



**Tellington
TTouch-for-You®
*Online***

**TTouch® Empowerment
Feedback Scale**

**Creating the World
& the
Humanity You Crave**



TTouch® Empowerment Feedback Scale

1	2	3	4	5	6	7	8	9	10
<i>Step away</i>	<i>Intolerable</i>	<i>Stop</i>	<i>Hmmm</i>	<i>Ok</i>	<i>Interesting</i>	<i>Nice</i>	<i>Good</i>	<i>Really good</i>	<i>WOW! Phenomenal</i>

(Referring to numbers and feelings activates and balances both left & right hemispheres – logic with creativity, intuitive & feelings)

TTouch® Empowerment Feedback Scale

Purpose:

- To encourage the person receiving Tellington TTouch® to choose the most comfortable pressure, tempo and choice of TTouch s/he prefers, thus supporting awareness, self-care and responsibility for their well-being.
- This scale is essential to help evaluate, respect and understand the experiences & preferences of the recipient. It is invaluable for understanding the nuances of TTouch.

In a matter of minutes the recipient is engaged in her/his own process and can guide the practitioner as to the desired pressure, tempo and TTouch.



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•By eliciting and supporting the recipient's feedback using the Empowerment Feedback Scale, an environment and model of self-respect is created for their own body and its messages. This respect results in an honoring and deepening of their relationship and connection with themselves that often opens the door for a greater understanding and appreciation of their own gifts and potential for well-being.

•**Noah's March** elicits a trusting connection with the Practitioner and informs him or her of our core TTouch philosophy to "**Remember your perfection**" or "**Remember your potential for ideal function**". This sets the tone for a positive approach to the body rather an assessment for tightness or tension in the back or body



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- Association of the *number* with a word that describes how we *feel* about the TTouch engages the *whole brain*. Numbers affect the left side of the brain - commonly thought to activate *logical* thinking. A descriptive word of how we *feel* activates the right side, awakening intuition and eliciting a *sense of compassion and empathy*.
- Hmmm, indicating questionable or not ok, creates a great opportunity to ask the individual what would be more acceptable...more pressure? ...less pressure?...slower? ...faster? ...longer pause?
...a different TTouch?



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- If a person is exhausted or ill, or unable to understand (eg. a person with dementia) instead of asking for feedback, begin with a light TTouch and access the level of acceptance by the breath and body language.
- For optimal learning have the recipient sit or stand, while you stand or sit to the side of the person so s/he can clearly see you.
- However, if a person is stressed, or ill, or in pain or exhausted, have them on a massage table with a roll under the knees and support under the arms and ankles.
- *You may choose to begin a TTouch session with **Noah's March** with three slides down the back or several **Abalone or Clouded Leopard TTouces** on the upper back,



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- Beginning with **“Noah’s March”**... on the side closest to you with your left hand supporting the front of , usually from the left side of the person’s back, sliding over the point of the shoulder to the top of the shoulder and down to the mid-pelvis; then the 2nd slide again beginning over the point of the left shoulder, across the top of the back to the right shoulder, and straight down on the right side of the back. Then the 3rd from top of shoulder pausing briefly at the base of the neck and ending with a slide down the spine.
- Or...TTouch the person on the upper back with several **Abalone TTouces** with a 2 pressure followed by a **Mindful Pause**; or several **Clouded Leopard TTouces** with a 3 pressure



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- After a the 3 slides of **Noah’s March**, or 3 or 4 **Abalone** or **Clouded Leopard TTouces** you may pause and choose to ask:
 - "Would you like a little more pressure or a little less? About 50% of the time the person will say, "Just like that". Some say “less pressure” and others say “more”. Then give a choice of slower or faster tempo and ask for the person’s preference
 - In a matter of minutes the person is engaged in their own healing process and can guide you as to the desired pressure, tempo and TTouch



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