



CANINE MASSAGE | BIOMECHANICS | REHABILITATION



Course Title

Lunch & Learn: Introduction to Galen Myotherapy and Choice-Led Canine Massage



Course Description

This interactive session introduces professionals to the principles of Galen Canine Myotherapy and the Positive Progressive Affective Cycle of Therapy (PACT®). Developed by Julia Robertson, PACT® is a choice-led therapeutic approach that empowers dogs to participate actively in their own healing process. Through this method, dogs are given autonomy over their bodies, allowing for more effective treatment of chronic muscular dysfunction and pain.

Participants will explore the role of the nervous system in healing, learn how to interpret subtle canine communication signals, and discover how to introduce massage in a way that respects the dog's emotional and physical boundaries. The session includes real-world case studies to illustrate how different dogs communicate and respond to therapy, and discusses the benefits and challenges of implementing choice-led treatments in clinical settings.

*This course supports RVTs in enhancing their therapeutic skills, improving patient outcomes, and deepening their understanding of canine behavior and communication.



Learning Outcomes

By the end of this session, participants will be able to:

1. Describe the principles of Galen Canine Myotherapy and the Positive Progressive Affective Cycle of Therapy (PACT®).
2. Explain the role of the nervous system in healing and its relevance to canine therapy.

3. Recognize subtle canine communication signals that indicate comfort, consent, or resistance.
 4. Demonstrate how to introduce massage in a choice-led manner.
 5. Evaluate the benefits and challenges of choice-led treatments.
 6. Interpret case studies to identify individual communication styles and treatment responses.
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Format & Cost

- **Delivery:** Virtual or in-person (travel fee may apply)
- **Duration:** 1-2 hours (varies by group size)

Lisa Buchanan, CPDT-KA, Galen Canine Myotherapist, Animal Reiki

Lisa Buchanan is a certified Galen Canine Myotherapist and CPDT-KA dog trainer, dedicated to empowering families through dog wellness across the lifespan. As the founder of *Kinder K9 Mind & Motion* in Elmvale, Ontario, Lisa brings a unique blend of science-based training, canine biomechanics, and holistic care to her practice.

Her diverse background includes:

- A Diploma in Galen Canine Myotherapy (UK Level 3 qualification)
- Certification as a CPDT-KA Dog Trainer
- Reiki Level 1 Practitioner
- Masters in Health Studies with a Teaching Focus
- Registered Practical Nurse

Lisa's approach is rooted in pain-informed care, functional movement, and intuitive connection. She specializes in puppy foundations, canine behaviour, and chronic pain management, offering mobile and virtual services across Simcoe County and beyond. Her work is guided by a mission to reduce shelter surrenders due to behavioural challenges by educating families on the complex needs of their canine companions.