

CONSULTING THE CAT THERAPIST

Cats are highly sensitive animals. They can become traumatised when something bad happens to them or their living conditions change drastically. The vets at the specialist retail chain Maxi Zoo explain how one can recognise a trauma and give some tips on therapy.



Charlie the cat was always disposed to playfulness and was cuddled a great deal. During the day she never wandered from the side of her young mistress once she'd returned from prolonged roaming. When Charlie was around nine months old, her mistress had to move. Not only was Charlie suddenly no longer allowed out, she was also spayed. All at once the cat's behaviour changed tremendously: she became withdrawn, hardly let anyone rub her and avoided any kind of contact with people and the other cats alike.

The owner initially put this unusual behaviour down to the spaying. However, after three weeks Charlie developed serious bronchitis. The vet diagnosed that that cat had suffered a trauma due to the move and being sterilised.

WIDE VARIETY OF TREATMENT OPTIONS

Remedies such as homeopathic preparations or Bach flower extracts lend themselves to treatments. Kinesiology, Reiki and Tellington Touch can help the patients and colour or music therapies are also possibilities. Cats react positively in particular to classical music combined with the sound of the sea or the twittering of birds. In colour therapy, a predetermined light colour is offered to the cat to lie under. The therapist administered Charlie with antispasmodic, expectorant and purgative homeopathic complexes against bronchitis. She was additionally treated with Bach flower extracts and Reiki. Success came after six weeks – the animal had developed into a healthy, friendly and lively cat.

Don't wait too long

The medical definition of a trauma is "a serious mental shock which has not been worked through, is suppressed from the consciousness and leads to physical under achievement". It first becomes noticeable either immediately or not until several weeks later.

Therefore it's difficult to find out what triggered it. If a cat suddenly becomes shy, aggressive or unclean and refuses food, then action has to be taken. The range of triggers is considerable. Sterilisation, new family members or a move, stress with another cat or just maltreatment can be the cause. To establish what the cat is lacking requires thorough discussion with an expert, e.g. a vet or an alternative practitioner. By asking questions of the owner, it can be clarified what triggered the trauma as many people only remember everything the cat experienced after detailed discussions.

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