

IACP

INTERNATIONAL ASSOCIATION OF CANINE PROFESSIONALS

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The Canine Professional Journal *is the official journal of the...*

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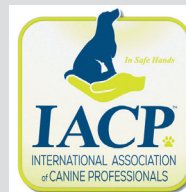
International Association of Canine Professionals

OUR MISSION STATEMENT

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

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

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

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

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

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Cover photo: Photo by Derek Bryson

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The IACP is proud to announce that Members

Tammy Lynn Orndoff and Carla Scramstad

have earned the DTFE certification and are now able to use this designation in their titles.

In addition, the IACP is proud to announce that Member

Jeff Scarpino

*has successfully completed their Certified Dog Trainer examination
and are now able to add the designation IACP-CDT to their names.*



We know how much work goes into this and we are proud of your achievement.

Well done!

The Board of the IACP

Want to be published? Here's your chance!

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

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President's Letter

by Tyler Muto

Being President and Chairman of the board over the past 2 years has given me a lot of perspective. The heightened vantage point, or birds-eye view, has exposed me to aspects of this industry that are inspiring and heartwarming. Unfortunately, I have also seen things that sadden me about the state of our profession and the future of our craft.

The dog-training world has become a place of divisiveness, not just between warring ideologies, but even within those ideologies. It seems all too often that "who's right" has become more important than "what's right."

I try to always keep in mind the vision with which the IACP was founded. That vision was one of inclusiveness, understanding, and keeping an open mind. In our industry, this translates to understanding that we will inevitably encounter other professionals with whom we disagree; when we do, we can remain open to hearing their perspective and acknowledging that they have their own life experiences that have led them to their positions.

We also have to understand that we will inevitably encounter, sooner or later, individuals or organizations that make comments which we may find to be offensive. Responding in kind, by becoming defensive or even threatening, does nothing more than de-value our beliefs and ourselves. The IACP has always tried to take the higher road, and to behave professionally and respectfully, even when we feel we may have been disrespected.

Recently, one of our potential conference speakers made comments about training tools in a Facebook video. Many felt these comments were in opposition to IACP positions. There were immediate calls to

remove her as a speaker at our conference, as many were outraged.

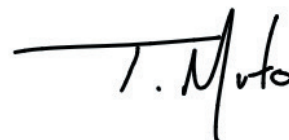
This mentality saddened me. The IACP was founded because of a tendency of other groups and organizations to close themselves off to opposing views. If we were to only allow speakers at our conference who hold all the same beliefs as we do, then where does that leave us as an organization? Have we become no better than the organizations and ideologies that we criticize?

It may be a surprise to some, but this year I deliberately asked the conference committee to reach out to some of the leaders of the positive training movement to try to involve them in our event. People like Ken Ramirez, Bob Bailey, and Susan Garrett were on my list. If not for scheduling conflicts, some of them may have been speakers. Next year I hope the committee tries again.

Some may think I am crazy, but I truly believe that the future of our organization and our industry will rest on our ability to build bridges and find common ground. Someone has to take the high road, extend an olive branch, and elevate the conversation. Why shouldn't it be us?

Only by demonstrating our willingness to listen will we earn the ability to be heard. The next time you are confronted with negativity, take a moment to remember the values that the IACP was founded on, and find the courage to stand on higher ground.

Respectfully,



Tyler Muto, President.

tyler.muto@canineprofessionals.com



Andrew Fraser has been seen on:

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Talk to your dog by shutting your mouth

by Nelson Hodges, IACP – CDT, CDTA, PDTI

Over the years, I have been fortunate enough to teach hundreds of trainers and thousands of clients about better and more effective communication with canines. This has helped me to be able to better codify and explain to humans the what, how, and why behind canine language and understanding. Sharing this information seems to help to close some gaps between human primates and canines. I will share a small part of what I share with others in workshops and classes that I teach.

Canines do not have parts of the brain to be able to replicate human verbal language, period. There have been multiple studies of canines and their ability to comprehend over 500 different verbal sounds from humans. Their ability to discern minor differences in sounds, tonal values and inflections, emotional content, and intent within human speech is what allows us to be able to teach dogs the training/command words we use. Dogs do not necessarily “understand” our definition of each word we say, and they may or may not comprehend our sounds as a singular “word” as we define our verbalities. They do, however, have the ability to associate different understanding and values for our verbal sounds. Studies and experiments conducted have shown that dogs do have the capability to discern an action (Sit), versus an object (Ball), vs. a behavior (Play), vs. a color or Shape (Red Ball). Object discernation has been critical to their survival through silhouette identification (Predator, Prey, Inanimate Object, etc.).

Due to the history of Proto-dogs, ancient breed dogs, and now modern dogs having a more than 40,000 year history of living with and cooperating with humans, for both species to

benefit and survive better, dogs needed to, and have gained the capacity to, study us and read us and our intent better. Up to modern times (within the past couple of hundred years), most human / canine relationships were based upon a need to work together for better survival. Within the past 200 years, or so, man has been able to control and affect his environment through technology and industrialization. Dogs, for the most part, have lost their historic place and uses. Now they are mainly “pets.” The trend of “everyone wanting a pet” has massively changed dogs and their purposes, created most modern breeds, created designer breeds, and has allowed for an explosion of populations (an estimated 1 billion dogs worldwide). Human control of environment and safety has separated us from the nature of nature on an increasing level. Nature, for modern man, has become an inconvenience of weather.

I ask for a show of hands in my workshops of how many people have dogs in order to survive in the world. Only those with a specific medical or physical need have ever raised their hands. We generally no longer have dogs for what they do best as a predator. In short, we have dogs



The advertisement is split into two main sections. On the left, a blue background contains the PetSafe logo at the top, which includes a circular seal with 'SAFE PETS' and 'HAPPY OWNERS' around the brand name. Below the logo is the tagline 'protect. teach. love.' in a smaller font. Further down, in a larger white font, it says 'PetSafe brand is proud to be an IACP Sponsor!'. At the very bottom of this section is the website 'PetSafe.net'. On the right side of the advertisement is a photograph of a young Bernese Mountain Dog puppy with its characteristic black, white, and rust-colored fur, sitting in a grassy field and looking towards the camera.

because we need some outside connection to the nature of things. It is our grounding point. Due to the separation we have from nature, and the ability to call it in on our terms (when we have time and feel like it), we are distanced from having to understand nature on its terms. This holds true for our need to understand dogs from their standpoint as well.

In attempting to teach humans about dogs, not what we want of them but to understand them from their point of view of the universe, we need to respect these animals in a much more in-depth way. Their behaviors, responses, capabilities, communications, and answers to the universe are just as valid as our own. When we ask them to behave a certain way, it is for our benefit. When we attempt to communicate with them, we teach them our intent and our language.

Observing the most successful trainers and behavior specialists, you will find that they will “read” the dogs very well, appear to “ask” little of them, and in return they receive cooperation from the dogs. The more clarity of intent that you give, the better the communication. Dogs do not speak

one word of English, German, Japanese, Swahili, or any other human verbal language. What they do is give their signals through the major elements of body position, posture, movement, intent, speed, and distance. The aspects of eyes, ears, pastern movement, stiffness, tail positioning, curvatures, fur positions, verbal cues, facial relaxations and tensions, etc. are critical in additional detail. I have never heard a dog speak English or any other human verbal language to another dog, not once. And yet they communicate very well, and with great detail and complication to each other, universally, without human language.

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There are many other senses that dogs have that contribute to their capabilities to communicate that humans do not have. Our diminished need for sensing smells, our limited range of eyesight in UV light, and our lack of extreme hearing and other elements simply contribute to a misunderstanding of communication.

In the past I have challenged many clients, as well as trainers, to not speak to their dogs for 24 hours. Those that took up the challenge found that their dogs were very calm and were able to understand their intent by simply following their signals with body and hands. There have been multiple studies conducted that show a natural predilection of dogs to look at and watch for any body signal, including hands, facial micro muscle movement, directional indication of turning the eyes or head or body, rather than listen to our verbal cues. In fact, depending upon the breed and particular individual dog, dogs are 6 to 22 times more likely,

capable, and willing to look to those signals than to pick up on verbal cues from humans. Most of the time, humans unknowingly give some physical cue that our brain associates with some hand or body movement when we give some verbal intent. It is that cue that dogs are picking up. Verbal is a reinforcer, or clarifier in most cases.

As professional trainers it is incumbent upon us to study and understand dogs and their nature to be more clear and effective in our communication to them.

Nelson Hodges: IACP – CDT, CDTA, PDTI, CIS is a member of the IACP Board of Directors. He has worked with animal behavior and rehabilitation for more than 40 years, helping thousands clients and dogs. Nelson created the "Relationship-Based Behavior Modification" method, and is the Founder and President of the Canine – Human Relationship Institute. Mr. Hodges conducts workshops around the world and holds classes for Canine professionals at his Institute in Blue Ridge, Texas.

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A black and white photograph of a dog interacting with a KONG Wobbler toy. The dog is a medium-sized breed with black and white patches, possibly a Border Collie or similar. It is leaning over the toy, which is a dark, rounded, hourglass-shaped object with a hole in the center. Several small, round treats are scattered on the floor around the toy. The dog's head is lowered, and its front paws are near the toy. The background is plain white.

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Is That Dog Really Trained?

By Robin MacFarlane

Ed. note: The following article originally appeared in Robin's blog a while back, and ran in this publication 6 years ago. It is being re-run in this issue with her permission.

Robin's note: I wrote the following in response to the frustration I frequently experience when hanging out on dog training forums. It is the same frustration that usually causes me to leave the list and just go back to my dogs, clients and training. Maybe it is just me, but I find the continual battles about tools, methods, and "who's doing it wrong" tiresome. Somewhere in all the arguing, we've lost perspective that most of us make our living helping the average pet owner learn how to have a peaceful life with their dog.

We've forgotten that meeting the needs of John and Jane Doe and providing him or her a solution that works for them is the objective. While I am all for helping JQP see a vision of life with their dog they may not have believed possible, I have low tolerance for ramming a personal vision down everyone else's throat. The unfortunate outcome of such lambasting of one another is that we close ourselves off from circulating in a wider community and leak away possibilities of joining forces to simply preach that training is important.

I thought about posting some brainy quote about open-mindedness in this article, but then it occurred to me that it isn't necessary that we all become more open-minded. If we're good at what we do and good at helping our clients get to that point, we should continue on. There is no need to constantly expand to something else.

What our industry really needs is greater tolerance, so I will leave you with some words from George Carlin; "Religion is like a pair of shoes...Find one that fits you, but don't make me wear your shoes." Practice your training religion with vigor and enthusiasm, but let others practice theirs as well.

The argument of whether or not a dog is *really trained* if he is wearing an electronic collar comes up frequently among dog professionals. The debate rages that a *trained* dog shouldn't need to be wearing an e-collar.

My first question typically is: "Trained according to who's definition?"

"Trained" as defined by a competition obedience routine that is performed sans any training tools in the ring? Or perhaps "trained" to the degree of a Police K-9 capable of searching a building for hidden suspects? What about "trained" to remain on the dog bed while you have 25 people over for a holiday gathering?

What I might consider well-trained, the high scoring obedience competitor might deem unacceptable or sloppy performance, and the police handler might say is just "circus tricks," while the average pet owner may watch and exclaim, "I don't need all that 'fancy stuff', just a dog who 'behaves' (which of course the leads to a discussion of what 'behaved' is).

The definition of a trained dog lies in the mind of the dog owner/handler. We all have different ideas of what we expect our dogs to do and under what circumstance(s) they should remain accountable to those expectations.

Dog trainers seem to have equal (perhaps greater) differences of opinion over how to achieve teaching a dog those expectations.

We have leashes, long lines, slip collars, prong collars, electronic collars, treats, clickers, harnesses, head halters, and a host of other items used to guide a dog through the learning process. There is controversy over all of those tools, but the outcry is the loudest if an electronic collar is on a dog.

Even among some of the professional trainers, there is a lingering arrogance that if you have an e-collar on the dog, somehow you are cheating and the dog really isn't trained.

I say poppycock to that notion. And let me return the volley: "Well, if he has a leash on, he ain't trained." "If you've got treats in your pocket, he ain't trained." "If he does great in the ring but can't stop jumping on visitors to your door, he ain't trained." "If he does a great building search but can't lay down and be quiet in the squad car when you tell him too, he ain't trained." "If you need to raise your voice at your dog, he ain't really trained." "If you need to give him that look and that shake of the finger..." (you get the idea).

Blah, blah, blah...we can all go on and on and round and round. But to what point?

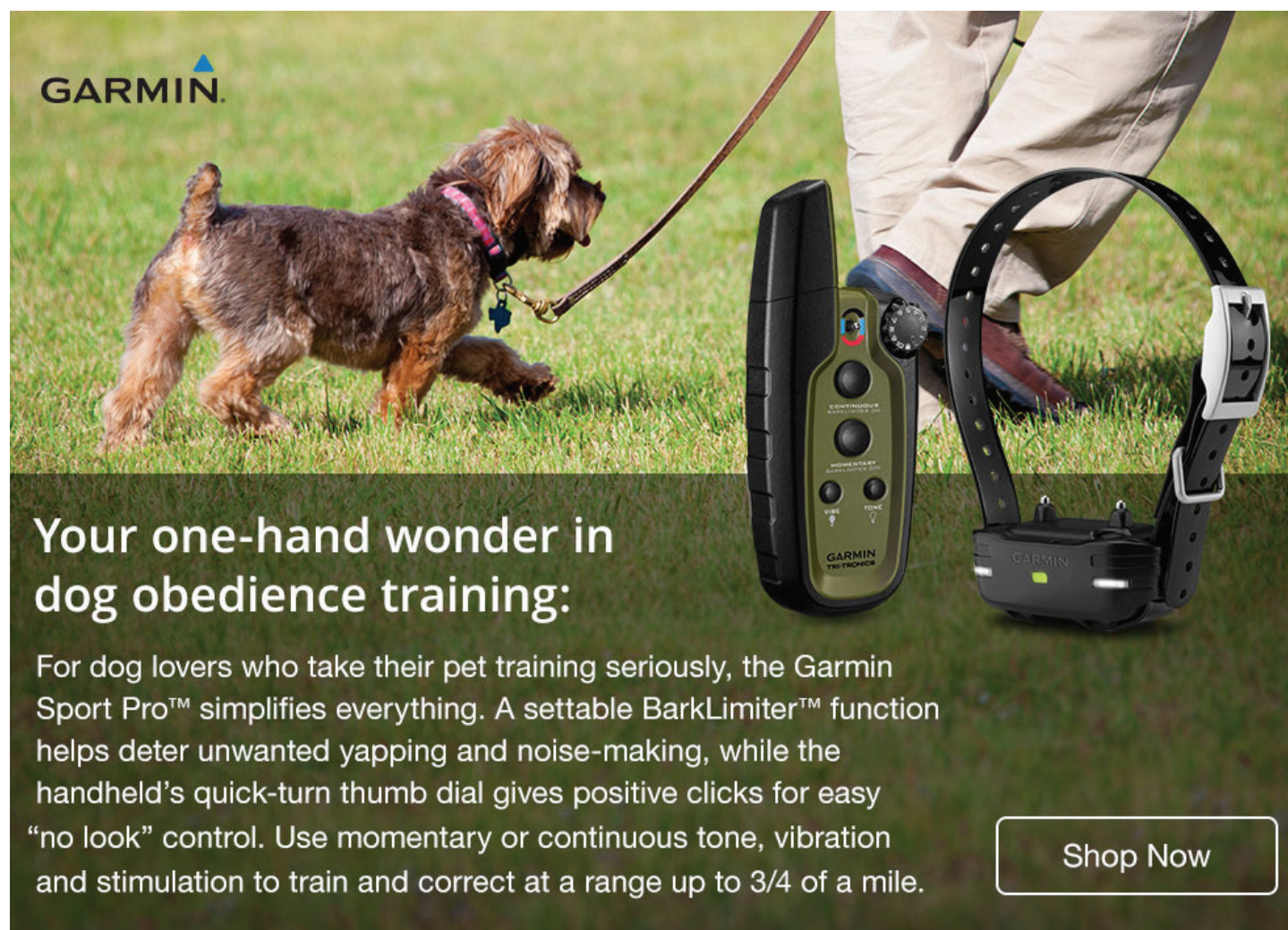
It takes no particular skill to argue with one another over what is trained and what is cheating and who does a better or more humane job of getting to their goal. The arguing part is easy.

How novel would it be to celebrate the idea that we all believe in training the dog? Maybe we can call a truce and focus on the most important piece of equipment, the one that sits between our ears.

Does it really matter what tool we use if we do so with conscious endeavor? Does it matter if a dog is wearing a tool or if an owner/handler uses that tool to aid maintaining their goals?

If someone is actually taking time to train their dog I say, "hurray!"

Sure, there is common ground in saying if the dog is as good as gold with a training tool on (or with a situation well managed) versus completely off his



The advertisement features a photograph of a small, scruffy brown dog on a leash in a grassy field. In the foreground, a handheld Garmin Sport Pro training device and its corresponding black collar with a silver buckle are displayed. The device has a thumb dial and several buttons. The collar has a small green light. The Garmin logo is visible in the top left corner of the image area.

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rocker without the tool or continual management, well, then there is some real work to be done.

If the disparity in behavior is that large, there is a disconnect between using a tool to achieve a behavior versus using a tool to aid building a relationship. That is where the emphasis should be, on the relationship.

If the relationship is in balance, the road traveled to get there doesn't really matter. Whether the dog wears an electronic collar on or runs around buck naked, the training will shine.

Robin MacFarlane is a CDT and past Director of IACP., the founder and owner of "That's My Dog!" Training Academy and E-cademy in Dubuque, IA, and a sought-after expert in the industry. She has assisted hundreds of police departments with their K-9 skills training as well as teaching other professional dog trainers. An internationally-travelled presenter, she posts regularly for Dogtra and has several training DVDs for e-collar instruction through Gun Dog Supply. Contact her at www.robinmacfarlane.com.

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Facts and Information About Service Dogs, Pt 4

by IACP Service Dog Committee

Surviving the Airport Experience with Your Service Dog

Preparing a Service Dog & Owner for Air Travel

Air travel can be very stressful for a number of reasons, but one in particular is that you cannot just get off the plane whenever you choose.

When you add a service dog to the equation of flying on a commercial aircraft, it becomes even more important that you adequately prepare you and your service animal for the journey. Both the owner/handler and the service dog require essential and specific skill sets to successfully and legally work in public spaces and transportation.

Federal laws give service dog owners the right to be accompanied by a trained service animal in public businesses and places, on ground transportation, and onboard commercial aircraft for air travel. Service dog owners are solely responsible for the health and safety risks and damage their service dog and themselves present. Federal law also grants stewards of public businesses and places the right to deny access to service dog teams who are not in accordance with the Federal laws' definition of a trained service animal.

Air travel is a unique form of public transportation, and the ability to disembark in the event of a challenging or dangerous situation is not possible during the in-flight portion of travel.

The solution to this issue is to prepare yourself and your service dog properly before you board an aircraft. The opportunities for accumulating ongoing training time and experience in this type of an

environment are limited, especially for those who travel infrequently. So the solution is to use alternate training opportunities.

Here are some alternative training methods that will help in that transition.

Training to simulate the air travel environment is fun, quite varied and readily available. You can find this at any neighborhood playground. There are different textured and colored surfaces for the dog to experience with their feet and eyes and their noses. Merry-go-rounds and suspended bridges help the dog learn how to safely traverse and ride on items that move, making the introduction to escalators, elevators and people movers found at airports an easier transition. As you travel through a terminal heading to your flight, you will often find landside operations (trams, people movers, elevators, and escalators) that are unavoidable. Focusing your training with

your service dog to prepare for those types of transport, even though they may be uncomfortable or unsettling, is important. However, if needed, you can arrange alternative transportation that will allow you to avoid these altogether. Slides are helpful to prepare the dog in the event of an emergency where an aircraft's slide must be deployed to assist in evacuation. Tunnels help the dog learn to be in a tightly enclosed space which they will have to deal with onboard the aircraft. Utilizing all of the elements in a playground in



some fashion or another will help you prepare your service dog for air travel.

Additionally, there are opportunities found when visiting an airport itself in non-ticketed passenger areas that will allow you and your service dog to gain more experience. If your service dog meets the legal Federal definition of a fully trained service animal you can take trips on other forms of public transportation. Those include buses and trains that have tight spaces, crowds of people, and fast-paced conditions similar to air travel.

You will find many TSA officers, if asked, willing to help you acclimate your service dog to security checkpoint procedures that you will encounter during air travel.

Also helpful to include in service dog training are recordings that mimic various sounds associated with air travel.

The following will help you understand the need and importance for service dog training and owner

education which will allow you to utilize the public transportation of air travel more proficiently.

There are a network of Federal Government agencies that cover different aspects of the air travel system that include laws and regulations directly related to passengers with disabilities who utilize the assistance of a trained service animal. Those agencies are the Department of Transportation (**DOT**), Air Carrier Access Act (**ACAA**), Transportation Security Administration (**TSA**), and the Department of Justice (**DOJ**) and the Americans with Disabilities Act (**ADA**). The DOT ACAA regulations cover anything an airline owns, leases or controls. TSA covers last-point-of-departure security checkpoints at airports. The DOJ ADA covers all other areas of the terminal such as; baggage claim, vendor stores and restaurants, bathrooms, landside operations such as trams, people movers, elevators, and escalators, etc.



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Airlines have company policies and contracts of carriage that define the rights, duties, and liabilities of the passenger and that of the air carrier. In early 2018, many airlines made changes to both of these regarding their carriage of service animals. The significant increase in the number of ill-behaved animals travelling in-cabin and the impact it has made on the safety and health of all passengers, animals, and company employees was the impetus for these changes.

The following two categories of service animals have different coverage in public spaces and transportation.

1) Service Dog-in-Training (**SDIT**) are **not covered** under the DOT ACAA or the DOJ ADA. Airlines normally do not allow a SDIT, but some accept them with pre-approval. SDITs are not allowed in airport terminals public spaces, or businesses. SDIT denotes a dog that has not reached the legal Federal definition of a fully trained service animal.

2) Emotional Support Animals (**ESA**) are **not covered** under the DOJ ADA and do not have public access rights. They only have rights under the Fair Housing Act (**FHA**) that governs access to housing. At the time of writing this article, ESA's are still allowed access to travel in-cabin onboard aircraft under the DOT ACAA. ESA's **are not** allowed public access in airport terminals or any public spaces, and businesses.

There are many training opportunities for a service dog along with their owner to gain the necessary skills and training to adequately handle the stress of air travel and be in legal compliance with Federal laws and regulations.

A service dog should be able to perform & maintain obedience skills & trained tasks at an advanced level in various environments & situations before traveling on board a commercial aircraft.

Putting a dog in an environment that it is not ready to handle is not only unsafe for the dog and others--it is unethical and inappropriate. No one should push a dog beyond its threshold of

experience, knowledge or ability to cope. It is, plain and simply, not in the best interest or well-being of the animal, which should always be the first priority of a service dog owner, handler and trainer.

Owner/handlers and trainers must be able to recognize when their service dog at the airport is incongruent with its ability to complete air travel.

Remember: it is up to you to train your service dog!

Links to Federal Government laws and regulations used in this article:

DOJ ADA SD Q & A: https://www.ada.gov/regs2010/service_animal_qa.html

DOJ ADA SD info brief: https://www.ada.gov/service_animals_2010.htm



HUD Fair Housing Act (FHA): https://www.hud.gov/program_offices/fair_housing_equal_opportunity/ReasonableAccommodations15

DOT ACAA Service Animal Regulations: <https://www.transportation.gov/individuals/aviation-consumer-protection/service-animals-including-emotional-support-animals>

Morgance Ellis-Anthony IACP-CDT, CDTA, PDTI, certified service dog trainer (CSDT). Morgance is a dog trainer specializing in service dogs, advocating for their legitimate rights and use. Morgance writes, and travels to various locations with her service dog "Ellie" to lecture, teach, train, evaluate, and test service dog teams. Her K9 Wings program offers service dog air travel training for owners and dog trainers. She proudly serves as a member on the IACP service dog committee.

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Additional Resources regarding Service Dog information presented:

ADA: <http://www.ecfr.gov/cgi-bin/text-idx?node=28:1.0.1.1.36>

HUD: https://portal.hud.gov/hudportal/documents/huddoc?id=servanimals_ntcfheo2013-01.pdf

DOT: https://www.transportation.gov/sites/dot.gov/files/docs/20030509_1.pdf

For more information: <http://www.canineprofessionals.com/service-dogs>

The IACP Service Dog Committee is dedicated to the proper education of the general public, professional trainers and business owners regarding the utilization and/or training of Service Dogs.



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Shadow Program Information

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

The Obesity Epidemic: Take Action

by Erica C. Boling, PhD

The United States has a canine obesity epidemic, and it seems few dog owners are listening. I've heard story upon story of veterinarians telling owners of obese dogs that their dogs' weight is just fine. I see morbidly obese dogs that waddle instead of walk. I see senior dogs with arthritis needlessly suffering because of all the extra weight that they are carrying. I've even had friends and loved ones tell me their obese dogs were not really obese. "He's just thick boned... it's muscle," they say.

It appears the situation isn't getting any better. A recent study conducted by the Association for Pet Obesity Prevention found that nearly 54% of dogs are overweight or obese. When asked to classify their own pet's weight, 81% of pet owners and 87% of veterinary professionals reported they were a normal and healthy weight. In 2016, insurance claims related to pet obesity conditions and diseases rose by 10% *in just a two-year period of time*. Indeed, our obesity problem doesn't appear to be going away.

To make matters worse, a large number of dogs are not getting the physical and mental stimulation that they need. When people come to me complaining about their dog's behavior problems, the first thing I ask is what kind of daily and weekly exercise is the dog getting. To this day, *every single time* I've asked this question, the dogs were never getting sufficient exercise. Take a young pup or high-energy adult dog that has little to no opportunity to release that energy, and it's not surprising that you end up with behavior issues.

When talking about the benefits of creating canine fitness programs for dogs, most people immediately see the connection to sport and working dogs. A balanced canine fitness program can enhance a dog's strength, flexibility, cardio, and body awareness. Emphasizing fitness helps these

dogs achieve peak performance while also minimizing the risk of injury. It's easy to see how fitness should be a vital component of sport and working dogs' lives. The role that fitness programs have in the pet dog industry, however, is not always so clear. I frequently have dog trainers asking me how canine fitness can be integrated into their business. They sense that offering canine fitness programs to their clients can add value to their business, but they often struggle to see how, exactly, it can fit into what they are currently doing. Below are some thoughts that I frequently share when having these conversations with canine professionals.

One of the first things that we have to acknowledge is that poorly designed fitness programs can actually cause more harm than good. When exercises aren't done properly, you can actually be creating injuries rather than preventing them. If your fitness programs aren't well designed, you might see zero improvement in fitness level. You might even see a decline in fitness. And if you develop a program that has a dog doing too much too soon, your dog can end up with a serious injury.

With proper education, you'll find that learning about canine fitness will enable you to be much more in tune with your and your clients' dogs. You will refine your critical observational skills that help you detect subtle signs of soreness or pain before many others see it. You'll also be in a better position to help prevent injuries and feel more confident about knowing when to refer other people's dogs to a veterinarian or other health care professional.

In addition to helping improve the general health and well-being of all dogs, participating in canine fitness programs can enhance communication and increase the bond between human and dog.

Engaging in a variety of canine fitness exercises and activities can also help increase the confidence of dog and handler. And of course, a well-designed fitness program can help ensure that dogs receive the mental and physical stimulation that is needed to lead a happy, healthy and productive life.

When it comes to integrating fitness into a canine business, the options are endless. Below are just a few examples of how fitness programs can provide added value to a canine business.

- **Canine Gym Membership:** Providing training, space and equipment for people and their dogs to use
- **Private Fitness Coaching:** Offering one-on-one support; pre-assessing and designing individual programs based on the needs of each dog and owner
- **Fitness Classes/Programs:** Offering beginner, intermediate and advanced fitness programs; offering specialized classes such as jumping skills for agility dogs or strength training for dock diving dogs
- **Board and Train Fitness Programs:** Adding fitness training as an add-on for board and train clients or designing specialized board and train programs that focus specifically on canine fitness
- **“Spice It Up” Programs:** Creating something exciting and new by integrating canine fitness into your regular obedience classes, trick training classes, sport programs and more
- **Fitness Excursions:** Adding novelty programs where dogs and owners participate in fitness activities together, such as hiking, running, cycling, obstacle courses, camping, boating and swimming; offering an option where busy owners pay you to exercise their dogs for them
- **The Holistic Approach:** Adding canine fitness programs to current offerings that emphasize a holistic approach to canine health and nutrition

If you get creative, the possibilities for integrating canine fitness into your business can be endless.

In addition to providing much needed education and services to owners and their dogs, you’ll also have more opportunities to offer one-of-a-kind programs that set you apart from your competitors. In the end, the dogs, their owners, you and your business will benefit!

Erica C. Boling, PhD, is an Associate Professor of Education at Rutgers University and the owner and founder of Northeast K9 Conditioning, LLC and Northeast K9 Conditioning Academy. Erica helps sport and working dog handlers create peak performance, canine athletes by teaching them how to integrate canine fitness into their training programs. Erica is a Certified Canine Fitness Trainer (CCFT), Certified Canine Massage Provider, member of the United States Federation of Sleddog Sports (USFSS) and a member of their USA National Team. She is also one of the founding members of North Pocono Search, Rescue and Recovery. Currently, Erica teaches canine fitness to officers at the Atlantic County “John Sonny Burke” K-9 Academy. She also does narcotics detection with her Belgian Malinois and trains and competes in French Ring. <https://www.northeastk9conditioning.com/>

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Introduction to The PACT Model

by Birdy O'Sheedy

Editor's Note: This Part 1 of a 2-part series.

As a person working in the canine industry, have you ever had moments where you struggled to cope with the human at the end of the lead, or moments in which you were very clear and confident how to help the dog, but didn't know how to help the dog owner? Have you had days where you found it more frustrating to work with the dog owner, rather than the dog itself?

I've developed an innovative cognitive-behavioral approach called THE PACT MODEL. One aim of the PACT model is to help canine professionals solve common problems with the human at the end of the lead more efficiently and smoothly, which will result in higher job satisfaction and better training results, which means happier dogs.

Before I dive into the theory, I want to encourage you to have an open, curious mind while reading, because it might sound a bit unusual. It might help you to approach it from the perspective that you are more than "just a dog trainer." In fact, you are a relationship counselor, which means your attention is not just focused on the dog, but also the dog owner. I'm aware that quite a few people would rather just deal with the dog itself without the owner, but that's not real life. Most dog trainers have to deal with the human. Even if you have an awesome board and train program, at the end of it, your handover to the dog owner is as crucial as teaching the dog the new coping skills.

So let's get into it. What is the PACT model all about?

The Evolution of THE PACT MODEL

The PACT model is based on an evidence-based psychological framework called "Acceptance and Commitment Therapy" (ACT). Steven C. Hayes, Kelly G. Wilson,

and Kirk Strosahl founded ACT in the 1980s. It is based on Relational Frame Theory (RFT), a comprehensive theory for language and cognition that is an offshoot of behavior analysis, which is a very popular therapy method in psychology and coaching. ACT is a very prominent approach in psychological therapy and coaching, which has a great evidence-based record.

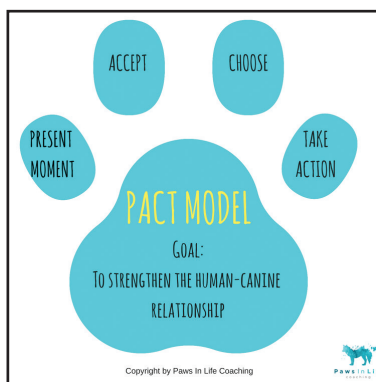
The overall goal of ACT is to help people gain psychological flexibility, become present, and help them identify what matters to them and act on it. For the purpose of strengthening the human-canine relationship, I have simplified and adapted the model, and called it THE PACT MODEL. The keystones of the PACT model are: Present moment, Acceptance, Choose your values, and Take action.

The Keystones of THE PACT MODEL

Present Moment – aka "Mindfulness"

Most dog trainers have taught their dog a pretty solid "drop or down" for a prolonged period of time. We have no problem asking our dog to work on their impulse control and teach them how to "just chill." But do we apply the same principles to ourselves? Do we and our clients know how to truly relax and just observe, rather than being critical and reactive with our judgments, words and behavior?

We need to start cultivating the skill to engage with the present moment (aka "Mindfulness") in others and ourselves. We spend so much time thinking about stuff that happened in the past, or worrying about things that may happen in the future, that we often forget to appreciate or enjoy the present moment. Mindfulness is a way of bringing us back to experience life as it hap-



pens. Mindfulness is about training yourself to pay attention in a specific way. When a dog owner is mindful, they:

- Can pay attention to their dog and read the dog's body language better without being caught up in their unhelpful thoughts, beliefs and stories that they keep telling themselves
- Don't judge their dog's behavior, and stay more focused on the facts and instructions, which leads to more a problem-solving, curious mindset, rather than an emotional and defensiveness mindset
- Are more aware of themselves, their body and their environment (e.g. they are more aware of their leash pressure)
- Know how to slow their nervous system down and don't "flood" as easily, which leads to a state of "calm energy" which transfers onto the dog

Accept your emotions - aka "It is what it is"

Accept, open up and make room for painful feelings, sensations, urges and emotions that go hand-in-hand with having to overcome a challenge. There will be many emotions involved, especially when dog owners have to face engaging in a

behavior modification program. For instance, if the dog is leash-reactive, there is a high chance the owner will feel embarrassed about their dog.

Instead of fighting emotions, resisting them, running from them or drowning in them, we encourage dog owners to open up about their emotions. This does not mean that they have to like or want those emotions. But they have them--so let's work with them, because the more we ignore them, the more the emotions will interfere. To be able to help as a professional, you need to have rapport with the dog owner. This therapeutic alliance creates a space to be able to discuss their emotions, as otherwise they will feel judged and close up, and as a result give up on their training or avoid it. Every dog trainer aims to have a connection with the dog, but don't forget the dog owner in front of you. You are not just training the dog--you are training the TEAM!

Choose your values - aka "Know the human's reward"

It often comes naturally to dog trainers to identify



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what preferred primary reinforcer the client's dog has, but they don't investigate what motivates the human. They have currency with the dog, but not with the owner. I haven't met many dog owners who would work hard for some hot dog pieces or a grimy, slobber-soaked ball, but they usually present with good work ethic if they believe what they are doing brings meaning and purpose into their life. And this is what we call values. Values give life meaning and purpose. Therefore, it is important that dog owners know what matters to them in relation to their dog and that the canine professional is aware of it so that she/he can keep motivating and rewarding the dog owner.

So for instance, if a dog owner identifies "friendship" as an important value in their life with their dog, it helps dramatically if the dog trainer integrates this concept. The dog trainer could ask the owner "What would a healthy friendship with your dog look like?" Moreover, this is where you can start training the dog owner about what a healthy relationship with their dog would look like, based on their values. For example, let's say your client's dog has separation anxiety and the client presents as overprotective of the dog, too enmeshed, and as someone who generally under-estimates the dog's ability and resilience. You could ask the owner, "would you enjoy a human friendship where your friend was always undermining their ability to succeed in life, and as a result they never get to experience an independent, self-esteem-building life?"

Take Action – aka "Let's do this!"

It is important that dog owners take effective action, guided by their values. And your job as a professional is to guide them to set achievable (ideally also measurable) goals, motivate them, and be their GPS when they are lost in the training process. This can be done by highlighting every time they move closer or further away from their values. Or you can support them in holding them accountable with video check-ins, diaries, journal entries, clear goal setting, etc.

If this article has sparked your curiosity and interest, stay tuned for my next article discussing practical applications of the PACT model. In the mean

time, feel free to check me out online, or like us on Facebook to stay tuned for upcoming events and workshops.

Birdy O'Sheedy is a clinical psychologist, coach and professional dog nerd, and founder of Paws In Life Coaching in Sydney, Australia. Her work focuses on what psychology can offer to strengthen the human-canine relationship, and in her spare time she loves training and engaging with her dog Luna. www.pawsinlife.com.au

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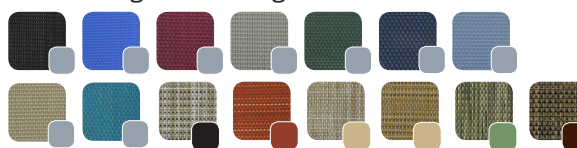
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Are You “Unteachable”?

by Heather Beck

We’ve all worked with them as clients. In fact, they are the types of people most of us dread having to work with, the types of people we mean when we exasperatedly say, collectively as a profession, “Dogs are so much easier than people!” I call them the “Unteachables,” and sadly, they aren’t just dog-owning clients. They are often, unfortunately, our canine professional colleagues.

“The Newbie”

This type has claimed skills, experience and knowledge well above what they actually know. They have put themselves on a pedestal too soon in their career or path, and are no longer open to learning because it doesn’t play into their own self-created narrative of being at the “top of their industry” or “world renowned.” This has become very common through social media, where anyone can make themselves an expert in anything. The dog training world has a few.

“The Challenger”

If you have ever attended a workshop or class, you might recognize this person, or YOU might be this person. This type constantly challenges any new information. They ask lots of questions, not really in an attempt to clarify information, but to argue or prove their own position. As the instructor is teaching, they are already thinking through why he or she is wrong and can’t wait to let everyone in the class know why. These types can ruin a great learning experience for everyone attending. In every workshop I have ever taught or attended, there was always one in the bunch. There is a difference between wanting to learn and challenging others, especially the instructor, just to feel superior.

“The Ego Freak”

This one doesn’t need much explanation—you can spot them a mile away. If you are one, you might not know it, but those around you do. Traits include, but are definitely not limited to, grandiose sense of self, needs constant admiration (social media is a great source for this type), sense of entitlement, takes advantage of others to gain own goals, lacks empathy, arrogant behavior, exaggerates talents and expects to be recognized as an expert without any measurable proof of experience. Also, these types feel special and unique.

“The Know-It-All”

“You don’t know what you don’t know” applies here, and NOBODY knows it all. These types have very poor listening skills and thrive on the pleasure and addiction of being right. They can be very difficult personalities to deal with and often drag those around them into childlike fights over nothing. They seem to exude confidence, but are often covering up insecurity issues.

“The Expert”

Unfortunately, with more experience comes more comfort and conviction in our ideals. More experience can sometimes be an impediment. If you are already an expert, why do you need to keep pursuing more learning? Real experts know the answer to this question.

Just because you might recognize yourself in some of the traits of being unteachable, that doesn’t mean you’re unreachable! The first step is listening, not just hearing; but truly taking in what others are saying. You must commit to processing and digesting information, and this can be very difficult because we must learn to calm the chatter in our own minds. It takes practice, but nothing worth doing is ever easy, is it?

The next step is to think before responding or asking questions. Do you really need clarification on that point, or are you just challenging the speaker? Taking time to think about the situation and what you are trying to learn might even increase your confidence because when you ask thoughtful questions, you will get better responses from the instructor and positive feedback.

“I don’t know.” These words can feel like weakness to some personality traits, but from my experience, it almost always helps build trust and openness. It can open up honest communication because it’s OK, even as an expert or professional, to not always know the answers.

To me there are 2 types of experts: the “expert,” and the true expert. I have worked with some of the best trainers and professionals on the planet, and what defines a true expert is someone with confidence, humility, openness to learn from other experts, and a desire to better themselves. These true experts are perpetual students. They are always learning, either from other people or the animals they work with, and are very fluid in their skill set and how they apply it. True experts know that “Expert” is more than just a title. It’s a way of life.

If you recognized yourself in any of these personality types, don’t despair. You can change. It won’t be easy, but it will be worth it.

Heather Beck, Owner of K9 Lifeline in Utah, has been working with dogs since 1995. She has worked in almost every capacity, from running her own large breed and pitbull rescue to animal control officer, to trainer and everything in between. When she is not at K9 Lifeline, she spends her days at her hobby ranch, The Canine, Cattle and Camel Ranch, where she works with and trains her unique animals including camels. Find out more at k9lifeline.com.

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Critical Thinking

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

What You Don't Know

No matter how long you've been working with dogs and people, you have undoubtedly encountered snags where what has worked before in a similar situation is not working with your current client. The dog's behavior is one you handle regularly, usually with great results, but this time, what you know isn't helping you. The dog is not improving and the owner is frustrated. After ruling out medical issues and non-compliance issues, you still have a problem--and the answer is eluding you.

How do you sit with uncertainty?

Most people do not do it well. Our brains are wired to search for solutions to problems, and we really, really like knowing the answers. Lots of people have negative memories of school because it was drilled into them that they needed to get the answers right or risk failing and embarrassment. Who doesn't have memories of an English teacher scolding us for not knowing exactly what a novelist, poet, or playwright meant in his or her work?

We seek a diagnosis when we go to the doctor. It feels shocking when the doctor confides that he or she doesn't know what's wrong with us, even after multiple tests. A cloud of confusion settles into our very cracks, and we, of course, assume the worst. If this person who has studied extensively about the very sort of thing I am presenting doesn't know what it is, what hope do I have of getting the correct treatment?

Medicine's ground state is uncertainty, but the culture of medicine has little tolerance for ambiguity. This means that doctors will conduct test after test and prescribe all sorts of treatments in an attempt to understand what malady we actually have—and they still get it wrong too often. Misdiagnoses in medicine are dismayingly common.

In part, this is because there isn't time to languish amongst uncertainty in the medical field—lives are at stake. A few days could mean the difference between life or death in some cases. The doctors rush to find answers, and in that rush they sometimes make mistakes because they aren't looking in the right place. (If you were a fan of the TV show "House" from a few years ago, you know what I mean.)

We are not much different in our profession. When we are faced with uncertainty in a dog's behavior, we want answers and we want them sooner rather than later. But this can be a problem, and there may be a better way.

In his book Nonsense: The Power of Not Knowing, Jamie Holmes writes, "Dwelling calmly among feelings of uncertainty will make you more likely to make a rational decision. The longer you sit with the not knowing, the more your odds of making a rational decision increase."

Think about how you feel when presented with a dog's problems that don't match up to what you expect or know. How much information do you pry from the owners? Do you stop asking questions when you have heard enough to make a diagnosis? Why?

One of the problems of having an open toolbox like we do is that there is usually more than one way to go about changing a dog's behavior. We not only have to know a few ways to get the dog and human to success, but we have to know what the owner is willing to do, as the best tool in the world is useless if it won't be used.

This uncertainty can be daunting, but you shouldn't fear it. Rushing to find the "right" answer can cause more problems than it solves. Humans have a tendency towards closure, so when we are faced with a conundrum, we try to make sense of it. This is especially pronounced if we

are dealing with emotional stressors at the time, as those place extra pressure on us. Holmes writes, “This tendency {towards closure} has vast repercussions...it changes the way we evaluate an idea or consider an explanation, and it makes us less creative and more confident about a course of action even when we are wrong. Cognitive closure is a bit like shutting the windows of our open minds. When various pressures pile up, these windows don’t merely close...they slam shut, and they lock.”

When I get stuck, I know I need two things: time away from the work, and a different puzzle to solve. I need some time to gestate, to think about something different. If I don’t have enough time to engage in an unrelated-to-dogs hobby before I need the answer, I will seek out a crossword puzzle, a jigsaw puzzle, or even Sudoku to help me try to order the world a bit differently. Studies show that when humans are faced with uncertainty, we seek closure anywhere we can

find it—and this can help us have breakthrough insights.

Training yourself not to fear uncertainty isn’t easy, but it’s a valuable skill, because we all know we will hit a snag at some point. Rushing for closure, especially if we are emotional, is rarely the best way to get ourselves unstuck. Studies show that when we are rushed, we make poorer decisions anyway. Ask yourself if the answer is something you need this very minute. If the answer is no, how long do you have? Take some time to process if at all possible. Dwell for a bit in the not knowing, and see if an answer doesn’t come.

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

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