

Miracle Alteration

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After obtaining my bachelor's degree in veterinary medicine in Turkey, I had an opportunity to participate to Tellington T-Touch course given by Dr. Daniela Zurr in Portugal, 2016. Although T-Touch method has not been performed in my country (Turkey), I have heard several impressing outcomes of it before. However, until the story you'll read below goes by, I've always been approaching this method with suspicion. Now I have a very different perspective on the T-Touch method.

When I was in Lisbon, we went to a shelter to do some practices on T-Touch within the frame of the course. I believe that one of the biggest challenge in a shelter as a veterinarian is that the most of dogs' medical and psychological histories are unknown. Therefore, one should plan the therapy and/or treatment of the behavioral disorders of these dogs considering their current situation and symptoms.

A 3- months- old mixed breed female stray dog was transferred to the shelter about a week before our visit but unfortunately, we did not have the history of her. She was clinically diagnosed to be bilaterally blind and deaf. Even if we showed great effort to interact with her, she was unresponsive to each stimulus. She was unable to control her muscles; hence she had a huge balance problem and a difficulty in standing and walking. Moreover, she could not control her jaw movements and she was constantly making sounds like crying and whimpering which were thought to be related to previous history of Distemper disease. Unfortunately, we did not have chance to prove our suspicions in this regard. Therefore, we had to plan the therapy based on our observations. The employees of the shelter were planning to euthanize the dog if no improvement was achieved.

On the first day of the practical course Daniela Zurr has worked with the puppy just for a few minutes. She started the therapy with a Noah's March, Abalone-T-Touch, Python-T-Touch and some Mouth-T-Touch. The puppy was very restless at the beginning and then she lied down. She wasn't be able to control over her mouth and was biting her own skin on the carpal joints. At the end of the therapy, we observed that her face muscles were more relaxed and she could focus a bit on the TTouches. Afterwards, we gave her a break. During the therapies conducted on the following days, she was "running" free on the "floor". Her movements were very uncoordinated and she was not reacting to noises or the people around her. Raquel (one of the Portuguese participants) and I wanted to start working with her again but every time we attempted to touch her, she was snapping our hands. We felt a bit overwhelmed and started discussing what to do. To give her overloaded nervous system a chance to notice what we are doing, we put her on our lap and supported her with our hands and made a clear and strong contact. After a few minutes she relaxed a bit and we started with the T-Touch again. To be able to reduce the stress level and neurotic behaviors of her, we performed Mouth-T-Touch, Raccoon-T-Touch, Ear-T-Touch and Abalone-T-Touch. As soon as we noticed that she was more relaxed, we used body wraps. We hoped that this would enhance the self-body integrity and increase her self-confidence by making her more comfortable. After half an hour of session, she showed a marked improvement in terms of perceptual and physical health. While we were chatting with our colleagues, we realized that she was listening to us with a peaceful mind. Besides, she started to control her muscles and movements better, which enabled her walk by taking our support. And she was reacting to light spots on the floor. It was a miracle to see that the puppy wasn't blind and deaf, but probably her damaged nervous system couldn't cope with the intense input from the environment

at the same time and “shut down”. It was so impressive that this change was a result of TTouch implementation only less than one hour! I was full of hope about this little puppy. The greatest teaching of this case to me was to see that the TTouch method is **always** a worthwhile method. Perhaps an hour we have reserved for a patient can change his/her life completely even in such severe conditions. The some time later the puppy was moved to a private care station that could offer more support for the improvement of her condition.