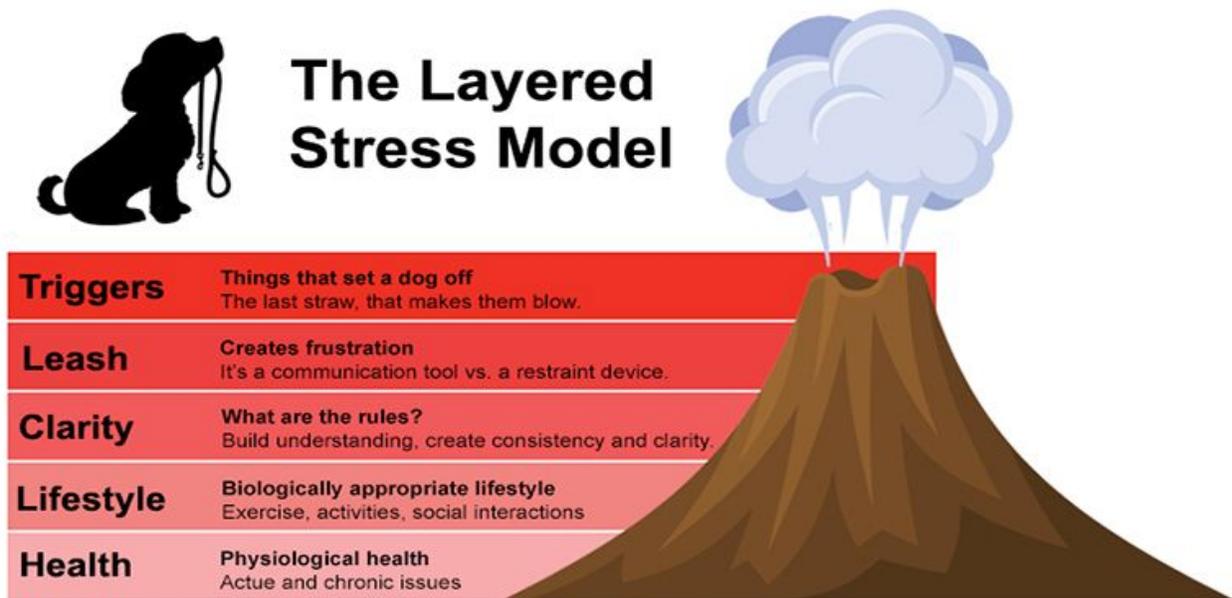




Layered Stress Model

Stress builds over time based off of a variety of factors including your dogs health, and lifestyle. If your dog is undergoing any sudden changes in behavior a trip to the veterinarian is highly recommended to make sure nothing is physically going on with your dog that could be causing them pain. A dog who is in pain is going to be more physically stressed and less able to manage additional stresses in their environment.



Grade School Model

The idea that we need to learn specific points before we can understand larger concepts.

Example: You need to learn your A,B,C's before you can spell, and then read.

We want to keep this in mind with our dogs, if they are being faced with something that excites or distresses them we want to work at an easier grade school level where they are still capable of learning. No one can take information and learn when they are highly stressed. We move training at the pace of our dog and make sure they have **Overwhelming success** at each step before we move onto the next step.

The number one sign your dog is not in their grade school level?

They are not taking food, or are really struggling to calm down!

Melting the Mountain

Fill out your worksheet according to where you would rank your dog for each "trigger".

Remember we are going to focus on level 1-3 issues when we start training before focusing on higher level issues, because those higher level issues are out of the dog's grade school level.

When we focus on the small challenges the bigger challenges become inherently easier!



DRR- Differential Reinforcement for Relaxation

This is a process that **you will be starting prior to our first meeting** and involves rewarding your dog for relaxation. Any time your dog relaxes you will mark “yes” and reward *to them* (meaning toss treats toward them as close as you can!).

Rules

- This is something you will do throughout the day so **always** carry treats on you, it's not forever but it's necessary for your success in training. If you want results keep your treats and your treat pouch on you!
- Remember to not reward the same behavior more than 3 times in a row
- Remember depending on how challenging the situation in you may need a higher or lower rate of reinforcement or rate of treat giving.
- In higher challenges (example: dog or person coming into your house) your dog will have more trouble relaxing so you will reward “easier” behaviors for your dog to do (example- looking away from trigger vs. completely relaxing on side) and you will reward them more often
- In lower challenges (quiet time before bed) your dog will be able to easily relax so you will reward more “difficult” behaviors (fully relaxing on side vs. looking away) and you will reward them less often

Behavioral Down

In this exercise we are teaching a dog a new way of releasing frustration, and excess energy.

This is the second process you will be starting prior to our first meeting. We step on the leash making sure to have correct tension on leash- no tension on leash unless they walk away- you are their tether.

Rules

- Never do this with a dog who is fearful of your current environment**
- Be a tree! Do not look at, talk to, or give treats to your dog through this process and make sure no one else is either while you are doing this.
- keep squirt bottle on you- the only time you will interrupt your dog is if they start biting the leash or jump on you you can squirt them (watch squirt bottle video first)
- Start this in a quiet environment where no one is walking around your dog, there are not a lot of noises, and somewhere your dog already likes to relax. Make sure they have something comfortable to lay down on to start so you can make this process easier
- The first week you will do this 2-3 times daily waiting your dog out for 2 full Target behaviors before releasing!
- Your dog should take at least 1 minute to reach the first cycle of full target behavior, if they reach it sooner than this the environment is not challenging enough so add in more distraction (different time of day, try this prior to exercise, different room)
- Once your dog reaches the first cycle of target behavior count how long they are in this target behavior → let's pretend it takes 60 seconds, now you must wait until your dog reaches the



second cycle of target behavior and count until at least 20 seconds before you can release them from the second cycle

- release your dog by saying their name, petting their head, and unclipping their leash→ if this is not safe to do with your dog you don't need to touch them or unclip their leash, just say their name and walk away and you can unclip the leash when you know you can safely do so. If you cannot please contact me before this exercise.

Free Shaping

Using successive approximation to “shape” free behavior of your dog into your desired behavior. In the video I free shape my dog his crate, I shape him from being out of his crate to going into and relaxing in his crate. In DRR we are using successive approximation to shape our dog's non relaxed behavior into relaxed behavior.

Training Multiple Dogs- see squirt bottle video

Can create boundaries with the squirt bottle when using food to prevent fights, but you need to train each of your dogs alone to create more success. When you say “yes” in front of your dogs make sure to reward *all* of your dogs every time you say yes. After 1-2 weeks of this we can personalize their marker word so each individual dog knows when they are being personally rewarded.