

**Some parts of this case history have been  
removed for client privacy**

# **Diploma In Animal Sensory Enrichment**

**Case Study Three  
21st August 2013**

**S, D and Willow W\*\*\*\*\***

**by**

**Deborah J Benson**

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#### **OPENING THE SESSION AND MY ATTUNEMENT PROCESS**

I ensure I am grounded before commencing a healing by imagining my feet have grown roots and these descend deep into the earth to the crystal heart centre of Mother Earth herself, wrapping themselves around Her beating crystal heart, anchoring me firmly and allowing me to draw the healing Earth energy up through my roots, my feet, my legs, Base, Sacral and Solar Plexus chakras, until it reaches my Heart chakra.

I then draw golden healing Christ energy down through my Crown, Third Eye and Throat chakras until it also reaches my Heart chakra and this then flows from my heart centre, down each arm into the palms of my hands, where it emanates directly to the animal and/or guardian throughout the healing session.

**If the healing session is a distant healing, the energy will emanate in much the same way, but in a golden ripple effect until it reaches its destination.**

I protect myself by filling my aura with this same golden healing Christ energy and then seal my auric field with a silver reflective shield which deflects all negative energies and ensures I am surrounded and protected on all sides.

I ask Archangel Michael to protect the space in which I am working and all those therein, myself included and that no energy outside the true Christ energy be allowed to enter the sacred healing space.

I then call upon God, Jesus, Sarayu (the Holy Spirit), Raphael and all the healing Angels, St Francis of Assisi, St Roch, the patron Saint of Dogs who works with me no matter which

animal I am healing, Spirits of the Animal Kingdom, Totem Animals, Mighty Wolf and

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Powerful Bear, Ancestors who love and respect me and those I am working with, both animal and guardian, Reiki Masters past and present and any other healers who work within the true Christ energy who wish to assist me.

**Sometimes I am directed to call in specific additional helpers such as whales or dolphins for example and they are also asked to join us. I may also be asked to bring in a particular human helper depending on the situation.**

Before I proceed with any healing I acquire permission and establish agreement from the animal and/or guardian that they are happy to accept healing. Agreement has been refused on occasion, but when the animal/guardian witness their guardian/animal receiving the healing, they have always asked to be included at a later stage.

At this stage I focus my mind and set my intention to give healing for the Higher Good of those concerned, as what I think may be right for an animal or their guardian may not be what is in their best interest, so that decision is left to the Creator of all living things and I simply focus on channelling the healing energy, in full trust that it will achieve the correct outcome for all. I am then fully prepared to commence the healing session.

**This is the process I follow for all my healing sessions but any deviation from the normal course of action would be recorded and included at the relevant point.**

## **CLOSING THE SESSION AND MY DETACHMENT PROCESS**

At the end of a healing session I first ensure the animal and/or guardian is grounded.

This involves placing my hands on the tops of the guardian's feet and exerting firm pressure. Sometimes this pressure needs to be applied for several moments to ensure the grounding has been effective.

Similarly when grounding an animal light pressure is applied to each of the four paws in turn until I am satisfied they are fully back in the moment.

I then give thanks to all those who assisted with the healing and ask that it continues for as long as it is required to achieve the Higher Good for all concerned.

I ask that all negative energies be sent into the Light and transmuted and returned as further healing energy.

I then fill the human and/or animals aura with golden healing Christ energy, sealing it with a reflective silver shield to deflect any negative energies from entering the auric field, as I did at the beginning of the session.

I then physically and emotionally step back from the client, brush any negative energies from my hands and draw all my own energy back to my heart centre using a circling motion to gather it in and folding my hands over my heart centre a total of three times.

I then fill my own aura with golden healing Christ energy and encircle it with a reflective silver shield to deflect any negative energies which might wish to enter my auric field.

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I ask for healing for myself to ensure that I am able to continue to function as a clear channel through which pure unconditional love may continue to flow for further healing as and when it is required.

I then extend my arms horizontally, palms upturned say the words "and so it is" to complete the detachment process and end the session.

## **Natural Food Animal Remedies Consultation Form Case History Three**

**Student Name:** Deborah Benson

**Date:** 21st August 2013

**Animal Name:** Willow

**D.O.B:** 1st August 2006

**Name and Address of Owner:**

[REDACTED]

**Telephone Number:** [REDACTED]

**Mobile Number:** [REDACTED]

**Age:** 7yrs

**Species:** Dog

**Breed:** Rottweiler

**Colour/Markings:** Black/Tan

**Gender:** Female

**Entire/Neutered/Spayed**

**Vets Practice Details:**

[REDACTED]

**Vet's diagnosis/treatment/medication:**

D and S haven't taken Willow to see M the vet as they know she is pining reference the mood change and that her pad problems are either due to stress or an external irritant that the vet will not be able to readily identify and they don't want to use steroid cream which they feel certain he will prescribe. Willow has become so timid and fearful of strangers that they also feel a trip to the surgery would do more harm than good and don't feel they should call M out to the house for something that doesn't constitute an emergency.

**As I knew Willow had not been to see her vet I spoke to M myself and told him that I would be working with Willow as a case study. He had no issue with this whatsoever, as I had discussed studying for the Certificate In Natural Food Animal Remedies with him, prior to seeing Willow so he had prior knowledge of what was involved.**

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### **Previous Owner/Rescue Centre if known:**

D and S have had Willow since she was a puppy and got her from friends of theirs live on a farm and who had a litter of pups by their own dogs. This is where Willow and Rocky their other dog who recently passed away always go to when D and S are away as they didn't want to leave their dogs in kennels.

### **Any major illnesses/operations and dates:**

Willow has had no major illnesses to date and the only operation was when she was spayed at about one year old.

### **Feeding regime and diet (please list all foods):**

Willow is fed twice a day, once in the morning and again in the evening. She is fed Tesco own brand complete dry food along with table scraps, mainly fish, chicken and vegetables. She occasionally gets treats such as Bonio, Dentastix or Jumbones but these are only when visitors bring them as presents and are not a regular part of her diet.

### **Live inside/outside/daily routine:**

Willow is a house dog although she has access to a sizeable back garden and is walked three times a day for 15-20 minutes and off her lead when it is safe to do so.

### **Vaccinations:**

Willow is vaccinated annually against distemper, hepatitis, adenovirus, parvovirus, parainfluenza, leptospira canicola and leptospira haemorrhagiae.

### **Worming Treatments:**

Willow is treated with Advocate for large dogs as required, normally about twice a year.

### **Skin/coat/paw condition:**

Willow's coat is shiny but there is sometimes an underlying flakiness when she is brushed. Her front right pad is raw in one area and she constantly licks and nibbles at the affected area. Her other paws appear to irritate her at times as she gnaws at these but not to the point where she breaks the skin and tears the pad as is the case with her right paw.

**Teeth:** Willow's teeth are good with no obvious signs of decay.

**Respiratory/allergies/sensitivities:** Just pad sensitivity.

### **Present physical condition and temperament:**

Willow is a healthy dog who is in good physical condition, except for the issue with her pads and the flakiness of her skin on occasion. Considering her dry diet she maybe lacking in omegas 3 and 6. Her temperament has changed dramatically and she has become alarmingly lethargic and timid, jumping at her own shadow and shying away from people and other dogs. Her eyes are alarmingly dull and lifeless.

### **Past history and temperament if known:**

Willow always had a sensitivity in her pads even as a pup, but not to the current stage where she has chewed at her front pad to the extent where she has broken the skin and constantly licks and nibbles at it. She has become introverted and listless since her life-time companion Rocky passed away last month and has lost all her previous sparkle and playfulness.

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### **Recent changes to the animal/owner:**

Rocky D and S's other Rottweiler passed away last month after a degenerative illness which caused extreme wastage of the facial muscles to the extent that he had difficulty opening his mouth, his swallow was affected and he became frustrated and unpredictable in his behaviours. His passing has had a significant impact on the entire household and you can physically feel the grief and sadness present in the home when you walk in and the sense of loss is overwhelming.

### **Relationship with other members of the family/strangers:**

Willow was always an inquisitive dog and protective towards the family and would always have met any visitors to the home at the back door and assessed them to see if they presented any threat to S or D. Once she had established that this was not the case she was happy to admit them and would have settled herself contentedly, either on her bed, or at D or S's side and usually went to sleep. She is now completely timid, backing away from people and will either hide behind D or S or seek assurances that she is safe, depending on how stressed she is at the time.

### **Relationship with other animals/in the home/external environment:**

Willow became extremely protective of Rocky as his condition deteriorated to the extent that she even attacked the neighbours much smaller dog, who got too close to him, biting it severely enough that it required stitches to the wound.

Willow has never bitten another dog before and is not hostile by nature and has displayed no aggressive tendencies since this one off incident. She is not fearful of other dogs or people, either in her home or in the external environment but she has become so stressed and timid that she has refused to go out for her walks, or when she has gone out for a walk she has turned for home after only a few yards.

Willow lives with five cats but ignores them except for the occasional sniff at them if they are passing or a low growl if they approach her when she is feeding.

### **When did problems start and possible causes?**

Willow's behavioural problems started when her life mate Rocky died last month and can be solely attributed to her loss and the dramatic change in household dynamics, as she is grieving deeply and does not understand where Rocky has gone as he went out for a walk one day with D and never came back, as D took him to the vet's surgery to have him put to sleep as he felt the time was right and Rocky's condition and quality of life had deteriorated beyond manageable levels.

S though that maybe an external irritant such as grasses, plants or weeds prevalent in the hot summer weather may have been responsible for the problem with Willow's pads but she also stressed that the problem became more marked immediately following Rocky's demise so stress, grief or loneliness could be a contributory factor.

### **What are the symptoms?**

Listless, timid, fearful, little appetite, constant gnawing and licking of her right paw.

### **Has there been a second opinion other than the animals vet?**

No.

**Any other complimentary therapies that have taken place and outcome:**

None.

**D, S and Willow – An Introduction**

D and S are ex-work colleagues and long-time friends who had recently lost Rocky, their eldest Rottweiler and who were very concerned about his mate Willow, as she was struggling to adjust to life without him.

S and D were still grieving themselves and were also finding it hard to come to terms with his passing.

Rocky had suffered from a condition called masticatory myositis, which caused initial swelling to the muscles of the head and face. The swelling is due to inflammation of the muscle tissue as the body produces antibodies that attacks the muscle tissues only found in the mastication muscles and this is then followed by progressive muscle atrophy. ([www.vetspecialist.com](http://www.vetspecialist.com))

This meant Rocky had difficulty moving his jaw and eating and drinking. Eventually the muscles became fixed and he was unable to open his mouth more than a fraction. He was still able to drink, could nibble tit bits and was still active and playful so his quality of life was not unduly affected.

As the disease progressed however, his temperament changed and he became unpredictable, attacking other dogs although he was unable to inflict any damage as he was unable to bite.

Willow however became his protector and would immediately come to his defence and this created problems for D and S when walking the dogs.

They both watched Rocky deteriorate and become more frustrated and consequently aggressive as he struggled with the decline in his condition.

D and S discussed euthanasing Rocky but couldn't bring themselves to go ahead with having Rocky put to sleep as they couldn't be certain it was in his best interests and this doubt stayed their hand.

As the weather became unusually warm last summer they watched Rocky struggle with the heat, as he was unable to pant effectively due to his inability to open his mouth properly and his breathing became laboured.

It was at this stage that D decided to walk Rocky to the vets and take advice from M and sadly the decision to put Rocky to sleep was made, this being the kindest option in the circumstances as he was becoming increasingly distressed as his condition deteriorated.

Both D and S were devastated to lose him but Willow didn't seem to understand what had happened to Rocky as she kept going to the back door waiting for it to open and for Rocky to appear and searching the garden for him.

She became fretful, went off her food and started eating her paws and D and S became increasingly concerned for her which is when they contacted me to see if I could do

anything to help Willow, so I arranged to call at the house one evening when both D and S would be at home and to bring my macerated oils along.

## **Self-Selection of Macerated Oils and the Healing Session**

I arrived at D and S's home around seven o'clock on 21st August 2013, approximately one month after Rocky had passed away.

I opened the back door expecting to be greeted by Willow but was shocked by the overwhelming and almost suffocating sense of sadness that met me as soon as I stepped into the kitchen. It was as if the house itself and not just its human and animal inhabitants were in mourning for Rocky.

D and S came into the kitchen followed by a very subdued Willow, who glued herself to D's side and made no attempt to approach me as she would usually have done.

When I made to approach her as I would have under normal circumstances she moved behind Dave's legs and refused to engage with me and turned her back towards me.

I suggested both D and S sit on the floor and Willow positioned herself between them. I then sat on the floor in a side on position as I felt this was less threatening for Willow as she was obviously very insecure and not her usual inquisitive self.

We worked through the consultation form and Willow lay with her head on D's knee, occasionally lifting her head to check S was still beside her.

When the consultation form was complete Willow watched as I took out my macerated oils but made no attempt to investigate as she normally would and remained between D and S.

I suggested S or D offer the oils to Willow and I would record her reactions.

D asked that I try to offer her the first oil as he wanted to see how she would react to me so I offered her the Rosehip (*Rosa canina*) by extending the bottle slowly in her direction, but she gave a low growl and moved behind D.

I then gave D the bottle and asked him to try offering the oil to Willow who had positioned herself as close to D as possible, leaning into his side but in a sitting position this time. Willow cautiously sniffed the bottle and I then asked D to put a little of the oil onto one of my saucers and offered it to Willow again

She sniffed the oil several times and then gave it a tentative lick, licked her lips and she processed it, looked at the saucer for a few seconds and then proceeded to lick up every last drop.

I then gave S the Marigold oil (*Calendula officinalis*) to offer to Willow and again she carefully sniffed the bottle and tilted her head to one side, then the other looking at the bottle and then looked at S almost as if she was asking her for some oil, at which point S poured a little onto a saucer for her and she immediately licked the plate clean and then took a second helping.

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Chickweed was offered next and Willow approached the bottle cautiously, so I suggested S place a little of the oil on her finger and offer it to Willow that way.

Willow was much more confident in taking the oil from S's finger and actually detached herself from D's side at this stage, to sniff S's finger and then licked it without hesitation both from S's finger and from the saucer when it was offered.

D offered Willow the Catnip (*Nepeta cataria*) from his finger and she sniffed this vigorously, licked it from his finger and again took all the oil from the saucer.

She was now more alert and looked from D to S and then directly at me for the first time. She got up and came to sniff around my feet and I made no move to touch her but just let her wander round me and sniff the tin containing the oils and then I asked S to offer her the Seaweed (*Fucus vesiculosus*).

S poured it directly onto the saucer this time and Willow walked back to S to investigate and gave the saucer several good sniffs and licked her lips, before cleaning the plate once more.

D offered Willow the Nettle (*Urtica Diocia*) straight from the saucer again and she sniffed this and put her nose in the air and twitched it several times and then gave the oil a single lick, putting her nose in the air and twitching it again before licking her lips and licking the plate clean.

Linseed (*Linium usitatissimum*) was offered by D again and he offered the bottle to Willow which she sniffed at but didn't lick. He then put a little on a plate and Willow sniffed this but turned her head away. D dipped his little finger in the oil and offered it to Willow who immediately licked it and then took the remainder from the proffered plate

The last oil to be offered was Mint (*Mentha piperita*) and S offered this on a saucer. Willow sat up straighter as soon as Sharon poured the oil and sniffed the air and then stood up to go to the saucer before Sharon had a chance to extend the plate to Willow. She gave the saucer two hearty sniffs and quickly finished all the oil and seemed to want more, so offered her another lot of oil and she polished this off too.

Willow then helped herself to a drink of water and came to lie back down between D and S. This time she had her head on her paws and was exactly half way between them, so while she was still reassured by their presence she was not physically touching either of them as she previously had been before taking the oils.

I took this as a sign that she had already started to relax a little and asked S and D for permission to commence the healing session.

.I then asked Willow for her permission to begin and although there was an initial hesitation on her part agreement was forthcoming after a few moments. **(see opening the session and attunement process).**

I was deeply aware of Willow's timidity and insecurity so did not attempt a hands on healing, but began to channel the healing energy to Willow from my original side-on

position about two feet away.

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As I worked with Willow I encountered areas of heat in the adrenal/kidney areas corresponding with the base chakra. This was to be expected as this chakra is connected to grounding and stability and acceptance ([Elizabeth Whiter; 2005 updated 2013; Diploma in Animal Healing; Module One notes; Page 23](#)).

The sacral chakra governing security, separation loneliness and loss, responsibility for self and others and contentedness another area where I encountered heat and I got the impression that although Willow was struggling with her own grief, her first concern was for S and D as she felt she had let them down in some way because she felt their sadness acutely and didn't know how to put it right. ([Elizabeth Whiter; 2005 updated 2013; Diploma in Animal Healing; Module One notes; Page 23](#)).

The solar plexus chakra which controls feelings of anxiety, fear and worry and the inability to stomach something traumatic was also an area of concern and the emotions experienced here manifest themselves as digestive upsets, which would explain Willow's loss of appetite. ([Elizabeth Whiter; 2005 updated 2013; Diploma in Animal Healing; Module One notes; Page 23](#)).

My hands were burning as I worked with the heart chakra and it quite simply felt as though Willow's heart was breaking as she struggled to come to terms with Rocky's loss.

I concentrated on this area as it this is the chakra through which animals release negative emotions such as pain, shock, loneliness, grief, worry or fear. If this chakra is blocked they are unable to release these energies so it was vital that I get the energies moving freely again through all the chakra centres, to help Willow heal. ([Elizabeth Whiter; 2005 updated 2013; Diploma in Animal Healing; Module One notes; Page 23](#)).

I worked with Willow until the areas of heat had cooled indicating the energy was once again flowing correctly and then focused on S and D.

It was at this point that I sensed Rocky's presence as he passed from the conservatory into the kitchen.

He then circled S, D and Willow and told me he was there to help me, help them to heal.

Willow's head lifted at this point and she cocked it to one side as if listening to what Rocky had said.

He then did another circle of the group and then went and lay down on the rug in front of the fire and went to sleep.

As I continued with the healing Willow gave a deep sigh and closed her eyes, placing her head back on her front paws.

S became quite emotional at which point Rocky left his place in front of the fire and came and lay at S's feet and as if she felt the comfort of his presence she became calm again.

At this point Rocky left through the conservatory and Willow followed him out, waiting at the outer conservatory door to be let into the garden where she went to the toilet, at which point I closed the session. (**see closing the session and detachment process**).

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I told D and S that Rocky had come to join us during the healing and S said she had felt strangely comforted at one point in the healing and thought he might have come back but felt foolish even thinking that and would never have mentioned it unless I had said he had been with us.

D was more sceptical but didn't totally dismiss the idea that it was a possibility Rocky had been there.

I left S and D with enough oils to last Willow for a week, explaining how they should complete the Animal Carer's Record of Oils Chosen and then arranged to go back on 28th August to see if there had been any improvement in Willow's mood and with her pad injury.

### Follow Up Consultation

I returned to D and S's home the following week and was pleased to be met at the door by Willow although she shied away when I attempted to pat her.

S told me Willow had been less fretful but was still timid and clingy and although she stilled nibbled at her pad this was less constant and the wound had started to heal.

She said she had applied the Marigold topically but as this just drew Willow's attention to her pad and seemed to almost encourage her to chew at it she had stopped this after two days and had just given Willow the Marigold oil orally.

I told S and D that the wound would benefit from the healing properties of Marigold whether it was applied topically or taken internally so as long as Willow continued to ingest it, it would still assist with wound healing.

They then told me there had been no flakiness of Willow's coat when she was being brushed and it felt softer to the touch.

We then discussed Willow's self-selection of oils and it seemed she had selected all eight oils initially and this level of interest had remained fairly constant throughout the week.

The only exception to this appeared to be with the Linseed oil (*linum usitatissimum*), which she had only ingested on one occasion, taken a cursory sniff at on others but generally displayed no interest in whatsoever.

S asked was it necessary to get her all eight oils and I told her no that the maximum number of oils she should be given at one time was four.

S then asked was it possible just to give her her favourite oils as although she had taken them all she was definitely more enthusiastic with the Marigold (*Calendula officinalis*) and the Mint (*Mentha piperita*).

Sharon then asked what both Mint and Marigold could do to help Willow and asked if I could also tell her what medicinal properties Nettle (*Urtica dioica*) had, as it would have been Willow's third choice.

I explained to Sharon that Marigold would help Willow as it is **anti-bacterial** (kills/inhibits bacterial growth), **anti-fungal** (kills/suppresses fungi growth), **anti-inflammatory** (reduces

inflammation), **anti-microbial** (kills/inhibits growth of micro-organisms, such as

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streptococcus), **anti-oxidant** (prevents cell damage), **anti-phlogistic**, (reducing inflammation and fever) **anti-septic**, (prevents infection), **astrigent** (shrinks and constricts body tissue), immunostimulant (boosts immune system) and **vulnerable** (promotes wound healing). ([www.en.wikipedia.org](http://www.en.wikipedia.org)), ([www.herbwisdom.com](http://www.herbwisdom.com)).

Because it contains the properties as outlined above it has been proven to facilitate rapid wound healing in animals and its essential oil and pro-vitamin A content make it a traditional blood tonic and internal remedy for gastric ulcers and this would be useful in Willow's case as it would help with the healing of her torn pad.

Due to its sulphur content it is recognised as a blood cleanser, vital for healthy skin and coats so would be beneficial for Willow both for the healing of her pad wound and also for the occasional flakiness experienced with her coat.

It also acts as an immunostimulant activating white cell production and thereby the overall strengthening of the immune system in all animals so again would contribute to the effective wound healing on Willow's pad.

As one of the most common causes of itchy skin in dogs is contact dermatitis this maybe a contributory factor in Willow's problem of chewing at her pads and as S had suggested it maybe that she has come into contact with some sort of household cleaning product, a particular plant or grass, or it could be a fungal or bacterial infection, or a simple food allergy, particularly as she has always been fed commercial dog food and there has always been an underlying pad sensitivity.

All these conditions would respond beneficially to the application of Marigold directly to the injured pad as well as being taken internally.

As Marigold is also effective in helping animals to deal with emotional trauma, boosting their self-confidence and raising their self-esteem and will assist with the treatment of any skin condition in both cats and dogs and restore the life to dull eyes and the shine to poor coats it would be an excellent choice for Willow as she needs help in all of these areas. ([Elizabeth Whiter; Certificate in Natural Food Animal Remedies; 2013; Page 9 of 28](#)).

I explained to S that Mint would benefit Willow for several reasons as it also has numerous healing properties.

These include **analgesic** (pain killer) **anaesthetic**, (lessens sensation) **antiseptic** (prevents infection), **antiphlogistic** (anti-inflammatory), **astrigent** (shrinks/constricts body tissue), **cholagogue** (promotes blood flow), **nervine** (soothing to nervous system), **stimulant** (improves mental/physical function) and **stomachic** (increases appetite/aids digestion). ([www.en.wikipedia.org](http://www.en.wikipedia.org)).

Mint would therefore help Willow's torn pad to heal and would act as a mental stimulant as it relieves boredom, depression and mental fatigue, is refreshing to the spirit and stimulates clarity of mind and mental agility whilst improving focus and concentration.

It also helps with apathy, traumatic shock and nervous tension all of which would appear to be badly affecting Willow after her recent bereavement. It would also help to restore her

appetite as she was not eating properly.([www.essentialoils.com](http://www.essentialoils.com)).

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I was then about to explain to S how Nettle could help Willow but she told me that she felt both the Marigold and Mint oils combined covered all bases where Willow was concerned and both she and D were in agreement that they would try these with Willow and see if they noticed any improvement over the next few weeks.

I left them enough of both Marigold and Mint macerated oils to tide Willow over until they ordered their own bottles and agreed to keep in touch with them by telephone to monitor Willow's progress.

## **Distant Healing**

Several days later I was meditating I could feel Rocky in the room with me and he wanted me to work with Willow, D and S and the cats Hector, Socks, Oddie, Fizz but particularly Duncan the oldest of the cats, so I decided to send them all distant healing and proceeded to do this. **(see opening the session and attunement process).**

Archangels Michael and Raphael were working with me as was Rocky, St Francis, Jesus and Sam my brother's dog who had also passed over.

As this was a distant healing the healing energy travels in a ripple like manner from my hands and heart centre until it reaches the required destination, in this case S and D's house.

Firstly I envisaged the golden healing Christ energy surround the house and then enter it to fill every room, shining bright healing light into every corner and dispelling the sadness and grief that all the occupants were feeling.

All the animals were unsettled by Rocky's passing, not just Willow and I explained to them what had happened and assured them that Rocky was safe and happy and was continuing to watch over them all in Spirit, just as he had always done and that he was with me as we talked and had asked that I send them healing.

I then pictured individual golden orbs of light surrounding D, then S and Willow, Hector, Socks, Oddie, Fizz and Duncan and continued to channel the healing energy until I felt a lightening of the atmosphere and a lifting of the spirits of all concerned.

I then closed the distant healing session and detached from the situation. **(see closing the session and detachment process).**

I called S and D the next week to check on Willow's progress and found that the pad injury was continuing to heal and she was less inclined to gnaw at it although she still had her moments. She was also more settled and they were getting distinct glimpses of her former self although she hadn't completely regained her old boisterousness.

They were going on holiday for several days and had decided to take Willow with them rather than leave her on the farm where she was born as they normally would because they felt she might regress if they left her alone without Rocky so soon after they had lost him.

They brought Willow round to see me when they got back and she was most definitely a happier dog although she still had a way to go before she was truly her old self.

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She had enjoyed her time away and was totally comfortable around the friends who accompanied them and excited to get out for walks along the beach at least twice and sometimes three time a day.

I have spoken with D in the last few days and they have stopped giving her the oils as they felt she no longer needs them and also because he had to place Willow on a strict diet and exercise regime as she had gained to much weight when her appetite returned.

I was delighted to hear that not only has she regained her previously trim figure but the old Willow is well and truly back with them.

## **Learning Outcomes**

1. Identify and harvest local culinary herbs specific to this course.
2. **How to use fresh and dry herbs for simple remedies**
3. Equipment needed, drying and storage of herbs.
4. How to create a herb garden.
5. **How to use specific culinary Macerated Oils; Nettle, Marigold, Rose-hip, Mint, Catnip, Chickweed, and Seaweed infused oils and cold pressed Linseed Oil.**
6. Create delicious, culinary, herbal pet treats specific to this course.
7. Make simple animal topical preparations such as insect repellent and cooling gel using plants, herbs, clays and honey.
8. **Have a clear understanding of what animal self-selection is and how animals can benefit from an enhanced, nutritional, healthy, balanced diet, containing plant material.**
9. **Able to work and communicate with pet owners, vets and other healthcare professionals.**
10. **How to keep professional standard records of all animal self-selection sessions undertaken.**
11. **Be aware of the importance of personal and animal safety as well as the relevant insurance, the law and vet liaison.**
12. **Be able to observe and understand why animals self-select culinary macerated oils/herbs/clays/honey specific to this course at animal rescue centres and with private clients.**
13. **Be aware of when not to conduct an animal self-selection session.**

14. Be more aware of yourself as an animal healer and consider how and when you will use your training and experience from this course.

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