

NATURAL DOG TRAINING PROVIDES NEW WAYS TO UNDERSTAND AND MANAGE STRESSES OF CANINE ASSISTANCE WORK

**Veterinary Social Work Summit
The University of Tennessee
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OBJECTIVES

**BY THE END OF THIS PRESENTATION,
PARTICIPANTS WILL BE ABLE TO:**

- ❑ Describe how dogs manifest dis-stress
- ❑ Identify two reasons why stress management is important for Animal-Assisted programs
- ❑ Explain the basic principles of Natural Dog Training
- ❑ Evaluate Natural Dog Training as a distinct training paradigm
- ❑ Utilize eight Natural Dog Training stress management techniques



CONTEXT

OUR STORY: THE STATE OF INDIANA
K-9 ASSISTED CRISIS
RESPONSE TEAM

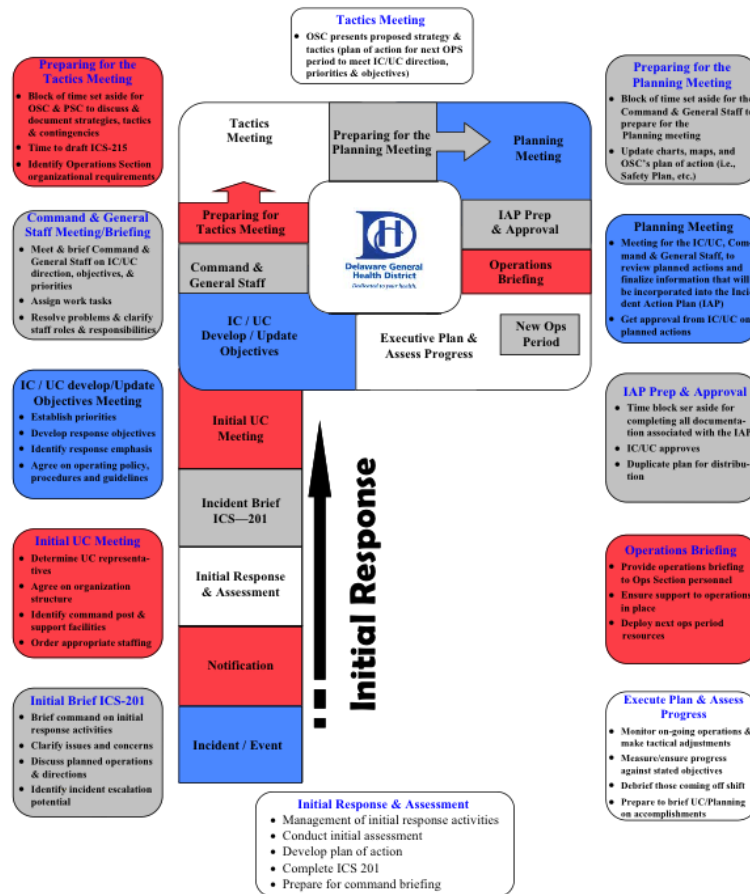


2008> PRESENT



HOW WE PROBLEM SOLVE

Planning “P”



K-9 COMMUNICATION

OBSERVABLE BODY
LANGUAGE

PHYSIOLOGICAL
REACTIONS



SIGNS OF DISTRESS

OUT OF BALANCE

- ✧ Looking away
- ✧ Tongue wide at bottom
- ✧ Tail held down
- ✧ Dilated pupils or Whale eyes
- ✧ Hair loss or dander
- ✧ Ears held rigid or back
- ✧ Lowered body
- ✧ Wrinkled brow
- ✧ Drawn lips or yawns

UNGROUNDING

- ✧ Stiff legs
 - ✧ Panting
 - ✧ Drooling
 - ✧ Sniffing
 - ✧ Scratching
 - ✧ Hyperactive
 - ✧ Not eating, drinking or upset stomach
 - ✧ Tongue flicks
-



THE BODY HOLDS DISTRESS

THE BODY DOES NOT FORGET

Beerda, B., Matthijs, B.H. Schilder, J., A. R.A.M. Ivan Hoof, Hans W. de Vries (1997) *Manifestations of chronic and acute stress in dogs. Applied animal behavior science. 52, pp. 307-319.*



AWARENESS RAISING

- ❖ **Video “Canine Behavior: Observing and Interpreting Canine Body Postures”**

Filmmakers: Suzanne Hetts, PhD, CAAB, CPDT and Daniel Q. Estep, PhD, CAAB and David Grant, DVM

Produced by [Animal Care Training, Inc.](#)

- ❖ **Stanley Coren Magazine Article entitled “How to Read Your Dog’s Body Language”**

<http://www.moderndogmagazine.com/articles/how-read-your-dogs-body-language/415>.

- ❖ **Books including: Canine Body Language: A Photographic Guide by Brenda Aloff. (2005).**



K-9 COMMUNICATION

OBSERVABLE BODY
LANGUAGE

PHYSIOLOGICAL
REACTIONS



SPARSE DATA SPECIFIC TO K-9 ANIMAL ASSISTED PROGRAMS

- Haubenhofner, D., Mostl, E., Kirchengast, S., (2005), “Cortisol concentration in saliva of humans and their dogs during intensive training courses in animal-assisted therapy” of humans and their dogs during intensive training courses in animal-assisted therapy”, Wiener Tierärztliche Monatsschrift, 92, 3. pg: 66-73.
- Haubenhofner D. K., Kirchengast S. (2006) Physiological arousal for companion dogs working with their owners in animal-assisted activities and animal-assisted therapy. *Journal of Applied Animal Welfare Science*. 9(2):165-72.
- Haubenhofner D. K. Signs of physiological stress in dogs performing AAA/T work. In: Helton W. S., editor. *Canine Ergonomics: The Science of Working Dogs*. Boca Raton, CRC Press/Taylor & Francis; 2009.
- King, C., Walters, J. & Mungre, S. (2011) Effect of a time-out session with working animal-assisted therapy dogs. *Journal of Veterinary Behavior* 6:232-38.
- Hayes, J. “Veterinarian to study other side of therapeutic dog petting sessions” *The Daily Pennsylvanian*. March 19, 2012.
<http://www.thedp.com/r/45c0a20f>
-



STRESS REDUCTION ATTEMPTS

METHOD

- ▶ Exposure to novelties
- ▶ Nutritional supplements
- ▶ More frequent breaks
- ▶ Massage
- ▶ Music & Aromatherapy
- ▶ More positive reinforcers
- ▶ More socialization
- ▶ Calming signals
- ▶ Increased play interaction
- ▶ Outdoor work only

RESULTS

- ▶ Helpful for some dogs
- ▶ Mildly helpful
- ▶ “
- ▶ “
- ▶ “
- ▶ “
- ▶ “
- ▶ “
- ▶ Moderately helpful
- ▶ “



DOES IT MATTER?

DOG WELFARE

**WELFARE OF THOSE
SERVED**



DOG WELFARE: ETHICS

No Use

Exploitation



Serpell, J.A., Coppinger, R., Fine, A.H, Peralta, J.M. (2010). *Welfare considerations in therapy and assistance animals.* In A.H. Fine (Ed.). *Handbook on animal-assisted therapy.* (pp. 480-502. San Diego, CA: Academic Press.

Zamir T. (2006) *The moral basis of animal-assisted therapy.* *Society & Animals.* 14(2):179-99.

ASSUMPTION: Animal Assisted Therapy and Activities benefit humans



DOES IT MATTER?

DOG WELFARE

**WELFARE OF THOSE
SERVED**



PUBLIC UNDERSTANDS MUCH DOG COMMUNICATION

**THE “EMOTIONAL INTERPLAY” BETWEEN
DOGS AND HUMANS MAY BE WHAT MAKES
ANIMAL-ASSISTED THERAPY PROGRAMS SO
POPULAR.**

VanFleet, R. (2011). *The emotional dog. The APDT chronicle of the dog.* January/February, pp. 45-47.



DOGGIE LANGUAGE

starring Boogie the Boston Terrier



ALERT



SUSPICIOUS



ANXIOUS



THREATENED



ANGRY



"PEACE!"
with strong head shake



"STRESS!"
yawn



"STRESS!"
shake head



"PEACE!"
with growl



"RESPECT!"
back & side walk



"NEED SPACE!"
shake side



"STALKING!"



"STRESS!"
scratching



"STRESS RELEASE!"
shake off



"RELAXED!"
soft ears, blinky blink



"RESPECT!"
stare to back



"FRIENDLY & POLITE!"
look at body



"FRIENDLY!"



"PRETTY PLEASE!"
look to body then



"I'M YOUR LOVER!"
body rub alone



"HELLO I LOVE YOU!"
grunting stretch



"I'M FRIENDLY!"
grin back



"READY!"
grin back



"YOU WILL FEED ME!"



"CURIOUS!"
stare at



"HAPPY!"
on feet



"OVERDOES!"
wags



"MOM..."



"I LOVE YOU, DON'T STOP!"



RECOGNITION OF ETHICAL ISSUES

- ❖ Evans, N. & Gray, C. (2012) *The practice and ethics of animal-assisted therapy with children and young people: is it enough that we do not eat our co-workers?* *British Journal of Social Work* 42 (4): 600-617.
 - ❖ McConnell, P. & Fine, A. (2010) *Understanding the other end of the leash: what therapists need to understand about their co-therapists.* In A.H. Fine (Ed.) *Handbook on animal assisted therapy.* (pp. 149-164). San Diego, CA: Academic Press.
 - ❖ Shubert, J. (2012) *Therapy dogs and stress management assistance during disasters.* *The United States Army Medical Journal, Canine Assisted Therapy in Military Medicine.* pp.74-78.
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VERMONT JOURNEY 2011



TO-DO LIST FOR KEVIN BEHAN

► FOR TEAM TECHNICAL SPECIALIST

1. Increase Team awareness of canine body language
2. Teach Team handlers methods to become better energy managers for their K-9 Crisis Responder to maximize canine reliability and minimize distress
3. Improve K-9 Crisis Responders' attraction to those we serve
4. Trouble shoot dog-to-dog issues for the Team
5. Assist handlers gain insight into how their dog mirrors them
6. Provide guidance on puppy raising to enhance future Team K-9 Crisis Responders



KEVIN BEHAN, FOUNDER

Natural Dog Training



NATURALISTIC OBSERVATIONS

Natural Dog Training (NDT) is based upon my observations, study, and what works for my clients' dogs. I began training as a boy with my father, Jack Behan. I now train and rehabilitate dogs and train trainers at Newfane, VT.



NATURAL DOG TRAINING

A NEW PARADIGM

Dominance Methods	Learning Theory Positive Reinforcement & Negative Reinforcement	Natural Dog Training 
Cesar Milan	Ian Dunbar +	Kevin Behan
Monks of New Skete	Victoria Stilwell +	
Jack Behan	Karen Pryor +	
	Shock collars -	
	Ear pinching -	



E-MOTION

MY FUNDAMENTAL HYPOTHESIS IS THAT DOGS AND HUMANS HAVE SIMILAR EMOTIONAL MAKE-UPS. AFFECTIVE NEUROSCIENCE SUPPORTS THIS HYPOTHESIS. JAAK PANKSEPP WRITES:

“Abundant evidence now indicates that raw affects are ‘ancestral memories’—genetically provided tools for living—that arise, at a primary process level, from homologous lower brain functions in all mammals.”

Panksepp, J. (2010). *Affective consciousness in animals: perspectives on dimensional and primary process emotion approaches. Proceedings of the Royal Society of Biological Sciences, vol. 277 no. 1696, pp. 2905-2907*



CONSTRUCTAL LAW

E-MOTION MOVES IN THE BODY AND BETWEEN BODIES PURSUANT TO THE DESIGN OF NATURE LIKE ALL OTHER CURRENTS, FOR EXAMPLE, ELECTRICITY. CONSTRUCTAL LAW IS AN UNIFYING THEORY OF PHYSICS APPLICABLE TO THE ANIMATE AND INANIMATE. ADRIAN BEJAN, THE DEVELOPER OF CONSTRUCTAL LAW WRITES:

“animals are *designs* that emerge to handle the *currents* that flow through them and along with them....Though we can look at flow systems in isolation, they work hand in glove with all that flows around them, evolving to enhance the movement of everything on Earth.” (p. 131). Bejan, A. & Zane, J. P. (2012). *Design in nature*. New York, NY: Doubleday.



BLENDING AFFECTIVE NEUROSCIENCE & CONSTRUCTAL LAW

THE BLEND SUGGESTS THE TRAINING PROTOCOL:

1. Access the “e-motional” affective nature of the dog. The emphasis on the affective does not mean dogs are unable to think to learn. It simply emphasizes what we have in common with them, an affective core, as a strength.

2. Assist dogs flow more efficiently and to evolve in their relationship to humans and the Earth. Resolve blockage to flow, energy that has become stuck. Resistance overcame.



NDT & ANIMAL ASSISTED THERAPY

Pursuant to the Design in Nature (A. Bejan), Animal Assisted Therapy, is a way that dogs have evolved in relationship to human beings and life on Earth.



NDT TECHNIQUES

1. PUSHING
2. GUTTERAL BARK
3. SUPPLING-INTO-DOWN
4. RUB-A-DUB
5. GRASP-AND-CARRY
6. PUSH-OF-WAR
7. GETTING COLLECTED
8. MAKING CONTACT

NDT practice is meant to occur outdoors with a dog who is hungry so as to be attracted to the handler. Food is not used as reward.



PUSHING: THE KEY

- ❖ **If you have time for one exercise, make it “Pushing”.** Try “pushing” with your dog outdoors every day for two weeks and see the results.
 - ❖ **PURPOSE:** Resistance requires the dog to dip inside himself to what I call its “emotional battery” and bring forth reserve energy to get the food. The dog downloads energy, namely internal stress, and pushes it into the handler. The handler is the vehicle for managing stress. The handler is more attractive.
 - ❖ **INSTRUCTIONS:** Handler offers food in one hand, and resists the dog’s advances with their free hand. The dog is allowed to overcome the free hand’s resistance to get the food. As the dog progresses, the handler may move backwards to increase resistance.
-



PUSHING DEMONSTRATION

❖ “Pushing” may be used with dogs of any size or breed.
In this photo, I push with Jovi, a little Papillon.



GUTTERAL BARK

- ❖ **PURPOSE:** Barking is an emotional act and a good deep bark moves deeply held energy, stress. Paradoxically, after the bark, focus and calmness return despite distracting circumstances. Changing the bark on command to deep and robust changes how the dog feels for the better.
 - ❖ **INSTRUCTIONS:** With the dog in front of you, move your cupped hand that may hold food toward your chest. Tap your hand to your chest and encourage any lip movement toward sound. Be patient. This may take several tries before you hear a rousing bark.
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DEMONSTRATION: GUTTERAL BARK

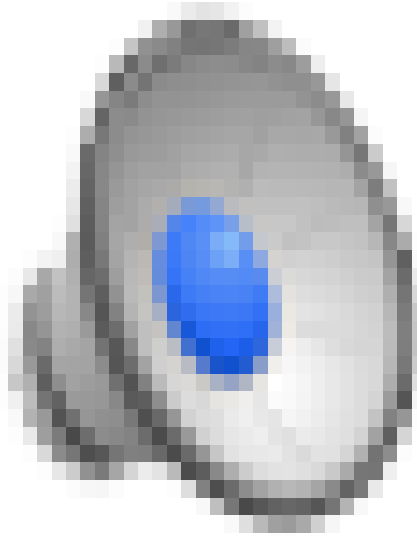


SUPPLE-INTO-DOWN

- ❖ **PURPOSE:** Reduce shoulder tension and promote grounding. A dog surrounds his body with a personal space, as if encapsulated in a bubble. This bubble, or sense of personal space, serves as a semi-permeable membrane, it lets somethings in, it keeps somethings out. Under stress, the bubble inflates and the dog becomes hyper-sensitive to anything approaching. Stress emanates from the dogs shoulder region. The more shoulder tension, the more reactive/fearful/explosive the dog will be when it feels its personal space is violated. The grounded down is less taxing.
 - ❖ **INSTRUCTIONS:** Relax the dogs shoulders by deep massage. The dog will likely roll on his back and let you give a belly rub. In this state a dog becomes receptive to a stranger's touch, or being probed by another dog. His tension grounds into the earth.
-



DEMONSTRATION: SUPPLE-INTO-DOWN



RUB-A-DUB

- ❖ **PURPOSE:** Access the dog's sensual areas, the areas where the mother dog grasps, feeds, and cleans the puppy. The most sensual parts of a dog's body are his neck, spine, and hindquarters. Massage recalls the memory of stressful situations becoming pleasurable, the puppy mind.
 - ❖ **INSTRUCTIONS:** Handlers knead deep into tissue with long, smooth strokes. The movement is from neck, along the dog's spine and culminates in the hind quarters. Enjoy.
-



DEMONSTRATION: RUB-A-DUB



GRASP-AND-CARRY

- ❖ **PURPOSE:** Let the dog show control and ability to evolve with his world by grasping and carrying a bite toy while moving in sync with his handler. A dog processes information as though a pipe runs from head, to heart, and on to gut. When the pipe is open, energy flows through, and the dog feels good. Grasping and carrying suggests that the pipe is flowing fully and freely.
 - ❖ **INSTRUCTIONS:** Start by attaching a tug toy to a long rope. Throw the toy near him and let him bite it. Play with it and let the dog “win” the toy. Slowly, start moving with the dog while he holds onto the toy. This is an advanced exercise after achieving “pushing” and getting a robust bark.
-



DEMONSTRATION: GRASP-AND-CARRY



PUSH-OF-WAR

- ❖ **PURPOSE:** Push-Of-War grounds the dog in its handler, the dog literally pushes energy into the handler, its energy manager. This exercise may profoundly reduce a dog's stress level. In contrast, playing tug-of-war causes a dog to growl and shake; thereby, makes the dog more nervous and even frantic.
 - ❖ **INSTRUCTIONS:** Before attempting this exercise, the dog must be able to grasp and hold onto a tug toy and be firmly attracted to the handler. The handler takes a tug toy and wiggles it, almost an extension of his arm. The handler lets the dog grab and take the toy. Then, encourage the dog to bring the toy back and push it into you. Repeat.
-



DEMONSTRATION: PUSH-OF-WAR



GETTING COLLECTED

- ❖ **PURPOSE:** Move calmly into loose leash walking. Dogs often build up emotional charge when on leash. Allowing the dog to collect itself in its hind end by shifting its center of gravity rearward counteracts the build up of charge. The physically poised position reflects a state of being emotionally poised. In sync leash walking gets associated with calmness.
 - ❖ **INSTRUCTIONS:** Attract the dog to you via movement and perhaps a closed hand with food. Dance backwards with the dog into a deep sit. Wait a moment before gently moving forward a short distance. Repeat with longer distances.
-



DEMONSTRATION: GETTING COLLECTED



MAKING CONTACT

- ❖ **PURPOSE:** Moderate a dog's stress and fear via its balance circuitry. When a dog gets emotionally overloaded, his body becomes sullen, deflated and pressurized. He is "heavy on the leash." This is related to concern about footing and grabbing the ground. The antidote is getting off the ground and jumping up to make contact with his handler. This changes the dog's orientation to a buoyant positive feel.
 - ❖ **INSTRUCTIONS:** Become aware of when your dog's body language indicates emotional overload. Attract the dog to jump on you, his energy manager, or a platform.
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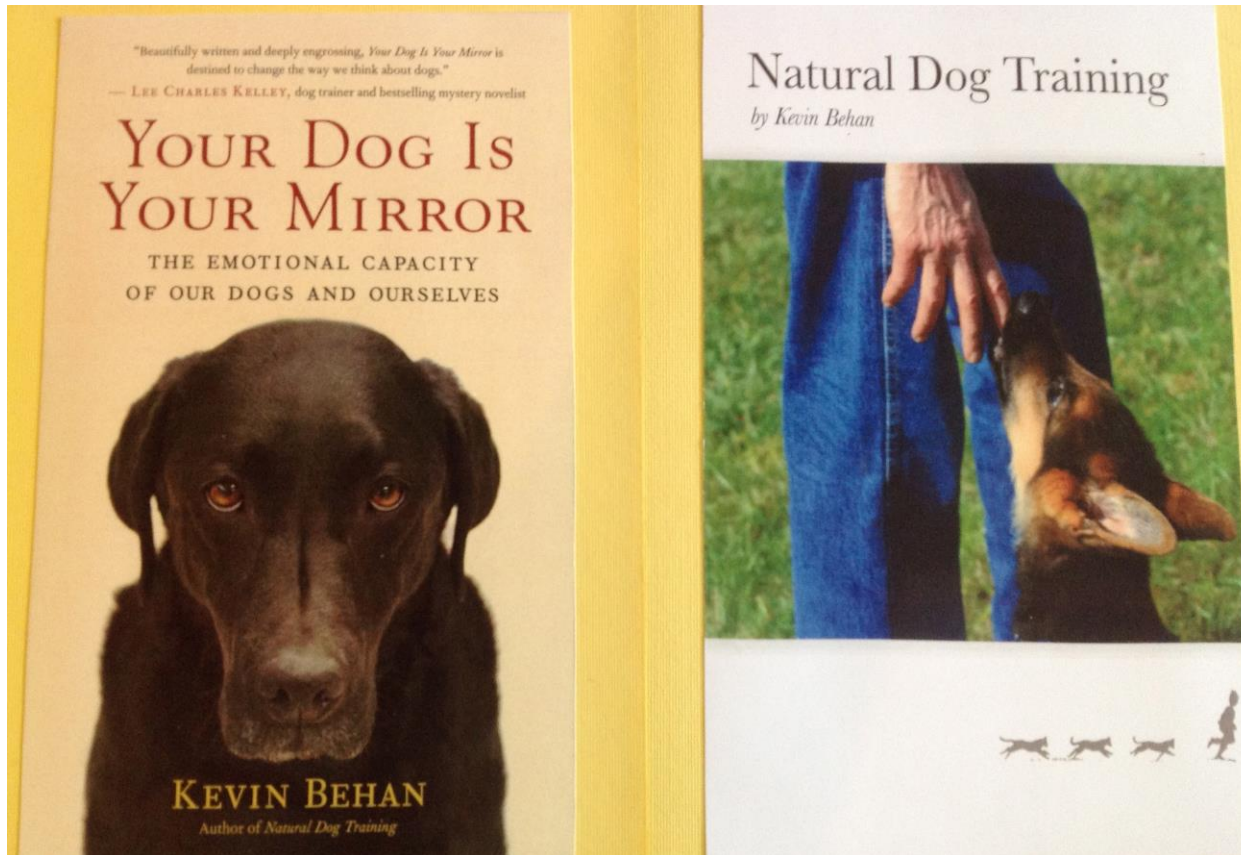


DEMONSTRATION: MAKING CONTACT



FOR MORE INFORMATION

See: Naturaldogtraining.com



OBJECTIVES

**BY THE END OF THIS PRESENTATION,
PARTICIPANTS WILL BE ABLE TO:**

- ❑ Describe how dogs manifest dis-stress
- ❑ Identify two reasons why stress management is important for Animal Assisted Therapy/Activities
- ❑ Explain the basic principles of Natural Dog Training
- ❑ Evaluate Natural Dog Training as a distinct training paradigm
- ❑ Utilize eight Natural Dog Training stress management techniques



THANK YOU FOR
ATTENDING!

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