

IACP

INTERNATIONAL ASSOCIATION OF CANINE PROFESSIONALS

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OUR MISSION STATEMENT

The International Association of Canine Professionals is dedicated to the education, development, and support of dog training professionals world-wide. The IACP provides a community where experienced dog trainers mentor, guide and cultivate members to their full potential. Our commitment to the highest quality training increases our members' skills and abilities, develops professional recognition, and improves communication on training best practices. We support our members' rights to properly use and promote effective, humane training tools and methods to create success for each dog and owner, while expanding the understanding and cooperation among canine professionals and dog owners across the full spectrum of the canine industry.

In achieving these aims through education and training, the IACP works actively to reduce cruelty and abuse to canine partners.

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How to Join IACP:

PROFESSIONAL MEMBER — At least five years experience as a canine professional. Can vote on IACP issues and use IACP name and logo on business materials.

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AFFILIATE MEMBER — intended for those who support the goals, positions, and mission of the IACP, but are not canine industry professionals. This membership applies to everyone who loves dogs and wishes to support the IACP's mission to insure the betterment of dogs worldwide. See website for membership restrictions.

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All IACP members receive an electronic copy of The Canine Professional Journal, have access to our email list, seminars, educational materials, business support materials, events and activity calendars, regional group participation, and our Certification Programs. Discounts for sponsor services are available to members.

Applications and renewals can now be paid through MasterCard, Visa, and AMEX.

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The IACP is proud to announce that Member

Anne Pless

has successfully completed her Certified Dog Trainer examination and is now able to add the designation IACP-CDT to her name.

and Member

Kassie Coverdale

has successfully completed her Dog Trainer Foudation Examination and is now able to add the designation IACP-DTFE to her name.

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The Canine Professional Journal editor is looking for submissions relating to all aspects of professional canine care. Articles should be of interest to a diverse membership of canine pros and should range from 800 to 1,500 words. Articles are subject to editing.

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President's Letter

by Melanie Benware

Did you know that the IACP has one of the most comprehensive and difficult certification programs in our industry? The IACP Certification Committee continues to make improvements in the program as well as streamlining the process. From our Dog Trainer Foundation Exam that tests your general knowledge of "all things dog": husbandry, methodology, ethics, and situational problems, to our CDTA and PDTI programs that not only test your extensive knowledge on dog training but also your ability to take that knowledge and pass it along to the client so they can be successful with their dog.

Our Certifications were not only developed to push for a higher standard of certification but to also promote the IACP as THE leading organization for canine professionals. We also know and understand that regulations are coming, and that having certifications available will help us have a seat at the table when these regulations are discussed. In order for all this to be successful, we need our membership to support the certification program and go through the process; there is strength in numbers!

Part of our certification program also requires continued education, something I feel strongly about. We should always be striving to learn more, hone our skills and perfect our craft. And just when we think we have it perfected, we should push ourselves to learn more. From attending the IACP Conference, approved workshops and seminars as well as other approved conferences, there is a wide range of opportunities for you to earn CEU's.

Who is the certification program for? This question comes up

from trainers like me that have been in the industry 15+ years; they do not necessarily need certifications to help their businesses. This belief is missing one of the major points. Certification is not just about helping your business, it is about helping the industry as a whole. By showing that there is value in certifications, more specifically IACP Certifications, when the time comes for regulations, our programs can stand out amongst the others. Our Certifications are for dog trainers that are serious about standards within the canine profession, and they are for dog trainers that want to continue to move this organization forward as the place to be for canine professionals.

I put off getting my certifications because I missed the bigger picture too, at first. I ran a very successful training business; I never had a customer ask about what certifications I held. I didn't think I "needed" them. But when I joined the IACP Board almost 5 years ago, it opened my eyes. By becoming IACP Certified, I help bring legitimacy to the program. By going through the certification program I was standing beside others in this organization to say: "standards matter, education matters, quality matters, having my training judged by my peers matters, holding this industry to a higher benchmark matters." When we

come together in numbers and say that we support the IACP certifications, we are helping to move this organization and the industry forward.

Respectfully,



Melanie Benware, President

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Training According to Temperament

by Phyllis Smuland

A Tale of Two Rottweilers

"Training according to temperament" is an expression I use to explain my dog training approach. In this approach I take into consideration the dog I am training, as well as the personalities of the family members the dog lives with. I change the training based on these factors. To illustrate how I change my training approach for each dog, I will use an example of a family that has two female Rottweilers. They are the same sex, same breed, and have the same human family; yet the dogs have different temperaments, or personalities, that I accommodated for.

This family came to me when they purchased their first dog, a slightly insecure, female Rottweiler puppy, about five years ago. Their children, ages 6 and 8 at the time, were very receptive of direction from the parents and myself, and very eager to help the dog. This family recently purchased another female Rottweiler puppy, which they also hired me to train. This 2nd Rottie is confident, with a higher prey drive than 1st Rottie. My job was to train both dogs to be good family pets and teach the family how to be fair leaders by giving each dog what she needs. Upon consulting with the family and the 1st Rottie in person, I learned that 1st Rottie had a touch of insecurity and minor resource guarding only over new, high value items, not her food or common items. I advised them if they followed my training protocol the dog would be a fine pet for their family. If the dog had displayed more extreme resource guarding or was fearful, I would have

advised them this dog was not a match with young children in the home. In my experience, most dogs with resource guarding are not suitable for families with children or novice dog owners. Many owners do not follow through and kids often don't follow the "rules." Also mild resource guarding is not common, and resource guarding often turns into more severe behavior when the dog matures. 1st Rottie was an exception to this. The kids being receptive and well-behaved were key to this family's success with managing the resource guarding.

1st Rottie was attentive for food, but not fixated or too intense for it. She also had a low prey drive. I used food rewards in a calm manner for 1st Rottie to assist in building a cooperative relationship without too much pressure on the dog. Using food also gave the kids opportunities to interact with the dog in a leadership role without putting any pressure on the dog. This allowed the children to establish a respectful, trusting relationship with an insecure dog without being confrontational. (Children putting too much pressure on a dog

is not a safe practice, and a good way to secure bites.) The children would also play hide and seek with the 1st Rottie: the dog maintained a stay with one child, while the other child hid. The child and dog would search for the hidden child together with mild excitement and praise, and the "found" child had a treat to give the dog. The parents used much less food during obedience with this dog and more praise. The children also walked the 1st Rottie and practiced obedience with her, attended by the parents.



With 2nd Rottie (puppy) I did not use food as a reward except for long distance recalls. Her prey drive was too high to escalate it using food since she was a family pet. Using food, in a prey-driven dog, can entice prey drive through too much fixation, and encourages dogs to use their eyes, when we want a pet dog to use its nose. For the long distance recall I used food as a reward at first. Once 2nd Rottie got the idea of recall, I started hiding a little bit when calling her from a long distance so she had to search for me using her nose. Using her nose, instead of just her eyes, kept her out of escalated prey drive. I did not have the children play hide and seek with 2nd Rottie. For one, the kids were older, and not into that game as much. Two, 2nd Rottie would see the kids as prey and get too excited when she found them, creating an association that the kids represent prey and excitement. This was not a desired association, so the kids worked the dog more in obedience and walking instead of games.

I also advised the owners to not allow the 1st and 2nd Rottie to wrestle or spar. The puppy (2nd Rottie) was more confident and dominant

and 1st Rottie (adult) acquiesced to her naturally. I advised the owners to allow the puppy to be slightly dominant over the adult dog by letting the puppy go out the door first, eat first, etc. This would eliminate any conflict between the two dogs later by allowing the natural pack order of the dogs to happen right away, even though 2nd Rottie was still a puppy. The puppy came to my house for a month and was with my adult dogs that would not give into her, so she learned that not all dogs will be submissive and she should not try to be pushy with other dogs. This also mellowed her dominant behaviors with 1st Rottie. The two dogs have a nice relationship with lots of gentle play, sharing beds, and enjoying each other.

Both Rotties went through a basic obedience program at around five months of age utilizing a prong collar using mostly pressure, not pop and release. Each Rottie also received additional training at nine months with advanced obedience in high distraction locations. For 1st Rottie, I used an electronic collar for recall only so the owner could take her outdoors off-leash. The e-collar was used only after a rock-solid recall on and

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off-leash with distractions was taught without an e-collar. I have not decided if I will use an e-collar on 2nd Rottie yet. It depends. Both dogs are walked on prong collars since I find owners have an easier time using them and it is a natural tool to use. As a puppy, 1st Rottie never got a pop on the prong collar, only pressure and release. A pop would have been too much pressure for 1st Rottie. In a defensive, insecure dog, a pop on a prong collar could make her feel defensive. Now that 1st Rottie is older, she may require a pop every once in a while if she is in a "drivey" mind. 2nd Rottie received one good correction when she wanted to fixate on squirrels with a rubber-tipped prong collar when she was about 5 months old. However, prior to that correction, she understood how to walk on a leash and had weeks of training before I set up that situation to eliminate the prey drive on walks. The owner had to correct her once on a lesson for the same thing when she returned home, and she may require a reminder in the future. I had trust and respect and clear understanding of expectations with a stable dog before I put the dog in a high distraction situation.

Keep in mind that when I don't use food for training, I use a lot of praise. It is extremely rare for me to use compulsive training methods. However, on very few dogs it is beneficial. I make sure the dog enjoys the praise I am giving; that it is not too dominant like looming contact over the top of the dog combined with excitement. Physical affection communicates a leader giving praise, but not assertiveness. Release of pressure is also a reward I use. I also use a small bit of verbal praise with many dogs so the dog doesn't get too excited, but knows she did well.

Not all dogs are the same with the same purpose or same families. Being able to utilize different methods according to the owners' and dogs' temperaments by using the right tool at the right time for the right reason is the art of dog training. It is important in the art and practice of dog training to be flexible and not practice the wrong training with the dog in front of you. If what you are doing is not working, practice using another technique and tailor your training according to temperament.

To hear a podcast on this same subject please visit Canine Counselor Inc on Itunes.

Phyllis Smuland has been training dogs since 1984. She mentored under Bob Maida for two years, and then started her own business training extreme cases, plus the normal obedience trained pet dogs. Her best teacher has been having a large pack of dogs since she was young. She has been living in a bubble of sorts, developing her own theories and training methods for the majority of her life. She utilizes her pack of dogs to assist her. Phyllis is offering workshops to teach others the knowledge she has accumulated during her career. She will be speaking at the IACP conference in 2019.



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The Mind of a Champion

by Erica C. Boling, PhD

5 Strategies for Dealing with Setbacks and Failure

A few years ago, my dog Knoxx and I had a poor performance at a canine sports competition. My first competition dog titled with ease and made it appear so easy. With Knoxx, however, things proved to be much more challenging. My trainer moved to the other side of the country. Training became very sporadic for me, and it definitely showed on the trial field! Our failed attempt to achieve something that I used to think was “so easy” really beat me down both psychologically and emotionally. Not one to feel sorry for myself for very long, however, I soon found myself planning a strategic comeback. To stay motivated and positive, I began conducting research on how human athletes overcome failure. What I learned was incredibly helpful in dealing with my own failure in competition, and it also carries over into many other areas of life!

The Inevitability of Failure

We’ve all been there at one point or another: a failed business idea, loss of clients, a subpar performance in competition, a training routine that has gone awry, or a canine fitness program that we haven’t been able to maintain. We must be honest with ourselves and accept the fact that when we try new things and push boundaries to be all that we (and our dogs) can be, dealing with setbacks and failure is often unavoidable. If we do anything long enough, errors will be made, mistakes will occur, and misunderstandings will happen. We all face failure at some level in our lives, and we can all benefit from learning how to recover from this failure as quickly as possible. One of the biggest things that prevents us from bouncing back is ourselves!

Usually when things don’t go as planned, it’s not uncommon for us to blame others. When it comes

to reaching peak performance in areas such as our canine business, canine sports, and our personal lives, one of the greatest determining factors that can launch us forward or hold us back is our mindset. What frequently separates the champions, the elite athletes, and the success stories from all the others is how quickly they can bounce back from setbacks and failure. The way we think about challenges and setbacks can either help or hinder our ability to overcome adversity. One of the biggest factors involved when it comes to overcoming adversity is our mental mindset. You must be resilient and have a certain level of “mental toughness” if you are going to turn your struggles and failures into success. So the next time you experience a setback with your dog (or your business!), follow these proven tips and strategies that have worked again and again for successful, elite athletes.

Tips for Overcoming Adversity

1. Be kind to yourself! One of the first things many of us do is beat ourselves up over our failures! Mosewich et al. (2014) state one of the most common and ineffective ways that athletes deal with setbacks and failure is to use that failure as evidence that they are inadequate, weak, or no good. Beating yourself up only serves to kill your confidence and motivation while interfering with your performance (Goldberg, 2017). Ok, so you might feel sorry for yourself and wallow in the failure for a bit, but don’t do it for long! Beating yourself up doesn’t get you anywhere, and brain research shows the longer you spend in that negative frame of mind, the harder it is to get out of it!
2. Find positives that can come out of your setbacks. I know, I know, this sounds so cliché, right? If you’re like me, you might get annoyed when others show no sympathy for your troubles

and simply tell you to look on the brighter side. But guess what, it works! Elite athletes see failure as a valuable source of feedback from which to learn (Mosewich et al., 2014). When confronted with a setback, try to find at least 3 positives from it. Trust me. I've done this mental mind game when I've been at my lowest low. I know it can be difficult, but it does help, and we have research to support it. Did you know that research on happiness consistently shows that finding even the smallest things for which to be grateful can make you happier?

3. Have a solution-oriented mentality after a setback instead of blaming others and outside forces. Focus on the things that you can control, look at this information as being valuable data, and then make adjustments as needed (Crust & Clough, 2011; Goldberg, 2017). Taking action is one of the best ways to overcome your fears and insecurities as you gain more confidence to move forward. I know that when I failed in my competition with my dog, as soon as I called my trainer and planned for some extensive training over the winter holidays, I already began to feel better. My mood instantly shifted from victim to fighter, and I was already visualizing success at my next competition. From personal experience, I can't say enough about how having a plan and acting on it can help you bounce back from failure. This solution-oriented, positive mindset will ultimately help you overcome whatever adversity is thrown your way!

4. Use setbacks and failures as motivation to reach that next level. Elite athletes have a fierce desire to overcome adversity and are constantly setting new goals and challenges (Connaughton et al., 2008; Poirier-Leroy, 2016). Not everybody, however, has this innate desire to fight back. Often it's so much easier to stay feeling defeated while playing out all the excuses in your mind as to why you aren't experiencing success. To get out of this negative thinking that is holding you down, remind yourself that taking

action is the only way to move forward. Set a goal and keep it in front of you, reminding yourself why it's so very important to you. Are you not feeling all that excited about your goal? Perhaps your goal needs to change. Our lives, interests and situations change; it's ok for our goals to change too! I have found when my own motivation was lacking and I wasn't taking action, it was frequently due to having less motivation for my end goal. I discovered that revising my vision and setting new goals were wonderful ways to get reenergized. Once that energy and motivation returned, I was ready to move forward and take action.

5. Do not succumb to pressure, worry about, or get caught up in what others think. A resilient athlete only puts energy and focus into things that he or she can control. Who cares what others are doing or thinking. They are not you! You are different; your situation is different. Comparing yourself to others and trying to live up to other people's expectations can put you on the fast track to feeling pretty horrible about yourself. Continually remind yourself of all the ways that you are unique and special. Remind yourself of your special strengths, talents and personality traits that make you one-of-a-kind, and lean into your own unique talents and strengths as you take action moving forward. Are you having trouble identifying these strengths and talents? Not sure what makes you special and unique? Ask your friends and loved ones to help you out. They'll let you know and can help remind you when you need it!



So the next time things don't go your way, instead of feeling sorry for yourself or beating yourself up, follow the five tips listed above to develop the mindset of a champion. I promise it will have a positive impact on your business, your training and your future performance!

Visit <http://tinyurl.com/k9fit> to learn more about canine fitness and to learn how to become a Certified Canine Athlete Specialist (CCAS).

Erica C. Boling, PhD, is an Associate Professor of Education at Rutgers University and the owner and founder of Northeast K9

Conditioning, LLC and Northeast K9 Conditioning Academy. Erica helps sport and working dog handlers create peak performance, canine athletes by teaching them how to integrate canine fitness into their training programs. Erica is a Certified Canine Fitness Trainer (CCFT), Certified Canine Massage Provider, member of the United States Federation of Sleddog Sports (USFSS) and a member of their USA National Team. She is also one of the founding members of North Pocono Search, Rescue and Recovery. Currently, Erica teaches canine fitness to officers at the Atlantic County "John Sonny Burke" K-9 Academy. She also does narcotics detection with her Belgian Malinois and trains and competes in French Ring.

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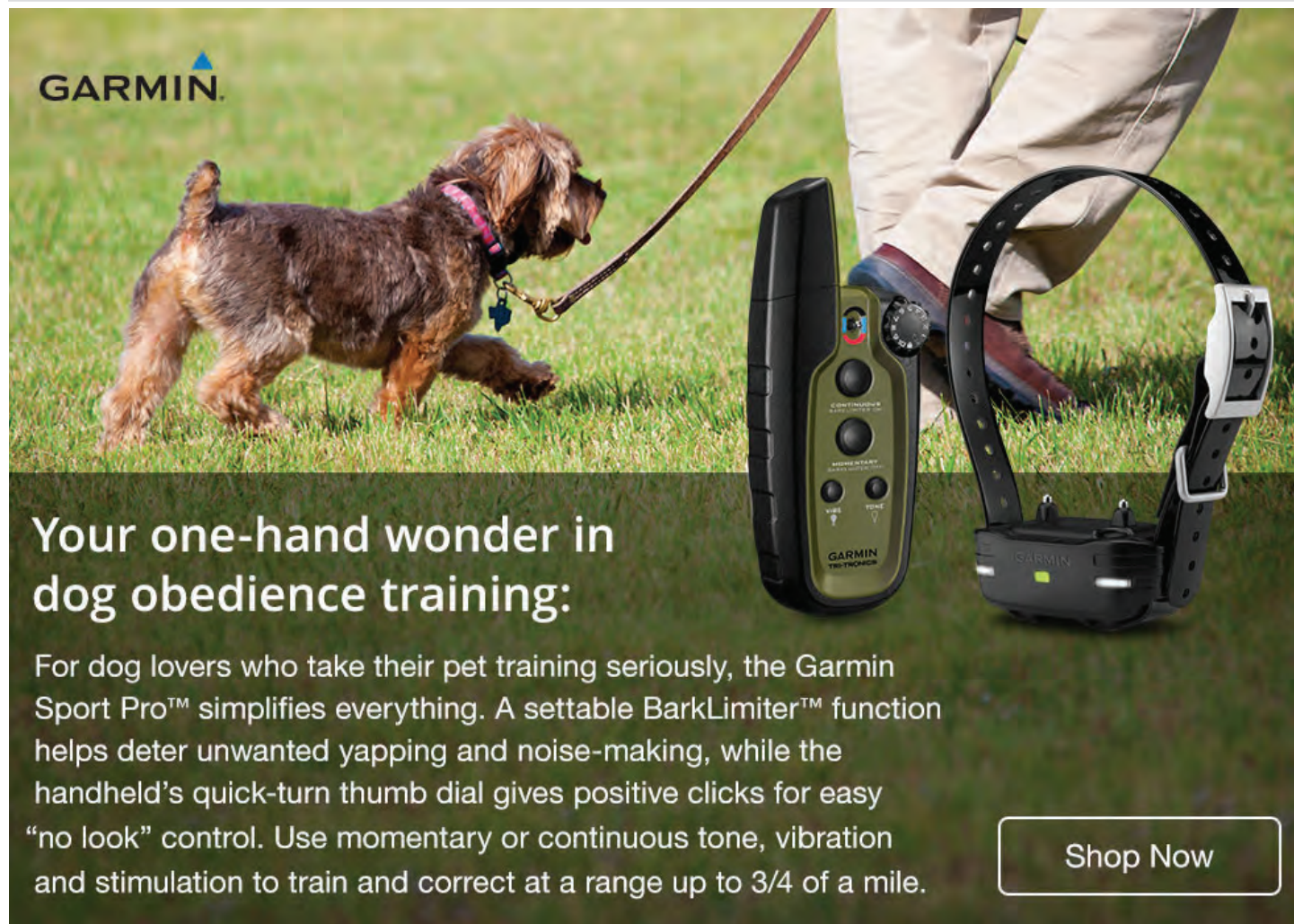
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The advertisement features a photograph of a brown and tan dog on a leash in a grassy field. In the foreground, the Garmin Sport Pro training device is shown, consisting of a handheld remote and a collar. The handheld device has a large thumb dial and several buttons. The collar is black with a silver buckle and a small display. The Garmin logo is visible in the top left corner of the image.

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Service Dogs of Unusual Sizes

By Dr. Veronica Morris, Ph.D. and Bradley W. Morris, M.A., C.Phil.

Psychiatric Service Dog Partners

When people see me out and about with Hestia, my eight-pound Japanese Chin service dog, I often get questions about how such a small dog can be a service dog. People ask me what on earth a dog that small could do for me — couldn't a standard-sized Labrador or golden retriever have better suited my purposes? And shouldn't my service dog be "four on the floor" all the time? Otherwise, we look like fakers, right? I'm going to assume you've heard service dogs can be lifesavers for disabled people like me, and I'm not going to try to convince you that people with mental health disabilities can legitimately use service dogs. That's just the law! Here we're going to delve into small service dogs of unusual size, and why they might (or might not!) be appropriate for other folks with disabilities.

Let's look at some quick reasons someone might favor a small service dog over a bigger one. With small service dogs:

1. They're cheaper to feed.
2. Their gear costs less.
3. There's less worry about the general public (and even the service dog user) being fearful of the dog due to its size.
4. They can generally learn and perform most medical alerts or responses as well as any larger dog.

I've worked with service dogs of quite different sizes. My first service dog was an 18-inch Weimaraner and pit bull mix named Sabrina. My second service dog was a huge 28-inch Standard Poodle named Ollivander (Ollie). So, I've had medium and large versions of a service dog, as well as now the small/toy version. All three have been psychiatric service dogs for my bipolar

disorder, post-traumatic stress disorder (PTSD) and agoraphobia.

Sabrina was a middle-sized dog, and so in a lot of ways wasn't ideal for me. She couldn't provide pressure therapy unless she was sitting in my lap, and she was 45 pounds, which is a little big to sit on my lap at a restaurant or in class! Something I didn't even notice at the time is that I couldn't use her while walking about.

With Ollie, I had a dog as tall as a short Great Dane. I found that being able to pet his head while walking along was incredibly helpful to ground myself while on the go. Ollie loved standing — he could doze off while standing! So when he went underneath tables at restaurants or during class, he would stand and rest his head on my lap. I found this inconspicuous stance and pressure was enough to help me get out of episodes, calm down and stay calm.

This led me to realize I need three things out of my service dog:

1. I need a dog that can alert or respond to my panic attacks and mood swings.
2. I need to be able to touch my dog while walking so I can get that help on the go.
3. I also need a dog that provides pressure therapy.

This left me with a choice — I could either go with a small dog I could sometimes carry and could provide me with pressure therapy and grounding on the go. Or I could go with a large breed I could touch while walking, and would be able to occasionally give me inconspicuous pressure therapy with their head on my lap like Ollie did. I chose small, and I have no intention of going back! Hestia is the perfect size for me in so many ways that I could not have anticipated. Some people argue she is too small for pressure

therapy, but what's important is what works for the individual with the disability, not what others think. Personally, I just need a little bit of a certain kind of sensory stimulus to keep me grounded and engaged with the world, rather than dissociating or entering panic attack territory. Hestia weighs the same as Ollie's head, and that is how he provided most of the pressure therapy I got from him — by placing his head in my lap. She often provides the same amount of pressure as Ollie's head did just by remaining on my lap in position (as I took pains to train). This is why I have her on my lap so often when I'm sitting down. Through positive reinforcement, I've also taught Hestia to "lean." When I'm having a hard time, I can carry her and she will lean all her body weight into my chest, pushing off from my arms. On my hard days, I often "pouch" her in a ring-sling designed for an infant. This way, my arms are free and she can push against the pouch to lean into my chest and provide pressure therapy on the go when unwanted episodes can strike out of nowhere. Pressure on my chest actually works better in a

crisis than lap pressure. This means that when I'm having an unusually rough time, I have a go-to way of surviving a pounding panic attack or stupefying anxiety. I can hold her in my arms, carry her hands-free on the front in a baby pouch, or have her lie on top of me when I'm practically horizontal. This is why you might see me having my dog in a colorful pouch while trying to tick off the grocery list on a Wednesday night, rather than not seeing me in public at all. It's not because I'm silly — it's because I'm surviving.

That's all about me, but what's more, small dogs can give someone independence by doing things like:

1. Retrieving dropped items.
2. Leading you out of a store if you are having an episode and need to exit. (Yes, "guide work!")
3. Alerting to sounds, blood sugar extremes, flashbacks, night terrors and many other medical issues.



The advertisement features a woman with short blonde hair, wearing a brown leather jacket and a dark scarf, walking a medium-sized dog on a leash through a field of tall, golden grass. The dog is brown and black with a red bandana. In the background, there are trees with autumn foliage. The text is overlaid on the right side of the image.

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This is not to say small dogs are perfect for everyone! There are some potential negatives to watch out for. A small dog:

1. Won't be able to provide enough pressure for those who actually need more weight.
2. Cannot (should not!) do weight-bearing mobility work.
3. Is taken much less seriously than other service dogs, just because of their size.
4. Can be cute in a way that makes it hard to get errands done because everyone wants to pet them and marvel at their size.

So, I hope the next time you see a small-breed service dog, especially one being carried in arms or in a pouch, you'll realize there can be a lot of benefits to these smaller guys. Since a small dog being carried is not necessarily a "fake" service dog, exercise your newfound knowledge and empathy and be careful when playing "service dog police."



Small dogs rule! Big dogs drool! (Someone grab the slobber rag.)

Addendum: Small service dogs can be amazing! They can be trained to perform a myriad of work or task items, where work is in response to cues in the environment or a change in one's body/behavior, and tasks, by contrast, are specific, intentional requests/cues.

In addition to what's detailed above, small dogs can be trained to perform an alert or response to an environmental, physiological, or behavioral change (examples are below), as long as the reaction does not require a larger body mass. A small dog can perform an alert or response through a nose-bump, licking, intense staring, or any appropriate behavior that works for the person with the disability.

So far, we've talked as if small dogs can do only a subset of the helpful behaviors a large dog can. But there are so many things they can do, that it's easier to think of what they can't do than what they can. In fact, they can actually be used to help in some ways that large dogs can't!

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For example, if someone's disability is greatly helped by having the weight, warmth, and pressure of a small dog on their chest, this could be very difficult to simulate with a larger dog without overdoing it. Also, a wheelchair user may pass through tight spaces much more easily and quickly with a small dog in their lap or on their footplate, rather than having to orchestrate a series of moves with a large dog just to get through normal gaps.

Service dogs are definitely not "one size fits all"!

We'll end this addendum by getting more specific about work and task items. In addition to those behaviors already detailed, here are just some of the things small dogs can be trained to do:

- alert to specific sounds (sirens, doorbells, name-calling, etc.)
- aid with hallucination discernment through trained reactions/signalling
- non-aggressively check one's own house for intruders (to reduce PTSD-related anxiety)
- alert to someone approaching from behind
- alert to blood sugar extremes
- alert/respond to anxiety-, depression-, or stress-related behavior or physiological change
- alert to impending migraines
- alert to allergens or chemical signatures harmful to the individual
- alert to blood pressure/heart condition-related episodes
- find a specific/known person, as needed for special care during an episode
- find a stranger for help during an episode, such as a seizure (may carry emergency information/instructions)
- use a specialized device to dial 911 (or other pre-programmed number/service)
- break someone from dissociation

(through licking, nose-bumping, pouncing, etc.)

- lead to an exit, specific vehicle, or home (for dementia, dissociation, etc.)
- pick up dropped items (not enormous ones!)
- fetch items (can drag larger objects, like a cane with a wrist loop)
- bring medication when needed (either on a schedule or in response to an episode)

Veronica and Brad Morris help lead Psychiatric Service Dog Partners. In addition to regularly helping their disabled peers with service dog advice, the pair's advocacy has connected them with a US Supreme Court case, a US Department of Transportation committee, trial consultation for the US Department of Justice, and the founding of a service animal coalition.

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Let's Be Clear

by Ralf Weber, MS MIS, IACP CDT, CDTA

Not much enrages the temperaments of dog trainers more than arguing about the true nature of dogs. One would think that by now we would have settled this argument, but clearly, we haven't. And while we probably have as many opinions as we have dog trainers, most viewpoints fall somewhere on the spectrum of two major camps I like to call the pack leader group and the cooperative partner group.

I personally used to be in the former and I am now in the latter. There are many reasons why I changed my views over the last fifteen years and when I look back at the opinions I used to hold, I have to acknowledge that while they made sense to me at the time, they were not as informed as my opinions are today. I don't view this as past failure. I view it as growth. If I wouldn't have changed my views upon gaining a deeper understanding, I would not be true to myself. We should always be open to reevaluate our opinions and modify them in face of new evidence.

I can't take full credit for everything I'm going to share in this article. I don't remember which views I adopted from whom over the years but people who have influenced my thinking significantly are Chad Mackin, Jay Jack, Marc Goldberg, Martin Deeley, Michael Ellis and Ivan Balabanov. There are others but these are my key influences. In the past I answered the question of my influences differently.

Reading, learning and validating new knowledge through working with dogs for over a decade made me realize what was missing for me in the debate about dog's nature, call it "the missing link" if you will.

We can find plenty of dog trainer and dog owner homes subscribing to the pack leader group's thinking, organizing their homes and dogs accordingly; this works for them. We can

equally find plenty of homes where this is handled differently, and dogs are treated more like family members in a cooperative setup; this also works.

If one camp was correct and the other was wrong, one of those groups should live in utter chaos or have dogs that are miserable. However, both approaches seem to equally work if executed correctly. Obviously, we also see both approaches fail miserably, which is why we all have jobs. However, this isn't evidence of one side being correct and the other being wrong. This is simply a realization that humans have a great ability to screw anything up.

So, if both approaches can be successful, it stands to reason that both teams are doing something that makes it work and it may not be what each of those groups thinks it is. What is the common denominator that ultimately determines success or failure in living with dogs correctly or incorrectly?

In my view, it is clarity.

Family dogs do best when they understand how everything in the home functions. How each family member interacts with them. What each family member accepts and doesn't accept in their interactions. How to have the best day in the home, how to have the most fun every day, how to get food, how to get to play, and so on.

Competition dogs do best if they fully understand the picture of the obedience/routine they are asked to perform, and what the path to the highest level of reward looks like. "Understanding the picture" is a term used quite frequently in the dog sport world.

This is no different for people. We do best if we can predict the outcomes of our actions, and if we understand how we can influence our environment through our behavior towards others and in the

world. Dogs are the same. Clarity matters for all beings.

When people refer to being the "pack leader," what are they really saying? Cesar Millan called leadership "protection and direction." And while in human terms leadership is certainly defined differently, if we follow this definition, protection and direction both provide clarity to the dog. By telling a dog what to do, we are reducing choices and communicating what's expected, including adverse consequences for non-compliance. This creates predictability for the dog. And what do rules, boundaries and limitations accomplish? They clearly communicate to the dog what is expected, what is not acceptable and what is futile. The pack leader approach works because it provides clarity through structure.

People in the cooperative dog group teach their dogs how to interact through training. We usually see more rewards in this setup. Good behavior is

rewarded, and bad behavior is ignored or blocked. This provides clarity through teaching. The dog will learn what is expected through training.

It could be teaching traditional obedience commands, or it could be teaching the dog to make good choices at liberty. The latter concept doesn't resonate with everybody yet but the GRC Dog Sport started by Jay Jack will probably change that over the next couple of years.

Obedience training can provide clarity if the obedience is literal. Simply teaching interpreted obedience, like we see too often, won't accomplish the clarity goal. The training of markers provides clarity. Taking the frustration out of the leash and collar through collar and leash conditioning provides clarity. Attention exercises that motivate your dog to maintain social connection and avoid him "checking out" provide clarity.

Clarity is the missing link. Whatever way you live with your dog, if your approach provides clarity,



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things will be okay in the end. Every biological being functions better if the parameters and rules of how to safely maneuver and influence their environment are understood. Whenever a person or dog (or any other animal) does not understand how an environment functions, the results are stress and often reactivity.

Many different approaches can lead to a harmonious dog household, if your dogs have clarity in their environment. However, I don't think that is the only criteria that matters when it comes to training. The longer I train dogs, the more I care about their experience in training and keeping their overall stress level as low as possible in the long run.

As a result, my training has evolved from clarity through structure to clarity through training. Many of my behavioral cases involve both components, but the structural components are now on the low end while the teaching components are on the high end. And in terms of structure, it most of the

time simply means to create a predictable routine in which I remove choices from the dog for a limited time period.

Ralf Weber is a Certified Dog Trainer (IACP CDT, CDTA), a professional member of the International Association of Canine Professionals (IACP), a CGC Evaluator for the American Kennel Club (AKC), trained and certified in a wide variety of dog training and canine-related fields, and author of the canine behavioral book "If Your Dog Could Talk."

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Barking Up the Wrong Tree

by Dr. Ian Dunbar

An applied learning theory is essential for teaching/training all animals, people included, but so much of it doesn't work well in practice.

We are being increasingly advised that dog training should be based on peer-reviewed, published studies. I feel this is a bit silly because there are so few research studies on dog training. Certainly, there are wonderful studies on the behavior of wild canids, on feral or free-roaming domestic dogs, and there are some really interesting studies on cognition in companion dogs but there just isn't much on people training companion dogs.

All too often, when we suggest a solution, sometimes even a solution that has worked with a couple of thousand dogs, we hear the retort, "Is there a study on that?" No, there isn't. And there won't be until dog trainers start doing their own research. It's easy. You already have the dogs in class every week. All you need do is keep performance records. For each exercise, we must have well-established bench marks for Time and Trials to Criterion, so that we fully understand our own capabilities and can offer dog owners a realistic prognosis in terms of time and dollars to resolution.

We are advised to base our methods on the large knowledge base from learning theory — hundreds of thousands of studies. Certainly, learning theory is a well-established science. So many experiments with the same results can't be wrong. But the big question is: How relevant are these findings to companion dog training. And the answer: Not much.

The vast majority of learning theory experiments were conducted by computers and performed on captive rats. Rats are not dogs; additionally, there are two important differences between training captive animals and animals at liberty:

1. Professor Mark Rosenzweig once made a thought-provoking statement that all the physiological and psychological experiments performed on animals raised in cages, (i.e. nearly all studies), constituted "research on animals with stunted brains!" Most likely, the rats were somewhat harder pushed to come up with creative solutions for getting more food or escaping punishment.
2. Indeed, captive animals cannot escape punishment. This is one of the reasons why punishment was so successful in laboratory studies, which then, prompted animal trainers and people-teachers to follow suit. Punishment training was taken as gospel. Yes, punishment can be effective on captive trainees (in cages, cells, offices, classrooms and sadly, homes) but in the real world, the animal can just run away, or walk away even, from training and the trainer, the prisoner can escape, the employee can quit,

the child can play truant, or leave home (or, the animal can convince the trainer to run away).

Even so, when people train animals, or teach other people, punishment is simply just not very effective, and the process is usually extremely time-consuming. The biggest myth in training/education is that punishment is a quick fix. In reality, relying on punishment is not particularly quick, neither is it a fix! This may sound counter-intuitive to some of you.

So ...What are the reliability glitches with punishment?

For punishment to be effective, the animal must be immediately punished each and every time it misbehaves. Computers accomplish this directive admirably in the laboratory, but people are NOT consistent. Miss just one instance of misbehavior, and the animal will learn that it may safely misbehave in similar situations, e.g., when off-leash and at a distance, when the owner is away, or at home but watching TV, taking a shower. A single inconsistency creates a much more difficult problem to resolve.

(It was my decades-ago quest for ways to punish dogs in the owner's absence that led me to the realization that punishing dogs for most misbehaviors was not a smart educational move at all. Instead, the quest should have been: 1. How to set up situations so that dogs can only get it right, and 2. How to REWARD dogs for desirable behavior whether the owner is present or not. Hence, stuffing Kongs with food — a lightbulb epiphany that natively prevented/resolved destructive chewing, excessive barking and separation anxiety and facilitated housetraining.)

The really wonderful thing about reward-training though, aside from being fun is that you can be inconsistent when praising/rewarding and the animal still learns. In fact, even a random reinforcement schedule is better at maintaining rates of responding than say, more laborious, continuous, or fixed-rate schedules of reinforcement.

Rather than universally proselytizing, "You have to be consistent," when are we going to acknowledge that people are inconsistent, and design quick, easy and effective dog training techniques for them? Also, why is punishment training time-consuming?

Reward-training is pure in its simplicity and effectiveness. Teach the animal what you would like it to do and reward. Since there is only one right way, this takes only a finite amount of time. On the other hand, there are an infinite number of ways and situations in which a dog could misbehave — each requiring immediate punishment. Hence, punishment-training takes an infinite amount of time. And to state the obvious, infinite is longer than finite.

Yup! It's extremely challenging difficult to teach/train effectively, using punishment, which raises a much bigger issue: Are punishments punishments?

We assume that a raised voice, grab, shake, alpha-roll-over, leash jerk, horse twitch, cattle prod, elephant hook, or shock are punishments but are they? A punishment is often defined as: "A stimulus that causes the immediately preceding behavior to decrease in frequency, such that it is less likely to occur in the future", i.e., a punishment is not defined by its nature (aversive or non-aversive), instead a punishment is defined by its effect on behavior — the frequency of behavior. Consequently, if a punishment is effective, as training proceeds, the frequency of misbehavior and hence, the frequency of punishment, should progressively decrease to zero. If not, then the aversive stimulus is not a punishment.

Enough about punishment, so what about Reward-Training? Well, Rewards are also defined by their effect on the frequency and nature of behaviors. But when we quantify the reinforcing nature of different Reward-Training methods in terms of Time and Trials to Criterion, (e.g., a verbally cued 1-minute Stand Stay, or a single-command, 3-second, dog park recall), we realize that both the speed and effectiveness (reliability) of training have decreased considerably over the past decade and so, presumably, the power of the reinforcement schedules, or, the power of the rewards themselves, has also decreased. Essentially, many rewards are no longer very reinforcing. Why not? Basically, far too many people use too many food rewards and too little praise and other high-value, mega rewards.

Lure/Reward Training in particular has crashed and burned. People are devaluing food rewards by using far too many and not phasing them out. When compliance drops (usually in adolescence), kibble is replaced by treats, then comes a quest for tastier treats and then we slide down the slippery slope to bribing, or more accurately, trying to bribe the dog for slow, sloppy and occasional responses. Reward-Training needs a makeover.

When done correctly, Lure/Reward Training is the easiest and by far, the quickest and most effective reward-training technique for teaching prompt, reliable, cued-responses. What's gone wrong?

With Continuous Reinforcement, after only a brief, initial blip of wonder, both the rates of responding and the quality of responses decrease. Fixed schedules aren't much better because they are predictable. Variable Schedules maintain rates of responding much better, but they are too difficult for trainers to compute, especially when training a dog and they are not much more effective than plain old Random Reinforcement.

But the real silliness? In terms of the qualitative aspects of behavior, all of these reinforcement schedules (CR, FI, FR, VI, VR and RR) reinforce just as many below-median responses as above-median responses! What about Differential Reinforcement? At the very least, only reward

above-average responses, and maybe offer better rewards for better responses and the very best rewards for the very best responses, so that the dog's behavior continually improves. We need to quantify both the quantitative and qualitative aspects of responses and reward the dog accordingly.

Back in the day, we would hear enthusiastic and exuberant praise, laughter and giggles as people petted their dogs and danced a Jolly Routine to celebrate stellar performances; we saw life-rewards, such as sniffing and playing, and games, such as fetch, tug and tag; and the dog's favorite activities to celebrate beyond-stellar performances. Training was truly a joy to behold.

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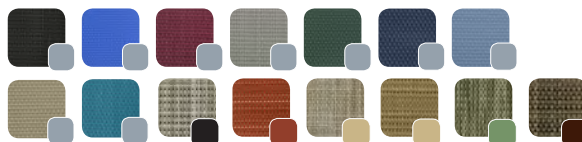
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Training has become clinical, quiet and slow. So very quiet. Laboriously slow. Boring. Unnecessarily complicated. Dog training is in danger of losing its effectiveness, its magic, its voice and its soul.

Binary Feedback was the researchers' mantra for changing behavior, "Reward vs. Punishment," and they pretty much flogged that horse to death. Well, it wasn't what we needed 100 years ago, and it's not what we need right now.

The Reward bit was pretty much OK, except that 1. Training is so much quicker if you give instruction (what to do) to the animal beforehand and 2. Many people have difficulty praising/rewardingly convincingly (appropriately), which of course, is why it's smart to let the dog reward itself for desirable behavior.

In the dog training world though, the Punishment model pushed emotional buttons that cleaved the field of dog training into two groups that stopped listening to and learning from each other.

Now, as I have said, punishment doesn't work too well in the real world, but, even if it did, punishment is so woefully insufficient. Punishment may inhibit undesirable behavior but does very little to get the dog back on track again. When dogs are non-compliant, or otherwise misbehave, it is essential that the trainer's feedback is instructive and communicates three pieces of information: 1. The current behavior is undesirable, 2. Which specific behavior is desired, and 3. The level of danger of non-compliance, or misbehavior. This may only be accomplished via verbal feedback.

Rather than Reward vs. Punishment, I much prefer:

1. Teach What to do on verbal cue and effectively Reward
And in the case of non-compliance,
2. Short-term — Repetitively Reinstruct (calmly insist until the dog complies and then repeat the entire exercise over until the dog complies following a single verbal cue).
2. Long-term — Go back and Retrain — EFFECTIVELY. Reward the cued behavior, i.e., mega-motivate the dog to Want to comply.

Or, in the case of misbehavior,

1. Short-term — Issue a single instruction that terminates the undesirable behavior and immediately gets the dog back on track (e.g., "Sit!", "Down!", "Shush!", "Kong!", "Bed!", etc.) and then praise.
2. Long-term — if the above works, continue what you're doing, if not, go back and retrain the dog to want to sit, shush, get a Kong, and/or go to its bed.

Laboratory learning studies were so remote from addressing the more important issues in companion dog training, i.e., what people need.

1. How can I teach my dog to thoroughly enjoy the company of all people, especially children, and to never harm a person, or other animal, even when provoked or hurt.

2. How can I easily and quickly teach my dog to live in my house (and garden) without annoying me, i.e., preventing predictable behavior problems.

3. How can I teach my dog to respond to verbal cues promptly and happily, when off-leash, at a distance and distracted, on walks, in parks and at home?

Dog trainers (and owners) so desperately need an Applied Learning Theory: How to increase/decrease the frequency and reliability of behaviors and how to progressively improve qualitative aspects of responses — speed, length, precision, panache and pizzazz.

We should ditch the entire vocabulary of conventional learning theory.

Take "the quadrant" for example. I only promoted the quadrant because it seemed an easy way for people to understand and remember the terminology. (Actually, if you want a good laugh, read Skinner's paper stating that scientific terminology should be clear and unambiguous and easily understood by the layman.) Technical terms and acronyms only make it more difficult to teach owners (and other trainers) how to train. Tell 'em what to do, lure them to it, reward.

B. We need applied research on dog training conducted by dog trainers. We need quantified bench marks, for example, the expected time required to teach a 3-minute down-stay, a 90% reliable, single-cue, park recall, or to walk a prescribed course without tightening the leash once.

We need to score quantified data of Best Responses (personal bests — quickest recalls, longest stays, etc.), or Average Responses, (e.g., 1-minute Sit-Stay, 3-minute Down Stay, S-D-S-St-D-St Position Changes with Luring, Handsignals only, or Verbal only) in order to calculate Response Reliability %s, Response:Reward Ratios, Response:Punishment Ratios and especially, Time and Trials to Criterion. Speed is an essential ingredient of companion dog training and there's no reason why we shouldn't speed up competition and working dog training.

For initial experiments, each dog can be used as its own control and so Matched Control Groups will not be necessary. Neither will statistics. Training is about behavior change and so, most research on dog training passes the Interocular Traumatic Test, i.e., the effect is so obvious it hits you between the eyes.

All training needs to be on video — real time, i.e., with no cuts. Once these bench-mark studies are published, some trainers will look at the results and watch the video and say, "Wow! That's incredible! I'm going to try it that way!", or, "Nah! I could do better than that. I'm going to do my own study."

Then, and only then, will we know which trainers to listen to and learn from, and which trainers to smile at, praise and encourage, (they did a study), yet otherwise, politely ignore most of what they did.

iACP

Critical Thinking

by Mailey McLaughlin, M.Ed., CDTA/PDTI, Editor

***"On this bald hill the new year hones its edge.
Faceless and pale as china
the round sky goes on minding its business.
Your absence is inconspicuous, nobody can
tell what I lack."***

~Sylvia Plath

If you have shared your life with animals for any length of time, you have known loss. It's quite likely that your first experience of death was indeed the death of a beloved pet from your childhood—an event you recall with incredible clarity, even now, and, being human, you also remember the heart-rending grief you felt afterward. If you are like me, you still grieve at least one of your long-lost dogs—very possibly as acutely as if it just happened. The loss of a pet can be more traumatic than the grief we feel after the death of family or friends, partially because our culture makes intense grief surrounding pet loss just not socially acceptable, and partly because pets are some of our most intimate relationships.

Grief makes people uncomfortable. It's incredibly awkward to be involved in some basic daily task in public and see someone who is actively grieving: we don't know whether to ignore, try to help, or overtly avoid them. As someone who has broken down in public quite recently, tears streaming down my face as I sobbed uncontrollably and wandered aimlessly down the coffee aisle, suppressing the urge to wail, I have seen the looks of those nearby as I considered that I probably should "get myself together" and "not make a scene." Eff that.

I grew up convinced that grief was a private thing, a linear thing, something to be "gotten over," something intimate (not discussed outside the circle or after the funeral), something slightly shameful, even for females. (Males are indoctrinated from an early age to hide tears and sorrow because they are *disgraceful*; that the only emotions men are allowed to express are anger and pride. This b.s. trope has caused untold suffering; **stop believing it.**)

Everyone feels awkward that you aren't yourself anymore, so they try to buck you up with platitudes. But I don't want to be bucked up! My heart is broken and there is no way out of this black maw except through it. You cannot drown your grief, or drug it away, or pretend it doesn't exist, because it is a living part of you. Stop worrying about

others' potential discomfort, especially strangers'. Feel your grief; reach down inside you and grip it and hold it still for as long as it takes; it writhes and bleats and it burns, even, but you must own it—completely. Stop saying "I'm sorry" when melancholy washes over you randomly and you break down; *never* apologize for having feelings, especially these. Death is a part of life, like it or not, and embracing your pain is the only way to escape the labyrinth.

***"Give sorrow words; the grief that does not speak knits
up the o'erwrought heart and bids it break."***

~Shakespeare

Grief is not linear, it is not "five stages" that everyone needs to follow in a certain order; it is not shameful; it is sloppy and jagged and human; you will absolutely not feel large enough to contain it sometimes. Sorrow and regret and anger run in a malevolent pack, barreling towards you, threatening to bulldoze you into a pile of dust that could blow away on the slightest breeze. Let them! Mourn your loss fiercely. You may indeed disintegrate, but only temporarily.

We do not "move on" from loss. We only move *forward*. You will, too.

Mailey, The Pooch Professor, is Editor of The Canine Professional Journal as well as the electronic Bulletin, and is co-Vice President of the IACP. She has worked professionally with dogs and their people for 35+ years, holds a Masters in Education, is a CDTA and PDTI through IACP, and is Behavior and Training Manager for the Atlanta Humane Society. Read more at www.carpek9.blogspot.com.

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Shadow Program Information

Working with dogs and their owners can be a very rewarding career. Heather Beck is focused on teaching how to work with dogs with behavioral issues. You will watch Heather throughout her daily activities, including consultations with clients and their dogs, working with dogs at K9 Lifeline for Board and Train, and working with their own pack of dogs. You will also spend a lot of hands on time with dogs learning how to work with problem dogs in a safe, but effective manner.



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