

# Integrated Touch Therapy,®Inc. - Purpose and Goals

**PURPOSE:** To teach touch and bodywork modalities, leading to relaxation, stress reduction and performance enhancement.

## GOALS

Effective skills to benefit the animal and practitioner:

- ❖ Learn the theory and physiological effects of many massage techniques
- ❖ Learn surface anatomy and skeletal structure of the animal
- ❖ Study the body language of the animal receiving the massage
- ❖ Learn about safety and the body mechanics of the practitioner applying the work
- ❖ Learn about behavior modification through a touching experience
- ❖ Learn about human and animal bonding and interactions
- ❖ Learn positioning and handling the animal for safety

## MASSAGE BENEFITS

- ❖ Reduces muscle tension, cramping and soreness
- ❖ Enhances muscle function and efficiency
- ❖ Increases circulation and removes toxins
- ❖ The animal can achieve full range of movement through increased muscle lengthening
- ❖ Reduces recovery time from injury or sore muscles
- ❖ Increases human and animal awareness
- ❖ Enhances bonding
- ❖ To enhance health and wellness for animals

## CONTINUING EDUCATION WORKSHOP OFFERINGS

### Integrated Touch Therapy, Inc.

#### Equine Massage



**EQUINE** - Six Days- 50 hours CE/Contact hours

Using Swedish and Sports Massage techniques, this intensive hands-on workshop teaches pre & post sports event massage and relaxation massage. Muscle anatomy of the horse, with emphasis on physiology of the muscle, massage techniques, and theory of application are taught. General equine wellness information, business and ethics, safety and record keeping are discussed. Students bring photos of equine companions. Horses are welcome.

#### Canine Massage



**CANINE 1** - Four Days- 30 hours CE/Contact hours

Sports and relaxation massage techniques, canine behavior, body language, physiology and canine anatomy are part of the curriculum. Safety, ethics and record keeping are discussed. Students bring your canine companion if possible. If bringing a dog, please bring a dog bed for when no one is working with them.

**CANINE 2** - Four Days- 30 hours CE/Contact hours

Prerequisite: Canine 1.

Additional anatomy, physiology, massage techniques, business applications and joint movements as well as gait analysis are discussed. Ethics, business practices and networking discussions will be held. Dogs are welcome. If bringing a dog, please bring a dog bed for when no one is working with them.

*ITT is recognized as providing continuing education credits for members of the ABMP, NBCAAM, Holistic Nursing, and Veterinarian Technicians. Check with your governing organization.*



**ITT has been providing bodywork skills to thousands of students across the globe since 1992.**

### General information:

The classes at Integrated Touch Therapy are small with 1 teacher to a maximum 6 students. We build on what knowledge and experience you bring with you to the workshop. The individual attention is superior to most massage and bodywork technique courses in this country. The class is designed for massage therapists, for those in the field of animal health, and for individuals who want to work with animal friends at home. Massage experience is not a requirement for entry however, both knowledge in massage and/or knowledge about the animal being studied are greatly beneficial. A deposit must be received with your registration to hold your reservation. We send confirmation letters, directions to the farm, and an accommodation list back to you once we have received your registration. A workbook will be sent with your confirmation so that you may become familiar with terminology and anatomy before class. Certificates of participation will be given at the end of each class.

# GENERAL INFORMATION

## ABOUT THE TRAINING FACILITY



Synergy Farm has a delightful environment in which to spend a few days or a week. The pastoral setting with a pond is nice to walk around during the breaks. The barn has a classroom built to accommodate the clinics. Restroom facilities are at the barn. There are 6 clean stalls (available for rental) and two horse paddocks. The lighted sand arena is 100'x200' in which you could ride if you bring your horse. We do request animals visiting have all their shots up to date and travel papers.

## WHAT TO BRING

- **Casual clothing** but if it is an equine clinic - make sure you have "closed toe" shoes, **please**.
- Bring paper and pen, crayons or colored pencils.
- If you are bringing your animal, please make sure to make arrangements with the office. Bringing your own animal is not required but it is an added plus for your benefit.
- Dogs need to have a **crate** if you would like to leave during the lunch break.
- In the summer, you may want to bring insect spray.
- Directions to the farm.
- Photos and stories of your 4-legged friends.
- Local lodging is available. A list is sent to you with your class confirmation letter.



## LUNCH

One and a half hours have been reserved for lunch. You can order in, bring a picnic or go out for lunch. There will be a list of restaurants and some sample menus for you to view in the classroom.

PHONE: **740/474-6436**

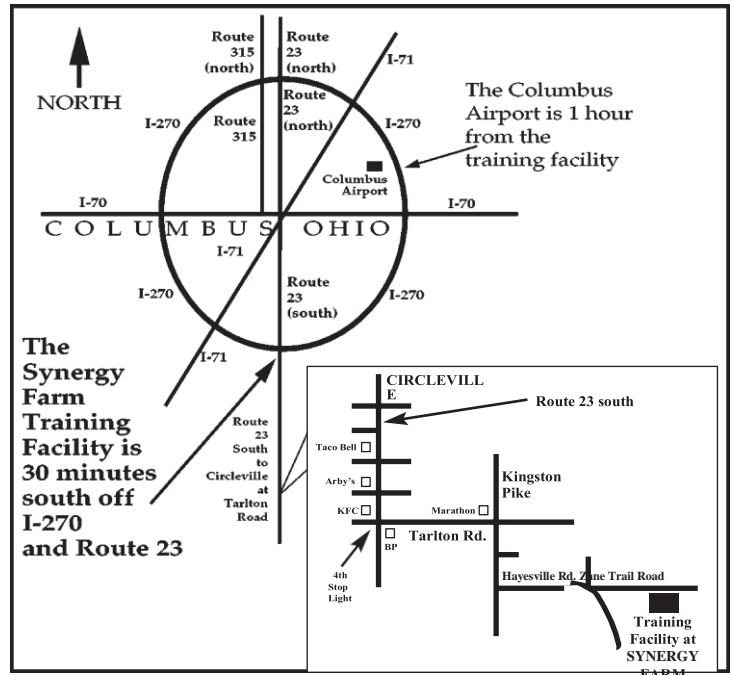
For more information/emergency.

## GENERAL DIRECTIONS

We are about an hour from the Columbus airport, and 35 minutes from I-270 south and Route 23. We are about 1:40 minutes from north Cincinnati, and 1:30 minutes from Dayton, Ohio.

### DIRECTIONS from Columbus, Ohio:

Take Route 23 south toward Circleville. Pass the Circleville exit and then left at the fourth light (Tarlton Road). Take Tarlton Road east to the stop sign at Kingston Pike., turn right and go south to Hayesville Road. Turn left onto Hayesville – go about a mile to the split in the road; proceed straight onto Zane Trail Road. When the driveway splits, take the right drive to the barn. The classroom is around the back of the barn. Please park on the gravel



Please note that ITT Inc. is not responsible for cancelled classes due to extreme weather conditions.

## GUEST LECTURE SERIES

In addition, we offer a Guest Lecture Series each year. In the past we have offered lectures on topics such as beginning and advanced Structure & Gaiting, Lymph Drainage, Jin Shin Jyutsu, Cranial Sacral Therapy, Animal Nutrition, First Aid/CPR for Animals, Animal Behavior, and Flower Essences. Please see our insert for this year's workshops or contact the office for more information.

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# THE HISTORY OF Integrated Touch Therapy,<sup>®</sup> Inc.

Integrated Touch Therapy, Inc. holds a service mark and trademark for teaching animal massage and performing massage and bodywork. The goal is to enhance health and wellness through relaxation. Animal massage as a profession is what directed Patricia to attend massage therapy school after she moved back to Ohio in the 1980's. Upon completion of her training and licensure in human massage, she co-founded Optissage, Inc. and held the first clinic in animal massage at Synergy Farm in 1992. The increasing number of related modalities of animal touch therapies resulted in the evolution of ITT Inc. ITT offers high quality intensive teaching programs held at the beautiful Synergy Farm facility, just south of Columbus, Ohio. Patricia has a strong belief that all living beings should receive healing and pleasant touch experiences using the art and science of massage and touch therapies. Students learn to combine the styles of Swedish massage and Sports massage, into a logical and progressively deeper choreography. The workshops are designed for and have been presented to massage therapists, bodyworkers, veterinarians, animal professionals, and others from all around the world.

## ADDITIONAL TRAINING

For those graduates seeking additional training, ITT, Inc. offers 150-Hour Small-Animal Certificates of Completion for Either canine or feline. The following are the completion guidelines for each certificate:

### Large-Animal Certificate

**Equine I** – 50 hours CE/Contact hours – Six Days

### Small-Animal Certificate

**Feline**– 25 hours CE/Contact hours – Three Days

**Canine I**– 30 hours CE/Contact hours – Four Days

**Canine II** – 30 hours CE/Contact hours – Four Days

Options for completing the remaining hours are as follows:

- 25-50 case studies (25 minimum required)
- 1 hour video review
- First Aid/CPR Class for animals
- 10-35 contact hour electives from our Guest Lecture Series

Additional options are available to complete the certificate requirements including reading approved materials.

If you are interested in the Small-Animal Certificate, please contact our office to plan your individualized course of study.

# Integrated Touch Therapy,<sup>®</sup> Inc. F O U N D E R



## Patricia Whalen-Shaw, M.S., L.M.T., S.M.T., NCTMB, APP, RCST<sup>®</sup>

Patricia Whalen-Shaw, the primary instructor for Integrated Touch Therapy, Inc. has been riding and working with animals for over 40 years. She has taught equine, canine and feline massage for 30 years.

She's the president and founder of ITT, Inc., a company dedicated to the ethical and high quality instruction in the art of massage for animals. Previously, Patricia was co-founder and past-president of Optissage, Inc. She has been a recipient of Who's Who in Executives and in Businesses from 1998 to 2000. She's a licensed massage therapist in Ohio, nationally certified by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) and is sports massage certified. Her massage career highlights include being chosen as a massage therapist for the 1996 Paralympics Games in Atlanta, the 1999 Pan Am Games in Winnipeg, Manitoba, Canada, and the 2002 Winter Olympics in Salt Lake City Utah. She has taught equine massage at Otterbein College through the Equine Science Department and has written and published three books, two videos, and two DVD's.

Academically Patricia holds a Bachelor of General Studies from Ohio University, a Master of Science in Parks and Recreation Administration and Outdoor Education from Indiana University, and has taken graduate course work in sports psychology. She is a graduate of Central Ohio School of Massage, an associate polarity practitioner, and registered cranial sacral therapist. Besides having had the honor of training thousands of students about massage techniques for animals and how to apply these techniques while honoring the animal, Patricia has personally worked with Grand Prix Dressage Horses, 3/Day Eventers, ropers, reiners, as well as racing greyhounds, dogs participating in agility and obedience, Schutzhund, search and rescue dogs, guide dogs and performance felines. She has worked with animals in all stages of life, including work in conjunction with veterinarians on animals in healing crisis, post-surgery, and animals with ongoing health issues.

Patricia currently resides at Synergy Farm.



Integrated Touch Therapy,<sup>®</sup> Inc.

P.O. Box 652

Circleville, Ohio 43113-0652



# A N N O U N C I N G ! ! !



## Intensive Certificate Programs in Animal Massage

What participants have said about the massage clinics:

"Sprocket ruptured a disc. He had surgery that day. He was still not walking or standing after the operation. With the help of three acupuncture treatments and 12 massages plus homeopathic remedies, he is standing, walking and returning to a normal, happy, healthy dog." – Rae

"I am in constant awe that something that is relatively simple can bring about so many positive changes in a dog's life. I can't express how good it makes me feel to hear a client say that Zoey has not been able to jump onto the bed in over a year and now she does it all the time and even instigates play with the 2 yr. old 'puppy' instead of snapping at him all the time. I can't wait to do this all the time!" – Debbie

"I learned so much about horse anatomy and behavior. I also learned to connect with these beautiful, sensitive animals that I love. This would not have been possible without your guidance."  
– Susan

"I probably learned more in those three days than my entire course in human massage. You do a very good job of integrating all the aspects - theory, practice, and reality."  
- Linda

"Lexie desperately wants to live. As you suggested, every time we're together I ask for her permission and direction to work with her. She always answers YES and shows me the way" – Jane