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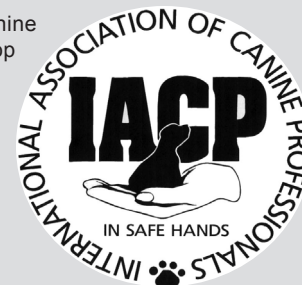
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The International Association of Canine Professionals is an organization established to maintain the highest standards of professional and business practice among canine professionals. Its aim is to provide support and representation for all professional occupations involved with any aspect of canine management, health, training and husbandry.

The International Association of Canine Professionals' commitment is to develop professional recognition, communication, education, understanding and cooperation across the wide diversity of canine expertise and knowledge.

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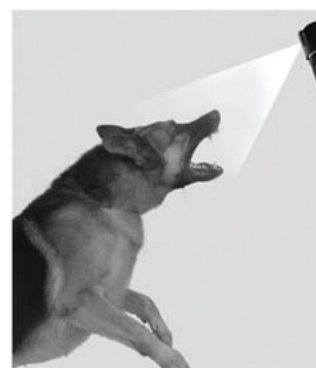
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President's Letter

by Chad Mackin

Welcome to 2011! I hope all of you have a very productive and prosperous year!

My first letter as president must say goodbye to some great people, and say hello to some new faces. This is, I think, as it should be.

Over the years there have been many many members of this organization who have given so much, and each of them has my deepest gratitude. I won't list them here, but I was honored to serve on the board with a few, and I witnessed with my own eyes how much they gave to the organization. I do not hope to ever contribute as much as they did. They were superhuman in their efforts. I am not. They were each amazing in their dedication to the IACP. They worked tirelessly to build this idea into a reality. Every member who enjoys the benefits of IACP owes these people a tremendous debt.

Then there is Martin.

Ever since I have known him, he has lived, breathed, dreamed and sweated IACP. No one has given more to the organization than he. He has been a constant presence, offering to help any member any time with just about anything. When I look back at my early days in IACP, there are many members who made me feel like this was my new home. However, Martin's generosity and sincerity stands above anyone else's. I had no idea, at the time, how much he did every day for IACP (I didn't learn that until I was on the board). I just knew how welcome he made me feel. He is a great friend and a great example.

While Martin is still with us, his role is changing and consequently, so is the board's. He is no longer on the Board of Directors, but he will remain as our Executive Director.

Martin, I don't have the words to express what your work for IACP has meant to dogs and dog professionals everywhere. You are truly a great man and you will always be remembered as

such. I am so glad that you will be with us as Executive Director. I will try to lean upon you gently, but I will be counting on your counsel and help during my term as President.

We are also losing Marc Goldberg as a director and officer. Marc is a dear friend of mine and one of the most generous and sincere persons I have ever met. As President he worked tirelessly to build consensus and smooth the feathers that were occasionally ruffled amongst the board. I learned a lot serving as his Vice President and I hope to be able apply those lessons during my tenure as President. If I can be half as effective at building consensus as Marc, I will have accomplished much.

Marc, thank you so much for all the work you've done for the IACP.

While we have great people leaving, we have new ones coming on board. I don't know them all that well, but what I do know about them tells me that they are going to be valued team members and I am looking forward to working with them.

Welcome guys!

We have a lot of work to do!

One final note: The Presidents I have been honored to serve under have been heroic in my eyes. They were all giants. I am not. When all is said and done, I'm just a dog trainer who loves the IACP and thinks its work is important. However, I will do my best to fill the shoes they have left for me. I will hold to the vision of IACP they have shown me, and I will do all I can to ensure that we move forward with that same vision. We have a great future ahead of us, and I am looking forward to being part of it!

Chad Mackin,
President IACP





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Change It Up For More Success

by Steven Appelbaum

After a number of years in the dog training business, many trainers find themselves asking “what’s next?” It’s not that helping dogs and the people who love them isn’t still rewarding. It’s just that trainers often find themselves requiring something a little different to keep them from becoming lax and/or bored. So what’s a trainer to do?

There are several answers to this question, although a good general answer is to expand your horizons by learning more. This will often keep things interesting for you and it could even help your business.

Let’s look at a few examples of what a trainer can do to learn more.

Learn to teach group classes.

Many trainers start off teaching private lessons and don’t change this for years. While private lessons have some advantages, they also have limitations. For one, it is tougher to work with distractions and socialization. Also, not everyone can afford the cost of private lessons. Expanding to group classes allows you to increase your market by appealing to a completely new group of students. Group classes are also a fantastic place to keep your eye on private lesson graduates. (These are former private students whose dogs can benefit from additional obedience work, especially around distractions.) Group classes also pay better than most private lessons. The math is simple enough; in close to the same amount of time, you can work with more students, each paying the same for the class. Classes aren’t for everyone, but if you have the means to teach them, they can really open up your business.

Learn to teach private lessons.

Other trainers start off teaching group classes and continue doing only this for a long time. These trainers should consider expanding and offering private lessons. Private lessons allow trainers to work with people in a one-on-one capacity. They can be extremely effective for dealing with behavior problems, especially environmentally-specific ones. Additionally, trainers offering private lessons can teach them at times when traditional group classes are a bit tougher to schedule, for example, in the middle of the day or in the morning. To successfully teach and market private lessons requires some different skill sets than group classes. Do you offer a free consultation or do you charge for it? Should you offer your services on a per-lesson basis or should you enroll people in package programs? What types of private training should you offer? Should you primarily train the owner to train their dog or should you train the dog on various cues and teach the owner how to properly handle the dog once trained? All these questions need to be answered, as well as how and where to market these services.

There are numerous ways in which trainers can learn to teach private lessons. One of the most common is to simply start offering them and essentially learn as you go. Still other trainers might have relationships with more experienced instructors and tag along to observe how these are taught. There is also any number of books on the topic. Trainers interested in finding such materials can do an internet search or look at places like Dogwise. There are also educational programs offered by various vocational schools that can help trainers learn some of these skills. (I am the president of one of these schools and

Please
remember,
the best trainers
remain open mind-
ed and learn from
divergent points
of view.

we offer just such a program.) Regardless of how a trainer learns it, many trainers find that offering private lessons is a great way to alleviate boredom while reaching out to greater numbers of clients.

Working with Shelters/rescues.

Most all trainers realize that training saves lives. It has been said that untreated behavioral problems are a leading cause of death in companion animals in the United States. Many animal shelters and rescue groups will confirm this and share the fact that as many as 40% or more of the dogs that wind up re-homed, abandoned and in shelters are there due to untreated behavior problems. Simply put, dogs that are taught some rudimentary behaviors in shelters are often easier to adopt and have lower rates of recidivism. Some shelters have sophisticated training programs as a result and others are aware of the need but not sure how to connect with trainers. This means opportunity for trainers on a variety of levels and working with shelters represents a huge emotional reward for most. Although shelters are often open to working with trainers, it is critical for trainers to understand how shelters operate as well as how to approach them. Trainers are also better off if they understand what behaviors are important to teach to dogs in shelters, how and when to do temperament assessments, how to work with rescue organizations etc. All too often, trainers approach shelters/rescues without this knowledge and just as often find themselves frustrated in trying to build relationships with these groups. One of the best and often most overlooked ways to overcome these challenges is for trainers to speak with various shelter/rescue personnel and ask them what they need from you. Then LISTEN to what they say. Often, trainers are so focused on what they want and need that they fail to heed what the shelters need. If for example, the shelter would like ways in which dogs can learn not to jump all over prospective adoptees, it makes little sense for the trainer to ignore this because they believe that it is more important that the dogs learn not to bark excessively. Listening might seem obvious, but you would be surprised how often people neglect to do so. Trainers should

also consider working with instructors who already have relationships with shelters. This will allow you to learn from someone with greater experience. Reading about shelters and the shelter/rescue business is also a very good idea. Check out vocational colleges for their offerings as well.

Join trainer organizations and attend conferences.

Good trainers never stop learning. One of the best ways to expand your knowledge is by attending trainer conferences. The IACP conference is a great example of this. I have never attended one in which I didn't learn something. Listening to trainers with greater levels of experience can be a priceless way for newer trainers to figure out how to take their knowledge and training business to the next level. The next IACP conference will be in San Diego on April 7th-9th 2011. I will be there and look forward to meeting many of you as well as learning from such diverse and fantastic trainers as Joel Silverman, Mark Hines and of course, the one-and-only Cesar Milan. By the way, I will go out on a limb and also suggest you look at other organization's conferences as well. While you might not agree with everything you hear at an APDT conference, they also have top-notch educators and trainers like Teoti Anderson and Patricia McConnell. Please remember, the best trainers remain open minded and learn from divergent points of view.

Steven Appelbaum is the President of Animal Behavior College and a professional dog trainer with 30 years experience. He is a former BOD member of the IACP and belongs to both IACP & APDT. Steve is an author and lecturer and can be reached at Topdawg@dawgbiz.net

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Photo by Mary Mazzeri



This is Only a Test

by Ruth Crisler, CPDT-KA

I sat for the CPDT exam at Chicago's Midway airport, in the back room of a flight school on the periphery of the tarmac. It was an appropriate venue for an event midway between a milestone and a lark. On the one hand, I was anxious to put my knowledge of dog training to the proverbial test. On the other, the CPDT exam, being merely a 250 question multiple-choice test, seemed unlikely to do so.

Standardized tests don't intimidate me, so I wasn't too worried, despite having passed on the recommended boatload of study material in favor of banking on whatever knowledge I'd managed to naturally accrue over ten years of training dogs professionally. Figuring I'd be okay if I could just keep my Skinnerian quadrants straight, I decided the most critical preparation would be to order an extra-large coffee en route to the testing center.

It turned out the coffee was key, as was remembering my quadrants. And so it came to pass, after three mind-numbing hours answering questions ranging from the identification of parasites to the distinction between operant and classical conditioning, that I became a Certified Pet Dog Trainer. The title has since been modified, somewhat annoyingly, to Certified Professional Dog Trainer-Knowledge Assessed (CPDT-KA). Those last two letters were added in anticipation of an as-yet-undeveloped skills test.

For anyone not obsessed with the history of dog trainer certification programs, the original CPDT exam was created in 2001 by the Association of Pet Dog Trainers, but is currently governed by a separate institution, the Certification Council of Professional Dog Trainers. Its mission statement reads as follows:

The Certification Council for Professional Dog Trainers (CCPDT) serves to establish and maintain recognized standards of competence in dog training by certifying trainers through criteria based on experience, standardized testing, and continuing education, and identifies those individuals to the dog owning public.

I am in favor of establishing and maintaining standards. I would even argue that voluntary certification within an unregulated field plays an important role in promoting sorely-needed standards of knowledge, skill, and professionalism.

That said, the CPDT-KA is pretty far from representing a gold standard of competence in dog training.

Its most obvious deficit, of course, is its failure to test actual skill, of which the ability to answer multiple-choice questions correctly is at best a very poor indicator. I do think there is room for programs that seek merely to verify knowledge in a certain area or of a certain ilk. But such programs need to be honest regarding their mission and scope.

Taking the CPDT exam, I did not feel that the knowledge that distinguishes me as a trainer was put to the test, so much as my familiarity with a specific methodology and the somewhat academic terms used to describe it.

I was also struck by the exam's clear bias in favor of trainers with an academic background in animal behavior (or at least the patience to wade through the recommended study materials). I have a healthy



regard for academic achievement and learning generally, but my familiarity with terms like neoteny (this word appeared in two separate questions on the exam) has frankly never informed my approach to training a dog.

It has been three years now since I sat for the CPDT exam, and by the time you read this, I will have had to decide whether to renew my certification. I've earned the requisite 36 CEUs, through attending seminars and workshops, submitting original questions for inclusion in future CPDT-KA exams, and volunteering on an exam item review panel. In fact, the completed application sits in front of me on my desk.

When I originally became certified, I signed onto the email list exclusive to certificants. For months, I regaled my husband with bemused accounts of the near-religious fervor for "science-based" training that seemed to infect so many of the

posts to that forum. I marveled at the degree of unbridled antagonism toward any tool, technique, or principle deemed merely traditional or results-oriented, as if longevity and effectiveness (at least when revealed empirically) were insurmountable stigma.

I began posting with trepidation. And a funny thing happened. I encountered many smart, skilled, and dedicated trainers who were as anxious as I was to lay down politics in favor of an open and collegial discussion of tools, methods, and dog training. I have come to value that opportunity and those relationships enormously, along with the certification that led me to them.

Late last year, the CCPDT issued a controversial policy statement, to which many of us objected. Shortly afterward, the Certification Council banned all discussion of CCPDT policy on the CPDT list.



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The new Policy on Training and Behavior Practices is intended to "clarify for dog owners and dog care professionals those practices in which a CCPDT certificiant may not engage." It confidently asserts that the practices outlined "can in no way be considered humane or sound by scientific standards," while conveniently citing no actual scientific foundation for such a claim.

Among the outlawed practices are a number of things that I could surely live without doing, like helicoptering a dog and strapping an electronic collar against a dog's genitals. But then we arrive at the following:

- *Applying a collar that delivers an electrical stimulation to a dog (with the exception of a vibration collar that does not have an electronic shock component) without first attempting alternative intervention strategies, including, at a minimum, positive reinforcement of alternative behaviors, changes in antecedent stimuli, and either negative punishment, negative reinforcement, or extinction.*
- *Applying a collar that delivers an electrical stimulation to a dog under the age of one year, with the exception of a vibration collar that does not have an electronic shock component.*

In order to apply for recertification, I would need to affirm my understanding of and intent to comply fully with the above. Instead, I will write a letter to the CCPDT objecting to their policy on the basis that no science exists to demonstrate the claim that either of the above practices is in and of itself inhumane. I will include that letter with my application materials, along with an unsigned copy of their Code of Ethics.

Meanwhile, downstairs in the kennel, there is a lovely 6-month-old bully breed pup named Mila. She is enrolled in a board and train program. Her owner is a charming and intelligent woman, with unwavering commitment to Mila's welfare and training. She walked away from a contract with another trainer in search of someone who would take a gentler approach with her young dog, while also achieving solid results.

Mila began electronic collar work two days ago, following several weeks of foundation work. She will train up nicely. I will take pleasure in making it happen. And I will not miss the letters behind my name terribly much.

A sample question from the CPDT-KA Handbook for Candidates:

5. When an unpleasant stimulus is removed following a response, which of the following is used?

1. Shaping
2. Negative punishment
3. Positive reinforcement
4. Negative reinforcement

Ruth Crisler has been working with dogs and horses in Chicago since 1991 and training dogs professionally in Chicago since 1998. She is the owner of See Spot Run Kennel, which celebrated 10 years in business earlier this year. She believes that the best tools a trainer can possess are experience and an open mind.

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Chatter: Decoding the Babble

by Mary Mazzeri

Every day, billions of words are uttered across the globe, via satellite, wire, face-to-face, and phone conversation. It all streams endlessly. Here in America, the CIA, SS, Homeland Security and FBI work full time to scan communications for key words that might give early warning to enable a timely response to possible impending threats. In a human world, words have much meaning.

So it is no wonder that we talk to our dogs –a lot. It is our effort to communicate with them, to teach them, to convey how we feel about a particular situation, to warn, to reward and even to schmooze. Some dog owners communicate more effectively with their dogs than others. Some dogs are just better at figuring out the language, but I have to say that, in general, we talk too much when it comes to training dogs.

Remember Gary Larson's classic 2-pane cartoon? The first panel was "What we say to dogs: 'OK Ginger, I've had it! You are a bad dog. I told you to stay out of the garbage. Understand Ginger? Stay out of the garbage or else.'" And the second panel: "What they hear: 'Ginger, blah blah, blah, blah, blah, blah, Ginger blah, blah, blah...'" It's a classic because it is so true. Companion dogs hear streams of confusing conversations everyday. Some are directed at them and others between the people that they live with.

The amazing thing is that eventually, a lot of dogs actually figure out this foreign language (or at least the important parts that are relevant to their own well being).

One of our jobs as dog trainers is to provide an easier translation system; to create a "Rosetta Stone" learning environment where relevant sensory input is easier for the dog to decode.

Since body movements comprise a large part of a dog's language, I've found it most helpful to start with the dogs' own idiom. Long line work sets a wonderful basis for creating a healthy 'pack mentality' in the dog and an almost intuitive 'follow the leader' pattern. The fifteen-foot long line transforms the dog's perception

of the handler. Seeing the handler 'leaving' sends a powerful message to the dog. "I am leading and you are the follower." It allows the dog to realize that the only way to know where this important person is going is to watch!

The follower learns the basis for communicating –it learns to pay attention to the leader. This exercise follows the natural order. By reversing course when the dog advances ahead of and loses focus on the handler, the line stops the dog's forward motion and turns its attention and direction back toward the handler. The initial goal is to establish the leader follower relationship--one which causes the dog to enter the all-powerful pack drive.

All the while, there is no translation needed because the human isn't saying anything--yet. Chattering serves no useful purpose at this stage; however, with judicious timing, the handler can start to identify specific responses from the dog which will help it to learn "human speak," and the dog begins to understand what the human wants.

For example, the handler is waiting for an attention response, which may be direct eye contact or just a sideways glance as the dog moves ahead of the handler. At those precise moments, the handler says, "Yes!" and keeps on moving. Just that one precisely timed word is a marker, just like a clicker, except the handler does NOT break the pack drive by offering food (which would induce prey drive). The "Yes" marker is a brief and specific bridge that keeps the dog working and helps it to identify and reinforce the attention responses. The handler must anticipate the 'look' from the dog in order to 'comment' on the desired response with precise timing. There is no need for the dog to try to pick out what elicited the attention from the handler from a stream of blah, blah, blah, because it is one specific sound that occurs when the dog performs one specific action. Obviously, it will take a number of repetitions for the dog to see the common denominator, but it will be much easier for the dog to

We are
teaching the dog
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learn" one word, one
moment at a time.

identify human language in association with behavior responses. Eventually “Yes” becomes the word that helps a dog recognize desired behaviors and any attempts in the right direction as they are learning new things. It is learning one word for one action.

Another example of de-cluttering chatter occurs when puppies are first learning behaviors. We all know how ineffective “come on now Fido Sit, SIT, SIT!” is when yelled at an inattentive or overly excited dog that has no clue of the meaning of the word. With puppies, it is initially effective to lure, get the behavior, cue (name the behavior e.g. ‘Sit’) and reward. As the puppy starts to offer the behaviors more consistently, the cue is spoken with the lure, and ultimately shifts ahead of the lure, which can be eliminated once the puppy understands the cue. It is learning to translate from “Dog” to English (or human language of choice). It is our job to make this language learning process easier on the dog--and on the handler/owner. We are teaching the dog “how to learn how to learn” one word, one moment at a time.

Once a dog starts to learn to decode our body and spoken language, look out because once they’ve learned how to learn, they will start translating on their own. They will be able to pick words out of the chatter

because they start making associations on their own. I submit as evidence Charlie, who knows what ‘ice cream’ means because of the many associations his owners have made for him. During the TV commercial Bertha says to her husband “Henry, you in the mood for some ice cream?” Henry replies, “Sure, sounds good to me.” Charlie barks his agreement. And Bertha gets up and goes to the freezer, grabs a couple of bowls and spoons. Charlie is right there because every once in a while Bertha puts down a small bowl for Charlie too. That’s a bit of associative reasoning. The last time I was visiting, Bertha was spelling i-c-e-c-r-e-a-m, but it didn’t matter. Charlie still barked and followed her to the kitchen. Maybe Charlie can apply for a job with the CIA or the FBI. Sounds like he’s learned to de-code the chatter.

Mary Mazzeri is a Founding Member of the IACP and is the Owner/Director of CareDogTraining.com since 1970.



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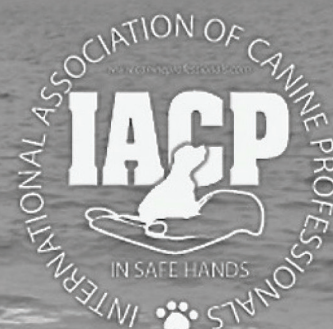
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At Home Games for Deficit (and other) Dogs

by Sarah Wilson, M.A.

Deficit dogs, or dogs who missed out on significant amounts of early socialization, arrive in our homes with a common theme: they universally have a hard time adapting to novelty in a world that is, to them, extremely novel.

Stairs, dishwashers, brooms, hats, different flooring, oven timers, or a dropped shoe can cause them sudden and extreme stress. Some such dogs skitter away, seeking distance and usually shelter while others may freeze, too frightened to move. Once stressed, they frequently do not know how to recover from that stress.

Many of these dogs are badly in need of external socialization but way too overwhelmed, at first, to benefit from it. When Milo the beagle arrived to me from a laboratory, he belly-crawled everywhere off property and was many thresholds past taking food rewards. I had to rethink my process entirely to meet his needs, and one thing I started immediately: **At-Home Games**.

In an effort to get where I want to go with a dog, I always start where the dog is. I started at the place Milo felt most comfortable—home--and used small, controllable and predictable stressors to teach him how to cope better with novelty, recover faster and, most importantly, stay connected to me.

Working him through low-level stressors over and over again got his “coping” muscles good and strong, along with his attachment to and trust in me. Here are a few of the games we played:



“Check it Out”: A Lesson in Approach/Retreat

This game starts from a place where the dog is relaxed. Approach the stressor happily with the dog on leash, just barely move past the threshold of concern (watch your dog!), reward/praise/smile/treat, then back up into the start/safe zone with your dog following you (rather than leading the retreat). Pause and be totally neutral. Then, repeat.

This is done entirely on a loose lead, with the moment of reward determined by reading the dog and trying hard to reward before the dog gets stressed. The goal is not to get close to whatever it is but for the dog to have a relaxed attitude about heading in that direction. Knowing that makes a big difference in how quickly the dog proceeds.

When beginning this, start with items the dog is 100% relaxed with so the game can be learned without any stress at all. You want the dog to hear “Check it out” and think the equivalent of, “This is the easiest way to get treats ever!” Once the dog understands this, then add in items/situations that are mildly stressful. Here are a few such things; mix and match as the specific dog needs:

- Umbrellas - at various angles and in various places.
- Bags
- Gym (Stability, Physio Balls)
- Boxes
- Any household item in an “unusual” place--such as a chair in the center of the kitchen or a snow shovel indoors
- New dog toy
- New dog toy that makes sounds
- Vacuum
- Hair dryer

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Now, quit while you're ahead. This is one of the hardest skills to learn. Leaving your dog wanting more rather than less is a key to building enthusiastic response over time.

Near is Dear: PLEASE Can We Go Closer?

A variation on "Check It Out," "Near is Dear" is for times when your dog is too stressed to approach at all. For this one you need a corner/wall/ barrier.

Starting with the dog on leash and behind some visual barrier, be completely neutral. With the dog on a rather short leash so no wandering is possible, stand there motionless. Do not look at or speak to the dog. Then step into view of whatever the stressor is--a guest, an umbrella open on the floor, a vacuum cleaner. Make sure whatever is there is far enough away that the dog is not panicked. As you step into view, light up! Smile, laugh, treat, whee! Good dog! Then step out of view and go neutral again.

The goal is to create the maximum amount of contrast for the dog. The more contrast you create, the easier it is for the dog to catch on to what you are teaching.

Once the dog is at the "Can we please go around the corner?" stage, raise the bar. Step into view and wait for the dog to look at you--then light up! Or look at the feared object or take a step in that direction--then light up (and go back out of sight). If the feared object makes noise, have a helper at the controls. When the dog looks at you, have the sound stop then you step out of view with the dog. This confidence/attention = removal of stress is a behavior-changing equation.

Something New: Give This a Try

These dogs have limited life experience, so giving them more is the goal here. Agility, tracking, and rally are all wonderful sports once your dog becomes confident enough and relaxed enough to participate. Until then, teaching your dog to handle novelty can be done in the home. A stability ball can be a fun tool. Bracing the ball against a wall with your knees so it cannot move, lure the dog

to put his front feet up on the ball or touch it with his nose. If you click, click it or mark it verbally. Use GREAT treats. Work up to rolling it or being up on it.

It didn't take too long for Milo to actually climb on an exercise ball. Just getting him to that point was a worthy exercise in adapting to novelty. It also built his trust in me.

These games give dogs invaluable practice managing their emotions while they also learn that people can be trusted to get them out of a worrisome situation. They learn that they do not have to disconnect and bolt, but rather can look at you and follow. These indoor skills readily transfer to the "real world," giving you a chance to create future success in the comfort of your own home.

Sarah Wilson, M.A. is a trainer, teacher, author of numerous books, and a student of the human-animal bond. She owns and runs mysmartpuppy.com.

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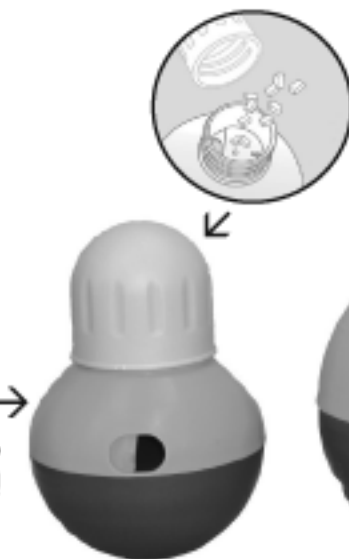
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Rehabilitating the "Arm & Hammer" Dog

by Marc Goldberg, IACP-CDT

Like people, some dogs are more sensitive than others. For example, certain people and dogs feel at ease wherever they find themselves. Such people easily fall asleep on planes or in hotels, and don't give a second thought to the change in surroundings. Other folks (myself included) find it difficult to relax in new locations, so we may bring a familiar artifact with us, such as our favorite pillow, to ease the transition.

In dogs, we meet individuals who are happy-go-lucky regardless of changes both environmental and psychological. Others may react to simple alterations in the home. We trainers frequently see breakdowns in potty training when a new puppy is added to the household, or when a pack member leaves. A grown child moving out for college can leave one dog unaffected, yet deeply disturb another to the point where it may regress to old puppy patterns of behavior including housebreaking accidents and chewing.

Over the years I have noticed that one particular type of dog reacts more profoundly than any other to emotional changes in the home environment. I call this dog the "Arm & Hammer" dog, named after the famous brand of baking soda.

Although this product has many purposes, its most common use is to absorb odors in the refrigerator. Put a box of Arm & Hammer in the fridge and you can be assured it will absorb the smells of onions, garlic, cheese and any other vapor to which is exposed. A month later, the box will be redolent with undesired scents. At that point you throw the box out because you can never rid the baking soda of those smells it has absorbed.

Arm & Hammer dogs are so sensitive and receptive to emotional and psychological damage in their environment and family unit that they absorb the pain. Then, once full, they begin to reflect that pain back with their behavior. Although specific

behaviors can vary, the root cause is always the same--anxiety. Symptoms will include any of these: trembling, constant whining, sudden-onset crate phobia, loss of housebreaking, return to old destructive chewing habits, new leash aggression, glassy-eyed staring, failure to engage in normal exploring and scenting behaviors, and screaming in response to simple problems such as a foot caught in a loop of leash or the approach of another dog.

Sadly, this phenomenon usually goes unrecognized. Families under stress often punish or get rid of dogs whose behavior is breaking down at a point in time when the family is least able to cope. Yet, unlike baking soda full of foreign odors, we can often cleanse the mentality of an Arm & Hammer dog, restoring him to mental health and good behavior.

Let me give you an example to help you recognize these dogs. Then I'll talk about simple procedures to do for them and their families.

Milly was a Maltipoo, spayed, two years old. She always accepted her crate, had good house manners and proper housebreaking. Yet in the past six months she had developed separation anxiety in the crate with a great deal of trembling and drooling behavior. The family felt sorry and began to leave her out of the crate when not home. But out of the crate, Milly began to chew the house apart and eliminate inappropriately.

In a consultation with the family, I observed Milly's behavior. When leash walking, her entire body was tense and her gait was cramped and shortened. At rest, she could not settle, alternately laying down, standing and trembling, slightly glassy in the eyes. I crated Milly and immediately saw harder trembling and drooling manifest. As a test, I tossed high value bits of food into the crate. Milly instantly stopped the anxiety symptoms,

foraged and ate the food. As soon as it was gone, the neurotic behaviors resumed.

In my experience, dogs with a deep-rooted case of crate or separation anxiety cannot eat in the crate because panic will not abate for a moment, not even when the smell of tasty food is present. This made me believe that Milly's case was different. The symptoms were real and rather dramatic. But her brain could override them in the presence of certain scents. This is not typical of anxiety caused specifically by confinement or separation. Dogs with true crate or separation anxiety will ignore treats in the crate. But as soon as the door is opened, they attempt to bring those items out with them.

I began a delicate conversation with the family. This part is tricky because I wanted to ask some very personal questions that at first might not seem related to the dog. In such situations, I explain that to understand the dog's stress better, it might help

me to better understand the family's stresses. So I requested permission to ask personal questions and assured them that I would be non-judgmental. I also mentioned that if this was uncomfortable for the family I would respect their wishes for privacy and stop questioning them. They agreed to permit me to ask about their life.

I asked if there was anything particularly difficult which they were encountering either as individuals or as a family. The answer was yes. The mother was struggling with an advanced case of breast cancer. Both she and her adult daughter were quite frightened as well as somewhat depressed. The father was angry that life had delivered such a blow to his family unit.

I suspected that Milly was an Arm & Hammer dog who had simply absorbed the scary emotional content in the home. I prescribed a regimen for her that included tethering with no talk, touch or eye contact, and an increase in walks and

A black and white photograph of a dog, likely a Weimaraner, interacting with a Kong Wobbler toy. The dog is leaning over the toy, which is a large, dark, spherical object with a hole in the center. Several small, dark, round treats are scattered on the floor around the toy. The dog's head is lowered, and its front paws are visible near the toy. The background is plain white.

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exercise. I proposed that Milly should be fed every meal in the crate and also to have a raw meat bone with her when the family would be gone for hours at a time.

My goal was to distract this dog from her troubles with food experiences in the crate and time with family members that included no affection, just simple togetherness. One of the problems with affection in such situations is that families tend to inadvertently turn the dog into a “crying towel” when they hold or pet them. A happy-go-lucky dog can tolerate this with no ill effect. An Arm & Hammer dog will quickly break down under the pressure. Unemotional together time can go a long way toward undoing the damage, as can an increase in focused exercise.

A couple of weeks after the consultation, this family realized they needed to focus more on the people issues, and less on the dog. They placed Milly with a retired couple who called me for advice. I recommended a week of tethering, and all the other therapies that I mentioned earlier. A week later they came to see me. When I saw Milly walking up the drive way, I barely recognized her. She looked like a new dog. Her gait had opened up to full stride. When we all sat down at a table, Milly easily settled at her owner’s side, with no trembling. Later we crated her with a bone and she happily munched with no drooling or trembling. Milly was better.

In this case, the dog’s original family found that they could not create a periodic emotion-free zone for the dog, a zone in which Milly could wash herself clean of her stresses. However, I have seen many cases where the family could indeed do good therapy for the dog if they could only understand why the problems had cropped up and what they could do about them.

When consulting with dog owners, look for sudden anxiety behaviors accompanied by trauma within the human family. Teach your owners how to give their Arm & Hammer dog more focused exercise. And show them how to spend time with their dog quietly and calmly. Tethering creates an emotion-free zone in which a dog can recoup lost resources.

Decompression is what I call the time during which the dog is healing. This can take 14 to 30 days, depending on the case. Exposing the Arm & Hammer dog to stable dogs can help speed up decompression, but only if the circumstances are very controlled. Trained and calm dogs should be used for this purpose lest they overwhelm the anxious dog. But regular outings with a group who will allow the anxious dog to integrate and socialize in his own time frame are very helpful. When putting an Arm & Hammer dog with stable dogs, do not make the initial sessions play time. Require all the dogs to come along on a Pack Walk and to continue moving. Eventually, the Arm & Hammer dog will want to socialize and you can permit this in small snippets of 10 to 30 seconds each until he shows that he will not panic. Then you can begin to extend the social components of pack work, and reduce the moving Pack Walk portion.

Rehabilitating an Arm & Hammer dog can be very rewarding work. It requires compassion and skill rather than coddling. But the end result is a dog restored to a happy outlook on life. Help your clients understand how to decompress their own dogs. Or do it for them. But also teach them how to create an emotion-free zone for the dog on a regular basis. This way, anxiety will remain in the past.

Marc Goldberg, CDT is a dog trainer in the Chicago area and is past president of the IACP. He does workshops for professional dog trainers, teaching his methods. More information is available at www.ChicagoDogTrainerSchool.com.

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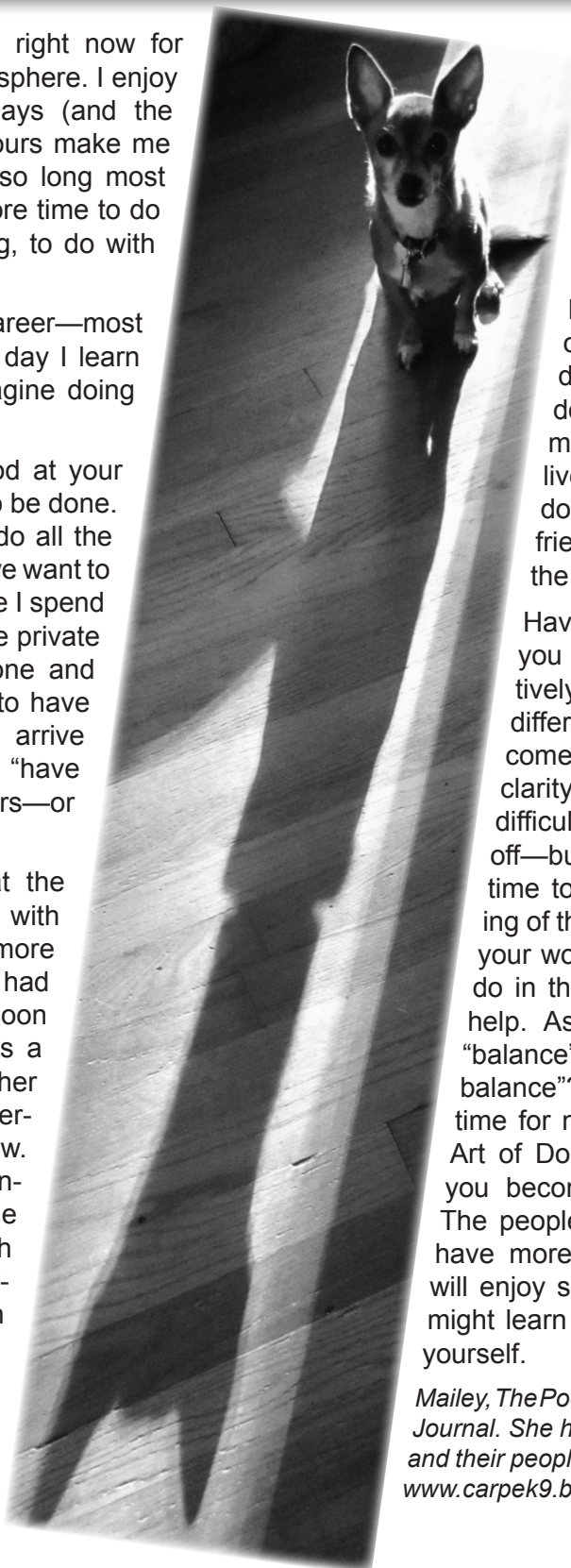
by Mailey McLaughlin, M. Ed., CDT

The days are at their shortest right now for those of us in the Northern hemisphere. I enjoy winter, including the shorter days (and the snappy cold). Fewer daylight hours make me feel as if I don't have to work so long most days. And that means I have more time to do things that have little, or nothing, to do with dog training.

Don't get me wrong: I love my career—most every single aspect of it. Every day I learn something new, and I can't imagine doing anything else.

In this business, if you are good at your job, there is always more work to be done. There is never enough time to do all the training (of dogs or people) that we want to do. After I leave the shelter where I spend the majority of my time, there are private training appointments, plus phone and email consultations. I'm thrilled to have the work, but always glad to arrive home and not have anything I "have to do" looming ahead for hours—or sometimes days—at a stretch.

When I first started working at the shelter years ago, I jumped in with both feet, and spent many more hours there than I technically had to—it didn't feel like work. But soon I realized something, and it was a realization that surprised me: other aspects of my life weren't suffering so much as lacking somehow. My family accepted my time constraints, but spending all my time at work didn't leave time for much else. My own dogs started showing signs of "cobbler's children syndrome." The hobbies I had once enjoyed began to fall by the wayside. It didn't feel like a problem at first, because the work was so satisfying (and still is). But it was a problem.



Shelter work (and professional dog work of all kinds) can be very emotional, and it often leads to burnout. I knew I didn't want that, so I consciously began to force myself to engage in non-dog activities. I revisited previous hobbies, and took up some new ones. I made sure at least two didn't have anything to do with dogs. I went out of my way to meet and befriend people whose lives did not revolve around their dogs. And I know that my family, friends, dogs, clients, and I are all the better for it.

Having a balance in your life helps you perform your work more effectively. It lets you step back and enjoy different activities, and it helps you come back to your work with new clarity, vision, and excitement. It's difficult for many people to take time off—but it's a necessity. Taking the time to appreciate, say, the lengthening of the shadows as winter envelopes your world is as important as what you do in that world with the next dog you help. As IACP members, we discuss "balance" in training, but do you "live in balance"? Trust me: if you create more time for non-dog activities (including the Art of Doing Nothing), you will find that you become a better dog professional. The people in your life will be happier to have more of your time, your own dogs will enjoy some passive bonding, and you might learn some really great things about yourself.

Mailey, The Pooch Professor, is Editor of Safe Hands Journal. She has worked professionally with dogs and their people for nearly 30 years. Read more at www.carpek9.blogspot.com.

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