gently before the next circle. We call this “weaving.”

6. Body Position

Your dog can be standing, sitting or lying down. Make sure that you are in a comfortable position so you can apply TTouch in a relaxed manner. When TTouching a small dog it’s more comfortable having the dog on a table or on the sofa with you.

With the dog on the ground, find a comfortable and safe position. If the dog is nervous, or you don’t know him (a shelter dog, for example), for safety, avoid leaning over him. If you are working with a fearful or reactive dog sit on a stool or a chair so that you are balanced and can move away easily.

Use both hands when you are TTouching

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an animal—one hand for TTouch while the other connects and contains the dog.

When working on the head or ears support the dog with one hand under his jaw. When working on his back it is helpful to have your other hand supporting his chest or TTouching the same area on the other side of his body.

7. Mindful Breathing

It is a common human trait to hold your breath when you concentrate. Inhaling

through your nose and exhaling slowly through pursed lips will keep you calm, focused and energized from the oxygenating effect of this conscious breathing. This form of breathing is called PEEP (Positive



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End Expiratory Pressure). Observe how this breathing will also influence your dog's breathing and keep him calm and relaxed.

8. Intention

A primary intention of TTouch is to hold a positive image of how you would like your dog to behave, perform, and relate to you, knowing that you can influence behavior and health by the intention you hold.

I live in Hawaii where I learned from a spiritual leader about an exercise called "Pono and Pilikia." *Pono* means means a state of perfection, an ideal state of being. *Pilikia* means trauma or drama, and in our useage represents the issues or behavior you would like to change.

Pono and Pilikia can help you change the behavior of your dog. It's such a common human trait to only see the issues or problems our dogs have, sometimes forgetting the positive aspects. When a dog's behavior is out of control it can be very frustrating so write down your thoughts to help you real-

ize the gifts your dog brings to your life.

In a few cases this exercise has helped to clarify that a dog is not suitable for the family, or for the job for which he is intended. In most cases, the dog's owner realizes that the problems are not as serious as she had thought and is relieved that she could find a solution with Tellington TTouch.

Take a sheet of paper and draw a perpendicular line down the middle. At the top of the left side and under the word *Pono* list everything you love about your dog. On the right, write *Pilikia* and list all the dog's undesirable behaviors you would like to change or improve.

9. Feedback

Since your dog can't use words, listen to his language and watch for the smallest signals. Take note of any "calming," vocalizing, avoidance or physical signals your dog may be exhibiting. To start you need to learn your dog's signs for:

- Fear and shyness

Success Secret 1

Look at your dog's behavior or health not in the way your eyes see it, but the way you would like it to be!

Pretend that your wishes have already come true. Feel the emotion that you would feel if you had already reached your goal. Let the feeling of joy flow through your body and celebrate with your perfect, healthy dog. Your dog's behavior is linked to:

Your **expectations**

Your **posture**

Your **clarity**

Your **reactions**

Your **guidance**

Keep the picture of the perfect dog in your heart and your thoughts. This will open a door for your dog to become just the way you want him to be.

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Success Secret 2

Remember your dog as perfect.

Once you have developed the habit of repeating “my dog is perfect,” to yourself, you will convey to him how wonderful it is to see him so “perfect,” and your connection together will flourish and grow.

An old saying, “Sow an action for twenty-one days and you will harvest a habit,” is very appropriate in this case. When you repeat something for twenty-one days it will become “yours,” and you can do it without thinking.

Look for small steps of improvement and focus on these. You will then notice how everything falls into place.

- Hyperactivity, being overly sensitive
- Lack of focus
- Being inflexible, blocked learning
- Aggression

Other signals that your dog is not comfortable are:

- Holding his breath
- Freezing
- Tucking his tail between his legs
- Twitching
- Restlessness
- Any signs of insecurity or tension

You should acknowledge these signs by TTouching your dog on a different spot or changing the TTouch, pressure or speed to show him that he can trust you and that you are willing to listen to his concerns.

Safety Tips

- If you are not a professional dog trainer or TTouch Practitioner it is safer to work with your own animal only.
- When TTouching your own dog, you should know him well and not be afraid

of any potential sudden defensive move. Always be careful.

- Never look a frightened or aggressive dog straight into the eye. This can be perceived as a threat to some dogs. Do, however, keep his face in your peripheral vision, with your eyes remaining soft and friendly.
- Approach the dog from the side and start TTouches on his shoulder.
- Be aware of feedback from the dog. Reduce the pressure, change to a different TTouch or move to a different area when the dog seems nervous or concerned.
- Many dogs like to lie down during a session, but some prefer to stand or sit. Make sure you are comfortable, keep your wrist straight and be mindful of your breathing.
- Support the dog’s chin while working on his head or ears. When working with a dog that has a sore back or hips, contain the dog’s chest with your other hand while you are TTouching the tail or back.
- To contain a small dog that is jumping up or turning around, slide your thumb under the collar with the rest of your hand containing the chest.