



**ROWDY
TO
ROCKSTAR**

BANG



STEP 1

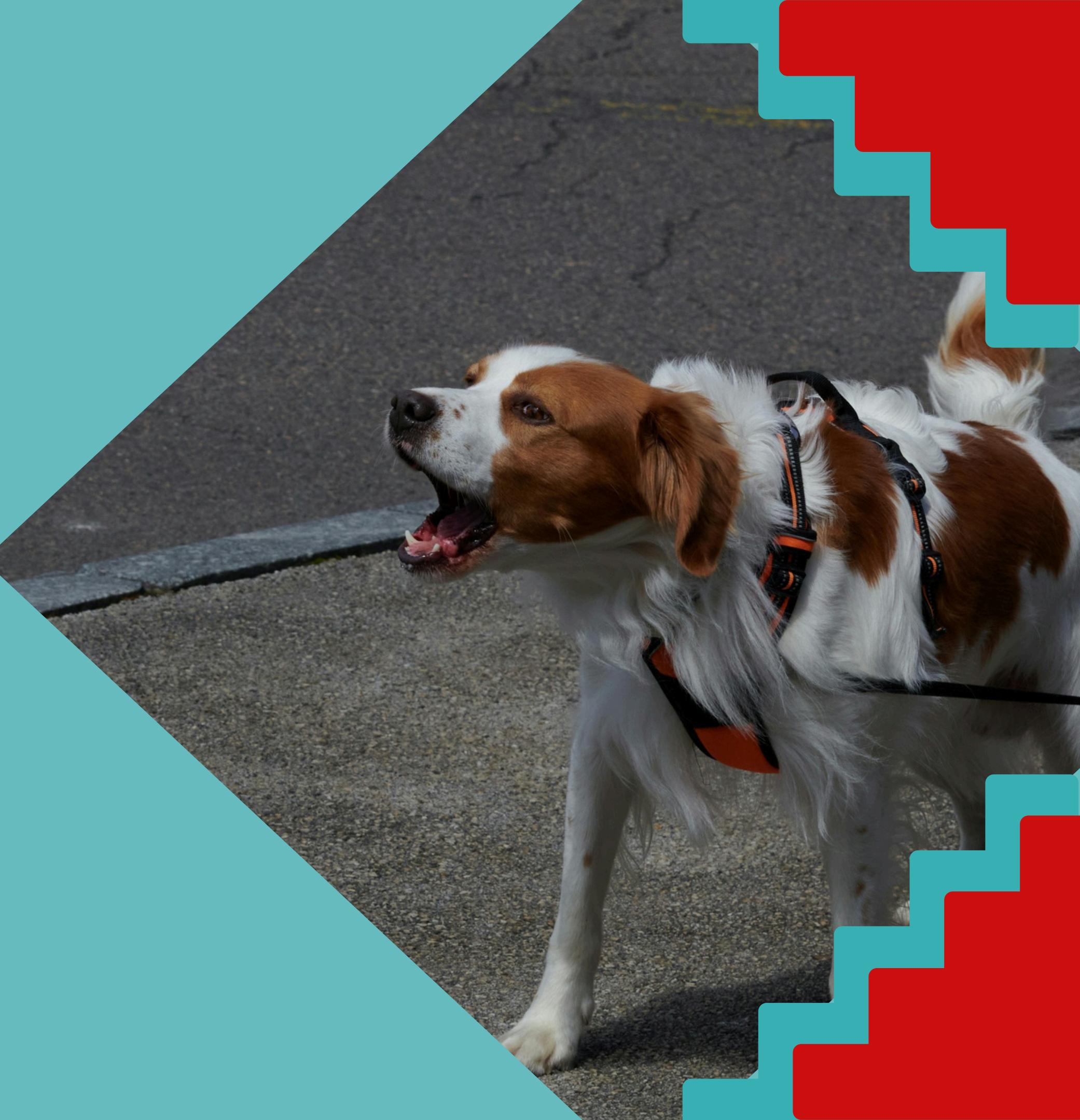
Why?
does the dog react?

What?
are the triggers?

Why ?

Is It Happening?

- Dog and/or handler is nervous or afraid
- Dog is under-socialized
- Dog is over-friendly
- Past negative experience
- Dog is overly friendly or generally excitable
- Dog is concerned or frustrated by the leash restraint



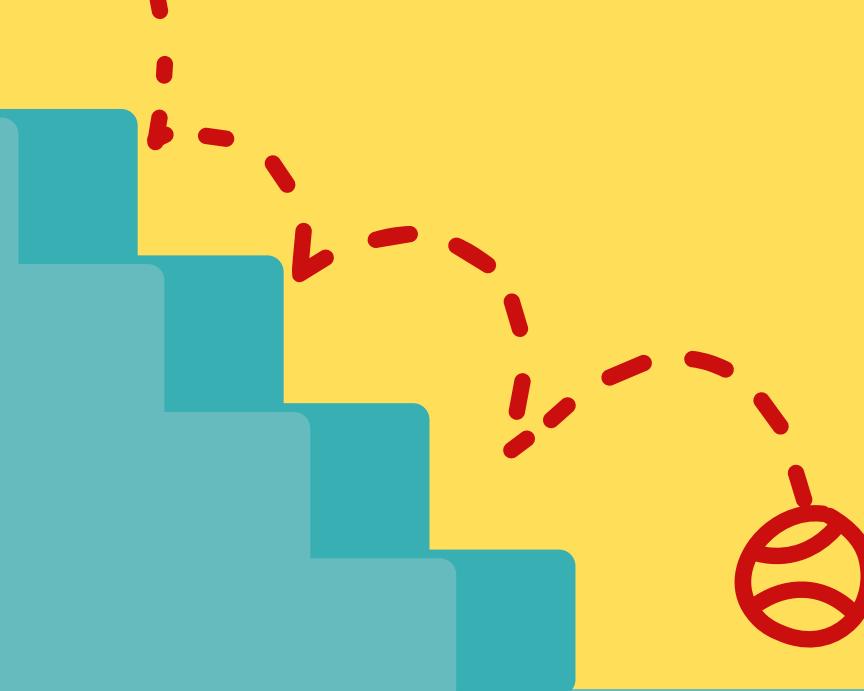
What ?

Are The Triggers?

Common triggers are:

- Other dogs/animals
- People
- Movement-cars, bikes, skateboards
- Noises-barking, leaf blowers, garbage trucks, construction, kids playing





Are We Reinforcing The Behavior?

External Reinforcers

- SPACE! The trigger responds by moving away or the handler moves the dog away.

Internal Reinforcers

- Dog enjoys it!
- Dog gets to blow off steam

The Result is a Vicious Cycle 

BEHAVIOR
BECOME
A HABIT

BEHAVIORS
ARE
REINFORCED

DOG
BECOMES
OVER
EXCITED

DOG
BEGINS
TO BARK,
LUNGE



STEP 2

Management
Change the Scene & Flip the Script

DO NOT continue to rehearse
unwanted behavior



ARE WE MAKING IT WORSE?

Change Begins At Home

- Feeding Time
- Play time
- Walks
- Greetings
- Comings & Goings

CREATE COOPERATIVE HABITS

Emphasize calm, self-control & moving away from the source of excitement all day, every day.

- Yielding Space
- Wait
- Place
- Leave It
- Out

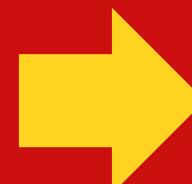




CHANGE THE WALKING PATTERN

Limit the dog's ability to continue blowing up on walks.

In the beginning, it is often best to discontinue normal daily walks and substitute training walks instead.





STEP 3

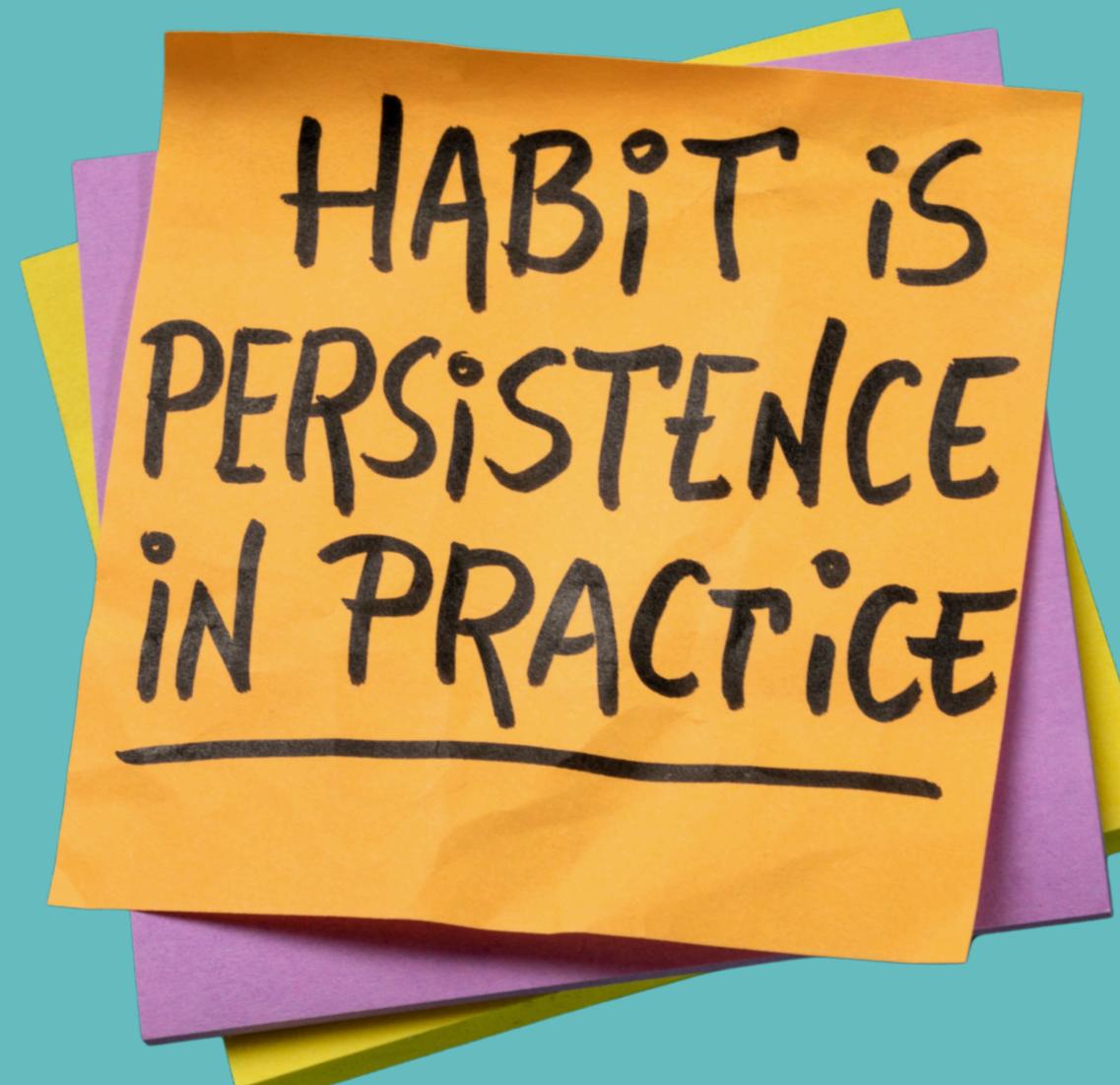
Build Alternate Behaviors
...focus on the handler

Introduce Tools
...better communication

...

Create All New Habits

Take TIME to build NEW HABITS
Fully PATTERN them to OVERRIDE OLD HABITS

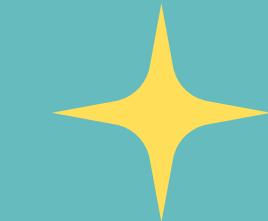


OPTIONS



- ➡ Incompatible Behavior = Do This Instead
- ➡ Divert = Move This Way Instead
- ➡ Counter Condition = Feel This Way Instead





Build Better Behavior Choices

- Search or Get It
- Heel
- Look
- Let's Go or Come
- Down or Sit





A POSSIBLE ALTERNATIVE

The "Get It" Game

BENEFITS OF THE GET IT GAME

- Searching is innately reinforcing, thus **ADDING VALUE** to the treats, rather than simply giving a treat.
- The conditioning of the cue develops **ANTICIPATION** for the reward. Anticipation=more dopamine. **HORMONES DRIVE BEHAVIOR!**
- As the dog continues to search, it extends the time it takes to acquire the food resulting in more **DOPAMINE** and making it **LESS LIKELY** that the dog will shift focus back to the trigger.
- **The placement of the reward is consistent with our overall message of moving AWAY from the trigger.**
- Can be used for counter-conditioning and makes a great diversion when needed, due to the **CONDITIONED EMOTIONAL RESPONSE** to the search game.
- Signals the other dog that they are not a threat.

TIPS!

- Walk in new and novel areas to start with
- Use verbal prompts (let's go, get it) followed by physical prompts (leash) to teach the dog to focus on you
- Avoid superstitious associations (the trigger makes something bad happen)
- Be aware of and sensitive to your dog's threshold.

**DO NOT move on until the NEW BEHAVIORS
are firmly HABITUATED**



WHY DO DOGS PULL?

There is ONLY ONE reason why
dogs pull on the leash...

BECAUSE WE FOLLOW!



HORMONES DRIVE BEHAVIOR!

Different forms of +R can produce very different effects, not just behaviorally but also physiologically and emotionally.

Dopamine

The "Feel Good" Hormone

- Food can help to calm or excite the dog, depending on the dog.

Oxytocin

Reduces Stress, Increases Friendliness

- Praise may help calm a dog

Adrenaline

The Fight or Flight Response

- Toys/play can create arousal or lead to adrenaline



PLAY ACTIVITIES

- Play is rehearsal for the real world
- Use play to help your dog learn self-control
- Only choose activities that help your dog learn to make good choices when excited





STEP 4

Introduce NON Triggering
Distractions

practice CALM movement
away from the distractions

...



NON TRIGGERING DISTRACTIONS

Anything that is of interest to your dog, but has a positive association for them.



TEACHING AND REWARDING CALM

- Something Triggers The Dog
- Teach Focus on the Handler
- Reward Low Arousal

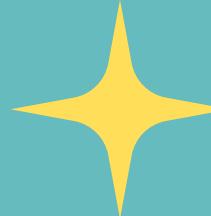


STEP 5

Confront Controlled Triggers

Keep setups under threshold

...



HANDLER AWARENESS



WATCH THE BODY LANGUAGE

Be aware of their fuse- how fast they react to triggers



WATCH YOUR TIMING

Be sure to redirect BEFORE they react



DOES THE DOG ANTICIPATE THE REDIRECT

Do repetitions moving away from and returning to the trigger

Focus on Changing the Pattern

THE AGITATION SNOWBALL

The 5 L's



LISTEN
LOOK
LOCK

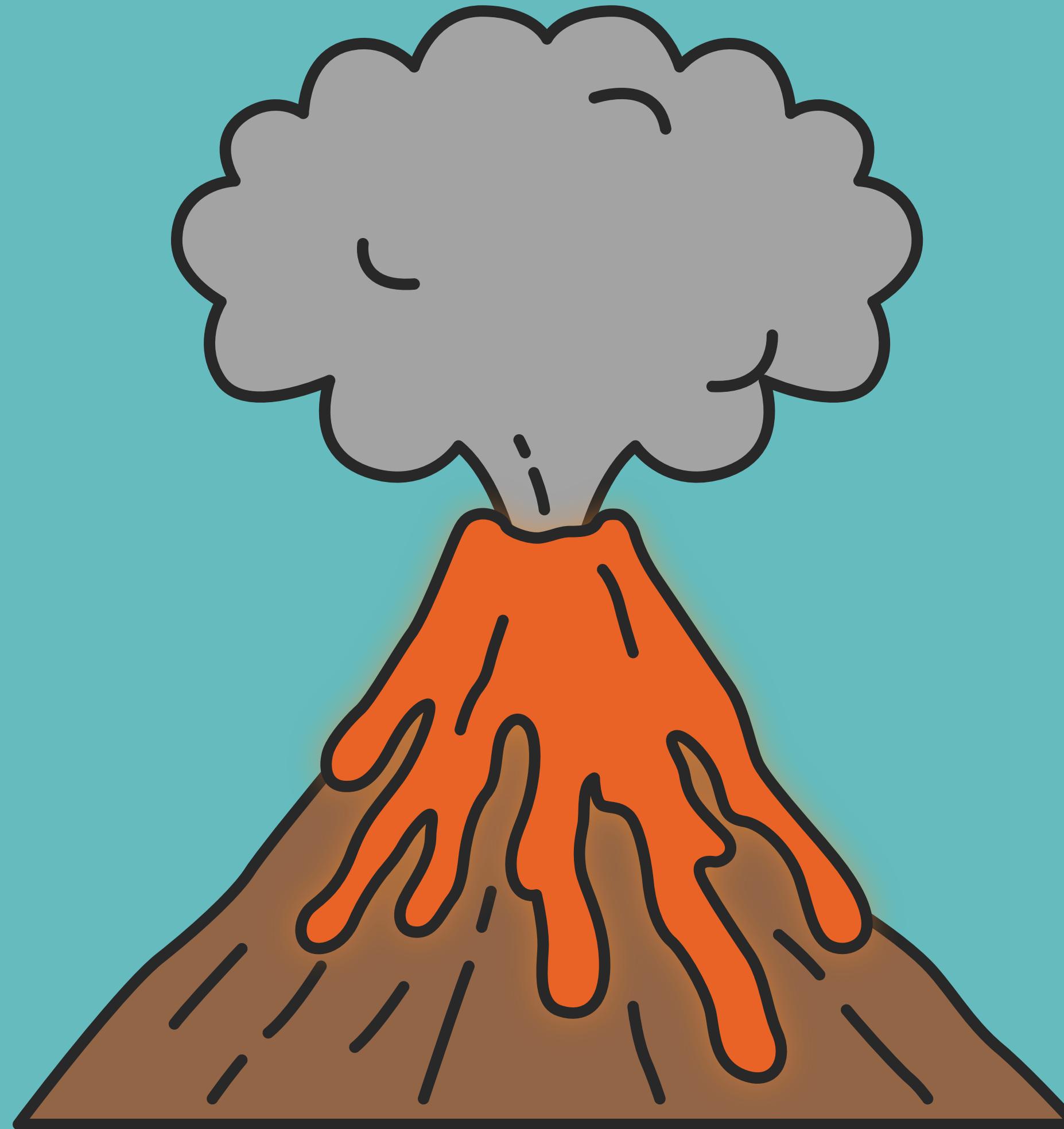


Something Triggers the Dog

Dog Becomes Aroused



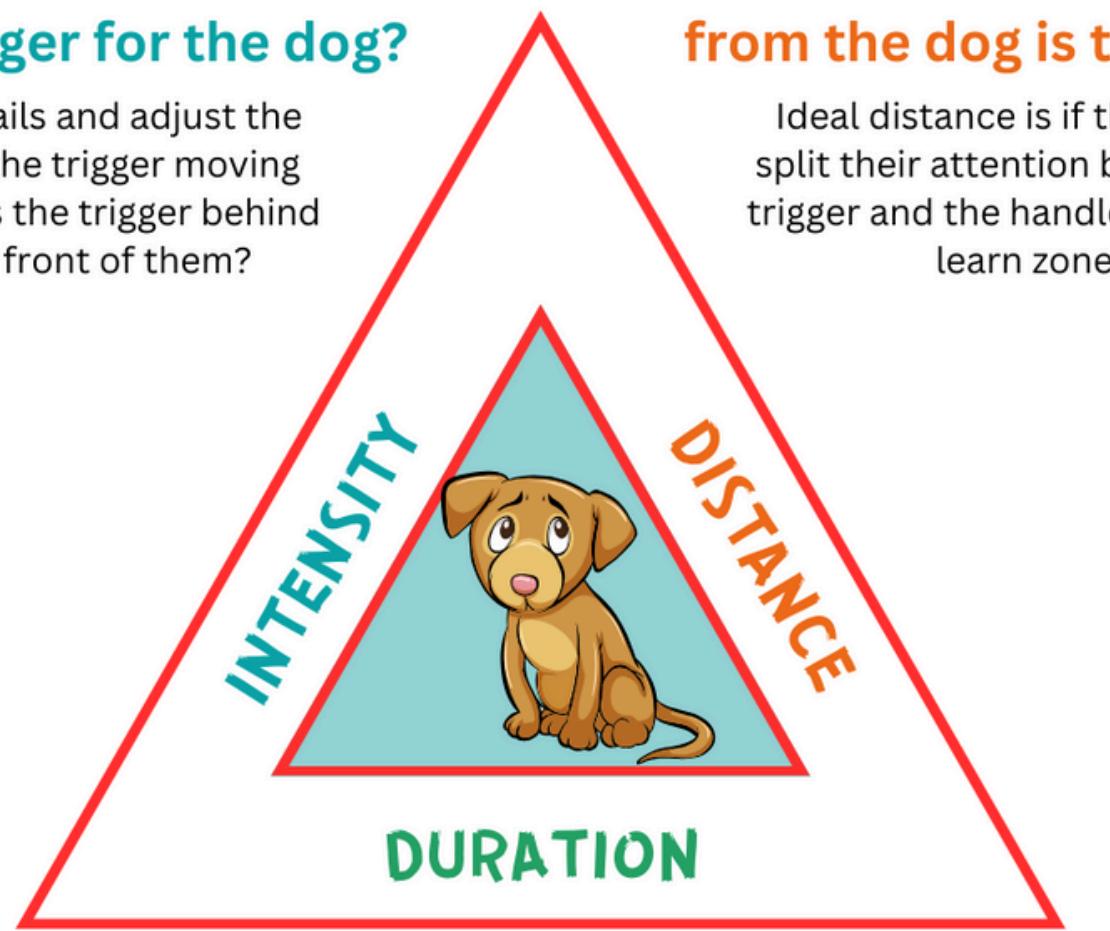
Dog Exploses Forward!!



UNDERSTANDING THRESHOLDS

HOW INTENSE is the trigger for the dog?

Consider details and adjust the intensity. Is the trigger moving fast or slow? Is the trigger behind them or in front of them?



HOW FAR AWAY from the dog is the trigger?

Ideal distance is if the dog can split their attention between the trigger and the handler (think and learn zone).

FOR HOW LONG will the dog be asked to deal with the trigger?

Ideal duration depends on intensity and distance. when in doubt, keep it brief and listen to what the dog tells you.

Trigger is TOO INTENSE = increase distance + shorten duration

Trigger is TOO Close = decrease intensity + shorten duration

Dealing with trigger for TOO LONG = increase distance + decrease intensity



SUPPORTIVE STRATEGIES

- Allow plenty of **DISTANCE**
- Shorten **DURATION**
- Minimize **INTENSITY**
- Have an **exit strategy (relieve pressure)**
- **If the dog blows up - interrupt and redirect, then return to the area after dog has calmed down**



STEP 6

Conditioned Punishers

Out or No BEFORE
the consequence

Redirect and reward

...

COMMON AVERSIVE TOOLS

- Leash/collar combos
- Spatial pressure
- Squirt bottle, pet corrector, etc.
- Noise making devices

Each tool can help or hurt, depending on the dog and how/when it is used.

IT FOLLOWS THAT...

When choosing a punisher we want to look for something that will produce the *OPPOSITE EFFECT* of the problem.

- ➡ The punisher needs to LOWER the dog's arousal level.
- ➡ The punisher works best if it causes the dog to instinctually MOVE AWAY.



STEP 7

Confront Uncontrolled Triggers

Employ supportive strategies

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STEP 8

Consider Alternative Activities

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CONSIDER ALTERNATIVES TO WALKING



- ➡ Structured Play
- ➡ Off Leash Activities
- ➡ Movement Puzzles
- ➡ Training!
- ➡ Scent work

The possibilities are endless!



FINAL THOUGHTS...

Focus on the Pattern

- Something stimulates the dog (trigger)
- Dog becomes over aroused
- Dog propels themselves forward

- **Avoid reinforcing the pattern**
- **Reinforce low arousal and movement away from the trigger**
- **Choose corrections/punishers wisely**
- **Be aware of and use Release Valves**
- **Be purposeful in your timing**
- **Apply multiple strategies**



TURNING THINGS AROUND

Typically, the primary focus of the use of +P and +R is on the WHY and the WHEN.

- Why is the dog acting this way?
- When is the best time to correct?

What is overlooked is the HOW...