



PRODUCCT AN160	Aggression (fear)	10 Pages
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ALL EMOTIONAL BEHAVIOUR – Fear, nipping, aggression, timidness etc

I have found the Ttouch therapy applied on “ALL species” as needed in resolving behavior concerns.

This method is so invaluable and worth doing on your pet.

Example: used often for RE-HOMED pets (past neglect or abuse) feral pets, traumatized animals can all cause negative behaviors Unexplained Anxiousness, separation anxiety, clinginess timid ness, excessive barking, chewing everything around them, escaping from backyard (if the problem is not from boredom and lack of exercise off the lead) dogs whom have become a fear aggressive behavior to protect themselves (if physically have been attacked from humans and other animals)

.....all need to resolve past issues and re-learn to bond and trust humans again, this is also ideal to incorporate the ttouch, the re connection between human and themselves will re establish a special bonding and trust.

Making the pet a lot calmer and happier, and owner benefits from the wonderful and deep connection you get from this healing touch.

It is easy to do and one can teach pet owner to do this for their pets or farm animal at home or property.



Animal Behavior

T-touch Therapy for ALL Animals /Species

Linda Tellington-Jones, developed a technique that works wonderfully for modifying negative behaviours, taming wild or unsocialized animals gently, increasing trust and reducing aggressiveness, and for accelerated healing.

The technique is named by its inventor the Tellington TTouch. It is derived from the human technique of Feldenkrais. This is a method that opens new neurological pathways to the brain by us of no habitual movements. The concept is based on the life-force intelligence of each cell of the body, each cell's connection with whole organism animal or human, and between. "At a cellular level", says Linda Tellington-Jones, "we're all the same". The TTouch stimulates cell intelligence, and "so turns on the corresponding brain cells like so many light bulbs."

Use of the Ttouch to stimulate the body cells and corresponding brain cells activates the brain and changes old habits and patterns. By asking and allowing the animal to think, and by an attitude of conscious respect and cooperation with her, the cellular intelligence becomes two-way communication.

The result is behaviour and personality changes, along with increased speed of healing for wounds, injuries or stiffness.

On the "next page" are the following Ttouches are single clockwise circles with the thumb anchored and the fingers resting on the animal start at 6 o'clock (the bottom of the circle) and push the skin around in a circle and a quarter then pause and release.

You don't need to do all of them, just select one or two different techniques that you feel your animal needs.



The hand and arm should remain soft.

Be aware of your breathing.

The Ttouch moves the skin rather than rubbing as a massage would .

The intention is to activate neural pathways to the brain & to improve the function of the cells.

When you affect the nervous system it also affects the muscle.

With light /firm /slow/steady pressures the idea is to affect the nervous system and cells not the muscles.

When the touch is done properly (circles closed) it generates all four brain - wave patterns in the animals receiving it, alpha, beta, theta, and delta.

e.g. Normal daily activity uses the beta pattern, alpha is equivalent to human concentration or meditation, theta is deep trance, and delta is the Level below consciousness usually associated with sleep

*Using the touch to stimulate the body cells and corresponding brain cells activates the brain and change old habits and patterns.

e.g It enables the animal to think through rather than automatically reacting by instinct.

Instead of the habitual fight or freeze, fooling around or flight response, the animal evaluates the situation - and calms down.

The faster beginning circles awaken the dog's or cat's body, and the slower, on that follow allow deep relaxation, release muscle tension, deepen and enhance respiration, aid physical and emotional healing.

Touch techniques that work on the cellular memory of the animal.

~ **Lying Leopard** - instead of the fingers being curved they are lying flat and spreads over a larger area - less invasive touches all over the body)

Comforting to some animals. Calming for thunderstorms as well as applying Clouded Leopard as well if this stroke is less effective.

~ **Raccoon Touch** - Tips of fingers (light pressure) start six of clock position and finish off at 8 O' Clock. (small light touching circles.)

- Especially good for Injury, surgery, arthritis, bruising. (Just apply around injury or soreness, lightly)

- Animals that chew everything or are mouthing your hands (Apply touches to mouth and gums with wet finger – having a bowl of water beside you to dip fingers in as you go)

- Fearful animals that bite or growl.
 (concentrate around the mouth area – very very gently light touching, also do circles around the tail area as well, mouth and tail(back end) is where animals store their fear aggression)

*Just do normal "Massage" for puppies who are teething with small tiny circles around mouth and work gums regularly).

~ **Lick of the cow's Tongue** -Spread fingers apart, with long diagonal strokes across the lay of the hair. Down the shoulders, legs -

- Connecting the Back/behind to the front,
- For animals who are sore or fearful of being touched behind areas.



HAMPLTM

Naturopathy for Animals

Care for your pet the natural way

~ **Python Lift** - This lift can be used on the shoulders, forearm, girth area, neck and hind legs. The whole hand is placed on the body or around the leg with enough pressure to gently lift the skin and support the muscle. The lift is only 1/2 " to 1". Hold for about 4 seconds and then SLOWLY return the skin to the starting position and then release.-- If you lift too much up the animal will hold its breath which we don't want.

- Use on the arthritis leg a little below the joint of were the arthritis.
- Start top and work down.

~ **The Clouded Leopard** - Using the pads of the fingers lightly curved, do circles keep all three knuckles joints soft and moving as you make each circle.

- For anxiety, pain, and all fearful animals
- Calming at times of thunderstorms Massage tail Joint - for fear biters, animal who are scared of loud noises, e.g thunder, gun shoots etc.

~ **Massage Ears** - (gently) for animal in shock (e.g. car accidents on the way to hospital.) car sickness, digestive problems, to relax a cat or dog. (Massage puppies who are teething with small tiny circles around mouth and work gums regularly).

* Feral kitties or nervous kitties and cats, really helps calm them with gentle ear work slowly rotating the base of the ear for 5 minutes.

Belly Lifts - Use on animals with bloating, intestinal disorders, hip dysplasia, sore back (hold 10 sec to 1 min then slowly release)

***You can apply the touches everyday or only a couple of times a week is fine no more than 5 minutes required (max, of 5 minutes ONLY if animal is ill e.g. after surgery or very stressed)

Use touches only after observing what your animals needs at the time, watch for changes and new responses, then work can be stopped on the animal, or you may need to work on another problem!

Testimonies apply Ttouch

'Pepsi', 2 year old Boxer no longer aggressive or dominating to other dog

Over the last 6 months Pepsi had been dominating other family pets to the point where the owners old staffy had to be put to sleep due to serious injury inflicted by Pepsi. Since then, the owner had bought a young Spaniel pup, which Pepsi was beginning to show signs of dominate, as a result, the dogs were constantly kept apart in separate rooms. Previously the owner had taken Pepsi to an 'animal behaviourist' and was told that she should consider finding him a new home, or get him euthanized.

Pepsi was then presented to me at the Osborne Park Holistic Animal Medicine Clinic where I went through the Ttouches all over his body.

He showed signs of being anxious and hyperactive but was of a very good nature and a loving dog. During the course of the consultation, I found out that Pepsi had enormous stress and anxiety, as it turned out that Pepsi's guardian had been going through divorce proceedings over the last 6 months. The dog was obviously absorbing the guardians acute stress and anxiety. The guardian took Pepsi home with strict instructions to give the Ttouch daily for at least a week, along with anti-stress flower essences drops for both, the guardian and her dog. That following week I receive a message Pepsi's guardian that both her and Pepsi are much happy, and was delighted with the results, and wanted to thank me. Twelve months down the track I had meet up with her again, and she informed me about her two dogs and how they have found their place in the family and are all very happy and well.

'Bonnie', 3 ½ year old female Short Hair Schnauzer was fearful, timid, unhappy and nervous.

Bonnie came to the Holistic Animal Medicines clinic in Osborne Park, after having had a short life as a breeding/show dog, living her life in an enclosed kennel environment, with very little normal social activity. Her new owner said she was very timid and uncertain. I applied various touches in order to release her fears, and worked on giving her confidence in her new role, explaining telepathically to Bonnie, what was expected of her in her new role with her guardian. Some Homeopathics for her emotions were also given.

The owner was shown how to do these gentle non-invasive touches each week whilst relaxing in front of the television. The owner subsequently reported *"After the consultation, the change was almost immediate! Bonnie has become much more relaxed, much less afraid and is now quite outgoing and happy with other dogs and people. She is becoming a good watch dog, alerting me to people being around."*



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' Kuma', 2 year old male dog.

An Akita who was acting aggressive, nipping at family members friends and other animals.

It took me half an hour of quietly sitting on the floor with Kuma trying to gain his confidence before I could apply the Ttouch technique. Through gentle exploration touches, Kuma appeared very sensitive around the back legs, tail and lower back, tightly holding his tail between his legs and then collapsing his back legs when I tried to work on these sensitive areas. He was in a constantly alert state, not at all able to relax. His head held high and with a stiff neck, not for one minute letting go. An hour had passed, within seconds of finishing the first session of touches he lay on the floor and was very relaxed and happy! - no longer pacing around the room acting anxious.

Kuma's guardian also need to apply these touches in her own home, a couple times a week.

That same evening Kuma's guardian phoned to say how delighted and amazed they were at Kuma's behavioral changes. Kuma had apparently sat quietly in the back of the van on the way home from the clinic, where normally he would pace from one side of the van to the other!

Introducing a new adult cat (with other cats at your home already)

Bringing home a dog when you have another one at home (or two or three or more) is one thing, but bringing a cat into a resident cat's territory is another thing altogether. Besides litter box problems, most of my "cat clients" were about aggression between a resident and an incoming cat. Blending cat families can be almost as complicated and fraught as two adult people moving in together with a group of unrelated and relatively unfamiliar adolescents. Let's just say that if cats could slam doors, they would.

But then, who needs to slam doors when you can hiss, spit and attack with five discrete weapon sites on your body? Yes, dogs too can fight and might not get along, but in general it is much easier to add a dog to the pack than it is to add a cat if you have one already.

This is not unreasonable when you think about it: Cats are both highly territorial and have a completely different system of greeting and becoming "acquainted" than dogs (and people for that matter). The closest living relative of house cats, the African Wild Cat, (Go here for a great video of one) lives on an overlapping set of territories called home ranges.

Females each have their own core area, but their territories overlap to some extent. However, unless food is especially abundant, the females use a shared area only one at a time.



Thus, a female will sit and look, smell and listen for signs of another cat. If the land is "open," she'll move into it. If it is occupied at the time being, she'll wait, sort of like we'd use a rest room. The males have exclusive use of their territory, which usually includes that of two or three females.

Now you know why your indoor/outdoor cat goes to the door, yowls to go out and then sits in the doorway until you lose patience and insist it make up its mind. But it's just being a cat: waiting to learn what it needs to know about the environment before venturing out. Cats also greet unfamiliar conspecifics completely differently than dogs and people. Some cats don't read the books, of course, but if left to their own devices, most cats greet other cats by avoiding any kind of close contact, including eye contact even if a good distance apart.

As a matter of fact, their behavior looks like they are doing everything BUT greeting: they sit far away from each other, avoid eye contact at all costs, and basically pretend there is no other cat in view. It's hard to label that greeting behavior, but that is how cats get things started. Cats will sometimes spend days or weeks, and sometimes months, just hanging out on the edge of another's territory, until the sight and scent of them has become familiar.

Understanding the ethology of cat behavior is thus the key to knowing how to best introduce cats, by accepting that cats do best if they can avoid being close together and in visual contact when they first meet. Based on that, here is the best way, in my experience, to introduce unfamiliar cats:

1. NEVER force an introduction. Holding one cat up to another is a recipe for disaster, and can destroy any chance of the cats ever getting along. First impressions are hugely important to cats, and in my experience, cats have memories like elephants, and tend to never forget aversive experiences or what they consider to be offensive behavior.

2. House the new cat in its own room, with comfortable spaces in which the cat can feel safe, with food and water on one side and a large litter box on another. Remember that cats want to be up high and/or in areas in which they can't be attacked from behind. Under the bed may be the place a lot of new cats go for safety, but it is never a place that a cat will feel safe and relaxed. If a cat is hiding under the bed, it's scared, pure and simple, and not relaxed. Provide as many safe areas as you can create to give the cat the best chance of feeling comfortable in a new environment, remembering that cats want to be UP in space, not down.

Make the new room as relaxing as possible. When I adopted Sushi from the humane society I plugged in the pheromone Feliway for three days before I brought her home, and ever after that was one of her favorite rooms in the house. Of course, there might have been many reasons for that, but I suspect that the pheromones from Feliway played a role.

If at all possible, prevent the resident cat from going to the door to the new cat's room and sniffing or vocalizing. The new cat is trapped in the room and knows it, and has no where to go. It's best to keep the cats as far away as possible during the early period of introduction.

3. After a few days, put the resident cat in a secure room (hopefully in a place it enjoys) and let the new cat explore the rest of the house for 30 or 60 minutes. This is exactly like the shared "home ranges" seen in wild cats, in which each cat gets to use common territory, but only one at a time. Give the new cats lots of treats in the new environment; partly as a way of classically conditioning it, partly as a way of evaluating its stress level.

If the cat won't eat chicken or some other wonderful food, then you know it is still relatively stressed and you need to proceed slowly. After the cat has done some exploring, take it back to its own "core territory."

4. If things are going well, and the cats are both eating and show few signs of stress, put a towel that has been rubbed on the other cat into their living space. This is another way for the cats to get acquainted without having to be up close and personal. The more familiar the scent of the other cat, the more likely they will be to get along once they meet.

5. After a period of days or weeks (depending, of course, on the cats), begin to feed the cats on either side of the door. The cats should not be able to see each other, but able to smell and hear the other cat as they eat. If the cats hiss or behave fearfully, feed them farther away from the door until they calm down. Then gradually, over a period of days move the food closer and closer.

6. Once the cats are eating on either side of the door and are comfortable with the scent of the other on a towel, it is time to add in visual contact. (The best measure of their comfort level at this point is to see if they will sleep on the towel that smells like the other cat, a point well made by Suzanne Hetts when talking about introducing dogs and cats at ABS last month.) In this case, create a situation in which the cats can see each other but not get too close. Avoid putting one cat in a crate and letting the other come over to sniff, that is far too frightening to the enclosed cat. Ideally, the cats can be put in a situation in which they can see each other clearly but not interact, but it's true that this isn't always the easiest situation to set up. Many of my clients ended up getting screens to temporarily put across indoor doorways, so that each cat was in a room separated by screens and another room. At the least have a glass door or window between the cats, and give each cat the chance to move away from the door if they want to.

7a. If things don't go well and one cat looks alarmed or aggressive, go back and few steps and take a deep breath. Introducing cats can try anyone's patience, but patience is the key here. It can take cats up to 6 months to settle in with one another, that is not an uncommon period of time for unfamiliar cats to relax in each other's presence.

(Note: If they haven't at least learned to tolerate each other after 12 months there is little chance that they ever will. Some cats learn to divide the house up into territories, upstairs one cat, downstairs the other. If that works for them, that might be just good enough.)

7b. If things are going well, it is finally time to remove the barriers and let the cats interact. Often it works well to begin feeding them side by side, but stay close by to ensure that one cat doesn't take the food of the other. I wouldn't worry if there are occasional hisses and glares, but

I wouldn't tolerate one cat chasing another more than a few feet and more than a time or two.

Of course, cats are famous for not reading the books, so you may well have had two cats who got along beautifully from the word go. That does happen, quite often considering their natural history, but I can cite you hundreds of cases in which two cats were forced onto each other and despised each other ever after. Thus, you are wise to go slow and be conservative. "Better safe than sorry" is not just a trite saying here, it should be your mantra.

Cats and Dogs?

If bringing a cat into a household with a dog, follow the same procedure, but be sure that the dog is on leash when they first interact. If you are bringing a dog in, keep the dog on leash until you are positive it won't chase the cat or frighten it in any way.

Give the cat its own room where the dog can't ever bother it, and teach the dog to look at you every time he sees the cat to prevent chasing.

Granted, some dogs and cats play chase as a game, but it's not a game to a cat until the friendship is well established, it's just predator with themselves as the prey.