

Sabrina Karl, Austria, Vienna (originally from Berlin),  
**“Cat on the road trip”**

At Christmas, my boyfriend and I went by car from Vienna to Berlin to visit our families. We took with us our dog "Snow" and our cat "Chewbacca". As accommodation we were looking forward to staying in a little hut in the garden and "Chewi" would even be allowed to stay in the big parent's house and could explore it all day long. As the cat of my boyfriend's dad and wife recently died, they were excited about new cat company.

Unfortunately, that "dazzling view" was waiting for us after the 7-8 hour drive from Vienna to Berlin first. "Snow" loves driving and immediately falls asleep in the backseat and does not wake up until we reach our destination. "Chewi" knows driving but only from the trip to Vienna three years ago and that was full of loud "meows" back then - together with his partner cat in concert. Since he knows the box only from short walks to the veterinarian or as a sleeping opportunity standing in the living room, I tried in advance to make the box more inviting by putting fluffy blankets and food inside, plus a little valerian cushion for him to be able to calm down and feel good. Unfortunately that did not really help. He was very distressed while driving and I put a big towel over the box to lower the distraction from outside that he could sleep. Regrettably, he started panting very hard, was very aroused and tried to break out of the box. The first thing I tried to do was to do ear TTouches (as good as possible through the mesh). Then he calmed down a bit and at least stopped panting; part-time he could even rest a little and lay down. Trying to use Noah's march was kind of hard through the mesh but I tried a little where I could reach him. I also tried to do some little gentle cloud leopard TTouches in the face and on the snout to influence and reach the limbic system and his emotions. Luckily "Chewi" is one of the few cats I know that love to be petted on the belly so I even tried to touch his belly a little – as far I could reach it with the top of my fingers. The head and mouth TTouches he could really enjoy for some moments during the ride and something laid down, stayed calm for a few minutes and even closed his eyes. As a last possible TTouch under these circumstances I made small Raccoon TTouches wherever I could reach him: on the head, on the back, on the side, depending on how he laid in the box. Then I either slipped a bit further over the fur or "hopped" to another place and did the next TTouch. I've always done all the TTouches for a few seconds or minutes, depending on how well "Chewie" enjoyed them. I paid attention to his feedback, my slowly breathing and regular breaks. In addition, I try to talk to him in a calming way while driving. I think the TTouches helped him a lot, because over time he was much more calm and could even sleep for a short time. He could not eat treats during the entire journey, because he was too excited for that but he stopped panting at all and had the chance to recover a little from the stress.

When we arrived in Berlin, we put the box in the house in a quiet place and "Chewie" could choose his "Come-out-pace" himself. Surprisingly, he came out of the box very quickly, was calm and curious and began to explore the whole house without any left arousal signs. He even came back to eat his missed treats out of the box. From the hours of great excitement beforehand there was not much left. Thanks to TTouch! It

is really amazing how we can support our furry friends in stressful situation with gentle TTouches – even if we can barely reach them, e.g. through the mash of a cat box! I am so glad to know Linda and this method and hope it spreads all over the world and one day all people know the power they have in there own hands and lots of animals and humans will enjoy the magic of TTouch!