

Scientific study of the Tellington-TTouch®-for-You Method demonstrates clinically significant effect on emotional states

On May 15-17, 2010, a scientific study was held in Bad Vöslau, Austria, to evaluate the psychological effects of the Tellington-TTouch Method on the well-being human participants.

The project was planned by Dr. Susanne Liederer, a biologist, in cooperation with Tellington-TTouch Practitioner Tanja Lasser and executed together with Linda Tellington-Jones, PhD.

In this study, 58 subjects were requested to answer questions related to their psychological and physiological well-being prior to, directly after and 3 days after a 20-minute "TTouch for You" session. All subjects were treated exclusively on their backs and arms using a defined selection of Tellington-TTouches.

Using questionnaires specifically developed for this purpose, the following subjective physical and emotional states were covered:

Anxiety, physical tension, psychological well-being, social well-being, self-confidence, emotional well-being, physical well-being and pain.

Objective

Twenty-eight years ago Linda Tellington-Jones followed her intuition when she sensed that Tellington TTouch could solve anxieties on a cellular level, reduce pain and stress thus leading to a general state of well-being and increase one's motivation to learn and perform. The study's objective was now to investigate whether one single Tellington-TTouch treatment could induce a scientifically measurable improvement in one's emotional and physiological state.

Based on a science known as „new biology“, it is generally accepted that a cellular change begins in the mind. (cf. „Intelligente Zellen, Bruce Lipton).

Providing scientific documentation in a subjective psychological area was hence the logical consequence to be able to interpret regulating interactions between mind and body cell (how do I feel – and what are the physical consequences in my body)

e.g.: anxiety - tension

The results surpassed all expectations

When evaluated, all investigated areas showed a statistically significant improvement after one single 20-minute Tellington-TTouch session. Moreover, even 3 days after the session a, the study investigators was able to document continuous improvement.

Based on these outstanding results, the data were also interpreted with respect to its clinical relevance.

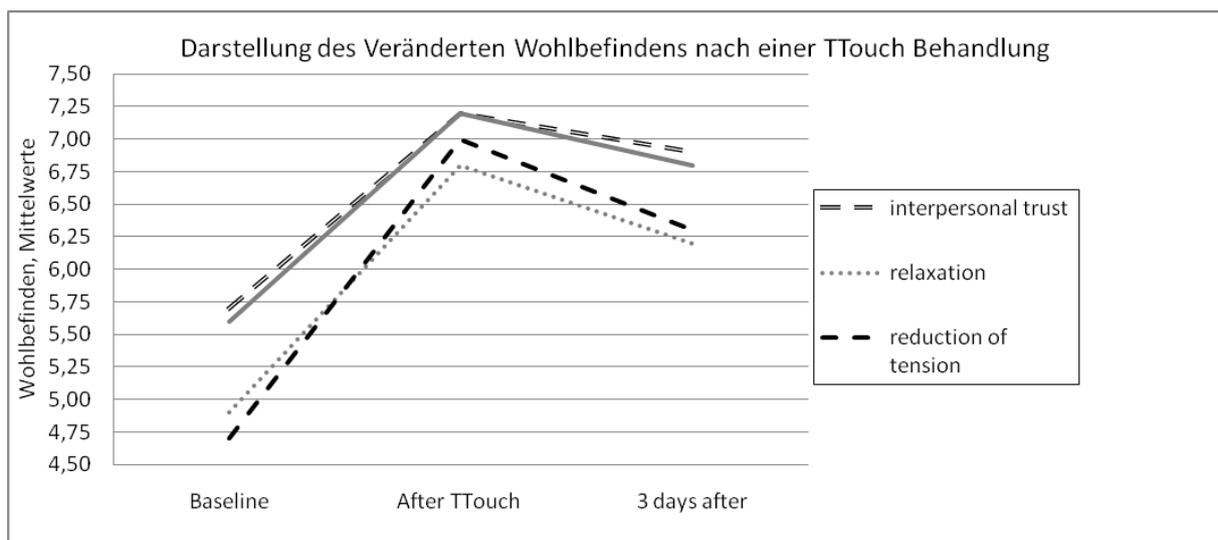
A basis for scientific recognition is reached when a drug or another therapeutic measure reaches clinical significance. 8 out of 10 areas investigated showed a significant improvement after one single Tellington-TTouch session which led to astonishment and great interest in a follow-up study within the scientific team of the Faculty of Medicine at the University of Vienna.

Clinical significance was reached in the areas of emotional well-being, tension and relaxation.

These results were a scientific confirmation of Tellington-Jones's intuition with regard to the effects of Tellington TTouch and constitute a clear alternative to conventional drug-based therapies. The investigators plan to publish the results of their study in a renowned journal.

Once more it is very obvious that Tellington-TTouch is a highly valuable aid for human beings to improve and reestablish physical, emotional and mental well-being.

We would like to extend our thanks also to Maria Koizar (Gesundheitszentrum Bad Vöslau), Ilse Rössl (Prac. i. A.) and Elisabeth Kreiner (Practitioner) for their significant input in the realization of this project.



This graph shows the change in the subjective well-being based on the areas „trust“, „relaxation“ and „tension“. The test subjects were requested to give a rating between 0 (=very bad) and 9 (=excellent) on a numerical scale. As is quite obvious, the values demonstrate a significant improvement after a TTouch treatment (comparison between baseline and after TTouch) which persisted even 3 days after the end of the treatment.

(Translation Alois Jochum)