

TELLINGTON TOUCH

Special Report



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Sarah Fisher - www.tilleyfarm.co.uk

TELLINGTON TOUCH FOR DOGS

“The world was conquered through the understanding of dogs; the world exists through the understanding of dogs.”

~ NIETZCHE

About this guide

In this report we will present to you an introduction to the technique known as The Tellington Touch (commonly called TTouch).

What we are seeking to achieve with this guide is to give all the information you require to gain an insight in to this method and to learn a little more about its history and application with regard to dogs.

This note is important. Information provided in this report is done so on the acceptance that it is not a substitute for veterinary care and treatment provided on a one to one basis by a suitably qualified pet health professional. Our guides are published to give insight, information and useful introductions to a variety of treatments, techniques and methods.

An Introduction To The Tellington Touch Technique

To begin I will try to summarize what the Tellington Touch is. I have met countless people that have heard something about it but were not really sure what it is.

“Oh it’s that massage thing” I often hear, or “is it dog whispering?”. Well there are many ways of explaining what TTouch is and how it works. My favourite way is that when Linda Tellington-Jones was developing the method with her horses she noticed that as performance improved so did posture. Then as posture and performance improved so did behaviour.

Unwanted behaviour just seemed to diminish without actually having to directly address or understand the behavioural problem. What Linda was doing with the TTouches was addressing the reason why the problem arose in the first place.

Back in the 1970s Linda had discovered a people therapy called the Feldenkris Method where the emphasis is on learning how patterns of movement can become habitual and restrictive, thereby becoming the underlying cause of chronic tension and/or pain interfering with well being.

Linda wanted to bring the benefits of Feldenkris to her horses, so she drove from Santa Fe to San Francisco to

undertake the training. Then with the help of her sister Robyn they embarked on the challenge of how to communicate the benefits to the horses. As Feldenkris is based on habitualness locked into the body by the nervous system, very soft touching was used as the nervous system only understands the lightest of touches and will pay attention to it.

Regular touching like poking, pulling, pinching, etc. is only reported by the nervous system as it has had years experiencing these sensations. TTouch is non-habitual and the body learns from it, hence the reason we call TTouch 'The Touch That Teaches'.

Therefore if TTouch educates a body, for example, that it is holding itself poorly and creating stress patterns in the skin and tissue, if the nervous system can do something better, it will. The tension disappears and the behaviour improves, hence we don't need to see the behaviour or understand it to help it, we just need to see the dogs' body.

Hopefully you can now see why TTouch has a positive influence on any animal, such as, but not limited to; dogs, horses, cats, sheep, rabbits, parrots, and reptiles.

So now you know that TTouch isn't a quick fix, the TTouchees are just the half of it for Dogs (& horses). We also use simple ground equipment called the Confidence Course while applying the TTouchees as appropriate to our

dogs along the way. Briefly, what the Confidence Course does is develop awareness and confidence. The dogs can learn to focus and overcome aggression and timidity while concentrating on an activity they get constantly praised for and they achieve physical balance.

When I see a client's dog, invariably they have obvious tension in the body and difficulties with standing in balance. One way I determine this is to see how easily I can pick up paws and determine where the weight is. The top two favourites I have found are preferring just one leg to take the bulk of their weight or biasing it to their front or rear.

Working the Confidence Course in the appropriate kit addresses this and makes an enormous difference. You try living your life on your toes without the ability to balance back very well. You would perhaps rush around all the time, find it difficult to go slow, become hyper maybe just crashing into sleep then waking to resume where you left off.

And if you were really off balance you may even develop a strategy of 'having a go' at other dogs which your owner will normally 'negatively reinforce' making it an habitual behaviour for the dog as well as the person... sound familiar? I would just like to add at this point that, in my experience, although TTouch practitioners come from all walks of life, many know and may practice some more traditional training methods as well as TTouch, we don't train in a behaviour so that it appears to go away, a more subtle form of dominance in my opinion as this runs

contrary to the method. An example could be that if your dog is barking excessively because of an emotional condition, taking away or controlling the expression probably only means that the condition will surface later as a different symptom, what that symptom is will depend on the dog.

As a TTouch practitioner I always look at a dog as an individual, sure it has breed specific traits but how many dogs have you met that do stuff despite their breed? So what worked for the last mouthy Staffie won't necessarily work for the next.

As humans I think we look for THE answer, X means Y, we are always trying to fix it! I prefer to look at the situation and ask why?

If your dog is excluded from the lounge behind a gate I would bark on about it too, "I'm lonely, I'm lonely, I'm lonely, I'm lonely, I'm lonely, I'm lonely, I'm lonely, I'm lonely..." Dogs are social creatures, if you want to keep a dog in the kitchen get the SONY one you put batteries in!

I came to Tellington TTouch by accident. About seven years ago a 'course junkie' friend had booked up a weeks training with Robyn to be held in a hall under the grandstand at Bath Racecourse. We paid our money and went along not knowing what to expect. We were met by some of the most wonderful animal lovers I have ever met in my life as well as the gifted Robyn in a freezing cold room full of great dogs.

Obviously it changed my life, I am now one of the top five qualified practitioners in the UK and loving it. My friend?... well it didn't 'grab' her and although I don't remember she probably did a car maintenance course the very next weekend. Now it's very different with our own training centre with carpet, hot and cold running water and central heating.

The centre is called Tilley Farm, just south of Bath and is owned by Sarah Fisher, our top TTouch person in the country and the focus of the recent Sunday afternoon ITV programme 'Talking to Animals'. As a TTouch Practitioner I endeavour to empower my clients to be part of the solution because as we all know the person is normally the largest part of the problem.

I teach the client the bits of the TTouch they need from the arsenal of TTouches available as well as giving a treatment to the dog concerned.

And in case I go blank on what to do next I have the support of the whole world of TTouch able to contribute on the practitioner email network. But one of the simplest things practitioners do is offer an impartial view of the problem, the client gets to express their frustrations and then hear what solutions are available, and that's got to be good for everyone!.

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This book has been carefully prepared, researched and edited by a team of canine information experts. Our authors are, first and foremost, passionate about dogs and share a mutual satisfaction in assisting people who are experiencing problems with their pets. Our works have been read by more than 12 million pet owners globally.

