

Welcome to Pet Paths!

Hope you enjoy reading it! Please email us if you have any suggestions for subject matter. We'd love to hear any comments you may have!



A Fish Story

I have a fish “tail” to tell you. One time, when I was in another city training for TTouch, my husband and I were eating in a Chinese restaurant, and I noticed they had a huge fish tank. I thought, “why not see how TTouch might affect a fish?” I knew I couldn't actually touch the fish, but maybe the power of intention and TTouch strokes on the tank's glass would work. So, off I went to see the gorgeous, large fish swimming with his friends, leaving my husband with chopsticks in hand, wondering what I was going to do! As I approached, the fish at first seemed a bit skittish and backed away, but once I began breathing slowly



and sending him (her?) my thoughts of positive intentions, he came forward and looked interested. When I began the TTouch strokes on the glass, he came even closer and seemed ... I'm not kidding ... more relaxed and welcoming all of this! After about 10 minutes, during which time the fish kept hovering there, I thanked him for letting me connect with him and went back to my table. After dinner we were paying our bill and I decided to go over to the fish once more and say goodbye. I saw him swimming around with his friends, and when I approached, they all came close to the glass. What happened then was awesome: “My” fish chased all the others

away and came up close to me again, assumingly “asking” me for more TTouches (which I did)! While I explained to him that it would be more generous of him to share these special moments with the others, I couldn't help but be thrilled and excited about this lovely way of communicating with another species! This experience was one of many that convinced me that TTouch was absolutely the right thing for me! So I hope you will look at Cleo a bit differently now, because she's not just a fish ... she's another being worthy of respect and love.



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The Value of Ear TTouches

The **ear** contains acupressure points that affect every major system in the body. That is why TTouch Ear Work is so important in supporting the immune system and helping animals to be calm. (See “Fido Missing Kids” on P.2 for how to do Ear TTouch.) It has also been used successfully for preventing shock in cases of accidents and other trauma. It's a good place for you to work if the animal has any illness. Instead of feeling helpless, you can actually do something for your companion animal while getting him to the veterinarian.



Tellington TTouch Among Best Approaches in Training

From an article by The San Francisco SPCA on dog training disciplines, the trend of using force and intimidation appears to be moving—thankfully—toward those methods that are completely force-free. One of the most significant of behavioral problems for which dog owners

contact a professional trainer is aggression. Using force and dominance on a dog with aggression can be both dangerous and futile. Many animal behaviorists believe that in the long run, meeting aggression with aggression breeds more aggression. Instead, patience, understanding, and a gentle approach are now being used

as incentives to coach the animal. Guidelines by the Association of Pet Dog Trainers (APDT), Delta Society, and the American Humane Association (AHA) all state that less invasive (without pain or force) techniques must be competently tried and exhausted before more

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EVENTS (Call or email PETential Paths for details)

October 14, 2007: 1-day "Paws On" TTouch Workshop for you and your dog. Sign up now!

October 27, 2007: Foothills Animal Rescue 4th Annual Rita Cohen Dog Walk

February 2008: 2-day Dog TTouch Workshop ... date to be announced.

February 17, 2008: Heart to Heart Dog Walk for animal heart disease.

Training (continued)

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invasive methods are attempted. Karen Pryor's book, *Don't Shoot the Dog*, put forth the premise that you can get the job done without any force. It is this compassionate approach to helping your pet that is the philosophy behind the Tellington TTouch Method. It will often produce significant changes, even with the most difficult behavior problems. The TTouch Method reflects the belief that animals are intelligent and can easily understand what we want without threats, pain or anxiety.

For more articles from the San Francisco SPCA, see:
<http://www.sfspca.org/Viewpoint/>



Circles, the Foundation of TTouch

TTouch activates both hemispheres of the brain, resulting in whole brain learning.

With the TTouch Circles, each time you push the skin in a circle imagining the face of a clock, the intuitive side (right brain) is engaged, because imagining or visualizing as well as the actual movement have to do with the intuitive. When you "see in your mind's eye" the numbers on the clock, the logical (left brain) is activated because numbers have to do with logical thinking.

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 the number 6 on your imaginary clock, with your thumb 2-3 inches from your forefinger. Push the skin

around the face of the clock for one and a quarter circles. When possible, support the body gently with your free hand, placing it opposite the hand making the circle. Maintain a steady rhythm and constant pressure around the circle and a quarter; whether the TTouch is light or firm, pay particular attention to the roundness of the circles.



For help in the Phoenix, AZ, metropolitan area, contact Barb Dunning, PETential Paths, 602-793-7277 or barb.PETentialPaths@cox.net

Communication Through Gentle Touches

Fido Missing the Kids When They Go Back to School?



Separation anxiety is one of the biggest issues our dogs can experience, and one of the biggest occasions is when your kids return to school. Tamar Geller, an animal behaviorist appearing on the *Today Show* says they react most in the first hour they are left alone, according to an *MSNBC.com* article.

The dog will resort to things like aggressive digging, chewing and scratching, howling or barking, piddling all over the house, attaching himself to you when you are around, after a frantic welcome when you have also been away, and actual depression. Your friend and companion is crying out for help because he really doesn't understand the reason the kids are gone.

To further complicate the situation, when the children are home they won't have time to play with the dog like they did during their summer vacation. There's that

dreadful homework and after-school activities. But you must not eliminate their responsibility entirely, so make sure the kids are still part of the schedule in taking care of the dog, advises Geller.

There are some simple TTouch exercises you can use to ease the tension of separation anxiety on your animals. One of these is to stroke the dog's ears, inside and out, from the base to the tip with one hand, while the other hand supports his chin. Do this repeatedly if necessary in order to cover the entire ear. For pressure to use, picture stroking a rose petal...gently, but not so that it tickles the dog!

Once the dog learns that his pal will be back and make "special time" for him, it should get easier throughout the school year.

Go to <http://www.msnbc.com> for more news.



Tips & Tails

TTouch Points to Ponder®



—Linda Tellington-Jones, the developer of TTouch, calls the method a

form of gentle body work that activates cellular function and reminds the body of its potential for perfection.

—With TTouch, not only can we relax and de-stress animals, but we can also get them thinking and making conscious choices.

—Influence rather than control
—Direct rather than correct
—Contain rather than restrain

—Change the posture and you can change the animal. When the body changes, the behavior often changes.

—Meet animals where they are and then begin the task of helping them come forward.