



Best Wishes for 2012

Wh-e-mail

The Soft Coated Wheaten Terrier Club of Victoria Inc.

Recent News: The Club has a new web-site at: <http://oz.dogs.net.au/wheatenclubvic>
We accepted an offer from Dogzonline for free hosting for dog clubs. The Club is grateful for the assistance we receive from Troy and the Dogzonline crew.

The Play Session at the Brighton Dog Beach on Sunday November 20th was a very successful activity. We had 12 wheatens, 9 owners and a family who came to see what wheatens are like. The weather was perfect while we were there. Some dogs and owners went on to lunch at North Point cafe.

Tellington Touch

What is Tellington Touch?

Linda Tellington-Jones developed the method based on her experiences with Feldenkrais. It incorporates body work and ground exercises where appropriate, to improve co-ordination, balance, and athletic ability in animals, while increasing the connection between the handler/owner and their animal. It's also known as Telling Touch, TTouch and TTEAM (Tellington-Jones Every Animal Method).

TTouch can help with issues such as:

• Dislike of contact and reluctance to socialise	• Fear of the vet, or grooming and handling issues
• Noise sensitivity and fear of thunder, fireworks etc.	• Training difficulties, lack of concentration, focus etc.
• Timidity, anxiety, and lack of confidence	• Pining or depression
• Hyperactivity, excitability, leash pulling, jumping up, spinning etc.	• Travel issues eg. car sickness, fear of the car etc.
• Unwanted reactive behaviour to people/other animals, including biting, excessive barking etc.	• Health issues, arthritis, hip dysplasia, amputations
• Lack of balance and poor body awareness	

TTouch involves carefully observing your dog's posture to identify tension patterns, then utilising body work and ground work to release tension and improve well-being.

Tension patterns are areas of tightness in the body. They may be obvious, or very subtle. They may be the result of:

- Breed type and genetics which influence posture.
- Stiffness and pain as a result of injury (which may continue after the injury has healed - as a result of uneven muscle development while injured, or because the dog learned a new posture to compensate for the injury.)
- Medical Problems eg. hormonal changes, thyroid issues, arthritis etc. which tend to create stress and affect the dog's posture and behaviour.
- Trauma eg. shock as a result of an accident or an emotional upheaval such as bereavement, re-homing etc. As with humans, even low levels of stress can cause physiological changes.
- Management/Training eg. lack of exercise, inappropriate environment, unsuitable training methods, poor nutrition etc. can cause tension through the body.
- Born that way. Puppies with higher levels of tension at birth tend to be more vocal and more demanding even at a few days old. Unless these tension patterns are reduced, the problems tend to increase as the puppy matures.

Observation and flat hand assessment

Observe your dog's movement and posture carefully, both on and off lead. Watch how s/he stands, walks, runs, sits, lies down, pulls up after running, gets to his/her feet etc. Does s/he look un-coordinated when walking or running? Can s/he walk in a straight line? Does the tail lean to one side, or does it wag more to one side than the other? Is one ear higher than the other? Is one set forward and one back?

Use your hands to explore any tension you observed. Starting at the head, run the flat of your hand smoothly along the dog's neck and back towards the hindquarters and tail. Run your hand along one shoulder and side, and down the front and hind leg. Check the other side in the same way. Does the dog's body feel the same on both sides? If the dog is shy or nervous, try using the back of your hand instead.

Note any signs of tension. These may include:

Changes in temperature - hot or cold patches

Differences in coat texture - such as scurf or raised or rough areas of hair

Lumps and bumps

The skin or underlying muscles twitching when certain places are touched

A feeling of tightness in the skin or underlying muscle tissue

The dog showing signs of disquiet such as moving away, freezing, or growling.

I have included a copy of an Observation and Flat Hand Assessment Chart on pages 4 and 5, so that you can record your observations.

T Touches:

The TTouch is a very specific form of bodywork, which uses the hand and fingers to move skin and underlying muscle in a clockwise circle. The foundation of TTouch is the circular movement known as the Clouded Leopard. Use a light touch, (ie. not a massage) complete one full circle, and then move on to a different place on the body.

Linda Tellington-Jones demonstrates the Clouded Leopard touch in this video:

[TTouch Demonstration](#)

In *Healthy Dogs - A Handbook of Natural Therapies*, Barbara Fougère provides a simple explanation of how TTouch works and how to do it.

['Alf's TTouch Transformation'](#) is an inspiring account of Alf's progress after being rescued from an owner who used his dogs for illegal dog fighting. In the video, you will see Alf wearing a "body wrap".

Derry's experience with a "body wrap"

As she's got older, Derry has become more reactive to noise. At the moment, there are several construction projects underway by near neighbours, and we also have a problem with illegal fireworks in the local parks, especially in summer. Consequently, Derry has recently been showing signs of increased protectiveness, anxiety and irritability.

I did some reading, spoke to a number of experienced 'dog people', and consulted an excellent trainer. As a result, I decided to use some TTouch techniques and try a body wrap. I was advised to measure Derry's circumference, just behind her front legs, and buy a child's T-shirt from the op shop. In fact I made her a garment from a rectangle of soft cotton with a T shaped panel of stretchy material that covers her belly and chest and uses velcro to fasten the edges of the T to the shoulders. It is a fairly firm fit, but not tight.

Initially I put it on her for about 10-15 minutes at a time and sat with her, drawing Cloud Leopard patterns all over her.

When the situation has been exceptionally disturbing eg. fireworks for several hours, or the recent thunderstorms, she has worn it for an hour or two. The effect has been incredible. She relaxes as soon as the wrap goes on, or the touches begin. She can often sleep through the disturbance. If she does react, she can be calmed down quickly. It is fairly unusual now, for her to pace the floor, run in and out the dog door, or run the fencelines barking. Initially I was rather sceptical about using a body wrap. Now I've seen the results, I'm converted. It works for Derry.

The Club is planning to hold a TTouch workshop in March or April. I want to learn more about this technique. I'll be there!

Phyllis Morgan

Information adapted from *Looking At Dogs In The Present Tense* By Sarah Fisher and [Ttouch & Tteam Uk](#) website (Sarah Fisher). Click on companion animals, then 'Dogs'

Quigley

Quigley went herding at the Double K on the Saturday, while the rest of the club went on the Sunday. He was 8 months old at the time and he was brilliant.

I asked Catherine and Glyn to provide a profile of Quigley and some photos. Here's what they wrote.

Quigley is a real party and social animal! He has a great zest for life, loves people and loves other dogs (not so keen on cats though!)

Quig's loves to be amongst the action, whether it's greeting all of the neighbours at the gate as they pass by, or whilst on his "Clerk of Works" duties, inspecting and ensuring that the job gets done properly.

Quigley is quite the star attraction in our local neighbourhood. Everyone knows where he lives and his name, even though they don't know us!

He's a terrific character. When he was younger he nicked everything in sight and is getting better, but still very mischievous, just the way we like him!

He's a creature of habit and loves to be out and about for his walks and occasionally joins his mates at Dogs Zone. He has a crazy half hour every night, loves to jump with flair and panache of course - we call him Quigley Llewellyn Bowen and love him to bits!



photo by Double K Herding Training





Tellington TTouch Training[®]

DOG ASSESSMENT CHART

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.

Date the chart and repeat the assessment every few weeks to follow your dog's progress. You may be amazed at how the simple TTOUCH body work exercises can change your dog.

Suggested Key:

W - warmer areas

C - colder areas

H - higher hip/ear/shoulder and so on

S - Scurf

L - lower hip/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

Name of dog _____

Breed _____

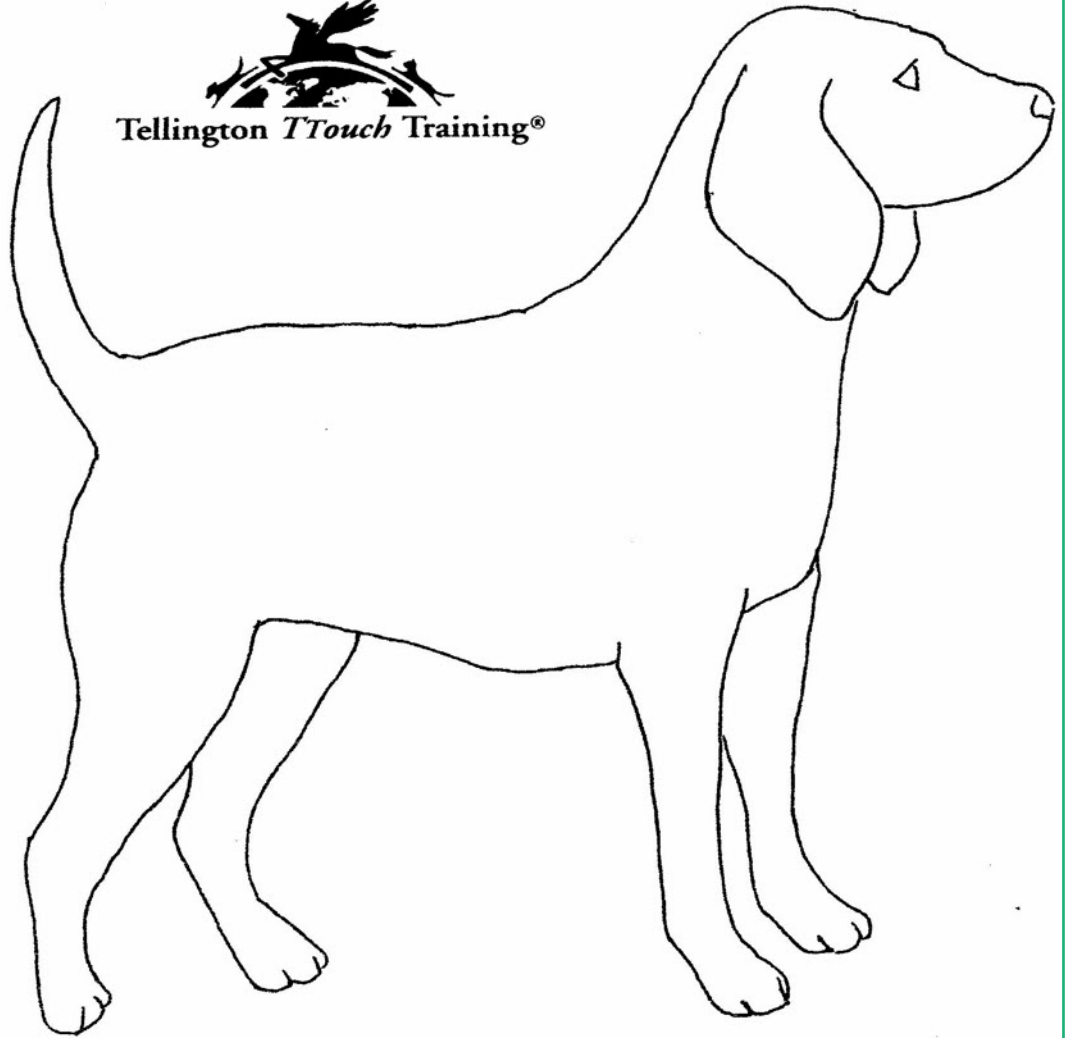
Age _____

Date _____

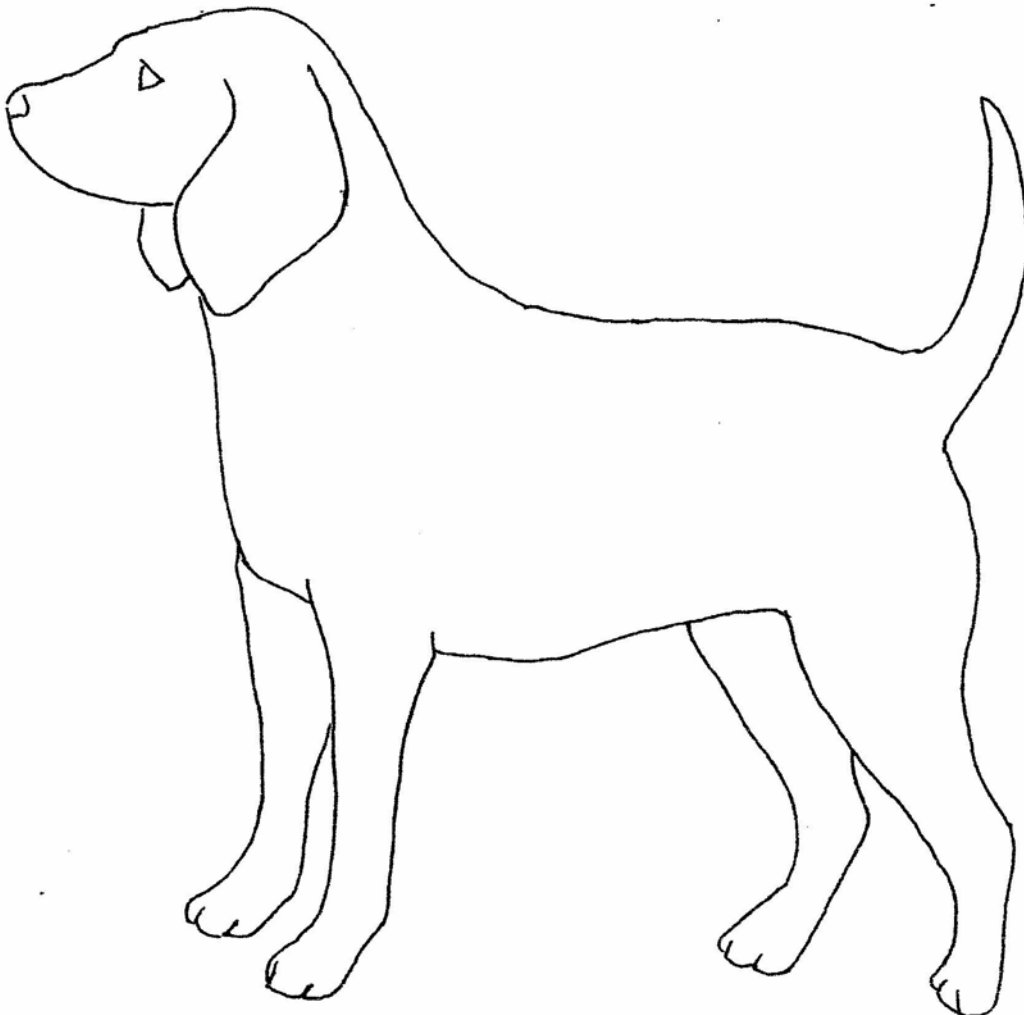
Notes: _____



Tellington *TTouch* Training®



Right side



Left side