



Tellington
TTouch
for
You®



Practitioner Training

Tellington TTouch for You®

The Method

TTouch for You® is the application of the Tellington TTouch method to humans.

The Tellington TTouch® method developed by Linda Tellington-Jones has been used on humans and animals with great success for years.

TTouch for You is a respectful manual method that involves a variety of circular, stroking and lifting TTouces that activate the body's potential. The TTouch effectively transmits tactile information to the nervous system and activates the body's self-healing powers.

The positive effects for body and soul that have been observed for a long time can be confirmed by the latest findings in medicine and neurology:

TTouces calm, relax, alleviate fears, aches and pains, create well-being and self-confidence. Unlike a massage, not only does the body relax, but also body awareness is created and body cells are activated. The ability to concentrate and to learn is increased in a fascinating way.

Over the years, people of all ages realized a newfound sense of well-being and renewal using TTouch®. They also got relief from everyday physical and emotional issues such as headaches, backache, neck pain, depression, and sensitivity to touch. TTouch® is gaining acceptance in the human healthcare system and many scientific studies on the effectiveness exist.

Outside the clinical setting, teachers are using these techniques in the classroom to address behavioral issues and to facilitate problem-solving and positive growth and development in their students.

In your personal life, TTouch® can be a means to enhance relationships beyond the constraints of language. Parents are finding new channels to connect with their children. Spouses are deepening their relationships and discovering new ways to nurture one another in a non-sexual context. Friends come to new levels of understanding and appreciation. TTouch is a powerful tool to enrich all your interpersonal relationships.

Tellington TTouch for You® is successfully applied in the clinical and therapeutic practise as well as in the pedagogical and psychological context. It can be a valuable support in disease prevention.



Tellington TTouch for You®

Application

The possible uses of the Tellington TTouch for You® are as diverse as the method itself. Be it at home for self-help or as part of your professional practice.

Some example fields of application of the TTouch for You are:

- Relief of pain, tension, tiredness, nervousness
- Increase in well-being and self-confidence
- Increased concentration
- Stress reduction
- Reduction of acute and chronic pain
- Promotion of the healing process
- Wound healing
- Coping with stress
- Coping with anxiety and depression
- Help with motor and sensory disorders
- Help with vegetative disorders
- Promotion of perception and learning ability
- Deepening of social interaction
- Improving the quality of life
- and much more

The method is recognized worldwide and applied successfully in countless indications.

TellingtonTTouchforYou® can connect, balance, harmonize, regenerate and rejuvenate body, mind and soul in a wide application spectrum.





Tellington TTouch for You® Practitioner

The training program concludes with the certificate as a licensed „TTouch for You® Practitioner and entitles you to practice Tellington TTouch commercially.

The aim of the training program is the correct and in-depth learning of the TTouch for You® method and its professional use in different applications and situations.

As a valuable addition, you will learn different techniques to optimize your own mental and emotional balance as well as wholistic learning techniques. A respectful, mindful and appreciative course atmosphere creates space for your personal growth.

The training consists of 4 training modules of 4 days each (plus an exam day) which corresponds to 136 training hours. It extends over a period of appr. 18 months. Each training module has a thematic focus (see training content). Between the modules you document your learning progress by means of case studies. The case study documentation includes a total of 50 cases:

- 30 case studies documented in detail in a standardized manner, 10 each between the modules
- 20 case studies documented in brief tabular form, 10 each for the 3rd and 4th module

During the modules, experiences are exchanged and new skills are trained. At the end of the training you will complete an exam (oral and written) and a presentation about Tellington TTouch for You® in your own work context.

The Founder:

Linda Tellington-Jones



Dr. h.c. Linda Tellington-Jones, the founder of the Tellington TTouch method, is a famous and recognized worldwide behavioural and body therapist.

Her revolutionary Tellington TTouch method is changing the way humans relate to animals and themselves around the world.

Her numerous books and videos of her method for horses, dogs, cats and humans have been published in many languages.

In 2008, Wisdom University, San Francisco, awarded her the honorary doctorate.

Visit ttouch.com for more information.

The Lecturer:

Karin Petra Freiling



Ever since she was a child, Karin Petra Freiling has had a heart for people's and animals' wellbeing. Interspecies communication at all levels is of particular interest to her.

She works closely with Linda Tellington-Jones and organized and developed the world's first education on Tellington TTouch for You® along with her. She founded the educational institution *B a r i n* College, under which the Tellington TTouch for You® method is now offered as a certified training.

Karin Petra Freiling is one of a few hand-picked instructors for the Tellington TTouch for You® method. She is also owns a master degree in biology, is author of several books, alternative practitioner for psychotherapy, NLP master, dog physiotherapist, just to name a few of her qualifications.

Remember your perfection

Linda Tellington-Jones

Tellington TTouch for You®

Training Content

Module 1 - The Basics

- Get started
- How do I learn properly: learning strategies, finding my own learning style and pace: superlearning, mind mapping, learning with all senses
- Information on the course of the training and the final exam
- Milestones in the development of the Tellington TTouch method
- Practice: Learning and using the TTouches: Heart Hug TTouch, Raccoon TTouch, Clouded Leopard TTouch, Ear TTouch, Lying Leopard TTouch, Mouth TTouch, Python TTouch, Caterpillar TTouch, Hair Glide
- Theory: Scientific studies on biophotons, brain waves, subconscious mind, heart coherence, cellular intelligence, effects of stress hormones
- Pressure strengths of the TTouches
- The nine elements of the TTouch
- TTouch for self-help
- Working with of the case study forms

Module 2 - The Basics - Part 2

- Exchange of experiences
- Discussion of case studies
- Optimising my TTouch session
- What should I pay attention to when dealing with my clients?
- Importance of posture and mental attitude
- Limitations of the Tellington TTouch
- Deepening the nine elements of the Tellington TTouch:
 - TTouch base circle, intention, connection of the TTouches, tempo, pressure, mindful pause, breathing,
 - body awareness, feedback
- Deepening of the theoretical background
- Practical exercises for deepening: heart coherence, awakened mind state, brain waves, etc.
- Practice: Learning and using the TTouches: Raccoon TTouch, Tiger TTouch, Bear TTouch, Lick of the Cow's Tongue, Llama TTouch, Orangutan TTouch, Chimpanzee TTouch, Baby Chimpanzee TTouch, Body Blessing, Grounding

Module 3 - Pain Management

- Exchange of experiences
- Discussion of case studies
- Experiences with the pain scale, detailing
- Activation of the natural self-healing power
- Practice: Repetition of the TTouches learned in the first and second module with a focus on pain relief and avoidance
- Special TTouches for pain relief and prevention
- Bodily reactions to pain and stress
- respectful handling of pain
- The nine elements of the TTouch in the context of pain management
- Practice: Learning and using the TTouches: Sponge TTouch, Jellyfish TTouch, Snail's Tail TTouch, Laser TTouch, Cloven Hoofed TTouch, Harp Seal TTouch, Baby Caterpillar TTouch, Elephant Seal TTouch



Module 4 - Special Techniques

- Exchange of experiences
- Discussion of case studies
- Tellington body wrap: application and effect
- The effect of colours
- The Effects of therapeutic oils
- The TTouch Playground of Higher Learning
- TTouches on specific body regions: foot, shoulder, spine, etc.
- Case studies and client documentation
- Exam preparation

Facts and Figures



Module 1: 26.10.-29.10.2023 Thursday to Sunday
Module 2: 14.-17.03.2024 Thursday to Sunday
Module 3: 26.-29.09.2024 Thursday to Sunday
Module 4: 12.-16.02.2025 Wednesday to Sunday



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School Hill, Lympstone, Exmouth EX8 5JY
www.lympstonevillagehall.org.uk

On the website you will find the various travel options. The Lympstone is close to Exeter and the M5 and is also easily accessible by train.



Enroll here:
www.heimke-moll.co.uk/shop
Heimke Moll, Organizer

620,- £ per module
496,- £ (20% off) for TTouch Practitioner I

