

Suggestions for Case Studies

Tellington TTouch for Companion Animals Certification Program

Before you begin to work with a client and her companion animal, ask the client to write a statement about how she sees and feels about her animal – ‘what she’ loves about her animal’. Have her described what is the animal’s typical behaviour and if there is anything she would like changed. Ask her to be as specific as possible.

- Describe the problem? When did it start?
- How long has the problem gone on?
- What circumstances or situations were going on when the problem started?
- Ask the client to commit to at least three sessions.
- Clarify with the client and spouse or family what each expects from the animal. If behaviour is the problem, does each person consider the behavior a problem?

Keep a clear line of communication between you and your client:

- At the end of each session, fill out the checklist or notes of what you have done and have the client initial it.
- Provide a written set of instructions or copies of a couple of TTouch cards, for the client and/or family to do at home between the sessions. Be sure that you tell the client how long and how often to do the TTouches or learning exercises – keep it simple depending on the situation. At the start of each session, ask the client what she and the animal did since the last time.

Keep a journal of your sessions with the animal and/or client:

- How long was each session, fill out the checklist and have the client initial it.
- What TTouches and learning exercises did you do?
- How did the animal respond?
- How did the behaviour change since the last session?

At the end of all of the sessions, ask the client to:

- Review the client’s original statement with her in case she has forgotten what the animal’s behaviour used to be.
- Then ask the client to fill out an evaluation form. Include the following:
 - Would you recommend this work to a friend?
 - What was the most significant area of improvement? The least?
 - Would you consider the method again for another animals or problem in the future?
 - Is there anything you would like to see done differently?
- If you ask the client to rate by numbers, be sure to explain your system of numbering, i.e., does ‘1’ - mean good or poor. Be sure to include a comment line or lines to let people include their thoughts.
- Consider asking the client to fill out a release form that will give you permission to use the client’s comments in articles or for promotional purposes.

Your journal will be different if you are working with shelter animals and are unable to work for two or more sessions. The case studies can be with your own animals but each animal would could for one case study – not one for each issue you have with your animal. If you want to work with wildlife volunteer at a wildlife sanctuary. Work with llamas only with an experienced practitioner. Equines cannot be used as case studies in the companion animal program.