



News & Some Views

Volume 34

Fall 2013

Down on the Farm



Anyone like cutting grass so much you'd like to come for a weekend? And spend it on the mowers! We have had rain, wind, sun and humidity. I'm sure many of you are experiencing the same. I'm glad I only have a small weed bed – oh, that's flower bed.

We are enjoying our new space. The six horses are in pairs; the eat-all-you-want field, the diet field and the inside/outside pair due to age and bug issues. Can you guess which two horses are pairs and where they are? I'll have the answers later on in the newsletter.

Last year, I joined the NBCAAM Board. I think this is the way for our field to establish levels of competency. There is a dog-massage and a horse-massage test you can take. I encourage you students who are thinking of a long-term career to look into getting this credentialing. There are some states that are more tightly regulating massage, so it is a good idea to show credibility. Anyone who would like to become involved on a national level, contact Kim@NBCAAM.org to see what is needed. I can think of help on website updating, the mailing of materials or being active in other ways. If we all do a little it is not so hard.

The committee I have been working with has just unveiled tentative continuing-education requirements for membership renewal. We all need to keep learning; I am still taking classes. There is so much to know and all of it is useful somewhere in our practices.

We had a recipient of the Knut Scholarship this year. Ellen has written about her experiences. It appears later in the newsletter.

Next year's schedule is out. I still am looking to have a guest lecture or two. Would anyone come to a Acutonics (using tuning forks for healing) workshop? Or perhaps it is time for a movement workshop? Let me know -- we are on the website at www.integratedtouchtherapy.com, on Facebook at Integrated Touch Therapy, email us at wshaw1@bright.net, or call and leave me a message. I look forward to hearing your thoughts.

Namaste'

Patricia

Graduate Happenings

Ten-year graduate uses massage on Beagles. Deirdre Moore from Nova Scotia, Canada, tells us her oldest beagle is now 16 years old, and just as limber as ever. Her vet cannot believe the beagle is her age, and Deirdre tells him it is because of the massage the beagle gets every day.

Congratulations to Sky on her article "Six Tips to Put More Fun Into Fido's Walk" Published by KONG on their website. Skye also has a dog blog at: Everything Dog Blog at <http://columbia.patch.com/blogs/sky-anderson-mss-blog> and www.DogEvals.blogspot.com. Check it out!

See what Lisa has done! She was working on dogs at the Agility Regional Championship in Michigan in May of this year. Congratulations Lisa!! Here is her bio:

Lisa started her canine physical rehabilitation career in 2004. She decided to learn massage therapy because her own agility dogs were in need of bodywork. Lisa received her certification in canine massage therapy from Integrated Touch Therapy (www.integratedtouchtherapy.com) in Circleville, Ohio after completing a 60-hour continuing-education course. After completion of the ITT course it became clear that other dogs could benefit from what she had learned so she started "Fluid Motion Massage, LLC". The desire to learn more became stronger so the next step was to become a Licensed Veterinary Technician. She graduated with honors from Ma-comb Community College's Veterinary Technician Program in 2008. She started working at the Animal Rehabilitation Center of Michigan, Inc./Union Lake Veterinary Hospital (www.unionlakepets.com) immediately after graduation. In July 2009 she attended the University of Tennessee's Canine Rehabilitation Program (www.canineequinerehab.com). The program consisted of completing a rigorous classroom program, an on-site externship, submission of five clinical case studies and a written/practical exam. In December 2010 Lisa passed her exam and is proud to say she is only one of ten professionals in the state of Michigan with the designation of CCRP (Certified Canine Rehabilitation Practitioner). At the Animal Rehabilitation Center of Michigan Lisa has the pleasure of working with dogs on a daily basis that need either orthopedic, neurological, musculoskeletal, arthritis/weight management, or sports/athletic conditioning. One of Lisa's passions is teaching. She frequently goes back to Macomb Community College to speak to future veterinary technicians about the field of rehabilitation. She is also performing seminars about the importance of core strength in the performance athlete which have been well received.

For questions, please contact Lisa Blanchard at lisamblanchard.lb@gmail.com.

2013 Graduates

Gretchen G.	Kentucky
Courtne S.	Ohio
Keisha R.	Ohio
Diana S.	Ohio
Sarah M.	Ohio
Amber T.	Ohio
Ellen K.	Ohio
Tammie D.	Ohio
Debbie A.	Ohio
Vickie F.	Ohio
Heather F.	Ohio
Nancy L.	Ohio
Dinah R.	Ohio
Danette H.	Ohio
Brenda C.	Ohio
Christine B.	Ohio
Marla M.	Oregon
Tracy F.	Tennessee

Congratulations to 2013 150-Hour

Certificate Holder

Robin F. – Ohio, Awarded May 2013

Recommended Reading

Acutonics for Dogs & Cats: Sound Healing for Animal Health, Judith Ponton, DC, Mac, LAc, and Paul Ponton, MAc, LAc, Devachan Pres/Vadito, New Mexico, 2011.

Canine Body Language, Brenda Aloff, Dogwise Publishing, 2005.

Introducing Sophie

Yes...I could not say no to this darling who needed a good place to run. And she loves bodywork. She is Abby, only younger and with more color in her coat. She loves food, (here come the pumpkin and green beans!) and she is always ready to go.

This weekend I discovered that Salvatore did not get upset at a storm when in the room with Sophie. Oreo was elsewhere shaking like a leaf in a wind. I found this very interesting. So far she has added a zip to his step!

Speaking of Oreo, he likes her. She makes him look calm and an angel. The group dynamics are so interesting. He has been just wonderful at teaching Sophie to keep personal space, and that only short journeys are ok. Not that I'd trust them out for long periods of time.

Sophie is good-natured, a fast learner about horses and cats. She has met Hemmingway and does give him wide berth! Tigeris is not even fazed by her sniff – so she is not interesting. But Joe Angel is not having that interruption of his napping. Now he's very interesting to her. We will see just how much of her he is going to allow.

It's been such a long time since we've had a young dog here. It is quite a contrast. At 3-1/2 she has lots of manners, commands, is house-trained and she is sleeping well at night. These are good things. I just have to be able to tap into her signals. I may have to go to her school.



Going Green

With more and more emphasis on being "green" please let us know if your email address changes, either by email or snail mail. Also, please let us know if you would prefer to receive your newsletter via email rather than receiving a hard copy through the mail.

Equine Affaire

Pat was honored to be asked to be one of 52 presenters at this year's Equine Affaire, April 11-14, 2013, at the Ohio Expo Center, Columbus, Ohio. The Equine Affaire is an all-breed, all-discipline event, so attendees represent all breeds and facets of the horse world. Most attendees are adult equestrians, and approximately 84 percent are women. Historically, of the attendees at the Ohio event, 49 percent ride Western, 19 percent ride English, 25 percent ride both and 7 percent ride in other disciplines. Attendees range in experience and expertise from 4-H and Pony Club members to amateur pleasure and trail riders to accomplished competitors and seasoned professionals.

Pat presented three clinics, *Using Equine Sports Massage to Complement Your Horse's Training or Competition Program*, *Equine Massage for the Next Generation: Using Massage to Prepare Your Horse for Riding*, and *Using Equine Massage to Relax Your Horse*.

A big thank you to the students who attended the Equine Affaire and came up and reconnected! I really enjoyed talking with all of you!

From the 2013 Knut Scholarship Winner

As a winner of the scholarship from ITT, I want to thank Pat, not only did it help me financially to be able to take the class, but it helped me prove to myself that there are obstacles that I can overcome. I was born with a rare skin disease and from birth my mom was told I would never live to be a year old and I would never be able to live a normal life. Well here I am, 43 years later, and although I have run into things that I am not able to do I found there are more things I am able to do. Taking Canine 1 has helped open a new chapter in my book. I hope to take the knowledge I learned from the class and use it to help better the lives of animals, as well as giving me the satisfaction that I may make a difference. The class was well presented and Pat was an exceptional teacher. Her love of animals and people really shined through in her teaching techniques. I look forward to following through with what I learned and I plan on continuing my education with ITT. My next step on my journey is to take Canine 2 from ITT and see where I am directed from there. Again I want to thank Pat, and also thank Salvador and Oreo for the education they provided. God Bless you all and hope to see you soon.

Ellen Kadar and Bandit

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

Our Condolences...

Lori G. lost her canine (Bouvier) Emma.

Bruce lost his 14-yr-old American Eskimo, Snowball in November, and his 14-yr-old Bloodhound/Rottweiler, Zeenie, in December.

Nancy L. lost her feline companions Chana and Abigail this past spring. She also lost her mother in August.

Policy Changes

Due to the ever increasing cost of postage, effective 9-1-13, there will be a \$6.00 fee for certificate reprints.

Class registrations will close 30 days prior to the first day of class. Please note; if you are registering less than 30 days before the start of a class – CALL FIRST! Refunding through PayPal has fees that will be deducted from your reimbursement.

New Products

We now have Canine Deep Muscle Charts, labeled and unlabeled, available through the website. Go to the website and check them out!

FYI

"Back on Track Coats." Back on Track products can be machine-washed at 86F/30C with normal detergent. Air dry. Note: Do not use bleach or fabric softener, or tumble dry. The product should be ironed at a maximum temperature of 122F/50C. The ceramic powder is fused in the fibers of polyester/polypropylene and does not separate when washed. The textile loses efficiency with time and extended use. The textile is produced in China and consists of 100% polypropylene (PP) with ceramic powder or 50% polyester with ceramic powder and 50% cotton. Thanks to Betsy L. for this information.

Answer to horse pairs from page 1: Eat all you want/lake field – Naracho and Rose The diet field/small paddock – Girl and Jazz, Inside/outside & bug issues – Tom and Miss Pickle

Important Notices

National Board Certification for Animal Acupressure and Massage

Now that all our graduates are learning and making their way into this wonderful field, we wanted to make you aware of a very helpful website: <http://www.nbcaam.org> This is a wonderful resource for anyone looking to receive their National Certification, find out what steps must be taken to become certified, for helpful study guides, and even to sit for the exam. So if this is something that interests you this is a wonderful educational tool. Your ITT certificates are all applicable towards the education requirements to sit for the test. Your credentials for ITT are all that many employers are requesting. Remember your ITT certificates are hands-on classes which I believe are more valuable than other types of credits.

Paper or Electronic

This newsletter is available for viewing on our website. If you would prefer to view it online and not receive a hard copy in the mail, please let us know. An email will be sent to you when each new edition is available online. With the rising costs of printing and postage, this will help keep our costs in line while still keeping you informed. A paper copy will still be sent to those who prefer it.

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 800-251-0007. We are at www.integratedtouchtherapy.com. Check out our new shopping cart. Now you can purchase our materials or register for a workshop online on our new secure system via PayPal.



Recent Canine I Graduates

Health Tip

Terry L. forwarded an article on Touch Therapy and Cancer Treatment by Beth Levine. The article talks about the use of Jin Shin Jyutsu to relieve chemo symptoms in patients with cancer. The general consensus was a person receiving JSJ felt two (2) points better on the pain/nausea, etc. scale. If this worked on humans, I'm thinking the same may be true for our animal clients. Since JSJ is a non-invasive soft touch modality, as long as the animal allows the work, it should be a useful tool. Thanks, Terry.

What to Do if Your Horse is Stolen

Information from Stolen Horse International, who runs the website below. Go to www.netposse.com for lots of to do's and information or go to the Equus Magazine, July 2013 issue. Good reading.

Fly Control

I am a fan of "Fly Predators" for fly control. I have seen, with our wet year, that the flies have been bearable, and I am sure it is because of "Predators." I am using Spaulding Labs, Fly Predators. Another source is Fly Eliminators out of Tucson, AZ.

Zeenie and Snowball

By graduate Bruce B.

It was the end of an era, not "the end of the world" (and they missed it by a few days) but from my perspective the Mayans were right.

Zeenie, the Queen of my humble castle for more than a dozen years, went quietly to the Rainbow Bridge Wednesday, 12/12/12. The most complicated non-human being I've ever encountered, she was headstrong, impulsive, beautiful, insecure, wise, silly, dramatic, needy, comforting, too smart for her own good, radiant with boundless love - and those are just the highlights. She was my friend, co-worker, confidante, and companion: sometimes mentor; other times child.

We met at the Furry Friends Foundation in November 1999, between her second and third adoptions (not me - I was the final fourth) while her name was still Sophie. She got that from a movie title: she was brought in as a puppy with her twin brother (Hawk) at a time when the shelter had only one empty cage; the "person" who had them responded to that information with: "Okay, pick one and I'll have the other one put down." The shelter took them both. (Hawk was also adopted, at last check, he had issues but was still going strong at 14+.)

That third adoption was a surprise; that she was returned wasn't: it happened at a time when I didn't believe she was ready to go anywhere. She was more than willing to work with me - we had some very long sessions - and seemed to be making some progress, but hadn't been able to 'let go' of the issues that led to failure with the first two adoptions. I'd begun to think about taking her home with me when I could before she went to the third home, where her name was changed to Zena. If I hadn't, what she said when she came back would have made me start thinking.

Our lack of progress led me to consult with the first of several communicators we worked with over the years; when asked why she had been returned, the answer was: "I think I'm a wrong dog." That struck a very close chord with her eventual dad; she was mine and I hers from that moment on, although the actual moving-in part didn't happen until some months later. With three bites on her record, the shelter was afraid to adopt her out again and had been planning to send her to a Texas sanctuary; news that she was going to live with me instead made the manager cry.

Zeenie named herself in the same session - literally. Someone had to: FFF was calling her Sophie-Zena, (which is what is on her adoption certificate) but that only confused her more. When asked what she wanted to be called, she said Zeenie, using a little of each of her prior names.

So began the career of my Bloodweiler (on good days - Rothound on the thankfully rare others) girl as a teacher and "demo dog" extraordinaire. The Beautiful Zeenie and her partner, The Pretty Princess Snowball (whose name somehow seems to keep getting longer since she passed) were my guiding lights, gifted instructors with completely different styles. Each was instrumental in the development of the classes I teach. Snowball was the 'warning girl'; a constant reminder of the

importance of permission in bodywork. Zeenie was the 'touch me kid': any technique, anytime, anywhere, for as long as you like - and then a "How dare you?" look when you stop! Not just in class: all I had to do was sit down to have her under my hand.

The Big Brown One loved attention, which made her excellent for pet show demonstrations, if not the best at sharing. She understood taking turns: we did that with toys, treats, and food just fine. But when it came to touch, she thought all the turns should be hers - or at the very least every other one! She was, no offense intended, a massage pig - very persuasive, specific in her direction, appreciative with kisses - and always with that look at the end. Probably the best night she ever had was the one when I had a class with four people and none brought a dog, so she got all the hands-on time.

Zeen wanted touch; there were also times when she needed it: a tail-thumping testimonial to resiliency and recuperative powers, with a little help from her dad she worked through scoliosis, arthritis, a vertebral bone spur, and a passively treated ACL tear - all with a wag and a smile, and without missing her daily walks!

Age brought additional issues: anemia, a heart murmur, and the discovery of a mass on or near her spleen. The last was something that left only two options, with ignoring it not being one, as even benign ones are prone to rupture. We knew the surgery would be risky, given her age and condition. I think Zeenie and her pack knew it would also be futile, a message I chose not to hear, hoping not so much for a good bit more time as for a bit more good time.

Not all fairy tales have happy endings. The operation was successful in that the mass was removed intact, but the process was too much for her: she returned to spirit the day after surgery. She slipped away, not serene and secure in the arms of her dad like some of her housemates, or peacefully at home in the midst of her pack like some others, but alone, in a well-intentioned cage - the same way that I found her. And so the circle closes. Some things you get over; some you just try to get past.

Zeenie and Snowball each have their own special places in my heart, but they will also always be connected, an oddly-bonded pair that came and left together. We traveled a long and remarkable road, a journey of joy and wonder, love and learning. I am grateful that they chose to share their lives with me, and better for the trip.

Acutonics

Sound Healing Using Tuning Forks

Everything vibrates at its own frequency. The universe is vibration "as above, so below" is often quoted in the literature. Toward the maintenance of optimum vibration acutonics can help.

Acutonics is a healing system for health and well-being using tuning forks on acupressure points or chakras. It is a non-invasive and non-toxic energetic approach based in centuries-old sound-healing wisdom coupled with oriental medicine. The most common fork combination is the Ohm Unison or the use of C and G forks together if that is what you have.

Using the fork's vibration, the Qi, Chi, Prana or Ki, etc., or life force that causes animation or movement is enhanced. "Energy is the foundation from which everything comes and it is energy that maintains the continuing existence of all things in the universe." (Page 3) "Health, in Chinese medicine, is based on the abundance and balance of vital energy (Qi) in the body." (Page 3) The dwindling or interruption, stagnation, or vibrational disharmony of this vital energy leads to dis-ease.

Acutonics tuning fork intervals applied on or above acupuncture points and chakras can help provide energetic

balance for our animal companions. (It also takes diet, exercise and more as well).

Components of this work are resonance, frequency, rhythm, vibration, entrainment, sympathy, water content, and sound, work together toward a positive outcome. Just as in our massage work, the different characters or components brought to a session can bring about positive change.

Animals are affected by their environment and the stressors from their interactions with humans and their surroundings. Often stress can translate into illness or stress-related behavior in our animal companions. Acutonics can help bring the animal back into their balance.

This most intriguing field is becoming more prevalent in human bodywork and I believe it is an additional level of skill we can add to our own offerings for our client's health and wellness.

From Acutonics for Dogs & Cats: Sound Healing for Animal Health, Judith Ponton, DC, Mac, LAc, and Paul Ponton, MAc, LAc



Equine I Class, March 2013