

Holistic approach to animal wellness

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Does your animal companion pull on its leash, scratch where it shouldn't, experience hyperactive behavior, tension and stress, or even fear biting? Is he or she affected by the problems associated with aging? These are common issues with many animals that can be addressed by a revolutionary approach to animal wellness.

The Tellington TTouch Method, internationally known as TTouch, is a combination of gentle touches and guided exercises that release trauma from the animal's cells and reawaken their function and the body's ability to heal itself.

Technically, this is the act of sensory integration, and it is what allows the animal to learn and make adaptive responses to each new experience or situation. It therefore enhances the body, mind, and spirit of animals and their caregivers.

This is done with a series of TTouch tools, which include circles, lifts, body wraps and exercises with dogs on lead. TTouch is performed on the entire animal, holistically, rather than just approaching individual problems. Most importantly, it works.

TTouch, developed by trainer, teacher, animal thera-

pist, and author, Linda Tellington-Jones, is hailed by pet lovers and trainers, veterinarians, physicians, and research scientists. Tellington-Jones' pioneering approach to helping animals is changing the way humans relate to their animal companions around the world. This gentle method, provided and taught by a certified professional, often produces significant changes, even with the most difficult behavior problems.

In my experience, which includes two years of training with the Tellington TTouch Team, I have learned the importance of gently helping animals function at their highest potential through respect and partnership. We all love our animals, but sometimes the relationship needs to be taken to a higher level. So let me show you how the TTouch Method works.

Starting with the basics, the Tellington TTouch Method incorporates circular movements of the fingers and hands all over the body of the animal. The purpose is to activate the function of the cells and awaken cellular intelligence. The TTouch Team likens it to "turning on the electric lights of the body."

Part of the TTouch Practitioner's job is to teach the pet owner pertinent touches and other tools for continued success, which requires no un-

derstanding of anatomy by the caregiver. This can come as early as three sessions with the animal.

Some of the most utilized touches are: the Clouded Leopard TTouch, light as a cloud, bringing awareness and ability to learn, and based on an actual case study of a clouded leopard in the Los Angeles Zoo; Raccoon TTouch, using the tips of the fingers on the head, mouth and whole body to help shyness or to allay fear. Ear TTouch, one of the most important in easing stress and stimulating the immune system, particularly important in emergency and shock; and Mouth TTouch, which affects emotional and physical responses, improving the ability to focus and learn.

We all do love our animal companions and want to give them the best of care. My suggestion to pet owners is to observe your companion animal - dog, cat, bird, reptile, tarantula, etc., to determine if there are any physical or behavioral issues that need to be addressed.

First, talk to your veterinarian to address any possible medical problems. Then if you still need assistance, contact your closest TTouch Practitioner.

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