



HEART Gets in Touch With Tellington TTouch®

Pat Hennessy Featured at March Meeting

Kansas City, MO – March 21, 2016

For their March meeting, **HEART**land Positive Dog Training Alliance welcomed Pat Hennessy, owner of N2Paws and Certified Tellington Method Practitioner. Hennessy addressed the group about the Tellington TTouch® Method including its history, goals, and basic components. The extended meeting included informational lecture, Q&A, and demonstration of TTouch techniques.

According to Hennessy, the TTouch method “utilizes gentle touches and ground exercises, working with your companion animal in a respectful manner. It has been proven to calm animals and restore confidence as well as alleviate their pains, fears and tensions.” The goals of the TTouch method are to influence positive behavioral changes, promote well-being, and to foster deeper relationships and clarity of communication between people and their animals.

Hennessy used both human and canine volunteers to demonstrate basic TTouch bodywork elements including circles, lifts, and slides. **HEART** members learned about the appropriate pressure for various strokes as well as the importance of tempo. “Slower circles tend to be more relaxing. Faster circles more energizing,” said Hennessy. Other tools including wraps, calming bands, double snap leashes, and the TTouch Confidence Course were also demonstrated.

About Pat Hennessy. Pat Hennessy is the owner of N2paws in Peculiar, MO. Pat is an Animal Attunement Ambassador, Holistic Practitioner and Whole Pet Positive Trainer. She is a Certified Tellington Method (TTouch™) Practitioner Level 2, Certified Professional Dog Trainer (CPDT), Reiki Practitioner and Certified Veterinary Assistant. She is a member of the Association of Pet Dog Trainers (APDT), International Association of Animal Behavior Consultants (IAABC), Animal Wellness Association (AWA) and International Alliance for Animal Therapy and Healing (IAATH).

HEARTland Positive Dog Training Alliance is a group of like-minded individuals comprised of dog trainers, pet professionals and dog enthusiasts aligning themselves to create an awareness of the importance and benefits of positive reinforcement, force free dog training. For more information, visit www.trainerswithheart.com.

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