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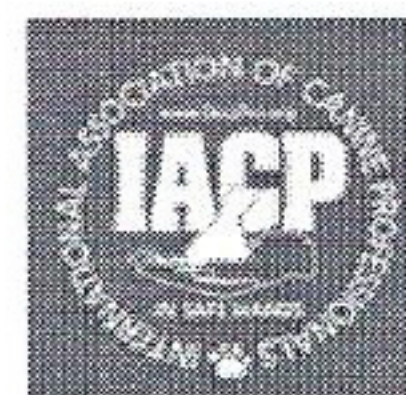
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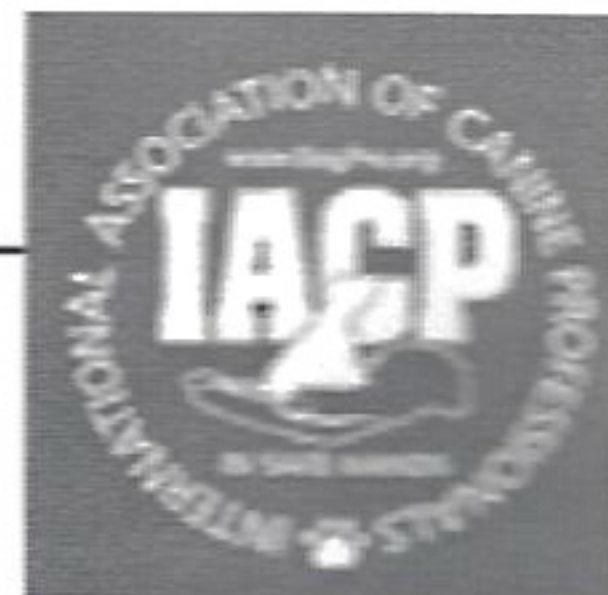
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Safe Hands Journal



Volume 9
Issue 1
Spring 08

SAFEHANDS IS THE OFFICIAL JOURNAL OF THE



Newsletter Staff

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The International Association of Canine Professionals Journal Safehands is intended as an education and communication vehicle for fostering learning, cooperation, exchange of information, and networking across the canine professions. Safehands is published quarterly. The IACP does not assume any legal responsibilities for published articles. The views expressed are those of the authors and do not necessarily reflect the views of the IACP, its officers or editorial staff.

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Advertising and Application Address

Per issue Rate:

Business Cards \$45.00, 1/4 page \$350.00, 1/2 page \$450.00, full page \$750.00. Send black and white camera ready copy together with check made out to IACP to:

IACP Journal
P.O. Box 560156
Monteverde, FL 34756-0156

Deadlines

Please submit well in advance of publication. Submissions will be considered for the next available issue.

IACP Membership/Journal Information

International Association of Canine Professionals
P.O. Box 560156
Monteverde, FL 34756-0156
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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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All IACP members receive our SafeHands 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.

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IN THIS ISSUE

President's Letter	Cyndy Douan.....	4
Thyroid, Vaccines & Diet.....	Anna Ellsworth	5
Working with Veterinarians.....	Tammie Hisatake-Bumgardner, DVM	13
Encourage Natural Retrieving in your Pup....	Martin Deeley	16
How Mastermind Can Change Your Life.....	Robin MacFarlane	20
Book Review: Austin's First Puppy.....	Mary Mazzeri.....	23

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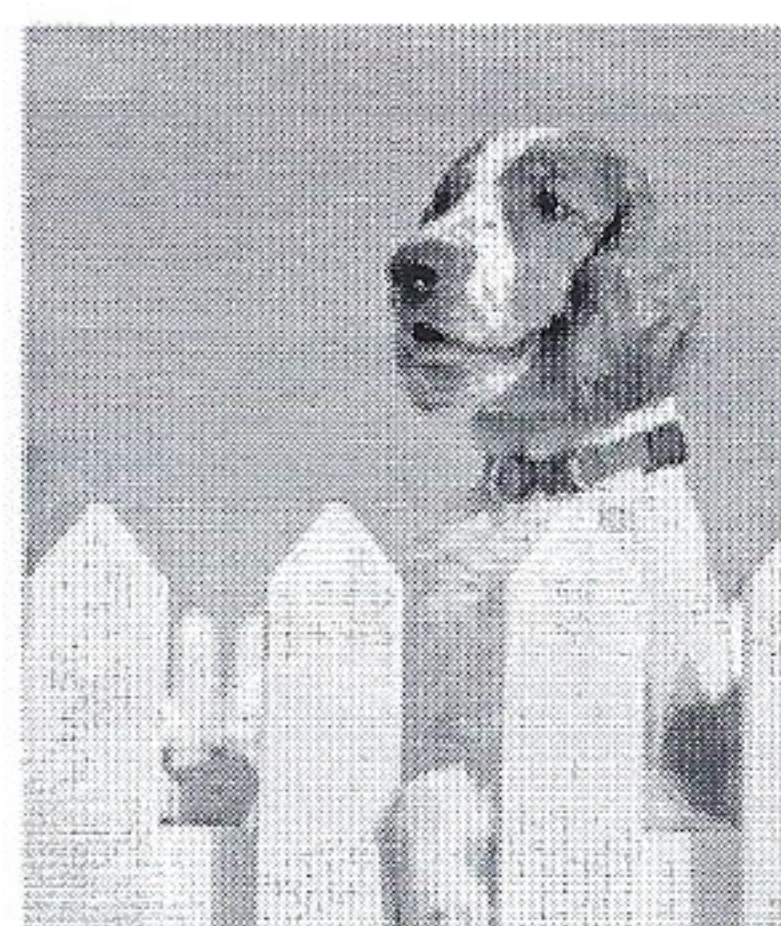
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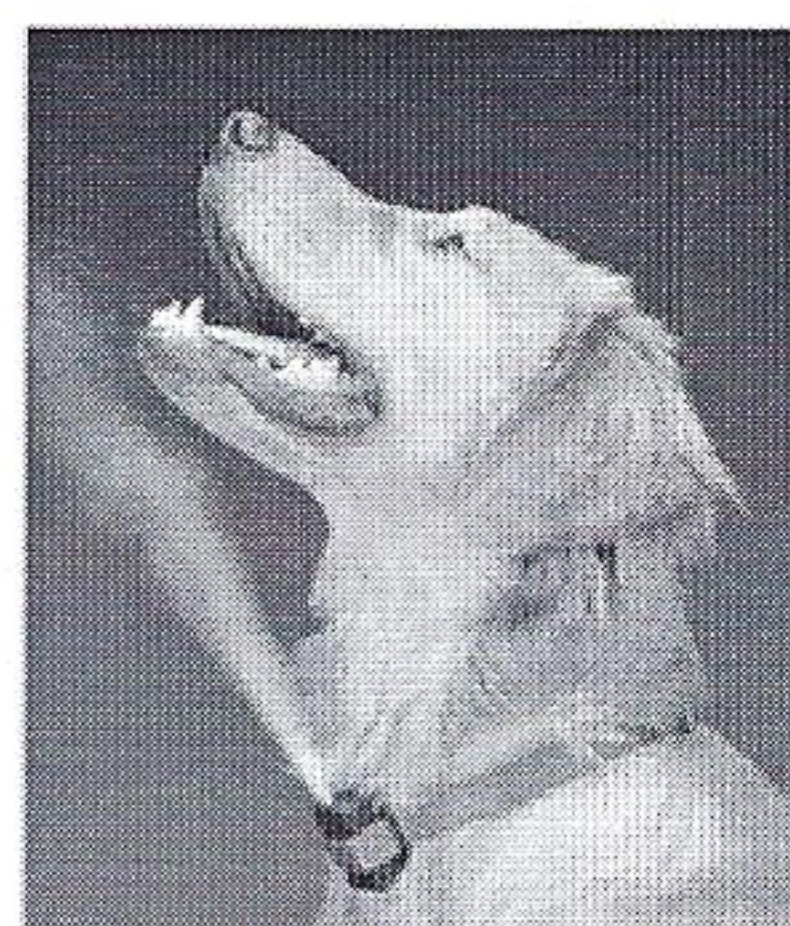
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From the President See you at Conference!

by Cyndy Douan, CDT

On behalf of the Board of Directors, I am extending a heartfelt thank you to the membership of IACP. Your motivation and spirit give us inspiration and the drive to achieve the best for the organization.

We appreciate those of you who volunteer your time by participating with special projects, hosting IACP Regional group meetings, putting together IACP Booths at trade shows, working on IACP Committees, and helping us with the IACP Conference. As IACP grows, we will have more opportunities for our members to volunteer their help and expertise.

This year, the Board anticipates the release of several new programs, new IACP member benefits, and a brand new website

with a brand new look! Finally, as always, we are looking forward to seeing new faces and welcoming back old friends to the IACP Annual Conference in Hutto, Texas on June 5th to 8th.

We hope you are making plans to be there with us.



Conference is a rare opportunity to meet with old friends and make new ones. First timers generally report being "knocked out" by the hospitality and sense of community they come away with.

Cyndy M. Douan

Mark your calendar. The IACP Conference is moving to early summer in 2008. While the time of year has moved, the level of information and professional development will be the same as it's been for the past eight years. You will learn, not only from the speakers and presenters, but from your fellow professionals and colleagues as well. For the most up-to-date information regarding the conference, call 407-469-2008 or visit: www.dogpro.org

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Thyroid, Vaccines & Diet:

From a dog trainer's perspective

by Anna Ellsworth

May Day is my soon to be 7 yr old female Great Dane. She is a valuable asset to my business as a demo dog for prospective obedience clients, a distraction dog for pet containment clients and as a stable member of a pack of my four dogs at home (3 female Great Danes and 1 male Rat Terrorist). She works diligently, has a developed intuition of what I may require from her (as most working partners do), and I treasure her company and sense of humor.

A few months ago May Day started being what I describe as "crabby". I gave her some time off to rest and recuperate from a busy schedule hoping to improve her attitude. It did not seem to make much difference. She began to get moody with the other dogs at home, have a worried look about her, less tolerant of being bumped in play and would have no qualms about telling her housemates through a series stare downs, growling and barking to give her some space. I decided to have her thyroid levels tested, as I discovered she was displaying minor symptoms of Hypothyroidism.

I chose to consult with Dr. W. Jean Dodds, DVM an internationally recognized authority on thyroid issues in dogs. I had my vet take a blood sample and sent the necessary components to her for analysis at Hemopet in Garden Grove, California (www.hemopet.org the first nonprofit blood bank for animals she founded in the mid 1980's). Through Dr. Dodds research on thyroid disease in dogs she

has discovered 50 breeds are genetically predisposed to develop thyroid disease. The top 12 breeds include Golden Retriever, Shetland Sheepdog, American Cocker Spaniel, Boxer, Doberman Pinscher, Labrador Retriever, German Shepherd, Akita, Irish Setter, English Setter, Old English Sheepdog and Collie. Dr Dodds indicates Hypothyroidism can be difficult to accurately diagnose unless a full thyroid panel is done and also taken into consideration that puppies have higher basal thyroid levels than adults, geriatrics have lower basal thyroid levels than adults, large/giant breeds have lower basal thyroid levels and sight hounds have much lower basal thyroid levels.

Dog trainers should be aware of behavioral changes in dogs attributed to thyroid disease. These may include incessant whining, fearfulness, phobias, inattentiveness, nervousness, fear in the presence of strangers, hyperventilating, undue sweating, skin and coat disorders, lethargy, anxiety, submissiveness, passivity, compulsiveness and irritability. Other dogs may show seizure or seizure-like disorders that occur suddenly. These symptoms typically show up before unprovoked aggression to people or other dogs becomes apparent.

In cases of sudden aggression, a collaborative study was conducted (Dr Dodds, Dr Dodman and others at Tufts University School of Veterinary Medicine, North Grafton, MA)

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in dogs with thyroid replacement therapy showed a favorable response within the first week of treatment. A reversal of the improved behavior had occurred if only a single dose was missed. The best response to Thyroid medication is achieved by giving twice daily dose as it has been discovered the half life of T4 in the dog is about 10-12 hours.

(Table from Behavioral Changes Associated with Thyroid Dysfunction in Dogs by W. Jean Dodds, DVM and Linda P. Aronson, DVM)

Tables 1 and 2 summarize results of complete thyroid diagnostic profiling on 634 canine cases of aberrant behavior, compiled by the authors in collaboration with Drs. Nicholas Dodman, and Jean DeNapoli of Tufts University School of Veterinary Medicine, North Grafton, MA.

Table 1. Canine Aberrant Behavior *

Total Cases: 635. Purebreds: 568. Mixed Breeds: 66. Thyroid Dysfunction: 401. Euthyroid: 233.

** Mean Age, 3.7 years (Range 0.5-12 years). Median Age, 2.5 years.*

Table 2. Most Commonly Represented Breeds with Thyroid Dysfunction and Aberrant Behavior* (TD=thyroid dysfunction, AG=aggression, S=Seizures, F=Fearful, H=Hyperactive)

	TD	AG	S	F	H
Golden Retriever	50/73	12/16	22/30	4/6	1/6
German Shepherd	34/53	10/22	14/16	3/7	2/2
Akita	27/38	24/33	0/1	0	0/2
Labrador Retriever	8/30	6/11	12/16	2/15	0/3
Shetland Sheepdog	14/25	3/6	2/3	2/4	3/3
Collie	8/9	0	7/7	0	0
English Setter	4/6	1/1	0	1/3	1/2
Other Purebreds	217/334	89/135	72/93	10/15	5/16
Mixed Breeds	39/66	11/27	16/23	4/5	1/8
Totals	401/634	156/251	145/189	25/55	13/42
	63%	62%	77%	47%	31%

** Some dogs had more than 1 abnormal behavior. Numerator = Thyroid Dysfunction. Denominator = Aberrant behavior*

*Ninety percent (568 dogs) were purebreds and 10% were mixed breeds.

*There was no sex predilection found in this case cohort, whether or not the animals were intact or neutered.

*63% had thyroid dysfunction as judged by finding 3 or more abnormal results on the comprehensive thyroid profile

*The major categories of aberrant behavior were: aggression (40% of cases), seizures (30%), fearfulness (9%), and hyperactivity (7%); some dogs exhibited more than 1 of these behaviors.

*Thyroid dysfunction was found in 62% of the aggressive dogs, 77% of seizing dogs, 47% of fearful dogs, and 31% of hyperactive dogs.

*Outcomes of treatment intervention with standard twice daily doses of thyroid replacement were evaluated in 95 cases. Of these, 58 dogs had greater than 50% improvement in their behavior as judged by a predefined 6-point subjective scale (34 were improved >75%), and another 23 dogs had >25 but <50% improvement. Only 10 dogs experienced no appreciable change, and 2 dogs had a worsening of their behavior. When compared to 20 cases of dominance aggression treated with conventional behavioral or other habit modification over the same time period, only 11 dogs improved >25% and of the remaining 9 cases, 3 failed to improve and 3 were euthanized or placed in another home. These initial results are so promising that complete thyroid diagnostic profiling and treatment with thyroid supplement, where indicated, is warranted for all cases presenting with aberrant behavior.

As this study suggests, Thyroid imbalances may be more prevalent than anyone could have guessed. It may be as the authors of the study suggest that Thyroid testing be done when your dogs' behavior begins to vary from the norm.

My dog May Day is Hypothyroid and is responding well to thyroid treatment. She is back to her reliable self. It is also interesting to note that May Day had a ruptured cruciate ligament repaired successfully at age 5 and that is also one of the clinical signs of Hypothyroidism in the "Neuromuscular Problems" category.

Dr. W. Jean Dodds has indicated thyroid problems may also be linked to over vaccination. Over vaccination has also been linked to behavior changes. Let's look at the side effects listed for the Rabies Vaccine. Possible adverse side effects listed by the manufacturers include, but are not limited to: aggression, destructive behaviors, separation anxiety and odd obsessive behaviors (like tail chasing and paw licking), Autoimmune diseases, including organ disease, allergies and skin problems, chronic digestive problems, fibrocarcinomas at the injection site (particularly in cats), muscle weakness, seizures, epilepsy and death. When seeing these behavior changes in a client dog it is interesting to note that a surprising number are within 3 months of the initial vaccine or revaccination.

How common is rabies in the US? According to the Journal of the Royal Society of Medicine, there were 4 human cases in 1997, 1 case in 1998, none in 1999, and 5 in 2000, one was "a patient who had come from Ghana after being bitten by a dog; all the others were thought to be associated with bats."



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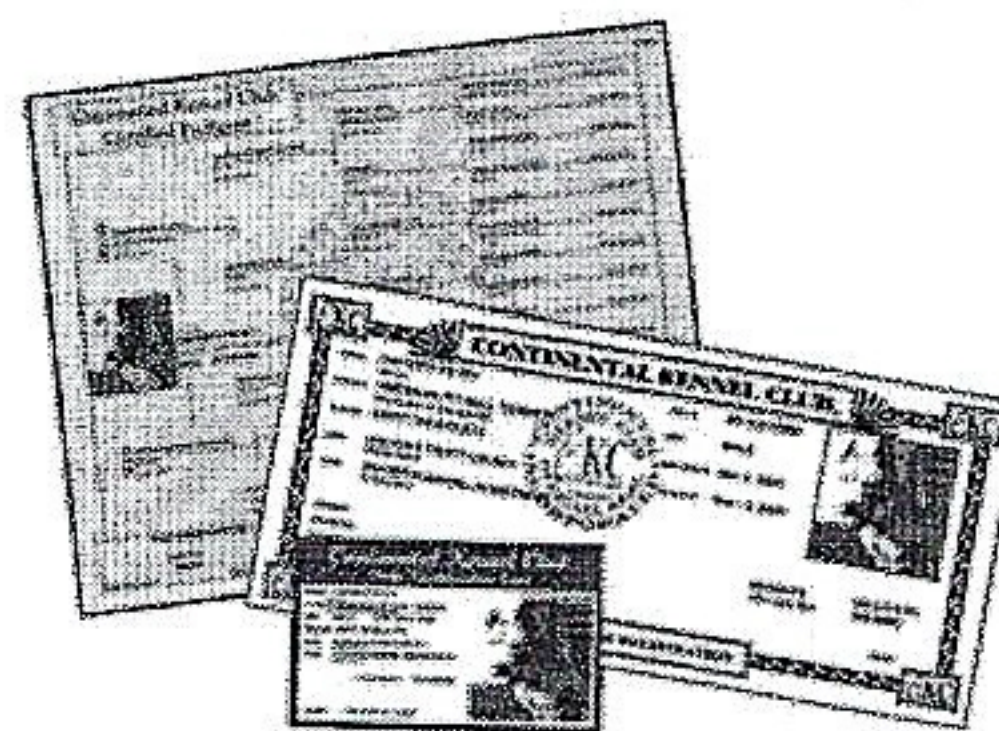
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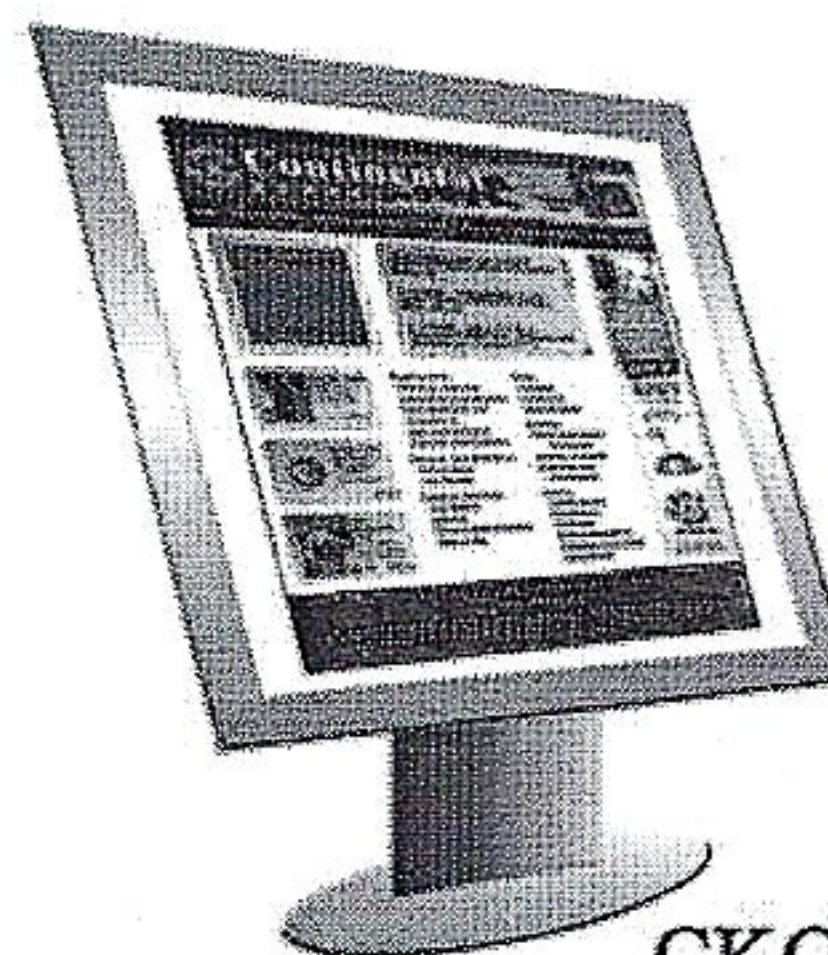
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Rabies vaccination is required by law in the US. Some states allow vaccination every 3 years, others require yearly vaccination. The only difference in the vaccine is how long the manufacturer has tested the protection. Blood antibody testing has provided evidence that the rabies vaccine protects for 5 to 7 years or longer.

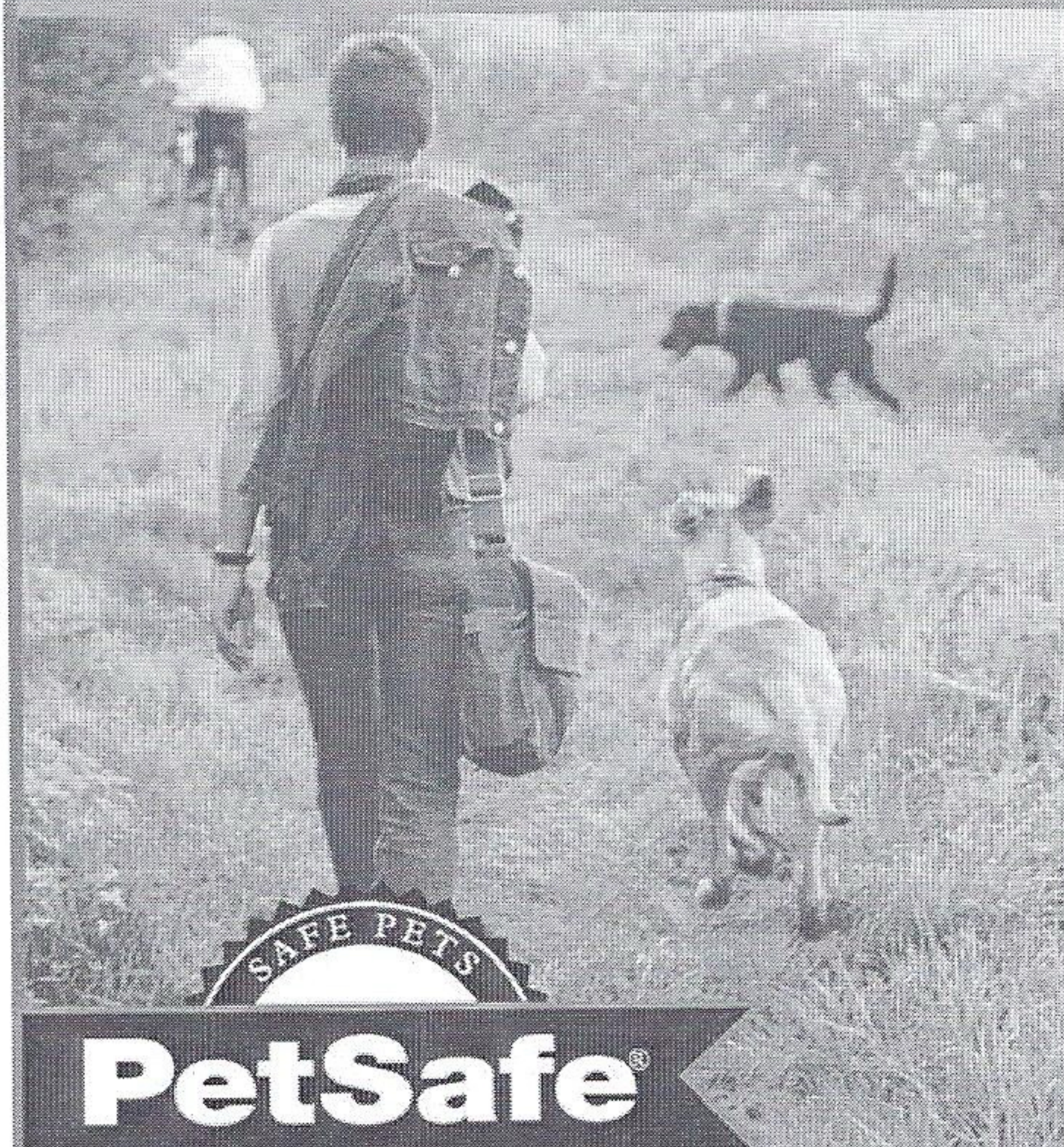
Drs. Jean Dodds and Ronald Schultz (Chair of the Department of Pathobiology at the University of Wisconsin, Madison) are volunteering their time to prove how long the vaccine protection lasts and to increase the time between shots. They will also test the safety of the vaccine's ingredients and will establish an adverse effects reporting system. Learn more about the vaccine and the study at <http://www.rabieschallengefund.org/page4.html>. The term "challenge" describes the type of testing being done. Vaccinated dogs are exposed to the disease to see how long the vaccine is affected. It is considered the "Gold Standard" of testing and necessary if the laws are to change.

A noted holistic veterinarian Richard H Pitcarin, DVM PhD has come to the conclusion that some vaccinations may be causing chronic conditions of the diseases they are

meant to protect against. Repeated Canine Distemper vaccinations may produce chronic conjunctivitis, eye discharge, entropion, chronic gastritis, hepatitis, pancreatitis, appetite disorders, recurrent diarrhea, sensitivity to foods, epilepsy, rear leg paralysis, spondylitis, lip fold dermatitis, allergies, licking of feet, eruptions between toes, inflammation/swelling of the toes, kennel cough, bronchitis, chronic skin eruptions, and failure to thrive.

So what can you do to protect your pet from over vaccination? Make an informed decision. Talk to your veterinarian. Ask questions. Would a pet owner elect to vaccinate for corona virus if they knew adult dogs don't get any disease from this virus? Would a pet owner elect annual vaccinations for DHPP (Distemper, Hepatitis, Parainfluenza and Parvovirus) or PLPRhCV (Panleukopenia, Rhinotracheitis, Calicivirus for cats) if they knew they had no effect ("A practice that was started many years ago and that lacks scientific validity or verification is annual revaccinations." From Kirk's Current Veterinary Therapy, Volume XI)? Would a pet owner elect Lepto or Lyme vaccine if they knew there were no cases within 500 miles? New vaccination guidelines have been suggested by AVMA, Dr W Jean

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Dodds, Dr Ron Schultz and other international organizations and virologists. There is a balance between the risk of contracting a disease, and the risk of an adverse side effect from the vaccine. This is something we should decide based on accurate information and informed consent.

You must be wondering, can my dog be healthy and protected with a reduced amount of vaccinations? YES! Wendy and Jack Volhard (www.volhard.com) studied kennels in Germany, many with lines of German Shepherds that we have here in the States. These 200+ dogs are given a distemper vaccine and a parvovirus vaccine only, at age 10 weeks and 1 year. No other vaccines are given except occasionally rabies, when needed. Their diet varies from home-prepared to commercial. These dogs are having litters and showing at 10 years of age, and live to 16 or so.

Nutrition is now recognized as having great implication on canine behavior, longevity and overall good health. Wendy Volhard started her journey into canine nutrition in 1973 when her 6 yr old Landseer Newfoundland was diagnosed with kidney degeneration and given just a few months to live. Wendy, feeling she had nothing to lose and everything to gain, began feeding a species specific, home-made food and carefully monitored her dogs kidney function with annual blood tests through her veterinarian. Her dog lived to the ripe old age of 12. Wendy has since devoted herself to the study of canine nutrition and is one of the leading authorities in the field.

I began to focus on nutrition and behavior soon after I lost 2 of my Danes at 4 years of age, much too young for any breed. One was definitely linked in my mind to stress and diet. As well as having physical problems, Dreamer was also dog aggressive. She died of complications from her 2nd bloat surgery. She was 4 yrs old. Chance, her sister, lived to

be 8, had thyroid issues and also was dog aggressive. Astral, their mother, died at 4 yrs of age, shortly after they were weaned.

I thought I did everything right. I followed my vet and breeders recommendations, fed the food they suggested, said to be premium dog food at that time, no table scraps, no exercise 1hr before or after feeding or drinking large amounts of water and still did not have success. My girls were dying much too young. There had to be a better way.

Poor nutrition is now being linked to mental disease, poor behavior, and learning disabilities in children. Yale University's School of medicine found hormonal evidence that supports the belief sugar can provoke abnormal behavior in children. Children given refined sugar products experienced levels of adrenalin in their blood **TEN TIMES HIGHER** than before eating the sweet. This led to anxiety, difficulty concentrating, crankiness, and antisocial behavior.

Most mainstream dog foods contain large amounts of processed grain fragments, or another term used is carbohydrates. Processed carbs are transformed into simple sugars in the body. They may spike your dog's energy level; contribute to diabetes, hyperactivity, loss of self control, irritability and possibly fearfulness. Think about your own pets' behavior. Are you seeing some things that may be due to excessive carbohydrates in their diet?

What about the conditions these grains/carbs are grown in? What types of pesticides, chemical fertilizers, and soil conditions are they grown in? Do traces of these also make into your pets food? What do you think? Yes, absolutely and they are in our food supply too.

These toxins also affect behavior, and are thought to contribute to aggression and irritability, as well as to be known

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as cancer causing agents.

It has been documented that the nutrients in the soil have deteriorated in direct proportion with the amount of industrial farming performed. Large corporations are actually farming and fewer individuals. More chemical fertilizers and pesticides are being used than ever before.

This means that our food is not providing us with needed vitamins and nutrients that our bodies and our dog's bodies can absorb and utilize.

What happens to our dog's behavior when they are deficient in certain vitamins and minerals? Vitamin B1 (also known as Thiamine) deficiencies have been linked with compulsive behaviors, stool eating, muscular in-coordination and diseases of the brain and nervous system. Vitamin B3 (also known as Niacin, Niacin amide or Nicotinic Acid) deficiencies have been linked with irritability, aggression, and poor reflexes. Calcium deficiencies have been linked with nervousness, irritability, aggression, anxiety and confusion.

Magnesium is needed to work hand in hand with calcium. Deficiencies have been linked to aggression, muscle twitching, learning difficulties and poor memory. Wendy Volhard has reported success in some cases of "rage syndrome" supplementing magnesium in an absorbable form for those dogs testing deficient.

Manganese deficiencies have been linked with seizures, irritability, aggression, deafness and allergies. Manganese together with amino acid and zinc deficiencies have been linked with "spinning behavior" in Bull Terriers.

Did you know that there are as many as 10,000 different food additives that legally don't have to be listed on any label? Chemicals are listed as "natural flavorings" or "spices". You are able to look at some labels and wonder where exactly the recognizable ingredients are as they are filled with chemical equivalents.

Food chemicals have been linked to easily distracting behavior, lethargy, urinary urgency, difficulty settling down, irritability and fearfulness. Artificial food colorings have been linked to hyperactivity.

What about preservatives? BHA, BHT and Ethoxyquin are known carcinogens and build up in your dog's system over time. These preservatives are linked to allergic reactions, hyperactivity, and are toxic to the nervous system (unexplained fears, aggression or timidity). The liver is a major filtering system of all living creatures. What happens

to your dog's behavior if the liver is over-taxed? In traditional Chinese Medicine fear and aggressive issues are linked to the liver. Experts also link thyroid issues to aggression. These physical problems can in turn be linked to diet.

As many as 1.5 million dogs per year are put to sleep, removed from their home or sent to an animal shelter because of destructive behavior, separation anxiety, unexplainable fears/aggression/timidity, difficulty focusing on tasks, nuisance barking, house soiling, personality problems, and compulsive behaviors such as chewing, circling or obsessive grooming. As a dog trainer, many of my clients come to me with the same problems. As I assess the contributing factors to these behaviors, diet continually plays a large role.

We would not feed our children a steady diet of sugar, chemical preservatives, and substandard protein and expect them to function in a productive manner. Why do we expect our dogs to?

Nutrition is a vital part of your dog's ability to think clearly, lower stress levels and produce a calmer demeanor. Dogs are learning to survive in the environment we place them in from the moment they come into this world. Thinking, focusing and problem solving expends a vast amount of energy. Rather than placing them on a diet that gives them minimum nutritional value, observe the changes an optimal diet can give your dog.

Hyper, unfocused, out of control dogs are most likely eating a food high in cereal combined with a high energy protein such as chicken, venison or rabbit.

Aggressive or fearful dogs may be affected negatively by consuming higher levels of incomplete protein that does not digest well.

Shy and/or stressed dogs do not digest their food well and often suffer from intestinal upsets and diarrhea. They are lacking digestive enzymes that contribute to optimal absorption of needed nutrients.

Dogs that are fed a diet specific to their needs are able to learn positive behavior easier than dogs that are distracted by the needs of their body. An example would be a dog that is constantly moving, sniffing, scratching and does not seem comfortable in their own skin. Dogs with allergies, stomach or elimination problems find it difficult to concentrate on given tasks. The simple act of sitting or lying quietly becomes a battle between dog and owner.

Something as simple as a change in diet may improve



The author and RT.

only your dog's quality of life but yours as well. Your dog will be able to concentrate on the positive behavior required for him to thrive in the environment he lives in. Quality nutrition can help you balance your dog's behavior and contribute to their health and longevity.

Traditional Chinese Medicine attributes different thermal qualities as well as affects on the body as a whole to each meat based protein source. Think about the demeanor and normal activity of the animal protein source your food is made from.

Chicken, venison and turkey are high energy protein sources, for an overactive dog like adding gasoline to the fire. For a sluggish dog, perhaps just what their body craves.

Beef, fish and pork provide less energy and may be what an overactive temperament needs to balance their system.

People that feel healthy and alert learn quickly and easily, the same holds true for our canine companions. Diet is an element to be seriously considered as a contributing factor when faced with behavior and health problems.

Is optimal nutrition a silver bullet promising to cure all your problems?

No. However it is an important part of the whole picture of you dogs health and of your health, too. It gives our dogs and ourselves a better shot at a healthy and long life.

I am happy to report that what I've learned over the last 20 years about thyroid issues, over vaccination and nutrition has not only helped my clients with their dogs, but has definitely increased the lifespan of my Great Danes as well. My oldest girl R.T. will be twelve in September 2008. She is the matriarch of my pack, still likes to play fetch, disciplines the youngsters when they get out of control and swims twice a week with her Golden Retriever friend Ripley who by the way is 14.

Anna Ellsworth is the owner of Canine Training Essentials in Lake In The Hills, IL. More information is available on her web site at www.caninetrainingessentials.com. Dr. Dodds will lecture on this topic in Elgin, IL in August. See page 23 for more information.

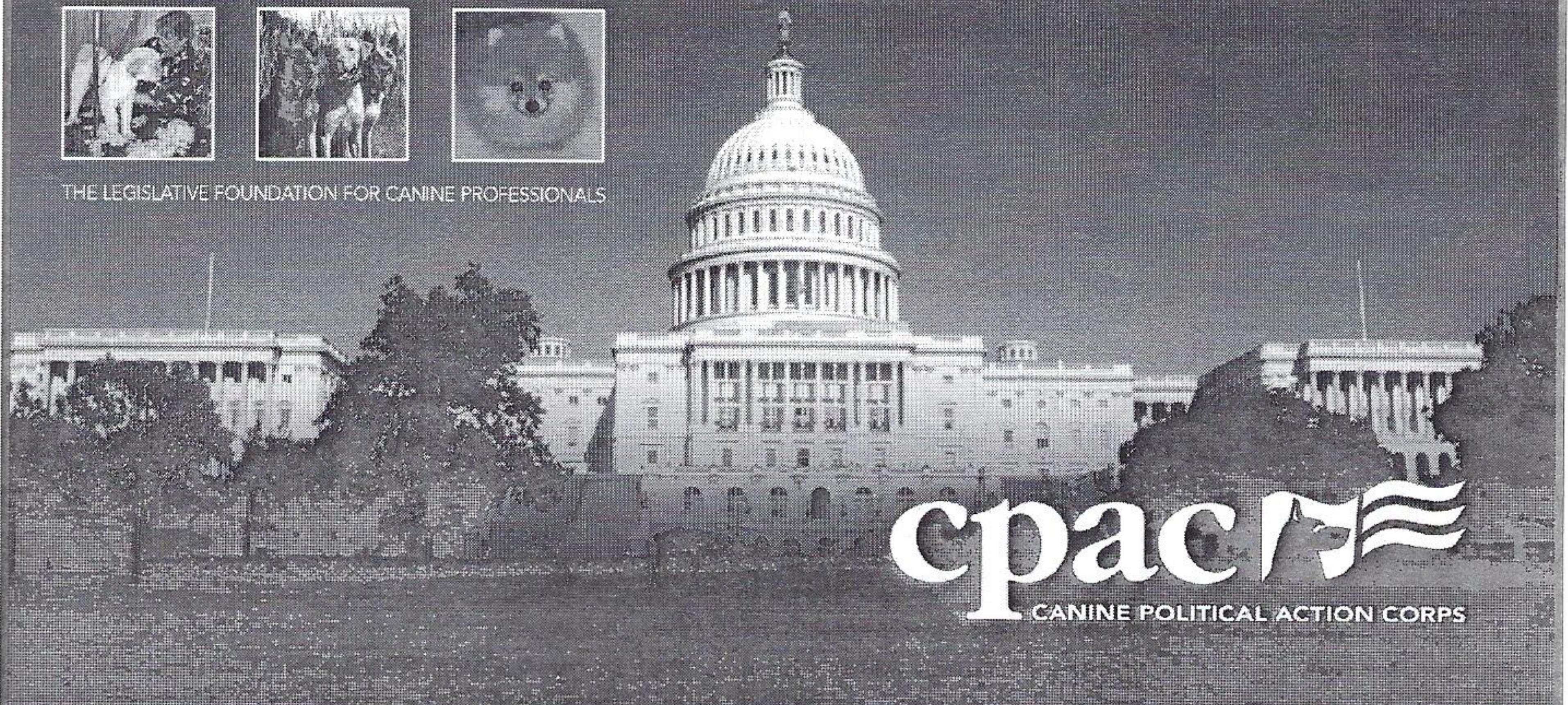
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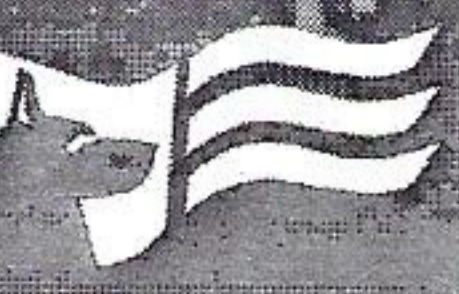
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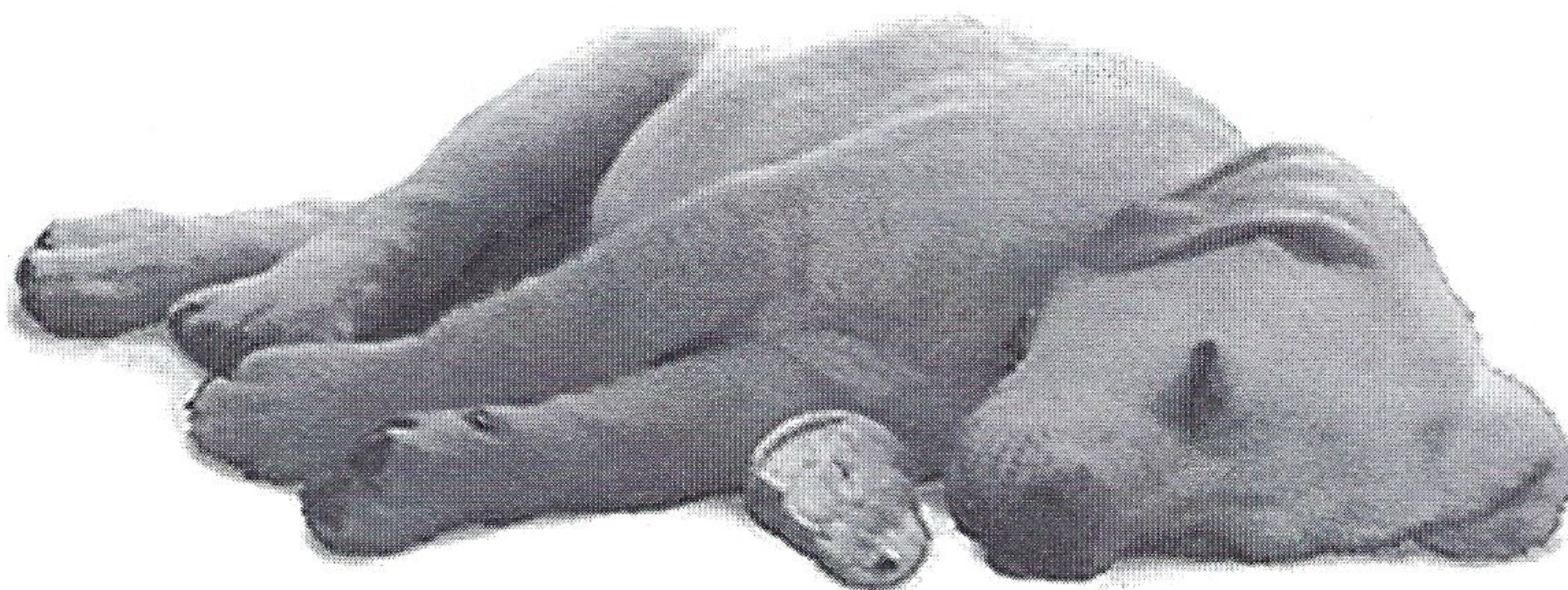


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Working with Veterinarians

Tammie Hisatake-Bumgardner, DVM

On IACP's email list I have read posts about pustules, anal glands and hormones...which are the daily routine for me...and don't forget fleas, ticks, worms, scales, mange, abscesses, diarrhea and vomit. But I wouldn't change it for the world, because preventing illness or returning a sick pet to health is what I love to do. Even euthanasia can be a very sad, but loving event. Ending the suffering of our best friends is not easy, but sometimes you have to love them more to let them go.

Sometimes a dog trainer and a veterinarian may collide when dealing with a client's dog. Ideally, both parties can become part of a team that brings additional opportunities to the client. I am not going to spend time defending every veterinarian out there. Like every

profession, there are great ones, mediocre ones and ones that should be censured or banned. But I will say, in order to become a veterinarian, you are looking at a minimum of 6 years of college. Two years (usually four) to obtain all the prerequisites for vet school, then four years of vet school, and if you have enough guts and money to do it, two to four years of residency if you want to specialize.

Then, when you decide where you want to work, you must take a national board exam, and state exam for the state you want to work in. I knew I was going to be a small animal practitioner from the first day. But when I graduated and took the national board exam, I still had to know about everything from mice to elephants, trop-



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ical fish to eagles, and those slithery things too. My brother, a highly talented transplant surgeon, who pays more in taxes than my husband and I make together, had to pass his boards on one species, and one specialty.

I speak for most veterinarians when I say, we don't know everything about every animal, but we try our best. And at the heart of it all, is a true love of the companion, domestic and even wild animals. If we were in it only for the money, we would have chosen another career.

Now, personally speaking, I have learned over the years:

1. What clients are told, and what they hear are two different dimensions. If you ask your client to ask the vet about an issue, don't assume your message is going to reach its destination intact.

2. I see and hear more folk remedies and rubbish than I see new, innovative and informative ideas. Make sure your recommendations have some logical background, not something you "heard." If you'd be unwilling to do it to yourself or your own pet, reconsider.

3. When I have a procedure, medication, treatment, etc. that is working well for patients, I am loathe to give it up for a newer, trendy option. I would rather the trendy options be tried at someone else's clinic and I'll decide based on the results and feedback from other vets.

4. If there is a newer, better way it is usually documented through veterinary school research. Clinicians must continue publishing research to remain. Research is also supported by the post-doctoral community. I will pick it up too, or at least refer if the technique is beyond my capability or the cost is too much for a single practitioner to bear.

All that being said, I will admit, that a client coming to me who says, "You need to do a thyroid test...and send it here," sets me on edge. And it is not the message, but the way it is delivered. If a client came to me and said, "I've been working with a trainer, and we noticed this behavior....We thought maybe a thyroid test would be in order." No problem. Even with the first request, I would document the client's request, and then do the blood work. But the difference is, tell me what you see and what you want, then let me tell you what test or procedure is most appropriate.

I have the luxury right now, of having the time to carefully question clients. In my previous job, I was allotted 10 minutes to examine, diagnose, prescribe and document. Not a lot of time to do anything. When a client had an problem other than what the appointment was scheduled for, I had to decide if it was something I could squeeze in, or reschedule. Most of the time anything extra was squeezed in, which meant a lot of missed lunches and late evenings. The clinic I worked at was notorious for extremely long waits for appointments. I don't know how the clinic maintained its clientele.

But I told you all that to tell you this. The most effective canine professionals I knew did two things:

One: They called me or scheduled appointments to meet with me. I appreciate that. My schedule even today is hectic. If someone respects my time enough to schedule an appointment, I pay more attention. Don't send your literature through the mail. Make an appointment, bring it with you and point out your strengths. For several years, I ran my own clinic. If I couldn't get the trainers/groomers to make an appointment to meet with me, their literature went into the garbage. Referrals work too. I don't need a whole list of testimonials, but be ready to provide them when needed.

Two: The canine professionals (non-DVM) that impressed me the most documented what they did and sent me copies or made them available for me to read. This became part of the patient's chart. It meant I didn't have to stop and write down everything said. Time is everything! I could jot my own notes if needed, but there was something written down that I could refer to.

I don't believe that veterinarians in general are anti-trainer, anti-body work, etc. But I do think, because there is so little communication between veterinarians and other canine professionals, the high mucky mucks that are at the legislative levels, are trying to do their best for animals. They have a different perspective...sometimes wrong. They are the idealists, not the ones in the trenches dealing with the everyday problems we encounter. Also, in reference to the documentation mentioned above. We have to write it down. "If it ain't wrote, it didn't happen." So take it upon yourselves to do the same.

It doesn't cost that much to make yourself a little one page template for client, address, phone number, pet,

problem, plan, etc. Take it to your local printer and get those carbonless copies made. I chose pink and blue top sheets (for girls vs. boys) with yellow carbonless second sheets. The second sheet has a whole page of do's and don'ts printed on the back for clients to take home for future reference. On the bottom of the sheet, I have a signature line that sits directly below in bold letters, "I have received a copy of this report and assume responsibility for the fees incurred for the services performed." Change it to whatever works best for you. Give a copy to your client with your work-up, plan, impressions etc. Then, if there is a veterinarian involved, make a copy and send to them too.

To my knowledge, so far, there is not a disciplinary/regulatory board or committee for any of the non-DVM canine professionals. I may be wrong...it's been a while since I've looked into it. But trust me, it is coming. So do it correctly now.

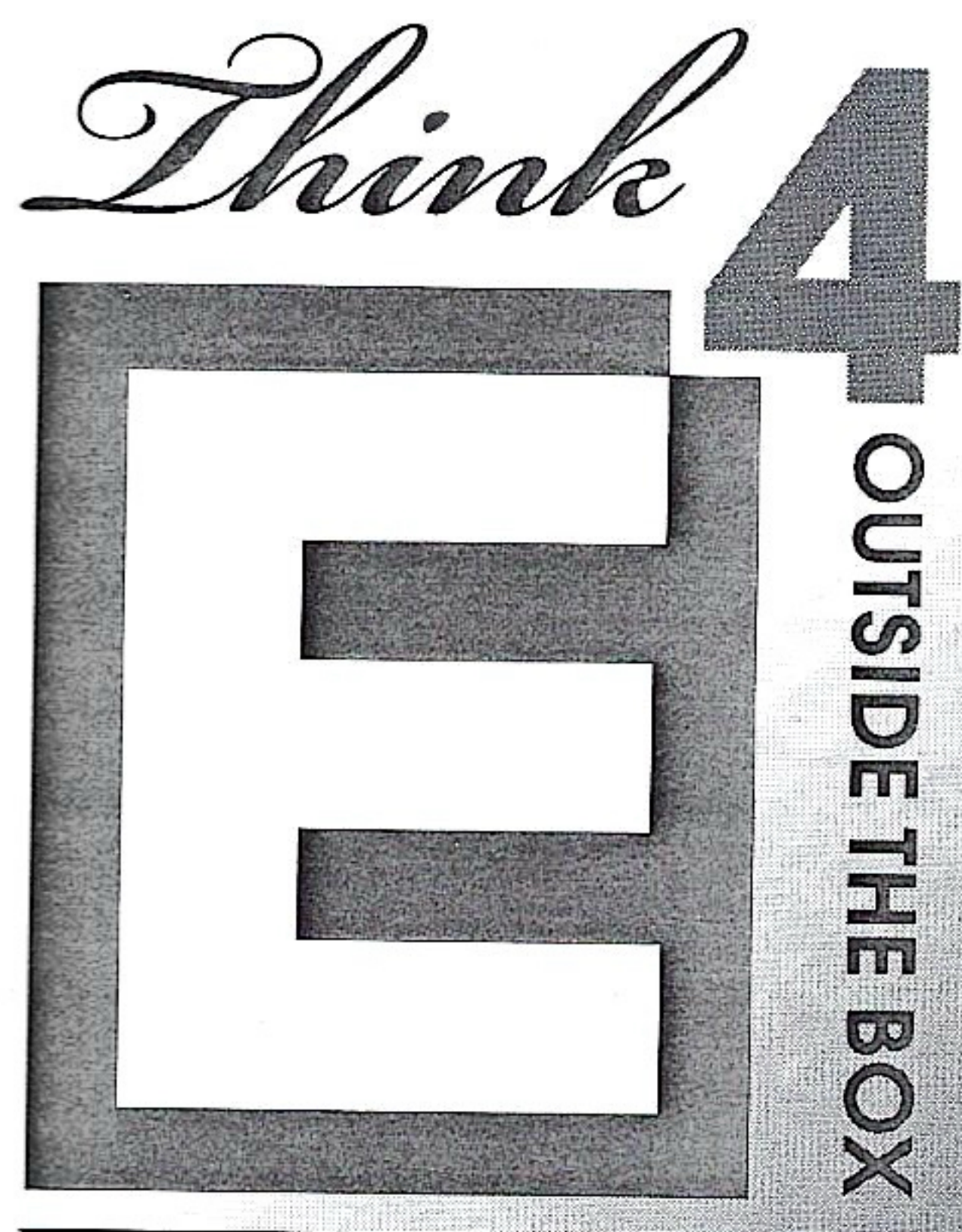
Most of the things I do as a veterinarian are routine. I call them monkey skills. But every now and then, I have to actually kick start the old noggin and put a puzzle together. It is better to have my noggin on your side working for you than against. I would love to see all of

the canine professionals working together rather than independently. I know the basics of dog training, but I don't have the time to do this with each client. I would much rather send them to a trainer that I trust. But that is a two-way street, kept open by communication.

Tammie graduated from Colorado State University College of Veterinary Medicine and Biological Sciences in 1992. During her 13 year career in the Metro Phoenix area, Tammie worked for veterinarians, a corporation and owned her own clinic for several years. She met her Kentucky native husband while in Arizona, and moved to Kentucky in 2005. Tammie now works in a very rural area in a very small clinic.

Tammie and her husband, Buck, have 9 furry kids from a Toy Poodle to a great big goofy GSD. Her extra curricular activities include canine search and rescue with two Standard Poodles. She is also learning to ride horses. Tammie says she has mastered the rapid dismount, and is still working on the balance and poise part (and staying in the saddle).

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Encourage Natural Retrieving in your Pup

by Martin Deeley, CDT

In order to be able to train a dog it has got to want to learn and be trained. Some dogs have a natural learning drive and high intellectual ability, others may be willing but have no aptitude for certain tasks and some will have the ability but no willingness, no desire to learn or to please. A few will have neither. There are varying degrees of all this willingness and aptitude and that is what makes training a dog so interesting and challenging. Everyone is different requiring slightly differing approaches, attitude and technique. So the trainer has to understand and read each individual dog's strengths and limitations whether they are training for obedience, agility, Frisbee, hunting or just as a family pet..

All dogs can be motivated and encouraged to learn in some way, but whether they learn at the pace you feel is acceptable for what you are teaching or they learn cor-

rectly is another matter. What gives a dog the desire to learn and to work for you? What makes it learn quicker and retain that learning? If we consider why a particular dog wants to work, play or learn, then there are a variety of reasons.

As a trainer one has to know the dog he or she is working with, the dogs individual motivation and the general breed character. Even within breeds, differing bloodlines can dictate degrees of willingness and ability to train. Any dog will work and learn from experience to obtain the basics in life, - food, water, air, shelter. It will protect itself from danger and being hurt. Then its emotional needs, yes - emotional needs, have to be met - belonging, pleasure, enjoyment, exercise and fulfilment of natural abilities. It will learn how to obtain these needs by itself, through working with the owner or by even co-

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perimenting with actions to get the response it wants from its trainer or owner. I also believe some dogs, once they have their basic, safety and emotional needs met, try for greater achievement and more recognition for their efforts. They seem to be able to focus on their training and put all their energy into jumping higher, running faster, finding hidden objects quicker, getting the undivided attention of the audience at a show and are ultimately rewarded for their efforts by recognition from us (clapping, applause, whistles, whooping, praise etc.)

In training we train through repetition but with these clever 'high fliers' we have to recognise their abilities and balance the repetitive training with a variety of increasingly challenging games, exercises and problems, to stimulate their intelligence and their motivational demands.

If we consider therefore what the individual dog we are training wants from life and what motivates it, we can then comprehend what will be a reward for doing the work we are going to do. And for many this reward will be a retrieve.

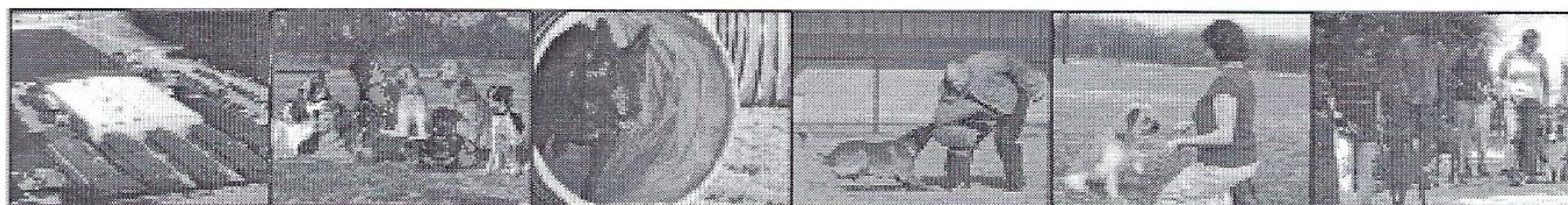
Although food is a basic requirement of life and definitely a reward, I am often left wondering whether we are underestimating the intelligence of many dogs. Children will often do small chores, even homework, for the bribe of candies, but as they get older and grow in their needs from life then even candy may not be an inducement to do their homework. For puppies, food may be the ideal introduction to minor controls and it is an easy way to get required responses, but in the long run does it create the bond required between handler and dog? Does

it provide leadership for the handler? Does it generate respect for the handler from the dog or for the dog from the handler? Does it create affection and a loving relationship? Reward (and the occasional reprimand) has to be in a form which does all these things. It also has to create and enhance a partnership where handler and dog are linked mentally through confidence, trust and understanding. I have found that food, if given, should be a small additional reward, not the main reward nor part of the main reward.

Reward for the dog, like us, comes from two emotions. Firstly reward comes from the feeling of doing a job well and enjoying it - this is an INTRINSIC REWARD. Secondly, it comes from an EXTRINSIC REWARD - something completely independent of the task - food, ball, ragger, tugger given in addition afterwards, 'payment' for doing the job asked. Actions and learning which are enjoyable to the dog and the dog obviously wants or is seemingly compelled to do because of its natural instincts, are easily rewarded and need only be further reinforced through recognition in the form of praise. Work and training routines that need encouragement and which may be slightly more tedious or boring to the dog are often better rewarded at the end with something which is enjoyable - such as food or a fun retrieve. However, should routines be boring? Or as trainers can we make the majority of them far more enjoyable by using extrinsic rewards as an integral part of the training exercise? The reward then becomes the exercise and the training session, which when additionally reinforced through praise and recognition of a job well done, develops the dog's mind much quicker. The bond between

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trainer and dog also grows stronger at an increased rate.

You will find that rewards and their intensity will vary from dog to dog. I have trained dogs which do not want conventional praise with voice or hands. Their reward is the hunting or retrieving of bumpers or balls which they get during the training exercises itself. You only have to watch dogs playing ball or Frisbee either as just a game or in competition, or watch amazed at the work of sniffer dogs to understand that their main reward is the retrieve.

Think through a training exercise or game before hand so you can run it to help the dog succeed. With structured fun training you keep the fun and reward built-in (intrinsic). If you keep the training within the dog's ability, do what that individual dog really enjoys and can succeed at, and then increase the complexity gradually, the dog will learn intelligently and happily. Nothing succeeds like success.

In small steps show the dog what you want it to do and when it succeeds let it know how pleased you are with what it achieved. SMILE! Laughter from you can be one of the biggest rewards for many dogs.

In training dogs with genetically inherited working backgrounds such as sheep dogs, hunting dogs, working dogs, and even terriers, all of which have been bred for their natural ability and instincts, the extrinsic reward process easily becomes an integral part of the training exercises. Recognition through praise reinforces the dogs pleasure at doing the job well and strengthens the learning process. Many dogs enjoy retrieving, chasing, or just carrying an object. Some as puppies may have to be encouraged, but once the habit and pleasure of the action is imparted the problem may be to stop them. With creative training exercises, any of these rewards can be built into a training program and depending upon the dog, the trainer will probably find one that works better than another. Once one reward is found to work, the others can be made enjoyable simply by chaining the rewards.

A good example of this is the training of drugs detection or 'sniffer' dog. The training starts with encouraging the dog to be a keen retriever. Gradually the retrieve object is made more and more difficult to find until finally it is hidden. The dog now enjoys the hunting because it knows it will result in the ultimate reward - the find and retrieve. I trained two of my dogs to do this for fun in the house, a Jack Russell and a miniature poodle and recently a client's dog which is a Polish Lowland Sheepdog. Using a ball we get them interested in retrieving and

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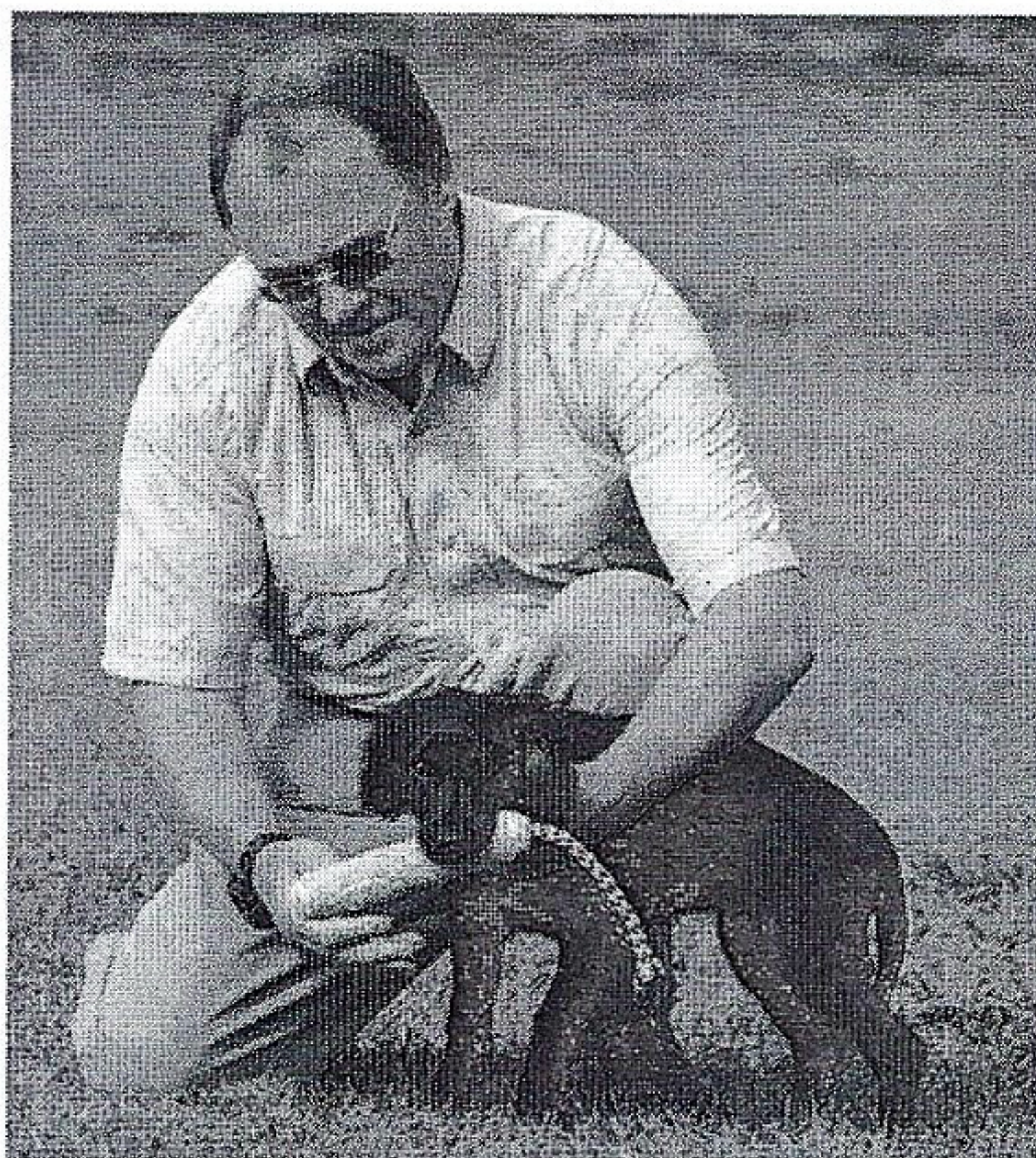
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Featuring Aimee Sadler

then in small stages we begin to hide it and encourage them to 'find it'. The Polish Lowland Sheepdog, Huntley, lives in a very large house. Guests are invited to hide the ball, while Huntley waits. He is then told to 'find it' and off he goes checking out every nook and cranny. If he has problems we can step in and help by giving hand signals. The occasional 'Find it' keeps him going for up to half an hour or more and rarely does he fail. The way he sits and waits, for the ball to be hidden and when hunting constantly keeps checking back with the owner is a delight to watch. Rarely do I go to the house without Huntley disappearing, only to reappear with a ball that he wants me to play retrieve with or hide. If I ignore him he just lies down with it and waits, or follows me around carrying it patiently waiting in case I decide that I want a small game. Huntley is no retrieving breed and as a puppy he was most energetic and at times unpleasant. But now he is the perfect gentleman. There is no doubt in my mind and of his owner that the rewarding games using retrieving have helped channel his herding instincts in another direction that is acceptable behavior for a household dog.

Rewards and the response to them is relative to the experiences the dog has of being rewarded. A dog which constantly gets a ball thrown may not see it as a reward, may even get bored with the exercise or so excited by it all that control and training becomes impossible. Another client of ours had a Fox Terrier, Duke, that was an obsessive tail chaser. He did it his owner told us for no real reason but it was more likely when the doorbell or telephone rang. The vet had tried drugs but it still continued. It was felt that the tail might have to be totally removed due to chronic infection, if the behavior could not be extinguished. During our consultation we asked the client what games he played with Duke. The answer - "Ball". So we asked him to show us. We went outside where immediately the little Fox Terrier started barking and jumping up at a tennis ball which was jammed in the fence about five feet above the ground. The owner encouraged the excitement even more with "Do you want to play ball?" After several jumps Duke would stop and spin, and then growl and bite at his tail. The owner naturally laughed at this ridiculous ritual and immediately took the ball out of the

fence and threw it for the dog. The dog raced after it picked it and then went away to some grass, put the ball down and started sniffing totally ignoring the owner and us. When asked how often they played this game we were told - "Whenever Duke wants to!" We then discussed and went through the whole procedure of controlled retrieving explaining how to make it fun for both of them. This way the owner would be taking charge and controlling the game, rather than Duke (who was being rewarded for all the wrong actions). Within two weeks using structured retrieving as part of his 'rehabilitation' program the dog was no longer tail chasing and both Duke and his owner were going through positive and pleasant transitions.



The author and Sweet, four months old.

I only have to watch owners and their children playing fetch in the park to realize how much others and their dogs enjoy retrieving. Therefore why not take the opportunity to get the dog learning from it? It is not difficult to use the retrieve and all the rewards it provides to have a dog heeling, watching you, sitting and waiting, coming when called, comfortable around people and other dogs, even ignoring them and focusing only on you. Retrieving and all the activities involved can be so much fun for both dog and owner. It does not

have to be regimented, only controlled so that the dog learns from you.

I love to see dogs that come out of their 'home' wanting to be with me, asking 'What fun thing are WE going to do', and wanting to work together. They are responsive and their minds become blotting paper for learning, soaking up what I want to teach them. Make your training sessions short, productive and fun. You, the trainer, must be the instigator and provider of fun training, and retrieving can provide the foundation for fun training.

Martin Deeley is the Executive Director and founding member of IACP. He was named UK Gundog Trainer of the Year 2007 and is an award winning author. Martin can be visited on the web at MartinDeeley.com.

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How Mastermind Can Change your Life

by Robin MacFarlane, CDT

"The quality of a person's life is in direct proportion to their commitment to excellence, regardless of chosen field of endeavor." Vince Lombardi

We dog trainers spend our days teaching others how to change habits to become successful. We suggest changes in feeding routines, in kenneling arrangements, suggest alternative ways to structure play and teach clients how to walk their dog in more meaningful ways.

We understand the science behind behavior modification and we acknowledge the art of piecing the puzzle together in the correct sequence. We coach our clients through the process. And we mentor over the long haul to help clients better understand their dogs and achieve the lifestyle they wish to have with them.

Yet how often do we apply such knowledge to our own lives? How often do we get caught in unsuccessful patterns of behavior over and over again? We may suffer from various complaints: we don't make enough money, we don't have enough time, we aren't getting the message across to our clients, or we can't balance our personal lives with business.

But take an honest look. How many of us are working in exactly the same way, marketing with the same techniques, teaching with the same style and have been practicing our familiar behaviors over and over for a very long time? Our practice has become permanent. Our results have become consistent; not enough money, not enough time, not getting the message across. One definition of insanity is to repeat the same behavior over and over again and yet expect a different outcome. It does sound silly doesn't it? The solution should be simple. Just change our habits.

But how do we do it? How can we change and form new, better habits? Let's start by letting go of two myths:

We can't change because our brains become "hard-wired" early in life.

Small, gradual changes are always easier to make and sustain.

Both of those statements are nonsense. If we remain

active and engaged, our brains have extraordinary powers, allowing us to learn complex things.

Radical, sweeping changes are often easier because they typically yield benefits more quickly. As dog trainers, we know these both to be true: an old dog can learn new tricks, and simply making the changes to a dog's routine and sticking to it, yield fast improvements.

To make this article more relevant, I would like to share with you a bit of experience and personal detail. Everyone's life has its challenges and mine seemed to come to a head shortly after my 39th birthday. Maybe it was a mid-life crisis, who knows? But I woke up one day

to find myself the single mother to a teenager and a preteen, after a 19 year marriage. Shortly thereafter a business venture went to pieces and I floundered through two years of business struggles compounded by great difficulties with personal issues.

All told, it cost me a bit over \$120,000 as well as significant amounts of stress to physical, psychological and spiritual well-being. It didn't take a rocket scientist to see that change was needed. I was at a crossroad. Either I needed a new direction or it was time to raise the white flag.

The trouble is, there is never a really good map when you embark on a radical change of direction. The road is unfamiliar, pitted with potholes and barriers you don't know how to navigate. There are many moments when it seems easier to just make a U-turn and get back to familiar territory.

What to do when you've decided to make a major change in behavior, one that you believe will yield the things you really want in your life? How do you keep going? We have all been guilty of creating those New Year's resolutions and then sliding back to our old ways before January even comes to a close. Sometimes mental commitment is just not enough.

When a person hears something and believes it is a good idea, the chance that they will pursue it is about 10%. When they verbally state they will do it, the increase goes to 40%. If that person commits to someone



The author and Tommy.

else that they will make the change the increase likelihood of success goes to 60%. However, if they set a specific future time to share a progress report with the person they committed to, the increase goes to a whopping 95% likelihood of success.

There is great power in having accountability partners. Perhaps you can turn to your friends, but you may find that while they are supportive they are also okay with the familiar you and they may not push you for the change that is really needed. A professional coach is a huge asset, but you may feel you cannot afford that service. However you can start by creating your own Mastermind group to hold you accountable. The benefits are well worth the effort.

The concept of Mastermind has been around for centuries and was formally introduced in the early 1900's by Napoleon Hill in his classic work, "Think and Grow Rich". The idea is to bring together a group of participants who share similar interests as well as a desire to reach their goals. Within the group, your peers give you feedback, help you brainstorm ideas and hold you accountable to your objectives. By operating within a community of accountability partners you will gain insight to those business and personal habits that no longer serve you. You will discover the keys to unlocking the potential you wish to achieve.

Mastermind groups can meet in person, via telephone,

or online. Frequency should range from once a week to once a month. Because the success of this commitment depends on the reliability of the individuals involved, invite only highly motivated people to join. People that understand how to ask for help as well as how to give and support are the best candidates for your group. Be prepared to ask people to leave if they don't live up to expectations. One negative member can quickly drag down the energy and momentum of the group.

My Mastermind group has given me new ideas and skills as well as confidence to negotiate a new direction. I learned to dream bigger and reach higher than I would have on my own. And equally important, the group called me on the issues that were holding me back and held my hand through moments of self-doubt. One of the repeat behaviors I had to overcome was my inability to say No. A deep rooted pattern to always *be liked* or *be nice* led me to continually say yes to projects and tasks that I really did not want to take on.

The constant energy drain of meeting deadlines for others left little time to focus on what I needed to achieve in meeting my own goals. Having to report progress each week held me accountable. As time passed, my new habit of limiting myself to my highest priorities got easier.

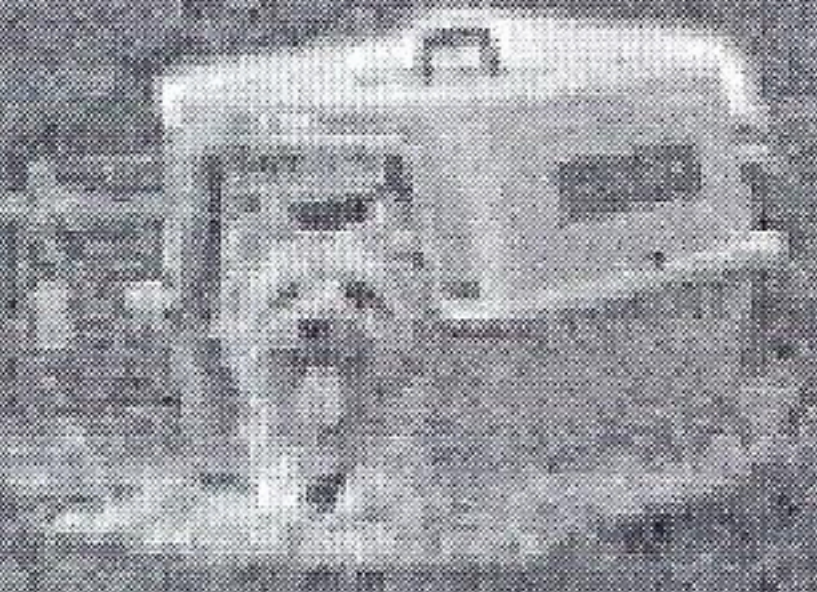
The process of discussing and reporting to my Mastermind group helped me make some dramatic and sweep-



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ing changes. Focusing on only the right issues helped me increase profit margins. New opportunities opened because I was no longer afraid to ask for help. And by gaining other perspectives I began creating fresh ideas for training and marketing. I found that problems that popped up were easier for me to solve. It is not magic and there is certainly work involved, but the work is easier because you know the Mastermind is assisting you.

So, if you have a desire for improvement, but often find yourself slipping back to old habits, consider forming your own group. It is fairly simple. Collect five to eight individuals to participate. As you begin to select members, think outside your own profession. Expand your circle beyond that of other trainers and groomers. Don't look to those who already are at the same level you are, look well beyond.

My group has been composed of a massage therapist, a CFO of a major company, a chemist, an entrepreneur, a nurse, a real estate agent, and others. Your mission is to find those who are achieving success and still desire to go further. Pick some who have already conquered the levels of success you aspire to. And swallow the fear of asking those who seem out of your league. You might be pleasantly surprised who will say yes and relish an opportunity to be involved.

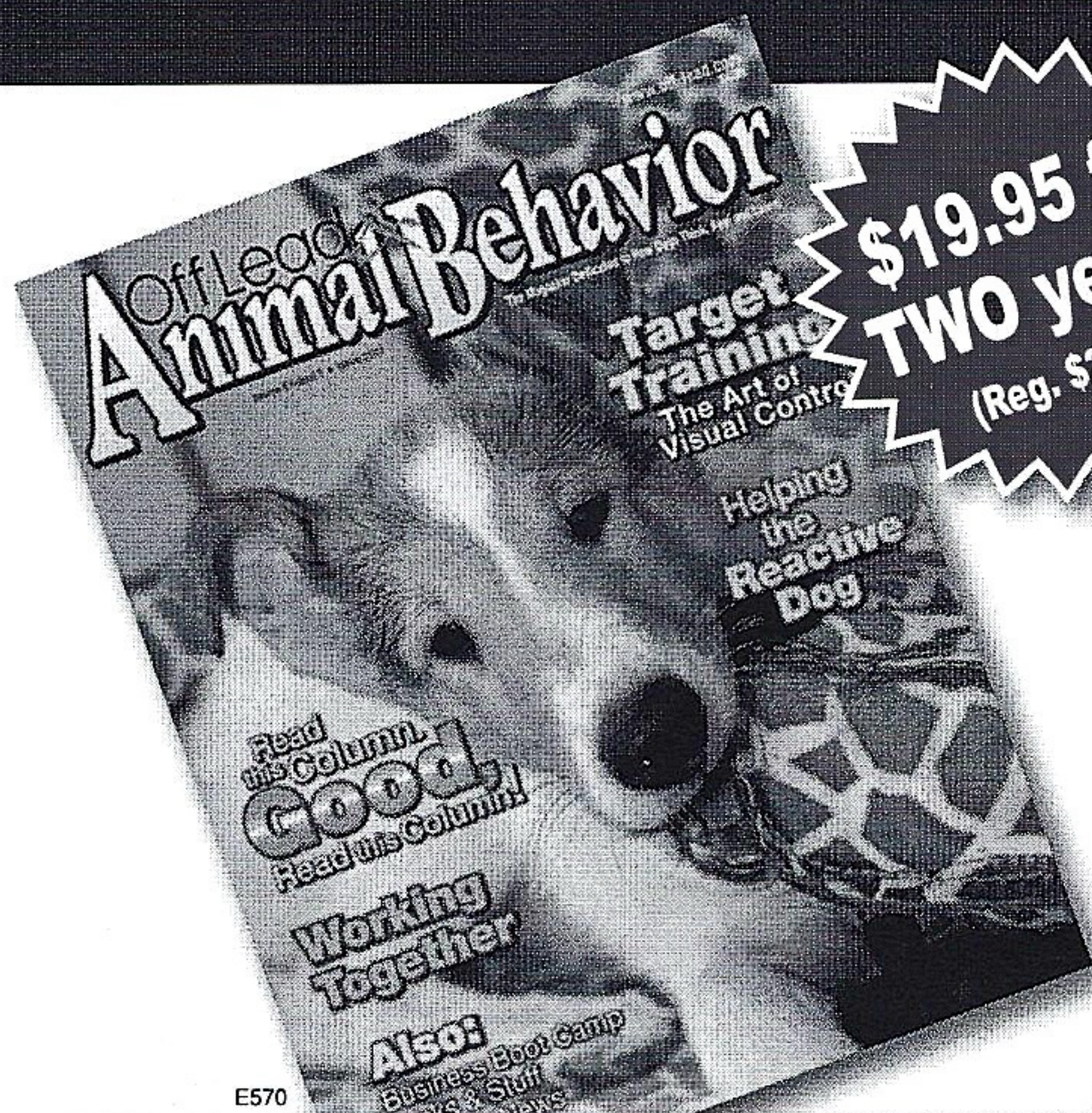
Once your group is formed, format your first meeting

to lay a foundation of ground rules. Decide how much time the group will spend on each person's needs, how often you will meet, should someone lead the group each session, etc. Once the rules are sketched out, make sure everyone agrees to hold one another accountable. The power of Mastermind is to draw on collective force to move one another. The group achieves momentum by challenging one another and maintaining honesty with respect. This can have an amazing effect on your business and personal goals. So I would encourage you to give the Mastermind process a try. What have you got to lose other than a few old habits?

For free tips on starting a group try www.deenadouglas.com/mastermind-howtostartandrun.html. A google search on Mastermind groups will reveal a variety of e-books for purchase. I would also advise reading "Think and Grow Rich" by Napoleon Hill

Robin MacFarlane is owner of That's My Dog! Inc. and training director of TMD E-cademy, a remote collar education program for dog trainers. She is a past director of IACP and currently Executive Director of the Canine Political Action Corps. She has been a regular participant of the mastermind process and currently is involved in two MM groups. One group through coach and author, Loral Langemeier, and a second with women entrepreneurs local to her area in Wisconsin. **iACP**

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Book Review: “Austin’s First Puppy”

by Mary Mazzeri, CDTI

“Austin’s First Puppy” It’s the first in a series. The reviews so far have been outstanding. If you have kids, nephews or nieces, it would make a great Christmas or Birthday gift.

This first book is about Austin, an 8 year old boy who acquires his first puppy through a shelter, which happens to be a Border Terrier. It’s a heartwarming story that follows Austin and his new puppy, Maisy, and their journey in training her to be the dog of his dreams.

It’s a must read book for any adult or child who is going to acquire their first puppy or dog in the future, especially around the holidays. This is a book written by K. Elizabeth Sterling and illustrated by, D’Arry Jone Frank. It not only helps a child understand the responsibility of owning a dog, but also helps parents to understand their responsibility of new dog ownership and helping their children along the way. It will enable a child to help train their new puppy through positive reinforcement and simply understanding the way we can communicate with our canine best friends.

The second book –still in the works, will bring in a new puppy and a new child when Austin meets Maddie with her new puppy Sophie at Puppy Kindergarten. But Sophie is a deaf puppy. It’s an enchanting story that will show children that no matter what, anyone can accomplish a goal and that we all should be treated equally. Even puppies or children with handicaps can go on to accomplish anything. And through all of this, Maisy and Sophie become best of friends and learn the next steps of good puppy behavior.

The book can be ordered online now at the publisher’s website www.bbotw.com, or hopefully in the next week at www.amazon.com

AUSTIN’S FIRST PUPPY by K. Elizabeth Sterling.
STERLINGTAILS@aol.com

Mary Mazzeri, CDTI owns Care Dog Training in Carpenterville, IL. www.CareDogTraining.com. **iacp**

Thyroid, Vaccines & Nutrition



W. Jean Dodds, DVM

To learn more about Thyroid disorders, Over-vaccination, Nutrition, how they are connected and how it affects your dog, join us for an enlightening day with Dr W. Jean Dodds, DVM. Dr. Dodds is a recognized authority on hematology, thyroid disease, and vaccination issues and nutrition. In 1986 she established Hemopet, the first non-profit national blood bank program for animals. Dr. Dodds is currently volunteering her time to the Rabies Challenge Fund. She is testing how long the vaccine protection actually lasts as well as testing the safety of the rabies vaccine's other ingredients.

Date: Sat. 8/16/08

Time: 9:00 a.m. to 4:30 p.m.

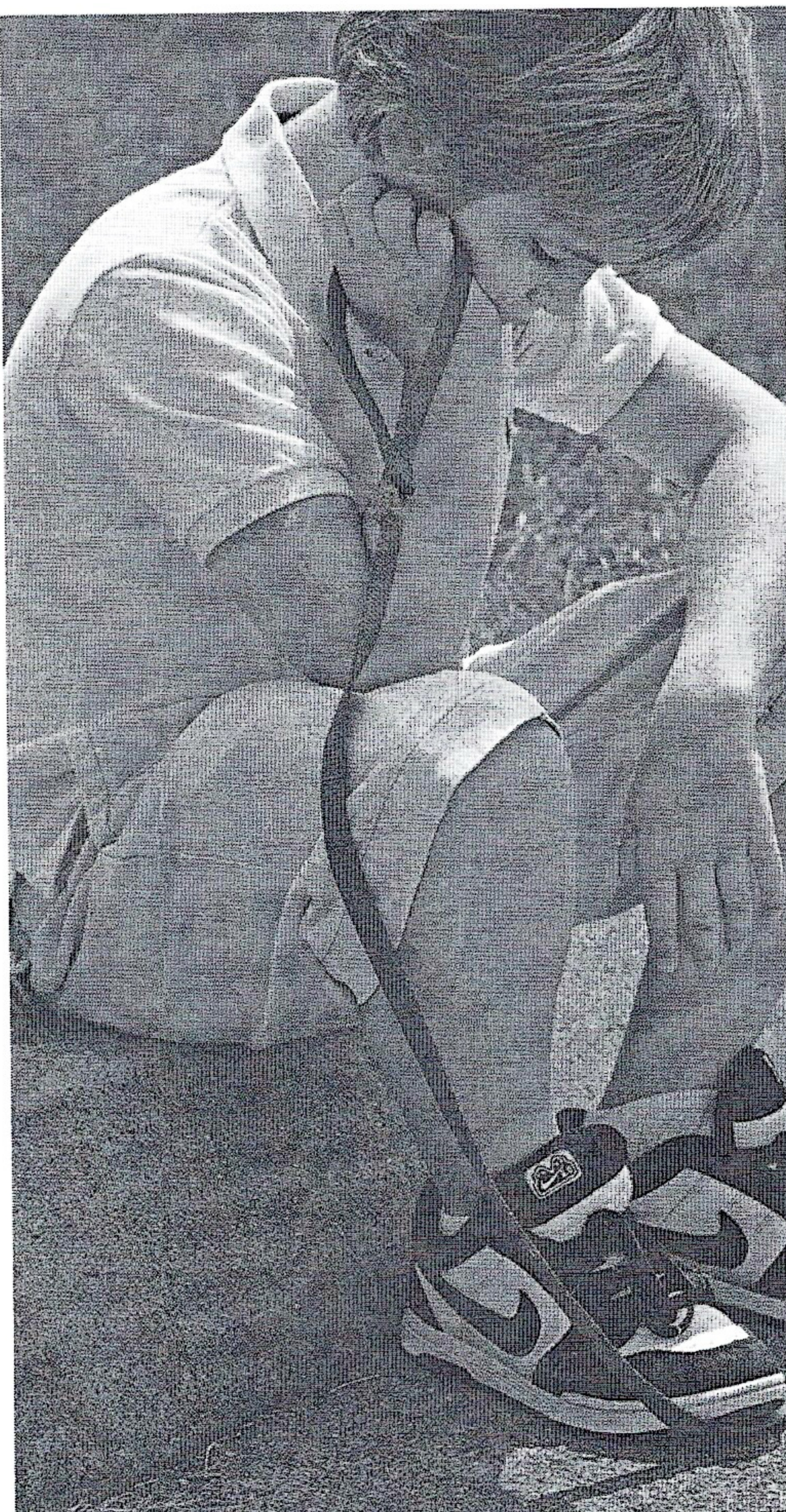
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