

A Veterinarian Defines TTouch

Tom Beckett, DVM

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

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

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

TTEAM (for horses) and TTOUCH bring these subconscious patterns into awareness, and offer exercises that guide the organization of more healthful, balanced movement.

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

Tom Beckett, DVM, has been practicing veterinary medicine for more than 20 years at his Camino Viejo Equine Clinic in Austin, Texas.



Elaine and Hobbes

For more information on how TTouch can help your animal, please contact:



Elaine Garley
Tellington TTouch-Practitioner
Animal Communicator

4201 Abbott Avenue South
Minneapolis, Minnesota 55410
e-mail elaine@animalbridges.com
telephone 612.237.9580

Disclaimer: Tellington TTouch is regarded to be a supportive, complementary method for alleviating certain emotional, social, behavioral, and physical conditions. It is not intended to serve as a substitute for veterinary care, nor should it be used as such.

Tellington TTouch for Your Pet



Why TTouch for Your Pet?

Tellington TTouch® is a unique training and care method for companion animals based on mutual respect and cooperation. TTouch releases tension, reduces stress, and enhances animals' well-being. In addition, TTouch can increase body awareness, reduce unwanted behaviors, and support veterinary care. Unique bodywork and movement techniques teach your pet to make choices instead of simply reacting to life.

Tellington TTouch has been used successfully on a wide variety of companion-animal species, including:

Dogs	Cats	Ferrets
Reptiles	Birds	Rabbits
Guinea pigs	... and others!	



Shelter and rescue animals can be helped greatly and made more readily adoptable by the use of TTouch in their assessment, socialization, and handling. The method also benefits diverse species of wildlife and zoo animals.

TTouch for Dogs & Cats

TTouch is a method that is effective with dogs, cats, and other animals of all ages and in many settings (shelters, foster homes, and “forever homes”). It employs a variety of gentle yet effective tools and techniques to help our animal companions overcome behavioral, emotional, physical, and social challenges.

For Dogs:

- Excessive barking and chewing
- Leash Pulling
- Fears including thunderstorms and vet visits
- Car sickness and travel challenges
- Resistance to grooming
- Jumping, hyperactivity
- Separation anxiety and other anxieties
- Submissive and shyness
- Reactive (aggressive to animals and people)

For Cats:

- Biting, scratching
- Inappropriate urination (marking or spraying)
- Avoidance of human touch
- Fears including crates

All Pets:

- Aging and mobility
- Pain and/or stiffness
- Introduction to new home, pets, family members
- Shelter socialization
- Speed up healing from illness, injury, and surgery
- ... **And more!**

The Tools of TTouch

TTouch is adaptable to each pet's unique personality and needs. Care is taken to approach each animal according to his/her comfort level, such as avoiding direct eye contact and moving slowly and mindfully.

TTouch Tools for Dogs



TTouch uses a number of unique tools to give dogs safe new experiences that help them calm down and build confidence. This spills over into other areas of the animal's life after the TTouch session ends. One such tool is the body wrap,

shown above. Other tools include a variety of leash-and-harness configurations, a guiding wand, and Confidence Course.

TTouch Tools for Cats & Small Animals

Common TTouch tools used with cats and small animals include body wraps, towels, feathers, brushes, gloves, wands, and sheepskin. TTouches are applied with varying pressures, using the hand and/or a variety of tools with different textures. The goal is to provide touch that stimulates the body in new ways while not being forceful or threatening to the animal.

