Case Study Form: *For Self-Help, Family, Friend or Client*

**Your Name** \_\_\_Linda Tellington-Jones\_\_\_\_\_\_\_\_\_\_\_\_\_**Date:** Feb 14, 2019 **Case # \_1 Heaven**

**Session for:** Self-Help \_\_\_ Family \_x\_\_ Friend \_\_\_ Client \_\_\_ Co-Worker\_\_\_ Stranger\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| **Recipient’s Initials** | **Female** | **Male** | **Age** |
| RK |  | x | 78 |

* **Reason for Tellington TTouch®: Arrythmia**

RK, my husband, experienced a sense of „Something was not right“ and realized his pulse was irregular as he was lying in bed before getting up. He got up and dressed and as he was about to leave the room he stopped and said to me, „I better lie down.“

I checked his pulse from his wrist and it was his normal rate around 56 to 64 beats per minute, but it was definately irregular. There would be about 6 beats and then a pause missing 2 or 3 beats and then it would pick up the regular beats again for about 6 and then the missing beats.

The irregularity was quite regular.

I have been checking my own pulse for more than 50 years because checking horses pulses for endurance riding was routine.

**History of the Condition:**

No previous history of arrythmia

**Pain/CONCERN Scale - Before Session**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  |  |  | concerned |  |  |  |  |  |  |  |

**1 – 3** Light pain (uncomfortable); **4 – 7** Medium pain (could be reduced with an over-the-counter drug like Ibuprofen); **8 – 10** Extreme pain

Remarks: There was no pain associated with the heart irregularity, but an odd sense that he should lie down and find out what was wrong. He was slightly concerned.

* Therapeutic Modalities used previously or concurrently:
* none
* Session environment - atmosphere (living room, office, train, plane, accident, or ?)

**Bedroom.**

* **Position of the recipient - sitting, standing, laying down:**

**Lying down on the bed**

* **Your Position - sitting or standing:**

**Standing beside the bed.**

Case Study Form

**Tellington TTouch-for-You® Session**

| **Part of Body TTouched** | **TTouch used** | **Tempo** | **Pressure** |
| --- | --- | --- | --- |
| **Example:**  Neck & Shoulders | Clouded Leopard | 2 Seconds | 1-3 |
| EARS | Forefinger Clouded Leopard & Camel (slide over the rim) | 2 seconds | 3 |
|  |  |  |  |
|  |  |  |  |

Length of TTouch® Session:

* Maybe ten minutes
* Describe what you did

.I was checking his pulse with my left hand while watching the stopwatch on my IPHONE and at the same time applying Ear TTouch with a Clouded Leopard with a 3 pressure and a slide off the rim with the side of my forefinger we call „The Camel“

In about one minute the pulse became regular and RK felt back to normal.

* Feedback immediately after TTouch® Session:
* He felt totally ok and proceeded with his day.
* Because we have been working with an anti-aging doctor for cognition enhancement he did not check further,
* The arrythmia has not reoccureed in the ensuing two and a half months.

**Pain/ concern Scale** *After Session*

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **0** | **1** | **2** | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  |  |  |  |  |  |  |  |  |  |  |

**1 – 3** Light pain (uncomfortable); **4 – 7** Medium pain (could be reduced with an over-the-counter drug like Ibuprofen); **8 – 10** Extreme pain

Remarks:

**How blessed we are to have TTouch always at our fingertips.**

* If there are additional sessions with this person, continue below and on next pages.

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