



TTouch for Healthcare: The Healthcare Professional's Guide to Tellington TTouch

By Linda Tellington-Jones, M. Cecilia Wendler RN PhD CCRN

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For more than 20 years, Tellington TTouch® has emerged as a complementary natural healing modality for humans. Used by nurses, physicians, physical therapists, massage therapists and other healthcare professionals and caregivers around the world, TTouch provides a unique opportunity for expression of support and caring, and well as relief of a multitude of symptoms. *TTouch for Healthcare* is the professional's guide to integrating the non-invasive, Tellington TTouch for enhanced care and patient empowerment.

TTouch for Healthcare includes a comprehensive **240-minute instructional DVD**, a mini-course in the Tellington TTouch and how to incorporate TTouch into your healthcare practice.

Mary Jo Kreitzer PhD, RN, FAAN, founder and director of Center for Spirituality and Healing and associate professor, University of Minnesota School of Nursing states in the foreword: People around the world are using [TTouch] on their animals, each other and themselves. Powerful stories are emerging that suggest that it offers some significant benefits and is of very low to no risk....sufficient anecdotal evidence and early research suggest that there just might be something unique and powerful about this gentle form of caring touch and that it behooves the health care and scientific community to take a hard look at what it might offer.

Tellington TTouch is a system of circular TTouces, lifts and slides developed by Linda Tellington-Jones more than 40 years ago for the training and care of horses and other animals. While teaching TTouch to animal owners, these techniques were practiced by owners on each other in order to understand what their animals were experiencing. Effectiveness of TTouch for people quickly became apparent in the countless stories of individual responses to these TTouces. Among those attending these early workshops were nurses, physicians and other health care professionals. These health care providers began to apply TTouch in clinical practices with human patients, including for post-fracture swelling, wound healing, and the management of edema, pain and anxiety. As health care professionals began to document the successes informally, a repository of anecdotal evidence provide a rich legacy of beginning evidence of the effectiveness of TTouch. Completed and published research trials provide promising early scientific evidence of the potential value of Tellington TTouch (Wendler, 1999; 2000; 2002). More and more health care professionals are learning and using TTouch, and this growing interest has provided the impetus

for the development of this handbook.

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- Sales Rank: #239274 in Books
- Published on: 2008-05-01
- Binding: Paperback
- 210 pages

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Editorial Review

Review

The DVD is excellent and so clearly explains the TTouches. It's also beautifully done! The book looks as if it will serve so many people in health care very well. I feel fortunate to have gotten one when I did. --C.

O'Hara, TTouch clinic participant

About the Author

Linda Tellington-Jones is an internationally-acclaimed teacher in the field of animal and human well-being, and an award winning contributor to the world of horse training for over 40 years. In the 1980s she introduced the world to Tellington TTouch, a gentle, hands-on technique to promote healing and well-being in animals. Her work in the field of humans, called TTouch for You: Integrating Body, Mind and Spirit, is based on activating cellular intelligence and Whole Brain Learning. With more than 1,000 certified Tellington TTouch practitioners in 27 countries, 15 books in 12 languages, contributions to the University of Minnesota's Center for Spirituality and Healing, prime time television documentaries and numerous awards, Linda's influence in health and healing for animals and humans reaches around the world.

M. Cecilia Wendler, RN, PhD, CCRN, was the first health care professional to publish research related to Tellington TTouch in humans. A TTouch practitioner since 1996, Dr. Wendler is director of nursing research and academic partnerships at Memorial Medical Center, a large mid-western Magnet-designated hospital. In this position, she facilitates staff nurses doing research, while maintaining her practice as a critical care nurse. A former faculty member, staff nurse, and retired military officer, she celebrated her 30th year as a nurse in 2007.

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