



Helping the animals affected by Hurricanes!

The Pet Food Bank of Austin and Travis County is coordinating, collecting and delivering pet food and supplies for hurricane victims.



They have been transporting displaced animals in returning empty vehicles, too. Monetary donations and gift cards are also gratefully accepted.

Austin TTouch folks volunteer with the [Pet Food Bank of Austin and Travis County](#). These folks founded The Pet Food Bank of Austin. Marnie Reeder, Tellington TTouch Practitioner for 40+ years, has been a leader of these folks.

We are also asking for TTouch book donations for shelters and rescue groups that are interested in using TTouch to help hurricane displaced animals - any species. People have asked how they can learn more, because they see us using TTouch on

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the animals we are helping.

Because Texas and Louisiana are facing a long road to recovery, the need for help will continue into next year.

Donations for Pet Food Bank of Austin and Travis County are accepted online via PayPal. Visit the [Pet Food Bank of Austin and Travis County](#) website and scroll down to the bottom of the page to make a donation.

Contact information:

[Pet Food Bank of Austin and Travis County](#)

c/o Marnie Reeder

512-288-4480

2805 West Fresco Dr.

Austin, TX 78731

Sharing their story!

Increasing partnership with your animal!



The sport of dog obedience has been compared to a dance competition, but no amount of training or proofing will succeed without an open line of communication which allows both dog and handler to feel confident and relaxed. Tension is the

enemy. Tension goes down the leash to the dog before the ring is entered. Voice changes are common as the vocal chords tense. Handler movements may be over-emphasized or under-emphasized. Is it any wonder the dog is distracted and uncoordinated when he is

partnered with “Mrs. Hyde” instead of the “Ginger Rogers” he is used to?

My problem in working with the energetic Border collies has always been how to harness their intensity and my ring-tension to produce a graceful waltz instead of a canine version of slam dancing. My weekend workshop at TTOUCH headquarters introduced me to an entirely new way of communicating. Using the TTouch, I find that energy flows in both directions, relaxing to dog and handler. Petting, while pleasant, is a mindless action while the TTouch is definitely mindful.

We now have regular sessions for the dogs with a little time for me as well. There is a long way to go until the TTouch is as familiar as breathing, but meanwhile the Border collies and I practice our ‘pas de deux’ with renewed enthusiasm.

By the way, working on my head, face and shoulders has helped me. And Andy was in his first AKC trial the other week and took first in his class (Novice B) and also won High in Trial.

~ Joan Fleming

Editor’s note: Andrew, one of Joan’s Border Collies, tracked crookedly. His hips always moved away from Joan, his partner in the show ring. Always eager to please, Andy tried and tried. Joan discovered at the Santa Fe clinic that TTOUCH techniques, in particular the Body Wrap, the Homing Pigeon and the TTouch, improved Andrew’s gaits.

TTouch for ME!



You may have even saved my sanity and reputation: This week will be doing a couple of presentations at the Delta/Tufts Animal Expo. But for the past two months, I have been in almost

nonstop excruciating pain, as a result of adhesions from past intestinal sectioning. It had become so severe that I'd vomit and pass out from the intensity of the pain, and come back to consciousness lying in a pool of blood. The dream of presenting at Tufts became seemed impossible, given the system failure my body was in.

But each day, I have taken time to work on my own body, centering my thoughts on healing those areas in trauma. And daily, within the last two weeks, I have been able to get back into life. While I'm not 100% yet, I no longer worry that I will not be able to fulfill my commitments. The bleeding has stopped, the inflammation has abated, and if I feel the beginnings of spasms, I stop, relax and do some TTouch and am able to continue on without pain.

But more! My husband has had muscle problems that were not helped by ordinary massage or Chiropractic. Each night I have been doing TTouch on his body, and with each passing day, I hear him snoring longer and longer, without waking up in pain with leg and back spasms. He's now sleeping through the night.

My puppy with the licking and displacement nibbling behaviors is also coming around from TTouch. He is not nearly as excited now, and accepting my touch without being so excited by it that he couldn't hold still.

The Missing Link I'd long looked for!



My pet rat, who was quite a biter, is now pushing his body toward me, lying down and waiting to have TTouch done on him!

My under-socialized dog, who has never learned to play with his own species, normally stands and barks

and stresses when other dogs play around him. But, through TTouch, I have him standing quietly, body loose and relaxed, while the other dogs play. No, TTouch won't help him learn to play with other dogs, but it gives me a place to start, and now, with a dog who is not stressing and is in a frame of mind to be receptive to learning to interact.

Now granted, I know NOTHING about TTouch. Just a general understanding of how everything is connected in the body, and to the spirit, and a few basic movements. But even without much skill or knowledge, the improvement I have seen not only in my dogs, but also in my own body, and my husband's body. This is nothing short of miraculous.

I just had this feeling that this was the "missing link" I'd long looked for. I had found a way to teach new behaviors that worked in harmony with an animal, and did not stress the animal. I had honed my skills of observation of animal behavior to catch the animal before the stress was triggered using Clicker training. But I still needed something else: a key to communicating with a truly stressed animal, and to bring balance and harmony back into her/his life when the animal was not in a frame of mind to learn through clicker training.

With my service-puppy-in-training soon to undergo extensive orthopedic surgery, my desire to learn all I can to help in his healing and rehabilitation is paramount right now. I have outlined a wonderful plan to meet his mental and emotional needs. We will play problem-solving games that require no movement, but I need to learn all I can about how to use TTouch to help with post-surgical healing. Just reading that fabulous book of Linda's and watching the video has given me a lot to start with.

I seldom read a book that moves me as much as Linda's did. I love it's easy, anecdotal approach to learning, and that reading this book is like sitting across a table, listening to a master story teller. It's not like being lectured to! I sometimes find technical data very, very difficult to process in my brain. But when that material is presented in a relaxed, easy to understand way, I am like a sponge just soaking it all up. I couldn't put Linda's book down, and am already on my third reading of it.

This has truly changed my life in so many ways, and I'm so anxious to network with others. This is such a natural for animals doing service and therapy work, and should be encouraged and required learning for all Pet Partner teams and service dog teams.

Thank you again for the tape and book. It will not only affect me and the animals I work with, but all the teams around the world I mentor. And the more I learn, the more I will share on the positive training lists, where I am a frequent poster.

Thank you, thank you, and thank you! Oh, this is SO exciting!

~ Enthusiastically, Debi

Navigating Towards Balance!



Common Threads Shared by an Open Water Swimmer and Tellington TTouch

I am an open water swimmer. Instead of counting sheep to fall asleep at night, I feel myself taking stroke after stroke. I love to swim. So, when my shoulder seized up two years ago, I felt panicked. I was diagnosed with upper mixed-crossed syndrome and scapulothoracic bursitis and tendonitis. I could barely lift my right arm to brush my teeth, let alone swim to the other end of the pool.

Little did I know that this painful problem was a blessing in disguise. It became a gateway to a deeper understanding of my work as a Tellington TTouch practitioner.

The Tellington TTouch Method can help animals and their people find greater balance, both on a physical and mental level. Interestingly, my recovery plan for my shoulder dove deep into levels, many times using very similar, if not the same, strategies as TTouch to achieve that balance.

TTouch has three basic components:

1. Bodywork to bring awareness and relaxation to different areas of the body
 2. Movement to help with proprioception, coordination and flexibility
 3. Special tools, like harnesses and body wraps, that can enhance the bodywork and movement
- Each of these components can help increase a dog's body awareness, often giving them a more

balanced posture.

Interestingly, it was my posture that needed to change to allow for better balance and by doing so, relieve the shoulder tension and swim again. Like TTouch, my recovery plan incorporated bodywork, movement, and special tools to enhance both. A massage therapist helped ease tension in my muscles. A physical therapist gave exercises to target particular muscles to strengthen. My swim coach gave me swim drills (deliberate, thoughtful exercises done slowly) that used the new-found muscles from the PT to learn a more efficient swim stroke. She also used ankle and wrist bands (similar to the way TTouch uses wraps) to aid in timing and coordination.

As my shoulder grew stronger, so did my understanding and amazement of the mind/body connection and how one so easily influences the other. To be an efficient open water swimmer, able to go the distance (without hurting my shoulder and regardless of choppy water, currents, or swimmer "traffic"), balanced movement is essential. I discovered how important my state of mind is in relation to that balanced movement. Any stress, either physical or mental shows up in my stroke. Deliberately cultivating a calm state of mind can relieve physical tension resulting in a wonderful ease of movement that is ultimately more efficient. Similarly, a calm, relaxed body can help create calm, relaxed thinking; a state of mind that is flexible, able to respond to stress as it comes, rather than quickly reacting. Flexible mind; flexible body.

The mind/body connection I found in the water extended out into my daily life on land as well. As my physical posture changed, my quality of movement (first noticed when under stress), became less rushed and flat to more full and grounded; a new stress response. It became less

about how fast or how much was accomplished, but more important the quality of the process. I slowed down and became more efficient and receptive to learning.

Tellington TTouch's dynamic approach to supporting animals and their people capitalizes on this powerful mind /body connection as it identifies and looks for ways to lessen physical and /or mental stress. As a TTouch practitioner, I am constantly monitoring the dog's body language; it can speak volumes to how they are feeling physically or mentally. As we (the dog, their handler, and I) play around with the different components, we can make adjustments with not only which component to choose (a tool, movement, or particular type of TTouch), but also how it is delivered for a particular dog.

What I also love about TTouch is not only how it appreciates this mind/body connection, but also how it takes into account that there are two individuals connected by a leash. Strengthening the relationship between dog and person lies at the heart of TTouch work. The balance each has individually can have an effect on the other. A relaxed, grounded, flexible and forward-thinking handler, one that is open to listening and responding positively can help lead the dog to a more relaxed frame of mind; a great space from which to learn.


Navigating towards balance has a meditative quality where mind and body share the work of helping an individual, human or canine, come back into balance. I am so thankful for the support I received for my shoulder and the profound journey I found myself taking. Tellington TTouch can help guide people and their dogs along a similar path towards balance and feeling more ease.

I am happy to say, I am back in the water,

having just completed a swim from Alcatraz
Island to the San Francisco shore ... using BOTH
arms!

~ Jennifer Richey

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