

TELLINGTON TOUCH (TTOUCH) THERAPY

What is it TTouch?

TTouch is a form of touch therapy devised and popularized in 1978 by Linda Tellington Jones, an equestrian with a long-standing interest in massage, training, and physical therapy techniques. TTouch is a very simple light massage technique where a clockwise circular motion of the fingers is used on the skin of the patient. TTouch is marketed as a means of counteracting reflexive adverse behaviors in animals, and was initially developed to facilitate the training of horses. For a fee, one can obtain certification in TTouch animal training approaches through books and specialized TTEAM courses offered by Linda Tellington Jones' organization at www.tellingtontouch.com.



Image courtesy of Linda Tellington -Jones

The specific hand movement described above is considered by Tellington Jones to be a non-habitual stimulus to animals, that raises the animal's awareness of their immediate environment enough that they will cease to respond reflexively to the handler and be more amenable to learning new behaviors and tasks. Developers of TTouch assert that this change of consciousness is produced in brain

claim has not been independently literature.

TTouch has become popular among as a technique to calm patients down study has recently been published in showing a statistically significant pressure, heart rate, and the adult humans prior to venipuncture compared with 47 adult humans procedural touch therapy. A fourteen-Tellington Jones and the K.I. Veterinary Academy in 1985 is demonstrated reduced adrenaline receiving TTouch relative to horses receiving TTouch were later demonstrating enduring and performance.

On which species of animals is regularly?

TTouch was originally developed to and training problems, but has been species, including dogs, cats, and humans. It has also been explored for use in zoo animals.

Who practices TTouch and do I need a referral?

Veterinarians and lay people trained in TTouch offer this therapy. TTouch practitioners are certified through a specialized course offered only through Tellington Jones, known as TTEAM.

What conditions are most often treated with TTouch?



TTouch, a light massage technique, is used in people, horses and small animals.

Image courtesy of Jodi Frediani

certain nurse practitioners and promote relaxation. A the scientific literature improvement in blood perception of pain in 46 (taking blood from a vein), receiving no pre-day joint study by Linda S kyrabin Moscow reported to have secretion in horses untouched controls. The described as improvements in training

TTouch practiced

address equine behavior applied to many other

Any behavior problem can be considered a candidate for TTouch. The technique is especially designed to address anxieties, phobias, fear aggression, aversion to touch, and any other conditioned fear response. Where TTouch is effective, a pet may be expected to be more tolerant of stressful but normally painless handling procedures, such as nail trimming.

How successful is TTouch?

Effectiveness of TTouch varies depending on the training of the practitioner, the animal receiving treatment, the condition that is being treated, and the regularity and consistency with which TTouch is applied. When the circumstances of training are ideal, veterinarians claim that TTouch is very successful in relieving anxiety in most pets.

How safe is TTouch?

TTouch is very safe. There are no known side effects.

Can TTouch be combined with traditional or other forms of alternative veterinary medicine?

TTouch can be combined with any other alternative veterinary therapy used to assist in the management of anxiety related disorders in animals.



TTouch is often used to help with fears and phobias.

*This client information sheet is based on material written by Steve Marsden, DVM ND MSOM LAc DipICH AHG, Shawn Messonnier, DVM and Cheryl Yuill, DVM, MSc, CVH.
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