

UNDERSTANDING THE TELLINGTON TTOUCH® METHOD
Observations • Bodywork • Body Wraps • Groundwork
Loose Lead Walking • Specialist Equipment

Tellington
TTOUCH
For Dogs



XTRA DOG
Training

TELLINGTON TTOUCH TRAINING

The Forward Thinking Approach to Training, Handling and Rehabilitation of Dogs.

The *Tellington TTouch*® Method was developed over 40 years ago by Linda Tellington-Jones and her sister Robyn Hood and the method is used all over the world. *Tellington TTouch* is a teaching method for animals that incorporates bodywork and ground exercises where appropriate, to help improve co-ordination, balance and athletic ability whilst deepening further communication and understanding between the animal and its owner/carer.

Tellington TTouch helps increase levels of self-confidence, self-awareness and self-control, and *Tellington TTouch* is widely used in dog rescues, by dog trainers and behaviourists, vets, therapists and pet owners.

With its roots in the Feldenkrais method of Awareness Through Movement, *Tellington TTouch* techniques gently guide the animal through non-habitual exercises that can alter existing habitual patterns. As posture affects behaviour, many owners and carers note that unwanted behaviour diminishes as the animal's posture improves. *Tellington TTouch* teaches the animal to act, rather than simply react to a situation and it allows animals to make positive choices.

More information
can be found at
www.ttouch.dog



COMPONENTS OF TELLINGTON TTOUCH

Tellington TTouch is an innovated and complete system of understanding, handling, and influencing dogs. Linda Tellington-Jones developed this work over 40 years ago and Tellington TTouch has always been and remains ahead of its time.

Tellington TTouch combines observations and philosophy, bodywork, ground exercises, and equipment to help dogs find physical, mental, and emotional balance, as well as a way of enhancing communication, cooperation, and harmony.

One of the most versatile aspects about the Tellington TTouch Method is that it is not an “all or nothing approach”. The philosophy and attitude is just as meaningful as the specific approach and techniques. Many people find that they can adapt their current program to include the mindfulness and respect that is paramount to the Tellington TTouch Method. This can result in long lasting and effective results that build your relationship with any animal you interact with.

Observations - We use this tool to look at the body language of the dog, we will look at the dog static, in movement, compare them moving on lead and off lead. We also want to be aware of how your dog responds to contact on every part of their body so you can take the necessary steps to help improve their health, behaviour and well being. We will also look at the dog's posture, how they move, what we can learn from looking at the coat etc.

Bodywork - Tellington TTouch bodywork is NOT a form of massage, it is a specific form of light circular touches and strokes known as TTouch®. Mindful and gentle, this form of touch induces a state of relaxation and increased body awareness in the dog. TTouch works with the nervous system to change physical patterns at some of the deepest levels through gentle, non-habitual movement. Many aspects of these techniques were inspired by the Feldenkrais Method.

Leadwork and Groundwork - Working on lead is one of the most important aspects of Tellington TTouch: it enables an animal to override habitual patterns of posture and movement and to learn without fear or force. Helping a dog come more into balance on leash reduces reactivity, lead pulling, and many other “issues” without force. Many of our leadwork exercises are unique to Tellington TTouch and help create consistent, comfortable, loose-leash walking without corrections or distractions.

Body wraps - Tellington TTouch Bodywraps are elasticated bandages that are an extraordinarily effective and easy way to help alleviate anxiety, improve body awareness and boost confidence in dogs. Body wraps influence an animal's posture, movement, and behaviour.

Equipment - Certain pieces of equipment are used with the Tellington TTouch method; these include 2-point harnesses, double-ended leads, sliding handles, body wraps, calming coats etc.



WHAT IS TELLINGTON TTOUCH?

It can be hard to get one's head around what TTouch is: is it a therapy or a training method? Alex Wilson investigates

One of the hardest things for many people coming to Tellington TTouch is getting their head around what TTouch is. Some people see it as a way to train their animals, others see it as a therapy, some people see it as a way of healing? There is not a clear answer as the method can be used in so many different ways depending on how you manage the animal/s in your care. The best way to think of Tellington TTouch is a method and a set of tells that can be used on their own or combined with other methods of working with the animal.

For me, I came to Tellington TTouch when I had just started my journey into professional dog training assisting at Marie Miller's (Tellington TTouch Instructor) dog training school in the Midlands and came to see that Marie used TTouch in many aspects of how she trained puppies, along with clicker training. I learned how the TTouch tools could be blended with more traditional, positive dog training methods to really shape puppy behaviour and to teach them to make life long positive choices. This inspired me to become a practitioner and, as they say, the rest is history.

Having come from clicker training that is relatively rule based, I struggled with the fact that the focus was not about rules but about seeing the response from the dog and being willing to try something different if what I was doing was not appropriate for the dog at that moment in time. I quickly started to love the fact that TTouch was so much about giving the dog a choice and encouraging them to make good choices, something that is at the front of everything that I teach today. Over the years practitioners have been asked to describe the work and they have come up with some very creative

responses. There is no right or wrong answer, choose what fits in best with what you do with your dog, horse, cat etc.

Tellington TTouch is a gentle method of body work and movement exercises that positively influences behaviour, performance and well-being and deepens the relationship between animals and their people.

Tellington TTouch is a method of touch and movement for animals that relaxes them so they can think and make better choices.

A well-developed system of bodywork and training that employs:

Bodywork: circular hand movements, slides, lifts, and other non-habitual movement

Training: mazes, balance beams, patterned walking exercised, etc., plus some basic obedience training and management education

Tools: bodywraps, leads, harnesses, and dozens of other items at hand.

Tellington TTouch is based on communication and respect, cooperation and understanding, never fear or force; observe without labelling; give direction, not correction.

It is not about fixing, curing, or doing something to the animal. It is about working with that animal to bring a new awareness, offering another experience and giving new information, so the animal can be more flexible and adaptive.

Tellington TTouch meets the animal where they are, never expecting more than they are capable of at the moment in time. If it doesn't work, change to



something else chunk it down - one small successful step at time is a success - sometimes less is more

Tellington TTouch looks at the whole picture, exploring the underlying stress and fear that result in the unwanted behaviour or physical limitation.

*Look at the possibilities, not the limitations
Promote balance - physical, mental, and emotional
Encourage - self-carriage, self-control, and self-confidence.*

Tellington TTouch uses non-habitual movements to create new sensation and awareness. Change the posture, change the behaviour.

Tellington TTouch allows an animal to think and act, rather than just react. To interrupt the habitual patterned behavior associated with certain stimuli.

Tellington TTouch works on the level of the central nervous system circular movements and non-habitual movements affect unused neural pathways, replacing habitual messages of discomfort with less stressful ones. Tellington TTouch is an effective way for people to deepen their relationship with their companions while solving a challenging or frustrating situation.

The forward thinking approach to training, handling, and rehabilitation of dogs.

OBSERVING YOUR DOG



The more that we can observe our dogs the more we will be able to learn about them and be able to help them. Using skills like learning about canine body language can be a very useful tool to enhance our understanding of the dog in front of us, the dog that we are working with. Whilst observing a dog look at the small changes, ask yourself “why is that happening”, what might we be doing that could be influencing an outcome. Use your eyes, your ears and your nose when observing a dog. “Question everything, but don’t question the dog”.

When observing a dog think about their body language:

- Context – What else is happening?
- Objective vs Subjective – What we can see vs what we assume
- Repetition – How many times the behaviour was offered?
- Frequency – How often was the behaviour offered?
- Combination – What other behaviours were offered?
- Evaluate – what is the purpose of that? What was the end result?

Does the dog behave differently on-lead to off-lead, is a piece of equipment influencing what we are seeing? That could be a collar, a harness, a lead etc. Can we watch the dog move un-restrained? Do they move differently when they have not got a collar or harness on? This might be a small change in the dog’s posture. If we take the dog’s harness off how do they respond when we try to put it on again. Can we put it back on without forcing the dog, do they come forward, do they back off? All this gives us great information. Be a dog detective!

Free work, developed by Sarah Fisher, whilst not technically part of the Tellington TTouch method, is

a very useful tool to observe dogs and to look at their body language. Sarah explains more:

“Free Work is a simple, low impact activity that can be rewarding for the dog, and illuminating for the guardian/care giver; it can be set up in any environment.

“The aim is to give the dog opportunities to engage with a variety of different items enabling guardians and care-givers to highlight items the dog really enjoys, and those he actively avoids. For example, a dog may avoid soft textures under foot because:

- a) The surface is novel and new experiences can sometimes make all beings feel unsafe (the dog may have lived in a kennel, or a barren environment and never experienced the sensation of different textures underfoot).
- b) Standing on something soft creates more movement in the joints and soft tissue which may be uncomfortable due to undiagnosed pain/discomfort.
- c) The dog had a bad experience when moving on something soft that may not have anything to do with the actual surface but the dog has paired (associated) that sensation under foot with something that made the dog concerned.

“As the dog starts to relax and slow down, postural struggles, habits, and worries about handling or other aspects of daily life become more apparent enabling guardians and caregivers to modify their own habits and address these small, or more obvious, concerns. Sometimes it is our own habits that create the behaviours in our animals we wish to modify. Making small adaptations to the way we interact with dogs can often bring the biggest change.”

By being aware of how your dog responds to contact on every part of his body you can take the necessary steps to help improve his health, behaviour and well-being. Use the diagrams to mark areas of tension, 'ticklish' places, no-go areas, and places that are over or under-developed. Mark patches that are cold or hot or areas where the coat is worn, raised, coarse or scurfy. Note which is the higher ear, shoulder, hip, and so on. Watch your dog's reactions at all times and only carry out the flat hand assessment if it is safe to do so.

Repeat the assessment every few weeks to follow your dog's progress. You may be amazed at how the simple Tellington TTouch body work exercises can change your dog.

Suggested Key:

- W - warmer areas
- C - colder areas
- H- higher pelvis/ear/shoulder and so on
- S - Scurf
- L - lower pelvis/ear/shoulder and so on
- R - rough or coarse coat
- T - ticklish or sensitive areas
- X - excessive curls
- U - underdeveloped muscle
- M - colour changes
- O - overdeveloped muscle
- N - no-go areas

What Tellington TTouches and/or Groundwork have you done? What was the response?

Movement:

1. Does dog turn equally both sides? Have handler change sides Watch from behind - do hips move up and down evenly?
2. Do hind legs track evenly?
3. Do joints articulate?
4. Does dog sit straight or to one side?
5. Does he always lie on one side?

Other things to consider when assessing:

1. Coping response - how does he interact with his person? With strangers?
2. Calming signals?
3. How is dog to groom?
4. When touched or groomed is skin twitchy, unyielding or spongy?
5. Is dog on any medication, or have chronic medical problems?
6. What is dog's diet?

Look at the following

Acceptance of contact:

1. Can dog's person touch dog everywhere? Slowly?
2. How is dog with strangers?

Coat:

1. Texture difference
2. Hair quality - dry, shiny, uneven
3. Texture may vary depending on tension
4. Direction of coat
5. Movement of skin
6. Colour variations - may change after injury
7. Hair swirls and curls

Respiration:

1. Quick, Shallow - holding?
2. Which part of rib cage moves?

Temperature:

1. Heat or cold areas.
2. Legs, feet, pads
3. Level of acceptance of having legs and feet touched?

Weight loading:

1. How does the dog walk and stand?
2. Wither rocking may show where loading occurs or by doing leg circles
3. Does dog move through rib cage, hindquarters?
4. How does dog stand with toes?
5. Are pads worn evenly?
6. Is it the same in all feet?

Posture

Head carriage

1. High or low?
2. Is there tension in the neck or jaw?
3. C1 or C2 govern optic nerve - also connected to liver - may go along with reactive dogs

Eye:

1. Hard / soft?
2. Shape of eye?
3. Do whites show?

Mouth:

1. Is it tight?
2. Is dog vocal - whine, bark?

3. Are sides sucked in?
4. Dry - inside?

Ears:

1. Check temperature of the ears
2. Is there tension between the ears?
3. Are they set evenly?

Tail Placement:

1. High / low
2. Clamped

3. Loose
4. Does tail wag evenly?

Legs:

1. Base narrow - front or back
2. Base wide
3. Stands out of balance
4. How is the dog about having legs and feet touched?

Muscling:

Symmetry - are shoulders, hips, hind legs equal on both sides?

Learn about Canine Body Language



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Learn the secret language of dogs and become a dog detective

Canine Body Language
Canine Emotions
Dog-Dog Interactions

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TELLINGTON TTOUCH

BODY WORK

TELLINGTON TTOUCH® CARDS For Dogs and Cats

Dear TTouch Friends,

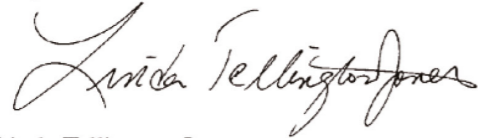
I first discovered the circular TTouch while trying to teach people bodywork on horses. Later, as we continued to experiment, I added rhythmic breathing, a variety of hand positions, and a scale of finger pressures from one to nine. To my amazement, a person having less than an hour's instruction would often make major changes in behavior and personality in their animals, as well as considerably speed up the healing of wounds, injuries, or stiffness.

Over the years, these first basic elements of the TTouch were refined and organized into a core method that consists of many different hand positions and movements. We gave each TTouch an evocative animal name like "Lick of the Cow's Tongue" or "Clouded Leopard," finding that associating a particular TTouch with the characteristics of a particular animal made the movement easier and more fun to learn, while also bringing people new and unusual ways of relating to the animal kingdom.

Since 1978 Tellington TTouch has grown, and is now practiced in 30 countries on almost every species of domestic animals. It is used by pet owners, trainers, breeders, veterinarians, Humane Societies, zoos, and wild life rehabilitation programs. There are over five hundred certified TTouch practitioners for companion animals and horses in 12 countries. I now have ten books in 11 languages and 19 videos about TTouch.

The TTouch and interspecies communication is for us all. All it takes is your desire, your love, some trust in intuition - and of course, a little practice. Do stay in TTouch.

Very best wishes,



Linda Tellington-Jones

P.S. We receive many letters reporting the success of the TTouch when used on humans. Try it on yourself and a friend.



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How to Do the TTouch®

The foundation of the Tellington TTouch method is based on circular movements of the fingers and hands all over the body. The intent of the TTouch is to activate the function of the cells and awaken cellular intelligence – a little like "turning on the electric lights of the body." The TTouch is done on the entire body, and each circular TTouch is complete within itself. Therefore it is not necessary to understand anatomy to be successful in speeding up the healing of injuries or ailments, or changing undesirable habits or behavior.

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 six o'clock on your imaginary clock, and push the skin around the face of the clock for one and a quarter circles. Place your thumb one to three inches from your forefinger and feel a connection between thumb and fingers. When possible, support the body gently with your other hand. Maintain a steady rhythm and pressure around the circle and a quarter, whether the TTouch is light or firm. Pay particular attention to the roundness of the circles.



The first few circles you may TTouch randomly. Then run parallel lines on the body with a connecting slide between each circle. The connected circles induce relaxation and improve self-confidence.

Most of the time, clockwise circles are the most effective for strengthening and rehabilitating the body. However, there are times when counterclockwise circles are appropriate for releasing tension. Practice both directions and trust your fingers if they are moving in a counterclockwise direction.





There are multiple different touches that we can use when working with our dog, the important thing is to use the most appropriate touch at that moment in time. Read the body language of the dog and see what feedback we are getting from the dog to decide if we continue, change the touch or stop. One of our favourite Tellington TTouch expressions is "Less is More". Remember a little goes a long way! It is better to do a number of short sessions than a single long session. Always allow the dog the choice to move away or for the session to end. We do TTouch for our dogs, not to our dogs.

3 TYPES OF TOUCHES

CIRCULAR TOUCHES

We move the skin in a circular motion, a circle and a quarter

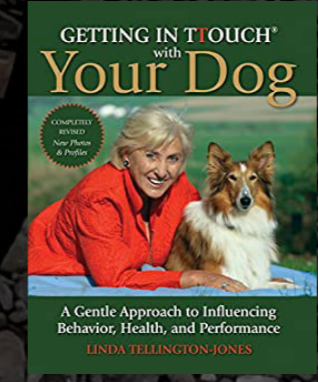
- Clouded Leopard
- Lying Leopard
- Raccoon
- Tiger
- Llama

SLIDES

Hand slides across the dog's body
Zebra or ZigZag

LIFTS

We gently lift the skin and support the tissue.
Python Lift



To learn more about the full range of touches read *Getting in TTouch with Your Dog* by Linda Tellington Jones available from Cetacea Publishing www.cetaceapublishing.com

PRESSURE

Tellington TTouch bodywork is not massage so we are using light pressure touch. Pressure is rated on a scale of 1 to 10 and when working with dogs work between 1 and 4. Use the pressure that is right for you and for your dog, your dog will give you feedback as to whether the touch you are using is appropriate.

SPEED

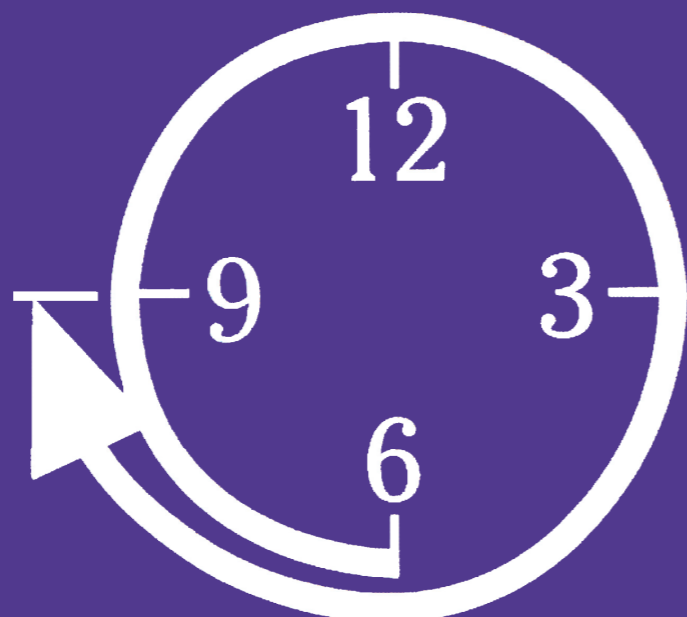
Be mindful of the speed that you are working with your dog, as a rule the faster you work the more the touch will stimulate the dog, the slower the more it will relax them. If you are working with a high drive/arousal dog it can be a solution to start faster and try and slow the touches down to lower the dog's arousal.

BREATHING

It is very easy to hold your breath when you are learning to do the touches. Remember to breathe, you will be more relaxed and you will do better touches.

FEEDBACK

Your dog will tell you how well you are doing the touches and how much they are liking the experience, use your eyes to listen to what they are telling you, dogs are communicating with us on a minute by minute basis, a second by second basis and a moment by moment basis.



MINDFUL PAUSE

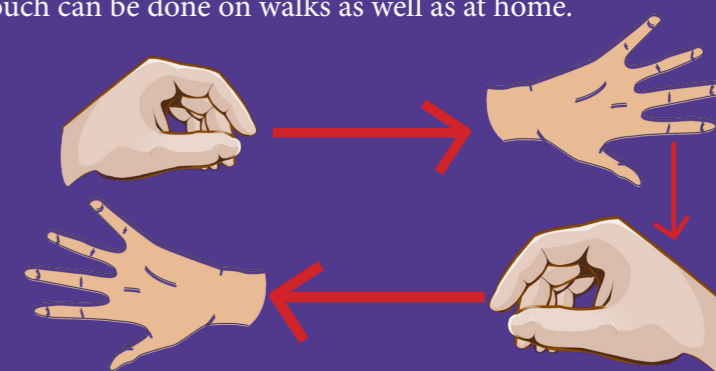
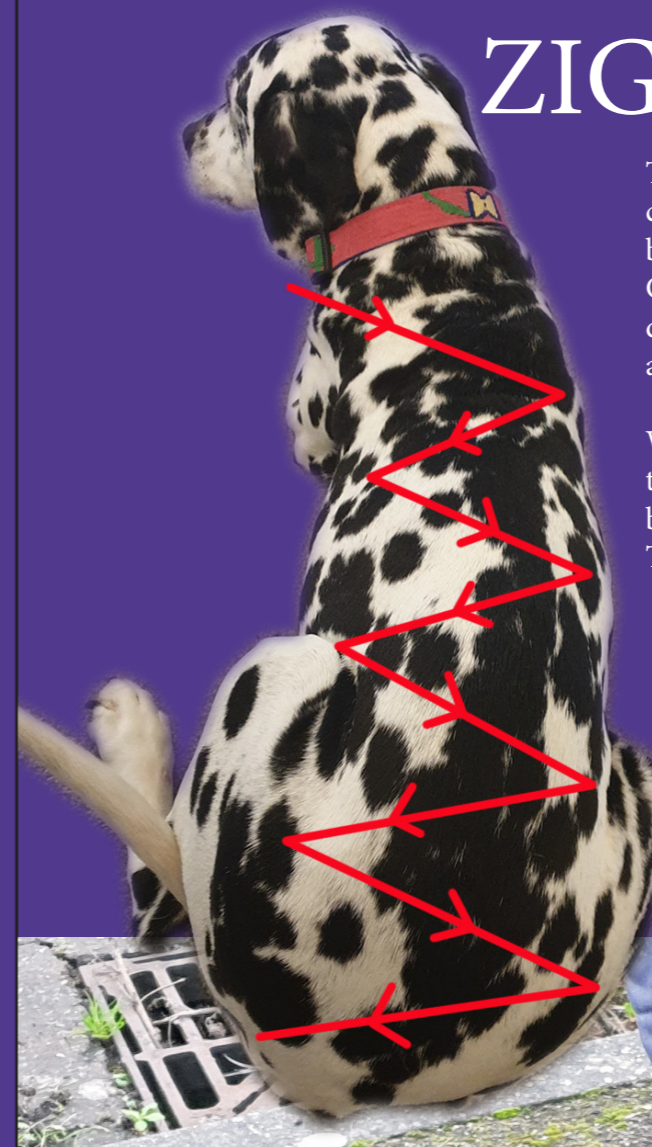
After completing a touch add in a pause to allow the nervous system to process the information. The mindful pause is as important as doing quality touches.

Make circular touches a circle and a quarter. Most dogs prefer the touches in a clockwise direction, but some will like it anti-clockwise

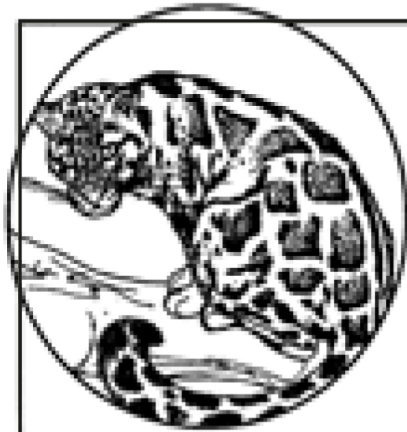
ZEBRA OR ZIGZAG TOUCH

This is one of the most useful touches in the TTouch toolbox, it is a connecting touch and it can help the dog be aware where their body begins and ends and where the real world begins and ends. Change the speed that you work at to see what works well for the dog. Sometimes working faster can stimulate the nervous system and slower can clam it.

When doing this touch start with the finger tips closed and open them as you travel down the dogs body. Work one side of the dog's body at a time. Work from the shoulder towards the base of the tail. This touch can be done on walks as well as at home.



CLOUDED LEOPARD TOUCH



The name describes how the hand is placed on the body - as lightly as a cloud. The name came from a Clouded Leopard in the Los Angeles Zoo who was worked on with the TTouch. This TTouch brings awareness and improves an animal's ability to learn.

HOW TO:

Place your hand lightly on the body, with fingers slightly curved. The pads of your fingers push the skin in one and a quarter circles. Feel the connection between your fingers and thumb, which are held several inches apart.

Keep your wrist straight yet flexible and off the body. Breathing calmly and rhythmically helps maintain a softness in your fingers, hand, arm and shoulder. Move the skin in a circle rather than rubbing over the hair.

Watch the animal's reaction. If he seems uncomfortable, lighten the pressure, the tempo or choose another area or TTouch.



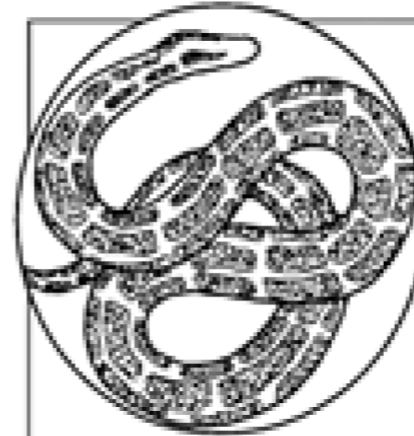
USES - PRESSURES

Aggression	1-3
Aloofness	1-2
Barking	3-4
Car sickness	2-4
Fear biting*	1-3
Leash Pulling	3-4
Nervousness	2-4
Reducing stress	2-4
To increase self-confidence	1-4

*Do this TTouch all over the body. Exercise caution with a fearful or aggressive animal.



THE PYTHON LIFT



The Python Lift is used to relieve and release tension and spasm. It is effective on the shoulder, legs, neck, back, belly - all over the body.

The Python Lift relaxes nervous animals and improves balance and gait. It also promotes a state of mental and emotional stability.


HOW TO:

The whole hand is placed on the body or around the leg with just enough pressure to gently lift the skin and muscle. Hold for several seconds, and then slowly return the skin to the starting point. Remember to breathe with the movement. If you lift too much it will cause the animal to tense or move away.



USES	
Arthritis	
Balancing	
Hip Dysplasia	
Nervousness	
Gait Improvement	
Improving physical, mental and emotional balance	
Stiffness in back and shoulder areas	



A black and white dog is lying down, wearing a pink fabric wrap around its body. Several people's hands are visible, adjusting the wrap. One person on the left wears a blue wristband and a gold ring. Another person on the right wears a black sleeve, a pearl bracelet, and a ring. The dog has a colorful patterned collar and a gold-colored buckle. The background is a light-colored tiled floor.

“A wrap will change the posture of the dog due to receiving feedback received from the nervous system. It will help the nervous system be more effective”

BODY WRAPS, CALMING COATS

and noise phobia in dogs

By Alex Wilson

The Tellington TTouch training method has wonderful applications for helping dogs with noise phobias. It is a gentle training method, consisting of a series of circles and lifts as well as groundwork exercises to make your animal more aware, more balanced, and less stressed. Practitioner Toni Shelbourne explains more;

“Tellington TTouch was developed over 30 years ago by Linda Tellington Jones. The method uses non-habitual movements of the skin to improve the posture of an animal. As posture affects behaviour, the animal’s symptoms decrease as they come into balance. An animal requires physical, mental and emotional balance to be able to simply act, not react to a situation. Think of a saying you use to describe being frightened, like ‘tuck tail and run’, this beautifully describes the posture that a noise phobic animal can adopt. The posture then ‘tells’ the dog how to behave i.e. in a fearful way. Change the posture and a different message is sent, the behaviour diminishes and hopefully disappears over time. There lies the beauty of TTouch, it gets to the emotional core of the issue and helps the dog to change their perception of a fearful stimulus. As the dog can now rationally think its way through the problem, the desensitisation training, if still needed, becomes much more effective. They can now think due to not having to act in an instinctive fearful response. TTouch can be the long term cure as well as the on the spot relief. Better still it is easy to learn and you can do it yourself in the comfort of your own home.”

Tellington TTouch Earwork

Dogs have mobility in their ears which can mean that they can hold tension here. Gentle strokes of the

ear to the tip can help release that tension. This may also help stop a dog going into shock in the event of an accident. When doing earwork it is important to support the head with one hand. Work on the ear on the opposite side to the side you are supporting. (See below). With the thumb on the outside of the ear and the folded forefinger on the inside slide the hand from the base of the ear to the tip. Try and change the angle on each slide. You can also do circular TTouches on the ear. (See overleaf). To make circular touches work from the base of the ear to the tip. These circles need to be light, slow and a circle and a quarter. Generally, in TTouch we work clockwise, but some dogs may prefer it anti-clockwise.



Work on the ear on the opposite side to the one being supported.



There are a couple of solutions that can really help with noise phobia, within the TTouch tool kit. Body Wraps and calming coats. Practitioners for years have been using body wraps to help dogs, horses and even cats. Tellington TTouch Instructor Kathy Cascade explains;

“One of the most useful tools of the Tellington TTouch method is a simple ace bandage known as a “body wrap.” For years, Tellington TTouch practitioners have been using body wraps to influence an animal’s posture, movement, and behaviour. Sometimes the result is subtle, as when a horse picks up a foot to step into a trailer when he couldn’t do it previously, and sometimes the result is seemingly miraculous, as when a dog that is terrified of thunder storms or fireworks is able to calmly lie down and sleep through the noise. How can a simple piece of cloth have such a wide ranging influence on an animal? Part of the answer lies in how the sensory information from a wrap is processed in the animal’s nervous system.

“Typically, a body wrap is applied to an animal’s body in some sort of figure eight fashion, making contact around the chest and crossing over the back, sometimes extending to the hindquarters. “While the wrap is applied comfortably, it is never put on tightly, as the purpose is simply to bring awareness to the area of the body it contacts, rather than for any type of support. Because of the slight stretch inherent in an ace bandage, the contact provides a light sensation of pressure against the body that also moves slightly

as the animal moves. This has the effect of bringing a heightened attention to or awareness of how an animal is using his body parts during movement.”

Another product, recommended by vets, dog trainers and Tellington TTouch practitioners that can really help is a calming coat (right). Tellington TTouch Instructor Marie Miller explains;

“When a dog is in a highly aroused state because of fear or frustration, his latent nervous system takes over and he just reacts to his environment. His response may be to deflect, flee, freeze or protect himself, rather than observing his environment, thinking and then offering a learned, measured response. When correctly fitted, these shirts exert an even pressure around the chest, shoulders and ribcage.

Used with Tellington TTouch body and groundwork, they can be particularly helpful to calm a dog so that they are able to observe and think, rather than just react.

“These shirts were designed to help dogs who suffer fear of thunder and, indeed, they help many dogs in this way. However, they can also be very useful when working through retraining programmes with dogs who are reactive or shy and those who do not travel well.

In a stressed situation it is very important how we introduce the shirt to a dog. Tellington TTouch Instructor Kathy Casade explains more;

“The first step when introducing something new to a dog is to break it down into smaller, manageable steps. Changing the context of the new item can also be helpful. Start by placing some yummy treats on the folded shirt and allow the dog to eat from it. A dinner plate is familiar and usually not scary! Next, unfold the shirt halfway and simply lay it across the dogs back for just a few moments, offering a treat while the dog experiences this new sensation. The next step is to place it fully open on the dog’s back, closing the front connection, but leaving the side panels open. The last step is to close the panels so it is snugly on the dog. At this point, it is very important to allow the dog to move around. This allows the dog to know he is not trapped, and also allows him to integrate the sensations of the shirt against his body as he moves. Remove the shirt after a few minutes. The next session may not require the step by step introduction, but keep the sessions of wearing the shirt fairly short (5 to 10 minutes) for the first few experiences.

Managing Expectations

With any new experience for a dog or when using a new piece of equipment like a wrap or a calming coat it is important to have realistic expectations.

Some dogs will show huge change immediately, but with others that change may be subtle: look for changes like the position of an ear, softening of the eyes, carriage of the tail, a change to the gait, perhaps they are licking their lips less; they have stopped yawning. As you continue to work with the dog these changes may become much more noticeable, like dogs very fearful of thunder or fireworks coping better, a dog with manic behaviours being much calmer, a dog that is a huge puller, pulling less and so on.

Teffington Touch Body Wraps

Available in 2", 3", 4" and 6"



- Noise anxiety
- Travel anxiety
- Fireworks and thunder
- Excessive barking
- Over arousal
- Nervous dogs
- Pulling on the lead

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INTRODUCING & TYING BODY WRAPS

Introducing a TTouch Wrap

1. Put treats onto the wrap and allow the dog to eat off the wrap and sniff it (what we call the dinner plate technique).

2. Lay wrap loosely over the dog's shoulders and ask the dog to move.

3. Put it across the dog's chest and ask the dog to move.

4. Tie the wrap off as a quarter wrap and move the dog again. You may need to take the wrap off between these steps and move the dog or give him some treats if it becomes too much. A wrap is used for sensation, not for support like a bandage.

Tying a Quarter Wrap

Put your wrap about a third of the way to the middle across the chest of the dog keeping the short end over



Dinner plate technique

the middle of the dog's back. Cross your wrap over your dog's back and take the longer end under his tummy and tie it. You can also use a safety pin.

Tying a Half Wrap

Place the middle of your wrap across the chest of your dog. Cross the wrap over the shoulder. Bring the ends across the rib cage and then under the dog's tummy and then at the middle of the back. Tie the ends off or use a safety pin. The back loop can be moved back to rest over the base of the tail if necessary.

More Information

There are multiple ways to use body wraps on pets, horses as well as on us and Robyn Hood and Mandy Pretty have written 3 really useful books: *All Wrapped Up for Pets, Horses and for You*. They can be ordered along with body wraps from www.cetaceapublishing.com



Drop wrap over the dog's shoulder

Keep the dog moving between stages



Wrap the dog without tying



The Quarter Wrap



The Half Wrap

Teffington

TTOUCH LEADING TECHNIQUES

“creating awesome
on-lead experiences for
you and your dog”



LOOSE LEAD WALKING

How to teach your dog to walk in a balanced way on the lead

By Alex Wilson

Many dogs pull on the lead because they are unbalanced. This can be caused for many different reasons which can include the equipment that we use; for example, any piece of equipment that you put on a dog, even a flat collar or harness will influence that dog's nervous system and it is important that we choose equipment that will achieve what we want in a kind, fair and effective way. There is no point putting our pet dog in a sled dog harness that will encourage them to drop their weight forward and pull if we want to achieve a loose lead. It is a myth that harnesses encourage dogs to pull, this is only true with the types of harnesses used in sledding, not a well-designed walking harness.

The Tellington TTouch leading techniques use equipment to help the dog shift their centre of gravity

into natural balance. When we are walking a dog on the lead we do not want them dropping their weight forward or back; we want them as neutral as possible, balanced.

To achieve this ideal result we are looking for the dog to wear what is known as a balancing harness and there are many good harnesses on the market including the Xtra Dog harness designed by TTouch Instructor Marie Miller (www.xtra.dog) and the TTouch harness designed by Sarah Fisher (www.cetacepublishing.com). In the USA and Canada there is also the Harmony Harness designed by Robyn Hood (www.ttouch.ca). These harnesses have a high connection point on the dog's back just behind the front legs and a front-ring that sits on the point of the breast-bone or sternum. We



Meet and Melt Technique. Note the handler has the lead running over their hands and their thumbs pointing down at the lead clips. The handler is also in the periferal vision of the dog

generally attach a 2m training-lead to the harness, or what is known as the liberty leash, a double ended training lead with a sliding handle. Some of them are adjustable too so can be used with different sized dogs. We want to be able to influence the dog's posture and help the dog to walk in their own balance. As a rule of thumb, we want to walk the dog to our side, or for us to be in the peripheral vision of the dog, we do not want to be behind the dog as that will encourage them to pull on the lead.

Meeting and Melting.

When walking the dog, if they pull, resist the pressure of the pull and as soon as the dog gives us some feedback, (that might be them slowing down, looking at the handler, relaxing or even a change in posture), release the lead so that the dog can experience a loose lead. It is also a good idea to bring the hand forward. Our natural instinct is

to bring the hand back, which can encourage the dog to go into a hard lean opposition reflex (I pull, you pull), bringing them out of balance, but if we can bring the hand forward whilst stepping into the dog's peripheral vision then that can have a marked effect on how the dog walks on the lead. Continue this until the dog starts to walk on a loose lead consistently. With some dogs it may be necessary to accept a small win and an achievement of moment, rather than minutes of loose lead walking.

With many dogs you can achieve an instant change and a very puller dog can transform into a loose lead walker, as they learn that it is much easier to walk in a balanced way. Sometimes it may take a while to achieve the desired effect but even moments of a loose lead will teach the dog what we are trying to achieve - It is important that we don't get behind the dog and try and keep in the dog's line of vision. Initially when training this technique, we suggest



using two hands with one side of the lead in each hand but once you and the dog master this, you can put both ends of the lead in the same hand.

Using a Freedom Handle or Liberty Leash

If the concept of using two hands is a daunting concept, then you can use either a harmony leash and handle which is a double-ended lead with a sliding handle or a Freedom Handle which slides onto your double ended-lead. This allows the dog an element of freedom to find their own natural point of balance and teaches the dog naturally not to pull on the lead. This method is great for scenting dogs as it allows them to scent and at the same time walk in balance. The secret is keeping the hand still and allowing the dog to move and balance on the lead. If the dog pulls, simply lift your hand and take up the tension (don't lift the dog off the ground!) and as soon as the dog responds release the tension returning the dog to a loose lead state. It is also a good plan to step forward (in a crescent maintaining the tension) until you are in the dog's peripheral vision and release the tension, so the lead is slack.

If you want to help your dog change direction, or if the dog lunges towards something, simply melt towards the dog (i.e., step towards them letting the lead go loose - it can help to bend your knees). As soon as the lead is slack move your body in the direction that you want to go. Your dog will then move in the direction that you are going.

TTouch Connector

This tool was developed by Robyn Hood based on an idea created by Finnish practitioner, Pia Arhio-Letho, and is an adjustable piece of webbing with a clip at each end and can be connected to a lead to allow the dog to be walked with two points of contact. The connector needs to be adjusted so that the dog will not trip over it (too loose), nor too tight so they cannot get their head through it so they can walk on either side of the handler. The connector is ideal for a dog that is more comfortable on a longer lead and it can be used to give your dog more freedom on the lead, this is ideal if your dog does not go off-lead. If you wish to bring the dog closer or have them change direction all you need to do is to stroke the lead as you step towards your dog. You can also use the techniques we discussed with the liberty leash.



Groundwork

“The playground of higher learning, a confidence course or groundwork are terms that are used to describe the slow leash work that we do in TTouch getting the dog to walk slowly, in balance over obstacles, but why do we do this?”

We can increase the dog's confidence as they gain a greater body awareness, walking slowly over different obstacles and surfaces. It also helps with their balance and self-control. It makes the dog focus on the job in hand and will give them different sensory experiences. It can also create a fantastic bond between dog and handler as they work together around the confidence course.

To an outsider our confidence course might look similar to an agility course and some of the equipment is the same, but the planned outcome is very different. With the TTouch confidence course there are no winners, no faults, etc. We want to help the dog have new experiences, we want them to have some fun, whilst adding a layer of learning to the exercise. We also want to help the dog to be able to move slowly and in a balanced, focussed way. Groundwork can also change the posture of the dog and as there is a link between posture and behaviour, it can change the behaviour too.

The equipment

Our most popular piece of equipment is the Labyrinth. Traditionally these are made from poles and are 2 interlocking “F” shapes; however there are variations of this, see the illustrations. The labyrinth allows the dog to move slowly in a balanced way, they can make turns to the right and turns to the left. We can ask the dog to stop and so on.

Surfaces

For some dogs walking over strange surfaces can be very novel for them, this might be a bridge, a boardwalk, sand and so on, so we want to try and turn these situations into non-events. Having dogs work over different surfaces in the confidence course will give them different sensory experience through the paws and help them to be able to cope better in the real world. You may want to use wood, plastic, children's play pads, carpet squares, yoga mats and so on.

Bicycle tyres and quoits

Having dogs step over tyres and quoits can be really helpful to help the dog become more aware of their feet, and where they are stepping, If the dog is a little nervous then you can drop some food inside the tyre or quoits.

Other equipment we use

- Tee-totter
- Zigzag poles
- Star or fan made of poles
- Raised poles
- Ladder
- Weave cones

There are no rules on what to have in your confidence course, so be creative, look in your shed or garage and I am sure that you will find some great inspiration.



XTRA_DOG

Training



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