



TELLINGTON "TTOUCH" *for humans*

Our four-day intensive will introduce you to Tellington TTouch (TTouch), a gentle form of caring touch and an emerging natural healing treatment for both animals and humans.

This course will center on developing competent TTouch delivery technique through focused use of breath awareness, gentle physical touch, finger/hand pressure and an open-minded presence.

Practitioners will learn how TTouch helps patients to manage pain, anxiety, loneliness and other common acute and chronic problems.

As the developer of TTouch, Linda Tellington-Jones will present the intervention's historical background. Completed and emerging research results and challenges in the research process will be discussed along with current and potential issues.

The course is open to students, health professionals and anyone who has an interest in complementary and alternative therapies.

For registration information about this or other programs offered by the Center for Spirituality & Healing, contact **612-626-2395** or visit **www.csh.umn.edu**.

Dates: June 20-23, 2006

Time: 9 a.m. – 5:30 p.m.

Where: Off-site location in Eagan, MN

Cost: \$750

Credit: Continuing Nursing Education or General Continuing Education credits pending

Linda Tellington-Jones and M. Cecilia Wendler serve as co-presenters of this unique course. Tellington-Jones is a graduate of the first four-year professional Feldenkrais Training taught by Dr. Moshe Feldenkrais. She first adapted the Feldenkrais Method to her work with horses in 1975 and in 1983 developed the technique of circular touches now known as Tellington Touch.

M. Cecilia Wendler, Ph.D., R.N., CCRN, is a critical care nurse and nurse researcher in Tellington Touch. She is Associate Professor of Nursing Systems at the University of Wisconsin-Eau Claire.

