



Tellington-Touch
with Lisa S. V. Mellott

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What is TTouch?

TTouch is a specialized approach to the care and training of our animal friends and was developed over twenty five years ago by an internationally recognized animal expert, Linda Tellington-Jones. This method is based on cooperation and respect and offers a positive approach to training. TTouch can improve performance and health and presents solutions to a variety of behavioral and physical problems.

Recognized world-wide, this systematic method is easy to learn and brings quick and lasting results. Animal owners, breeders, trainers, veterinarians, zookeepers, Olympic teams and universities in over 30 countries use it.

How does it work?

Using a combination of specific touches, lifts, movements and ground exercises TTOUCH helps to release tension and increase body awareness and balance. This allows the animal to be handled without provoking typical fear responses. In this way, the animal can move beyond instinct – to act rather than react – and can then learn new and more appropriate behaviors.

What about your animals?

All animals can benefit from TTOUCH. The technique was first developed for horses and has subsequently been proven effective for numerous species of animals, including zoo and marine animals. It has been proven to calm these animals, restore confidence and can alleviate their pains, fears and tensions.

My area of specialty focuses on Companion Animals. We define this as any animal that is kept in the home as a pet, including:

Dogs, Cats, Rabbits, Birds, Snakes, Lizards, Ferrets, Turtles, etc...

What can TTouch help with?

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|------------------------------------|-------------------------------|-----------------------|
| * Jumping Up & Leash Pulling | * Resistance to Grooming | * Fear & Shyness |
| * Recovery from Injury or Surgery | * Excessive Barking & Chewing | * Balance and Focus |
| * Aging, Arthritis & Hip Dysplasia | * Motion & Car Sickness | * Fear of Thunder |
| * Nervousness, Tension, or Stress | * Introducing New Animals | * Aggressive Behavior |

Want to Learn More About Tellington-TOUCH?

Go to the website - www.ttouch.com

Read a book - There are several books on Tellington-Touch. You might start with [The Tellington -TTOUCH: A Revolutionary Natural Method to Train and Care for Your Favorite Animal](#) or Linda's book just for dogs [Getting in TTOUCH with Your Dog](#).

Watch a video – There are several videos available on cats, dogs, and horses.

Contact a Practitioner in your area about private sessions or a workshop (also listed on the website & available by calling the TTEAM office at (800) 854-8326).

*...or call me to set up a private or group appointment
Lisa S. V. Mellott, TTouch Practitioner (203) 858-0262*