



News & Some Views

Volume 27

June 2008



Down on the Farm

The weather's turned warm, the grass is growing and changes keep happening here on the farm. Most everyone wintered well and we have a mate for Friend, the duck, making him a happy being.

We did say goodbye to our good teacher and horse friend, Audi. He went quietly, mid-day in his sleep. He rests beside Bullet here on the farm. He is greatly missed.

This year is passing so quickly. I've had the opportunity to work with a series of incredible dogs. I've felt such appreciation for the respectful light touch the animals respond to so quickly. Changes in fluid retention, stiffness and greater flexibility are just a few of the responses these wonderful clients show.

We have an exciting line up of classes this 2008 year and some additional guest lecture offerings that may only get offered this one year. Next year's 2009 clinic schedule is prepared and we are working on guest lectures. If you have a topic you'd like to see offered, please let us know and we will try to make it happen. We can all learn from one another and the more skills we have to offer our clients, the better the chances for the best possible outcome.

Namaste,
Patricia

A Good Read -

Patricia has just finished reading *Riding Between the Worlds* by Linda Kohanov, author of *The Tao of Equus* and recommends this book highly.

For canine lovers, Bruce Fogle's book called *The Dog's Mind: Understanding Your Dog's Behavior* should be a great read.

Graduate Happenings

Best wishes to **Virginia Scully, AL** who moved into her new home recently. We're hoping that **Papola** and **Shiloh** have adjusted to their new place by now.

Congratulations to **Cheri Weber, OH** on her new website that is now up and running. Everyone check it out at www.k-9comfort.com Way to go Cheri!!!

Thanks to **Mona Fryman, OH** for the update on the Everything Pets Expo in Cincinnati. We are keeping our fingers crossed that you get to massage the mounted police division horses. Keep networking!

Thank you to **Phyllis Upperman, OH** for keeping us up to date on the awesome jobs her dogs, **Kodiak and Harriet**, have been doing in agility. Keep qualifying and earning those titles, Kodi and Hari!

Congratulations are in order for **Lee Caudwell, OH** who taught a canine massage course recently in her hometown of Cincinnati, at the Pet Spot Luxury Pet Care Center. Lee's business is MudPup© Pet Massage & Dog Training. Way to go Lee and keep up the great work!

Kudos to **Sharon and Tammaie SESCO, OH** on their new website, www.caninelovingtouch.com. What a great name! Sharon and Tammaie are graduates of our May Canine Specialty class and have been very busy developing their new website and starting their canine massage practice.

Graduates - Let us know how you are doing and what you have been up to. By doing so, you provide much inspiration and support for each other. We love the updates and to hear how you are doing!

Please Share Your Stories...

We would love to put a book together sharing stories of the wonderful work that our graduates do. Please send by snail mail or email any stories about your work and photos of the animal clients that you work on. If any of you are interested in writing a chapter about your bodywork, please let us know. We realize some of you out there are camera shy but your stories must be told! Share with us, your work on shelter and rescue animals, rehabilitation, animals that have become champions, etc. Some of you work on the horses at the track and may have some exciting tales of race horses and jockeys. Wild animals can be part of the book also. Any little tidbits and stories that you would like to share with us would be much appreciated in helping with this exciting endeavor! You can take part in sharing with the world the incredible values of animal bodywork!

Congratulations and Best Wishes to Our Graduates!

Spring 2008 Graduates

Robin M. Rayner, NC
Tracy D. Starkey, OH
Kim Jarvis, OH
Tammaie SESCO, OH
Mary Pat Sullivan, OH
Elizabeth A. Cole, OH
Mona Fryman, OH
Jeanette Jurrens, OH
Sharon SESCO, OH



Reiki Level 2 Graduates

Julie Meyerle, MI
Marcy Wright, OH
Sandra Hodges, OH
Dinah-Paige Robinson, OH
Christy Hendrickson, OH
Terry Lattanzio, MI

Lymph Drainage Workshop Graduates

Betsey Lynch, OH
Dinah-Paige Robinson, OH



Left: Equine Level 1 Workshop, from L to R, Dede Cole, Tracy Starkey, Mona Fryman, Kim Jarvis, Robin Rayner.

Right: From L to R, Tammaie SESCO, Sharon SESCO, working with Shadow, Salvadore & Abby.

Kudos to our 150 Hr. ITT, Inc. Certificate Recipients!

Terry Lattanzio, MI
Small Animal Bodywork

Sandra Hodges, OH
Canine Bodywork

Marcy Wright, OH
Canine Bodywork

Integrated Touch Therapy Remaining 2008 Workshops

Equine Level 1

July 19 – 24. Sat. - Thurs.
Sept. 5 – 10. Fri. - Wed.

Equine Level 2

July 27 - 31. Sun. – Thurs.

Canine Level 1

Aug. 14 – 17. Thurs. – Sun.
Sept. 27 – 30. Sat. – Tues.

Canine Level 2

Aug. 19 – 22. Tues. – Fri.
Oct. 2 - 5. Thurs. – Sun.

Feline

Oct. 7 – 9. Tues. – Thurs.

Graduates - Link to Us!!!

We can build our network and business together. ITT, Inc. has updated our website and added a link page. If you would like to link to our website please email wshaw1@bright.net or call Becky at 800-251-0007. We are at www.integratedtouchtherapy.com. Check out our new shopping cart. Now you can purchase our materials online!!!

Frequently Asked Questions

www.integratedtouchtherapy.com now has a question and answer page added to the website. Check it out graduates and let us know what you think!

Have you moved?

If so, send us your address change. We are more frequently getting requests for practitioners.

Name: _____

New Address: _____

Phone: _____

Fax: _____

Email: _____

Don't Miss the Last Guest Lecture Workshop of 2008!

Jin Shin Jyutsu For Your Animal Companion

(Horses and Dogs)

Instructor: Adele Leas

Date: November 1 – 2, 2008

Time: Sat. 9AM – 5PM Sun. 9AM – 4PM

Cost: \$225.00 (The tuition includes a copy of *Jin Shin Jyutsu for Your Animal Companion* by Adele Leas. Please deduct \$25 if you already have your own copy)

Balance due by closing date: 10/1/08

(No refunds after this date)

About the workshop:

In this workshop you will experience the art of harmonizing the life energy to aid in healing, to promote harmony and health and to increase communication between you and your animal companion. To address the specific needs of your animal, Adele shows you how to treat disharmonies and health conditions including, lessening healing time after surgery or illness, digestive and elimination concerns, skeletal and muscle issues, circulatory problems, arthritis, rheumatism and other age related imbalances. In addition to these and many other physical ailments, Jin Shin Jyutsu can effectively assist in attitudinal disharmonies such as: stubbornness, aggression or aggressive behavior, fear issues and grief. Jin Shin Jyutsu brings balance to the body's energy, allowing it to function better and heal more quickly. The application of one's hands utilizes and harmonizes 26 Safety Energy Locks (places where energy becomes blocked in the body). Holding these locks in specific combinations can reinstate balance and harmony to one's body. The effects are cumulative and frequent application will greatly facilitate the reduction of stress, tension and toxins that accumulate through normal living. When you have completed this workshop you will feel confident working on yourself and your animals.

They are now all together.
Again and forever.
Across the rainbow bridge.

Our Condolences...

Cheri Keller, OH lost her faithful canine, **Pups**, January 5th, 2008. We were very lucky to meet and spend time with Pups when Cheri brought him to class here at the farm. He lit up the classroom with his sweet and spunky disposition. We send our thoughts and prayers to Cheri at this very difficult time.

Jag, faithful friend and canine companion to **Melissa Chandler, OH** lost his battle with cancer in March. Jag enjoyed life to the fullest, loved meeting new people and was the official "greeter" at class, trials and anywhere he went. Melissa states that Jag never had a bad day and tried to make sure no one around him did either. A shining star, he will truly be missed!

Audi, beautiful horse, faithful friend and official Equine Founder of ITT, Inc. passed away January 29th of this year. He will be sorely missed by **Patricia** and everyone here at Synergy Farm.

Becky, ITT Office Manager, lost her 16 year old Cocker Spaniel **Jake** in March. Jake lived a full and very active life until this past year. His sisters will miss running and playing in the back yard with him and his family will never forget his sweet soul.

Bogart, beloved friend and family member of **Linda Gray, OH** will be truly missed by all. Bogart was a 15 year old Westie, brother to Jenni, Bacall, Bergman and Rex. Bogart left us in April.

An Education Reminder

Hints to Help Your Horse Beat the Heat

Hint: Once dehydration sets in, a horse loses the ability to regulate his body core temperature. He'll be more likely to experience tying up, because less blood is circulating to the muscles.

Hint: A horse's internal temperature can rise quite quickly in humid conditions; this is because humidity makes evaporative cooling less efficient.

Hint: Test your horse for dehydration by pinching the skin over the shoulder. It should snap back within one or two seconds. If it takes longer than that, the horse is significantly dehydrated.

Hint: Clipping a long hair coat will aid in heat dissipation, but this means the horse has lost his insulation so don't forget to blanket him at night.

Hint: Working your horse during the early morning hours when it's cooler is an easy way to avoid heat stress.

Heat Stress Symptoms

With increasing (moderate) heat stress, symptoms include:

- Respiratory rate of 40 or 50 breaths per minute.
- Heart rate of 61 – 80 beats per minute.
- Reddish pink gums.
- Rectal temperature between 103.1° F and 105° F
- The horse will be depressed, uninterested in food, and may act uncoordinated.

(continued on page 4)

Hints to Help Your Horse Beat the Heat (continued from page 3)

- He will be dripping sweat profusely, but this type of sweating is ineffective because evaporation is not occurring to cool the body. It is also dangerous because large amounts of fluid and electrolytes are lost.
- If your horse is in the moderate or severe zone, a veterinarian should be called in. At this point, rest and other cooling methods will not be enough, and IV fluids will be needed to reduce your horse's core temperature, correct dehydration and balance his electrolytes.

When a horse is experiencing (severe) heat stress, symptoms include:

- Dry, hot skin.
- A respiratory rate above 50 breaths per minute.
- A heart rate of more than 80 beats per minute.
- Dark red or purple gums.
- A rectal temperature over 105° F
- The horse will be non-responsive to his/her surroundings, may stagger and even collapse and convulse. These signs can lead to coma and death.

Tips to Keep Your Horse Cool During Exercise:

- Allow him to frequently drink small amounts of water.
- Allow periods of rest in the shade.
- Excitation can increase internal temperature. Use a little Rescue Remedy to calm him down prior to the workout.

After a Workout:

- Ice and cool water are the typical methods for cooling a horse down after exercising.
- You can also try water mixed with rubbing alcohol or witch hazel extract, as these hasten evaporation. Apply to the insides of legs, the underside of the belly and neck. Avoid putting cold water on large muscles of locomotion, such as the gluteals, as this can cause cramping.
- Remove your horse's tack and go for a walk.
- Place your horse in a breeze – this increases airflow and evaporation.

Excerpt from Equine Wellness – Vol. 3 Issue 3

ITT, Inc. Guest Lecture Series for 2009

The following tentative guest lecture workshops are in the planning stages and we will be posting all the information on our website ASAP. We hope you can join us next year!

Pet First Aid and CPR Weekend Workshop

Date: August 15 - 16, 2009

With Instructor Maggie Lump, RVT and Certified Pet First Aid Instructor

Maggie has over ten years experience in the veterinary field and four years experience in emergency and critical care. This program is for those who own or work in an occupation that involves animals. You will learn skills and knowledge necessary to provide emergency care to a dog or cat in a safe manner, while reducing pain and minimizing the consequences of the injury or illness until veterinary help is received.

The Craniosacral Approach for Animals

With Instructor Jim Green, BS, LMT, CST-D

The Craniosacral Approach for Animals was designed by Jim Green, based on the work of Dr. William G. Sutherland's Cranial Osteopathy. This class is an introduction to craniosacral work in general. It consists of lectures, demonstrations, and practice sessions each day. This class is open to the veterinary physician, the caring pet owner, and anyone who would like to have some effective "hands-on" tools to help their animals.

Reiki Level 3

With Instructor Maria Duthie, Animal Massage Practitioner and Reiki Master

Additional Modalities for Treatment of the Spine

With Instructors Kriston Sherman, DVM, APP, RCST & Patricia Whalen-Shaw, MA, LMT, NCTMB, APP, RCST

Graduates: These workshops are applicable to your 150 hour ITT, Inc. Large or Small Animal Bodywork Certificate.

For Inquiring Minds...

Massage therapist Mercedes Clemens filed suit in Montgomery County (MD) Circuit Court to fight a law permitting only government-licensed veterinarians to work in animal massage. She is represented by the [Institute for Justice](http://thebetteranimal.com/action.html), a public interest law firm that litigates nationwide to protect the constitutional rights of individuals. For more information and to see how you can help, log onto <http://thebetteranimal.com/action.html>.

2009 Integrated Touch Therapy, Inc.

Tentative Workshop Schedule

1-800-251-0007/wshaw1@bright.net/www.integratedtouchtherapy.com

Equine Workshops



Equine Level 1 Workshops:

Date: Apr. 19 – 24. Sun. – Fri.

Date: Aug. 18 – 23. Tues. – Sun.

Equine Level 1: Basic Skills Workshops are

Six full days – 50 CE/Contact hours

9:00 am – 5:30 pm. Cost: \$1,099.00

Tuition includes: *The Equine Massage Workbook, Video & Anatomy Charts*

Advanced Equine Workshops:

The next Equine Level 2 workshop will be held in 2010.

Equine Level 2: Advanced Workshops are

Five full days – 40 CE/Contact hours

Prerequisites – see brochure

9:00 am – 5:30 pm. Cost: \$949.00

Tuition includes book: *For The Good of the Horse*

Canine Workshops



Canine Level 1 Workshops:

Date: May 13 – 16. Wed. – Sat.

Date: July 22 – 25. Wed. – Sat.

Date: Sept. 30 – Oct. 3. Wed. – Sat.

Canine Level 1: Basic Skills Workshops are

Four full days – 30 CE/Contact hours

9:00 am – 5:30 pm. Cost: \$699.00

Registration at 8:30 am

Tuition includes: *The Canine Massage Workbook, Video & Anatomy Charts*

Canine Level 2 Workshops:

Date: July 27 – 30. Mon. – Thurs.

Date: Oct. 5 – 8. Mon. – Thurs.

Canine Level 2: Advanced Workshops are

Four full days – 30 CE/Contact hours

9:00 am – 5:30 pm. Cost: \$699.00

Registration at 8:30 am

Tuition includes book: *Dissection of the Dog*

Canine Specialty Workshops:

Date: March 16 – 21. Mon. – Sat.

Canine Specialty Workshops are

Six full days – 50 CE/Contact hours

9:00 am – 5:30 pm. Cost: \$1,099.00

Registration at 8:30 am

Designed for Veterinarians, Vet Techs & Licensed Massage Therapist
Tuition includes *The Canine Massage Workbook, Video, Anatomy Charts & Dissection of the Dog Book*

Feline Workshops



Feline Workshops:

Date: July 17 – 19. Fri. – Sun.

Feline Level 1: Basic Skills Workshops are

Three full days – 25 CE/Contact hours

9:00 am – 5:30 pm. Cost: \$525.00

Registration at 8:30 am

Tuition includes: *The Feline Massage Workbook & Anatomy Charts*

Integrated Touch Therapy, Inc.
P.O. Box 652
Circleville, Ohio 43113-9761



Registration Reminders



Name: _____

Address: _____

Phone: _____ Day _____ Evening

Business Name: _____

See You at the Farm!

- Class starts at 9:00 a.m.
- The cost includes: instruction, written materials, hands-on experience, certificate of completion, snacks complimentary.
- \$200.00 non-refundable deposit must accompany registration to reserve your place in the class. The balance of your tuition is due 45 days prior to the first day of class.
- 5% discount for students.
- Bringing your animal is encouraged but not necessary.

Integrated Touch Therapy,® Inc. Workshops	Mastercard & Visa Accepted
Please list below your choice of workshop dates and indicate order of preference	Account # _____
_____	Expiration Date _____
1. _____	3 Digit Validation Code _____
2. _____	Signature _____

Contact us at:

Phone: 1-800-251-0007
Fax: 740-474-2625
Email: wshaw1@bright.net
www.integratedtouchtherapy.com

Send registration form and payment to:

Integrated Touch Therapy, Inc.
P.O. Box 652
Circleville, OH 43113-9761

Sign up for your workshop today as we take the maximum of 8 students per instructor, classess fill up quickly!