

UNDERSTANDING THE TELLINGTON TTOUCH® METHOD
Observations • Bodywork • Body Wraps • Groundwork
Loose Lead Walking • Specialist Equipment

Teffington TTOUCH For Dogs



XTRA DOG
Training

Teffington
TTOUCH
For Dogs

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TELLINGTON TTouch TRAINING

The Forward Thinking
Approach to Training,
Handling and Rehabilitation
of Dogs.

The *Tellington TTouch*® Method was developed over 40 years ago by Linda Tellington-Jones and her sister Robyn Hood and the method is used all over the world. *Tellington TTouch* is a teaching method for animals that incorporates bodywork and ground exercises where appropriate, to help improve co-ordination, balance and athletic ability whilst deepening further communication and understanding between the animal and its owner/carer.



Tellington TTouch helps increase levels of self-confidence, self-awareness and self-control. and *Tellington TTouch* is widely used in dog rescues, by dog trainers and behaviourists, vets, therapists and pet owners.

With its roots in the Feldenkrais method of Awareness Through Movement, *Tellington TTouch* techniques gently guide the animal through non-habitual exercises that can alter existing habitual patterns. As posture affects behaviour, many owners and carers note that unwanted behaviour diminishes as the animal's posture improves. *Tellington TTouch* teaches the animal to act, rather than simply react to a situation and it allows animals to make positive choices.

**More information
can be found at
www.xtradog.training**

COMPONENTS OF TELLINGTON TTouch

Tellington TTouch is an innovated and complete system of understanding, handling, and influencing dogs. Linda Tellington-Jones developed this work over 40 years ago and Tellington TTouch has always been and remains ahead of its time.

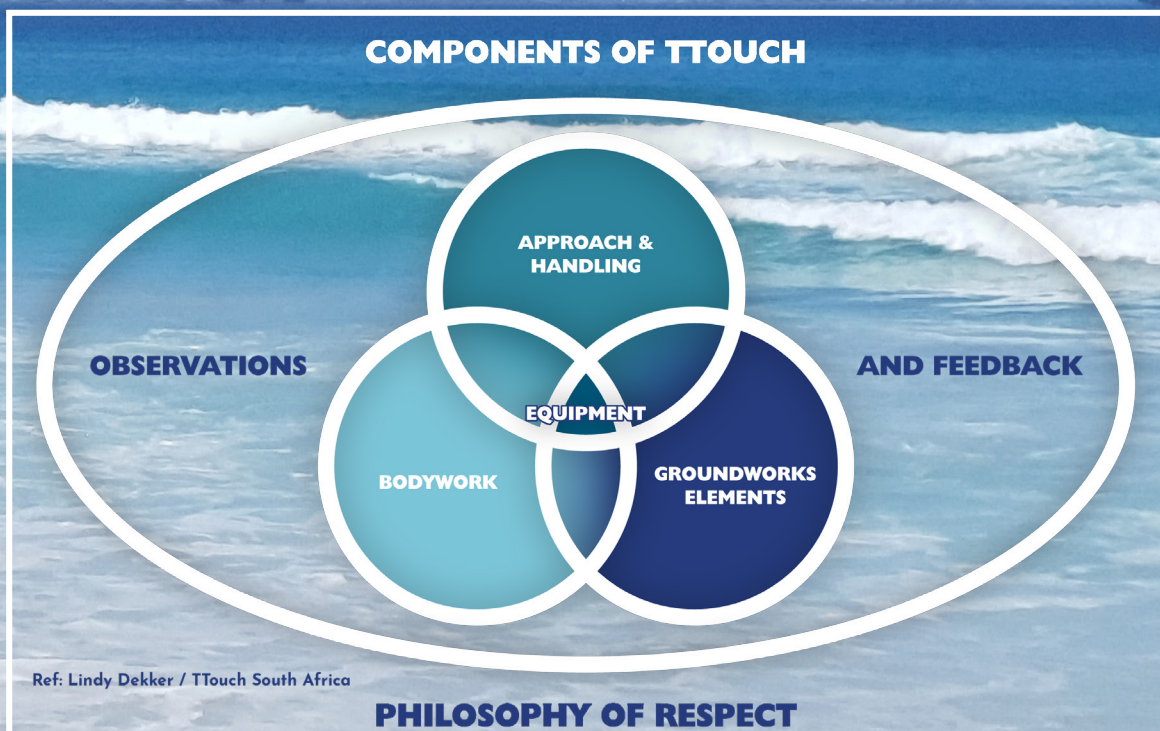
Tellington TTouch combines observations and philosophy, bodywork, ground exercises, and equipment to help dogs find physical, mental, and emotional balance, as well as a way of enhancing communication, cooperation, and harmony.

One of the most versatile aspects about the Tellington TTouch Method is that it is not an “all or nothing approach”. The philosophy and attitude is just as meaningful as the specific approach and techniques. Many people find that they can adapt their current program to include the mindfulness and respect that is paramount to the Tellington TTouch Method. This can result in long lasting and effective results that build your relationship with any animal you interact with.

Observations - We use this tool to look at the body language of the dog, we will look at the dog static, in movement, compare them moving on lead and off lead. We also want to be aware of how your dog responds to contact on every part of their body so you can take the necessary steps to help improve their health, behaviour and well being. We will also look at the dog's posture, how they move, what we can learn from looking at the coat etc.

Bodywork - Tellington TTouch bodywork is NOT a form of massage, it is a specific form of light circular touches and strokes known as TTouch®. Mindful and gentle, this form of touch induces a state of relaxation and increased body awareness in the dog. TTouch works with the nervous system to change physical patterns at some of the deepest levels through gentle, non-habitual movement. Many aspects of these techniques were inspired by the Feldenkrais Method.

Leadwork and Groundwork - Working on lead is one of the most important aspects of Tellington TTouch: it enables an animal to override habitual patterns of posture and movement and to learn without fear or force. Helping a dog come more into balance on leash reduces reactivity, lead pulling, and many other “issues” without force. Many of our leadwork exercises are unique to Tellington TTouch and help create consistent, comfortable, loose-leash walking without corrections or distractions.



Body wraps - Tellington TTouch Bodywraps are elasticated bandages that are an extraordinarily effective and easy way to help alleviate anxiety, improve body awareness and boost confidence in dogs. Body wraps influence an animal's posture, movement, and behaviour.

Equipment - Certain pieces of equipment are used with the Tellington TTouch method; these include 2-point harnesses, double-ended leads, sliding handles, body wraps, calming coats etc.

WHAT IS TELLINGTON TTOUCH?

It can be hard to get one's head around what TTouch is: is it a therapy or a training method? Alex Wilson investigates

One of the hardest things for many people coming to Tellington TTouch is getting their head around what TTouch is. Some people see it as a way to train their animals, others see it as a therapy, some people see it as a way of healing? There is not a clear answer as the method can be used in so many different ways depending on how you manage the animal/s in your care. The best way to think of Tellington TTouch is a method and a set of tells that can be used on their own or combined with other methods of working with the animal.

For me, I came to Tellington TTouch when I had just started my journey into professional dog training assisting at Marie Miller's (Tellington TTouch Instructor) dog training school in the Midlands and came to see that Marie used TTouch in many aspects of how she trained puppies, along with clicker training. I learned how the TTouch tools could be blended with more traditional, positive dog training methods to really shape puppy behaviour and to teach them to make life long positive choices. This inspired me to become a practitioner and, as they say, the rest is history.

Having come from clicker training that is relatively rule based, I struggled with the fact that the focus was not about rules but about seeing the response from the dog and being willing to try something different if what I was doing was not appropriate for the dog at that moment in time. I quickly started to love the fact that TTouch was so much about giving the dog a choice and encouraging them to make good choices, something that is at the front of everything that I teach today. Over the years

practitioners have been asked to describe the work and they have come up with some very creative responses. There is no right or wrong answer, choose what fits in best with what you do with your dog, horse, cat etc.

Tellington TTouch is a gentle method of body work and movement exercises that positively influences behaviour, performance and well-being and deepens the relationship between animals and their people.

Tellington TTouch is a method of touch and movement for animals that relaxes them so they can think and make better choices.

A well-developed system of bodywork and training that employs:

Bodywork: circular hand movements, slides, lifts, and other non-habitual movement

Training: mazes, balance beams, patterned walking exercised, etc., plus some basic obedience training and management education

Tools: bodywraps, leads, harnesses, and dozens of other items at hand.

Tellington TTouch is based on communication and respect, cooperation and understanding, never fear or force; observe without labelling; give direction, not correction.

It is not about fixing, curing, or doing something to the animal. It is about working with that animal to bring a new awareness, offering another experience and giving new information, so the animal can be more flexible and adaptive.



Tellington TTouch meets the animal where they are, never expecting more than they are capable of at the moment in time. If it doesn't work, change to something else chunk it down - one small successful step at time is a success - sometimes less is more.

Tellington TTouch looks at the whole picture, exploring the underlying stress and fear that result in the unwanted behaviour or physical limitation.

*Look at the possibilities, not the limitations
Promote balance - physical, mental, and emotional
Encourage - self-carriage, self-control, and self-confidence.*

Tellington TTouch uses non-habitual movements to create new sensation and awareness. Change the

posture, change the behaviour of the dog. Posture influences behaviour

Tellington TTouch allows an animal to think and act, rather than just react. To interrupt the habitual patterned behaviour associated with certain stimuli.

Tellington TTouch works on the level of the central nervous system circular movements and non-habitual movements affect unused neural pathways, replacing habitual messages of discomfort with less stressful ones. Tellington TTouch is an effective way for people to deepen their relationship with their companions while solving a challenging or frustrating situation.

The forward thinking approach to training, handling, and rehabilitation of dogs.

DECODING POSTURE IN DOGS

Understanding Tension Patterns And Their Impact On Behaviour By Alex Wilson

Understanding how posture relates to and directly influences behaviour in animals, specifically in dogs, can provide valuable information about their reactions in different situations. Posture refers to the position and alignment of a dog's body, including their stance, body language, and physical cues. Here are a few reasons why this understanding is valuable:

Communication: Posture is a key component of non-verbal communication in dogs. By studying their posture, you can gain insights into their emotional state, intentions, and level of comfort or discomfort. For example, a dog with a tense posture, raised hackles, and a lowered head may be signalling fear or aggression, while a relaxed and loose posture typically indicates a calm and friendly demeanour.

Predicting behaviour: Dogs often exhibit specific postures before engaging in certain behaviours. By recognising these patterns, you can anticipate how your dog may react in different situations. For instance, a dog that lowers their front end and raises their hindquarters (play bow) is indicating a playful intention, while a stiff and upright posture might precede a defensive or protective response.

Assessing well-being: Posture can provide clues about a dog's overall well-being and comfort. Changes in posture, such as a hunched back, limping, or favouring a particular body part, may indicate pain, injury, or discomfort. Identifying

these signs early on can prompt you to seek veterinary care promptly.

Tailoring training and management: Understanding how posture influences behaviour enables you to tailor your training techniques and management strategies to suit your dog's individual needs. For example, if you notice that your dog becomes anxious or fearful in certain postures or environments, you can adjust your training methods to build confidence and provide a more supportive environment. Tellington TTouch®, bodywork, the use of wraps and the confidence course, can really help.

Shelter adoption: When adopting a dog from a shelter, information about their background may be limited. Observing their posture can help you assess their temperament, potential triggers, and suitability for your home and lifestyle. It allows you to make a more informed decision when selecting a shelter dog. It can also help them achieve that forever home.

Understanding the relationship between posture and behaviour in dogs provides valuable insights into their emotions, intentions, and well-being. It helps you interpret their actions, predict their behaviours, and adapt your approach to training and management, ultimately strengthening the bond and communication between you and your dog. Tension patterns in dogs refer to the distribution and manifestation of physical



tension or stress within their bodies. These patterns are observable through a dog's posture, movement, and overall body language. Here are a few common tension patterns that can be observed in dogs:

Stiffness: Dogs experiencing tension may exhibit a stiff posture, where their muscles feel tense and rigid. This stiffness can be observed in their body stance, legs, neck, and even facial expressions. It often indicates a state of alertness, anxiety, or fear.

Raised hackles: Hackles are the hairs along a dog's back and neck. When a dog is tense, these hairs may stand up or become raised, making the dog's appearance seem larger. Raised hackles are often associated with an arousal response, which can be triggered by fear, aggression, excitement, or anticipation.

Tightly closed mouth: When a dog's mouth is tightly closed or lips are pressed together, it can be a sign of tension or stress. This can indicate discomfort, anxiety, or a potential threat

perceived by the dog. It is so important to notice these behaviours.

Avoidance or freezing: Dogs under tension may exhibit avoidance behaviours or freeze in place. They may try to distance themselves from perceived threats or situations that cause stress. Freezing can be observed as a lack of movement, rigid body posture, and fixed gaze.

Panting or heavy breathing: Tension can lead to increased respiratory rate in dogs. Panting, rapid or heavy breathing, and exaggerated chest movements may indicate heightened arousal or stress.

Trembling or shaking: Dogs experiencing tension may exhibit trembling or shaking, especially in their limbs or the whole body. This physical response can occur when a dog is anxious, fearful, or they are anticipating something negative.

It's important to note that tension patterns can vary between individual dogs and may be influenced by their temperament,

past experiences, and the specific context. Recognising these tension patterns can help dog owners and handlers identify signs of stress, anxiety, or fear in their dogs, allowing them to respond appropriately and provide support or intervention to alleviate the tension and promote the dog's well-being.

Tension patterns occur in dogs as a physiological and behavioural response to various internal and external stimuli. Dogs, like humans and other animals, experience tension as a natural part of their stress response. Here are some common reasons why tension patterns occur in dogs.

Fear and anxiety: Dogs may exhibit tension patterns when they feel afraid or anxious. This can be triggered by new environments, loud noises, unfamiliar people or animals, or previous negative experiences. Tension patterns serve as a protective mechanism, preparing the dog for a potential threat and signalling their discomfort or unease.

Aggression and defensiveness: Dogs may display tension patterns when they perceive a threat or feel the need to defend themselves or their territory. This can manifest as stiff posture, raised hackles, and other signs of readiness for confrontation. Tension patterns can be a warning sign to other animals or individuals to stay away.

Overstimulation: Dogs can become overwhelmed by excessive stimulation, such as crowded environments, intense play sessions, or unfamiliar situations. Tension patterns may arise as a response to sensory overload, indicating that the dog needs a break or time to relax.

Medical conditions: Some medical conditions or physical discomfort can lead to tension patterns in dogs. Pain, injury, or underlying health issues can cause muscle tension, resulting in changes in posture or movement. It's important to rule out any potential medical causes when observing persistent tension patterns in a dog.

Lack of socialisation or training: Dogs that have not been adequately socialised or trained may exhibit tension patterns in certain situations.

They may lack confidence or appropriate coping skills, leading to heightened stress and tension. Proper socialisation and training can help dogs develop resilience and reduce tension responses.

Individual temperament: Each dog has a unique temperament and personality. Some dogs may naturally be more prone to tension patterns due to their genetic predispositions or past experiences. For example, certain breeds may have a higher tendency for anxiety or reactivity. Remember, work with the dog in front of you, don't make assumptions about what you think is going on, rather see what you see.

It's crucial to recognise tension patterns in dogs to understand their emotional state and respond accordingly. Creating a safe and supportive environment, providing proper socialisation, and training, and addressing any underlying fear or anxiety issues can help reduce tension and promote a more relaxed and balanced behaviour in dogs. Consulting with a professional dog trainer, Tellington TTouch® Practitioner or behaviourist may be beneficial for dogs experiencing persistent or severe tension patterns.

Identifying tension patterns in dogs involves observing their body language and behaviours.

It's important to consider the context and the individual dog's overall behaviour and history when identifying tension patterns. Remember that dogs can exhibit different tension patterns based on their personalities and past experiences. By being observant and understanding these signs, you can better respond to your dog's needs and provide appropriate support and comfort to help alleviate their tension.

There are several peculiarities in dogs that can indicate tension or heightened stress levels. These peculiarities may vary between individual dogs, but here are some common signs to look for:

Dilated pupils: When a dog is under tension, their pupils may become dilated, appearing larger than usual. This is often an involuntary physiological response to arousal or fear.





Excessive drooling: Tension can cause dogs to salivate excessively. You may notice their mouth producing more drool than usual, leading to wetness around their muzzle or even dripping saliva.

Excessive shedding of fur: Some dogs may experience “blowing coat” when under tension, where they shed large amounts of fur all at once. This can result in clumps of loose fur coming off the dog’s body.

Excessive licking or chewing: Dogs may exhibit compulsive licking or chewing behaviours when they are under tension. They may lick their paws, legs, or other body parts excessively, or engage in destructive chewing of objects as a stress-relieving mechanism.

Loss of appetite: Dogs under tension may experience a decreased appetite or even refuse to eat altogether. Stress can affect their desire to eat, leading to changes in their eating habits and weight loss.

Changes in elimination patterns: Tension can impact a dog’s elimination patterns. They may have more frequent urination or defecation, or they may have accidents indoors even if they are house-trained. On the other hand, some dogs may exhibit a decrease in elimination due to heightened anxiety or stress.

Excessive vocalisation: Dogs may vocalise excessively when they are under tension. This can include barking, whining, howling, or even growling. The specific vocalisations may vary depending on the individual dog and the context. Always look at context even if it is a dog you live with.

Destructive behaviour: Dogs experiencing tension may engage in destructive behaviour as a way to cope with their stress. This can involve chewing furniture, scratching walls or doors, or tearing apart objects.

Changes in social behaviour: Dogs may exhibit changes in their social behaviour when under tension. They may become more withdrawn, avoiding interactions with people or other animals. Alternatively, some dogs may become overly clingy or seek constant reassurance and attention.

It’s important to note that these peculiarities are not definitive indicators of tension on their own. Each dog is unique, and a combination of multiple signs may be necessary to determine if a dog is experiencing tension or stress. If you notice any of these peculiarities and are concerned about your dog’s well-being, it’s advisable to consult with a veterinarian. Tellington TTouch® is not a replacement for any veterinary care.

USING TELLINGTON TTOUCH® TO SUPPORT NOISE SENSITIVE DOGS

by Dr. Erica Cosijn

Anxious behaviours during thunderstorms and fireworks displays are often mislabelled as noise phobia. But if Fido starts acting out of sorts long before the storm hits, it is clear that he is not scared of the noise. Events that we, as humans, perceive as noisy, are often complex, multisensory phenomena that affect more than just the sense of hearing.

When we analyse a thunderstorm according to sensory impacts, we can see that all seven senses are likely to be affected:

- **Hearing:** Thunderclaps, rolling thunder, wind noise, slamming windows and doors, wind chimes, rain/hail on roofs and trees
- **Sight:** Darkening skies, lightning flashes and unusual movements outside
- **Smell:** Ozone smell downwind, petrichor (the earthy smell associated with rain after a dry spell) and storm asthma that could affect allergic dogs
- **Taste:** The characteristic metallic/bitter taste in the air that is associated with nitric

oxide in the air which is caused by the lightning

- **Touch:** Electrical charge in the air causing static electricity in the fur, wind movement, raindrops, hail and ground-borne vibration
- **Balance/vestibular sense:** Changes in barometric pressure affecting the nerves in the middle ear
- **Proprioception:** Animals finding hiding spots or trying to fit into spaces too small for them

Most events that we simplistically label as “noisy” are bound to affect multiple senses. Fireworks, in addition to the sudden onset noise, are also accompanied by other sounds such as whistling and popping, odours of saltpetre and sulphur, strange tastes in the air, lightning flashes, significant ground-borne vibrations and shock waves in the air.

Traditional wisdom advocates desensitising dogs with recorded thunder or explosive sounds, turning up the TV to drown out the noise, or slapping a calming coat/wrap

on the dog, but as we can see from the above analysis, fearful behaviour during storms or fireworks is infinitely more complex than just noise phobia.

How can we help dogs that suffer from anxiety during perceived noisy events?

Firstly, it helps to understand how sound and hearing work from a physical as well as a psychological perspective. Sound is simply vibrations in the air. Noise, on the other hand, is a subjective interpretation of what is heard. The sound of a mosquito, when you are enjoying your garden on a lovely summer's evening, is interpreted as noise. The neighbour tuning his car engine when you are trying to sleep is also interpreted as noise. Noise is not necessarily loud. Noise is always a sound, but sound is not always noise.

Secondly, we need to understand the differences between fear, anxiety and phobia. Fear is normal and is an adaptive behaviour. Phobia is when the fear becomes irrational and disruptive to normal everyday living.

Constant anxiety can lead to phobias and vice versa. Thirdly we need to understand that animals do not sense the world the same way we do. Whereas humans can hear sounds between 20 Hz and 20 000 Hz, dogs can hear sounds up to 45 000 Hz (breed-dependent). In addition to the fact that dogs can hear much higher sounds than we can, their hearing is also more acute. Their sense of smell is also much more sophisticated than that of a human and their vision is quite different from ours.

The fourth thing we need to take note of is the bottom of the pyramid of the hierarchy of needs: proper food, proper shelter, proper care and basic health. Many physiological and psychological conditions can lead to an increase in anxiety levels, and influence a dog's ability to learn.

The last thing we need to understand is how to observe the dog's behaviour, body language and physical condition to try to identify the possible triggers. For example, my own dog

Bertie knew when a storm was coming about an hour or two before it arrived. The shivering and drooling were certain signs that there was a storm within a 100 km radius. During the storm, he would shiver, suddenly tense up, start drooling profusely and then there would be a clap of thunder. As soon as the lightening was done, he would exhale and lie down, only for the process to be repeated with the next lightning strike. He was not scared of any other noises, so this led me to believe that he was bothered by the change in barometric pressure and the electrical charges in the air.

Once we have a basic understanding of everything that can lead to the animal's state of well-being, we can start to address the anxiety through a two-pronged approach: arranging the dog's physical environment to mitigate the possible triggers, and supporting the emotions through a variety of modalities.

Arranging the environment

Shutting out or dampening the noise and visual triggers can be achieved by closing



windows, drawing curtains and switching on the lights. “Soft rooms”, such as bedrooms that have curtains, soft furnishings, wall hangings, etc. go a long way to prevent reverberation inside the house. Some dogs, however, prefer a “hard room”, like a laundry room, bathroom or scullery. The noise in these rooms is technically significantly louder than in a soft room, but dogs that choose these rooms, are more worried about the electrical charge in the air than the actual noise. These rooms typically have a water supply and the pipes that go into the ground serve to earth the room, reducing the electrical charge.

In some cases, dogs will refuse to go to their beds if they are next to a wall because there might be standing sound waves and the noise next to the wall is louder than in the middle of the room. We can see that turning up the TV or playing loud music to drown out the noise is less than ideal because if the dog is already noise-phobic, additional noise will only make things worse. It is better to use white sound (radio or television static, fans or air conditioner units) or simple music played at a low volume.

Supporting the emotions

Exercise, play, fun training and chewing are all ways to release endorphins and increase serotonin levels in the brain. These activities are all best done before the noisy event starts.

Prescription medication through your vet is another way of supporting the emotions. Just bear in mind that it does not address the underlying problem, it only serves to put the animal in a state where it can start to learn and make conscious choices. Also note that, if you are going to use fast-acting tranquilisers during the event, it is a good idea to try them out at least once before the event because they may have adverse effects on some dogs. The same applies to supplements such as melatonin and essential amino acids.

Dog Appeasing Pheromones (DAP) (available as diffusers, sprays or collars) may also be used to calm anxious dogs. Some dog parents swear by aromatherapy, homoeopathic or herbal remedies, and the use of CBD oil, in particular, has increased in recent years. Be aware that

very little research has been done on the latter, and the production and sale are generally not regulated very well.

Tellington TTouch® Training is another modality that I recommend to support the emotions of anxious dogs. This modality is mindful and based on mutual respect and trust between animals and humans. The reason that TTouch® is especially successful in working with anxious or fearful dogs is that it directly addresses the senses of touch, balance and proprioception. There is an undeniable link between physical balance and emotional and mental balance. As humans we say “Pull yourself together!” and this means that you stand up straight, take a deep breath and carry on with confidence. Through TTouch®, and especially groundwork, we can help our dogs to pull themselves together. Movement increases proprioceptive input, which increases dopamine to help positively influence the emotional state. This should be done regularly to ensure that the dog gains self-confidence and be in a state where he can make good choices.

Some of the TTouch work that is especially helpful for fearful dogs are:

- zebra touches as an “ask” to check if the dog will accept touch if he is scared,
- python lifts on the rib cage to steady breathing,
- extremity work, especially the ears and around the mouth,
- wraps, specifically a head wrap and a quarter-wrap or half-wrap,
- chimp or clouded leopard touches on the hind-quarters and back legs to release tension.

In summary

An event such as a thunderstorm, firework display, or even the use of a vacuum cleaner, affects more senses than simply hearing. By observing our dog’s general behaviour to create a baseline and then comparing it to the behaviour during the event, we can often pinpoint the trigger and create a treatment plan

for the animal. The steps of the plan are to first analyse the event and map all possible triggers to the seven senses. Then, taking your dog's preferences into account, see what you can do to arrange the environment to make him feel as safe as possible. Following this, list all possible modalities to appease each of the senses.

Going back to the example of Bertie, his plan looked something like this:

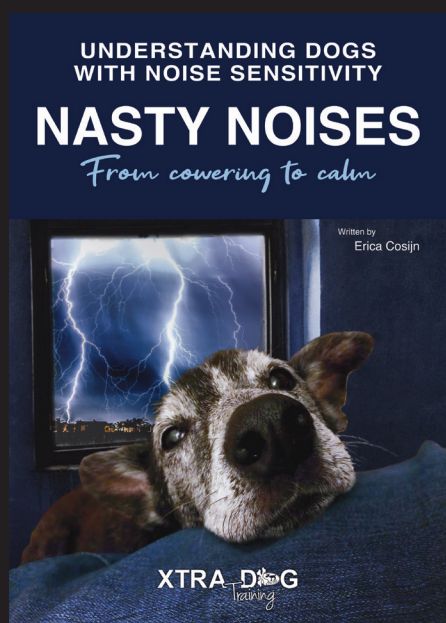
Senses	Storm characteristic	Trigger/Something to work on	Environment	Emotions
Sight	Darkening skies, flashes, unusual movement	No	Close curtains, switch on lights	
Hearing	Rain, thunder, wind	No	Close windows and doors	Soft, slow music, white sound
Smell	Ozone, petrichor	?		Aromatherapy
Taste	Bitter/metallic	?		Doesn't want to eat
Touch	Electrical charge	Yes	Ioniser	ThunderShirt, TTouch®
Balance	Changes in barometric pressure	Yes		
Proprioception	Cause: Crawling, hiding, squeezing into small spaces	Yes	Wants to be on my bed – make sure it's accessible and free of breakables	TTouch® bodywork, groundwork
Other				Rescue Remedy

Every dog is different and has different triggers that will require a different treatment plan. Not all animals can be completely cured, but a combination of various modalities usually results in a great improvement in their quality of life.

ABOUT ERICA COSIJN



Dr. Erica studied Mathematics, Physics, and Philosophy at graduate level, holds a Master's Degree in Logic and Ethics and a DPhil in Information Science. She has worked as an information specialist, university lecturer, noise impact assessment consultant, and later as a Tellington TTouch® practitioner and content developer for information literacy at tertiary level. She is the author of many articles on Information Retrieval, is co-author of a book on Information Literacy, and has written over 200 Noise Impact Assessment Reports. All these skills combined perfectly for the development of the Nasty Noises course and subsequent book. Dr. Erica lives in Pretoria, South Africa with her elderly rescued dogs and is quite well known for her love of orange-eyebrowed dogs.



Are you perplexed by your dog's panic at every crash of thunder or fizz of fireworks? *Nasty Noises: From Cowering to Calm* is the book by Dr. Erica Cosijn you've been searching for!

Renowned canine noise impact expert, Dr. Erica Cosijn, delves into the canine psyche to unravel the mystery behind noise anxiety in dogs. This transformative book is not just a window into understanding why dogs are scared of noise, but it's a doorway into their world.

Insightful Analysis: Learn the science behind your dog's fear and its triggers in an easy to read format. 110 pages

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OBSERVING YOUR DOG

The more that we can observe our dogs the more we will be able to learn about them and be able to help them, writes ALEX WILSON. Using skills like learning about canine body language can be a very useful tool to enhance our understanding of the dog in front of us, the dog that we are working with. Whilst observing a dog look at the small changes, ask yourself “why is that happening”, what might we be doing that could be influencing an outcome. Use your eyes, your ears and your nose when observing a dog. “Question everything, but don’t question the dog”.

When observing a dog think about the body language they are showing us:

- Context – What else is happening?
- Objective vs Subjective – What we can see vs what we assume
- Repetition – How many times the behaviour was offered?
- Frequency – How often was the behaviour offered?
- Combination – What other behaviours were offered?
- Evaluate – what is the purpose of that? What was the end result?

Does the dog behave differently on-lead to off-lead, is a piece of equipment influencing what we are seeing? That could be a collar, a harness, a lead etc. Can we watch the dog move un-restrained? Do they move differently when they have not got a collar or harness on? This might be a small change in the dog’s posture. If we take the dog’s harness off how do they respond when we try to put it on again. Can we put it back on without forcing the dog, do they come forward, do they back off? All this gives us great information. Be a dog detective!

Tina Constance, a UK based Tellington TTouch® Instructor teaches about observations and possible solutions. It is so really important when

we are doing observations with our dog that we think about context. As a canine body language instructor I am always saying look at what else is going on when we watch our dogs, often there will be other things in-play that may be so relevant to better understanding what and how they are communicating with us. As well understanding the “why” we need to think about what can we change, what could we do differently, how can we chunk the situation down? Can we make things easier for that dog? Do we need to take that dog out of a situation that they are in? Is the environment they are in too challenging?

The possible solutions can apply to all dog training and management, not just within the Tellington TTouch® areas. So ask yourself when you are out and about with your dog, how are they coping, how are they enjoying the situation, are they relaxed or is it too difficult for them. The number of times I have been at dog friendly events and seeing people dragging their dogs around. These dogs are obviously not enjoying being there and yet people believe that by taking them they will get used to it, however with so many cases this is not the case and people won’t do the right thing, take the dog home or better still not bring the dog in the first place. If you are scared of spiders putting you in a room full of spiders for long periods of time will not get you used to them, it will just heighten that fear, getting you out of the situation will help you to relax.

Observations is such a key skill to have as a dog owner or a canine professional but always try and be objective not subjective to what you are seeing. This is particularly true with our own dogs, it is so easy to say, “that’s just what my dog does” rather than stepping back and thinking, what would I observe if this was not my dog, but rather a dog that I have never met before. This will tell me what is actually going on or being communicated to me, rather than what I might be assuming.

By being aware of how your dog responds to contact on every part of his body you can take the necessary steps to help improve his health, behaviour and well-being. Use the diagrams to mark areas of tension, 'ticklish' places, no-go areas, and places that are over or under-developed. Mark patches that are cold or hot or areas where the coat is worn, raised, coarse or scurfy. Note which is the higher ear, shoulder, hip, and so on. Watch your dog's reactions at all times and only carry out the flat hand assessment if it is safe to do so.

Repeat the assessment every few weeks to follow your dog's progress. You may be amazed at how the simple Tellington TTouch body work exercises can change your dog.

Suggested Key:

W - warmer areas
 C - colder areas
 H- higher pelvis/ear/shoulder and so on
 S - Scurf
 L – lower pelvis/ear/shoulder and so on
 R – rough or coarse coat
 T –ticklish or sensitive areas
 X – excessive curls
 U – underdeveloped muscle
 M – colour changes
 O – overdeveloped muscle
 N – no-go areas

What Tellington TTouches and/or Groundwork have you done? What was the response?

Movement:

1. Does dog turn equally both sides? Have handler change sides Watch from behind – do hips move up and down evenly?
2. Do hind legs track evenly?
3. Do joints articulate?
4. Does dog sit straight or to one side?
5. Does he always lie on one side?

Other things to consider when assessing:

1. Coping response - how does he interact with his person? With strangers?
2. Calming signals?
3. How is dog to groom?
4. When touched or groomed is skin twitchy, unyielding or spongy?
5. Is dog on any medication, or have chronic medical problems?
6. What is dog's diet?

Look at the following

Acceptance of contact:

1. Can dog's person touch dog everywhere? Slowly?
2. How is dog with strangers?

Coat:

1. Texture difference
2. Hair quality - dry, shiny, uneven
3. Texture may vary depending on tension
4. Direction of coat
5. Movement of skin
6. Colour variations - may change after injury
7. Hair swirls and curls

Respiration:

1. Quick, Shallow - holding?
2. Which part of rib cage moves?

Temperature:

1. Heat or cold areas.
2. Legs, feet, pads
3. Level of acceptance of having legs and feet touched?

Weight loading:

1. How does the dog walk and stand?
2. Wither rocking may show where loading occurs or by doing leg circles
3. Does dog move through rib cage, hindquarters?
4. How does dog stand with toes?
5. Are pads worn evenly?
6. Is it the same in all feet?

Posture

Head carriage

1. High or low?
2. Is there tension in the neck or jaw?
3. C1 or C2 govern optic nerve - also connected to liver - may go along with reactive dogs

Eye:

1. Hard / soft?
2. Shape of eye?
3. Do whites show?

Mouth:

1. Is it tight?
2. Is dog vocal - whine, bark?

3. Are sides sucked in?
4. Dry - inside?

Ears:

1. Check temperature of the ears
2. Is there tension between the ears?
3. Are they set evenly?

Tail Placement:

1. High / low
2. Clamped

3. Loose
4. Does tail wag evenly?

Legs:

1. Base narrow - front or back
2. Base wide
3. Stands out of balance
4. How is the dog about having legs and feet touched?

Muscling:

Symmetry - are shoulders, hips, hind legs equal on both sides?

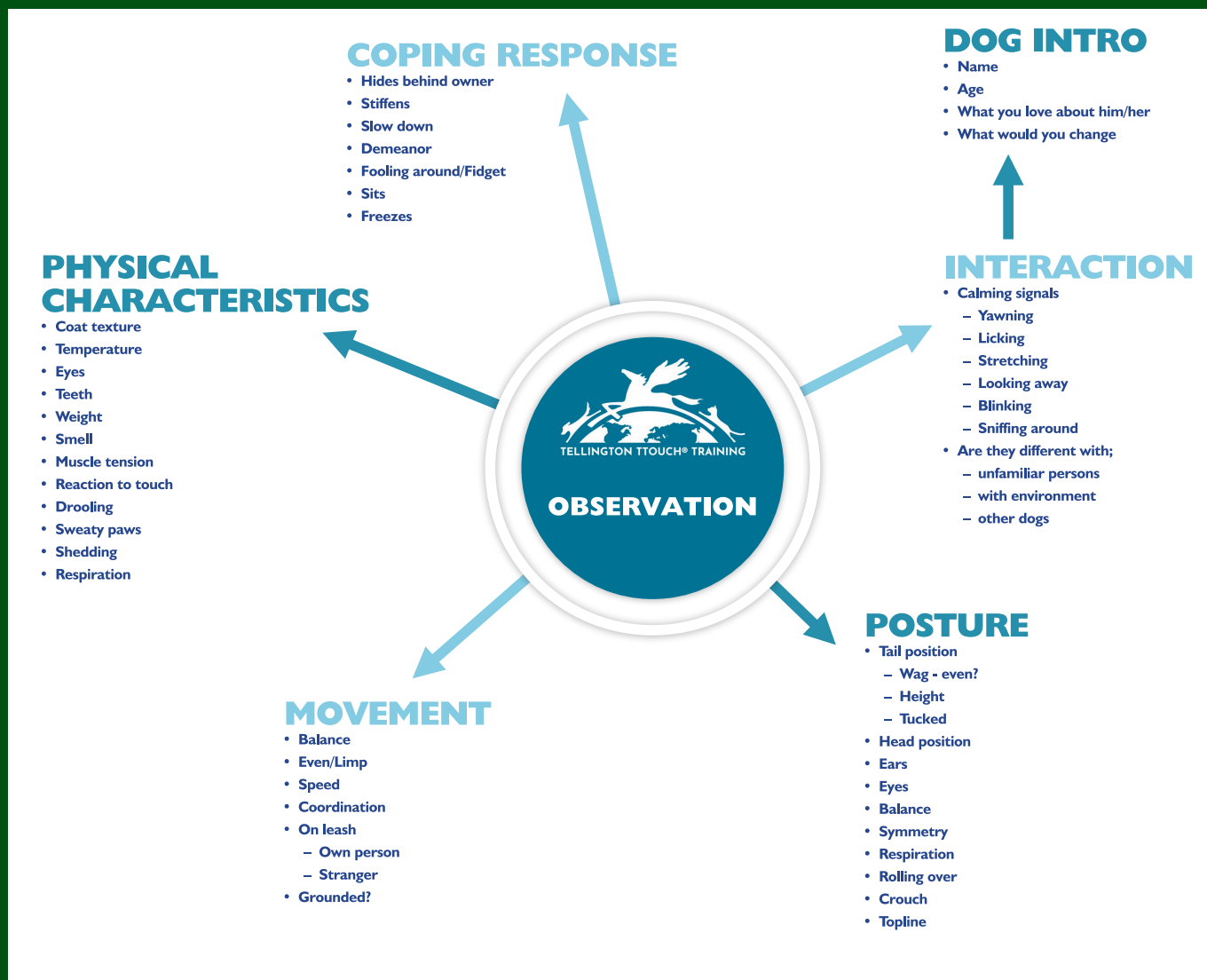
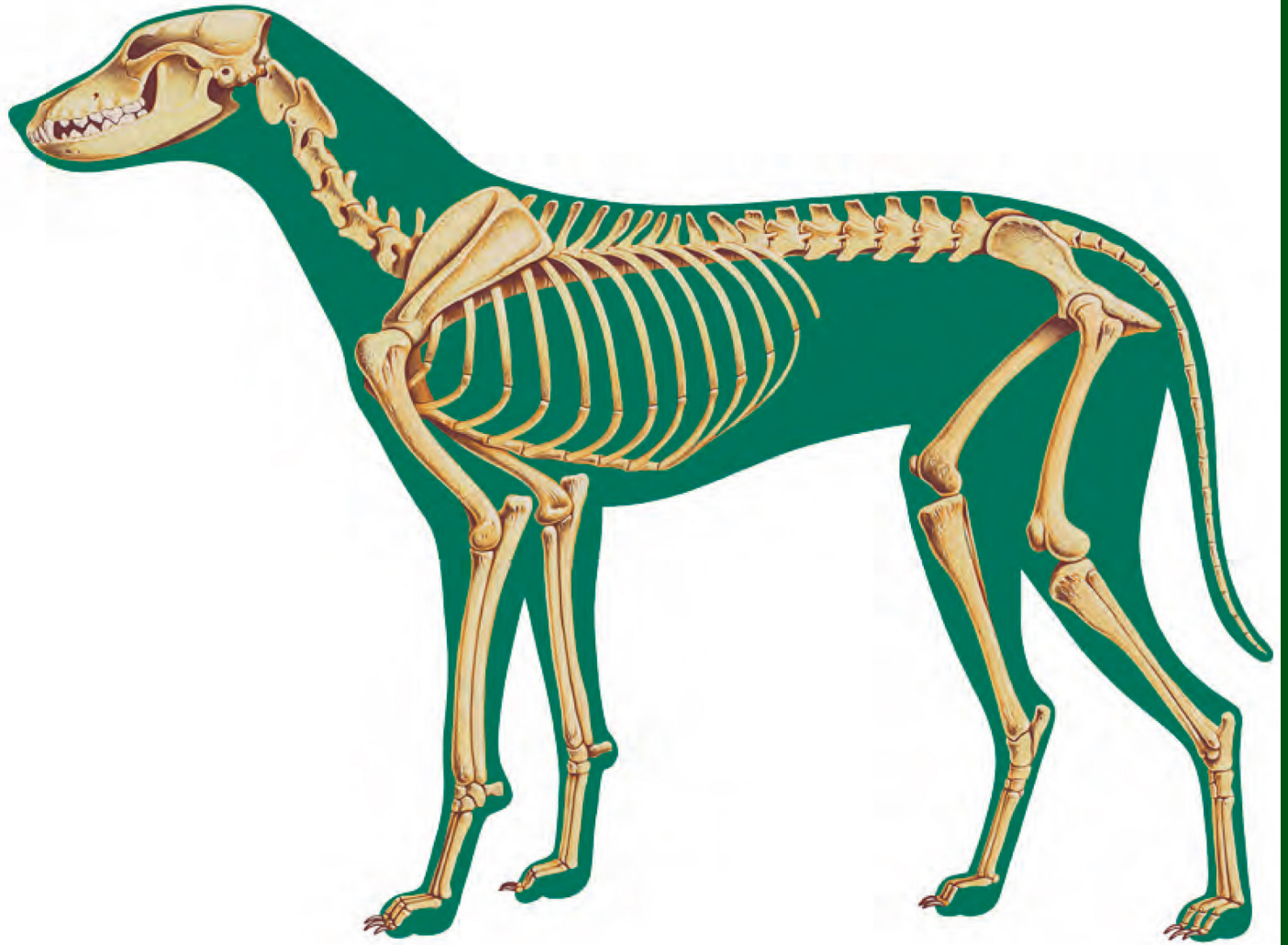


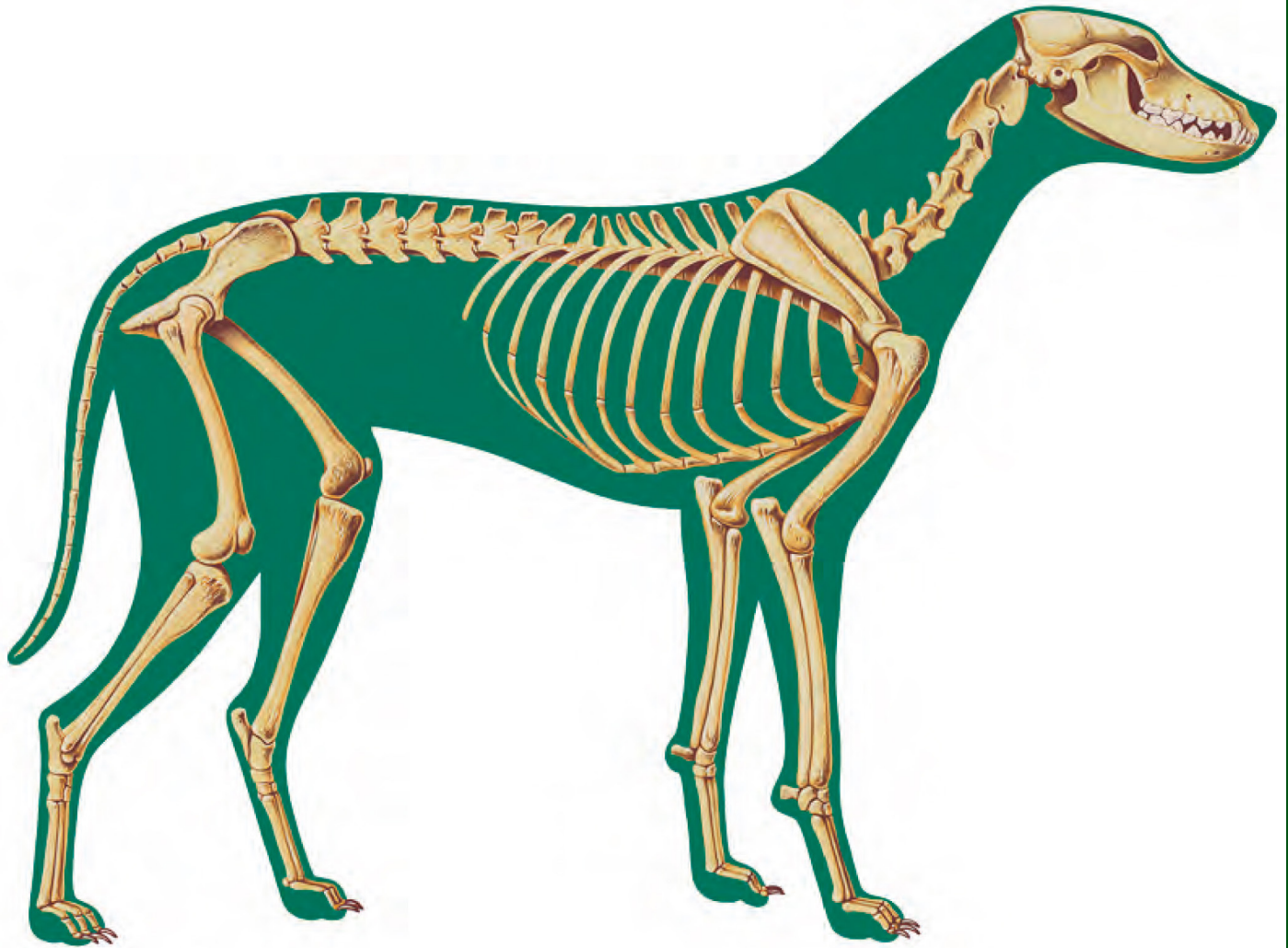
Figure 1. gives us a very good overview of where we can start when meeting a new dog. Obviously, we want to learn about the dog, so knowing the dog's name, age, sex and understanding about their person would give a good baseline. One caveat I would always add is not to get hung-up on an outcome. Sometimes seeing a positive change can be massive for the dog, even though it may not be the outcome we or a client had been hoping for. It is also useful to learn what are the things that the dog's person loves about their dog. Next, let's understand a bit about how the dog interacts with the real world. Does the dog offer any specific calming signals? These are signals that dogs will give to calm each other, or even to calm us. The signals that we may observe including yawning, licking, stretching, blinking, sniffing, sneezing etc. We can also see how the dog interacts with their person and do they interact differently with an unfamiliar person.

Left Side Of The Dog



Notes

Right Side Of The Dog



Notes

We can learn so much about what we can see when we observe dogs, how they move and how they interact with different situations, environments, even the person who is handling them.

Dogs are communicating with us all the time, on a minute-by-minute basis, a second-by-second basis, and a moment-by-moment basis. Although there are some elements of vocal communication, to really understand how they communicate we need to be able to read their body language. This may be looking at the eyes, the ears, the mouth, listening to the way that they breathe, how they move, even how they choose to interact with people or other dogs.

In Tellington TTouch® we recognise the link between

posture and behaviour, so looking at the posture, will give us lots of information about the dog. What can we learn about looking at the tail, the wag, or the height of the tail. The tail is often linked to emotion, so with a tucked tail the dog may be worried or concerned. Look at how balanced is the dog? Physical balance is linked to mental and emotional balance. Look at the overall symmetry of the dog. We can also learn a lot from the breathing of the dog. Maybe the dog is breathing very shallow, and perhaps we can barely hear them breathe, perhaps we will hear a loud exhale. What do we notice when the breathing changes? Are they doing something more challenging that may be affecting their breathing. Do we see the dog roll over, contrary to popular belief, this

is not a sign of the dog wanting their tummy tickled, it is usually a sign that the dog is worried or concerned, so it is always best to allow the dog some space. Try and observe the dog in movement, how do they behave off the lead compared to on the lead; how are they handled by their own person in comparison to an unfamiliar person? How balanced is the dog when they move? Could there be a limp? Can they move slowly and fast, could a piece of equipment on the dog be influencing how the dog moves, i.e. a harness rubbing their armpits.

We should also look at some of the physical characteristics too. Have a look at the coat. We can learn so much observing changes in the coat patterns. The skin is the largest organ of the dog's



body so changes in the coat can tell us other things that might be going on with the dog. If I notice an unusual coat, I might ask the owner if they have noticed any changes in their dog's coat or whether the coat has always been like that. The things that I would be looking at include; changes in colour, what I mean by that is, let's imagine a beautiful black Labrador and on first glance they are black all over, but on closer inspection we notice there are areas that are darker, or areas that are lighter.

Perhaps we put the back of our hand on the dog in these areas and maybe we notice the dog is warmer or cooler there, perhaps the dog then moves away or sits away from us. Now the colour change is giving us some really useful information.

Look at the quality of the coat. Is it dry, scurfy, rough, very greasy, are you seeing any unusual swirls and curls? Are there areas that are slow to shed? Do you see any white tramlines in the coat?

Have a look at the picture of Arapahoe, on the left page, this picture was taken when she was about 5 years old. At the time I did some scootering with her and she used to really enjoy the experience. I would only have to get her sled dog harness out and she would get all excited that we were going to do something fun. When I took this photo, I observed some changes in her. Firstly, she had lost interest in scootering, showing her the sled dog harness, evoked a different response, she backed away. I also observed the flattening of the coat at the base of her tail, along with the tramlines in the coat. I took her to see a McTimoney Chiropractor and Arapahoe was diagnosed with mild hip dysplasia. Interesting?

Whilst I would not suggest that coat observations should be used as a diagnostic tool, it is interesting how much we can understand about our dogs from looking at the coat and then seek further professional advice if necessary.

Another area to think about when conducting observations is the eyes, we can learn so much about how the eyes are and how they change, when a dog is concerned, we may see the eyes looking hard, there could even be some furrowing of the brows and the eyes will be rounder, as the dog starts to relax you will notice that the eyes will soften. Sometimes when I'm doing TTouch bodywork on a dog one of the first changes I will notice on the dog is the softening of the eyes. If a dog is really worried, then we may see

what we call whale eye where the dog is showing a lot of white of the eye. They may be observing one thing but actually looking at something else.

Finally let's observe how is the dog coping? What might we notice? Are they hiding behind their person? Do we notice them stiffening up? Do we see them freeze or even just getting a bit stuck when we ask them to move? Do we see them go into a fool around behaviour. This is often mis-interpreted as the dog mis-behaving, but it may just be the fact that the dog is struggling to cope with the environment that they are in. Robyn Hood often says, listen to their whispers, don't wait for the dog to start shouting.

I have not gone into depth on everything that we might see when observing a dog, remember that every dog is different and we may see different things in different dogs and in different situations and at different moments in time. Try and observe without judgment, it is also very easy to make assumptions because it's our dog, or because it's a dog we know well. I would always suggest when observing your own dog to observe with a trainer's eyes, in other words, imagine that this is the first time that you have ever seen the dog, as a trainer would with a new client and try to observe them objectively, not subjectively.

As we are observing our dogs and looking at their body language, as yourself, what could we change? What could we do to make things easier for that dog in that situation, ie what are the possible solutions. It's all very well to be able to understand what we are observing but if we don't think about potential solutions then this exercise becomes rather pointless. All the time that we are working with a dog, make sure you are doing lots of observations, looking at their body language and asking yourself what can we change and what can we do to support our dog.

Also consider small details, sometimes the big obvious things are not as important as some of the details that we might miss. Look at what else is going on, if you just observe one thing then it could easily be taken out of context. If you look at other things that might be going on, then you will start to become a dog detective and really see what the dog is communicating. On a recent 2-day Tellington TTouch® weekend that I taught, one of the students was a former police detective and I asked her when she was a detective would she have been satisfied

with a single piece of evidence to get a conviction, she told me that she would always want to get as much evidence as possible. It's no different as a dog detective... We want to learn as much about that dog as possible, learn about their body language, how they move, how they interact with the environment, the person handling them etc.

In conclusion, when we are observing our dogs and reading their body language could the equipment that the dog is wearing be influencing what we are seeing, remember any piece of equipment that a dog wears will influence their nervous system and it can influence or change the outcome? We must also think about the environment too, might it be too challenging for the dog, who is handling the dog? Is the dog able to move out of the environment to re-set or are they being restrained on a tight lead. These are all factors that might change what we are seeing.





USING FREWORK

in Tellington TTouch® by ALEX WILSON

Freework or free play has been used within Tellington TTouch® for many, many years, however over the past few years Sarah Fisher developed it into a modality of its own. Personally, I use freework for a number of different reasons plus I will add Chirag Patel's Counting game to add another dimension to it.

What do we use Freework for? Firstly, as we discussed previously when doing Tellington TTouch® Observations we want to be able to really understand what it is that the dog is communicating to us. Often when we have a dog wearing a collar and/or a harness this can influence the outcome of what we might be seeing. The same can be said if the dog is also on the lead, so Freework can be useful to observe dogs by minimising any external influences. I will always start a session with the dog without even their collar on, as I want to really see the dog's responses without any equipment. I find this particularly useful for one-to-one sessions, especially when working with a new dog.

Secondly, I will use Freework to help to lower the arousal of a dog. If a dog has reached a point of threshold and needs to have some rest time, doing some Freework with the dog can be a rewarding way to enrich the dog without increasing their levels of arousal. It can also be useful to help a dog going into a challenging experience, this might be prior to visiting the groomer or the vet. We can use Freework to help build confidence and optimism in dogs and it is interesting when we watch a dog working, how differently a more optimistic or confident dog will approach the work, compared to a shyer individual.

So, what exactly is Freework? To set it up we need several different elements. These do not

need to have a specific configuration; in fact, I tend to be quite random about the stations and if I am working regularly with the same dog, I will change up the layout so that they do not predict and learn where the different elements are. I will always include several different surfaces for the dog to walk on, if I am working in my garden, on the lawn, I will add some surfaces that might include the rubber squares you might find in a children's play area, a yoga mat, a towel, a sack or anything that might give the dog a different sensory experience through their paws. I like to use a ball pit, the one I have is a cat litter tray, with small plastic balls in it. I can also include a noise box, a cardboard box with used plastic bottles, or cans, anything that will move or make a noise when the dog puts their head in it. I will use things at different heights. I might have egg boxes on the ground, I bought some great plastic ones that are re-usable, but you can just use regular cardboard ones. I use an upside-down bucket, the collapsible ones are great that concertina as I can choose what height I want them at. I also use puzzle feeders, little step stools, you are only restricted by your imagination. The next stage is to make it interesting for the dog, so I add food to the set-up. I tend to use a combination of wet food and dry food; baked liver can be a very good choice for dry food. I want the dogs to be licking and chewing, if possible, as these actions will stimulate the parasympathetic nervous system. If the dog is not terribly interested in food, then I could also use different scents as an alternative. Finally, always remember to have at least a couple of water bowls available. Dogs often need to drink when they are learning, as we do.

Before the dog comes out, I want to prepare the work area, note that Freework can be done

indoors or outdoors whichever will work best for you and for your dog. I don't want to be setting the area up whilst the dog is with me, otherwise it may increase the dog's arousal level with the expectation of food, and I want the dog working at a low arousal level. When baiting the stations try and make sure that there is food at different heights. I might add wet food or paté on the legs of the step stool, side of a bucket to see where the dog likes to eat.

So now that we have our Freework set up and the dog has joined us where do we start? Let's remember to start the dog without a collar, or harness if it is safe to do so and allow the dog to do what they want to do, we should now start to use our observations skills and try and see how the dog engages with the different stations: are there some they

prefer, are there some that they find too difficult? How can the dog cope with the ball pit, the noise box, do they have a favourite station?

Think about speed, does the dog come into the Freework, like a bull in a china shop, rushing from one station to another with little focus. I remember teaching in Devon a few years back and this agility dog, who was super-high energy, charged into the Freework. She started knocking things over as she went, and after a few minutes running crazily around, she started to settle down and focus. This was a big change for her.

We may find other dogs who are much more reserved, checking each station out individually, eating everything on that station before moving on, being very methodical

about what they do. Then we may find the dog that has had everything trained on cue, they may struggle with the concept of Freework and being able to make their own decisions. Finally, we may have a dog, like a Great Dane who came to a workshop I taught in Portugal who did not want to interact and just sat by their person. All these dogs have different personalities but there is no right or wrong about how they react to the Freework.

As we observe the dog, we want to use our eyes, and our ears and even our nose. Watch how the dog interacts with the different elements as discussed above. Listen for changes in the breathing and ask yourself what is going on when you notice changes in the breathing patterns. Look for changes in their posture, their movement, how they engage, or choose not to. If



the dog needs to take a break and re-set this is quite normal. Sometimes dogs just need to take themselves out of the situation, have a little break and then re-engage.

Now that we have observed the dog without equipment, we can progress the Freework to introducing a single piece of equipment, maybe the collar or a harness. Now let's watch how the dog reacts when we approach them with the collar or harness, are they happy to approach you, do they back away or are they neutral. I worked with a dog who for years had always worn the same brand of harness, and the owner always assumed that they were totally comfortable with that harness. When we did some Freework and then went to re-introduce the harness the dog backed away. When the harness was put on the dog we observed in the Freework session that the posture had changed and the dog was less engaged with their environment. The next thing we did was to put the dog in a Tellington TTouch® harness, this harness was much lighter, we noticed a change in the dog's posture, this time they looked more balanced, we also noticed that they were again more engaged with the Freework. This gave the owner so much information and the dog did not return to their old harness. Probably the dog had been communicating for years that they did not like the harness, but the owner had not listened. There is so much we can observe using Freework.

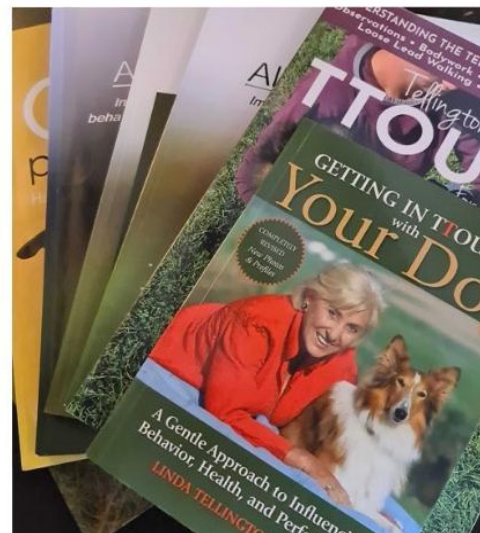
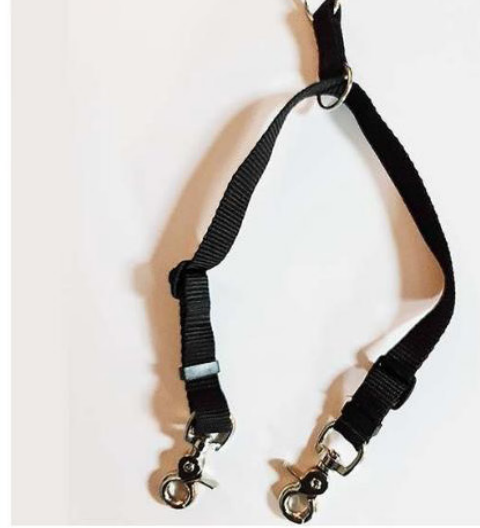
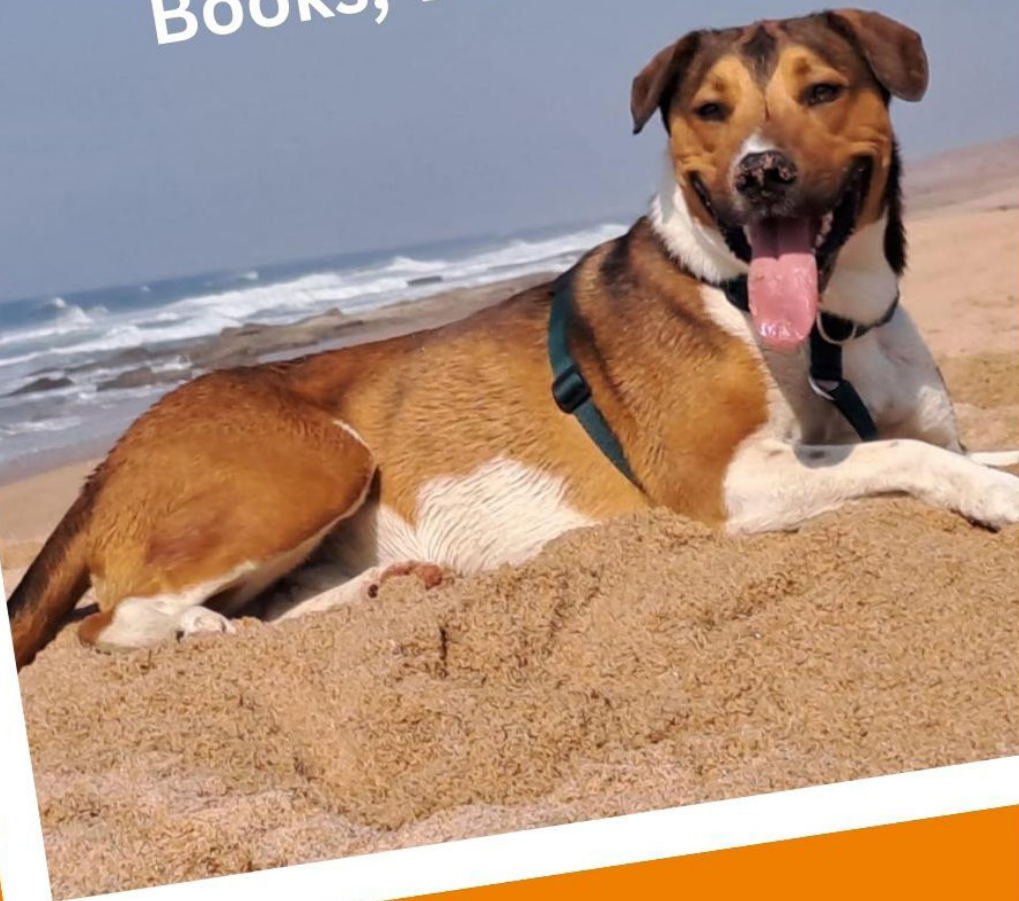
We can progress the Freework by introducing different pieces of equipment, even adding a lead or a long line and observe how the dog interacts. I have also added a bodywrap (these are discussed later in this publication) to a dog that has not been very engaged when doing Freework. I had a dog at a workshop that would not leave their owner's side and had not wished to take part in the Freework session, I added a quarter wrap to the dog, and within a short period the dog was able to go and explore the stations on their own. The owner was amazed.

We can add the Counting Game developed by Chirag Patel into a Freework session. The value of the Counting Game is that we start to engage with the dog, without removing the dog's choice. The dog's person approaches a station and slowly starts counting, and as they count, they put a piece of food onto that station, if the dog chooses not to engage, they continue counting and adding or at least pretending to add more food. We avoid using the dog's name to keep the arousal levels low and so that it does not become a command for the dog to come. Once the dog takes the food the handler ideally wants to get into the dog's peripheral vision, feet facing forward and then moving off to another station and repeating the exercise. This can be really helpful for the dog to learn positions, especially with loose lead walking and even recall.




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SENSORY SIDE OF TTTOUCH

by Kathy Cascade

We have all witnessed the sometimes remarkable changes in animals following a few minutes of Tellington TTouch or work in the Confidence Course. The hyper, twirling dog suddenly stands in balance and looks calmly around the room. The fearful cat hunched in the back of a cage steps forward allowing human contact. Even a stressed snake is calmed by gentle lifts along its body. While we can easily observe the outward changes in an animal's behaviour or posture, explaining how these shifts occur is not always so simple.

Linda Tellington-Jones speaks of “awakening the function of the cells” when she describes the intent of TTouch. How does the act of touching another being, human or animal, influence the very function of the body, even down to the cellular level? One way we can understand this process is to examine how the nervous system takes in and makes sense of information. This is the function of sensory integration, and it is what allows us to learn, and make adaptive responses to each new experience or situation.

Processing – How Information Is Transferred and Interpreted

At its most basic level, TTouch is a form of communication. We are giving information to the nervous system, which then processes and interprets that information. We can give information to the body using our hands to perform various TTouches, using other tools such as a wand, feather, or body wrap and through leading an animal in various movements over the confidence course. In other words, we are giving tactile, proprioceptive and vestibular input to the sensory part of the nervous system. Thanks to major advances in neuroscience over the past twenty years, scientists now recognise a complex communication system powered by chemicals known as neurotransmitters and neuropeptides. Candace Pert refers to these chemicals as an informational network between the various systems within the body, and virtually every cell.

There are three classes of neurotransmitters, each having a specific function in terms of how they respond to information (sensation). Some excite cells or “turn the volume up” and some inhibit cells, or “turn the volume down.” The class that we can influence by giving specific input or sensations (tactile, proprioceptive, and vestibular), are called Biogenic Amines and includes Serotonin, Dopamine, and Norepinephrine. The names are not so important, but guess what these neurotransmitters do? They are the cell programmers! The function of these chemicals in the body is very widespread and they are critical

to our survival mechanisms of eating, drinking, reproduction, and sleep. They also are key to arousal, motivation, emotion, and pain relief. It is thought these neurotransmitters are the major link between the nervous, endocrine and immune systems. Much has been written on the relationship between stress and digestive and immune disorders.

You may recognise Serotonin as being associated with positive emotional states, and often people with low levels of Serotonin experience depression. It helps us to feel safe, secure, and content. Proprioceptive input (movement, which is what we do with groundwork) enhances Serotonin release. Sensual pleasures found in nature also enhance Serotonin. (This includes interacting with animals)! In states of stress, especially chronic stress, Serotonin is depleted and Norepinephrine is increased. Norepinephrine is the chemical of activation and arousal. It contributes to the sympathetic response of fight, flight, freeze, and fool around. Of course, we need a certain amount of arousal in order to focus or pay attention. New situations or novel experience (non-habitual) enhances Norepinephrine release, but too much can result in reactive or aggressive behaviour. Dopamine has a significant impact on the emotional centres of the brain, allowing us to feel pleasure and is associated with bonding and attachment. It also impacts motivation and focused thinking. Pressure touch (the type of input done with TTouch) enhances the release of Dopamine.

Another important aspect of sensory processing is how sensation is carried through the nervous system to specific areas of the brain. There are

separate pathways that carry specific sensations. As a student in PT school, I had to memorise these pathways with weird names like the Spinothalamic tract, which isn't very useful to anyone! We really only have to remember the two general functions of the pathways. One pathway carries protective sensations of pain, temperature, and light touch. The other pathway carries discriminative sensations

like pressure touch, proprioception, and vibration. When we look at the difference between the two pathways in the chart below, it is interesting to see how the sensations associated with TTouch (pressure touch) and Groundwork (proprioception) appear to be carried by the Discriminative Pathway, and result in the type of responses we often observe in the animals we work with.

Protective Pathway	Discriminative Pathway
Carries pain, temperature, light touch	Carries vibration, proprioception, pressure touch
Older, more primitive system	Newer, more sophisticated system
Faster, imprecise, can't tell exactly where contact was made	Slower, precise, can tell exactly where contact was made
Often response is avoidance	Usual response is approach
Can trigger sympathetic response	Can trigger parasympathetic response
Evaluates information – do we need to be concerned	Carries information that encourages us to learn and explore
Activates and energises	Calms and organises

From the chart we can also see why the body wrap may have such a significant effect on animals in terms of increasing focus, calming, and improving body awareness. When applied to an animal or person, the body wrap provides pressure touch, as well as enhancing the brain's perception of where the body is in space.



Response – The Effect of Sensory Processing

The ability to adequately recognise and process sensory information is what enables people and animals to respond to the world around them. The type of input greatly influences our responses. Too much stimulation can be overwhelming and too little input does not keep us interested or focused. Therapists who use sensory integration as a treatment for kids with sensory processing disorders often refer to the “Just Right Challenge,” giving the appropriate amount of new information (sensation) to encourage learning without overloading. We intuitively apply this principle when working with animals using TTouch and Groundwork. By carefully observing the animal’s responses to the work we know when to change the type of input, either by changing to a different TTouch, moving to a less threatening part of the body, changing the pressure, etc. When doing groundwork we often stop and allow the dog to come into a state of physical balance and simply process the experience for a moment.

Responses to sensory information can be physical, emotional, and behavioural. Physical responses include changes in muscle tone (release of tension), postural adjustments (tucked tail to relaxed tail), and other internal physiological changes like respiration rate, blood flow, etc. As sensory information is relayed to many areas of the brain associated with emotional processing, we often see shifts in an animal from a fearful, anxious state to a more calm and focused state. Of course we can easily observe behavioural responses ranging from arousal (fight, flight, fidget, freeze), to more exploratory behaviour and adaptive responses.

The most vivid example of this is seen when working with a reactive dog using the sequence of slowly introducing first a neutral dog and then other dogs while working in the confidence course. As we lead the dog through the confidence course (proprioceptive input), making changes in direction and stopping in balance (vestibular input), we also occasionally stroke with the wand or do a few TTouches (pressure touch). As we know from the discussion above, this type of sensation is calming and organising and helps to shift the dog from a state of fear and arousal to a more relaxed state. When this happens, we often observe that the dog

can then make a more appropriate choice when in the presence of another dog, such as giving a calming signal and just looking away. In other words, the dog learned an adaptive response!

Conclusions

While this is a fairly simplified and condensed version of the neurophysiology of sensory processing, it does give us one perspective to describe how the Tellington Method influences the nervous system, and indeed the function of the cells. In teaching workshops and trainings, my goal is to help my clients and students understand that we can have a significant influence on an animal’s behaviour and emotional state simply by the way in which we give information. Using TTouch, our tools, and groundwork we can shift an animal from a state of arousal or fear to a state of calm focus, creating the optimal opportunity for learning to take place, or self-healing to occur.

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Kathy Cascade is a Tellington TTouch Instructor with a background in physical therapy.

She is also a charter member of the Pet Professional Guild, an accredited Professional Canine Trainer (PCT-A), and a faculty member for Diagnostics Career Center.

TELLINGTON TTOUCH

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Dear TTouch Friends,

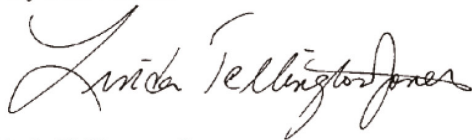
I first discovered the circular TTouch while trying to teach people bodywork on horses. Later, as we continued to experiment, I added rhythmic breathing, a variety of hand positions, and a scale of finger pressures from one to nine. To my amazement, a person having less than an hour's instruction would often make major changes in behavior and personality in their animals, as well as considerably speed up the healing of wounds, injuries, or stiffness.

Over the years, these first basic elements of the TTouch were refined and organized into a core method that consists of many different hand positions and movements. We gave each TTouch an evocative animal name like "Lick of the Cow's Tongue" or "Clouded Leopard," finding that associating a particular TTouch with the characteristics of a particular animal made the movement easier and more fun to learn, while also bringing people new and unusual ways of relating to the animal kingdom.

Since 1978 Tellington TTouch has grown, and is now practiced in 30 countries on almost every species of domestic animals. It is used by pet owners, trainers, breeders, veterinarians, Humane Societies, zoos, and wild life rehabilitation programs. There are over five hundred certified TTouch practitioners for companion animals and horses in 12 countries. I now have ten books in 11 languages and 19 videos about TTouch.

The TTouch and interspecies communication is for us all. All it takes is your desire, your love, some trust in intuition - and of course, a little practice. Do stay in TTouch.

Very best wishes,



Linda Tellington-Jones

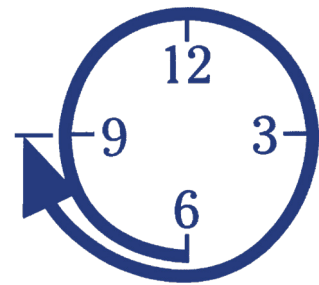
P.S. We receive many letters reporting the success of the TTouch when used on humans. Try it on yourself and a friend.



How to Do the TTouch®

The foundation of the Tellington TTouch method is based on circular movements of the fingers and hands all over the body. The intent of the TTouch is to activate the function of the cells and awaken cellular intelligence – a little like "turning on the electric lights of the body." The TTouch is done on the entire body, and each circular TTouch is complete within itself. Therefore it is not necessary to understand anatomy to be successful in speeding up the healing of injuries or ailments, or changing undesirable habits or behavior.


To do the TTouch, imagine the face of a clock on your animal's body, half an inch to one inch in diameter. Place your lightly curved fingers at six o'clock on your imaginary clock, and push the skin around the face of the clock for one and a quarter circles. Place your thumb one to three inches from your forefinger and feel a connection between thumb and fingers. When possible, support the body gently with your other hand. Maintain a steady rhythm and pressure around the circle and a quarter, whether the TTouch is light or firm. Pay particular attention to the roundness of the circles.



The first few circles you may TTouch randomly. Then run parallel lines on the body with a connecting slide between each circle. The connected circles induce relaxation and improve self-confidence.

Most of the time, clockwise circles are the most effective for strengthening and rehabilitating the body. However, there are times when counterclockwise circles are appropriate for releasing tension. Practice both directions and trust your fingers if they are moving in a counterclockwise direction.





There are multiple different touches that we can use when working with our dog, the important thing is to use the most appropriate touch at that moment in time. Read the body language of the dog and see what feedback we are getting from the dog to decide if we continue, change the touch or stop. One of our favourite Tellington TTouch expressions is “Less is More”. Remember a little goes a long way! It is better to do a number of short sessions than a single long session. Always allow the dog the choice to move away or for the session to end. We do TTouch for our dogs, not to our dogs.

4 TYPES OF TOUCHES

CIRCULAR TOUCHES

We move the skin in a circular motion, a circle and a quarter

Clouded Leopard

Raccoon

SLIDES

Hand slides across the dog's body

Zebra or ZigZag

EXTREMITY TOUCHES

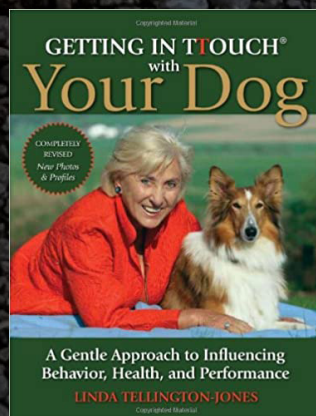
Working on the extremities of the body

Earwork or tailwork

LIFTS

We gently lift the skin and support the tissue.

Python Lift



To learn more about the full
range of touches, read *Getting
in TTouch with Your Dog* by
Linda Tellington Jones available
from Xtra Dog
www.xtradog.training/shop

WHAT ARE THE 9-ELEMENTS OF TTOUCH?

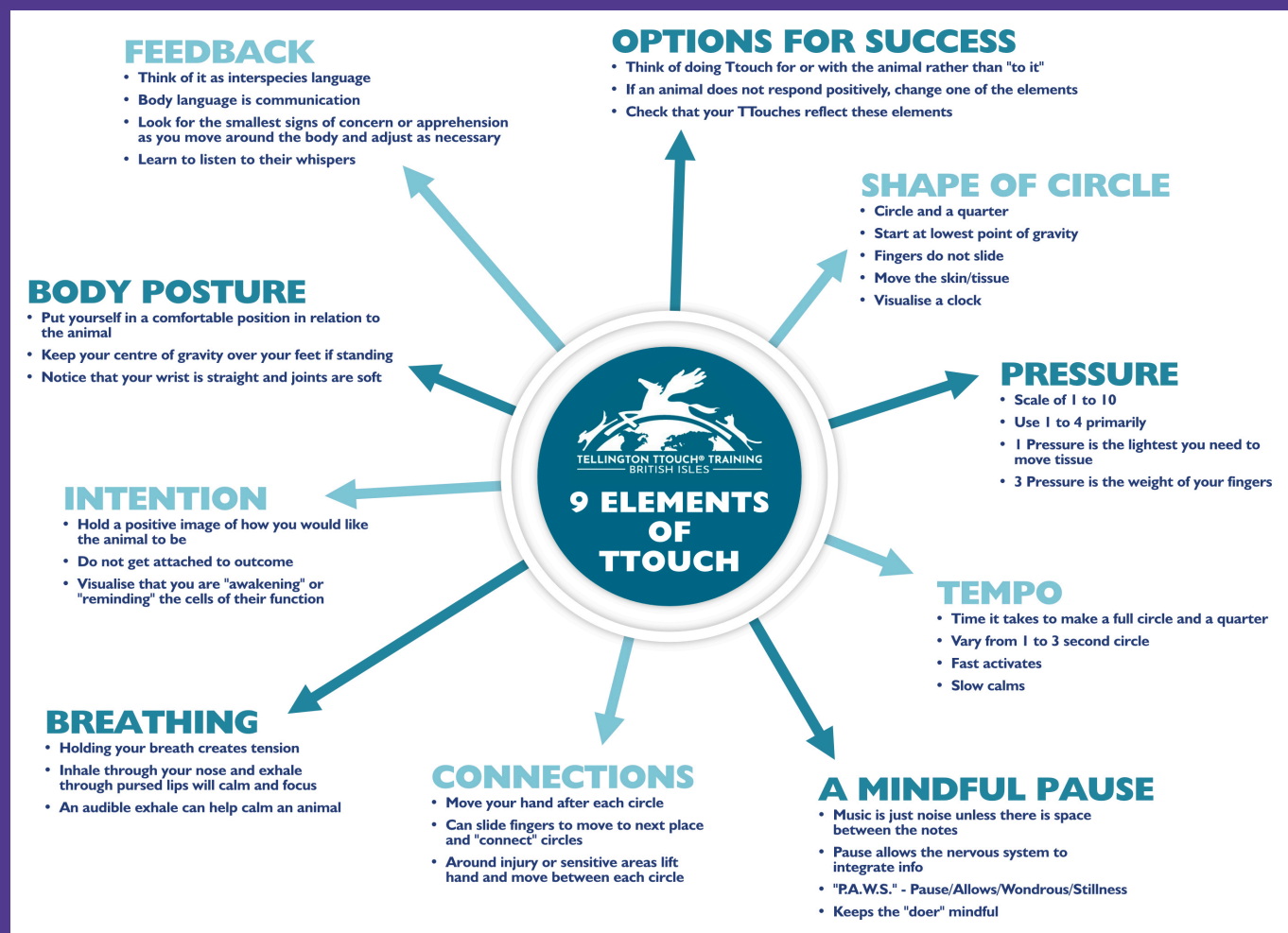
There are over 30 different Tellington® TTouches, writes ALEX WILSON, that we use on dogs and they are divided into 4 categories. There are the slides, where we slide the hand over the body, this includes the Zebra Touch that people who have read any of the older literature on TTouch may know as the Zigzag touch. The Zebra TTouch is one of the most useful touches as it will give body awareness for the dog and help them to learn where their body begins and

ends and where the real world begins and ends. In the touches section of this manual, you can learn how to do it or there is a video on my YouTube channel www.xdog.me/zebra.

Next, we have the circular touches that most people will be familiar with. Whilst some people may think that our TTouches are a form of massage, TTouch really is not as we are working on the nervous system, not muscle or bone. Think of TTouch as a

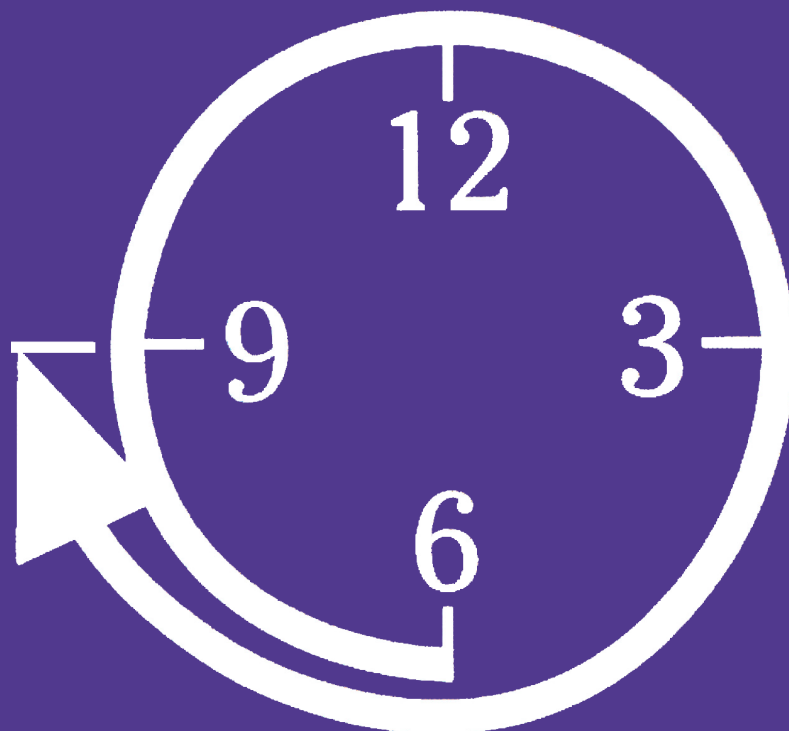
message, not a massage. Go to the touch pages and learn some of the circular TTouches. Then we come on to the lifts, where we lift the skin, for example on the python lift we support the skin upwards, hold the skin and then very slowly release it. Finally, we come to the extremity touches. These include ear work, tail work, and mouth work.

Tellington TTouch® founder, Linda Tellington-Jones teaches about the 9 Elements



So, let's start with *Option for success*. This is not one of the official 9 Elements, but it is important. Let's think about the concept of doing TTouch FOR our animals, not TO our animals. It is not like taking the dog to the vet or the physiotherapists, where things must be done to the dog, in TTouch we give the dog a choice. If what we are doing is not appropriate, then let's change it or stop and try again at another time. Maybe the touch you are doing to the dog right now, they are not happy with, but might enjoy tomorrow, then let's give them that choice. We want TTouch to be a good and beneficial experience for the dog. Always pay attention to all the 9 Elements to see if there are things that we could change, where necessary.

Element One – Shape of the Circle Imagine a clock, not a digital clock but an old-fashioned school room clock, now visualise that clock on the side of the dog with the 6 o'clock position being the furthest away from you, can you see the 3 o'clock, the 9 o'clock positions? By starting at the 6 o'clock lift the skin in a circular direction through the 9 o'clock and up to 12 o'clock. Then release slowly on an exhale, though 3 o'clock and 6 o'clock finishing on the nine. On any of the circular touch where you use the front of your fingers, use the thumb as an anchor. Remember the skin does not slide, you are actually moving the skin in a circle and a quarter. Linda often talks about 5-arcs. 6 up to 9, 9 up to 12, 12 down to 3, 3 down to 6 and finally 6 up to nine, then pause.



Element Two – Pressure

Think of pressure in terms of levels 1-10 with 1 being the lightest pressure you can use to move the skin, pressure 3 is the weight of your fingers on the dog. Pressure 10 is full on massage. With dogs we would generally use a pressure level of 1-4. Depending on the size of the dog and the thickness of the coat, it may vary with other animals.

Element Three – Tempo

This is the time it takes to make a full circle and a quarter. Vary from 1-3 seconds. The faster you make the touches the more it will activate the nervous system, the slower the more it will calm the dog. If a dog is in a high state of arousal, perhaps it has just competed in agility then, meet them where they are by doing faster touches and then slow them down until the animal is calm.

Element Four – The mindful pause. Think -P.A.W.S pause allows allows allows wondrous stillness. The pause allows the

nervous system to process the information. It also keeps the doer mindful. If you are a musician, I'm sure you will have heard the expression *Music is just noise unless there is space between the notes*.

Element Five – Connection

This is the connection with the animal that you are working with. Move your hand after doing each touch, simply slide from one place to the next, keeping contact with the animal. If you are working around a sensitive area, or an injury or joint, lift the hand and move to the next place.

Element six – Breathing

It is easy when focussing on doing good touches to hold your breath, holding your breath can cause tension. Inhale through your nose and exhale through pursed lips, this will calm and focus you. You change what you are doing

Element seven– Intention

Hold a positive image of how you would like your dog to

be, think about what you would like to change in them, this might be a behaviour, their level of confidence or optimism. However, do not get attached to outcome, sometimes amazing things will happen along the way.

You might have a very stressed dog and although there may still be some stress in that dog, you notice that their tail is not as tight as before or another small change. Learn to celebrate the small wins as they are often massive for the dog. Linda Tellington-Jones tells us to visualise that you are “awakening” or “reminding” the cells of their function

Element eight- Body Posture It is important to be comfortable when you are working with your dog. It is also important that your dog is comfortable too. Put yourself in a comfortable position in relation to the animal. Keep your centre of gravity over your feet if standing. Try and keep your wrist straight and joints soft

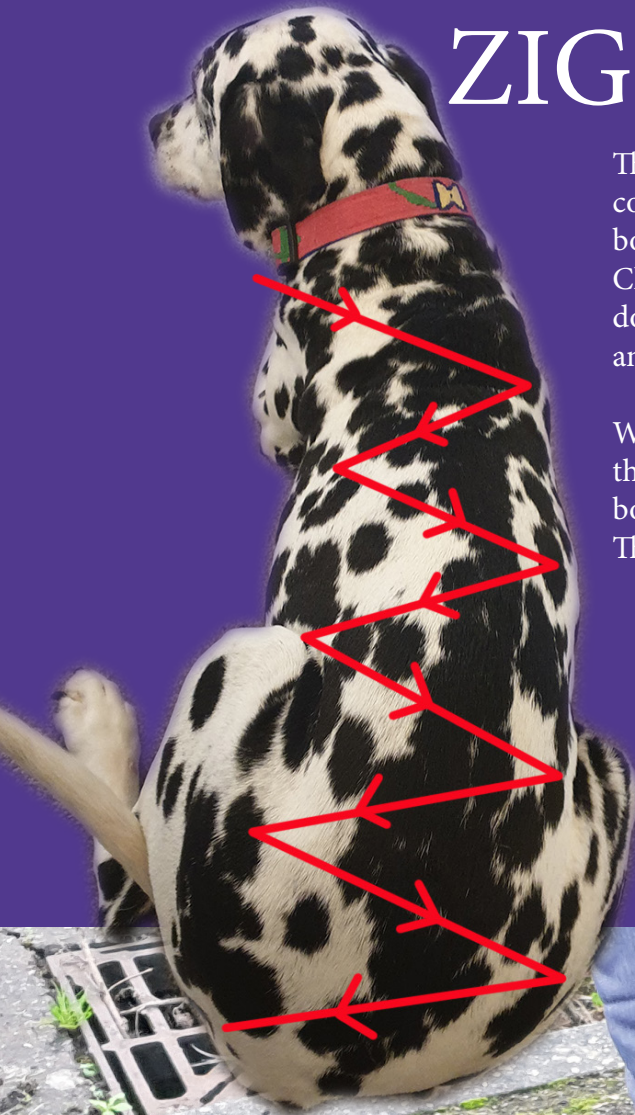
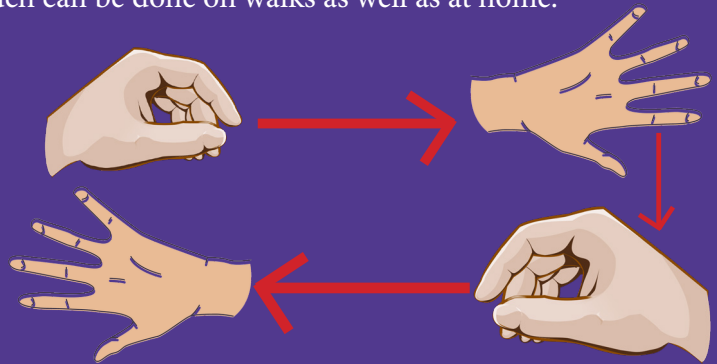
Element nine- Feedback Listen to what the animal is telling you, read their body language, notice any concerns that they may have and see if you can change what you are doing, chunk it down and make it easier for the animal. Listen to their whispers, and please do NOT wait until they start shouting!



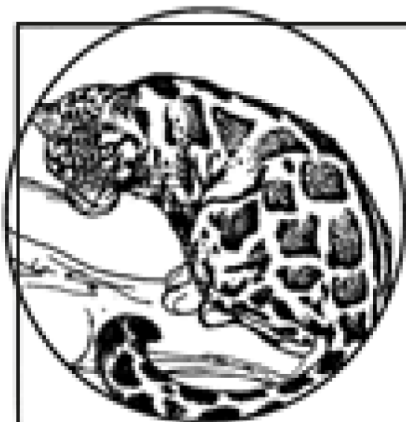
ZEBRA OR ZIGZAG TOUCH

This is one of the most useful touches in the TTouch toolbox, it is a connecting touch and it can help the dog be aware where their body begins and ends and where the real world begins and ends. Change the speed that you work at to see what works well for the dog. Sometimes working faster can stimulate the nervous system and slower can clam it.

When doing this touch start with the finger tips closed and open them as you travel down the dogs body. Work one side of the dog's body at a time. Work from the shoulder towards the base of the tail. This touch can be done on walks as well as at home.



CLOUDED LEOPARD TOUCH



The name describes how the hand is placed on the body - as lightly as a cloud. The name came from a Clouded Leopard in the Los Angeles Zoo who was worked on with the TTouch. This TTouch brings awareness and improves an animal's ability to learn.

HOW TO:

Place your hand lightly on the body, with fingers slightly curved. The pads of your fingers push the skin in one and a quarter circles. Feel the connection between your fingers and thumb, which are held several inches apart. Keep your wrist straight yet flexible and off the body. Breathing calmly and rhythmically helps maintain a softness in your fingers, hand, arm and shoulder. Move the skin in a circle rather than rubbing over the hair.

Watch the animal's reaction. If he seems uncomfortable, lighten the pressure, the tempo or choose another area or TTouch.



USES - PRESSURES

Aggression	1-3
Aloofness	1-2
Barking	3-4
Car sickness	2-4
Fear biting*	1-3
Leash Pulling	3-4
Nervousness	2-4
Reducing stress	2-4
To increase self-confidence	1-4

*Do this TTouch all over the body. Exercise caution with a fearful or aggressive animal.



LYING LEOPARD TOUCH

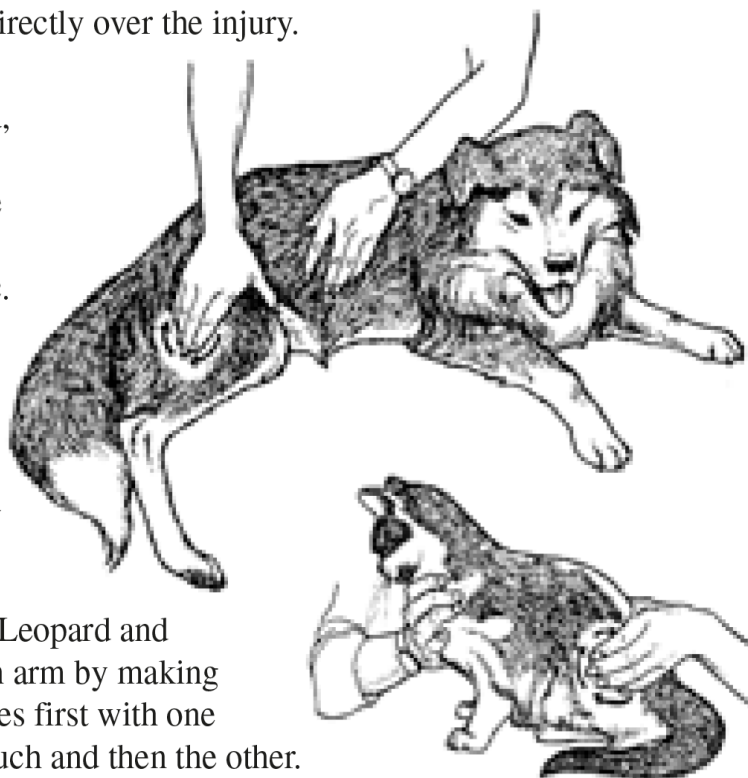


HOW TO:

For this TTouch, the curve of the hand flattens compared to the Clouded Leopard, allowing a larger area of warm contact. Maintain a softness in the hand, arm, and shoulder and keep your breathing quiet and rhythmic. If the animal is nervous or doesn't want to be touched, make the circles slightly faster, then slow them down as he relaxes. Be aware of making the circles round and clearly moving the skin with your fingers.

Compare the feeling of the Lying Leopard and the Clouded Leopard on your own arm by making

This is a variation of the Clouded Leopard. If an animal seems too sensitive to the Clouded Leopard, the Lying Leopard is less invasive. It is good for reducing, stress, pain and promotes healing. Lightly cup your hand over the sore or sensitive area and move the area in a small circle, keeping the raised, cupped portion of your hand directly over the injury.



USES - PRESSURES

Aloofness	1-3
Barking	2-3
Bonding	1-2
Bruising, swelling	1-3
Injuries	1-3
Nervousness	2-4
Reducing stress	2-4
Relaxation	2-4
Wounds	1-3

circles first with one TTouch and then the other.

This will help you understand when to use each.

Test the TTouces on a human friend to get feedback: see if he or she can tell the difference when you hold your breath and when you breathe with the movement of the circle.



“Is Tellington
T.Touch just
for dogs?”





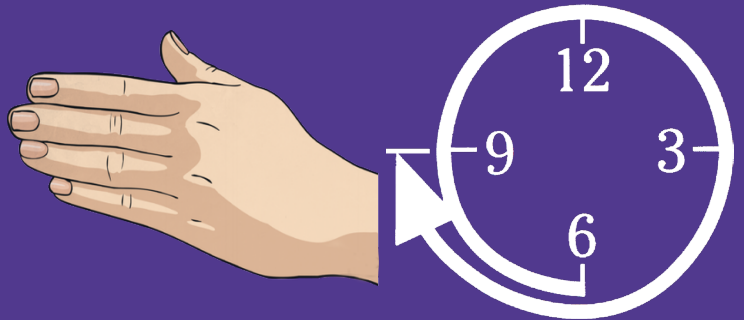
Practitioner, Alex Wilson helping a rescue cheetah in a sanctuary in South Africa

LLAMA TOUCH



This is another of the circular touches and uses the back of your hand or fingers and again we make the touch a circle and a quarter.

This touch is very useful for dogs that might be nervous or who don't like being touched as the back of the hand in some case can be more acceptable for some dogs, as it can be cooler to the animal's touch than the front of the hand. You can start with a stroke, using the back of the hand, then move into the circular motion. Once a dog is accepting of the Llama touch you can then try to progress to some of the other touches.



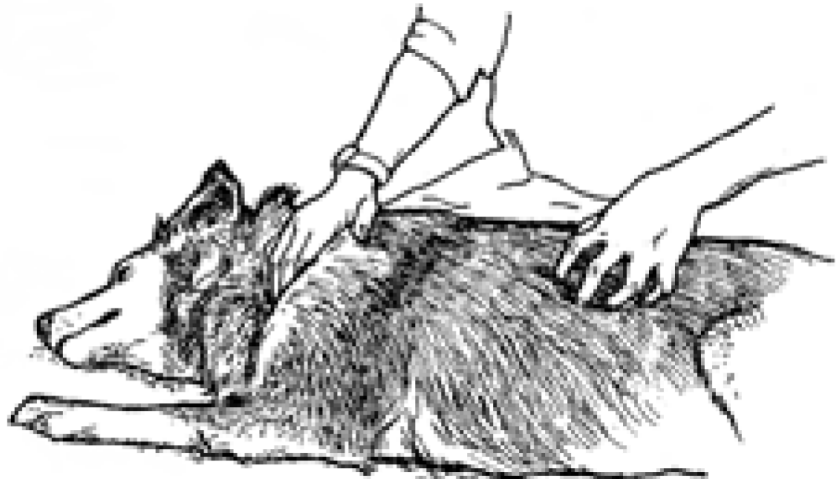
TIGER TOUCH



The Tiger TTouch is helpful for animals who are heavily muscled or tend to have a lack of feeling in their bodies. It helps to relieve itching without irritating the nerve endings. Cats tend to like these movements done gently.

HOW TO:

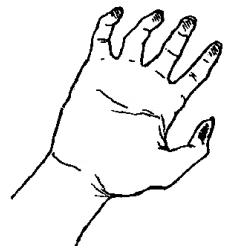
Hold the fingers curved and separated. Each finger makes a clockwise circle. With the first joint perpendicular to the body, the fingertips and nails make contact. The thumb maintains a steady connection as the fingers move simultaneously in four circles.



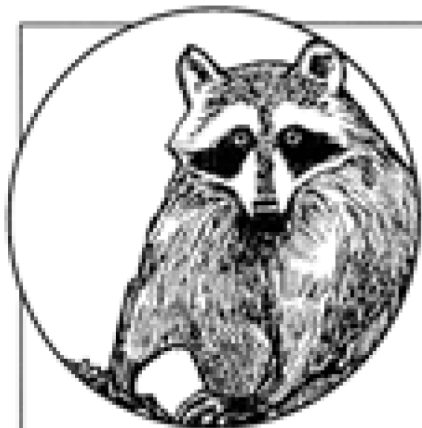
USES - PRESSURE

Heavily muscled animals	3-5
Hyperactivity*	1-6
Itching	1-2
Nervousness*	2-4

*With these conditions you can start the TTouch with less pressure and quicker motion. Then slow down as the animal starts to respond.



RACCOON TOUCH



HOW TO:

These tiny circles are done with the tips of the fingers. Make very light contact with the first two or three fingers with the nails barely touching and make slow small circles.

This TTouch is done with the tips of the fingers. On the head, around the mouth and on the whole body it can be used to introduce the TTouch to sensitive or shy animals and in cases where fear is involved. This TTouch is also useful around wounds to reduce swelling and pain. For swelling, make slow tiny circles with the tips of the fingers using light pressure – not more than a three pressure. Work around the outside of the swelling if the animal is comfortable.

On small animals, like puppies or kittens, you may be able to use one or two of your fingers and a one or two pressure.



USES - PRESSURE

Arthritis	1-3
Balance	2-3
Bruises, sprains, wounds, swelling	1-2
Fear of slippery surfaces	2-3
Increase circulation	2-3
Nail trimming*	1-3
Nervousness	2-3
Promote healing	1-3
Puppies and kittens	1-3

*For nail trimming, use this TTouch all the way down the legs from the shoulders to the paws and pads before trimming.



THE PYTHON LIFT



HOW TO:

The whole hand is placed on the body or around the leg with just enough pressure to gently lift the skin and muscle. Hold for several seconds, and then slowly return the skin to the starting point.

Remember to breathe with the movement.

If you lift too much it will cause the animal to tense or move away.

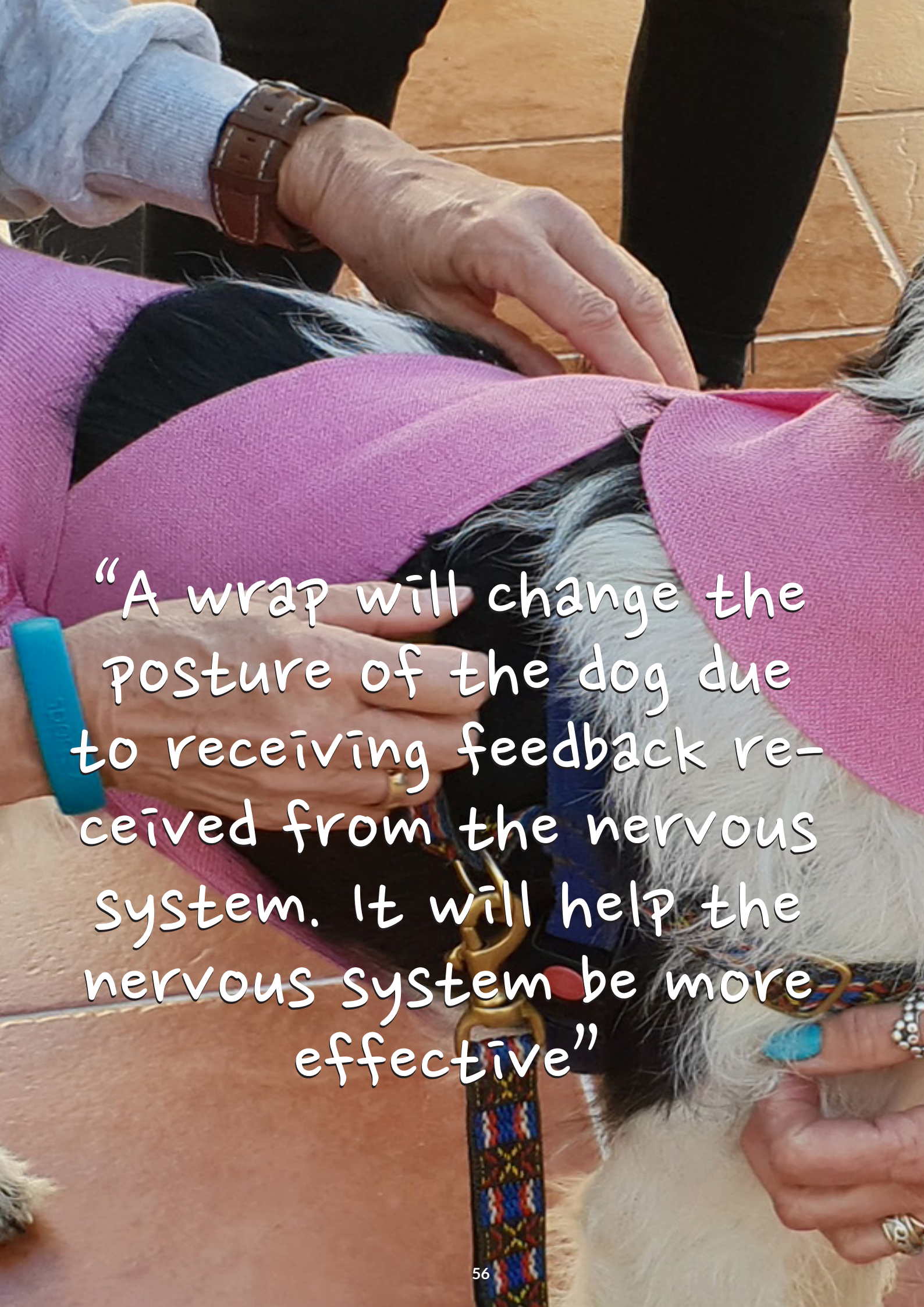
USES

Arthritis
Balancing
Hip Dysplasia
Nervousness
Gait Improvement
Improving physical, mental and emotional balance
Stiffness in back and shoulder areas

The Python Lift is used to relieve and release tension and spasm. It is effective on the shoulder, legs, neck, back, belly – all over the body.

The Python Lift relaxes nervous animals and improves balance and gait. It also promotes a state of mental and emotional stability.



A close-up photograph showing a person's hands applying a pink, textured fabric wrap around the neck of a dog. The dog has white and black fur and is wearing a colorful patterned collar. The person's hands are visible, one with a brown leather watch and the other with a blue wristband. The background is a light-colored tiled floor.

“A wrap will change the posture of the dog due to receiving feedback received from the nervous system. It will help the nervous system be more effective”

TTOUCH BODY WRAPS

*and
Calming Coats*



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BODY WRAPS, CALMING COATS

and noise phobia in dogs

By Alex Wilson

The Tellington TTouch training method has wonderful applications for helping dogs with noise phobias. It is a gentle training method, consisting of a series of circles and lifts as well as groundwork exercises to make your animal more aware, more balanced, and less stressed. Practitioner Toni Shelbourne explains more;

“Tellington TTouch was developed over 30 years ago by Linda Tellington Jones. The method uses non-habitual movements of the skin to improve the posture of an animal. As posture affects behaviour, the animal's symptoms decrease as they come into balance. An animal requires physical, mental and emotional balance to be able to simply act, not react to a situation. Think of a saying you use to describe being frightened, like ‘tuck tail and run’, this beautifully describes the posture that a noise phobic animal can adopt. The posture then ‘tells’ the dog how to behave i.e. in a fearful way. Change the posture and a different message is sent, the behaviour diminishes and hopefully disappears over time. There lies the beauty of TTouch, it gets to the emotional core of the issue and helps the dog to change their perception of a fearful stimulus. As the dog can now rationally think its way through the problem, the desensitisation training, if still needed, becomes much more effective. They can now think due to not having to act in an instinctive fearful response. TTouch can be the long term cure as well as the on the spot relief. Better still it is easy to learn and you can do it yourself in the comfort of your own home.”

Tellington TTouch Earwork

Dogs have mobility in their ears which can mean that they can hold tension here. Gentle strokes of the

ear to the tip can help release that tension. This may also help stop a dog going into shock in the event of an accident. When doing earwork it is important to support the head with one hand. Work on the ear on the opposite side to the side you are supporting. (See below). With the thumb on the outside of the ear and the folded forefinger on the inside slide the hand from the base of the ear to the tip. Try and change the angle on each slide. You can also do circular TTouches on the ear. (See overleaf). To make circular touches work from the base of the ear to the tip. These circles need to be light, slow and a circle and a quarter. Generally, in TTouch we work clockwise, but some dogs may prefer it anti-clockwise.



Work on the ear on the opposite side to the one being supported..



There are a couple of solutions that can really help with noise phobia, within the TTouch tool kit. Body Wraps and calming coats. Practitioners for years have been using body wraps to help dogs, horses and even cats. Tellington TTouch Instructor Kathy Cascade explains;

“One of the most useful tools of the Tellington TTouch method is a simple ace bandage known as a “body wrap.” For years, Tellington TTouch practitioners have been using body wraps to influence an animal’s posture, movement, and behaviour. Sometimes the result is subtle, as when a horse picks up a foot to step into a trailer when he couldn’t do it previously, and sometimes the result is seemingly miraculous, as when a dog that is terrified of thunder storms or fireworks is able to calmly lie down and sleep through the noise. How can a simple piece of cloth have such a wide ranging influence on an animal? Part of the answer lies in how the sensory information from a wrap is processed in the animal’s nervous system.

“Typically, a body wrap is applied to an animal’s body in some sort of figure eight fashion, making contact around the chest and crossing over the back, sometimes extending to the hindquarters. “While the wrap is applied comfortably, it is never put on tightly, as the purpose is simply to bring awareness to the area of the body it contacts, rather than for any type of support. Because of the slight stretch inherent in an ace bandage, the contact provides a light sensation of pressure against the body that also moves slightly as the animal moves. This has the effect of bringing a

heightened attention to or awareness of how an

animal is using his body parts during movement.” Another product, recommended by vets, dog trainers and Tellington TTouch practitioners that can really help is a calming coat (right). Tellington TTouch Instructor Marie Miller explains;

“When a dog is in a highly aroused state because of fear or frustration, his latent nervous system takes over and he just reacts to his environment. His response may be to deflect, flee, freeze or protect himself, rather than observing his environment, thinking and then offering a learned, measured response. When correctly fitted, these shirts exert an even pressure around the chest, shoulders and ribcage.

Used with Tellington TTouch body and groundwork, they can be particularly helpful to calm a dog so that they are able to observe and think, rather than just react.

“These shirts were designed to help dogs who suffer fear of thunder and, indeed, they help many dogs in this way. However, they can also be very useful when working through retraining programmes with dogs who are reactive or shy and those who do not travel well.

In a stressed situation it is very important how we introduce the shirt to a dog. Tellington TTouch Instructor Kathy Casade explains more;

“The first step when introducing something new to a dog is to break it down into smaller, manageable steps. Changing the context of the new item can also be helpful. Start by placing some yummy treats on the folded shirt and allow the dog to eat from it. A dinner plate is familiar and usually not scary! Next, unfold the shirt halfway and simply lay it across the dogs back for just a few moments, offering a treat while the dog experiences this new sensation. The next step is to place it fully open on the dog’s back, closing the front connection, but leaving the side panels open. The last step is to close the panels so it is snugly on the dog. At this point, it is very important to allow the dog to move around. This allows the dog to know he is not trapped, and also allows him to integrate the sensations of the shirt against his body as he moves. Remove the shirt after a few minutes. The next session may not require the step by step introduction, but keep the sessions of wearing the shirt fairly short (5 to 10 minutes) for the first few experiences.

Mischief wearing a calming coat



Managing Expectations

With any new experience for a dog or when using a new piece of equipment like a wrap or a calming coat it is important to have realistic expectations.

Some dogs will show huge change immediately, but with others that change may be subtle: look for changes like the position of an ear, softening of the eyes, carriage of the tail, a change to the gait, perhaps they are licking their lips less; they have stopped yawning. As you continue to work with the dog these changes may become much more noticeable, like dogs very fearful of thunder or fireworks coping better, a dog with manic behaviours being much calmer, a dog that is a huge puller, pulling less and so on.

Tellington Touch Body Wraps

Available in 2", 3", 4" and 6"



- Noise anxiety
- Travel anxiety
- Fireworks and thunder
- Excessive barking
- Over arousal
- Nervous dogs
- Pulling on the lead

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INTRODUCING & TYING BODY WRAPS

Introducing a TTouch Wrap

1. Put treats onto the wrap and allow the dog to eat off the wrap and sniff it (what we call the dinner plate technique).

2. Lay wrap loosely over the dog's shoulders and ask the dog to move.

3. Put it across the dog's chest and ask the dog to move.

4. Tie the wrap off as a quarter wrap and move the dog again. You may need to take the wrap off between these steps and move the dog or give him some treats if it becomes too much. A wrap is used for sensation, not for support like a bandage.

Tying a Quarter Wrap

Put your wrap about a third of the way to the middle across the chest of the dog keeping the short end over

the middle of the dog's back. Cross your wrap over your dog's back and take the longer end under his tummy and tie it. You can also use a safety pin.

Tying a Half Wrap

Place the middle of your wrap across the chest of your dog. Cross the wrap over the shoulder. Bring the ends across the rib cage and then under the dog's tummy and then at the middle of the back. Tie the ends off or use a safety pin. The back loop can be moved back to rest over the base of the tail if necessary.

More Information

There are multiple ways to use body wraps on pets, horses as well as on us and Robyn Hood and Mandy Pretty have written 3 really useful books: *All Wrapped Up for Pets, Horses and for You*. They can be ordered along with body wraps from www.xtradog.training/shop



Dinner plate technique



Drop wrap over the dog's shoulder

Keep the dog moving between stages



Wrap the dog without tying




The Quarter Wrap



The Half Wrap



A close-up, high-contrast photograph of a dog's ear and surrounding fur. The fur is dark and textured, with some lighter, wispy strands visible. The background is a soft, out-of-focus grey.

“Does Your
Dog Pull on
the lead?”

A close-up of a person's arm holding a purple leash. The person is wearing a blue wristband with a white logo and a gold ring. In the background, a dog with a long, white, flowing tail is running on a green lawn. The person is wearing a colorful striped shirt and dark pants.

Tellington

TTOUCH LEADING TECHNIQUES

A blue merle dog with white and grey fur is running on a green lawn. The dog is wearing a purple harness and leash. In the background, there are several large, colorful barrels (red, green, and blue) lying on their sides. The text "creating awesome on-lead experiences for you and your dog" is written in a white, handwritten-style font across the middle of the image.

“creating awesome
on-lead experiences for
you and your dog”

LOOSE LEAD

WALKING

How to teach your dog to walk in a balanced way on the lead

By Alex Wilson

Many dogs pull on the lead because they are unbalanced. This can be caused for many different reasons which can include the equipment that we use; for example, any piece of equipment that you put on a dog, even a flat collar or harness will influence that dog's nervous system and it is important that we choose equipment that will achieve what we want in a kind, fair and effective way. There is no point putting our pet dog in a sled dog harness that will encourage them to drop their weight forward and pull if we want to achieve a loose lead. It is a myth that harnesses encourage dogs to pull, this is only true with the types of harnesses used in sledding, not a well-designed walking harness.

The Tellington TTouch leading techniques use equipment to help the dog shift their centre of gravity

into natural balance. When we are walking a dog on the lead we do not want them dropping their weight forward or back; we want them as neutral as possible, balanced.

To achieve this ideal result we are looking for the dog to wear what is known as a balancing harness and there are many good harnesses on the market including the Xtra Dog harness designed by TTouch Instructor Marie Miller (www.xtra.dog) and the TTouch harness designed by Sarah Fisher (www.xtradog.training). In the USA and Canada there is also the Harmony Harness designed by Robyn Hood (www.ttouch.ca). These harnesses have a high connection point on the dog's back just behind the front legs and a front-ring that sits on the point of the breast-bone or sternum. We



Meet and Melt Technique. Note the handler has the lead running over their hands and their thumbs pointing down at the lead clips. The handler is also in the periferal vision of the dog

generally attach a 2m training-lead to the harness, or what is known as the liberty leash, a double ended training lead with a sliding handle. Some of them are adjustable too so can be used with different sized dogs. We want to be able to influence the dog's posture and help the dog to walk in their own balance. As a rule of thumb, we want to walk the dog to our side, or for us to be in the peripheral vision of the dog, we do not want to be behind the dog as that will encourage them to pull on the lead.

Meeting and Melting.

When walking the dog, if they pull, resist the pressure of the pull and as soon as the dog gives us some feedback, (that might be them slowing down, looking at the handler, relaxing or even a change in posture), release the lead so that the dog can experience a loose lead. It is also a good idea to bring the hand forward. Our natural instinct is

to bring the hand back, which can encourage the dog to go into a hard lean opposition reflex (I pull, you pull), bringing them out of balance, but if we can bring the hand forward whilst stepping into the dog's peripheral vision then that can have a marked effect on how the dog walks on the lead. Continue this until the dog starts to walk on a loose lead consistently. With some dogs it may be necessary to accept a small win and an achievement of moment, rather than minutes of loose lead walking.

With many dogs you can achieve an instant change and a very puller dog can transform into a loose lead walker, as they learn that it is much easier to walk in a balanced way. Sometimes it may take a while to achieve the desired effect but even moments of a loose lead will teach the dog what we are trying to achieve - It is important that we don't get behind the dog and try and keep in the dog's line of vision. Initially when training this technique, we suggest



using two hands with one side of the lead in each hand but once you and the dog master this, you can put both ends of the lead in the same hand.

Using a Freedom Handle or Harmony Leash

If the concept of using two hands is a daunting concept, then you can use either a Harmony Leash which is a double-ended lead with a sliding handle or a Freedom Handle which slides onto your double ended-lead. This allows the dog an element of freedom to find their own natural point of balance and teaches the dog naturally not to pull on the lead. This method is great for scenting dogs as it allows them to scent and at the same time walk in balance. The secret is keeping the hand still and allowing the dog to move and balance on the lead. If the dog pulls, simply lift your hand and take up the tension (don't lift the dog off the ground!) and as soon as the dog responds release the tension returning the dog to a loose lead state. It is also a good plan to step forward (in a crescent maintaining the tension) until you are in the dog's peripheral vision and release the tension, so the lead is slack.

If you want to help your dog change direction, or if the dog lunges towards something, simply melt towards the dog (i.e., step towards them letting the lead go loose - it can help to bend your knees). As soon as the lead is slack move your body in the direction that you want to go. Your dog will then move in the direction that you are going.

TTouch Connector

This tool was developed by Robyn Hood based on an idea created by Finnish practitioner, Pia Arhio-Letho, and is an adjustable piece of webbing with a clip at each end and can be connected to a lead to allow the dog to be walked with two points of contact. The connector needs to be adjusted so that the dog will not trip over it (too loose), nor too tight so they cannot get their head through it so they can walk on either side of the handler. The connector is ideal for a dog that is more comfortable on a longer lead and it can be used to give your dog more freedom on the lead, this is ideal if your dog does not go off-lead. If you wish to bring the dog closer or have them change direction all you need to do is to stroke the lead as you step towards your dog. You can also use the techniques we discussed with the liberty leash.



A woman with curly hair, wearing a white jacket, a brown scarf, and a name tag, is walking a tan-colored dog on a blue leash. They are on a dirt path surrounded by green grass and trees. The text "using a harmony leash with its sliding handle" is overlaid in white, handwritten-style font in the upper right area of the image.

using a harmony
leash with its
sliding handle

Telfington

TTOUCH[®] GROUNDWORK





The Playground of Higher Learning

Groundwork

“The playground of higher learning, a confidence course or groundwork are terms that are used to describe the slow leash work that we do in TTouch getting the dog to walk slowly, in balance over obstacles, but why do we do this?”

We can increase the dog's confidence as they gain a greater body awareness, walking slowly over different obstacles and surfaces. It also helps with their balance and self-control. It makes the dog focus on the job in hand and will give them different sensory experiences. It can also create a fantastic bond between dog and handler as they work together around the confidence course.

To an outsider our confidence course might look similar to an agility course and some of the equipment is the same, but the planned outcome is very different. With the TTouch confidence course there are no winners, no faults, etc. We want to help the dog have new experiences, we want them to have some fun, whilst adding a layer of learning to the exercise. We also want to help the dog to be able to move slowly and in a balanced, focussed way. Groundwork can also change the posture of the dog and as there is a link between posture and behaviour, it can change the behaviour too.

The equipment

Our most popular piece of equipment is the Labyrinth. Traditionally these are made from poles and are 2 interlocking "F" shapes; however there are variations of this, see the illustrations. The labyrinth allows the dog to move slowly in a balanced way, they can make turns to the right and turns to the left. We can ask the dog to stop and so on.

Surfaces

For some dogs walking over strange surfaces can be very novel for them, this might be a bridge, a boardwalk, sand and so on, so we want to try and turn these situations into non-events. Having dogs work over different surfaces in the confidence course will give them different sensory experience through the paws and help them to be able to cope better in the real world. You may want to use wood, plastic, children's play pads, carpet squares, yoga mats and so on.

Bicycle tyres and quoits

Having dogs step over tyres and quoits can be really helpful to help the dog become more aware of their feet, and where they are stepping, If the dog is a little nervous then you can drop some food inside the tyre or quoits.

Other equipment we use

- Tee-totter
- Zigzag poles
- Star or fan made of poles
- Raised poles
- Ladder
- Weave cones

There are no rules on what to have in your confidence course, so be creative, look in your shed or garage and I am sure that you will find some great inspiration.





Different Labyrinth configurations





Using the Labyrinth

- When entering the labyrinth the first thing is to turn, then once the dog is on the straight get them into balance.
- Now we need to move the dog forward to get them around the next corner.
- The labyrinth makes the dog turn corners and make stops.
- Every different surface we (or a dog) walks on changes the proprioception input.
- Surfaces give the dog different experiences.





The Homing Pigeon

Homing Pigeon is where we have two people leading the same dog. We can use this technique to introduce a new person to a dog. We are asking the dog to walk with a new person, but at the same time not take the dog's person away from them. We are looking to engage the dog, and in time we can remove contact from the dog's person so the dog is then being walked confidently by the new person.

It is also a very useful technique for building confidence and optimism with a nervous dog, as they can walk between two people.

Other Tellington TTouch



Bee Line

This technique is used for dogs that can get stuck if there is tension on the lead or a dog who is very pully.

The rope is taken through the top ring of the harness so that it can slide and the dog can move along the rope without there being any restrictions. It can look very chaotic at times.

We can use a stroking technique to help the dog shift their body weight and start to walk forwards.

This is good for introducing a second handler or if the dog is uncomfortable with someone new they can create space between them and the second handler.



Butterfly

This technique can be really helpful to get a dog to move if they get a bit stuck. It can also help to slow a dog down if they are walking very fast.

We use this technique to help a dog establish good balance so that they will walk better on the lead. We can stroke the rope to help a dog through a turn.

The butterfly can be combined with a Tellington TTouch confidence course and we can also put a body wrap onto the dog to make them more self-aware.

Groundwork Techniques



Dragon Fly

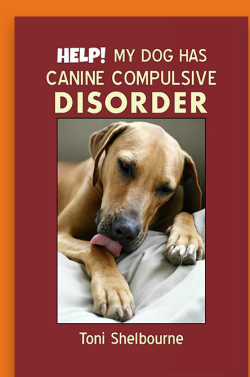
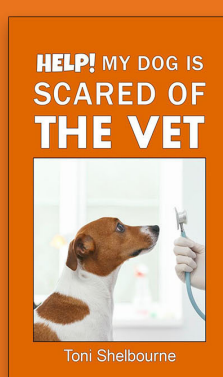
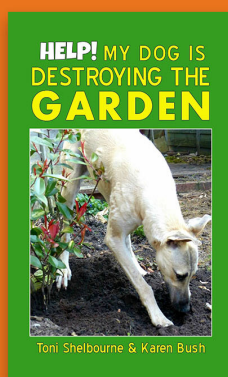
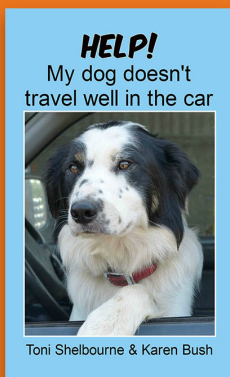
For dogs that are very forward, especially those who like to pull on the lead, adding a chest line to the Butterfly turns this into the Dragon Fly. The two handlers either side will help to steer and balance the dog, whilst the handler at the back will be able to slow the forward motion of the dog.

Bear in mind this can get chaotic and if the dog is not comfortable in the dragon fly it is important to stop.



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THE LAST WORD

The **CURSE OF THE
FIREWORK**

BY TONI SHELBOURNE

It's a cold autumnal evening, curtains are drawn, the television is turned up loud and you've just turned down another social engagement; if this sounds familiar you probably own a dog with noise phobia. Thousands of animals suffer each year in the firework season; a survey in 2005 claimed that 49% of dogs suffer from a fear of loud noises, with fireworks, thunder and gunshot sounds being the most common.

Some dogs hide; in the downstairs cloakroom, behind the settee or under the bed. Others bark frantically or dig, pant and salivate. Many lose out on their evening walks, too scared to leave the house until morning and even then are jumpy and difficult to walk. In extreme cases dogs may become aggressive as owners restrain them trying to give comfort to their distressed pet. Urination and defecation is also common. Sometimes a dog's distress is so extreme that euthanasia seems the only kind option. Whichever way your dog behaves there seem to be few effective means to help and owners are left feeling helpless.

"I have been told not to touch my dog because it will make him worse"

This is one of the most commonly held beliefs dog guardians have. They have been told that touching their dog when he is frightened will reinforce the

behaviour and make him even more fearful. Fear is an emotion. You can't reinforce an emotion. We now know that ignoring dogs can raise stress hormones. Your fearful dog looks to you for comfort and emotional support. Withdrawing that support and acting out of character at this critical time will only seek to confuse and worry your dog even more.

What you should do is remain calm yourself. Be nonchalant and matter of fact about the noises. Be there for your dog but don't mollycoddle, stare at or talk too much to him. Sit in the same room and if he initiates contact with you, give it. One of the best forms of touch you can use to calm and support your dog is a training method called Tellington TTouch. An element of the work is light body work which aids settling the nervous system and helps to keep the brain in a more rational, thinking state. In short, we can help move him from a state of high arousal or fear to one of calm focus.

Many dogs show improvement after TTouch training and most go on to gain more confidence each year if TTouch is continued. I have personal experience of this method with my own dogs. When I started training as a Tellington TTouch practitioner I naturally practised on Buzz, my canine companion at the time. I'd quizzed my instructors on how to deal with noise phobic animals and I prepared throughout October in the run up to the firework period. This involved a few minutes of body work each night when we came home from work, and also putting





on a body wrap, (a simple elasticated bandage which helps improve confidence. See page 33).

The first year Buzz still hid under the coffee table but didn't pant or dig, just trembled, a big improvement. He even went out last thing at night into the garden to relieve himself as long as I went with him.

The second year he could lay quietly on the sofa beside me, maybe waking and trembling a little if a particularly loud bang was heard. He would go back to sleep after a few more minutes of body work.

Buzz improved year after year. The highlight for me was being in the middle of a busy town on 5th November with a group of friends and watching my dog choose to go outside and happily run up and down with fireworks going off all around him. I still never left Buzz alone in the firework season but he had learnt to cope with them. With a little preparation from me each year and the aid of a body wrap, which is like having a portable hug, he learnt to mostly ignore the bangs and whizzes, but if a little anxious he'd seek me out for extra body work when required.

Pain

One point to bear in mind: if your dog is arthritic or in pain it can make him much more noise sensitive.

Think of a time you were in discomfort and ask yourself 'what was my reaction to loud sounds?' For me I can't bear noise at these times. Dogs are the same so if this is the case, seek veterinary advice about appropriate pain relief. Many older dogs seem to become noise phobic and this can be the reason why.

TTouch Bodywork

The Body work I find most effective for noise phobic dogs include Ear work, Zebra TTouch, Clouded Leopard, Mouth and Tail work. If you don't know any of these TTouches try a simple Zebra TTouch or ear slide to help calm your dog.

Zebra TTouch

- Position yourself to one side of your dog, and facing in the same direction; he can be sitting, standing or lying down.
- Rest one hand on the top of his shoulder, with fingers and thumb relaxed and gently curved.
- If he is happy for you to do so, slide it downwards over the shoulder furthest away from you, towards the top of the foreleg and allowing thumb and fingers to spread apart as you go. Try to keep your palm in contact with his body, otherwise the slide can feel tickly.

- Draw your hand back up towards the spine, allowing the fingers to loosely close together again.
- Change the angle of your hand slightly each time you complete an upwards or downwards movement so your hand travels along the length of one side of your dog's body from shoulder to hindquarters in a zigzag pattern. If you can, repeat on the other side; but don't worry if your dog's lying down, just continue slowly doing the Zebra TTouch on the side you can reach.

Top tip: keep the pressure light - no more than the weight of your hand, but firm enough that you don't tickle. With long coated dogs it may be easier to allow your fingers to nestle into his coat a little as you return to the top of his back.

Ear TTouch

- Cup an ear between the thumb and curved forefingers of your hand so that you only have one layer of ear flap between fingers and thumb.
- Slide your fingers along the length of the ear, working from the base right out to the end or tip.
- Change the position of your fingers slightly each time you begin a new stroke so you cover every part of the ear.

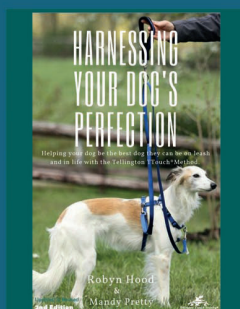
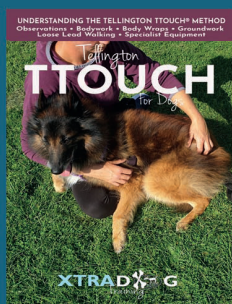
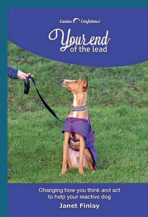
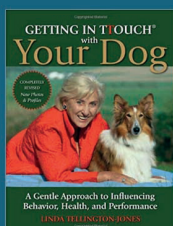
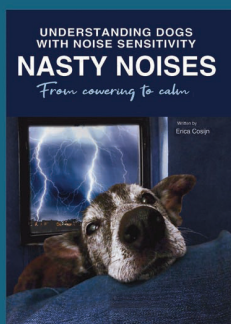
- Be gentle and work slowly to help calm and relax; repeat on the other ear.

Anyone can learn TTouch to help their dogs in the firework season; you just need to dedicate a little time for pre-season preparation. However, even if you are caught out by a storm or unexpected fireworks, a few minutes of TTouch can make the world of difference. It won't make the behaviour worse by touching him but it might help him cope through this difficult time of year.

Toni Shelbourne has three decades of experience working with dogs and wild canids. She is a behaviourist (Full member of INTODogs and ICAN), Tellington TTouch Instructor, Real Dog Yoga Instructor and author of three books and co-author of the HELP! My Dog book series.

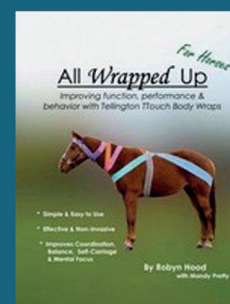


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